TriRating St. George Cheat Sheet

IRONMAN WORLD CHAMPIONSHIP — Presented by Utah Sports Commission, St. George Utah | USA — Intermountain Healthcare

Race on May 7th, 8m+8f Kona slots (with rolldown), total prize purse US$ 750,000 (125,000 for the winner)

		Men		Women	
Kona 2019		1. Jan Frodeno	7:51:13 (CR)	1. Anne Haug	8:40:10
		2. Tim O'Donnell	7:59:41	2. Lucy Charles-Barclay	8:46:44
		3. Sebastian Kienle	8:02:04	3. Sarah Crowley	8:48:13

Swim — 00:45 / 00:52

Men — *Race Start: 6:15am MDT*
- Lead group, among them Max Neumann M32, Alistair Brownlee M10, Daniel Baekkegard M15, Kristian Blummenfelt M5, Braden Currie M7
- +2:00 Gustav Iden M3
- +3:30 Sebastian Kienle M2, Cameron Wurf M27, Lionel Sanders M16
- +6:00 Boris Stein M35, Sam Long M17

Women — *Race Start: 6:20am MDT*
- Haley Chura F26
- +2:00 Fenella Langridge F14, Lisa Norden F12
- +3:00 Daniela Ryf F2, Anne Haug F1
- +5:00 Jocelyn McCauley F15
- +6:00 Skye Moench F6, Kat Matthews F7
- +9:00 Heather Jackson F5

First Half of the Bike — 02:00 / 02:30

Men
- Have Kristian and Gustav been able to swim with front group or bridge up?
- Will there be a bigger group at the front or is everyone riding on their own?
- How large is the gap for the strong bikers to the front group?

Women
- Will there be a group at the front or is everyone riding on their own?
- Is anyone riding away at the front of the race, maybe Daniela, Lisa or Fenella?
- Is anyone able to make up ground to the stronger swimmers?

Veyo Loop and Snow Canyon — 04:00 / 04:45

Men
- Have the strong bikers taken the lead?
- Are there clear lead and chase groups or lots of smaller groups?
- Will groups break apart in the climbs?
- How far behind are the fast runners? (e.g Bart Aernouts M8, Jan van Berkel M11, David McNamee M38)
- How are the Norwegians and other World Champs Rookies doing? (e.g. Florian Angert M18, Leon Chevalier M26, Max Neumann M32)

Women
- Will Daniela show her old bike domination, or will Lisa/Fenella lead the race?
- Have the strong bikers (Skye, Kat, Heather) been able to shrink their swim deficit, maybe even riding all the way up to the front?
- Is Anne able to stay with the group, or is she losing time?
- How are other World Champs Rookies doing? (e.g. Ruth Astle F18 or Laura Zimmermann F20)

First Run Loop — 06:00 / 06:45

Men
- Who of the bike leaders has the best run legs?
- Are there any strong runners able to come from behind?
- Any Americans close to the front? (Ben Hoffman M4, Chris Leiferman M9, Sam Long M17, Matt Hanson M21 and others)

Women
- Is Daniela in the lead, is someone trying to make her run hard?
- Has Kat been able to dominate the bike leg and has she taken the lead?
- How far back is Anne? (She should be able to run 4 to 10 minutes into the others.)
- Good position for Heather?

Second Run Loop — 08:00 / 08:50

Men
- Is the series of German wins coming to an end?
- Will we see the first US win since 2002?
- Who's still in the mix at 30k and is able to run well on the last uphill?
- There can be quite a lot of explosions, check the Tracker for late shifts in the Top10 & Kona slots

Women
- How many podium position changes are there going to be in the last 11k?
- Is GB or the US going to have more Top10s?
- There can be quite a lot of explosions, check the Tracker for late shifts in the Top10 & Kona slots

The race will be shown live on the "Ironman Now" page on Facebook and on German TV through hr and sportschau.de with German commentary.

You can find a lot more details about the race and all Pros in my 160+-page "St. George Rating Report" on TriRating.com.

ST. GEORGE RATING REPORT — Thorsten Radde, TriRating.com