

TRI-max

MAGAZINE n°151



RACE REPORT

Gwadelouptri

Duel under the sun...

DISCOVER

Forte Village Challenge

It's a dream !!

FOCUS

Pewag Racing Team

Presentation

PRO TIPS

Reach your **fitness weight**

Core training,

fad or real asset of your physical preparation?

MATERIAL TEST

S3 by **Cervélo**

Shoes Ikon OffRoad by **Vittoria**

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MATERIALS TEST



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On after an original idea by TC, directed by Jacvan.

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Romain Guillaume began his great season in 2016 in the beautiful setting of the triathlon Guadeloupe



Challenge Forte Village :



it's a dream !

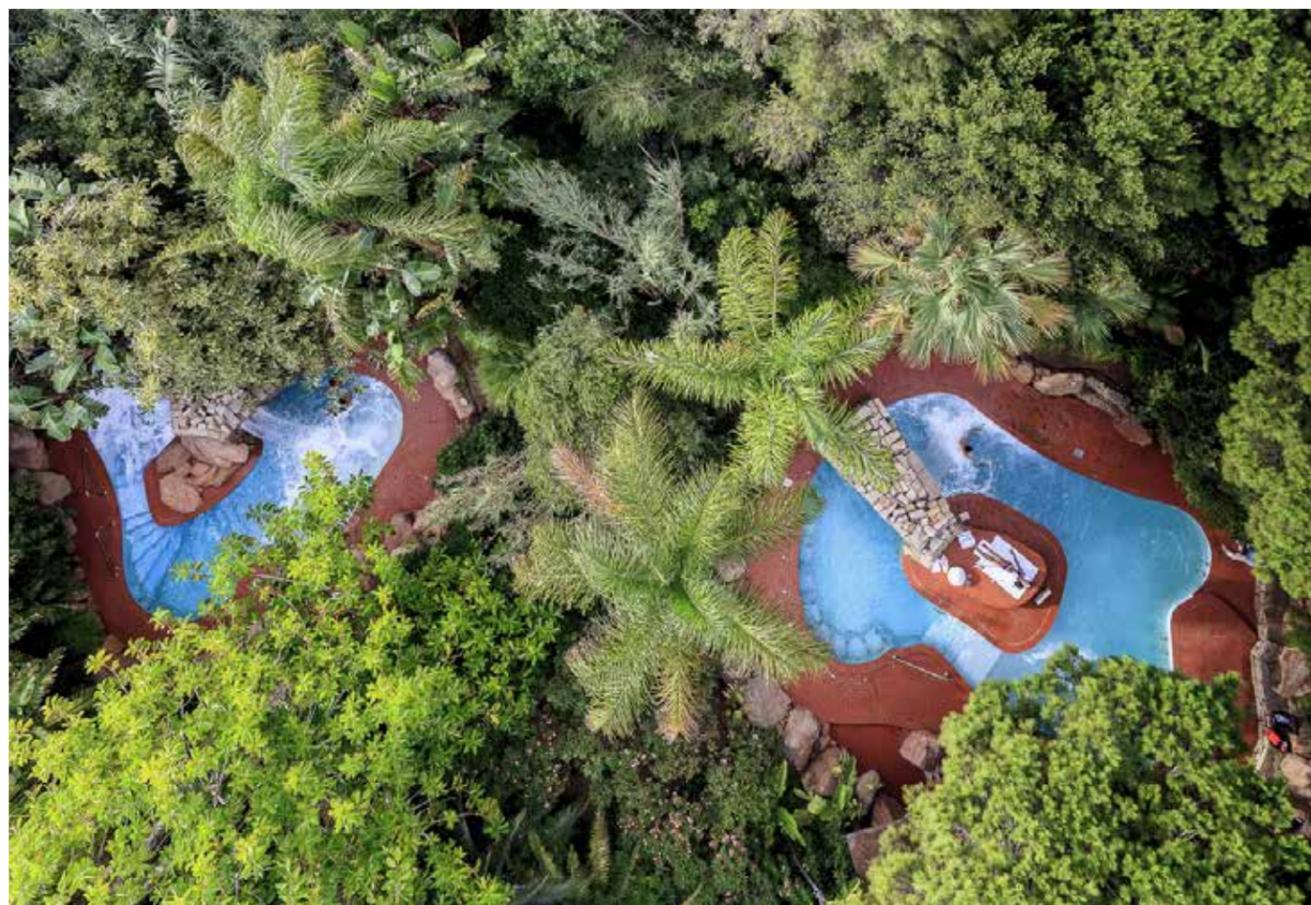
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Gordon Ramsay

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Forte Village Tinkoff Bike Academy offers cycling enthusiasts, the possibility to experience a unique training camp with one of the world's top pro cycling teams, at an exceptional setting.



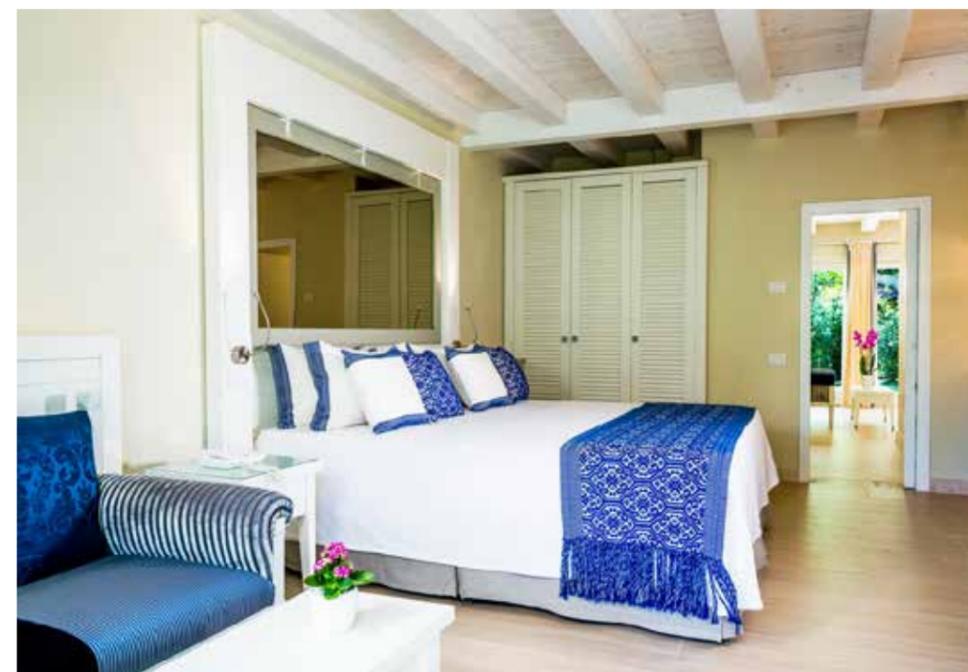
CHALLENGE
RIMINI
08.05.2016



CHILDREN'S WONDERLAND



Children's Wonderland is a little world of happiness and fantasy, where younger guests will discover the joy of a holiday tailor-made for them in one of the resort's loveliest corners, with a private pool and VIP access to the beach, all in complete safety.



