

## Forecast Time

### Schnellste Zeit

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Schwimmstrecke	Km	Forecast Time	Race Time
Start Strandbad Thun	0	06:30	00:00
Schwimmausstieg	3.8	07:19	00:49

1. Lap				2. Lap			
Bike Course	Km	Forecast Time	Race Time	Km	Forecast Time	Race Time	
START Schwimmbad Strämu	0	07:21	00:51	90	09:30	03:00	
Thun, Spiezstrasse - Strättligenstrasse	2	07:23	00:53	92	09:32	03:02	
Spiez, Spiezstrasse - Gwattstutz	2.5	07:24	00:54	92.5	09:33	03:03	
Reutigen, Im Hani (Aid Staition)	5.4	07:27	00:57	95.4	09:36	03:06	
Amsoldingen, Dorfstrasse	9.6	07:33	01:03	99.6	09:42	03:12	
Uetendorf	15	07:40	01:10	105	09:49	03:19	
Seftigen - Thunstrasse	18	07:44	01:14	108	09:53	03:23	
Thunstrasse - Aegertenstrasse	20.8	07:47	01:17	110.8	09:56	03:26	
Uttigen, Stationsstrasse	21.7	07:49	01:19	111.7	09:58	03:28	
Kirchdorf, Thalgutstrasse - Seegasse	25.5	07:53	01:23	115.5	10:02	03:32	
Gelterfingen	29	07:58	01:28	119	10:07	03:37	
Belp, Rubigenstrasse - Dorfstrasse	35	08:08	01:38	125	10:17	03:47	
Belp, Ortsende, Hohlestrasse	38.4	08:12	01:42	128.4	10:21	03:51	
Toffen	42	08:17	01:47	132	10:26	03:56	
Mühleturmen	47	08:24	01:54	137	10:33	04:03	
Riggisberg	49	08:27	01:57	139	10:36	04:06	
Wislisau	54.8	08:35	02:05	144.8	10:44	04:14	
Plötsch	62	08:50	02:20	151	10:59	04:29	
Burgistein	66	08:55	02:25	156	11:04	04:34	
Wattenwil	69.5	09:03	02:33	159.5	11:12	04:42	
Blumenstein	72.8	09:07	02:37	162.8	11:16	04:46	
Oberstocken	77	09:11	02:41	167	11:20	04:50	
Reutigen, Dorfstrasse	83	09:19	02:49	173	11:28	04:58	
Hani - Autobahnbrücke	85.4	09:25	02:55	175.4	11:34	05:04	
<b>U-Turn - Lachenstadion Thun</b>	<b>90</b>	<b>09:30</b>	<b>03:00</b>	<b>180</b>	<b>11:39</b>	<b>05:09</b>	

Run Course 1. Lap	Km	Forecast Time	Race Time
Beginn Laufstrecke	0	11:41	05:11
Aid Station 1, Lachenstadion	0.1	11:41	05:11
Aid Station 2, Bonstettenpark	2.1	11:48	05:18
Aid Station 3, Lachenstadion	4.4	11:57	05:27
Aid Station 4, Balmholz	6.6	12:06	05:36
Aid Station 5, Scherzlig Insel	7.8	12:10	05:40
Turning Point Bächimatt	8.9	12:14	05:44
Aid Station 6, Bälliz	10.5	12:20	05:50
Aid Station 7, Scherzligkirche	12.8	12:29	05:59
<b>2. Lap</b>			
Start 2. Runde, Lachenparkplatz	14.25	12:35	06:05
Aid Station 1, Lachenstadion	14.35	12:35	06:05
Aid Station 2, Bonstettenpark	16.35	12:42	06:12
Aid Station 3, Lachenstadion	18.65	12:51	06:21
Aid Station 4, Balmholz	20.85	13:00	06:30
Aid Station 5, Scherzlig Insel	22.05	13:04	06:34
Turning Point Bächimatt	23.15	13:08	06:38
Aid Station 6, Bälliz	24.75	13:14	06:44
Aid Station 7, Scherzligkirche	27.05	13:23	06:53
<b>3. Lap</b>			
Start 3. Runde, Lachenparkplatz	28.5	13:29	06:59
Aid Station 1, Lachenstadion	28.6	13:29	06:59
Aid Station 2, Bonstettenpark	30.6	13:37	07:07
Aid Station 3, Lachenstadion	32.9	13:45	07:15
Aid Station 4, Balmholz	35.1	13:54	07:24
Aid Station 5, Scherzlig Insel	36.3	13:58	07:28
Turning Point Bächimatt	37.4	14:02	07:32
Aid Station 6, Bälliz	39	14:08	07:38
Aid Station 7, Scherzligkirche	41.3	14:17	07:47
<b>Finish</b>	<b>42.2</b>	<b>14:21</b>	<b>07:51</b>