

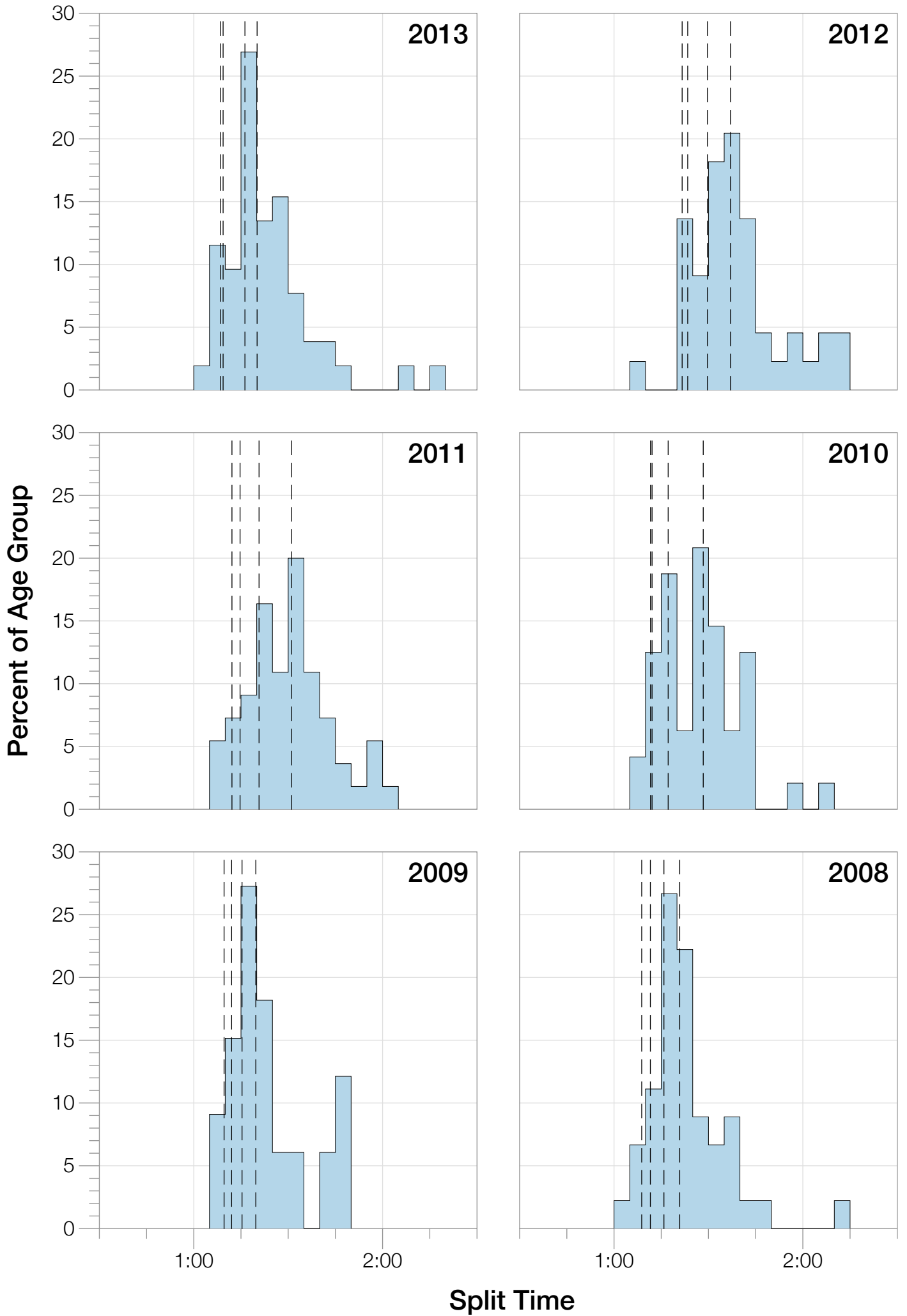
Ironman South Africa Statistics

F40-44

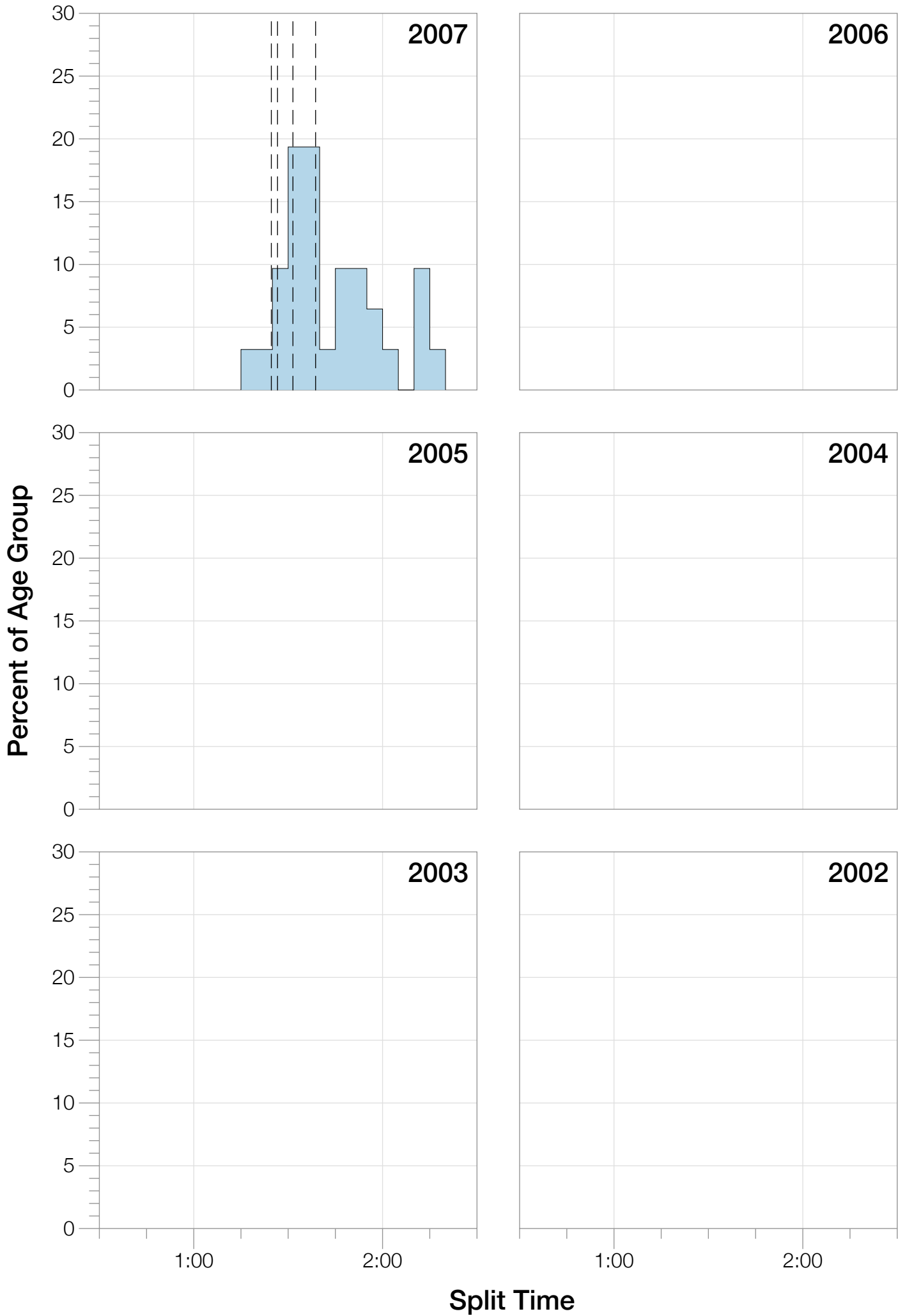
F40-44 Summary Statistics

Year	Finishers	F40-44 Finishers	Male Winner's Time	Female Winner's Time	F40-44 Winner's Time
2007	1305	31	8:33:04	9:22:00	11:28:07
2008	1403	45	8:18:23	9:27:48	10:57:28
2009	1304	33	8:17:32	9:16:32	10:31:03
2010	1548	48	8:23:28	9:16:55	11:12:14
2011	1505	55	8:05:36	8:33:56	10:30:22
2012	1384	44	8:34:45	9:47:10	11:27:43
2013	1541	52	8:11:24	9:10:58	10:26:29
Average	1427	44	8:20:36	9:16:28	10:56:12

