

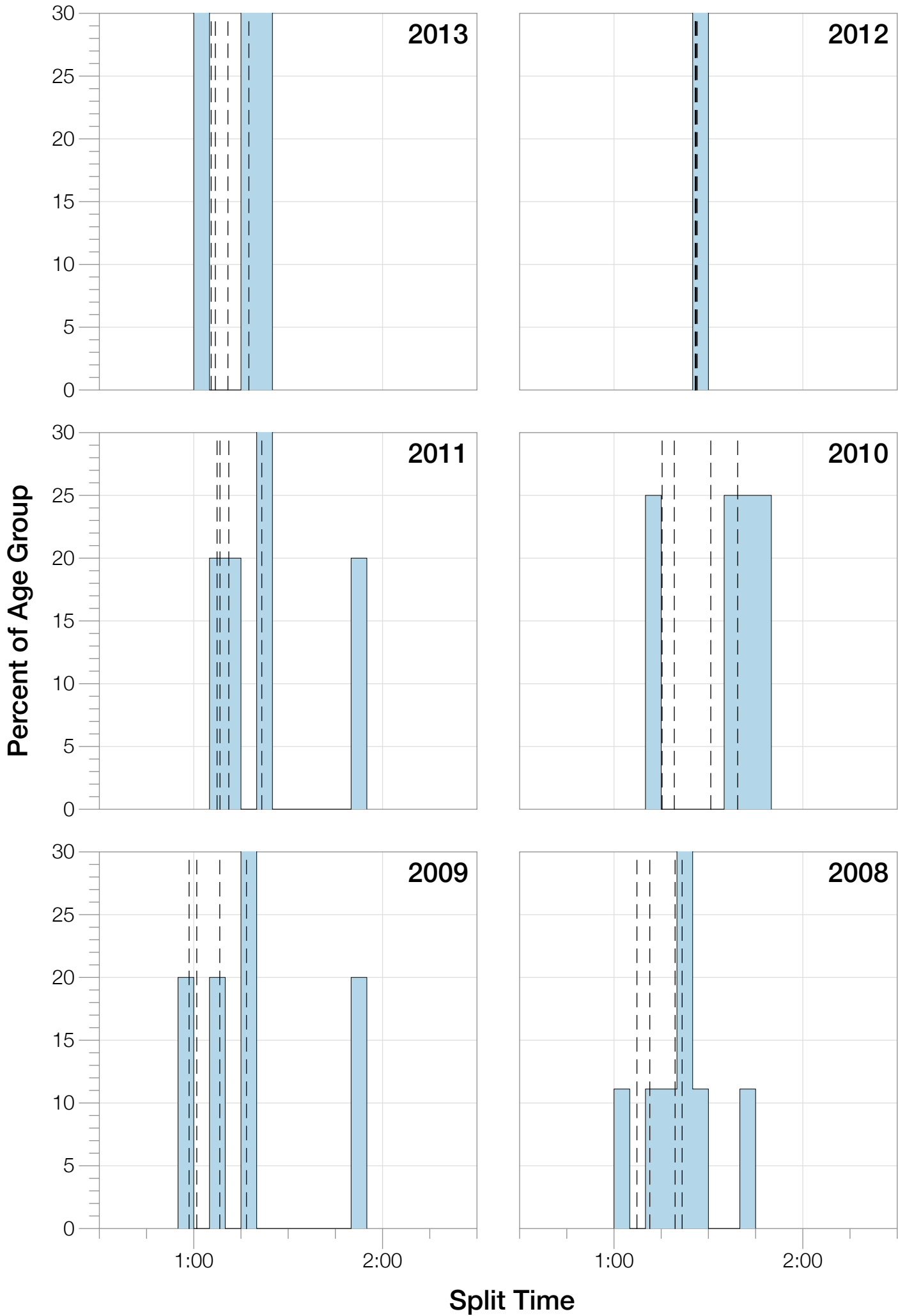
Ironman South Africa Statistics

F18-24

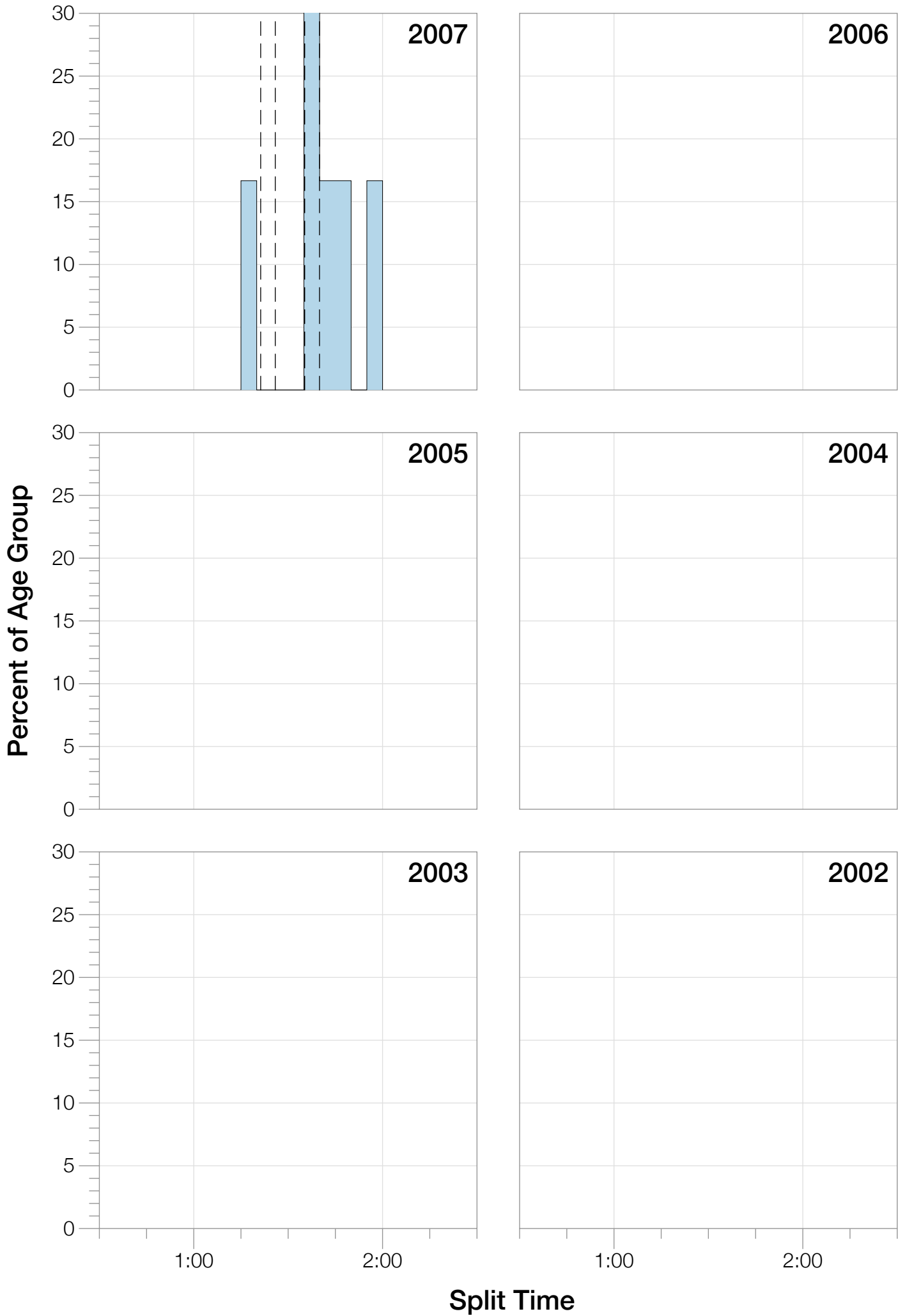
F18-24 Summary Statistics

Year	Finishers	F18-24 Finishers	Male Winner's Time	Female Winner's Time	F18-24 Winner's Time
2007	1305	6	8:33:04	9:22:00	11:45:51
2008	1403	9	8:18:23	9:27:48	10:57:30
2009	1304	5	8:17:32	9:16:32	11:23:07
2010	1548	4	8:23:28	9:16:55	13:18:39
2011	1505	5	8:05:36	8:33:56	10:53:42
2012	1384	2	8:34:45	9:47:10	12:36:38
2013	1541	3	8:11:24	9:10:58	11:50:34
Average	1427	5	8:20:36	9:16:28	11:49:25

