

Durchgangszeitenprognose Ironman Zurich Switzerland 2012, powered by ewz

Erste Frau

Startnummer

41

Schwimmstrecke	Km	Durchgangszeit	Renndauer seit Start
Start Badi Mythenquai	0	06:55	00:00
Passage Saffa-Insel	1.8	07:19	00:24
Schwimmausstieg	3.8	07:47	00:52

1. Runde				2. Runde		
Radstrecke	Km	Durchgangszeit	Renndauer seit Start	Km	Durchgangszeit	Renndauer seit Start
Zürich Landiwiese / Ausfahrt Wechselzone	0	07:48	00:53	90	10:15	03:20
Zürich / Water Station (nur 2. Runde)	4	07:53	00:58	94	10:21	03:26
Zollikon (Seestrasse Richtung Rapperswil)	5	07:55	01:00	95	10:22	03:27
Küsnacht (Seestrasse Richtung Rapperswil)	7	07:58	01:03	97	10:25	03:30
Erlenbach (Seestrasse)	10	08:02	01:07	100	10:30	03:35
Herrliberg (Seestrasse)	12.5	08:06	01:11	102.5	10:33	03:38
Meilen (Seestrasse)	16	08:11	01:16	106	10:39	03:44
Uetikon am See (Seestrasse)	18.5	08:15	01:20	108.5	10:42	03:47
Männedorf (Seestrasse)	19.5	08:16	01:21	109.5	10:44	03:49
Stäfa (Seestrasse)	23	08:21	01:26	113	10:49	03:54
Feldbach / Natascha Badmann Station	29	08:30	01:35	119	10:58	04:03
Wolfhausen	32	08:36	01:41	122	11:03	04:08
Bubikon	34	08:39	01:44	124	11:07	04:12
Herrschmettlen	37	08:45	01:50	127	11:12	04:17
Grünlingen / Water Station	42	08:52	01:57	132	11:20	04:25
Hombrechtikon (Dorfzentrum)	44	08:55	02:00	134	11:23	04:28
Stäfa (Aberenstrasse)	46	08:58	02:03	136	11:26	04:31
Männedorf (Allenbergstrasse)	49	09:03	02:08	139	11:30	04:35
Uetikon am See (Bergstrasse)	52	09:08	02:13	142	11:36	04:41
Oetwil am See (Meilenerstrasse)	55	09:19	02:24	145	11:46	04:51
Egg	58	09:23	02:28	148	11:50	04:55
Forch / Relax Station	62	09:32	02:37	152	12:00	05:05
Limberg	65.5	09:37	02:42	155.5	12:05	05:10
Küsnacht (Seestrasse Richtung Zürich)	70	09:42	02:47	160	12:10	05:15
Zollikon (Seestrasse Richtung Zürich)	72	09:46	02:51	162	12:13	05:18
Passage Landiwiese (Richtung Kilchberg)	79	09:57	03:02	169	12:24	05:29
Kilchberg / Heartbreakhill	84	10:08	03:13	174	12:35	05:40
Zürich Landiwiese zu 2. Runde / Einfahrt Wechselzone	90	10:15	03:20	180	12:43	05:48

Laufstrecke 1. Runde	Km	Durchgangszeit	Renndauer seit Start
Beginn Laufstrecke	0	12:44	05:49
Power Station	0.6	12:46	05:51
Tough Station	1.9	12:52	05:57
Take Care Station	3.2	12:58	06:03
Hot Station	4.83	13:06	06:11
Golden Station	6.3	13:13	06:18
Wendepunkt Utoquai	7.33	13:17	06:22
Golden Station	7.8	13:20	06:25
Hot Water Station	9.45	13:27	06:32
Wendepunkt Landiwiese (Start 2. Runde)	10.5	13:32	06:37
2. Runde			
Power Station	11.3	13:36	06:41
Tough Station	12.6	13:42	06:47
Take Care Station	13.9	13:48	06:53
Hot Station	15.53	13:55	07:00
Golden Station	17	14:02	07:07
Wendepunkt Utoquai	18.03	14:07	07:12
Golden Station	18.5	14:09	07:14
Hot Water Station	20.15	14:17	07:22
Wendepunkt Landiwiese (Start 3. Runde)	21.1	14:21	07:26
3. Runde			
Power Station	22	14:25	07:30
Tough Station	23.3	14:31	07:36
Take Care Station	24.6	14:37	07:42
Hot Station	26.23	14:45	07:50
Golden Station	27.7	14:52	07:57
Wendepunkt Utoquai	28.5	14:55	08:00
Golden Station	28.97	14:57	08:02
Hot Water Station	30.62	15:05	08:10
Wendepunkt Landiwiese (Start 4. Runde)	31.5	15:09	08:14
4. Runde			
Power Station	32.47	15:14	08:19
Tough Station	33.77	15:20	08:25
Take Care Station	34.3	15:22	08:27
Hot Station	35.93	15:30	08:35
Golden Station	37.4	15:36	08:41
Wendepunkt Utoquai	38.2	15:40	08:45
Golden Station	38.57	15:42	08:47
Hot Water Station	40.22	15:49	08:54
Ziel	42.2	15:59	09:04