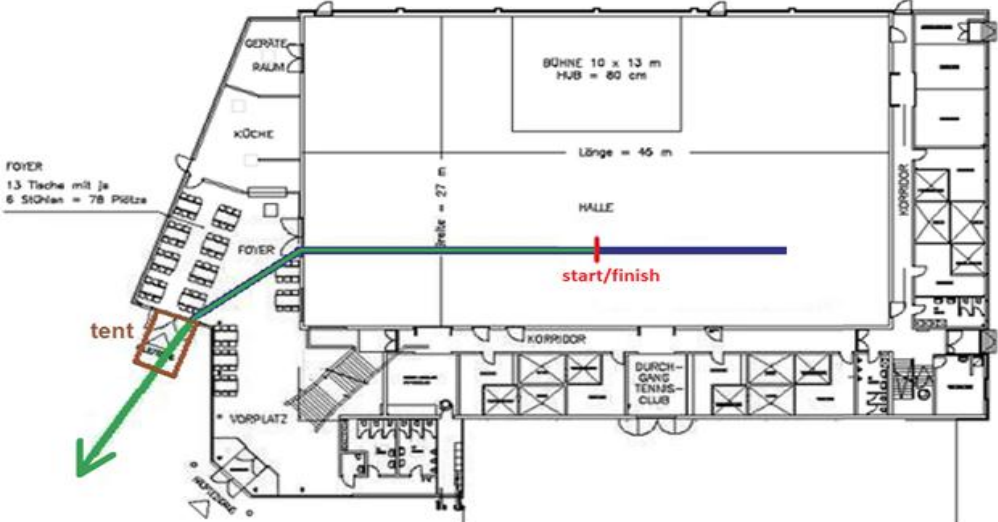


Marathon (incl. relay), half marathon and quarter marathon

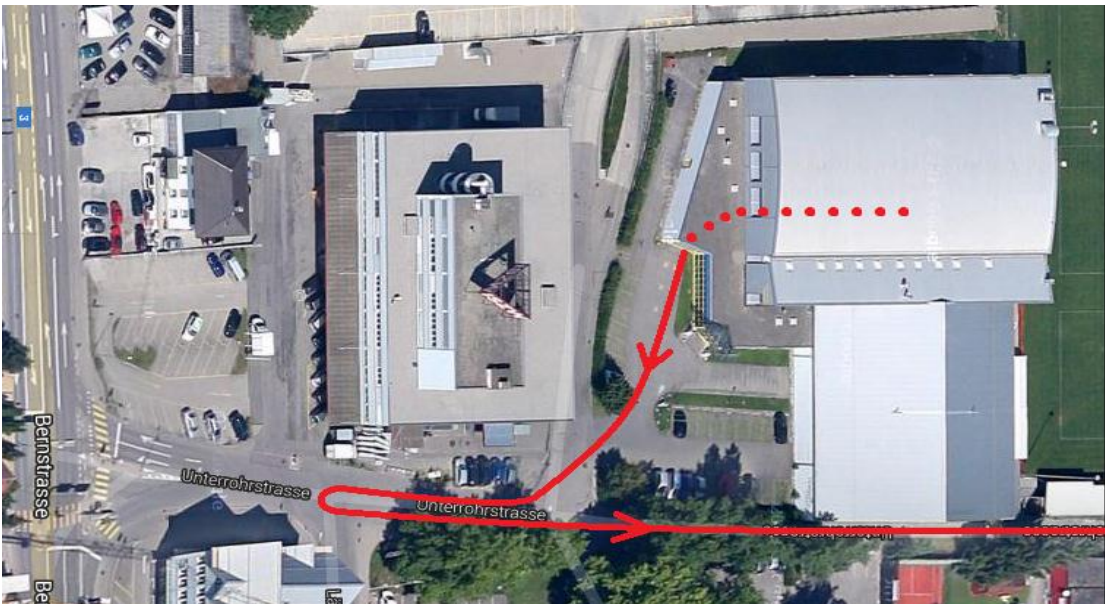
Plan of the course:



