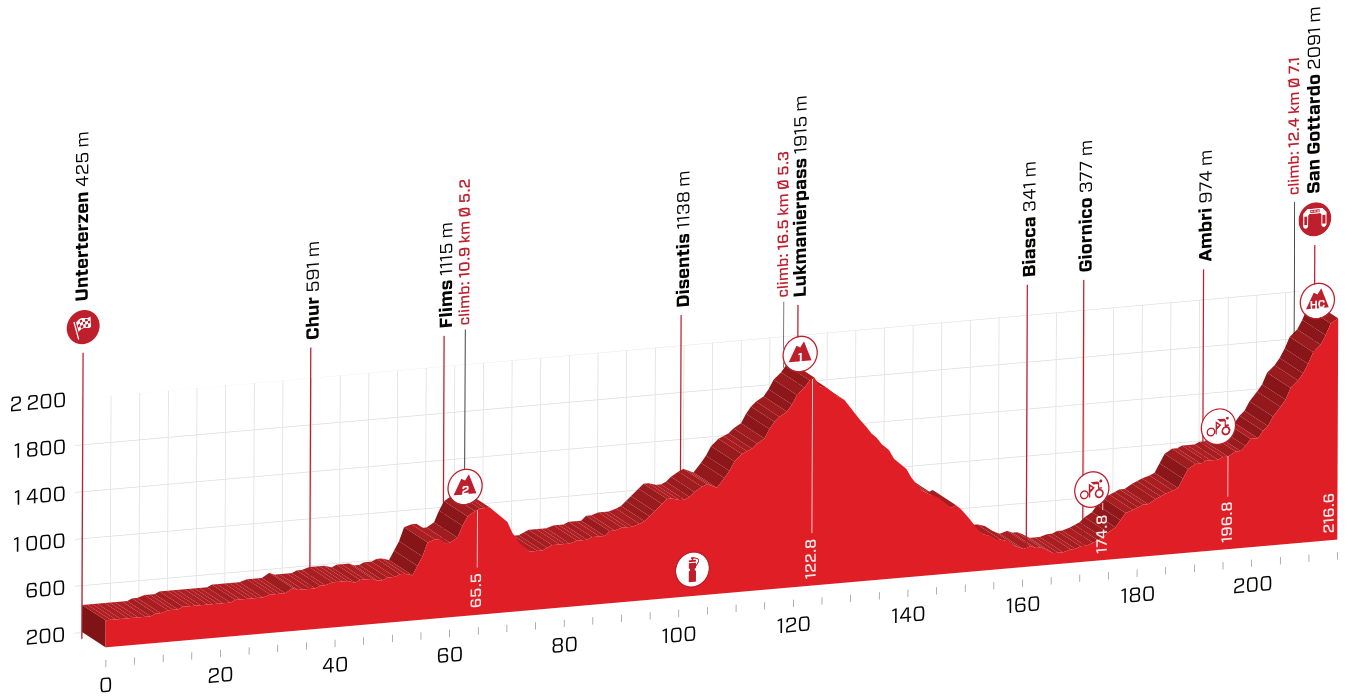


# 7. Etappe

Tour de Suisse 2019

Unterterzen - San Gottardo, 216.6 km

Freitag, 21. Juni 2019 / vendredi le 21 juin 2019



Steigung / montée ▲ 4080 m

Gesamtzeit / Temps prévu 5 h 52 min

Gefälle / descente ▼ 2414 m

Stundenmittel / Moyenne horaire 37 km/h

m ü. M.	km	km	Ort / Lieu	Werbe- kolonne / Cara- vanne	Stundenmittel / Moyenne horaire	km/h	km/h
					35	37	39
		3.1	Neutralisation Walensestrasse		10:20	11:20	11:20
422	0.0	216.6	Start - Walensestrasse		10:28	11:28	11:28
426	1.1	215.5	Walenstadt	Inseln 2x	10:30	11:30	11:30
437	5.5	211.1	Riet	Insel	10:35	11:36	11:35
475	11.7	204.9	Mels		10:43	11:44	11:43
486	13.5	203.1	Sargans		10:45	11:46	11:45
497	20.4	196.2	Bad Ragaz		10:54	11:55	11:54
516	27.1	189.5	Mastrils		11:02	12:04	12:02
525	28.6	188.0	Landquart		11:05	12:07	12:05
536	30.7	185.9	Igis		11:08	12:10	12:08
560	31.5	185.1	Zizers		11:09	12:11	12:09
540	34.0	182.6	Kreisel geradeaus, Deutsche Strasse		11:12	12:15	12:12
544	35.4	181.2	Trimmis		11:14	12:17	12:14
591	39.4	177.2	Chur	Insel	11:20	12:23	12:20
574	48.0	168.6	Domat Ems		11:33	12:36	12:33
596	53.0	163.6	Reichenau Tamins		11:39	12:43	12:39
602	53.2	163.4	Tamins		11:40	12:44	12:40
890	57.1	159.5	Trin		11:50	12:55	12:50
833	59.4	157.2	Trin Mulin	Insel	11:53	12:58	12:53
1018	62.8	153.8	Flims		12:02	13:08	13:02
1115	65.5	151.1	Promenada	Bergpreis	12:08	13:14	13:08
776	86.3	130.3	Mutteins		12:35	13:42	13:35
857	92.8	123.8	Trun		12:45	13:53	13:45
900	94.7	121.9	Campliun		12:48	13:56	13:48












# 7. Etappe

Tour de Suisse 2019

Unterterzen - San Gottardo, 216.6 km

Freitag, 21. Juni 2019 / vendredi le 21 juin 2019

m ü. M.	km	km	Ort/Lieu	Werbe- kolonne /Caravanne	Stundenmittel/ Moyenne horaire km/h			
