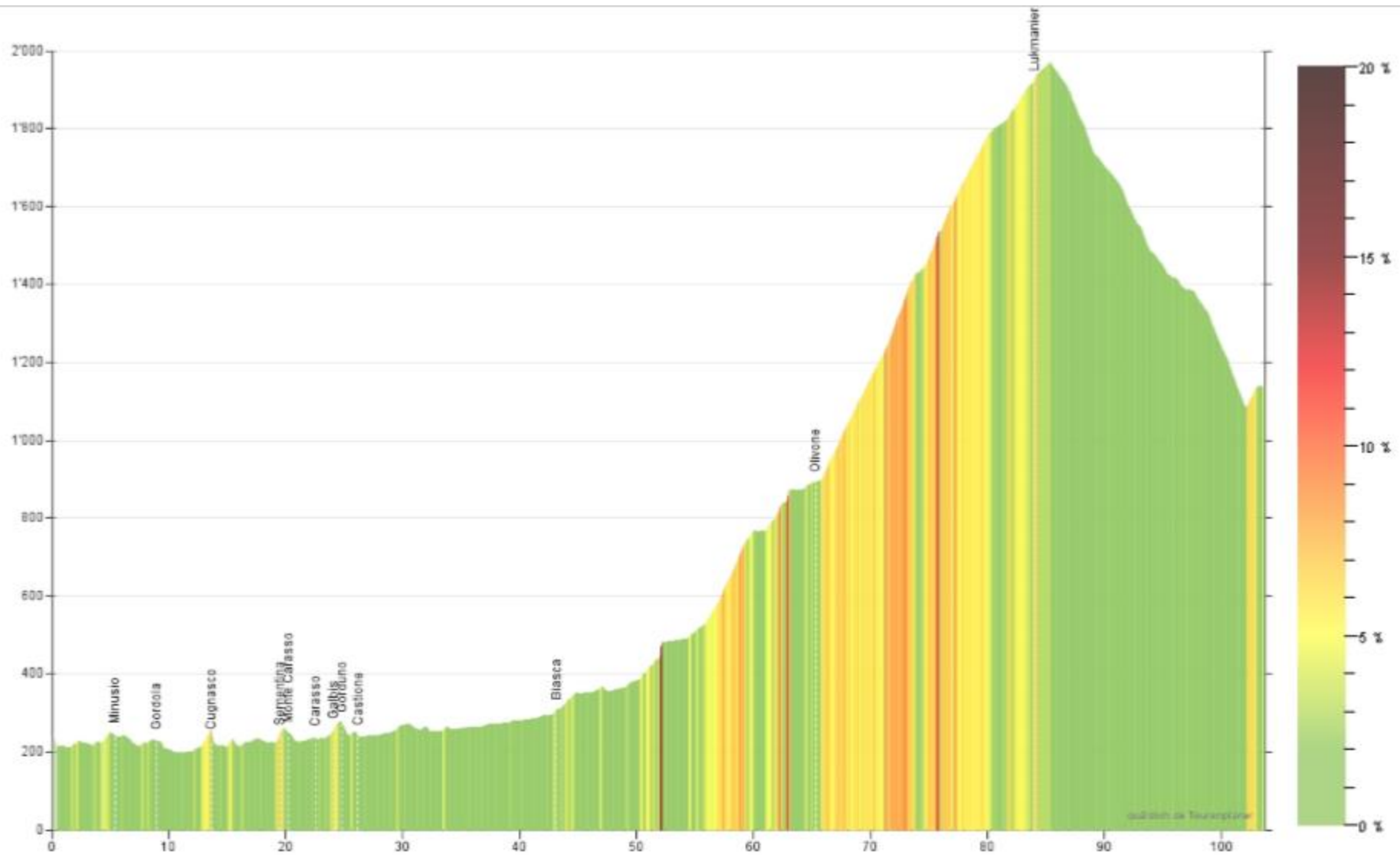


## Etappe 4: Ascona - Disentis

| Ort           | Kilometer | Höhe über Mehr | Höhenmeter kumuliert | Steigung | Zeit     |
|---------------|-----------|----------------|----------------------|----------|----------|
| Ascona        | 0,0       | 244            | 0                    |          | 00:00:00 |
| Cugnasco      | 13,6      | 228            | 149                  | 0.0 %    | 00:36:21 |
| Sementina     | 19,4      | 239            | 216                  | 0.2 %    | 00:52:04 |
| Monte Carasso | 20,2      | 247            | 239                  |          | 00:54:44 |
| Castione      | 26,1      | 240            | 313                  | -2.4 %   | 01:10:30 |
| Biasca        | 43,1      | 306            | 414                  | 0.4 %    | 01:53:49 |
| Olivone       | 65,3      | 890            | 1'031                | 2.6 %    | 03:18:47 |
| Lukmanierpass | 84,0      | 1'920          | 2'137                | 5.5 %    | 05:05:19 |
| Disentis      | 103,7     | 1'141          | 2'251                | -3.9 %   | 05:46:14 |





## 04 Ascona - Disentis; 103.7 km; 2'251 Höhenmeter

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