

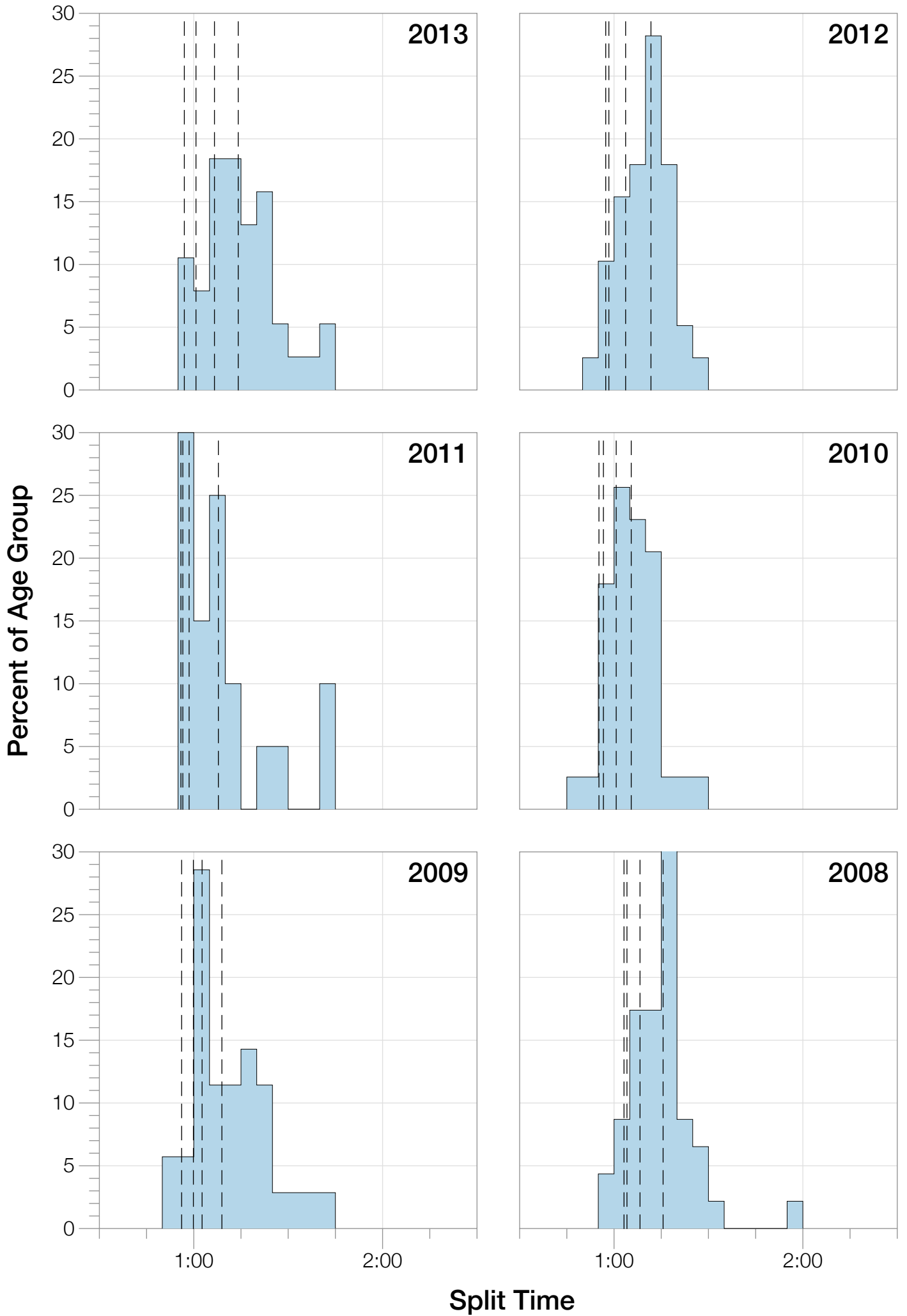
Ironman Australia Statistics

F30-34

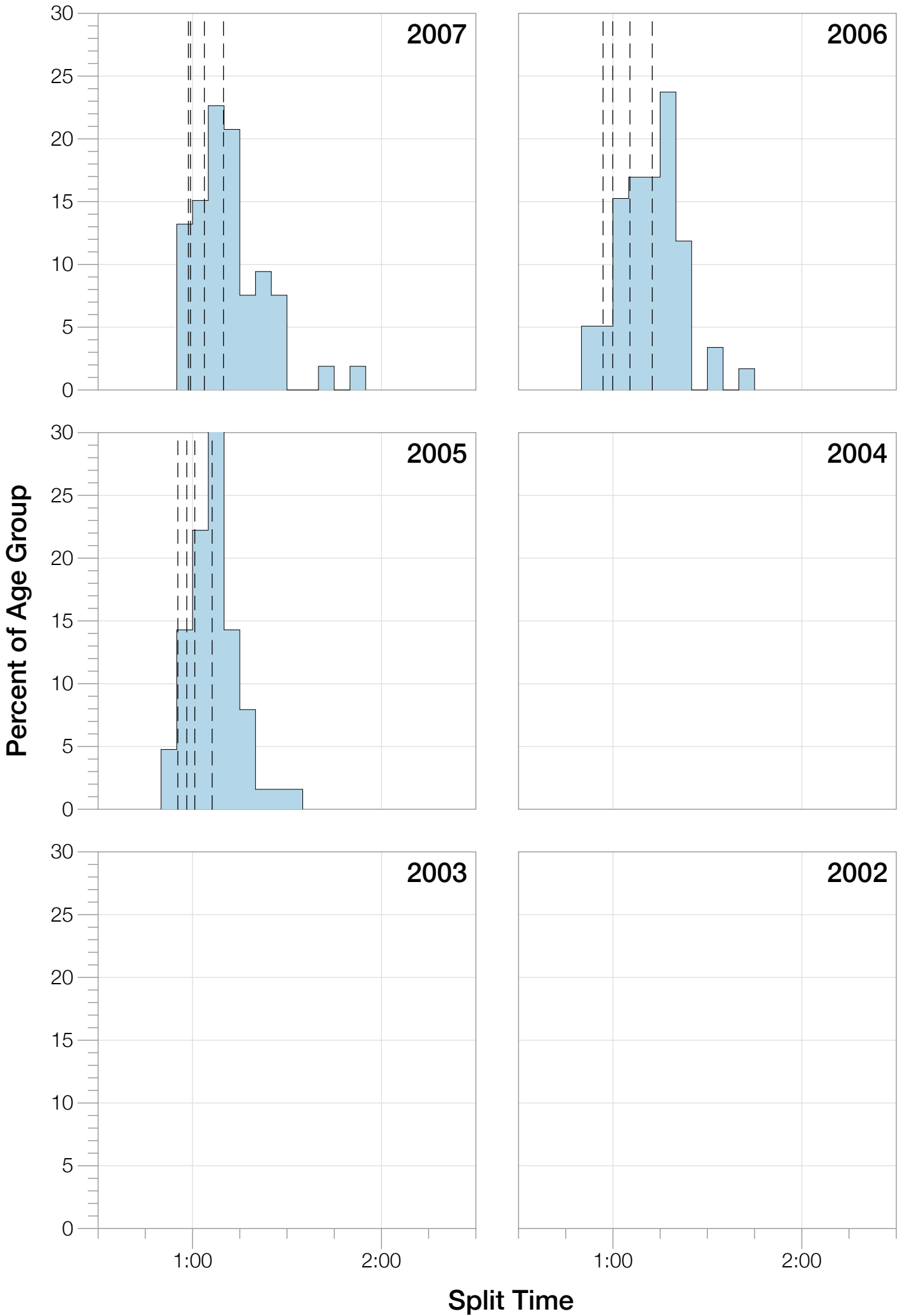
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2005	1367	1339	8:25:44	9:13:20	9:00:09
2006	1448	1415	8:20:42	9:19:44	8:59:23
2007	1458	1419	8:21:49	9:12:59	9:05:43
2008	1411	1386	8:31:33	9:03:55	9:06:50
2009	1282	1253	8:24:53	8:57:10	8:47:33
2010	1384	1365	8:23:54	9:23:46	8:32:52
2011	1016	1002	8:29:28	9:29:54	8:56:15
2012	1298	1288	8:17:38	9:34:57	8:57:10
2013	1352	1343	8:30:23	9:34:55	9:09:24
Average	1335	1312	8:25:07	9:18:57	8:57:15

