



38. SOLA-Stafette

Zürich / 07.05.2011

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Kantonsspital St.Gallen

□□: Alumni
□□: 660

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 8:53:23

□□: 13.05 km/h
□□□□: 4:36 min/km

□□□□□: 49 (of 790)

□□□□□□: 6:52:28

□□□□□: 48(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:46	88	5:11	130	5:11	4.40	21:00	4:46	1	21:00	1	21:00
Buchlern	13.25		3:48	26	7:33	31	7:33	17.65	1:11:34	4:03	1	1:11:34	1	1:11:34
Uetliberg	6.20		5:13	57	6:49	80	6:49	23.85	1:43:59	4:21	1	1:43:59	1	1:43:59
Felsenegg	5.90		4:43	95	7:55	153	7:55	29.75	2:11:51	4:25	1	2:11:51	1	2:11:51
Buchlern	14.02		4:00	35	8:19	40	8:19	43.77	3:07:58	4:17	1	3:07:58	1	3:07:58
Hönggerberg	11.10		4:07	23	6:35	30	6:35	54.87	3:53:42	4:15	1	3:53:42	1	3:53:42
Irchel	5.10		5:20	209	10:27	383	10:27	59.97	4:20:55	4:21	1	4:20:55	1	4:20:55
Fluntern	6.34		5:11	223	11:10	409	11:10	66.31	4:53:53	4:25	1	4:53:53	1	4:53:53
Forch	11.30		5:14	211	20:38	402	20:38	77.61	5:53:11	4:33	1	5:53:11	1	5:53:11
Egg	8.75		4:50	119	10:15	180	10:15	86.36	6:35:37	4:34	1	6:35:37	1	6:35:37
Zumikon	12.99		4:07	22	6:32	23	6:32	99.35	7:29:08	4:31	1	7:29:08	1	7:29:08
Witikon	6.91		4:08	85	7:38	130	7:38	106.26	7:57:48	4:29	1	7:57:48	1	7:57:48
Fluntern	4.90		5:43	268	11:45	568	11:45	111.16	8:25:52	4:33	1	8:25:52	1	8:25:52
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Irchel	5.64		4:52	180	8:52	329	8:52	116.80	8:53:23	4:33	49	2:01:27	53	2:01:27