

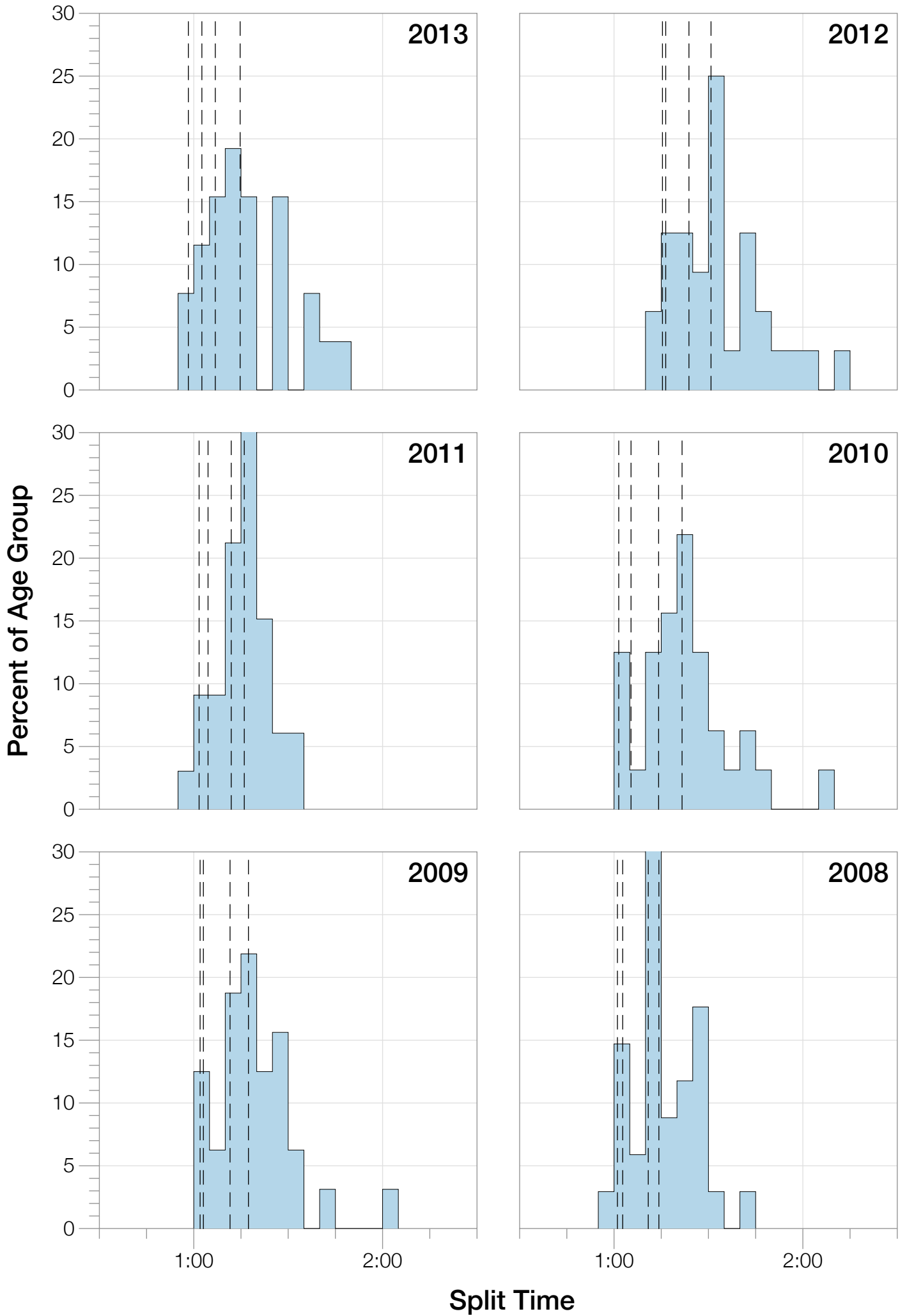
Ironman South Africa Statistics

F25-29

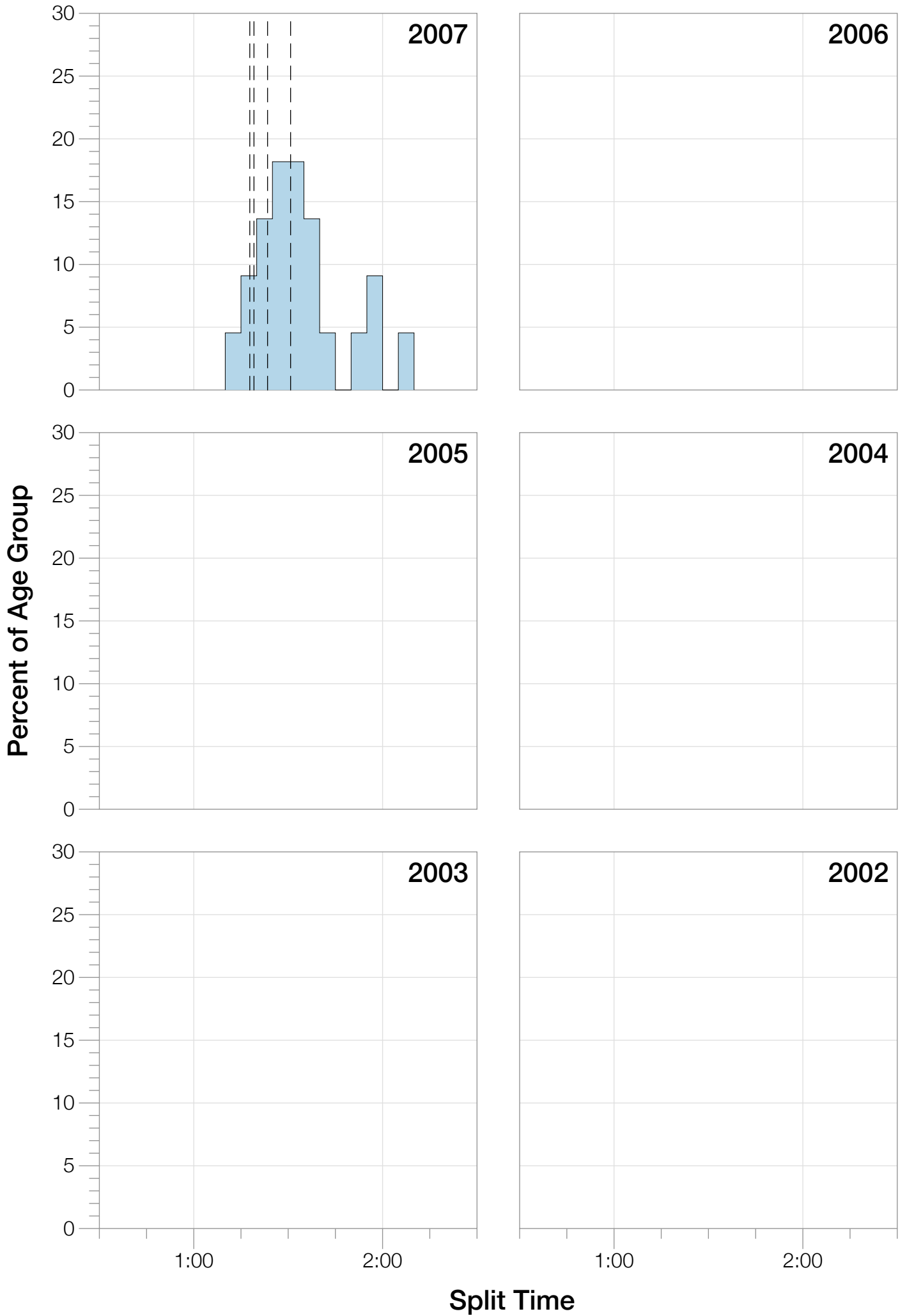
F25-29 Summary Statistics

Year	Finishers	F25-29 Finishers	Male Winner's Time	Female Winner's Time	F25-29 Winner's Time
2007	1305	22	8:33:04	9:22:00	11:20:35
2008	1403	34	8:18:23	9:27:48	10:12:07
2009	1304	32	8:17:32	9:16:32	10:49:43
2010	1548	32	8:23:28	9:16:55	10:11:13
2011	1505	33	8:05:36	8:33:56	9:44:47
2012	1384	32	8:34:45	9:47:10	10:26:42
2013	1541	26	8:11:24	9:10:58	10:29:18
Average	1427	30	8:20:36	9:16:28	10:27:46

