

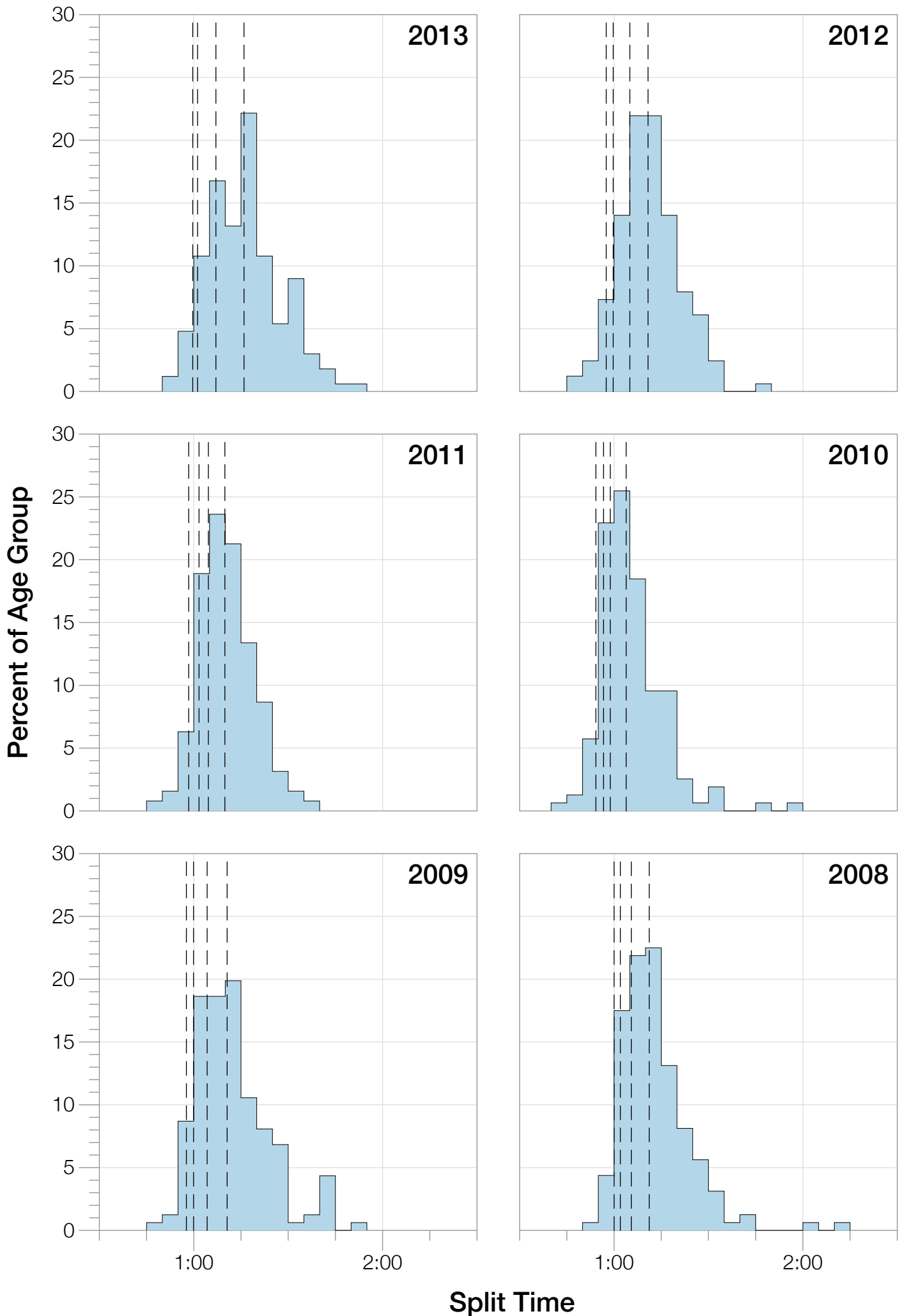
Ironman Australia Statistics

M45-49

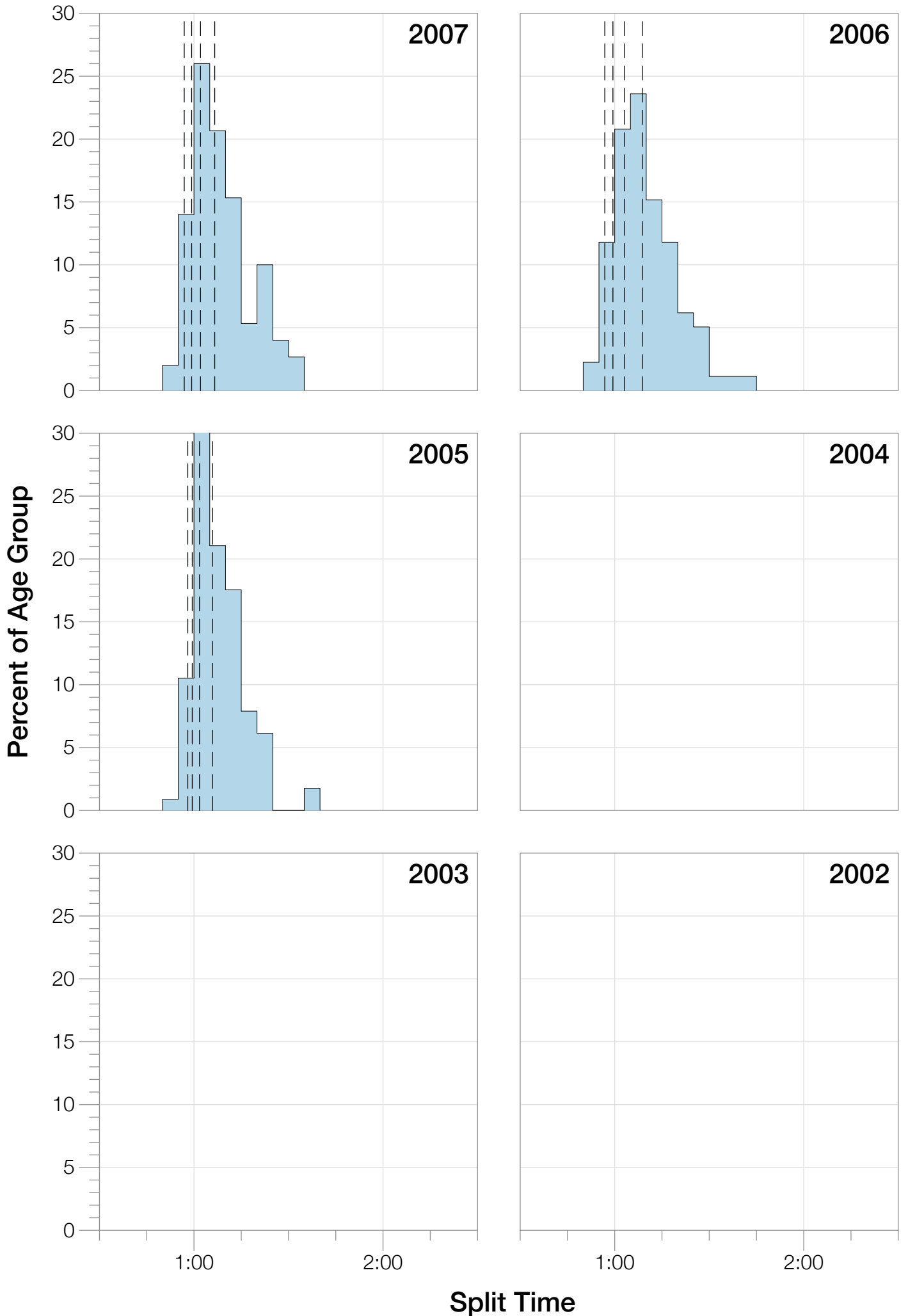
M45-49 Summary Statistics

Year	Finishers	M45-49 Finishers	Male Winner's Time	Female Winner's Time	M45-49 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

