

Etappe	Von	Pass/via	Nach	km	↑ m	↓ m	L-km	Sum	Zeit	18.0	Dist	Str	Google	von	↑ %	Pass	m.ü.M	↓ %	nach	
001	A	Ermenswil	via Schmerikon - Tuggen	Altendorf	23.3	276	-337	27.7	27.7	01:32	15	23.3	>>>							
001	P	Altendorf	Etzelpass	Willierzell	14.6	765	-295	23.7	51.5	01:19	11	37.9	N	>>>	Pfäffikon	3.7%	Etzelpass	949	-3.6%	Einsiedeln
002	P	Willierzell	Sattelegg	Siebnen	17.8	565	-1011	28.5	80.0	01:35	11	55.7	N	>>>	Willierzell	6.1%	Sattelegg	1190	-6.4%	Siebnen
003	A	Siebnen	Mollis	Mollis	22.1	59	-61	23.0	103.0	01:16	17	77.8	>>>							
003	P	Mollis	Kerenzerberg	Mühlehorn	12.2	504	-511	19.8	122.8	01:05	11	90.0	H	>>>	Mollis	4.4%	Kerenzerberg	742	-5.3%	Teufenwinkel
004	A	Mühlehorn	Amden	Amden	13.1	912	-441	24.4	147.2	01:21	10	103.1	>>>							
004	P	Amden	Vorder Höhi	Starkenbach	13.4	678	-696	23.7	170.9	01:18	10	116.5	N	>>>	Weesen	10.8%	Vorder Höhi	1533	-9.1%	Starkenbach
005	A	Starkenbach	Wattwil	Wattwil	19.5	254	-521	24.6	195.5	01:22	14	136.0	>>>							
005	P	Wattwil	Rickenpass	Ricken	15.4	452	-291	21.4	216.9	01:11	13	151.4	H	>>>	Eschenbach	5.6%	Rickenpass	795	-3.5%	Wattwil
006	P	Ricken	Oberriken	Rüeterswil	5.9	140	-180	8.2	225.1	00:27	13	157.3	N	>>>	St. Gallenkappel	5.5%	Oberriken	906	-5.6%	Ricken
007	A	Rüeterswil	Wald	Wald	7.9	145	-276	10.7	235.8	00:35	13	165.2	>>>							
007	P	Wald	Ompass	Wernetshausen	7.7	371	-269	12.8	248.6	00:42	11	172.9	N	>>>	Wernetshausen	10.1%	Ompass	925	-8.1%	Wald
008	P	Wernetshausen	Schufelberger Egg	Gibswil	5.6	272	-227	9.5	258.0	00:31	11	178.5	N	>>>	Wernetshausen	9.5%	Schufelberger Egg	990	-8.6%	Gibswil
009	P	Gibswil	Ghöch	Bäretswil	10.1	318	-376	15.2	273.2	00:50	12	188.6	N	>>>	Bäretswil	4.7%	Ghöch	961	-5.9%	Gibswil
010	A	Bäretswil	via Bauma	Steg	9.1	149	-152	11.4	284.5	00:37	14	197.7	>>>							
010	P	Steg	Hulftegg	Mühlrüti	7.5	360	-300	12.6	297.1	00:42	11	205.2	K	>>>	Steg	5.6%	Hulftegg	953	-6.5%	Mühlrüti
011	A	Mühlrüti	Lichtensteig	Lichtensteig	13.4	248	-369	17.7	314.8	00:59	14	218.6	>>>							
011	P	Lichtensteig	Wasserfluh	St. Peterzell	8.9	299	-240	13.1	327.9	00:43	12	227.5	H	>>>	Lichtensteig	7.8%	Wasserfluh	843	-7.0%	Brunnadern
012	P	St. Peterzell	Schönau	Urnäsch	11.4	420	-284	17.0	345.0	00:56	12	238.9	N	>>>	Bächli SG	4.6%	Schönau	1066	-6.1%	Urnäsch
013	A	Urnäsch	via Waldstatt	Bühler	21.7	470	-474	28.8	373.7	01:35	14	260.6	>>>							
