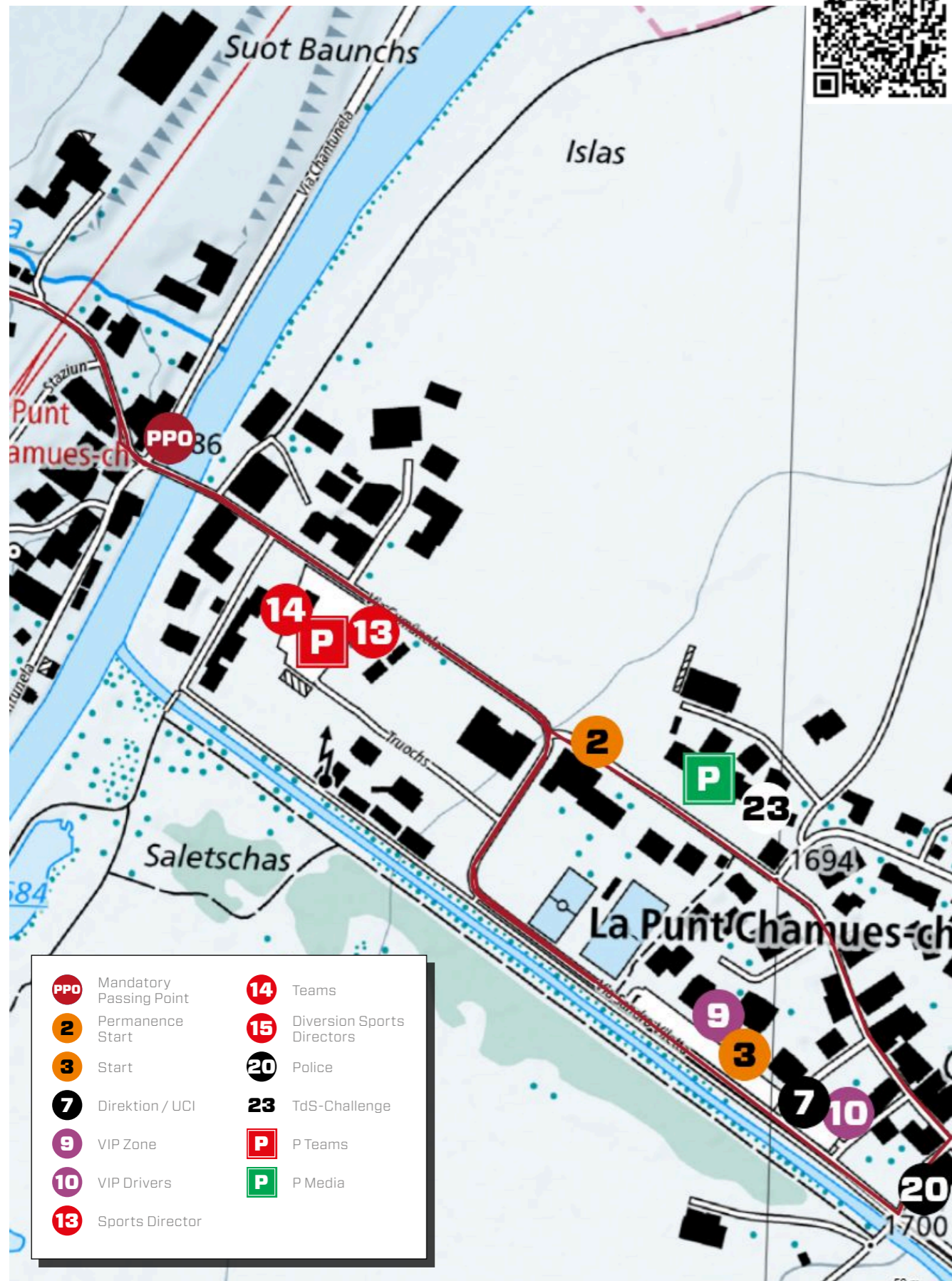
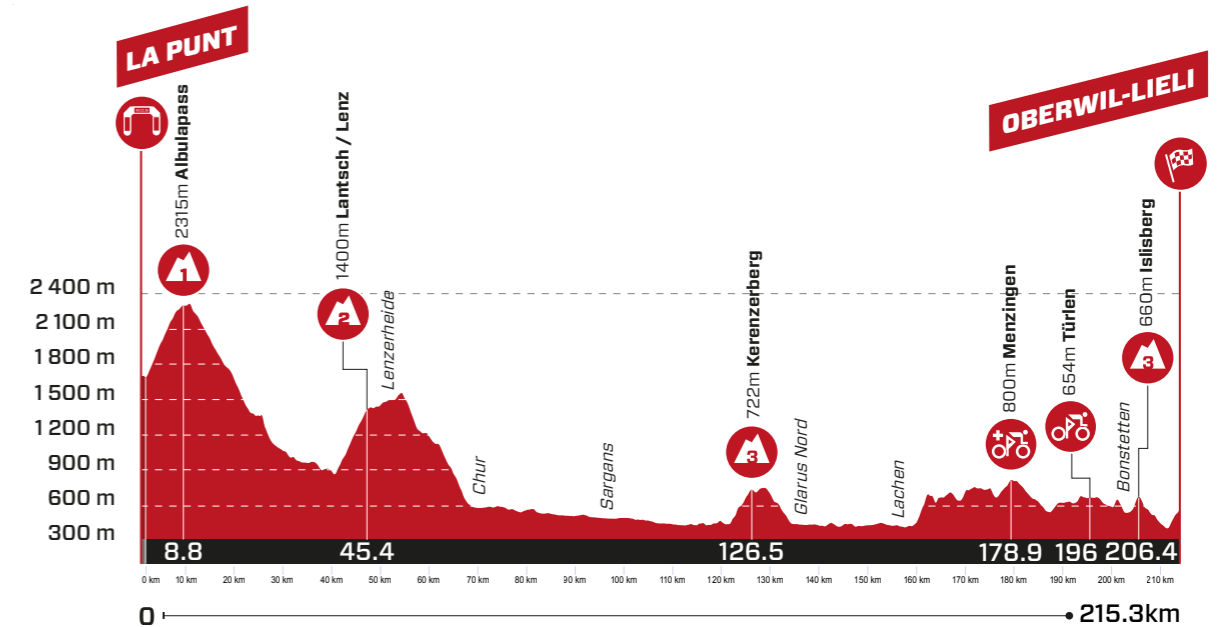


