



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

B&K Runners

Club: Alumni
Number: 174

Course: 116.80 km
Sola-Stafette

Category:
Langsame

Total time: 10:01:46

Speed: 11.57 km/h
Running performance: 5:09 min/km

Rank in course: 317 (of 790)

Best time in course: 6:52:28

Rank in category: 91(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		5:20	173	6:20	365	7:43	4.40	23:32	5:20	1	23:32	1	23:32
Buchlern	13.25		3:56	8	4:36	54	9:06	17.65	1:15:39	4:17	1	1:15:39	1	1:15:39
Uetliberg	6.20		5:10	17	2:51	65	6:27	23.85	1:47:42	4:30	1	1:47:42	1	1:47:42
Felsenegg	5.90		6:15	412	14:20	707	17:01	29.75	2:24:40	4:51	1	2:24:40	1	2:24:40
Buchlern	14.02		5:19	298	22:50	565	26:51	43.77	3:39:19	5:00	1	3:39:19	1	3:39:19
Hönggerberg	11.10		4:21	23	6:33	64	9:14	54.87	4:27:42	4:52	1	4:27:42	1	4:27:42
Irchel	5.10		5:49	284	10:38	548	12:58	59.97	4:57:26	4:57	1	4:57:26	1	4:57:26
Fluntern	6.34		6:04	398	14:41	694	16:46	66.31	5:36:00	5:04	1	5:36:00	1	5:36:00
Forch	11.30		5:08	153	16:36	347	19:28	77.61	6:34:08	5:04	1	6:34:08	1	6:34:08
Egg	8.75		5:26	228	14:15	468	15:29	86.36	7:21:48	5:06	1	7:21:48	1	7:21:48
Zumikon	12.99		5:46	339	21:50	625	27:59	99.35	8:36:46	5:12	1	8:36:46	1	8:36:46
Witikon	6.91		4:04	36	4:19	105	7:07	106.26	9:04:55	5:07	1	9:04:55	1	9:04:55
Fluntern	4.90		5:18	207	9:08	448	9:40	111.16	9:30:54	5:08	1	9:30:54	1	9:30:54
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:28	316	10:39	578	12:13	116.80	10:01:46	5:09	101	1:51:34	333	3:09:50