



38. SOLA-Stafette

Zürich / 07.05.2011

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Alpinathlon-Team

□□: Alumni

□□: 577

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 7:24:07

□□: 15.78 km/h

□□□□: 3:50 min/km

□□□□□: 7 (of 790)

□□□□□□: 6:52:28

□□□□□: 7(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:57	114	5:58	185	5:58	4.40	21:47	4:57	1	21:47	1	21:47
Buchlern	13.25		3:33	9	4:13	9	4:13	17.65	1:09:01	3:54	1	1:09:01	1	1:09:01
Uetliberg	6.20		4:35	7	2:53	7	2:53	23.85	1:37:30	4:05	1	1:37:30	1	1:37:30
Felsenegg	5.90		3:48	8	2:32	8	2:32	29.75	1:59:59	4:01	1	1:59:59	1	1:59:59
Buchlern	14.02		3:50	17	6:00	19	6:00	43.77	2:53:47	3:58	1	2:53:47	1	2:53:47
Hönggerberg	11.10		3:37	4	1:09	4	1:09	54.87	3:34:05	3:54	1	3:34:05	1	3:34:05
Irchel	5.10		3:54	20	3:08	23	3:08	59.97	3:53:59	3:54	1	3:53:59	1	3:53:59
Fluntern	6.34		3:31	2	0:30	2	0:30	66.31	4:16:17	3:51	1	4:16:17	1	4:16:17
Forch	11.30		3:38	3	2:34	3	2:34	77.61	4:57:31	3:50	1	4:57:31	1	4:57:31
Egg	8.75		4:12	26	4:36	31	4:36	86.36	5:34:18	3:52	1	5:34:18	1	5:34:18
Zumikon	12.99		3:53	9	3:37	9	3:37	99.35	6:24:54	3:52	1	6:24:54	1	6:24:54
Witikon	6.91		3:18	8	1:47	8	1:47	106.26	6:47:43	3:50	1	6:47:43	1	6:47:43
Fluntern	4.90		3:32	9	1:00	11	1:00	111.16	7:05:02	3:49	1	7:05:02	1	7:05:02
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Irchel	5.64		3:23	4	0:26	4	0:26	116.80	7:24:07	3:48	8	32:11	8	32:11