

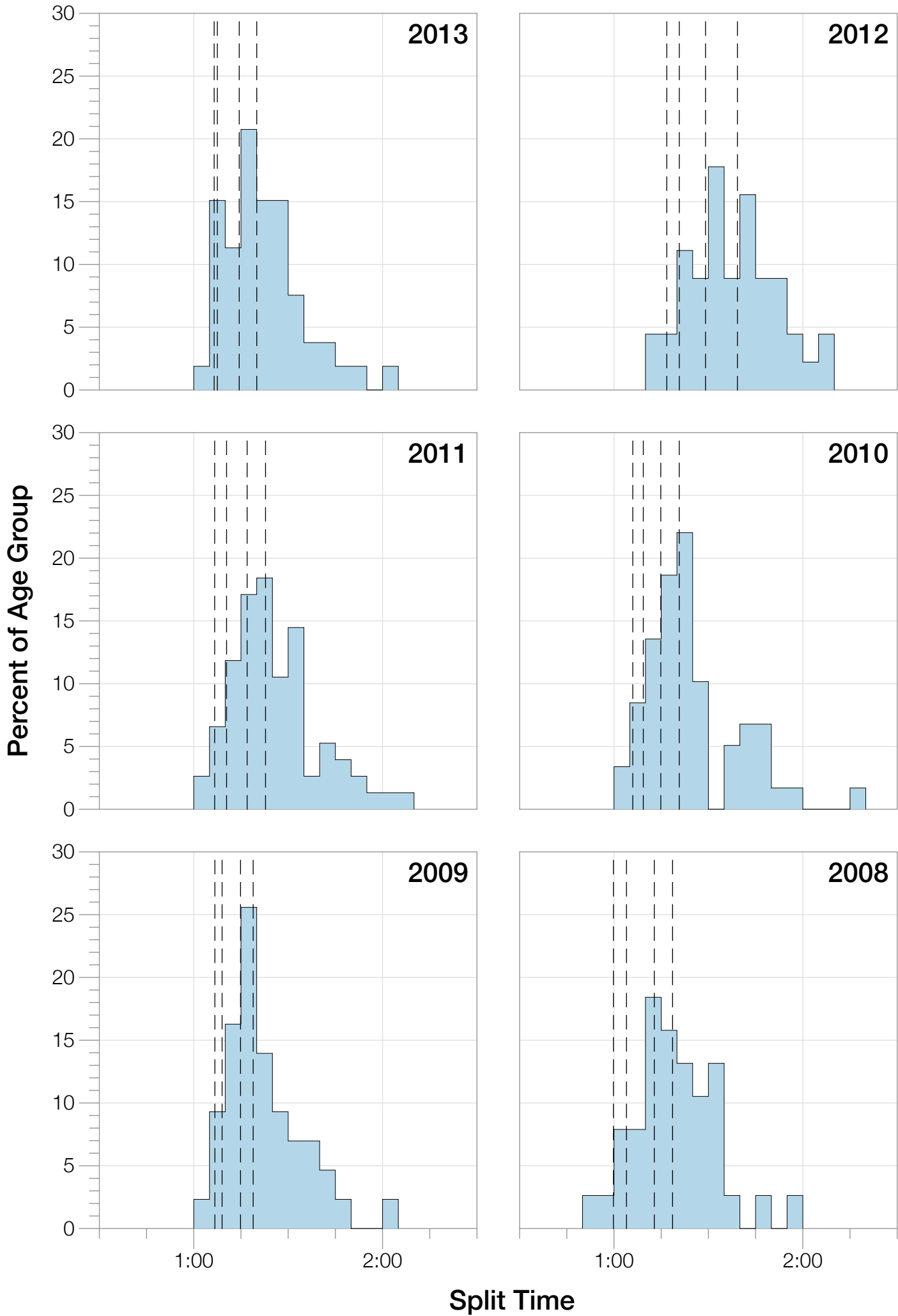
Ironman South Africa Statistics

F35-39

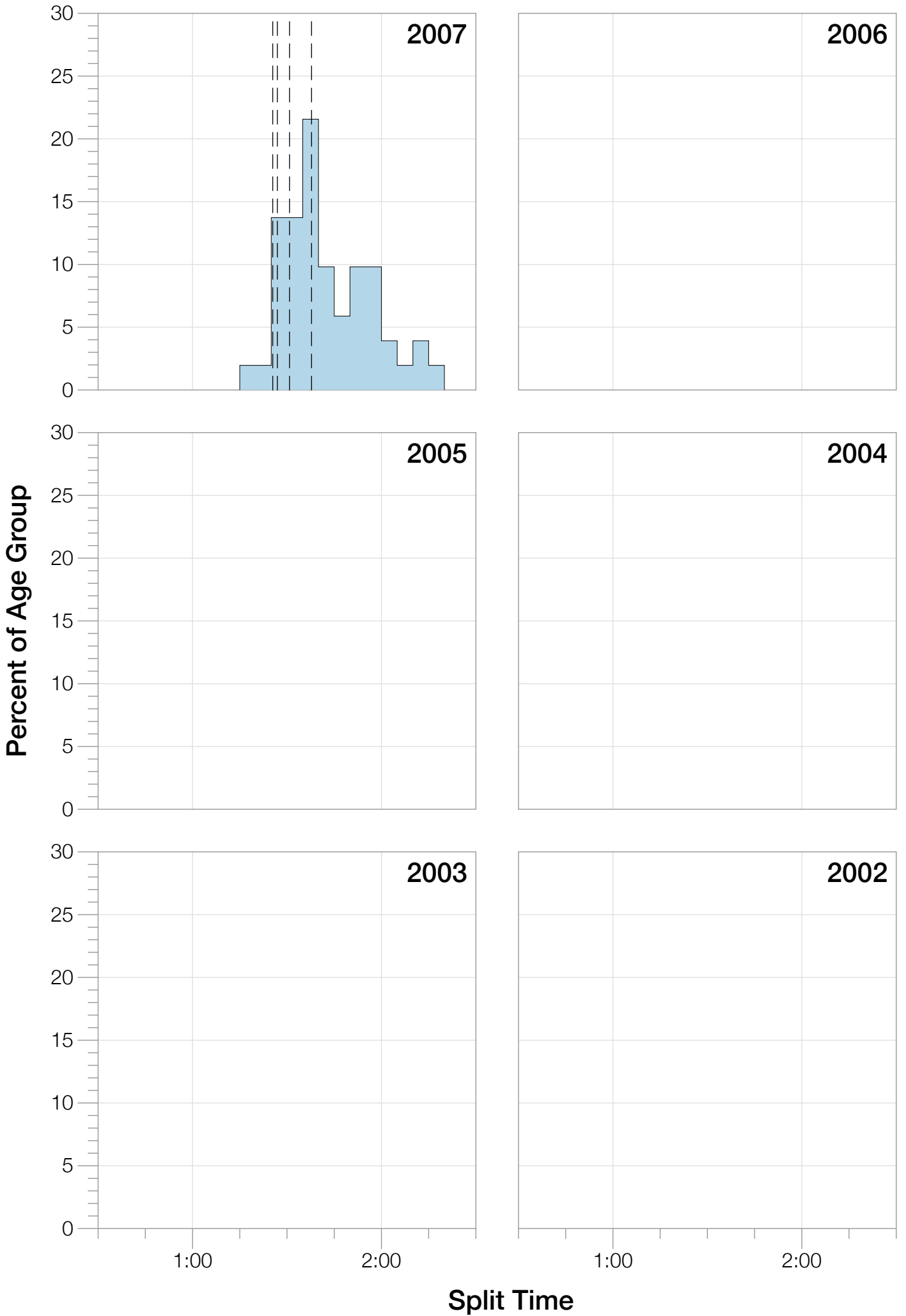
F35-39 Summary Statistics

Year	Finishers	F35-39 Finishers	Male Winner's Time	Female Winner's Time	F35-39 Winner's Time
2007	1305	51	8:33:04	9:22:00	11:22:26
2008	1403	38	8:18:23	9:27:48	10:34:02
2009	1304	43	8:17:32	9:16:32	10:39:04
2010	1548	60	8:23:28	9:16:55	10:14:56
2011	1505	76	8:05:36	8:33:56	10:14:46
2012	1384	45	8:34:45	9:47:10	11:01:11
2013	1541	53	8:11:24	9:10:58	10:20:51
Average	1427	52	8:20:36	9:16:28	10:38:10