A bike course among the most beautiful ...

The bike course is of an exceptional beauty. No way to make the entire race without lifting one's head up from the track. Rather the opposite, the proposed variety of landscapes is a permanent invitation to dream: alternation between rough mountainous landscapes and the charming seaside of Sardinia. The competitors will



cycle along the beach of Tuerredda. This place is considered as one of the most beautiful beaches of Sardinia. Its most distinctive characteristics are a heart-shaped bay, very fine white sand and clear blue waters. The coast is surrounded by rocks and cliffs and features typical Mediterranean vegetation.



fizik.com/makingofchampions

**MICHELLE VESTERBY, TRIATHLETE AND GOLD MEDALIST.
CHOOSES R5B DONNA.***

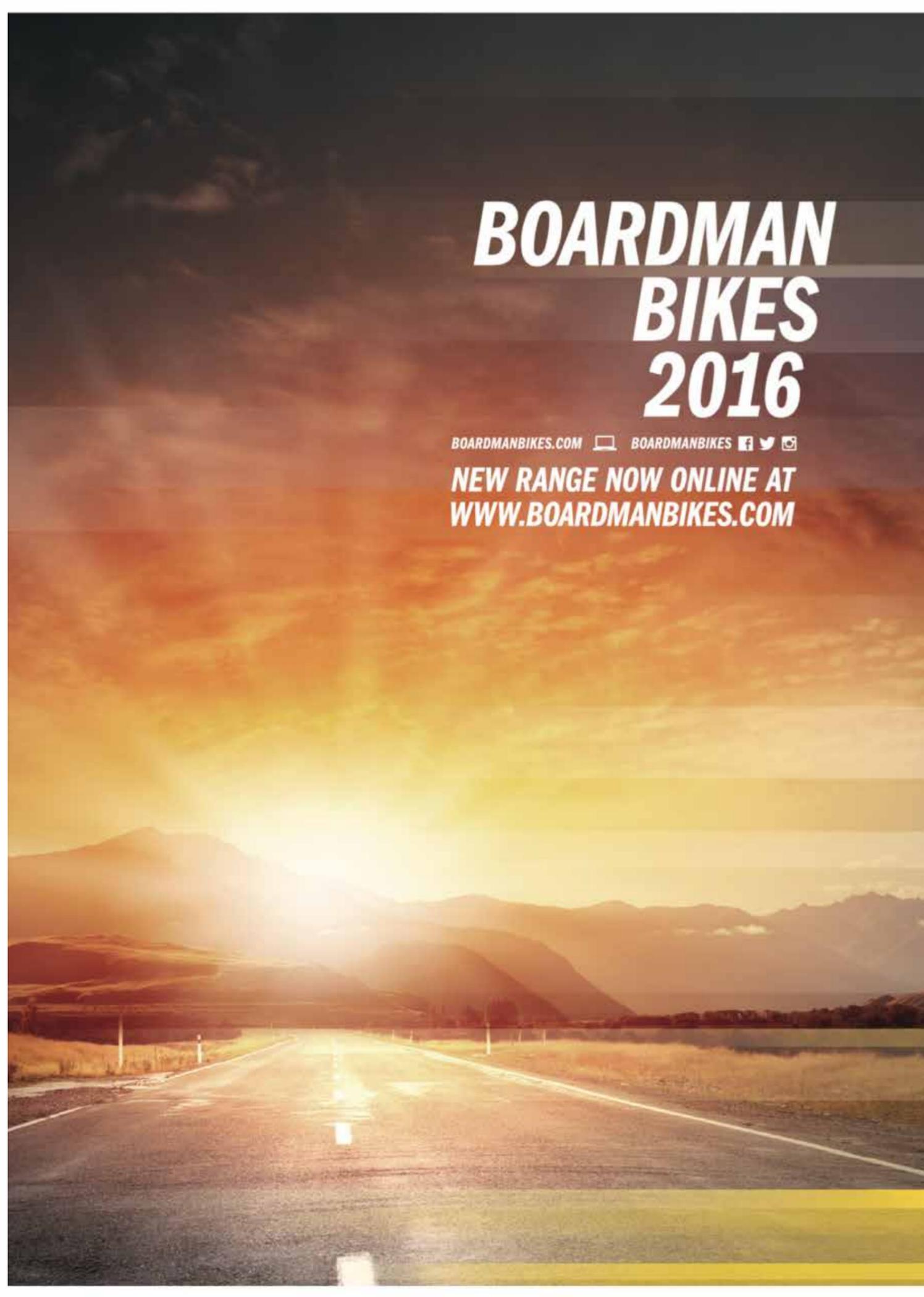
*MICHELLE VESTERBY, TRIATHLETE ET MÉDAILLE D'OR CHOISI FIZI-K R5B DONNA.

fi'zi:kWomen

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Duel under the sun...



Both for men and women, the race was finally a series of duel between favorites and underdogs...

Finally, Romain Guillaume and Jeanne Collonge who were the most regular, emerged triumphant, as last year.

Doing a triathlon in the Caribs when we are freezing in mainland France, everybody dream about it! However, this is the program that has offered for several years now the Gwadeloup'tri under the leadership of its passionate organizer Christophe Roualland. Over the editions, the passion has remained the same even when difficulties of organization, sometimes even more complex because of the insularity, could discourage him. But he does everything he can to make this event last and to have it in the calendar as an unmissable event

REPORT

In Guadeloupe, as in the neighboring islands and especially in Martinique, it is the case now. The Grand Prix of Guadeloupe is the event of this beginning of season, and there are more and more people engaged each year. From mainland France, some people are now used to come here. Often coinciding with a part of the calendar of the February holidays, rather than going to ski with an uncertain snow, some people prefer the heat with the sun and it allows them to change from the winter they have in the hexagon. Thus there are the French of mainland France and those of

the Caribs, but also all the athletes coming from somewhere else. Because the program offered by Christophe Roualland make many people dream beyond French borders. And this year, some nationalities had their ambassadors such as Leanda Cave for Great Britain and the American Jenny Fletcher, who both live now in Miami, only a few hours flight from Pointe-à-Pitre. Antoine Jolycoeur Desroches came this year again from Canada to enjoy triathlon under the sun of Guadeloupe.

Regarding the field, the organizer also did his best to have professional triathletes ready to concentrate on entertainment. It's now a tradition, Jeanne Collonge and Romain Guillaume (winners in 2015) particularly like this place to start the season. The race seems to work out for them. A race which is good for morale before starting the important races.



Organizer Christophe Roualland



Jeanne Collonge

Regarding the French, Toumy Degham had also decided to come. We know he can be performant on this kind of events.

Regarding the international, we expected Tyler Butterfield. The Bermudian had won a few years ago the Tour de Guadeloupe when he was cyclist. However, a few days before the event, he had to withdraw... Last-minute guest, Andrej Vistica (winner of the last Embrunman) wanted to push hard on the bike on a course profile made for him.



