



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Solothurn liegt am Meer!

□□: Alumni

□□: 722

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:55:18

□□: 11.69 km/h

□□□□: 5:08 min/km

□□□□□: 268 (of 790)

□□□□□□: 6:52:28

□□□□□: 207(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:05	278	11:00	651	11:00	4.40	26:49	6:05	1	26:49	1	26:49
Buchlern	13.25		4:53	251	21:53	513	21:53	17.65	1:31:43	5:11	1	1:31:43	1	1:31:43
Uetliberg	6.20		6:44	276	16:13	607	16:13	23.85	2:13:32	5:35	1	2:13:32	1	2:13:32
Felsenegg	5.90		4:49	122	8:32	198	8:32	29.75	2:42:01	5:26	1	2:42:01	1	2:42:01
Buchlern	14.02		4:23	98	13:49	139	13:49	43.77	3:43:38	5:06	1	3:43:38	1	3:43:38
Hönggerberg	11.10		5:17	222	19:30	438	19:30	54.87	4:42:17	5:08	1	4:42:17	1	4:42:17
Irchel	5.10		5:48	263	12:52	542	12:52	59.97	5:11:55	5:12	1	5:11:55	1	5:11:55
Fluntern	6.34		5:44	281	14:39	620	14:39	66.31	5:48:22	5:15	1	5:48:22	1	5:48:22
Forch	11.30		4:50	134	16:02	198	16:02	77.61	6:43:04	5:11	1	6:43:04	1	6:43:04
Egg	8.75		4:29	58	7:08	74	7:08	86.36	7:22:23	5:07	1	7:22:23	1	7:22:23
Zumikon	12.99		4:48	140	15:32	208	15:32	99.35	8:24:54	5:04	1	8:24:54	1	8:24:54
Witikon	6.91		4:31	171	10:15	300	10:15	106.26	8:56:11	5:02	1	8:56:11	1	8:56:11
Fluntern	4.90		6:02	286	13:19	655	13:19	111.16	9:25:49	5:05	1	9:25:49	1	9:25:49
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Irchel	5.64		5:13	235	10:50	486	10:50	116.80	9:55:18	5:05	213	3:03:22	282	3:03:22