

The modified version of the «Switzerland Marathon light», the fastest marathon in Switzerland, powered by Viktor Röthlin, sets the pace for the Gigathletes in the Running category. It stands to reason that European marathon champion Viktor Röthlin will be present at the start of his run around the Sarnersee in order to open Conclusive Sunday in a setting of outstanding natural beauty. After the chasing start by the leading Couple and Team of Five, the main field also sets off early in the morning, cheered on by team members right next to the campsite. The runners are already strung out in a line after the first kilometre and a short uphill section to Wilen. The Sarnersee lies at their feet in all its glory up here, near Wilerbad. The highest point of the course is reached three kilometres later on the bridge over the Steinibach (stone brook), an obvious name in view of the rocky brook bed. The "stony" part of the course ends at the turning point, however. From now on, the course runs through Giswil and along the Dreiwasserkanal to the banks of the Sarnersee. Facing away from the rising sun, the lakeside path leads via Ewil and Sachseln back to Sarnen, where the circuit of the lake will inevitably end with a swim in the lake after the disci-

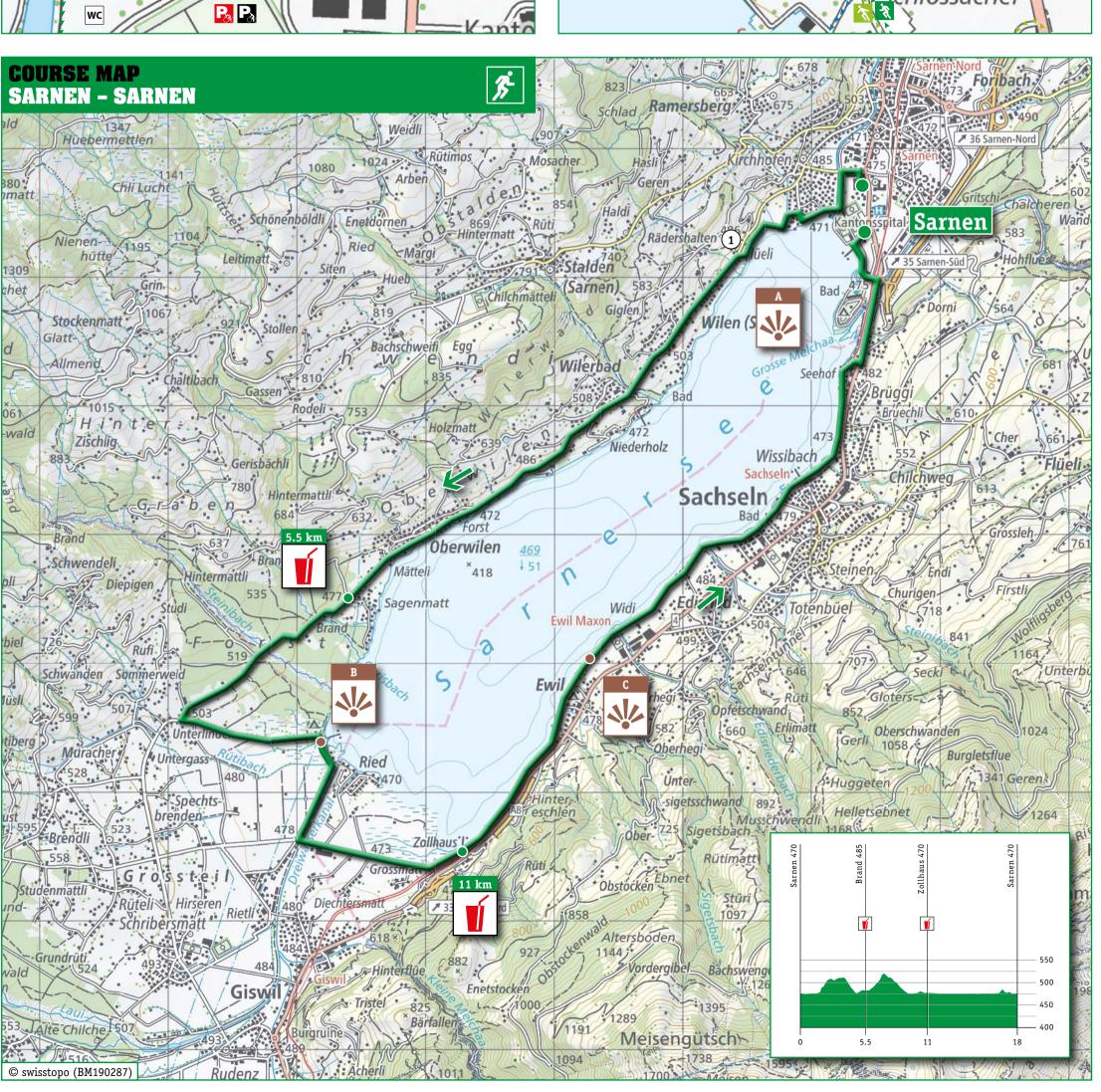
Headquarters

pline changeover.









CONCLUSIVE SUNDAY, 30 JUNE 2019

Disciplines	Location	Start		
Inline / Running	Kantonsschule Sarnen	Chasing start 05:30 Start Single/Couple 06:30 Start Team of Five 07:00		
		First Gigathlete expected	Mass start	Cut-off time
Inline/Running - Swimming	Sarnen Seefeld	06:45		10:00
Swimming - Biking	Sarnen Seefeld	07:30		11:30
Biking – Cycling	Sarnen Seefeld	09:40	ToF: 15:15	15:45
Cycling – Trailrun	Sarnen Seefeld	12:00		20:15
Trailrun finish	Kantonsschule Sarnen	13:20		23:00

HIGHLIGHTS **EN ROUTE**

A Sarnersee

B Gravel quarry

C Seeuferweg

LOGISTICS & TRANSPORT

Getting there

The runner goes straight to the start at the Kantonsschule Sarnen.

Showers

The showers are located at the headquarters at the Kantonsschule Sarnen

Personal effects

The supporter or a team member carries the effects of the runner from the start to the Sarnen Seefeld transition zone.

Return travel

Once the trailrunner is on their way, all other team members/supports return to the finish at the Kantonsschule Sarnen.