

# TriRating Kona 2024 Cheat Sheet



## Men's Race on Saturday, October 26th

Kona 2022	1. Gustav Iden	NOR	00:48:22	04:11:05	02:36:14	07:40:23
	2. Sam Laidlow	FRA	00:48:15	04:04:35	02:44:39	07:42:23
	3. Kristian Blummenfelt	NOR	00:48:19	04:11:15	02:39:20	07:43:22
Nice 2023	1. Sam Laidlow	FRA	00:47:50	04:31:28	02:41:46	08:06:22
	2. Patrick Lange	GER	00:49:01	04:43:24	02:32:41	08:10:17
	3. Magnus Ditlev	DEN	00:49:14	04:35:54	02:41:07	08:11:04
Swim 00:48	<p><i>Race Start: 6:25am HST</i></p> <ul style="list-style-type: none"> <li>No clear swim leader, who wants to be "first out of the water" without wasting too much energy? Candidates are the Nice swim leaders Matthew Marquardt #32 and Braden Currie #38 but also fastest Ho'ala Pro Menno Koolhaas #48 and Robert Wilkowiecki #11 or Kacper Stepniak #49</li> <li>Sam Laidlow #1, Gustav Iden #4 and Kristian Blummenfelt #5 should be in the front group.</li> <li>Can Patrick Lange #2 and Magnus Ditlev #3 stay in the group as well?</li> <li>Cameron Wurf #54 and Leon Chevalier #7 could be about 3:30 back, Lionel Sanders #39 around 4:30 and Trevor Foley #17 as much as 6:30.</li> <li>Conditions (wind, swells) play a big role in the swim times in Kona and how much the race breaks up.</li> </ul> <p><i>Swim CR: 46:29 Jan Sibbersen (2018)</i></p>					
	Turn at Hawi 03:00	<ul style="list-style-type: none"> <li>The race often has one big lead group of about 15 athletes (the "Hawi Express") before the climb to Hawi. Is anyone trying to ride away before that? Will there be any drafting penalties?</li> <li>If Magnus has to make up time after the swim, how soon can he join the front group? Can Patrick stay in the lead group?</li> <li>Have some who lost maybe a minute in the swim been able to ride up to the lead group? For example, look for the strong bikers Robert Kallin #31 and Kristian Hogenhaug #35.</li> <li>Is the race breaking apart in the climb to Hawi? Sam and Magnus might push the pace, does anyone help them ride away from the Norwegians?</li> </ul>				
Back into Kona 05:00		<ul style="list-style-type: none"> <li>Who will push the pace after the turn in Hawi? Have Sam and/or Magnus been able to distance Kristian? How well is Gustav riding? Can Rudy von Berg #6 stay with the leaders?</li> <li>Usually, no one is able to make up time after the turn – instead time gaps only get bigger.</li> <li>Are any of the leaders putting in a big effort in the last hour on the bike? Who will be the leader in T2?</li> </ul> <p><i>Bike CR: 4:04:35 Sam Laidlow (2022)</i></p>				
	Run on Ali'i 06:00	<ul style="list-style-type: none"> <li>If Sam and Magnus start the run together, who looks fresher?</li> <li>Good runners such as Patrick often take their time to build into their pace instead of rushing out of T2. Wait until the first turn on Ali'i at roughly 6k to see who might be running well.</li> <li>Candidates for a sub-2:40: Patrick, Kristian, maybe Antonio Benito Lopez #18. How much time do they have to make up to the front?</li> </ul>				
Energy Lab and Finish 07:50		<ul style="list-style-type: none"> <li>Magnus, Sam and Kristian might be within a minute of each other at about 30k. Are we going to see another decisive move in the Energy Lab?</li> <li>Is anyone else than the top favorites running well this year? Any surprises for a podium spot?</li> <li>Check the Ironman Tracker for late changes in the Top 15</li> </ul> <p><i>Run CR: 2:36:14 Gustav Iden (2022), Overall CR: 7:40:23 Gustav Iden (2022)</i></p>				

The race will be broadcast live on Ironman.com, on Ironman's YouTube channel and on Outside TV. It'll also be shown on German TV with German commentary through sportstudio.de (starting 6:10 pm), the run will also be shown on sportstudio live on ZDF (national TV) from 0:30am on Sunday.

My free 85+-page "[Kona 2024 Rating Report](#)" on [TriRating.com](#) has many more details about the race and all the Pros racing.

