

# Sport - Skill - Science

Mastering the most demanding  
and difficult types of sports  
with key attributes and nutrition

@Ironahack Bootcamp, 14.03.2025  
by Rubèn Lallave & Robert Kunz



# Our database

60  
types of sport



10 sport skills

332 studies  
sports, skills &  
supplement



### Hypothesis 1

Triathlon is the most difficult and demanding sport in the world



### Hypothesis 2

To become a better athlete, you need to take nutritional supplements

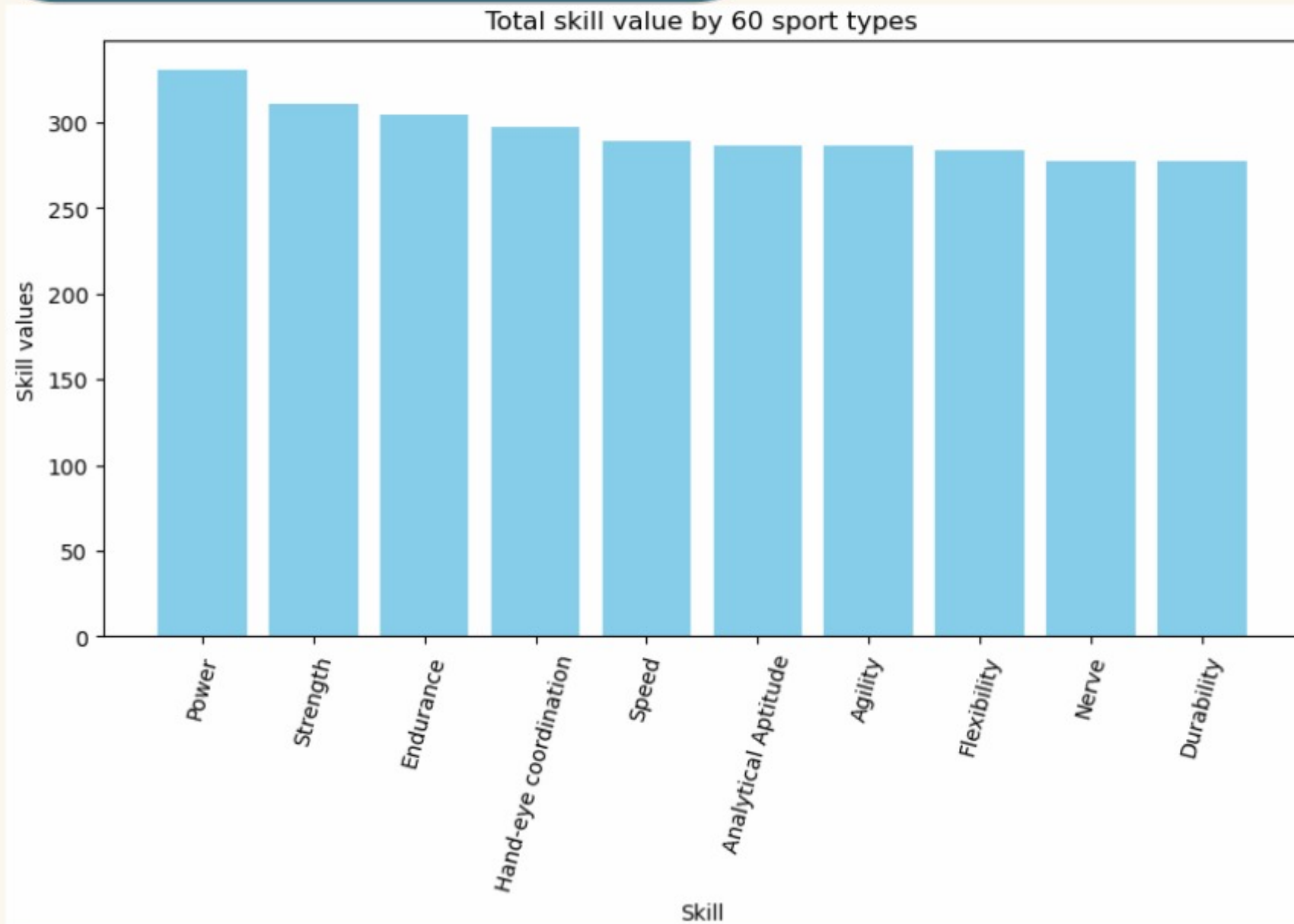


### Hypothesis 3

Coffee is not only good for Bitcoin holders, but also for athletes