013	P	Bühler	Wissegg	Trogen	5.6	270	-195	9.3	383.0	00:30	11	266.2	N	>>>	Trogen	8.4%	Wissegg	1054	-6.0%	Bühler
014	P	Trogen	Ruppenpass	Haggen	7.1	361	-211	11.8	394.8	00:39	11	273.3	K	>>>	Trogen	1.9%	Ruppenpass	1004	-6.5%	Altstätten
015	P	Haggen	St. Anton	Oberegg AI	4.0	83	-256	6.1	400.9	00:20	12	277.3	N	>>>	Altstätten	3.7%	St. Anton	1107	-7.7%	Oberegg
016	A	Oberegg AI	Altstätten SG	Altstätten SG	9.2	134	-548	13.3	414.2	00:44	12	286.5	>>>							
016	P	Altstätten SG	Stoss	Gais	9.0	551	-88	15.0	429.1	00:49	11	295.5	H	>>>	Gais	0.6%	Stoss	971	-7.0%	Altstätten
017	A	Gais	via Appenzell	Urnäsch	16.0	243	-330	20.1	449.2	01:06	14	311.5	>>>							
017	P	Urnäsch	Schwägälp	Neu St. Johann	21.1	613	-686	30.7	479.8	01:42	12	332.6	H	>>>	Neu St. Johann	4.9%	Schwägälp	1278	-4.4%	Urnäsch
018	P	Neu St. Johann	Wildhaus	Gams	26.5	579	-867	36.6	516.5	02:02	13	359.1	H	>>>	Wattwil	2.1%	Wildhaus	1090	-6.7%	Buchs
019	A	Gams	via Bielerhöhe (A) - Landeck (A) - Norbertshöhe (A)	Zernez	232.0	7073	-6071	333.1	849.6	18:30	13	591.1	>>>							
019	P	Zernez	Ofenpass	Sta. Maria	35.2	1167	-1266	53.2	902.8	02:57	12	626.3	H	>>>	Zernez	3.1%	Ofenpass	2149	-5.6%	Sta. Maria
020	P	Sta. Maria	Umbrailpass	Sta. Maria	26.1	1430	-1430	47.6	950.3	02:38	10	652.4	H	>>>	Sta. Maria	8.4%	Umbrailpass	2501	-5.2%	Stilfser Joch (I)
021	A	Sta. Maria	via Ofenpass	Susch	41.3	1355	-1305	61.4	1011.7	03:24	12	693.7	>>>							
021	P	Susch	Flüelapass	Davos	25.9	1108	-970	41.8	1053.5	02:19	11	719.6	H	>>>	Davos	12.0%	Flüelapass	2382	-1.3%	Susch
022	P	Davos	Wolfgang	Davos	5.9	188	-188	8.7	1062.2	00:29	12	725.5	H	>>>	Klosters	6.8%	Wolfgang	1632	-2.1%	Davos
023	A	Davos	Alvaneu Bad	Alvaneu Bad	28.1	682	-1293	41.4	1103.6	02:17	12	753.6	>>>							
023	P	Alvaneu Bad	Albulapass	La Punt	35.0	1699	-964	56.8	1160.4	03:09	11	788.6	K	>>>	Bergün	5.6%	Albulapass	2312	-6.9%	La Punt
024	A	La Punt	via Samedan	Pontresina	15.0	176	-57	17.0	1177.5	00:56	16	803.6	>>>							
024	P	Pontresina	Berninapass	La Motta	18.4	593	-345	26.1	1203.5	01:26	13	822.0	H	>>>	Samedan	3.0%	Berninapass	2328	-7.5%	Poschiavo
025	P	La Motta	Forcola di Livigno	La Motta	7.8	398	-398	13.8	1217.3	00:45	10	829.8	H	>>>	La Motta	6.7%	Forcola di Livigno	2314	-3.7%	Livigno (I)
026	A	La Motta	via Berninapass - Pontresina	Silvaplana	31.6	584	-822	41.6	1258.8	02:18	14	861.4	>>>							