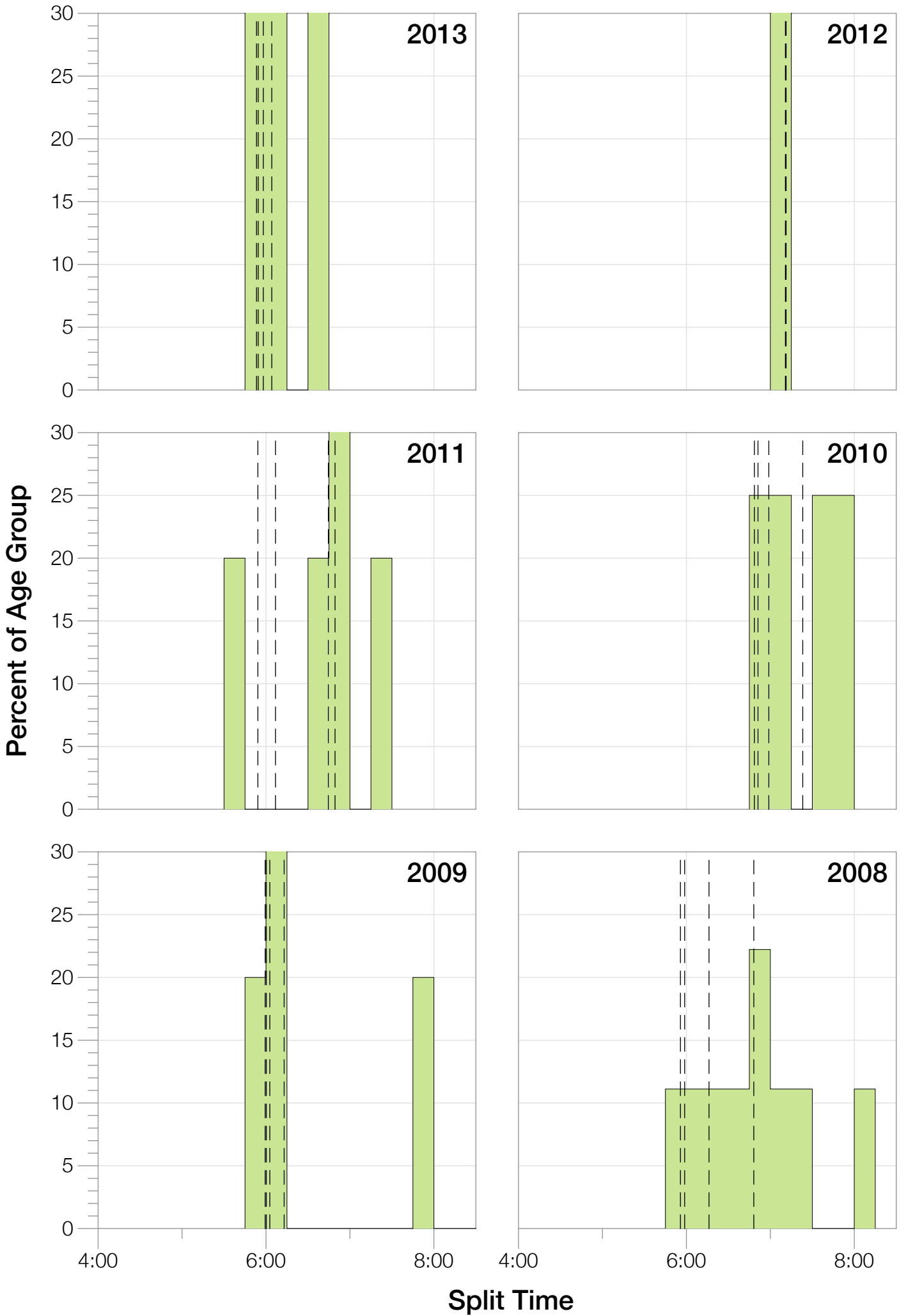
F18-24 Swim



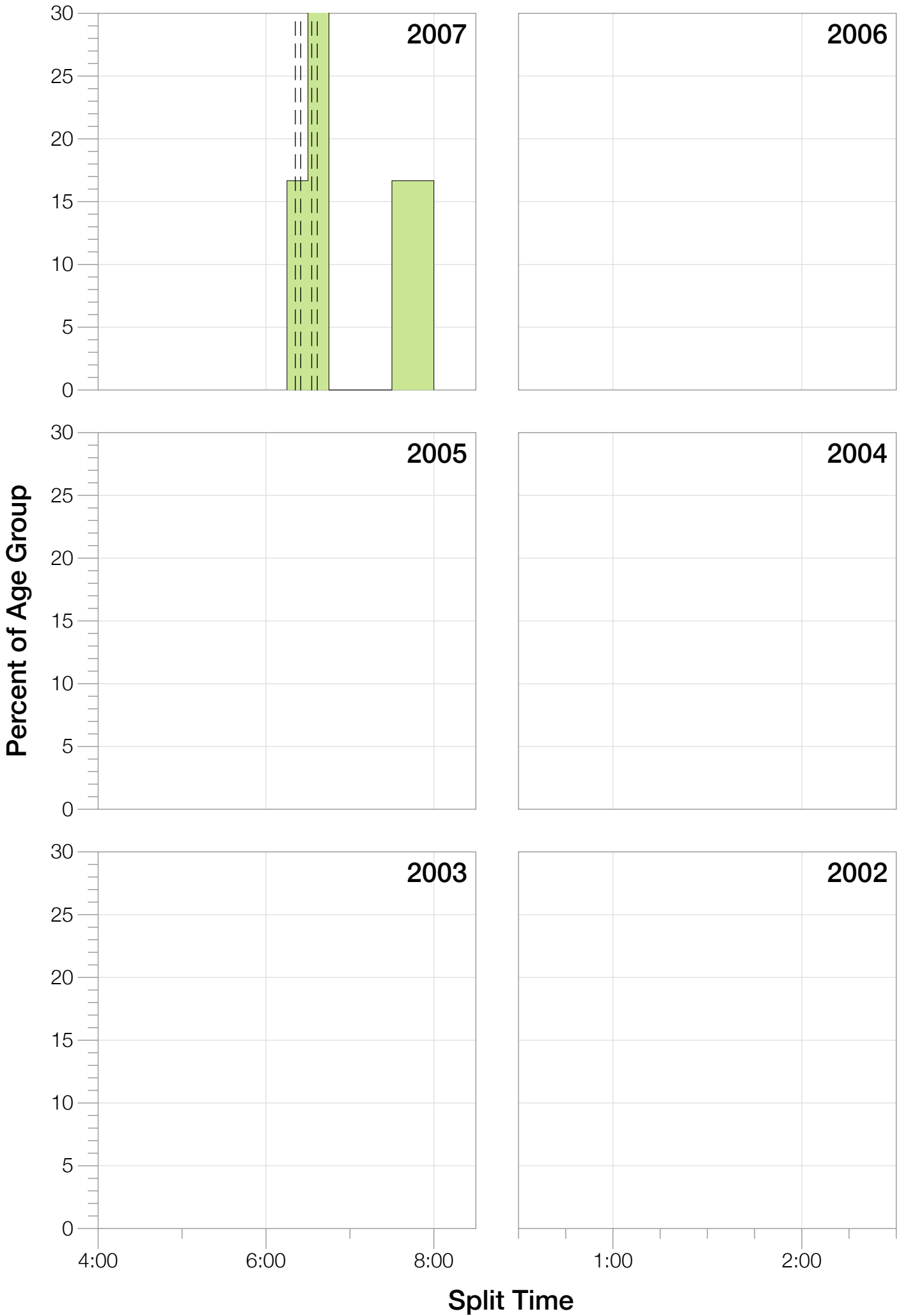
F18-24 Swim



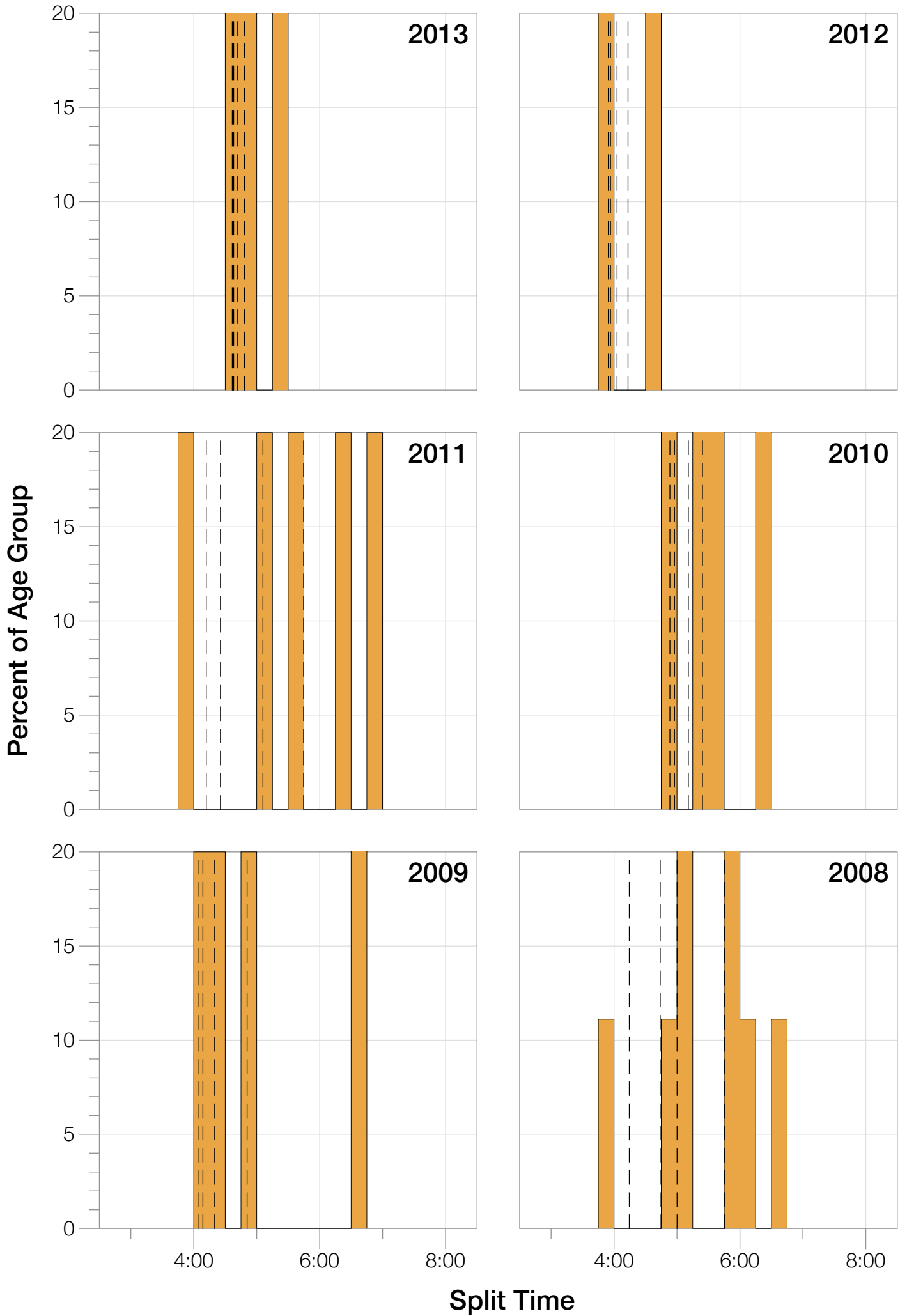
F18-24 Bike



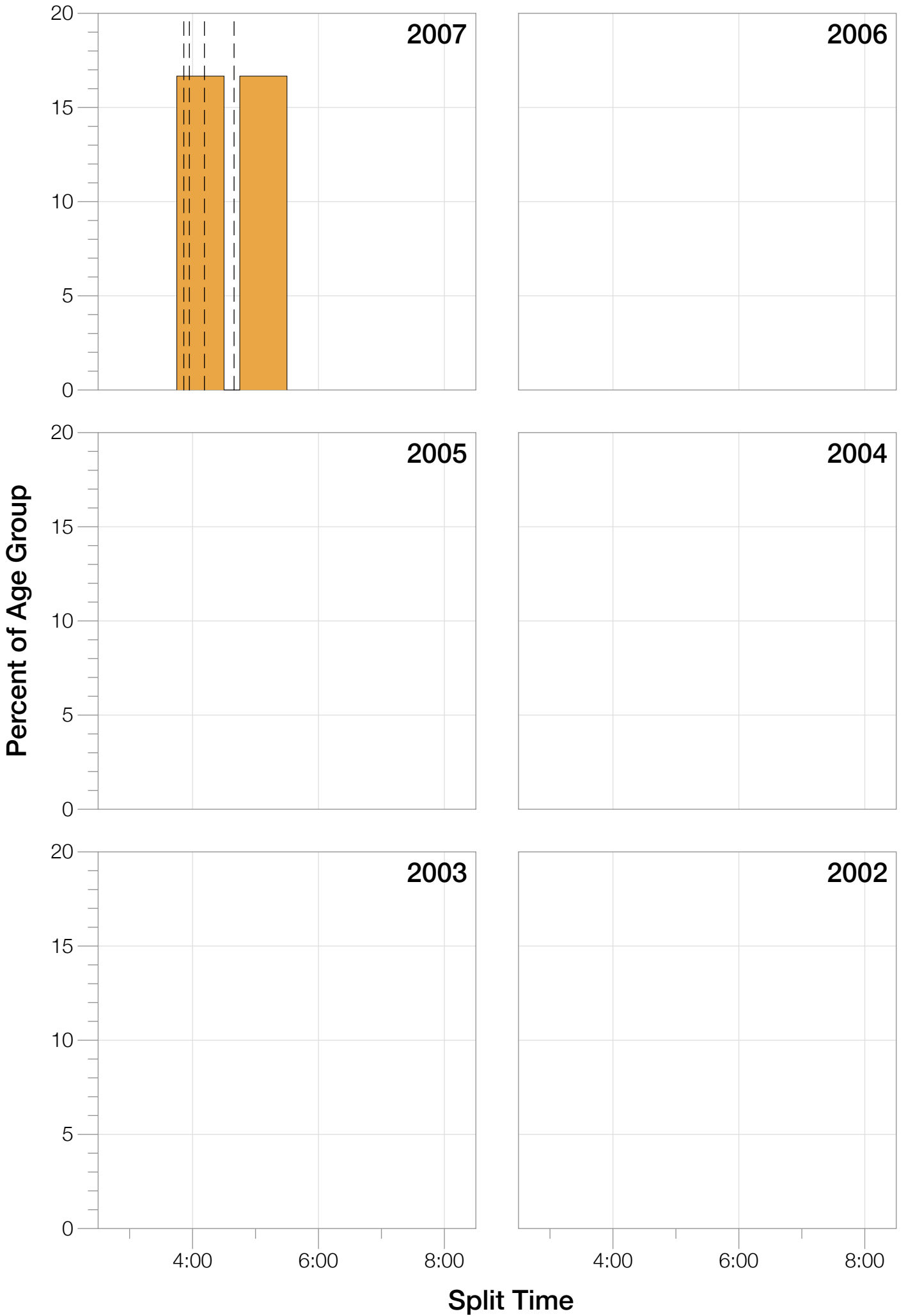
F18-24 Bike



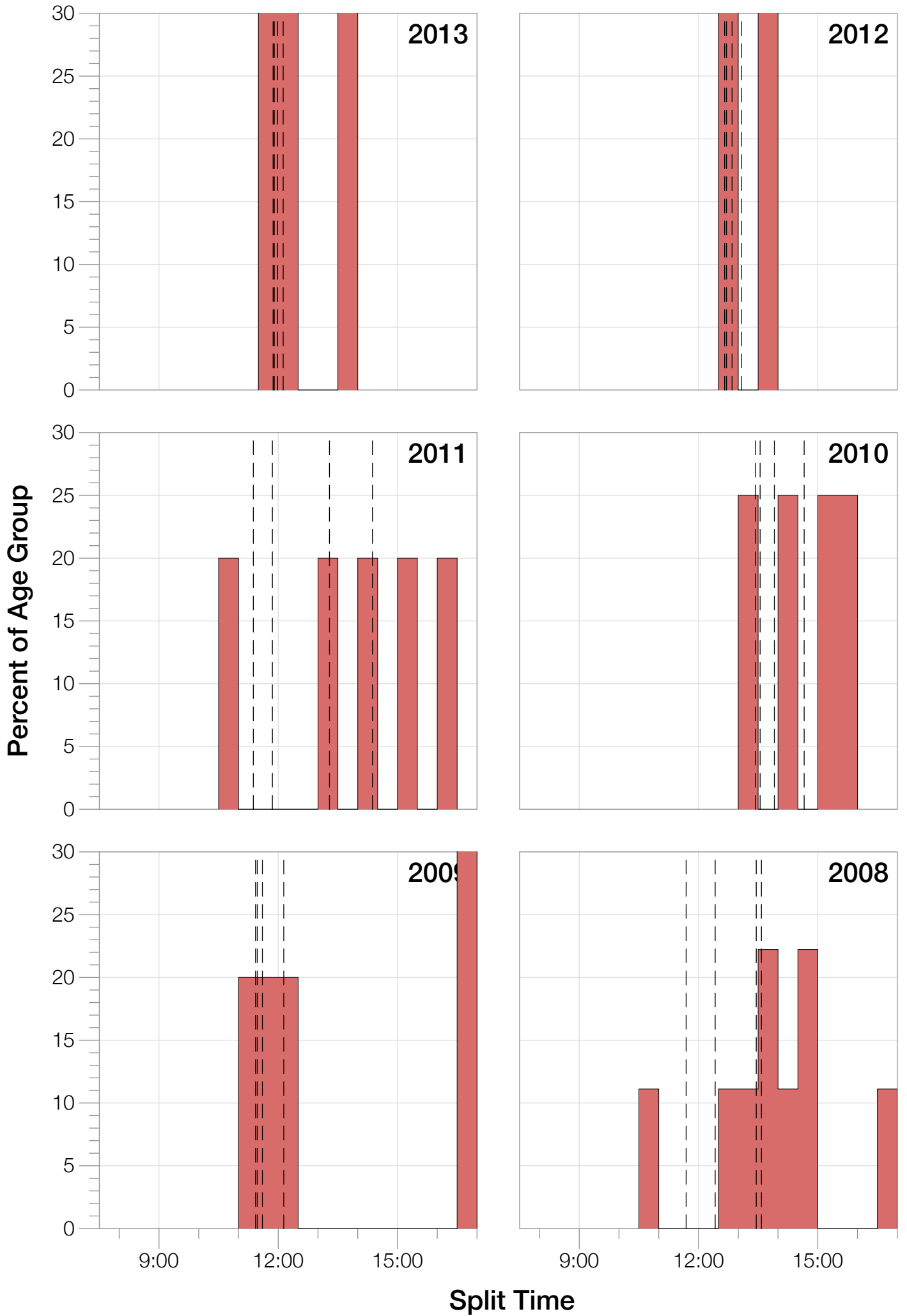
F18-24 Run



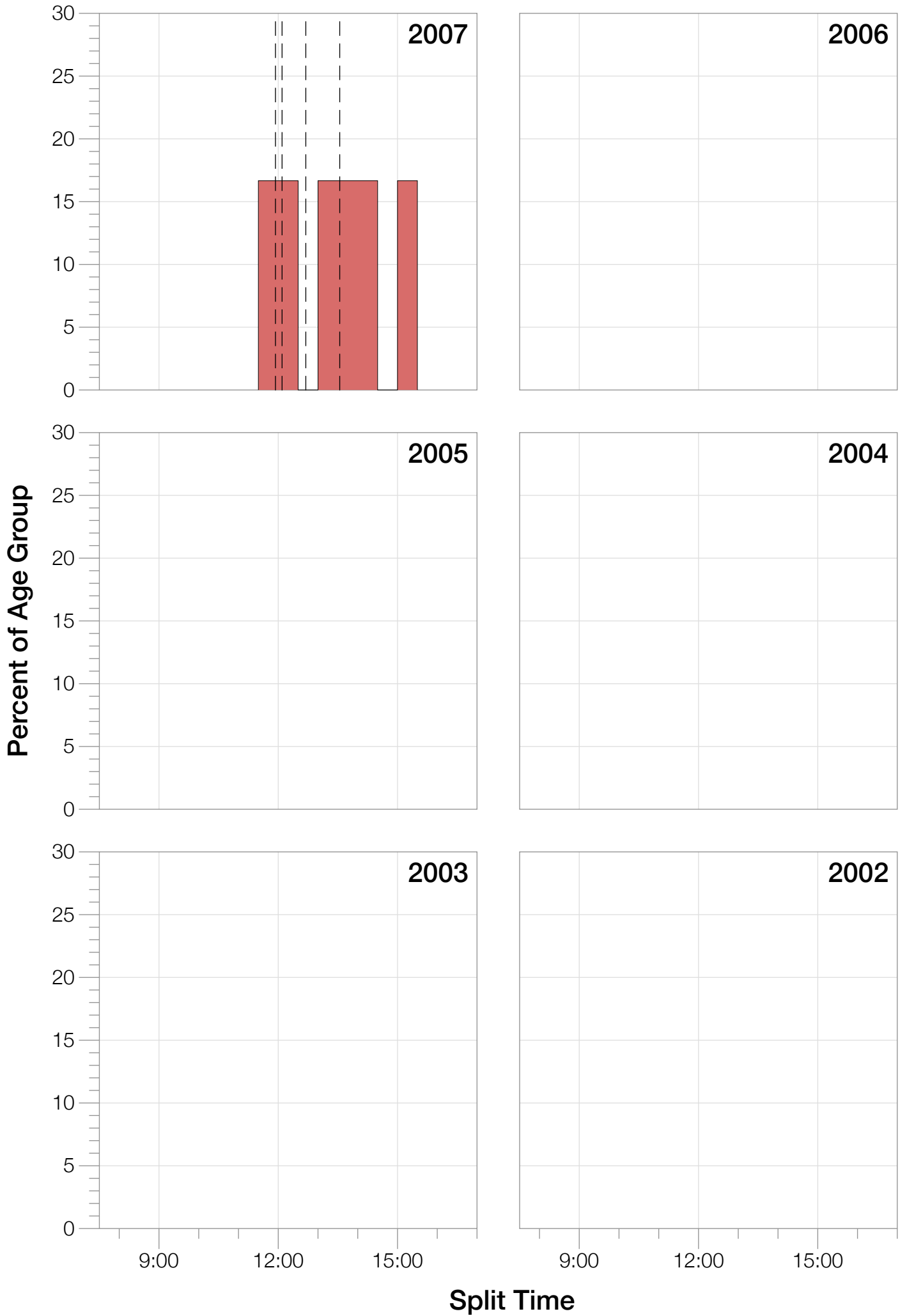
F18-24 Run



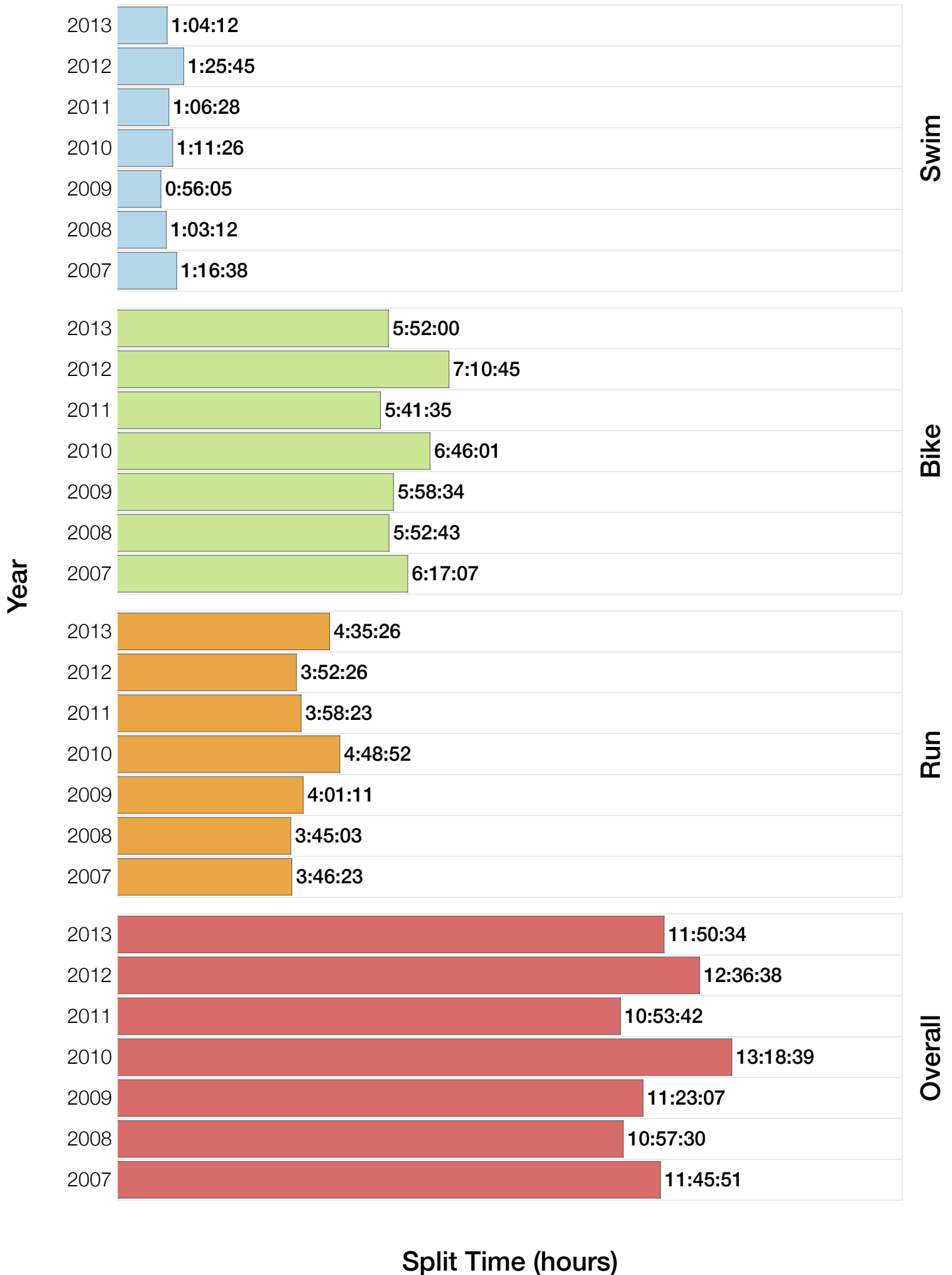
F18-24 Overall



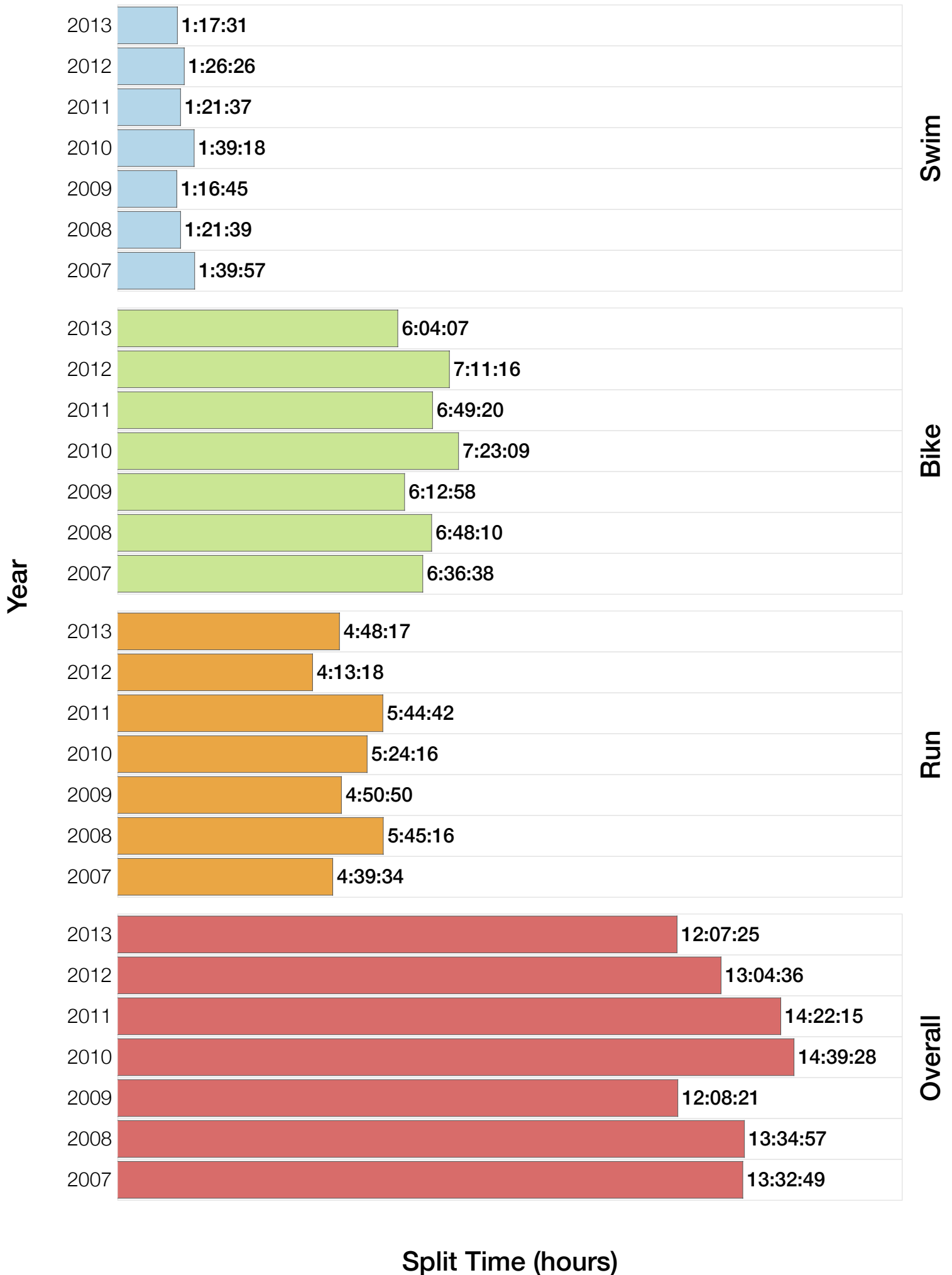
F18-24 Overall



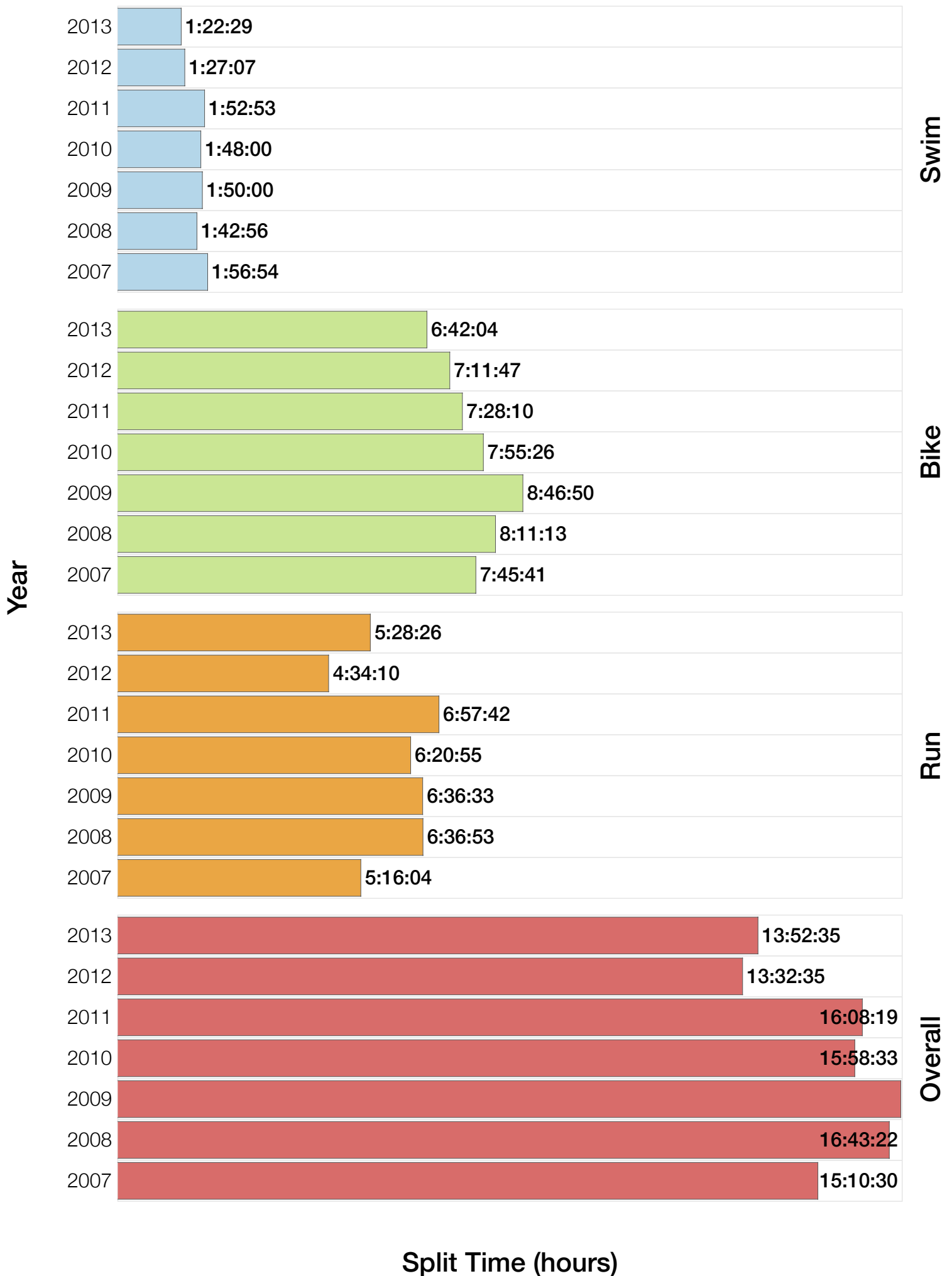
F18-24 Fastest Splits



F18-24 Median Splits

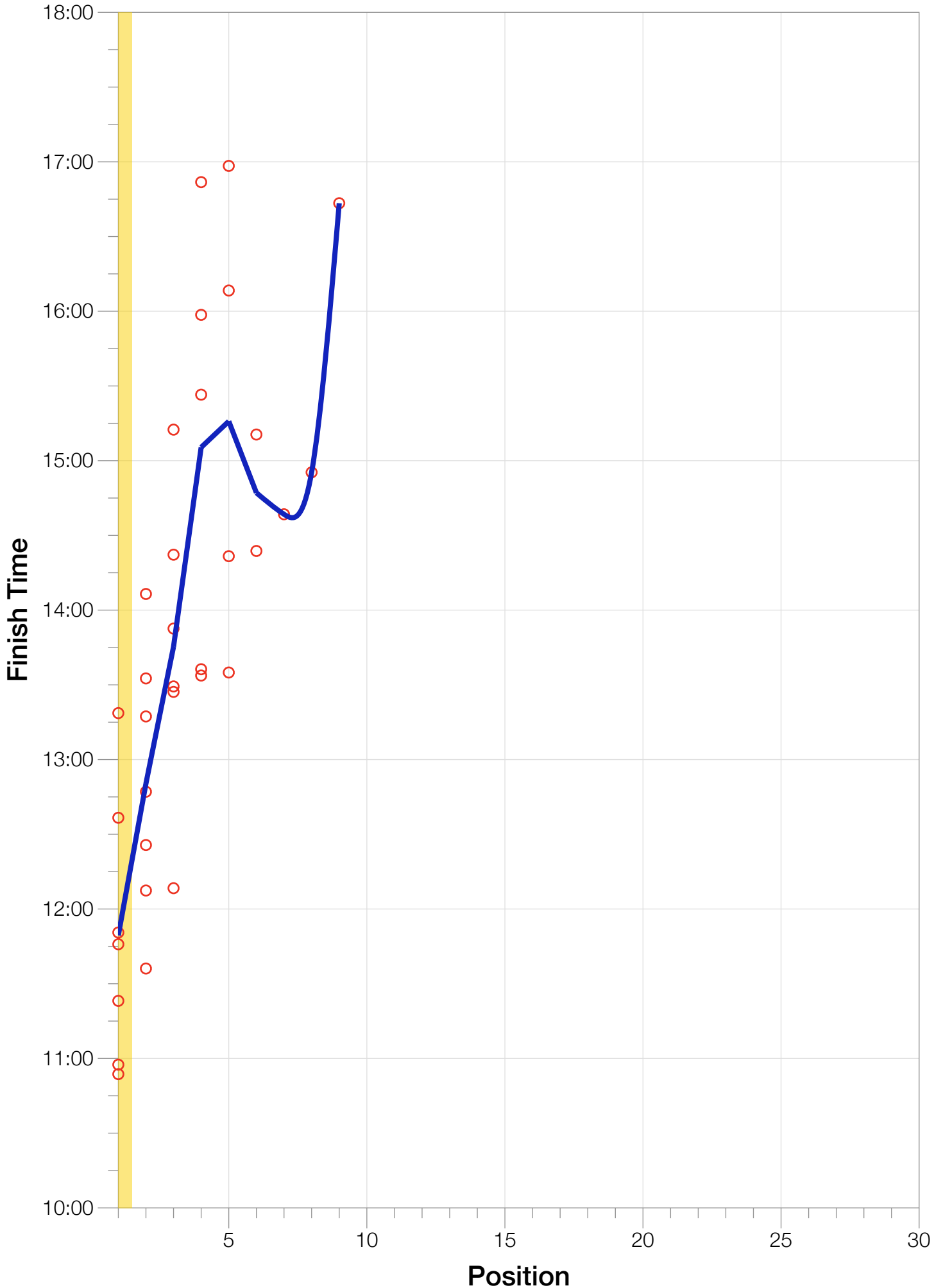


F18-24 Slowest Splits