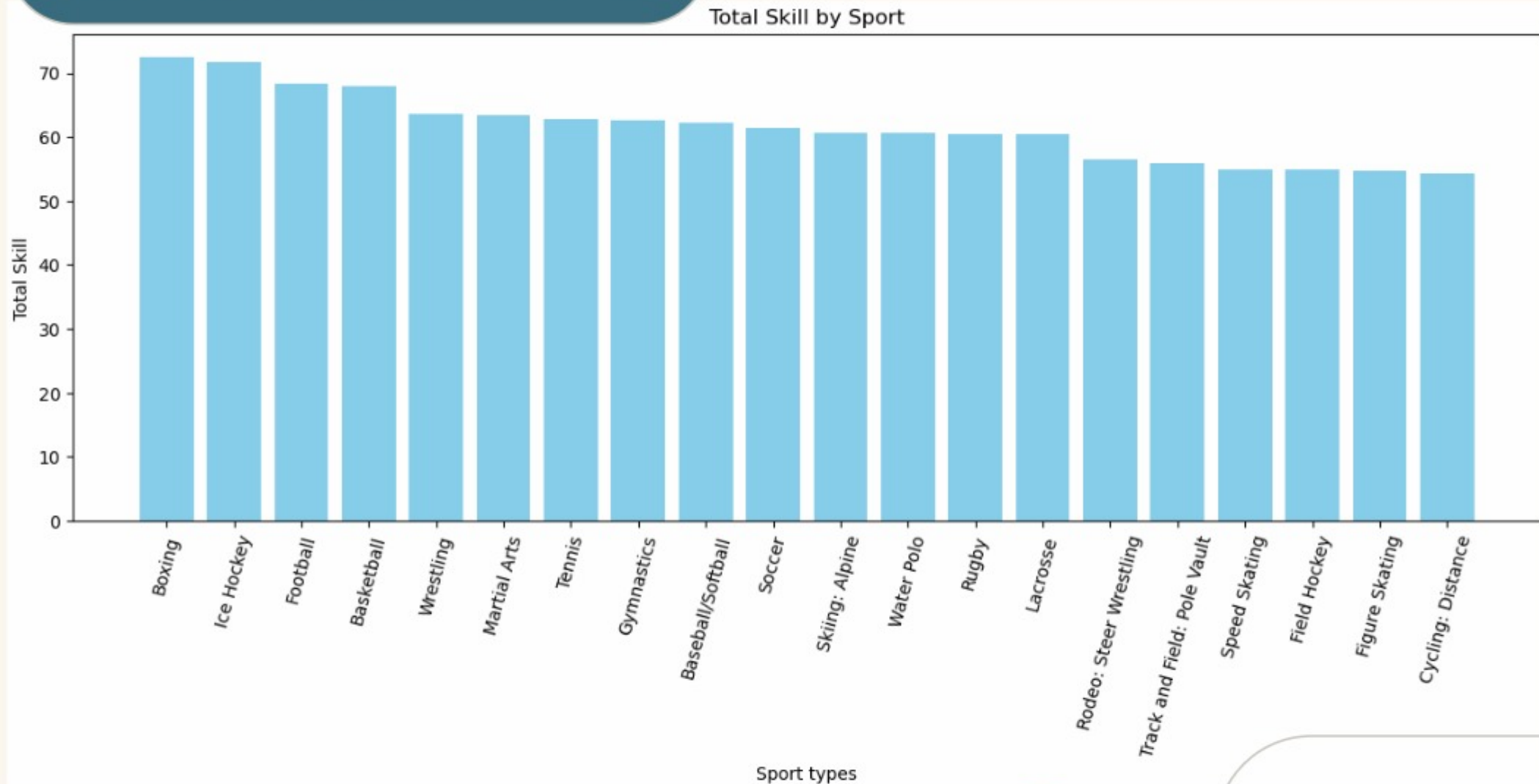


## The most demanded skills



**Power**  
**Stength**  
**Endurance**

# The most difficult sport



**Boxing knocks down all others**



**But where is triathlon?**



## Distance of triathlon

Sprint

Middel

Long



0,5-0,75 km

1,5-1,9 km

3.86 km



10-20 km

40-90 km

180 km



2,5-5 km

10-21,1 km

42,2 km



# Combining cycling, swimming and running based on the data

SPORT	total_skill
Cycling: Distance	54.41
Cycling: Sprints	50.02
Swimming (all strokes): Distance	46.9
Track and Field: Distance	46.02
Swimming (all strokes): Sprints	44.14

