



# 38. SOLA-Stafette

Zürich / 07.05.2011

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Amt für Städtebau

□□: Alumni

□□: 169

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:26:53

□□: 11.10 km/h

□□□□: 5:22 min/km

□□□□□: 487 (of 790)

□□□□□□: 6:52:28

□□□□□: 212(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:58	345	9:05	613	10:28	4.40	26:17	5:58	1	26:17	1	26:17
Buchlern	13.25		5:00	307	18:50	573	23:20	17.65	1:32:38	5:14	1	1:32:38	1	1:32:38
Uetliberg	6.20		5:41	85	6:08	224	9:44	23.85	2:07:58	5:21	1	2:07:58	1	2:07:58
Felsenegg	5.90		5:15	173	8:22	373	11:03	29.75	2:38:58	5:20	1	2:38:58	1	2:38:58
Buchlern	14.02		5:44	392	28:41	684	32:42	43.77	3:59:28	5:28	1	3:59:28	1	3:59:28
Hönggerberg	11.10		6:02	403	25:17	692	27:58	54.87	5:06:35	5:35	1	5:06:35	1	5:06:35
Irchel	5.10		5:56	308	11:12	583	13:32	59.97	5:36:53	5:37	1	5:36:53	1	5:36:53
Fluntern	6.34		5:40	327	12:07	605	14:12	66.31	6:12:53	5:37	1	6:12:53	1	6:12:53
Forch	11.30		5:05	138	15:58	324	18:50	77.61	7:10:23	5:32	1	7:10:23	1	7:10:23
Egg	8.75		5:11	139	11:57	327	13:11	86.36	7:55:45	5:30	1	7:55:45	1	7:55:45
Zumikon	12.99		5:02	117	12:19	304	18:28	99.35	9:01:12	5:26	1	9:01:12	1	9:01:12
Witikon	6.91		5:25	378	13:40	662	16:28	106.26	9:38:42	5:26	1	9:38:42	1	9:38:42
Fluntern	4.90		4:50	94	6:54	268	7:26	111.16	10:02:27	5:25	1	10:02:27	1	10:02:27
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:19	34	4:13	103	5:47	116.80	10:26:53	5:22	223	2:16:41	505	3:34:57