



Expected Race Times

First Pro Women Athlete Start Number 1

Swim Course	Km	Expected time	Race time
Start Obersee	0	07:55	00:00
Swim Exit / In T1	1.9	08:19	00:24

Bike Course 1st lap	Km	Expected time	Race time
Exit T1	0	08:21	00:26
Roundabout Hot Spot (Rapperswil-Jona)	1	08:22	00:27
Witches Hill (Schmerikon)	11	08:36	00:41
The Beast (Neuhaus)	16	08:45	00:50
Goldingen	20	08:53	00:58
Laupen	23	08:57	01:02
Ermenswil	28	09:03	01:08
Eschenbach	32	09:09	01:14
Roundabout / Turning Point (Start 2nd lap)	44	09:29	01:34

Bike Course 2nd lap	Km	Expected time	Race time
Witches Hill (Schmerikon)	55	09:43	01:48
The Beast (Neuhaus)	60	09:52	01:57
Goldingen	64	10:00	02:05
Laupen	67	10:04	02:09
Ermenswil	72	10:10	02:15
Eschenbach	76	10:16	02:21
Roundabout Hot Spot (Rapperswil-Jona)	88	10:36	02:41
In T2	90	10:38	02:43

Run Course 1st lap	Km	Expected time	Race time
Exit T2	0	10:40	02:45
Strandweg Water Station	0.4	10:41	02:46
Busskirch Station	1.3	10:45	02:50
Stampf Station	4.6	10:58	03:03
Water Station	5.6	11:02	03:07
Fishmarket Station	7.5	11:09	03:14
Stairway to heaven	8	11:11	03:16
Kapuziner Station	9.2	11:16	03:21
Finish 1st lap / Start 2nd lap	10.5	11:21	03:26

Run Course 2nd lap	Km	Expected time	Race time
Strandweg Water Station	10.9	11:23	03:28
Busskirch Station	11.8	11:26	03:31
Stampf Station	15.1	11:40	03:45
Water Station	16.1	11:44	03:49
Fishmarket Station	18	11:51	03:56
Stairway to heaven	18.5	11:53	03:58
Kapuziner Station	19.6	11:58	04:03
Finish	21.1	12:04	04:09