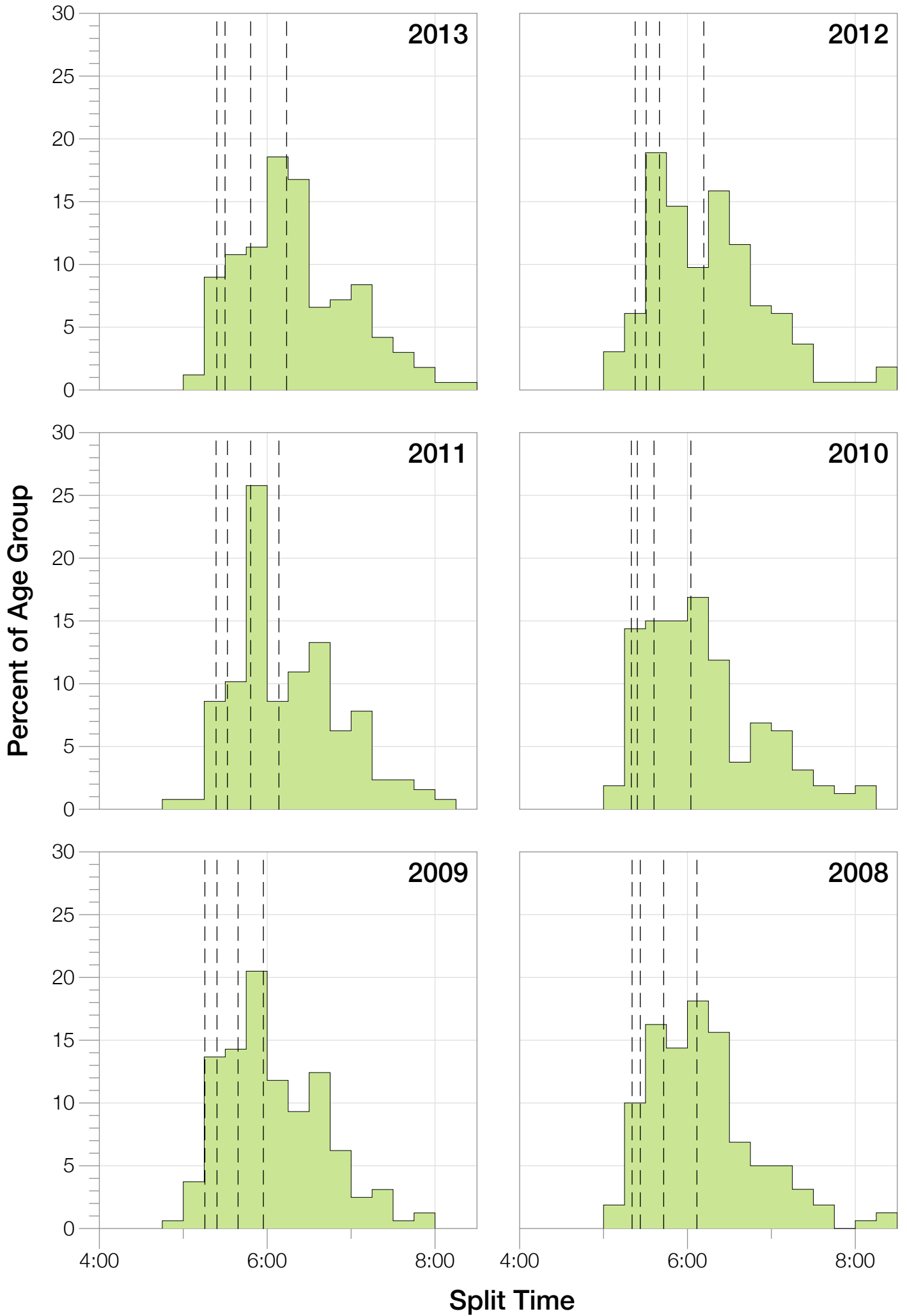
M45-49 Swim



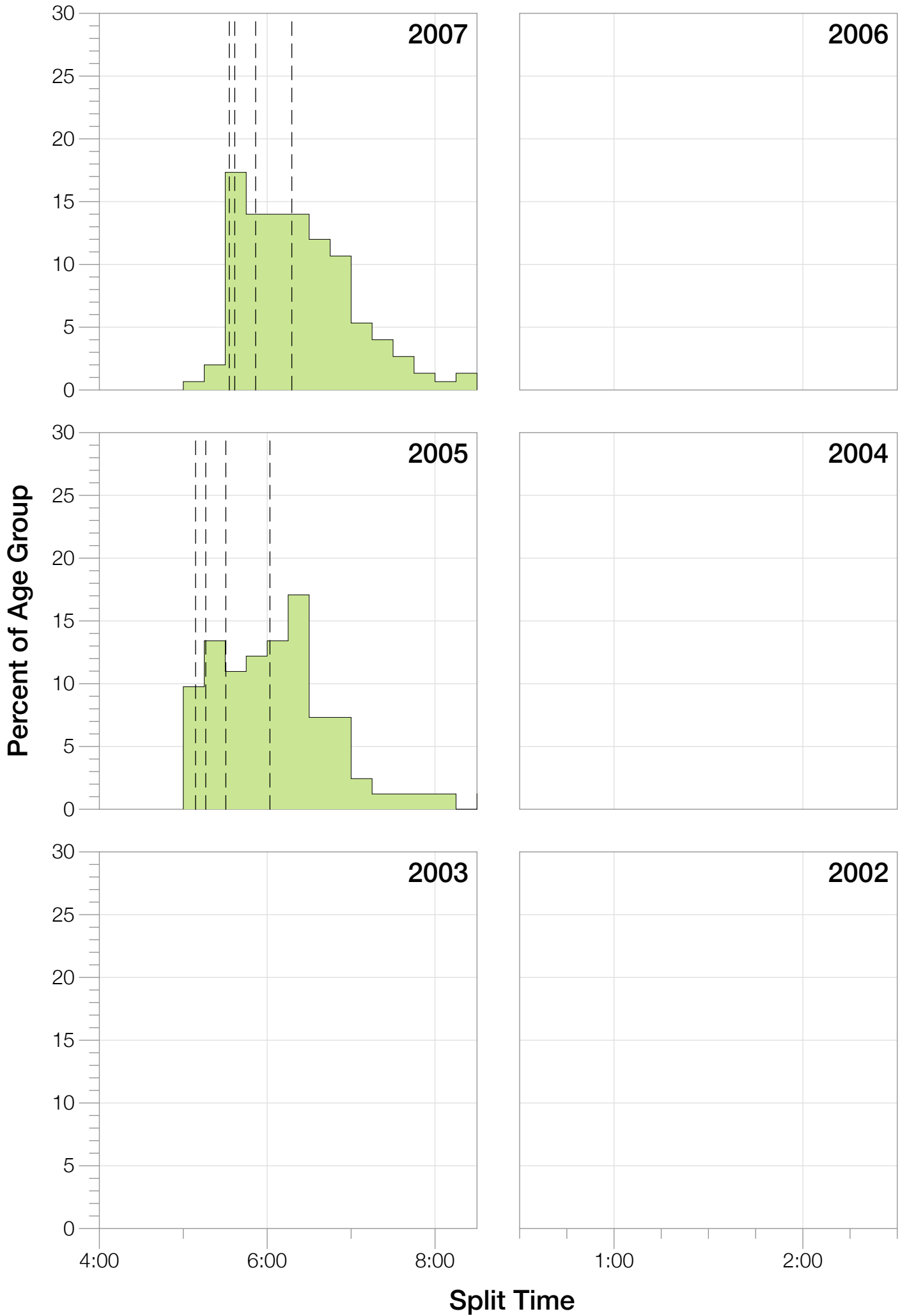
M45-49 Swim



