
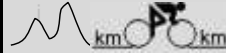


Road race MH1-MH2/WH1-WH5, 38 Km / 6 x Lakeside Circuit											Thursday 26 september 2024					
Ascent ▲308m			Total time 1 h 16 min				Estimated speed				Estimated speed					
			Average speed 30 km/h				Average speed ⌚ speed				Average speed ⌚ speed					
 			Bereitet am 26.6.24 DL				MH2		MH1		WH3-5		WH2		WH1	
Ort / Lieu			30	22	22	18	30	19	20	19	16	12				
Neutralisation 0																
411	0,0	38,0	Start Sechseläutenplatz	9:00	9:00	9:01	9:01	9:03	9:03	9:03	9:03	9:03	9:03			
410	0,4	37,6	Turn left, Kreuzstrasse	9:00	9:01	9:02	9:02	9:03	9:04	9:04	9:04	9:04	9:05			
426	0,9	37,1	Turn right, Kreuzbühlstrasse	9:01	9:02	9:03	9:04	9:04	9:05	9:05	9:05	9:06	9:07			
428	1,0	37,0	Turn right, Zollikerstrasse	9:02	9:02	9:03	9:04	9:05	9:06	9:06	9:06	9:06	9:08			
449	3,7	34,3	Turn right, Felbenstrasse	9:07	9:10	9:11	9:13	9:10	9:14	9:14	9:14	9:16	9:21			
438	3,8	34,2	Turn right, Dufourstrasse	9:07	9:10	9:11	9:13	9:10	9:15	9:14	9:15	9:17	9:22			
411	4,6	33,4	Bellerivestrasse <i>Feed Zone / Green Zone</i>	9:09	9:12	9:13	9:16	9:12	9:17	9:16	9:17	9:20	9:26			
410	6,6	31,4	Turn right, Kreuzstrasse <i>entry lap 2</i>	9:13	9:18	9:19	9:23	9:16	9:23	9:22	9:23	9:27	9:36			
426	7,1	30,9	Turn right, Kreuzbühlstrasse	9:14	9:19	9:20	9:24	9:17	9:25	9:24	9:25	9:29	9:38			
428	7,2	30,8	Turn right, Zollikerstrasse	9:14	9:19	9:20	9:25	9:17	9:25	9:24	9:25	9:30	9:39			
449	9,9	28,1	Turn right, Felbenstrasse	9:19	9:27	9:28	9:34	9:22	9:34	9:32	9:34	9:40	9:52			
438	10,0	28,0	Turn right, Dufourstrasse	9:20	9:27	9:28	9:34	9:23	9:34	9:33	9:34	9:40	9:53			
411	10,8	27,2	Bellerivestrasse <i>Feed Zone / Green Zone</i>	9:21	9:29	9:30	9:37	9:24	9:37	9:35	9:37	9:43	9:57			
410	12,8	25,2	Turn right, Kreuzstrasse <i>entry lap 3</i>	9:25	9:34	9:35	9:43	9:28	9:43	9:41	9:43	9:51	10:07			
426	13,3	24,7	Turn right, Kreuzbühlstrasse	9:26	9:36	9:37	9:45	9:29	9:45	9:42	9:45	9:52	10:09			
428	13,4	24,6	Turn right, Zollikerstrasse	9:26	9:36	9:37	9:45	9:29	9:45	9:43	9:45	9:53	10:10			
449	16,1	21,9	Turn right, Felbenstrasse	9:32	9:43	9:44	9:54	9:35	9:53	9:51	9:53	10:03	10:23			
438	16,2	21,8	Turn right, Dufourstrasse	9:32	9:44	9:45	9:55	9:35	9:54	9:51	9:54	10:03	10:24			
411	17,0	21,0	Bellerivestrasse <i>Feed Zone / Green Zone</i>	9:34	9:46	9:47	9:57	9:37	9:56	9:54	9:56	10:06	10:28			
410	19,0	19,0	Turn right, Kreuzstrasse <i>entry lap 4</i>	9:38	9:51	9:52	10:04	9:41	10:03	10:00	10:03	10:14	10:38			
426	19,5	18,5	Turn right, Kreuzbühlstrasse	9:39	9:53	9:54	10:06	9:42	10:04	10:01	10:04	10:16				
428	19,6	18,4	Turn right, Zollikerstrasse	9:39	9:53	9:54	10:06	9:42	10:04	10:01	10:04	10:16				
449	22,3	15,7	Turn right, Felbenstrasse	9:44	10:00	10:01	10:15	9:47	10:13	10:09	10:13	10:26				
438	22,4	15,6	Turn right, Dufourstrasse	9:44	10:01	10:02	10:15	9:47	10:13	10:10	10:13	10:27				
411	23,2	14,8	Bellerivestrasse <i>Feed Zone / Green Zone</i>	9:46	10:03	10:04	10:18	9:49	10:16	10:12	10:16	10:30				
410	25,2	12,8	Turn right, Kreuzstrasse <i>entry lap 5</i>	9:50	10:08	10:09	10:25	9:53	10:22	10:18	10:22	10:37				
426	25,7	12,3	Turn right, Kreuzbühlstrasse	9:51	10:10	10:11		9:54		10:20						
428	25,8	12,2	Turn right, Zollikerstrasse	9:51	10:10	10:11		9:54		10:20						
449	28,5	9,5	Turn right, Felbenstrasse	9:57	10:17	10:18		10:00		10:28						
438	28,6	9,4	Turn right, Dufourstrasse	9:57	10:18	10:19		10:00		10:28						
411	29,4	8,6	Bellerivestrasse <i>Feed Zone / Green Zone</i>	9:58	10:20	10:21		10:01		10:31						
410	31,4	6,6	Turn right, Kreuzstrasse <i>entry lap 6</i>	10:02	10:25	10:26		10:05		10:37						
426	31,9	6,1	Turn right, Kreuzbühlstrasse	10:03				10:06								
428	32,0	6,0	Turn right, Zollikerstrasse	10:04				10:07								
449	34,7	3,3	Turn right, Felbenstrasse	10:09				10:12								
438	34,8	3,2	Turn right, Dufourstrasse	10:09				10:12								
411	35,6	2,4	Bellerivestrasse <i>Feed Zone / Green Zone</i>	10:11				10:14								
410	37,6	0,1	Bellerivestrasse <i>exit direction finish line</i>	10:15	10:25	10:26	10:25	10:18	10:22	10:37	10:22	10:37	10:38			
411	38,0	0,0	Finish - Sechseläutenplatz	10:16	10:26	10:27	10:26	10:19	10:23	10:38	10:23	10:38	10:39			