



38. SOLA-Stafette

Zürich / 07.05.2011

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Oldies On The Move

□□: Alumni
□□: 688

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:21:31

□□: 12.40 km/h
□□□□: 4:51 min/km

□□□□□: 102 (of 790)

□□□□□□: 6:52:28

□□□□□: 96(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:15	179	7:17	327	7:17	4.40	23:06	5:15	1	23:06	1	23:06
Buchlern	13.25		4:15	112	13:25	155	13:25	17.65	1:19:32	4:30	1	1:19:32	1	1:19:32
Uetliberg	6.20		5:40	138	9:37	217	9:37	23.85	1:54:45	4:48	1	1:54:45	1	1:54:45
Felsenegg	5.90		4:19	44	5:33	55	5:33	29.75	2:20:15	4:42	1	2:20:15	1	2:20:15
Buchlern	14.02		4:34	130	16:16	200	16:16	43.77	3:24:19	4:40	1	3:24:19	1	3:24:19
Hönggerberg	11.10		4:37	90	12:07	143	12:07	54.87	4:15:35	4:39	1	4:15:35	1	4:15:35
Irchel	5.10		5:02	163	8:58	274	8:58	59.97	4:41:19	4:41	1	4:41:19	1	4:41:19
Fluntern	6.34		5:02	185	10:10	321	10:10	66.31	5:13:17	4:43	1	5:13:17	1	5:13:17
Forch	11.30		5:21	234	21:54	457	21:54	77.61	6:13:51	4:49	1	6:13:51	1	6:13:51
Egg	8.75		4:45	103	9:31	144	9:31	86.36	6:55:33	4:48	1	6:55:33	1	6:55:33
Zumikon	12.99		5:02	187	18:26	302	18:26	99.35	8:00:58	4:50	1	8:00:58	1	8:00:58
Witikon	6.91		4:19	127	8:53	210	8:53	106.26	8:30:53	4:48	1	8:30:53	1	8:30:53
Fluntern	4.90		5:02	209	8:22	355	8:22	111.16	8:55:34	4:49	1	8:55:34	1	8:55:34
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Irchel	5.64		4:36	127	7:18	212	7:18	116.80	9:21:31	4:48	99	2:29:35	109	2:29:35