



38. SOLA-Stafette

Zürich / 07.05.2011

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mysliundbebbis

□□: Alumni
□□: 684

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 8:41:41

□□: 13.34 km/h
□□□□: 4:30 min/km

□□□□□: 37 (of 790)

□□□□□□: 6:52:28

□□□□□: 37(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		4:23	39	3:31	50	3:31	4.40	19:20	4:23	1	19:20	1	19:20
Buchlern	13.25		3:38	15	5:11	17	5:11	17.65	1:07:32	3:49	1	1:07:32	1	1:07:32
Uetliberg	6.20		4:46	21	4:02	22	4:02	23.85	1:37:10	4:04	1	1:37:10	1	1:37:10
Felsenegg	5.90		4:11	25	4:47	33	4:47	29.75	2:01:54	4:05	1	2:01:54	1	2:01:54
Buchlern	14.02		3:58	31	7:56	35	7:56	43.77	2:57:38	4:03	1	2:57:38	1	2:57:38
Hönggerberg	11.10		5:12	212	18:43	405	18:43	54.87	3:55:30	4:17	1	3:55:30	1	3:55:30
Irchel	5.10		4:15	42	4:57	58	4:57	59.97	4:17:13	4:17	1	4:17:13	1	4:17:13
Fluntern	6.34		4:38	94	7:37	140	7:37	66.31	4:46:38	4:19	1	4:46:38	1	4:46:38
Forch	11.30		4:42	109	14:30	152	14:30	77.61	5:39:48	4:22	1	5:39:48	1	5:39:48
Egg	8.75		4:46	105	9:35	148	9:35	86.36	6:21:34	4:25	1	6:21:34	1	6:21:34
Zumikon	12.99		4:37	98	13:02	133	13:02	99.35	7:21:35	4:26	1	7:21:35	1	7:21:35
Witikon	6.91		4:32	177	10:24	311	10:24	106.26	7:53:01	4:27	1	7:53:01	1	7:53:01
Fluntern	4.90		5:12	227	9:11	417	9:11	111.16	8:18:31	4:29	1	8:18:31	1	8:18:31
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:06	42	4:31	54	4:31	116.80	8:41:41	4:27	38	1:49:45	41	1:49:45