TRAFFIC PLAN LA PUNT

GPS PPO



RACE SCHEDULE



Ascent **▲ 3295 m** Total time **5 h 31 min**
 Descent **▼ 4419 m** Average Speed **40 km/h**

m ü. M.	km	km	Location	Advertising convoy	Average speed km/h
				37	39 41
		1.5	Neutralisation 1.5 km	9:45	10:45 10:45 10:45
	0.0	215.3	Via d'Alvra	Beginning of the climb	9:48 10:48 10:48 10:48
	2315	8.8	Albulapass	GPM	10:15 11:16 11:15 11:13
	2118	10.2	Veja Alvra	Road narrowing l & r	10:16 11:18 11:16 11:15
	1805	16.1	Preda		10:23 11:24 11:23 11:21
	1700	18.0	Veja Alvra	Underpass 3.3 m	10:25 11:27 11:25 11:23
	1394	22.0	Bergün		10:29 11:31 11:29 11:27
	971	33.3	Alvaneu-Bad		10:41 11:44 11:41 11:38
	982	35.7	Surava		10:44 11:47 11:44 11:42
	962	36.0	Albulastrasse	Railroad crossing	10:45 11:48 11:45 11:42
	878	39.4	Tiefencastel		10:49 11:52 11:49 11:46
	874	39.5	Roundabout right, Stradung	Road islands 2x	10:49 11:52 11:49 11:46
	911	40.2	Turn right, Lenzerstrasse	Beginning of the climb	10:50 11:53 11:50 11:47
	915	40.3	Lenzerstrasse	Green Zone	10:50 11:53 11:50 11:47
	1124	42.9	Vazerol		10:58 12:02 11:58 11:55
	1275	44.7	Lantsch / Lenz	Road islands 2x	11:04 12:08 12:04 12:00
	1400	45.4	Lantsch / Lenz Biathlon Arena	GPM	11:05 12:09 12:05 12:01
	1449	49.4	Lenzerheide		11:12 12:17 12:12 12:08
	1491	52.5	Valbella		11:17 12:22 12:17 12:13
	1534	54.1	Parpan		11:20 12:25 12:20 12:15
	1280	56.8	Churwalden	Road island	11:22 12:27 12:22 12:18
	1117	61.1	Malix		11:27 12:32 12:27 12:22
	703	66.7	Chur		11:33 12:39 12:33 12:28



