

leg finishing at				net							
number on	leg distance	cumulative	elevation at	elevation	average	leg			my estimated	Official Jungfrau	
Garmin map	(km)	distance	start	gain	grade	target pace	leg time	cumulative time	time of day	Marathon estimate	
1	10.19	10.19	569	12	0%	5:52	0:59:46	0:59:46	09:29	09:43	to Wilderswil railway station
2	1.08	11.27	581	67	6%	9:09	0:09:53	1:09:40	09:39		
3	1.4	12.67	648	16	1%	6:29	0:09:05	1:18:45	09:48		
4	1.19	13.86	664	-16	-1%	6:03	0:07:13	1:25:57	09:55		
5	2.23	16.09	648	12	1%	6:31	0:14:32	1:40:29	10:10	10:24	to just past Zweilütschinen railway station
6	1.68	17.77	660	83	5%	9:14	0:15:30	1:56:00	10:26		
7	0.87	18.64	743	-3	0%	6:29	0:05:39	2:01:38	10:31		
8	1.72	20.36	740	71	4%	8:40	0:14:54	2:16:32	10:46		
9	1	21.36	811	-5	-1%	6:05	0:06:05	2:22:37	10:52	11:07	to mid Lauterbrunnen (west of railway station)
10	0.93	22.29	806	15	2%	6:56	0:06:27	2:29:04	10:59		
11	0.89	23.18	821	-10	-1%	6:11	0:05:30	2:34:34	11:04		
12	0.87	24.05	811	0	0%	6:05	0:05:17	2:39:51	11:09		
13	0.99	25.04	811	-19	-2%	6:06	0:06:02	2:45:53	11:15	11:35	to start of ascent in Lauterbrunnen; time estimates increasingly uncertain from here
14	0.87	25.91	792	-7	-1%	6:07	0:05:19	2:51:12	11:21		
15	0.97	26.88	785	165	17%	17:21	0:16:50	3:08:02	11:38		
16	0.9	27.78	950	196	22%	20:37	0:18:33	3:26:36	11:56		
17	1.44	29.22	1146	34	2%	7:31	0:10:49	3:37:25	12:07	12:18	to top of main ascent of The Wall
18	1.17	30.39	1180	103	9%	11:00	0:12:53	3:50:17	12:20		
19	1.63	32.02	1283	22	1%	7:11	0:11:43	4:02:00	12:32		
20	1.49	33.51	1305	191	13%	13:44	0:20:28	4:22:28	12:52		
21	0.93	34.44	1496	66	7%	11:20	0:10:32	4:33:00	13:03	12:37	to start of Wengen town centre (Residence Hotel) - need to be here 4h21
22	0.97	35.41	1562	113	12%	14:17	0:13:52	4:46:52	13:16		
23	1.56	36.97	1675	49	3%	8:57	0:13:58	5:00:50	13:30		
24	1.41	38.38	1724	121	9%	12:26	0:17:31	5:18:22	13:48		
25	0.88	39.26	1845	-11	-1%	8:00	0:07:02	5:25:24	13:55	14:03	to end of roads - need to be here about 5h50. Possible alternative route for 1.3km
26	1.67	40.93	1834	330	20%	25:52	0:43:12	6:08:36	14:38		
27	1.16	42.09	2164	129	11%	18:21	0:21:17	6:29:53	14:59		
			2293								
										15:00	the finish!