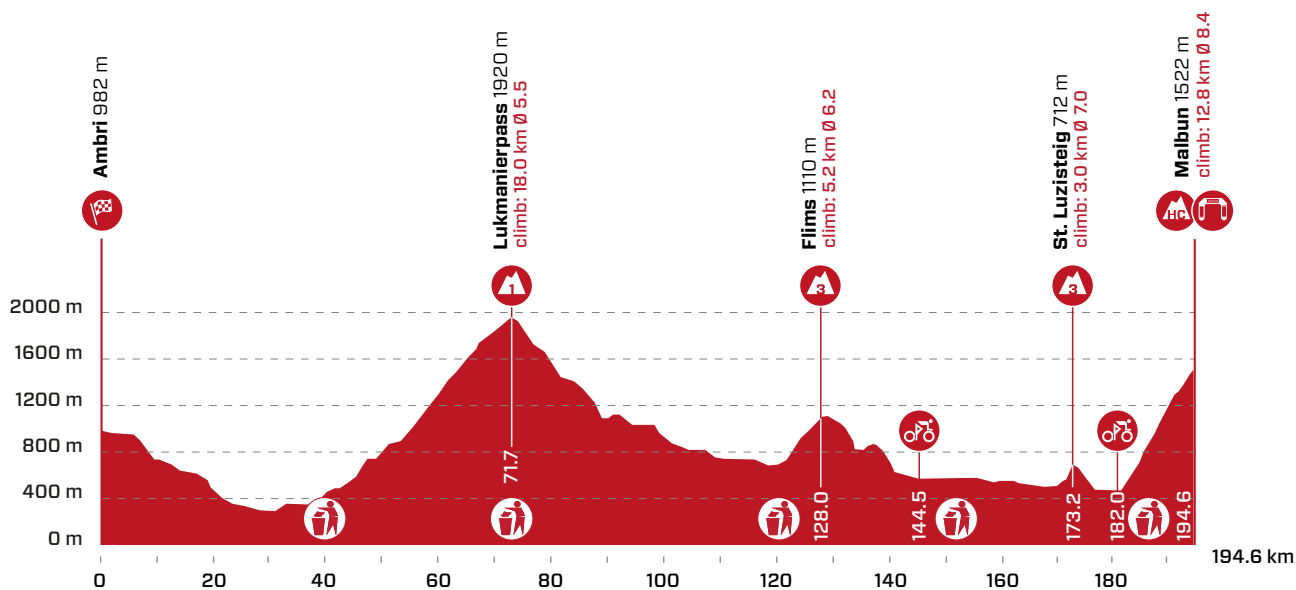


7. Etappe

Tour de Suisse 2022

Ambri - Malbun, 194.6 km

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Steigung/montée ▲ 3190 m Gesamtzeit/Temps prévu 5 h 08 min
 Gefälle/descente ▼ 3246 m Stundenmittel/Moyenne horaire 40 km/h

m ü. M.	km	km	Ort/Lieu	Werbe- kolonne /Caravanne	Stundenmittel/ Moyenne horaire	km/h	
				36	38	40	
			Neutralisation 3.0 km	10:00	11:00	11:00	
▲	998	0.0	194.6 Ambri, Stadio	Bodenwellen 3x	10:12	11:12	11:12
	985	1.8	192.8 Via S. Gottardo	Insel	10:14	11:15	11:14
▲	973	4.4	190.2 Rodi-Fiesso	Bodenwellen 3x	10:18	11:18	11:17
🌅	922	6.2	188.4 Hauptstrasse Via S. Gottardo	Tunnel 300m, Insel 2x	10:20	11:20	11:19
	754	9.1	185.5 Polmengo		10:22	11:23	11:22
	758	9.5	185.1 Faido		10:23	11:23	11:22
▲	737	10.4	184.2 Via Birreria	Insel, Bodenwellen 8x	10:24	11:25	11:23
	670	13.1	181.5 Via. S. Gottardo	2xInsel	10:27	11:27	11:26
	616	16.1	178.5 Lavorgo		10:30	11:31	11:29
	407	21.7	172.9 Giornico		10:35	11:36	11:34
	328	24.8	169.8 Via Bellinzona		10:38	11:40	11:37
	332	25.1	169.5 Bodio	Inseln 4x	10:39	11:40	11:38
▲	310	27.7	166.9 Via S. Gottardo	Bodenwellen 3x, Insel 3x	10:42	11:44	11:41
	305	28.5	166.1 Pasquero		10:43	11:45	11:42
	305	29.0	165.6 Kreisel rechts, Via al Brenno	Insel	10:44	11:46	11:42
	300	29.2	165.4 Kreisel links, Via Lucomagno	Insel 2x	10:44	11:46	11:43
	364	34.8	159.8 Malvalglia	Insel	10:53	11:55	11:51
	371	36.1	158.5 Via Dongo	Insel 4x	10:54	11:57	11:52
▲	444	39.0	155.6 Motto	Bodenwellen 2x, Insel 2	10:59	12:02	11:57
🚶	466	40.6	154.0 Dongio	Insel, Green Zone	11:02	12:04	11:59

