



38. SOLA-Stafette

Zürich / 07.05.2011

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quäldich

□□: Alumni

□□: 694

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:46:51

□□: 11.86 km/h

□□□□: 5:04 min/km

□□□□□: 218 (of 790)

□□□□□□: 6:52:28

□□□□□: 183(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:43	255	9:21	532	9:21	4.40	25:10	5:43	1	25:10	1	25:10
Buchlern	13.25		3:46	25	7:03	28	7:03	17.65	1:15:14	4:15	1	1:15:14	1	1:15:14
Uetliberg	6.20		6:25	247	14:17	517	14:17	23.85	1:55:07	4:49	1	1:55:07	1	1:55:07
Felsenegg	5.90		5:06	180	10:11	319	10:11	29.75	2:25:15	4:52	1	2:25:15	1	2:25:15
Buchlern	14.02		4:49	178	19:46	317	19:46	43.77	3:32:49	4:51	1	3:32:49	1	3:32:49
Hönggerberg	11.10		4:32	71	11:15	111	11:15	54.87	4:23:13	4:47	1	4:23:13	1	4:23:13
Irchel	5.10		4:49	125	7:53	202	7:53	59.97	4:47:52	4:48	1	4:47:52	1	4:47:52
Fluntern	6.34		4:39	101	7:45	152	7:45	66.31	5:17:25	4:47	1	5:17:25	1	5:17:25
Forch	11.30		5:36	272	24:46	575	24:46	77.61	6:20:51	4:54	1	6:20:51	1	6:20:51
Egg	8.75		4:49	112	9:58	164	9:58	86.36	7:03:00	4:53	1	7:03:00	1	7:03:00
Zumikon	12.99		5:04	193	18:59	321	18:59	99.35	8:08:58	4:55	1	8:08:58	1	8:08:58
Witikon	6.91		5:16	273	15:23	613	15:23	106.26	8:45:23	4:56	1	8:45:23	1	8:45:23
Fluntern	4.90		5:54	280	12:36	619	12:36	111.16	9:14:18	4:59	1	9:14:18	1	9:14:18
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Irchel	5.64		5:46	287	13:54	659	13:54	116.80	9:46:51	5:01	189	2:54:55	231	2:54:55