m ü. M.	km	km	Location	Adver- tising convoy	Average speed km/h			
					37	39	41	
586	69.0	146.3	Turn right, Lenzerstrasse	Road islands 2x	11:36	12:42	12:36	12:30
584	69.2	146.1	Roundabout straight, Ringstrasse		11:36	12:42	12:36	12:31
579	69.5	145.8	Roundabout left, Ringstrasse		11:36	12:42	12:36	12:31
579	70.0	145.3	Roundabout straight, Ringstrasse	Road island	11:37	12:43	12:37	12:32
575	70.1	145.2	Roundabout straight, Ringstrasse	Road island	11:37	12:43	12:37	12:32
574	70.4	144.9	Roundabout straight, Ringstrasse		11:38	12:44	12:38	12:32
575	70.8	144.5	Roundabout straight, Ringstrasse	Road islands 2x	11:38	12:44	12:38	12:33
575	71.0	144.3	Roundabout straight, Ringstrasse	Road island	11:39	12:45	12:39	12:33
575	71.4	143.9	Roundabout straight, Ringstrasse	Road islands 2x	11:39	12:45	12:39	12:34
574	71.7	143.6	Roundabout straight, Ringstrasse	Road island	11:40	12:46	12:40	12:34
585	72.0	143.3	Turn left, Masanserstrasse	Road islands 5x	11:40	12:46	12:40	12:35
580	73.4	141.9	Roundabout right, Deutsche Strasse	Road island	11:42	12:48	12:42	12:37
567	76.1	139.2	Roundabout straight, Deutsche strasse	Green Zone	11:46	12:52	12:46	12:40
563	76.8	138.5	Trimmis		11:47	12:53	12:47	12:41
541	79.4	135.9	Roundabout straight, Kantonsstrasse		11:51	12:57	12:51	12:45
541	79.5	135.8	Roundabout straight, Kantonsstrasse		11:51	12:58	12:51	12:45
553	80.1	135.2	Zizers		11:52	12:59	12:52	12:46
560	82.4	132.9	Igis		11:55	13:02	12:55	12:49
532	83.2	132.1	Landquart		11:56	13:03	12:56	12:50
545	83.9	131.4	Roundabout straight, Kantonsstrasse		11:57	13:04	12:57	12:51
527	85.0	130.3	Roundabout straight, Kantonsstrasse		11:59	13:06	12:59	12:52
528	85.2	130.1	Roundabout straight, Kantonsstrasse		11:59	13:06	12:59	12:53
530	85.5	129.8	Roundabout straight, Kantonsstrasse		12:00	13:07	13:00	12:53
528	85.6	129.7	Turn right, Maienfelderstrasse		12:00	13:07	13:00	12:53
503	88.3	127.0	Maienfeld		12:04	13:11	13:04	12:57
504	90.3	125.0	Bad Ragaz		12:06	13:14	13:06	13:00
504	90.4	124.9	Roundabout right, Maienfelderstrasse		12:07	13:14	13:07	13:00
494	93.0	122.3	Roundabout left, Sarganserstrasse		12:10	13:18	13:10	13:03
490	94.4	120.9	Roundabout straight, Sarganserstrasse	Road islands 2x	12:12	13:20	13:12	13:05
482	97.5	117.8	Sargans		12:17	13:25	13:17	13:10
479	98.1	117.2	Turn left, Grossfeldstrasse	Road islands 2x	12:18	13:26	13:18	13:11
485	98.4	116.9	Crossing straight, Grossfeldstrasse		12:18	13:27	13:18	13:11
487	99.3	116.0	Roundabout right, Sarganserstrasse		12:20	13:28	13:20	13:12
487	99.6	115.7	Turn left, Zürcherstrasse		12:20	13:28	13:20	13:13
487	100.5	114.8	Heiligkreuz		12:21	13:30	13:21	13:14
459	105.5	109.8	Flums Hochwiese		12:29	13:38	13:29	13:21
443	107.4	107.9	Flums		12:32	13:41	13:32	13:24
443	107.6	107.7	Roundabout straight, Staatsstrasse	Road island	12:32	13:41	13:32	13:24
436	110.6	104.7	Walenstadt	Road islands 4x	12:37	13:46	13:37	13:28
434	114.2	101.1	Mols	Road island	12:42	13:51	13:42	13:33
436	116.4	98.9	Unterterzen		12:45	13:55	13:45	13:37
429	117.1	98.2	Roundabout straight, Walenseestrasse	Road islands	12:46	13:56	13:46	13:38
435	121.7	93.6	Roundabout straight, Kerenzbergstrasse	Beginning of the climb	12:53	14:03	13:53	13:44
488	122.7	92.6	Mühlehorn	Feeding Zone & Green Zone	12:56	14:06	13:56	13:47
665	125.5	89.8	Obstalden		13:04	14:15	14:04	13:55
722	126.5	88.8	Kerenzbergstrasse	GPM	13:07	14:18	14:07	13:57
706	127.2	88.1	Filzbach		13:08	14:19	14:08	13:58

