**Table S1 (SDC 1). Descriptive statistics**. Sample size, mean, minimum, and maximum time (in minutes) spent swimming, cycling, and running in 86 Ironmen competition held throughout the world from 2013 to 2016.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| location | year | sample size | swimming | | |  | cycling | | |  | running | | |
|  |  |  | mean | min | max |  | mean | min | max |  | mean | min | max |
| Arizona | 2013 | 2430 | 83.1 | 48.5 | 139.9 |  | 365.2 | 254.7 | 497.9 |  | 306.4 | 164.0 | 499.9 |
| Arizona | 2014 | 2305 | 84.2 | 47.3 | 139.9 |  | 393.9 | 254.1 | 521.3 |  | 308.1 | 163.5 | 526.5 |
| Arizona | 2015 | 2140 | 84.1 | 47.1 | 138.9 |  | 379.2 | 243.6 | 505.9 |  | 312.7 | 166.4 | 502.7 |
| Arizona | 2016 | 2134 | 83.5 | 45.5 | 138.8 |  | 372.6 | 244.6 | 509.4 |  | 307.1 | 160.3 | 571.6 |
| Australia | 2013 | 1399 | 67.2 | 43.7 | 130.4 |  | 382.1 | 286.5 | 511.7 |  | 276.6 | 168.9 | 508.6 |
| Australia | 2014 | 1399 | 67.2 | 43.7 | 130.4 |  | 382.1 | 286.5 | 511.7 |  | 276.6 | 168.9 | 508.6 |
| Australia | 2015 | 1231 | 69.6 | 43.8 | 119.9 |  | 378.9 | 267.9 | 516.5 |  | 284.9 | 171.5 | 478.3 |
| Australia | 2016 | 1231 | 69.6 | 43.8 | 119.9 |  | 378.9 | 267.9 | 516.5 |  | 284.9 | 171.5 | 478.3 |
| Austria | 2014 | 2393 | 73.3 | 44.3 | 135.6 |  | 349.0 | 256.0 | 515.3 |  | 265.1 | 163.7 | 472.7 |
| Austria | 2015 | 2293 | 74.9 | 46.6 | 143.2 |  | 354.5 | 251.8 | 508.8 |  | 266.2 | 164.5 | 500.0 |
| Austria | 2016 | 2358 | 75.7 | 49.8 | 135.9 |  | 349.6 | 259.9 | 519.0 |  | 264.4 | 160.0 | 444.8 |
| Barcelona | 2014 | 1884 | 75.4 | 49.4 | 134.2 |  | 330.1 | 259.7 | 461.6 |  | 262.1 | 166.2 | 442.0 |
| Barcelona | 2015 | 2015 | 75.3 | 47.5 | 136.1 |  | 332.7 | 252.7 | 446.7 |  | 271.6 | 163.6 | 444.3 |
| Barcelona | 2016 | 2309 | 74.8 | 49.4 | 126.0 |  | 336.0 | 252.1 | 452.7 |  | 275.1 | 161.4 | 486.1 |
| Boulder | 2014 | 1928 | 81.9 | 50.5 | 135.9 |  | 382.7 | 240.8 | 538.1 |  | 334.0 | 176.7 | 569.1 |
| Boulder | 2015 | 1959 | 86.7 | 49.4 | 139.0 |  | 376.5 | 266.9 | 520.1 |  | 325.9 | 185.2 | 500.5 |
| Boulder | 2016 | 1263 | 82.7 | 52.4 | 139.7 |  | 371.7 | 268.2 | 519.3 |  | 333.5 | 187.6 | 489.0 |
| Brazil | 2013 | 1596 | 71.0 | 44.0 | 140.3 |  | 352.2 | 262.4 | 524.0 |  | 276.1 | 170.6 | 474.0 |