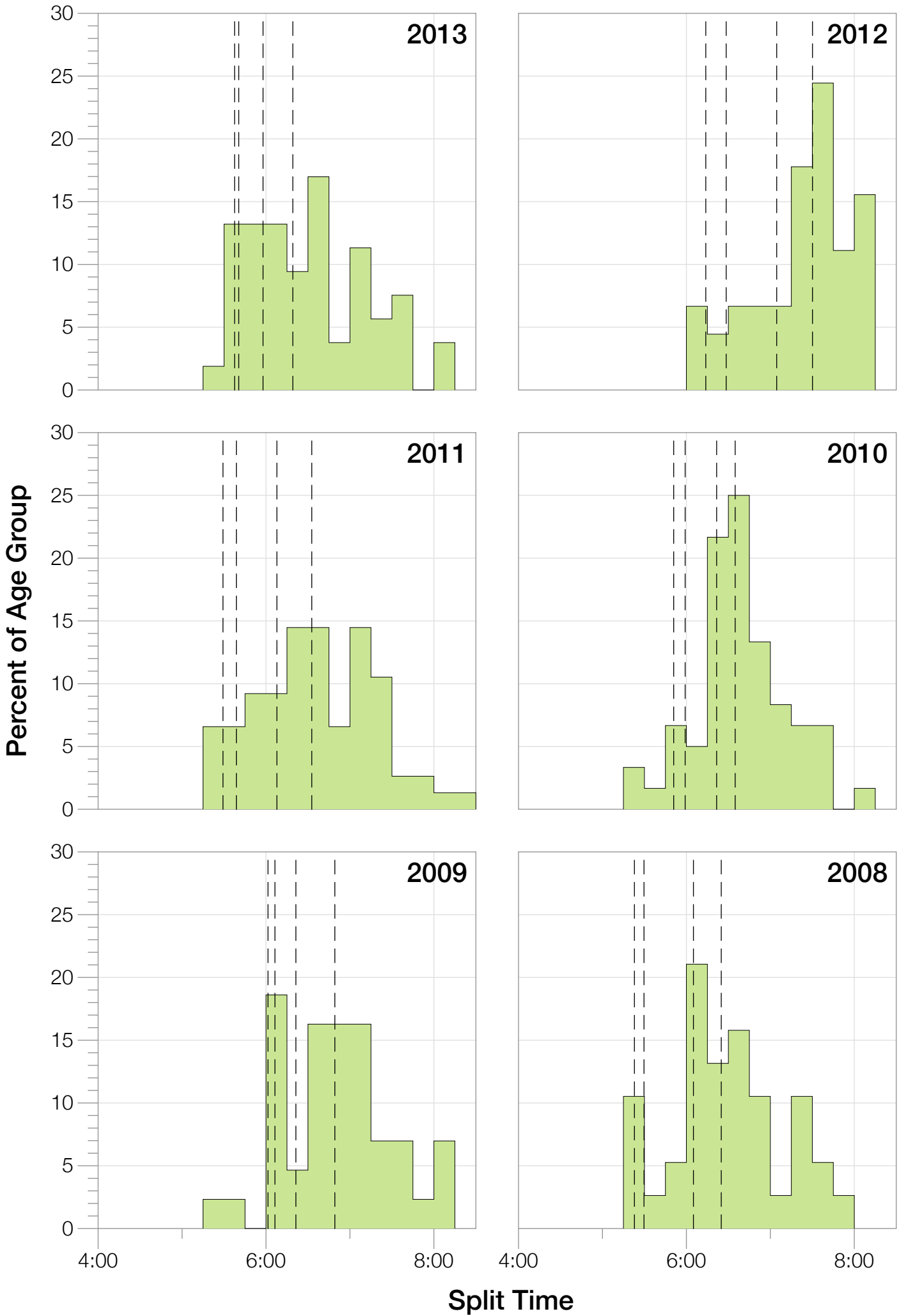
F35-39 Swim



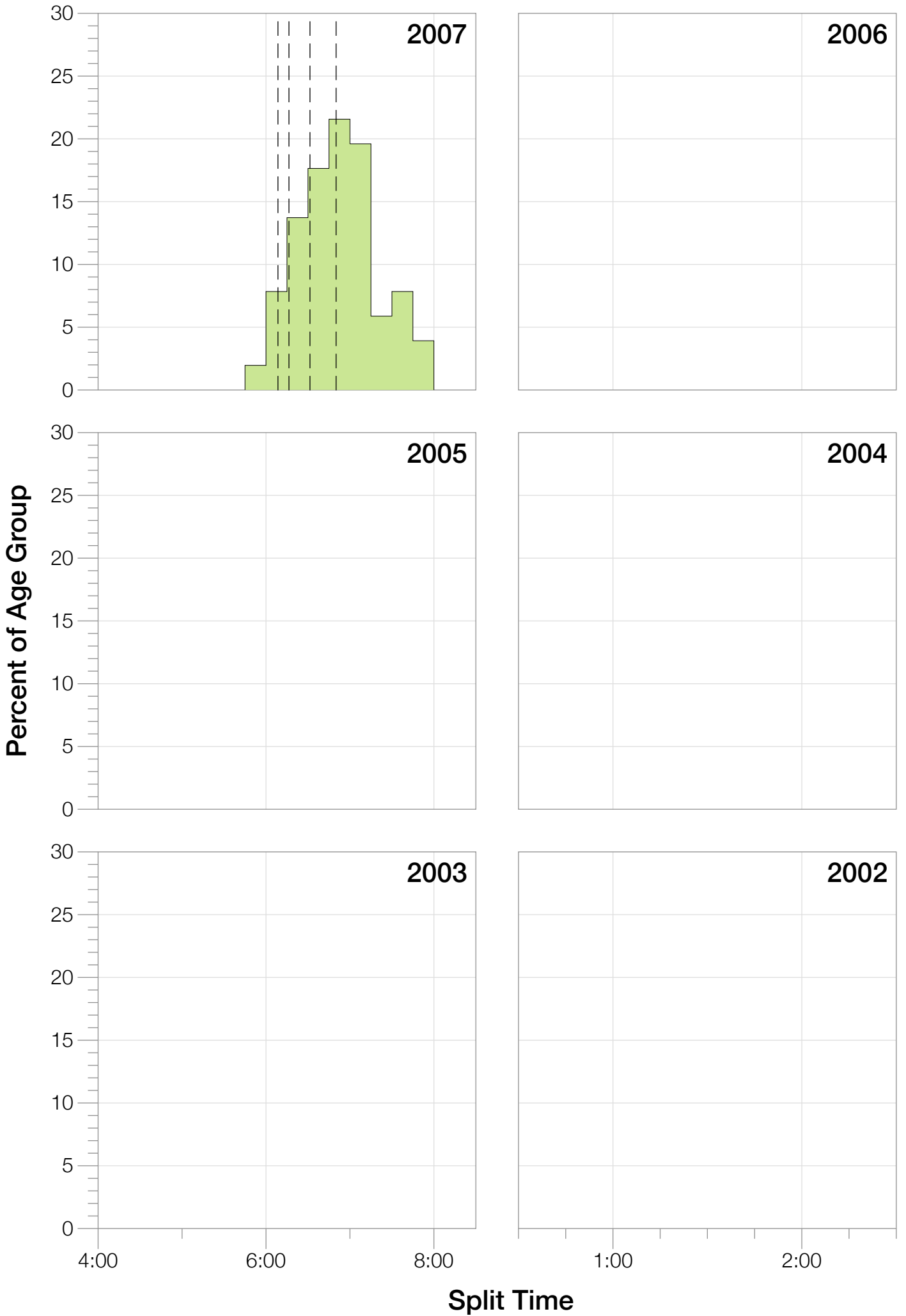
F35-39 Swim



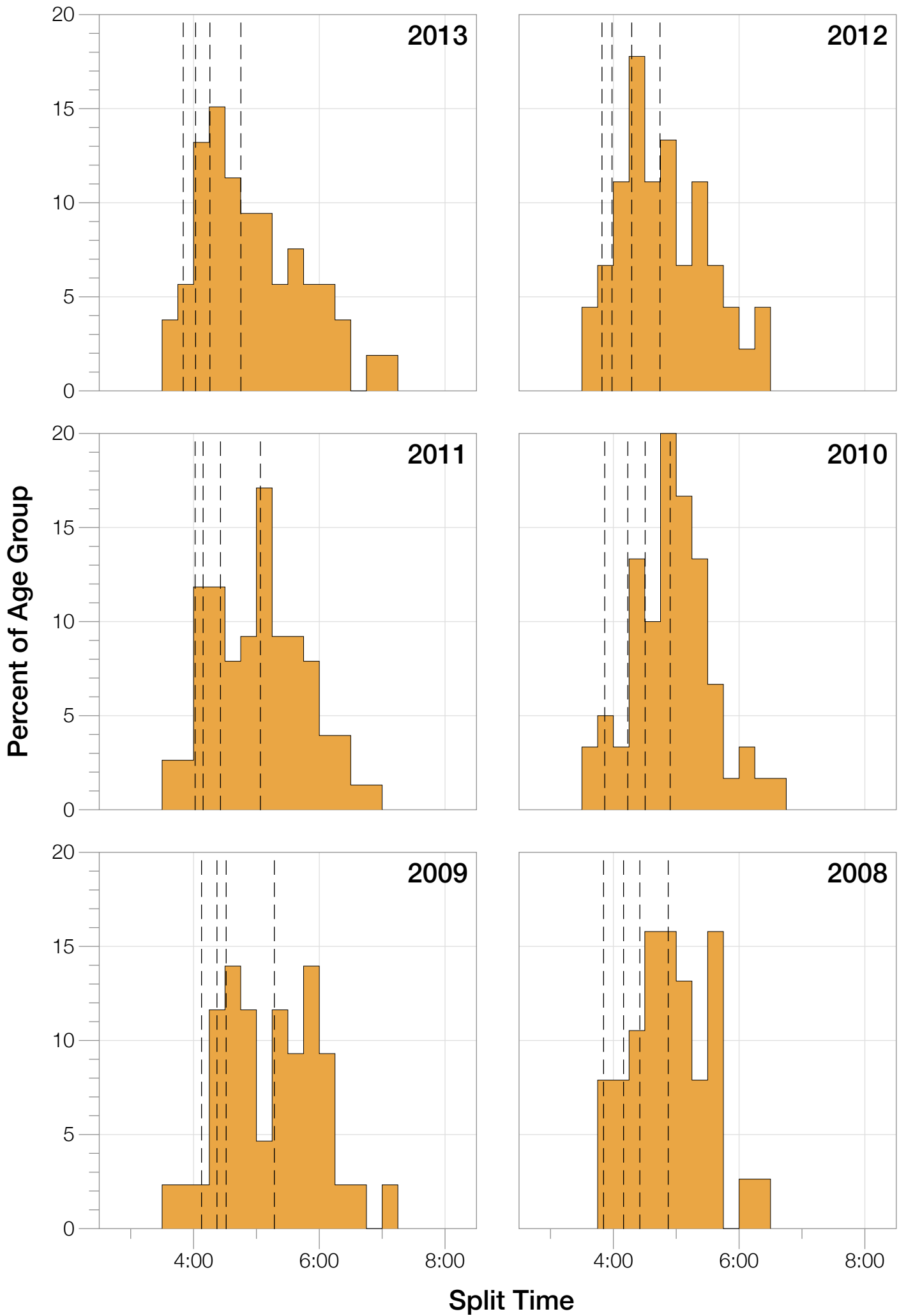
F35-39 Bike



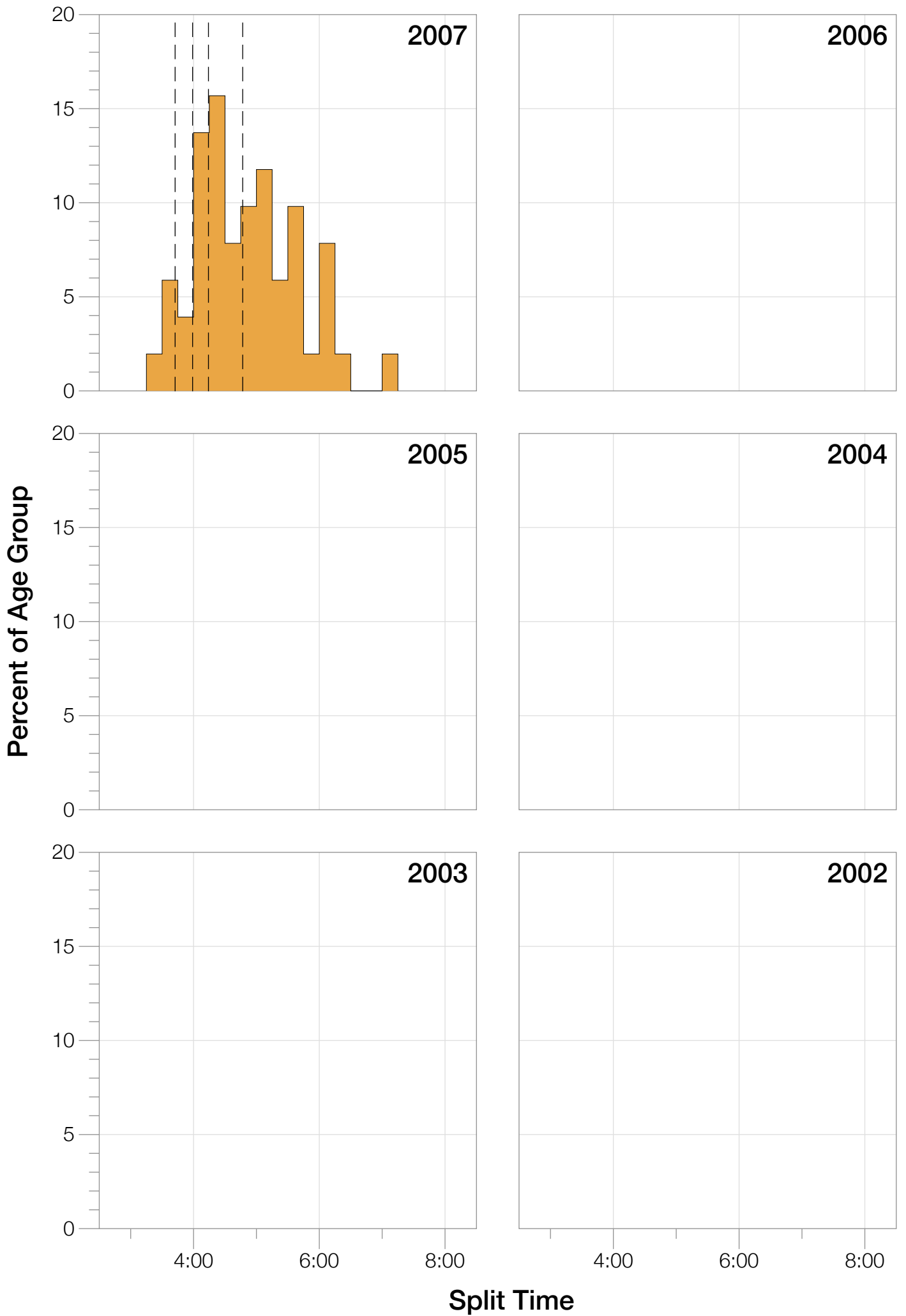
F35-39 Bike



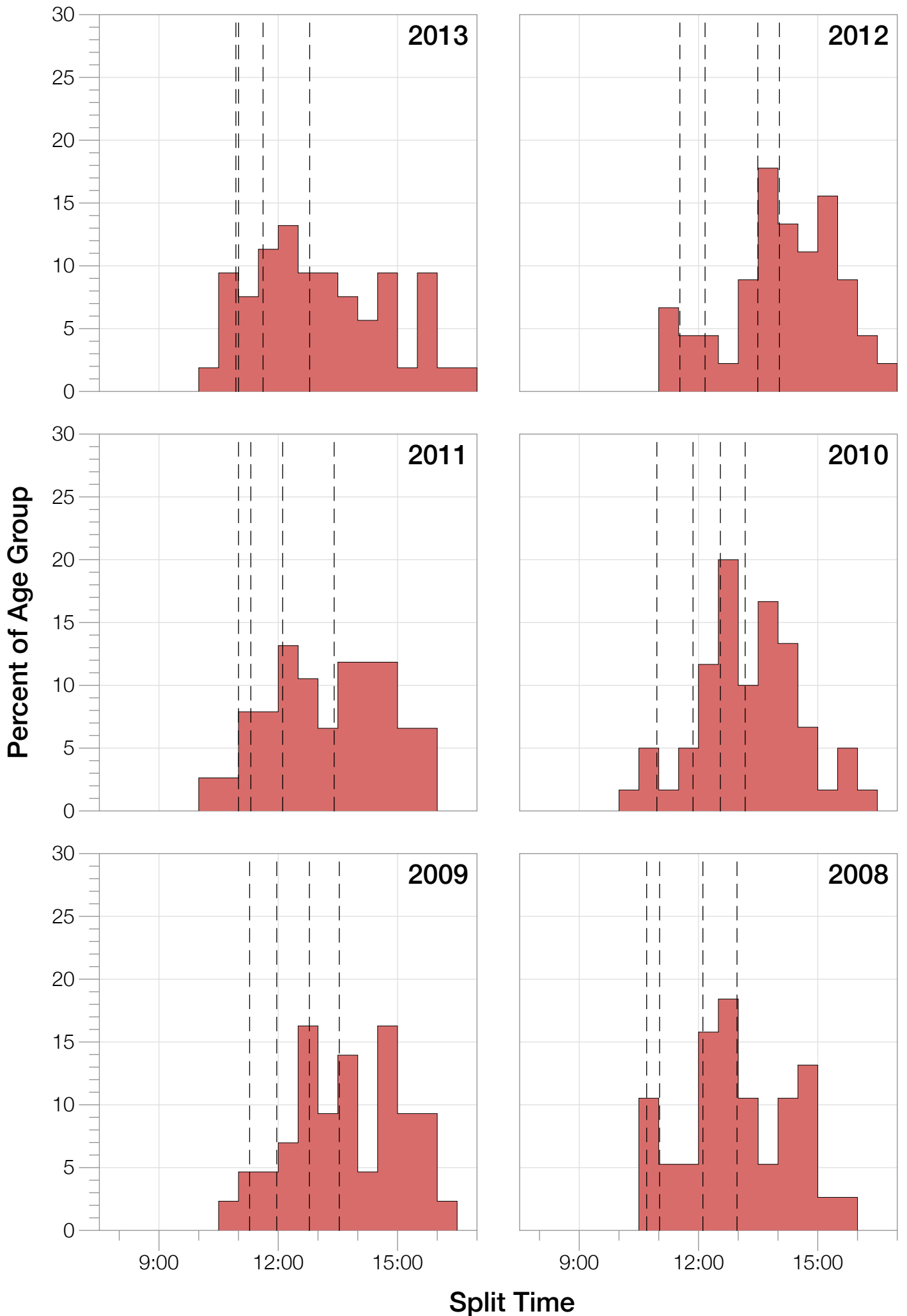
F35-39 Run



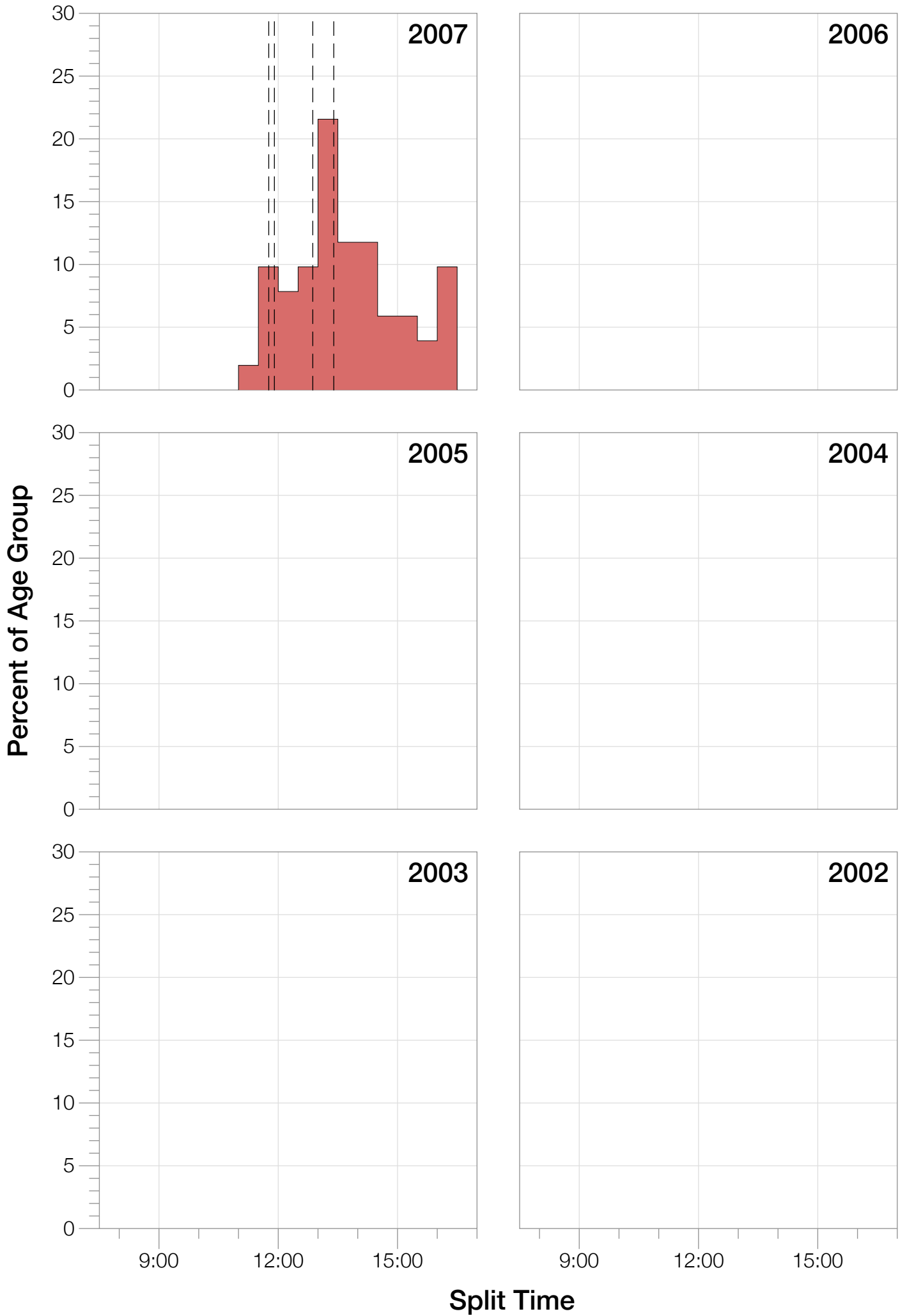
F35-39 Run



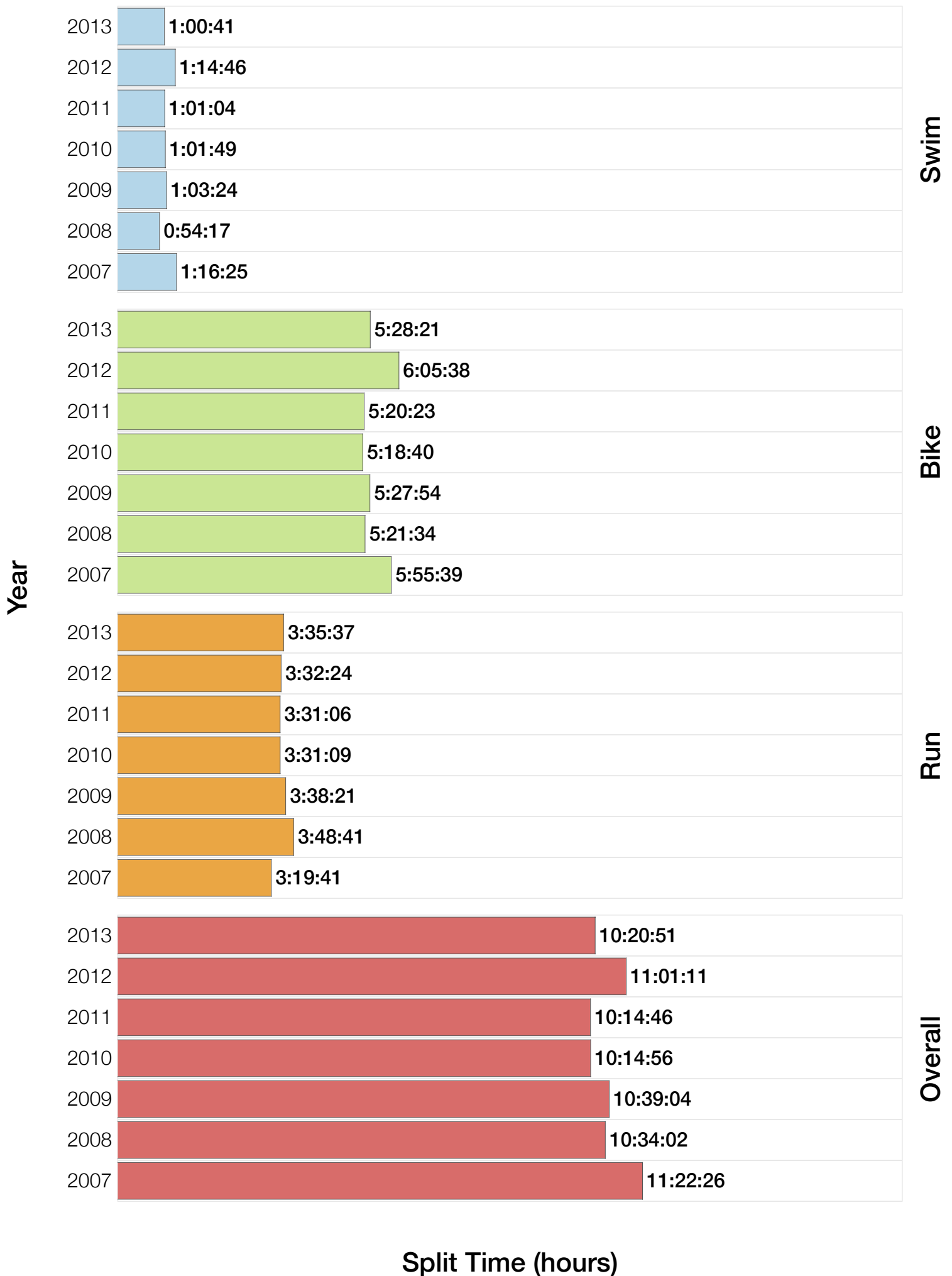
F35-39 Overall



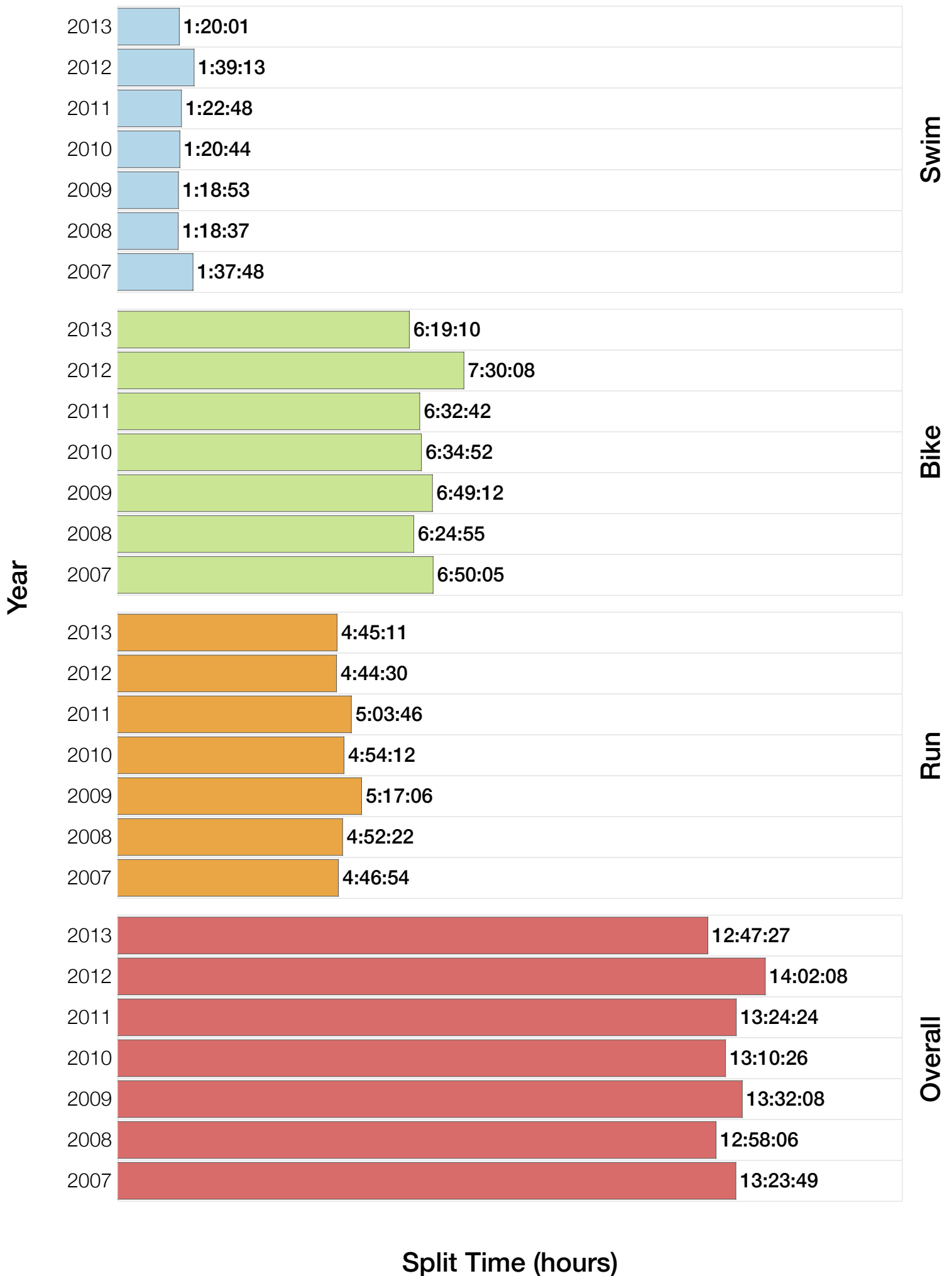
F35-39 Overall



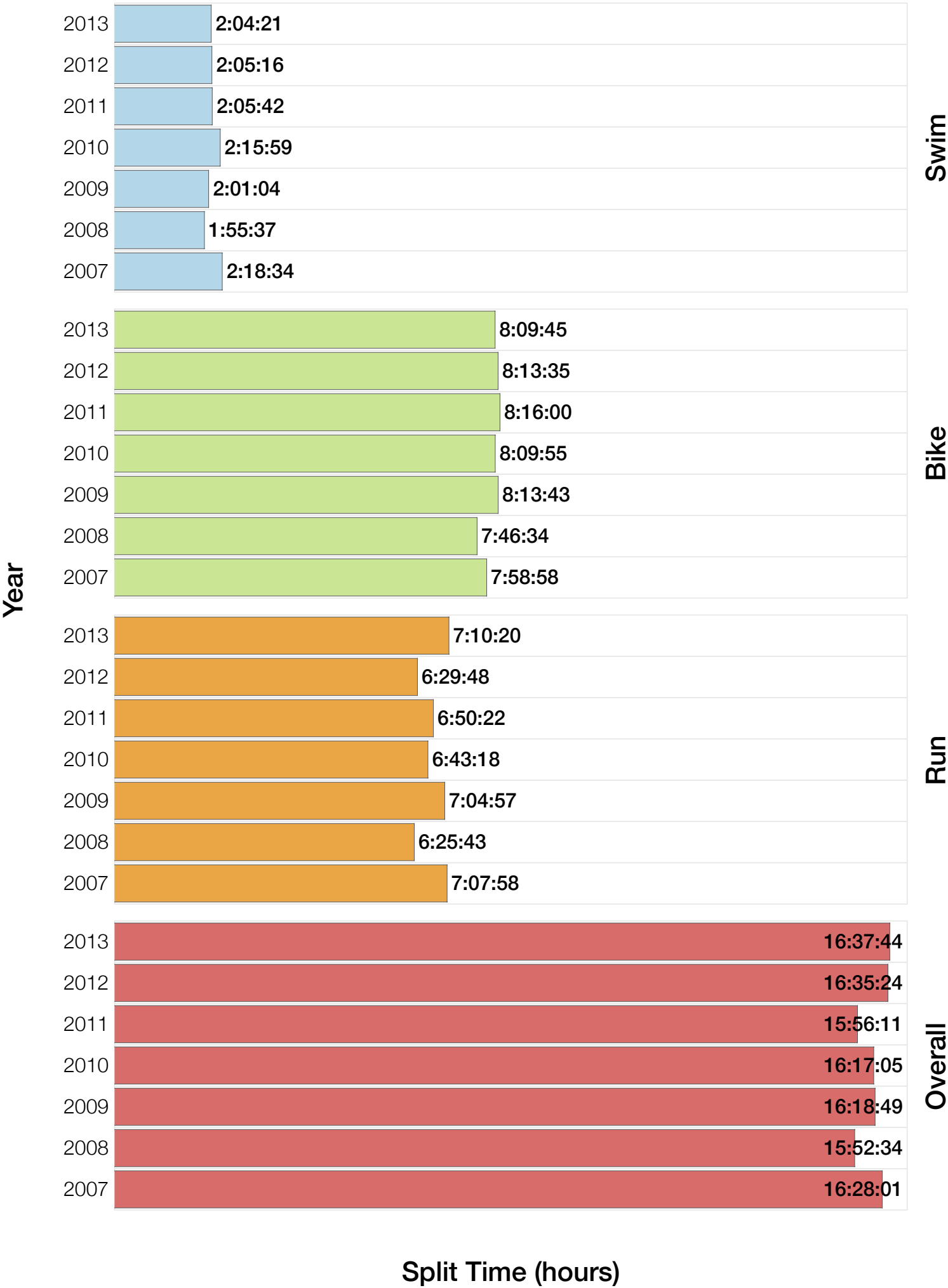
F35-39 Fastest Splits



F35-39 Median Splits