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For the females, we expected the trio Jeanne Collonge, Leanda Cave and Jenny Fletcher on the podium, yes but in what order?



Women's podium



Romain Guillaume

In the male race, the Canadian Antoine Jolycoeur Desroches finished the swim first closely followed by Romain Guillaume who quickly passed him on the first kilometers of the bike. Vistica was a little bit behind of the lead group and started to make his effort on the bike part in order to progressively catch his contenders. While he was coming back in front, he suddenly fell. A little bit sounded, he decided to start the race again after a few minutes stop. In front, Romain Guillaume saw all his winter work pay. While he was pushing on the pedals, his lead was growing. Toumy Degham, victim of a puncture had to withdraw, while Yves Cordier, still in shape with his athlete Sebastien Hartman and with Francky Favre from Martinique, followed at a legal distance ; such as Vistica who was cautious but efficient on the second part of the race. Only Antoine Jolycoeur Desroches managed to keep his second place (a few minutes late) when he arrived at T2.



Yves Cordier

Romain Guillaume decided to keep a good pace on the first part of the run in order to judge not only how his contenders were, but also how he was himself, a few weeks before his first important race of the season, the 70.3 of Puerto Rico. Reassured by both aspects, he could relax his stride a little bit on the second lap to run towards victory. The Canadian, victim of a heat stroke on the run, exposed to the sun (especially in the Golf where there is neither air nor shade), had to withdraw. It is the Croat Andrej Vistica who managed to finish second thanks to a solid end of race. The podium was completed by Francky Favre (Madinina Bikers), who also achieved the title of Caribs winner.

For the female race, Jeanne Collonge, last year's winner, was first racing against Jenny Fletcher for the provisional second place, as Leanda Cave had a certain lead on her rivals of the day thanks to a faster swim. Knowing well the event, the triathlete from Nice came back on the American Fletcher after the first lap. She pushed hard to try to come back on the lead. She passed Leanda Cave during the second lap, which gave her confidence at the beginning of the run. However, she didn't manage her effort to keep the lead and finally won a new title in front of Leanda Cave and Jenny Fletcher. Nadia Renesson Philipon (Grenouilles Bleues) finished 4th and 1st Caribbean.



Jenny Fletcher



Jeanne Collonge

A race good for morale for our two Frenchies who will start the KPR hunting with a first race a few weeks later in Puerto Rico (ndlr: Romain finished 4th and Jeanne 7th of the female Pro ranking).

Top 10 male :

1. GUILLAUME Romain	04:07:53
2. VISTICA Andrej	04:21:18
3. FAVRE Francky	04:24:05
4. CORDIER YVES	04:36:57
5. HARTMANN Sébastien	04:38:32
6. PAYEN Yann	04:40:12
7. LIMOUSIN FFédéric	04:42:18
8. DARDENNE Cédric	04:43:32
9. FOURMONT Benoit	04:47:48
10. LAFFERRIERE Laurent	04:50:05



Antoine Jolicoeur Desroches



Jenny Fletcher



Sébastien Hartman



Men's podium

All our photos are available on our online library



<http://www.triathlon-hebdo.com/photos/>

Top 10 female :

1. COLLONGE Jeanne	04:43:08
2. CAVE Leanda	04:56:02
3. FLETCHER Jenny	04:57:21
4. RENESSON-PHILIPON Nadia	05:21:42
5. MARTINEZ Christel	05:27:24



Leanda Cave



Andrej Vistica after fall

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REPORT

Yann Payen



Frédéric Limousin

Degham Toumy



Denis Levieux



TEAM

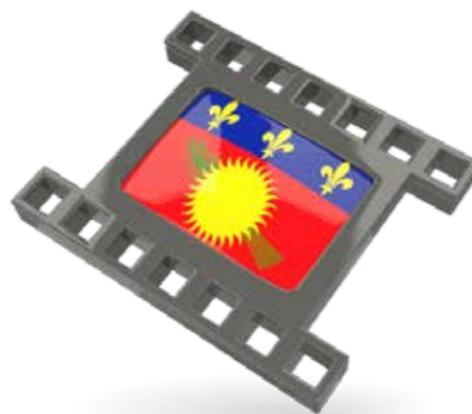
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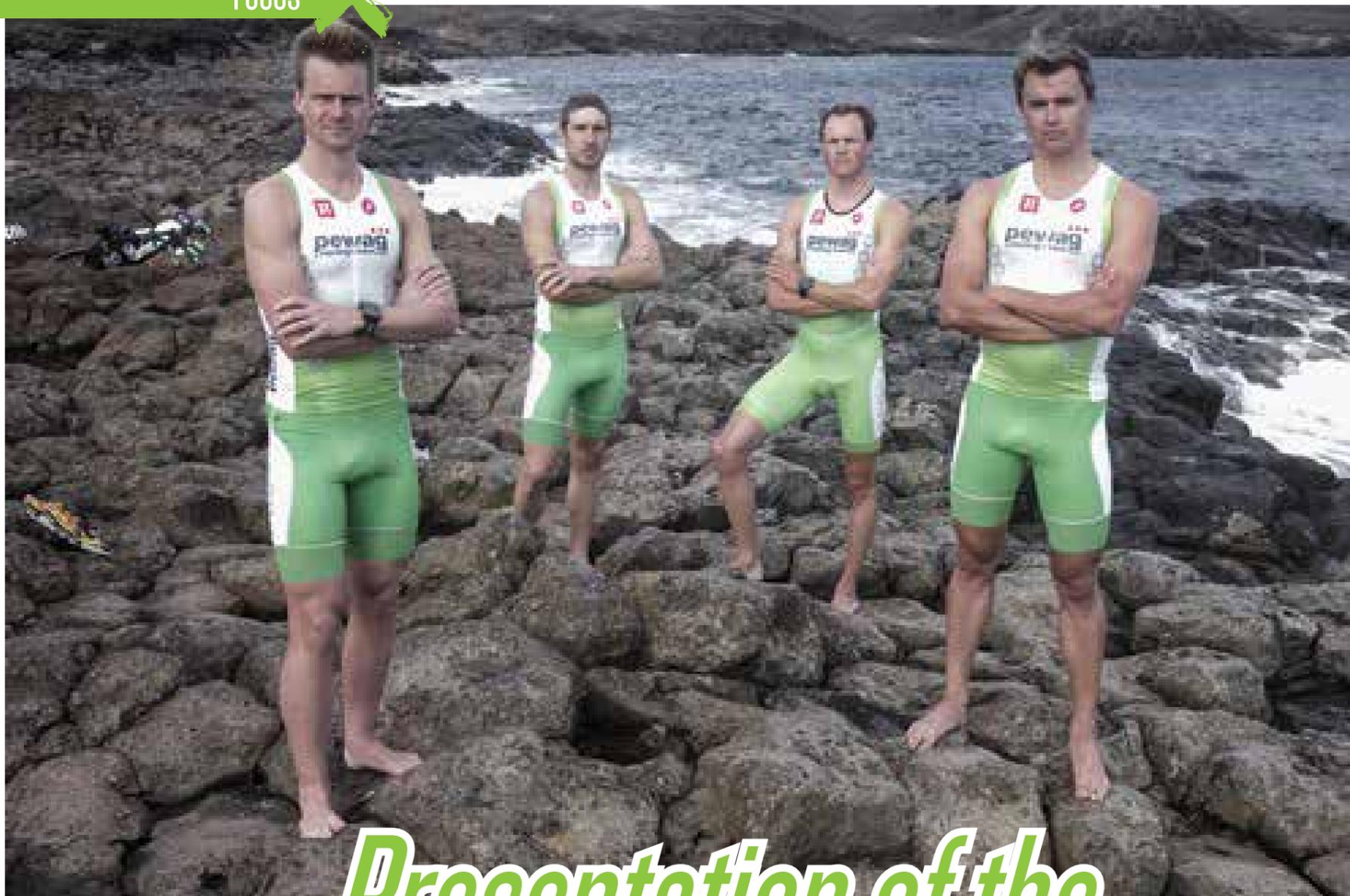
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Presentation of the PEWAG Triathlon Racing Team

