

Forecast Time

First Male Pro

Bib

1

Schwimmstrecke	Km	Forecast Time	Race Time
Start Strandbad Thun	0	06:30	00:00
Schwimmausstieg	3.8	07:17	00:47

1. Lap				2. Lap		
Bike Course	Km	Forecast Time	Race Time	Km	Forecast Time	Race Time
START Schwimmbad Strämu	0	07:19	00:49	90	09:28	02:58
Thun, Spiezstrasse - Strättligenstrasse	2	07:21	00:51	92	09:30	03:00
Spiez, Spiezstrasse - Gwattstutz	2.5	07:22	00:52	92.5	09:31	03:01
Reutigen, Im Hani (Aid Station)	5.4	07:25	00:55	95.4	09:34	03:04
Amsoldingen, Dorfstrasse	9.6	07:31	01:01	99.6	09:40	03:10
Uetendorf	15	07:38	01:08	105	09:47	03:17
Seftigen - Thunstrasse	18	07:42	01:12	108	09:51	03:21
Thunstrasse - Aegertenstrasse	20.8	07:45	01:15	110.8	09:54	03:24
Uttigen, Stationsstrasse	21.7	07:47	01:17	111.7	09:56	03:26
Kirchdorf, Thalgutstrasse - Seegasse	25.5	07:51	01:21	115.5	10:00	03:30
Gelterfingen	29	07:56	01:26	119	10:05	03:35
Belp, Rubigenstrasse - Dorfstrasse	35	08:06	01:36	125	10:15	03:45
Belp, Ortsende, Hohlestrasse	38.4	08:10	01:40	128.4	10:19	03:49
Toffen	42	08:15	01:45	132	10:24	03:54
Mühleturmen	47	08:22	01:52	137	10:31	04:01
Riggisberg	49	08:25	01:55	139	10:34	04:04
Wislisau	54.8	08:33	02:03	144.8	10:42	04:12
Plötsch	62	08:48	02:18	151	10:57	04:27
Burgistein	66	08:53	02:23	156	11:02	04:32
Wattenwil	69.5	09:01	02:31	159.5	11:10	04:40
Blumenstein	72.8	09:05	02:35	162.8	11:14	04:44
Oberstocken	77	09:09	02:39	167	11:18	04:48
Reutigen, Dorfstrasse	83	09:17	02:47	173	11:26	04:56
Hani - Autobahnbrücke	85.4	09:23	02:53	175.4	11:32	05:02
U-Turn - Lachenstadion Thun	90	09:28	02:58	180	11:37	05:07

Run Course 1. Lap	Km	Forecast Time	Race Time
Beginn Laufstrecke	0	11:39	05:09
Aid Station 1, Lachenstadion	0.1	11:39	05:09
Aid Station 2, Bonstettenpark	2.1	11:46	05:16
Aid Station 3, Lachenstadion	4.4	11:55	05:25
Aid Station 4, Balmholz	6.6	12:03	05:33
Aid Station 5, Scherzlig Insel	7.8	12:07	05:37
Turning Point Bächimatt	8.9	12:11	05:41
Aid Station 6, Bälliz	10.5	12:17	05:47
Aid Station 7, Scherzligkirche	12.8	12:26	05:56
2. Lap			
Start 2. Runde, Lachenparkplatz	14.25	12:31	06:01
Aid Station 1, Lachenstadion	14.35	12:31	06:01
Aid Station 2, Bonstettenpark	16.35	12:39	06:09
Aid Station 3, Lachenstadion	18.65	12:47	06:17
Aid Station 4, Balmholz	20.85	12:55	06:25
Aid Station 5, Scherzlig Insel	22.05	12:59	06:29
Turning Point Bächimatt	23.15	13:04	06:34
Aid Station 6, Bälliz	24.75	13:09	06:39
Aid Station 7, Scherzligkirche	27.05	13:18	06:48
3. Lap			
Start 3. Runde, Lachenparkplatz	28.5	13:23	06:53
Aid Station 1, Lachenstadion	28.6	13:24	06:54
Aid Station 2, Bonstettenpark	30.6	13:31	07:01
Aid Station 3, Lachenstadion	32.9	13:39	07:09
Aid Station 4, Balmholz	35.1	13:47	07:17
Aid Station 5, Scherzlig Insel	36.3	13:52	07:22
Turning Point Bächimatt	37.4	13:56	07:26
Aid Station 6, Bälliz	39	14:02	07:32
Aid Station 7, Scherzligkirche	41.3	14:10	07:40
Finish	42.2	14:14	07:44