



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Spirit of Running

Club: Alumni
Number: 725

Course: 116.80 km
Sola-Stafette

Category:
Schnelle

Total time: 9:41:23

Speed: 11.97 km/h
Running performance: 5:01 min/km

Rank in course: 196 (of 790)

Best time in course: 6:52:28

Rank in category: 168(of 313)

Best time in the category: 6:52:28

Control	Intermediate times				Stage score				Total ranking					
	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		4:10	26	2:34	29	2:34	4.40	18:23	4:10	1	18:23	1	18:23
Buchlern	13.25		4:14	103	13:06	139	13:06	17.65	1:14:30	4:13	1	1:14:30	1	1:14:30
Uetliberg	6.20		5:46	155	10:15	256	10:15	23.85	1:50:21	4:37	1	1:50:21	1	1:50:21
Felsenegg	5.90		5:09	185	10:27	335	10:27	29.75	2:20:45	4:43	1	2:20:45	1	2:20:45
Buchlern	14.02		4:31	118	15:33	180	15:33	43.77	3:24:06	4:39	1	3:24:06	1	3:24:06
Hönggerberg	11.10		4:55	155	15:27	269	15:27	54.87	4:18:42	4:42	1	4:18:42	1	4:18:42
Irchel	5.10		4:40	99	7:02	151	7:02	59.97	4:42:30	4:42	1	4:42:30	1	4:42:30
Fluntern	6.34		4:59	171	9:49	292	9:49	66.31	5:14:07	4:44	1	5:14:07	1	5:14:07
Forch	11.30		5:21	233	21:51	455	21:51	77.61	6:14:38	4:49	1	6:14:38	1	6:14:38
Egg	8.75		5:17	207	14:03	379	14:03	86.36	7:00:52	4:52	1	7:00:52	1	7:00:52
Zumikon	12.99		5:49	290	28:45	642	28:45	99.35	8:16:36	4:59	1	8:16:36	1	8:16:36
Witikon	6.91		4:10	90	7:52	141	7:52	106.26	8:45:30	4:56	1	8:45:30	1	8:45:30
Fluntern	4.90		5:01	203	8:17	343	8:17	111.16	9:10:06	4:56	1	9:10:06	1	9:10:06
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:32	273	12:38	607	12:38	116.80	9:41:23	4:58	172	2:49:27	206	2:49:27