



1. Gräfenhainer Steigerlauf

Gräfenhain / 23.07.2011

□□□□

Laube, Susanne

□□□: 2:59:15

□□: Concordia Gräfenhain NW Team

□□: 6.36 km/h

□□: 101

□□□□□□: 472

□□: 19.80 km

□□□□: 26.08

20 km - Strecke Nordic Walking

□□□□: 178 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:28	00:00	00:00
Steigerhaus	2.9	2.9	09:54	00:26	00:26
Finsterbacher Pirschhaus	8.3	5.4	10:46	01:17	00:51
Lindenstein	16.3	8.0	11:50	02:21	01:04
□□	19.8	3.5	12:27	02:59	00:37