



Race Schedule

First Female Athlete No 1

Swim	Km	Passage	Time
Start	0	07:57	00:00
Swim exit / entrance transition 1	1.9	08:21	00:24

Bike 1. loop	Km	Passage	Time
Start Bike	0	08:23	00:26
Roundabout Hot Spot (Rapperswil-Jona)	1	08:24	00:27
Witches Hill (Schmerikon)	11	08:38	00:41
The Beast (Neuhaus)	16	08:47	00:50
Goldingen	20	08:55	00:58
Laupen	23	08:59	01:02
Ermenswil	28	09:05	01:08
Eschenbach	32	09:11	01:14
Roundabout / Turning Point (Start 2. loop)	45	09:31	01:34

Bike 2. loop	Km	Passage	Time
Witches Hill (Schmerikon)	55	09:45	01:48
The Beast (Neuhaus)	60	09:54	01:57
Goldingen	64	10:02	02:05
Laupen	67	10:06	02:09
Ermenswil	72	10:12	02:15
Eschenbach	76	10:18	02:21
Roundabout Hot Spot (Rapperswil-Jona)	89	10:38	02:41
Entrance transition 2	90	10:40	02:43

Run 1. loop	Km	Passage	Time
Start Run	0	10:42	02:45
Lido Water Station	0.4	10:43	02:46
Busskirch Station	1.3	10:47	02:50
Stampf Station	4.5	10:59	03:02
Water Station	5.5	11:03	03:06
Fishmarket Station	7.4	11:11	03:14
Stairway to heaven	7.9	11:13	03:16
Kapuziner Station	9	11:17	03:20
Run through (Start 2. loop)	10.5	11:23	03:26

Run 2. loop	Km	Passage	Time
Lido Water Station	10.9	11:25	03:28
Busskirch Station	11.8	11:28	03:31
Stampf Station	15	11:41	03:44
Water Station	16	11:45	03:48
Fishmarket Station	17.9	11:53	03:56
Stairway to heaven	18.4	11:55	03:58
Kapuziner Station	19.4	11:59	04:02
Finish	21.1	12:06	04:09