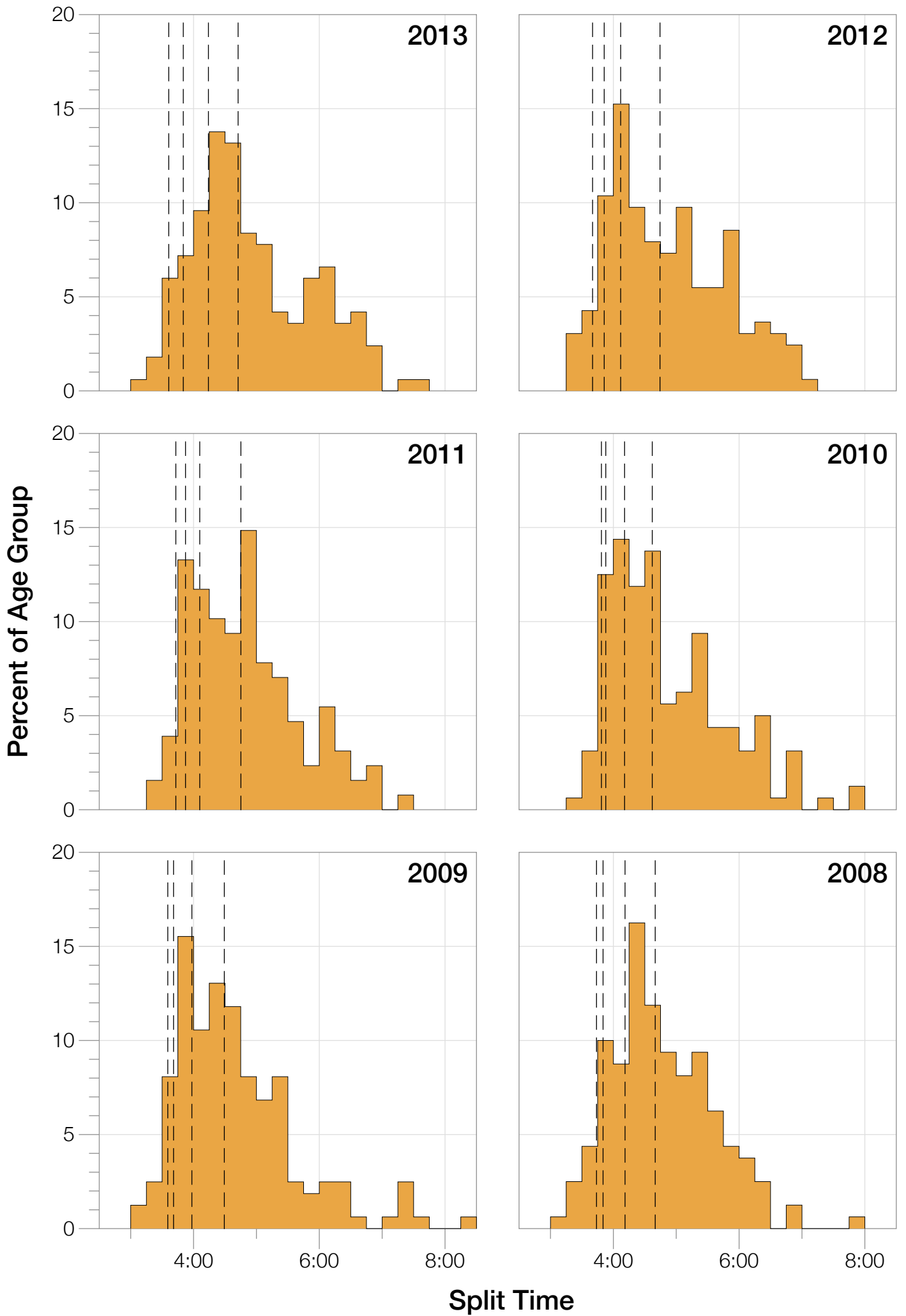
M45-49 Bike



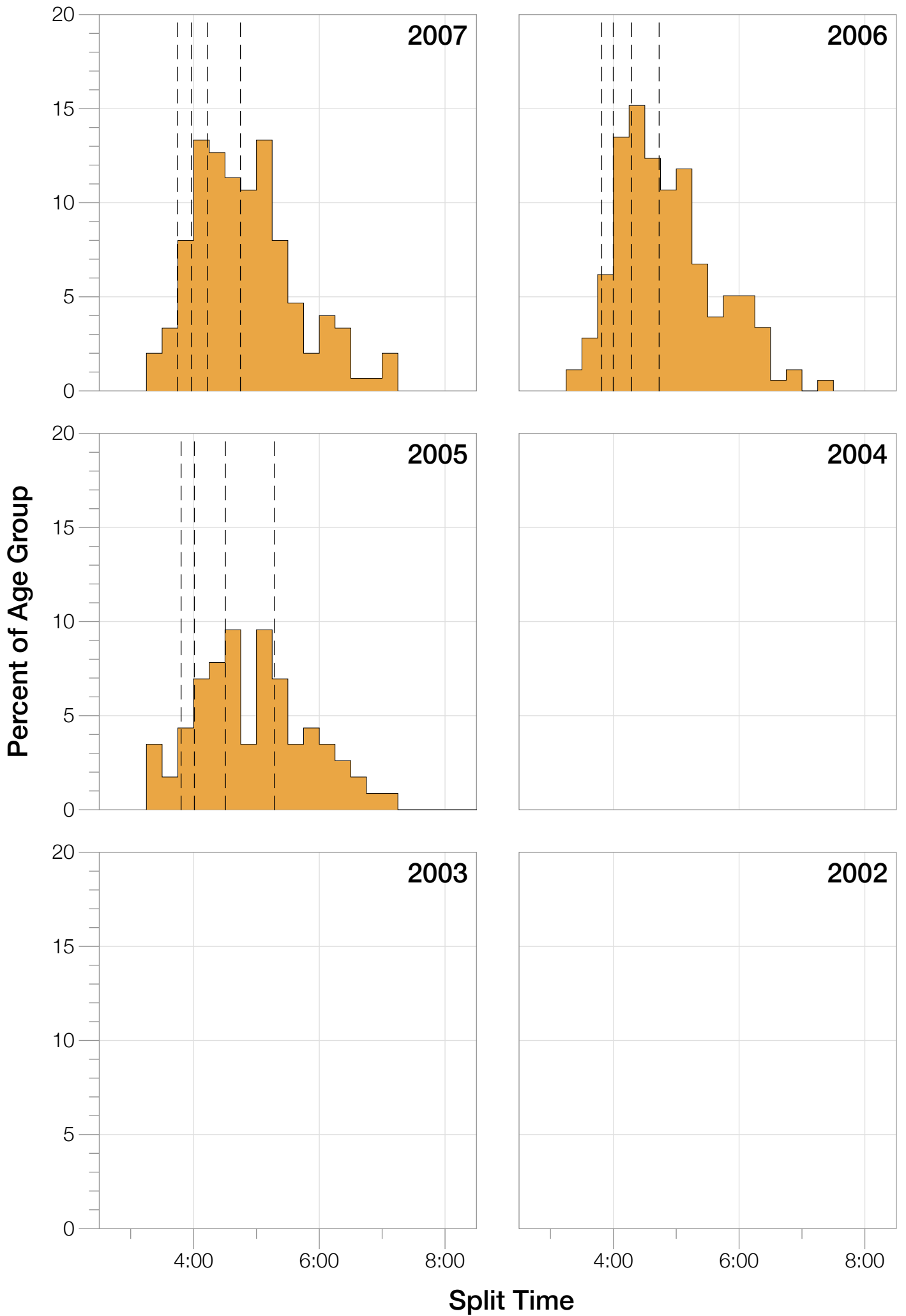
M45-49 Bike



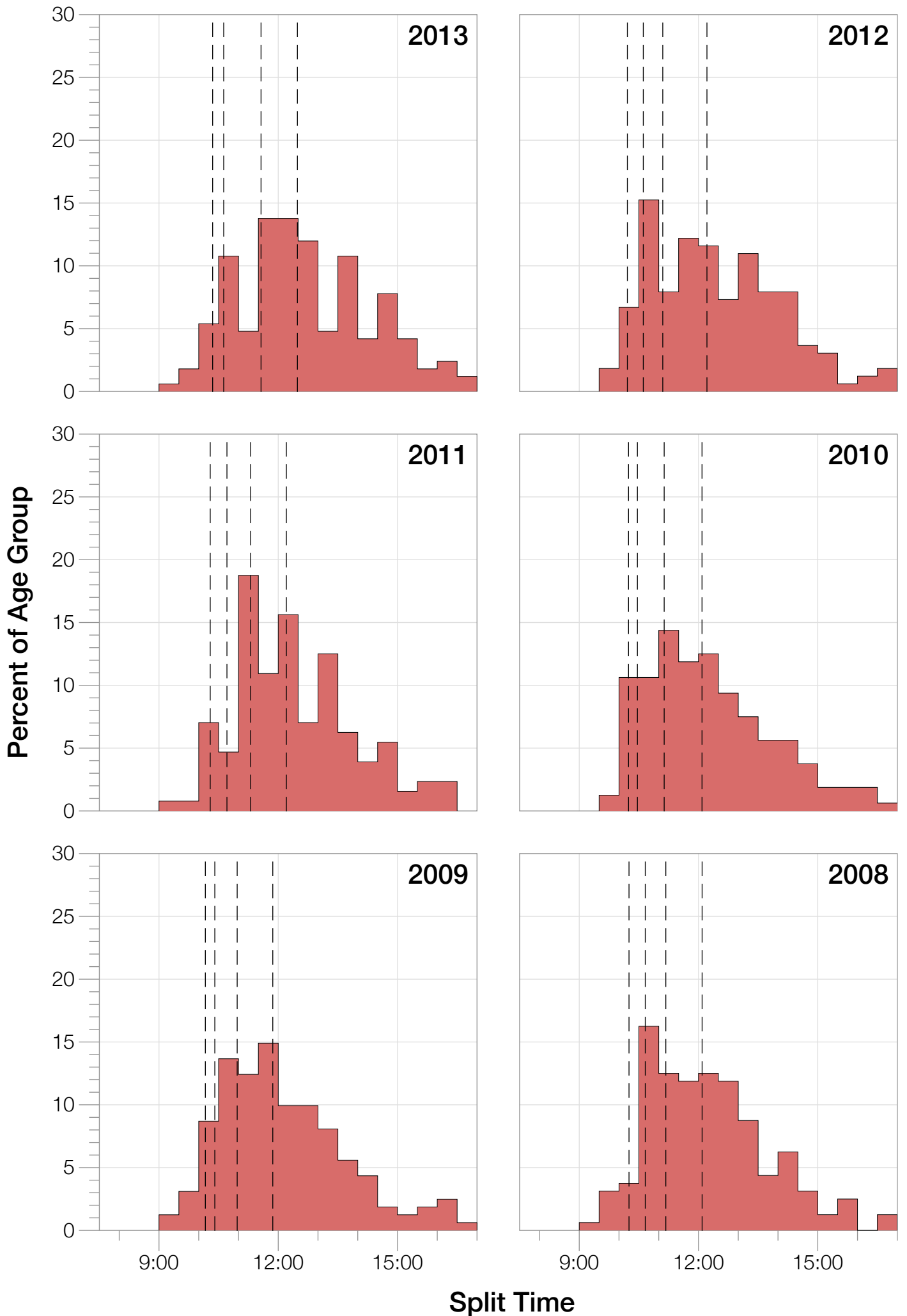