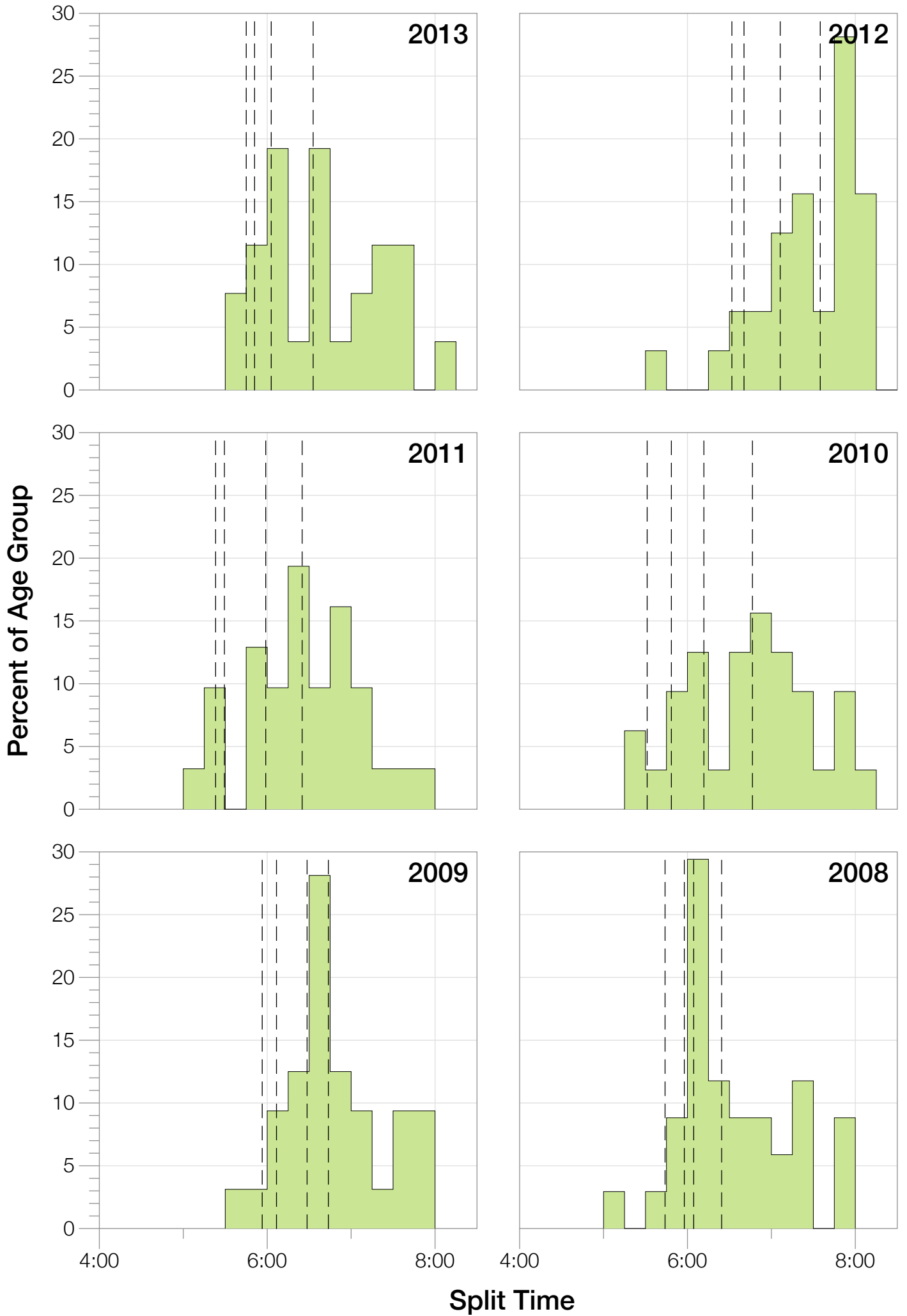
F25-29 Swim



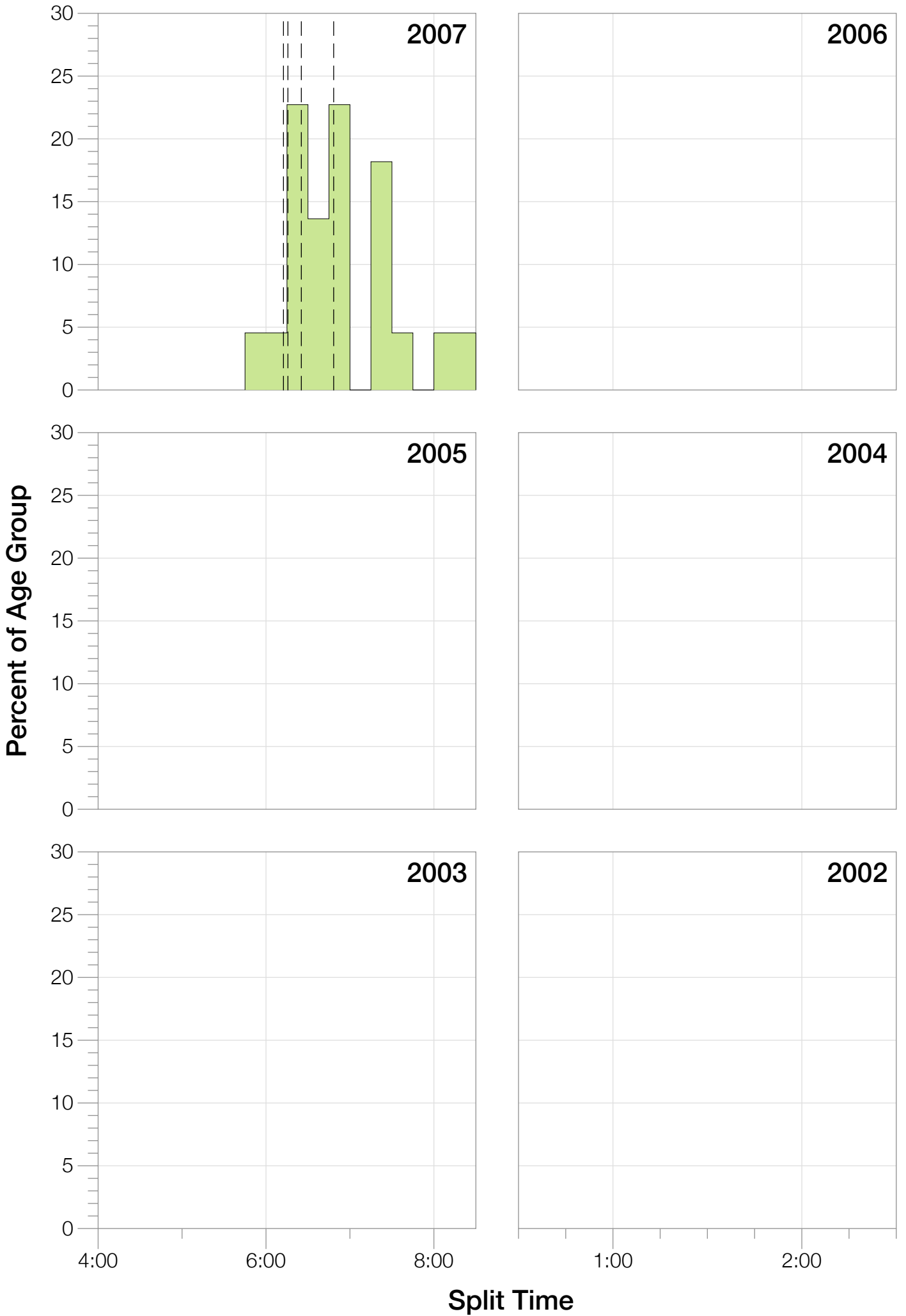
F25-29 Swim



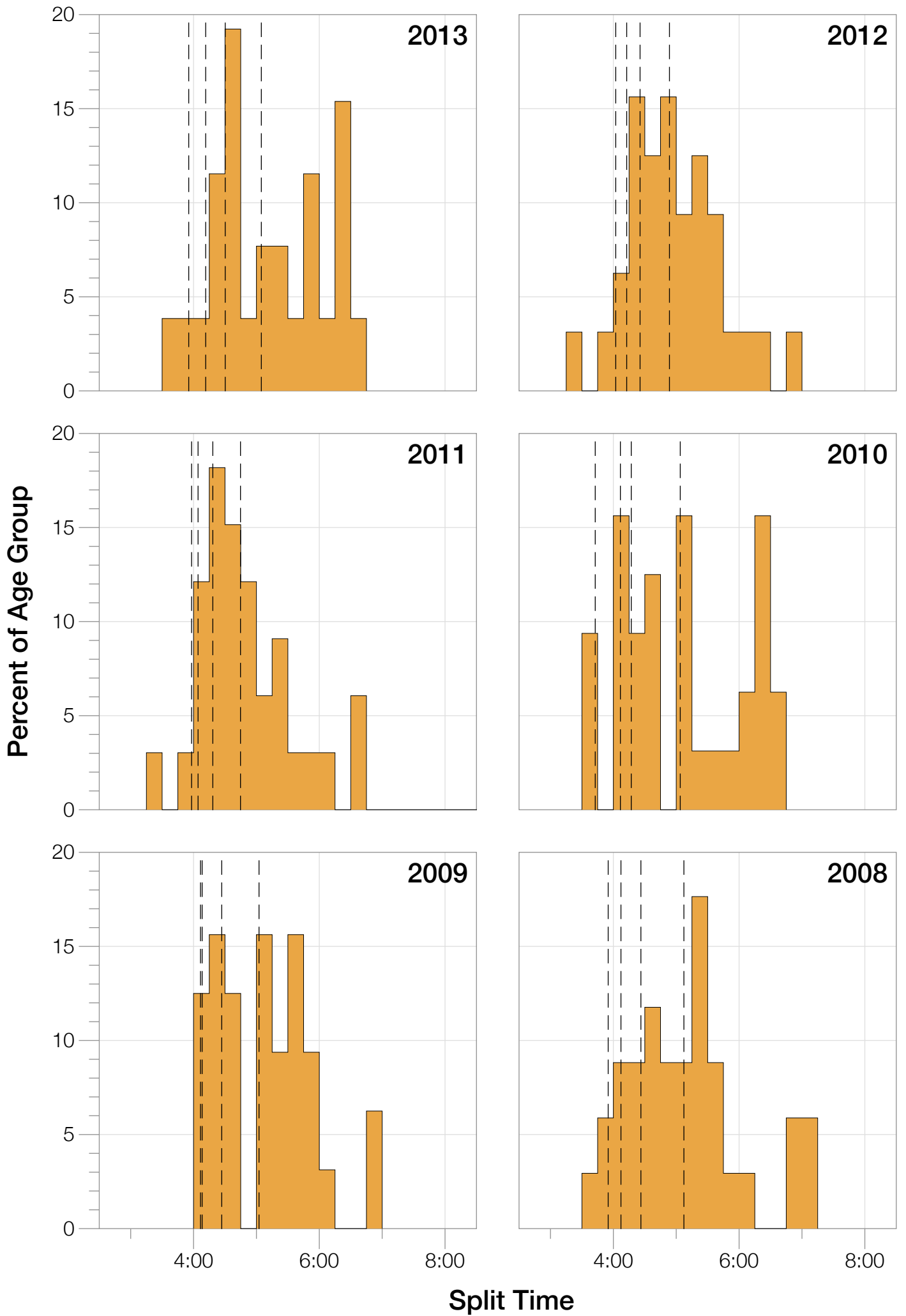
F25-29 Bike



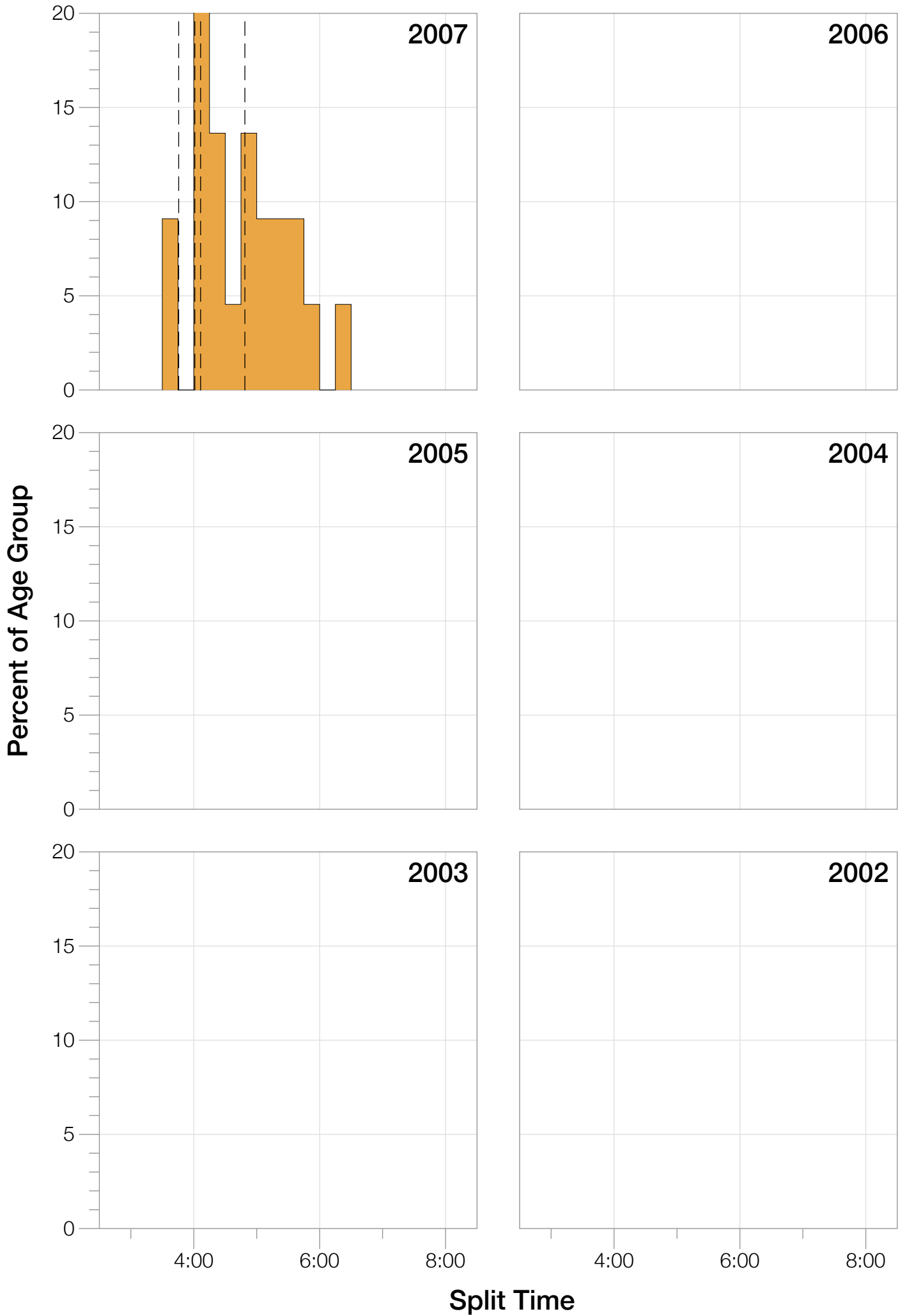
F25-29 Bike



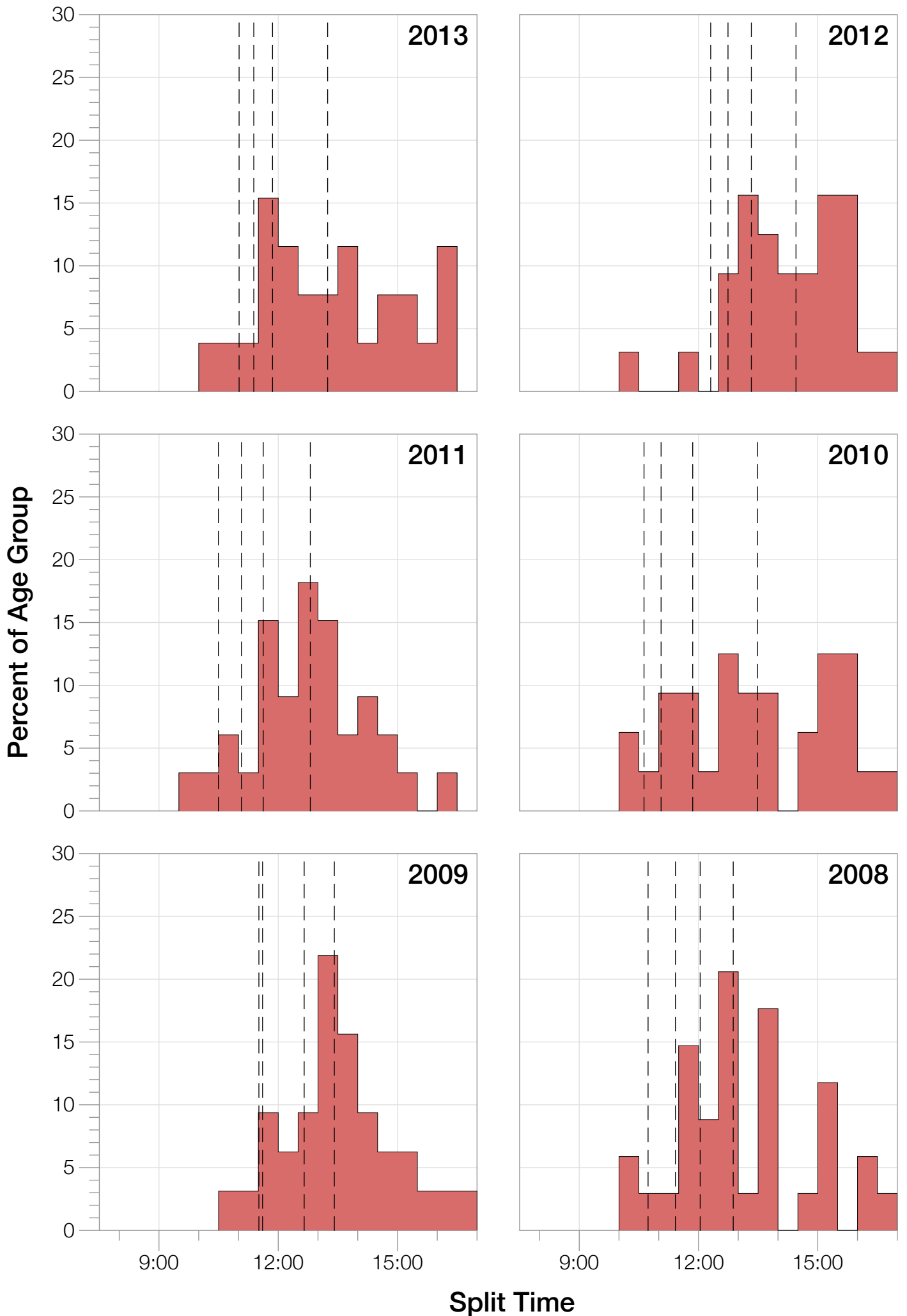
F25-29 Run



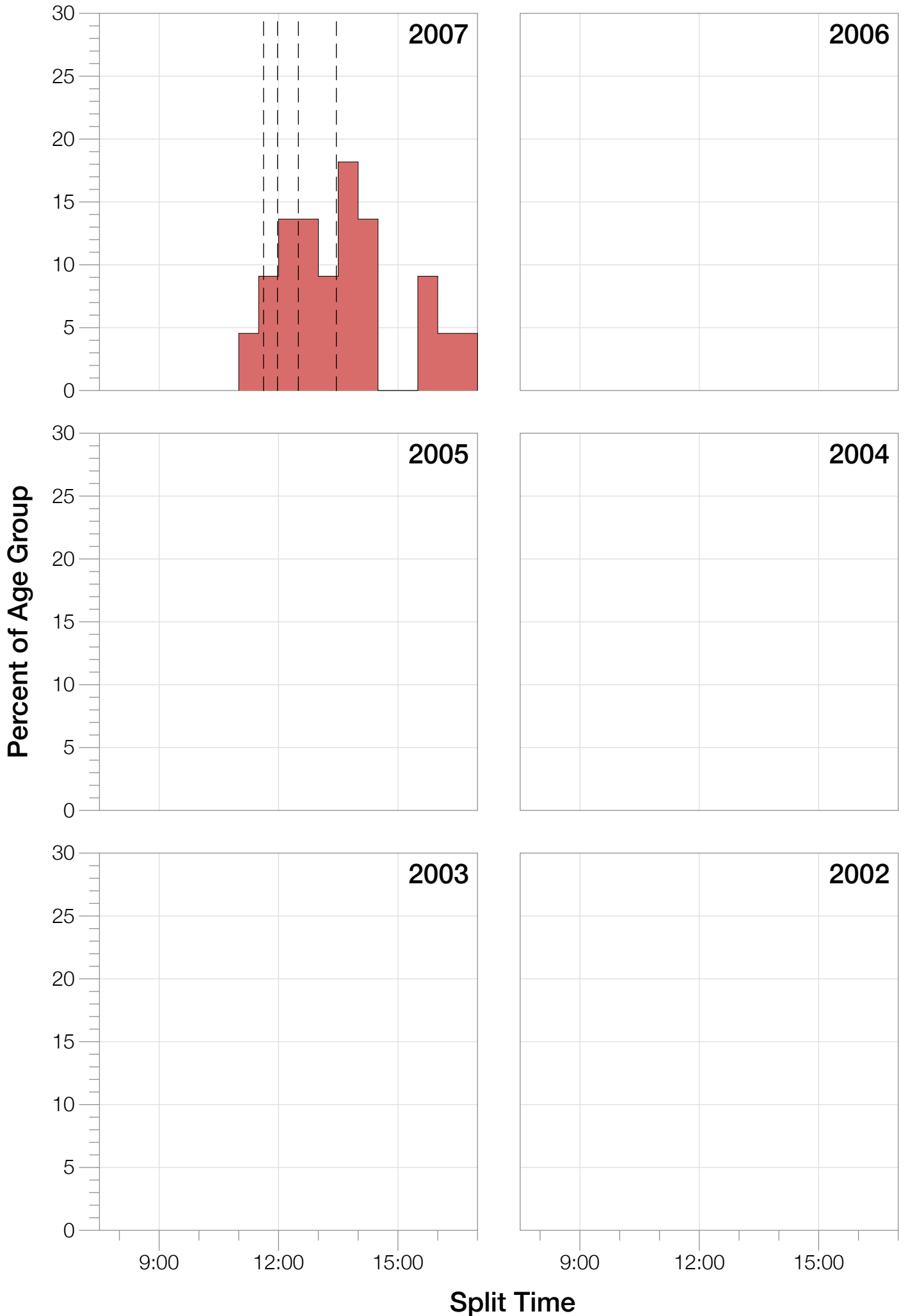
F25-29 Run



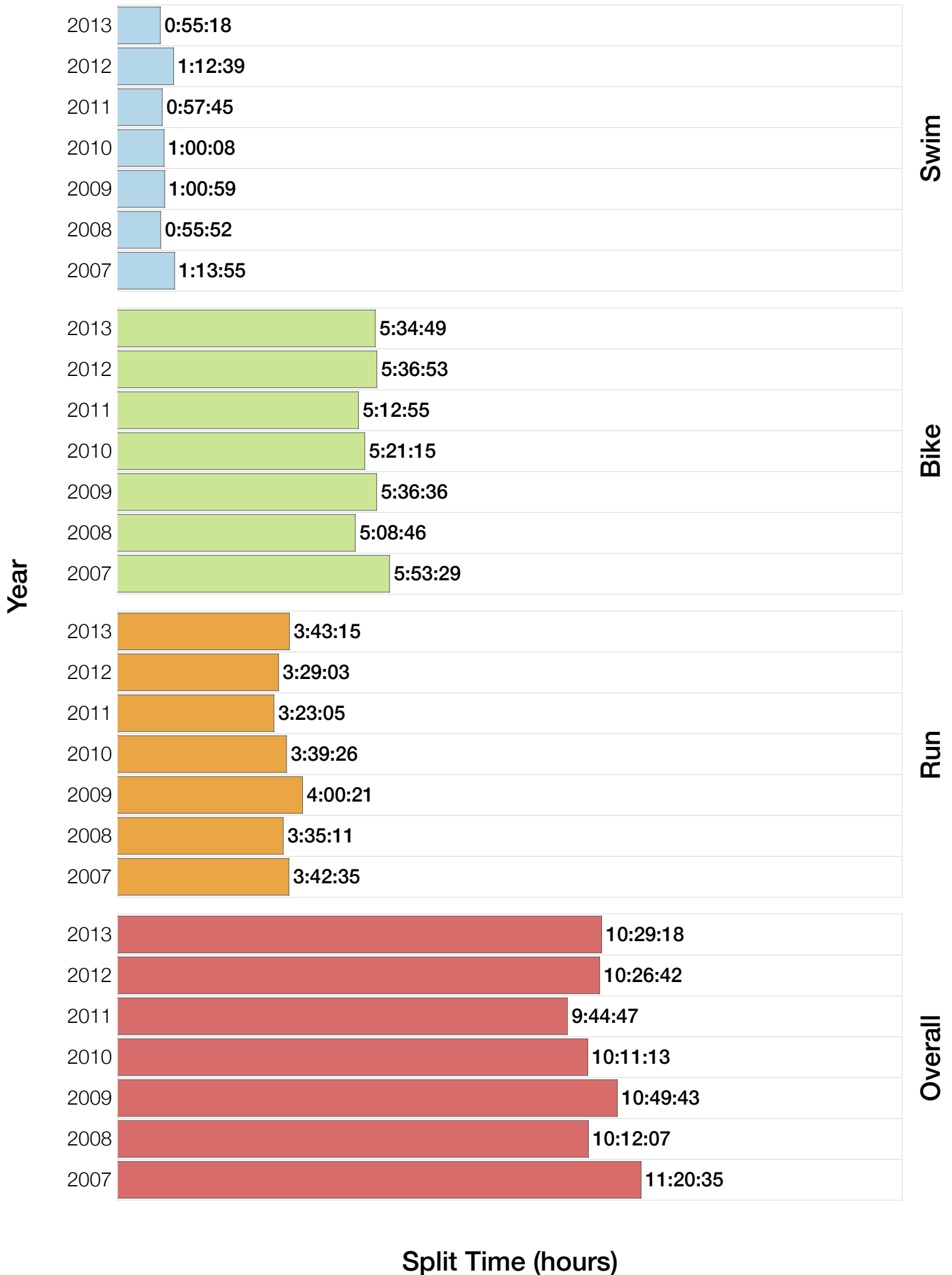
F25-29 Overall



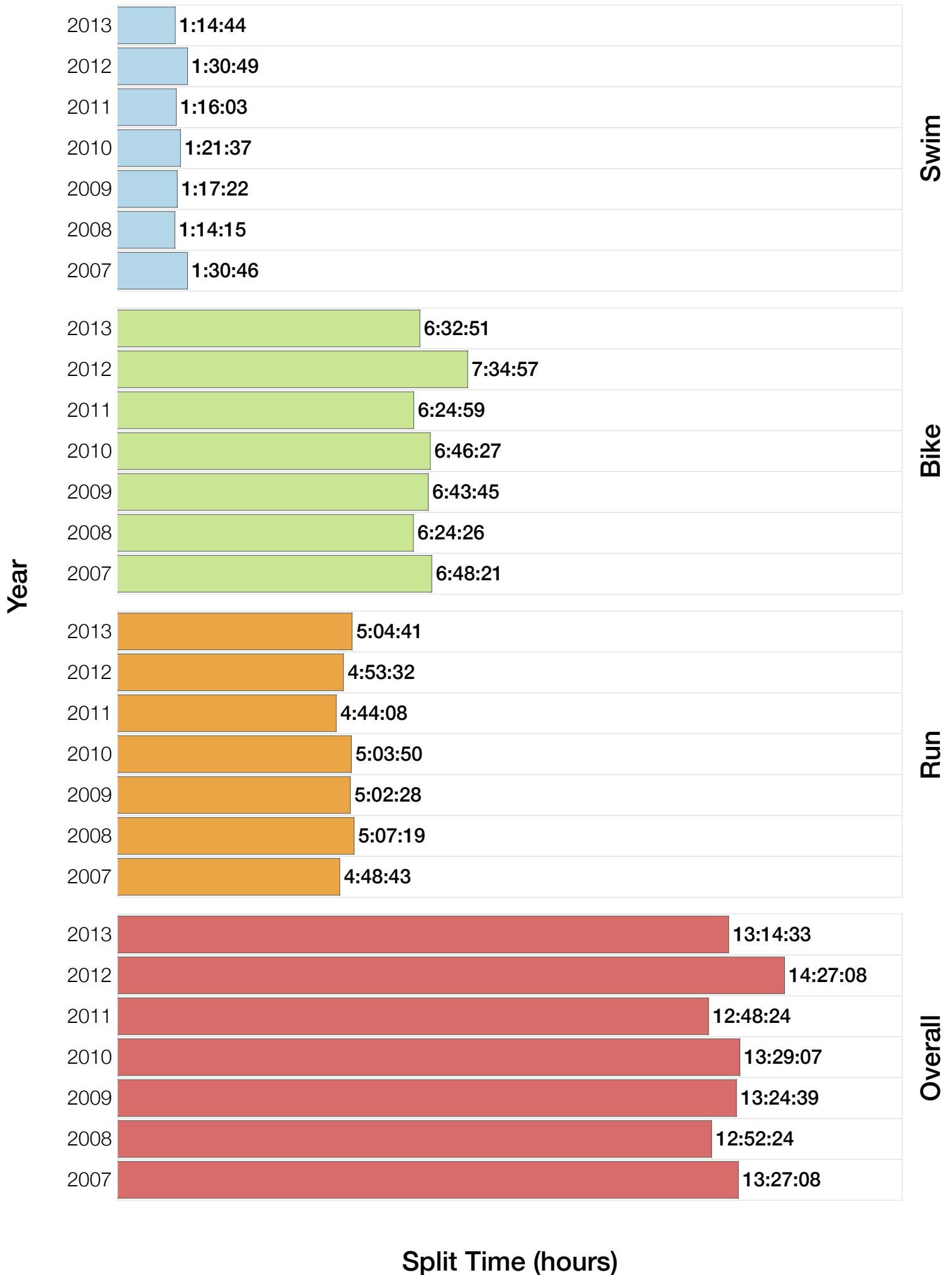
F25-29 Overall



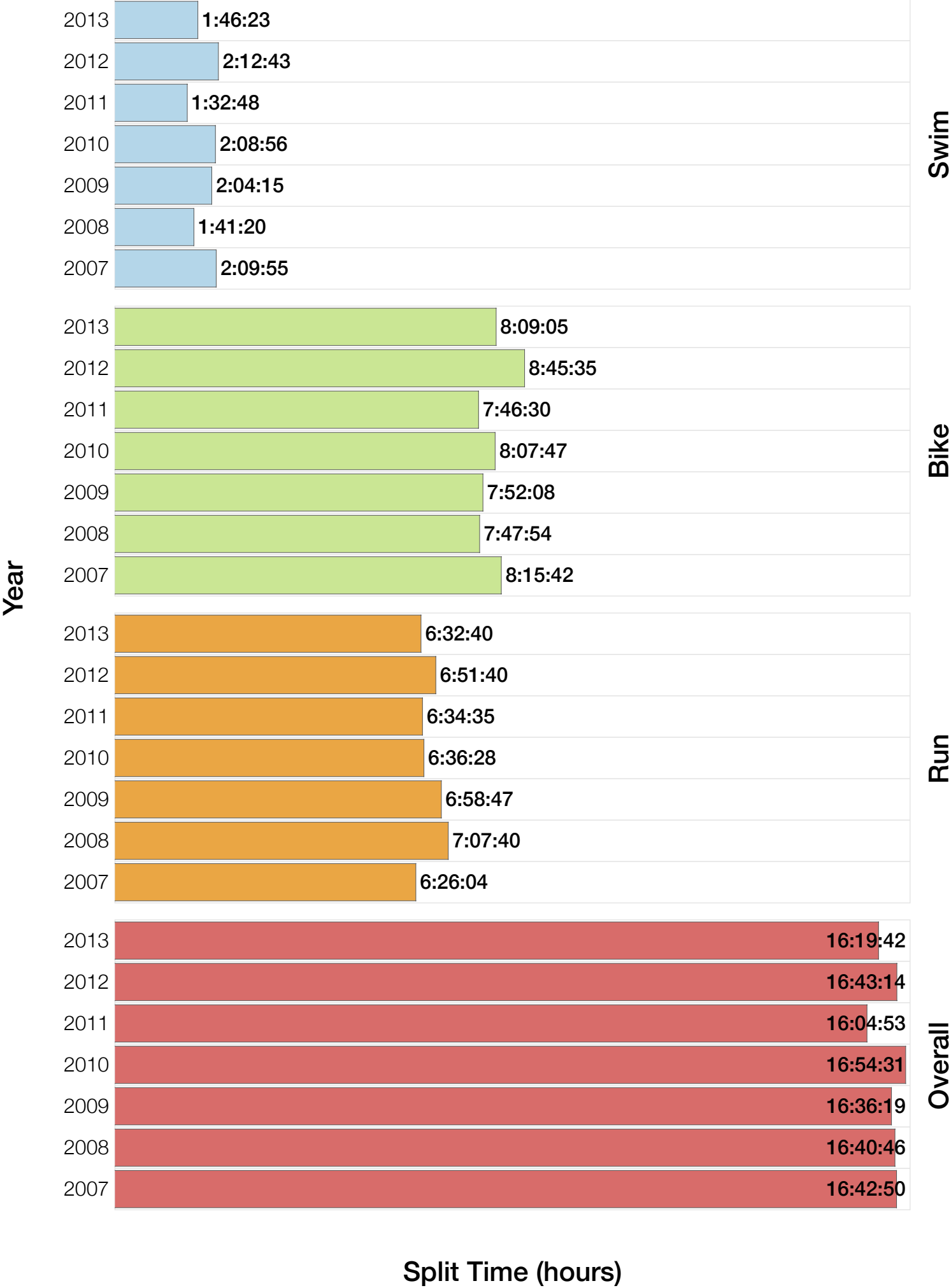
F25-29 Fastest Splits



F25-29 Median Splits



