



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Intercity Bern

□□: Alumni

□□: 650

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 7:18:09

□□: 15.88 km/h

□□□□: 3:47 min/km

□□□□□: 6 (of 790)

□□□□□□: 6:52:28

□□□□□: 6(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:02	13	1:59	15	1:59	4.40	17:48	4:02	1	17:48	1	17:48
Buchlern	13.25		3:32	7	4:00	7	4:00	17.65	1:04:49	3:40	1	1:04:49	1	1:04:49
Uetliberg	6.20		4:32	4	2:31	4	2:31	23.85	1:32:56	3:53	1	1:32:56	1	1:32:56
Felsenegg	5.90		3:40	5	1:42	5	1:42	29.75	1:54:35	3:51	1	1:54:35	1	1:54:35
Buchlern	14.02		3:31	3	1:33	3	1:33	43.77	2:43:56	3:44	1	2:43:56	1	2:43:56
Hönggerberg	11.10		3:55	15	4:21	16	4:21	54.87	3:27:26	3:46	1	3:27:26	1	3:27:26
Irchel	5.10		3:35	5	1:32	5	1:32	59.97	3:45:44	3:45	1	3:45:44	1	3:45:44
Fluntern	6.34		3:39	7	1:23	7	1:23	66.31	4:08:55	3:45	1	4:08:55	1	4:08:55
Forch	11.30		3:49	10	4:32	12	4:32	77.61	4:52:07	3:45	1	4:52:07	1	4:52:07
Egg	8.75		3:57	7	2:28	8	2:28	86.36	5:26:46	3:47	1	5:26:46	1	5:26:46
Zumikon	12.99		3:49	5	2:48	5	2:48	99.35	6:16:33	3:47	1	6:16:33	1	6:16:33
Witikon	6.91		3:10	4	0:57	4	0:57	106.26	6:38:32	3:45	1	6:38:32	1	6:38:32
Fluntern	4.90		3:52	25	2:38	30	2:38	111.16	6:57:29	3:45	1	6:57:29	1	6:57:29
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Irchel	5.64		3:39	16	2:01	18	2:01	116.80	7:18:09	3:45	7	26:13	7	26:13