Jacvan
Team Pewag

This month, TrimaX-magazine has met another professional team, the Pewag Triathlon Racing Team... Presentation of a team, their objectives and ambitions...



Fraser Cartmell and Jeremy Jurkiewicz



Stefan Schmid and Corinne Abraham

First 3 years was the first step into leading and building a team. We started with an Austrian team of 5 pro's and 30 elite athletes. In July 2013, Faris al Sultan and Marino Vanhoenacker joined the team. The goal was to promote the main sponsor of the team and also work for clients and employees of pewag as well.

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FOCUS

It worked really well in these first 3 years, so we decided, to focus more on the international market, herefore we also focused on international athletes.

The team for the next 3 years consists of 9 pro's and 30 elite athletes out of these 9 pro's. 5 have already won ironman races. We still have the

guy with the most ironman wins and the actual ironman world record. The focus for Marino will be, to be the first athlete as well, who have won an ironman on each continent.



Michael van Cleven and Vincent Rieß

Marino Vanhoenacker, BEL

Marino is in the team now for the second year and still the most successful and experienced athlete. He is even good for winning IRONMAN races the next years and will give a lot of his experiences to the other teammates as well.



Corinne Abraham, GBR

Corinne was a former member of the BMC Uplace team and has won IRONMAN European Championship and IRONMAN Melbourne two years ago and recently won IRONMAN Cozumel im Mexico. She will represent the green dress at races around the world.

Stefan Schmid, GER

The young german guy has recently reached the top of the international pro field with a third place (9 sec) behind the winner at IRONMAN Chattanooga and his first victory at IRONMAN Cozumel in Mexico. For the next year he will be starting first at the IRONMAN South Africa and focus on Kona, where he is already qualified for.

IRONMAN
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FRANCE



1st May 2016

AIX-EN-PROVENCE, FRANCE

@Jacvan



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IRONMAN
Vichy France

IRONMAN
70.3 Vichy

27 & 28. August 2016
VICHY, FRANCE



Fraser Cartmell, GBR

Fraser is 32 years old and loves more difficult race courses. He won IRONMAN UK in 2010 and during the last years he had some very good results at 70.3 races around the world.

Jeremy Jurkiewicz, FRA

The young guy from France already knows what it means to be in a professional team since he was member of the Abu Dhabi Team in 2012. His focus will be on races in France for the next year.

Michael Van Cleven, BEL

The young Belgian, who trains now together with Marino since one year, performed very well last season, where he was able to win the triathlon in Portocolom.

Thomas Steger, AUT

Thomas is with his 23 years the youngest athlete and in the team since 2014. He has a huge potential, especially on 70.3 races, where he became 5th at the european championships in Rimini this year. He has also won a lot of national races and will focus on more international races for the next year.

Christian Birngruber, AUT

Christian already raced for the pewag racing team at the IRONMAN Austria this year and had a great race there. He still has the potential for the next years to get to the podium on international races.

Vincent Riess, AUT

Vincent had bad luck this year because he often was injured. When he is in good shape he also has the potential to finish at the top 3 at an IRONMAN race .



