



38. SOLA-Stafette

Zürich / 07.05.2011

evaluación detallada

nanorunners

Asociación: Ang.
Dorsal: 440

recorrido: 116.80 km
Sola-Stafette

categoría:
Langsame

tiempo total: 9:57:10

velocidad: 11.74 km/h
rendimiento en carrera: 5:06 min/km

posición en el recorrido: 280 (de 790)

mejor tiempo del recorrido: 6:52:28

posición en la categoría: 69(de 477)

mejor tiempo en la categoría: 8:43:10

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | | Total | Total | Total km | Total tiempo | Total posició min/km | retraso | | | Total | Total |
|-------------|----------|--------------|---------------------|---------|---------|---------|-------|--------|----------|--------------|----------------------|---------|---------|---------|-------|-------|
| | | | | retraso | retraso | retraso | | | | | | retraso | retraso | retraso | | |
| Hönggerberg | 4.40 | | 5:51 | 316 | 8:35 | 579 | 9:58 | 4.40 | 25:47 | 5:51 | 1 | 25:47 | 1 | 25:47 | | |
| Buchlern | 13.25 | | 4:34 | 136 | 13:03 | 329 | 17:33 | 17.65 | 1:26:21 | 4:53 | 1 | 1:26:21 | 1 | 1:26:21 | | |
| Uetliberg | 6.20 | | 6:54 | 357 | 13:41 | 647 | 17:17 | 23.85 | 2:09:14 | 5:25 | 1 | 2:09:14 | 1 | 2:09:14 | | |
| Felsenegg | 5.90 | | 6:00 | 377 | 12:50 | 662 | 15:31 | 29.75 | 2:44:42 | 5:32 | 1 | 2:44:42 | 1 | 2:44:42 | | |
| Buchlern | 14.02 | | 4:15 | 25 | 7:59 | 101 | 12:00 | 43.77 | 3:44:30 | 5:07 | 1 | 3:44:30 | 1 | 3:44:30 | | |
| Hönggerberg | 11.10 | | 3:55 | 2 | 1:47 | 17 | 4:28 | 54.87 | 4:28:07 | 4:53 | 1 | 4:28:07 | 1 | 4:28:07 | | |
| Irchel | 5.10 | | 6:41 | 424 | 15:00 | 723 | 17:20 | 59.97 | 5:02:13 | 5:02 | 1 | 5:02:13 | 1 | 5:02:13 | | |
| Fluntern | 6.34 | | 5:08 | 163 | 8:40 | 370 | 10:45 | 66.31 | 5:34:46 | 5:02 | 1 | 5:34:46 | 1 | 5:34:46 | | |
| Forch | 11.30 | | 5:09 | 166 | 16:51 | 364 | 19:43 | 77.61 | 6:33:09 | 5:03 | 1 | 6:33:09 | 1 | 6:33:09 | | |
| Egg | 8.75 | | 5:01 | 92 | 10:31 | 249 | 11:45 | 86.36 | 7:17:05 | 5:03 | 1 | 7:17:05 | 1 | 7:17:05 | | |
| Zumikon | 12.99 | | 5:07 | 144 | 13:32 | 347 | 19:41 | 99.35 | 8:23:45 | 5:04 | 1 | 8:23:45 | 1 | 8:23:45 | | |
| Witikon | 6.91 | | 4:45 | 197 | 9:02 | 418 | 11:50 | 106.26 | 8:56:37 | 5:03 | 1 | 8:56:37 | 1 | 8:56:37 | | |
| Fluntern | 4.90 | | 6:38 | 441 | 15:41 | 747 | 16:13 | 111.16 | 9:29:09 | 5:07 | 1 | 9:29:09 | 1 | 9:29:09 | | |
| control | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:58 | 175 | 7:48 | 369 | 9:22 | 116.80 | 9:57:10 | 5:06 | 78 | 1:46:58 | 295 | 3:05:14 | | |