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Newsletter

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European & Dutch champion Long Distance 2017 and WORLDRECORD: 14 (Fourteen!) times Sub 9 hours

From Lanzarote to Kraichgau

Racing for so many years, I know I need races to get better and as Challenge Roth on July 1st is a very big race where I want to perform well, I have been racing and it felt like I needed some more racing.

For this reason I decided to enter for IM Lanzarote, a race that I always wanted to do, a race on my favorite island where I've been training since the beginning of 2000. As the race is always around one of my favorite races, which is IM 70.3 St. Pölten, I have never been able to do IM Lanzarote.

This year I would race IM 70.3 St. Pölten for a 10th time, but for several reasons, all and everything pointed out to not race and so off I went to this beautiful Island Lanzarote. I stayed with my friends at Trisports Lanzarote (<https://trisportslanzarote.com/>) I had a lovely week and it really felt like holiday.

I felt great going in to the race, had a very good swim even when I got punched and beaten a lot, due to the huge amount of salt water I swallowed I think my stomach got upset and this ruined my race.

My nutrition didn't stay in for one moment and even when riding strong with the later winner Lucy Gossaage, I felt I was getting weaker and weaker.



Photo credits: Ingo Kutsche

After 170 km I was totally empty and decided to ride home, next weekend is IM 70.3 Kraichgau Germany, the more important race.

So Lanzarote was meant to be a good training day and so that's all what it was, head up and on we go.



IM 70.3 Kraichgau is a huge event and some of my sponsors like Skinfit and Hoka One One are on the expo and it's always nice to hang out with them a bit.

Racing here for a 7th time, two wins, two seconds and this year it would be a 3rd place.

The swim is always lovely in this nice Lake, this year with very warm temperatures, so for the Pro's it was a non wetsuit swim, which I kind of really liked.

The swim skin from HUUB (<https://huubdesign.com/>) is awesome and I feel like a dolphin in it, this showed in the race as well, I had a fantastic swim, coming out of the water with girls that swim faster than me.

Jumping on the bike in 3rd position and looking forward to this beautiful bike course which is always fun!

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Riding together with Daniella Sämmler was a lot of fun, we we're riding strong but still loosing time on defending Champ Laura Philipp.

I felt pretty good on the bike, which I can't say from the run, it felt hard from the beginning and my normally light footed feet would never come.

I'm happy with another podium at a big race and can't wait to give it a go again soon.

I just love racing over the half distance, next one up Challenge Heilbronn : <http://challenge-heilbronn.de/>



Photo credits: Ingo Kutsche

So Half distance at Heilbronn and the Olympic race the Dresden City Triathlon (<http://www.dresdentiathlon.de/>) coming up, before the big day on July 1st, Challenge Roth (<https://www.challenge-roth.com/>)

Have fun training and racing and see you soon.... Somewhere :-)!

Hug from your **Vonsy**