

TriRating Nice 2024 Cheat Sheet

Women's Race on Sunday, September 22nd (Men in Kona on October 26th)



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| Kona | 2023 | <ol style="list-style-type: none"> Lucy Charles-Barclay 08:24:31 CR 0:49:36 – 04:32:29 – 02:57:38 Anne Haug 08:27:33 0:54:10 – 04:40:23 – 02:48:23 Laura Philipp 08:32:55 0:56:49 – 04:35:52 – 02:55:24 |
| Swim | 00:48 | <p><i>Race Start: 7:15 am CEST</i></p> <ul style="list-style-type: none"> Top Swimmer: Lucy Charles-Barclay GBR #1 Less than 2 Mins back: Lauren Brandon USA #25, Rachel Zilinskas USA #34, Rebecca Clarke NZL #30, Lotte Wilms NED #22 +2-3Mins: Fenella Langridge GBR #10, India Lee #45 +4 Mins: Chelsea Sodaro USA #4 +6 Mins: Anne Haug GER #2 +6-7 Mins: Kat Matthews #6, Jackie Hering USA #7, Laura Philipp GER #3 <p><i>Swim CR Kona: 48:14 Lucy Charles-Barclay (2018), Nice: 48:59 Edith Niederfriniger (2006)</i></p> |
| Initial Climbs (60k) | 02:45 | <ul style="list-style-type: none"> Can Lucy hold on to her lead? Are others catching up? Are Fenella or India making up time to Lucy? Is Chelsea falling back and getting caught? Is Anne and her group able to make up time to the front? Are Kat, Jackie and Laura able to ride up to Anne? Can they pass her group? Are they making up time to the lead? Els Visser NED #23, Daniela Bleymehl GER #20, Ruth Astle GBR #33, Anne Reischmann GER #46, Danielle Lewis USA #8 will likely start 8 to 12 minutes behind the lead, is any of them able to ride through the field? |
| Back into T2 | 06:00 | <ul style="list-style-type: none"> Is Lucy riding on her own at the front, is she able to hold on to her lead? Are the chasers making up time or will the gaps stay pretty much 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? Is anyone riding hard in the second half of the bike leg? Who wants to build a gap before the run? Can anyone ride sub-5? (Expected fastest bike split about 5h02) <p><i>Bike CR Kona: 4:26:07 Daniela Ryf (2018), Nice: 5:03:54 Corinne Abraham (2018, but on a different course)</i></p> |
| Run | 08:50 | <ul style="list-style-type: none"> Is Lucy still in the lead? How much time do the fast runners such as Anne, Laura and possibly Kat and Chelsea have to make up? How much are the gaps changing in the first "out" section? It'll be a good indication of who still has a chance for the win or podium. Who just doesn't have the run legs today and is falling out of contention? There is always at least one surprise at the front – who is it going to be in Nice? How fast are the fast runners in Nice – can they run in the low 2:40s (40 min for each loop)? How far under 9 hours can the winner get? (I expect the winner to finish about 8:52h.) Check the Tracker for late shifts in the Top10 <p><i>Run CR: 2:48:23 Anne Haug (2023), Nice: 2:49:54 Lucy Charles-Barclay (2023)</i></p> <p><i>Overall CR Kona: 8:24:31 Lucy Charles-Barclay (2023), Nice: 9:03:22 Lucy Charles-Barclay (2023)</i></p> |

You can find a lot more details about the course, the expected race development and all Pros in my 75+-page "Nice 2024 Rating Report" on [TriRating.com](https://www.trirating.com).

The race will be broadcast live on [Ironman.com](https://www.ironman.com), on [Ironman's You Tube channel](https://www.youtube.com) and [Outside TV](https://www.outside.tv). It'll also be shown on German TV with German commentary through [sportstudio.de](https://www.sportstudio.de) (starting 7am), the run will also be shown on sportstudio live on ZDF (national TV) from 2:10pm.

