

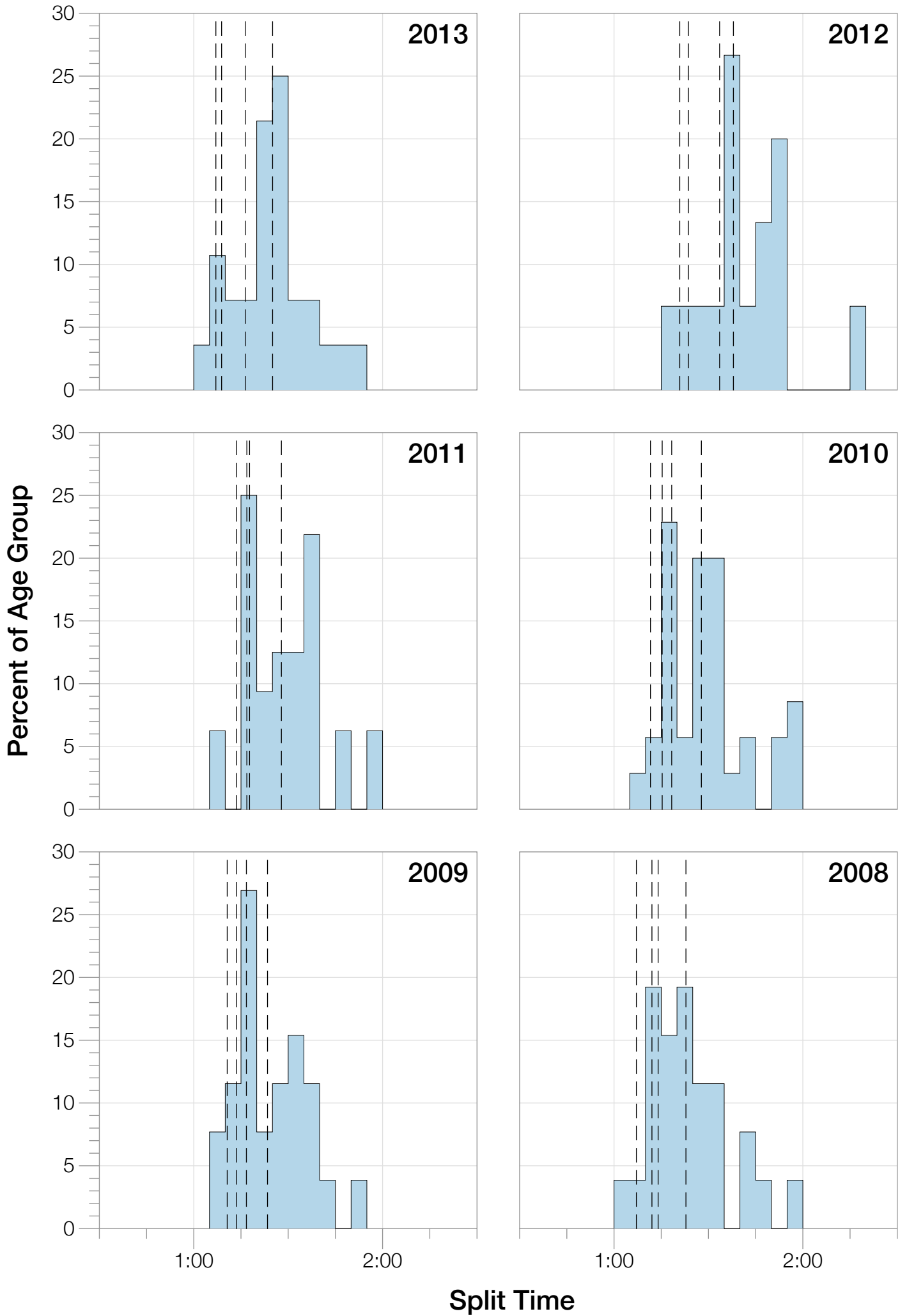
Ironman South Africa Statistics

F45-49

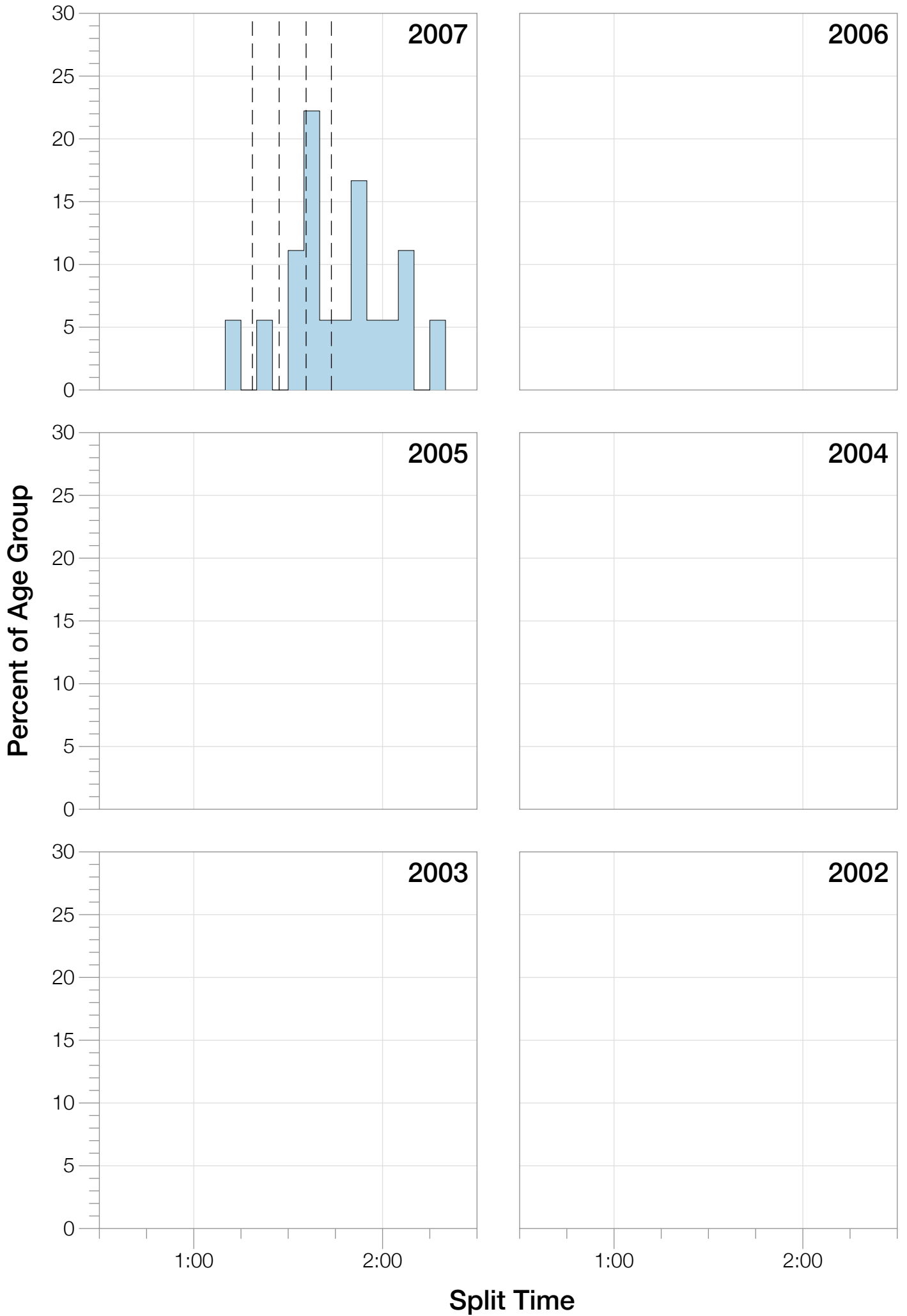
