



# 38. SOLA-Stafette

Zürich / 07.05.2011

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trigether

□□: Alumni  
□□: 742

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 9:01:42

□□: 12.85 km/h  
□□□□: 4:40 min/km

□□□□□: 63 (of 790)

□□□□□□: 6:52:28

□□□□□: 60 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:38	248	9:01	505	9:01	4.40	24:50	5:38	1	24:50	1	24:50
Buchlern	13.25		3:49	27	7:38	32	7:38	17.65	1:15:29	4:16	1	1:15:29	1	1:15:29
Uetliberg	6.20		4:52	25	4:37	28	4:37	23.85	1:45:42	4:25	1	1:45:42	1	1:45:42
Felsenegg	5.90		4:47	111	8:18	181	8:18	29.75	2:13:57	4:30	1	2:13:57	1	2:13:57
Buchlern	14.02		4:40	158	17:50	253	17:50	43.77	3:19:35	4:33	1	3:19:35	1	3:19:35
Hönggerberg	11.10		4:21	42	9:17	66	9:17	54.87	4:08:01	4:31	1	4:08:01	1	4:08:01
Irchel	5.10		5:19	204	10:24	374	10:24	59.97	4:35:11	4:35	1	4:35:11	1	4:35:11
Fluntern	6.34		4:48	131	8:40	200	8:40	66.31	5:05:39	4:36	1	5:05:39	1	5:05:39
Forch	11.30		4:23	55	10:52	71	10:52	77.61	5:55:11	4:34	1	5:55:11	1	5:55:11
Egg	8.75		4:46	104	9:34	146	9:34	86.36	6:36:56	4:35	1	6:36:56	1	6:36:56
Zumikon	12.99		4:29	66	11:21	89	11:21	99.35	7:35:16	4:34	1	7:35:16	1	7:35:16
Witikon	6.91		5:01	254	13:42	542	13:42	106.26	8:10:00	4:36	1	8:10:00	1	8:10:00
Fluntern	4.90		4:14	61	4:27	82	4:27	111.16	8:30:46	4:35	1	8:30:46	1	8:30:46
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:29	264	12:17	580	12:17	116.80	9:01:42	4:38	62	2:09:46	68	2:09:46