



38. SOLA-Stafette

Zürich / 07.05.2011

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A.V. Amicitia AH1

□□: Alumni

□□: 569

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:44:17

□□: 11.91 km/h

□□□□: 5:02 min/km

□□□□□: 204 (of 790)

□□□□□□: 6:52:28

□□□□□: 174(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:35	61	4:22	88	4:22	4.40	20:11	4:35	1	20:11	1	20:11
Buchlern	13.25		4:08	82	11:48	105	11:48	17.65	1:15:00	4:14	1	1:15:00	1	1:15:00
Uetliberg	6.20		6:23	241	14:02	498	14:02	23.85	1:54:38	4:48	1	1:54:38	1	1:54:38
Felsenegg	5.90		5:27	227	12:16	456	12:16	29.75	2:26:51	4:56	1	2:26:51	1	2:26:51
Buchlern	14.02		4:11	60	10:58	76	10:58	43.77	3:25:37	4:41	1	3:25:37	1	3:25:37
Hönggerberg	11.10		6:06	291	28:39	705	28:39	54.87	4:33:25	4:58	1	4:33:25	1	4:33:25
Irchel	5.10		4:42	108	7:15	167	7:15	59.97	4:57:26	4:57	1	4:57:26	1	4:57:26
Fluntern	6.34		5:11	221	11:04	400	11:04	66.31	5:30:18	4:58	1	5:30:18	1	5:30:18
Forch	11.30		4:45	119	15:01	170	15:01	77.61	6:23:59	4:56	1	6:23:59	1	6:23:59
Egg	8.75		4:58	146	11:25	227	11:25	86.36	7:07:35	4:57	1	7:07:35	1	7:07:35
Zumikon	12.99		6:01	302	31:16	694	31:16	99.35	8:25:50	5:05	1	8:25:50	1	8:25:50
Witikon	6.91		4:13	98	8:12	153	8:12	106.26	8:55:04	5:02	1	8:55:04	1	8:55:04
Fluntern	4.90		4:38	136	6:24	198	6:24	111.16	9:17:47	5:01	1	9:17:47	1	9:17:47
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:41	148	7:51	259	7:51	116.80	9:44:17	5:00	179	2:52:21	215	2:52:21