



38. SOLA-Stafette

Zürich / 07.05.2011

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Komaxrunner

□□: Alumni
□□: 663

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:13:35

□□: 12.57 km/h
□□□□: 4:47 min/km

□□□□□: 84 (of 790)

□□□□□□: 6:52:28

□□□□□: 79(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		3:58	10	1:39	12	1:39	4.40	17:28	3:58	1	17:28	1	17:28
Buchlern	13.25		3:51	33	8:11	39	8:11	17.65	1:08:40	3:53	1	1:08:40	1	1:08:40
Uetliberg	6.20		5:16	63	7:07	89	7:07	23.85	1:41:23	4:15	1	1:41:23	1	1:41:23
Felsenegg	5.90		5:31	235	12:37	484	12:37	29.75	2:13:57	4:30	1	2:13:57	1	2:13:57
Buchlern	14.02		4:32	124	15:57	191	15:57	43.77	3:17:42	4:31	1	3:17:42	1	3:17:42
Hönggerberg	11.10		5:26	244	21:16	496	21:16	54.87	4:18:07	4:42	1	4:18:07	1	4:18:07
Irchel	5.10		4:12	37	4:42	49	4:42	59.97	4:39:35	4:39	1	4:39:35	1	4:39:35
Fluntern	6.34		4:47	129	8:36	198	8:36	66.31	5:09:59	4:40	1	5:09:59	1	5:09:59
Forch	11.30		4:32	76	12:34	105	12:34	77.61	6:01:13	4:39	1	6:01:13	1	6:01:13
Egg	8.75		5:33	249	16:24	517	16:24	86.36	6:49:48	4:44	1	6:49:48	1	6:49:48
Zumikon	12.99		4:13	35	7:49	37	7:49	99.35	7:44:36	4:40	1	7:44:36	1	7:44:36
Witikon	6.91		4:43	216	11:37	405	11:37	106.26	8:17:15	4:40	1	8:17:15	1	8:17:15
Fluntern	4.90		5:01	205	8:19	348	8:19	111.16	8:41:53	4:41	1	8:41:53	1	8:41:53
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Irchel	5.64		5:37	276	13:03	623	13:03	116.80	9:13:35	4:44	82	2:21:39	91	2:21:39