



Gigathlon

SWITZERLAND



SATURDAY


29.06.2019



Key Moments




COURSE INFORMATION



Course details

2 x 2 kilometres



Transition Cycling > Swimming 1

from 08:00

from 08:30

Transition Inline/Running > Swimming 2

from 09:30

from 10:00

Target time * Swimming 1

Singles/Couples 12:00

Teams of Five 13:00

* Target time:

recommended time taken by the Gigathlete to reach the finish within the cut-off times.

Cut-off time

16:20

Points to note



① It is possible that swimmers on the second section will overtake those on the first section. Please behave with consideration for others.

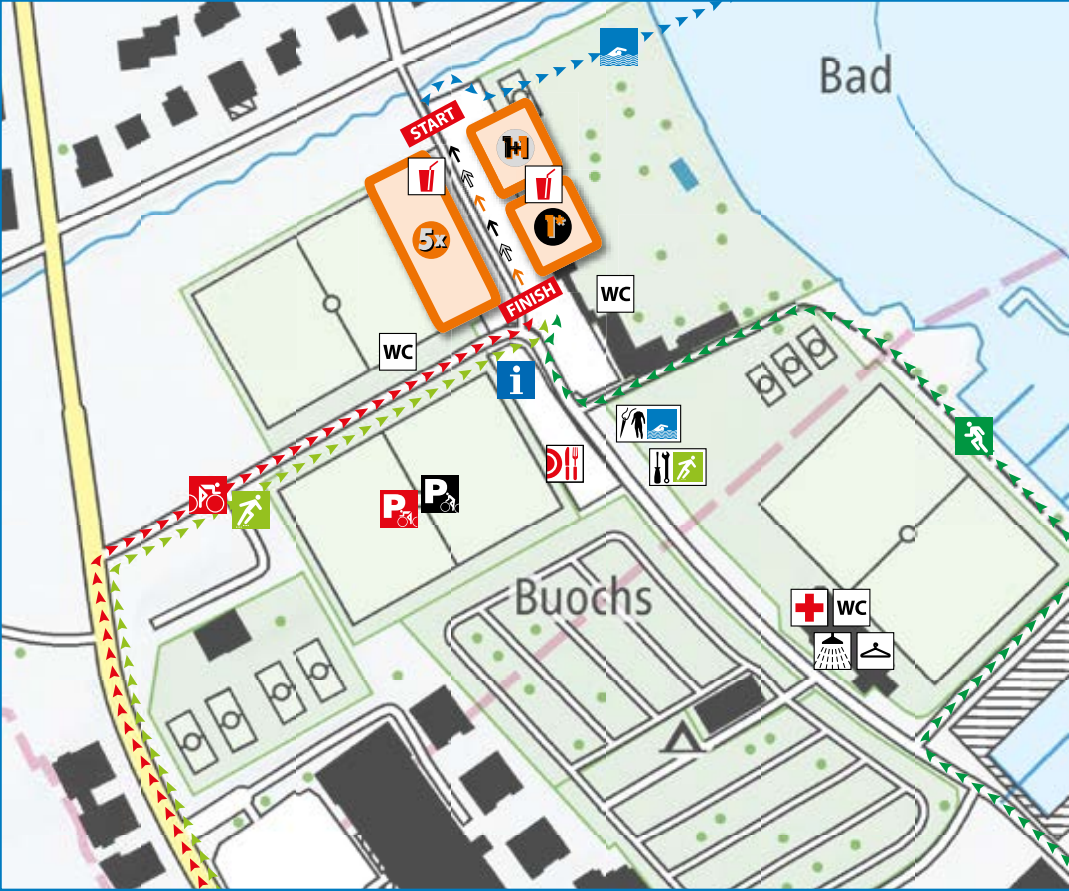
Important information

The swimming course will be completed twice, interrupted by Inline/Running. Two times 2 km will be completed.