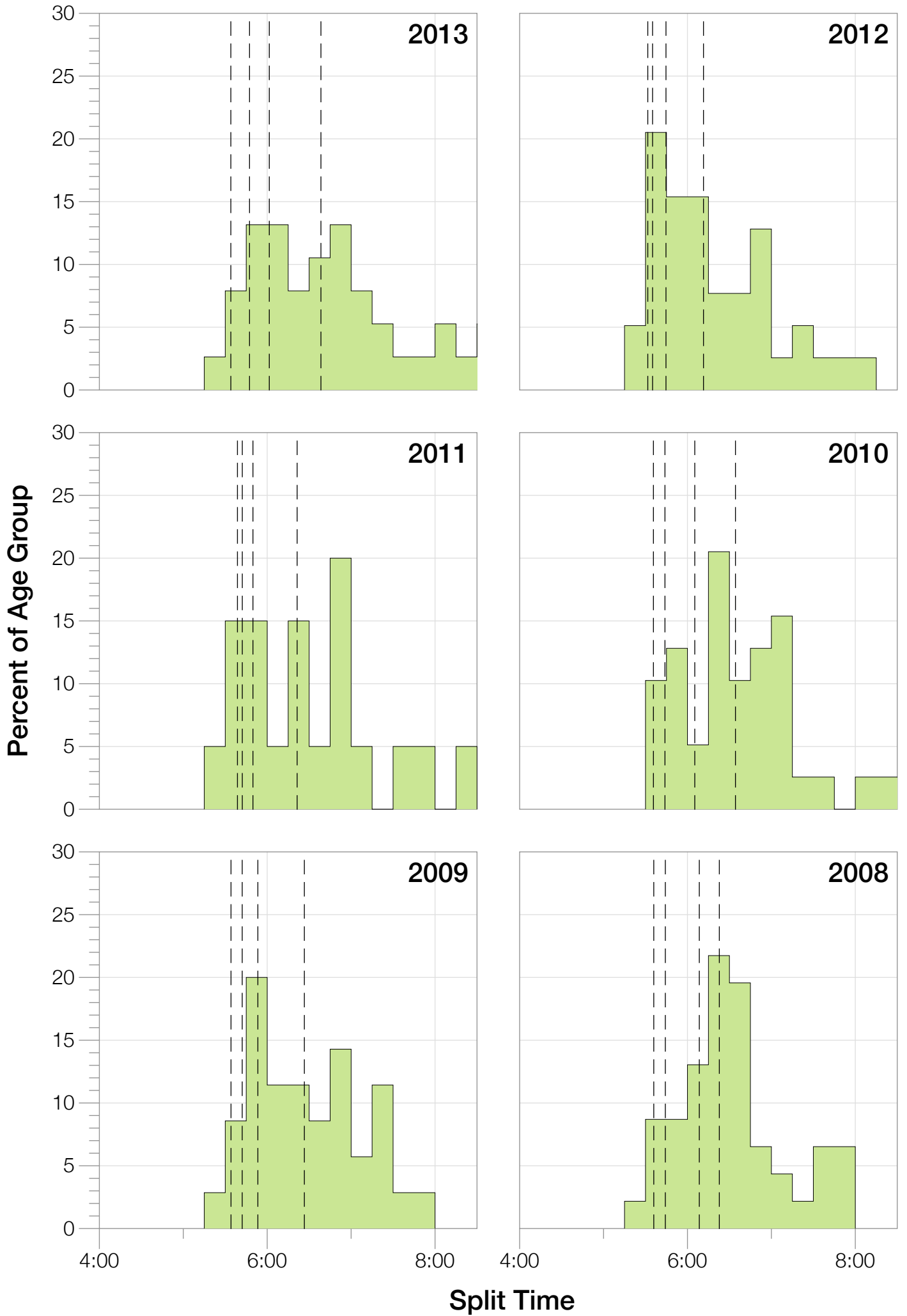
F30-34 Swim



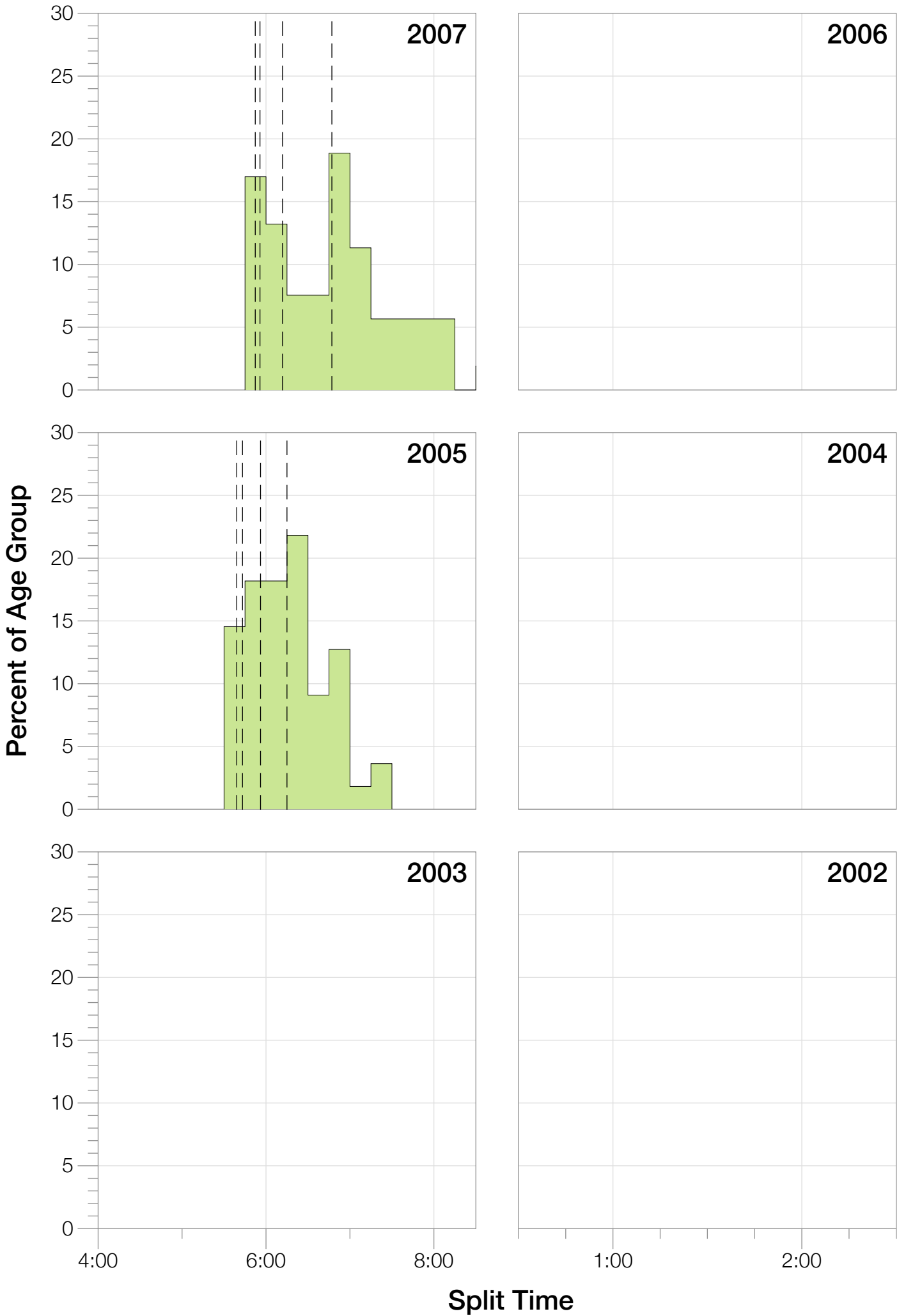
F30-34 Swim



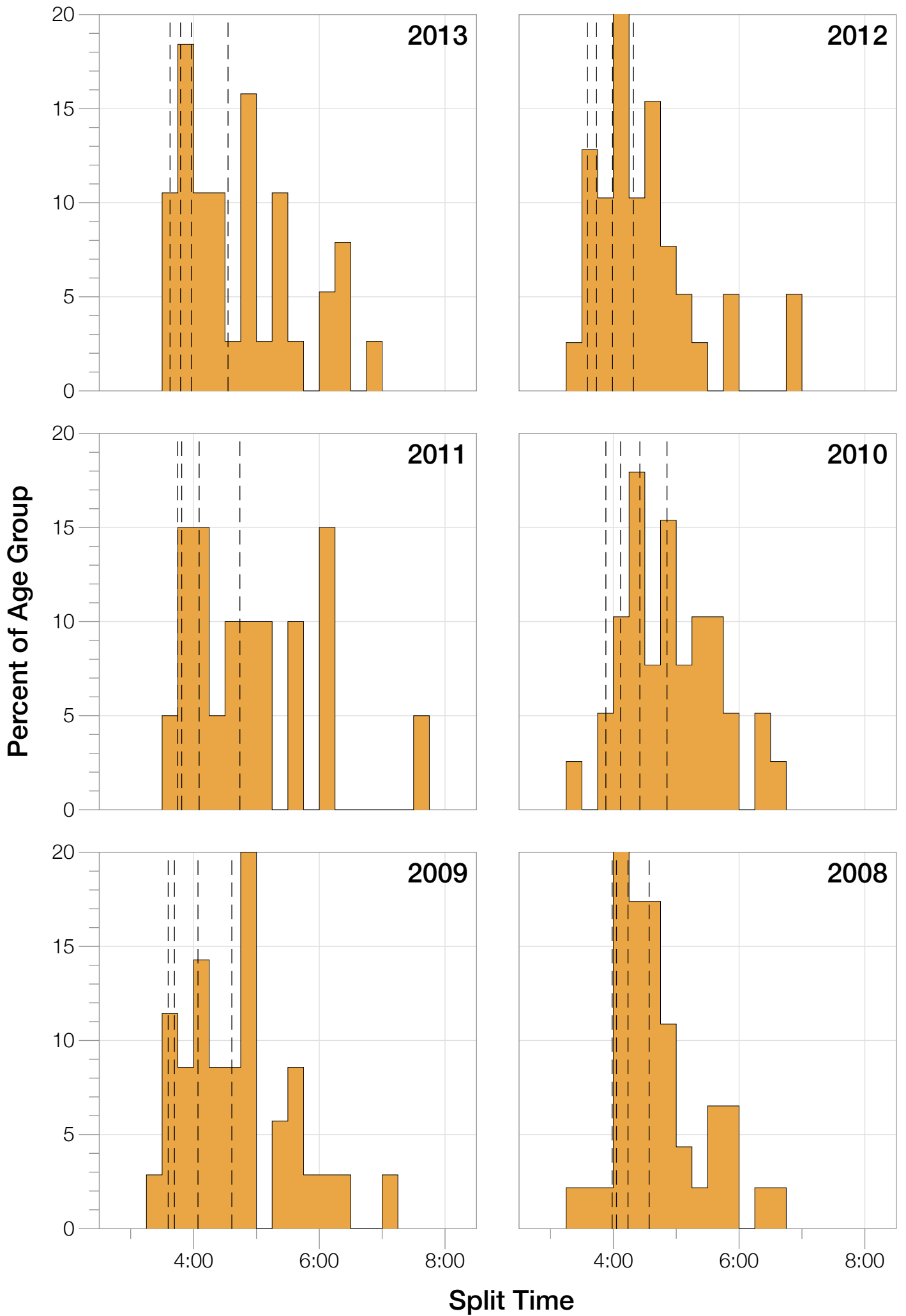
F30-34 Bike



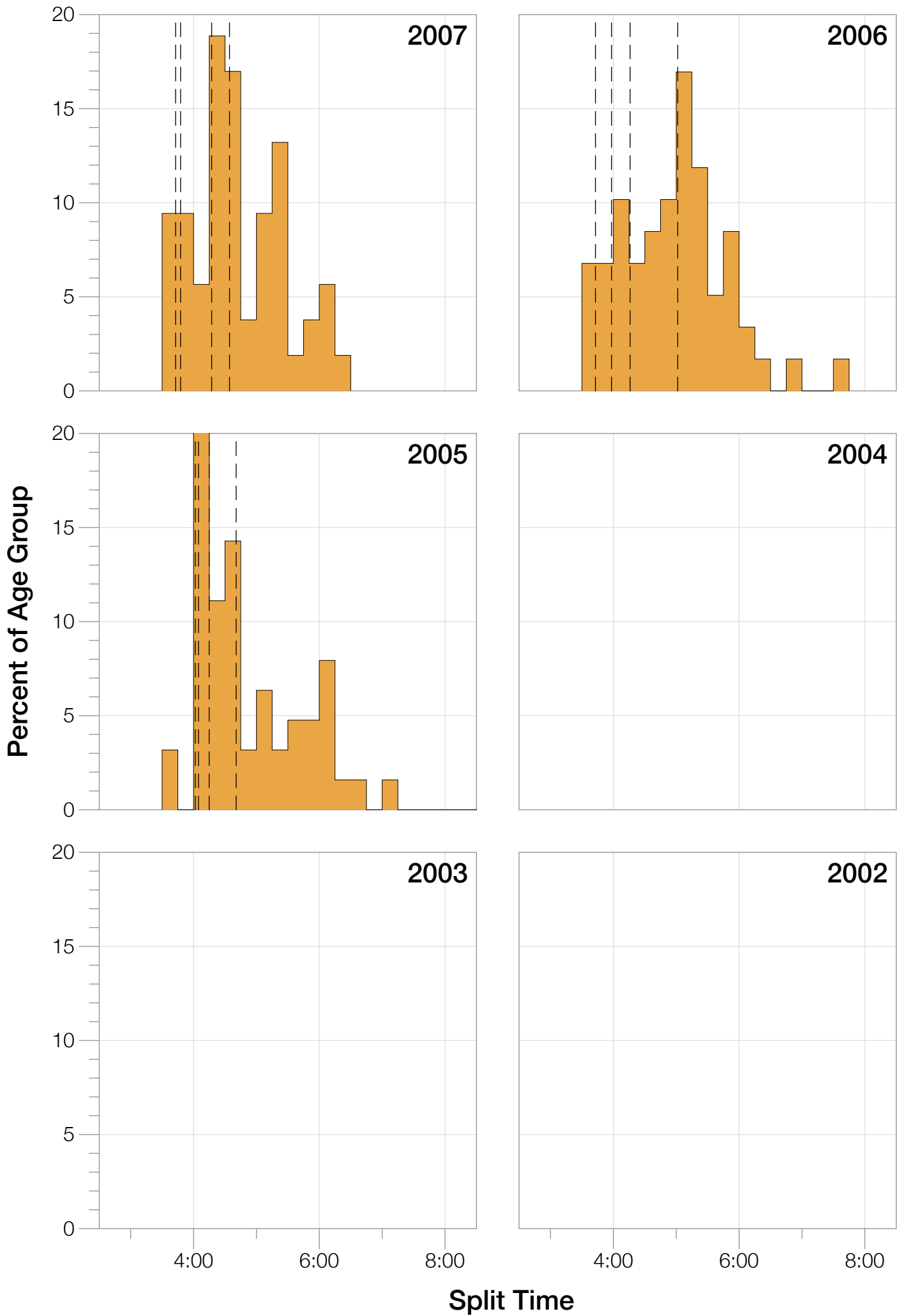
