



3. Gräfenhainer Steigerlauf Gräfenhain / 20.07.2013

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Greve, Joachim

□□□: 2:42:52

□□: Gesundheitsteam Gera

□□: 7.29 km/h

□□: 100

□□□□□□: 472

□□: 19.80 km

□□□□: 26.08

20 km - Strecke Nordic Walking

□□□□: 196 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:31	00:00	00:00
Steigerhaus	2.9	2.9	09:56	00:24	00:24
Finsterbacher Pirschhaus	8.3	5.4	10:43	01:12	00:47
Lindenstein	16.3	8.0	11:39	02:08	00:56
□□	19.8	3.5	12:14	02:42	00:34