7. Etappe

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m ü. M.	km	km	Ort/ Lieu	Werbe- kolonne / Cara- vanne	Stundenmittel/ Moyenne horaire km/h				
					36	38	40		
▲	468	40.7	153.9	Kreisel geradeaus, Via Lucomagno	Bodenwelle, Insel	11:02	12:04	12:02	11:59
	492	41.7	152.9	Corzoneso Piano		11:03	12:06	12:03	12:01
	531	43.2	151.4	Comprovasco		11:06	12:09	12:06	12:03
	533	43.3	151.3	Acquarossa	Insel	11:06	12:09	12:06	12:03
	761	47.1	147.5	Via Cantonale	Insel 2x	11:16	12:20	12:16	12:13
	775	48.8	145.8	Aquila		11:19	12:23	12:19	12:16
	888	52.2	142.4	Olivone		11:25	12:29	12:25	12:22
	901	53.3	141.3	Zona Scona	Beginn der Steigung	11:27	12:31	12:27	12:23
	1196	58.2	136.4	Camperio		11:40	12:45	12:40	12:36
🏠	1412	61.2	133.4	Campra	Tunnel 3x	11:48	12:54	12:48	12:44
🏠	1759	67.2	127.4	Acquacalda	Tunnel 50m	12:04	13:10	13:04	12:58
🚰	1920	71.7	122.9	Lukmanierpass	Bergpreis, Tunnel 4x, Green Zone	12:14	13:20	13:14	13:08
	1622	79.5	115.1	S.Gions		12:22	13:29	13:22	13:16
🏠	1415	83.7	110.9	Parde Médel	Tunnel 200m	12:27	13:34	13:27	13:20
	1398	84.6	110.0	Platta		12:28	13:36	13:28	13:21
🏠	1350	86.2	108.4	Curaglia	Tunnel 3x	12:30	13:37	13:30	13:23
	1133	90.0	104.6	Disentis/Mustér		12:33	13:41	13:33	13:26
	1143	90.2	104.4	Abzweigung rechts, Via Sursilvana		12:34	13:42	13:34	13:27
	1044	98.4	96.2	Sumvitg	Inseln 2x	12:45	13:53	13:45	13:37
	928	100.4	94.2	Rabius		12:47	13:55	13:47	13:39
	849	101.6	93.0	Campliun		12:48	13:57	13:48	13:40
	855	103.0	91.6	Trun	Inseln 2x	12:50	13:59	13:50	13:42
	845	108.6	86.0	Danis		12:58	14:07	13:58	13:50
	744	116.4	78.2	Rueun		13:09	14:19	14:09	14:00
	702	119.0	75.6	Kreisel geradeaus, Via Principala		13:13	14:23	14:13	14:04
	698	120.9	73.7	Ilanz	Feed Zone / Insel	13:16	14:26	14:16	14:06
	758	123.3	71.3	Schluein		13:20	14:30	14:20	14:10
	1026	126.6	68.0	Laax	Insel	13:29	14:40	14:29	14:19
	1034	126.7	67.9	Kreisel geradeaus, Via Stradun		13:29	14:40	14:29	14:19
	1061	127.1	67.5	Kreisel geradeaus, Via Stradun		13:30	14:41	14:30	14:20
🚰	1110	128.0	66.6	Promenada	Bergpreis	13:32	14:43	14:32	14:22
	1112	128.2	66.4	Abzweigung rechts, Promenada		13:32	14:43	14:32	14:22
	1111	128.4	66.2	Flims		13:33	14:44	14:33	14:23
	946	132.6	62.0	Abzweigung rechts, Hauptstrasse		13:37	14:48	14:37	14:27
	830	135.4	59.2	Abzweigung links, Via Principala	Insel	13:40	14:51	14:40	14:29
	816	138.5	56.1	Abzweigung links, Hauptstrasse	Insel	13:44	14:56	14:44	14:33
	871	139.3	55.3	Trin		13:46	14:58	14:46	14:35
	644	141.0	53.6	Tamins		13:48	15:00	14:48	14:37
	612	142.0	52.6	Abzweigung rechts	Insel	13:49	15:01	14:49	14:38
	610	142.1	52.5	Abzweigung links, Hauptstrasse 13		13:49	15:01	14:49	14:38
	598	143.0	51.6	Kreisel geradeaus, Reichenauerstrasse		13:50	15:02	14:50	14:39
	590	143.7	50.9	Domat/Ems	Insel	13:51	15:03	14:51	14:40
🚰	590	144.5	50.1	Via Nova	search.ch Sprint	13:52	15:04	14:52	14:41
	575	146.0	48.6	Kreisel geradeaus, Churerstrasse		13:54	15:06	14:54	14:43
	571	147.1	47.5	Kreisel geradeaus, Churerstrasse	Inseln 4x	13:56	15:08	14:56	14:44
	582	149.5	45.1	Kreuzung geradeaus, Kasernenstrasse	Inseln 2x	13:59	15:11	14:59	14:47
	575	149.7	44.9	Chur		13:59	15:12	14:59	14:48