The transition zone will be a real hive of activity long before the first cyclist arrives in Ennetbürgen. This is because all the other competitors will travel in their support vehicle from Sarnen to Ennetbürgen to relocate from Obwalden to Nidwalden, where they will head on down to the lido for the Swimming, Running, Inline and Trailrun events and provide mutual support and encouragement to perform to the best of their ability. After the cyclists, the swimmers set off on the first of two laps at Ennetbürgen-Buochs lido. Swimmers leave the lake for the first time after 2000 metres and run to the transition zone, where Inline or Running awaits them as the third discipline of the day, depending on the chosen category. On completion of the laps around the airfield at the foot of the Bürgenstock, Lake Lucerne is ready to take its toll once again as swimmers complete the 4000 metre course. There is a good chance that the light, temperature and wind conditions will change noticeably during the day, confronting the swimmers with unexpected and exciting new challenges. And what effect does it have on the body to re-enter the water after a 60–90 minute break? Everyone will have to find their own answer to this mystery on Key Saturday.

ENNETBÜRGEN-BUOCHS START







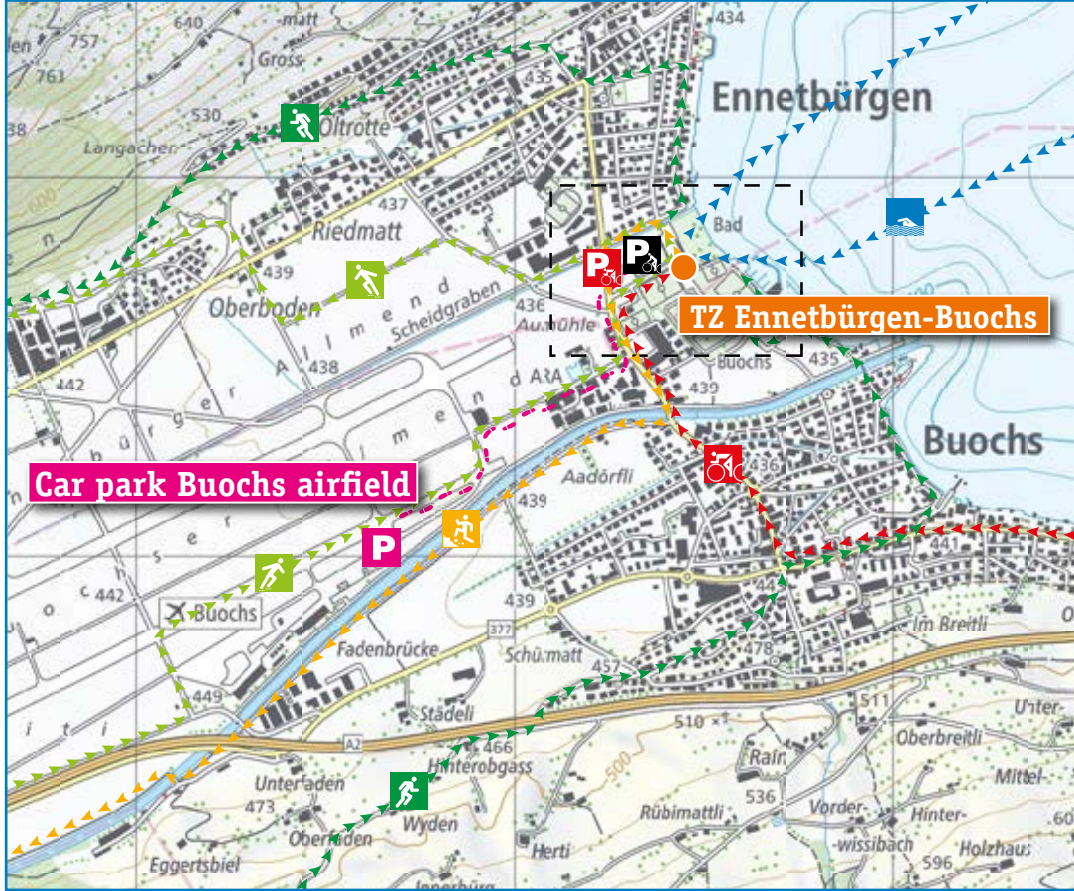
ENNETBÜRGEN-BUOCHS FINISH






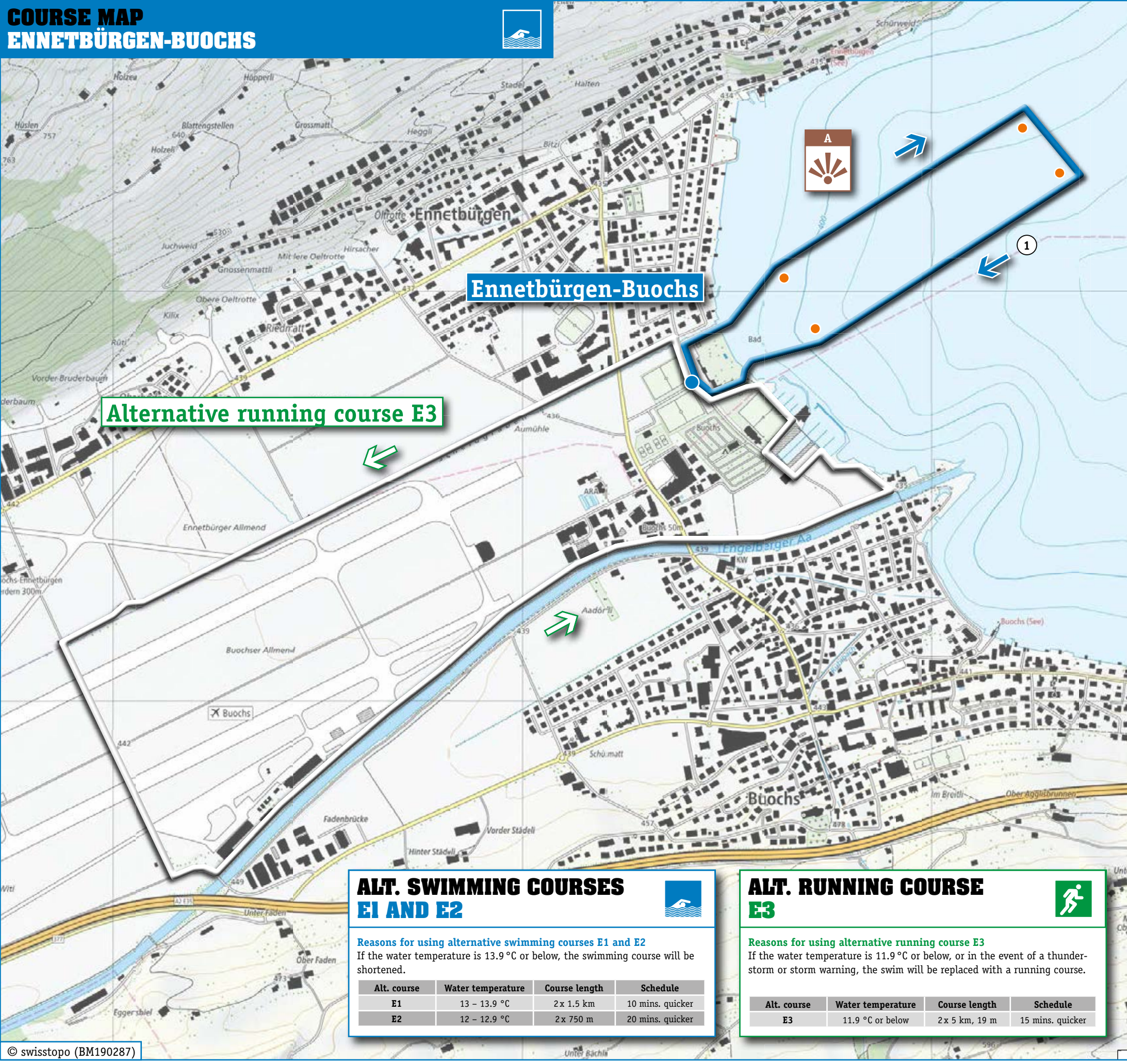
ENNETBÜRGEN-BUOCHS OVERVIEW






COURSE MAP ENNETBÜRGEN-BUOCHS





ALT. SWIMMING COURSES E1 AND E2