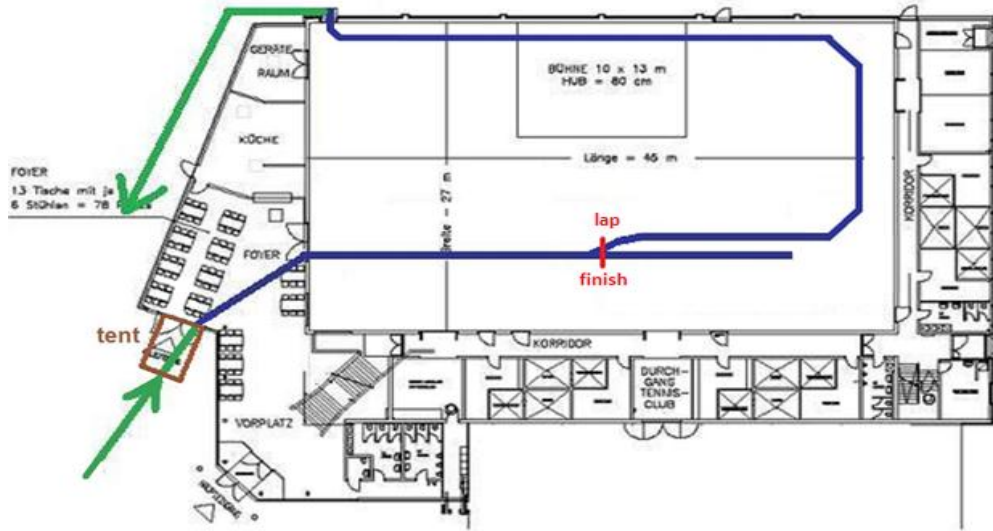
Start for all races on 1 January at 00h00. Starting line in the middle of the sports hall:



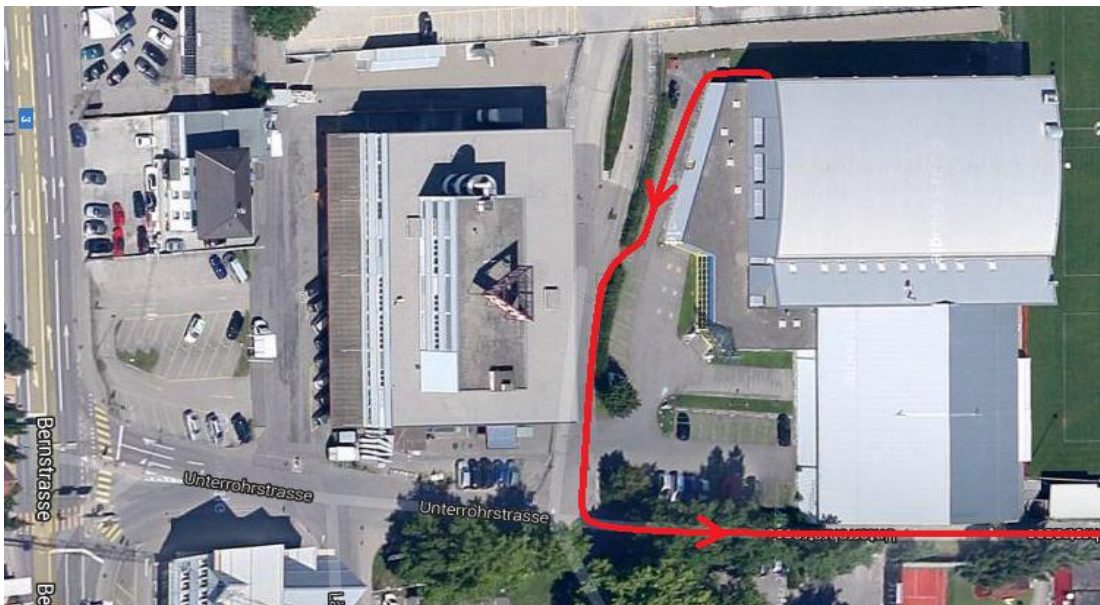
The first meters on the start lap:



