



# 38. SOLA-Stafette

Zürich / 07.05.2011

## Detailed evaluation

### The hard runners with heart

Club: Alumni  
Number: 337

Course: 116.80 km  
Sola-Stafette

Category:  
Langsame

Total time: 10:50:29

Speed: 10.77 km/h  
Running performance: 5:34 min/km

Rank in course: 628 (of 790)

Best time in course: 6:52:28

Rank in category: 334 (of 477)

Best time in the category: 8:43:10

### 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.	Cat.	Total	Total				Cat.	Cat.	Total	Total
Hönggerberg	4.40		5:35	244	7:26	482	8:49	4.40	24:38	5:35	1	24:38	1	24:38
Buchlern	13.25		5:26	409	24:32	702	29:02	17.65	1:36:41	5:28	1	1:36:41	1	1:36:41
Uetliberg	6.20		5:57	139	7:45	330	11:21	23.85	2:13:38	5:36	1	2:13:38	1	2:13:38
Felsenegg	5.90		5:24	212	9:14	433	11:55	29.75	2:45:30	5:33	1	2:45:30	1	2:45:30
Buchlern	14.02		5:38	374	27:17	664	31:18	43.77	4:04:36	5:35	1	4:04:36	1	4:04:36
Hönggerberg	11.10		5:16	213	16:47	433	19:28	54.87	5:03:13	5:31	1	5:03:13	1	5:03:13
Irchel	5.10		5:31	218	9:07	454	11:27	59.97	5:31:26	5:31	1	5:31:26	1	5:31:26
Fluntern	6.34		4:39	52	5:42	154	7:47	66.31	6:01:01	5:26	1	6:01:01	1	6:01:01
Forch	11.30		5:37	308	22:03	580	24:55	77.61	7:04:36	5:28	1	7:04:36	1	7:04:36
Egg	8.75		6:12	412	20:53	706	22:07	86.36	7:58:54	5:32	1	7:58:54	1	7:58:54
Zumikon	12.99		5:46	337	21:47	623	27:56	99.35	9:13:49	5:34	1	9:13:49	1	9:13:49
Witikon	6.91		5:39	408	15:13	705	18:01	106.26	9:52:52	5:34	1	9:52:52	1	9:52:52
Fluntern	4.90		5:48	317	11:36	590	12:08	111.16	10:21:19	5:35	1	10:21:19	1	10:21:19
Control	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Irchel	-	fehlt!	-	-	-	-	-	116.80	-	-	346	-	647	-