Reasons for using alternative swimming courses E1 and E2

If the water temperature is 13.9 °C or below, the swimming course will be shortened.

Alt. course	Water temperature	Course length	Schedule
E1	13 – 13.9 °C	2 x 1.5 km	10 mins. quicker
E2	12 – 12.9 °C	2 x 750 m	20 mins. quicker

ALT. RUNNING COURSE E3




Reasons for using alternative running course E3

If the water temperature is 11.9 °C or below, or in the event of a thunderstorm or storm warning, the swim will be replaced with a running course.

Alt. course	Water temperature	Course length	Schedule
E3	11.9 °C or below	2 x 5 km, 19 m	15 mins. quicker

SCHEDULE KEY SATURDAY, 29 JUNE 2019



Disciplines	Location	Start time		
Start Cycling	Kantonsschule Sarnen	Single/Couple 05:00 Team of Five 06:00		
		First Gigathlete expected Mass start Cut-off time		
Cycling – boat (start of neutral. section)	Brunnen	06:55		10:00
Cycling (end of neutral. section)	Treib	07:25		
Cycling – Swimming	Ennetbürgen-Buochs	08:00		12:00
Swimming – Inline/Running	Ennetbürgen-Buochs	08:30		
Inline/Running – Swimming	Ennetbürgen-Buochs	09:30		15:20
Swimming – Trailrun	Ennetbürgen-Buochs	10:00		16:20
Trailrun – Biking	Engelberg	11:55	ToF: 19:15	S/C: 19:30 ToF: 20:30
Biking – chairlift (start of neutral. section)	Trübsee	12:25		20:30
Biking (end of neutralised section)	Jochpass	12:35		
Biking finish	Kantonsschule Sarnen	14:20		00:15

HIGHLIGHTS EN ROUTE



A Deep-blue Lake Lucerne

LOGISTICS & TRANSPORT



Getting there

