



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

ABB RunIT 1

Club: Alumni
Number: 151

Course: 116.80 km
Sola-Stafette

Category:
Langsame

Total time: 10:27:53

Speed: 11.16 km/h
Running performance: 5:22 min/km

Rank in course: 494 (of 790)

Best time in course: 6:52:28

Rank in category: 217(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 Cat. | Behind Cat. | Pos Total | Behind Total | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Total | Behind Total |
| 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 |
| Control | - | 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 |