



38. SOLA-Stafette

Zürich / 07.05.2011

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retired express

□□: Alumni

□□: 701

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:38:06

□□: 12.04 km/h

□□□□: 4:59 min/km

□□□□□: 174 (of 790)

□□□□□□: 6:52:28

□□□□□: 152(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:38	69	4:36	103	4:36	4.40	20:25	4:38	1	20:25	1	20:25
Buchlern	13.25		4:27	158	15:58	247	15:58	17.65	1:19:24	4:29	1	1:19:24	1	1:19:24
Uetliberg	6.20		5:47	159	10:20	260	10:20	23.85	1:55:20	4:50	1	1:55:20	1	1:55:20
Felsenegg	5.90		5:18	208	11:24	397	11:24	29.75	2:26:41	4:55	1	2:26:41	1	2:26:41
Buchlern	14.02		5:07	243	24:04	484	24:04	43.77	3:38:33	4:59	1	3:38:33	1	3:38:33
Hönggerberg	11.10		4:41	103	12:54	166	12:54	54.87	4:30:36	4:55	1	4:30:36	1	4:30:36
Irchel	5.10		5:19	206	10:25	377	10:25	59.97	4:57:47	4:57	1	4:57:47	1	4:57:47
Fluntern	6.34		5:06	198	10:36	351	10:36	66.31	5:30:11	4:58	1	5:30:11	1	5:30:11
Forch	11.30		5:01	172	18:04	286	18:04	77.61	6:26:55	4:59	1	6:26:55	1	6:26:55
Egg	8.75		4:49	115	10:05	171	10:05	86.36	7:09:11	4:58	1	7:09:11	1	7:09:11
Zumikon	12.99		5:24	246	23:22	481	23:22	99.35	8:19:32	5:01	1	8:19:32	1	8:19:32
Witikon	6.91		4:21	136	9:08	225	9:08	106.26	8:49:42	4:59	1	8:49:42	1	8:49:42
Fluntern	4.90		4:30	106	5:46	151	5:46	111.16	9:11:47	4:57	1	9:11:47	1	9:11:47
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:39	142	7:40	244	7:40	116.80	9:38:06	4:56	156	2:46:10	184	2:46:10