F45-49 Summary Statistics

Year	Finishers	F45-49 Finishers	Male Winner's Time	Female Winner's Time	F45-49 Winner's Time
2007	1305	18	8:33:04	9:22:00	12:25:08
2008	1403	26	8:18:23	9:27:48	11:13:29
2009	1304	26	8:17:32	9:16:32	11:38:54
2010	1548	35	8:23:28	9:16:55	10:33:32
2011	1505	32	8:05:36	8:33:56	11:01:22
2012	1384	15	8:34:45	9:47:10	12:11:17
2013	1541	28	8:11:24	9:10:58	10:46:37
Average	1427	26	8:20:36	9:16:28	11:24:19

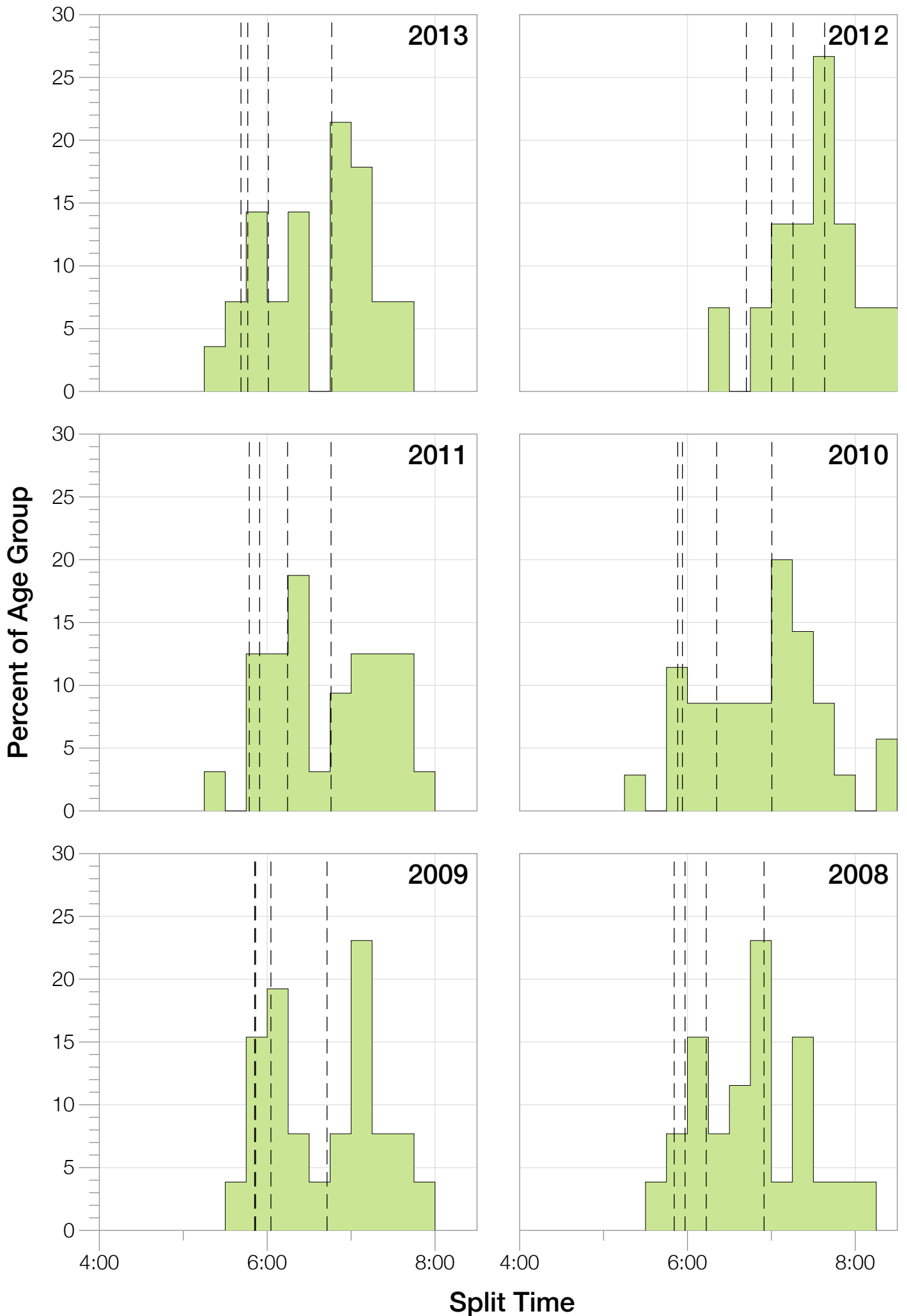
F45-49 Swim



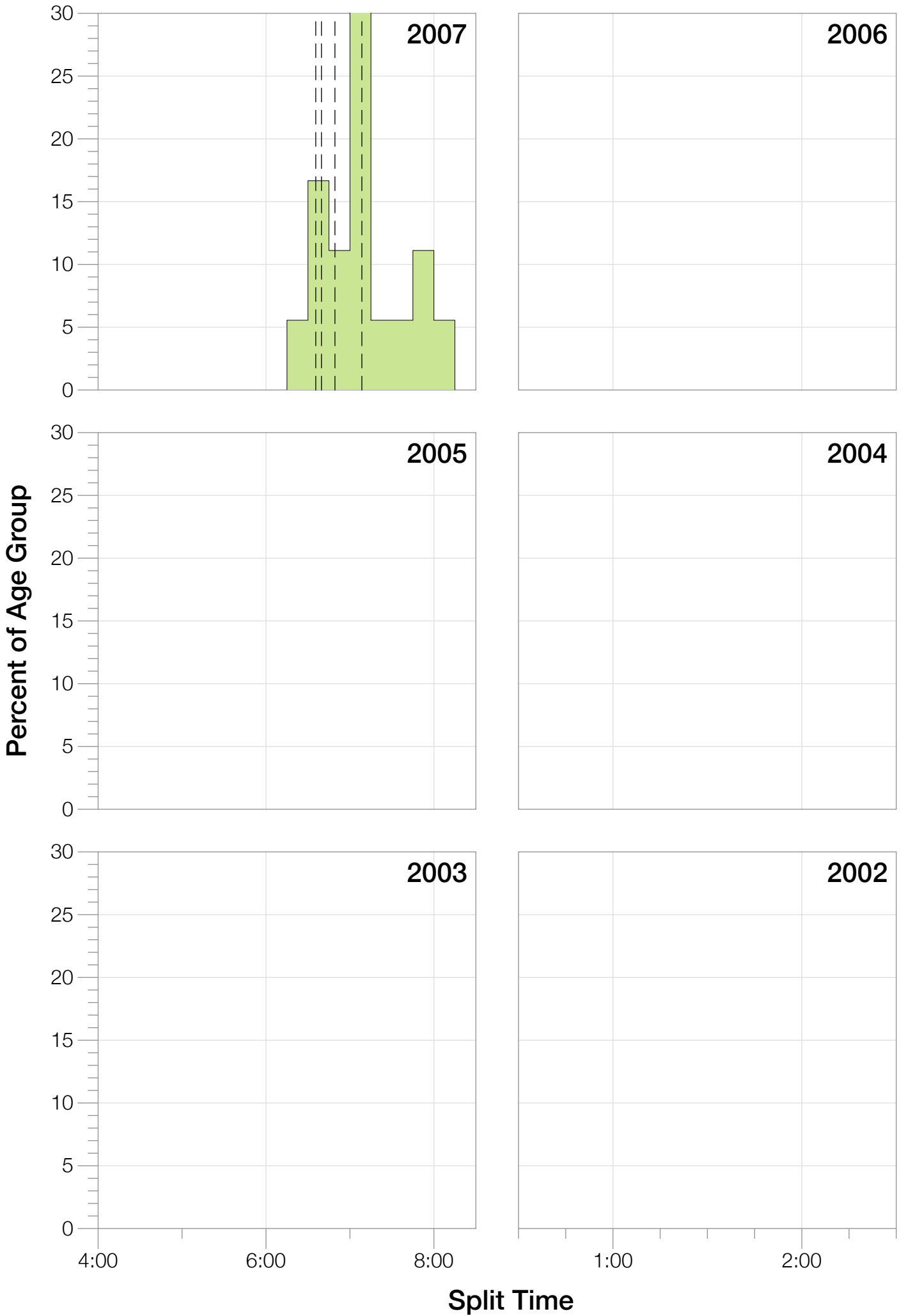
F45-49 Swim