026	P	Silvaplana	Malojapass	Silvaplana	66.2	1889	-1889	94.5	1353.4	05:15	13	927.6	H	>>>	Silvaplana	0.1%	Malojapass	1815	-4.6%	Chiavenna (I)
027	P	Silvaplana	Julierpass	Tiefencastel	47.1	1161	-2108	69.3	1422.6	03:50	12	974.7	H	>>>	Tiefencastel	4.1%	Julierpass	2284	-6.6%	Silvaplana
028	P	Tiefencastel	Lenzerheide	Chur	29.6	1058	-1334	46.9	1469.5	02:36	11	1004.3	H	>>>	Chur	5.0%	Lenzerheide	1550	-5.1%	Tiefencastel
029	A	Chur	Maienfeld	Maienfeld	21.3	81	-165	22.9	1492.4	01:16	17	1025.6	>>>							
029	P	Maienfeld	St. Luzisteig	Balzers	8.3	207	-239	11.6	1504.0	00:38	13	1033.9	H	>>>	Maienfeld	6.7%	St. Luzisteig	716	-4.2%	Balzers
030	A	Balzers	Vättis	Vättis	11.5	46	-7	12.0	1516.0	00:39	17	1045.4	>>>							
030	P	Vättis	Kunkelspass	Tamins	28.7	958	-835	42.5	1558.4	02:21	12	1074.1	N	>>>	Tamins	10.9%	Kunkelspass	1358	-5.2%	Vättis
031	A	Tamins	Masein	Masein	17.2	336	-103	21.1	1579.5	01:10	15	1091.3	>>>							
031	P	Masein	Glaspass	Thusis	27.0	1064	-1194	43.6	1623.1	02:25	11	1118.3	N	>>>	Thusis	7.9%	Glaspass	1843	-1.7%	Inner Glas
032	A	Thusis	Splügen	Splügen	25.9	780	-55	34.0	1657.1	01:53	14	1144.2	>>>							
032	P	Splügen	Splügenpass	Splügen	11.0	449	-95	16.0	1673.1	00:53	12	1155.2	H	>>>	Splügen	7.1%	Splügenpass	2114	-5.9%	Chiavenna (I)
033	P	Splügen	San-Bernardino-Pass	Arbedo	71.0	741	-1924	88.0	1761.1	04:53	15	1226.2	H	>>>	Hinterrhein	5.0%	San-Bernardino-Pass	2067	-6.1%	San Bernardino
034	A	Arbedo	Cadenazzo	Cadenazzo	13.0	18	-87	13.6	1774.7	00:45	17	1239.2	>>>							
034	P	Cadenazzo	Monte Ceneri	Cadenazzo	14.6	577	-577	23.3	1798.0	01:17	11	1253.8	H	>>>	Cadenazzo	5.3%	Monte Ceneri	556	-1.9%	Cadempino
035	A	Cadenazzo	Vira	Vira	8.4	94	-95	9.8	1807.8	00:32	15	1262.2	N	>>>						
035	P	Vira	Alpe di Neggia	Vira	36.4	2785	-2785	78.2	1885.9	04:20	8	1298.6	N	>>>	Indemini	9.6%	Alpe di Neggia	1394	-5.5%	Maccagno (I)
036	A	Vira	via Alpe di Neggia - Bellinzona	Biasca	43.4	280	-183	47.1	1933.1	02:37	17	1342.0	>>>							
036	P	Biasca	Lukmanierpass	Disentis	65.2	3061	-2222	106.9	2040.0	05:56	11	1407.2	H	>>>	Disentis	3.7%	Lukmanierpass	1916	-4.0%	Biasca
037	P	Disentis	Oberalppass	Andermatt	35.2	1568	-1273	57.2	2097.2	03:10	11	1442.4	H	>>>	Disentis	4.4%	Oberalppass	2044	-5.6%	Andermatt
038	A	Andermatt	Wassen	Wassen	10.9	234	-757	17.0	2114.3	00:56	12	1453.3	>>>							
