



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Spirit Runners

Club: Alumni
Number: 726

Course: 116.80 km
Sola-Stafette

Category:
Schnelle

Total time: 10:03:00

Speed: 11.62 km/h
Running performance: 5:12 min/km

Rank in course: 328 (of 790)

Best time in course: 6:52:28

Rank in category: 231 (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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Hönggerberg	4.40		5:26	211	8:06	407	8:06	4.40	23:55	5:26	1	23:55	1	23:55
Buchlern	13.25		4:40	215	19:00	390	19:00	17.65	1:25:56	4:52	1	1:25:56	1	1:25:56
Uetliberg	6.20		6:31	258	14:53	554	14:53	23.85	2:06:25	5:18	1	2:06:25	1	2:06:25
Felsenegg	5.90		5:43	257	13:47	567	13:47	29.75	2:40:09	5:22	1	2:40:09	1	2:40:09
Buchlern	14.02		4:16	80	12:07	105	12:07	43.77	3:40:04	5:01	1	3:40:04	1	3:40:04
Hönggerberg	11.10		5:29	250	21:45	521	21:45	54.87	4:40:58	5:07	1	4:40:58	1	4:40:58
Irchel	5.10		5:45	259	12:35	527	12:35	59.97	5:10:19	5:10	1	5:10:19	1	5:10:19
Fluntern	6.34		5:09	211	10:53	381	10:53	66.31	5:43:00	5:10	1	5:43:00	1	5:43:00
Forch	11.30		5:10	200	19:50	367	19:50	77.61	6:41:30	5:10	1	6:41:30	1	6:41:30
Egg	8.75		5:15	204	13:53	365	13:53	86.36	7:27:34	5:10	1	7:27:34	1	7:27:34
Zumikon	12.99		5:53	291	29:28	661	29:28	99.35	8:44:01	5:16	1	8:44:01	1	8:44:01
Witikon	6.91		4:34	182	10:32	318	10:32	106.26	9:15:35	5:13	1	9:15:35	1	9:15:35
Fluntern	4.90		4:50	175	7:26	268	7:26	111.16	9:39:20	5:12	1	9:39:20	1	9:39:20
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:11	51	5:01	70	5:01	116.80	10:03:00	5:09	237	3:11:04	344	3:11:04