

24 Stunden Höhenmeter Weltrekord 2007



Start!!



GUINNESS WORLD RECORDS

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

HOHENMETER Weltrekord			
Name	Oben	Unten	HOHENMETER
Gernot	97x	97x	20049.9 hm
Horst	97x	97x	20049.9 hm

20.049,9 Hm, 404 km
 150 Puls im Schnitt
 216.000 Pulsschläge
 70-800 Kurbelumdrehungen
 15.000 Kcal, 20 Liter Flüssigkeiten



Geschafft!!

