



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Berner Reha Runners

Club: Ang.
Number: 385

Course: 116.80 km
Sola-Stafette

Category:
Langsame

Total time: 10:27:04

Speed: 11.10 km/h
Running performance: 5:22 min/km

Rank in course: 489 (of 790)

Best time in course: 6:52:28

Rank in category: 213(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 | | 5:41 | 271 | 7:52 | 525 | 9:15 | 4.40 | 25:04 | 5:41 | 1 | 25:04 | 1 | 25:04 | |
| Buchlern | 13.25 | | 4:36 | 144 | 13:36 | 343 | 18:06 | 17.65 | 1:26:11 | 4:52 | 1 | 1:26:11 | 1 | 1:26:11 | |
| Uetliberg | 6.20 | | 6:23 | 254 | 10:23 | 493 | 13:59 | 23.85 | 2:05:46 | 5:16 | 1 | 2:05:46 | 1 | 2:05:46 | |
| Felsenegg | 5.90 | | 5:31 | 250 | 9:56 | 484 | 12:37 | 29.75 | 2:38:20 | 5:19 | 1 | 2:38:20 | 1 | 2:38:20 | |
| Buchlern | 14.02 | | 5:26 | 338 | 24:27 | 618 | 28:28 | 43.77 | 3:54:36 | 5:21 | 1 | 3:54:36 | 1 | 3:54:36 | |
| Hönggerberg | 11.10 | | 5:29 | 273 | 19:10 | 525 | 21:51 | 54.87 | 4:55:36 | 5:23 | 1 | 4:55:36 | 1 | 4:55:36 | |
| Irchel | 5.10 | | 6:12 | 352 | 12:34 | 640 | 14:54 | 59.97 | 5:27:16 | 5:27 | 1 | 5:27:16 | 1 | 5:27:16 | |
| Fluntern | 6.34 | | 6:04 | 395 | 14:39 | 691 | 16:44 | 66.31 | 6:05:48 | 5:30 | 1 | 6:05:48 | 1 | 6:05:48 | |
| Forch | 11.30 | | 5:43 | 332 | 23:07 | 612 | 25:59 | 77.61 | 7:10:27 | 5:32 | 1 | 7:10:27 | 1 | 7:10:27 | |
| Egg | 8.75 | | 5:28 | 238 | 14:26 | 478 | 15:40 | 86.36 | 7:58:18 | 5:32 | 1 | 7:58:18 | 1 | 7:58:18 | |
| Zumikon | 12.99 | | 4:17 | 9 | 2:41 | 52 | 8:50 | 99.35 | 8:54:07 | 5:22 | 1 | 8:54:07 | 1 | 8:54:07 | |
| Witikon | 6.91 | | 5:17 | 346 | 12:42 | 621 | 15:30 | 106.26 | 9:30:39 | 5:22 | 1 | 9:30:39 | 1 | 9:30:39 | |
| Fluntern | 4.90 | | 6:16 | 400 | 13:54 | 694 | 14:26 | 111.16 | 10:01:24 | 5:24 | 1 | 10:01:24 | 1 | 10:01:24 | |
| Control | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - | |
| Irchel | 5.64 | | 4:33 | 73 | 5:27 | 183 | 7:01 | 116.80 | 10:27:04 | 5:22 | 224 | 2:16:52 | 506 | 3:35:08 | |