

Effects of Body Composition on Race Time in Triathletes

Ulviye Bilgin

*School of Physical Education and Sports, Gazi University, 06100 Ankara, Turkey
E-mail: ulviyebilgin@gmail.com*

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ABSTRACT The present paper aims to examine the effect of body composition of triathletes on race time. Forty-three athletes who took part in 9th World Inter-university Triathlon Championship participated voluntarily in measurements for the paper. The findings showed that Body Fat Percentage (BFP), Body Fat Mass (BFM), Fat Free Mass (FFM), Total Body Water (TBW) affected race time at $p < 0.01$ level., While Body Mass Index (BMI) influenced the race time at $p < 0.05$ level. Considering correlation results of the race time, positive moderately significant relation was found between race time and BFM and BFP, while negative moderately significant relation was observed between race time and FFM and TBW, and weak negative significant relation was seen between race time and BMI. Consequently, cycling time, rather than running time seems to be crucial in success in a University Olympic Triathlon. Swimming time seems to be of low importance.