M45-49 Run



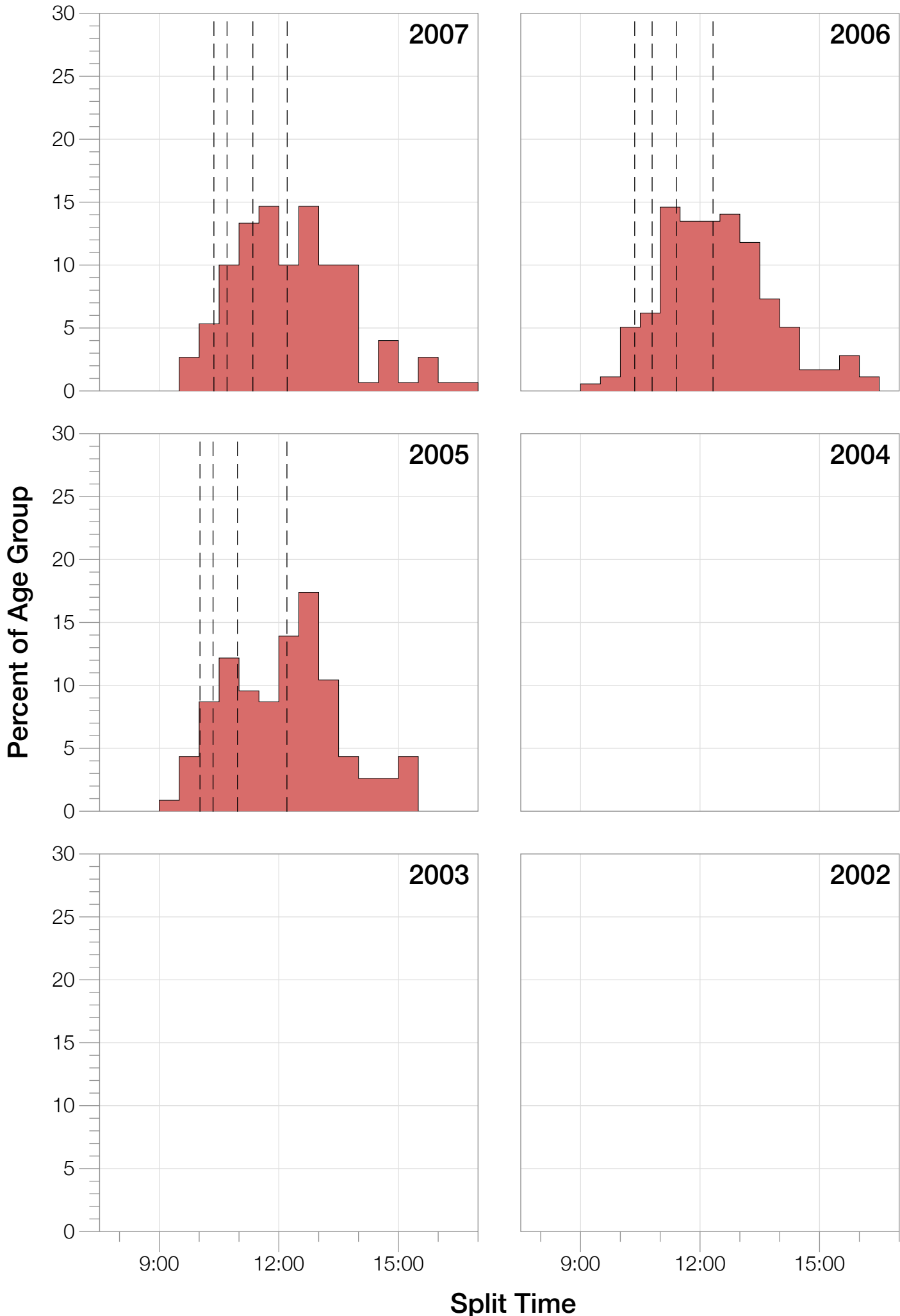
M45-49 Run



M45-49 Overall



M45-49 Overall



M45-49 Fastest Splits

