



38. SOLA-Stafette

Zürich / 07.05.2011

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Stittertobel Jogger

□□: Alumni

□□: 732

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:00:55

□□: 11.66 km/h

□□□□: 5:11 min/km

□□□□□: 311 (of 790)

□□□□□□: 6:52:28

□□□□□: 222(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:50	96	5:28	140	5:28	4.40	21:17	4:50	1	21:17	1	21:17
Buchlern	13.25		5:03	276	24:04	596	24:04	17.65	1:28:22	5:00	1	1:28:22	1	1:28:22
Uetliberg	6.20		9:58	312	36:13	785	36:13	23.85	2:30:11	6:17	1	2:30:11	1	2:30:11
Felsenegg	5.90		4:04	18	4:06	22	4:06	29.75	2:54:14	5:51	1	2:54:14	1	2:54:14
Buchlern	14.02		4:49	180	19:48	319	19:48	43.77	4:01:50	5:31	1	4:01:50	1	4:01:50
Hönggerberg	11.10		5:00	178	16:32	315	16:32	54.87	4:57:31	5:25	1	4:57:31	1	4:57:31
Irchel	5.10		6:17	291	15:20	656	15:20	59.97	5:29:37	5:29	1	5:29:37	1	5:29:37
Fluntern	6.34		4:54	155	9:20	252	9:20	66.31	6:00:45	5:26	1	6:00:45	1	6:00:45
Forch	11.30		4:33	83	12:52	112	12:52	77.61	6:52:17	5:18	1	6:52:17	1	6:52:17
Egg	8.75		5:04	168	12:09	278	12:09	86.36	7:36:37	5:17	1	7:36:37	1	7:36:37
Zumikon	12.99		4:49	141	15:38	209	15:38	99.35	8:39:14	5:13	1	8:39:14	1	8:39:14
Witikon	6.91		4:49	234	12:19	461	12:19	106.26	9:12:35	5:12	1	9:12:35	1	9:12:35
Fluntern	4.90		4:41	149	6:41	216	6:41	111.16	9:35:35	5:10	1	9:35:35	1	9:35:35
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Irchel	5.64		4:29	97	6:41	156	6:41	116.80	10:00:55	5:08	228	3:08:59	326	3:08:59