



38. SOLA-Stafette

Zürich / 07.05.2011

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Zin Runners

□□: Alumni
□□: 370

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:04:55

□□: 11.51 km/h
□□□□: 5:10 min/km

□□□□□: 337 (of 790)

□□□□□□: 6:52:28

□□□□□: 104(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:27	16	2:26	63	3:49	4.40	19:38	4:27	1	19:38	1	19:38
Buchlern	13.25		4:32	121	12:35	303	17:05	17.65	1:19:44	4:31	1	1:19:44	1	1:19:44
Uetliberg	6.20		6:16	227	9:40	458	13:16	23.85	1:58:36	4:58	1	1:58:36	1	1:58:36
Felsenegg	5.90		6:05	391	13:16	679	15:57	29.75	2:34:30	5:11	1	2:34:30	1	2:34:30
Buchlern	14.02		5:05	235	19:35	473	23:36	43.77	3:45:54	5:09	1	3:45:54	1	3:45:54
Hönggerberg	11.10		5:24	243	18:10	483	20:51	54.87	4:45:54	5:12	1	4:45:54	1	4:45:54
Irchel	5.10		3:59	6	1:17	27	3:37	59.97	5:06:17	5:06	1	5:06:17	1	5:06:17
Fluntern	6.34		5:13	197	9:13	422	11:18	66.31	5:39:23	5:07	1	5:39:23	1	5:39:23
Forch	11.30		5:28	269	20:24	520	23:16	77.61	6:41:19	5:10	1	6:41:19	1	6:41:19
Egg	8.75		5:35	278	15:28	529	16:42	86.36	7:30:12	5:12	1	7:30:12	1	7:30:12
Zumikon	12.99		5:24	230	17:05	474	23:14	99.35	8:40:25	5:14	1	8:40:25	1	8:40:25
Witikon	6.91		4:06	42	4:33	118	7:21	106.26	9:08:48	5:09	1	9:08:48	1	9:08:48
Fluntern	4.90		4:33	56	5:29	175	6:01	111.16	9:31:08	5:08	1	9:31:08	1	9:31:08
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Irchel	5.64		5:59	403	13:34	703	15:08	116.80	10:04:55	5:10	114	1:54:43	353	3:12:59