038	P	Wassen	Sustenpass	Innertkirchen	44.1	2197	-2488	78.5	2192.8	04:21	10	1497.4	H	>>>	Innertkirchen	5.7%	Sustenpass	2224	-7.3%	Wassen
039	P	Innertkirchen	Grimselfpass	Gletsch	36.4	2386	-1252	66.5	2259.3	03:41	10	1533.8	H	>>>	Innertkirchen	5.9%	Grimselfpass	2164	-6.8%	Gletsch
040	P	Gletsch	Furkapass	Hospental	22.5	668	-888	33.6	2292.9	01:52	12	1556.3	H	>>>	Realp	7.4%	Furkapass	2429	-6.6%	Oberwald
041	P	Hospental	Gotthardpass	Airolo	22.4	614	-941	33.2	2326.1	01:50	12	1578.7	H	>>>	Airolo	6.4%	Gotthardpass	2107	-5.5%	Göschenen
042	P	Airolo	Nufenenpass	Ulrichen	37.9	1331														

067	P	Morteau (F)	Col des Roches	Le Locle	18.0	895	-733	30.6	4194.4	01:42	11	2792.0	H	>>>	Le Locle	0.1%	Col des Roches	919	-1.0%	Morteau (F)
068	P	Le Locle	Col de la Tourne	Montmolin	24.6	594	-747	34.3	4228.6	01:54	13	2816.6	H	>>>	Corcelles-Cormondrèche	6.2%	Col de la Tourne	1170	-1.7%	Les Ponts-de-Martel
069	P	Montmolin	Col de la Vue des Alpes	Le Pâquier	25.3	808	-686	36.8	4265.4	02:02	12	2841.9	H	>>>	Neuenburg	5.7%	Col de la Vue des Alpes	1283	-3.6%	La Chaux-de-Fonds
070	P	Le Pâquier	Col du Chasseral	Le Plan-Marmet	18.3	941	-718	31.3	4296.7	01:44	11	2860.2	K	>>>	Nods	5.3%	Col du Chasseral	1502	-6.8%	Saint-Imier
071	P	Le Plan-Marmet	Col des Pontins	St. Imier	6.3	92	-410	9.3	4306.0	00:30	12	2866.5	K	>>>	Neuenburg	3.0%	Col des Pontins	1119	-8.3%	Saint-Imier
072	P	St. Imier	Col du Mont Crosin	Bergtramlingen	8.5	453	-187	14.0	4320.0	00:46	11	2875.0	H	>>>	Bergtramlingen	3.5%	Col du Mont Crosin	1227	-8.2%	Saint-Imier
073	A	Bergtramlingen		Glère (F)	34.7	804	-1452	50.0	4370.0	02:46	12	2909.7	H	>>>						
073	P	Glère (F)	Col de Montvoie	Porrentruy	19.4	592	-565	28.1	4398.1	01:33	12	2929.1	N	>>>	Porrentruy	5.0%	Col de Montvoie	858	-4.1%	Glère (F)
074	A	Porrentruy		Courgenay	5.5	127	-78	7.2	4405.3	00:23	14	2934.6	H	>>>						
074	P	Courgenay	Col de la Croix (JU)	Saint-Ursanne	8.7	352	-401	14.2	4419.5	00:47	11	2943.3	N	>>>	Saint-Ursanne	7.5%	Col de la Croix (JU)	789	-9.7%	Courgenay
075	P	Saint-Ursanne	Col des Rangiers	Develier	15.8	605	-560	24.7	4444.2	01:22	12	2959.1	H	>>>	Saint-Ursanne	5.9%	Col des Rangiers	856	-4.4%	Develier
076	A	Develier		Tavannes	27.2	980	-710	40.6	4484.7	02:15	12	2986.3	H	>>>						
076	P	Tavannes	Col de Pierre Pertuis	Sonceboz-Sombeval	5.1	123	-227	7.5	4492.2	00:24	12	2991.4	H	>>>	Sonceboz	5.6%	Col de Pierre Pertuis	827	-4.4%	Tavannes
