

1st International Distance Tri Complete!



[dnavarro82](#) 42 posts since

Apr 24, 2008

Yesterday morning, I completed my 1st International distance tri. I did the Chicago Tri, anybody else do this one too?

Here are my stats:

Swim: 30.06 - Very surprising considering my fastest in training has been 32+ so I am very happy about this time. I just wish I was 7 seconds faster to break that 30 minute mark.

T1: 2.02 - Not a clue about transition times. Is this good, bad, average?

Bike: 1.19.05 - I was a bit dissappointe about this, I was hoping for a 1.15.00. So I don't know if I just wasn't pushing hard enough, or the head wind there was. It was definitely strong enough to feel myself slwo down, but nothing crazy.

T2: 2.25 - Not a clue about transition times. Is this good, bad, average?

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Run: 52.36 - I was disappointed about this too, I was hoping to average, tops, an 8 minute mile. I don't think I trained enough in the running, and could have done a few more bricks.

Not making excuses, but I hurt my knee about a week and a half ago, so I was somewhat conscious about that and wanted to make sure I was able to make the full 6 miles without walking...and I did!

Total Time: 2.46.17

Overall, I'm happy with my results. My main goal was to come in the top half for my age group, which I did...198th of 519

What do you guys think of the times?



[Joe_h1](#) 1,583 posts since

Jul 9, 2007 1. **Great Job!** Aug 26, 2008 7:40 AM

don't know the distances for chicago but hear it a great and tough race. hope u had fun



[dnavarro82](#) 42 posts since

Apr 24, 2008 2. **Re: Great Job!** Aug 26, 2008 7:47 AM

 in response to: [Joe_h1](#)

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1.5K Swim, 40K Bike, 10K Run.

Yeah, it was a lot of fun. One step closer to my Ironman goal...that is definitely way down the road, but i'll get there.



[PeteC75](#) 1 posts since

Oct 1, 2007 **3. Re: Great Job!** Aug 26, 2008 9:25 PM

 in response to: [dnavarro82](#)

Those are really good times! This was my second International Tri, both in Chicago, and I must say that your times are really good considering the number of entrants. With approximately 8700 sprint and International distance participants the water and bike courses get mighty crowded. Good luck on moving up to Ironman and I hope to race against you again next year!