TriRating Nice 2023 Cheat Sheet



Instanting Nice 2023 Cheat Sheet Men's Race on Sunday, September 10th (Women in Kona on October 14th)							
	Kona	2022	 Gustav Iden Sam Laidlow Kristian Blummenfelt 	7:40:23 (CR) 7:42:23	48:22 - 4:11:05 - 2:36:14 48:15 - 4:04:35 - 2:44:39 48:19 - 4:11:15 - 2:39:20	Kona Hawai`i	
	Swim	 Race Start: 6:50am CEST Not a clear lead swimmer, will that result in an uneven pace and maybe a big front group Some favorites to swim in the front group: Jan Frodeno GER #1, Sam Laidlow FRA # Braden Currie NZL #9, Rudy Von Berg #11 Can Patrick Lange GER #3 and Magnus Ditlev DEN #7 also make the front group? +3min: Cameron Wurf AUS #21, Joe Skipper GBR #5, Leon Chevalier FRA #6 Can they start the bike together? Swim CR Kona: 46:29 Jan Sibbersen (2018), Nice: 44:18 Giles Reboul (2006) 					
	Initial Climbs (60k)	 Will there be a smaller front group? Are they working well together, putting time into the results the field? Are Frodo and Sam in that group, who has been able to stay with them? If Magnus lost some time in the swim, has he been able to bridge up to the front group, and has he taken anyone else with him? Have good runners such as Patrick or Denis Chevrot FRA #10 fallen back? How much the they lose in the first 60k? Is anyone able to make up time to the front? Is Cam, Joe or Leon able to catch up? Who else can play a role? Maybe another French athlete or one of the "young guns" (e.g. Clement Mignon #8, Niek Heldoorn NED #29, Arthur Horseau FRA #49) 					
	Back into T2	02 : 20	 Will the lead group stay together (such as the group of five in St. George) or is anyone riding off the front (such as Sam in Kona 2022)? Is the main group losing time to the leaders or do the gaps stay about the same? How much will the final climb up to Coursegoules (130k) and the descent back to Nice change things? Who falls behind, is anyone able to put more than a few seconds into the others? Are Rudy or one of the French athletes able to use their local course knowledge? <i>Bike CR Kona: 4:04:35 Sam Laidlow (2022), Nice: 4:31:51 Cameron Wurf (2023, but on a shorter course)</i> 				
	Run	ED : 80					
You can find a lot more details about the course, the expected race development and all Pros in my 65+-page "Nice 2023 Rating Report" on <u>TriRating.com</u> .							
The race will be broadcast live on <u>Ironman.com</u> and on <u>Ironman's You Tube channel</u> . It'll also be shown on German TV with German commentary through <u>sportschau.de</u> .							