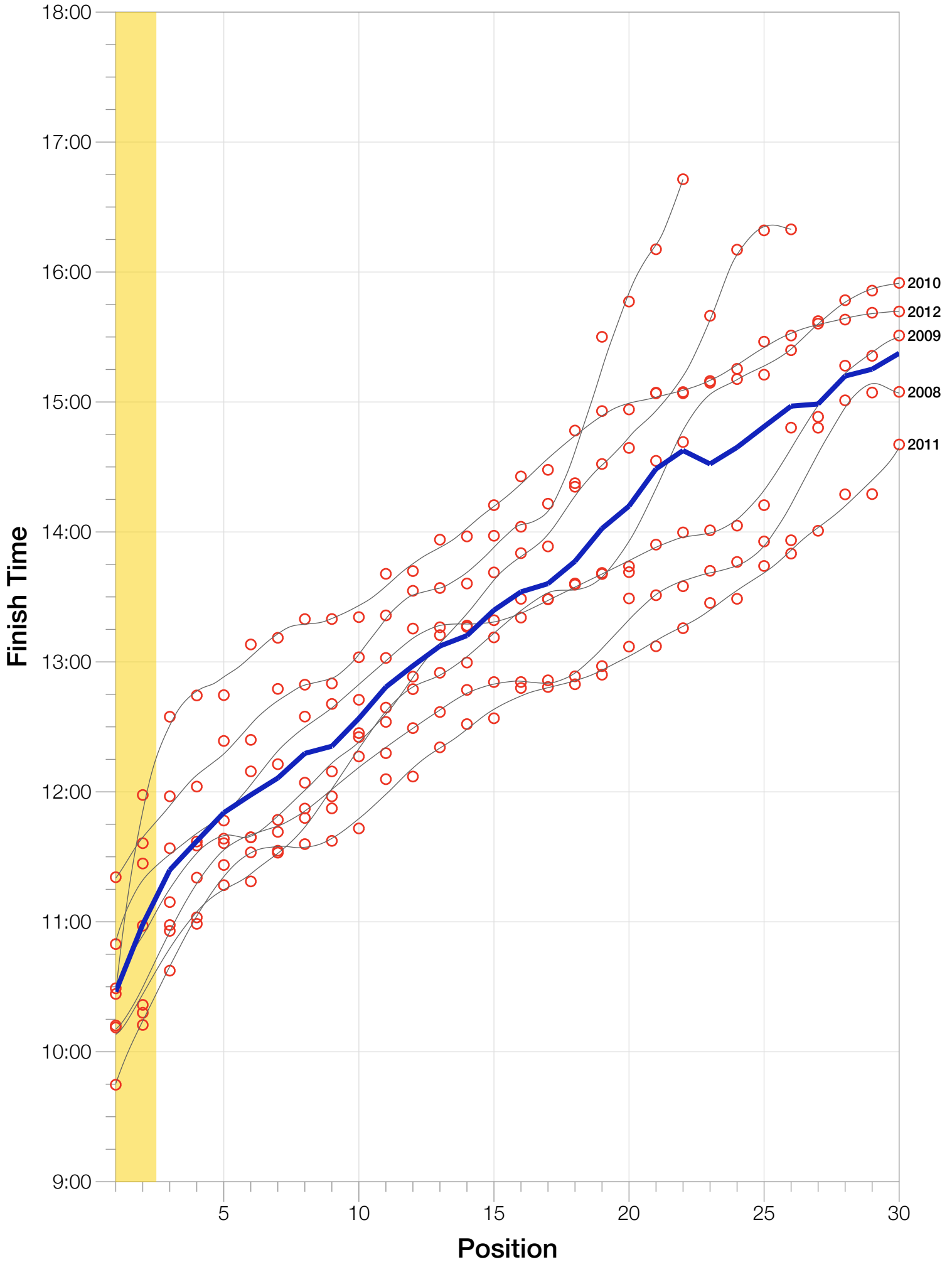
F25-29 Slowest Splits



Split Time (hours)

F25-29 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F25-29 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	1:33:57	5:53:29	3:44:48	11:20:35
2nd Age Grouper	1:29:09	6:15:10	3:42:35	11:36:18
3rd Age Grouper	1:20:08	6:23:44	4:06:00	11:57:57
4th Age Grouper	1:17:44	6:20:04	4:08:03	12:02:26
5th Age Grouper	1:22:29	6:24:59	4:25:27	12:23:30
Kona Qualifier Average	1:31:33	6:04:19	3:43:41	11:28:26
Age Grouper Average	1:24:41	6:15:29	4:01:22	11:52:09