F30-34 Bike



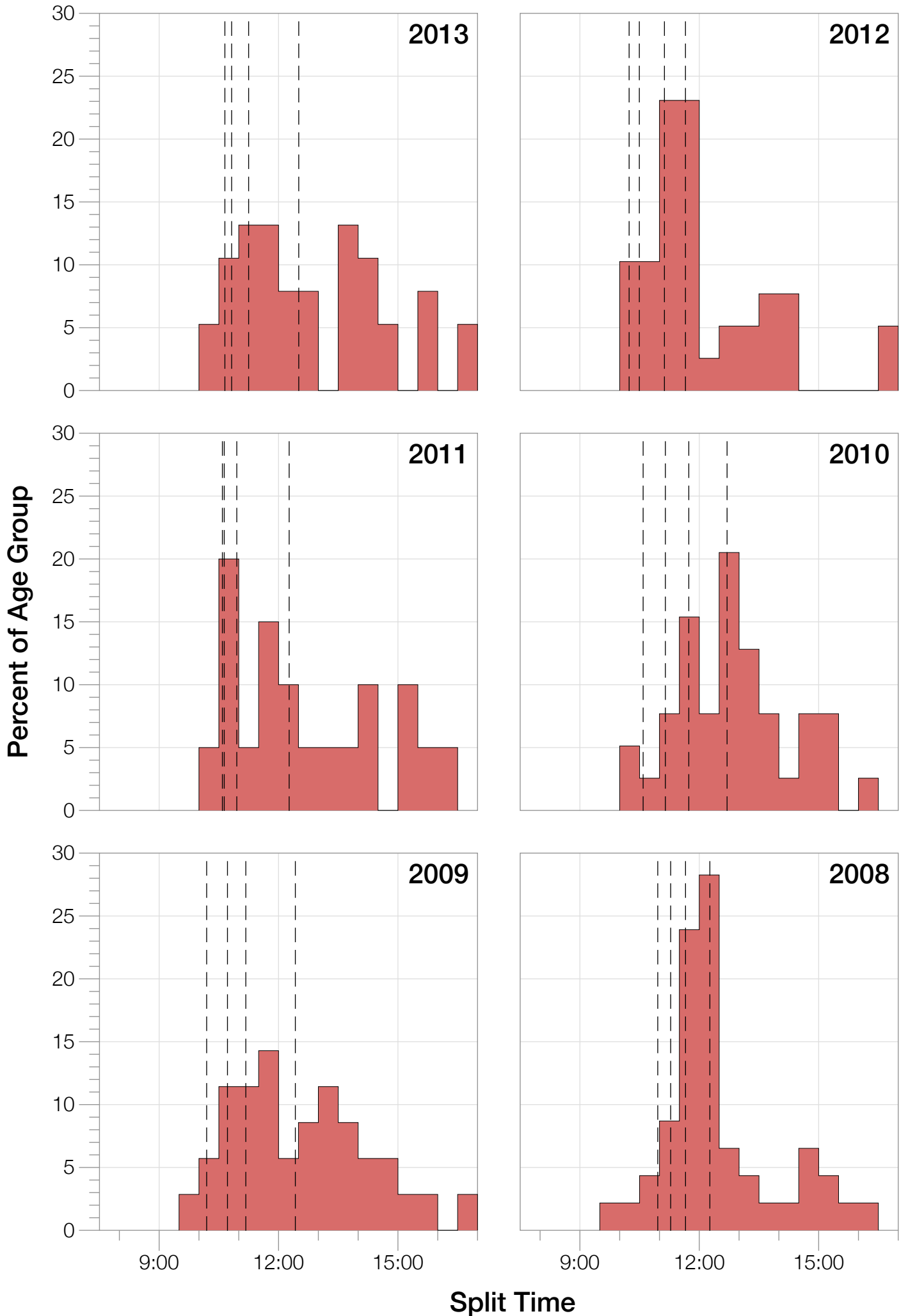
F30-34 Run



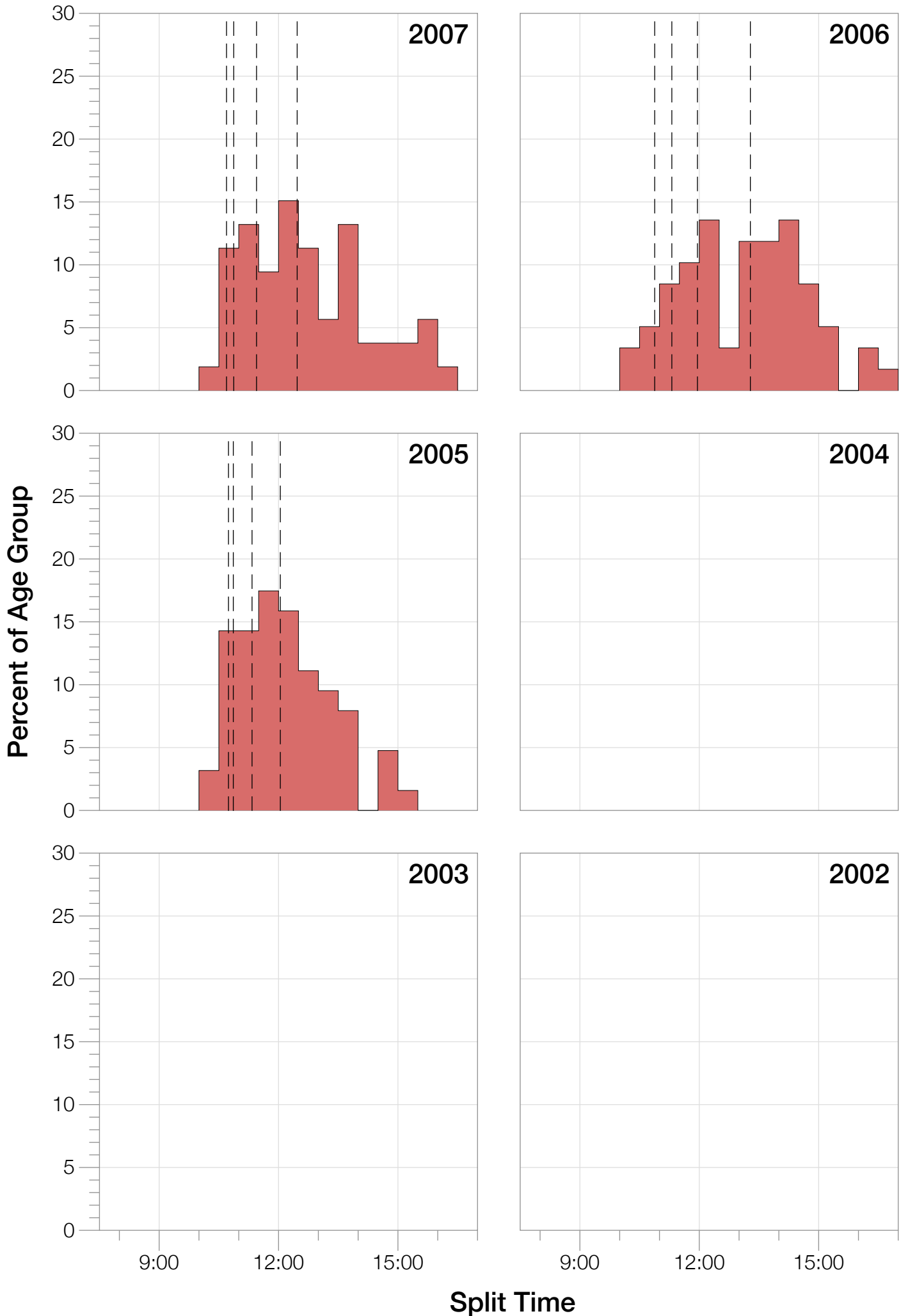
F30-34 Run



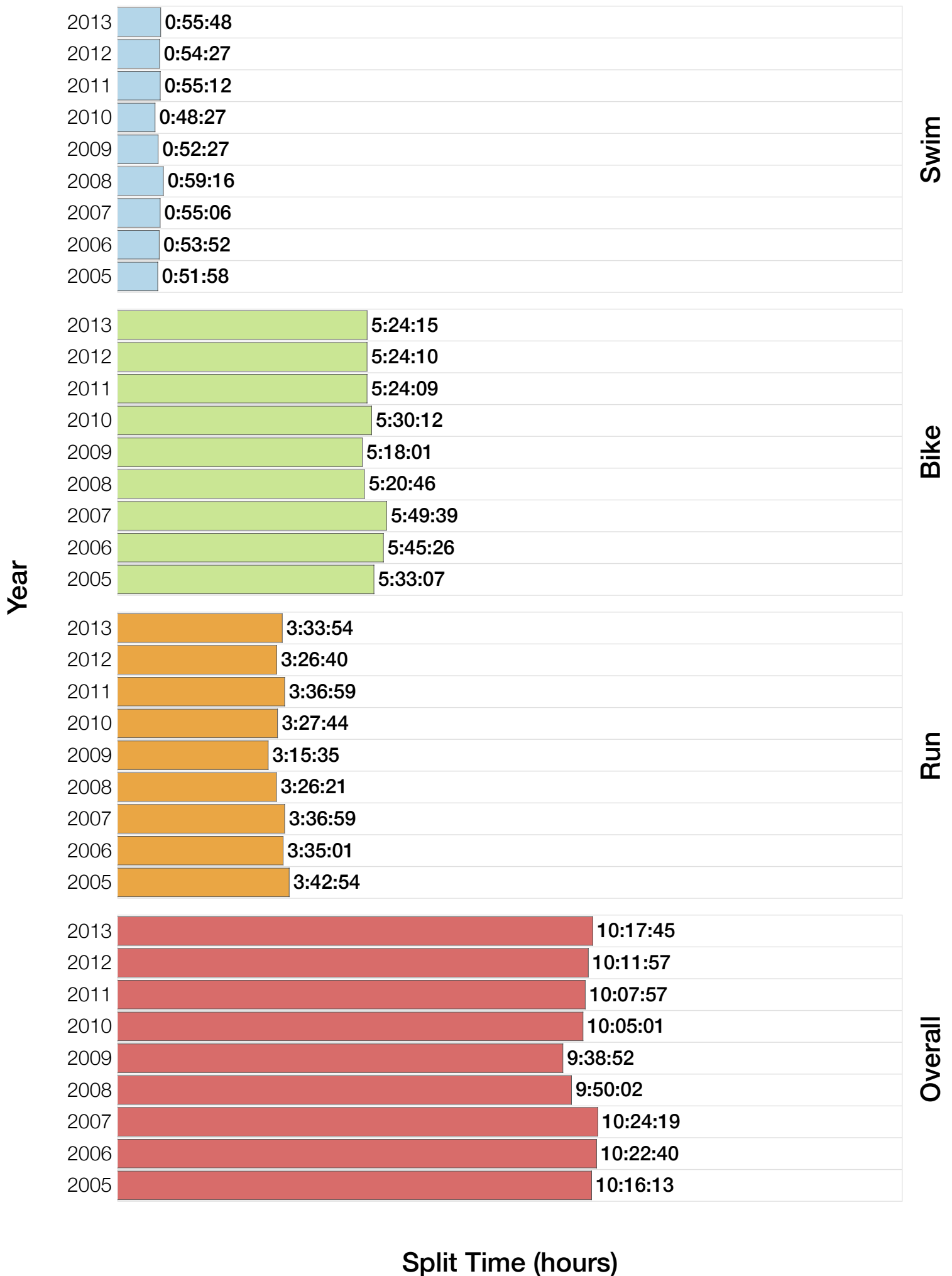
F30-34 Overall



