














| 5. Etappe, Stäfa - Serfaus, 201.5 km | | | | Mittwoch, 17. Juni 2009 | | | | | |
|--------------------------------------|-----|---------------------------------------|----------------------|---|---------------------|-------|--------------|--------------|-------|
| Steigung/montée ▲3115m | | Gesamtzeit/Temps prévu 5 h 27 min | | Werbe- kolonne/ Caravane | Stundenmittel | | | | |
| Gefälle/descente ▼2094m | | Stundenmittel/Moyenne horaire 37 km/h | | | Moyenne | ⊕ | horaire | | |
| ⚠ | | km | km | Ort / Lieu | 39 | | | 37 | 35 |
| | | | | | 39 | | | 37 | 35 |
| | | | Neutralisation 3.5km | Stäfa, Seestrasse Oetikon - Kehlhof - Uerikon | 11:37 | 12:37 | 12:37 | 12:37 | |
| | 408 | 0.0 | 201.5 | | 11:44 | 12:44 | 12:44 | 12:44 | |
| | 416 | 1.8 | 199.7 | Feldbach | 11:46 | 12:47 | 12:46 | 12:46 | |
| | 418 | 2.0 | 199.5 | Kreisverkehr gerade Ri Rapperswil | Verkehrsteiler | 11:47 | 12:47 | 12:47 | 12:47 |
| | 412 | 2.8 | 198.7 | Rapperswil-Jona | Inseln:9x | 11:48 | 12:48 | 12:48 | 12:48 |
| | 409 | 5.4 | 196.1 | Abzweigung links, Alte Jonastrasse, Ri St. Gallen | Verkehrsteiler | 11:52 | 12:52 | 12:52 | 12:52 |
| | 409 | 5.5 | 196.0 | | Verkehrsteiler | 11:52 | 12:52 | 12:52 | 12:52 |
| | 411 | 5.6 | 195.9 | | Inseln:5x | 11:52 | 12:52 | 12:52 | 12:52 |
| | 420 | 6.3 | 195.2 | Abzweigung links, St.Gallerstrasse | Verkehrsteiler 400m | 11:53 | 12:53 | 12:53 | 12:53 |
| | 425 | 6.7 | 194.8 | Kreisverkehr gerade Ri St. Gallen | Inseln:5x | 11:54 | 12:54 | 12:54 | 12:54 |
| | 423 | 8.6 | 192.9 | | Verkehrsteiler 600m | 11:56 | 12:57 | 12:56 | 12:57 |
| | 432 | 10.1 | 191.4 | | Insel:1x | 11:59 | 12:59 | 12:59 | 12:59 |
| | 430 | 10.3 | 191.2 | Wagen | Insel:1x | 11:59 | 12:59 | 12:59 | 13:00 |
| | 475 | 12.8 | 188.7 | Eschenbach | Inseln:3x | 12:03 | 13:03 | 13:03 | 13:04 |
| | 480 | 13.7 | 187.8 | Abzweigung rechts Ri St. Gallen | Inseln:4x | 12:04 | 13:04 | 13:04 | 13:05 |
| | 485 | 14.6 | 186.9 | Neuhaus | Inseln:3x | 12:05 | 13:05 | 13:05 | 13:07 |
| | 506 | 15.8 | 185.7 | Kreuzung gerade Ri St. Gallen | Insel:1x | 12:07 | 13:07 | 13:07 | 13:08 |
| | 540 | 16.5 | 185.0 | St. Gallenkappel | Inseln:7x | 12:07 | 13:08 | 13:07 | 13:10 |
| | 585 | 18.0 | 183.5 | | Verkehrsteiler 200m | 12:10 | 13:11 | 13:10 | 13:13 |