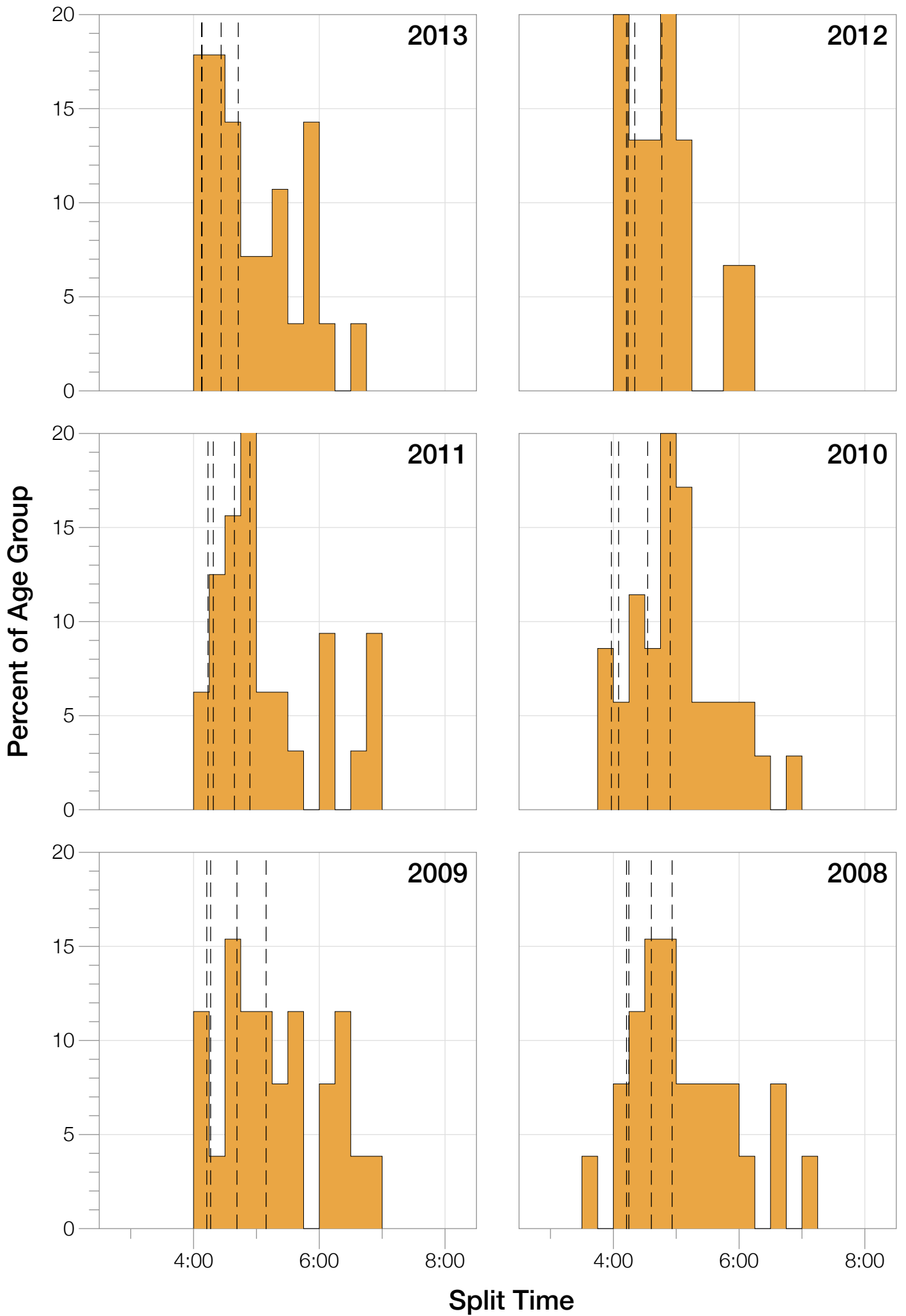
F45-49 Bike



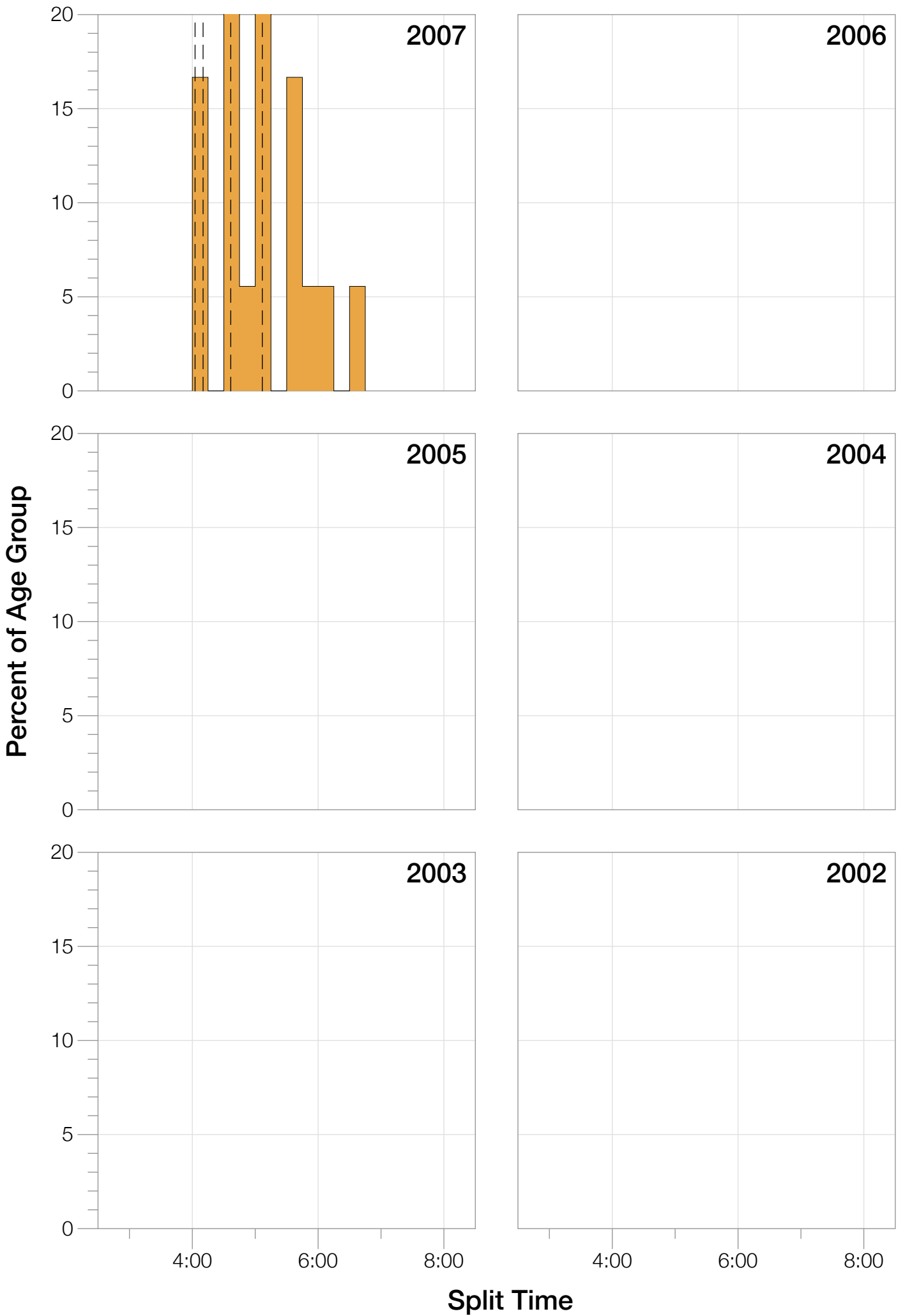
F45-49 Bike



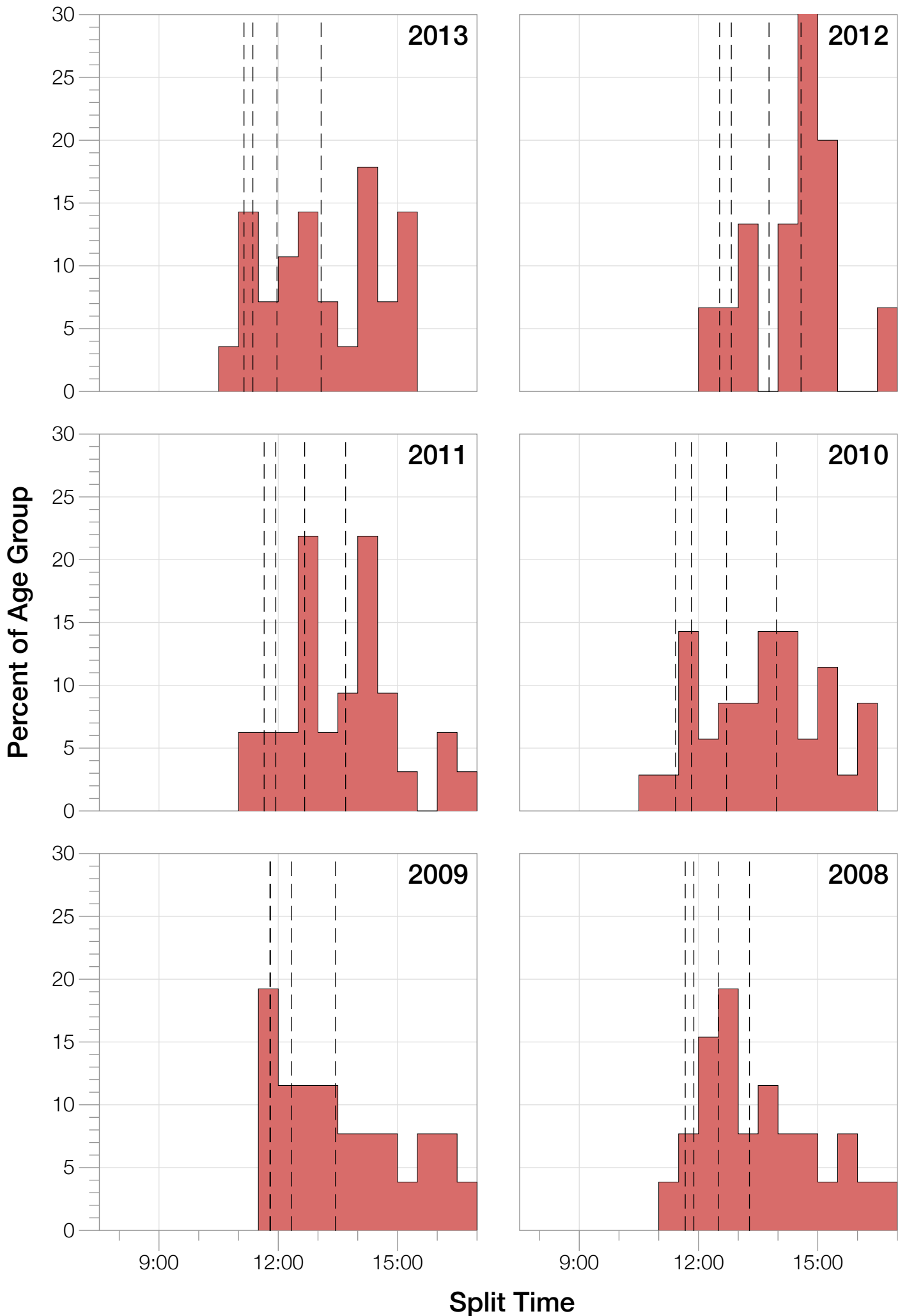
