



38. SOLA-Stafette

Zürich / 07.05.2011

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Fe-males

□□: Alumni

□□: 633

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:34:31

□□: 12.11 km/h

□□□□: 4:57 min/km

□□□□□: 157 (of 790)

□□□□□□: 6:52:28

□□□□□: 141 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		3:40	3	0:22	3	0:22	4.40	16:11	3:40	1	16:11	1	16:11
Buchlern	13.25		4:31	175	16:52	291	16:52	17.65	1:16:04	4:18	1	1:16:04	1	1:16:04
Uetliberg	6.20		6:16	233	13:19	463	13:19	23.85	1:54:59	4:49	1	1:54:59	1	1:54:59
Felsenegg	5.90		5:25	223	12:03	439	12:03	29.75	2:26:59	4:56	1	2:26:59	1	2:26:59
Buchlern	14.02		4:51	192	20:13	339	20:13	43.77	3:35:00	4:54	1	3:35:00	1	3:35:00
Hönggerberg	11.10		4:51	145	14:50	247	14:50	54.87	4:28:59	4:54	1	4:28:59	1	4:28:59
Irchel	5.10		5:29	231	11:12	437	11:12	59.97	4:56:57	4:57	1	4:56:57	1	4:56:57
Fluntern	6.34		4:47	128	8:35	196	8:35	66.31	5:27:20	4:56	1	5:27:20	1	5:27:20
Forch	11.30		5:23	237	22:14	474	22:14	77.61	6:28:14	5:00	1	6:28:14	1	6:28:14
Egg	8.75		4:47	110	9:48	158	9:48	86.36	7:10:13	4:58	1	7:10:13	1	7:10:13
Zumikon	12.99		4:33	84	12:08	112	12:08	99.35	8:09:20	4:55	1	8:09:20	1	8:09:20
Witikon	6.91		4:45	223	11:51	420	11:51	106.26	8:42:13	4:54	1	8:42:13	1	8:42:13
Fluntern	4.90		5:20	246	9:50	456	9:50	111.16	9:08:22	4:55	1	9:08:22	1	9:08:22
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Irchel	5.64		4:38	136	7:30	231	7:30	116.80	9:34:31	4:55	145	2:42:35	166	2:42:35