



38. SOLA-Stafette

Zürich / 07.05.2011

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Weinbergsschnecken

□□: Alumni
□□: 759

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:36:48

□□: 12.07 km/h
□□□□: 4:59 min/km

□□□□□: 167 (of 790)

□□□□□□: 6:52:28

□□□□□: 149(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:28	50	3:52	68	3:52	4.40	19:41	4:28	1	19:41	1	19:41
Buchlern	13.25		4:09	83	11:59	108	11:59	17.65	1:14:41	4:13	1	1:14:41	1	1:14:41
Uetliberg	6.20		5:45	151	10:07	250	10:07	23.85	1:50:24	4:37	1	1:50:24	1	1:50:24
Felsenegg	5.90		5:32	242	12:47	505	12:47	29.75	2:23:08	4:48	1	2:23:08	1	2:23:08
Buchlern	14.02		4:35	136	16:38	212	16:38	43.77	3:27:34	4:44	1	3:27:34	1	3:27:34
Hönggerberg	11.10		4:32	72	11:19	114	11:19	54.87	4:18:02	4:42	1	4:18:02	1	4:18:02
Irchel	5.10		5:14	186	9:57	338	9:57	59.97	4:44:45	4:44	1	4:44:45	1	4:44:45
Fluntern	6.34		5:15	230	11:32	440	11:32	66.31	5:18:05	4:47	1	5:18:05	1	5:18:05
Forch	11.30		5:25	241	22:34	487	22:34	77.61	6:19:19	4:53	1	6:19:19	1	6:19:19
Egg	8.75		4:37	76	8:16	95	8:16	86.36	6:59:46	4:51	1	6:59:46	1	6:59:46
Zumikon	12.99		5:35	270	25:42	561	25:42	99.35	8:12:27	4:57	1	8:12:27	1	8:12:27
Witikon	6.91		4:05	75	7:13	115	7:13	106.26	8:40:42	4:54	1	8:40:42	1	8:40:42
Fluntern	4.90		5:35	257	11:03	520	11:03	111.16	9:08:04	4:55	1	9:08:04	1	9:08:04
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Irchel	5.64		5:05	214	10:05	422	10:05	116.80	9:36:48	4:56	153	2:44:52	177	2:44:52