Corinne Abraham



Fraser Cartmell

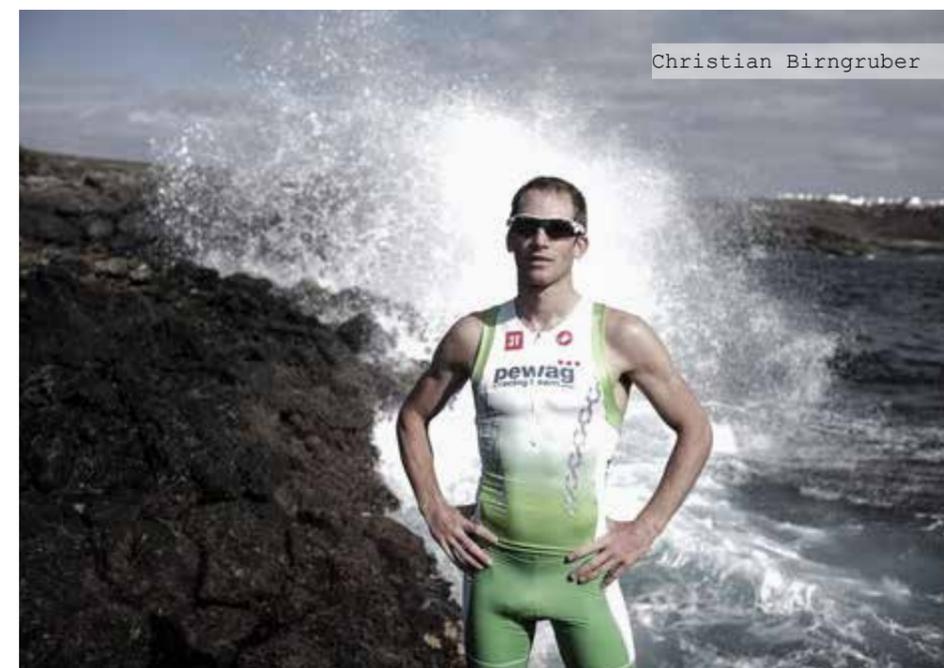


Vincent Rieß

@Thierry Sourbier

FULL DAY PROGRAM

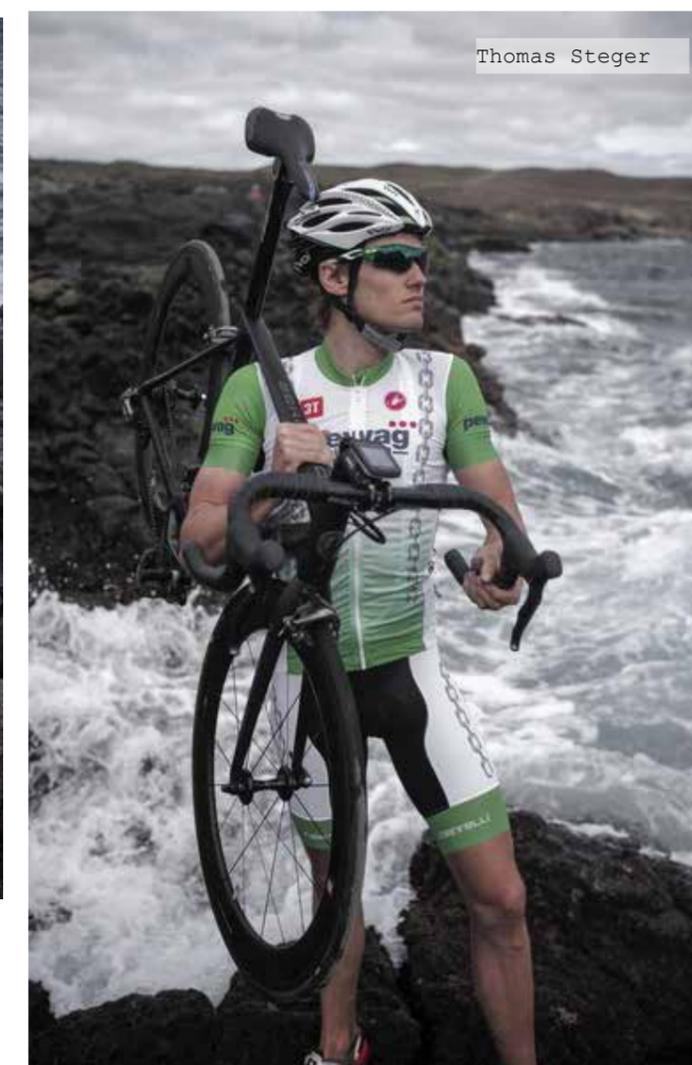
7:30 AM	FULL DISTANCE BELMAN		3,8 180 42
8 AM	HALF DISTANCE BELMAN		1,9 90 21
8 AM	HALF DISTANCE RELAY BELMAN		1,9 90 21
10 AM <small>NEW 2016</small>	OLYMPIC DISTANCE BELMAN		0,9 40 10
12 AM	BELMAN KIDS 8-12		0,2 6 2
16 PM	RUN & DRINK FOR BELMAN		5+



Christian Birngruber



Jeremy Jurkiewicz and Michael van Cleven



Thomas Steger

The goal for the next 3 years: WINNING IS ALLOWED, but even if we dont we could be successful !



Reach your fitness weight

The kilos accumulated during winter are concerning us... It's time to eliminate Christmas, Candlemas, Easter dinners as fast as possible.

We now have to take advantage of the first months to lose weight progressively, to reach our fitness weight without exceeding 1kg per week. A fast weight loss can have dangerous consequences on health, and can decrease performance.

The inferior limit of a diet is 2000 calories. A reduction inferior to 2000 calories must be controlled by a doctor. Diet programs reducing the caloric intake can be dangerous because they result in water loss, electrolytes, minerals, glycogen and proteins loss with a quite low fat loss.

Slimming strategies are based on a negative energetic balance.

It is now fully demonstrated that combining diet and increase of the physical activity gives better results in the long term rather than focusing only on one of the points of this combination.

Alexandre Gomez
06 20 70 12 31
gasportcoach@gmail.com



Lean body mass

Even if fat (adipose tissue) is an indispensable element for endurance sports in the creation of energy (ATP), the excess of fat for movement sports such as triathlon or bike are a burden. There are percentages of fat mass indispensable for health, for cellular membranes, for the nerve tissue, the immune and hormonal system. These percentages are of 3% for men and 6% for women.

For athletes, the body fat level is of 15% for men and 25% for women.

The ideal weight

There are theoretic calculations in order to have daily marks: the body-mass index (BMI).

Example for a man measuring 170cm (1.70m) and weighing 67 kg
 $BMI = 67 / (1,70 \times 1,70)$
 BMI = 23,1

According to the following classification :
 Inferior to 20 : Insufficient weight
 From 20 to 24,9 : Normal weight
 From 25 to 29,9 : overweight
 Beyond 30 : obesity

The World Health Organization (OMS) has defined this body-mass index as a standard to evaluate

the risks linked to overweight. There are other methods of calculation which take into account sex, age, wrist circumference and corpulence. But nothing replaces a medical consultation, and especially a specialist, in order to determinate according to your activity and your physique what will be your ideal weight.

During winter, it's not important to take 3 to 5kg compared to your ideal weight, it can even be beneficial because your body recovers during winter. For a professional triathlete or cyclist, the BMI is in general between 20 and 22. For an amateur competitive cyclist, and for a triathlete, it mustn't exceed 23-23,5.



When the values are below 8% for men and 14% for women, there is no improvement of performance, but on the contrary there are negative impacts on performance such as the decrease of the immune system, thus a weaker body, less testosterone secretion, thus a weaker athlete...



Calculation of the theoretical percentage of body fat

For the estimation, we can use different methods but there is a quite simple method using our BMI:

% body fat Men = $(1,218 \times \text{BMI}) - 10,13$
 % body fat Women = $(1,48 \times \text{BMI}) - 7$

Other methods allow to calculate the body fat, especially with adipose clips or skin folds clips or an analyzer of body mass, as some brands can offer, for example Tanita

Methods to lose weight

The best way to ideally lose weight is to decrease the highest percentage of calories from fat food. Carbohydrates must constitute 60% of the daily total calories. For athletes, they play a capital part for the daily energetic intake, below the minimal rate for the body, we increase the destruction of proteins and thus we create a decrease of our strength.

The strategy I offer :

- Reduction of the total number of calories, around 15%
- Reduce fat, reduce saturated fat (from animal origin). The percentage of fat for the diet must be 16%
- Percentage of carbohydrates of 60%, mainly with a low glycemic index
- Protein intake of 24% on the diet

In order to optimize weight loss, training must be supervised and regulated, recovery becomes even more important. Enhance your training with one or two sessions of Cross Training. Finally, subject of a next article, you can run on an empty stomach, starting progressively.

To be even more precise according to your profile, your metabolism, your daily energy expenditure, if moreover your training plan is already very charged... Ask to your expert coach a training plan coupled with a diet plan!



Core training, fad or real asset of your physical preparation?

BONK

Shape your life



For many years, core training has become an exercise which is integral part of the physical preparation of the triathlete. It has many virtues including to reinforce the lap belt. But is it the same thing as doing a session of abdominals?

Thanks to our partner BONK, also find how to do simple exercises but very efficient.

When we do an exercise of core training, we activate all the lap belt which surrounds the torso with its 4 main muscles which are the right rectus, the internal and external oblique and also the transverse but also all the lumbar muscles that we know maybe less (quadratus lumborum, transversospinal and backstrap). Thanks to a regular practice of core training, your lap belt will be toned and the impact won't only be esthetic. Then you prevent all the risks of vertigo, particularly frequent for athletes and you reduce the risks of herniated disks.

Doing a session of abdominals will allow you to act on the right rectus and on the obliques but won't have the same effects as core training. The latter represents a good complement compared to the traditional abdominals but it also has the advantage to be an exercise itself!!