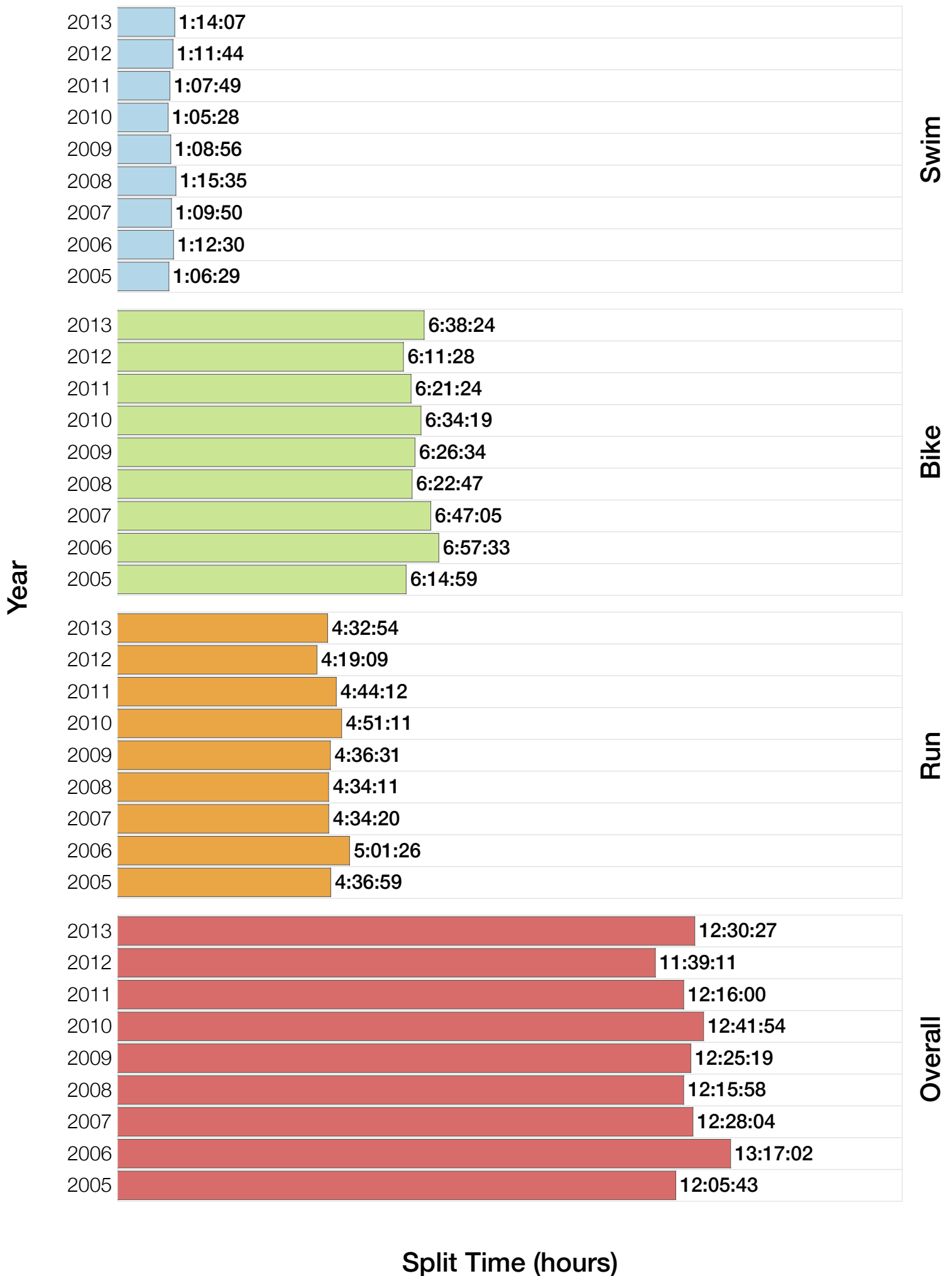
F30-34 Overall



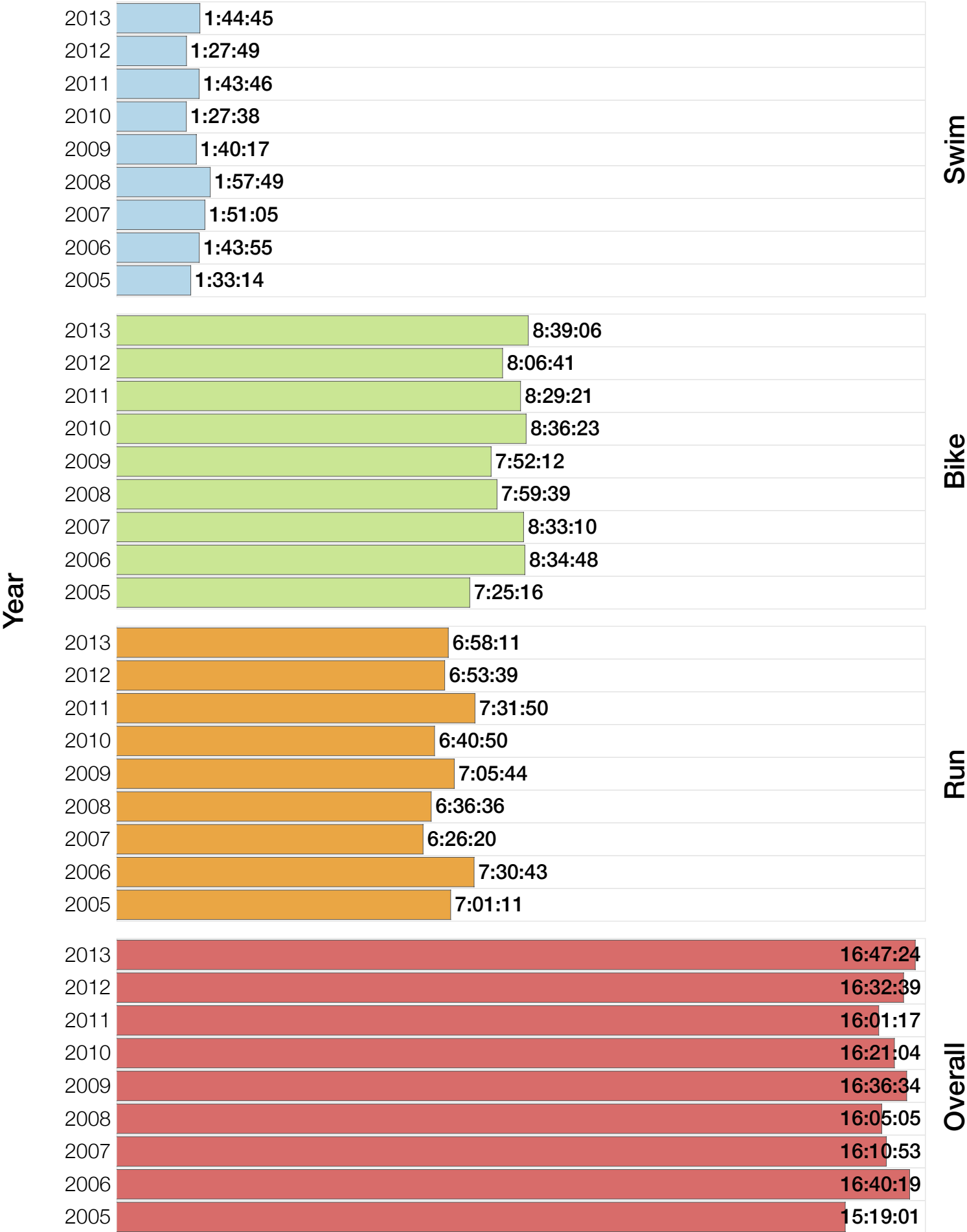
F30-34 Fastest Splits



F30-34 Median Splits



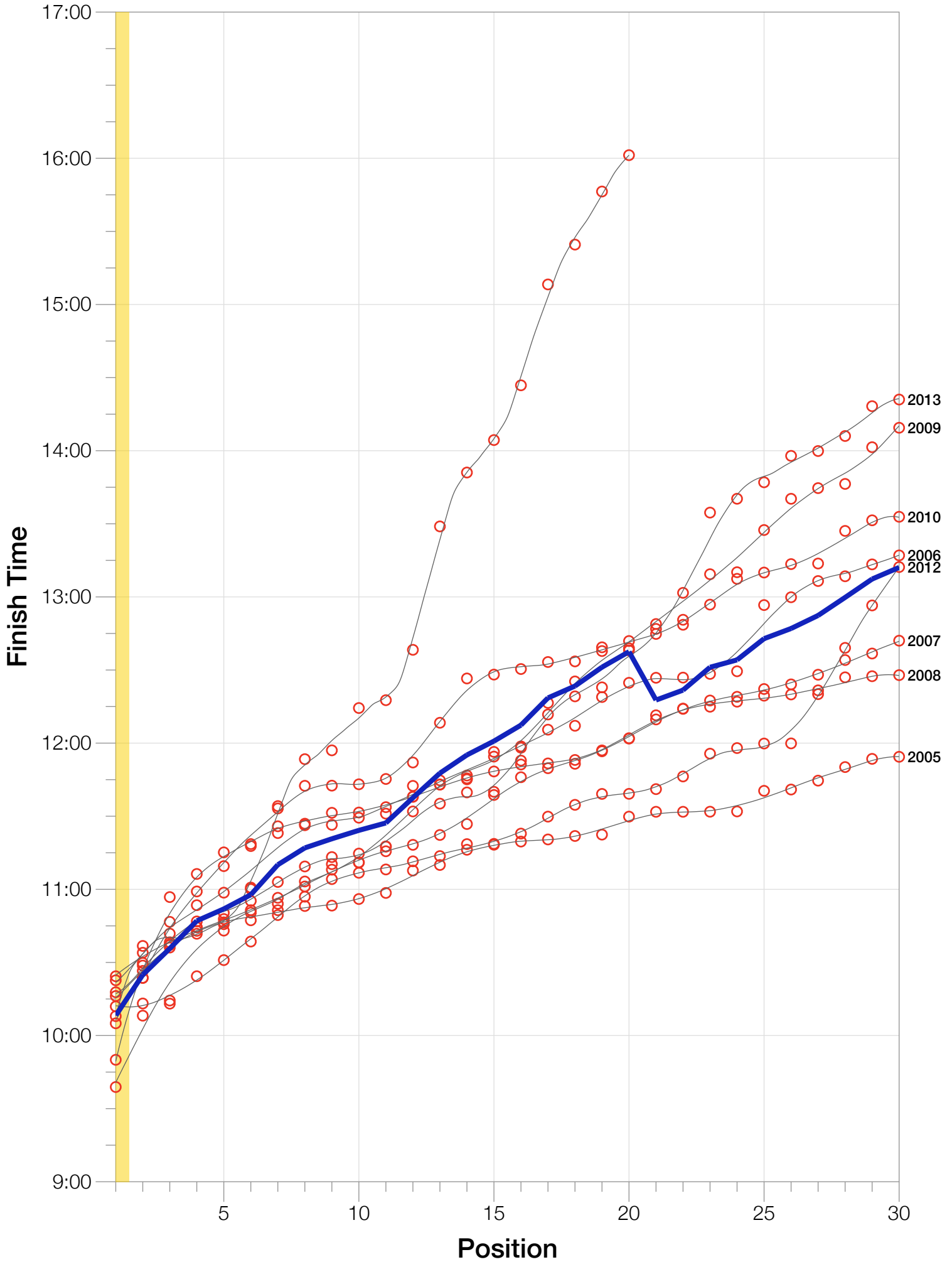
F30-34 Slowest Splits



Split Time (hours)

F30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F30-34 Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:47:25	4:42:44	2:53:06	8:25:07
Average Female Winner	0:52:19	5:13:58	3:10:09	9:18:57
Average 1st Age Grouper	0:59:20	5:33:46	3:32:15	10:08:18
Average 2nd Age Grouper	1:01:49	5:39:19	3:40:44	10:24:55
Average 3rd Age Grouper	1:01:47	5:03:36	3:23:01	10:35:43
Average 4th Age Grouper	1:03:05	5:42:44	3:57:11	10:47:04
Average 5th Age Grouper	1:00:01	5:51:31	3:57:00	10:51:57
Kona Qualifier Average	0:59:20	5:33:46	3:32:15	10:08:18
Top 5 Age Grouper Average	1:01:12	5:34:11	3:42:02	10:33:35