| Brazil | 2015 | 1567 | 73.5 | 45.0 | 134.4 |  | 345.9 | 237.9 | 495.5 |  | 261.7 | 164.5 | 448.1 |
| Brazil | 2016 | 1529 | 74.7 | 47.8 | 133.8 |  | 353.7 | 251.9 | 508.6 |  | 265.4 | 162.9 | 455.7 |
| Cairns | 2013 | 1093 | 77.7 | 47.9 | 137.1 |  | 365.8 | 261.9 | 507.8 |  | 289.6 | 164.4 | 472.6 |
| Cairns | 2014 | 1128 | 77.2 | 50.6 | 137.8 |  | 361.0 | 276.2 | 523.9 |  | 276.3 | 164.9 | 485.5 |
| Cairns | 2015 | 1215 | 75.3 | 46.5 | 109.5 |  | 367.8 | 264.0 | 489.9 |  | 285.7 | 166.5 | 472.3 |
| Cairns | 2016 | 1215 | 75.3 | 46.5 | 109.5 |  | 367.8 | 264.0 | 489.9 |  | 285.7 | 166.5 | 472.3 |
| Canada | 2013 | 1921 | 78.6 | 48.8 | 132.8 |  | 387.1 | 282.9 | 526.7 |  | 289.8 | 172.7 | 457.3 |
| Canada | 2015 | 1451 | 79.1 | 47.8 | 132.2 |  | 415.4 | 287.4 | 548.6 |  | 296.7 | 164.8 | 460.3 |
| Canada | 2016 | 1061 | 76.5 | 47.1 | 127.4 |  | 401.2 | 271.1 | 519.9 |  | 305.0 | 173.3 | 492.3 |
| Chattanooga | 2014 | 2175 | 58.7 | 38.1 | 92.0 |  | 377.7 | 274.3 | 547.6 |  | 303.3 | 167.7 | 532.0 |
| Chattanooga | 2015 | 1990 | 66.5 | 40.8 | 113.1 |  | 384.5 | 267.5 | 522.4 |  | 312.1 | 169.1 | 473.0 |
| Chattanooga | 2016 | 1596 | 70.4 | 41.4 | 131.2 |  | 401.2 | 267.5 | 529.4 |  | 343.8 | 170.2 | 513.4 |
| Coeur | 2014 | 1883 | 81.9 | 43.2 | 139.9 |  | 415.8 | 275.2 | 538.4 |  | 298.4 | 162.1 | 512.1 |
| Coeur | 2015 | 1883 | 81.9 | 43.2 | 139.9 |  | 415.8 | 275.2 | 538.4 |  | 298.4 | 162.1 | 512.1 |
| Coeur | 2016 | 1883 | 81.9 | 43.2 | 139.9 |  | 415.8 | 275.2 | 538.4 |  | 298.4 | 162.1 | 512.1 |
| Copenhagen | 2013 | 1759 | 74.3 | 45.5 | 140.8 |  | 332.9 | 264.0 | 501.0 |  | 251.8 | 165.3 | 419.1 |
| Copenhagen | 2015 | 2202 | 76.8 | 47.0 | 137.9 |  | 345.2 | 261.8 | 484.2 |  | 271.9 | 172.8 | 453.5 |
| Copenhagen | 2016 | 2232 | 77.1 | 47.6 | 130.8 |  | 338.3 | 234.2 | 459.0 |  | 274.1 | 163.2 | 441.5 |
| Cozumel | 2014 | 1653 | 74.0 | 44.4 | 129.6 |  | 403.0 | 262.3 | 529.5 |  | 304.1 | 175.1 | 475.7 |
| Cozumel | 2015 | 1346 | 75.1 | 43.3 | 131.6 |  | 399.5 | 266.9 | 537.3 |  | 305.0 | 167.8 | 482.6 |
| Cozumel | 2016 | 1167 | 83.1 | 43.6 | 138.9 |  | 388.9 | 257.8 | 517.3 |  | 301.2 | 166.8 | 464.8 |
| Florida | 2015 | 2086 | 89.5 | 54.2 | 138.3 |  | 367.6 | 261.3 | 505.5 |  | 326.3 | 182.9 | 515.8 |
| Florida | 2016 | 1886 | 88.0 | 53.5 | 137.9 |  | 377.2 | 274.8 | 539.0 |  | 316.1 | 177.0 | 507.3 |