077	A	Sonceboz-Sombeval	via Grenchen	Gänsbrunnen	40.4	1468	-1383	62.0	4554.2	03:26	12	3031.8	H	>>>						
077	P	Gänsbrunnen	Weissensteintpass	Langendorf	12.8	604	-851	23.1	4577.3	01:16	10	3044.6	N	>>>	Solothurn	9.5%	Weissensteintpass	1279	-9.5%	Gänsbrunnen
078	A	Langendorf		Balm	5.2	187	-24	7.2	4584.4	00:23	13	3049.8	H	>>>						
078	P	Balm	Balmberg	Welschenrohr	6.2	486	-465	13.4	4597.8	00:44	8	3056.0	N	>>>	Welschenrohr	9.8%	Balmberg	1079	-14.6%	Günsberg
079	A	Welschenrohr		Langenbruck	22.4	452	-416	29.0	4626.8	01:36	14	3078.4	H	>>>						
079	P	Langenbruck	Breitehöchi	Mümliswil	4.4	244	-151	7.6	4634.0	00:25	10	3082.8	N	>>>	Langenbruck	7.0%	Breitehöchi	847	-6.3%	Mümliswil
080	A	Mümliswil	via Waldenburg	Reigoldswil	16.9	590	-881	27.2	4661.6	01:30	11	3099.7	H	>>>						
080	P	Reigoldswil	Eichhöhepass	Bretzwil	3.5	198	-76	5.9	4667.5	00:19	11	3103.2	H	>>>	Bretzwil	6.4%	Eichhöhepass	686	-7.7%	Reigoldswil
081	A	Bretzwil		Nunningen	18.7	706	-717	29.3	4696.8	01:37	11	3121.9	H	>>>						
081	P	Nunningen	Passwang	Ramswil	13.8	812	-756	25.7	4722.5	01:25	10	3135.7	H	>>>	Erschwil	4.6%	Passwang	943	-5.3%	Mümliswil
082	P	Ramswil	Scheltenpass	Mervelier	15.0	608	-732	24.7	4747.3	01:22	11	3150.7	N	>>>	Balsthal	2.8%	Scheltenpass	1051	-3.6%	Mervelier
083	A	Mervelier		Röschenz	17.6	622	-729	27.5	4774.7	01:31	12	3168.3	H	>>>						
083	P	Röschenz	Challpass	Metzerlen	7.2	338	-261	11.9	4786.6	00:39	11	3175.5	H	>>>	Röschenz	7.9%	Challpass	747	-6.5%	Bättwil-Flüh
084	A	Metzerlen		Liestal	32.3	978	-1174	48.0	4834.6	02:39	12	3207.8	H	>>>						
084	P	Liestal	Oberer Hauenstein	Bärenwil	21.0	870	-422	31.8	4866.4	01:46	12	3228.8	H	>>>	Liestal	4.2%	Oberer Hauenstein	730	-3.0%	Balsthal
085	P	Bärenwil	Santelhöchi	Egerkingen	5.5	94	-432	8.6	4875.0	00:28	12	3234.3	N	>>>	Egerkingen	9.0%	Santelhöchi	797	-2.6%	Langenbruck
086	P	Egerkingen	Belchenflue	Chilchzimmersattel	18.0	937	-387	29.3	4904.3	01:37	11	3252.3	N	>>>	Chilchzimmersattel	0.0%	Belchenflue	1099	-0.0%	Allerheiligenberg
087	P	Chilchzimmersattel	Chilchzimmersattel	Eptingen	5.2	72	-483	8.3	4912.6	00:27	11	3257.5	N	>>>	Langenbruck	7.0%	Chilchzimmersattel	991	-7.2%	Eptingen
088	P	Eptingen	Chalhöchi	Ifenthal	4.3	310	-183	8.3	4920.9	00:27	9	3261.8	N	>>>	Eptingen	8.5%	Chalhöchi	848	-11.2%	Ifenthal