| | 672 | 20.0 | 181.5 | Gebertingen | | 12:14 | 13:16 | 13:14 | 13:18 |
| | 798 | 23.7 | 177.8 | Ricken | Insel:1x | 12:22 | 13:23 | 13:22 | 13:26 |
| | 635 | 29.2 | 172.3 | Abzweigung rechts Ri Wattwil | | 12:30 | 13:29 | 13:30 | 13:33 |
| | 628 | 29.3 | 172.2 | Wattwil | | 12:30 | 13:29 | 13:30 | 13:33 |
| | 630 | 30.2 | 171.3 | Bahnüberführung | Insel:1x | 12:31 | 13:29 | 13:31 | 13:33 |
| | 615 | 30.5 | 171.0 | Kreisverkehr rechts, Bahnhofstrasse, Ri Wildhaus | | 12:31 | 13:29 | 13:31 | 13:33 |
| | 615 | 30.6 | 170.9 | | Verkehrsteiler | 12:31 | 13:30 | 13:31 | 13:33 |
| | 617 | 31.0 | 170.5 | Abzweigung rechts, Ebnaterstr., Ri Wildhaus | | 12:32 | 13:30 | 13:32 | 13:34 |
| | 625 | 32.0 | 169.5 | Ulisbach | | 12:34 | 13:32 | 13:34 | 13:36 |
| | 624 | 33.8 | 167.7 | Abzweigung rechts, Kappelstr. | | 12:37 | 13:35 | 13:37 | 13:39 |
| | 628 | 34.0 | 167.5 | Ebnat-Kappel | | 12:37 | 13:35 | 13:37 | 13:40 |
| ### | 651 | 36.2 | 165.3 | | Bahnübergang | 12:41 | 13:39 | 13:41 | 13:44 |
| | 680 | 37.5 | 164.0 | Abzweigung rechts Ri Wildhaus | Verkehrsteiler | 12:43 | 13:41 | 13:43 | 13:46 |
| | 720 | 39.4 | 162.1 | | Verkehrsteiler | 12:47 | 13:44 | 13:47 | 13:50 |
| | 746 | 40.5 | 161.0 | | Verkehrsteiler | 12:49 | 13:46 | 13:49 | 13:52 |
| 🚧 | 772 | 41.7 | 159.8 | | Tunnel 200m | 12:51 | 13:48 | 13:51 | 13:54 |
| | 760 | 42.3 | 159.2 | Neu St. Johann | | 12:52 | 13:49 | 13:52 | 13:55 |
| | 760 | 43.1 | 158.4 | Nesslau | | 12:53 | 13:51 | 13:53 | 13:57 |

| Steigung/montée ▲3115m Gefälle/descente ▼2094m | | Gesamtzeit/Temps prévu 5 h 27 min Stundenmittel/Moyenne horaire 37 km/h | | Werbe- kolonne/ Carava- ne | Stundenmittel Moyenne ☺ horaire km/h | | | |
|---|------|--|-------|--|--|-------|--------------|-------|
| | | Bearbeitet am 05.03.09 BZ | | | 39 | 37 | 35 | |
| Ort / Lieu | | | | | | | | |
| | 840 | 46.7 | 154.8 | Stein | 12:59 | 13:57 | 13:59 | 14:03 |
| | 891 | 50.0 | 151.5 | Starkenbach | 13:05 | 14:02 | 14:05 | 14:09 |
| | 892 | 52.0 | 149.5 | Alt St. Johann | 13:09 | 14:05 | 14:09 | 14:13 |
| | 902 | 54.5 | 147.0 | Unterwasser | 13:13 | 14:10 | 14:13 | 14:18 |
| | 965 | 56.1 | 145.4 | Wildhaus | 13:17 | 14:13 | 14:17 | 14:22 |
| | 1090 | 58.6 | 142.9 | bei Hotel Hirschen GPM/Bergpreis Le Gruyère AOC | 13:23 | 14:19 | 14:23 | 14:28 |
