



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Kataschtrofe-Gruppe

□□: Alumni

□□: 661

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:06:16

□□: 11.48 km/h

□□□□: 5:14 min/km

□□□□□: 349 (of 790)

□□□□□□: 6:52:28

□□□□□: 237(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:19	186	7:36	349	7:36	4.40	23:25	5:19	1	23:25	1	23:25
Buchlern	13.25		4:51	245	21:15	490	21:15	17.65	1:27:41	4:58	1	1:27:41	1	1:27:41
Uetliberg	6.20		5:50	166	10:40	274	10:40	23.85	2:03:57	5:11	1	2:03:57	1	2:03:57
Felsenegg	5.90		7:11	311	22:31	770	22:31	29.75	2:46:25	5:35	1	2:46:25	1	2:46:25
Buchlern	14.02		4:49	175	19:44	314	19:44	43.77	3:53:57	5:20	1	3:53:57	1	3:53:57
Hönggerberg	11.10		4:46	130	13:53	214	13:53	54.87	4:46:59	5:13	1	4:46:59	1	4:46:59
Irchel	5.10		5:59	279	13:49	600	13:49	59.97	5:17:34	5:17	1	5:17:34	1	5:17:34
Fluntern	6.34		5:37	272	13:53	594	13:53	66.31	5:53:15	5:19	1	5:53:15	1	5:53:15
Forch	11.30		4:54	155	16:52	237	16:52	77.61	6:48:47	5:16	1	6:48:47	1	6:48:47
Egg	8.75		4:53	129	10:41	198	10:41	86.36	7:31:39	5:13	1	7:31:39	1	7:31:39
Zumikon	12.99		5:33	268	25:19	548	25:19	99.35	8:43:57	5:16	1	8:43:57	1	8:43:57
Witikon	6.91		4:48	232	12:11	452	12:11	106.26	9:17:10	5:14	1	9:17:10	1	9:17:10
Fluntern	4.90		4:45	159	7:02	236	7:02	111.16	9:40:31	5:13	1	9:40:31	1	9:40:31
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:33	115	7:06	192	7:06	116.80	10:06:16	5:11	243	3:14:20	366	3:14:20