TriRating Kona 2022 Cheat Sheet

VINFAST IRONMAN WORLD CHAMPIONSHIP Kona | Hawai'i

		Women – Thursday				Men – Saturday		
Kona	2019	1. Anne Haug	GER	8:40:10	2019	1. Jan Frodeno	GER	7:51:13 (CR)
		2. Lucy Charles-Barclay	GBR	8:46:44		2. Tim O'Donnell	USA	7:59:41
		3. Sarah Crowley	AUS	8:48:13		3. Sebastian Kienle	GER	8:02:04
St. George	2022	1. Daniela Ryf	SUI	8:34:58	2022	1. Kristian Blummenfelt	NOR	7:49:15
		2. Kat Matthews	GBR	8:43:48		2. Lionel Sanders	CAN	7:54:02
		3. Anne Haug	GER	8:47:02		3. Braden Currie	NZL	7:54:18

Swim (00:50 / 00:49)

Race Start: Thursday, Oct 6th, 6:25am HST
- Lucy Charles-Barclay F6
- +4min: Fenella Langridge F12, Lisa Norden F10, Sarah True F17
- +6min: Group with Daniela Ryf F1, Anne Haug F3, Skye Moench F4, Sarah Crowley F7
- +8min: Chelsea Sodaro F24, Laura Philipp F8, Daniela Bleymehl F19

Swim CR: 48:14 Lucy Charles-Barclay (2018)

Race Start: Saturday, Oct 8th, 6:25am HST
- Josh Amberger M49, "St. George Five": Florian Angert M5, Daniel Baekkegard M14, Braden Currie M3, Sam Laidlow M15, Kyle Smith M34, + others
- +1-3min: Patrick Lange M6, Kristian Blummenfelt M1, Magnus Ditlev M32, Gustav Iden M8
- +4min: Sebastian Kienle M7, Cameron Wurf M11, Lionel Sanders M2, maybe Joe Skipper M17

Swim CR: 46:29 Jan Sibbersen (2018)

Turn at Hawi (03:25 / 03:05)

- Who is making up time to Lucy?
- Is Daniela able to ride away from the bigger group?
- Any chasers with Daniela or between Daniela and main group?
- Where are the strong bikers such as Laura or Skye?

- Is the front group working well? Or are they losing time to the chasers?
- Has Magnus been able to bridge up to the front group, has he taken anyone else with him?
- Who has been able to join the chase group? Will they be able to ride up to the front by Hawi?

Back into T2 (05:40 / 05:10)

- Can Lucy keep the lead on the bike, or will Daniela again overtake her before T2?
- How far behind are the fast runners, especially Anne and Laura?
- How are the US athletes Sarah True, Skye Moench and Chelsea Sodaro doing?
- Are Ruth Astle F5 and Heather Jackson F9 able to make up places?

Bike CR: 4:26:07 Daniela Ryf (2018)

- Who is in the lead – still the fast swimmers or the stronger bikers?
- How far behind are the fast runners (Kristian, Gustav, Patrick), are they still together or did someone lose time?
- Is the main group losing time to the leaders?
- More Rookies: Rudy Von Berg M19, Collin Chartier M25, Clement Mignon M38

Bike CR: 4:09:06 Cameron Wurf (2018)

Run on Ali'i (06:30 / 05:55)

- Has Daniela taken the lead from Lucy, are Anne or Laura making them run hard?
- Who from the chasers is making up time, who is falling back?

- Who from the front group is running well? Is the gap large enough for the win?
- Can the strong runners (Kristian, Gustav, Patrick) catch the front, where are they in relation to each other?

Energy Lab and Finish (08:45 / 07:55)

- Is anyone else than the top favorites running well this year?
- Any surprises for a podium spot?

Run CR: 2:50:26 Mirinda Carfrae (2014)
Overall CR: 8:26:18 Daniela Ryf (2018)

- Who's in the mix at the turn in the Energy Lab?
- Will you need a run CR for the win?
- Check the Tracker for late shifts in the Top10

Run CR: 2:39:45 Patrick Lange (2016)
Overall CR: 7:51:13 Jan Frodeno (2019)

The race will be shown live on the "Ironman Now" page on Facebook (also on Peacock and YouTube) and on German TV through ZDF and sportstudio.de with German commentary.

You can find a lot more details about the race and all Pros in my 130+-page "Kona 2022 Rating Report" on TriRating.com.

KONA 2022 RATING REPORT
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