SPORT	Endurance	Strength	Power	Speed	Agility	Flexibility	Nerve	Durability	Hand-eye coordination	Analytical Aptitude	total_skill
Cycling: Distance	9.63	6.38	6.25	5.13	3.75	2.63	5.88	6.88	3	4.88	54.41
Cycling: Sprints	4.25	6.13	7.88	7.5	4	2.88	4.75	4.5	3.63	4.5	50.02
Swimming (all strokes): Distance	9.25	5.25	4.63	5.5	3.63	5.5	2.63	4.63	2.88	3	46.9
Track and Field: Distance	9.63	5.25	3.75	6	3.25	4.38	2	5.75	1.88	4.13	46.02
Track and Field: Middle Distance	6	5.13	5.13	7.75	4	4.88	2	4.75	2.13	3.75	45.52
Swimming (all strokes): Sprints	4.13	5.25	6.25	7.88	3.63	5.5	2.5	3.25	2.75	3	44.14
Triathlon	9.63	6.38	7.88	7.88	4	5.5	5.88	6.88	3.63	4.88	62.54

SPORT	total_skill
Cycling: Distance	54.41
Swimming (all strokes): Distance	46.9
Track and Field: Distance	46.02
Track and Field: Middle Distance	45.52

SPORT	Endurance	Strength	Power	Speed	Agility	Flexibility	Nerve	Durability	Hand-eye coordination	Analytical Aptitude	total_skill
Cycling: Distance	9.63	6.38	6.25	5.13	3.75	2.63	5.88	6.88	3	4.88	54.41
Swimming (all strokes): Distance	9.25	5.25	4.63	5.5	3.63	5.5	2.63	4.63	2.88	3	46.9
Track and Field: Distance	9.63	5.25	3.75	6	3.25	4.38	2	5.75	1.88	4.13	46.02
Track and Field: Middle Distance	6	5.13	5.13	7.75	4	4.88	2	4.75	2.13	3.75	45.52
Triathlon	9.63	6.38	6.25	7.75	4	5.5	5.88	6.88	3	4.88	60.15

short/middel  
distance  
triathlon

long/ middel  
distance  
triathlon

SPORT	total_skill
Boxing	72.41
Ice Hockey	71.77
Football	68.41
Basketball	67.9
Wrestling	63.53
Martial Arts	63.4
Tennis	62.77
Gymnastics	62.53
Baseball/Softball	62.27
Soccer	61.51
Skiing: Alpine	60.66
Water Polo	60.66
Rugby	60.53
Lacrosse	60.41
Rodeo: Steer Wrestling	56.53
Track and Field: Pole Vault	55.9
Speed Skating	54.9
Field Hockey	54.89
Figure Skating	54.78
Cycling: Distance	54.41

triathlon goes to the Top 10



# What are the main skills in sport and for triathlon to improve?

	Skill	total_value							
▶	Power	330.55					power, strength, endurance, speed,		
	Strength	310.14							
	Endurance	304.66							
	Hand-eye coordination	297.29							
	Speed	288.9							
	Analytical Aptitude	286.04							
	Agility	285.9							
	Flexibility	283.39							
	Nerve	276.89							
	Durability	276.77							
			index	MIN values	Skill with MIN	MAX values	Skill with MAX	SUM values	AVG values
			▶ Cycling: Distance	2.63	Flexibility	9.63	Endurance	54.41	5.44
			Cycling: Sprints	2.88	Flexibility	7.88	Power	50.02	5
			Swimming (all strokes): Distance	2.63	Nerve	9.25	Endurance	46.9	4.69
			Track and Field: Sprints	2	Nerve	9.88	Speed	46.66	4.67
			Track and Field: Distance	1.88	Hand-eye coordination	9.63	Endurance	46.02	4.6
			Track and Field: Middle Distance	2	Nerve	7.75	Speed	45.52	4.55

power,  
strength,  
endurance,  
speed,



# Nutritional supplements in the scientific community

**popularity**  
(score out of  
number of  
studies +  
citations)



- Recovery
- Speed/high Intense
- Endurance
- Strength
- Power
- Mood/Psychology

**evidence level**  
score 0 = no evidence,  
1,2 = slight,  
3 = conflicting ,  
4 = promising,  
5 = good,  
6 = strong

#### Hypothesis 1

Triathlon is the most difficult and demanding sport in the world 🏃

**Triathlon** is in the Top **10 of the** most challenging sports in terms of skill.



#### Hypothesis 2

To become a better athlete, you need to take nutritional supplements 🍋

There are several key supplements for athletes to enhance their performance: **caffeine**, **casein**, **BCAAs**, and **beetroot juice**. These supplements are essential for improving **endurance**. **Whey Protein** for **strength & power**.

#### Hypothesis 3

Coffee is not only good for Bitcoin holders, but also for athletes ☕

Once again, **coffee** proves itself to be a **powerfull ally**—standing out as the ultimate training supplement for most sports with one of the major skill: endurance!





We thank you for your attention and leave you with the question



Are Bitcoinholders  
good at sports?