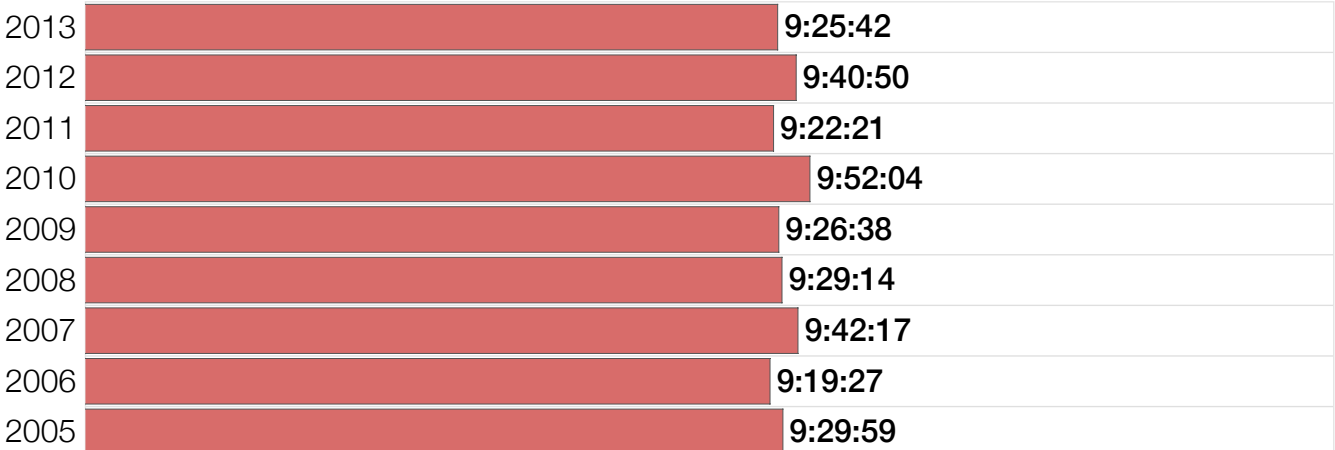
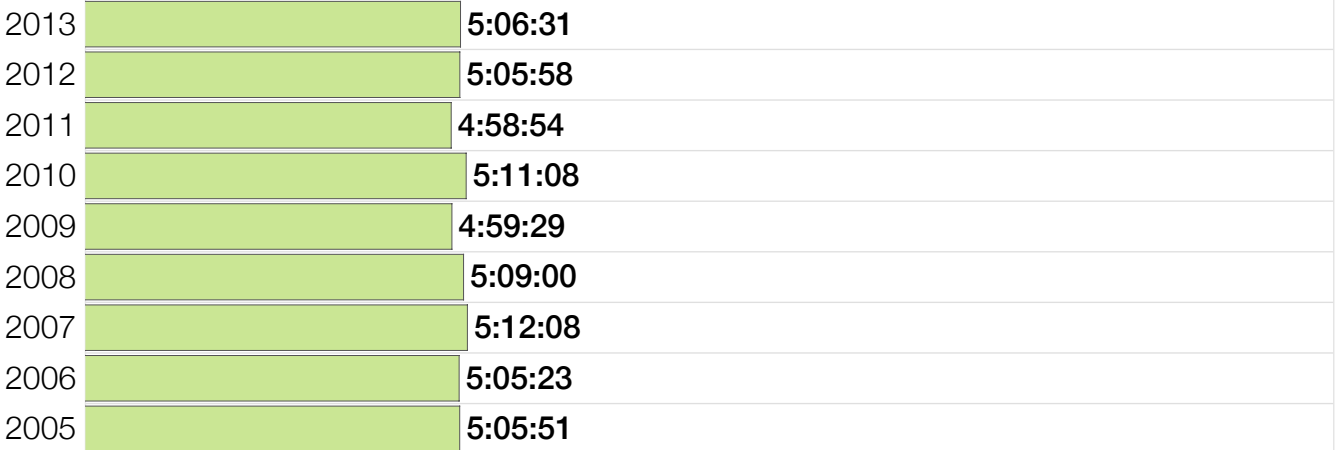
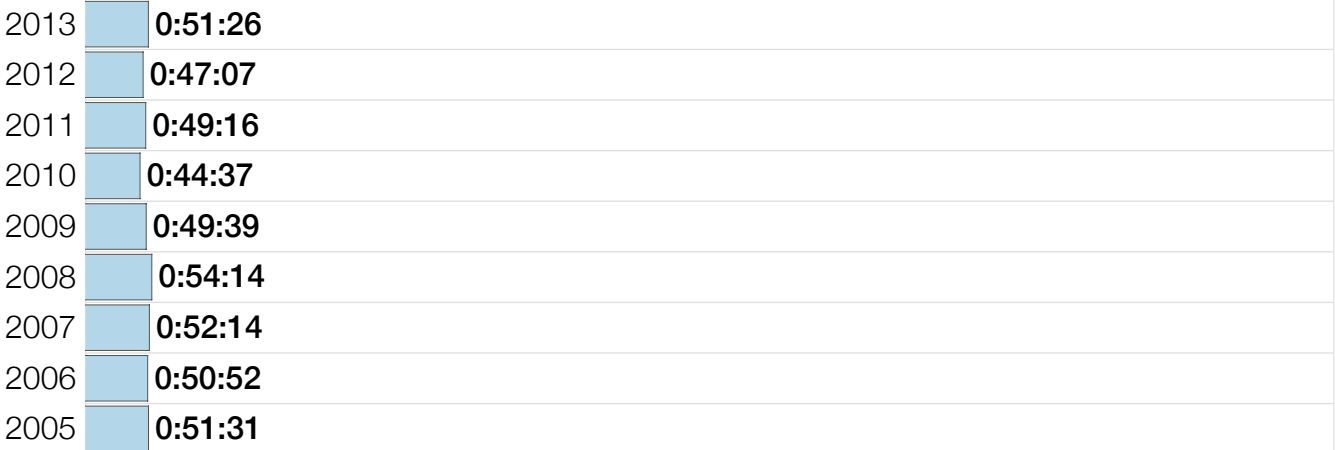
Year

