

## Durchgangszeitenprognose

Last Athlete

Startnummer

2000

| Schwimmstrecke       | Km  | Durchgangszeit | Renndauer seit Start |
|----------------------|-----|----------------|----------------------|
| Start Strandbad Thun | 0   | 07:00          | 00:00                |
| Schwimmausstieg      | 3.8 | 09:20          | 02:20                |

| 1. Runde                                    |      |                |                      | 2. Runde |                |                      |  |
|---|------|----------------|----------------------|----------|----------------|----------------------|--|
| Radstrecke                                  | Km   | Durchgangszeit | Renndauer seit Start | Km       | Durchgangszeit | Renndauer seit Start |  |
| START Schwimmbad Strämu                     | 0    | 09:30          | 02:30                | 90       | 13:30          | 06:30                |  |
| Thun, Spiezstrasse - Strättligenstrasse     | 2    | 09:34          | 02:34                | 92       | 13:34          | 06:34                |  |
| Spiez, Spiezstrasse - Gwattstutz            | 2.5  | 09:36          | 02:36                | 92.5     | 13:36          | 06:36                |  |
| Reutigen, Im Hani (Aid Station)             | 5.4  | 09:42          | 02:42                | 95.4     | 13:42          | 06:42                |  |
| Amsoldingen, Dorfstrasse                    | 9.6  | 09:53          | 02:53                | 99.6     | 13:53          | 06:53                |  |
| Uetendorf                                   | 15   | 10:06          | 03:06                | 105      | 14:06          | 07:06                |  |
| Seftigen - Thunstrasse                      | 18   | 10:13          | 03:13                | 108      | 14:13          | 07:13                |  |
| Thunstrasse - Aegertenstrasse               | 20.8 | 10:19          | 03:19                | 110.8    | 14:19          | 07:19                |  |
| Uttigen, Stationsstrasse                    | 21.7 | 10:22          | 03:22                | 111.7    | 14:22          | 07:22                |  |
| Kirchdorf, Thalgutstrasse - Seegasse        | 25.5 | 10:31          | 03:31                | 115.5    | 14:31          | 07:31                |  |
| Gelterfingen                                | 29   | 10:39          | 03:39                | 119      | 14:39          | 07:39                |  |
| Belp, Schiessstand - Cut off (on 2nd lap)   | 33.7 | 10:52          | 03:52                | 122.7    | 14:45          | 07:45                |  |
| Belp, Rubigenstrasse - Dorfstrasse          | 35   | 10:57          | 03:57                | 125      | 14:57          | 07:57                |  |
| Belp, Ortsende, Hohlestrasse                | 38.4 | 11:06          | 04:06                | 128.4    | 15:06          | 08:06                |  |
| Toffen                                      | 42   | 11:15          | 04:15                | 132      | 15:15          | 08:15                |  |
| Mühletturnen                                | 47   | 11:27          | 04:27                | 137      | 15:27          | 08:27                |  |
| Riggisberg                                  | 49   | 11:32          | 04:32                | 139      | 15:32          | 08:32                |  |
| Wislisau                                    | 54.8 | 11:48          | 04:48                | 144.8    | 15:48          | 08:48                |  |
| Plötsch - Cut off (on 2nd lap)              | 62   | 12:16          | 05:16                | 151      | 16:15          | 09:15                |  |
| Burgistein                                  | 66   | 12:26          | 05:26                | 156      | 16:26          | 09:26                |  |
| Wattenwil                                   | 69.5 | 12:40          | 05:40                | 159.5    | 16:40          | 09:40                |  |
| Blumenstein                                 | 72.8 | 12:48          | 05:48                | 162.8    | 16:48          | 09:48                |  |
| Oberstocken                                 | 77   | 12:55          | 05:55                | 167      | 16:55          | 09:55                |  |
| Reutigen, Dorfstrasse                       | 83   | 13:11          | 06:11                | 173      | 17:11          | 10:11                |  |
| Hani, Autobahnbrücke - Cut off (on 2nd lap) | 85.4 | 13:17          | 06:17                | 174.4    | 17:25          | 10:25                |  |
| Wendepunkt Thun - Cut off (lap 1 & 2)       | 90   | 13:30          | 06:30                | 180      | 17:30          | 10:30                |  |

| Laufstrecke 1. Runde            | Km          | Durchgangszeit | Renndauer seit Start |
|---------------------------------|-------------|----------------|----------------------|
| Beginn Laufstrecke              | 0           | 17:40          | 10:40                |
| Aid Station 1, Lachenstadion    | 0.1         | 17:40          | 10:40                |
| Aid Station 2, Bonstettenpark   | 2.1         | 17:58          | 10:58                |
| Aid Station 3, Lachenstadion    | 4.4         | 18:19          | 11:19                |
| Aid Station 4, Balmholz         | 6.6         | 18:39          | 11:39                |
| Aid Station 5, Scherzlig Insel  | 7.8         | 18:50          | 11:50                |
| Turning Point Bächimatt         | 8.9         | 19:00          | 12:00                |
| Aid Station 6, Bälliz           | 10.5        | 19:14          | 12:14                |
| Aid Station 7, Scherzligkirche  | 12.8        | 19:35          | 12:35                |
| <b>2. Runde</b>                 |             |                |                      |
| Start 2. Runde, Lachenparkplatz | 14.25       | 19:48          | 12:48                |
| Aid Station 1, Lachenstadion    | 14.35       | 19:49          | 12:49                |
| Aid Station 2, Bonstettenpark   | 16.35       | 20:07          | 13:07                |
| Aid Station 3, Lachenstadion    | 18.65       | 20:27          | 13:27                |
| Aid Station 4, Balmholz         | 20.85       | 20:47          | 13:47                |
| Aid Station 5, Scherzlig Insel  | 22.05       | 20:58          | 13:58                |
| Turning Point Bächimatt         | 23.15       | 21:08          | 14:08                |
| Aid Station 6, Bälliz           | 24.75       | 21:22          | 14:22                |
| Aid Station 7, Scherzligkirche  | 27.05       | 21:43          | 14:43                |
| <b>3. Runde</b>                 |             |                |                      |
| Start 3. Runde, Lachenparkplatz | 28.5        | 21:56          | 14:56                |
| Aid Station 1, Lachenstadion    | 28.6        | 22:00          | 15:00                |
| Aid Station 2, Bonstettenpark   | 30.6        | 22:15          | 15:15                |
| Aid Station 3, Lachenstadion    | 32.9        | 22:36          | 15:36                |
| Aid Station 4, Balmholz         | 35.1        | 22:56          | 15:56                |
| Aid Station 5, Scherzlig Insel  | 36.3        | 23:06          | 16:06                |
| Turning Point Bächimatt         | 37.4        | 23:16          | 16:16                |
| Aid Station 6, Bälliz           | 39          | 23:31          | 16:31                |
| Aid Station 7, Scherzligkirche  | 41.3        | 23:51          | 16:51                |
| <b>Ziel</b>                     | <b>42.2</b> | <b>00:00</b>   | <b>17:00</b>         |