

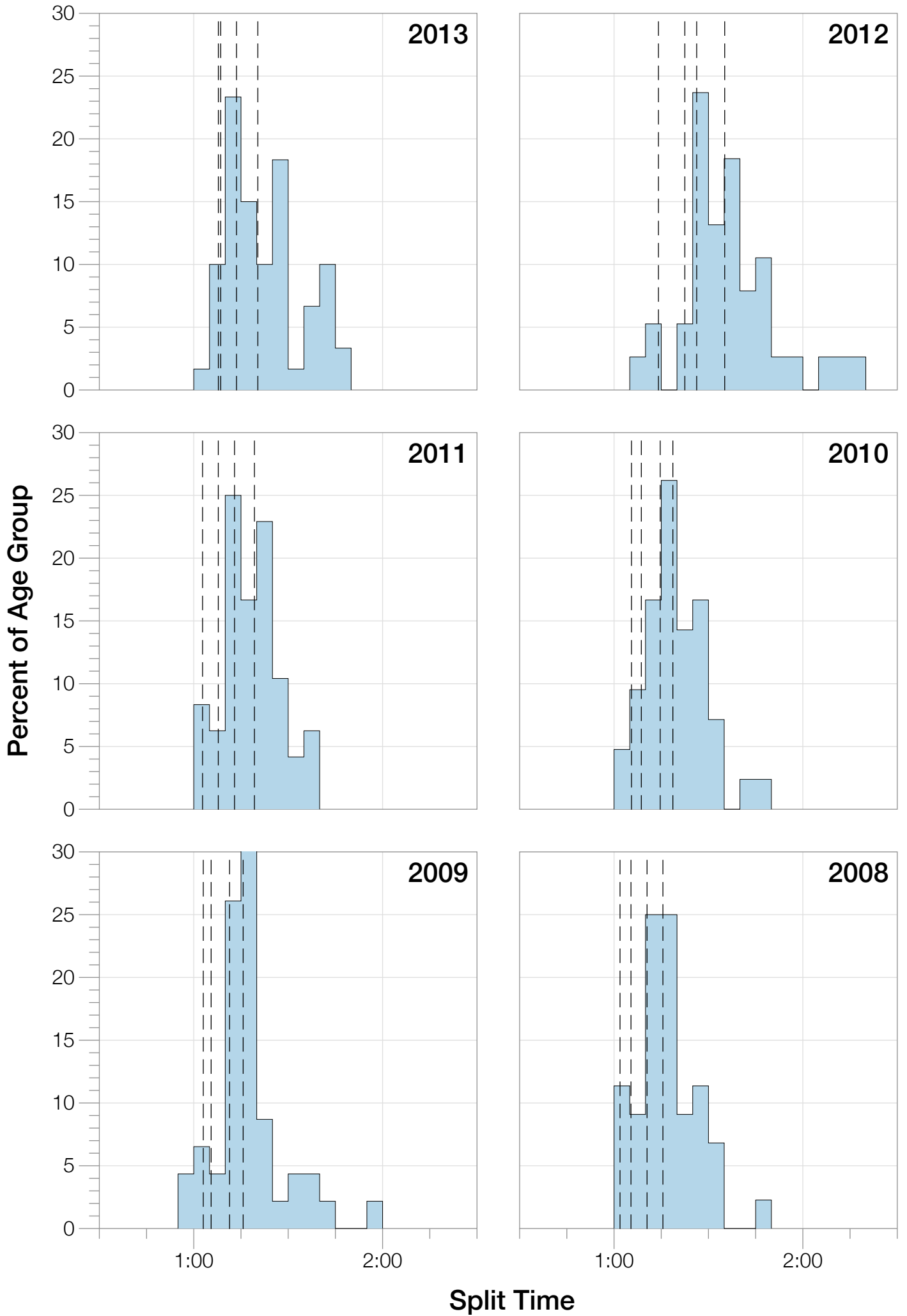
Ironman South Africa Statistics

F30-34

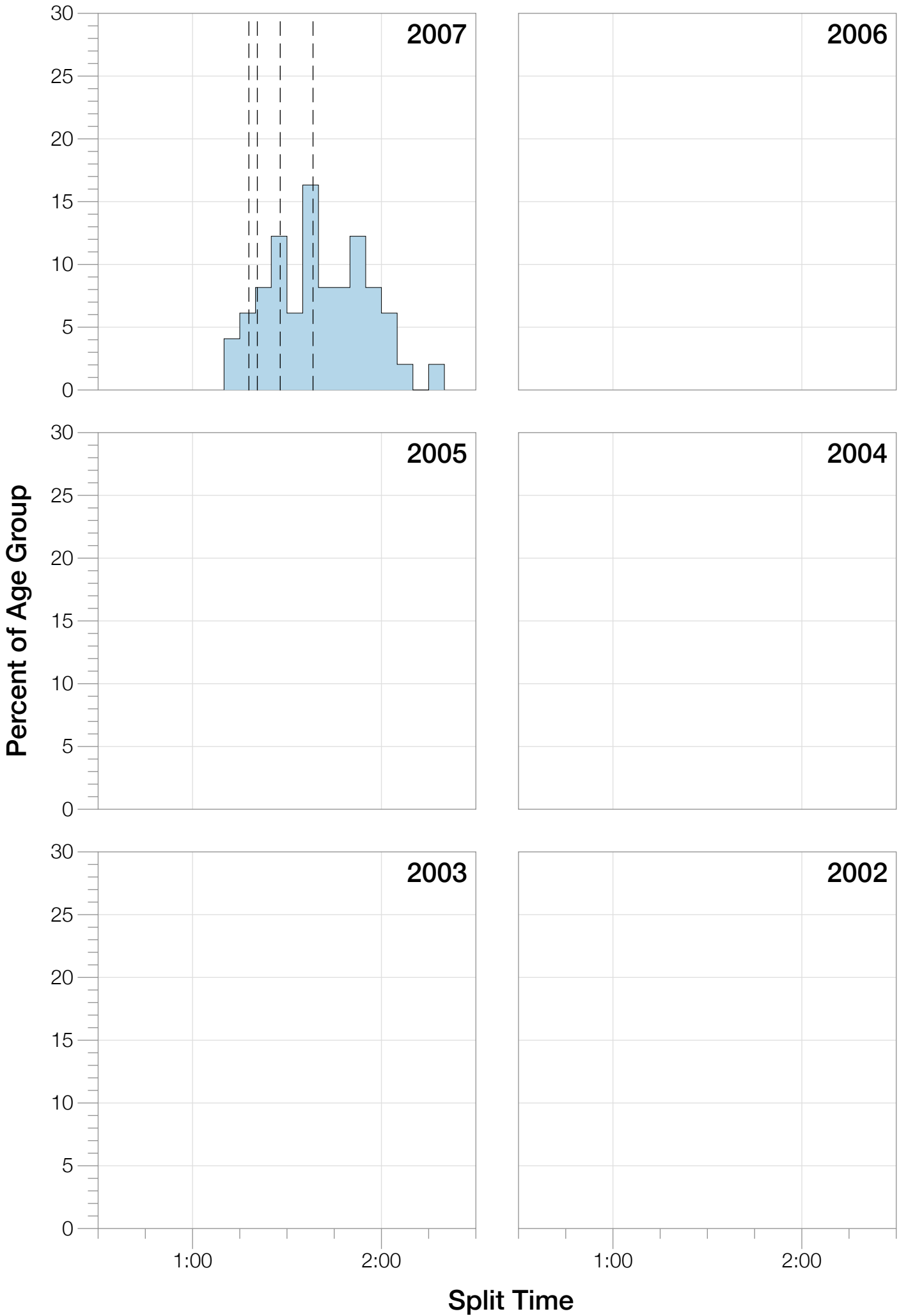
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2007	1305	49	8:33:04	9:22:00	10:48:09
2008	1403	44	8:18:23	9:27:48	10:54:01
2009	1304	46	8:17:32	9:16:32	10:42:16
2010	1548	42	8:23:28	9:16:55	9:53:19
2011	1505	48	8:05:36	8:33:56	10:14:13
2012	1384	38	8:34:45	9:47:10	10:54:13
2013	1541	60	8:11:24	9:10:58	10:23:45
Average	1427	47	8:20:36	9:16:28	10:32:50

