



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

XL Runners

Club: Alumni
Number: 763

Course: 116.80 km
Sola-Stafette

Category:
Schnelle

Total time: 9:25:24

Speed: 12.39 km/h
Running performance: 4:53 min/km

Rank in course: 123 (of 790)

Best time in course: 6:52:28

Rank in category: 115(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		4:54	102	5:49	165	5:49	4.40	21:38	4:54	1	21:38	1	21:38
Buchlern	13.25		4:16	114	13:42	160	13:42	17.65	1:18:21	4:26	1	1:18:21	1	1:18:21
Uetliberg	6.20		6:50	286	16:50	632	16:50	23.85	2:00:47	5:03	1	2:00:47	1	2:00:47
Felsenegg	5.90		4:16	37	5:14	46	5:14	29.75	2:25:58	4:54	1	2:25:58	1	2:25:58
Buchlern	14.02		4:43	163	18:32	274	18:32	43.77	3:32:18	4:51	1	3:32:18	1	3:32:18
Hönggerberg	11.10		4:32	68	11:11	108	11:11	54.87	4:22:38	4:47	1	4:22:38	1	4:22:38
Irchel	5.10		5:32	238	11:31	459	11:31	59.97	4:50:55	4:51	1	4:50:55	1	4:50:55
Fluntern	6.34		5:10	214	10:58	388	10:58	66.31	5:23:41	4:52	1	5:23:41	1	5:23:41
Forch	11.30		4:38	100	13:43	137	13:43	77.61	6:16:04	4:50	1	6:16:04	1	6:16:04
Egg	8.75		6:00	287	20:22	665	20:22	86.36	7:08:37	4:57	1	7:08:37	1	7:08:37
Zumikon	12.99		4:29	67	11:25	90	11:25	99.35	8:07:01	4:54	1	8:07:01	1	8:07:01
Witikon	6.91		4:09	86	7:43	132	7:43	106.26	8:35:46	4:51	1	8:35:46	1	8:35:46
Fluntern	4.90		4:14	60	4:26	80	4:26	111.16	8:56:31	4:49	1	8:56:31	1	8:56:31
Control	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:07	221	10:14	439	10:14	116.80	9:25:24	4:50	118	2:33:28	130	2:33:28