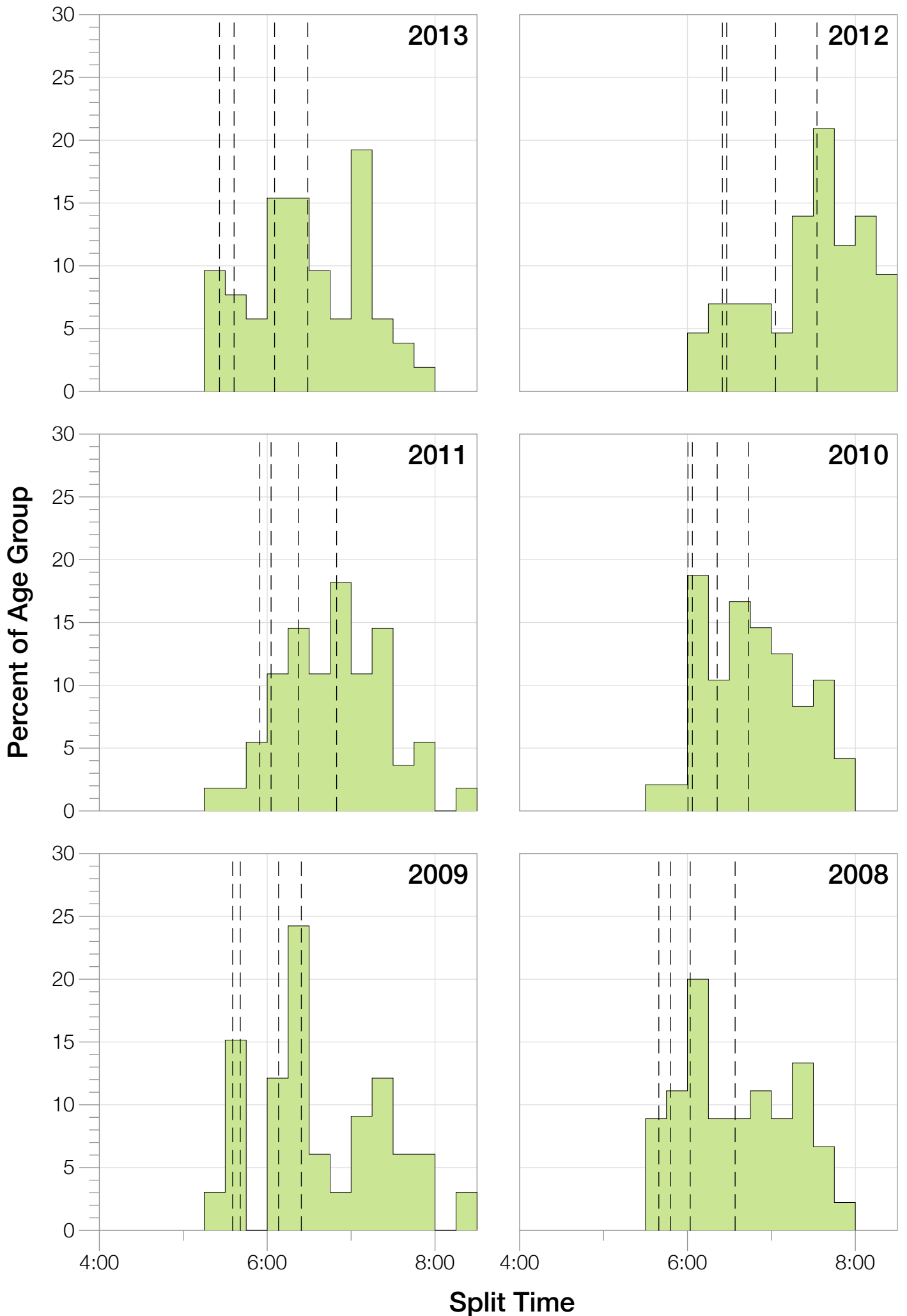
F40-44 Swim



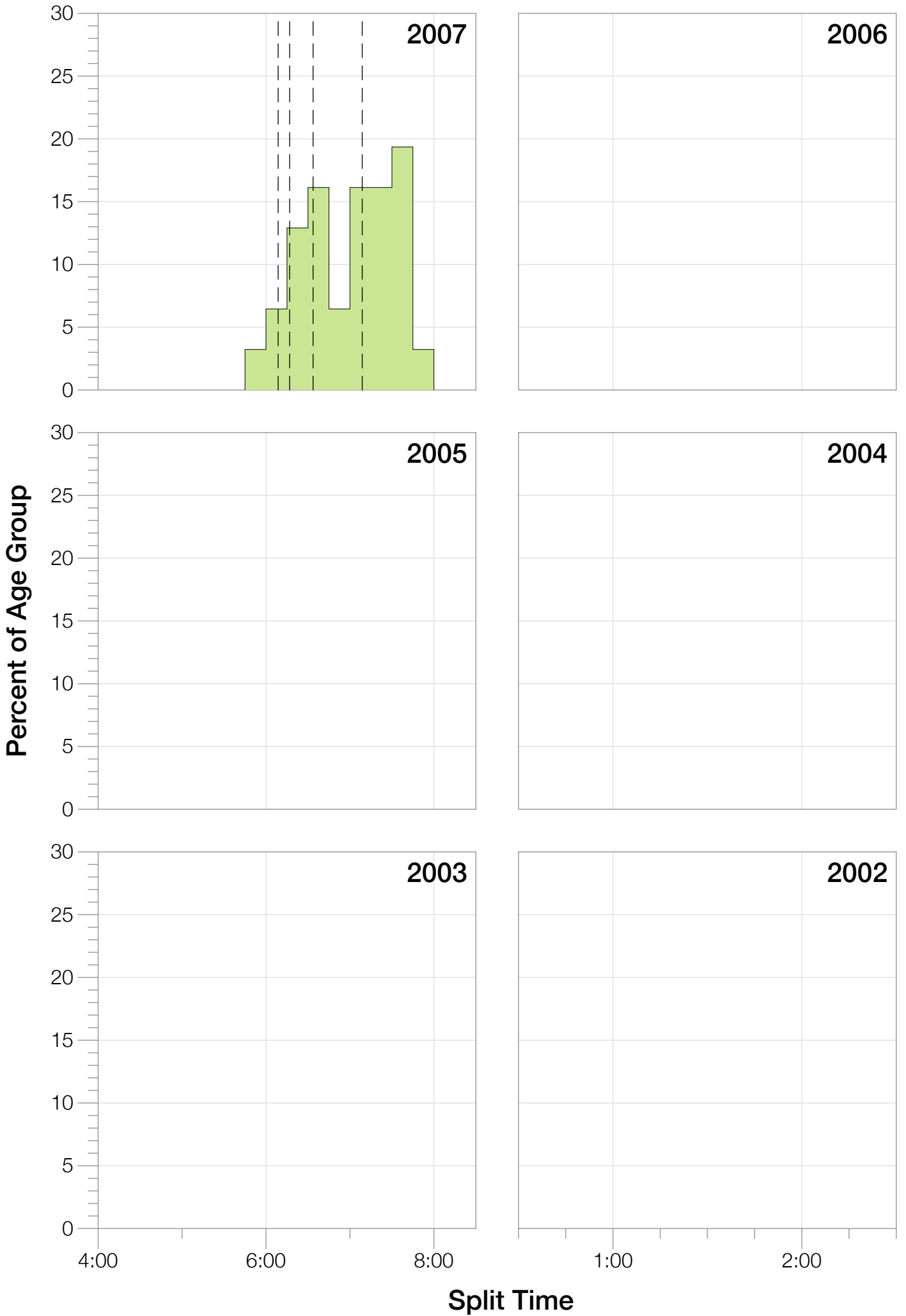
F40-44 Swim



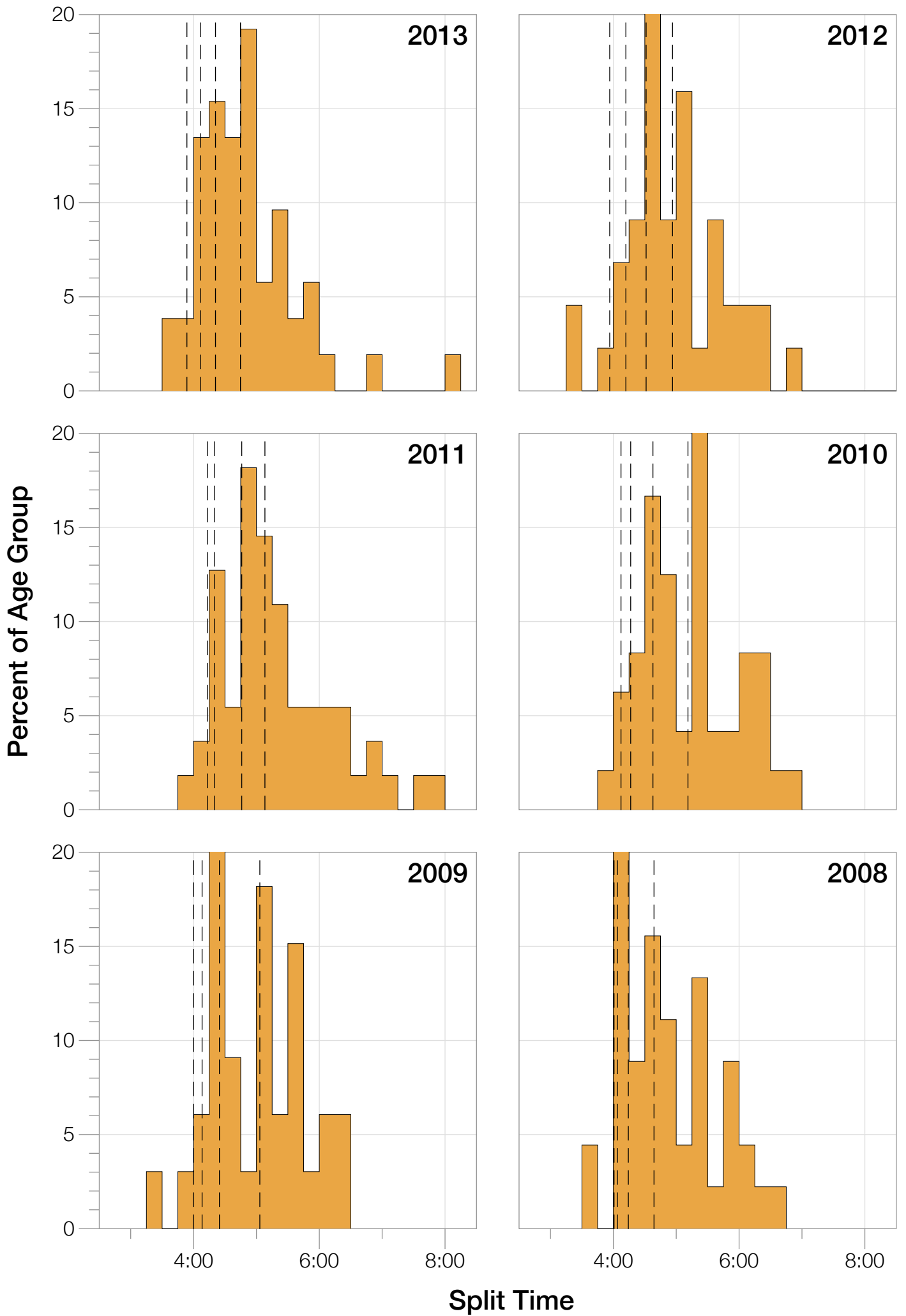
F40-44 Bike



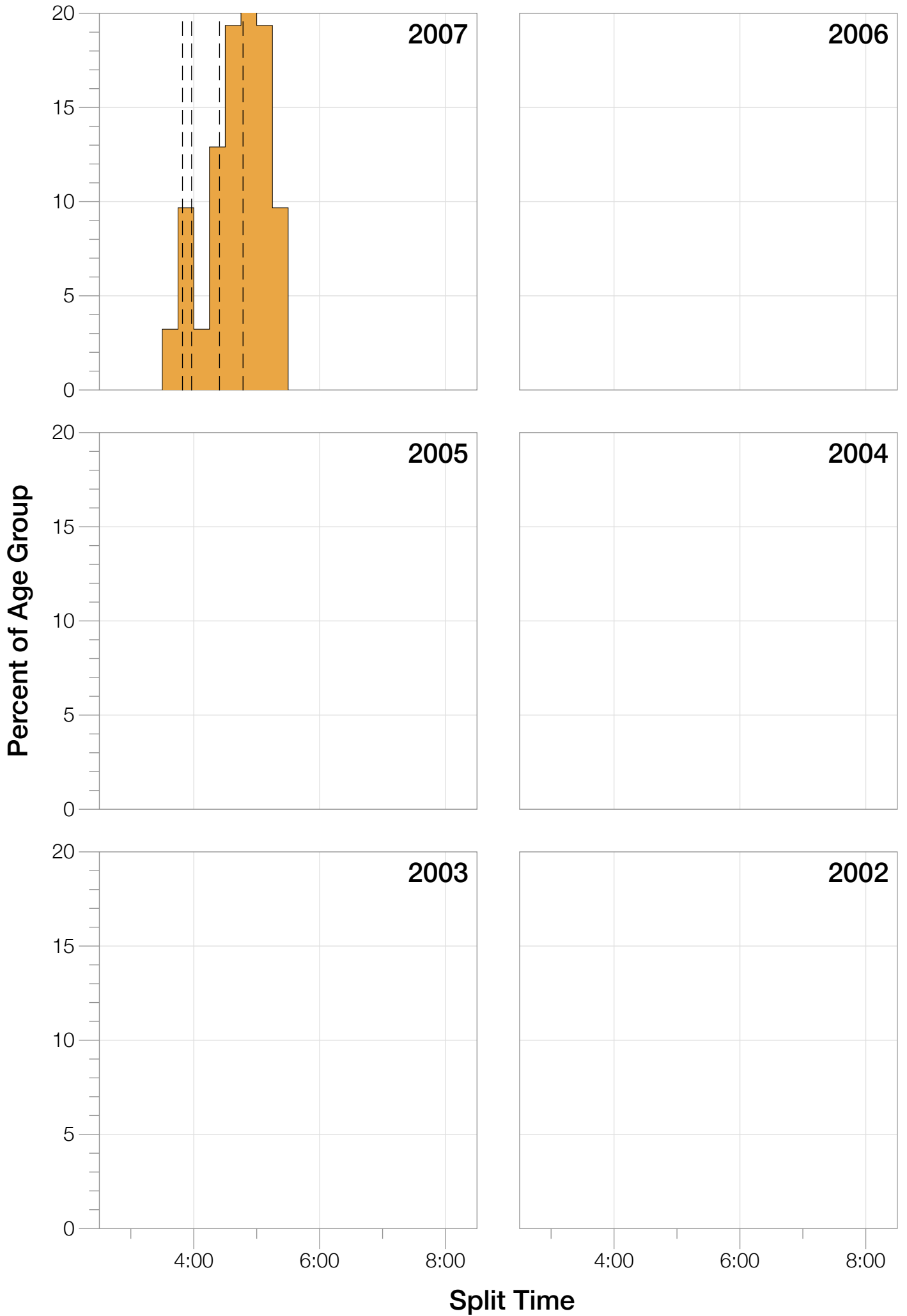
F40-44 Bike



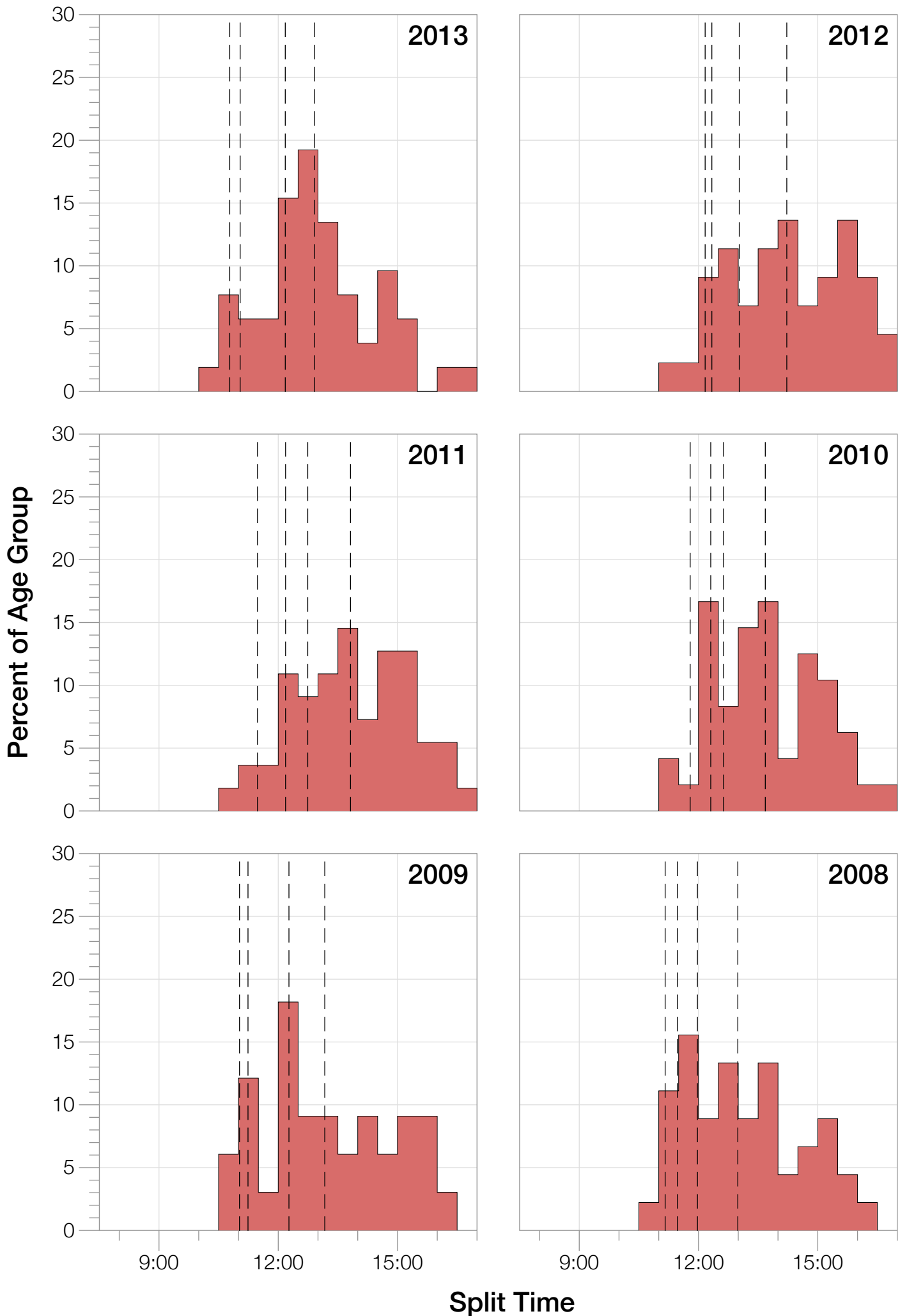
F40-44 Run



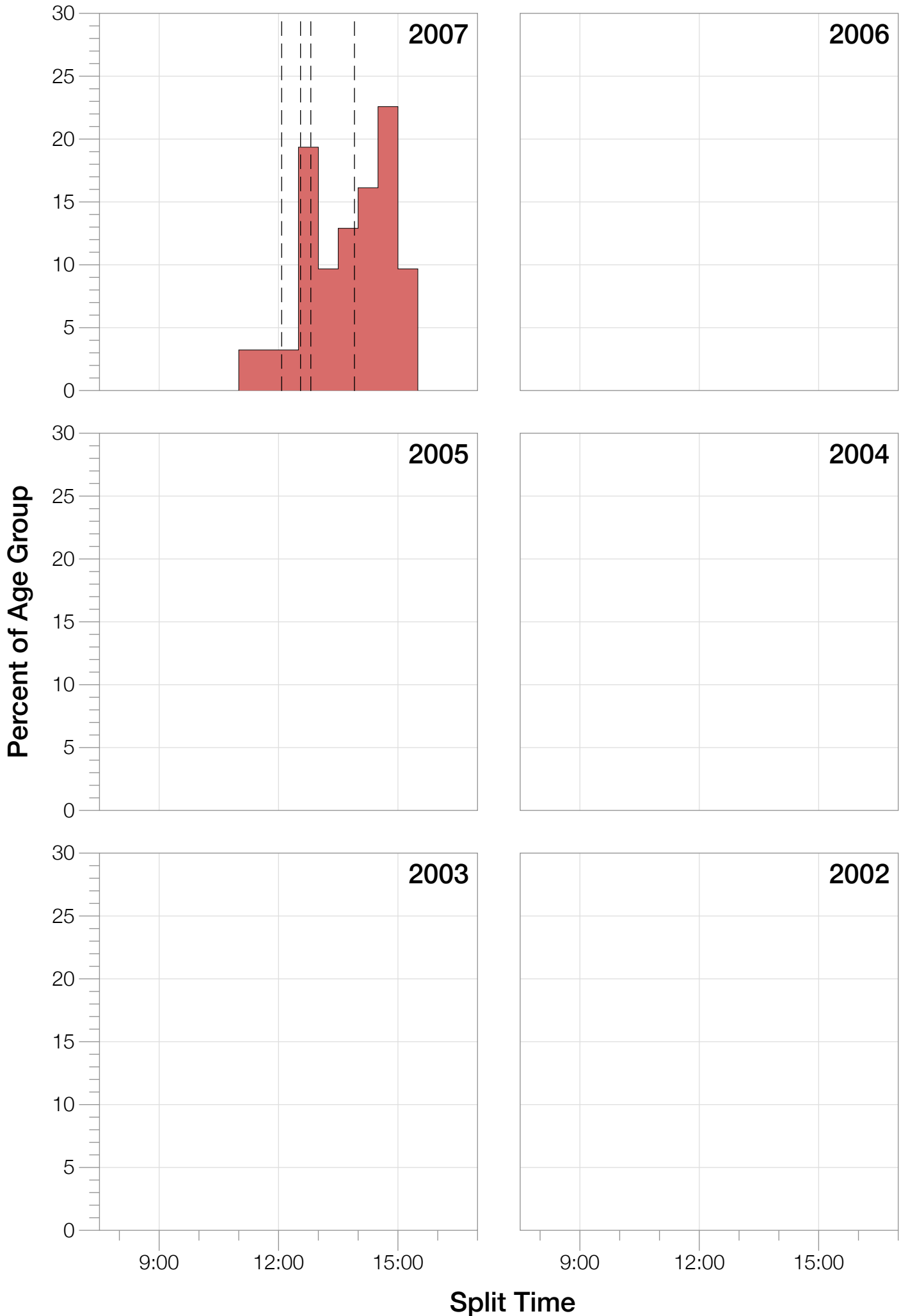
F40-44 Run



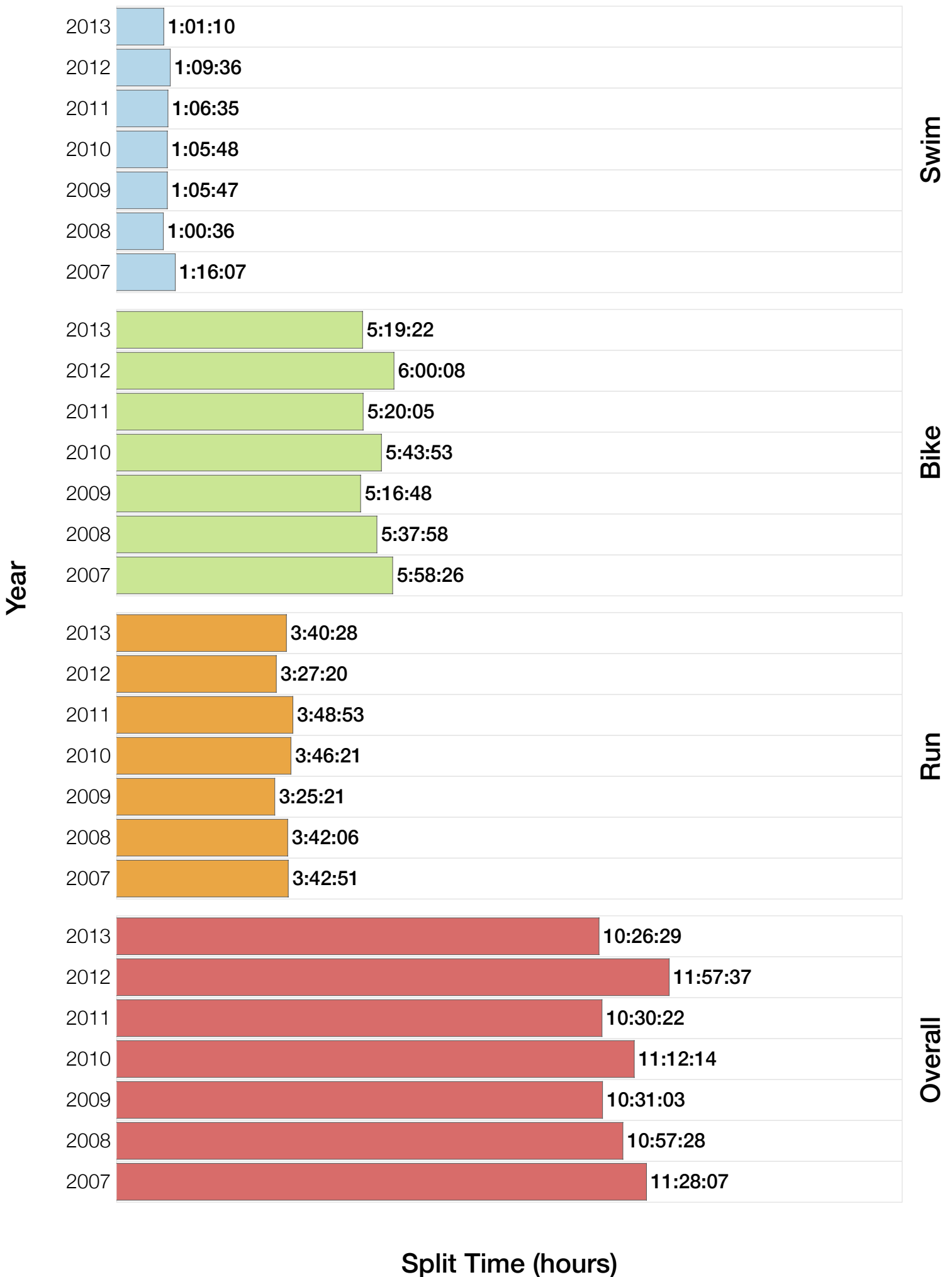
F40-44 Overall



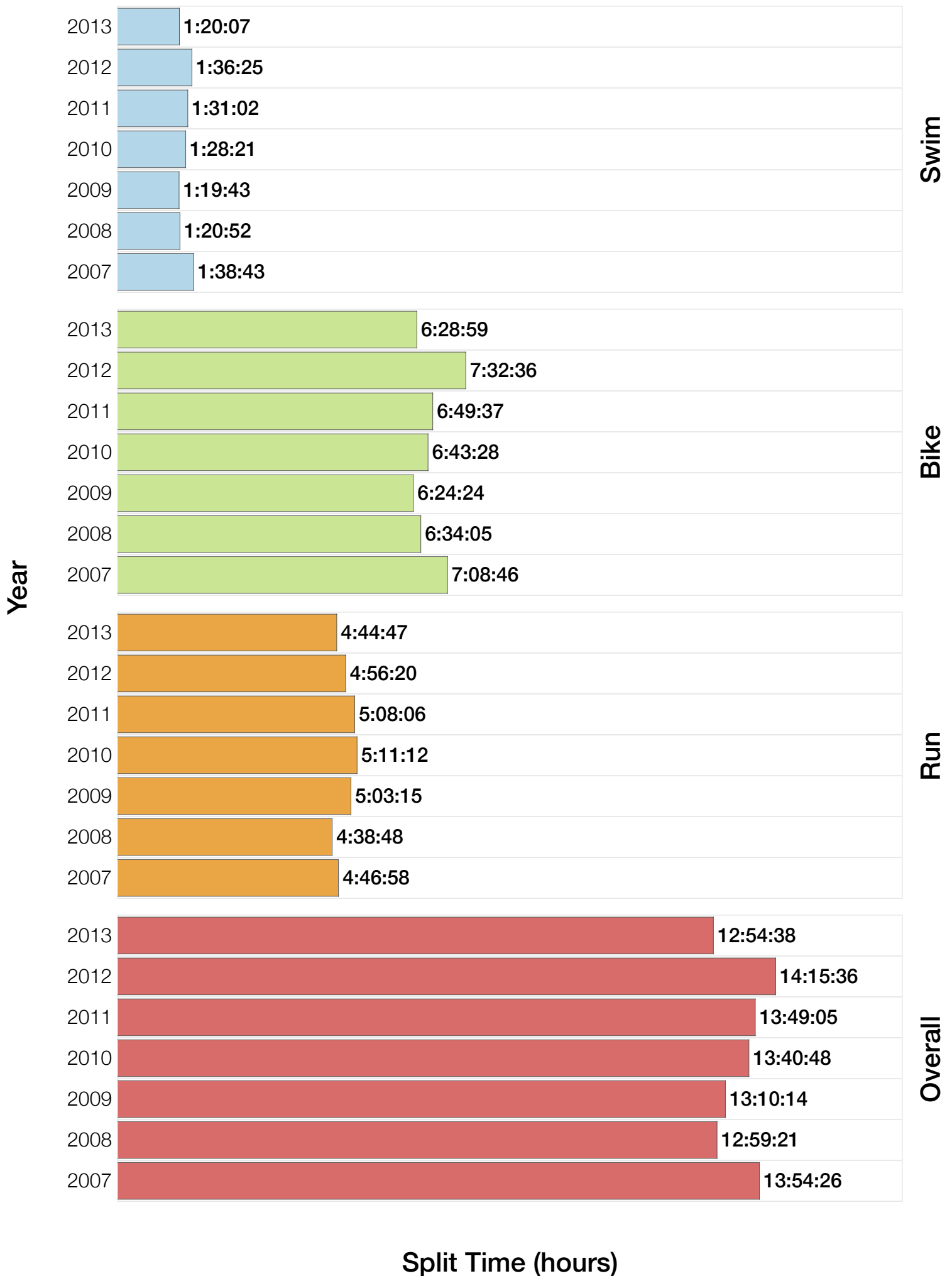
F40-44 Overall



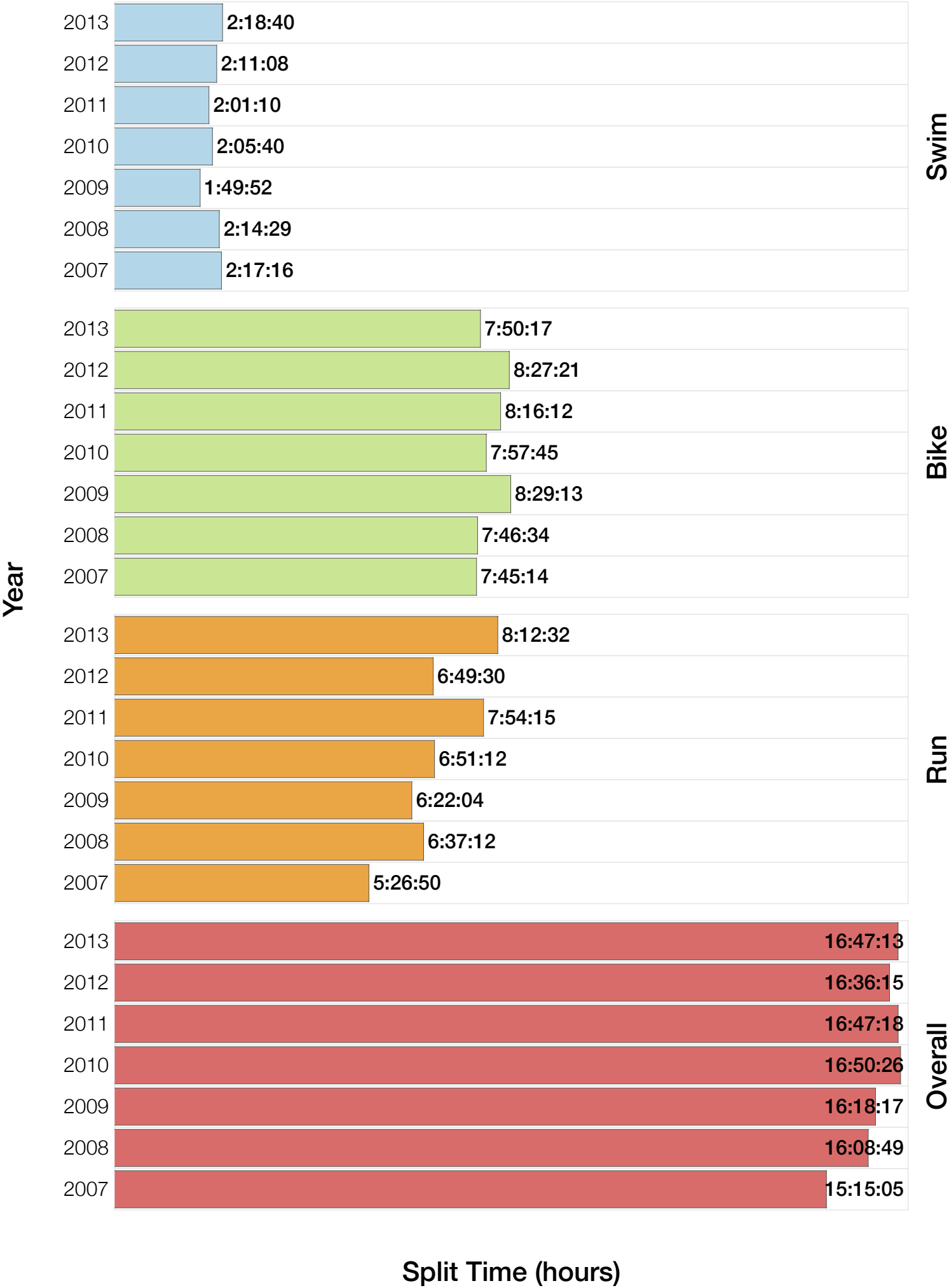
F40-44 Fastest Splits



F40-44 Median Splits



