

Abstract

Title: Effect of cycling on the overall performance in triathlon

Objectives: The aim is to determine the influence of the cycling part on the total performance in the individual disciplines of triathlon.

Methods: I used a linear regression for the determination of influence of cycling part on the total performance. The investigated values were compared in a column graph.

Results: The dependence, rated by coefficient of determination by disciplines with allowed ride in the lee was "low" ($R^2=0,069$; $R^2=0,01$).
The influence of the cycling section on the total result in triathlon was higher by disciplines without the chance of the lee than by disciplines with allowed ride in the lee. The influence by disciplines with allowed ride in lee was less than 10%, and it was 36 % by discipline with banned ride in the lee.
The cycling section of a long triathlon didn't influence the total result more than the running part of a long distance triathlon. The influence of the running part was 7% higher.
The cycling part affected the total result in an off-road triathlon a lot. The value 81 % means a big influence of the cycling section on the total result in an off-road triathlon.

Keywords: Short triathlon, long distance triathlon, XTERRA, World championships