



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Yes Te can

□□: Alumni

□□: 365

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:19:03

□□: 11.32 km/h

□□□□: 5:18 min/km

□□□□□: 430 (of 790)

□□□□□□: 6:52:28

□□□□□: 167(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:05	101	5:14	254	6:37	4.40	22:26	5:05	1	22:26	1	22:26
Buchlern	13.25		5:00	305	18:46	570	23:16	17.65	1:28:43	5:01	1	1:28:43	1	1:28:43
Uetliberg	6.20		6:43	327	12:29	600	16:05	23.85	2:10:24	5:28	1	2:10:24	1	2:10:24
Felsenegg	5.90		4:54	98	6:21	246	9:02	29.75	2:39:23	5:21	1	2:39:23	1	2:39:23
Buchlern	14.02		5:11	264	21:03	517	25:04	43.77	3:52:15	5:18	1	3:52:15	1	3:52:15
Hönggerberg	11.10		4:47	87	11:16	219	13:57	54.87	4:45:21	5:12	1	4:45:21	1	4:45:21
Irchel	5.10		4:41	57	4:50	161	7:10	59.97	5:09:17	5:09	1	5:09:17	1	5:09:17
Fluntern	6.34		4:53	92	7:06	241	9:11	66.31	5:40:16	5:07	1	5:40:16	1	5:40:16
Forch	11.30		5:09	156	16:43	353	19:35	77.61	6:38:31	5:08	1	6:38:31	1	6:38:31
Egg	8.75		6:36	442	24:26	747	25:40	86.36	7:36:22	5:17	1	7:36:22	1	7:36:22
Zumikon	12.99		6:19	432	28:59	736	35:08	99.35	8:58:29	5:25	1	8:58:29	1	8:58:29
Witikon	6.91		3:46	7	2:14	40	5:02	106.26	9:24:33	5:18	1	9:24:33	1	9:24:33
Fluntern	4.90		4:47	82	6:37	245	7:09	111.16	9:48:01	5:17	1	9:48:01	1	9:48:01
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:30	322	10:49	589	12:23	116.80	10:19:03	5:18	178	2:08:51	447	3:27:07