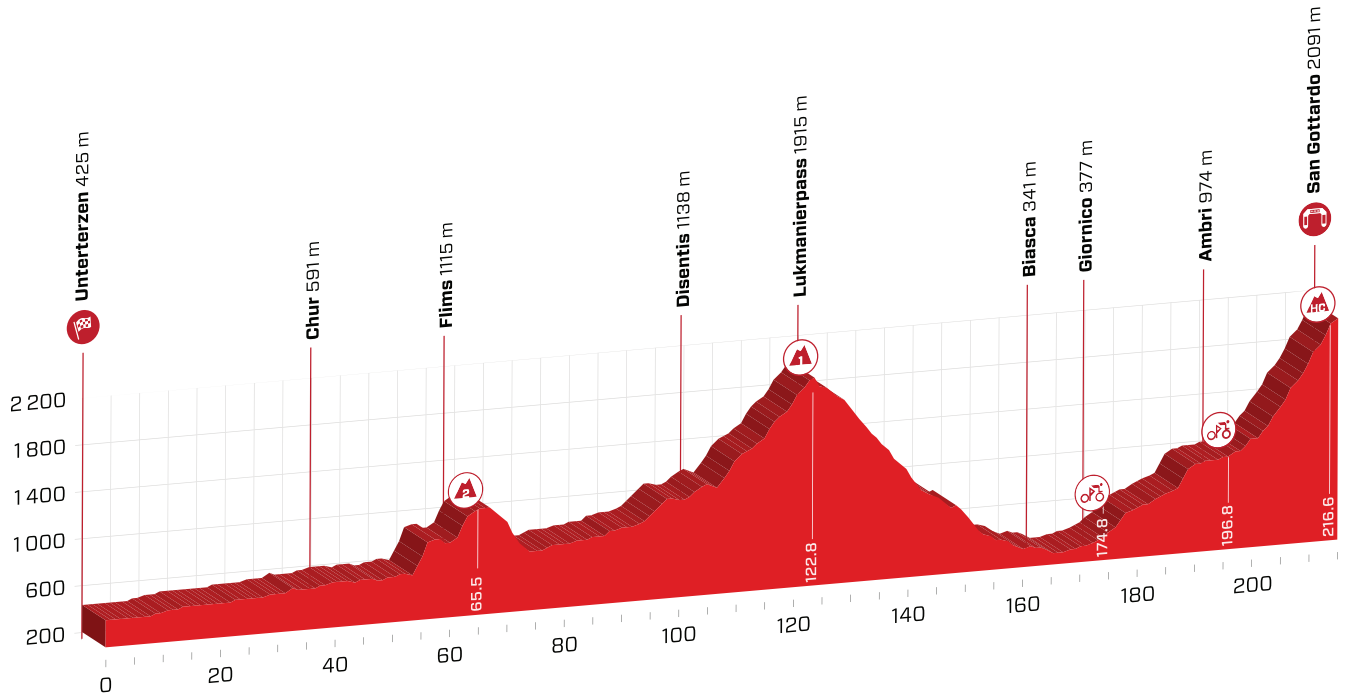


# 7. Etappe

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-<br>kolonne<br>/ Cara-<br>vanne | ⊙ Stundenmittel/<br>Moyenne horaire | km/h  | km/h  |
|---------|------|-------|---|---------------------------------------|-------------------------------------|-------|-------|
|         |      |       |   |                                       | 35                                  | 37    | 39    |
|         |      | 3.1   | Neutralisation Walenseestrasse              |                                       | 10:20                               | 11:20 | 11:20 |
| 422     | 0.0  | 216.6 | Start - Walenseestrasse                     |                                       | 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 |
| 440     | 6.1  | 210.5 | Kreisel geradeaus, 3. Ausfahrt, Landstrasse |                                       | 10:36                               | 11:36 | 11:36 |
| 475     | 11.7 | 204.9 | Mels  |                                       | 10:43                               | 11:44 | 11:43 |
| 486     | 13.5 | 203.1 | Sargans                                     |                                       | 10:45                               | 11:46 | 11:45 |
| 483     | 15.0 | 201.6 | Abzweigung rechts, St. Gallerstrasse        |                                       | 10:47                               | 11:48 | 11:47 |
| 482     | 15.2 | 201.4 | Abzweigung links, Grossfeldstrasse          | Inseln 4x                             | 10:47                               | 11:49 | 11:47 |
| 496     | 19.5 | 197.1 | Kreisel geradeaus, Sarganserstrasse         |                                       | 10:53                               | 11:54 | 11:53 |
| 497     | 20.4 | 196.2 | Bad Ragaz                                   |                                       | 10:54                               | 11:55 | 11:54 |
| ⚠ 499   | 20.9 | 195.7 | Kreisel rechts, Sarganserstrasse            | Verkehrsteiler                        | 10:55                               | 11:56 | 11:55 |
| 502     | 23.2 | 193.4 | Kreisel rechts, Ragazerstrasse              |                                       | 10:58                               | 11:59 | 11:58 |
| 516     | 27.1 | 189.5 | Mastrils                                    |                                       | 11:02                               | 12:04 | 12:02 |
| ⚠ 520   | 27.5 | 189.1 | Kreisel geradeaus, Ragazerstrasse           | Verkehrsteiler                        | 11:03                               | 12:05 | 12:03 |
| 518     | 27.6 | 189.0 | Kreisel geradeaus, Ragazerstrasse           |                                       | 11:03                               | 12:05 | 12:03 |
| 524     | 28.1 | 188.5 | Abzweigung rechts, Richtung Landquart       |                                       | 11:04                               | 12:06 | 12:04 |
| 531     | 28.5 | 188.1 | Kreisel rechts, Kantonsstrasse              |                                       | 11:04                               | 12:07 | 12:04 |
| 525     | 28.6 | 188.0 | Landquart                                   |                                       | 11:05                               | 12:07 | 12:05 |
| 529     | 28.7 | 187.9 | Kreisel geradeaus, Kantonsstrasse           |                                       | 11:05                               | 12:07 | 12:05 |
| 531     | 28.9 | 187.7 | Kreisel geradeaus, Deutsche Strasse         |                                       | 11:05                               | 12:07 | 12:05 |
| 531     | 29.9 | 186.7 | Kreisel geradeaus, Deutsche Strasse         |                                       | 11:06                               | 12:09 | 12:06 |