F40-44 Slowest Splits



Split Time (hours)

F40-44 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	1:30:24	6:04:59	3:42:51	11:28:07
2nd Age Grouper	1:32:01	6:16:54	3:48:38	11:54:07
3rd Age Grouper	1:25:48	6:47:20	3:49:52	12:15:14
4th Age Grouper	1:31:21	6:30:29	4:17:52	12:33:10
5th Age Grouper	1:27:45	5:58:26	4:57:14	12:36:16
Kona Qualifier Average	1:31:12	6:10:56	3:45:44	11:41:07
Age Grouper Average	1:29:27	6:19:37	4:07:17	12:09:22

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	1:15:58	5:50:20	3:42:06	10:57:28
2nd Age Grouper	1:08:32	5:37:58	4:06:25	11:00:21
3rd Age Grouper	1:13:25	5:39:04	4:02:10	11:09:25
4th Age Grouper	1:23:29	5:38:54	4:00:20	11:10:37
5th Age Grouper	1:13:12	5:50:55	4:14:16	11:27:12
Kona Qualifier Average	1:12:15	5:44:09	3:54:15	10:58:54
Age Grouper Average	1:14:55	5:43:26	4:01:03	11:09:00

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	1:20:30	5:37:11	3:25:21	10:31:03
2nd Age Grouper	1:15:20	5:40:43	3:52:26	10:57:42
3rd Age Grouper	1:09:21	5:40:57	4:05:33	11:04:08
4th Age Grouper	1:18:57	5:43:34	4:05:16	11:14:10
