



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

GenX

□□: Alumni
□□: 227

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:01:42

□□: 11.65 km/h
□□□□: 5:09 min/km

□□□□□: 316 (of 790)

□□□□□□: 6:52:28

□□□□□: 90 (of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:45	284	8:08	543	9:31	4.40	25:20	5:45	1	25:20	1	25:20
Buchlern	13.25		4:17	48	9:18	164	13:48	17.65	1:22:09	4:39	1	1:22:09	1	1:22:09
Uetliberg	6.20		5:33	56	5:18	167	8:54	23.85	1:56:39	4:53	1	1:56:39	1	1:56:39
Felsenegg	5.90		4:52	86	6:06	214	8:47	29.75	2:25:23	4:53	1	2:25:23	1	2:25:23
Buchlern	14.02		5:01	210	18:34	440	22:35	43.77	3:35:46	4:55	1	3:35:46	1	3:35:46
Hönggerberg	11.10		4:35	52	9:04	131	11:45	54.87	4:26:40	4:51	1	4:26:40	1	4:26:40
Irchel	5.10		6:32	402	14:16	700	16:36	59.97	5:00:02	5:00	1	5:00:02	1	5:00:02
Fluntern	6.34		4:27	26	4:21	95	6:26	66.31	5:28:16	4:57	1	5:28:16	1	5:28:16
Forch	11.30		6:44	455	34:34	766	37:26	77.61	6:44:22	5:12	1	6:44:22	1	6:44:22
Egg	8.75		5:02	98	10:41	260	11:55	86.36	7:28:28	5:11	1	7:28:28	1	7:28:28
Zumikon	12.99		5:19	200	15:56	428	22:05	99.35	8:37:32	5:12	1	8:37:32	1	8:37:32
Witikon	6.91		4:19	84	6:06	211	8:54	106.26	9:07:28	5:09	1	9:07:28	1	9:07:28
Fluntern	4.90		5:16	200	9:00	437	9:32	111.16	9:33:19	5:09	1	9:33:19	1	9:33:19
□□□	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Irchel	-	fehlt!	-	-	-	-	-	116.80	-	-	100	-	332	-