| 536     | 30.7 | 185.9 | Igis  |                                       | 11:08                               | 12:10 | 12:08 |
| 560     | 31.5 | 185.1 | Zizers                                      |                                       | 11:09                               | 12:11 | 12:09 |

# 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-<br>kolonne<br>/Carava-<br>vanne | Stundenmittel/<br>Moyenne horaire km/h |       |       |       |
|---------|-------|-------|---------------------------------------|--|--|-------|-------|-------|
|         |       |       |                                       |  | 35                                     | 37    | 39    |       |
| 540     | 34.0  | 182.6 | Kreisel geradeaus, Deutsche Strasse   |  | 11:12                                  | 12:15 | 12:12 | 12:10 |
| 544     | 35.4  | 181.2 | Trimmis                               |  | 11:14                                  | 12:17 | 12:14 | 12:12 |
| 572     | 37.5  | 179.1 | Kreisel geradeaus, Deutsche Strasse   |  | 11:17                                  | 12:20 | 12:17 | 12:15 |
| 591     | 39.4  | 177.2 | Chur                                  | Insel                                  | 11:20                                  | 12:23 | 12:20 | 12:17 |
| 579     | 40.0  | 176.6 | Kreisel links, Masanserstrasse        | Inseln 4x                              | 11:21                                  | 12:24 | 12:21 | 12:18 |
| 581     | 41.5  | 175.1 | Abzweigung rechts, Ringstrasse        | Inseln 2x                              | 11:23                                  | 12:26 | 12:23 | 12:20 |
| 562     | 41.8  | 174.8 | Kreisel geradeaus, Ringstrasse        | Inseln 2x                              | 11:23                                  | 12:27 | 12:23 | 12:21 |
| 574     | 42.1  | 174.5 | Kreisel geradeaus, Ringstrasse        | Insel                                  | 11:24                                  | 12:27 | 12:24 | 12:21 |
| 572     | 42.4  | 174.2 | Kreisel geradeaus, Ringstrasse        | Inseln 2x                              | 11:25                                  | 12:28 | 12:25 | 12:22 |
| 572     | 42.7  | 173.9 | Kreisel geradeaus, Ringstrasse        | Insel                                  | 11:25                                  | 12:28 | 12:25 | 12:22 |
| 571     | 43.0  | 173.6 | Kreisel geradeaus, Ringstrasse        | Insel & Gleis                          | 11:25                                  | 12:29 | 12:25 | 12:23 |
| 571     | 43.3  | 173.3 | Kreisel geradeaus, Ringstrasse        | Insel                                  | 11:26                                  | 12:29 | 12:26 | 12:23 |
| 572     | 43.5  | 173.1 | Kreisel geradeaus, Ringstrasse        | Insel                                  | 11:26                                  | 12:29 | 12:26 | 12:23 |
| 575     | 43.7  | 172.9 | Kreisel geradeaus, Ringstrasse        |  | 11:26                                  | 12:30 | 12:26 | 12:23 |
| 580     | 44.1  | 172.5 | Kreisel rechts, Kasernenstrasse       | Inseln 2x                              | 11:27                                  | 12:30 | 12:27 | 12:24 |
| 586     | 44.4  | 172.2 | Kreisel geradeaus, Kasernenstrasse    |  | 11:28                                  | 12:31 | 12:28 | 12:24 |
| 586     | 44.5  | 172.1 | Kreuzung geradeaus, Emserstrasse      | Inseln 4x                              | 11:28                                  | 12:31 | 12:28 | 12:25 |
| 573     | 46.9  | 169.7 | Kreisel geradeaus, Churerstrasse      |  | 11:31                                  | 12:35 | 12:31 | 12:28 |
