



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Captain Gu

□□: UNI

□□: 12

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:37:00

□□: 12.15 km/h

□□□□: 4:56 min/km

□□□□□: 168 (of 790)

□□□□□□: 6:52:28

□□□□□: 19(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:22	182	6:29	383	7:52	4.40	23:41	5:22	1	23:41	1	23:41
Buchlern	13.25		5:11	359	21:11	640	25:41	17.65	1:32:23	5:14	1	1:32:23	1	1:32:23
Uetliberg	6.20		6:10	205	9:06	428	12:42	23.85	2:10:41	5:28	1	2:10:41	1	2:10:41
Felsenegg	5.90		4:34	28	4:23	99	7:04	29.75	2:37:42	5:18	1	2:37:42	1	2:37:42
Buchlern	14.02		4:24	43	9:58	143	13:59	43.77	3:39:29	5:00	1	3:39:29	1	3:39:29
Hönggerberg	11.10		4:25	33	7:17	84	9:58	54.87	4:28:36	4:53	1	4:28:36	1	4:28:36
Irchel	5.10		4:59	105	6:23	260	8:43	59.97	4:54:05	4:54	1	4:54:05	1	4:54:05
Fluntern	6.34		5:20	240	9:57	484	12:02	66.31	5:27:55	4:56	1	5:27:55	1	5:27:55
Forch	11.30		4:08	6	5:21	28	8:13	77.61	6:14:48	4:49	1	6:14:48	1	6:14:48
Egg	8.75		4:37	21	7:07	100	8:21	86.36	6:55:20	4:48	1	6:55:20	1	6:55:20
Zumikon	12.99		5:53	371	23:19	661	29:28	99.35	8:11:47	4:57	1	8:11:47	1	8:11:47
Witikon	6.91		4:10	50	5:01	138	7:49	106.26	8:40:38	4:53	1	8:40:38	1	8:40:38
Fluntern	4.90		5:29	244	10:06	498	10:38	111.16	9:07:35	4:55	1	9:07:35	1	9:07:35
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:12	246	9:12	479	10:46	116.80	9:37:00	4:56	25	1:26:48	178	2:45:04