



38. SOLA-Stafette

Zürich / 07.05.2011

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FRIWO-Zürisee

□□: Alumni
□□: 638

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 7:50:43

□□: 14.89 km/h
□□□□: 4:04 min/km

□□□□□: 13 (of 790)

□□□□□□: 6:52:28

□□□□□: 13(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		3:57	9	1:38	11	1:38	4.40	17:27	3:57	1	17:27	1	17:27
Buchlern	13.25		4:02	66	10:28	82	10:28	17.65	1:10:56	4:01	1	1:10:56	1	1:10:56
Uetliberg	6.20		4:41	10	3:31	10	3:31	23.85	1:40:03	4:11	1	1:40:03	1	1:40:03
Felsenegg	5.90		4:14	32	5:06	41	5:06	29.75	2:05:06	4:12	1	2:05:06	1	2:05:06
Buchlern	14.02		4:15	75	11:51	99	11:51	43.77	3:04:45	4:13	1	3:04:45	1	3:04:45
Hönggerberg	11.10		3:48	9	3:09	10	3:09	54.87	3:47:03	4:08	1	3:47:03	1	3:47:03
Irchel	5.10		3:52	15	2:58	17	2:58	59.97	4:06:47	4:06	1	4:06:47	1	4:06:47
Fluntern	6.34		4:07	29	4:24	34	4:24	66.31	4:32:59	4:07	1	4:32:59	1	4:32:59
Forch	11.30		3:50	12	4:49	14	4:49	77.61	5:16:28	4:04	1	5:16:28	1	5:16:28
Egg	8.75		4:13	29	4:48	36	4:48	86.36	5:53:27	4:05	1	5:53:27	1	5:53:27
Zumikon	12.99		3:50	6	2:50	6	2:50	99.35	6:43:16	4:03	1	6:43:16	1	6:43:16
Witikon	6.91		3:12	6	1:10	6	1:10	106.26	7:05:28	4:00	1	7:05:28	1	7:05:28
Fluntern	4.90		4:08	51	4:01	63	4:01	111.16	7:25:48	4:00	1	7:25:48	1	7:25:48
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Irchel	5.64		4:25	82	6:16	128	6:16	116.80	7:50:43	4:01	14	58:47	14	58:47