



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Auch wir könnens

□□: AWK) (Alumni

□□: 582

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:30:51

□□: 12.19 km/h

□□□□: 4:55 min/km

□□□□□: 142 (of 790)

□□□□□□: 6:52:28

□□□□□: 129(of 313)

□□□□□□□: 6:52:28

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□□□□

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| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40     |          | 5:04         | 144     | 6:29    | 237       | 6:29      | 4.40   | 22:18   | 5:04 | 1       | 22:18   | 1         | 22:18     |
| Buchlern    | 13.25    |          | 4:13         | 101     | 13:03   | 137       | 13:03     | 17.65  | 1:18:22 | 4:26 | 1       | 1:18:22 | 1         | 1:18:22   |
| Uetliberg   | 6.20     |          | 7:06         | 295     | 18:31   | 690       | 18:31     | 23.85  | 2:02:29 | 5:08 | 1       | 2:02:29 | 1         | 2:02:29   |
| Felsenegg   | 5.90     |          | 3:55         | 12      | 3:13    | 13        | 3:13      | 29.75  | 2:25:39 | 4:53 | 1       | 2:25:39 | 1         | 2:25:39   |
| Buchlern    | 14.02    |          | 4:51         | 195     | 20:15   | 344       | 20:15     | 43.77  | 3:33:42 | 4:52 | 1       | 3:33:42 | 1         | 3:33:42   |
| Hönggerberg | 11.10    |          | 5:06         | 197     | 17:32   | 362       | 17:32     | 54.87  | 4:30:23 | 4:55 | 1       | 4:30:23 | 1         | 4:30:23   |
| Irchel      | 5.10     |          | 5:04         | 167     | 9:05    | 281       | 9:05      | 59.97  | 4:56:14 | 4:56 | 1       | 4:56:14 | 1         | 4:56:14   |
| Fluntern    | 6.34     |          | 5:00         | 179     | 9:56    | 307       | 9:56      | 66.31  | 5:27:58 | 4:56 | 1       | 5:27:58 | 1         | 5:27:58   |
| Forch       | 11.30    |          | 4:46         | 126     | 15:21   | 180       | 15:21     | 77.61  | 6:21:59 | 4:55 | 1       | 6:21:59 | 1         | 6:21:59   |
| Egg         | 8.75     |          | 4:40         | 82      | 8:39    | 106       | 8:39      | 86.36  | 7:02:49 | 4:53 | 1       | 7:02:49 | 1         | 7:02:49   |
| Zumikon     | 12.99    |          | 4:55         | 160     | 17:03   | 246       | 17:03     | 99.35  | 8:06:51 | 4:54 | 1       | 8:06:51 | 1         | 8:06:51   |
| Witikon     | 6.91     |          | 5:06         | 259     | 14:14   | 563       | 14:14     | 106.26 | 8:42:07 | 4:54 | 1       | 8:42:07 | 1         | 8:42:07   |
| Fluntern    | 4.90     |          | 4:41         | 147     | 6:40    | 214       | 6:40      | 111.16 | 9:05:06 | 4:54 | 1       | 9:05:06 | 1         | 9:05:06   |
| □□□         | -        | fehlt!   | -            | -       | -       | -         | -         | 111.16 | -       | -    | -       | -       | -         | -         |
| Irchel      | 5.64     |          | 4:33         | 115     | 7:06    | 192       | 7:06      | 116.80 | 9:30:51 | 4:53 | 133     | 2:38:55 | 151       | 2:38:55   |