



38. SOLA-Stafette

Zürich / 07.05.2011

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RUAG Space runners

□□: Alumni
□□: 706

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:10:09

□□: 12.74 km/h
□□□□: 4:45 min/km

□□□□□: 76 (of 790)

□□□□□□: 6:52:28

□□□□□: 71(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:12	174	7:06	310	7:06	4.40	22:55	5:12	1	22:55	1	22:55
Buchlern	13.25		4:45	227	20:04	430	20:04	17.65	1:26:00	4:52	1	1:26:00	1	1:26:00
Uetliberg	6.20		5:46	152	10:11	252	10:11	23.85	2:01:47	5:06	1	2:01:47	1	2:01:47
Felsenegg	5.90		5:29	231	12:28	473	12:28	29.75	2:34:12	5:10	1	2:34:12	1	2:34:12
Buchlern	14.02		4:32	120	15:49	185	15:49	43.77	3:37:49	4:58	1	3:37:49	1	3:37:49
Hönggerberg	11.10		4:18	37	8:36	53	8:36	54.87	4:25:34	4:50	1	4:25:34	1	4:25:34
Irchel	5.10		4:39	98	7:01	150	7:01	59.97	4:49:21	4:49	1	4:49:21	1	4:49:21
Fluntern	6.34		5:04	192	10:22	336	10:22	66.31	5:21:31	4:50	1	5:21:31	1	5:21:31
Forch	11.30		4:42	110	14:32	153	14:32	77.61	6:14:43	4:49	1	6:14:43	1	6:14:43
Egg	8.75		4:50	117	10:08	174	10:08	86.36	6:57:02	4:49	1	6:57:02	1	6:57:02
Zumikon	12.99		4:12	33	7:43	35	7:43	99.35	7:51:44	4:44	1	7:51:44	1	7:51:44
Witikon	6.91		4:02	64	6:57	91	6:57	106.26	8:19:43	4:42	1	8:19:43	1	8:19:43
Fluntern	4.90		5:13	233	9:15	424	9:15	111.16	8:45:17	4:43	1	8:45:17	1	8:45:17
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Irchel	5.64		4:24	78	6:13	122	6:13	116.80	9:10:09	4:42	74	2:18:13	82	2:18:13