



## 2nd Place at IRONMAN 70.3 KRAICHGAU/ GERMANY

Do I have a membership on 2nd place finishes?  
Sometimes it does look like that a tiny bit.

Ironman 70.3 Kraichgau is a race I have done many times, such a great event and so very well organized. The day started very well with a very good swim, coming out of the water in 2nd place, straight behind the strong Superstar Laura Phillip. We have both improved our swim so much and I was happy to hold on to her feet and having my best swim ever on this course in this beautiful lake.



My plan was to stay with Laura as long as possible, well that wasn't very long. The last couple of weeks have seen me struggling on the bike portion, something new for me as normally the bike part has always been my strength. In a video with Tri-mag, which you can see here, the headline is that I can't seem to find my 6th gear:

<http://tri-mag.de/szene/wo-ist-mein-sechster-gang-geblieben-141703>

From all the years racing I know that I need races to get faster, so let's hope that turns out to be like this again for this season.

So well, my bike was my slowest ever on this course and I had to rely on my run to safe my 2nd place behind the German rising star Laura. Thank god my running legs we're fine and even when I didn't have a very fast run it was solid enough to take a 2nd place once again.

I had a great weekend in Kraichgau, saw several sponsors, had a lot of fun with my friends Daniela & Jessi who are traveling to many of my races to support me, they are truly the best and I adore them!

From Friday on it's the whole lovely party over again, next weekend is Challenge Heilbronn, this race will see a very strong field and it's going to be very hard to get one of those spots on the podium. This week is all about recovering, relaxing and getting fit again to hopefully find that 6th gear at Challenge Heilbronn.



More information about the race can be found here, start time is Sunday 9 o'clock and I can definably use some good vibes:

<http://challenge-heilbronn.de/>

The press conference will be Friday 16.06.17 16.45 in the Mercure Hotel Lounge Heilbronn, when I don't see you there then you can meet many of the Pro's at the PRO-TALK on Saturday 17.06.17

18.15 – 19.30 hours at the Neckarbühne.

Looking forward to another exciting weekend!!!