With regular core training exercises, you fully seek the different muscles of the trunk, of the lap belt, which will allow

you to avoid back pain, to optimize your stride (better transmission of the vertical impulsion strength during the stride), to keep a profiled hydrodynamic position in freestyle and to have a flat and tonic belly without muscular volume gain! Indeed, core training allows to work on muscles in length and in the meantime in depth, which allows to tone up your body without gaining volume. Very efficient for triathlon, it is also for every sports! Core training allows to have a tonic

abdominal/lumbar strap, thus improving the transmission of strengths between the upper and lower body.

So, convinced?

Discover thanks to BONK a core training circuit easy to realize and extremely efficient - to consume without moderation in order to optimize your performances!



SPHINX

(duration of 30» to 2' depending on the level)



Pressed on the forearms and the tiptoes, lift the pelvis in order to have an aligned leg/pelvis/trunk segment. Tight the buttocks (which allows a retroversion of the pelvis) and contract the abdominals in order to place your back, then hold the static position during the desired amount of time.

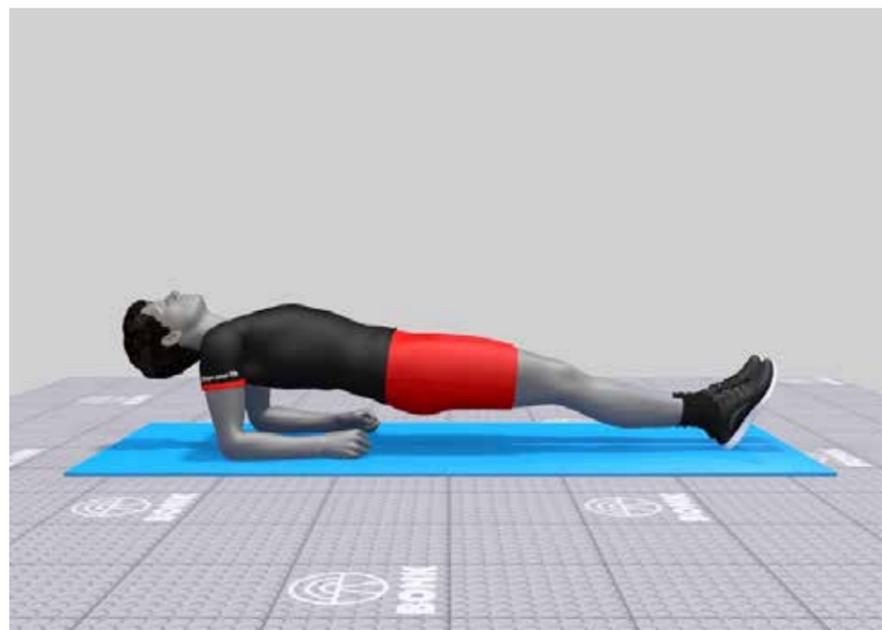
Interest of the exercise: seek most of the muscles of the trunk and especially the transverse abdominals and right rectus.

Reversed SPHINX

(duration of 30» to 2' depending on the level)

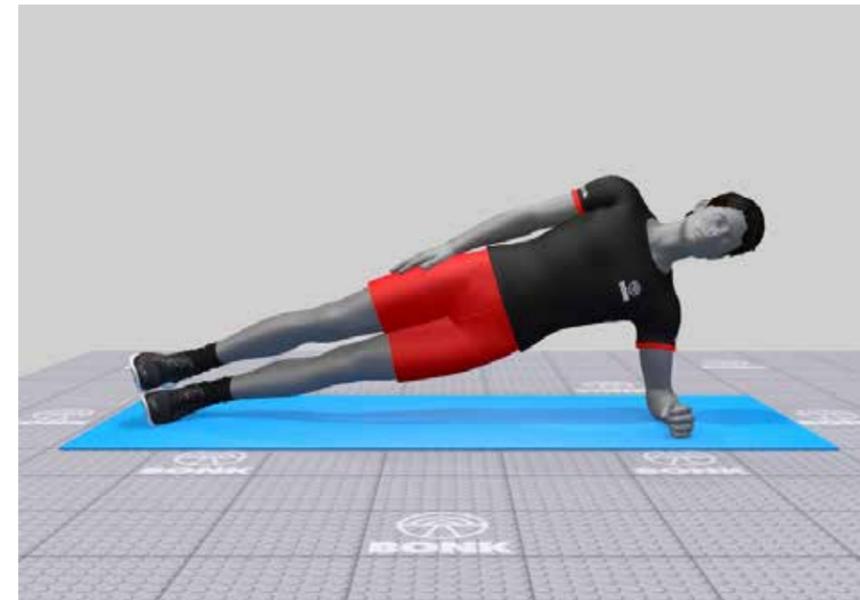
Pressed on the forearms and the heels, lift the pelvis in order to have an aligned leg/pelvis/trunk segment. Tight the buttocks and contract the abdominals in order to place your back, then hold the static position during the desired amount of time.

Interest of the exercise: seek most of the muscles of the trunk and especially the abdominal strap and the gluts.



Lateral SPHYNX

(duration of 30» to 2' per side, depending on the level)



Pressed on one foot (or two feet together) and on the forearm, lift the pelvis in order to have an aligned leg/pelvis/trunk segment. Pull the buttocks and contract the abdominals in order to place your back, the hold the static position during the desired amount of time.

Interest of the exercise : seek most of the arm muscles, the shoulder and especially the transverse and oblique abs.

Alternate SUPERMAN

(duration of 15» of 2' depending on the level)

Pressed on the hands and tiptoes as if you were going to do a pushup, lift one arm and the opposed leg. Contract the buttocks and the abs, then hold the static position during the desired amount of time, and change of side at each round. If it's too hard, stay in static board.

Interest of the exercise : seek most of the muscles of the trunk and abs.



