



38. SOLA-Stafette

Zürich / 07.05.2011

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Mark Brothers

□□: Alumni
 □□: 675

□□: 116.80 km
 Sola-Stafette

□□□□:
 Schnelle

□□□: 7:47:53

□□: 14.88 km/h
 □□□□: 4:02 min/km

□□□□□: 11 (of 790)

□□□□□□: 6:52:28

□□□□□: 11(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		3:59	11	1:44	13	1:44	4.40	17:33	3:59	1	17:33	1	17:33
Buchlern	13.25		3:52	35	8:13	41	8:13	17.65	1:08:47	3:53	1	1:08:47	1	1:08:47
Uetliberg	6.20		5:12	56	6:44	78	6:44	23.85	1:41:07	4:14	1	1:41:07	1	1:41:07
Felsenegg	5.90		4:03	16	3:58	19	3:58	29.75	2:05:02	4:12	1	2:05:02	1	2:05:02
Buchlern	14.02		4:01	36	8:31	41	8:31	43.77	3:01:21	4:08	1	3:01:21	1	3:01:21
Hönggerberg	11.10		4:13	31	7:50	44	7:50	54.87	3:48:20	4:09	1	3:48:20	1	3:48:20
Irchel	5.10		3:52	16	2:59	18	2:59	59.97	4:08:05	4:08	1	4:08:05	1	4:08:05
Fluntern	6.34		3:44	9	1:56	9	1:56	66.31	4:31:49	4:05	1	4:31:49	1	4:31:49
Forch	11.30		3:50	11	4:39	13	4:39	77.61	5:15:08	4:03	1	5:15:08	1	5:15:08
Egg	8.75		4:10	23	4:19	28	4:19	86.36	5:51:38	4:04	1	5:51:38	1	5:51:38
Zumikon	12.99		3:39	3	0:26	3	0:26	99.35	6:39:03	4:00	1	6:39:03	1	6:39:03
Witikon	6.91		4:03	67	7:03	101	7:03	106.26	7:07:08	4:01	1	7:07:08	1	7:07:08
Fluntern	4.90		4:21	80	5:02	111	5:02	111.16	7:28:29	4:02	1	7:28:29	1	7:28:29
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Irchel	5.64		3:26	7	0:45	7	0:45	116.80	7:47:53	4:00	12	55:57	12	55:57