

Hilton 1-212-586-7000

HILTON NY

1335 Ave of Americas NY, NY 10017

Triathlon Water and Kcal		Canada
Swim Distance	2.4 Miles	
Bike Distance	112 Miles	
Run Distance	26.22 Miles	
SWIM		
My % of WR Speed	59%	
Open Water (0.93-97)	93%	
Wetsuit (1.05 or 1.10)	110%	
Triathlon Factor (~.95)	95%	
My Predicted Speed	28.9 Min/Mile	
Predicted Swim Time	69.3 Minutes	
Run to Time Strip	0.2 Minutes	
Predicted Swim Split	69.5 Minutes	
Water Loss Rate	10 oz/hour	
Transition #1		
	3.0 Minutes	
BIKE		
Predicted Ave. Temperature	62.0 F	
40K Capability (min)	57.0 Minutes	
40K Capability (MPH)	28.2 MPH	
40K WR MPH	29.5 MPH	
% of WR Speed	89%	
Perfect Conditions MPH	25.4 MPH	
Flat R=96, H=90, VH=85	92%	
Wind: 5mph=98, 10=94	97%	
Triathlon Factor 93-97%	93%	
Predicted MPH	21.1	
Predicted Bike Time	318.8 Minutes	
	5.3 Hours	
Water Loss Rate	17.0 oz/hour	
Water Loss on Bike	90 ounces	
Total Ounces to Drink	97	
Ounces on Bike at Start	30	
Calories on Bike at Start	1325	
Scoops Accelerade/Calories	11.0 1325	
1Tbsp Scoops	28.7	
Start Calories/Gels	0	
Ounces from aid stations	67	
Aid Station Concentration	6.25 Cal/oz	
Aid Station Gu Calories/Gu's	1500 15	
Aid Station Calories	1918	
# of Aid Stations	11	
Ounces per Aid Station	6	
Cal/hr intake from table	330 3315	
Cal Duration Factor	1.85	
Total Cal/hr Intake	611	
Average mix concentration	35.9 Cal/oz	
Total Calories	3243	
Cumulative Time	391 Minutes	
	6.5 Hours	
Transition #2		
	2.7 Minutes	
RUN		
Predicted Ave. Temperature	65.1	
Est Best Run Only Speed	7.2 Min/Mile	
Flat or H=95, VH=90	98%	
Wind: 5mph=99, 10=96	98%	
Triathlon Factor 91(IM)-95(sp)	91%	
Predicted Speed	8.2 Min/Mile	
Predicted Run Time	215.4 Minutes	
	3.6 Hours	
Water Loss Rate	21.0 oz/hour	
Water Loss in Run	75 ounces	
Max Deficit after Run	15 ounces	
Total Ounces to Drink	65	
Ounces per mile	2	
# of Aid Stations	25	
Ounces per Aid Station	3	
Cal/hr intake from table	256	
Total Cal/hr Intake	474	
Total Run Calories	1700	
Average mix concentration	26.0 Cal/oz	
Liquid Calories	409	
Gel Calories Needed	1291	
Gel Packets Needed	13	
Total Event Time	609 Minutes	
	10.2 Hours	
Total Event Water Loss	177 ounces	
Total Water Intake	162 ounces	
Total Calorie Intake	4943 Calories	

Items shaded light yellow are inputs.

Actual oz Actual Cal

Marathon = 26.22

Speed @ 2X distance

IM record ~86%

Was 1.1 in AZ

Accounts for group & not full effort

Take 200 Cal of Gel per hour of swim

Find data

Normal ~1.5

Speed @ double distance

Factor in humidity vs. water intake due to dripping.

2006 Canada = 76F ave.

Historical = 54low & 80high

Lowered to match Racine results

Devil's Tri was 80%.

Historical 0-8mph. Average 3mph. Maybe windy higher.

No August rain in many years. 80% odds of sunny day.

Not same for all distances.

Shawn = 95.4% of my speed at Racine & ___% at Steelhead. He did 5:23:51 at Canada = 5.3975hr in 2mph wind.

Use 10 minimum

MaxPQ=26+22=48 +28=76 Profile=3277

infnit = 278 cal in 167 Oz = 17 cal/oz

Gatorade Endurance = 6.25

Normal ~1.0

Speed @ double distance

Verify IM ratio - 93 for 70.3.

Shawn = 96.0% of my speed at Racine & ___% at Steelhead. He did 3:58:20 at Canada.

3:49 based on Shawn's ratio

Biking factor * 1.05 (reduced from 1.1 after Hawaii)

Usually 15

Bike Cal/hr * 0.8

Gatorade Endurance = 6.25

Shawn did 10:51:06. At Racine he was

Requested SAT arrival

7:00 START

STARTING FINISH - 8:10

10 mph = 0.92

20.4 MPH

Bike = 5:28

80z/STATION
1.3/gels

69

Bike Finish 6:41

Bike finish - 1:40 PM

3:40 Marathon
8:24/mile

30z/mile, 30z/hour
0.5 gels/mile

10:24
Time - 5:26 Finish