| 574     | 48.0  | 168.6 | Domat Ems                             |  | 11:33                                  | 12:36 | 12:33 | 12:29 |
| 574     | 48.1  | 168.5 | Kreisel geradeaus, Churerstrasse      | Verkehrsteiler                         | 11:33                                  | 12:36 | 12:33 | 12:29 |
| 599     | 51.0  | 165.6 | Kreisel geradeaus, Nr. 13             | Insel                                  | 11:37                                  | 12:41 | 12:37 | 12:33 |
| 596     | 52.9  | 163.7 | Reichenauerstrasse                    | Strassenverengung R & L                | 11:39                                  | 12:43 | 12:39 | 12:36 |
| 596     | 53.0  | 163.6 | Reichenau Tamins                      |  | 11:39                                  | 12:43 | 12:39 | 12:36 |
| 599     | 53.1  | 163.5 | Abzweigung rechts, Reichenauerstrasse |  | 11:40                                  | 12:44 | 12:40 | 12:36 |
| 602     | 53.2  | 163.4 | Tamins                                |  | 11:40                                  | 12:44 | 12:40 | 12:36 |
| 621     | 53.5  | 163.1 | Abzweigung links, Rossbodenstrasse    |  | 11:41                                  | 12:45 | 12:41 | 12:37 |
| 886     | 56.5  | 160.1 | Abzweigung rechts, Hauptstrasse       |  | 11:49                                  | 12:54 | 12:49 | 12:45 |
| 890     | 57.1  | 159.5 | Trin                                  |  | 11:50                                  | 12:55 | 12:50 | 12:46 |
| 833     | 59.4  | 157.2 | Trin Mulin                            | Insel                                  | 11:53                                  | 12:58 | 12:53 | 12:49 |
| 830     | 59.6  | 157.0 | Abzweigung rechts, Hauptstrasse       | Insel                                  | 11:53                                  | 12:58 | 12:53 | 12:49 |
| 964     | 62.1  | 154.5 | Abzweigung rechts, Via Nova           | Insel                                  | 12:00                                  | 13:05 | 13:00 | 12:55 |
| 1018    | 62.8  | 153.8 | Flims                                 |  | 12:02                                  | 13:08 | 13:02 | 12:57 |
| 1115    | 65.5  | 151.1 | Promenada                             | Bergpreis                              | 12:08                                  | 13:14 | 13:08 | 13:03 |
| 1108    | 66.7  | 149.9 | Promenada                             | nur rechte Strassenseite               | 12:10                                  | 13:15 | 13:10 | 13:04 |
| 1055    | 67.9  | 148.7 | Kreisel geradeaus, Stradun            |  | 12:11                                  | 13:17 | 13:11 | 13:06 |
| 1035    | 68.4  | 148.2 | Kreisel geradeaus, Stradun            | Insel                                  | 12:11                                  | 13:17 | 13:11 | 13:06 |
| 777     | 72.4  | 144.2 | Schluein                              | Inseln 2x                              | 12:15                                  | 13:21 | 13:15 | 13:10 |
| 705     | 76.2  | 140.4 | Kreisel geradeaus, Oberalpstrasse     |  | 12:20                                  | 13:26 | 13:20 | 13:14 |
| 748     | 79.7  | 136.9 | Rueun                                 |  | 12:26                                  | 13:32 | 13:26 | 13:20 |
| 776     | 86.3  | 130.3 | Mutteins                              |  | 12:35                                  | 13:42 | 13:35 | 13:29 |
| 831     | 91.1  | 125.5 | Lumneins                              |  | 12:42                                  | 13:50 | 13:42 | 13:36 |
| 857     | 92.8  | 123.8 | Trun                                  |  | 12:45                                  | 13:53 | 13:45 | 13:38 |
| 900     | 94.7  | 121.9 | Campliun                              |  | 12:48                                  | 13:56 | 13:48 | 13:41 |
