



38. SOLA-Stafette

Zürich / 07.05.2011

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Szene

□□: Alumni
 □□: 335

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 9:40:07

□□: 12.08 km/h
 □□□□: 4:58 min/km

□□□□□: 189 (of 790)

□□□□□□: 6:52:28

□□□□□: 25(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:17	5	1:39	32	3:02	4.40	18:51	4:17	1	18:51	1	18:51
Buchlern	13.25		4:13	35	8:26	133	12:56	17.65	1:14:48	4:14	1	1:14:48	1	1:14:48
Uetliberg	6.20		5:51	110	7:06	279	10:42	23.85	1:51:06	4:39	1	1:51:06	1	1:51:06
Felsenegg	5.90		5:35	274	10:22	519	13:03	29.75	2:24:06	4:50	1	2:24:06	1	2:24:06
Buchlern	14.02		4:33	69	12:05	197	16:06	43.77	3:28:00	4:45	1	3:28:00	1	3:28:00
Hönggerberg	11.10		6:10	419	26:39	711	29:20	54.87	4:36:29	5:02	1	4:36:29	1	4:36:29
Irchel	5.10		5:19	167	8:02	370	10:22	59.97	5:03:37	5:03	1	5:03:37	1	5:03:37
Fluntern	6.34		5:10	176	8:54	390	10:59	66.31	5:36:24	5:04	1	5:36:24	1	5:36:24
Forch	11.30		4:53	79	13:50	228	16:42	77.61	6:31:46	5:02	1	6:31:46	1	6:31:46
Egg	8.75		5:15	159	12:32	359	13:46	86.36	7:17:43	5:04	1	7:17:43	1	7:17:43
Zumikon	12.99		5:00	104	11:50	282	17:59	99.35	8:22:41	5:03	1	8:22:41	1	8:22:41
Witikon	6.91		3:52	14	2:59	53	5:47	106.26	8:49:30	4:58	1	8:49:30	1	8:49:30
Fluntern	4.90		4:48	86	6:43	252	7:15	111.16	9:13:04	4:58	1	9:13:04	1	9:13:04
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:47	129	6:50	290	8:24	116.80	9:40:07	4:58	31	1:29:55	199	2:48:11