



38. SOLA-Stafette

Zürich / 07.05.2011

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V-Force

□□: Alumni

□□: 351

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:12:04

□□: 11.37 km/h

□□□□: 5:14 min/km

□□□□□: 387 (of 790)

□□□□□□: 6:52:28

□□□□□: 136(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:52	53	4:15	152	5:38	4.40	21:27	4:52	1	21:27	1	21:27
Buchlern	13.25		4:08	24	7:25	106	11:55	17.65	1:16:23	4:19	1	1:16:23	1	1:16:23
Uetliberg	6.20		5:53	117	7:17	290	10:53	23.85	1:52:52	4:43	1	1:52:52	1	1:52:52
Felsenegg	5.90		4:31	19	4:03	86	6:44	29.75	2:19:33	4:41	1	2:19:33	1	2:19:33
Buchlern	14.02		5:17	290	22:16	557	26:17	43.77	3:33:38	4:52	1	3:33:38	1	3:33:38
Hönggerberg	11.10		5:07	169	15:04	367	17:45	54.87	4:30:32	4:55	1	4:30:32	1	4:30:32
Irchel	5.10		7:50	468	20:55	777	23:15	59.97	5:10:33	5:10	1	5:10:33	1	5:10:33
Fluntern	6.34		3:49	2	0:20	12	2:25	66.31	5:34:46	5:02	1	5:34:46	1	5:34:46
Forch	11.30		5:32	290	21:08	551	24:00	77.61	6:37:26	5:07	1	6:37:26	1	6:37:26
Egg	8.75		6:10	408	20:38	700	21:52	86.36	7:31:29	5:13	1	7:31:29	1	7:31:29
Zumikon	12.99		5:28	253	17:53	509	24:02	99.35	8:42:30	5:15	1	8:42:30	1	8:42:30
Witikon	6.91		4:49	225	9:29	457	12:17	106.26	9:15:49	5:13	1	9:15:49	1	9:15:49
Fluntern	4.90		5:54	340	12:04	619	12:36	111.16	9:44:44	5:15	1	9:44:44	1	9:44:44
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:50	145	7:07	317	8:41	116.80	10:12:04	5:14	147	2:01:52	404	3:20:08