| | 1089 | 58.7 | 142.8 | Abzweigung rechts, [16] Ri Buchs | 13:23 | 14:19 | 14:23 | 14:28 |
| | 852 | 62.5 | 139.0 | <i>Abfahrt 15% Gefälle</i> | 13:26 | 14:22 | 14:26 | 14:32 |
| | 815 | 63.0 | 138.5 | <i>gefährliche Linkskurve</i> | 13:27 | 14:23 | 14:27 | 14:32 |
| | 520 | 67.2 | 134.3 | Gams | 13:31 | 14:26 | 14:31 | 14:36 |
| | 498 | 67.6 | 133.9 | Abzweigung links Ri Sennwald | 13:31 | 14:27 | 14:31 | 14:37 |
| | 490 | 69.4 | 132.1 | Sax | 13:34 | 14:29 | 14:34 | 14:39 |
| | 465 | 74.9 | 126.6 | Sennwald | 13:42 | 14:37 | 14:42 | 14:48 |
| | 455 | 75.6 | 125.9 | Abzweigung links Ri St. Gallen <i>Insel:1x</i> | 13:43 | 14:38 | 14:43 | 14:49 |
| | 468 | 78.1 | 123.4 | Lienz | 13:47 | 14:42 | 14:47 | 14:53 |
| | 473 | 78.9 | 122.6 | Abzweigung rechts, Zollstr. Ri Feldkirch | 13:48 | 14:43 | 14:48 | 14:55 |
| | 432 | 80.1 | 121.4 | Zoll Schweiz | 13:50 | 14:45 | 14:50 | 14:57 |
| | 432 | 80.4 | 121.1 | Zoll Österreich | 13:51 | 14:45 | 14:51 | 14:57 |
| | 437 | 81.0 | 120.5 | Feldkirch Bangs | 13:52 | 14:46 | 14:52 | 14:58 |
| | 436 | 82.6 | 118.9 | Feldkirch <i>Inseln:2x</i> | 13:54 | 14:48 | 14:54 | 15:01 |
| | 448 | 84.6 | 116.9 | Kreisverkehr gerade, 2.Ausfahrt <i>Inseln:2x</i> | 13:57 | 14:51 | 14:57 | 15:04 |
| | 455 | 86.3 | 115.2 | Abzweigung links, Ri Bregenz | 14:00 | 14:54 | 15:00 | 15:07 |
| | 457 | 86.5 | 115.0 | <i>Tunnel 400m</i> | 14:00 | 14:54 | 15:00 | 15:07 |
| | 460 | 87.0 | 114.5 | Abzweigung links, B191, Ri Bregenz <i>Insel:1x</i> | 14:01 | 14:55 | 15:01 | 15:08 |
| | 460 | 87.1 | 114.4 | Abzweigung rechts, B190, Ri Bludenz <i>Insel:1x</i> | 14:01 | 14:55 | 15:01 | 15:08 |
| | 460 | 87.2 | 114.3 | <i>Tunnel 200m</i> | 14:01 | 14:55 | 15:01 | 15:08 |
| | 462 | 87.4 | 114.1 | <i>Verkehrsteiler 1000m</i> | 14:02 | 14:55 | 15:02 | 15:09 |
| | 467 | 89.4 | 112.1 | Frastanz | 14:05 | 14:58 | 15:05 | 15:12 |
| | 480 | 91.2 | 110.3 | Kreisverkehr gerade, B190 | 14:08 | 15:01 | 15:08 | 15:15 |
| | 488 | 92.2 | 109.3 | Nenzing Heimat | 14:09 | 15:03 | 15:09 | 15:17 |
| | 498 | 96.1 | 105.4 | Kreisverkehr gerade, B190 | 14:16 | 15:09 | 15:16 | 15:23 |
| | 510 | 97.0 | 104.5 | Nenzing <i>Verkehrsteiler 300m</i> | 14:17 | 15:10 | 15:17 | 15:25 |
| | 515 | 99.0 | 102.5 | Verpflegung/Ravitaillement | 14:21 | 15:14 | 15:21 | 15:29 |
