



No. 7. July 2018

European & Dutch champion Long Distance 2017 and **WORLDRECORD: 15** (Fifteen!) times Sub 9 hours

## Race after Race

It's not a secret that I love racing and racing a lot. So that's what I did the last couple of weeks. A 3rd place at IM 70.3 Kraichgau, followed by a 2nd place at Challenge Heilbronn 2 weeks later, then 1st place and defending my title at the Dresden City Triathlon, to then drive to Roth for my first Long Distance race this year and a week of Triathlon Party and fun.

I will be honest as always, my form had seem to be gone a bit after winning Challenge Gran Canaria & Challenge Riccione. I had a hard time at both Kraichgau & Heilbronn, feeling a bit flat and missing that race gear that you need to race to your best. I couldn't have been more happy to notice that after Challenge Heilbronn my energy was coming back.

The event it selves was very well organized and I loved the huge amount of people that we're at the event, a great atmosphere and lovely hard course. I had a great feeling at Dresden and performance wise I had a better race then last year, which finally gave me a bit of confidence for Challenge Roth.

It was also great to finally race together with my Men again, Per had a solid race coming back from illness and took 3rd, we we're happy to be racing together again.



My goals for Challenge Roth this year we're simple, no high demands from my side, I just wanted to have a way better race then last year. Reflecting after the race now I totally succeeded in that, I swam 2 min. faster in my sleeveless HUUB wetsuit, road mostly in the front or on my own to bike a 4.47, which is not my fastest time here but the windy conditions in the 2nd loop made it a bit though.



I felt strong until the very end and for a girl that thought she couldn't bike anymore 2 weeks prior to the race, I did really good and came off the bike in 3rd position with Kaisa Sali just behind me.

It was a very solid bike performance and give's me a lot of hope for the further races this long season :-)  
I was pretty happy with my position at that moment, but this would change pretty quick.

I felt like I could run a 3 hour marathon, but my lower back was killing me from the first kilometer, I used all my tricks and experience, but it never went away and made the marathon a very hard suffering fest.

Laura & Kaisa past me and I had many mental battles out there. Running in 5th and for sure not travelled to Roth to get this position....

Every meter people shouted my name, special thanks go's out to Anja Beranek, my girls Jessie & Dani, close friends Anja, Markus, Claudia, Michael, of course my Men Per and his family and all of you out there!



Photo credits: Ingo Kutsche

It's not nice to suffer true a marathon, but when then do that at Challenge Roth, where the support is better then anywhere else. Overall I was 13 minutes faster then last year, but due to the World class field, it was only rewarded with a 5th place.

Huge congrats go's out to Daniella Sämmler for her biggest win so far, I'm very happy for her!



The icing of the cake was the awesome girls night from my friends after the volunteer party, what a surprise and huge thank you for the team of Challenge to be a part of this.

The pink limousine was a awesome experience. Thank you all for once again a unforgettable Challenge Roth week, I didn't come for a 5th place, but you know what I'm satisfied with my performance on the day and am now looking forward to a lot off exciting things ahead!

Hug from your **Vonsy**