



38. SOLA-Stafette

Zürich / 07.05.2011

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Brownsche Spaziergänger XS

□□: Alumni

□□: 600

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 7:43:19

□□: 15.02 km/h

□□□□: 4:00 min/km

□□□□□: 10 (of 790)

□□□□□□: 6:52:28

□□□□□: 10(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:04	17	2:06	19	2:06	4.40	17:55	4:04	1	17:55	1	17:55
Buchlern	13.25		3:37	14	4:57	16	4:57	17.65	1:05:53	3:43	1	1:05:53	1	1:05:53
Uetliberg	6.20		5:11	50	6:33	67	6:33	23.85	1:38:02	4:06	1	1:38:02	1	1:38:02
Felsenegg	5.90		3:45	7	2:13	7	2:13	29.75	2:00:12	4:02	1	2:00:12	1	2:00:12
Buchlern	14.02		4:04	44	9:23	51	9:23	43.77	2:57:23	4:03	1	2:57:23	1	2:57:23
Hönggerberg	11.10		4:16	36	8:20	51	8:20	54.87	3:44:52	4:05	1	3:44:52	1	3:44:52
Irchel	5.10		3:45	8	2:25	9	2:25	59.97	4:04:03	4:04	1	4:04:03	1	4:04:03
Fluntern	6.34		3:57	18	3:16	20	3:16	66.31	4:29:07	4:03	1	4:29:07	1	4:29:07
Forch	11.30		3:57	16	6:01	18	6:01	77.61	5:13:48	4:02	1	5:13:48	1	5:13:48
Egg	8.75		4:00	12	2:51	14	2:51	86.36	5:48:50	4:02	1	5:48:50	1	5:48:50
Zumikon	12.99		4:18	45	9:01	54	9:01	99.35	6:44:50	4:04	1	6:44:50	1	6:44:50
Witikon	6.91		3:11	5	1:04	5	1:04	106.26	7:06:56	4:01	1	7:06:56	1	7:06:56
Fluntern	4.90		3:24	4	0:24	4	0:24	111.16	7:23:39	3:59	1	7:23:39	1	7:23:39
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		3:29	9	1:01	9	1:01	116.80	7:43:19	3:58	11	51:23	11	51:23