| | 542 | 104.8 | 96.7 | <i>Verkehrsteiler 300m</i> | 14:30 | 15:23 | 15:30 | 15:39 |
| | 546 | 105.1 | 96.4 | Kreisverkehr rechts, B190 <i>Inseln:2x</i> | 14:31 | 15:23 | 15:31 | 15:39 |
| | 565 | 106.4 | 95.1 | Bludenz | 14:33 | 15:25 | 15:33 | 15:42 |
| | 576 | 107.3 | 94.2 | Abzweigung rechts, Bahnhofstr. Ri Innsbruck | 14:34 | 15:27 | 15:34 | 15:43 |
| | 560 | 107.6 | 93.9 | Abzweigung links, Hermann-Sander Str. | 14:35 | 15:27 | 15:35 | 15:44 |
| | 560 | 108.0 | 93.5 | Abzweigung links, Ignaz-Wolf Str. | 14:36 | 15:28 | 15:36 | 15:44 |
| | 565 | 108.2 | 93.3 | Abzweigung rechts, Werdenbergerstr. | 14:36 | 15:28 | 15:36 | 15:45 |
| | 572 | 108.6 | 92.9 | Kreisverkehr gerade, B190 Ri Klostertal | 14:37 | 15:29 | 15:37 | 15:45 |
| | 580 | 109.5 | 92.0 | Abzweigung links, Klostertalstr. Ri Braz | 14:38 | 15:30 | 15:38 | 15:47 |
| | 605 | 111.3 | 90.2 | Bings | 14:41 | 15:33 | 15:41 | 15:50 |
| | 690 | 113.5 | 88.0 | <i>Bahnübergang</i> | 14:45 | 15:36 | 15:45 | 15:54 |
| | 703 | 114.7 | 86.8 | Braz | 14:47 | 15:38 | 15:47 | 15:56 |
| | 705 | 117.6 | 83.9 | Abzweigung rechts, Ri Dalaas | 14:52 | 15:43 | 15:52 | 16:01 |
| | 705 | 117.7 | 83.8 | Abzweigung rechts, Ri Dalaas, über Brücke | 14:52 | 15:43 | 15:52 | 16:01 |
| | 703 | 117.8 | 83.7 | Abzweigung links, Ri Dalaas | 14:52 | 15:43 | 15:52 | 16:01 |
| | 708 | 118.0 | 83.5 | <i>Tunnel 360m</i> | 14:52 | 15:44 | 15:52 | 16:02 |
| | 782 | 121.1 | 80.4 | Kreuzung leicht rechts, Klostertalstr. | 14:58 | 15:49 | 15:58 | 16:08 |
| | 826 | 122.0 | 79.5 | Dalaas | 15:00 | 15:51 | 16:00 | 16:10 |
| | 947 | 125.4 | 76.1 | Wald a. A. | 15:06 | 15:57 | 16:06 | 16:16 |
| | 976 | 126.4 | 75.1 | <i>Tunnel 100m</i> | 15:08 | 15:59 | 16:08 | 16:18 |
| | 1005 | 127.0 | 74.5 | <i>Insel:1x</i> | 15:09 | 16:00 | 16:09 | 16:20 |
| | 1041 | 127.9 | 73.6 | Klösterle Danöfen | 15:11 | 16:01 | 16:11 | 16:21 |
| | 1058 | 129.1 | 72.4 | Klösterle (kein Ortsschild) | 15:13 | 16:03 | 16:13 | 16:24 |
| | 1190 | 131.2 | 70.3 | <i>Galerie 560m mit Verkehrsteiler</i> | 15:18 | 16:08 | 16:18 | 16:29 |
| | 1210 | 132.1 | 69.4 | Abzweigung rechts Ri Arlbergpass | 15:20 | 16:10 | 16:20 | 16:31 |
| | 1206 | 132.5 | 69.0 | <i>Tunnel 150m</i> | 15:21 | 16:11 | 16:21 | 16:32 |
