



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Kanti Baden - The Speed Runners

Club: Alumni
Number: 657

Course: 116.80 km
Sola-Stafette

Category:
Schnelle

Total time: 9:11:11

Speed: 12.63 km/h
Running performance: 4:45 min/km

Rank in course: 77 (of 790)

Best time in course: 6:52:28

Rank in category: 72(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		5:04	147	6:31	242	6:31	4.40	22:20	5:04	1	22:20	1	22:20
Buchlern	13.25		4:24	149	15:19	229	15:19	17.65	1:20:40	4:34	1	1:20:40	1	1:20:40
Uetliberg	6.20		5:43	142	9:51	229	9:51	23.85	1:56:07	4:52	1	1:56:07	1	1:56:07
Felsenegg	5.90		5:05	176	10:04	313	10:04	29.75	2:26:08	4:54	1	2:26:08	1	2:26:08
Buchlern	14.02		3:48	16	5:40	18	5:40	43.77	3:19:36	4:33	1	3:19:36	1	3:19:36
Hönggerberg	11.10		4:34	78	11:37	128	11:37	54.87	4:10:22	4:33	1	4:10:22	1	4:10:22
Irchel	5.10		5:00	160	8:49	267	8:49	59.97	4:35:57	4:36	1	4:35:57	1	4:35:57
Fluntern	6.34		4:57	164	9:38	276	9:38	66.31	5:07:23	4:38	1	5:07:23	1	5:07:23
Forch	11.30		4:57	163	17:25	258	17:25	77.61	6:03:28	4:40	1	6:03:28	1	6:03:28
Egg	8.75		4:25	45	6:31	57	6:31	86.36	6:42:10	4:39	1	6:42:10	1	6:42:10
Zumikon	12.99		4:58	174	17:44	271	17:44	99.35	7:46:53	4:41	1	7:46:53	1	7:46:53
Witikon	6.91		4:17	116	8:40	188	8:40	106.26	8:16:35	4:40	1	8:16:35	1	8:16:35
Fluntern	4.90		5:04	215	8:35	373	8:35	111.16	8:41:29	4:41	1	8:41:29	1	8:41:29
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:15	241	11:03	505	11:03	116.80	9:11:11	4:43	75	2:19:15	84	2:19:15