



38. SOLA-Stafette

Zürich / 07.05.2011

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AKZ Altakademiker

□□: Alumni
□□: 575

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 8:38:45

□□: 13.51 km/h
□□□□: 4:28 min/km

□□□□□: 34 (of 790)

□□□□□□: 6:52:28

□□□□□: 34(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:02	139	6:24	227	6:24	4.40	22:13	5:02	1	22:13	1	22:13
Buchlern	13.25		3:52	36	8:24	42	8:24	17.65	1:13:38	4:10	1	1:13:38	1	1:13:38
Uetliberg	6.20		5:30	97	8:32	146	8:32	23.85	1:47:46	4:31	1	1:47:46	1	1:47:46
Felsenegg	5.90		4:18	42	5:30	53	5:30	29.75	2:13:13	4:28	1	2:13:13	1	2:13:13
Buchlern	14.02		4:32	119	15:48	184	15:48	43.77	3:16:49	4:29	1	3:16:49	1	3:16:49
Hönggerberg	11.10		4:20	40	9:08	60	9:08	54.87	4:05:06	4:28	1	4:05:06	1	4:05:06
Irchel	5.10		3:50	12	2:47	13	2:47	59.97	4:24:39	4:24	1	4:24:39	1	4:24:39
Fluntern	6.34		4:07	28	4:20	32	4:20	66.31	4:50:47	4:23	1	4:50:47	1	4:50:47
Forch	11.30		4:42	107	14:27	149	14:27	77.61	5:43:54	4:25	1	5:43:54	1	5:43:54
Egg	8.75		4:45	102	9:30	142	9:30	86.36	6:25:35	4:27	1	6:25:35	1	6:25:35
Zumikon	12.99		4:35	91	12:38	122	12:38	99.35	7:25:12	4:28	1	7:25:12	1	7:25:12
Witikon	6.91		4:01	61	6:48	86	6:48	106.26	7:53:02	4:27	1	7:53:02	1	7:53:02
Fluntern	4.90		3:42	16	1:50	20	1:50	111.16	8:11:11	4:25	1	8:11:11	1	8:11:11
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Irchel	5.64		4:53	182	8:55	334	8:55	116.80	8:38:45	4:26	35	1:46:49	38	1:46:49