F18-24 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F18-24 Kona Times and Splits

South Africa 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	1:03:58	4:41:29	2:43:20	8:33:04
Female Winner	1:11:34	4:52:14	3:11:55	9:22:00
1st Age Grouper	1:35:10	6:17:07	3:46:23	11:45:51
2nd Age Grouper	1:35:31	6:33:09	4:07:34	12:25:41
3rd Age Grouper	1:16:38	6:40:08	5:16:04	13:29:22
4th Age Grouper	1:44:24	6:32:31	4:56:33	13:36:16
5th Age Grouper	1:46:23	7:45:41	4:22:35	14:21:39
Kona Qualifier Average	1:35:10	6:17:07	3:46:23	11:45:51
Age Grouper Average	1:35:37	6:45:43	4:29:49	13:07:45

South Africa 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:29	4:36:54	2:51:02	8:18:23
Female Winner	0:55:38	5:16:35	3:10:56	9:27:48
1st Age Grouper	1:13:25	5:52:43	3:45:03	10:57:30
2nd Age Grouper	1:19:25	6:16:10	5:00:05	12:47:05
3rd Age Grouper	1:24:30	6:00:16	5:45:16	13:27:10
4th Age Grouper	1:23:07	6:48:10	4:58:46	13:33:44
5th Age Grouper	1:21:29	6:52:42	5:05:40	13:34:57
Kona Qualifier Average	1:13:25	5:52:43	3:45:03	10:57:30
Age Grouper Average	1:20:23	6:22:00	4:54:58	12:52:05

South Africa 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:25:09	3:01:31	8:17:32
Female Winner	0:47:40	4:58:43	3:26:17	9:16:32
1st Age Grouper	1:16:45	5:58:34	4:01:11	11:23:07
