

Durchgangszeitenprognose Ironman Zurich Switzerland 2010, powered by ewz

Spitze der Männer

Startnummer

1

Schwimmstrecke	Km	Durchgangszeit	Renndauer seit Start
Start Badi Mythenquai	0	06:55	00:00
Passage Saffa-Insel	1.8	07:17	00:22
Schwimmausstieg	3.8	07:43	00:48

Radstrecke	1. Runde			2. Runde		
	Km	Durchgangszeit	Renndauer seit Start	Km	Durchgangszeit	Renndauer seit Start
Zürich Landiwiese / Ausfahrt Wechselzone	0	07:44	00:49	90	09:56	03:01
Zürich / Water Station (nur 2. Runde)	4	07:49	00:54	94	10:01	03:06
Zollikon (Seestrasse Richtung Rapperswil)	5	07:50	00:55	95	10:03	03:08
Küsnacht (Seestrasse Richtung Rapperswil)	7	07:53	00:58	97	10:05	03:10
Erlenbach (Seestrasse)	10	07:57	01:02	100	10:09	03:14
Herrliberg (Seestrasse)	12.5	08:00	01:05	102.5	10:13	03:18
Meilen (Seestrasse)	16	08:05	01:10	106	10:17	03:22
Uetikon am See (Seestrasse)	18.5	08:08	01:13	108.5	10:21	03:26
Männedorf (Seestrasse)	19.5	08:09	01:14	109.5	10:22	03:27
Stäfa (Seestrasse)	23	08:14	01:19	113	10:26	03:31
Feldbach / Natascha Badmann Station	29	08:22	01:27	119	10:34	03:39
Wolfhausen	32	08:27	01:32	122	10:39	03:44
Bubikon	34	08:30	01:35	124	10:43	03:48
Herrschmettlen	37	08:35	01:40	127	10:47	03:52
Grüningen / Water Station	42	08:42	01:47	132	10:54	03:59
Hornbrechtikon (Dorfzentrum)	44	08:44	01:49	134	10:57	04:02
Stäfa (Aberenstrasse)	46	08:47	01:52	136	11:00	04:05
Männedorf (Allenbergstrasse)	49	08:51	01:56	139	11:04	04:09
Uetikon am See (Bergstrasse)	52	08:56	02:01	142	11:09	04:14
Oetwil am See (Meilenerstrasse)	55	09:05	02:10	145	11:18	04:23
Egg	58	09:09	02:14	148	11:21	04:26
Forch / Relax Station	62	09:18	02:23	152	11:30	04:35
Limberg	65.5	09:22	02:27	155.5	11:34	04:39
Küsnacht (Seestrasse Richtung Zürich)	70	09:27	02:32	160	11:39	04:44
Zollikon (Seestrasse Richtung Zürich)	72	09:30	02:35	162	11:42	04:47
Passage Landiwiese (Richtung Kilchberg)	79	09:40	02:45	169	11:52	04:57
Kilchberg / Heartbreakhill	84	09:50	02:55	174	12:02	05:07
Zürich Landiwiese zu 2. Runde / Einfahrt Wechselzone	90	09:56	03:01	180	12:09	05:14

Laufstrecke 1. Runde	Km	Durchgangszeit	Renndauer seit Start
Beginn Laufstrecke	0	12:10	05:15
Power Station	0.7	12:12	05:17
Take Care Station	3.3	12:23	05:28
Tough Station	4.6	12:29	05:34
Hot Station	5.6	12:33	05:38
Crazy Station	6.5	12:36	05:41
Wendepunkt Utoquai	7.2	12:39	05:44
Crazy Station	8.5	12:45	05:50
Wendepunkt Landiwiese (Start 2. Runde)	10.2	12:52	05:57
2. Runde			
Power Station	11.3	12:56	06:01
Take Care Station	13.9	13:07	06:12
Tough Station	15.3	13:13	06:18
Hot Station	16.3	13:17	06:22
Crazy Station	17.1	13:20	06:25
Wendepunkt Utoquai	17.9	13:24	06:29
Crazy Station	19.1	13:29	06:34
Wendepunkt Landiwiese (Start 3. Runde)	20.8	13:36	06:41
3. Runde			
Power Station	21.9	13:40	06:45
Take Care Station	24.5	13:51	06:56
Tough Station	25.9	13:57	07:02
Hot Station	26.9	14:01	07:06
Crazy Station	27.7	14:04	07:09
Wendepunkt Utoquai	28.5	14:08	07:13
Crazy Station	29.7	14:13	07:18
Wendepunkt Landiwiese (Start 4. Runde)	31.4	14:20	07:25
4. Runde			
Power Station	32.5	14:24	07:29
Take Care Station	35.1	14:35	07:40
Tough Station	36.5	14:41	07:46
Hot Station	37.5	14:45	07:50
Crazy Station	38.4	14:49	07:54
Wendepunkt Utoquai	39.1	14:52	07:57
Crazy Station	40.4	14:57	08:02
Ziel	42.2	15:05	08:10