m ü. M.	km	km	Location	Adver- tising convoy	Average speed km/h			
					37	39	41	
570	132.7	82.6	Begligen		13:14	14:25	14:14	14:04
498	133.9	81.4	Mollis	Road islands 3x	13:15	14:26	14:15	14:05
435	135.4	79.9	Näfels	Road island	13:17	14:28	14:17	14:07
436	135.5	79.8	Turn right, Neue Kantonsstrasse		13:17	14:28	14:17	14:07
438	135.8	79.5	Roundabout straight, Neue Kantonsstrasse		13:18	14:29	14:18	14:07
434	136.7	78.6	Roundabout left, Zubringerstrasse		13:19	14:30	14:19	14:09
432	137.2	78.1	Turn right, Oberurnerstrasse		13:20	14:31	14:20	14:09
432	137.5	77.8	Oberurnen	Road island	13:20	14:32	14:20	14:10
429	138.6	76.7	Niederurnen		13:22	14:33	14:22	14:11
419	141.8	73.5	Turn left, Hauptstrasse		13:27	14:38	14:27	14:16
420	141.9	73.4	Bilten	Road islands 3x	13:27	14:38	14:27	14:16
441	146.2	69.1	Reichenburg	Road islands 2x	13:33	14:45	14:33	14:22
420	148.2	67.1	Roundabout straight, Kantonsstrasse		13:36	14:48	14:36	14:25
424	148.7	66.6	Buttikon	Road islands 2x	13:37	14:49	14:37	14:26
427	150.3	65.0	Schübelbach	Road islands 3x	13:39	14:52	14:39	14:28
441	152.5	62.8	Siebnen	Road islands 3x	13:42	14:55	14:42	14:31
443	153.8	61.5	Turn right, Glarnerstrasse		13:44	14:57	14:44	14:33
443	154.0	61.3	Turn right, Zürcherstrasse	Road islands 3x	13:44	14:57	14:44	14:33
435	155.1	60.2	Galgenen	Road islands 2x	13:46	14:59	14:46	14:34
431	155.5	59.8	Roundabout straight, Kantonsstrasse	Road islands 3x	13:47	14:59	14:47	14:35
430	156.8	58.5	Lachen	Road islands 2x	13:49	15:01	14:49	14:37
430	157.0	58.3	Roundabout straight, Oberdorfstrasse	Road islands 2x	13:49	15:02	14:49	14:37
420	157.6	57.7	Roundabout straight, Kernumfahrung West		13:50	15:03	14:50	14:38
417	158.0	57.3	Roundabout left, Kernumfahrung West		13:50	15:03	14:50	14:38
419	158.3	57.0	Altendorf		13:51	15:04	14:51	14:39
413	158.5	56.8	Roundabout left, Churerstrasse	Road islands 8x	13:51	15:04	14:51	14:39
421	159.6	55.7	Turn left, Neutalstrasse		13:52	15:06	14:52	14:40
437	160.0	55.3	Roundabout right, Etzelstrasse		13:53	15:07	14:53	14:41
437	160.1	55.2	Turn right, Etzelstrasse	Green Zone	13:54	15:07	14:54	14:42
609	164.6	50.7	Turn left, Etzelstrasse		14:03	15:16	15:03	14:50
699	166.4	48.9	Feusisberg		14:08	15:22	15:08	14:55
657	168.5	46.8	Roundabout straight, Sihleggstrasse		14:11	15:25	15:11	14:58
638	169.8	45.5	Turn left, Wollerauerstrasse		14:12	15:27	15:12	14:59
730	170.7	44.6	Turn right, Vogelneestrasse		14:15	15:29	15:15	15:02
727	171.3	44.0	Turn left, Hüttenerstrasse		14:16	15:30	15:16	15:03
740	173.6	41.7	Hütten		14:19	15:34	15:19	15:06
729	174.4	40.9	Turn left, Chneusstrasse		14:20	15:35	15:20	15:07
737	175.4	39.9	Chneustrasse		16:22	15:37	15:22	15:09
809	178.9	36.4	Nedorfstrasse	Tissot Km	14:28	15:43	15:28	15:14
802	179.9	35.4	Menzingen / Neudorfstrasse	Tissot Km	14:29	15:44	15:29	15:15
714	182.9	32.4	Turn right, Neuheimerstrasse		14:32	15:48	15:32	15:19
656	184.4	30.9	Neuheim		14:34	15:50	15:34	15:20
535	187.8	27.5	Sihlbrugg		14:38	15:53	15:38	15:24
535	188.0	27.3	Turn left, Zugerstrasse		14:38	15:54	15:38	15:24
535	188.1	27.2	Roundabout left, Sihlbruggstrasse		14:38	15:54	15:38	15:24
541	188.4	26.9	Roundabout right, Ebertswilerstrasse		14:39	15:54	15:39	15:25
622	190.3	25.0	Ebertswil	Green Zone	14:44	15:59	15:44	15:29