| 938     | 95.6  | 121.0 | Rabius                                |  | 12:50                                  | 13:58 | 13:50 | 13:43 |
| 1030    | 97.5  | 119.1 | Sumvitg                               |  | 12:54                                  | 14:03 | 13:54 | 13:47 |
| 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 |

















# 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-<br>kolonne<br>/ Cara-<br>vanne | Stundenmittel/<br>Moyenne horaire km/h |       |       |
|---|---------|-------|-------|-------------------------------------|----------------------------------|---------------------------------------|--|-------|-------|
|   |         |       |       |                                     |                                  |                                       | 35                                     | 37    | 39    |
|    | 1130    | 108.0 | 108.6 | Via Lucmagn                         | Tunnel 500 m                     | 13:11                                 | 14:21                                  | 14:11 | 14:03 |
|   | 1330    | 110.0 | 106.6 | Cuarglia                            |                                  | 13:17                                 | 14:27                                  | 14:17 | 14:09 |
|   | 1395    | 111.9 | 104.7 | Platta                              |                                  | 13:22                                 | 14:32                                  | 14:22 | 14:13 |
|   | 1425    | 112.8 | 103.8 | Pardé                               |                                  | 13:24                                 | 14:34                                  | 14:24 | 14:15 |
|   | 1600    | 116.7 | 99.9  | Sogn Gions                          |                                  | 13:35                                 | 14:45                                  | 14:35 | 14:25 |
|    | 1935    | 122.8 | 93.8  | Hauptstrasse                        | Bergpreis                        | 13:51                                 | 15:02                                  | 14:51 | 14:40 |
|    | 1940    | 123.0 | 93.6  | Hauptstrasse                        | Tunnel 2 Km                      | 13:52                                 | 15:03                                  | 14:52 | 14:41 |
|   | 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 |
|    | 1530    | 133.1 | 83.5  | Hauptstrasse                        | Tunnel                           | 14:03                                 | 15:15                                  | 15:03 | 14:52 |
|   | 1434    | 134.4 | 82.2  | Campra                              |                                  | 14:05                                 | 15:17                                  | 15:05 | 14:53 |
|   | 1250    | 137.6 | 79.0  | Camperio                            |                                  | 14:08                                 | 15:20                                  | 15:08 | 14:56 |
|   | 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 |
|   | 574     | 153.0 | 63.6  | Aquarossa                           |                                  | 14:22                                 | 15:36                                  | 15:22 | 15:10 |
|   | 558     | 153.2 | 63.4  | Camprovasco                         |                                  | 14:23                                 | 15:36                                  | 15:23 | 15:11 |
|   | 555     | 153.5 | 63.1  | Corzoneso Piano                     |                                  | 14:23                                 | 15:36                                  | 15:23 | 15:11 |
