



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## SP Running Team 1

□□: Alumni

□□: 723

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:40:43

□□: 10.86 km/h

□□□□: 5:32 min/km

□□□□□: 576 (of 790)

□□□□□□: 6:52:28

□□□□□: 290(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	107	5:51	173	5:51	4.40	21:40	4:55	1	21:40	1	21:40
Buchlern	13.25		5:20	290	27:43	683	27:43	17.65	1:32:24	5:14	1	1:32:24	1	1:32:24
Uetliberg	6.20		6:45	278	16:20	611	16:20	23.85	2:14:20	5:37	1	2:14:20	1	2:14:20
Felsenegg	5.90		6:34	304	18:50	738	18:50	29.75	2:53:07	5:49	1	2:53:07	1	2:53:07
Buchlern	14.02		4:19	87	12:50	119	12:50	43.77	3:53:45	5:20	1	3:53:45	1	3:53:45
Hönggerberg	11.10		6:37	305	34:25	759	34:25	54.87	5:07:19	5:36	1	5:07:19	1	5:07:19
Irchel	5.10		5:26	226	11:00	424	11:00	59.97	5:35:05	5:35	1	5:35:05	1	5:35:05
Fluntern	6.34		5:20	245	12:06	490	12:06	66.31	6:08:59	5:33	1	6:08:59	1	6:08:59
Forch	11.30		5:05	186	18:49	323	18:49	77.61	7:06:28	5:29	1	7:06:28	1	7:06:28
Egg	8.75		5:13	197	13:36	349	13:36	86.36	7:52:15	5:28	1	7:52:15	1	7:52:15
Zumikon	12.99		5:25	248	23:33	489	23:33	99.35	9:02:47	5:27	1	9:02:47	1	9:02:47
Witikon	6.91		6:24	307	23:12	765	23:12	106.26	9:47:01	5:31	1	9:47:01	1	9:47:01
Fluntern	4.90		5:49	274	12:14	600	12:14	111.16	10:15:34	5:32	1	10:15:34	1	10:15:34
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Irchel	5.64		4:27	89	6:30	141	6:30	116.80	10:40:43	5:29	297	3:48:47	594	3:48:47