



2. Gräfenhainer Steigerlauf

Gräfenhain / 21.07.2012

□□□□

Steuding, Gerd

□□□: 2:31:30

□□: privat

□□: 7.84 km/h

□□: 314

□□□□□□: 472

□□: 19.80 km

□□□□: 26.08

20 km - Strecke Nordic Walking

□□□□: 211 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|--------------------------|--------|-------|-------|--------|-------|
| □□ | 0 | 0 | 09:28 | 00:00 | 00:00 |
| Steigerhaus | 2.9 | 2.9 | 09:50 | 00:22 | 00:22 |
| Finsterbacher Pirschhaus | 8.3 | 5.4 | 10:33 | 01:05 | 00:43 |
| Lindenstein | 16.3 | 8.0 | 11:29 | 02:01 | 00:55 |
| □□ | 19.8 | 3.5 | 11:59 | 02:31 | 00:30 |