



38. SOLA-Stafette

Zürich / 07.05.2011

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Turbo-Man

□□: Alumni

□□: 344

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:31:23

□□: 12.18 km/h

□□□□: 4:53 min/km

□□□□□: 143 (of 790)

□□□□□□: 6:52:28

□□□□□: 14(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	66	4:27	169	5:50	4.40	21:39	4:55	1	21:39	1	21:39
Buchlern	13.25		4:00	13	5:33	70	10:03	17.65	1:14:43	4:13	1	1:14:43	1	1:14:43
Uetliberg	6.20		6:43	325	12:28	598	16:04	23.85	1:56:23	4:52	1	1:56:23	1	1:56:23
Felsenegg	5.90		4:05	5	1:33	27	4:14	29.75	2:20:34	4:43	1	2:20:34	1	2:20:34
Buchlern	14.02		5:24	329	24:02	606	28:03	43.77	3:36:25	4:56	1	3:36:25	1	3:36:25
Hönggerberg	11.10		4:39	60	9:57	156	12:38	54.87	4:28:12	4:53	1	4:28:12	1	4:28:12
Irchel	5.10		5:07	131	7:04	303	9:24	59.97	4:54:22	4:54	1	4:54:22	1	4:54:22
Fluntern	6.34		5:33	309	11:19	573	13:24	66.31	5:29:34	4:58	1	5:29:34	1	5:29:34
Forch	11.30		4:20	13	7:37	60	10:29	77.61	6:18:43	4:52	1	6:18:43	1	6:18:43
Egg	8.75		5:09	133	11:47	319	13:01	86.36	7:03:55	4:54	1	7:03:55	1	7:03:55
Zumikon	12.99		4:43	49	8:09	169	14:18	99.35	8:05:12	4:53	1	8:05:12	1	8:05:12
Witikon	6.91		5:09	316	11:50	582	14:38	106.26	8:40:52	4:54	1	8:40:52	1	8:40:52
Fluntern	4.90		4:25	36	4:49	131	5:21	111.16	9:02:32	4:52	1	9:02:32	1	9:02:32
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:06	216	8:38	436	10:12	116.80	9:31:23	4:53	19	1:21:11	152	2:39:27