



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Seaside Runners

Club: Alumni
Number: 305

Course: 116.80 km
Sola-Stafette

Category:
Langsame

Total time: 10:37:55

Speed: 10.91 km/h
Running performance: 5:27 min/km

Rank in course: 563 (of 790)

Best time in course: 6:52:28

Rank in category: 275 (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		5:44	282	8:05	541	9:28	4.40	25:17	5:44	1	25:17	1	25:17
Buchlern	13.25		5:03	317	19:28	592	23:58	17.65	1:32:16	5:13	1	1:32:16	1	1:32:16
Uetliberg	6.20		6:10	201	9:02	424	12:38	23.85	2:10:30	5:28	1	2:10:30	1	2:10:30
Felsenegg	5.90		4:36	32	4:32	107	7:13	29.75	2:37:40	5:17	1	2:37:40	1	2:37:40
Buchlern	14.02		5:05	236	19:36	474	23:37	43.77	3:49:05	5:14	1	3:49:05	1	3:49:05
Hönggerberg	11.10		6:18	432	28:11	731	30:52	54.87	4:59:06	5:27	1	4:59:06	1	4:59:06
Irchel	5.10		6:34	406	14:24	705	16:44	59.97	5:32:36	5:32	1	5:32:36	1	5:32:36
Fluntern	6.34		5:07	157	8:34	357	10:39	66.31	6:05:03	5:30	1	6:05:03	1	6:05:03
Forch	11.30		5:14	187	17:39	397	20:31	77.61	7:04:14	5:27	1	7:04:14	1	7:04:14
Egg	8.75		4:35	19	6:47	92	8:01	86.36	7:44:26	5:22	1	7:44:26	1	7:44:26
Zumikon	12.99		6:12	420	27:31	724	33:40	99.35	9:05:05	5:29	1	9:05:05	1	9:05:05
Witikon	6.91		4:04	35	4:17	103	7:05	106.26	9:33:12	5:23	1	9:33:12	1	9:33:12
Fluntern	4.90		6:35	434	15:26	739	15:58	111.16	10:05:29	5:26	1	10:05:29	1	10:05:29
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:45	366	12:13	652	13:47	116.80	10:37:55	5:27	286	2:27:43	581	3:45:59