



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

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Töpfer, Martin

□□: Kiliansroda

□□: 118

□□: 19.80 km

20 km - Strecke Nordic Walking

□□□: 2:37:13

□□: 7.25 km/h

□□□□□□: 472

□□□□: 26.08

□□□□: 203 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:28	00:00	00:00
Steigerhaus	2.9	2.9	09:53	00:24	00:24
Finsterbacher Pirschhaus	8.3	5.4	10:39	01:10	00:46
Lindenstein	16.3	8.0	11:34	02:06	00:55
□□	19.8	3.5	12:05	02:37	00:31