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Hawaii RaceRank™ by Endurance Nation



Here are six categories to consider, each ranking from 1 to 5, with 1 being the easiest score and 5 being the hardest. Possible scores range from 6 up to 30, with 30 being the hardest possible event on the planet.

Summary

The Hawaii Total Score is 22 out of 30, placing the event in the Very High Challenge Category. By far the most difficult element of the race is the bike course, with the dynamic conditions and potential delayed arrival for the run. Be advised that good swim+bike fitness is required, and aero fit+gear is mandatory.

Swim Venue [Score = 5] -- From the salt water to the swells, from the mass start (by gender) to the currents, all the way down to the single loop swim...there is no harder swim course.

Total Bike [Score = 4] -- Total elevation gain is 4,300 across 112 miles. The rolling course and shifting winds are exacerbated by the 20-mile out and back (mostly climb) to Hawi. Add the heat and you are suffering!

Total Run [Score = 4] -- Total elevation gain is 800 feet across 26.2 miles. The run along Ali'i Drive is very hot; you earn a break on the Queen K but you have to climb to get it. Rolling lava hills make it hard to determine where you are. Add more sun and you could really be in a dark place!

Venue Elevation [Score = 2] -- Kona is at sea level, making elevation a non-factor, earning it a Normal Score.

Average Weather [Score = 4] -- Weather on race day over the last five years has been an Avg Temperature of 79 degrees Fahrenheit, with a Dew Point of 68.2 degrees Fahrenheit. Both are on high side for racing, the most significant weather element for the IMWC is the heat radiating off the pavement. Sunny days can see the pavement get to 120+ degrees.

Average Did Not Finish (DNF) [Score = 3] -- Over the last five years, there has been an average of 5.45% DNF (111 out of 2036). This is less than the baseline DNF rate of about 6%, but with the world's best competing, that data isn't very truthful. Note the worst year in the past five for DNFs was 2012, with 152.

Disclaimer -- As with any exercise related to weather data, there is a high-degree of potential variability. Athletes should be prepared for all possible scenarios, and exercise diligence and caution at all times. Good luck!

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