TriRating Daytona 2020 Cheat Sheet

PTO
2020 CHAMPIONSHIP

	Women	Men
Race Start	10:00 am EST (7am PST, 3pm GMT, 4pm CET, 2am+1 AEDT)	2:00 pm EST (11am PST, 7pm GMT, 8pm CET, 6am+1 AEDT)
Swim	• 25:30: Lucy Hall *144*, Lauren Brandon *128* • +0:30: Jodie Stimpson *150*, Holly Lawrence *102* • +2 min: Nicola Spirig *152*, Paula Findlay *108*, Meredith Kessler *117* • +2:30: Lisa Norden *135*, Sarah Crowley *100* • +3 min: Anne Haug *101* • +3:30: Jackie Hering *111* • +4 min (and more): Emma Pallant *115*, Laura Philipp *105*, Heather Jackson *104*	• 23:30: Henri Schoeman *56* • +0:45: Javier Gomez *7*, Ali Brownlee *1*, Vincent Luis *58*, Jonny Brownlee *57*, Ben Kanute *26* • +1:30: Rudy Von Berg *5*, Pieter Heeemeryck *9* • +2 min: Gustav Iden *54*, Magnus Ditlev *53* • +4 min (and more): Sebastian Kienle *2*, Lionel Sanders *3*, Sam Long *32*
Early Bike	• Is Holly able to take the lead and gap the others? • Is there a chase group behind Holly or "everyone on their own"? • Are stronger runners such as Nicola or Jackie able to stay with the chase group? *After 20k (5 laps): fastest bike split ~29:30?*	• Is there a bigger lead group or will the 20m-draft rule split everyone up? • Who is setting the pace at the front, who is forced to drop back? • Are Gustav and Magnus closing the gap to the front? *After 20k (5 laps): fastest bike split ~25:45?*
Into T2	• Is there anyone challenging Holly for the lead and the fastest bike split (about 1:57)? • Are Jodie and Nicola able to stay close to the front? Can Paula join the chase group? • How much time is Anne losing to Holly? • Are Lisa or Heather able to make up time to the front?	• Is Magnus able to break off the front with the fastest bike split (around 1:43)? • How well can the ITU athletes ride 80k at a hard pace in the aero position? • Are Sebi/Lionel/Sam able to close the gap to the front of the race?
Run	• Holly should have a solid lead, and only very few can run significantly faster than her. • Anne might be able to run up to 5 minutes into Holly – these two are likely 1st & 2nd. • Other fast runners are Nicola, Jackie, Emma, Laura – they could fight with Jodie and Paula for a podium spot. *After 4.5k (1 run lap): fastest split ~16.15?*	• Who had to ride too hard and will drop off the pace after T2? • Will there be another Gustav vs. Ali run duel? • How well can the ITU athletes run beyond 10k? • Will the 70.3 specialists (e.g. Pieter, Rudy) be able to work themselves onto the podium? • What will be possible for Lionel and Sebi on the run? *After 4.5k (1 run lap): fastest split ~14.30?*

There are more details about all the participants in Daytona on the [TriRating website](#).

All information about the live coverage: https://championship.protriathletes.org/live-broadcast