



38. SOLA-Stafette

Zürich / 07.05.2011

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CR Äquipe

□□: Alumni

□□: 611

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:45:21

□□: 11.89 km/h

□□□□: 5:03 min/km

□□□□□: 212 (of 790)

□□□□□□: 6:52:28

□□□□□: 180(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:08	161	6:50	276	6:50	4.40	22:39	5:08	1	22:39	1	22:39
Buchlern	13.25		4:39	210	18:45	375	18:45	17.65	1:24:25	4:46	1	1:24:25	1	1:24:25
Uetliberg	6.20		5:38	130	9:25	202	9:25	23.85	1:59:26	5:00	1	1:59:26	1	1:59:26
Felsenegg	5.90		5:58	283	15:16	651	15:16	29.75	2:34:39	5:11	1	2:34:39	1	2:34:39
Buchlern	14.02		3:58	31	7:56	35	7:56	43.77	3:30:23	4:48	1	3:30:23	1	3:30:23
Hönggerberg	11.10		5:19	230	20:01	456	20:01	54.87	4:29:33	4:54	1	4:29:33	1	4:29:33
Irchel	5.10		5:35	243	11:45	471	11:45	59.97	4:58:04	4:58	1	4:58:04	1	4:58:04
Fluntern	6.34		5:17	241	11:46	466	11:46	66.31	5:31:38	5:00	1	5:31:38	1	5:31:38
Forch	11.30		5:38	276	25:09	589	25:09	77.61	6:35:27	5:05	1	6:35:27	1	6:35:27
Egg	8.75		5:19	214	14:24	408	14:24	86.36	7:22:02	5:07	1	7:22:02	1	7:22:02
Zumikon	12.99		4:27	62	10:52	77	10:52	99.35	8:19:53	5:01	1	8:19:53	1	8:19:53
Witikon	6.91		5:16	274	15:24	616	15:24	106.26	8:56:19	5:02	1	8:56:19	1	8:56:19
Fluntern	4.90		4:29	104	5:43	146	5:43	111.16	9:18:21	5:01	1	9:18:21	1	9:18:21
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Irchel	5.64		4:47	159	8:21	286	8:21	116.80	9:45:21	5:00	185	2:53:25	223	2:53:25