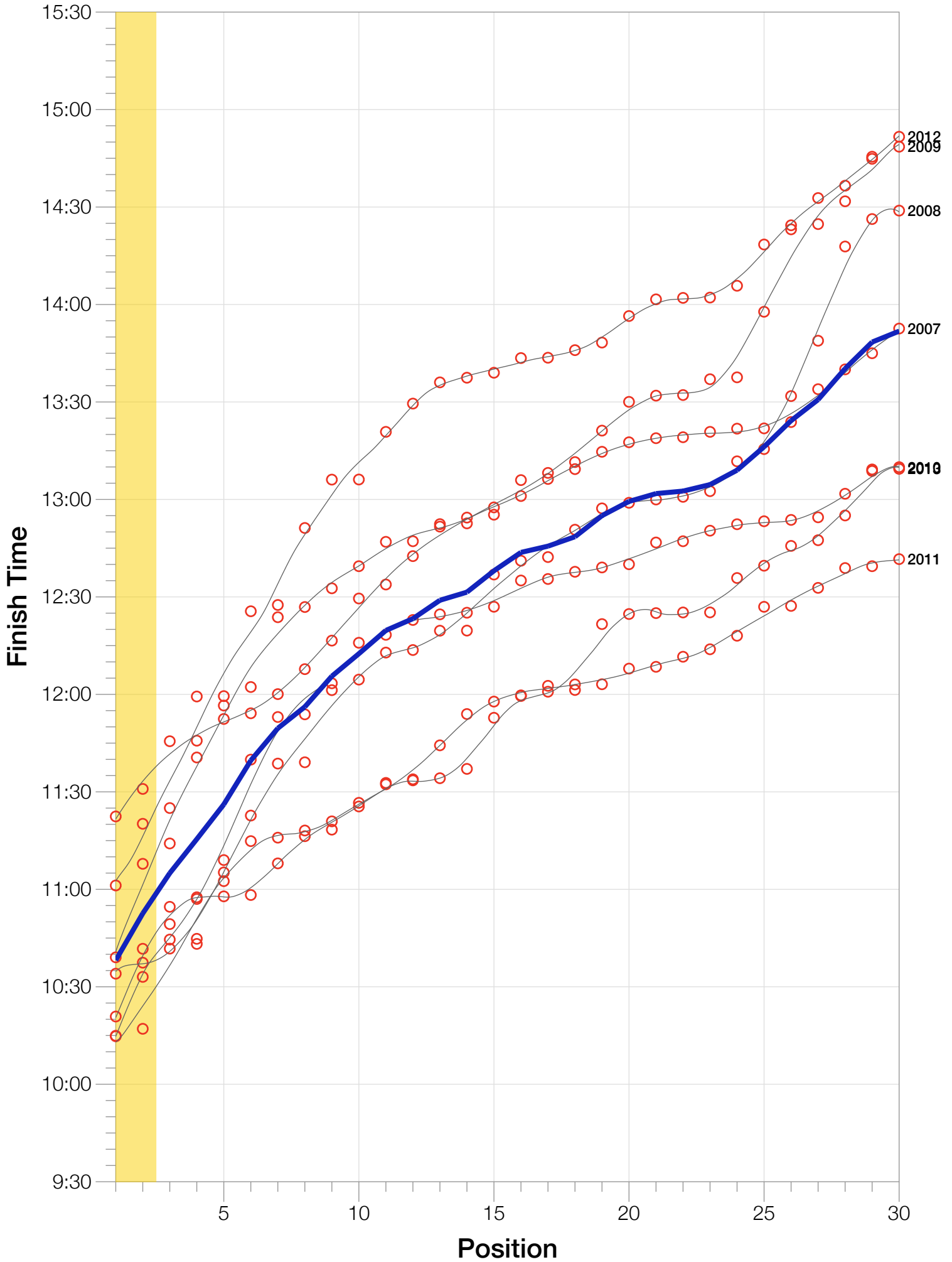
F35-39 Slowest Splits



Split Time (hours)

F35-39 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F35-39 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	1:26:56	6:04:00	3:43:42	11:22:26
2nd Age Grouper	1:16:25	5:55:39	4:08:44	11:30:54
3rd Age Grouper	1:37:42	6:16:24	3:32:50	11:45:35
4th Age Grouper	1:46:24	6:24:14	3:19:41	11:45:45
5th Age Grouper	1:25:40	6:10:28	4:06:31	11:52:26
Kona Qualifier Average	1:21:40	5:59:49	3:56:13	11:26:40
Age Grouper Average	1:30:37	6:10:09	3:46:17	11:39:25

