



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Colenco Power Jogging

Club: Alumni
Number: 608

Course: 116.80 km
Sola-Stafette

Category:
Schnelle

Total time: 10:16:44

Speed: 11.29 km/h
Running performance: 5:19 min/km

Rank in course: 411 (of 790)

Best time in course: 6:52:28

Rank in category: 260(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 | | 5:20 | 190 | 7:40 | 358 | 7:40 | 4.40 | 23:29 | 5:20 | 1 | 23:29 | 1 | 23:29 |
| Buchlern | 13.25 | | 4:38 | 207 | 18:32 | 361 | 18:32 | 17.65 | 1:25:02 | 4:49 | 1 | 1:25:02 | 1 | 1:25:02 |
| Uetliberg | 6.20 | | 6:38 | 266 | 15:37 | 579 | 15:37 | 23.85 | 2:06:15 | 5:17 | 1 | 2:06:15 | 1 | 2:06:15 |
| Felsenegg | 5.90 | | 6:54 | 309 | 20:49 | 760 | 20:49 | 29.75 | 2:47:01 | 5:36 | 1 | 2:47:01 | 1 | 2:47:01 |
| Buchlern | 14.02 | | 4:08 | 51 | 10:19 | 63 | 10:19 | 43.77 | 3:45:08 | 5:08 | 1 | 3:45:08 | 1 | 3:45:08 |
| Hönggerberg | 11.10 | | 5:34 | 259 | 22:44 | 564 | 22:44 | 54.87 | 4:47:01 | 5:13 | 1 | 4:47:01 | 1 | 4:47:01 |
| Irchel | 5.10 | | 5:02 | 164 | 8:59 | 275 | 8:59 | 59.97 | 5:12:46 | 5:12 | 1 | 5:12:46 | 1 | 5:12:46 |
| Fluntern | 6.34 | | 5:41 | 280 | 14:14 | 608 | 14:14 | 66.31 | 5:48:48 | 5:15 | 1 | 5:48:48 | 1 | 5:48:48 |
| Forch | 11.30 | | 5:51 | 291 | 27:27 | 653 | 27:27 | 77.61 | 6:54:55 | 5:20 | 1 | 6:54:55 | 1 | 6:54:55 |
| Egg | 8.75 | | 5:41 | 268 | 17:41 | 581 | 17:41 | 86.36 | 7:44:47 | 5:22 | 1 | 7:44:47 | 1 | 7:44:47 |
| Zumikon | 12.99 | | 5:19 | 230 | 22:15 | 435 | 22:15 | 99.35 | 8:54:01 | 5:22 | 1 | 8:54:01 | 1 | 8:54:01 |
| Witikon | 6.91 | | 4:19 | 126 | 8:52 | 209 | 8:52 | 106.26 | 9:23:55 | 5:18 | 1 | 9:23:55 | 1 | 9:23:55 |
| Fluntern | 4.90 | | 5:12 | 226 | 9:10 | 415 | 9:10 | 111.16 | 9:49:24 | 5:18 | 1 | 9:49:24 | 1 | 9:49:24 |
| Control | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:50 | 173 | 8:41 | 317 | 8:41 | 116.80 | 10:16:44 | 5:16 | 266 | 3:24:48 | 428 | 3:24:48 |