



38. SOLA-Stafette

Zürich / 07.05.2011

evaluación detallada

RUN4REBECCA I

Asociación: Ang.

Dorsal: 455

recorrido: 116.80 km

Sola-Stafette

categoría:

Langsame

tiempo total: 10:30:35

velocidad: 11.04 km/h

rendimiento en carrera: 5:23 min/km

posición en el recorrido: 510 (de 790)

mejor tiempo del recorrido: 6:52:28

posición en la categoría: 231(de 477)

mejor tiempo en la categoría: 8:43:10

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | stage score | | | Total score | | | | | | | |
|-------------|-------------|-----------------|------------------------|-------------|----------|---------|-------------|--------|----------|----------|---------|----------|---------|----------|
| | | | | retraso | posición | retraso | Total | Total | Total | posición | retraso | posición | retraso | |
| Hönggerberg | 4.40 | | 6:02 | 363 | 9:25 | 637 | 10:48 | 4.40 | 26:37 | 6:02 | 1 | 26:37 | 1 | 26:37 |
| Buchlern | 13.25 | | 4:02 | 19 | 6:08 | 88 | 10:38 | 17.65 | 1:20:16 | 4:32 | 1 | 1:20:16 | 1 | 1:20:16 |
| Uetliberg | 6.20 | | 5:39 | 74 | 5:52 | 206 | 9:28 | 23.85 | 1:55:20 | 4:50 | 1 | 1:55:20 | 1 | 1:55:20 |
| Felsenegg | 5.90 | | 5:48 | 329 | 11:41 | 595 | 14:22 | 29.75 | 2:29:39 | 5:01 | 1 | 2:29:39 | 1 | 2:29:39 |
| Buchlern | 14.02 | | 4:50 | 143 | 15:59 | 328 | 20:00 | 43.77 | 3:37:27 | 4:58 | 1 | 3:37:27 | 1 | 3:37:27 |
| Hönggerberg | 11.10 | | 6:18 | 432 | 28:11 | 731 | 30:52 | 54.87 | 4:47:28 | 5:14 | 1 | 4:47:28 | 1 | 4:47:28 |
| Irchel | 5.10 | | 5:39 | 246 | 9:47 | 496 | 12:07 | 59.97 | 5:16:21 | 5:16 | 1 | 5:16:21 | 1 | 5:16:21 |
| Fluntern | 6.34 | | 5:57 | 378 | 13:53 | 665 | 15:58 | 66.31 | 5:54:07 | 5:20 | 1 | 5:54:07 | 1 | 5:54:07 |
| Forch | 11.30 | | 5:58 | 390 | 25:55 | 687 | 28:47 | 77.61 | 7:01:34 | 5:25 | 1 | 7:01:34 | 1 | 7:01:34 |
| Egg | 8.75 | | 5:53 | 360 | 18:06 | 639 | 19:20 | 86.36 | 7:53:05 | 5:28 | 1 | 7:53:05 | 1 | 7:53:05 |
| Zumikon | 12.99 | | 4:48 | 68 | 9:18 | 205 | 15:27 | 99.35 | 8:55:31 | 5:23 | 1 | 8:55:31 | 1 | 8:55:31 |
| Witikon | 6.91 | | 5:57 | 432 | 17:22 | 735 | 20:10 | 106.26 | 9:36:43 | 5:25 | 1 | 9:36:43 | 1 | 9:36:43 |
| Fluntern | 4.90 | | 6:27 | 421 | 14:50 | 724 | 15:22 | 111.16 | 10:08:24 | 5:28 | 1 | 10:08:24 | 1 | 10:08:24 |
| control | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 3:55 | 5 | 1:58 | 34 | 3:32 | 116.80 | 10:30:35 | 5:23 | 242 | 2:20:23 | 528 | 3:38:39 |