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	1:02:46	5:08:46	3:56:17	10:12:07
2nd Age Grouper	1:04:38	5:35:48	3:35:11	10:21:39
3rd Age Grouper	0:55:52	5:48:23	4:06:01	10:55:49
4th Age Grouper	1:02:45	5:58:20	4:11:06	11:20:23
5th Age Grouper	1:14:05	5:57:30	4:15:19	11:36:18
Kona Qualifier Average	1:03:42	5:22:17	3:45:44	10:16:53
Age Grouper Average	1:04:01	5:41:45	4:00:46	10:53:15

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	1:02:27	5:36:36	4:00:21	10:49:43
2nd Age Grouper	1:06:57	6:06:14	4:06:02	11:26:55
3rd Age Grouper	1:06:24	6:00:40	4:18:47	11:33:58
4th Age Grouper	1:00:59	5:51:16	4:33:29	11:35:12
5th Age Grouper	1:11:22	6:15:47	4:07:08	11:46:45
Kona Qualifier Average	1:04:42	5:51:25	4:03:11	11:08:19
Age Grouper Average	1:05:37	5:58:06	4:13:09	11:26:30

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	1:02:07	5:21:15	3:43:02	10:11:13
2nd Age Grouper	1:00:08	5:27:37	3:39:26	10:12:23
3rd Age Grouper	1:04:57	5:34:07	4:12:01	10:58:30
4th Age Grouper	1:00:44	5:48:28	4:07:20	11:02:02
5th Age Grouper	1:10:52	6:12:16	3:42:19	11:16:56
Kona Qualifier Average	1:01:07	5:24:26	3:41:14	10:11:48