| France | 2014 | 2284 | 75.7 | 49.7 | 127.8 |  | 381.1 | 286.2 | 607.5 |  | 261.3 | 162.6 | 402.9 |
| France | 2015 | 2220 | 75.2 | 50.6 | 130.6 |  | 386.2 | 279.0 | 544.2 |  | 275.7 | 162.1 | 446.9 |
| France | 2016 | 2364 | 73.2 | 50.0 | 133.8 |  | 382.6 | 286.9 | 550.0 |  | 254.5 | 162.5 | 412.7 |
| Frankfurt | 2015 | 1971 | 81.4 | 46.0 | 138.6 |  | 354.8 | 248.7 | 482.9 |  | 287.4 | 170.8 | 459.5 |
| Frankfurt | 2016 | 2546 | 72.1 | 47.9 | 120.1 |  | 344.4 | 252.2 | 483.4 |  | 252.0 | 162.1 | 466.9 |
| Kona | 2016 | 1935 | 67.4 | 48.0 | 131.0 |  | 344.5 | 263.1 | 511.3 |  | 246.2 | 159.8 | 476.3 |
| LakePlacid | 2013 | 2269 | 78.7 | 46.8 | 139.8 |  | 399.4 | 280.7 | 544.8 |  | 296.0 | 173.2 | 465.4 |
| LakePlacid | 2015 | 2021 | 80.0 | 51.0 | 132.1 |  | 408.8 | 304.2 | 543.5 |  | 314.2 | 177.6 | 502.9 |
| LakePlacid | 2016 | 2184 | 79.4 | 51.6 | 130.9 |  | 409.7 | 294.8 | 549.3 |  | 306.6 | 179.3 | 506.7 |
| LakeTahoe | 2015 | 944 | 74.7 | 47.7 | 131.4 |  | 401.5 | 303.3 | 540.0 |  | 323.2 | 190.9 | 489.3 |
| Lanzarote | 2014 | 1866 | 74.4 | 45.8 | 137.6 |  | 410.0 | 296.1 | 569.8 |  | 275.1 | 168.2 | 474.9 |
| Lanzarote | 2015 | 1439 | 75.8 | 48.2 | 129.6 |  | 427.5 | 305.9 | 580.1 |  | 271.3 | 167.3 | 442.0 |
| Lanzarote | 2016 | 1605 | 74.4 | 46.9 | 132.4 |  | 412.3 | 297.5 | 560.1 |  | 274.4 | 166.9 | 451.6 |
| LosCabos | 2014 | 702 | 71.9 | 45.6 | 125.0 |  | 386.0 | 275.9 | 514.6 |  | 290.5 | 113.9 | 442.2 |
| LosCabos | 2015 | 601 | 77.0 | 49.3 | 133.0 |  | 411.6 | 291.3 | 543.5 |  | 306.2 | 191.4 | 459.3 |
| LosCabos | 2016 | 260 | 83.9 | 55.9 | 130.6 |  | 396.7 | 293.0 | 523.1 |  | 305.2 | 196.0 | 467.4 |
| Louisville | 2014 | 1835 | 73.2 | 44.5 | 142.2 |  | 392.5 | 275.6 | 572.9 |  | 332.9 | 187.7 | 537.4 |
| Louisville | 2015 | 2311 | 76.5 | 46.8 | 137.6 |  | 393.5 | 292.7 | 528.8 |  | 303.4 | 178.4 | 508.2 |
| Louisville | 2016 | 2369 | 75.6 | 47.0 | 135.3 |  | 385.8 | 288.5 | 530.2 |  | 298.3 | 184.3 | 468.3 |
| Mallorca | 2014 | 1963 | 70.5 | 44.8 | 125.8 |  | 369.2 | 288.3 | 502.3 |  | 266.0 | 167.5 | 419.1 |
| Mallorca | 2015 | 1781 | 71.3 | 48.3 | 120.1 |  | 363.6 | 272.3 | 488.9 |  | 268.7 | 168.3 | 430.5 |
| Mallorca | 2016 | 1569 | 71.7 | 48.1 | 125.0 |  | 360.6 | 276.3 | 514.0 |  | 260.3 | 168.0 | 444.6 |
| Melbourne | 2014 | 1819 | 71.3 | 45.4 | 139.8 |  | 346.2 | 260.8 | 540.3 |  | 264.9 | 163.9 | 494.3 |
