

## Titelverteidigung auf Hawaii

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<https://www.pd-f.de/2016/10/13/14263/>



Jan Frodeno gelingt als erstem Deutschen die Titelverteidigung beim Triathlon-Klassiker Kona, auch bekannt als Ironman Hawaii. Beginn Originaltext:

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BIG ISLAND ENCORE

Defending Kona champ Jan Frodeno of Germany remarked that he [felt](#) so good in his final training sessions on the Big Island before Saturday's race, that he was almost a bit concerned. Typically efforts are just harder in Kona.

Come race day, Frodeno confirmed his incredible form with a second consecutive victory at the Ironman World Championship in Kailua-Kona, Hawaii. Frodeno, clearly drained from his effort, thanked the locals on the island for their hospitality. Out on the course, Frodeno started strong and swam and rode at the front before ending up in the early miles of the run dueling with 2014 Kona champ Sebastian Kienle (also a [SRAM](#), Zipp and Quarq athlete).

Kienle pushed the pace but Frodeno stayed strong, turning in a 2:45:34 to go with his 4:29 bike split. Kienle would hold on for second, giving a 1-2 finish in the men's pro race for athletes on SRAM RED® eTap® and Zipp 808 NSW [Carbon](#) Clinchers.

In the women's race, three time champ Mirinda Carfrae passed rivals throughout the run to finish second overall in a time of 9:10:30. Daniela Ryf of Switzerland was victorious in a course record time of 8:46:46.

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Ende Originaltext

[Bildauswahl zum Thema \(o Bilder\)](#)

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