



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## RADOX Runners

□□: Alumni

□□: 697

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:51:57

□□: 13.08 km/h

□□□□: 4:35 min/km

□□□□□: 48 (of 790)

□□□□□□: 6:52:28

□□□□□: 47(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:59	126	6:10	208	6:10	4.40	21:59	4:59	1	21:59	1	21:59
Buchlern	13.25		3:56	48	9:12	56	9:12	17.65	1:14:12	4:12	1	1:14:12	1	1:14:12
Uetliberg	6.20		6:02	204	11:52	370	11:52	23.85	1:51:40	4:40	1	1:51:40	1	1:51:40
Felsenegg	5.90		4:38	82	7:29	125	7:29	29.75	2:19:06	4:40	1	2:19:06	1	2:19:06
Buchlern	14.02		3:54	20	6:55	24	6:55	43.77	3:13:49	4:25	1	3:13:49	1	3:13:49
Hönggerberg	11.10		4:43	119	13:23	190	13:23	54.87	4:06:21	4:29	1	4:06:21	1	4:06:21
Irchel	5.10		4:53	137	8:11	225	8:11	59.97	4:31:18	4:31	1	4:31:18	1	4:31:18
Fluntern	6.34		4:39	97	7:41	146	7:41	66.31	5:00:47	4:32	1	5:00:47	1	5:00:47
Forch	11.30		4:32	79	12:43	108	12:43	77.61	5:52:10	4:32	1	5:52:10	1	5:52:10
Egg	8.75		4:44	97	9:18	134	9:18	86.36	6:33:39	4:33	1	6:33:39	1	6:33:39
Zumikon	12.99		4:48	138	15:28	206	15:28	99.35	7:36:06	4:35	1	7:36:06	1	7:36:06
Witikon	6.91		4:32	175	10:20	306	10:20	106.26	8:07:28	4:35	1	8:07:28	1	8:07:28
Fluntern	4.90		3:56	33	3:02	38	3:02	111.16	8:26:49	4:33	1	8:26:49	1	8:26:49
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Irchel	5.64		4:27	87	6:29	138	6:29	116.80	8:51:57	4:33	48	2:00:01	52	2:00:01