



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## A.V. Amicitia San Gallensis Aktivitas

□□: UNI

□□: 7

□□: 116.80 km

Sola-Stafette

□□□□□: DSQ (of 790)

□□□□□□: 6:52:28

□□□□:

Langsame

□□□□□: DSQ(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:52	323	8:41	587	10:04	4.40	25:53	5:52	1	25:53	1	25:53
Buchlern	13.25	fehlt!	-	-	-	-	-	17.65	-	-	-	-	-	-
Uetliberg	6.20		7:15	410	15:49	708	19:25	23.85	1:10:54	2:58	1	1:10:54	1	1:10:54
Felsenegg	5.90		7:21	464	20:48	776	23:29	29.75	1:54:20	3:50	1	1:54:20	1	1:54:20
Buchlern	14.02		5:50	401	30:04	700	34:05	43.77	3:16:13	4:28	1	3:16:13	1	3:16:13
Hönggerberg	11.10		5:11	187	15:47	396	18:28	54.87	4:13:50	4:37	1	4:13:50	1	4:13:50
Irchel	5.10		5:09	137	7:14	313	9:34	59.97	4:40:10	4:40	1	4:40:10	1	4:40:10
Fluntern	6.34		6:03	392	14:31	686	16:36	66.31	5:18:34	4:48	1	5:18:34	1	5:18:34
Forch	11.30		5:41	320	22:42	597	25:34	77.61	6:22:48	4:55	1	6:22:48	1	6:22:48
Egg	8.75		5:33	271	15:17	521	16:31	86.36	7:11:30	4:59	1	7:11:30	1	7:11:30
Zumikon	12.99		5:12	169	14:37	383	20:46	99.35	8:19:15	5:01	1	8:19:15	1	8:19:15
Witikon	6.91		5:02	291	10:57	545	13:45	106.26	8:54:02	5:01	1	8:54:02	1	8:54:02
Fluntern	4.90		4:17	25	4:09	95	4:41	111.16	9:15:02	4:59	1	9:15:02	1	9:15:02
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:25	309	10:24	567	11:58	116.80	-	-	-	-	-	-