



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Swarovski Fit

□□: Alumni

□□: 328

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:41:41

□□: 10.85 km/h

□□□□: 5:29 min/km

□□□□□: 586 (of 790)

□□□□□□: 6:52:28

□□□□□: 296(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:54	61	4:23	161	5:46	4.40	21:35	4:54	1	21:35	1	21:35
Buchlern	13.25		5:01	310	18:58	577	23:28	17.65	1:28:04	4:59	1	1:28:04	1	1:28:04
Uetliberg	6.20		6:29	286	11:02	538	14:38	23.85	2:08:18	5:22	1	2:08:18	1	2:08:18
Felsenegg	5.90		7:12	460	19:51	771	22:32	29.75	2:50:47	5:44	1	2:50:47	1	2:50:47
Buchlern	14.02		4:45	122	14:53	288	18:54	43.77	3:57:29	5:25	1	3:57:29	1	3:57:29
Hönggerberg	11.10		6:17	431	28:05	730	30:46	54.87	5:07:24	5:36	1	5:07:24	1	5:07:24
Irchel	5.10		5:37	233	9:33	480	11:53	59.97	5:36:03	5:36	1	5:36:03	1	5:36:03
Fluntern	6.34		5:05	147	8:22	341	10:27	66.31	6:08:18	5:33	1	6:08:18	1	6:08:18
Forch	11.30		4:57	94	14:31	256	17:23	77.61	7:04:21	5:28	1	7:04:21	1	7:04:21
Egg	8.75		5:45	331	16:58	607	18:12	86.36	7:54:44	5:29	1	7:54:44	1	7:54:44
Zumikon	12.99		5:42	317	21:03	597	27:12	99.35	9:08:55	5:31	1	9:08:55	1	9:08:55
Witikon	6.91		5:35	403	14:50	699	17:38	106.26	9:47:35	5:31	1	9:47:35	1	9:47:35
Fluntern	4.90		5:53	338	12:02	617	12:34	111.16	10:16:28	5:32	1	10:16:28	1	10:16:28
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:28	54	5:00	146	6:34	116.80	10:41:41	5:29	307	2:31:29	604	3:49:45