					35	37	39	
938	95.6	121.0	Rabius		12:50	13:58	13:50	13:43
 1100	103.3	113.3	Via Sursilvana	Verpflegung	13:03	14:12	14:03	13:55
1138	104.3	112.3	Disentis		13:04	14:13	14:04	13:56
1395	111.9	104.7	Platta		13:22	14:32	14:22	14:13
1600	116.7	99.9	Sogn Gions		13:35	14:45	14:35	14:25
 1935	122.8	93.8	Hauptsrasse	Bergpreis	13:51	15:02	14:51	14:40
1915	125.0	91.6	Lukmanierpass		13:55	15:06	14:55	14:44
1756	129.3	87.3	Acquacalda		13:59	15:11	14:59	14:49
1434	134.4	82.2	Campra		14:05	15:17	15:05	14:53
949	142.8	73.8	Olivone		14:12	15:25	15:12	15:01
824	146.8	69.8	Aquila	Inseln 2x	14:16	15:29	15:16	15:04
 493	155.0	61.6	Dongio	Bodenwellen 2x & Inseln 2x	14:25	15:38	15:25	15:13
400	158.8	57.8	Malvaglia	Inseln 7x	14:30	15:43	15:30	15:17
341	165.0	51.6	Biasca		14:38	15:52	15:38	15:25
306	167.0	49.6	Pasquerio		14:40	15:55	15:40	15:27
303	167.8	48.8	Pollegio	Insel	14:41	15:56	15:41	15:28
316	170.0	46.6	Bodio	Inseln 2x	14:45	15:59	15:45	15:31
316	170.0	46.6	Start TV-Liveübertragung auf SRF		14:45	15:59	15:45	15:31
377	174.5	42.1	Giornico		14:51	16:06	15:51	15:38
 380	174.8	41.8	Via S. Gottardo	search.ch Sprint	14:51	16:06	15:51	15:38
 724	185.4	31.2	Faido	Bodenwellen 8x & Insel	15:11	16:27	16:11	15:57
755	187.7	28.9	Polmengo	Inseln 2x	15:14	16:31	16:14	16:00
 950	191.3	25.3	Rodi Fiesso	Bodenwellen 3x	15:23	16:40	16:23	16:08
974	195.6	21.0	Ambri	Insel	15:29	16:46	16:29	16:13
 980	196.8	19.8	Via S. Gottardo	search.ch Sprint	15:31	16:48	16:31	16:15
998	197.8	18.8	Piotta		15:32	16:49	16:32	16:16
 1065	201.8	14.8	Via San Gottardo	Tunnel	15:37	16:55	16:37	16:21
1134	202.7	13.9	Airolo		15:40	16:58	16:40	16:24
 2090	216.6	0.0	Ziel - San Gottardo	Bergpreis	16:20	17:40	17:20	17:02