| | 1210 | 132.6 | 68.9 | Langen a. A. | 15:21 | 16:11 | 16:21 | 16:32 |
| | 1264 | 133.1 | 68.4 | <i>Tunnel 800m</i> | 15:22 | 16:12 | 16:22 | 16:33 |

| Steigung/montée ▲3115m Gefälle/descente ▼2094m | | Gesamtzeit/Temps prévu 5 h 27 min Stundenmittel/Moyenne horaire 37 km/h | | Werbe- kolonne/ Carava- ne | Stundenmittel Moyenne ☺ horaire km/h | | | |
|---|---|--|------|---|--|-------|--------------|-------|
|  |  | Bearbeitet am 05.03.09 BZ | | | 39 | 37 | 35 | |
| Ort / Lieu | | | | | | | | |
| | 1408 | 135.4 | 66.1 | Stuben a. A. | 15:28 | 16:17 | 16:28 | 16:39 |
| | 1790 | 140.9 | 60.6 | St. Christoph a. A. | 15:40 | 16:29 | 16:40 | 16:52 |
|  | 1793 | 141.0 | 60.5 | Arlbergpass GPM/Bergpreis Le Gruyère AOC | 15:40 | 16:29 | 16:40 | 16:52 |
|  | 1765 | 141.6 | 59.9 | <i>Tunnel 600m</i> | 15:41 | 16:30 | 16:41 | 16:53 |
|  | 1655 | 142.7 | 58.8 | <i>Abfahrt 13% Gefälle</i> | 15:42 | 16:31 | 16:42 | 16:54 |
| | 1495 | 144.5 | 57.0 | <i>Galerie 400m</i> | 15:44 | 16:32 | 16:44 | 16:56 |
| | 1440 | 145.5 | 56.0 | St. Anton a. A. <i>Inseln:2x</i> | 15:45 | 16:33 | 16:45 | 16:57 |
| | 1280 | 147.6 | 53.9 | Kreisverkehr gerade, Arlbergstr. Ri Landeck | 15:46 | 16:35 | 16:46 | 16:59 |
| | 1275 | 148.9 | 52.6 | <i>Verkehrsteiler :2x</i> | 15:48 | 16:36 | 16:48 | 17:00 |
| | 1256 | 150.0 | 51.5 | <i>Inseln:4x</i> | 15:49 | 16:38 | 16:49 | 17:02 |
| | 1222 | 154.1 | 47.4 | Pettneu a. A. | 15:54 | 16:42 | 16:54 | 17:07 |
| | 1167 | 157.1 | 44.4 | (Schnann nicht durch Dorf) | 15:58 | 16:46 | 16:58 | 17:11 |
| | 1135 | 159.8 | 41.7 | Flirsch | 16:01 | 16:49 | 17:01 | 17:14 |
| | 1018 | 164.2 | 37.3 | Strengen | 16:06 | 16:54 | 17:06 | 17:20 |
| | 910 | 169.0 | 32.5 | Kreisverkehr, 1.Ausfahrt, B316 Ri Pians <i>Insel:1x</i> | 16:12 | 16:59 | 17:12 | 17:26 |
| | 886 | 169.4 | 32.1 | Pians | 16:13 | 17:00 | 17:13 | 17:26 |
| | 885 | 169.5 | 32.0 | Abzweigung links B171 Ri Landeck <i>Insel:1x</i> | 16:13 | 17:00 | 17:13 | 17:26 |
| | 823 | 171.2 | 30.3 | Gurnau-Graf | 16:15 | 17:02 | 17:15 | 17:28 |
| | 807 | 172.4 | 29.1 | Landeck <i>Inseln:3x</i> | 16:16 | 17:03 | 17:16 | 17:30 |
| | 788 | 173.9 | 27.6 | <i>Inseln:2x</i> | 16:18 | 17:05 | 17:18 | 17:32 |
| | 786 | 174.2 | 27.3 | Kreisverkehr gerade | 16:18 | 17:05 | 17:18 | 17:32 |
