



38. SOLA-Stafette

Zürich / 07.05.2011

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Gipfelstürmer

□□: Alumni

□□: 641

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:43:43

□□: 13.29 km/h

□□□□: 4:31 min/km

□□□□□: 41 (of 790)

□□□□□□: 6:52:28

□□□□□: 40(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:24	209	8:01	400	8:01	4.40	23:50	5:24	1	23:50	1	23:50
Buchlern	13.25		4:15	111	13:22	154	13:22	17.65	1:20:13	4:32	1	1:20:13	1	1:20:13
Uetliberg	6.20		6:25	245	14:13	514	14:13	23.85	2:00:02	5:01	1	2:00:02	1	2:00:02
Felsenegg	5.90		4:00	14	3:44	16	3:44	29.75	2:23:43	4:49	1	2:23:43	1	2:23:43
Buchlern	14.02		4:28	111	14:52	163	14:52	43.77	3:26:23	4:42	1	3:26:23	1	3:26:23
Hönggerberg	11.10		4:08	24	6:46	32	6:46	54.87	4:12:18	4:35	1	4:12:18	1	4:12:18
Irchel	5.10		4:36	87	6:45	127	6:45	59.97	4:35:49	4:35	1	4:35:49	1	4:35:49
Fluntern	6.34		4:45	114	8:20	174	8:20	66.31	5:05:57	4:36	1	5:05:57	1	5:05:57
Forch	11.30		4:22	51	10:41	66	10:41	77.61	5:55:18	4:34	1	5:55:18	1	5:55:18
Egg	8.75		3:59	10	2:45	12	2:45	86.36	6:30:14	4:31	1	6:30:14	1	6:30:14
Zumikon	12.99		3:59	13	4:57	13	4:57	99.35	7:22:10	4:27	1	7:22:10	1	7:22:10
Witikon	6.91		4:21	133	9:05	220	9:05	106.26	7:52:17	4:26	1	7:52:17	1	7:52:17
Fluntern	4.90		4:15	67	4:35	91	4:35	111.16	8:13:11	4:26	1	8:13:11	1	8:13:11
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:24	256	11:53	561	11:53	116.80	8:43:43	4:29	41	1:51:47	45	1:51:47