

COURSE INFORMATION

Course details

3 kilometres

Transition Running/Inline > Swimming

from 06:45

Finish

from 07:30

Cut-off time

11:30

Points to note

① Crossover with other disciplines.

Important information

The swim entry and exit points are situated around 150 metres from the transition zone. The entry into the water is narrow and is located on a boat landing stage. Proceed with caution as surfaces in the Sarnen Seefeld transition zone can become very hot in warm temperatures.

According to our calculations, inliners and runners will arrive in the transition zone in the small harbour in Sarnen during the same time frame. Not only will the swimmers and supporters be ready for the change of discipline here, so will all the other team members who are also due to start their discipline from Sarnen later on in the day. This means there will already be a great atmosphere before the swimmers dive into the lake to head for Giswil. All they will hear during the 3000 metres that lie ahead is the sound of their own breathing, splashing arms and kicking legs. Five orange Gigathlon buoys mark out the course in this lake, which is popular with the Swiss national rowing squad for its generally mirror-like surface. If it should live up to its reputation on the Sunday, the sun will rise behind the swimmers so they will not be blinded on the first half of the course. The course turns to the north-east after the third buoy, so the sun will be behind the swim destination above the Stanserhorn and be reflected in the water. It will become harder to navigate and the shore will hardly appear to be coming any closer. Stamina and patience are put to the test from this point onwards, but the continuous ripples of the water and the air bubbles rising in the sunlight with every breath work in harmony with nature to create the sort of atmosphere that can only be experienced in open waters and with an individual start.

Headquarters

sarnen

Gigathlon

SWITZERLAND

SUNDAY

30.06.2019

Key Moments

SARNEN SEEFELD START

SARNEN SEEFELD FINISH

SARNEN OVERVIEW

COURSE MAP SARNEN

Alternative running course E3

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	1.5 km	15 mins. quicker
E2	12 – 12.9 °C	750 m	30 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	5.1 km, 75 m	20 mins. quicker

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
Inline/Running – Swimming	Sarnen Seefeld	06:45
Swimming – Biking	Sarnen Seefeld	07:30
Biking – Cycling	Sarnen Seefeld	09:40
Cycling – Trailrun	Sarnen Seefeld	12:00
Trailrun finish	Kantonsschule Sarnen	13:20

HIGHLIGHTS EN ROUTE

A Deep-blue Sarnersee

LOGISTICS & TRANSPORT

Getting there

The swimmer walks from the Sarnen headquarters/campsite to the Sarnen Seefeld transition zone.

Showers

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

Personal effects

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

Return travel

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