F45-49 Run



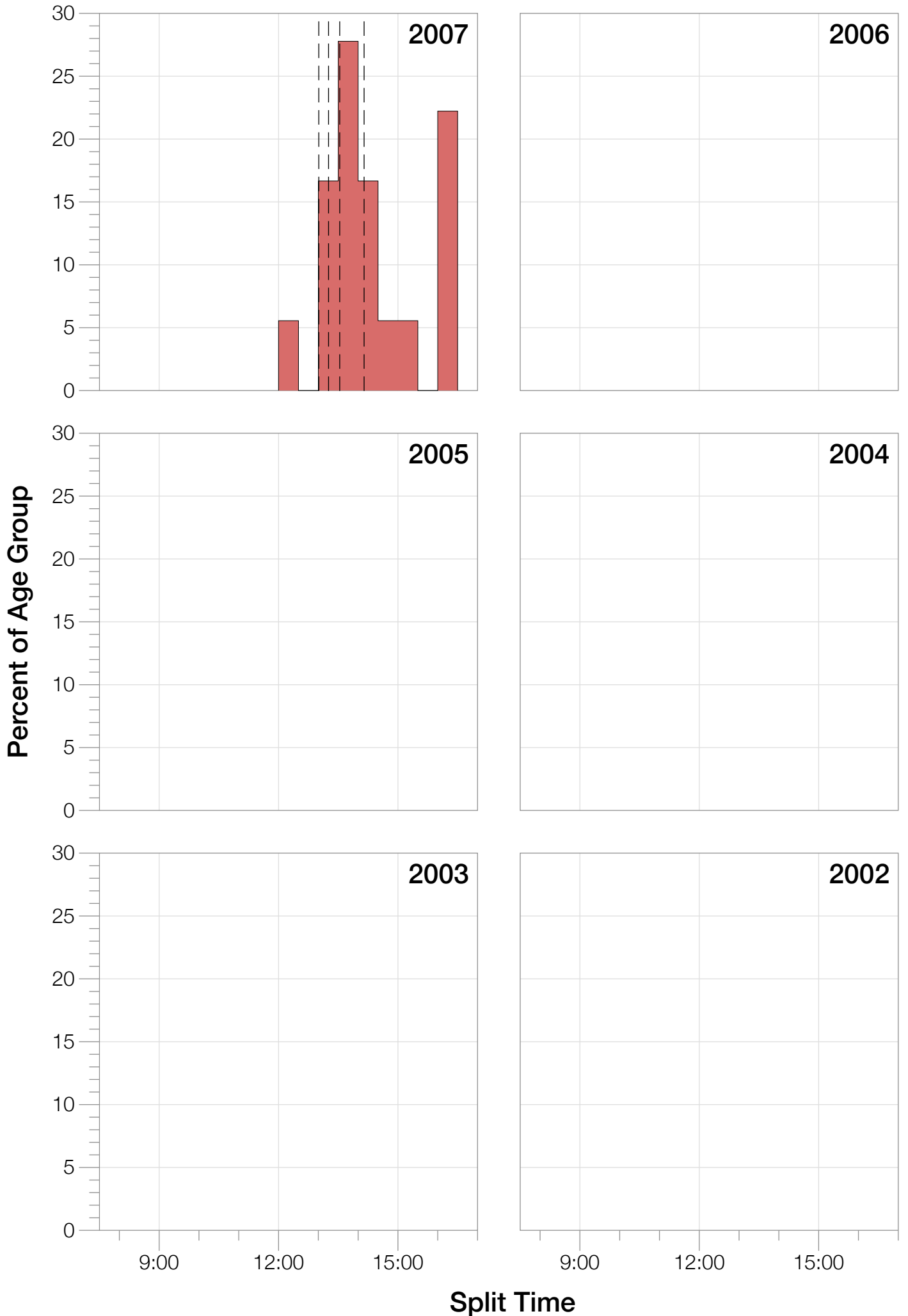
F45-49 Run



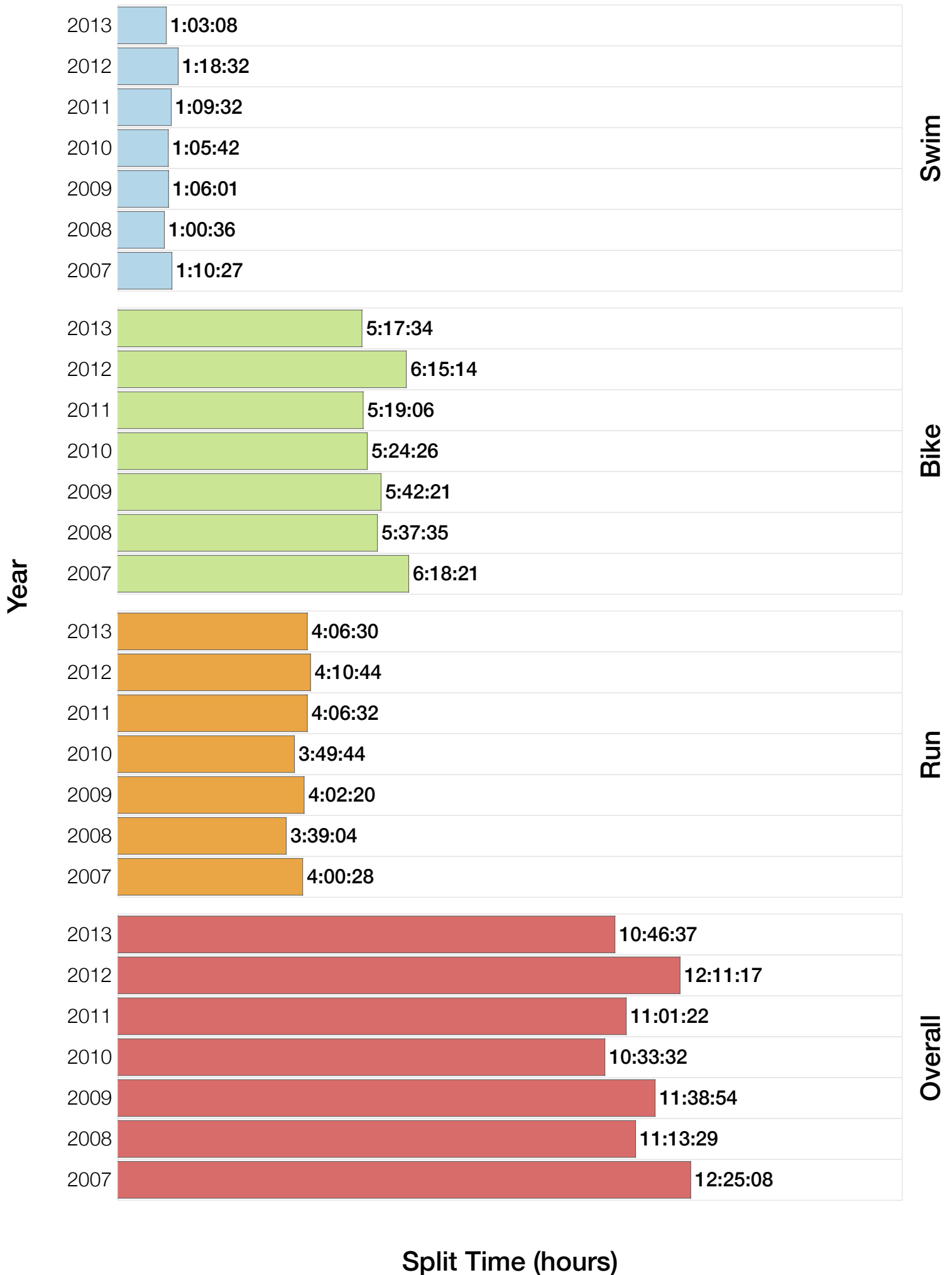
F45-49 Overall



