



# 38. SOLA-Stafette

Zürich / 07.05.2011

## Detailed evaluation

### The Running Gäx

Club: ETH  
Number: 560

Course: 116.80 km  
Sola-Stafette

Category:  
Schnelle

Total time: 10:31:13

Speed: 11.10 km/h  
Running performance: 5:27 min/km

Rank in course: 513 (of 790)

Best time in course: 6:52:28

Rank in category: 281 (of 313)

Best time in the category: 6:52:28

| 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     |            | 5:33         | 232         | 8:38        | 458       | 8:38         | 4.40          | 24:27      | 5:33         | 1        | 24:27       | 1         | 24:27        |
| Buchlern           | 13.25    |            | 4:00         | 58          | 10:06       | 72        | 10:06        | 17.65         | 1:17:34    | 4:23         | 1        | 1:17:34     | 1         | 1:17:34      |
| Uetliberg          | 6.20     |            | 5:07         | 44          | 6:13        | 55        | 6:13         | 23.85         | 1:49:23    | 4:35         | 1        | 1:49:23     | 1         | 1:49:23      |
| Felsenegg          | 5.90     |            | 4:48         | 116         | 8:23        | 188       | 8:23         | 29.75         | 2:17:43    | 4:37         | 1        | 2:17:43     | 1         | 2:17:43      |
| Buchlern           | 14.02    |            | 5:50         | 299         | 34:04       | 698       | 34:04        | 43.77         | 3:39:35    | 5:01         | 1        | 3:39:35     | 1         | 3:39:35      |
| Hönggerberg        | 11.10    |            | 5:28         | 248         | 21:36       | 512       | 21:36        | 54.87         | 4:40:20    | 5:06         | 1        | 4:40:20     | 1         | 4:40:20      |
| Irchel             | 5.10     |            | 5:44         | 257         | 12:32       | 523       | 12:32        | 59.97         | 5:09:38    | 5:09         | 1        | 5:09:38     | 1         | 5:09:38      |
| Fluntern           | 6.34     |            | 6:50         | 308         | 21:34       | 774       | 21:34        | 66.31         | 5:53:00    | 5:19         | 1        | 5:53:00     | 1         | 5:53:00      |
| Forch              | 11.30    |            | 6:48         | 312         | 38:16       | 769       | 38:16        | 77.61         | 7:09:56    | 5:32         | 1        | 7:09:56     | 1         | 7:09:56      |
| Egg                | 8.75     |            | 5:23         | 227         | 14:56       | 439       | 14:56        | 86.36         | 7:57:03    | 5:31         | 1        | 7:57:03     | 1         | 7:57:03      |
| Zumikon            | 12.99    |            | 4:26         | 60          | 10:49       | 74        | 10:49        | 99.35         | 8:54:51    | 5:23         | 1        | 8:54:51     | 1         | 8:54:51      |
| Witikon            | 6.91     |            | 5:05         | 258         | 14:09       | 559       | 14:09        | 106.26        | 9:30:02    | 5:21         | 1        | 9:30:02     | 1         | 9:30:02      |
| Fluntern           | 4.90     |            | 6:21         | 299         | 14:48       | 713       | 14:48        | 111.16        | 10:01:09   | 5:24         | 1        | 10:01:09    | 1         | 10:01:09     |
| Control            | -        | fehlt!     | -            | -           | -           | -         | -            | 111.16        | -          | -            | -        | -           | -         | -            |
| Irchel             | 5.64     |            | 5:19         | 251         | 11:25       | 534       | 11:25        | 116.80        | 10:31:13   | 5:24         | 288      | 3:39:17     | 531       | 3:39:17      |