| | 797 | 174.7 | 26.8 | Kreisverkehr gerade, Innstr. Ri St. Moritz <i>Inseln:2x</i> | 16:19 | 17:06 | 17:19 | 17:33 |
| | 795 | 174.9 | 26.6 | links über Brücke (Inn) | 16:19 | 17:06 | 17:19 | 17:33 |
| | 795 | 175.0 | 26.5 | Abzweigung rechts, Malsenstr. Ri Reschenpass | 16:20 | 17:06 | 17:20 | 17:34 |
| | 830 | 178.8 | 22.7 | Urgen | 16:26 | 17:12 | 17:26 | 17:40 |
|  | 837 | 179.0 | 22.5 | bei Auto Mayr PROBON Sprint | 16:26 | 17:13 | 17:26 | 17:41 |
|  | 840 | 179.5 | 22.0 | Nesselgarten <i>Inseln:3x</i> | 16:27 | 17:14 | 17:27 | 17:41 |
|  | 873 | 181.8 | 19.7 | Abzweigung rechts Ri Reschenpass <i>eng</i> | 16:31 | 17:17 | 17:31 | 17:45 |
| | 870 | 182.1 | 19.4 | Einfahrt auf B180, Reschen-Bundesstr. | 16:31 | 17:18 | 17:31 | 17:46 |
|  | 873 | 184.1 | 17.4 | <i>Tunnel 50m</i> | 16:35 | 17:21 | 17:35 | 17:50 |
| | 877 | 187.1 | 14.4 | Prutz | 16:40 | 17:26 | 17:40 | 17:55 |
| | 871 | 188.3 | 13.2 | Abzweigung links, Ri Ried <i>Insel:1x</i> | 16:42 | 17:27 | 17:42 | 17:57 |
| | 871 | 188.4 | 13.1 | Abzweigung rechts, Ri Ried | 16:42 | 17:28 | 17:42 | 17:57 |
| | 895 | 189.6 | 11.9 | Ried | 16:44 | 17:29 | 17:44 | 17:59 |
|  | 898 | 189.7 | 11.8 | <i>Brücke eng mit Holzbelag</i> | 16:44 | 17:30 | 17:44 | 17:59 |
| | 875 | 190.4 | 11.1 | Abzweigung rechts, Vordergasse | 16:45 | 17:30 | 17:45 | 18:00 |
|  | 875 | 190.8 | 10.7 | nach Brücke PROBON Sprint | 16:46 | 17:31 | 17:46 | 18:01 |
| | 920 | 191.4 | 10.1 | Abzweigung rechts Ri Ladis | 16:47 | 17:32 | 17:47 | 18:02 |
| | 1135 | 193.7 | 7.8 | Ladis | 16:53 | 17:38 | 17:53 | 18:08 |
| | 1192 | 194.3 | 7.2 | Abzweigung links, Dorfstr. Ri Fiss | 16:54 | 17:39 | 17:54 | 18:10 |
|  | 1195 | 194.4 | 7.1 | bei Raiffeisenbank GPM/Bergpreis Le Gruyère AOC | 16:55 | 17:40 | 17:55 | 18:10 |
| | 1330 | 197.3 | 4.2 | Fisser-Höfe | 17:02 | 17:47 | 18:02 | 18:18 |
|  | 1378 | 198.0 | 3.5 | GPM/Bergpreis Le Gruyère AOC | 17:04 | 17:49 | 18:04 | 18:20 |
| | 1380 | 198.2 | 3.3 | Abzweigung rechts Ri Serfaus <i>Insel:1x</i> | 17:04 | 17:49 | 18:04 | 18:21 |
| | 1405 | 198.7 | 2.8 | Fiss <i>Insel:1x</i> | 17:06 | 17:50 | 18:06 | 18:23 |
| | 1420 | 201.1 | 0.4 | Serfaus | 17:10 | 17:54 | 18:10 | 18:28 |
| | 1429 | 201.5 | 0.0 | Serfaus - Ziel - Gewerbepark | 17:10 | 17:55 | 18:10 | 18:29 |