

Durchgangszeitenprognose 2014

		Plan A		Renndauer seit		Plan B		Renndauer seit
Schwimmstrecke	Km	Durchgangszeit		Start		Durchgangszeit		Start
Start Badi Mythenquai	0	07:00		00:00		07:00		00:00
Passage Saffa-Insel	1.8	07:35		00:35		07:47		00:47
Schwimmausstieg	3.8	08:15		01:15		08:41		01:41
1. Runde					2. Runde			
		Plan A (28km/h)	Plan B (26km/h)		Plan A (28km/h)		Plan B (26km/h)	
Radstrecke	Km	Durchgangszeit	Durchgangszeit		Km	Durchgangszeit	Durchgangszeit	
Zürich Landiwiese / Ausfahrt Wechselzone	0	08:20	08:46		90	11:32	12:13	
Zürich / Water Station (nur 2. Runde)	4	08:27	08:54		94	11:40	12:21	
Zollikon (Seestrasse Richtung Rapperswil)	5	08:29	08:56		95	11:42	12:23	
Küsnacht (Seestrasse Richtung Rapperswil)	7	08:33	09:00		97	11:45	12:28	
Erlenbach (Seestrasse)	10	08:39	09:06		100	11:51	12:34	
Herrliberg (Seestrasse)	12.5	08:44	09:11		102.5	11:56	12:39	
Meilen (Seestrasse)	16	08:50	09:19		106	12:03	12:46	
Uetikon am See (Seestrasse)	18.5	08:55	09:24		108.5	12:08	12:51	
Männedorf (Seestrasse)	19.5	08:57	09:26		109.5	12:10	12:53	
Stäfa (Seestrasse)	23	09:04	09:33		113	12:16	13:01	
Feldbach / Natascha Badmann Station	29	09:15	09:46		119	12:28	13:13	
Wolfhausen	32	09:22	09:53		122	12:35	13:21	
Bubikon	34	09:27	09:58		124	12:40	13:26	
Herschmettlen	37	09:34	10:06		127	12:46	13:33	
Grüningen / Water Station	42	09:44	10:17		132	12:56	13:44	
Hombrechtikon (Dorfzentrum)	44	09:48	10:21		134	13:00	13:48	
Stäfa (Aberenstrasse)	46	09:52	10:25		136	13:04	13:53	
Männedorf (Allenbergstrasse)	49	09:58	10:32		139	13:11	13:59	
Uetikon am See (Bergstrasse)	52	10:05	10:39		142	13:18	14:07	
Oetwil am See (Meilenerstrasse)	55	10:18	10:54		145	13:31	14:21	
Egg	58	10:24	10:59		148	13:36	14:27	
Forch / Relax Station	62	10:36	11:13		152	13:49	14:40	
Limberg	65.5	10:42	11:20		155.5	13:55	14:47	
Küsnacht (Seestrasse Richtung Zürich)	70	10:49	11:27		160	14:02	14:54	
Zollikon (Seestrasse Richtung Zürich)	72	10:54	11:32		162	14:06	14:59	
Passage Landiwiese (Richtung Kilchberg)	79	11:08	11:48		169	14:21	15:15	
Kilchberg / Heartbreakhill	84	11:23	12:03		174	14:35	15:31	
Landiwiese zu 2. Runde/Einfahrt Wechsel	90	11:32	12:13		180	14:45	15:41	

Laufstrecke 1. Runde	Km	Plan A 6Min/KM	Renndauer seit Start	Km	Plan B 7Min/KM	Renndauer seit Start
Beginn Laufstrecke	0	14:50	07:50	0	15:46	08:46
Power Station	0.61	14:53	07:53	0.61	15:50	08:50
Tough Station	1.95	15:01	08:01	1.95	15:59	08:59
Take Care Station	3.29	15:09	08:09	3.29	16:08	09:08
Hot Station	4.92	15:19	08:19	4.92	16:20	09:20
Golden Station	6.41	15:28	08:28	6.41	16:30	09:30
Wendepunkt Utoquai	7.13	15:32	08:32	7.13	16:35	09:35
Golden Station	7.86	15:37	08:37	7.86	16:40	09:40
Hot Water Station	9.31	15:45	08:45	9.31	16:51	09:51
2. Runde						
Landiwiese (Start 2. Runde)	10.54	15:53	08:53	10.54	16:59	09:59
Power Station	11.15	15:56	08:56	11.15	17:03	10:03
Martin Koller Station	12.49	16:04	09:04	12.49	17:13	10:13
Take Care Station	13.83	16:12	09:12	13.83	17:22	10:22
Hot Station	15.46	16:22	09:22	15.46	17:33	10:33
Golden Station	16.95	16:31	09:31	16.95	17:44	10:44
Wendepunkt Utoquai	17.67	16:35	09:35	17.67	17:49	10:49
Golden Station	18.4	16:40	09:40	18.4	17:54	10:54
Hot Water Station	19.85	16:48	09:48	19.85	18:04	11:04
3. Runde						
Landiwiese (Start 3. Runde)	21.08	16:56	09:56	21.08	18:13	11:13
Power Station	21.69	16:59	09:59	21.69	18:17	11:17
Martin Koller Station	23.03	17:07	10:07	23.03	18:26	11:26
Take Care Station	24.37	17:15	10:15	24.37	18:36	11:36
Hot Station	26	17:25	10:25	26	18:47	11:47
Golden Station	27.49	17:34	10:34	27.49	18:57	11:57
Wendepunkt Utoquai	28.21	17:38	10:38	28.21	19:03	12:03
Golden Station	28.94	17:43	10:43	28.94	19:08	12:08
Hot Water Station	30.39	17:51	10:51	30.39	19:18	12:18
4. Runde						
Landiwiese (Start 4. Runde)	31.62	17:59	10:59	31.62	19:26	12:26
Power Station	32.23	18:02	11:02	32.23	19:31	12:31
Martin Koller Station	33.57	18:10	11:10	33.57	19:40	12:40
Take Care Station	34.91	18:18	11:18	34.91	19:49	12:49
Hot Station	36.54	18:28	11:28	36.54	20:01	13:01
Golden Station	38.03	18:37	11:37	38.03	20:11	13:11
Wendepunkt Utoquai	38.75	18:41	11:41	38.75	20:16	13:16
Golden Station	39.48	18:46	11:46	39.48	20:21	13:21
Hot Water Station	40.93	18:55	11:55	40.93	20:31	13:31
Landiwiese, Ziel	42.1	19:02	12:02	42.1	20:40	13:40