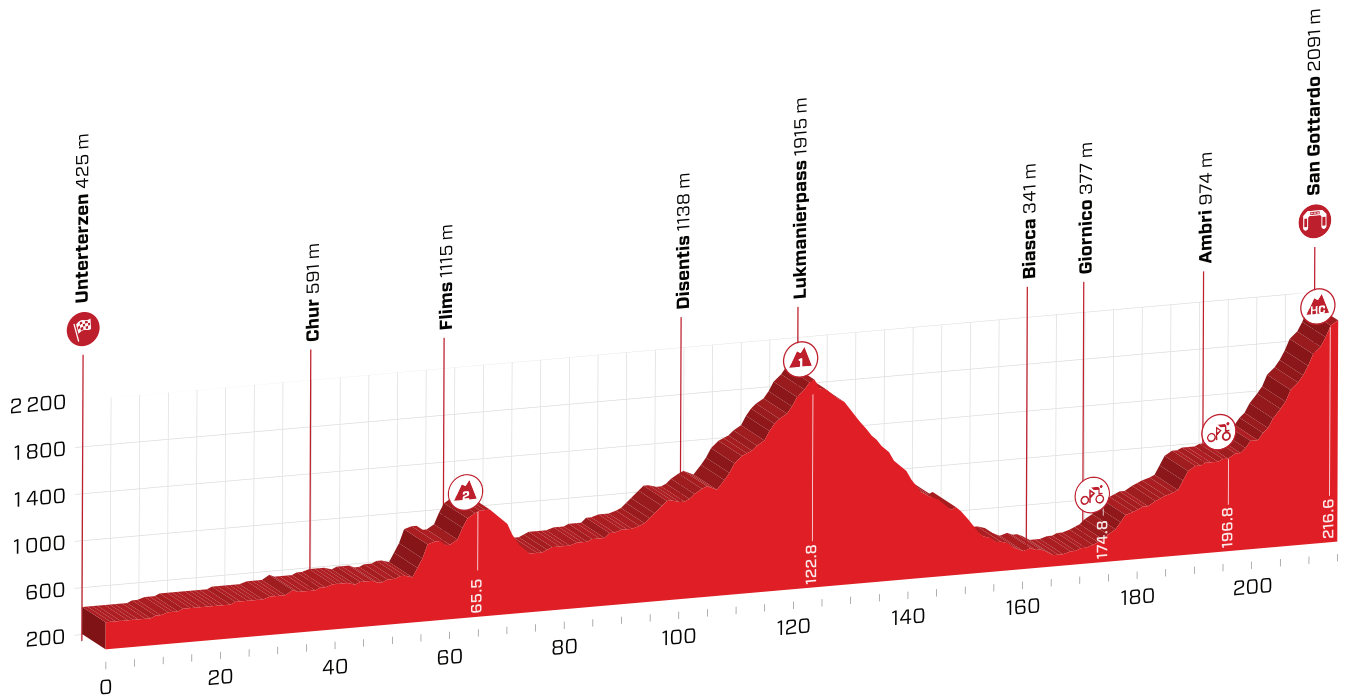


# 7<sup>th</sup> stage

Tour de Suisse 2019

Unterterzen - San Gottardo, 216.6 km

Friday, 21<sup>st</sup> June 2019



Ascent	▲ 4080 m	Total time	5 h 52 min
Descent	▼ 2414 m	Average speed	37 km/h

m ü. M.	km	km	Location	Adver- tising convo	Average speed km/h			
					35	37	39	
		3.1	Neutralisation Walensestrasse	10:20	11:20	11:20	11:20	
422	0.0	216.6	Start - Walensestrasse	10:28	11:28	11:28	11:28	
426	1.1	215.5	Walenstadt					Road Islands 2x 10:30 11:30 11:30 11:30
437	5.5	211.1	Riet					Road Island 10:35 11:36 11:35 11:35
440	6.1	210.5	Roundabout straight, 3 <sup>rd</sup> exit, Landstrasse	10:36	11:36	11:36	11:36	
475	11.7	204.9	Mels	10:43	11:44	11:43	11:42	
486	13.5	203.1	Sargans	10:45	11:46	11:45	11:44	
483	15.0	201.6	Turn right, St. Gallerstrasse	10:47	11:48	11:47	11:46	
482	15.2	201.4	Turn left, Grossfeldstrasse					Road Islands 4x 10:47 11:49 11:47 11:46
496	19.5	197.1	Roundabout straight, Sarganserstrasse	10:53	11:54	11:53	11:52	
497	20.4	196.2	Bad Ragaz	10:54	11:55	11:54	11:53	
⚠	499	20.9	Roundabout right, Sarganserstrasse					Road Island 10:55 11:56 11:55 11:53
	502	23.2	Roundabout right, Ragazerstrasse	10:58	11:59	11:58	11:56	
	516	27.1	Mastrils	11:02	12:04	12:02	12:01	
⚠	520	27.5	Roundabout straight, Ragazerstrasse					Road Island 11:03 12:05 12:03 12:01
	518	27.6	Roundabout straight, Ragazerstrasse	11:03	12:05	12:03	12:01	
	524	28.1	Turn right, Richtung Landquart	11:04	12:06	12:04	12:02	
	531	28.5	Roundabout right, Kantonsstrasse	11:04	12:07	12:04	12:03	
	525	28.6	Landquart	11:05	12:07	12:05	12:03	
	529	28.7	Roundabout straight, Kantonsstrasse	11:05	12:07	12:05	12:03	
	531	28.9	Roundabout straight, Deutsche Strasse	11:05	12:07	12:05	12:03	
	531	29.9	Roundabout straight, Deutsche Strasse	11:06	12:09	12:06	12:04	
	536	30.7	Igis	11:08	12:10	12:08	12:05	
	560	31.5	Zizers	11:09	12:11	12:09	12:07	