| Melbourne | 2015 | 1690 | 71.4 | 45.3 | 142.6 |  | 348.1 | 259.1 | 537.3 |  | 289.1 | 164.2 | 465.6 |
| NewZealand | 2014 | 1411 | 74.5 | 46.2 | 132.6 |  | 384.9 | 276.7 | 520.3 |  | 288.3 | 167.8 | 529.0 |
| NewZealand | 2015 | 991 | 72.5 | 44.4 | 117.9 |  | 379.0 | 277.7 | 528.5 |  | 287.4 | 169.1 | 459.6 |
| NewZealand | 2016 | 1102 | 71.8 | 46.6 | 122.1 |  | 374.4 | 262.2 | 520.5 |  | 289.9 | 161.3 | 470.7 |
| SouthAfrica | 2014 | 1857 | 77.3 | 48.3 | 130.3 |  | 419.1 | 260.0 | 556.0 |  | 301.0 | 128.8 | 485.2 |
| SouthAfrica | 2015 | 1559 | 77.6 | 49.3 | 125.1 |  | 410.2 | 272.8 | 530.6 |  | 294.8 | 168.7 | 459.9 |
| SouthAfrica | 2016 | 1530 | 80.0 | 49.6 | 134.4 |  | 376.0 | 268.3 | 519.9 |  | 292.2 | 165.8 | 489.2 |
| Switzerland | 2014 | 2141 | 80.4 | 51.2 | 142.0 |  | 362.5 | 275.1 | 500.3 |  | 266.0 | 172.3 | 420.3 |
| Switzerland | 2015 | 1569 | 87.0 | 48.9 | 140.6 |  | 376.9 | 272.2 | 505.5 |  | 278.6 | 167.1 | 464.1 |
| Switzerland | 2016 | 1225 | 76.8 | 51.7 | 137.8 |  | 360.4 | 266.3 | 498.7 |  | 270.1 | 167.1 | 461.5 |
| Texas | 2016 | 2133 | 86.6 | 48.5 | 137.9 |  | 303.7 | 211.8 | 468.2 |  | 318.9 | 160.0 | 497.7 |
| Texas | 2014 | 2150 | 82.4 | 46.6 | 137.1 |  | 382.9 | 259.2 | 550.4 |  | 315.2 | 133.7 | 510.0 |
| Texas | 2015 | 2193 | 86.6 | 48.8 | 139.9 |  | 379.4 | 250.1 | 523.6 |  | 324.7 | 165.8 | 532.8 |
| Tremblant | 2016 | 2185 | 84.2 | 49.9 | 139.9 |  | 389.2 | 270.6 | 520.2 |  | 293.0 | 165.2 | 522.0 |
| Tremblant | 2014 | 2078 | 80.5 | 49.6 | 145.3 |  | 387.7 | 266.9 | 533.0 |  | 284.8 | 173.3 | 486.9 |
| Tremblant | 2015 | 2095 | 78.6 | 49.8 | 133.3 |  | 381.7 | 265.0 | 538.0 |  | 302.0 | 175.9 | 481.6 |
| UK | 2016 | 1667 | 80.0 | 45.6 | 137.4 |  | 416.4 | 284.4 | 527.6 |  | 290.2 | 170.2 | 464.6 |
| UK | 2014 | 1592 | 80.1 | 46.9 | 142.7 |  | 415.0 | 290.8 | 536.8 |  | 297.4 | 127.4 | 441.6 |
| UK | 2015 | 1683 | 81.9 | 48.0 | 126.4 |  | 426.1 | 298.5 | 531.0 |  | 289.2 | 171.8 | 460.1 |
| Wisconsin | 2016 | 2131 | 81.1 | 48.1 | 139.3 |  | 404.7 | 295.3 | 528.5 |  | 308.6 | 171.7 | 471.9 |
| Wisconsin | 2014 | 2258 | 80.5 | 47.9 | 137.6 |  | 394.2 | 271.2 | 536.0 |  | 305.4 | 170.2 | 483.5 |
| Wisconsin | 2015 | 2322 | 81.2 | 50.7 | 135.9 |  | 402.4 | 283.3 | 527.9 |  | 307.5 | 182.3 | 480.6 |