5th Age Grouper	1:09:49	5:16:48	4:37:32	11:15:02
Kona Qualifier Average	1:17:55	5:38:57	3:38:53	10:44:22
Age Grouper Average	1:14:47	5:35:50	4:01:13	11:00:25

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	1:16:27	5:43:53	4:02:56	11:12:14
2nd Age Grouper	1:18:34	6:00:04	3:46:21	11:16:00
3rd Age Grouper	1:14:25	6:02:38	4:07:54	11:38:41
4th Age Grouper	1:07:58	6:06:48	4:37:51	12:03:37
5th Age Grouper	1:16:19	6:09:19	4:34:55	12:15:31
Kona Qualifier Average	1:17:30	5:51:58	3:54:38	11:14:07
Age Grouper Average	1:14:44	6:00:32	4:13:59	11:41:12

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	1:14:48	5:20:05	3:48:53	10:30:22
2nd Age Grouper	1:14:20	5:34:18	4:17:05	11:13:08
3rd Age Grouper	1:08:31	5:56:02	4:07:03	11:19:31
4th Age Grouper	1:06:35	6:03:20	4:15:58	11:32:35
5th Age Grouper	1:16:55	5:51:32	4:25:32	11:43:48
Kona Qualifier Average	1:14:34	5:27:11	4:02:59	10:51:45
Age Grouper Average	1:12:13	5:45:03	4:10:54	11:15:52

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	1:37:37		11:27:43	11:27:43
2nd Age Grouper	1:39:31	6:36:43	3:29:48	11:57:37
