



38. SOLA-Stafette

Zürich / 07.05.2011

Detailed evaluation

Kantonsspital St.Gallen

Club: Alumni
Number: 660

Course: 116.80 km
Sola-Stafette

Category:
Schnelle

Total time: 8:53:23

Speed: 13.14 km/h
Running performance: 4:36 min/km

Rank in course: 49 (of 790)

Best time in course: 6:52:28

Rank in category: 48 (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		4:46	88	5:11	130	5:11	4.40	21:00	4:46	1	21:00	1	21:00
Buchlern	13.25		3:48	26	7:33	31	7:33	17.65	1:11:34	4:03	1	1:11:34	1	1:11:34
Uetliberg	6.20		5:13	57	6:49	80	6:49	23.85	1:43:59	4:21	1	1:43:59	1	1:43:59
Felsenegg	5.90		4:43	95	7:55	153	7:55	29.75	2:11:51	4:25	1	2:11:51	1	2:11:51
Buchlern	14.02		4:00	35	8:19	40	8:19	43.77	3:07:58	4:17	1	3:07:58	1	3:07:58
Hönggerberg	11.10		4:07	23	6:35	30	6:35	54.87	3:53:42	4:15	1	3:53:42	1	3:53:42
Irchel	5.10		5:20	209	10:27	383	10:27	59.97	4:20:55	4:21	1	4:20:55	1	4:20:55
Fluntern	6.34		5:11	223	11:10	409	11:10	66.31	4:53:53	4:25	1	4:53:53	1	4:53:53
Forch	11.30		5:14	211	20:38	402	20:38	77.61	5:53:11	4:33	1	5:53:11	1	5:53:11
Egg	8.75		4:50	119	10:15	180	10:15	86.36	6:35:37	4:34	1	6:35:37	1	6:35:37
Zumikon	12.99		4:07	22	6:32	23	6:32	99.35	7:29:08	4:31	1	7:29:08	1	7:29:08
Witikon	6.91		4:08	85	7:38	130	7:38	106.26	7:57:48	4:29	1	7:57:48	1	7:57:48
Fluntern	4.90		5:43	268	11:45	568	11:45	111.16	8:25:52	4:33	1	8:25:52	1	8:25:52
Control	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Irchel	-	fehlt!	-	-	-	-	-	116.80	-	-	49	-	-	53