



38. SOLA-Stafette

Zürich / 07.05.2011

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Atemlos

□□: Alumni

□□: 581

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:00:17

□□: 11.59 km/h

□□□□: 5:11 min/km

□□□□□: 305 (of 790)

□□□□□□: 6:52:28

□□□□□: 220(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:29	223	8:22	438	8:22	4.40	24:11	5:29	1	24:11	1	24:11
Buchlern	13.25		7:22	313	54:38	789	54:38	17.65	2:01:50	6:54	1	2:01:50	1	2:01:50
Uetliberg	6.20		4:40	9	3:20	9	3:20	23.85	2:30:46	6:19	1	2:30:46	1	2:30:46
Felsenegg	5.90		4:13	30	4:58	38	4:58	29.75	2:55:41	5:54	1	2:55:41	1	2:55:41
Buchlern	14.02		4:39	151	17:29	241	17:29	43.77	4:00:58	5:30	1	4:00:58	1	4:00:58
Hönggerberg	11.10		4:56	158	15:39	275	15:39	54.87	4:55:46	5:23	1	4:55:46	1	4:55:46
Irchel	5.10		5:59	278	13:47	599	13:47	59.97	5:26:19	5:26	1	5:26:19	1	5:26:19
Fluntern	6.34		4:39	102	7:46	153	7:46	66.31	5:55:53	5:22	1	5:55:53	1	5:55:53
Forch	11.30		5:03	178	18:24	302	18:24	77.61	6:52:57	5:19	1	6:52:57	1	6:52:57
Egg	8.75		5:44	275	18:05	598	18:05	86.36	7:43:13	5:21	1	7:43:13	1	7:43:13
Zumikon	12.99		4:31	73	11:42	98	11:42	99.35	8:41:54	5:15	1	8:41:54	1	8:41:54
Witikon	6.91		4:33	180	10:28	314	10:28	106.26	9:13:24	5:12	1	9:13:24	1	9:13:24
Fluntern	4.90		4:17	71	4:41	95	4:41	111.16	9:34:24	5:10	1	9:34:24	1	9:34:24
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Irchel	5.64		4:35	124	7:14	208	7:14	116.80	10:00:17	5:08	226	3:08:21	321	3:08:21