

Durchgangszeitenprognose

Marco Stadler

Startnummer

257

| Schwimmstrecke | Km | Durchgangszeit | Renndauer seit Start |
|-----------------------|-----|----------------|----------------------|
| Start Badi Mythenquai | 0 | 06:55 | 00:00 |
| Schwimmausstieg | 3.8 | 08:35 | 01:40 |

| Radstrecke | 1. Runde | | | 2. Runde | | |
|--|----------|----------------|----------------------|----------|----------------|----------------------|
| | Km | Durchgangszeit | Renndauer seit Start | Km | Durchgangszeit | Renndauer seit Start |
| Zürich Landiwiese / Ausfahrt Wechselzone | 0 | 08:40 | 01:45 | 90 | 11:35 | 04:40 |
| Zürich / Water Station (nur 2. Runde) | 4 | 08:47 | 01:52 | 94 | 11:42 | 04:47 |
| Zollikon (Seestrasse Richtung Rapperswil) | 5 | 08:48 | 01:53 | 95 | 11:43 | 04:48 |
| Küsnacht (Seestrasse Richtung Rapperswil) | 7 | 08:52 | 01:57 | 97 | 11:47 | 04:52 |
| Erlenbach (Seestrasse) | 10 | 08:57 | 02:02 | 100 | 11:52 | 04:57 |
| Herrliberg (Seestrasse) | 12.5 | 09:01 | 02:06 | 102.5 | 11:56 | 05:01 |
| Meilen (Seestrasse) | 16 | 09:08 | 02:13 | 106 | 12:03 | 05:08 |
| Uetikon am See (Seestrasse) | 18.5 | 09:12 | 02:17 | 108.5 | 12:07 | 05:12 |
| Männedorf (Seestrasse) | 19.5 | 09:14 | 02:19 | 109.5 | 12:09 | 05:14 |
| Stäfa (Seestrasse) | 23 | 09:20 | 02:25 | 113 | 12:15 | 05:20 |
| Feldbach / Natascha Badmann Station | 29 | 09:30 | 02:35 | 119 | 12:25 | 05:30 |
| Wolfhausen | 32 | 09:37 | 02:42 | 122 | 12:32 | 05:37 |
| Bubikon | 34 | 09:41 | 02:46 | 124 | 12:36 | 05:41 |
| Herschmettlen | 37 | 09:47 | 02:52 | 127 | 12:42 | 05:47 |
| Grünigen / Grünigen Station | 42 | 09:56 | 03:01 | 132 | 12:51 | 05:56 |
| Hombrechtikon (Dorfzentrum) | 44 | 10:00 | 03:05 | 134 | 12:55 | 06:00 |
| Stäfa (Aberenstrasse) | 46 | 10:04 | 03:09 | 136 | 12:59 | 06:04 |
| Männedorf (Allenbergstrasse) | 49 | 10:09 | 03:14 | 139 | 13:04 | 06:09 |
| Uetikon am See (Bergstrasse) | 52 | 10:16 | 03:21 | 142 | 13:11 | 06:16 |
| Oetwil am See (Meilenerstrasse) | 55 | 10:28 | 03:33 | 145 | 13:23 | 06:28 |
| Egg | 58 | 10:32 | 03:37 | 148 | 13:27 | 06:32 |
| Forch / Relax Station | 62 | 10:44 | 03:49 | 152 | 13:39 | 06:44 |
| Limberg | 65.5 | 10:49 | 03:54 | 155.5 | 13:44 | 06:49 |
| Küsnacht (Seestrasse Richtung Zürich) | 70 | 10:56 | 04:01 | 160 | 13:51 | 06:56 |
| Zollikon (Seestrasse Richtung Zürich) | 72 | 11:00 | 04:05 | 162 | 13:55 | 07:00 |
| Passage Landiwiese (Richtung Kilchberg) | 79 | 11:13 | 04:18 | 169 | 14:08 | 07:13 |
| Kilchberg / Heartbreak Hill | 84 | 11:26 | 04:31 | 174 | 14:21 | 07:26 |
| Zürich Landiwiese zu 2. Runde / Einfahrt Wechselzone | 90 | 11:35 | 04:40 | 180 | 14:30 | 07:35 |

| Laufstrecke 1. Runde | Km | Durchgangszeit | Renndauer seit Start |
|-------------------------------|-------|----------------|----------------------|
| Beginn Laufstrecke | 0 | 14:34 | 07:39 |
| Power Station | 0.64 | 14:37 | 07:42 |
| Martin Koller Station | 1.93 | 14:45 | 07:50 |
| Take Care Station | 4 | 14:58 | 08:03 |
| Ecke Rennweg / Oetenbachgasse | 4.85 | 15:03 | 08:08 |
| Golden Station | 6.15 | 15:11 | 08:16 |
| Wendepunkt Utoquai | 7.13 | 15:17 | 08:22 |
| Golden Station | 8 | 15:22 | 08:27 |
| Hot Station | 9.36 | 15:30 | 08:35 |
| 2. Runde | | | |
| Landiwiese (Start 2. Runde) | 10.55 | 15:37 | 08:42 |
| Power Station | 11.19 | 15:41 | 08:46 |
| Martin Koller Station | 12.48 | 15:49 | 08:54 |
| Take Care Station | 14.55 | 16:01 | 09:06 |
| Ecke Rennweg / Oetenbachgasse | 15.4 | 16:07 | 09:12 |
| Golden Station | 16.7 | 16:14 | 09:19 |
| Wendepunkt Utoquai | 17.68 | 16:20 | 09:25 |
| Golden Station | 18.55 | 16:26 | 09:31 |
| Hot Station | 19.91 | 16:34 | 09:39 |
| 3. Runde | | | |
| Landiwiese (Start 3. Runde) | 21.1 | 16:41 | 09:46 |
| Power Station | 21.74 | 16:45 | 09:50 |
| Martin Koller Station | 23.03 | 16:53 | 09:58 |
| Take Care Station | 25.1 | 17:05 | 10:10 |
| Ecke Rennweg / Oetenbachgasse | 25.95 | 17:10 | 10:15 |
| Golden Station | 27.25 | 17:18 | 10:23 |
| Wendepunkt Utoquai | 28.23 | 17:24 | 10:29 |
| Golden Station | 29.1 | 17:29 | 10:34 |
| Hot Station | 30.46 | 17:38 | 10:43 |
| 4. Runde | | | |
| Landiwiese (Start 4. Runde) | 31.65 | 17:45 | 10:50 |
| Power Station | 32.29 | 17:49 | 10:54 |
| Martin Koller Station | 33.58 | 17:56 | 11:01 |
| Take Care Station | 35.65 | 18:09 | 11:14 |
| Ecke Rennweg / Oetenbachgasse | 36.5 | 18:14 | 11:19 |
| Golden Station | 37.8 | 18:22 | 11:27 |
| Wendepunkt Utoquai | 38.78 | 18:28 | 11:33 |
| Golden Station | 39.65 | 18:33 | 11:38 |
| Hot Station | 41.01 | 18:41 | 11:46 |
| Landiwiese, Ziel | 42.2 | 18:49 | 11:54 |