



38. SOLA-Stafette

Zürich / 07.05.2011

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ALLEGRA-Runners

□□: Alumni
□□: 576

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 7:55:24

□□: 14.74 km/h
□□□□: 4:06 min/km

□□□□□: 16 (of 790)

□□□□□□: 6:52:28

□□□□□: 16(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:21	37	3:21	47	3:21	4.40	19:10	4:21	1	19:10	1	19:10
Buchlern	13.25		3:50	29	7:50	34	7:50	17.65	1:10:01	3:58	1	1:10:01	1	1:10:01
Uetliberg	6.20		4:50	23	4:24	25	4:24	23.85	1:40:01	4:11	1	1:40:01	1	1:40:01
Felsenegg	5.90		4:34	71	7:03	97	7:03	29.75	2:07:01	4:16	1	2:07:01	1	2:07:01
Buchlern	14.02		3:48	14	5:32	16	5:32	43.77	3:00:21	4:07	1	3:00:21	1	3:00:21
Hönggerberg	11.10		4:12	29	7:33	39	7:33	54.87	3:47:03	4:08	1	3:47:03	1	3:47:03
Irchel	5.10		3:58	21	3:32	26	3:32	59.97	4:07:21	4:07	1	4:07:21	1	4:07:21
Fluntern	6.34		4:19	46	5:35	61	5:35	66.31	4:34:44	4:08	1	4:34:44	1	4:34:44
Forch	11.30		3:54	14	5:32	16	5:32	77.61	5:18:56	4:06	1	5:18:56	1	5:18:56
Egg	8.75		3:59	11	2:48	13	2:48	86.36	5:53:55	4:05	1	5:53:55	1	5:53:55
Zumikon	12.99		4:08	27	6:54	28	6:54	99.35	6:47:48	4:06	1	6:47:48	1	6:47:48
Witikon	6.91		3:42	28	4:37	33	4:37	106.26	7:13:27	4:04	1	7:13:27	1	7:13:27
Fluntern	4.90		3:52	25	2:38	30	2:38	111.16	7:32:24	4:04	1	7:32:24	1	7:32:24
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Irchel	5.64		4:04	39	4:21	48	4:21	116.80	7:55:24	4:04	17	1:03:28	17	1:03:28