



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## ABB RunIT 1

□□: Alumni  
□□: 151

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:27:53

□□: 11.16 km/h  
□□□□: 5:22 min/km

□□□□□: 494 (of 790)

□□□□□□: 6:52:28

□□□□□: 217(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□ | □□<br>□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□ | □□<br>□□ |
|-------------|----------|----------|--------------|---------|---------|----------|----------|--------|----------|------|---------|---------|----------|----------|
| Hönggerberg | 4.40     |          | 5:55         | 331     | 8:54    | 596      | 10:17    | 4.40   | 26:06    | 5:55 | 1       | 26:06   | 1        | 26:06    |
| Buchlern    | 13.25    |          | 4:29         | 102     | 12:00   | 267      | 16:30    | 17.65  | 1:25:37  | 4:51 | 1       | 1:25:37 | 1        | 1:25:37  |
| Uetliberg   | 6.20     |          | 8:10         | 455     | 21:28   | 762      | 25:04    | 23.85  | 2:16:17  | 5:42 | 1       | 2:16:17 | 1        | 2:16:17  |
| Felsenegg   | 5.90     |          | 5:27         | 225     | 9:32    | 449      | 12:13    | 29.75  | 2:48:27  | 5:39 | 1       | 2:48:27 | 1        | 2:48:27  |
| Buchlern    | 14.02    |          | 5:04         | 230     | 19:21   | 467      | 23:22    | 43.77  | 3:59:37  | 5:28 | 1       | 3:59:37 | 1        | 3:59:37  |
| Hönggerberg | 11.10    |          | 4:19         | 18      | 6:13    | 55       | 8:54     | 54.87  | 4:47:40  | 5:14 | 1       | 4:47:40 | 1        | 4:47:40  |
| Irchel      | 5.10     |          | 5:20         | 173     | 8:06    | 381      | 10:26    | 59.97  | 5:14:52  | 5:15 | 1       | 5:14:52 | 1        | 5:14:52  |
| Fluntern    | 6.34     |          | 4:49         | 72      | 6:40    | 204      | 8:45     | 66.31  | 5:45:25  | 5:12 | 1       | 5:45:25 | 1        | 5:45:25  |
| Forch       | 11.30    |          | 5:26         | 258     | 19:59   | 503      | 22:51    | 77.61  | 6:46:56  | 5:14 | 1       | 6:46:56 | 1        | 6:46:56  |
| Egg         | 8.75     |          | 8:20         | 470     | 39:33   | 782      | 40:47    | 86.36  | 7:59:54  | 5:33 | 1       | 7:59:54 | 1        | 7:59:54  |
| Zumikon     | 12.99    |          | 4:59         | 103     | 11:45   | 279      | 17:54    | 99.35  | 9:04:47  | 5:29 | 1       | 9:04:47 | 1        | 9:04:47  |
| Witikon     | 6.91     |          | 4:49         | 222     | 9:27    | 454      | 12:15    | 106.26 | 9:38:04  | 5:26 | 1       | 9:38:04 | 1        | 9:38:04  |
| Fluntern    | 4.90     |          | 4:25         | 37      | 4:52    | 134      | 5:24     | 111.16 | 9:59:47  | 5:23 | 1       | 9:59:47 | 1        | 9:59:47  |
| □□□         | -        | fehlt!   | -            | -       | -       | -        | -        | 111.16 | -        | -    | -       | -       | -        | -        |
| Irchel      | 5.64     |          | 4:58         | 182     | 7:53    | 379      | 9:27     | 116.80 | 10:27:53 | 5:22 | 228     | 2:17:41 | 512      | 3:35:57  |