

TriRating Kona 2026 Cheat Sheet

Companion to the Kona 2026 Rating Report



	Men		Women	
	Overbiking as 2024 or big lead group as last year?		Last year's podium plus dramatic DNF's	
2024	Kona	1. Patrick Lange 7:35:53 CR 2. Magnus Ditlev 7:43:39 3. Rudy Von Berg 7:46:00	Nice	1. Laura Philipp 8:45:15 2. Kat Matthews 8:53:20 3. Chelsea Sodaro 9:04:38
2025	Nice	1. Casper Stornes 7:51:39 2. Gustav Iden 7:54:13 3. Kristian Blummenfelt 7:56:36	Kona	1. Solveig Loevseth 8:28:27 2. Kat Matthews 8:29:02 3. Laura Philipp 8:37:28
Swim	00:47	<i>Race Start: 6:20am</i> • Lead Group with Marten Van Riel M4 Sam Laidlow M5 Jonas Schomburg M7 • +2:00: Kristian Blummenfelt M3 • +2:30-3:00: Gustav Iden M2 Patrick Lange M6 Magnus Ditlev M40 • +6:00-7:00: Cam Wurf M36 Trevor Foley M14 <i>Swim CR: 45:43 Sam Askey-Doran (2024)</i>	00:50	<i>Race Start: 6:30am</i> • Lucy Charles-Barclay F6 • +0:30: Lara Hernandez-Tome F39 • +1:30: Taylor Knibb F8 • +4:00: Paula Findlay F14, Hannah Berry F4 • +6:00-7:00: Solveig Loevseth F1, Kat Matthews F2, Laura Philipp F3 <i>Swim CR: 48:14 Lucy Charles (2018)</i>
Early Bike to Turn in Hawi	02:50	• Lead group with Sam riding away? Marten, Jonas? • Any penalties from the new 20m draft rule? • Is Magnus able to make up time to the lead? Will he pull Kristian/Gustav with him? • Can the slower swimmers hold their T1 gaps or are they losing more time to the lead & Kristian? <i>Fastest Hawi Split: 2:05:51 Sam Laidlow (2024)</i>	03:00	• Can Lucy hold her lead or is Taylor riding up to her? Last year Taylor closed 2 mins in the Hawi climb. • Solveig riding away again? Or are Kat & Laura keeping her in sight? Who else can ride with them, who's falling back? <i>Fastest Hawi: 2:23:02 Lucy Charles-Barclay (2023)</i>
Back into T2	05:00	• Lead group staying together or Sam riding off on his own? Are Marten & Jonas dropping off in the last hour? (Expected ~3 mins back in T2) • Is Kristian losing time to the lead on the bike? (Expected ~5 mins in T2) • Gaps are often ballooning here, especially after Scenic Lookout (even if only ~20 miles to T2) <i>Bike CR: 3:57:22 Sam Laidlow (2024)</i>	05:30	• Who stops at personal needs for extra fluids and calories? • Are Lucy & Taylor battling again as last year? Can Taylor take the lead and pull away on the return leg? • Check two gaps for Solveig: How far behind Taylor/Lucy, how far ahead of Kat/Laura? <i>Bike CR: 4:26:07 Daniela Ryf (2018)</i>
Run on Ali'i	05:30	• Who runs well, who is already falling back? • How quickly can the runner's make up time on Ali'i Drive? Are they projected to catch Sam? • Do we get a bigger lead group, as in Nice 2025?	06:30	• Are Taylor & Lucy running more conservatively this year? What pace? • Can Lucy close any gap to Taylor on Ali'i? • Can Kat run to her 2025 level?
Energy Lab and Finish	07:30	• Anyone other than the four big favorites still in the mix? • Men's race likely coming together at the front – decisive moves in the Energy Lab or even later? • Check the Tracker for late off-camera passes <i>Run CR: 2:36:14 Gustav Iden (2022), only five sub-2:40 runs in Kona Overall CR: 7:35:53 Patrick Lange (2024)</i>	08:20	• Final miles are unforgiving: Knibb led 2.5k from home last year before she had to stop • Women's race also expected to come together after the Energy Lab, or are we going to see a dominating performance for the win? <i>Run CR: 2:47:23 Kat Matthews (2025), only two sub-2:50 runs in Kona Overall CR: 8:24:31 Lucy Charles (2023)</i>

The race will be broadcast live on [Ironman's YouTube channel](#). It'll also be shown on [German TV with German commentary](#) through Sportstudio (starting 6:10 pm German time), the run will also be shown on ZDF (national TV) from 0:25 am on Sunday.

For complete stats, predictions, and deep analysis, grab the full "[Kona 2026 Rating Report](#)" on [TriRating.com](#) – 181 pages of insights into the Kona course, history, race analysis and predictions for this year's men's and women's races.

