



38. SOLA-Stafette

Zürich / 07.05.2011

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The Column Runners

□□: UNI

□□: 49

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:50:50

□□: 10.69 km/h

□□□□: 5:34 min/km

□□□□□: 632 (of 790)

□□□□□□: 6:52:28

□□□□□: 338(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:11	388	10:03	673	11:26	4.40	27:15	6:11	1	27:15	1	27:15
Buchlern	13.25		4:51	246	16:45	490	21:15	17.65	1:31:31	5:11	1	1:31:31	1	1:31:31
Uetliberg	6.20		6:17	233	9:48	466	13:24	23.85	2:10:31	5:28	1	2:10:31	1	2:10:31
Felsenegg	5.90		6:22	422	14:58	717	17:39	29.75	2:48:07	5:39	1	2:48:07	1	2:48:07
Buchlern	14.02		5:20	306	23:11	576	27:12	43.77	4:03:07	5:33	1	4:03:07	1	4:03:07
Hönggerberg	11.10		4:56	119	13:03	278	15:44	54.87	4:58:00	5:25	1	4:58:00	1	4:58:00
Irchel	5.10		4:33	37	4:09	112	6:29	59.97	5:21:15	5:21	1	5:21:15	1	5:21:15
Fluntern	6.34		5:59	384	14:06	673	16:11	66.31	5:59:14	5:25	1	5:59:14	1	5:59:14
Forch	11.30		4:54	80	13:51	229	16:43	77.61	6:54:37	5:20	1	6:54:37	1	6:54:37
Egg	8.75		7:24	464	31:20	776	32:34	86.36	7:59:22	5:33	1	7:59:22	1	7:59:22
Zumikon	12.99		5:44	325	21:24	610	27:33	99.35	9:13:54	5:34	1	9:13:54	1	9:13:54
Witikon	6.91		4:28	114	7:08	278	9:56	106.26	9:44:52	5:30	1	9:44:52	1	9:44:52
Fluntern	4.90		5:35	267	10:33	525	11:05	111.16	10:12:16	5:30	1	10:12:16	1	10:12:16
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Irchel	5.64		6:50	460	18:21	772	19:55	116.80	10:50:50	5:34	350	2:40:38	651	3:58:54