



12. Lorsch Triathlon

Lorsch / 02.08.2015

OKOS

Okos, Peter

OKOS: 1:13:40

OKOS: 398

OKOS: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

OKOS/OKOS: 91 (of 340)

OKOS/OKOS: 85 (of 251)

OKOS: 59:47

OKOS:

männliche AK 4 (TM 35)

OKOS: 15(of 25)

OKOS: 1:04:22

OKOS

OKOS

OKOS

OKOS	km	km/h	-	-	OKOS	OKOS	km	km/h	-	-	OKOS	OKOS		
Schwimmen nett	0.50	10:51	2.76	18	2:16	115	3:07	0.50	10:51	2.76	26	2:16	252	3:07
Wechsel S -> R	-	2:29	-	11	0:52	101	1:06	0.50	13:20	2.25	26	3:04	102	3:56
Schwimmen OKOS	0.50	13:20	2.25	26	3:04	102	3:56	0.50	13:20	2.25	26	3:04	102	3:56
Rad netto	20.00	36:03	33.29	12	3:21	83	33:27	20.50	49:23	24.91	26	6:06	251	31:48
Wechsel R -> L	-	1:01	-	12	0:25	110	0:32	20.50	50:24	24.40	26	6:01	251	31:15
Rad OKOS	20.00	37:04	32.37	12	2:57	85	32:54	20.50	50:24	24.40	26	6:01	251	31:15
Lauf	5.00	23:16	12.89	15	3:17	102	9:30	25.50	1:13:40	20.77	15	9:18	87	32:48