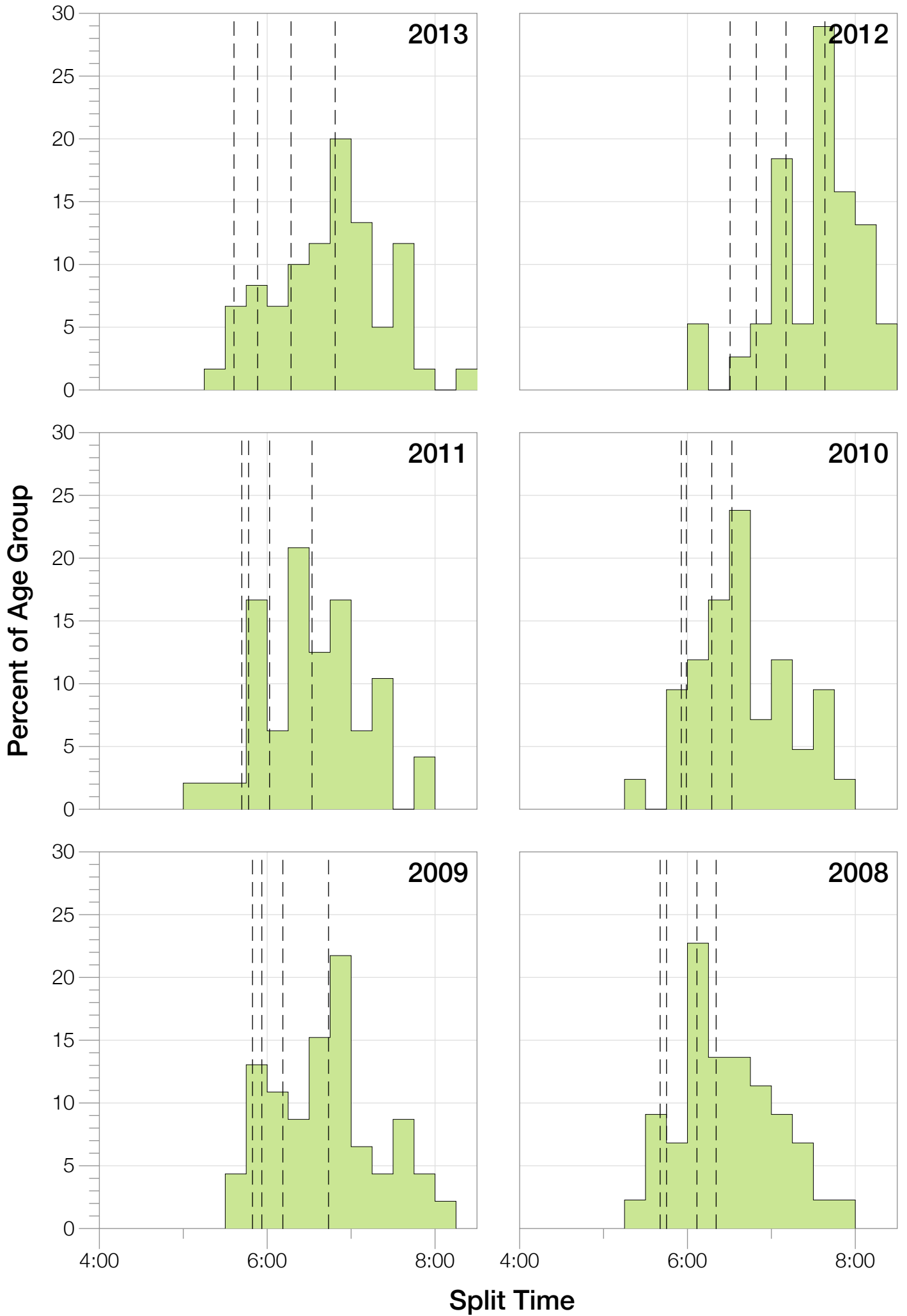
F30-34 Swim



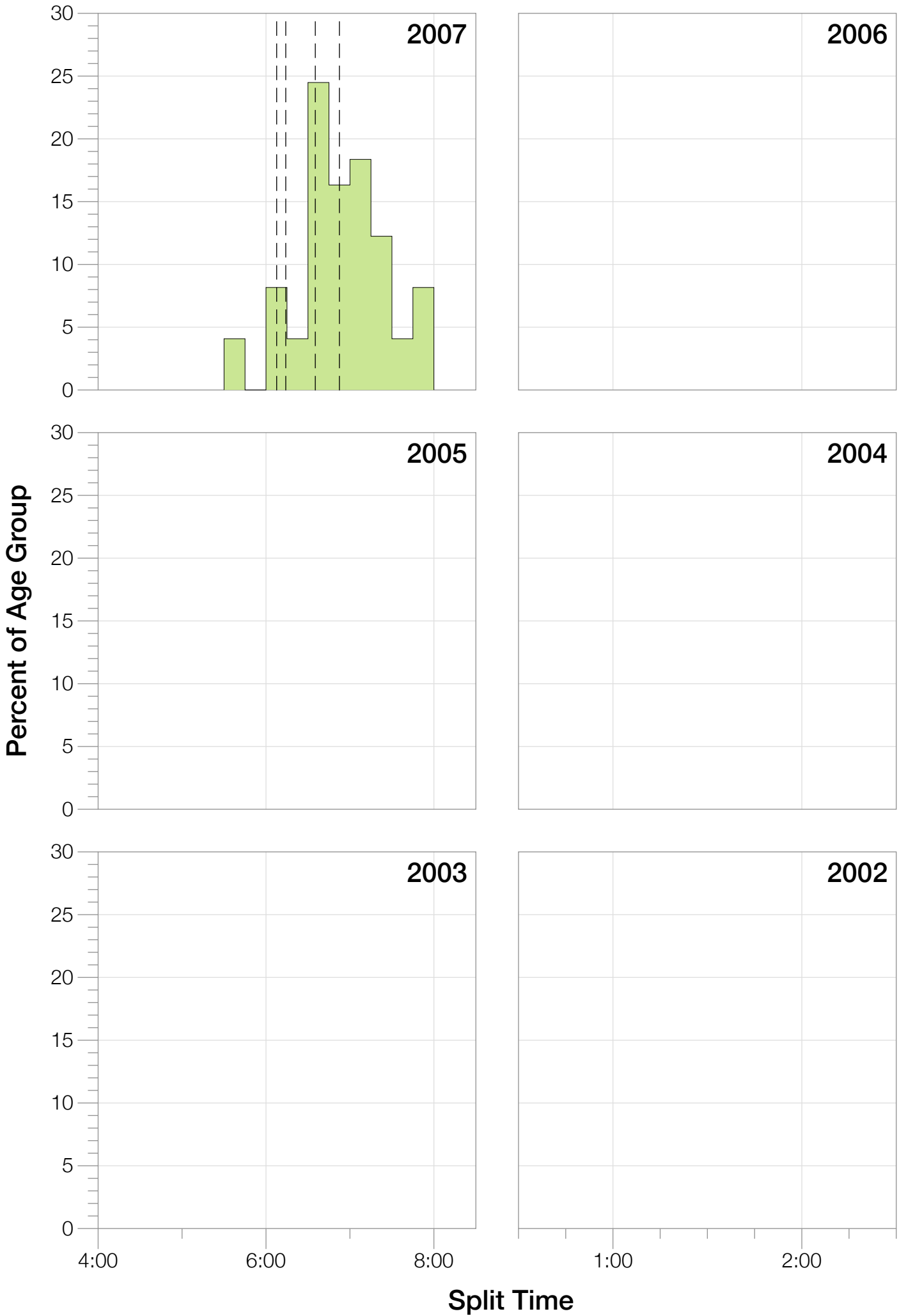
F30-34 Swim



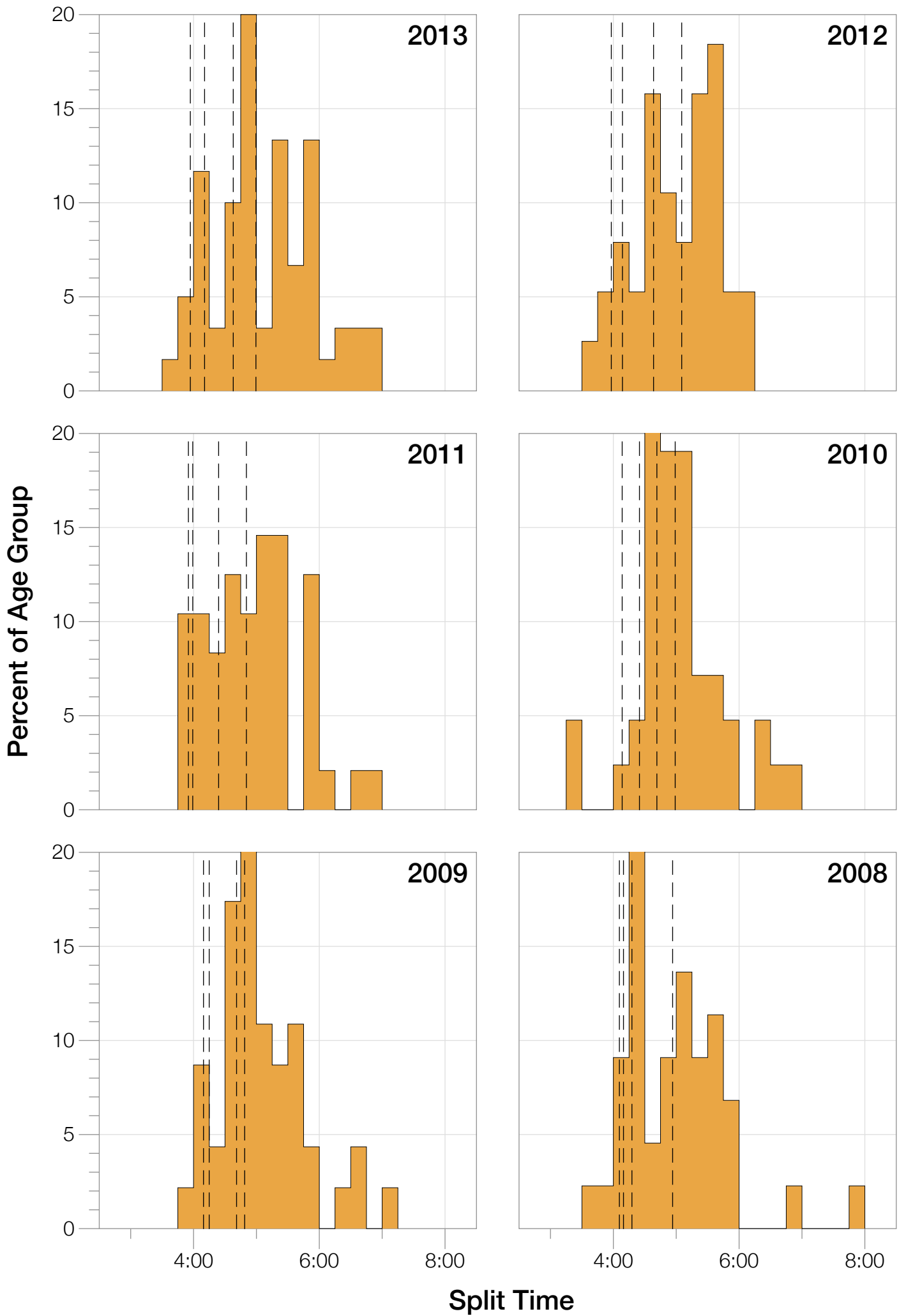
F30-34 Bike



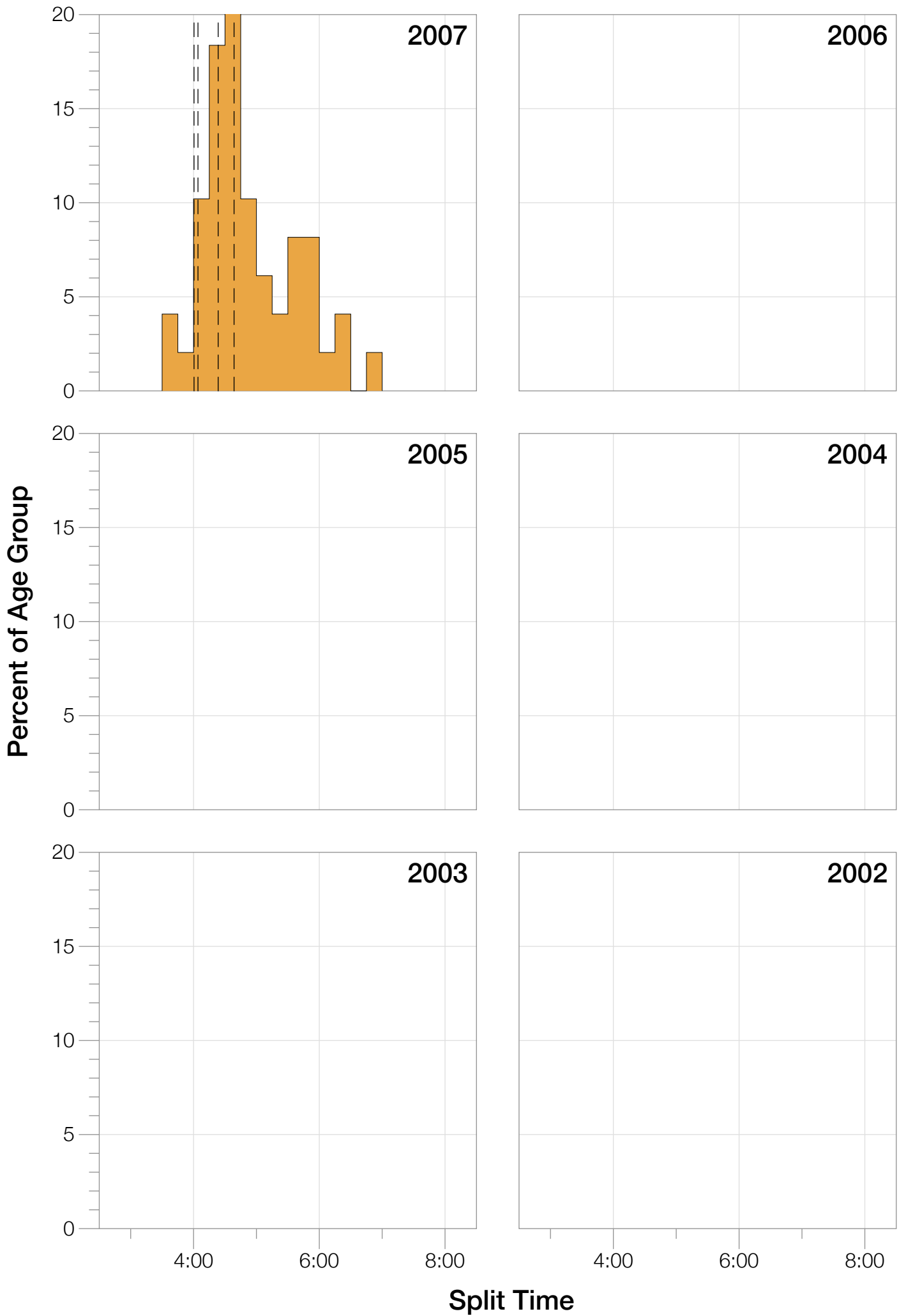
F30-34 Bike



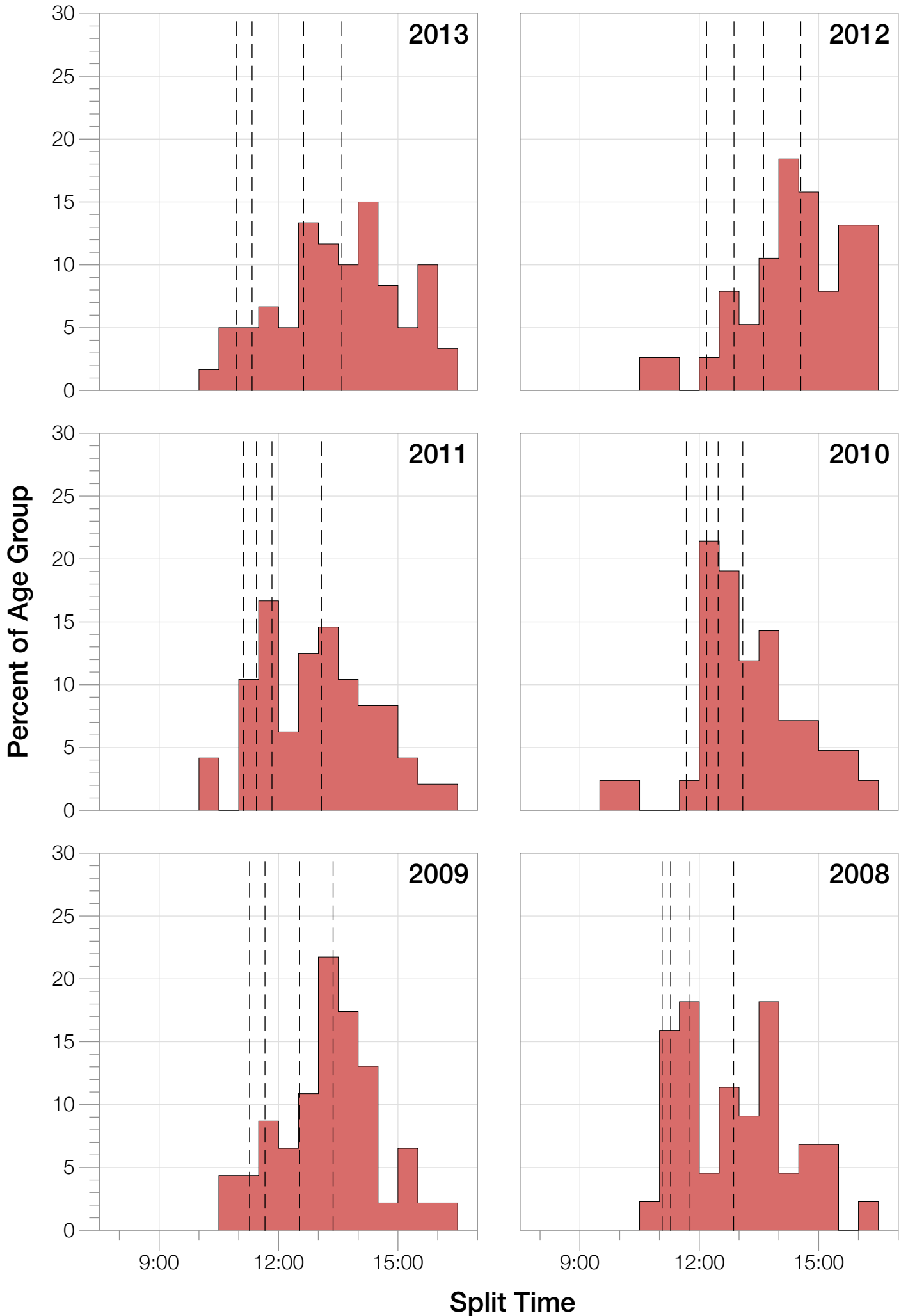
F30-34 Run



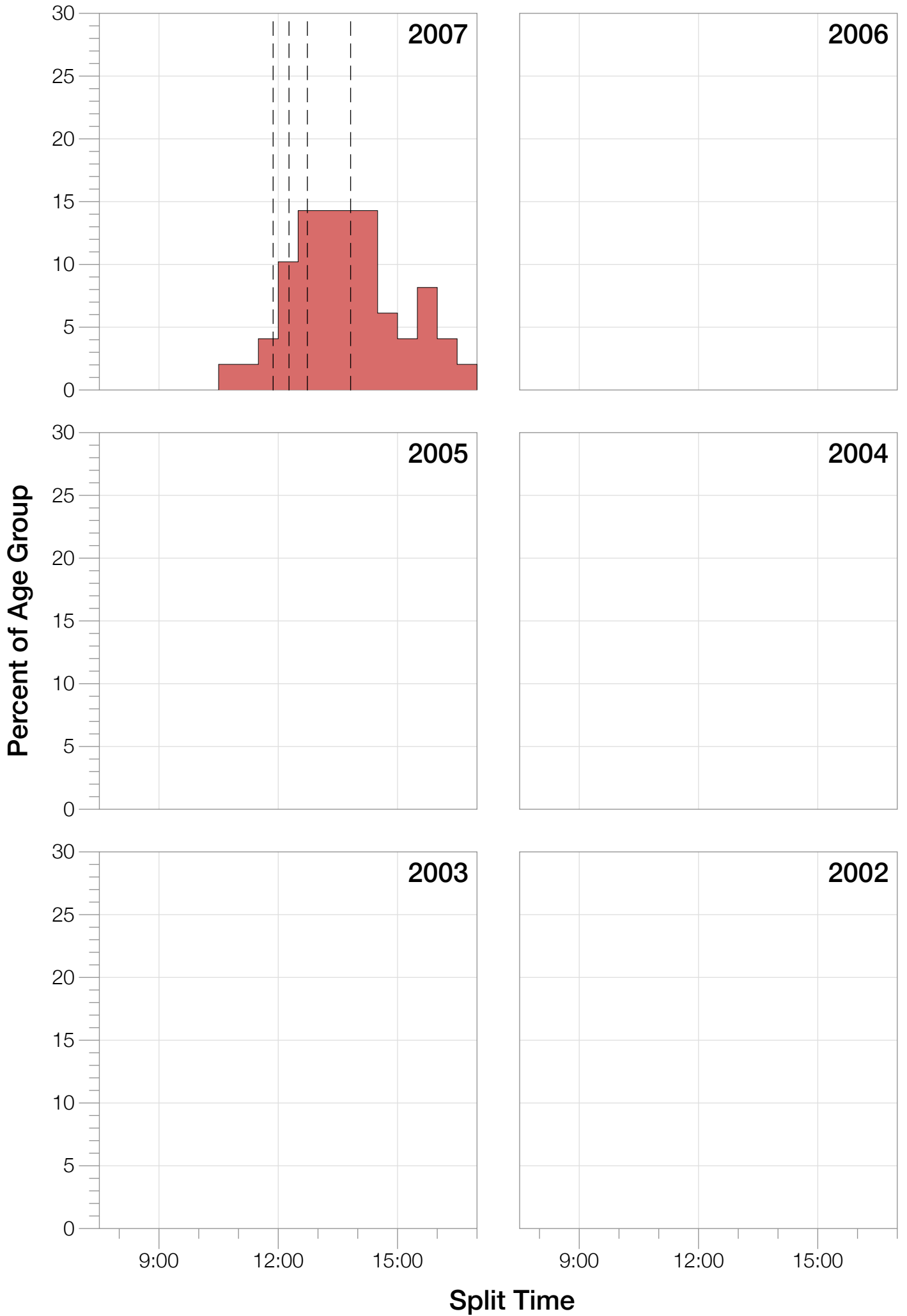
F30-34 Run



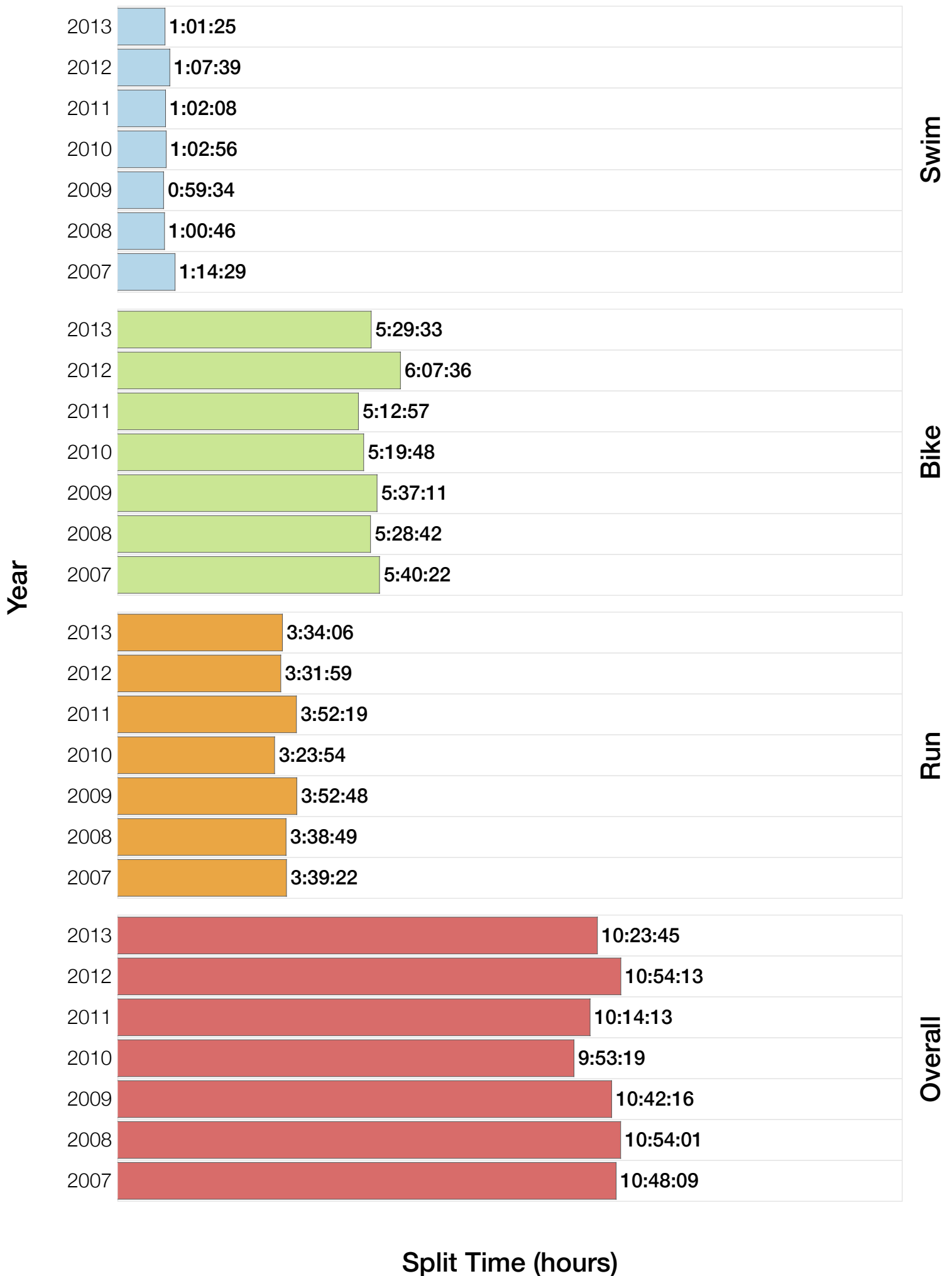
F30-34 Overall



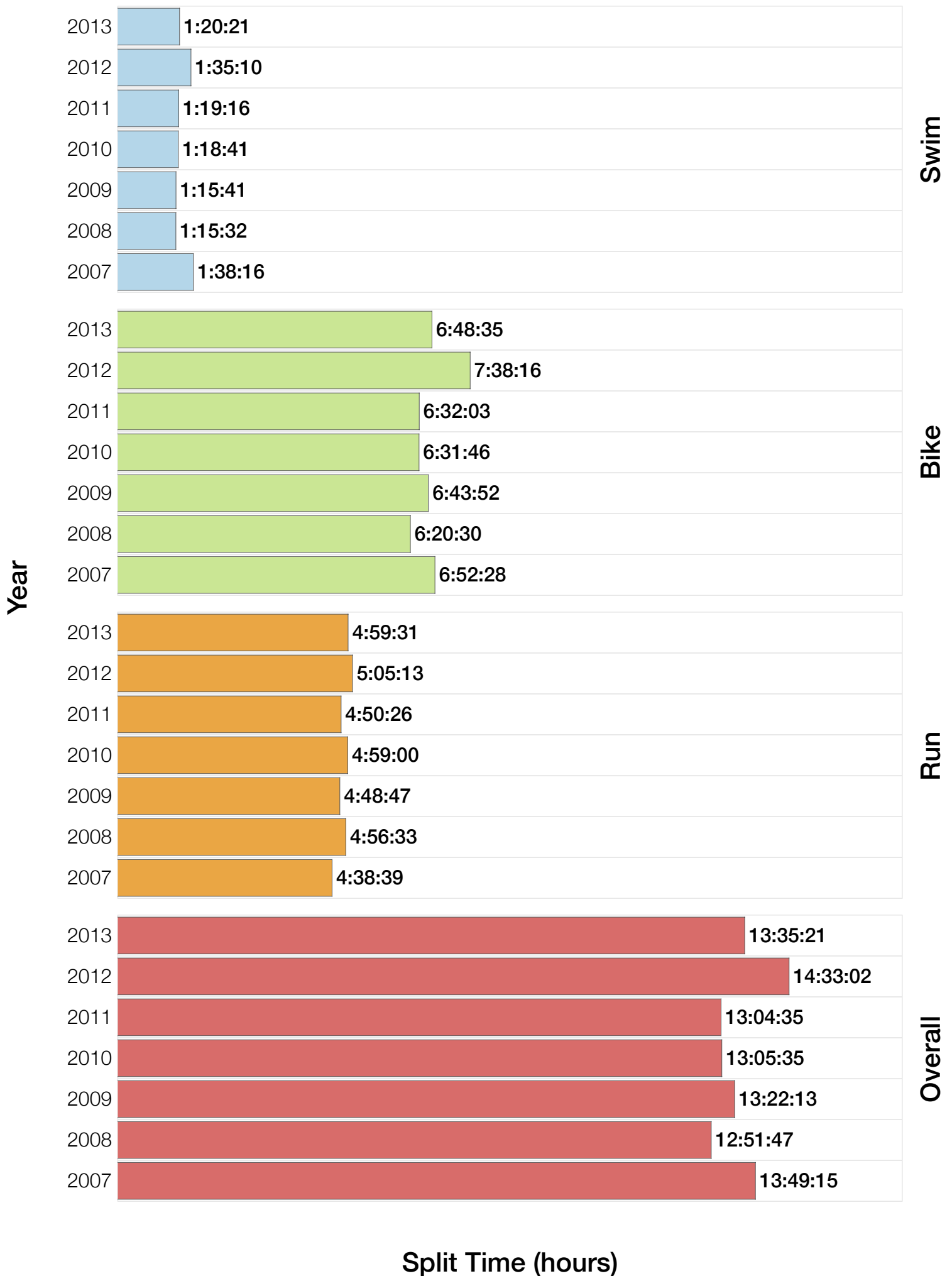
F30-34 Overall



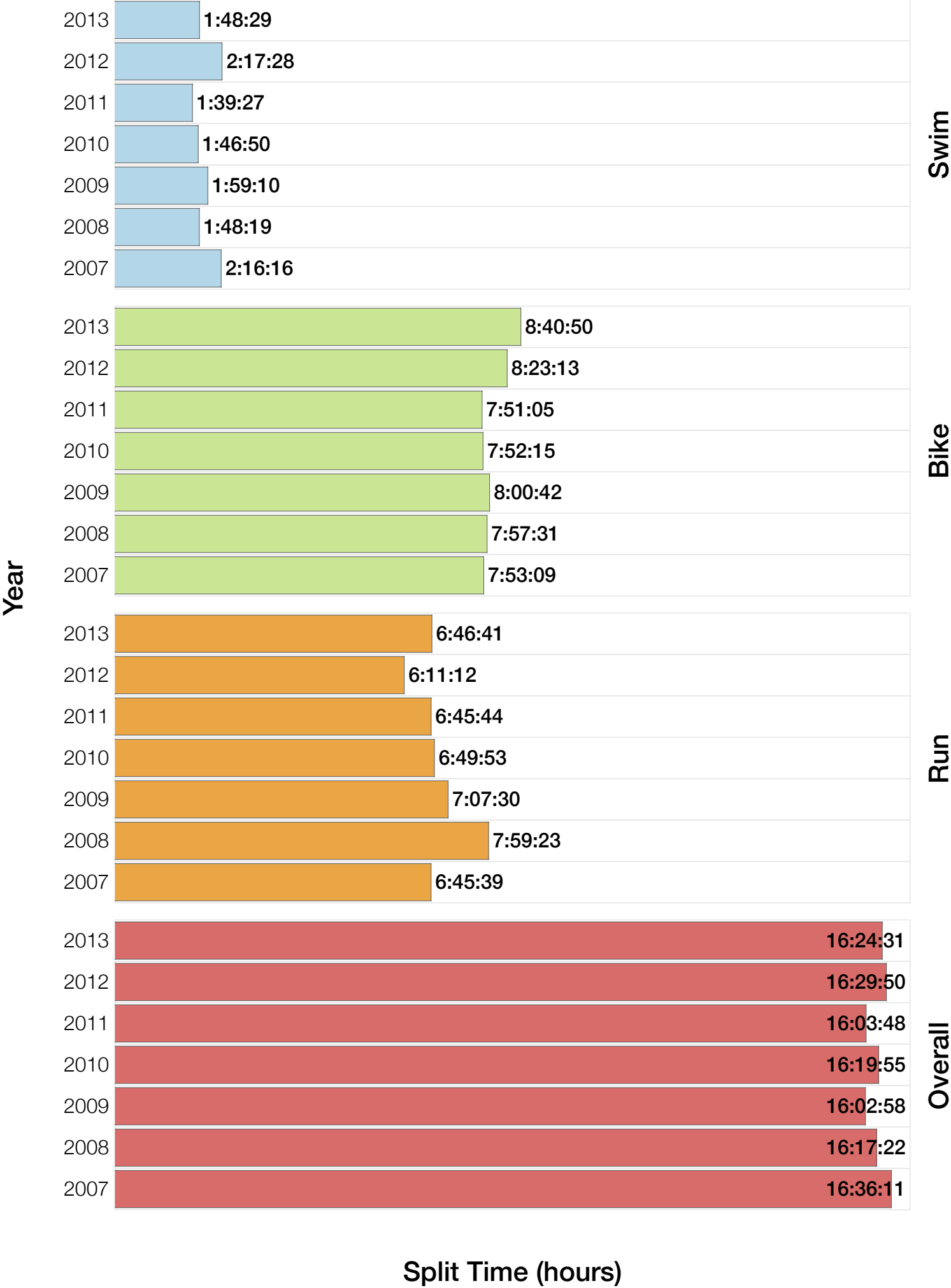
F30-34 Fastest Splits



F30-34 Median Splits