Swim

Bike

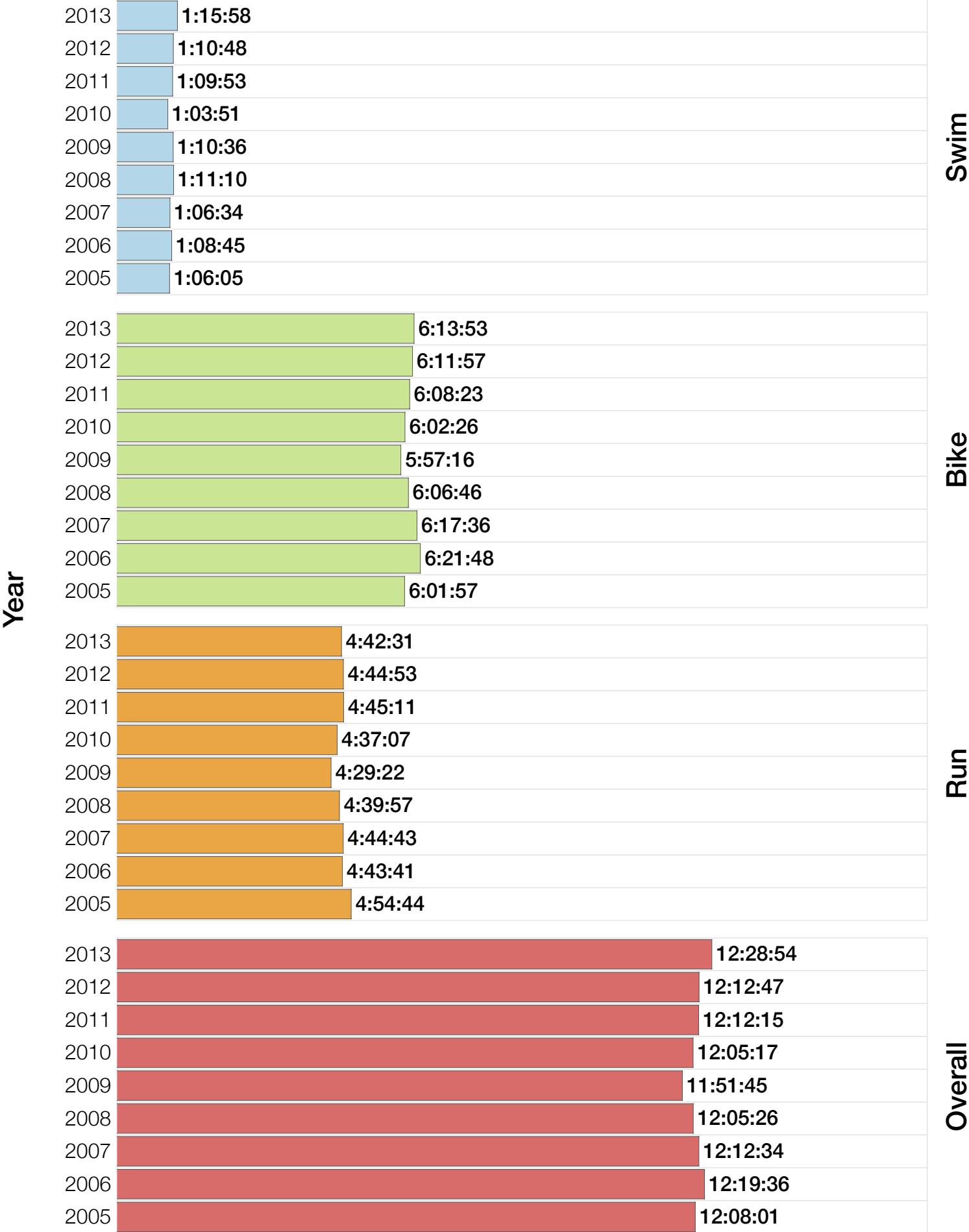
Run

Overall



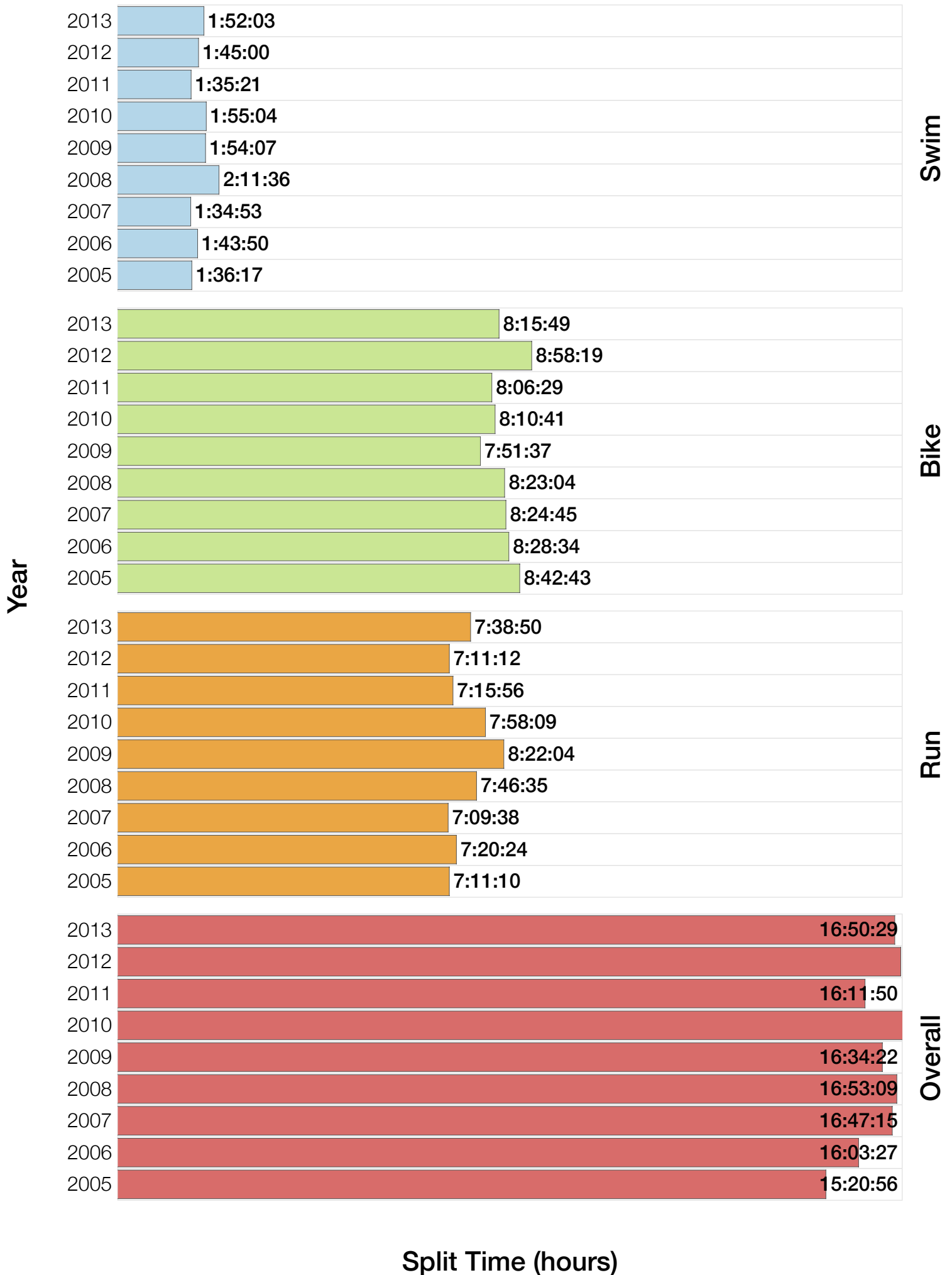
Split Time (hours)

M45-49 Median Splits



Split Time (hours)

