## TriRating Kona 2025 Cheat Sheet



Women's Race on Saturday, October 11th
--

Women's Race on Saturday, October 11th			
Kona	2023	1. Lucy Charles-Barclay       GBR       8:24:31       0:49:36 - 4:32:29 - 2:57:38         2. Anne Haug       GER       8:27:33       0:54:10 - 4:40:23 - 2:48:23         3. Laura Philipp       GER       8:32:55       0:56:49 - 4:35:52 - 2:55:24	
Nice	2024	1. Laura Philipp       GER       8:45:15       0:53:16 - 5:02:25 - 2:44:59         2. Kat Matthews       GBR       8:53:20       0:49:43 - 5:05:46 - 2:53:06         3. Chelsea Sodaro       USA       9:04:38       0:49:58 - 5:15:14 - 2:54:25	
Swim	05:00	<ul> <li>Race Start: 6:25am HST</li> <li>Top Swimmer: Lucy Charles-Barclay #5</li> <li>Will anyone be able to swim with her? From the favorites, Taylor Knibb #6 should be closest, other candidates are Holly Lawrence #36 Rebecca Clarke #31, Haley Chura #42, Lotte Wilms #9, Steph Clutterbuck #38 – or will they be 1-2 minutes back?</li> <li>About 3 Min back: Marjolaine Pierre #4, Chelsea Sodaro #3, Marta Sanchez #7</li> <li>+4 Mins: Kat Matthews #2, Lisa Perterer #20</li> <li>+5 Mins: India Lee #17, Solveig Loevseth #16</li> <li>+6-7 Mins: Laura Philipp #3, Jackie Hering #10</li> <li>Conditions (wind, swells) play a big role in the swim times in Kona and how much the race breaks up. Swim CR: 48:14 Lucy Charles-Barclay (2018)</li> </ul>	
Turn at Hawi	9 ::	<ul> <li>Is Lucy going to lead until Hawi – or is Taylor going out hard to take the lead as soon as possible?</li> <li>Is Chelsea having a competitive first half of the bike leg, will she make the turn in a good position?</li> <li>Is Kat making up time to the lead, can Laura get closer to Kat and the front?</li> <li>All of them have to ride hard, a fast race can be expected.</li> </ul>	
Back into Kona	음: 50	<ul> <li>Are the top favorites already in front? Will there be position shifts in the second half?</li> <li>Can anyone stay with the favorites in the second half, maybe rookies such as Lisa or Solveig?</li> <li>Time gaps are usually made in the second half. Which gap will Taylor &amp; Lucy need to Kat &amp; Laura?</li> <li>Depending on how windy it's going to be, will the bike course record be broken?</li> <li>Bike CR: 4:26:07 Daniela Ryf (2018)</li> </ul>	
Run on Ali'i	유: 8	<ul> <li>What marathon times will be needed to beat Lucy's overall CR of 8:24?</li> <li>Potential Marathon (based on previous races, dependent on conditions): sub-2:50: Laura, Tamara Jewett; 2:53-55: Kat, Solveig, Chelsea; 2:58 Lucy; 3:02: Taylor (but better potential?)</li> <li>Who runs well on Ali'i along the Ocean? How will the gaps at the front shift?</li> <li>Check splits at the turn on Ali'i (5.9k) – can the fast runners catch the bike leaders?</li> <li>How fast is this year's run? Anne's 2023 splits: 22:39 Turn Ali'i, 46:06 Top of Palani</li> </ul>	
Energy Lab and Finish	85 25 27	<ul> <li>The front is likely going to get tighter – maybe three or more athletes within a minute in the Energy Lab?</li> <li>Is anyone else than the top favorites running well this year? Any possible surprises for a podium spot?</li> <li>Who just doesn't have the run legs today and is falling out of contention?</li> <li>How many athletes can beat Lucy's 8:24 course record?</li> <li>Check the Ironman Tracker for late changes in the Top 15</li> <li>Run CR: 2:48:23 Anne Haug (2023), Overall CR: 8:24:31 Lucy Charles-Barclay (2023)</li> </ul>	

The race will be broadcast live on <u>Ironman.com</u>, on <u>Ironman's YouTube channel</u> and <u>Outside TV</u>. It'll also be shown on <u>Sportschau.de</u> (starting 18:15 CEST), the run will also be on ARD (national TV) from 0:50 am on Sunday.

For complete stats, predictions, and deep analysis, grab the full "Kona 2025 Rating Report" on TriRating.com – 95+ pages of Kona insights.