F30-34 Slowest Splits



Split Time (hours)

F30-34 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	1:21:29	5:40:56	3:39:22	10:48:09
2nd Age Grouper	1:16:54	5:40:22	4:08:53	11:14:50
3rd Age Grouper	1:20:52	6:12:53	4:01:44	11:47:11
4th Age Grouper	1:14:29	6:20:23	4:16:24	11:59:53
5th Age Grouper	1:19:26	6:40:06	3:42:39	12:02:01
Kona Qualifier Average	1:19:11	5:40:39	3:54:07	11:01:29
Age Grouper Average	1:18:38	6:06:56	3:57:48	11:34:24

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	1:04:23	5:32:33	4:09:05	10:54:01
2nd Age Grouper	1:06:19	6:06:36	3:38:49	11:01:21
3rd Age Grouper	1:08:28	5:28:42	4:16:46	11:02:18
4th Age Grouper	1:12:05	5:48:59	4:05:13	11:13:39
5th Age Grouper	1:04:59	5:39:51	4:22:37	11:16:20
Kona Qualifier Average	1:05:21	5:49:34	3:53:57	10:57:41
Age Grouper Average	1:07:14	5:43:20	4:06:30	11:05:31

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	1:07:26	5:37:11	3:52:48	10:42:16
2nd Age Grouper	0:59:42	5:38:46	4:08:35	10:54:16
3rd Age Grouper	1:03:36	5:50:08	4:09:22	11:13:15
4th Age Grouper	0:59:34	5:59:45	4:18:28	11:25:05
