

Gigathlon - Streckenaufteilung

2009

| Cool Down Friday | |
|---|----------------------------|
| 17 km 310 Hm Kreuzbleiche – AFG Arena | |
| 9 km 270 Hm AFG Arena – Drei Weieren | |
| 0.6 km Drei Weieren – Drei Weieren | |
| 11 km 290 Hm Drei Weieren – AFG Arena | |
| 6 km 100 Hm AFG Arena – AFG Arena | |
| 6 km 50 Hm AFG Arena – Kreuzbleiche | |
| Total | 49.6 km 1020 Hm |
| Camp | St. Gallen |

| Start | | |
|-------|---------------|--|
| | Maja | |
| 14:00 | 0:45 | |
| | Zübi | |
| 14:45 | 00:30 | |
| | Zübi | |
| 15:15 | 00:15 | |
| | Zübi | |
| 15:30 | 00:35 | |
| | Maja | |
| 16:05 | 00:35 | |
| | Zübi | |
| 16:40 | 00:25 | |
| | Ziel | |
| 17:05 | | |
| | Total: | |
| | 03:05 | |

| Hilly Saturday | |
|--|---------------------------|
| 3 km Rorschach – Altenrhein | |
| 57 km 100 Hm Altenrhein – Buchs/Schaan | |
| 90 km 1700 Hm Buchs/Schaan – Oberriet | |
| 12 km 1400 Hm Oberriet – Hoher Kasten | |
| 40 km 1200 Hm Brülisau – St. Gallen | |
| Total | 202 km 4400 Hm |
| Camp | St. Gallen |

| Start | | |
|-------|---------------|--|
| | Maja | |
| 06:00 | 01:05 | |
| | Zübi | |
| 07:05 | 02:10 | |
| | Maja | |
| 09:15 | 04:15 | |
| | Zübi | |
| 13:30 | 01:45 | |
| 13:30 | 00:45 | |
| | Zübi | |
| 16:00 | 02:30 | |
| | Ziel* | |
| 18:30 | | |
| | Total: | |
| | 11:45 | |

| Flowing Sunday | |
|---|-----------------------------|
| 43 km 280 Hm St. Gallen – Kreuzlingen | |
| 2.8 km Kreuzlingen – Kreuzlingen | |
| 57 km 820 Hm Kreuzlingen – Frauenfeld | |
| 70 km 1200 Hm Frauenfeld – Uzwil | |
| 24 km 590 Hm Uzwil – St. Gallen | |
| Total | 196.8 km 2890 Hm |
| Camp | St. Gallen |

| Start | | |
|-------|---------------|--|
| | Maja | |
| 07:00 | 01:30 | |
| | Zübi | |
| 08:30 | 00:55 | |
| | Zübi | |
| 09:25 | 03:00 | |
| | Maja | |
| 12:25 | 03:00 | |
| | Maja | |
| 15:25 | 02:30 | |
| | Ziel | |
| 17:55 | | |
| | Total: | |
| | 10:55 | |

Start: 14:00
Ziel: 17:05

Start: 06:00
Ziel*: 18:30

Start: 07:00
Ziel: 17:55

* Auf dem Hohen Kasten wird Zeit neutralisiert und mit der Bahn nach Brülisau gefahren. Geschätzt ca. 30-45min

Totalzeit: 22:40

| Zeiten pro Läufer: | |
|--------------------|--------------|
| Zübi | 10:20 |
| Maja | 12:20 |
| Total: | 22:40 |