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## Ironman 70.3 Switzerland preview and results

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Press release of Sportpromotion.ch: Michael Raelert (GER) and Caroline Steffen continue their winning streak at the PowerBar Ironman 70.3 Switzerland, titleholder Ronnie Schildknecht follow in second. German Michael Raelert wins at the PowerBar Ironman 70.3 Switzerland and sends off the Swiss Ronnie Schildknecht and Olivier Marceau.



Leading after the swimming, Michael has pushed his way up on the rolling bike course and stretched the winning margin. Two minutes ahead of Ronnie and Olivier he entered the transition zone and went onto the run course. Feeling strong he continuously picked up the pace. Although the Swiss battled hard, they did not manage to outrun leader Michael, who has won in 3:47.47. Second became Ronnie Schildknecht (3:54.29) and third former short distance world champion Olivier Marceau (3:55.16).

In the women's field Caroline Steffen and Nicole Hofer showed a fantastice race on the bike course. Coming out first of the water Caroline pushed on the bike right from the start. However, as Nicole was in a great shape, Caroline did not manage to break off. Leaving transition zone two Caroline led only by 12 seconds. On the run course Caroline picked up the pace and won the race in 4:19.29. Second became Nicole Hofer (4:25.25) and third Karin Thürig (4:29:09).

The weather was sunny and warm at Powerman Ironman 70.3 Switzerland – ideal conditions for a triathlon competition. 45,000 spectators cheered the athletes along the race course. A great highlight for the organiser and spectators alike.

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### Preview of Powerman Ironman 70.3 Switzerland

Powerman Ironman 70.3 Switzerland will kick off tomorrow in Rapperswil-Jona, Switzerland. Organisers expect 2250 athletes from 47 nations compete in a race on the popular half/middle distance 70.3 miles or better saying 113 km (1,9km swim/ 90 km bike / 21,1 km run). Beside a breathtaking view of the Swiss Alps, the event showcases one of the best pro fields on a 70.3 distance race in European long distance triathlon including Ironman Hawaii 2X second and 2X third, 9 times Ironman New Zealand winner and World Champion [Cameron Brown](#) of New Zealand and Ironman 70.3 World Champion Michael Raelert (GER). Other professionals with victory prospects are titleholder Ronnie Schildknecht (SUI), Mathias Hecht (SUI), and short and middle distance specialist Alessandro Degasperini from Italy.

The women's field lining up on Sunday is as promising as the men's field. Former Swiss cyclist Karin Thürig challenges Ironman 70.3 winner Caroline Steffen (SUI). In addition to the Swiss, the Ironman 70.3 race features also Rebecca Preston, winner of the Ironman Zurich



h Switzerland from Australia. Supported by 35,000 spectators and 1,530 volunteers, along the courses, the race turns into real highlight full of emotions and entertainment. Soon we will publish the results of Powerbar Ironman 70.3 Switzerland [here](#).

Some more on Ironman 70.3 Switzerland:

The first Ironman 70.3 Switzerland was held in 2007 with 1200 athletes from 29 nations. Why is the event so successful? The surroundings are spectacular: swim in Lake Zürich, then a quite hard bike course with 1000 meters altitude difference and a half marathon on the streets of a historical town, Rapperswil, a town that cheers for the athletes and this unique atmosphere is sensible in the air throughout the whole town. Title holders from 2009 are Sarah Sütz (SUI) and Ronnie Schildknecht (SUI).

Results of Ironman Switzerland 2009:

Woman:

Place	Name	Time
1.	Sarah Sütz(SUI)	4:28:26
2.	Erika Csomor(HUN)	4:29:03
3.	Karin Thürig(SUI)	4:35:03
4.	Sibylle Matter(SUI)	4:37:05
5.	Tara Prowse(AUS)	4:39:12

Man:

Place	Name	Time
1.	Ronnie Schildknecht(SUI)	3:54:30



2.	Mike Aigroz(SUI)	3:56:10
3.	Alessandro Degasper(ITA)	3:57:47
4.	Jimmy Jonssen(DEN)	3:58:39
5.	Massimo Cigana(ITA)	3:59:36



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