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	m ü. M.	km	km	Location	Adver- tising convoy	Average speed km/h			
						35	37	39	
	540	34.0	182.6	Roundabout straight, 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	Roundabout straight, Deutsche Strasse	11:17	12:20	12:17	12:15	
	591	39.4	177.2	Chur	Road Island	11:20	12:23	12:20	12:17
	579	40.0	176.6	Roundabout left, Masanserstrasse	Road Islands 4x	11:21	12:24	12:21	12:18
	581	41.5	175.1	Turn right, Ringstrasse	Road Islands 2x	11:23	12:26	12:23	12:20
	562	41.8	174.8	Roundabout straight, Ringstrasse	Road Islands 2x	11:23	12:27	12:23	12:21
	574	42.1	174.5	Roundabout straight, Ringstrasse	Road Island	11:24	12:27	12:24	12:21
	572	42.4	174.2	Roundabout straight, Ringstrasse	Road Islands 2x	11:25	12:28	12:25	12:22
	572	42.7	173.9	Roundabout straight, Ringstrasse	Road Island	11:25	12:28	12:25	12:22
	571	43.0	173.6	Roundabout straight, Ringstrasse	Road Island & railroad crossing	11:25	12:29	12:25	12:23
	571	43.3	173.3	Roundabout straight, Ringstrasse	Road Island	11:26	12:29	12:26	12:23
	572	43.5	173.1	Roundabout straight, Ringstrasse	Road Island	11:26	12:29	12:26	12:23
	575	43.7	172.9	Roundabout straight, Ringstrasse		11:26	12:30	12:26	12:23
	580	44.1	172.5	Roundabout right, Kasernenstrasse	Road Islands 2x	11:27	12:30	12:27	12:24
	586	44.4	172.2	Roundabout straight, Kasernenstrasse		11:28	12:31	12:28	12:24
	586	44.5	172.1	Crossing straight, Emserstrasse	Road Islands 4x	11:28	12:31	12:28	12:25
	573	46.9	169.7	Roundabout straight, 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	Roundabout straight, Churerstrasse	Road Island	11:33	12:36	12:33	12:29
	599	51.0	165.6	Roundabout straight, Nr. 13	Road Island	11:37	12:41	12:37	12:33
	596	52.9	163.7	Reichenauerstrasse	Narrowing road 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	Turn right, 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	Turn left, Rossbodenstrasse		11:41	12:45	12:41	12:37
	886	56.5	160.1	Turn right, 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	Road Island	11:53	12:58	12:53	12:49
	830	59.6	157.0	Turn right, Hauptstrasse	Road Island	11:53	12:58	12:53	12:49
	964	62.1	154.5	Turn right, Via Nova	Road Island	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	GPM	12:08	13:14	13:08	13:03
	1108	66.7	149.9	Promenada	only right lane	12:10	13:15	13:10	13:04
	1055	67.9	148.7	Roundabout straight, Stradun		12:11	13:17	13:11	13:06
	1035	68.4	148.2	Roundabout straight, Stradun	Road Island	12:11	13:17	13:11	13:06
	777	72.4	144.2	Schluein	Road Islands 2x	12:15	13:21	13:15	13:10
	705	76.2	140.4	Roundabout straight, 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	Campliu		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	Feeding zone	13:03	14:12	14:03	13:55
	1138	104.3	112.3	Disentis		13:04	14:13	14:04	13:56

# 7<sup>th</sup> stage

Tour de Suisse 2019

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	m ü. M.	km	km	Location	Adver- tising convoy	Average speed 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	Hauptsrasse	GPM	13:51	15:02	14:51	14:40	
	1940	123.0	93.6	Hauptsrasse	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	Hauptsrasse	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	Road Islands 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	Post on right lane	14:23	15:37	15:23	15:11
		493	155.0	61.6	Dongio	Bumps 2x & Road Islands 2x	14:25	15:38	15:25	15:13
		475	156.0	60.6	Roundabout straight, Via Lucomagno		14:26	15:40	15:26	15:14
		450	157.1	59.5	Motto	Bumps 3x & Road Island	14:27	15:41	15:27	15:15
	400	158.8	57.8	Malvaglia	Road Islands 7x	14:30	15:43	15:30	15:17	
	341	164.9	51.7	Turn left, Via Parallela	Road Island	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	Roundabout right, 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	Roundabout straight, Via San Gottardo	Road Islands 2x	14:41	15:55	15:41	15:28	
	303	167.8	48.8	Pollegio	Road Island	14:41	15:56	15:41	15:28	
		302	168.5	48.1	Roundabout straight, Via San Gottardo	Bumps	14:42	15:57	15:42	15:29
		316	170.0	46.6	Bodio	Road Islands 2x	14:45	15:59	15:45	15:31
		375	174.3	42.3		Start live broadcasting on 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	Road Islands 2x	15:03	16:19	16:03	15:49	
	724	185.4	31.2	Faido	Bumps 8x & Road Island	15:11	16:27	16:11	15:57	
	755	187.7	28.9	Polmengo	Road Islands 2x	15:14	16:31	16:14	16:00	
	950	191.3	25.3	Rodi Fiesso	Bumps 3x	15:23	16:40	16:23	16:08	
	974	195.6	21.0	Ambri	Road Island	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	Turn right		15:47	17:05	16:47	16:31	
	2090	216.6	0.0	Finish - San Gottardo	GPM	16:20	17:40	17:20	17:02	