



38. SOLA-Stafette

Zürich / 07.05.2011

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Loki Pontresina

□□: Alumni

□□: 673

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:44:42

□□: 11.99 km/h

□□□□: 5:03 min/km

□□□□□: 205 (of 790)

□□□□□□: 6:52:28

□□□□□: 175(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:10	166	6:58	293	6:58	4.40	22:47	5:10	1	22:47	1	22:47
Buchlern	13.25		5:02	271	23:42	583	23:42	17.65	1:29:30	5:04	1	1:29:30	1	1:29:30
Uetliberg	6.20		6:02	202	11:49	365	11:49	23.85	2:06:55	5:19	1	2:06:55	1	2:06:55
Felsenegg	5.90		4:54	146	8:59	241	8:59	29.75	2:35:51	5:14	1	2:35:51	1	2:35:51
Buchlern	14.02		5:04	237	23:21	465	23:21	43.77	3:47:00	5:11	1	3:47:00	1	3:47:00
Hönggerberg	11.10		5:04	185	17:06	339	17:06	54.87	4:43:15	5:09	1	4:43:15	1	4:43:15
Irchel	5.10		4:35	78	6:38	117	6:38	59.97	5:06:39	5:06	1	5:06:39	1	5:06:39
Fluntern	6.34		4:50	141	8:56	224	8:56	66.31	5:37:23	5:05	1	5:37:23	1	5:37:23
Forch	11.30		5:20	230	21:43	450	21:43	77.61	6:37:46	5:07	1	6:37:46	1	6:37:46
Egg	8.75		4:58	145	11:23	226	11:23	86.36	7:21:20	5:06	1	7:21:20	1	7:21:20
Zumikon	12.99		4:57	166	17:22	258	17:22	99.35	8:25:41	5:05	1	8:25:41	1	8:25:41
Witikon	6.91		4:23	140	9:16	234	9:16	106.26	8:55:59	5:02	1	8:55:59	1	8:55:59
Fluntern	4.90		4:30	105	5:45	148	5:45	111.16	9:18:03	5:01	1	9:18:03	1	9:18:03
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:43	152	8:00	266	8:00	116.80	9:44:42	5:00	180	2:52:46	216	2:52:46