Video link : <https://www.youtube.com/watch?v=5FQvH83qaDg>

Material crush



Shoes Ikon OffRoad by Vittoria

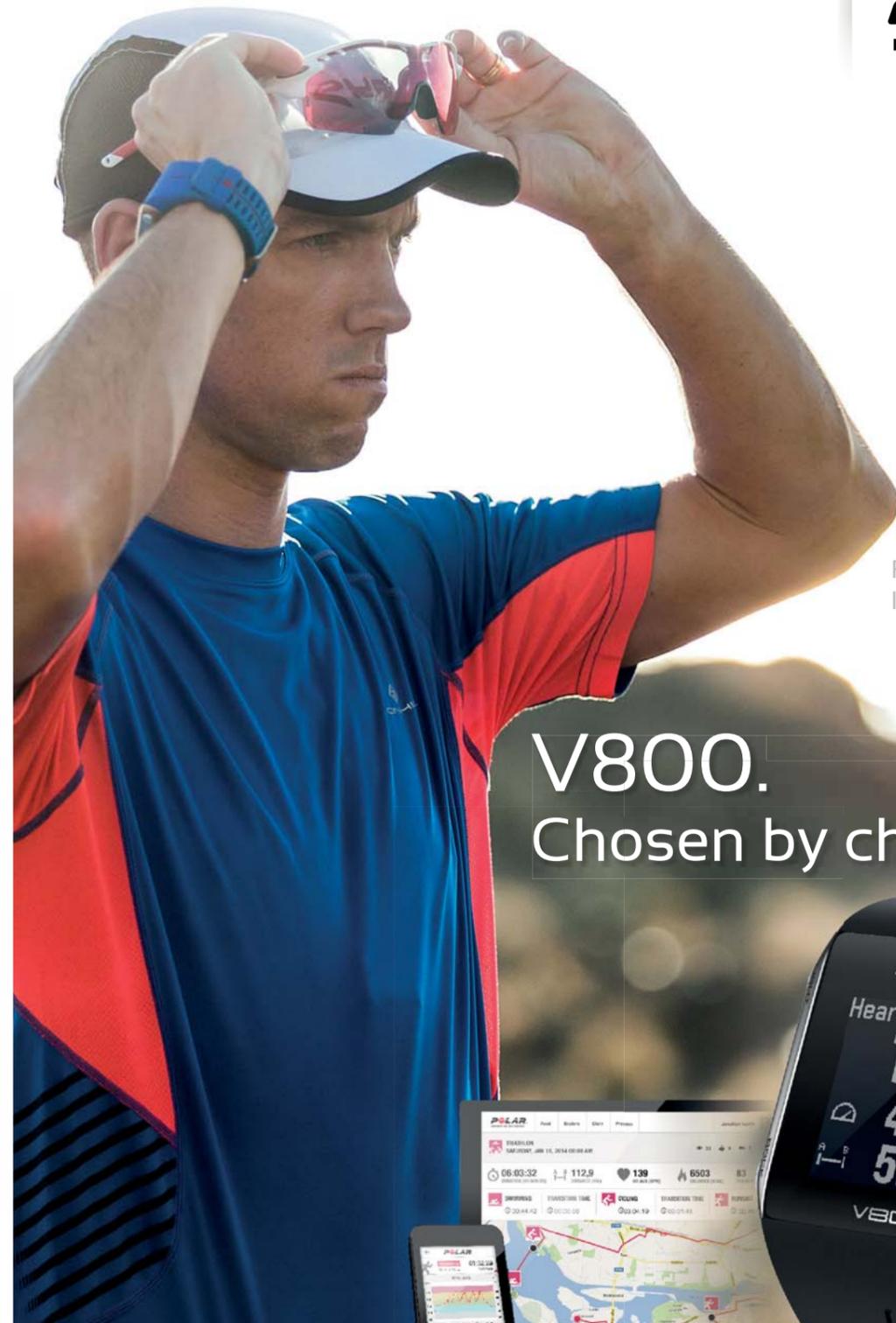


Vittoria offers indeed a range of road/mountain bike/triathlon shoes. There are 13 models in the mountain bike range of which we could test the high-end one : the Ikon OffRoad.

It uses the main characteristics of its big sister the Ikon Road, that is to say the very soft Microfiber envelop, the laser drilling of hundreds of small

holes for the air flow, a very rigid and light outer sole and a special care to the inner fitting with an inner sole partially thermo-formable and pads which wrap the back of the heel. It is noted for (because off-road) the front and the sides of the reinforced shoes and also an outer sole Vibram (or even cleats) for the hook in walking phases.

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Material crush



Pads wrapping the back of the heel for more comfort.



Laser drilling for a better air flow in the shoe.



Front of the shoe reinforced specifically for the off-road practice



System of closure of the latest generation

And when we used it, it's precisely this part of the outer sole which has seduced us. The grip of the part in Vibram for the rocky parts together with

the two cleats for the muddy parts was a real asset. As well for the astonishing rigidity/lightness (250g in size 45).

€ Price

Sold 329€, it exists in 3 colors (orange, black and camo).

? For whom

The supporters of Xterra who want a very comfortable, light and rigid product with the insurance to walk without skidding in the phases where the crossing on a bike is not possible anymore.

♥ We liked

The mix rigidity/lightness ; the hook of the outer sole ; the small details of the inside shoe ; the ventilation.

— We liked less

The wideness of the toebox (8mm wider than the standard) which won't fit fine foot ; the tightening system which, even if it is very efficient, needs first to raise a small spur before activating it.

RACE CHALLENGE ARUBA

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Tim DeBoom

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Yvonne van Vlerken - a Dutch triathlete and world record holder for Ironman-distance Triathlon races - will be competing at Challenge Aruba with her husband. Vonsy, as she is known to friends, is one of the best female triathletes in the world.

LEARN FROM THE BEST

Tim DeBoom - a 2x Hawaiian Ironman World Champion, 2015 USAT Hall of Fame Inductee and 2x ProTriathlete of the year - and **Marc Herremans** - a world famous para-triathlete and motivational speaker - will be giving seminars at Challenge Aruba.

For details and registration visit: www.challenge-aruba.com

or email info@challenge-aruba.com

*Guaranteed registration slot only; does not include registration costs.

Find us on social media @ChallengeAruba





Brand



Young company because Cervélo has only existed for 20 years, it has quickly become famous and especially in triathlon where it has prevailed in less than 10 years with its P series (2/3/5) as the most represented brand in Ironman bike parks, as well among the amateurs as among the pros. In road biking, its popularity also grew up in the 2000's via 3 factors:

- The investment in the aerodynamic work, then totally neglected, of road bikes for the benefit of the weight loss or the mix comfort/rigidity, which was materialized by the Soloist and then the S series.

- The sponsoring of a professional team quickly successful especially on time-trials, then with its own name whereas for several years, the name of this bike supplier was often only known by the passionates.

- By meeting the need of many people (lightness/comfort) via the R series including their iconic RCa.

These three elements have allowed the brand in a few years only to get a popularity, a technical legitimacy and a very strong image.

Range



The S range is that of the compromise. It uses aerodynamic elements from the evolutions of the P series (Time-trial and triathlon bikes) and the last evolutions in lightness, rigidity, maneuverability of the R series.

It is positioned then as the adapted range for the athletes who want only one frame for every practices or for triathlon on very rough courses or even in drafting.



Model



The S3 is the middle of the S range (thus polyvalent) but it constituted a few years ago the flagship of the range. Ever since, the S5 has arrived and has represented the flagship of this range. Logically, the choice of the components below is in keeping with this positioning and represents a high-end

product but not the best. For example, the Ultégra Di2 instead of the Dura-Ace of the group. It allows to have a race bike (a high race one when you change the wheels) by taking the price into account.



