



38. SOLA-Stafette

Zürich / 07.05.2011

evaluación detallada

Varian Runners

Asociación: Alumni

Dorsal: 353

recorrido: 116.80 km

Sola-Stafette

categoría:

Langsame

tiempo total: 10:09:23

velocidad: 11.50 km/h

rendimiento en carrera: 5:13 min/km

posición en el recorrido: 371 (de 790)

mejor tiempo del recorrido: 6:52:28

posición en la categoría: 125(de 477)

mejor tiempo en la categoría: 8:43:10

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapa | | retraso | | Total | Total | Total | Total | retraso | | Total | Total |
|-------------|----------|--------------|----------|---------|----------|---------|--------|----------|-------|-------|----------|---------|---------|-------|
| | | | posición | retraso | posición | retraso | | | | | posición | retraso | | |
| Hönggerberg | 4.40 | 5:48 | 302 | 8:20 | 563 | 9:43 | 4.40 | 25:32 | 5:48 | 1 | 25:32 | 1 | 25:32 | |
| Buchlern | 13.25 | 4:18 | 56 | 9:35 | 180 | 14:05 | 17.65 | 1:22:38 | 4:40 | 1 | 1:22:38 | 1 | 1:22:38 | |
| Uetliberg | 6.20 | 8:40 | 467 | 24:35 | 777 | 28:11 | 23.85 | 2:16:25 | 5:43 | 1 | 2:16:25 | 1 | 2:16:25 | |
| Felsenegg | 5.90 | 5:28 | 235 | 9:42 | 464 | 12:23 | 29.75 | 2:48:45 | 5:40 | 1 | 2:48:45 | 1 | 2:48:45 | |
| Buchlern | 14.02 | 5:15 | 281 | 21:50 | 544 | 25:51 | 43.77 | 4:02:24 | 5:32 | 1 | 4:02:24 | 1 | 4:02:24 | |
| Hönggerberg | 11.10 | 4:24 | 32 | 7:10 | 81 | 9:51 | 54.87 | 4:51:24 | 5:18 | 1 | 4:51:24 | 1 | 4:51:24 | |
| Irchel | 5.10 | 5:56 | 306 | 11:11 | 581 | 13:31 | 59.97 | 5:21:41 | 5:21 | 1 | 5:21:41 | 1 | 5:21:41 | |
| Fluntern | 6.34 | 4:59 | 122 | 7:44 | 292 | 9:49 | 66.31 | 5:53:18 | 5:19 | 1 | 5:53:18 | 1 | 5:53:18 | |
| Forch | 11.30 | 4:56 | 91 | 14:22 | 251 | 17:14 | 77.61 | 6:49:12 | 5:16 | 1 | 6:49:12 | 1 | 6:49:12 | |
| Egg | 8.75 | 5:31 | 263 | 14:58 | 507 | 16:12 | 86.36 | 7:37:35 | 5:17 | 1 | 7:37:35 | 1 | 7:37:35 | |
| Zumikon | 12.99 | 4:51 | 75 | 9:59 | 225 | 16:08 | 99.35 | 8:40:42 | 5:14 | 1 | 8:40:42 | 1 | 8:40:42 | |
| Witikon | 6.91 | 4:16 | 63 | 5:43 | 172 | 8:31 | 106.26 | 9:10:15 | 5:10 | 1 | 9:10:15 | 1 | 9:10:15 | |
| Fluntern | 4.90 | 5:36 | 272 | 10:36 | 531 | 11:08 | 111.16 | 9:37:42 | 5:11 | 1 | 9:37:42 | 1 | 9:37:42 | |
| control | - | fehlt! | - | - | - | - | 111.16 | - | - | - | - | - | - | |
| Irchel | 5.64 | 5:37 | 347 | 11:28 | 622 | 13:02 | 116.80 | 10:09:23 | 5:13 | 136 | 1:59:11 | 388 | 3:17:27 | |