

RAN 2019 - Karenzzeiten

Time Station	KM	Einzel 23+	Einzel 23-	Teams
		30 Std / 20 km/h	26 Std / 23 km/h	24 Std / 25 km/h
Hohenau	198,0	00:30	03:45	05:45
Semmering	376,0	09:00	11:00	12:30
Ybbs	519,0	16:45	17:45	18:45
Ziel	600,0	22:00	22:00	22:00