Age Grouper Average	1:03:45	5:40:44	3:52:49	10:44:12

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	0:57:45	5:18:19	3:23:05	9:44:47
2nd Age Grouper	1:07:06	5:12:55	3:52:05	10:18:00
3rd Age Grouper	1:00:02	5:29:24	4:02:08	10:37:27
4th Age Grouper	1:20:01	5:27:54	4:03:29	10:59:03
5th Age Grouper	1:05:52	5:46:27	4:24:13	11:26:14
Kona Qualifier Average	1:02:25	5:15:37	3:37:35	10:01:23
Age Grouper Average	1:06:09	5:26:59	3:57:00	10:37:06

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	1:14:48	5:36:53	3:29:03	10:26:42
2nd Age Grouper	1:25:29	6:25:07	3:57:40	11:58:33
3rd Age Grouper	1:12:39	6:53:36	4:20:01	12:34:41
4th Age Grouper	1:15:52	7:02:36	4:16:31	12:44:30
5th Age Grouper	1:28:10	6:38:58	4:26:28	12:44:39
Kona Qualifier Average	1:20:08	6:01:00	3:43:21	11:12:37
Age Grouper Average	1:19:23	6:31:26	4:05:56	12:05:49

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	1:06:19	5:34:49	3:43:15	10:29:18
2nd Age Grouper	1:12:51	5:45:47	3:51:34	10:58:11
3rd Age Grouper	0:55:18	5:57:29	4:06:52	11:09:06
4th Age Grouper	1:14:48	5:56:10	4:16:18	11:37:04
5th Age Grouper	1:14:40	5:44:46	4:30:55	11:38:23
Kona Qualifier Average	1:09:35	5:40:18	3:47:24	10:43:44
Age Grouper Average	1:08:47	5:47:48	4:05:46	11:10:24

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	1:08:35	5:30:01	3:42:50	10:27:46
Average 2nd Age Grouper	1:12:19	5:49:48	3:49:13	10:58:51
Average 3rd Age Grouper	1:05:02	6:01:03	4:10:15	11:23:55
Average 4th Age Grouper	1:10:24	6:03:32	4:13:45	11:37:14
Average 5th Age Grouper	1:15:21	6:08:40	4:15:58	11:50:23
Kona Qualifier Average	1:10:27	5:39:54	3:46:01	10:43:18
Age Grouper Average	1:10:20	5:54:37	4:02:24	11:15:38