



38. SOLA-Stafette

Zürich / 07.05.2011

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Speedy Bones

□□: Alumni

□□: 724

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:06:54

□□: 11.47 km/h

□□□□: 5:14 min/km

□□□□□: 354 (of 790)

□□□□□□: 6:52:28

□□□□□: 239(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:28	219	8:17	428	8:17	4.40	24:06	5:28	1	24:06	1	24:06
Buchlern	13.25		4:50	244	21:09	487	21:09	17.65	1:28:16	5:00	1	1:28:16	1	1:28:16
Uetliberg	6.20		7:08	296	18:38	694	18:38	23.85	2:12:30	5:33	1	2:12:30	1	2:12:30
Felsenegg	5.90		5:52	275	14:42	617	14:42	29.75	2:47:09	5:37	1	2:47:09	1	2:47:09
Buchlern	14.02		4:51	193	20:14	341	20:14	43.77	3:55:11	5:22	1	3:55:11	1	3:55:11
Hönggerberg	11.10		5:23	238	20:40	479	20:40	54.87	4:55:00	5:22	1	4:55:00	1	4:55:00
Irchel	5.10		4:48	122	7:43	192	7:43	59.97	5:19:29	5:19	1	5:19:29	1	5:19:29
Fluntern	6.34		4:19	48	5:38	63	5:38	66.31	5:46:55	5:13	1	5:46:55	1	5:46:55
Forch	11.30		4:48	128	15:37	185	15:37	77.61	6:41:12	5:10	1	6:41:12	1	6:41:12
Egg	8.75		6:10	293	21:52	700	21:52	86.36	7:35:15	5:16	1	7:35:15	1	7:35:15
Zumikon	12.99		4:16	40	8:29	46	8:29	99.35	8:30:43	5:08	1	8:30:43	1	8:30:43
Witikon	6.91		5:03	257	13:57	554	13:57	106.26	9:05:42	5:08	1	9:05:42	1	9:05:42
Fluntern	4.90		6:15	293	14:21	690	14:21	111.16	9:36:22	5:11	1	9:36:22	1	9:36:22
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Irchel	5.64		5:24	256	11:53	561	11:53	116.80	10:06:54	5:11	245	3:14:58	370	3:14:58