



## Race Schedule

**Last Athlete**                      **No**                      **3000**

Swim	Km	Passage	Time
Start	0	09:40	00:00
Swim exit / entrance transition 1	1.9	10:50	01:10

Bike 1. loop	Km	Passage	Time
Start Bike	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 2. loop)	45	12:55	03:15

Bike 2. loop	Km	Passage	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)	89	14:52	05:12
Entrance transition 2	90	14:55	05:15

Run 1. loop	Km	Passage	Time
Start Run	0	15:00	05:20
Lido Water Station	0.4	15:02	05:22
Busskirch Station	1.3	15:08	05:28
Stampf Station	4.5	15:27	05:47
Water Station	5.5	15:33	05:53
Fishmarket Station	7.4	15:45	06:05
Stairway to heaven	7.9	15:48	06:08
Kapuziner Station	9	15:55	06:15
Run through (Start 2. loop)	10.5	16:04	06:24

Run 2. loop	Km	Passage	Time
Lido Water Station	10.9	16:07	06:27
Busskirch Station	11.8	16:12	06:32
Stampf Station	15	16:32	06:52
Water Station	16	16:38	06:58
Fishmarket Station	17.9	16:50	07:10
Stairway to heaven	18.4	16:53	07:13
Kapuziner Station	19.4	16:59	07:19
Finish	21.1	17:10	07:30