



3. Gräfenhainer Steigerlauf

Gräfenhain / 20.07.2013

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Menge, Ute

□□: Concordia Gräfenhain

□□: 112

□□: 19.80 km

20 km - Strecke Nordic Walking

□□□: 3:17:28

□□: 5.77 km/h

□□□□□□: 472

□□□□: 26.08

□□□□: 162 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:31	00:00	00:00
Steigerhaus	2.9	2.9	10:01	00:30	00:30
Finsterbacher Pirschhaus	8.3	5.4	10:58	01:26	00:56
Lindenstein	16.3	8.0	12:08	02:37	01:10
□□	19.8	3.5	12:49	03:17	00:40