



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: 10.90 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