



# 38. SOLA-Stafette

Zürich / 07.05.2011

## Detailed evaluation

### Berner Reha Runners 1

Club: Ang.  
Number: 386

Course: 116.80 km  
Sola-Stafette

Category:  
Langsame

Total time: 10:00:07

Speed: 11.60 km/h  
Running performance: 5:08 min/km

Rank in course: 304 (of 790)

Best time in course: 6:52:28

Rank in category: 85(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         | 269      | 7:50        | 523       | 9:13         | 4.40        | 25:02      | 5:41         | 1        | 25:02         | 1         | 25:02        |  |
| Buchlern           | 13.25    |            | 5:08         | 349      | 20:43       | 629       | 25:13        | 17.65       | 1:33:16    | 5:17         | 1        | 1:33:16       | 1         | 1:33:16      |  |
| Uetliberg          | 6.20     |            | 6:31         | 293      | 11:14       | 550       | 14:50        | 23.85       | 2:13:42    | 5:36         | 1        | 2:13:42       | 1         | 2:13:42      |  |
| Felsenegg          | 5.90     |            | 6:22         | 425      | 15:01       | 720       | 17:42        | 29.75       | 2:51:21    | 5:45         | 1        | 2:51:21       | 1         | 2:51:21      |  |
| Buchlern           | 14.02    |            | 4:35         | 75       | 12:27       | 208       | 16:28        | 43.77       | 3:55:37    | 5:22         | 1        | 3:55:37       | 1         | 3:55:37      |  |
| Hönggerberg        | 11.10    |            | 5:03         | 147      | 14:15       | 330       | 16:56        | 54.87       | 4:51:42    | 5:18         | 1        | 4:51:42       | 1         | 4:51:42      |  |
| Irchel             | 5.10     |            | 5:34         | 228      | 9:22        | 468       | 11:42        | 59.97       | 5:20:10    | 5:20         | 1        | 5:20:10       | 1         | 5:20:10      |  |
| Fluntern           | 6.34     |            | 5:04         | 144      | 8:16        | 335       | 10:21        | 66.31       | 5:52:19    | 5:18         | 1        | 5:52:19       | 1         | 5:52:19      |  |
| Forch              | 11.30    |            | 3:40         | 1        | -           | 5         | 2:52         | 77.61       | 6:33:51    | 5:04         | 1        | 6:33:51       | 1         | 6:33:51      |  |
| Egg                | 8.75     |            | 4:49         | 56       | 8:50        | 170       | 10:04        | 86.36       | 7:16:06    | 5:02         | 1        | 7:16:06       | 1         | 7:16:06      |  |
| Zumikon            | 12.99    |            | 4:58         | 95       | 11:28       | 265       | 17:37        | 99.35       | 8:20:42    | 5:02         | 1        | 8:20:42       | 1         | 8:20:42      |  |
| Witikon            | 6.91     |            | 5:57         | 430      | 17:18       | 733       | 20:06        | 106.26      | 9:01:50    | 5:05         | 1        | 9:01:50       | 1         | 9:01:50      |  |
| Fluntern           | 4.90     |            | 5:55         | 346      | 12:10       | 626       | 12:42        | 111.16      | 9:30:51    | 5:08         | 1        | 9:30:51       | 1         | 9:30:51      |  |
| Control            | -        | fehlt!     | -            | -        | -           | -         | -            | 111.16      | -          | -            | -        | -             | -         | -            |  |
| Irchel             | 5.64     |            | 5:11         | 237      | 9:03        | 469       | 10:37        | 116.80      | 10:00:07   | 5:08         | 95       | 1:49:55       | 320       | 3:08:11      |  |