



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Swiss TS - Runner

□□: Alumni  
 □□: 331

□□: 116.80 km  
 Sola-Stafette

□□□□:  
 Langsame

□□□: 9:48:38

□□: 11.82 km/h  
 □□□□: 5:02 min/km

□□□□□: 230 (of 790)

□□□□□□: 6:52:28

□□□□□: 42(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:20	172	6:19	364	7:42	4.40	23:31	5:20	1	23:31	1	23:31
Buchlern	13.25		4:20	63	10:06	197	14:36	17.65	1:21:08	4:35	1	1:21:08	1	1:21:08
Uetliberg	6.20		6:26	272	10:42	519	14:18	23.85	2:01:02	5:04	1	2:01:02	1	2:01:02
Felsenegg	5.90		5:39	294	10:45	546	13:26	29.75	2:34:25	5:11	1	2:34:25	1	2:34:25
Buchlern	14.02		3:41	1	-	11	4:01	43.77	3:26:14	4:42	1	3:26:14	1	3:26:14
Hönggerberg	11.10		4:34	49	8:52	125	11:33	54.87	4:16:56	4:40	1	4:16:56	1	4:16:56
Irchel	5.10		4:56	95	6:07	244	8:27	59.97	4:42:09	4:42	1	4:42:09	1	4:42:09
Fluntern	6.34		3:46	1	-	10	2:05	66.31	5:06:02	4:36	1	5:06:02	1	5:06:02
Forch	11.30		6:30	441	31:58	749	34:50	77.61	6:19:32	4:53	1	6:19:32	1	6:19:32
Egg	8.75		5:02	102	10:44	266	11:58	86.36	7:03:41	4:54	1	7:03:41	1	7:03:41
Zumikon	12.99		6:10	417	27:08	721	33:17	99.35	8:23:57	5:04	1	8:23:57	1	8:23:57
Witikon	6.91		4:17	72	5:50	186	8:38	106.26	8:53:37	5:01	1	8:53:37	1	8:53:37
Fluntern	4.90		5:10	185	8:31	407	9:03	111.16	9:18:59	5:01	1	9:18:59	1	9:18:59
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Irchel	5.64		5:15	263	9:26	502	11:00	116.80	9:48:38	5:02	50	1:38:26	244	2:56:42