



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Court Runners

Club: Alumni
Number: 610

Course: 116.80 km
Sola-Stafette

Category:
Schnelle

Total time: 9:44:55

Speed: 11.90 km/h
Running performance: 5:03 min/km

Rank in course: 206 (of 790)

Best time in course: 6:52:28

Rank in category: 176(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		6:13	286	11:33	680	11:33	4.40	27:22	6:13	1	27:22	1	27:22
Buchlern	13.25		4:27	161	16:07	252	16:07	17.65	1:26:30	4:54	1	1:26:30	1	1:26:30
Uetliberg	6.20		6:05	211	12:13	388	12:13	23.85	2:04:19	5:12	1	2:04:19	1	2:04:19
Felsenegg	5.90		5:19	211	11:28	403	11:28	29.75	2:35:44	5:14	1	2:35:44	1	2:35:44
Buchlern	14.02		5:01	231	22:45	445	22:45	43.77	3:46:17	5:10	1	3:46:17	1	3:46:17
Hönggerberg	11.10		4:59	171	16:13	301	16:13	54.87	4:41:39	5:07	1	4:41:39	1	4:41:39
Irchel	5.10		4:21	53	5:29	73	5:29	59.97	5:03:54	5:04	1	5:03:54	1	5:03:54
Fluntern	6.34		6:10	302	17:21	717	17:21	66.31	5:43:03	5:10	1	5:43:03	1	5:43:03
Forch	11.30		4:33	85	12:54	115	12:54	77.61	6:34:37	5:05	1	6:34:37	1	6:34:37
Egg	8.75		4:54	132	10:50	203	10:50	86.36	7:17:38	5:04	1	7:17:38	1	7:17:38
Zumikon	12.99		4:38	107	13:25	148	13:25	99.35	8:18:02	5:00	1	8:18:02	1	8:18:02
Witikon	6.91		4:25	150	9:33	253	9:33	106.26	8:48:37	4:58	1	8:48:37	1	8:48:37
Fluntern	4.90		5:09	222	9:00	399	9:00	111.16	9:13:56	4:58	1	9:13:56	1	9:13:56
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:29	267	12:20	586	12:20	116.80	9:44:55	5:00	181	2:52:59	217	2:52:59