



My 9th start at Ironman 70.3 St. Pölten

Happy to take 2nd place once again. Pretty happy with the spot on the stage, not so happy with my form at the moment. I shouldn't be complaining, I know,

I hear you thinking, it's just my first real dip in many many years, also a little injury which is a first for me as well.

The weather gods we're not very kind to us, beautiful weather leading up to the race and after as well, we just got unlucky with a very bad weather front that hit us exactly on race morning.

My swim was solid, not great but still coming out with girls that used to swim faster than me, I didn't feel that great, but well the swim doesn't say it all.

I really love this bike course, beautiful scenery and some fast flat parts on the highway and a long the Donau, some great climbs and fun descends (which we're not that much fun with the wet roads).

My bike was the slowest from all my starts and to be honest it did feel like that. I was struggling on the long last climb, which I normally love and where I have attacked in the past to win the race.

I now got dropped and had to give it all on the last 20 km. to keep the damage in proportion.

The run is a beautiful 2 loop course and does cause for pretty fast times when you have a good day, in the past I have run 1.18- 1.20", today I managed a 1.24" which is solid but not good.

The positives off the race, it was for sure better than my race for 2 weeks and I loved showing off my new beautiful clothes and amazing new pink Simpron Mr. T2.

Not only the girls liked my make-over but all the guys seemed to be pretty impressed and surprised with this fun look!

It's another 2,5 weeks before the next races will start, I'm very positive that I will get closer to my normal form while preparing for these events.

Which one's they are? IM 70.3 Kraichgau, followed by Challenge Heilbronn and the week after the Olympic distance in Dresden. 3 weeks of fun, let's hope I'm in balance again and ready to kick some but.

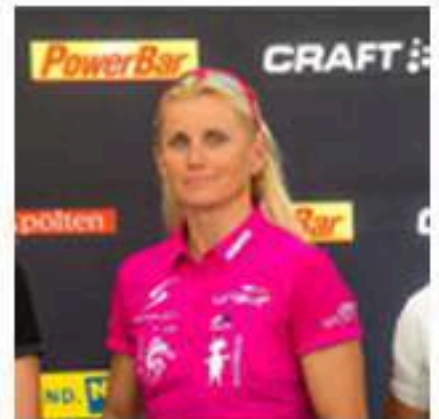


Photo by Ingo Kutsche.



I want to finish this update with a shout out to all people involved in traffic.

The whole race week and the days, weeks, months ahead are and will be covered with a shade.

There has been a horrible accident in Italy and my dearest German College Julia Viellehner fought for her life for a whole week whilst she was in a coma.

Aadly enough she didn't make it and our whole Triathlon Family is shocked and horrified that she was taken away from us.

She was a beautiful, young, positive, sweet and talented athlete, when you chatted with her it was like the sun was shining in your face.

It was a horrible traffic accident which seem to acure more and more often.

It's getting more dangerous for cyclist and Triathletes to just do there job, please do your part and take more care while passing us, to many people have died and to many people have suffered horrible losses!

Please give us our space and show some respect.

Julia and I raced Challenge Wanaka and Challenge Rimini together this year, the last event just 2,5 weeks ago, where she was full of energy and her beautiful shiny sweet self.

Dear Julia it was a pleasure and a honor to race together with you, to share the stage with you, we will all miss you and I'm sending lots of strength to your dear mum, partner, friends and family.

Vonsy



Photo by Ingo Kutsche.

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