



Expected Race Times

Last Athlete **Start Number** **1**

Swim Course	Km	Expected time	Race time
Start Obersee	0	09:40	00:00
Swim Exit / In T1	1.9	10:50	01:10

Bike Course 1st lap	Km	Expected time	Race time
Exit T1	0	10:55	01:15
Roundabout Hot Spot (Rapperswil-Jona)	1	10:57	01:17
Witches Hill (Schmerikon)	11	11:22	01:42
The Beast (Neuhaus)	16	11:38	01:58
Goldingen	20	11:51	02:11
Laupen	23	11:58	02:18
Ermenswil	28	12:09	02:29
Eschenbach	32	12:20	02:40
Roundabout / Turning Point (Start 2nd lap)	44	12:55	03:15

Bike Course 2nd lap	Km	Expected time	Race time
Witches Hill (Schmerikon)	55	13:20	03:40
The Beast (Neuhaus)	60	13:35	03:55
Goldingen	64	13:48	04:08
Laupen	67	13:55	04:15
Ermenswil	72	14:06	04:26
Eschenbach	76	14:17	04:37
Roundabout Hot Spot (Rapperswil-Jona)	88	14:52	05:12
In T2	90	14:55	05:15

Run Course 1st lap	Km	Expected time	Race time
Exit T2	0	15:00	05:20
Strandweg Water Station	0.4	15:02	05:22
Busskirch Station	1.3	15:08	05:28
Stampf Station	4.6	15:28	05:48
Water Station	5.6	15:34	05:54
Fishmarket Station	7.5	15:46	06:06
Stairway to heaven	8	15:49	06:09
Kapuziner Station	9.2	15:56	06:16
Finish 1st lap / Start 2nd lap	10.5	16:04	06:24

Run Course 2nd lap	Km	Expected time	Race time
Strandweg Water Station	10.9	16:07	06:27
Busskirch Station	11.8	16:12	06:32
Stampf Station	15.1	16:33	06:53
Water Station	16.1	16:39	06:59
Fishmarket Station	18	16:50	07:10
Stairway to heaven	18.5	16:53	07:13
Kapuziner Station	19.6	17:00	07:20
Finish	21.1	17:10	07:30