



38. SOLA-Stafette

Zürich / 07.05.2011

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Zimmerzwerge

□□: Alumni

□□: 764

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:02:16

□□: 12.84 km/h

□□□□: 4:41 min/km

□□□□□: 65 (of 790)

□□□□□□: 6:52:28

□□□□□: 61(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:34	59	4:18	83	4:18	4.40	20:07	4:34	1	20:07	1	20:07
Buchlern	13.25		4:18	122	14:03	176	14:03	17.65	1:17:11	4:22	1	1:17:11	1	1:17:11
Uetliberg	6.20		5:30	94	8:30	142	8:30	23.85	1:51:17	4:39	1	1:51:17	1	1:51:17
Felsenegg	5.90		4:54	149	9:02	246	9:02	29.75	2:20:16	4:42	1	2:20:16	1	2:20:16
Buchlern	14.02		4:22	96	13:35	136	13:35	43.77	3:21:39	4:36	1	3:21:39	1	3:21:39
Hönggerberg	11.10		4:48	134	14:09	227	14:09	54.87	4:14:57	4:38	1	4:14:57	1	4:14:57
Irchel	5.10		5:48	264	12:53	545	12:53	59.97	4:44:36	4:44	1	4:44:36	1	4:44:36
Fluntern	6.34		4:51	143	9:02	226	9:02	66.31	5:15:26	4:45	1	5:15:26	1	5:15:26
Forch	11.30		4:44	116	14:54	163	14:54	77.61	6:09:00	4:45	1	6:09:00	1	6:09:00
Egg	8.75		4:23	42	6:12	52	6:12	86.36	6:47:23	4:43	1	6:47:23	1	6:47:23
Zumikon	12.99		4:54	157	16:51	242	16:51	99.35	7:51:13	4:44	1	7:51:13	1	7:51:13
Witikon	6.91		3:21	11	2:12	11	2:12	106.26	8:14:27	4:39	1	8:14:27	1	8:14:27
Fluntern	4.90		4:22	82	5:06	114	5:06	111.16	8:35:52	4:38	1	8:35:52	1	8:35:52
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:40	146	7:45	253	7:45	116.80	9:02:16	4:38	63	2:10:20	70	2:10:20