



Expected Race Times

First Men Athlete Start Number 1

Swim Course	Km	Expected time	Race time
Start Obersee	0	08:05	00:00
Swim Exit / In T1	1.9	08:30	00:25

Bike Course 1st lap	Km	Expected time	Race time
Exit T1	0	08:32	00:27
Roundabout Hot Spot (Rapperswil-Jona)	1	08:33	00:28
Witches Hill (Schmerikon)	11	08:48	00:43
The Beast (Neuhaus)	16	08:57	00:52
Goldingen	20	09:04	00:59
Laupen	23	09:08	01:03
Ermenswil	28	09:15	01:10
Eschenbach	32	09:21	01:16
Roundabout / Turning Point (Start 2nd lap)	44	09:42	01:37

Bike Course 2nd lap	Km	Expected time	Race time
Witches Hill (Schmerikon)	55	09:56	01:51
The Beast (Neuhaus)	60	10:05	02:00
Goldingen	64	10:13	02:08
Laupen	67	10:17	02:12
Ermenswil	72	10:23	02:18
Eschenbach	76	10:30	02:25
Roundabout Hot Spot (Rapperswil-Jona)	88	10:50	02:45
In T2	90	10:52	02:47

Run Course 1st lap	Km	Expected time	Race time
Exit T2	0	10:54	02:49
Strandweg Water Station	0.4	10:55	02:50
Busskirch Station	1.3	10:58	02:53
Stampf Station	4.6	11:11	03:06
Water Station	5.6	11:15	03:10
Fishmarket Station	7.5	11:22	03:17
Stairway to heaven	8	11:24	03:19
Kapuziner Station	9.2	11:28	03:23
Finish 1st lap / Start 2nd lap	10.5	11:33	03:28

Run Course 2nd lap	Km	Expected time	Race time
Strandweg Water Station	10.9	11:35	03:30
Busskirch Station	11.8	11:38	03:33
Stampf Station	15.1	11:51	03:46
Water Station	16.1	11:55	03:50
Fishmarket Station	18	12:02	03:57
Stairway to heaven	18.5	12:04	03:59
Kapuziner Station	19.6	12:08	04:03
Finish	21.1	12:14	04:09