



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## SLAM@SOLA

□□: Alumni

□□: 719

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:21:22

□□: 12.48 km/h

□□□□: 4:51 min/km

□□□□□: 100 (of 790)

□□□□□□: 6:52:28

□□□□□: 94(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:30	225	8:25	442	8:25	4.40	24:14	5:30	1	24:14	1	24:14
Buchlern	13.25		4:30	170	16:45	279	16:45	17.65	1:24:00	4:45	1	1:24:00	1	1:24:00
Uetliberg	6.20		5:12	54	6:43	75	6:43	23.85	1:56:19	4:52	1	1:56:19	1	1:56:19
Felsenegg	5.90		4:36	77	7:15	109	7:15	29.75	2:23:31	4:49	1	2:23:31	1	2:23:31
Buchlern	14.02		4:54	206	21:01	375	21:01	43.77	3:32:20	4:51	1	3:32:20	1	3:32:20
Hönggerberg	11.10		4:36	84	11:58	137	11:58	54.87	4:23:27	4:48	1	4:23:27	1	4:23:27
Irchel	5.10		4:24	58	5:42	80	5:42	59.97	4:45:55	4:46	1	4:45:55	1	4:45:55
Fluntern	6.34		5:10	218	11:02	395	11:02	66.31	5:18:45	4:48	1	5:18:45	1	5:18:45
Forch	11.30		4:43	112	14:47	157	14:47	77.61	6:12:12	4:47	1	6:12:12	1	6:12:12
Egg	8.75		5:15	202	13:48	363	13:48	86.36	6:58:11	4:50	1	6:58:11	1	6:58:11
Zumikon	12.99		4:30	70	11:40	95	11:40	99.35	7:56:50	4:47	1	7:56:50	1	7:56:50
Witikon	6.91		5:19	279	15:43	633	15:43	106.26	8:33:35	4:49	1	8:33:35	1	8:33:35
Fluntern	4.90		3:48	21	2:22	26	2:22	111.16	8:52:16	4:47	1	8:52:16	1	8:52:16
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Irchel	5.64		5:09	228	10:27	453	10:27	116.80	9:21:22	4:48	97	2:29:26	107	2:29:26