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Raelert And Steffen Dominate Ironman 70.3 Switzerland

by **TriEurope**

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Whoever piqued Michael Raelert with claims that he was just a runner has got a lot to answer for. Because right now, Raelert is on fire. Another Ironman 70.3, another dominant performance as the German underlined (again) why he is undoubtedly the best athlete in the World. over this distance at the moment. Caroline Steffen is also staking her claim to being one of the best over the half-Ironman distance, as she notched up yet another convincing win.

But it was Raelert who will understandably grab the attention of the media – and his fellow pros. The man is unstoppable at the moment.

Leading from the start of the race, Raelert emerged from the water in 24:17. Admittedly, Axel Seebroek and Marc Widmer weren't too far behind (both clocked 24:27), but Raelert was already clear.

And as he hit the bike, he really started to do the damage. A race-best 2:08:12 gave him a solid advantage coming into T2. Ronnie Schildknecht, meanwhile, had cycled his way back into contention.

But Raelert was flying. As he hit the run, the Ironman 70.3 World Champion quickly put to bed any hopes the rest of the field had of catching him. A 1:12:57 half marathon was over four minutes quicker than Schildknecht's second quickest run, giving Raelert victory in 3:47:47. Schildknecht took second (3:54:29) with XTERRA star Olivier Marceau in third (3:55:16).

Like Raelert, Caroline Steffen is seemingly unstoppable this season. The Swiss star notched up her third 70.3 victory of the year in her home country, and she did it in style.

Steffen emerged from the water with a slender lead (25:59) over Nicole Hofer (26:04). On the bike, the threat was always going to come from former Olympic time triallist Karin Thurig. Thurig's 2:21:52 did get her back into the mixer following a relatively poor swim (33:45). However, it wasn't enough to topple Steffen, as she registered a second-best bike split of 2:24:30.

It was enough to put her within sight of victory coming out of T2. A race-best 1:26:15 run split was nearly six minutes faster than runner-up Hofer (1:32:03), Steffen taking the title in 4:19:29. Hofer was second (4:25:25) and Thurig third (4:29:09).

Powerbar Ironman 70.3 Switzerland Results

Top 5 Men

1. Michael Raelert (GER) 3:47:47
2. Ronnie Schildknecht (SUI) 3:54:29
3. Olivier Marceau (SUI) 3:55:16
4. Romaine Guillaume (FRA) 3:59:06
5. Massimo Cigana (ITA) 4:01:52

Top 5 Women

1. Caroline Steffen (SUI) 4:19:29
2. Nicole Hofer (SUI) 4:25:25
3. Karin Thurig (SUI) 4:29:09
4. Simone Benz (SUI) 4:34:12
5. Eva Janssen (NED) 4:41:55



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