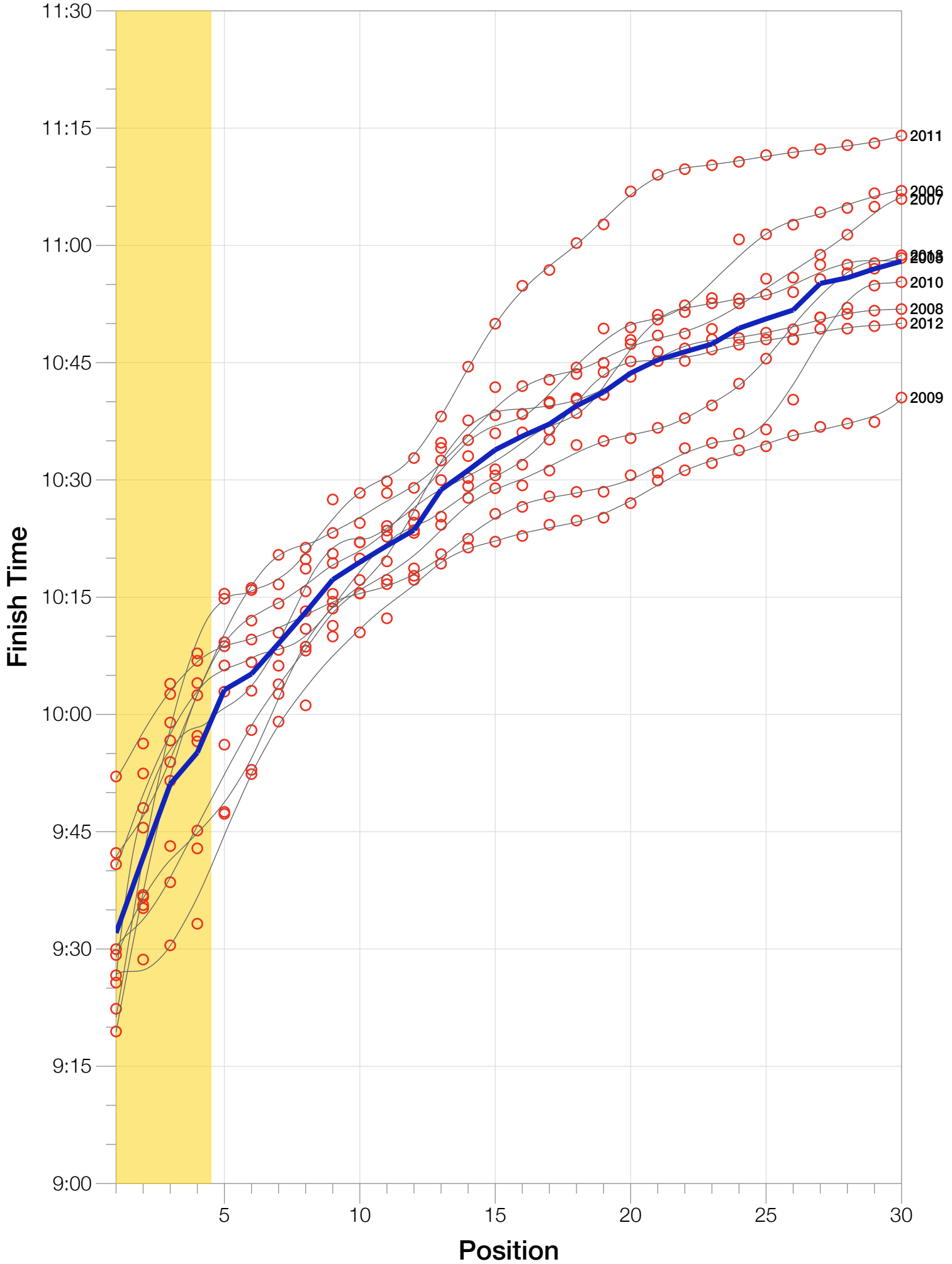
M45-49 Slowest Splits



Split Time (hours)

M45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M45-49 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	0:57:13	5:11:28	3:20:25	9:32:03
Average 2nd Age Grouper	0:59:37	5:13:22	3:26:03	9:41:42
Average 3rd Age Grouper	1:02:41	5:14:59	3:29:50	9:51:05
Average 4th Age Grouper	0:59:19	5:20:33	3:31:24	9:55:08
Average 5th Age Grouper	1:00:36	5:22:00	3:36:39	10:03:09
Kona Qualifier Average	0:59:43	5:15:05	3:26:56	9:44:59
Top 5 Age Grouper Average	0:59:53	5:16:28	3:28:52	9:48:37

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	0:59:42	5:09:01	3:21:16	9:29:59
2nd Age Grouper	1:03:56	5:06:26	3:24:51	9:35:13
3rd Age Grouper	1:02:50	5:05:51	3:29:51	9:38:32
4th Age Grouper	1:05:00	5:08:46	3:29:06	9:42:52
5th Age Grouper	0:58:36	5:07:38	3:49:54	9:56:08
Kona Qualifier Average	1:02:52	5:07:31	3:26:16	9:36:39
Top 5 Age Grouper Average	1:02:00	5:07:32	3:30:59	9:40:32

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	0:50:53	5:05:23	3:23:11	9:19:27
2nd Age Grouper	0:59:40	5:21:14	3:15:45	9:36:39
3rd Age Grouper	0:57:40	5:22:49	3:31:02	9:51:31
4th Age Grouper	0:54:43	5:20:01	3:49:17	10:04:01
5th Age Grouper	1:07:09	5:15:04	3:47:01	10:09:14
Kona Qualifier Average	0:55:44	5:17:21	3:29:48	9:42:54
Top 5 Age Grouper Average	0:58:01	5:16:54	3:33:15	9:48:10

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	0:55:08	5:17:43	3:29:26	9:42:17
2nd Age Grouper	0:58:39	5:23:15	3:23:37	9:45:31
3rd Age Grouper	1:02:31	5:12:08	3:42:01	9:56:40
4th Age Grouper	0:59:47	5:36:34	3:20:55	9:57:16
5th Age Grouper	0:56:59	5:33:43	3:44:06	10:14:48
Kona Qualifier Average	0:59:01	5:22:25	3:28:59	9:50:26
Top 5 Age Grouper Average	0:58:36	5:24:40	3:32:01	9:55:18

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	1:05:32	5:09:04	3:11:16	9:29:14
2nd Age Grouper	0:55:11	5:20:19	3:17:19	9:35:37
3rd Age Grouper	1:02:02	5:16:34	3:21:20	9:43:10
4th Age Grouper	1:02:21	5:22:09	3:17:44	9:45:09
5th Age Grouper	0:54:14	5:22:00	3:28:47	9:47:17
