



38. SOLA-Stafette

Zürich / 07.05.2011

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Superjhemp

□□: GEP Luxemburg) (Alumni

□□: 325

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:34:40

□□: 12.11 km/h

□□□□: 4:55 min/km

□□□□□: 158 (of 790)

□□□□□□: 6:52:28

□□□□□: 17(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:08	115	5:26	275	6:49	4.40	22:38	5:08	1	22:38	1	22:38
Buchlern	13.25		4:05	21	6:42	94	11:12	17.65	1:16:51	4:21	1	1:16:51	1	1:16:51
Uetliberg	6.20		6:40	318	12:13	587	15:49	23.85	1:58:16	4:57	1	1:58:16	1	1:58:16
Felsenegg	5.90		4:51	80	5:59	204	8:40	29.75	2:26:53	4:56	1	2:26:53	1	2:26:53
Buchlern	14.02		4:46	129	15:05	297	19:06	43.77	3:33:47	4:53	1	3:33:47	1	3:33:47
Hönggerberg	11.10		4:59	131	13:36	304	16:17	54.87	4:29:13	4:54	1	4:29:13	1	4:29:13
Irchel	5.10		4:55	92	6:01	235	8:21	59.97	4:54:20	4:54	1	4:54:20	1	4:54:20
Fluntern	6.34		4:25	23	4:09	89	6:14	66.31	5:22:22	4:51	1	5:22:22	1	5:22:22
Forch	11.30		4:30	26	9:19	95	12:11	77.61	6:13:13	4:48	1	6:13:13	1	6:13:13
Egg	8.75		4:27	14	5:38	65	6:52	86.36	6:52:16	4:46	1	6:52:16	1	6:52:16
Zumikon	12.99		5:15	182	15:05	403	21:14	99.35	8:00:29	4:50	1	8:00:29	1	8:00:29
Witikon	6.91		5:10	320	11:57	588	14:45	106.26	8:36:16	4:51	1	8:36:16	1	8:36:16
Fluntern	4.90		5:25	226	9:44	475	10:16	111.16	9:02:51	4:53	1	9:02:51	1	9:02:51
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:38	351	11:36	627	13:10	116.80	9:34:40	4:55	22	1:24:28	167	2:42:44