



38. SOLA-Stafette

Zürich / 07.05.2011

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SAS Heublüemler

□□: Alumni
□□: 711

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 7:48:00

□□: 14.87 km/h
□□□□: 4:02 min/km

□□□□□: 12 (of 790)

□□□□□□: 6:52:28

□□□□□: 12(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:24	42	3:36	53	3:36	4.40	19:25	4:24	1	19:25	1	19:25
Buchlern	13.25		3:34	10	4:17	10	4:17	17.65	1:06:43	3:46	1	1:06:43	1	1:06:43
Uetliberg	6.20		4:53	26	4:46	29	4:46	23.85	1:37:05	4:04	1	1:37:05	1	1:37:05
Felsenegg	5.90		4:01	15	3:46	17	3:46	29.75	2:00:48	4:03	1	2:00:48	1	2:00:48
Buchlern	14.02		3:53	19	6:45	23	6:45	43.77	2:55:21	4:00	1	2:55:21	1	2:55:21
Hönggerberg	11.10		4:04	21	6:04	25	6:04	54.87	3:40:34	4:01	1	3:40:34	1	3:40:34
Irchel	5.10		3:47	10	2:33	11	2:33	59.97	3:59:53	4:00	1	3:59:53	1	3:59:53
Fluntern	6.34		4:00	20	3:36	22	3:36	66.31	4:25:17	4:00	1	4:25:17	1	4:25:17
Forch	11.30		4:14	37	9:16	47	9:16	77.61	5:13:13	4:02	1	5:13:13	1	5:13:13
Egg	8.75		3:46	4	0:49	4	0:49	86.36	5:46:13	4:00	1	5:46:13	1	5:46:13
Zumikon	12.99		4:19	48	9:11	57	9:11	99.35	6:42:23	4:03	1	6:42:23	1	6:42:23
Witikon	6.91		3:21	12	2:13	12	2:13	106.26	7:05:38	4:00	1	7:05:38	1	7:05:38
Fluntern	4.90		4:18	76	4:50	104	4:50	111.16	7:26:47	4:01	1	7:26:47	1	7:26:47
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Irchel	5.64		3:45	22	2:34	25	2:34	116.80	7:48:00	4:00	13	56:04	13	56:04