**Conclusion:**

In conclusion, the Powerlifting Correlation Worksheet has revealed important insights into the relationships between variables in triathlon performance based on the 2022 Lake Placid Ironman finishers' data. The analysis unveiled a strong positive correlation (r = 0.698) between running and biking times, suggesting that improvements in one discipline tend to be accompanied by improvements in the other, possibly due to the similar motion involved in both activities. Conversely, the weakest correlation (r = 0.43) was observed between swimming and running times, potentially attributed to the distinct upper body requirements in swimming or the greater physical disparity between these events. These findings offer valuable contextual explanations for the observed correlations, providing valuable information for athletes and coaches to optimize their training strategies and enhance overall triathlon performance.

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