



# 38. SOLA-Stafette

Zürich / 07.05.2011

## Detailed evaluation

### Kardiologie Triemlispital

Club: Ang.  
Number: 430

Course: 116.80 km  
Sola-Stafette

Category:  
Langsame

Total time: 9:58:14

Speed: 11.71 km/h  
Running performance: 5:07 min/km

Rank in course: 286 (of 790)

Best time in course: 6:52:28

Rank in category: 73(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		5:15	149	5:54	327	7:17	4.40	23:06	5:15	1	23:06	1	23:06
Buchlern	13.25		4:41	179	14:34	395	19:04	17.65	1:25:11	4:49	1	1:25:11	1	1:25:11
Uetliberg	6.20		5:41	84	6:07	223	9:43	23.85	2:00:30	5:03	1	2:00:30	1	2:00:30
Felsenegg	5.90		5:41	306	10:56	560	13:37	29.75	2:34:04	5:10	1	2:34:04	1	2:34:04
Buchlern	14.02		5:03	224	19:02	457	23:03	43.77	3:44:55	5:08	1	3:44:55	1	3:44:55
Hönggerberg	11.10		5:12	194	16:03	406	18:44	54.87	4:42:48	5:09	1	4:42:48	1	4:42:48
Irchel	5.10		4:46	68	5:16	184	7:36	59.97	5:07:10	5:07	1	5:07:10	1	5:07:10
Fluntern	6.34		6:27	440	17:06	745	19:11	66.31	5:48:09	5:15	1	5:48:09	1	5:48:09
Forch	11.30		5:18	210	18:24	432	21:16	77.61	6:48:05	5:15	1	6:48:05	1	6:48:05
Egg	8.75		5:27	235	14:22	475	15:36	86.36	7:35:52	5:16	1	7:35:52	1	7:35:52
Zumikon	12.99		5:02	114	12:15	300	18:24	99.35	8:41:15	5:14	1	8:41:15	1	8:41:15
Witikon	6.91		3:43	6	1:53	36	4:41	106.26	9:06:58	5:08	1	9:06:58	1	9:06:58
Fluntern	4.90		4:57	125	7:29	316	8:01	111.16	9:31:18	5:08	1	9:31:18	1	9:31:18
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:46	125	6:43	282	8:17	116.80	9:58:14	5:07	83	1:48:02	302	3:06:18