



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

DOW Joggers

Club: Alumni
Number: 207

Course: 116.80 km
Sola-Stafette

Category:
Langsame

Total time: 10:31:39

Speed: 11.09 km/h
Running performance: 5:24 min/km

Rank in course: 517 (of 790)

Best time in course: 6:52:28

Rank in category: 235(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.	Cat.	Total	Total				Cat.	Cat.	Total	Total
Hönggerberg	4.40		5:31	223	7:08	452	8:31	4.40	24:20	5:31	1	24:20	1	24:20
Buchlern	13.25		4:28	98	11:47	261	16:17	17.65	1:23:38	4:44	1	1:23:38	1	1:23:38
Uetliberg	6.20		6:02	164	8:13	365	11:49	23.85	2:01:03	5:04	1	2:01:03	1	2:01:03
Felsenegg	5.90		5:40	303	10:51	556	13:32	29.75	2:34:32	5:11	1	2:34:32	1	2:34:32
Buchlern	14.02		5:16	286	22:04	550	26:05	43.77	3:48:25	5:13	1	3:48:25	1	3:48:25
Hönggerberg	11.10		4:55	115	12:52	271	15:33	54.87	4:43:07	5:09	1	4:43:07	1	4:43:07
Irchel	5.10		5:29	207	8:52	437	11:12	59.97	5:11:05	5:11	1	5:11:05	1	5:11:05
Fluntern	6.34		6:21	434	16:28	737	18:33	66.31	5:51:26	5:17	1	5:51:26	1	5:51:26
Forch	11.30		5:49	354	24:14	643	27:06	77.61	6:57:12	5:22	1	6:57:12	1	6:57:12
Egg	8.75		6:05	392	19:51	683	21:05	86.36	7:50:28	5:26	1	7:50:28	1	7:50:28
Zumikon	12.99		6:27	439	30:44	744	36:53	99.35	9:14:20	5:34	1	9:14:20	1	9:14:20
Witikon	6.91		4:13	57	5:25	156	8:13	106.26	9:43:35	5:29	1	9:43:35	1	9:43:35
Fluntern	4.90		4:38	63	5:54	201	6:26	111.16	10:06:20	5:27	1	10:06:20	1	10:06:20
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:29	59	5:06	155	6:40	116.80	10:31:39	5:24	246	2:21:27	535	3:39:43