

## Triathlon



**Mijn eerste hele triathlon 3,8KM Z/180KM F/42,195 L - 26 Juni 2011 - 12u en 34 Minuten**

Zie het volledige verslag op:

<http://triathlon.ict-oke.com/?p=679>

**Triatlon** (ook wel geschreven als **Triathlon**) is een zogenoemde 'multisport', net als bijvoorbeeld [duatlon](#), [wintertriathlon](#), [offroad-triatlon](#), [biatlon](#), [tienkamp](#), [zevenkamp](#) en [vijfkamp](#). Dat wil zeggen dat het een sport is die uit meerdere disciplines bestaat. Omdat het om drie duursporten gaat valt dit ook onder de kop [combinatieduursport](#). Bij een triatlon tellen normaal gesproken ook de wissels mee, dat wil zeggen de klok loopt dan door.

De originele triatlon bestaat uit:

- 3,8 km zwemmen
- 180 km fietsen
- 42,195 km hardlopen (de [marathonafstand](#)).

Dit wordt ook wel aangeduid als een *hele triatlon*; in de loop van de jaren zijn allerlei afgeleide kortere versies ontstaan zoals de halve, *olympische afstand*, kwart, achtste (*sprint*) en zestiende triatlon. Ook vinden er soms dubbele of zelfs meervoudige triatlons plaats, met als voorlopig

maximum de twintigvoudige triatlon van Monterey.

### Mijn PR's:

#### **TRIATHLON**

Triathlon 1/8 - 1u11:05

Triathlon 1/4 - 2u14:36

Triathlon OD - 2u37:57

Triathlon 1/3 - 3u29:25

Triathlon 1/2 - 5u09:21

**Triathlon 1/1 - 11u37**

### Mijn hele triathlon's:

**Triathlon 1/1 - 12u34 Ironman afstand / Hele triatlon Neerpelt 26 Juni 2011**

**Triathlon 1/1 - 12u36 Ironman afstand / Hele triatlon Hannover 3 Juni 2012**

**Triathlon 1/1 - 11u37 Ironman afstand / Hele triatlon Almere 8 Sept 2012 (PR)**

**Triathlon 1/1 - 12u47 Ironman afstand / Hele triatlon Almere 14 Sept 2013**

**Triathlon 1/1 - 12u45 Ironman afstand / Hele triatlon Praag 5 Juli 2014**

**Triathlon 1/1 - 12u32 Ironman afstand / Hele triatlon Almere 13 Sep 2014**

De triathlon in Praag was onderdeel van de Bigman wereld kampioenschappen. Een combinatie van een terrein triathlon en een Hele triathlon in een weekend. 15e laats, en 4e in mijn agegroup op de wereldranking.



**ZWEMLOOP**

Zwemloop 1KM Zw /10KM L -1.11.26

**DUATHLON**

Duathlon 10KM L / 30KM F / 5KM L - 02:27:31

Winterduathlon 15L/60MTB/7,5L 4:45:18

Winterduathlon 15L/105MTB/30L 11u21 (Hel van Kasterlee)

Er zijn verschillende afstanden gedefinieerd bij triatlons, als volgt:

Naam afstand	Korte naam	Zwemmen	Fietsen	Hardlopen
Ironman afstand / Hele triatlon	1/1, IM, LA of LD	3800 m	180 km	42,2 km
ITU 3OD	3OD	4000 m	120 km	30 km
ITU 2OD	2OD	3000 m	80 km	20 km
Midden Afstand / Halve triatlon	1/2, MA of (E)MD	2500 m	80 km	20 km
Half Ironman / Ironman 70.3	IM 70.3	1900 m	90 km	21,1 km
ITU Olympische afstand (OD)	OA of OD	1500 m	40 km	10 km
Kwart Afstand	1/4	1000 m	40 km	10 km
ITU Sprint Afstand (SD)	SA of SD	750 m	20 km	5 km
Achtste Triatlon	1/8	500 m	20 km	5 km
Mini Triatlon	1/16	250 m	10 km	2,5 km



### Well-known events

Thousands of individual triathlons are held around the world each year. A few of these races are well known because they have a long history or because they have particularly grueling courses and race conditions. A few are listed here.

