

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
Mühleturnen	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
2. Runde			
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
3. Runde			
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
Ziel	42.2	00:00	17:00