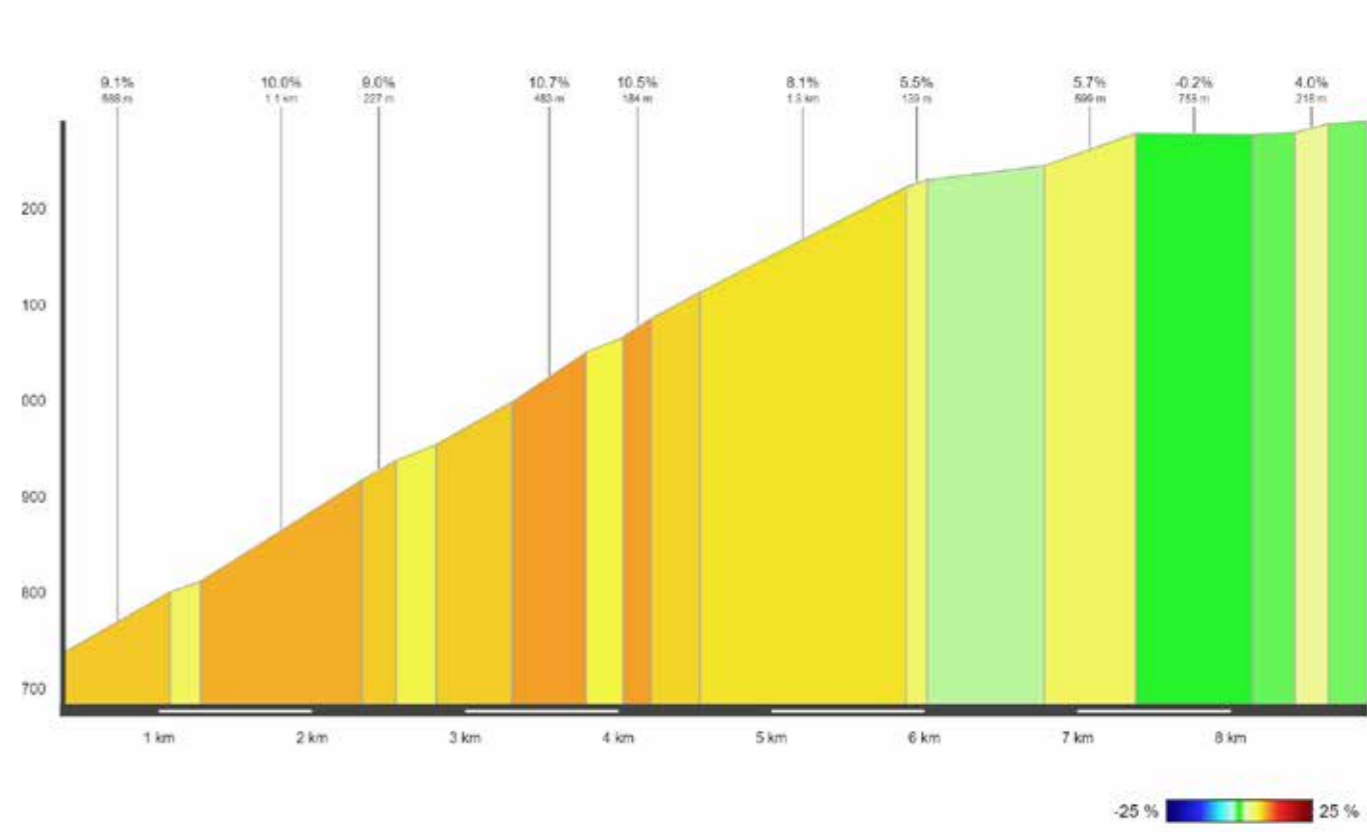


m ü. M.	km	km	Location	Advertising convoy	Average speed km/h			
					37	39	41	
623	190.4	24.9	Turn right, Dorfstrasse		14:44	16:00	15:44	15:29
623	192.4	22.9	Hausen a. Albis		14:46	16:02	15:46	15:32
612	193.0	22.3	Turn right, Zugerstrasse		14:47	16:03	15:47	15:33
662	195.6	19.7	Turn left, Reppischtalstrasse		14:51	16:07	15:51	15:36
654	196.0	19.3	Türlen	Sprint	14:51	16:08	15:51	15:37
667	197.6	17.7	Reppischtalstrasse		14:53	16:10	15:53	15:39
609	198.8	16.5	Aeugstertal		14:55	16:12	15:55	15:40
620	201.4	13.9	Turn left, Bonstetterstrasse		14:58	16:15	15:58	15:43
564	202.9	12.4	Bonstetten		15:00	16:17	16:00	15:45
534	204.0	11.3	Turn left, Stationsstrasse		15:01	16:18	16:01	15:46
538	204.7	10.6	Turn right, Zürcherstrasse		15:02	16:19	16:02	15:47
545	205.0	10.3	Turn left, Islisbergstrasse	Beginning of the climb	15:03	16:20	16:03	15:47
550	205.3	10.0	Islisbergstrasse	Green Zone	15:03	16:20	16:03	15:47
