



38. SOLA-Stafette

Zürich / 07.05.2011

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Festina Lente

□□: Alumni
□□: 635

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 8:34:39

□□: 13.52 km/h
□□□□: 4:26 min/km

□□□□□: 31 (of 790)

□□□□□□: 6:52:28

□□□□□: 31(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:00	131	6:15	216	6:15	4.40	22:04	5:00	1	22:04	1	22:04
Buchlern	13.25		3:59	55	9:50	67	9:50	17.65	1:14:55	4:14	1	1:14:55	1	1:14:55
Uetliberg	6.20		4:46	20	4:01	21	4:01	23.85	1:44:32	4:22	1	1:44:32	1	1:44:32
Felsenegg	5.90		4:34	72	7:04	99	7:04	29.75	2:11:33	4:25	1	2:11:33	1	2:11:33
Buchlern	14.02		4:40	155	17:41	247	17:41	43.77	3:17:02	4:30	1	3:17:02	1	3:17:02
Hönggerberg	11.10		3:54	14	4:10	15	4:10	54.87	4:00:21	4:22	1	4:00:21	1	4:00:21
Irchel	5.10		4:15	40	4:55	55	4:55	59.97	4:22:02	4:22	1	4:22:02	1	4:22:02
Fluntern	6.34		4:17	44	5:25	58	5:25	66.31	4:49:15	4:21	1	4:49:15	1	4:49:15
Forch	11.30		4:39	103	13:56	141	13:56	77.61	5:41:51	4:24	1	5:41:51	1	5:41:51
Egg	8.75		4:33	70	7:43	87	7:43	86.36	6:21:45	4:25	1	6:21:45	1	6:21:45
Zumikon	12.99		4:35	94	12:44	127	12:44	99.35	7:21:28	4:26	1	7:21:28	1	7:21:28
Witikon	6.91		3:55	48	6:08	65	6:08	106.26	7:48:38	4:24	1	7:48:38	1	7:48:38
Fluntern	4.90		3:49	22	2:25	27	2:25	111.16	8:07:22	4:23	1	8:07:22	1	8:07:22
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Irchel	5.64		4:50	170	8:38	312	8:38	116.80	8:34:39	4:24	32	1:42:43	35	1:42:43