



# 38. SOLA-Stafette

Zürich / 07.05.2011

## Detailed evaluation

### RG-Runners

Club: Alumni  
Number: 291

Course: 116.80 km  
Sola-Stafette

Category:  
Langsame

Total time: 10:38:40

Speed: 10.97 km/h  
Running performance: 5:28 min/km

Rank in course: 566 (of 790)

Best time in course: 6:52:28

Rank in category: 278(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     |            | 6:03         | 366  | 9:29  | 641    | 10:52 | 4.40     | 26:41      | 6:03         | 1    | 26:41    | 1      | 26:41    |
| Buchlern    | 13.25    |            | 5:26         | 410  | 24:35 | 703    | 29:05 | 17.65    | 1:38:47    | 5:35         | 1    | 1:38:47  | 1      | 1:38:47  |
| Uetliberg   | 6.20     |            | 7:20         | 414  | 16:21 | 712    | 19:57 | 23.85    | 2:24:20    | 6:03         | 1    | 2:24:20  | 1      | 2:24:20  |
| Felsenegg   | 5.90     |            | 5:19         | 195  | 8:48  | 407    | 11:29 | 29.75    | 2:55:46    | 5:54         | 1    | 2:55:46  | 1      | 2:55:46  |
| Buchlern    | 14.02    |            | 5:10         | 257  | 20:43 | 506    | 24:44 | 43.77    | 4:08:18    | 5:40         | 1    | 4:08:18  | 1      | 4:08:18  |
| Hönggerberg | 11.10    |            | 5:33         | 302  | 19:55 | 560    | 22:36 | 54.87    | 5:10:03    | 5:39         | 1    | 5:10:03  | 1      | 5:10:03  |
| Irchel      | 5.10     |            | 6:16         | 365  | 12:52 | 655    | 15:12 | 59.97    | 5:42:01    | 5:42         | 1    | 5:42:01  | 1      | 5:42:01  |
| Fluntern    | 6.34     |            | 6:02         | 390  | 14:24 | 681    | 16:29 | 66.31    | 6:20:18    | 5:44         | 1    | 6:20:18  | 1      | 6:20:18  |
| Forch       | 11.30    |            | 5:42         | 325  | 22:59 | 604    | 25:51 | 77.61    | 7:24:49    | 5:43         | 1    | 7:24:49  | 1      | 7:24:49  |
| Egg         | 8.75     |            | 5:04         | 111  | 10:55 | 278    | 12:09 | 86.36    | 8:09:09    | 5:39         | 1    | 8:09:09  | 1      | 8:09:09  |
| Zumikon     | 12.99    |            | 5:22         | 223  | 16:43 | 462    | 22:52 | 99.35    | 9:19:00    | 5:37         | 1    | 9:19:00  | 1      | 9:19:00  |
| Witikon     | 6.91     |            | 4:05         | 39   | 4:23  | 113    | 7:11  | 106.26   | 9:47:13    | 5:31         | 1    | 9:47:13  | 1      | 9:47:13  |
| Fluntern    | 4.90     |            | 4:14         | 21   | 3:54  | 80     | 4:26  | 111.16   | 10:07:58   | 5:28         | 1    | 10:07:58 | 1      | 10:07:58 |
| Control     | -        | fehlt!     | -            | -    | -     | -      | -     | 111.16   | -          | -            | -    | -        | -      | -        |
| Irchel      | 5.64     |            | 5:26         | 313  | 10:29 | 571    | 12:03 | 116.80   | 10:38:40   | 5:28         | 289  | 2:28:28  | 584    | 3:46:44  |