



# 38. SOLA-Stafette

Zürich / 07.05.2011

## evaluación detallada

### Runalytics

Asociación: ETH  
Dorsal: 111

recorrido: 116.80 km  
Sola-Stafette

categoría:  
Langsame

tiempo total: 10:34:15

velocidad: 11.05 km/h  
rendimiento en carrera: 5:25 min/km

posición en el recorrido: 539 (de 790)  
mejor tiempo del recorrido: 6:52:28

posición en la categoría: 255 (de 477)  
mejor tiempo en la categoría: 8:43:10

### tiempos parciales

### stage score

### Total score

| control     | etapa km | etapa tiempo | etapa    |         |          |         | Total  |          |       |       |          |       |          |
|-------------|----------|--------------|----------|---------|----------|---------|--------|----------|-------|-------|----------|-------|----------|
|             |          |              | posición | retraso | posición | retraso | Total  | Total    | Total | Total |          |       |          |
|             |          |              | posición | retraso | posición | retraso | Total  | Total    | Total | Total | Total    | Total | Total    |
| Hönggerberg | 4.40     | 6:01         | 357      | 9:19    | 630      | 10:42   | 4.40   | 26:31    | 6:01  | 1     | 26:31    | 1     | 26:31    |
| Buchlern    | 13.25    | 4:57         | 293      | 18:16   | 554      | 22:46   | 17.65  | 1:32:18  | 5:13  | 1     | 1:32:18  | 1     | 1:32:18  |
| Uetliberg   | 6.20     | 6:45         | 335      | 12:45   | 613      | 16:21   | 23.85  | 2:14:15  | 5:37  | 1     | 2:14:15  | 1     | 2:14:15  |
| Felsenegg   | 5.90     | 5:00         | 119      | 6:55    | 282      | 9:36    | 29.75  | 2:43:48  | 5:30  | 1     | 2:43:48  | 1     | 2:43:48  |
| Buchlern    | 14.02    | 4:16         | 26       | 8:11    | 106      | 12:12   | 43.77  | 3:43:48  | 5:06  | 1     | 3:43:48  | 1     | 3:43:48  |
| Hönggerberg | 11.10    | 6:00         | 400      | 24:51   | 689      | 27:32   | 54.87  | 4:50:29  | 5:17  | 1     | 4:50:29  | 1     | 4:50:29  |
| Irchel      | 5.10     | 5:00         | 106      | 6:26    | 263      | 8:46    | 59.97  | 5:16:01  | 5:16  | 1     | 5:16:01  | 1     | 5:16:01  |
| Fluntern    | 6.34     | 5:10         | 178      | 8:57    | 395      | 11:02   | 66.31  | 5:48:51  | 5:15  | 1     | 5:48:51  | 1     | 5:48:51  |
| Forch       | 11.30    | 6:23         | 432      | 30:43   | 739      | 33:35   | 77.61  | 7:01:06  | 5:25  | 1     | 7:01:06  | 1     | 7:01:06  |
| Egg         | 8.75     | 5:30         | 258      | 14:49   | 500      | 16:03   | 86.36  | 7:49:20  | 5:26  | 1     | 7:49:20  | 1     | 7:49:20  |
| Zumikon     | 12.99    | 5:50         | 359      | 22:48   | 649      | 28:57   | 99.35  | 9:05:16  | 5:29  | 1     | 9:05:16  | 1     | 9:05:16  |
| Witikon     | 6.91     | 4:17         | 73       | 5:52    | 188      | 8:40    | 106.26 | 9:34:58  | 5:24  | 1     | 9:34:58  | 1     | 9:34:58  |
| Fluntern    | 4.90     | 6:14         | 395      | 13:44   | 686      | 14:16   | 111.16 | 10:05:33 | 5:26  | 1     | 10:05:33 | 1     | 10:05:33 |
| control     | -        | fehlt!       | -        | -       | -        | -       | 111.16 | -        | -     | -     | -        | -     | -        |
| Irchel      | 5.64     | 5:05         | 207      | 8:29    | 419      | 10:03   | 116.80 | 10:34:15 | 5:25  | 266   | 2:24:03  | 557   | 3:42:19  |