089	P	Ifenthal	Unterer Hauenstein	Läufelfingen	4.2	70	-215	6.0	4926.9	00:19	13	3266.0	H	>>>	Olten	3.8%	Unterer Hauenstein	690	-2.6%	Sissach
090	A	Läufelfingen	via Bad Ramsach - Zeglingen - Wisen - Trimbach - Mahren - Lostorf - Stüsslingen	Rohr SO	30.1	1021	-562	43.1	4970.0	02:23	13	3296.1	H	>>>						
090	P	Rohr SO	Schafmatt	Ottingen	6.4	302	-307	11.0	4981.0	00:36	11	3302.5	N	>>>	Rohr	11.2%	Schafmatt	812	-6.6%	Ottingen
091	A	Ottingen		Kienberg	5.0	124	-149	7.0	4988.0	00:23	13	3307.5	H	>>>						
091	P	Kienberg	Salhöhe	Erlinsbach	10.8	358	-508	16.9	5004.9	00:56	11	3318.3	H	>>>	Kienberg	7.4%	Salhöhe	787	-5.5%	Erlinsbach
092	A	Erlinsbach	via Gretzenbach-Kölliken	Schöffland	30.4	498	-444	37.6	5042.5	02:05	15	3348.7	H	>>>						
092	P	Schöffland	Böhler	Unterkulm	6.6	294	-287	11.0	5053.5	00:36	11	3355.3	N	>>>	Schöffland	4.9%	Böhler	611	-4.9%	Unterkulm
093	A	Unterkulm		Küttigen	19.4	274	-316	23.7	5077.2	01:19	15	3374.7	H	>>>						
093	P	Küttigen	Benkerjoch	Oberhof	6.3	303	-253	10.6	5087.8	00:35	11	3381.0	N	>>>	Küttigen	6.5%	Benkerjoch	674	-8.3%	Oberhof
094	A	Oberhof		Frick	10.7	135	-263	13.4	5101.2	00:44	14	3391.7	H	>>>						
094	P	Frick	Staftelegg	Thalheim	15.9	465	-364	22.4	5123.5	01:14	13	3407.6	H	>>>	Frick	3.1%	Staftelegg	621	-5.0%	Aarau
095	A	Thalheim	via Villnachern	Umiken	10.6	99	-185	12.5	5136.0	00:41	15	3418.2	H	>>>						
095	P	Umiken	Bözberg	Bözen	14.5	408	-361	20.4	5156.4	01:07	13	3432.7	H	>>>	Brugg	2.5%	Bözberg	569	-3.6%	Frick
096	A	Bözen	via Eflingen	Etzgen	12.9	355	-426	18.6	5175.0	01:01	12	3445.6	H	>>>						
096	P	Etzgen	Bürersteig	Stilli	17.8	370	-363	23.3	5198.3	01:17	14	3463.4	N	>>>	Stilli	3.1%	Bürersteig	550	-3.1%	Etzgen
097	A	Stilli		Beringen	44.9	693	-578	54.7	5253.0	03:02	15	3508.3	H	>>>						
097	P	Beringen	Siblingerhöhe	Schleitheim	13.2	174	-145	15.7	5268.7	00:52	15	3521.5	H	>>>	Beringen	1.5%	Siblingerhöhe	555	-1.7%	Stühlingen
098	A	Schleitheim		Beggingen	4.6	88	-14	5.6	5274.3	00:18	15	3526.1	N	>>>						
098	P	Beggingen	Randenüberfahrt	Hemmental	9.2	388	-363	14.9	5289.1	00:49	11	3535.3	N	>>>	Hemmental	8.1%	Randenüberfahrt	840	-6.2%	Beggingen
099	A	Hemmental	via Rafz	Neuenhof	57.0	851	-1022	70.6	5359.8	03:55	15	3592.3	H	>>>						
099	P	Neuenhof	Rüsler	Oberrohrdorf	4.8	300	-164	8.6	5368.0	00:28	10	3597.1	N	>>>	Oberrohrdorf	7.5%	Rüsler	648	-8.2%	Neuenhof
