



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Fentarunners KSW

□□: Alumni  
 □□: 634

□□: 116.80 km  
 Sola-Stafette

□□□□:  
 Schnelle

□□□: 10:01:11

□□: 11.66 km/h  
 □□□□: 5:11 min/km

□□□□□: 312 (of 790)

□□□□□□: 6:52:28

□□□□□: 224(of 313)

□□□□□□□: 6:52:28

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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		4:41	217	19:11	397	19:11	17.65	1:23:59	4:45	1	1:23:59	1	1:23:59
Uetliberg	6.20		5:47	160	10:21	261	10:21	23.85	1:59:56	5:01	1	1:59:56	1	1:59:56
Felsenegg	5.90		4:51	127	8:43	210	8:43	29.75	2:28:36	4:59	1	2:28:36	1	2:28:36
Buchlern	14.02		5:26	283	28:36	622	28:36	43.77	3:45:00	5:08	1	3:45:00	1	3:45:00
Hönggerberg	11.10		6:10	294	29:24	713	29:24	54.87	4:53:33	5:20	1	4:53:33	1	4:53:33
Irchel	5.10		4:26	64	5:52	88	5:52	59.97	5:16:11	5:16	1	5:16:11	1	5:16:11
Fluntern	6.34		4:37	92	7:33	136	7:33	66.31	5:45:32	5:12	1	5:45:32	1	5:45:32
Forch	11.30		5:53	294	27:53	667	27:53	77.61	6:52:05	5:18	1	6:52:05	1	6:52:05
Egg	8.75		5:05	176	12:25	292	12:25	86.36	7:36:41	5:17	1	7:36:41	1	7:36:41
Zumikon	12.99		4:32	81	12:02	108	12:02	99.35	8:35:42	5:11	1	8:35:42	1	8:35:42
Witikon	6.91		4:00	59	6:41	81	6:41	106.26	9:03:25	5:06	1	9:03:25	1	9:03:25
Fluntern	4.90		5:12	230	9:13	421	9:13	111.16	9:28:57	5:07	1	9:28:57	1	9:28:57
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Irchel	5.64		5:42	285	13:35	649	13:35	116.80	10:01:11	5:08	230	3:09:15	328	3:09:15