



38. SOLA-Stafette

Zürich / 07.05.2011

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23.8 lh

□□: Alumni
□□: 568

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:00:21

□□: 11.59 km/h
□□□□: 5:11 min/km

□□□□□: 306 (of 790)

□□□□□□: 6:52:28

□□□□□: 221(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:54	101	5:46	161	5:46	4.40	21:35	4:54	1	21:35	1	21:35
Buchlern	13.25		4:31	179	16:59	296	16:59	17.65	1:21:35	4:37	1	1:21:35	1	1:21:35
Uetliberg	6.20		7:01	292	17:57	672	17:57	23.85	2:05:08	5:14	1	2:05:08	1	2:05:08
Felsenegg	5.90		4:43	95	7:55	153	7:55	29.75	2:33:00	5:08	1	2:33:00	1	2:33:00
Buchlern	14.02		5:00	226	22:19	430	22:19	43.77	3:43:07	5:05	1	3:43:07	1	3:43:07
Hönggerberg	11.10		5:56	285	26:45	673	26:45	54.87	4:49:01	5:16	1	4:49:01	1	4:49:01
Irchel	5.10		4:26	66	5:54	90	5:54	59.97	5:11:41	5:11	1	5:11:41	1	5:11:41
Fluntern	6.34		5:06	198	10:36	351	10:36	66.31	5:44:05	5:11	1	5:44:05	1	5:44:05
Forch	11.30		5:25	243	22:41	495	22:41	77.61	6:45:26	5:13	1	6:45:26	1	6:45:26
Egg	8.75		4:53	127	10:34	194	10:34	86.36	7:28:11	5:11	1	7:28:11	1	7:28:11
Zumikon	12.99		5:42	281	27:14	598	27:14	99.35	8:42:24	5:15	1	8:42:24	1	8:42:24
Witikon	6.91		4:04	71	7:10	109	7:10	106.26	9:10:36	5:10	1	9:10:36	1	9:10:36
Fluntern	4.90		4:37	134	6:21	196	6:21	111.16	9:33:16	5:09	1	9:33:16	1	9:33:16
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Irchel	5.64		4:48	163	8:26	295	8:26	116.80	10:00:21	5:08	227	3:08:25	322	3:08:25