



38. SOLA-Stafette

Zürich / 07.05.2011

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ST-Ericsson Turtles

□□: Alumni

□□: 730

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:39:29

□□: 12.09 km/h

□□□□: 5:00 min/km

□□□□□: 181 (of 790)

□□□□□□: 6:52:28

□□□□□: 158(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:34	234	8:42	467	8:42	4.40	24:31	5:34	1	24:31	1	24:31
Buchlern	13.25		4:58	262	22:58	558	22:58	17.65	1:30:30	5:07	1	1:30:30	1	1:30:30
Uetliberg	6.20		6:15	231	13:15	455	13:15	23.85	2:09:21	5:25	1	2:09:21	1	2:09:21
Felsenegg	5.90		4:49	120	8:29	195	8:29	29.75	2:37:47	5:18	1	2:37:47	1	2:37:47
Buchlern	14.02		4:10	56	10:40	72	10:40	43.77	3:36:15	4:56	1	3:36:15	1	3:36:15
Hönggerberg	11.10		4:45	123	13:35	199	13:35	54.87	4:28:59	4:54	1	4:28:59	1	4:28:59
Irchel	5.10		5:11	183	9:44	327	9:44	59.97	4:55:29	4:55	1	4:55:29	1	4:55:29
Fluntern	6.34		6:01	291	16:26	680	16:26	66.31	5:33:43	5:01	1	5:33:43	1	5:33:43
Forch	11.30		4:51	138	16:14	205	16:14	77.61	6:28:37	5:00	1	6:28:37	1	6:28:37
Egg	8.75		5:32	246	16:16	511	16:16	86.36	7:17:04	5:03	1	7:17:04	1	7:17:04
Zumikon	12.99		4:52	153	16:21	234	16:21	99.35	8:20:24	5:02	1	8:20:24	1	8:20:24
Witikon	6.91		4:13	97	8:11	152	8:11	106.26	8:49:37	4:59	1	8:49:37	1	8:49:37
Fluntern	4.90		4:36	130	6:16	191	6:16	111.16	9:12:12	4:58	1	9:12:12	1	9:12:12
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:50	170	8:38	312	8:38	116.80	9:39:29	4:57	162	2:47:33	191	2:47:33