


24 Stunden Höhenmeter Weltrekord 2007

CERTIFICATE

The record for the most vertical metres cycled in 24 hours is 20,049.9 m (65,780 ft 4 in) and was achieved by Horst and Gernot Turnowsky (both Austria) at the Rinnegger highway from Weintzen to St. Radegund, Graz-Umgebung, Austria, from 30 June to 1 July 2007

GUINNESS WORLD RECORDS LTD



20.049,9 Hm, 404 km
 150 Puls im Schnitt
 216.000 Pulsschläge
 70.800 Kurbelumdrehungen
 15.000 Kcal, 20 Liter Flüssigkeiten



Geschafft!!

