



38. SOLA-Stafette
Zürich / 07.05.2011

Exploitation détaillée

B&G Runners

Association: Alumni
Dossard: 173

Circuit: 116.80 km
Sola-Stafette

Catégorie:
Langsame

Temps total: 10:28:14

Vitesse: 11.08 km/h
Kilométrage: 5:22 min/km

Place par parcours: 499 (de 790)
Meilleur temps dans le parcours: 6:52:28
Place par catégorie: 221(de 477)
Meilleur temps dans la catégorie: 8:43:10

Temps intermédiaires

Résultats d'étape

Résultat total

| Poste | Etape | | Etape | | Etape | | Place | | Retard | | Place | | Retard | | Total | | Total | | Total | | Place | | Retard | | Place | | Retard | |
|-------------|-------|--------|--------|-------|-------|-------|-------|--------|----------|--------|-------|---------|--------|---------|--------|----------|--------|-------|---------|-------|---------|--------|----------|--------|-------|---------|--------|---------|
| | km | Temps | min/km | catg. | catg. | Total | Total | km | Temps | min/km | catg. | catg. | Total | Total | km | Temps | min/km | catg. | catg. | Total | Total | km | Temps | min/km | catg. | catg. | Total | Total |
| Hönggerberg | 4.40 | | 6:06 | 375 | 9:39 | 654 | 11:02 | 4.40 | 26:51 | 6:06 | 1 | 26:51 | 1 | 26:51 | 4.40 | 26:51 | 6:06 | 1 | 26:51 | 1 | 26:51 | 4.40 | 26:51 | 6:06 | 1 | 26:51 | 1 | 26:51 |
| Buchlern | 13.25 | | 4:26 | 86 | 11:17 | 239 | 15:47 | 17.65 | 1:25:39 | 4:51 | 1 | 1:25:39 | 1 | 1:25:39 | 17.65 | 1:25:39 | 4:51 | 1 | 1:25:39 | 1 | 1:25:39 | 17.65 | 1:25:39 | 4:51 | 1 | 1:25:39 | 1 | 1:25:39 |
| Uetliberg | 6.20 | | 6:00 | 151 | 8:04 | 351 | 11:40 | 23.85 | 2:02:55 | 5:09 | 1 | 2:02:55 | 1 | 2:02:55 | 23.85 | 2:02:55 | 5:09 | 1 | 2:02:55 | 1 | 2:02:55 | 23.85 | 2:02:55 | 5:09 | 1 | 2:02:55 | 1 | 2:02:55 |
| Felsenegg | 5.90 | | 5:04 | 135 | 7:19 | 308 | 10:00 | 29.75 | 2:32:52 | 5:08 | 1 | 2:32:52 | 1 | 2:32:52 | 29.75 | 2:32:52 | 5:08 | 1 | 2:32:52 | 1 | 2:32:52 | 29.75 | 2:32:52 | 5:08 | 1 | 2:32:52 | 1 | 2:32:52 |
| Buchlern | 14.02 | | 5:27 | 340 | 24:37 | 623 | 28:38 | 43.77 | 3:49:18 | 5:14 | 1 | 3:49:18 | 1 | 3:49:18 | 43.77 | 3:49:18 | 5:14 | 1 | 3:49:18 | 1 | 3:49:18 | 43.77 | 3:49:18 | 5:14 | 1 | 3:49:18 | 1 | 3:49:18 |
| Hönggerberg | 11.10 | | 6:36 | 453 | 31:34 | 757 | 34:15 | 54.87 | 5:02:42 | 5:31 | 1 | 5:02:42 | 1 | 5:02:42 | 54.87 | 5:02:42 | 5:31 | 1 | 5:02:42 | 1 | 5:02:42 | 54.87 | 5:02:42 | 5:31 | 1 | 5:02:42 | 1 | 5:02:42 |
| Irchel | 5.10 | | 6:26 | 391 | 13:43 | 689 | 16:03 | 59.97 | 5:35:31 | 5:35 | 1 | 5:35:31 | 1 | 5:35:31 | 59.97 | 5:35:31 | 5:35 | 1 | 5:35:31 | 1 | 5:35:31 | 59.97 | 5:35:31 | 5:35 | 1 | 5:35:31 | 1 | 5:35:31 |
| Fluntern | 6.34 | | 5:51 | 360 | 13:14 | 646 | 15:19 | 66.31 | 6:12:38 | 5:37 | 1 | 6:12:38 | 1 | 6:12:38 | 66.31 | 6:12:38 | 5:37 | 1 | 6:12:38 | 1 | 6:12:38 | 66.31 | 6:12:38 | 5:37 | 1 | 6:12:38 | 1 | 6:12:38 |
| Forch | 11.30 | | 5:02 | 119 | 15:21 | 293 | 18:13 | 77.61 | 7:09:31 | 5:32 | 1 | 7:09:31 | 1 | 7:09:31 | 77.61 | 7:09:31 | 5:32 | 1 | 7:09:31 | 1 | 7:09:31 | 77.61 | 7:09:31 | 5:32 | 1 | 7:09:31 | 1 | 7:09:31 |
| Egg | 8.75 | | 5:22 | 207 | 13:33 | 431 | 14:47 | 86.36 | 7:56:29 | 5:31 | 1 | 7:56:29 | 1 | 7:56:29 | 86.36 | 7:56:29 | 5:31 | 1 | 7:56:29 | 1 | 7:56:29 | 86.36 | 7:56:29 | 5:31 | 1 | 7:56:29 | 1 | 7:56:29 |
| Zumikon | 12.99 | | 5:00 | 106 | 11:54 | 285 | 18:03 | 99.35 | 9:01:31 | 5:27 | 1 | 9:01:31 | 1 | 9:01:31 | 99.35 | 9:01:31 | 5:27 | 1 | 9:01:31 | 1 | 9:01:31 | 99.35 | 9:01:31 | 5:27 | 1 | 9:01:31 | 1 | 9:01:31 |
| Witikon | 6.91 | | 4:04 | 38 | 4:21 | 107 | 7:09 | 106.26 | 9:29:42 | 5:21 | 1 | 9:29:42 | 1 | 9:29:42 | 106.26 | 9:29:42 | 5:21 | 1 | 9:29:42 | 1 | 9:29:42 | 106.26 | 9:29:42 | 5:21 | 1 | 9:29:42 | 1 | 9:29:42 |
| Fluntern | 4.90 | | 4:59 | 132 | 7:37 | 328 | 8:09 | 111.16 | 9:54:10 | 5:20 | 1 | 9:54:10 | 1 | 9:54:10 | 111.16 | 9:54:10 | 5:20 | 1 | 9:54:10 | 1 | 9:54:10 | 111.16 | 9:54:10 | 5:20 | 1 | 9:54:10 | 1 | 9:54:10 |
| Poste | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - | 111.16 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Irchel | 5.64 | | 6:02 | 410 | 13:51 | 713 | 15:25 | 116.80 | 10:28:14 | 5:22 | 232 | 2:18:02 | 517 | 3:36:18 | 116.80 | 10:28:14 | 5:22 | 232 | 2:18:02 | 517 | 3:36:18 | 116.80 | 10:28:14 | 5:22 | 232 | 2:18:02 | 517 | 3:36:18 |