7. Etappe

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m ü. M.	km	km	Ort/Lieu	Werbe- kolonne /Cara- vanne	Stundenmittel/ Moyenne horaire km/h				
					36	38	40		
	575	149.8	44.8	Kreisel geradeaus, Kasernenstrasse	Inseln 2x	13:59	15:12	14:59	14:48
	578	150.0	44.6	Kreisel links, Ringstrasse		13:59	15:12	14:59	14:48
	575	150.5	44.1	Kreisel geradeaus, Ringstrasse	Insel	14:00	15:13	15:00	14:49
	575	150.7	43.9	Kreisel geradeaus, Ringstrasse	Insel	14:01	15:13	15:01	14:49
	575	151.0	43.6	Kreisel geradeaus, Ringstrasse	Gleis & Insel	14:01	15:14	15:01	14:50
	576	151.4	43.2	Kreisel geradeaus, Ringstrasse	Insel	14:02	15:14	15:02	14:50
	575	151.6	43.0	Kreisel geradeaus, Ringstrasse	Inseln 2x	14:02	15:15	15:02	14:50
	576	152.0	42.6	Kreisel geradeaus, Ringstrasse	Insel	14:02	15:15	15:02	14:51
	575	152.3	42.3	Kreisel geradeaus, Ringstrasse	Inseln 2x	14:03	15:16	15:03	14:51
	584	152.6	42.0	Abzweigung links, Masanserstrasse	Inseln 7x	14:03	15:16	15:03	14:52
	583	153.9	40.7	Kreisel rechts, Deutsche Strasse	Green Zone	14:05	15:18	15:05	14:54
	556	157.0	37.6	Trimmis		14:09	15:22	15:09	14:57
	541	159.8	34.8	Kreisel geradeaus, Kantonsstrasse		14:13	15:26	15:13	15:01
	557	160.5	34.1	Zizers		14:14	15:28	15:14	15:02
	533	162.4	32.2	Igis		14:16	15:30	15:16	15:04
	525	164.0	30.6	Kreisel geradeaus, Kantonsstrasse		14:19	15:32	15:19	15:06
	531	164.7	29.9	Landquart		14:20	15:33	15:20	15:07
	528	165.0	29.6	Kreisel geradeaus, Kantonsstrasse		14:20	15:34	15:20	15:08
	530	165.3	29.3	Kreisel geradeaus, Kantonsstrasse		14:21	15:34	15:21	15:08
	521	165.5	29.1	Kreisel geradeaus, Kantonsstrasse	Verkehrsteiler	14:21	15:35	15:21	15:08
	521	165.7	28.9	Abzweigung rechts, Maienfelderstrasse	Insel	14:21	15:35	15:21	15:09
	510	169.6	25.0	Maienfeld		14:26	15:40	15:26	15:13
	510	170.2	24.4	Abzweigung rechts, Aeuli	Insel	14:27	15:41	15:27	15:14
	712	173.2	21.4	St.Luzisteig	Bergpreis	14:34	15:48	15:34	15:21
	699	174.0	20.6	Kreisel geradeaus, Hauptstrasse	Strassenverengung	14:35	15:50	15:35	15:22
	474	177.4	17.2	Balzers	Inseln 3x	14:38	15:53	15:38	15:25
	473	178.0	16.6	Kreisel rechts, 414	Inseln 2x	14:39	15:54	15:39	15:26
	479	178.9	15.7	Abzweigung rechts, Landstrasse	Inseln 7x	14:40	15:55	15:40	15:27
	468	182.0	12.6	Landstrasse	search.ch Sprint	14:46	16:01	15:46	15:32
	466	182.5	12.1	Abzweigung rechts, Feldstrasse		14:45	16:00	15:45	15:31
	617	184.1	10.5	Abzweigung rechts, Landstrasse	Green Zone	14:49	16:05	15:49	15:36
	880	188.4	6.2	Triesenberg		15:01	16:17	16:01	15:47
	1252	190.8	3.8	Malbunstrasse	Tunnel 800m	15:08	16:25	16:08	15:54
	1270	191.6	3.0	Malbunstrasse	Green Zone	15:10	16:27	16:10	15:54
	1599	194.6	0.0	Ziel - Malbun	Bergpreis	15:20	16:37	16:20	16:04