

<b>TIPO DE PROVA</b>	<b>% of FTP</b>
<b>Sprint</b>	<b>100–103%</b>
<b>Olimpico</b>	<b>95–100%</b>
<b>Meio IronMan</b>	<b>80–85%</b>
<b>IronMan</b>	<b>68–78%</b>