Kona Qualifier Average	1:01:16	5:17:01	3:16:54	9:38:17
Top 5 Age Grouper Average	0:59:52	5:18:01	3:19:17	9:40:05

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	1:02:21	5:10:21	3:09:30	9:26:38
2nd Age Grouper	1:02:04	4:59:29	3:22:06	9:28:39
3rd Age Grouper	1:04:22	5:07:31	3:12:32	9:30:28
4th Age Grouper	0:52:34	5:18:39	3:15:57	9:33:14
5th Age Grouper	0:53:30	5:12:21	3:35:24	9:47:32
Kona Qualifier Average	1:00:20	5:09:00	3:15:01	9:29:44
Top 5 Age Grouper Average	0:58:58	5:09:40	3:19:05	9:33:18

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	0:57:34	5:21:03	3:28:09	9:52:04
2nd Age Grouper	1:01:09	5:11:08	3:39:37	9:56:17
3rd Age Grouper	0:56:59	5:20:09	3:40:16	10:03:56
4th Age Grouper	0:56:56	5:14:03	3:49:47	10:06:52
5th Age Grouper	1:04:50	5:24:08	3:35:23	10:08:44
Kona Qualifier Average	0:58:09	5:16:35	3:39:27	9:59:47
Top 5 Age Grouper Average	0:59:29	5:18:06	3:38:38	10:01:34

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	0:49:16	4:58:54	3:29:52	9:22:21
2nd Age Grouper	0:52:51	5:10:33	3:30:13	9:36:55
3rd Age Grouper	1:03:11	5:25:46	3:29:20	10:02:36
4th Age Grouper	0:58:54	5:22:31	3:41:08	10:07:49
5th Age Grouper	1:10:34	5:21:31	3:34:11	10:15:27
Kona Qualifier Average	0:56:03	5:14:26	3:32:38	9:47:25
Top 5 Age Grouper Average	0:58:57	5:15:51	3:32:56	9:53:01

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	0:57:33	5:11:24	3:26:19	9:40:50
2nd Age Grouper	1:08:17	5:10:29	3:25:02	9:48:02
3rd Age Grouper	0:56:48	5:17:39	3:39:37	9:58:58
4th Age Grouper	1:12:18	5:17:16	3:25:01	10:02:28
5th Age Grouper	0:59:00	5:31:38	3:31:08	10:06:16
Kona Qualifier Average	1:03:44	5:14:12	3:28:59	9:52:34
Top 5 Age Grouper Average	1:02:47	5:17:41	3:29:25	9:55:18

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	0:57:03	5:20:21	3:04:54	9:25:42
2nd Age Grouper	0:54:54	5:17:25	3:36:05	9:52:27
3rd Age Grouper	1:17:54	5:06:31	3:22:39	9:53:55
4th Age Grouper	0:51:26	5:25:03	3:33:45	9:56:33
5th Age Grouper	1:00:32	5:30:02	3:24:00	10:02:55
Kona Qualifier Average	1:00:19	5:17:20	3:24:20	9:47:09
Top 5 Age Grouper Average	1:00:21	5:19:52	3:24:16	9:50:18