660	206.4	8.9	Islisberg	GPM	15:06	16:24	16:06	15:51
676	206.7	8.6	Turn left, Arnistrasse		15:07	16:24	16:07	15:52
602	207.8	7.5	Arni		15:08	16:26	16:08	15:53
577	208.0	7.3	Roundabout left, Zürcherstrasse		15:08	16:26	16:08	15:53
512	210.0	5.3	Oberlunkhofen		15:11	16:28	16:11	15:55
438	211.2	4.1	Turn right, Zugerstrasse		15:12	16:29	16:12	15:56
400	212.4	2.9	Untertlunkhofen		15:13	16:31	16:13	15:57
401	212.9	2.4	Turn right, Oberwilerstrasse		15:14	16:31	16:14	15:58
527	214.6	0.7	Oberwil-Lieli		15:18	16:36	16:18	16:02
560	215.1	0.2	Deviation right 200 m before finish		15:20	16:37	16:20	16:03
565	215.3	0.0	Finish – Oberwil-Lieli, Berikerstrasse		15:20	16:37	16:20	16:03

CLIMBS

PRODUCED WITH **veloviewer** POWERED BY **STRAVA**

ALBULAPASS Length: 8.5 km Ø Gradient in %: 6.5 Elevation gain: 558 m



LANTSCH/LENZ BIATHLON ARENA Length: 6.2 km Ø Gradient in %: 8.0 Elevation gain: 496 m