|  | 515     | 154.0 | 62.6  | Via Lucomagno                       | Pfosten auf rechter Fahrbahn     | 14:23                                 | 15:37                                  | 15:23 | 15:11 |
|  | 493     | 155.0 | 61.6  | Dongio                              | Bodenwellen 2x & Inseln 2x       | 14:25                                 | 15:38                                  | 15:25 | 15:13 |
|   | 475     | 156.0 | 60.6  | Kreisel geradeaus, Via Lucomagno    |                                  | 14:26                                 | 15:40                                  | 15:26 | 15:14 |
|  | 450     | 157.1 | 59.5  | Motto                               | Bodenwellen 3x & Insel           | 14:27                                 | 15:41                                  | 15:27 | 15:15 |
|   | 400     | 158.8 | 57.8  | Malvaglia                           | Inseln 7x                        | 14:30                                 | 15:43                                  | 15:30 | 15:17 |
|   | 341     | 164.9 | 51.7  | Abzweigung links, Via Parallela     | Insel                            | 14:38                                 | 15:52                                  | 15:38 | 15:25 |
|   | 341     | 165.0 | 51.6  | Biasca                              |                                  | 14:38                                 | 15:52                                  | 15:38 | 15:25 |
|   | 312     | 166.2 | 50.4  | Kreisel rechts, Via San Gottardo    |                                  | 14:39                                 | 15:54                                  | 15:39 | 15:26 |
|   | 306     | 167.0 | 49.6  | Pasquerio                           |                                  | 14:40                                 | 15:55                                  | 15:40 | 15:27 |
|   | 303     | 167.2 | 49.4  | Kreisel geradeaus, Via San Gottardo | Inseln 2x                        | 14:41                                 | 15:55                                  | 15:41 | 15:28 |
|   | 303     | 167.8 | 48.8  | Pollegio                            | Insel                            | 14:41                                 | 15:56                                  | 15:41 | 15:28 |
|  | 302     | 168.5 | 48.1  | Kreisel geradeaus, Via San Gottardo | Bodenwellen                      | 14:42                                 | 15:57                                  | 15:42 | 15:29 |
|   | 316     | 170.0 | 46.6  | Bodio                               | Inseln 2x                        | 14:45                                 | 15:59                                  | 15:45 | 15:31 |
|   | 375     | 174.3 | 42.3  |                                     | Start TV-Liveübertragung auf SRF | 14:50                                 | 16:05                                  | 15:50 | 15:37 |
|   | 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 |
|   | 616     | 180.5 | 36.1  | Lavorgo                             | Inseln 2x                        | 15:03                                 | 16:19                                  | 16:03 | 15:49 |
|  | 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 |
|   | 1184    | 203.8 | 12.8  | Via San Gottardo                    | Start KOM                        | 15:43                                 | 17:01                                  | 16:43 | 16:27 |
|   | 1235    | 205.0 | 11.6  | Abzweigung rechts                   |                                  | 15:47                                 | 17:05                                  | 16:47 | 16:31 |
|  | 2090    | 216.6 | 0.0   | Ziel - San Gottardo                 | Bergpreis                        | 16:20                                 | 17:40                                  | 17:20 | 17:02 |