



## Race Schedule

**First Male Athlete**                      **No**                                      **1**

Swim	Km	Passage	Time
Start	0	07:55	00:00
Swim exit / entrance transition 1	1.9	08:17	00:22

Bike 1. loop	Km	Passage	Time
Start Bike	0	08:19	00:24
Roundabout Hot Spot (Rapperswil-Jona)	1	08:20	00:25
Witches Hill (Schmerikon)	11	08:33	00:38
The Beast (Neuhaus)	16	08:42	00:47
Goldingen	20	08:49	00:54
Laupen	23	08:52	00:57
Ermenswil	28	08:58	01:03
Eschenbach	32	09:04	01:09
Roundabout / Turning Point (Start 2. loop)	45	09:23	01:28

Bike 2. loop	Km	Passage	Time
Witches Hill (Schmerikon)	55	09:36	01:41
The Beast (Neuhaus)	60	09:44	01:49
Goldingen	64	09:51	01:56
Laupen	67	09:55	02:00
Ermenswil	72	10:01	02:06
Eschenbach	76	10:07	02:12
Roundabout Hot Spot (Rapperswil-Jona)	89	10:25	02:30
Entrance transition 2	90	10:27	02:32

Run 1. loop	Km	Passage	Time
Start Run	0	10:29	02:34
Lido Water Station	0.4	10:30	02:35
Busskirch Station	1.3	10:33	02:38
Stampf Station	4.5	10:45	02:50
Water Station	5.5	10:48	02:53
Fishmarket Station	7.4	10:55	03:00
Stairway to heaven	7.9	10:57	03:02
Kapuziner Station	9	11:01	03:06
Run through (Start 2. loop)	10.5	11:06	03:11

Run 2. loop	Km	Passage	Time
Lido Water Station	10.9	11:08	03:13
Busskirch Station	11.8	11:11	03:16
Stampf Station	15	11:23	03:28
Water Station	16	11:26	03:31
Fishmarket Station	17.9	11:33	03:38
Stairway to heaven	18.4	11:35	03:40
Kapuziner Station	19.4	11:38	03:43
Finish	21.1	11:45	03:50