Sylvain Bachelot

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MATERIAL TESTING

Components



TECHNICAL CHARACTERISTICS :

- **Frame** : Cervélo Integrated Aero Road Carbon
 - **Fork** : Cervélo All-Carbon, Tapered S3 Fork
 - **Headset** : FSA IS2 1"1/8 x 1"3/8
 - **Shifters** : Shimano Ultegra ST-6870 Di2, 11s
 - **Front derailleur** : Shimano Ultegra Di2 FD-6870, 11s
 - **Back derailleur** : Shimano Ultegra Di2 RD-6870, 11s
 - **Crank** : Rotor 3D30BBright™ NoQ 52-36
 - **Bottom bracket** : Rotor PF-30
 - **Cassette** : Sram PG-1017, 11s
 - **Chain** : n.c.
 - **Back/front brake calipers** : Shimano Ultegra BR-6800
 - **Handlebar** : FSA Energy Compact
 - **Stem** : FSA SLK
 - **Saddle** : Fi'zi:k Antarès VS
 - **seat post** : Cervélo Carbon, Aero, single-position
 - **Wheels** : Mavic Cosmic Elite S
 - **Tubes** : Mavic Yksion Comp 700 x 23c
- Only available in black with a red spot
- **Sizes** : 48 cm, 51 cm, 54 cm, 56 cm, 58 cm and 61 cm

Details of the frame and of the testing



As said above, the frame S3 of this bike of the 2016 catalogue is not a new color but an evolution of the precedent one and takes innovations issued from researches on comfort and rigidity of the R series and aerodynamics of the P series.

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MATERIAL TESTING

Then the back triangle is widely inspired from the ultralight road model with very thin, very light and yet very comfortable shrouds. The back tabs are now made of carbon to gain weight.



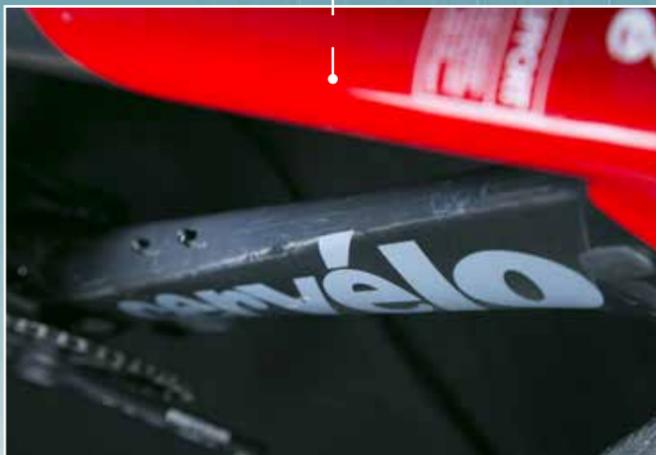
But if by eye it's on the back triangle that the difference is the most visible, in the behavior, it's on the front triangle and especially the socket and the expansion of the fork pivot and also on the bottom bracket that the difference is really more visible.

In the 2 cases, the gain of rigidity is objectifiable quite easily.

The shape of the diagonal tube which went from a NACA shape (water drop) to a very special shape (see picture) in addition to the BBRright (standard of bottom bracket Cervélo) probably explain that.

The other evolutions are more difficult to feel such as the evolution of the shape of the vertical tube whose edge is supposed to be more aero even with 25mm sections currently acclaimed, or the evolution of the cable/sheath routing in order to allow a full compatibility with mechanic and electronic groups and to give way to the probable evolutions.

I tried this frame on 5 rides from 1h to 3h for a total of 330km, on different courses and with different sessions. The element of reference used was the former generation of S3 (model Olympic 2009) and I put the same wheels on a ride (Mavic Cosmic Ultimate) to dissociate the frame from the wheels in the behavior.



SIMPLY FASTER



P5

cervelo.com/p5

cervélo

The components are all very good ones, the rigid crank, also the SLK stem. The Ultegra group, if we can wonder about the added value of an electronic group, is reliable and precise. The behavior of the new brake calipers is a real asset in dosing and power compared to the former generation.



We liked



- The strong rigidity where it is needed (bottom bracket and head pipe)
- All the back part made for comfort and rigidity (even with the wheels of origin which are not very dynamic, the bike is already very nervous)
- The coherence of the whole in the components oriented better quality/performance/price ratio except from the wheels which are either luxurious for training or entry level for racing.
- The very elaborated shapes
- The simple and accessible placement of the Di2 shifter.

We liked less



- The choice of the former Di2 battery vs the seat post stick which would have been more discrete and less exposed.
- The impossibility to have a reversed seat post or at least without profile shift which would have really made this bike THE polyvalent one for a triathlete.
- The cable routing on the side vs on top for the former generation of S3.

Conclusion



This bike fosters its legend of reference in the models Aeroad (road frame with aerodynamics) with a mix lightness/rigidity/comfort/maneuverability/price, which places it in the top sales. It is really good for everything. For me, it lacks of a reversible seat post as it was the case on the first models to have the perfect bike.

For whom ?



The bike as it is offered is particularly intended for the triathletes who prepare rough, hilly, mountainous events or drafting races. By replacing the wheels with a race model, it is a high-end bike, because the components are all compatible with a practice at the highest level.

Price and weight



5299 euros.
I checked the weight : 7,5kg in size M 54 (without pedals and bottle-cage)

equipped as on the pictures. Easily under the 7kg with a pair of race wheels.

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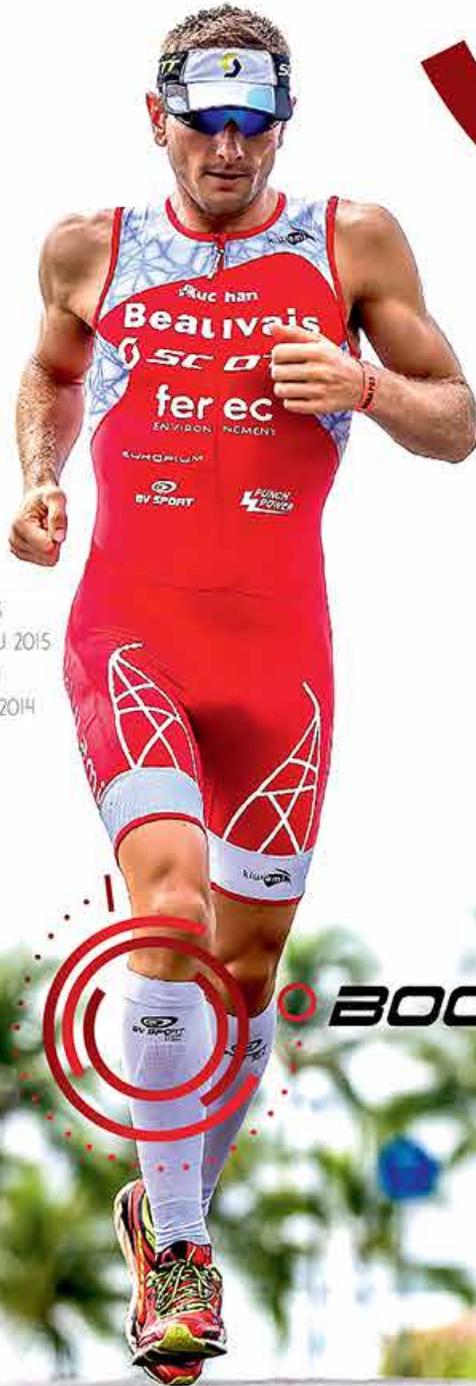
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