



3. Gräfenhainer Steigerlauf

Gräfenhain / 20.07.2013

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Gerber- Manz, Yvonne

□□□: 2:53:56

□□: Friedrichroda

□□: 6.55 km/h

□□: 102

□□□□□□: 472

□□: 19.80 km

□□□□: 26.08

20 km - Strecke Nordic Walking

□□□□: 184 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:31	00:00	00:00
Steigerhaus	2.9	2.9	09:57	00:26	00:26
Finsterbacher Pirschhaus	8.3	5.4	10:47	01:16	00:50
Lindenstein	16.3	8.0	11:51	02:19	01:03
□□	19.8	3.5	12:25	02:53	00:34