



38. SOLA-Stafette

Zürich / 07.05.2011

evaluación detallada

FastFood

Asociación: Alumni

Dorsal: 632

recorrido: 116.80 km

Sola-Stafette

categoría:

Schnelle

tiempo total: 8:39:55

velocidad: 13.39 km/h

rendimiento en carrera: 4:29 min/km

posición en el recorrido: 35 (de 790)

mejor tiempo del recorrido: 6:52:28

posición en la categoría: 35(de 313)

mejor tiempo en la categoría: 6:52:28

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | retraso | | retraso | Total km | Total tiempo | Total posición min/km | retraso | | retraso | Total | |
|-------------|----------|--------------|---------------------|----------|---------|---------|----------|--------------|-----------------------|----------|---------|---------|-------|---------|
| | | | | posición | retraso | | | | | posición | retraso | | | |
| Hönggerberg | 4.40 | | 4:39 | 74 | 4:41 | 110 | 4:41 | 4.40 | 20:30 | 4:39 | 1 | 20:30 | 1 | 20:30 |
| Buchlern | 13.25 | | 4:03 | 72 | 10:50 | 91 | 10:50 | 17.65 | 1:14:21 | 4:12 | 1 | 1:14:21 | 1 | 1:14:21 |
| Uetliberg | 6.20 | | 5:56 | 188 | 11:17 | 323 | 11:17 | 23.85 | 1:51:14 | 4:39 | 1 | 1:51:14 | 1 | 1:51:14 |
| Felsenegg | 5.90 | | 4:41 | 92 | 7:46 | 141 | 7:46 | 29.75 | 2:18:57 | 4:40 | 1 | 2:18:57 | 1 | 2:18:57 |
| Buchlern | 14.02 | | 4:21 | 93 | 13:22 | 130 | 13:22 | 43.77 | 3:20:07 | 4:34 | 1 | 3:20:07 | 1 | 3:20:07 |
| Hönggerberg | 11.10 | | 5:02 | 181 | 16:45 | 320 | 16:45 | 54.87 | 4:16:01 | 4:39 | 1 | 4:16:01 | 1 | 4:16:01 |
| Irchel | 5.10 | | 4:41 | 104 | 7:09 | 160 | 7:09 | 59.97 | 4:39:56 | 4:40 | 1 | 4:39:56 | 1 | 4:39:56 |
| Fluntern | 6.34 | | 3:41 | 8 | 1:34 | 8 | 1:34 | 66.31 | 5:03:18 | 4:34 | 1 | 5:03:18 | 1 | 5:03:18 |
| Forch | 11.30 | | 4:44 | 118 | 14:59 | 167 | 14:59 | 77.61 | 5:56:57 | 4:35 | 1 | 5:56:57 | 1 | 5:56:57 |
| Egg | 8.75 | | 4:17 | 34 | 5:20 | 42 | 5:20 | 86.36 | 6:34:28 | 4:34 | 1 | 6:34:28 | 1 | 6:34:28 |
| Zumikon | 12.99 | | 4:14 | 38 | 8:13 | 42 | 8:13 | 99.35 | 7:29:40 | 4:31 | 1 | 7:29:40 | 1 | 7:29:40 |
| Witikon | 6.91 | | 4:25 | 146 | 9:31 | 249 | 9:31 | 106.26 | 8:00:13 | 4:31 | 1 | 8:00:13 | 1 | 8:00:13 |
| Fluntern | 4.90 | | 3:45 | 19 | 2:05 | 24 | 2:05 | 111.16 | 8:18:37 | 4:29 | 1 | 8:18:37 | 1 | 8:18:37 |
| control | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 3:46 | 24 | 2:39 | 27 | 2:39 | 116.80 | 8:39:55 | 4:27 | 36 | 1:47:59 | 39 | 1:47:59 |