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	1:13:50	5:21:34	3:50:47	10:34:02
2nd Age Grouper	1:00:03	5:23:33	4:11:38	10:41:42
3rd Age Grouper	1:13:12	5:32:20	3:49:55	10:41:45
4th Age Grouper	1:06:11	5:23:00	4:05:38	10:43:12
5th Age Grouper	1:20:59	5:21:59	4:18:00	11:09:00
Kona Qualifier Average	1:06:56	5:22:33	4:01:12	10:37:52
Age Grouper Average	1:10:51	5:24:29	4:03:11	10:45:56

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	1:05:43	5:27:54	3:58:36	10:39:04
2nd Age Grouper	1:20:39	6:01:39	3:38:21	11:07:51
3rd Age Grouper	1:03:24	5:41:09	4:22:53	11:14:07
4th Age Grouper	1:20:11	6:06:47	4:06:07	11:40:35
5th Age Grouper	1:08:27	6:08:13	4:24:20	11:56:34
Kona Qualifier Average	1:13:11	5:44:46	3:48:28	10:53:27
Age Grouper Average	1:11:40	5:53:08	4:06:03	11:19:38

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	1:18:28	5:18:40	3:31:09	10:14:56
2nd Age Grouper	1:02:08	5:38:19	3:45:04	10:33:03
3rd Age Grouper	1:07:53	5:56:40	3:36:04	10:49:18
4th Age Grouper	1:01:49	5:51:35	3:58:11	10:57:33
5th Age Grouper	1:09:40	5:29:45	4:13:52	11:02:31
Kona Qualifier Average	1:10:18	5:28:29	3:38:06	10:23:59
