



# 11. EppsteinTrails

Eppstein / 18.08.2013

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Heiden, Jens

□□: Bad Schwalbach  
□□: 3091

□□: 53.00 km  
Mittelstrecke

□□□□:  
Senioren 2

□□□: 3:40:37

□□: 14.41 km/h

□□□□□/□□□: 95 (of 129)

□□□□□/□: 91 (of 121)

□□□□□□: 2:04:16

□□□□□: 40(of 56)

□□□□□□□: 2:11:21

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□□□

| □□□          | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| KR 2         | 7.50     | 34:44    | 12.09      | 47      | 13:45   | 102     | 13:55   | 7.50      | 34:44     | 12.09       | 19      | 4:17    | 103     |         |
| Zwischenzeit | 7.50     | 29:55    | 14.04      | 47      | 11:02   | 102     | 11:41   | 15.00     | 1:04:39   | 13.92       | 19      | 7:04    | 103     |         |
| KJ 2         | 10.00    | 55:28    | 10.82      | 45      | 46:58   | 96      | 46:58   | 25.00     | 2:00:07   | 12.49       | 18      | 12:40   | 98      | 50:42   |
| KJ 2         | 17.00    | 1:12:36  | 14.05      | 39      | 30:30   | 83      | 56:20   | 42.00     | 3:12:43   | 13.08       | 16      | 19:14   | 89      | 1:23:48 |
| □□           | 11.00    | 27:54    | 23.66      | 39      | 11:37   | 81      | 12:33   | 53.00     | 3:40:37   | 14.41       | 41      | 1:29:16 | 92      | 1:36:21 |