



The World's Largest, Fastest Online Triathlon Team

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Arizona RaceRank™ by Endurance Nation



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

Summary

The Arizona Total Score is 11 out of 30, placing the event in the Low Challenge Category. By far the most difficult element of the race is the bike course, where winds can conspire to make even the flattest bike segments feel like you are climbing Mt. Everest. Excellent bike fit and aero set up are recommended!

Swim Venue [Score = 3] -- The one-loop nature of the swim, combined with near-zero visibility due to the sediment make for a strong one-two punch. Then add in that the first half of the swim is due East, into the rising sun, and you have the makings of a fairly challenging swim.

Total Bike [Score = 2] -- Total elevation gain is ~1,500 across 112 miles. That's right...about as flat as you can possibly get in an Ironman. The speed you'd find on a typical drag racing course is offset somewhat by the combination of the three loop course that gets very crowded, and the potential for serious winds.

Total Run [Score = 1] -- Total elevation gain is 358 feet across 26.2 miles. There's a ton of admin on this course, with plenty of turns to confuse you. Beware the (only) steep pitch at Miles 9 and 22. Even if it's windy, it's never a significant factor on the run.

Venue Elevation [Score = 2] -- Arizona is at 1,174 feet above sea level, making elevation a non-factor, earning it a Normal Score.

Average Weather [Score = 1] -- Race day Avg Temperature of 65.2 degrees Fahrenheit, with a Dew Point of 39 degrees Fahrenheit. Both are ideal for racing; humidity is practically non-existent! The "Temperature Swing" averages 20 degrees Fahrenheit -- significant elsewhere but given the Avg Temp of 65.2 degrees, it really means a very cool morning / start!

Average Did Not Finish (DNF) [Score = 2] -- The average over the last five years is 6.08%, which is right on the baseline DNF rate of 6%. The biggest year for DNFs was 2014; this was most likely due to the lower than average temperatures. The average rating earns Arizona a score of Normal.