3rd Age Grouper	1:30:05	6:00:08	4:31:16	12:09:54
4th Age Grouper	1:23:18	6:33:03	4:03:04	12:10:42
5th Age Grouper	1:31:49	6:41:40	3:55:23	12:17:56
Kona Qualifier Average	1:38:34	3:18:21	7:28:45	11:42:40
Age Grouper Average	1:32:28	5:10:18	5:29:26	12:00:46

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	1:08:56	5:29:57	3:41:19	10:26:29
2nd Age Grouper	1:08:10	5:19:22	4:06:24	10:39:53
3rd Age Grouper	1:19:34	5:27:27	3:40:28	10:41:16
4th Age Grouper	1:14:16	5:23:48	4:05:24	10:51:17
5th Age Grouper	1:16:25	5:44:06	3:49:55	10:59:05
Kona Qualifier Average	1:08:33	5:24:39	3:53:51	10:33:11
Age Grouper Average	1:13:28	5:28:56	3:52:42	10:43:36

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	1:20:40	4:52:20	4:50:09	10:56:12
Average 2nd Age Grouper	1:19:29	5:52:17	3:55:18	11:16:58
Average 3rd Age Grouper	1:17:18	5:56:13	4:03:28	11:28:18
Average 4th Age Grouper	1:17:59	5:59:59	4:12:15	11:39:26
Average 5th Age Grouper	1:18:53	5:56:06	4:22:06	11:47:50
Kona Qualifier Average	1:20:04	5:22:19	4:22:44	11:06:35
Age Grouper Average	1:18:52	5:43:23	4:16:39	11:25:45