All team members/supporters apart from the cyclist travel from the Sarnen headquarters to the car park on Kägiswil airfield by shuttle, by bike or on foot. From there they travel to the car park on Buochs airfield on the supporters' vehicles (20–25 min.). The Gigathletes/supporters then reach the Ennetbürgen-Buochs transition zone on foot or by bike (10–30 min.).

Onward travel

Once the trailrunner is on their way, all other team members/supporters return to the car park on Buochs airfield on foot or by cycle/bike (10–30 min.). From there they travel on to Engelberg on the supporters' vehicles (20–25 min.). In Engelberg the supporters' vehicles will be allocated to the relevant car park. From the Engelberg car park the Engelberg transition zone can be reached on foot or by bike (5–10 min.).

Personal effects

The swimmer carries their own effects from the Sarnen headquarters to the Ennetbürgen-Buochs transition zone and back again.

Showers

The showers are located in the Ennetbürgen-Buochs transition zone.

Return travel

Once the biker is on their way, all other team members/supporters go to the Engelberg car park and travel back to the car park on Kägiswil airfield (40–45 min.). From the car park on Kägiswil airfield the Gigathletes and supporters return to the headquarters/campsite in Sarnen either on the shuttle or by cycle or on foot. **Please note:** An exit ticket is needed to exit the Engelberg car park. This will be issued with the starting documents on check-in.