Australia 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:55	4:40:17	2:58:32	8:25:44
Female Winner	0:54:36	5:12:50	3:05:54	9:13:20
1st Age Grouper	0:55:12	5:37:31	3:43:30	10:16:13
2nd Age Grouper	1:07:14	5:33:33	3:42:54	10:23:41
3rd Age Grouper	1:03:28			10:37:22
4th Age Grouper	1:00:13	5:39:47	4:04:23	10:44:23
5th Age Grouper	1:00:29	5:43:45	4:01:28	10:45:42
Kona Qualifier Average	0:55:12	5:37:31	3:43:30	10:16:13
Top 5 Age Grouper Average	1:01:19	4:30:55	3:06:27	10:33:28

Australia 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:21	4:46:51	2:47:30	8:20:42
Female Winner	0:52:30	5:26:08	3:01:06	9:19:44
1st Age Grouper	0:54:38	5:45:26	3:42:36	10:22:40
2nd Age Grouper	0:58:47	5:48:04	3:42:56	10:29:47
3rd Age Grouper	1:01:17	6:03:24	3:41:58	10:46:39
4th Age Grouper	0:54:50	5:59:37	3:59:02	10:53:29
5th Age Grouper	1:00:14	6:02:32	3:55:52	10:58:38
Kona Qualifier Average	0:54:38	5:45:26	3:42:36	10:22:40
Top 5 Age Grouper Average	0:57:57	5:55:48	3:48:28	10:42:14

Australia 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:57	4:45:13	2:49:39	8:21:49
Female Winner	0:50:26	5:18:26	3:04:07	9:12:59
1st Age Grouper	0:55:06	5:52:14	3:36:59	10:24:19
2nd Age Grouper	1:01:16	5:52:23	3:40:19	10:33:58
3rd Age Grouper	1:01:23	5:51:24	3:44:19	10:37:06
4th Age Grouper	1:00:38	5:56:18	3:47:35	10:44:31
5th Age Grouper	1:04:38	5:49:39	3:52:09	10:46:26
Kona Qualifier Average	0:55:06	5:52:14	3:36:59	10:24:19
Top 5 Age Grouper Average	1:00:36	5:52:23	3:44:16	10:37:16

Australia 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:48	4:47:09	2:51:59	8:31:33
Female Winner	0:53:27	5:06:43	3:01:53	9:03:55
1st Age Grouper	0:59:44	5:20:46	3:26:21	9:50:02
2nd Age Grouper	1:12:45	5:34:05	3:37:27	10:26:31
3rd Age Grouper	1:06:49	5:46:28	4:00:29	10:56:49
4th Age Grouper	1:07:47	5:41:53	4:05:49	10:59:07
5th Age Grouper	1:10:21	5:52:27	4:09:37	11:15:10
Kona Qualifier Average	0:59:44	5:20:46	3:26:21	9:50:02
Top 5 Age Grouper Average	1:07:29	5:39:07	3:51:56	10:41:31

Australia 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:51	4:44:40	2:45:58	8:24:53
Female Winner	0:50:48	5:03:01	2:59:15	8:57:10
1st Age Grouper	1:00:12	5:18:01	3:15:35	9:38:52
2nd Age Grouper	0:52:27	5:39:38	3:31:06	10:08:09
3rd Age Grouper	0:53:36	5:33:11	3:40:56	10:13:05
4th Age Grouper	1:05:45	5:34:31	3:54:06	10:42:57
5th Age Grouper	0:57:14	6:02:07	3:37:49	10:43:03
Kona Qualifier Average	1:00:12	5:18:01	3:15:35	9:38:52
Top 5 Age Grouper Average	0:57:50	5:37:29	3:35:54	10:17:13

Australia 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:44:49	4:41:59	2:54:04	8:23:54
Female Winner	0:49:43	5:00:57	3:29:36	9:23:46
1st Age Grouper	1:02:44	5:30:12	3:27:44	10:05:01
2nd Age Grouper	0:54:39	5:34:28	3:53:12	10:28:42
3rd Age Grouper	0:55:52	5:45:39	3:49:41	10:36:06
4th Age Grouper	1:02:19	5:35:48	4:20:39	11:06:18
5th Age Grouper	0:56:49	5:54:56	4:09:29	11:09:31
Kona Qualifier Average	1:02:44	5:30:12	3:27:44	10:05:01
Top 5 Age Grouper Average	0:58:28	5:40:12	3:56:09	10:41:07

Australia 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:29	4:41:04	2:59:14	8:29:28
Female Winner	0:50:35	5:12:39	3:22:10	9:29:54
1st Age Grouper	1:01:42	5:24:09	3:36:59	10:07:57
2nd Age Grouper	0:56:35	5:50:32	3:45:18	10:36:46
3rd Age Grouper	0:58:26	5:43:55	3:49:03	10:38:16
4th Age Grouper	0:58:33	5:47:38	3:51:13	10:41:46
5th Age Grouper	0:55:57	5:39:29	4:08:25	10:47:48
Kona Qualifier Average	1:01:42	5:24:09	3:36:59	10:07:57
Top 5 Age Grouper Average	0:58:14	5:41:08	3:50:11	10:34:30

Australia 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:18	4:31:25	2:57:12	8:17:38
Female Winner	0:51:48	5:29:57	3:08:38	9:34:57
1st Age Grouper	0:58:35	5:42:51	3:26:40	10:11:57
2nd Age Grouper	1:11:20	5:27:02	3:30:40	10:13:09
3rd Age Grouper	1:02:04	5:24:10	3:44:00	10:14:21
4th Age Grouper	1:09:03	5:32:09	3:35:47	10:24:20
5th Age Grouper	0:57:28	5:45:35	3:43:34	10:30:57
Kona Qualifier Average	0:58:35	5:42:51	3:26:40	10:11:57
Top 5 Age Grouper Average	1:03:42	5:34:21	3:36:08	10:18:56

Australia 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:25	4:46:02	2:53:48	8:30:23
Female Winner	0:57:05	5:15:01	3:18:46	9:34:55
1st Age Grouper	1:06:15	5:32:51	3:33:54	10:17:45
2nd Age Grouper	1:01:22	5:34:12	3:42:52	10:23:37
3rd Age Grouper	1:13:16	5:24:15	3:56:49	10:41:49
4th Age Grouper	1:08:38	5:36:55	3:56:12	10:46:49
5th Age Grouper	0:57:01	5:53:09	3:54:41	10:50:18
Kona Qualifier Average	1:06:15	5:32:51	3:33:54	10:17:45
Top 5 Age Grouper Average	1:05:18	5:36:16	3:48:53	10:36:03