



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Rundalang

Club: FH
Number: 141

Course: 116.80 km
Sola-Stafette

Category:
Langsame

Total time: 10:26:29

Speed: 11.11 km/h
Running performance: 5:21 min/km

Rank in course: 483 (of 790)

Best time in course: 6:52:28

Rank in category: 209(of 477)

Best time in the category: 8:43:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Hönggerberg	4.40		5:47	295	8:16	556	9:39	4.40	25:28	5:47	1	25:28	1	25:28
Buchlern	13.25		4:13	34	8:24	131	12:54	17.65	1:21:23	4:36	1	1:21:23	1	1:21:23
Uetliberg	6.20		6:01	157	8:08	357	11:44	23.85	1:58:43	4:58	1	1:58:43	1	1:58:43
Felsenegg	5.90		4:54	93	6:17	235	8:58	29.75	2:27:38	4:57	1	2:27:38	1	2:27:38
Buchlern	14.02		6:04	429	33:20	734	37:21	43.77	3:52:47	5:19	1	3:52:47	1	3:52:47
Hönggerberg	11.10		4:54	114	12:43	267	15:24	54.87	4:47:20	5:14	1	4:47:20	1	4:47:20
Irchel	5.10		6:07	343	12:06	628	14:26	59.97	5:18:32	5:18	1	5:18:32	1	5:18:32
Fluntern	6.34		4:55	101	7:20	259	9:25	66.31	5:49:45	5:16	1	5:49:45	1	5:49:45
Forch	11.30		5:15	197	17:55	411	20:47	77.61	6:49:12	5:16	1	6:49:12	1	6:49:12
Egg	8.75		5:13	146	12:17	338	13:31	86.36	7:34:54	5:16	1	7:34:54	1	7:34:54
Zumikon	12.99		5:31	277	18:44	541	24:53	99.35	8:46:46	5:18	1	8:46:46	1	8:46:46
Witikon	6.91		4:37	146	8:05	341	10:53	106.26	9:18:41	5:15	1	9:18:41	1	9:18:41
Fluntern	4.90		6:31	428	15:08	732	15:40	111.16	9:50:40	5:18	1	9:50:40	1	9:50:40
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:21	439	15:36	748	17:10	116.80	10:26:29	5:21	220	2:16:17	501	3:34:33