

|   |            | Handbike (km) | Rennrollstuhl (km) | Belyak (km) | Schwimmen (km) |
|---|------------|---------------|--------------------|-------------|----------------|
| Start in Genf (Quai Rade jet d'eau)               | 14.07.2019 |               |                    |             | 1,6            |
| Genève – Yvoire                                   |            | 24            |                    |             |                |
| Yvoire – Rolle                                    |            |               |                    | 10          |                |
| Rolle – Col du Marchairuz                         |            | 22            |                    |             |                |
| Marchairuz – Le Chenit                            |            | 11            |                    |             |                |
| Lac de Joux                                       |            |               |                    | 9           |                |
| Lac Brenet  | 15.07.2019 |               |                    |             | 1,65           |
| Le Pont – Lac de Bret                             |            | 55            |                    |             |                |
| Lac de Bret                                       |            |               |                    |             | 0,4            |
| Lac de Bret – Lac Gruyère                         |            | 45            |                    |             |                |
| Gruyère – Cheyres                                 | 16.07.2019 | 52            |                    |             |                |
| Lac Neuchâtel                                     |            |               |                    | 5,4         |                |
| Concise – Yverdon – Lac Morat                     |            | 54            |                    |             |                |
| Vallamand – Morat                                 | 17.07.2019 |               |                    | 5           |                |
| Morat – Sutz Lattringen                           |            | 25            |                    |             |                |
| Lac Bienne  |            |               |                    |             | 1,8            |
| Bienne – Thun                                     |            | 73            |                    |             |                |
| Lac Thun  | 18.07.2019 |               |                    | 5           |                |
| Spiez – Oberried                                  |            | 28            |                    |             |                |
| Lac Brienz  |            |               |                    |             | 2              |
| Istelwald – Lac Lungensee                         |            | 28            |                    |             |                |
| lac Lungensee                                     |            |               |                    |             | 0,5            |
| Rejoindre lac Sarnen                              | 19.07.2019 | 11            |                    |             |                |
| Lac Sarnen  |            |               |                    |             | 1,4            |
| Sachseln – See Hôtel Baumgarten                   |            | 21            |                    |             |                |
| Lac des 4 Cantons – Kastanienbaum                 |            |               |                    | 2,3         |                |
| Kastanienbaum – Nottwil                           |            | 26            |                    |             |                |
| Sempach See – Eich                                |            |               |                    |             | 2,3            |
| Eich – Birrwil                                    |            | 20            |                    |             |                |
| Lac Halwil  | 20.07.2019 |               |                    |             | 1,6            |
| Halwilsee – Thalwil                               |            | 44            |                    |             |                |
| Lac Zurich – Erlenbach                            |            |               |                    | 1,9         |                |
| Erlenbach – Maur                                  |            |               | 12                 |             |                |
| Lac Greifen                                       |            |               |                    |             | 1              |
| Uster – Seegräben                                 |            |               | 8                  |             |                |
| Lac de Pffäfikon                                  | 21.07.2019 |               |                    | 2,5         |                |
| Pffäfikon – Rapperswill                           |            | 22            |                    |             |                |
| Rapperswill – Oberäggi                            |            | 25            |                    |             |                |
| Lac Ägeri   |            |               |                    |             | 1,2            |
| Morgarten Hotel - Goldauerstrasse 8, 6422 Steinen |            |               | 11                 |             |                |
| Lac de Lauerz                                     |            |               |                    | 4           |                |
| Seewen – Brunnen                                  |            |               | 6,5                |             |                |
| Lac des 4 Cantons                                 |            |               |                    |             | 1,3            |
| Goldauerstrasse 8, 6422 Steinen – Wassen          |            | 44,5          |                    |             |                |

|                                 |            | Handbike (km) | Rennrollstuhl (km) | Belyak (km) | Schwimmen (km) |
|---------------------------------|------------|---------------|--------------------|-------------|----------------|
| Wassen – Susten Pass            | 22.07.2019 | 18            |                    |             |                |
| Sustenpass See                  |            |               |                    |             | 0,1            |
| Susten Pass – Grimsel Pass      |            | 50            |                    |             |                |
| Grimsel lac des Morts           |            |               |                    | 1           |                |
| Col du Grimsel – Col du Nufenen | 23.07.2019 | 30            |                    |             |                |
| Lac du Nufenen                  | 24.07.2019 |               |                    | 0,2         |                |
| Nufenen Pass – Gotthard Pass    |            | 38            |                    |             |                |
| Lago della Piazza (Gotthard)    | 25.07.2019 |               |                    | 0,6         |                |
| Gotthard pass – Oberalp Pass    |            | 23            |                    |             |                |
| Oberalpsee                      |            |               |                    | 1,3         |                |
| Oberalp pass – Col Lucomagno    |            | 41            |                    |             |                |
| Lac Lucomagno Sontga Maria      | 26.07.2019 |               |                    | 2           |                |
| Lucomagno – Biasca              |            | 40            |                    |             |                |
| Biasca – Locarno                | 27.07.2019 | 42            |                    |             |                |
| Lac Majeur Locarno – Gambarogno |            |               |                    | 2           |                |
| Gambarogno – Lugano             | 28.07.2019 | 30            |                    |             |                |
| Lugano – Campione               |            |               |                    | 4           |                |
| <b>Total en km</b>              |            | 942,5         | 37,5               | 56,2        | 16,85          |
| <b>Auf der Strasse</b>          | 980 km     |               |                    |             |                |
| <b>Auf dem Wasser</b>           | 75,05 km   |               |                    |             |                |
| <b>Gesamte Strecke</b>          | 1055,5 km  |               |                    |             |                |