5th Age Grouper	1:16:28	5:54:24	4:17:18	11:36:45
Kona Qualifier Average	1:03:34	5:37:58	4:00:41	10:48:16
Age Grouper Average	1:05:21	5:48:02	4:09:18	11:10:19

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	1:03:38	5:19:48	3:23:54	9:53:19
2nd Age Grouper	1:06:09	5:46:17	3:29:03	10:28:46
3rd Age Grouper	1:18:49	6:03:49	4:07:41	11:39:18
4th Age Grouper	1:14:03	5:57:44	4:42:21	12:02:54
5th Age Grouper	1:14:54	5:58:50	4:49:07	12:11:02
Kona Qualifier Average	1:04:53	5:33:02	3:26:28	10:11:02
Age Grouper Average	1:11:30	5:49:17	4:06:25	11:15:03

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	1:02:21	5:12:57	3:53:40	10:14:13
2nd Age Grouper	1:02:46	5:17:07	3:56:46	10:22:12
3rd Age Grouper	1:06:41	5:45:00	4:04:27	11:02:55
4th Age Grouper	1:21:00	5:46:08	3:56:39	11:14:54
5th Age Grouper	1:14:56	5:57:36	4:03:22	11:24:04
Kona Qualifier Average	1:02:33	5:15:02	3:55:13	10:18:12
Age Grouper Average	1:09:32	5:35:45	3:58:58	10:51:39

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	1:07:39	6:07:36	3:31:59	10:54:13
2nd Age Grouper	1:14:43	6:08:43	3:59:41	11:29:29
