

Station km			Bestzeit Herren		Bestzeit Damen		Piwo #384		Andreas #1658		Markus #739	
Start			06:35		06:37		06:55		07:05		07:05	
Ausstieg Wasser 3,8			07:22		07:27				08:17 [1:12]		08:13 [1:08]	
Start Radfahren			07:24		07:29		07:55		08:25		08:21	
			1. Runde	2. Runde	1. Runde	2. Runde	1. Runde	2. Runde	1. Runde	2. Runde	1. Runde	2. Runde
Eckersmühlen	5,0	90,0	07:29	09:22	07:36	09:42			08:32	11:09	08:28	11:27
Wallesau	9	94	07:34	09:27	07:41	09:46						
Laffenau	12,5	97,5	07:38	09:31	07:46	09:51						
Heideck	16	101	07:44	09:37	07:52	09:57						
Selingstadt	18	103	07:47	09:40	07:55	10:00						
Alfershausen	22	107	07:52	09:45	08:00	10:05				11:32		11:50
Thalmässing	26,5	111,5	07:58	09:50	08:08	10:12		10:43				
Greding	38	124	08:13	10:05	08:24	10:29	08:53		09:31		09:30	
Röckenhofen	42	127	08:19	10:11	08:29	10:34						
Obermässing	49	134	08:29	10:21	08:39	10:44						
Untermässing	52	137	08:31	10:24	08:46	10:50						
Offenbau	56,5	141,5	08:37	10:30	08:52	10:56				12:35		12:55
Weinsfeld	59,5	144,5	08:41	10:34	08:56	11:00						
Eysölden	63,5	148,5	08:46	10:39	09:02	11:07					10:30	
Solarer Berg	71,5	156,5	08:59	10:52	09:16	11:21	09:41	11:55	10:32	13:04	10:45	13:25
Solar	73	158	09:02	10:55	09:20	11:25			10:47	13:08	10:51	13:30
Grauwinkel	74	159	09:04	10:57	08:22	11:27						
Pierheim	76	161	09:07	11:00	09:25	11:30	09:50					
Mörlach	79	164	09:11	11:04	09:29	11:34						
Hilpoltstein	83	168	09:14	11:07	09:33	11:38						
Heuberg	86	171	09:18	11:11	09:37	11:42			11:02	13:32	11:20	14:05
Eckersmühlen		175		11:16		11:46				13:39		14:12
Roth (WZ II)		180		11:22		11:52	[4:41]	12:36	[5:25]	13:50	[6:03]	14:24
Start Laufen			11:23		11:54		12:43		13:58		14:30	
Speck-Pumpen	3,7		11:38		12:11		12:58		14:19		14:52	
Wende I – Haimpfarrich	8		11:52		12:26		13:16		14:42		15:18	
Lände Roth	12		12:06		12:41		13:33		15:03		15:42	
Wende II – Schleuse												
Leerstetten	18,1		12:30		13:08		14:10		15:36		16:18	
Lände Roth	24,8		12:55		13:35		14:39		16:12 Trinkgürtel		17:00	
ACUNA	30		13:14		13:56		15:02		16:40		17:30	
Marktplatz Roth	31,4		13:19		14:01		15:08		16:48		17:39	
Sandgasse	32		13:21		14:03		15:10		16:51		17:43	
Büchenbach Weierschleife	35,5		13:36		14:20		15:25		17:22		18:05	
Marktplatz Roth	39,5		13:51		14:36		15:42		17:36		18:30	
Zieleinlauf	42,195		13:59		14:45		15:54 [3:11]		17:50 [3:50]		18:45 [4:15]	
							08:59		10:45		11:40	

eben \10m /10  
eben \10m  
/50 \10  
/10 \50 /10  
/10 eben 1,5km