Age Grouper Average	1:07:59	5:38:59	3:48:52	10:43:28

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	1:06:19	5:29:49	3:31:06	10:14:46
2nd Age Grouper	1:03:49	5:27:33	3:40:04	10:17:04
3rd Age Grouper	1:08:19	5:31:42	3:57:35	10:44:32
4th Age Grouper	1:11:45	5:25:26	4:02:48	10:44:46
5th Age Grouper	1:22:21	5:22:59	4:12:33	11:05:12
Kona Qualifier Average	1:05:04	5:28:41	3:35:35	10:15:55
Age Grouper Average	1:10:30	5:27:29	3:52:49	10:37:16

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	1:16:06	6:06:51	3:32:24	11:01:11
2nd Age Grouper	1:20:34	6:05:38	3:47:28	11:20:10
3rd Age Grouper	1:14:46	6:16:12	3:43:35	11:25:01
4th Age Grouper	1:34:09	6:13:16	3:57:42	11:59:21
5th Age Grouper	1:19:29	6:33:32	4:00:13	11:59:28
Kona Qualifier Average	1:18:20	6:06:14	3:39:56	11:10:40
Age Grouper Average	1:21:00	6:15:05	3:48:16	11:33:02

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	1:00:41	5:28:21	3:44:31	10:20:51
2nd Age Grouper	1:07:01	5:38:14	3:47:00	10:37:25
3rd Age Grouper	1:05:41	5:39:56	4:03:55	10:54:37
4th Age Grouper	1:09:09	5:42:55	3:52:14	10:57:02
5th Age Grouper	1:05:28	5:37:54	4:07:01	10:57:50
Kona Qualifier Average	1:03:51	5:33:17	3:45:45	10:29:08
Age Grouper Average	1:05:36	5:37:28	3:54:56	10:45:33

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	1:12:34	5:36:44	3:41:45	10:38:10
Average 2nd Age Grouper	1:10:05	5:44:22	3:51:11	10:52:35
Average 3rd Age Grouper	1:12:59	5:50:37	3:52:23	11:04:59
Average 4th Age Grouper	1:18:31	5:52:27	3:54:37	11:15:27
Average 5th Age Grouper	1:16:00	5:49:15	4:11:47	11:26:08
Kona Qualifier Average	1:11:20	5:40:33	3:46:28	10:45:23
Age Grouper Average	1:14:02	5:46:41	3:54:20	11:03:28