



# TRIATHLON

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# CONTENT

- What is Triathlon?
- Distances
- Triathlon in Winter
- Why are these three sports are building a triathlon?
- The fourth sport of Triathlon
- Clothes for the different sections
- My History with Triathlon

THAT`S ME!

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- A combination of swimming, cycling and running
  - An endurance-sport

# WHAT IS TRIATHLON

# DISTANCES:

- Swimming: adults: 2,5 km, childs: 200m
- Cycling: adults: 100 km, childs: 5km
- Running: adults: 42 km, childs: 1,5 km
  
- Marathon distance: 42,1 km

# WHY ARE THESE THREE SPORTS BUILDING A TRIATHLON?

- they put pressure on different muscle groups

# THE „FOURTH SPORT“ OF TRIATHLON

- Between different sports is transition zone
- In transition zone you change clothes.

# MY HISTORIE WITH TRIATHLON

- 2019 my friend took part at a Triathlon and I watched him. Then I was so excited about Triathlon that I also wanted to take part at Triathlons. But then Corona happened and I had to take a break from competitions.
- During summer and fall, there were some Triathlons but not many.

- Source: My Brain