2nd Age Grouper	1:08:16	6:02:43	4:19:56	11:36:06
3rd Age Grouper	0:56:05	6:12:58	4:50:50	12:08:21
4th Age Grouper	1:50:00	7:51:15	6:36:33	16:51:50
5th Age Grouper	1:19:09	8:46:50	6:33:09	16:58:21
Kona Qualifier Average	1:16:45	5:58:34	4:01:11	11:23:07
Age Grouper Average	1:18:03	6:58:28	5:16:19	13:47:33

South Africa 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:27	4:37:04	2:52:08	8:23:28
Female Winner	1:02:02	5:01:55	3:07:14	9:16:55
1st Age Grouper	1:11:26	7:03:12	4:48:52	13:18:39
2nd Age Grouper	1:37:12	6:46:01	5:30:25	14:06:29
3rd Age Grouper	1:48:00	7:55:26	5:18:07	15:12:28
4th Age Grouper	1:41:25	7:43:07	6:20:55	15:58:33
Kona Qualifier Average	1:11:26	7:03:12	4:48:52	13:18:39
Age Grouper Average	1:34:30	7:21:56	5:29:34	14:39:02

South Africa 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:53	4:19:41	2:53:21	8:05:36
Female Winner	0:51:40	4:45:23	2:52:54	8:33:56
1st Age Grouper	1:06:28	5:41:35	3:58:23	10:53:42
2nd Age Grouper	1:11:08	6:49:20	5:05:56	13:17:19
3rd Age Grouper	1:22:54	6:44:34	5:44:42	14:22:15
4th Age Grouper	1:21:37	6:51:37	6:57:42	15:26:30
5th Age Grouper	1:52:53	7:28:10	6:20:30	16:08:19
Kona Qualifier Average	1:06:28	5:41:35	3:58:23	10:53:42
Age Grouper Average	1:23:00	6:43:03	5:37:26	14:01:37