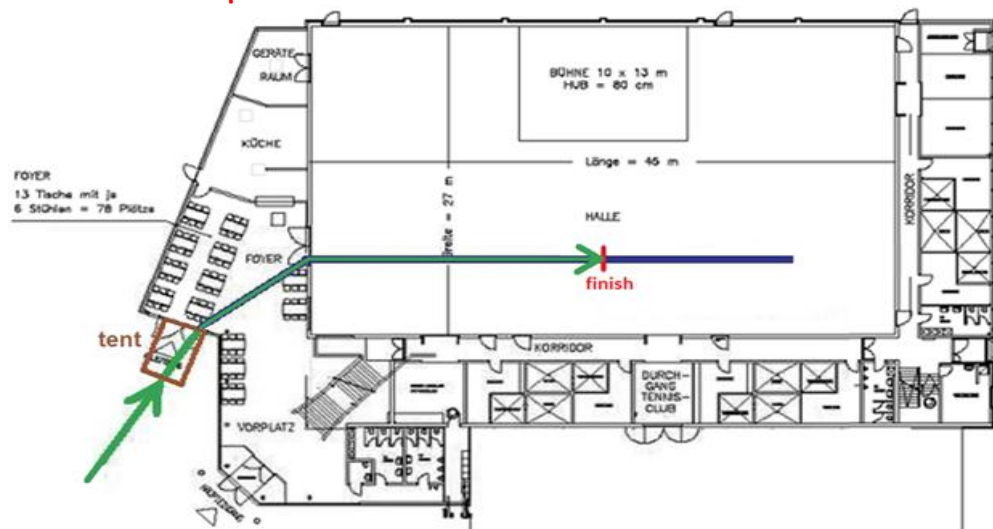
Running through the sports hall at the start/end of each lap (marathon, half marathon):
[The transition area for relay teams is located immediately after the finish line]



The first meters on the 2nd, 3rd and 4th lap (marathon, half marathon):



Finish in the middle of the sports hall:



Time table:

