

TriRating Kona 2019 Cheat Sheet



	Men	Women
Last Year	<ol style="list-style-type: none"> Patrick Lange 7:52:39 (<i>Course Record</i>) Bart Aernouts 7:56:41 David McNamee 8:01:09 	<ol style="list-style-type: none"> Daniela Ryf 8:26:18 (<i>CR</i>) Lucy Charles 8:36:34 Anne Haug 8:41:58
Swim	<p><i>Race Start: 6:25am</i></p> <ul style="list-style-type: none"> Josh Amberger M36, Jan Frodeno M4 +2min: Group with Patrick Lange M1, Andrew Starykowicz M54 +4min: Sebastian Kienle M5, Cameron Wurf M11 +6min: Lionel Sanders M17, Boris Stein M31 <p><i>Swim CR: 46:29 Jan Sibbersen (2018)</i></p>	<p><i>Race Start: 6:30am</i></p> <ul style="list-style-type: none"> Lucy Charles F2 +4min: Sarah True F5 +5min: Sarah Crowley F6, Anne Haug F3 +7min: Daniela Ryf F1 +? Daniela Bleyemehl F23, Kim Morrison F35 <p><i>Swim CR: 48:14 Lucy Charles (2018)</i></p>
Early Bike	<ul style="list-style-type: none"> Will the group with Amberger & Frodeno stay ahead? How long will it take Starky to take the lead? How far behind is Cam? 	<ul style="list-style-type: none"> Is anyone riding with Lucy? Will Sarah True fall back to the main group? Is anyone willing to ride with Daniela?
Turn at Hawi	<ul style="list-style-type: none"> Who's in the lead group? Has Sebi been able to join the front? How far back is the main group? Chasers? (Bart Aernouts M2, Matt Russell M8, Joe Skipper M9, Sanders) 	<ul style="list-style-type: none"> How far ahead is Lucy? Will Daniela be able to close the gap sooner this year? Any "chasers" with Daniela and/or between Daniela and main group?
Back into T2	<ul style="list-style-type: none"> Cam/Starky/Sebi/Frodeno at the front? Are they staying together? Is the main group losing more time to the leaders? (expected ~10 mins in T2) How far behind are the fast runners? (Lange, Aernouts, David McNamee M3) Rookies: Cody Beals M20, Alistair Brownlee M24, Franz Loeschke M48 <p><i>Bike CR: 4:09:06 Cameron Wurf (2018)</i></p>	<ul style="list-style-type: none"> Can Lucy keep the lead on the bike, or will Dani again overtake her close to T2? Is there one big main group or everyone riding in ones or twos? How far behind are the fast runners? (Haug, True, Mirinda Carfrae F4) Rookies: Laura Philipp F21, Kim Morrison F35, Imogen Simmonds F39 <p><i>Bike CR: 4:26:07 Daniela Ryf (2018)</i></p>
Run on Ali'i	<ul style="list-style-type: none"> How long is Cam able to stay in the lead? Will Sebi be able to run away? Are Frodeno and Lange making up ground to the front? Any Americans close to the front? (Potts, O'Donnell, Hoffman, Russell, others?) 	<ul style="list-style-type: none"> Is Daniela in the lead or is someone trying to make her run hard? Are the chasers falling back? (Crowley, Bleyemehl, others?) Good position for Heather Jackson F11? Top 10 possible for Sarah Piampiano F22?
Energy Lab and	<ul style="list-style-type: none"> Another "German podium"? Who's in the mix at the turn in the Energy Lab? Check the Tracker for late shifts in the Top10 <p><i>Run CR: 2:39:45 Patrick Lange (2016)</i></p>	<ul style="list-style-type: none"> Any threats to Daniela or Lucy for first and second place? Who is running well this year? <p><i>Run CR: 2:50:26 Mirinda Carfrae (2014)</i></p>

The race will be shown live on the "[Ironman Now](#)" page on Facebook.

I plan to provide updates during the race on [TriRating.com](#) and on Twitter ([@ThRadde](#)).

You can find a lot more details about the race and all Pros in my 156-page "Kona 2019 Rating Report" on [TriRating.com](#).

