

km	Straße	Elite	Läufer 2:45 st	Läufer 3:15 st	Läufer 3:45 st	Läufer 4:15 st	Läufer 4:45 st	Besen Wagen
Start	Seepromenade Lindau (B)	11:11:00	11:11:00	11:12:00	11:13:30	11:15:00	11:16:30	11:16:30
1	Kreisverkehr/Auf dem Wall	11:14:27	11:14:56	11:16:38	11:18:50	11:21:15	11:23:15	11:24:39
2	Ladestraße	11:17:54	11:18:52	11:21:16	11:24:10	11:27:30	11:30:00	11:32:48
3	Ladestraße/Eichwaldstraße	11:21:21	11:22:48	11:25:54	11:29:30	11:33:45	11:36:45	11:40:57
4	Eichwaldstraße	11:24:48	11:26:44	11:30:32	11:34:50	11:40:00	11:43:30	11:49:06
5	Frauenhofer Straße/Campingplatz Zech	11:28:15	11:30:40	11:35:10	11:40:10	11:46:15	11:50:15	11:57:15
6	Radweg Lochau	11:31:42	11:34:36	11:39:48	11:45:30	11:52:30	11:57:00	12:05:24
7	Pipeline	11:35:09	11:38:32	11:44:26	11:50:50	11:58:45	12:03:45	12:13:33
8	Pipeline	11:38:36	11:42:28	11:49:04	11:56:10	12:05:00	12:10:30	12:21:42
9	Pipeline	11:42:03	11:46:24	11:53:42	12:01:30	12:11:15	12:17:15	12:29:51
10	Minigolfplatz/Festspielhaus Bregenz	11:45:30	11:50:20	11:58:20	12:06:50	12:17:30	12:24:00	12:38:00
11	Strandweg	11:48:57	11:54:16	12:02:58	12:12:10	12:23:45	12:30:45	12:46:09
12	Strandweg	11:52:24	11:58:12	12:07:36	12:17:30	12:30:00	12:37:30	12:54:18
13	Strandweg/Achsiedlungsstraße	11:55:51	12:02:08	12:12:14	12:22:50	12:36:15	12:44:15	13:02:27
14	Achweg	11:59:18	12:06:04	12:16:52	12:28:10	12:42:30	12:51:00	13:10:36
15	Unterer Achdam	12:02:45	12:10:00	12:21:30	12:33:30	12:48:45	12:57:45	13:18:45
16	Unterer Achdam	12:06:12	12:13:56	12:26:08	12:38:50	12:55:00	13:04:30	13:26:54
17	Hafenstraße	12:09:39	12:17:52	12:30:46	12:44:10	13:01:15	13:11:15	13:35:03
18	Uferstraße	12:13:06	12:21:48	12:35:24	12:49:30	13:07:30	13:18:00	13:43:12
19	Allmendstraße	12:16:33	12:25:44	12:40:02	12:54:50	13:13:45	13:24:45	13:51:21
20	Neulandstraße	12:20:00	12:29:40	12:44:40	13:00:10	13:20:00	13:31:30	13:59:30
21	Dorfstraße	12:23:27	12:33:36	12:49:18	13:05:30	13:26:15	13:38:15	14:07:39
22	Herrenfeld	12:26:54	12:37:32	12:53:56	13:10:50	13:32:30	13:45:00	14:15:48
23	Kreuzacker	12:30:21	12:41:28	12:58:34	13:16:10	13:38:45	13:51:45	14:23:57
24	Römerstraße	12:33:48	12:45:24	13:03:12	13:21:30	13:45:00	13:58:30	14:32:06
25	Dammstraße	12:37:15	12:49:20	13:07:50	13:26:50	13:51:15	14:05:15	14:40:15
26	Parkstraße	12:40:42	12:53:16	13:12:28	13:32:10	13:57:30	14:12:00	14:48:24
27	Industriestraße	12:44:09	12:57:12	13:17:06	13:37:30	14:03:45	14:18:45	14:56:33
28	Strandstraße	12:47:36	13:01:08	13:21:44	13:42:50	14:10:00	14:25:30	15:04:42
29	Rheindamm/Grüne Grenze	12:51:03	13:05:04	13:26:22	13:48:10	14:16:15	14:32:15	15:12:51
30	Rheindamm	12:54:30	13:09:00	13:31:00	13:53:30	14:22:30	14:39:00	15:21:00
31	Rheindamm	12:57:57	13:12:56	13:35:38	13:58:50	14:28:45	14:45:45	15:29:09
32	Rheindamm	13:01:24	13:16:52	13:40:16	14:04:10	14:35:00	14:52:30	15:37:18
33	Neulandstraße	13:04:51	13:20:48	13:44:54	14:09:30	14:41:15	14:59:15	15:45:27
34	Allmendstraße	13:08:18	13:24:44	13:49:32	14:14:50	14:47:30	15:06:00	15:53:36
35	Uferstraße	13:11:45	13:28:40	13:54:10	14:20:10	14:53:45	15:12:45	16:01:45
36	In der Au	13:15:12	13:32:36	13:58:48	14:25:30	15:00:00	15:19:30	16:09:54
37	Margarethendamm	13:18:39	13:36:32	14:03:26	14:30:50	15:06:15	15:26:15	16:18:03
38	Rheinstraße	13:22:06	13:40:28	14:08:04	14:36:10	15:12:30	15:33:00	16:26:12
39	Rheinstraße	13:25:33	13:44:24	14:12:42	14:41:30	15:18:45	15:39:45	16:34:21
40	Kloster Mererau	13:29:00	13:48:20	14:17:20	14:46:50	15:25:00	15:46:30	16:42:30
41	Strandweg	13:32:27	13:52:16	14:21:58	14:52:10	15:31:15	15:53:15	16:50:39
42	Druckergasse	13:35:54	13:56:12	14:26:36	14:57:30	15:37:30	16:00:00	16:58:48
Ziel	Casino-Stadion	13:36:34	13:56:58	14:27:30	14:58:32	15:38:43	16:01:19	17:00:23