3rd Age Grouper	1:10:41	6:34:20	4:23:54	12:18:24
4th Age Grouper	1:25:03	7:14:13	3:48:47	12:43:30
5th Age Grouper	1:33:37	7:02:24	4:09:21	12:56:08
Kona Qualifier Average	1:11:11	6:08:09	3:45:50	11:11:51
Age Grouper Average	1:18:20	6:37:27	3:58:44	12:04:20

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	1:07:23	5:36:08	3:34:06	10:23:45
2nd Age Grouper	1:16:41	5:29:33	3:52:53	10:46:52
3rd Age Grouper	1:01:25	5:31:30	4:12:29	10:51:09
4th Age Grouper	1:14:51	5:36:16	3:56:57	10:57:05
5th Age Grouper	1:08:34	5:43:16	4:02:38	11:07:04
Kona Qualifier Average	1:12:02	5:32:50	3:43:29	10:35:18
Age Grouper Average	1:09:46	5:35:20	3:55:48	10:49:11

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	1:07:45	5:35:18	3:43:33	10:32:50
Average 2nd Age Grouper	1:09:02	5:43:54	3:53:31	10:53:58
Average 3rd Age Grouper	1:10:04	5:55:11	4:10:54	11:24:55
Average 4th Age Grouper	1:14:26	6:06:12	4:09:15	11:39:34
Average 5th Age Grouper	1:16:07	6:08:03	4:12:26	11:47:37
Kona Qualifier Average	1:08:23	5:39:36	3:48:32	10:43:24
Age Grouper Average	1:11:29	5:53:44	4:01:56	11:15:47