South Africa 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:54:53	4:48:52	2:46:15	8:34:45
Female Winner	1:14:43	5:14:55	3:12:02	9:47:10
1st Age Grouper	1:25:45	7:11:47	3:52:26	12:36:38
2nd Age Grouper	1:27:07	7:10:45	4:34:10	13:32:35
Kona Qualifier Average	1:25:45	7:11:47	3:52:26	12:36:38
Age Grouper Average	1:26:26	7:11:16	4:13:18	13:04:36

South Africa 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:52:48	4:22:01	2:53:03	8:11:24
Female Winner	1:07:11	4:50:27	3:09:11	9:10:58
1st Age Grouper	1:04:12	6:04:07	4:35:26	11:50:34
2nd Age Grouper	1:17:31	5:52:00	4:48:17	12:07:25
3rd Age Grouper	1:22:29	6:42:04	5:28:26	13:52:35
Kona Qualifier Average	1:04:12	6:04:07	4:35:26	11:50:34
Age Grouper Average	1:14:44	6:12:43	4:57:23	12:36:51

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:52:19	4:33:01	2:51:31	8:20:36
Average Female Winner	1:01:29	5:00:01	3:10:04	9:16:28
Average 1st Age Grouper	1:16:10	6:18:26	4:06:49	11:49:25
Average 2nd Age Grouper	1:22:18	6:30:01	4:46:37	12:50:22
Average 3rd Age Grouper	1:21:46	6:42:34	5:23:54	13:45:21
Average 4th Age Grouper	1:36:06	7:09:20	5:58:05	15:05:22
Average 5th Age Grouper	1:34:58	7:43:20	5:35:28	15:15:49
Kona Qualifier Average	1:16:10	6:18:26	4:06:49	11:49:25
Age Grouper Average	1:24:50	6:46:42	5:03:47	13:30:22