100	P	Oberrohrdorf	Heitersberg	Spreitenbach	5.8	128	-253	8.3	5376.7	00:27	13	3602.9	N	>>>	Oberrohrdorf	3.6%	Heitersberg	648	-7.3%	Spreitenbach
101	A	Spreitenbach		Dietikon	2.6	15	-43	3.0	5379.7	00:09	16	3605.5	H	>>>						
101	P	Dietikon	Mutschellen	Bremgarten AG	11.4	210	-225	14.6	5394.3	00:48	14	3616.9	H	>>>	Bremgarten	3.4%	Mutschellen	551	-2.7%	Dietikon
102	A	Bremgarten AG		Langnau am Albis	28.5	758	603	33.1	5427.4	01:50	16	3645.4	H	>>>						
102	P	Langnau am Albis	Buchenegg	Affoltern am Albis	11.1	436	-474	17.8	5445.2	00:59	11	3656.5	N	>>>	Langnau am Albis	10.0%	Buchenegg	786	-8.0%	Tägerst
103	A	Affoltern am Albis		Türlen	6.6	218	-47	9.0	5454.2	00:30	13	3663.1	H	>>>						
103	P	Türlen	Albispass	Langnau am Albis	5.5	193	-328	9.1	5463.3	00:30	11	3668.6	H	>>>	Langnau am Albis	7.7%	Albispass	790	-4.0%	Türlen
104	A	Langnau am Albis		Sihlbrugg	10.5	73	-64	11.6	5474.9	00:38	16	3679.1	H	>>>						
104	P	Sihlbrugg	Hirzel	Horgen	8.0	286	-224	12.0	5486.8	00:39	12	3687.1	H	>>>	Wädenswil	3.2%	Hirzel	672	-3.5%	Sihlbrugg
105	P	Horgen	Hirzel Höhi	Sihlbrugg	8.6	259	-242	12.4	5499.2	00:41	12	3695.7	N	>>>	Horgen	4.6%	Hirzel Höhi	734	-8.7%	Sihlbrugg
106	A	Sihlbrugg	via Edlibach	Menzingen	7.2	291	-22	10.2	5509.5	00:34	13	3702.9	N	>>>						
106	P	Menzingen	Gottschalkenberg	Chlausenchappeli	8.2	444	-162	13.5	5522.9	00:44	11	3711.1	N	>>>	Menzingen	6.6%	Gottschalkenberg	1162	-2.9%	Raten
107	P	Chlausenchappeli	Raten	Oberägeri	6.7	48	-401	9.2	5532.1	00:30	13	3717.8	N	>>>	Oberägeri	5.5%	Raten	1077	-4.2%	Biberbrugg
108	A	Oberägeri		Neuägeri	6.6	102	-55	7.9	5540.0	00:26	15	3724.4	H	>>>						
108	P	Neuägeri	Sätteli	Zug	8.5	337	-597	14.9	5554.8	00:49	10	3732.9	N	>>>	Willerzell	6.1%	Sattelegg	1190	-6.4%	Siebnen
109	A	Zug	via Hitzkirch	Schachen	79.3	1724	-1629	104.7	5659.5	05:48	14	3812.2	H	>>>						
109	P	Schachen	Rengg	Entlebuch	12.2	580	-376	19.9	5679.4	01:06	11	3824.4	N	>>>	Schachen	6.5%	Rengg	960	-10.7%	Entlebuch
110	P	Entlebuch	Glaubenberg	Giswil	35.3	1101	-1334	53.0	5732.4	02:56	12	3859.7	N	>>>	Entlebuch	5.0%	Glaubenberg	1543	-7.4%	Sarnen
111	P	Giswil	Glaubenbielen	Schüpheim	37.3	1526	-1298	59.1	5791.4	03:16	11	3897.0	N	>>>	Schüpheim	4.7%	Glaubenbielen	1611	-8.4%	Giswil
112	A	Schüpheim		Wiggen	11.2	154	-84	13.2	5804.6	00:43	15	3908.2	N	>>>						
112	P	Wiggen	Hilferenpass	Marbach	17.3</															