



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Ramdrammers

□□: Alumni

□□: 698

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:18:03

□□: 13.97 km/h

□□□□: 4:18 min/km

□□□□□: 26 (of 790)

□□□□□□: 6:52:28

□□□□□: 26(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:18	183	7:32	340	7:32	4.40	23:21	5:18	1	23:21	1	23:21
Buchlern	13.25		4:16	116	13:44	163	13:44	17.65	1:20:06	4:32	1	1:20:06	1	1:20:06
Uetliberg	6.20		5:17	66	7:15	94	7:15	23.85	1:52:57	4:44	1	1:52:57	1	1:52:57
Felsenegg	5.90		3:53	11	3:03	12	3:03	29.75	2:15:57	4:34	1	2:15:57	1	2:15:57
Buchlern	14.02		4:07	48	10:03	57	10:03	43.77	3:13:48	4:25	1	3:13:48	1	3:13:48
Hönggerberg	11.10		4:26	54	10:04	87	10:04	54.87	4:03:01	4:25	1	4:03:01	1	4:03:01
Irchel	5.10		4:24	58	5:42	80	5:42	59.97	4:25:29	4:25	1	4:25:29	1	4:25:29
Fluntern	6.34		5:03	188	10:17	329	10:17	66.31	4:57:34	4:29	1	4:57:34	1	4:57:34
Forch	11.30		4:10	25	8:27	31	8:27	77.61	5:44:41	4:26	1	5:44:41	1	5:44:41
Egg	8.75		4:08	20	4:03	23	4:03	86.36	6:20:55	4:24	1	6:20:55	1	6:20:55
Zumikon	12.99		3:54	11	3:53	11	3:53	99.35	7:11:47	4:20	1	7:11:47	1	7:11:47
Witikon	6.91		3:55	46	6:06	63	6:06	106.26	7:38:55	4:19	1	7:38:55	1	7:38:55
Fluntern	4.90		4:05	44	3:42	50	3:42	111.16	7:58:56	4:18	1	7:58:56	1	7:58:56
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Irchel	5.64		3:23	5	0:28	5	0:28	116.80	8:18:03	4:15	27	1:26:07	29	1:26:07