

COURSE INFORMATION

Course details

42 kilometres (2 laps)

300 metres elevation gain

Chasing start

Start Singles/Couples

Start Teams of Five

Finish

Cut-off time

05:30

06:30

07:00

from 06:45

10:00

Points to note

① Parallel route with Running: Inliners stay on the right-hand side of the road.

② Rapid descent: Cutting corners prohibited!

③ Issue of wristbands: Two laps of 21 km will be completed. Athletes will be given a wristband for each lap (refreshment point), which must be worn in a prominent position on the right wrist.

④ Lap turn-off: Brünigstrasse (near Schlossacher). After the first lap the inliners head straight on to the second lap. After the second lap the inliners must turn left in order to enter the Sarnen Seefeld transition zone. Every athlete is responsible for taking the correct route.

Important information

The inline course is completely closed in some places and partially in others. Caution: Routes overlap or cross over in some places. The road traffic regulations must be observed. Participants must follow the signage and any instructions given to them by officials.

Opportunities for inliners to compete in a marathon in Switzerland have become regrettably rare, so we are all the more delighted to showcase the dynamic, endlessly enthralling sport of inline skating with two laps around the Sarnersee. The inliners will set off shortly before the runners because the courses for both disciplines on one side of the Sarnersee follow a virtually identical route. The three short ascents up to Giswil will put the inliners to the test less than the descents that follow on from each one. Control is the key here, both in terms of pace and equipment. Once Giswil is behind them and the Sarnersee ahead of them, however, they can embrace the thrill of speed. The roaring of motorbikes will be replaced by the whirring of inline wheels on the main cantonal road at this early morning hour. Before you set out in pursuit of the runners on the second round, you are sure to hear the applause of your supporters and team-mates as you race through headquarters. We are intrigued to see whether the insights from the first lap will spur you on to greater things, or whether the effects of the exertions of the last 21 kilometres will slow you down. Of no importance, however, is whether the inliners or the runners are the first to arrive in the transition zone. Each category is evaluated individually.

COURSE MAP SARNEN CIRCUIT

2 laps

5.5 km

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

0

5.5

21

26.5

42

470

485

470

485

470

550

500

450

400

Headquarters

sarnen

Gigathlon

SWITZERLAND

SUNDAY

30.06.2019

SCHEDULE 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	
Cycling – Trailrun		Sarnen Seefeld	12:00	20:15	
Trailrun finish		Kantonsschule Sarnen	13:20	23:00	

HIGHLIGHTS EN ROUTE

A Views right across the Sarnersee

B Good surface all round the lake

C High-speed return to Sarnen

LOGISTICS & TRANSPORT

Getting there

The inliner goes straight to the start at the Kantons-schule Sarnen.

Personal effects

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

Showers

The showers are located at the headquarters at the Kantonsschule Sarnen.

Return travel

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