



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Last forever

□□: Alumni

□□: 665

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:22:46

□□: 12.37 km/h

□□□□: 4:51 min/km

□□□□□: 108 (of 790)

□□□□□□: 6:52:28

□□□□□: 100(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:51	99	5:34	145	5:34	4.40	21:23	4:51	1	21:23	1	21:23
Buchlern	13.25		4:23	143	15:11	218	15:11	17.65	1:19:35	4:30	1	1:19:35	1	1:19:35
Uetliberg	6.20		6:13	227	13:00	444	13:00	23.85	1:58:11	4:57	1	1:58:11	1	1:58:11
Felsenegg	5.90		5:02	169	9:49	297	9:49	29.75	2:27:57	4:58	1	2:27:57	1	2:27:57
Buchlern	14.02		4:16	79	12:06	104	12:06	43.77	3:27:51	4:44	1	3:27:51	1	3:27:51
Hönggerberg	11.10		4:37	88	12:06	141	12:06	54.87	4:19:06	4:43	1	4:19:06	1	4:19:06
Irchel	5.10		4:51	131	7:59	209	7:59	59.97	4:43:51	4:43	1	4:43:51	1	4:43:51
Fluntern	6.34		5:03	190	10:19	331	10:19	66.31	5:15:58	4:45	1	5:15:58	1	5:15:58
Forch	11.30		5:13	209	20:17	387	20:17	77.61	6:14:55	4:49	1	6:14:55	1	6:14:55
Egg	8.75		4:45	100	9:23	139	9:23	86.36	6:56:29	4:49	1	6:56:29	1	6:56:29
Zumikon	12.99		4:56	163	17:14	251	17:14	99.35	8:00:42	4:50	1	8:00:42	1	8:00:42
Witikon	6.91		4:22	139	9:11	231	9:11	106.26	8:30:55	4:48	1	8:30:55	1	8:30:55
Fluntern	4.90		4:37	133	6:20	195	6:20	111.16	8:53:34	4:47	1	8:53:34	1	8:53:34
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:10	232	10:33	467	10:33	116.80	9:22:46	4:49	103	2:30:50	115	2:30:50