

Durchgangszeitenprognose Ironman Zurich Switzerland 2012, powered by ewz

Erster Athlet Startnummer 1

Schwimmstrecke	Km	Durchgangszeit	Renndauer seit Start
Start Badi Mythenquai	0	06:55	00:00
Passage Saffa-Insel	1.8	07:14	00:19
Schwimmausstieg	3.8	07:37	00:42

Radstrecke	1. Runde			2. Runde		
	Km	Durchgangszeit	Renndauer seit Start	Km	Durchgangszeit	Renndauer seit Start
Zürich Landiwiese / Ausfahrt Wechselzone	0	07:38	00:43	90	09:53	02:58
Zürich / Water Station (nur 2. Runde)	4	07:43	00:48	94	09:58	03:03
Zollikon (Seestrasse Richtung Rapperswil)	5	07:44	00:49	95	09:59	03:04
Küsnacht (Seestrasse Richtung Rapperswil)	7	07:47	00:52	97	10:02	03:07
Erlenbach (Seestrasse)	10	07:51	00:56	100	10:06	03:11
Herrliberg (Seestrasse)	12.5	07:54	00:59	102.5	10:09	03:14
Meilen (Seestrasse)	16	07:59	01:04	106	10:14	03:19
Uetikon am See (Seestrasse)	18.5	08:02	01:07	108.5	10:17	03:22
Männedorf (Seestrasse)	19.5	08:04	01:09	109.5	10:19	03:24
Stäfa (Seestrasse)	23	08:09	01:14	113	10:24	03:29
Feldbach / Natascha Badmann Station	29	08:17	01:22	119	10:32	03:37
Wolfhausen	32	08:22	01:27	122	10:37	03:42
Bubikon	34	08:25	01:30	124	10:40	03:45
Herrschmettlen	37	08:30	01:35	127	10:45	03:50
Grüningen / Water Station	42	08:37	01:42	132	10:52	03:57
Hombrechtikon (Dorfzentrum)	44	08:40	01:45	134	10:55	04:00
Stäfa (Aberenstrasse)	46	08:42	01:47	136	10:57	04:02
Männedorf (Allenbergstrasse)	49	08:47	01:52	139	11:02	04:07
Uetikon am See (Bergstrasse)	52	08:52	01:57	142	11:07	04:12
Oetwil am See (Meilenerstrasse)	55	09:01	02:06	145	11:16	04:21
Egg	58	09:05	02:10	148	11:20	04:25
Forch / Relax Station	62	09:13	02:18	152	11:28	04:33
Limberg	65.5	09:18	02:23	155.5	11:33	04:38
Küsnacht (Seestrasse Richtung Zürich)	70	09:23	02:28	160	11:38	04:43
Zollikon (Seestrasse Richtung Zürich)	72	09:26	02:31	162	11:41	04:46
Passage Landiwiese (Richtung Kilchberg)	79	09:36	02:41	169	11:51	04:56
Kilchberg / Heartbreakhill	84	09:46	02:51	174	12:01	05:06
Zürich Landiwiese zu 2. Runde / Einfahrt Wechselzone	90	09:53	02:58	180	12:08	05:13

Laufstrecke 1. Runde	Km	Durchgangszeit	Renndauer seit Start
Beginn Laufstrecke	0	12:09	05:14
Power Station	0.6	12:11	05:16
Tough Station	1.9	12:16	05:21
Take Care Station	3.2	12:21	05:26
Hot Station	4.83	12:28	05:33
Golden Station	6.3	12:34	05:39
Wendepunkt Utoquai	7.33	12:38	05:43
Golden Station	7.8	12:40	05:45
Hot Water Station	9.45	12:47	05:52
Wendepunkt Landiwiese (Start 2. Runde)	10.5	12:51	05:56
2. Runde			
Power Station	11.3	12:54	05:59
Tough Station	12.6	12:59	06:04
Take Care Station	13.9	13:05	06:10
Hot Station	15.53	13:11	06:16
Golden Station	17	13:17	06:22
Wendepunkt Utoquai	18.03	13:21	06:26
Golden Station	18.5	13:23	06:28
Hot Water Station	20.15	13:30	06:35
Wendepunkt Landiwiese (Start 3. Runde)	21.1	13:34	06:39
3. Runde			
Power Station	22	13:37	06:42
Tough Station	23.3	13:42	06:47
Take Care Station	24.6	13:48	06:53
Hot Station	26.23	13:54	06:59
Golden Station	27.7	14:00	07:05
Wendepunkt Utoquai	28.5	14:03	07:08
Golden Station	28.97	14:05	07:10
Hot Water Station	30.62	14:12	07:17
Wendepunkt Landiwiese (Start 4. Runde)	31.5	14:15	07:20
4. Runde			
Power Station	32.47	14:19	07:24
Tough Station	33.77	14:25	07:30
Take Care Station	34.3	14:27	07:32
Hot Station	35.93	14:33	07:38
Golden Station	37.4	14:39	07:44
Wendepunkt Utoquai	38.2	14:42	07:47
Golden Station	38.57	14:44	07:49
Hot Water Station	40.22	14:51	07:56
Ziel	42.2	14:59	08:04