- [Hawaii Ironman World Championship, Kona, Hawaii](#). First held in 1978 on [Oahu](#), only five years after the sport of triathlon was founded; it was later moved to [Kailua-Kona](#) on the island of Hawaii. The cycling stage of the race covers more than a hundred miles over lava flats on the big island of Hawaii, where mid-day temperatures often reach over 110 °F (43 °C) and cross-winds sometimes blow at 55 MPH (90 km/h). The race is often challenging even to competitors with experience in other iron-distance events.



- Nice Triathlon, [Nice](#), France. A race that existed until 2002 when the course was adopted by the [WTC](#) as Ironman France. During the 1980s the Nice Long Distance triathlon (Swim 4 km, Bike 120 km, Run 30 km) was, alongside the World Championships in Kona, one of the two important races each year with prize money and media attention. [Mark Allen](#) won here 10 consecutive times. The ITU's [Long Distance](#) is a Nice-Distance race except a short period from late 2006 to early 2008, in which it was 3 km + 80 km + 20 km.
- [Enduroman Arch to Arc](#). A 289-mile (465 km) triathlon from Marble Arch, London to the Arc de Triomphe, Paris. Run from Marble Arch in London to Dover (87 miles), swim the English Channel (22 miles) to Calais, and then cycle 181 Miles from Calais to Paris. For this challenge, the clock starts at Marble Arch and stops at Arc de Triomphe. Only 7 people in history have completed this event and the current record is held by Eddie Ette with a time of 81 hours and 5 minutes.
- St. Anthony's, [St. Petersburg](#), [Florida](#). The unofficial season opener for the triathlon year. Held in the last week of April every year, this race attracts professional and amateur triathletes from around the world. One of the largest Olympic Distance triathlon in the U.S. with over 4000 participants each year.
- [Escape from Alcatraz](#), [San Francisco](#), [California](#). This non-standard-length race begins with a 1.5-mile (2.4 km) swim in frigid [San Francisco Bay](#) waters from [Alcatraz](#) Island to shore, followed by an 18-mile (29 km) bicycle and 8-mile (13 km) run in the extremely hilly terrain of the San Francisco Bay Area. The run includes the notorious "[Sand Ladder](#)", a 400-step staircase climb up a beachside cliff.
- [Wildflower](#) is a Half-Ironman distance race held on or near May 1 at [Lake San Antonio](#) in Northern California since 1983. In recent years it has become a highlight on the race-calendar of many professional triathletes. Known for a particularly hilly course, it has expanded now to include three races of different lengths and is one of the largest triathlon events in the world, with over 8,000 athletes attending each year.
- [Life Time Fitness](#) Triathlon Series, a series of 5 Olympic distance races: The Lifetime Fitness in Minneapolis, the NYC Triathlon in New York City, the Chicago Triathlon, the LA Triathlon in Los Angeles, and the U.S. Open in Dallas. There is a combined \$1.5 Million prize purse at stake for the professionals who come from around the world to take part in the series.
- [Hy-Vee Triathlon](#), started in 2007 by the Mid-West grocery store chain. Famous for the richest prize purse ever awarded at a single triathlon (\$700,000). Part of the draft-legal ITU World Cup circuit and the only one on USA soil in '07 & '08. Also hosts a sold-out age group race, youth races, and a Junior Development race. Given the honorable distinction of the third and final USA Triathlon Olympic Trials event in 2008.
- [Norseman Extreme Triathlon](#), [Hardangerfjord](#), [Norway](#). Norseman is an Ironman-distance triathlon that starts with a swim in the Hardangerfjord and finishes on top of a [Gaustatoppen](#) mountain at 1,850 meters above sea level. Famous for its lower temperatures and 5,000 meters total ascent, this race accepts only 200 competitors each year.
- [Ironman 70.3 World Championship](#), [Henderson](#), [Nevada](#), [USA](#). Since 2006 this has been the final of the Ironman 70.3 series on the half Ironman distance. In 2011, the race moved

from [Clearwater, Florida](#) to its current location.

- [Grand Prix de Triathlon](#), the French club championship series sponsored by [Lyonnaise des Eaux](#). The circuit comprises five triathlons and by the French Triathlon Federation it is considered the most prestigious French championship. It is of international importance because most of the participants are international, i.e. non French elite top stars hired pro forma by the best French clubs.
- [Triathlon EDF Alpe d'Huez](#), established in 2006 by the 2002 Long Distance World Champion Cyrille Neveu, is one of the best known single triathlons in France.