



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## IfE Runner

□□: ETH

□□: 85

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:19:44

□□: 11.23 km/h

□□□□: 5:18 min/km

□□□□□: 441 (of 790)

□□□□□□: 6:52:28

□□□□□: 175(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:07	111	5:23	270	6:46	4.40	22:35	5:07	1	22:35	1	22:35
Buchlern	13.25		5:27	412	24:42	706	29:12	17.65	1:34:48	5:22	1	1:34:48	1	1:34:48
Uetliberg	6.20		6:00	152	8:05	352	11:41	23.85	2:12:05	5:32	1	2:12:05	1	2:12:05
Felsenegg	5.90		6:22	424	15:00	719	17:41	29.75	2:49:43	5:42	1	2:49:43	1	2:49:43
Buchlern	14.02		4:38	88	13:21	236	17:22	43.77	3:54:53	5:21	1	3:54:53	1	3:54:53
Hönggerberg	11.10		5:51	369	23:15	651	25:56	54.87	4:59:58	5:28	1	4:59:58	1	4:59:58
Irchel	5.10		5:30	211	8:58	444	11:18	59.97	5:28:02	5:28	1	5:28:02	1	5:28:02
Fluntern	6.34		5:15	212	9:29	442	11:34	66.31	6:01:24	5:27	1	6:01:24	1	6:01:24
Forch	11.30		5:02	120	15:29	297	18:21	77.61	6:58:25	5:23	1	6:58:25	1	6:58:25
Egg	8.75		5:44	324	16:51	598	18:05	86.36	7:48:41	5:25	1	7:48:41	1	7:48:41
Zumikon	12.99		5:25	239	17:18	486	23:27	99.35	8:59:07	5:25	1	8:59:07	1	8:59:07
Witikon	6.91		5:07	312	11:33	573	14:21	106.26	9:34:30	5:24	1	9:34:30	1	9:34:30
Fluntern	4.90		4:33	53	5:27	169	5:59	111.16	9:56:48	5:22	1	9:56:48	1	9:56:48
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:03	9	2:43	47	4:17	116.80	10:19:44	5:18	186	2:09:32	459	3:27:48