| | 1st lap | | 2nd lap | | 3rd lap | | 4th lap | |
|--------------|------------------|-------------------|------------------|-------------------|---|-------------------|------------------|-------------------|
| | <i>Werdinsel</i> | <i>Sporthalle</i> | <i>Werdinsel</i> | <i>Sporthalle</i> | <i>Werdinsel</i> | <i>Sporthalle</i> | <i>Werdinsel</i> | <i>Sporthalle</i> |
| 1 km | 4.58 km | 10.55 km | 15.13 km | 21.0975 km | 25.68 km | 31.65 km | 36.23 km | 42.195 km |
| 3:20 | 15:17 | 35:10 | 50:27 | 1:10:20 | 1:25:36 | 1:45:29 | 2:00:46 | 2:20:39 |
| 3:30 | 16:03 | 36:55 | 52:58 | 1:13:50 | 1:29:53 | 1:50:46 | 2:06:48 | 2:27:41 |
| 3:40 | 16:48 | 38:41 | 55:29 | 1:17:21 | 1:34:10 | 1:56:02 | 2:12:51 | 2:34:43 |
| 3:50 | 17:34 | 40:26 | 58:01 | 1:20:52 | 1:38:27 | 2:01:19 | 2:18:53 | 2:41:45 |
| 4:00 | 18:20 | 42:12 | 1:00:32 | 1:24:23 | 1:42:44 | 2:06:35 | 2:24:55 | 2:48:47 |
| 4:10 | 19:06 | 43:57 | 1:03:03 | 1:27:54 | 1:47:00 | 2:11:52 | 2:30:58 | 2:55:49 |
| 4:20 | 19:52 | 45:43 | 1:05:34 | 1:31:25 | 1:51:17 | 2:17:08 | 2:37:00 | 3:02:51 |
| 4:30 | 20:38 | 47:28 | 1:08:06 | 1:34:56 | 1:55:34 | 2:22:24 | 2:43:02 | 3:09:53 |
| 4:40 | 21:24 | 49:14 | 1:10:37 | 1:38:27 | 1:59:51 | 2:27:41 | 2:49:04 | 3:16:55 |
| 4:50 | 22:09 | 50:59 | 1:13:08 | 1:41:58 | 2:04:08 | 2:32:57 | 2:55:07 | 3:23:57 |
| 5:00 | 22:55 | 52:45 | 1:15:40 | 1:45:29 | 2:08:24 | 2:38:14 | 3:01:09 | 3:30:58 |
| 5:10 | 23:41 | 54:30 | 1:18:11 | 1:49:00 | 2:12:41 | 2:43:30 | 3:07:11 | 3:38:00 |
| 5:20 | 24:27 | 56:16 | 1:20:42 | 1:52:31 | 2:16:58 | 2:48:47 | 3:13:14 | 3:45:02 |
| 5:30 | 25:13 | 58:01 | 1:23:14 | 1:56:02 | 2:21:15 | 2:54:03 | 3:19:16 | 3:52:04 |
| 5:40 | 25:59 | 59:47 | 1:25:45 | 1:59:33 | 2:25:32 | 2:59:20 | 3:25:18 | 3:59:06 |
| 5:50 | 26:44 | 1:01:32 | 1:28:16 | 2:03:04 | 2:29:49 | 3:04:36 | 3:31:21 | 4:06:08 |
| 6:00 | 27:30 | 1:03:18 | 1:30:48 | 2:06:35 | 2:34:05 | 3:09:53 | 3:37:23 | 4:13:10 |
| 6:10 | 28:16 | 1:05:03 | 1:33:19 | 2:10:06 | 2:38:22 | 3:15:09 | 3:43:25 | 4:20:12 |
| 6:20 | 29:02 | 1:06:49 | 1:35:50 | 2:13:37 | 2:42:39 | 3:20:26 | 3:49:27 | 4:27:14 |
| 6:30 | 29:48 | 1:08:34 | 1:38:22 | 2:17:08 | 2:46:56 | 3:25:42 | 3:55:30 | 4:34:16 |
| 6:40 | 30:34 | 1:10:20 | 1:40:53 | 2:20:39 | 2:51:13 | 3:30:59 | 4:01:32 | 4:41:18 |
| 6:50 | 31:19 | 1:12:05 | 1:43:24 | 2:24:10 | 2:55:29 | 3:36:15 | 4:07:34 | 4:48:20 |
| 7:00 | 32:05 | 1:13:50 | 1:45:56 | 2:27:41 | 2:59:46 | 3:41:31 | 4:13:37 | 4:55:22 |
| 7:07 | 32:37 | 1:15:04 | 1:47:42 | 2:30:09 | 3:02:46 | 3:45:13 | 4:17:50 | 5:00:17 |
| 7:30 | 34:23 | 1:19:07 | 1:53:30 | 2:38:14 | Tip: for calculating your potential finish time, use the iPhone App "Marathon Rechner", available at www.rogerkaufmann.ch/apps | | | |
| 8:00 | 36:40 | 1:24:23 | 2:01:04 | 2:48:47 | | | | |
| 8:30 | 38:58 | 1:29:40 | 2:08:38 | 2:59:20 | | | | |
| 9:00 | 41:15 | 1:34:56 | 2:16:12 | 3:09:53 | | | | |
| 9:30 | 43:33 | 1:40:13 | 2:23:46 | 3:20:26 | | | | |
| 10:00 | 45:50 | 1:45:29 | 2:31:20 | 3:30:58 | | | | |
| 10:30 | 48:08 | 1:50:46 | 2:38:54 | 3:41:31 | | | | |
| 11:00 | 50:25 | 1:56:02 | 2:46:28 | 3:52:04 | | | | |
| 11:30 | 52:43 | 2:01:19 | 2:54:02 | 4:02:37 | | | | |
| 12:00 | 55:00 | 2:06:35 | 3:01:36 | 4:13:10 | | | | |

- Length of each lap: 10'548.75 m
- Food/beverage stations at km 4.58, 10.55, 15.13, 21.10, 25.68, 31.65, 36.23, 42.195