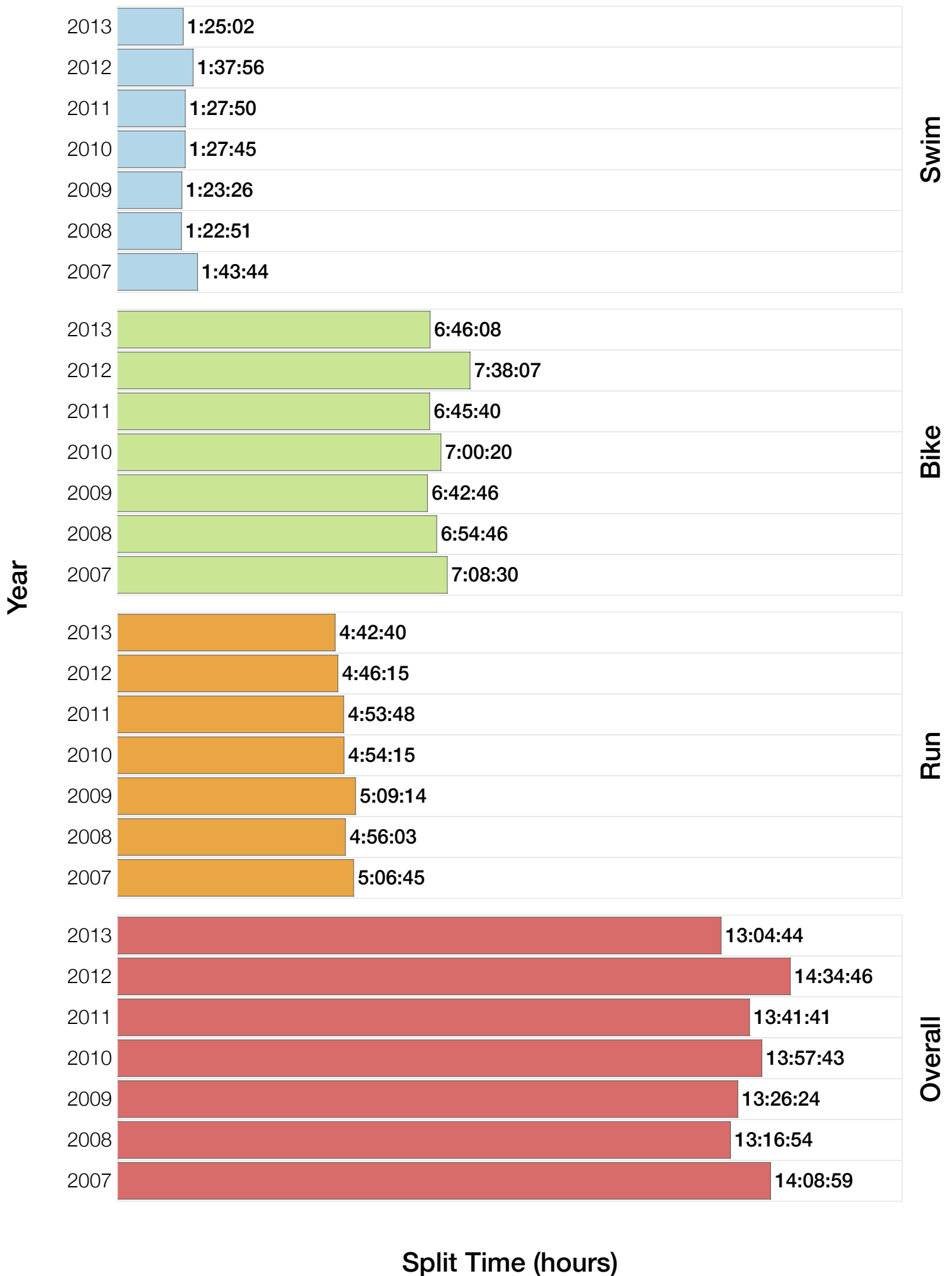
F45-49 Overall



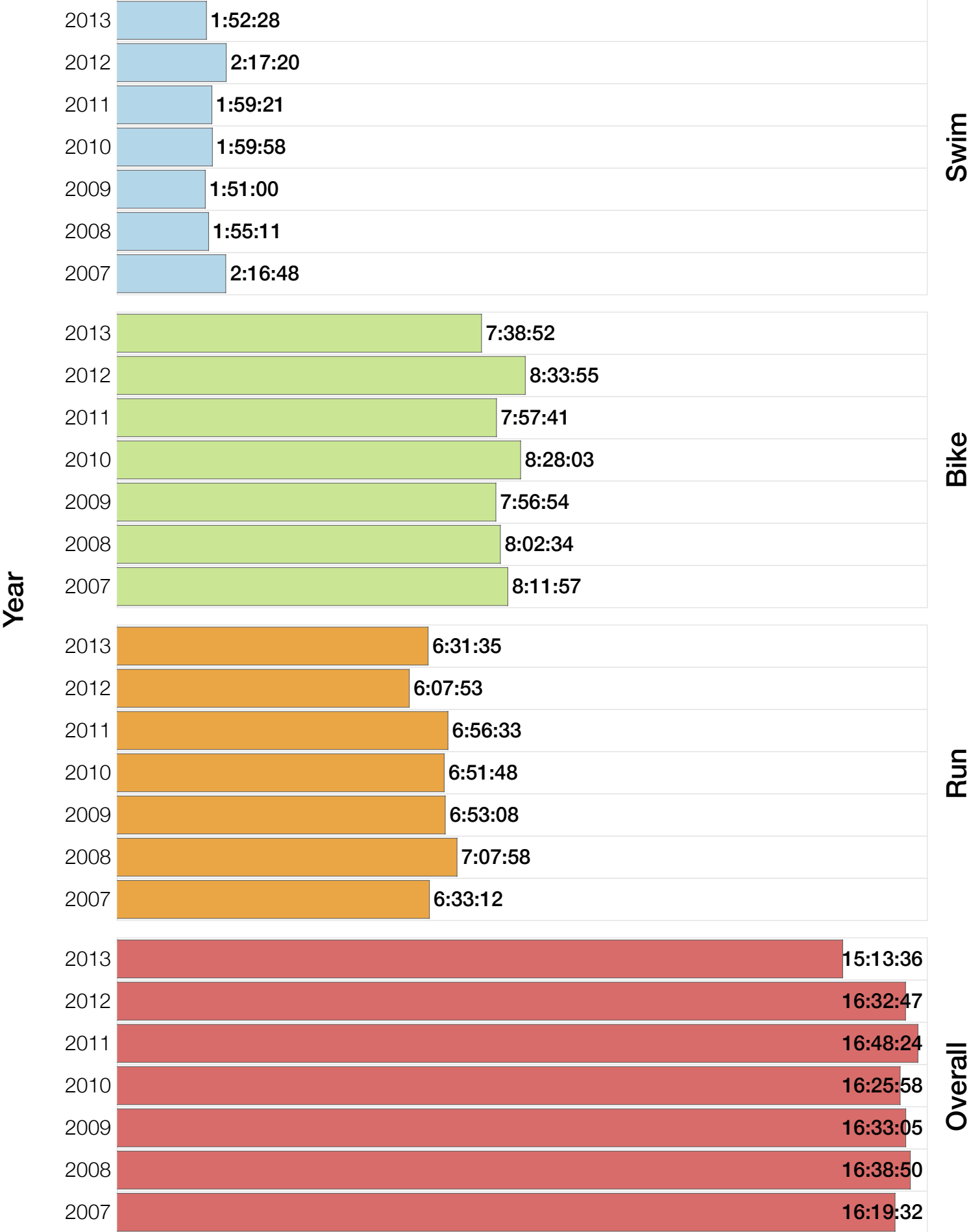
F45-49 Fastest Splits



F45-49 Median Splits



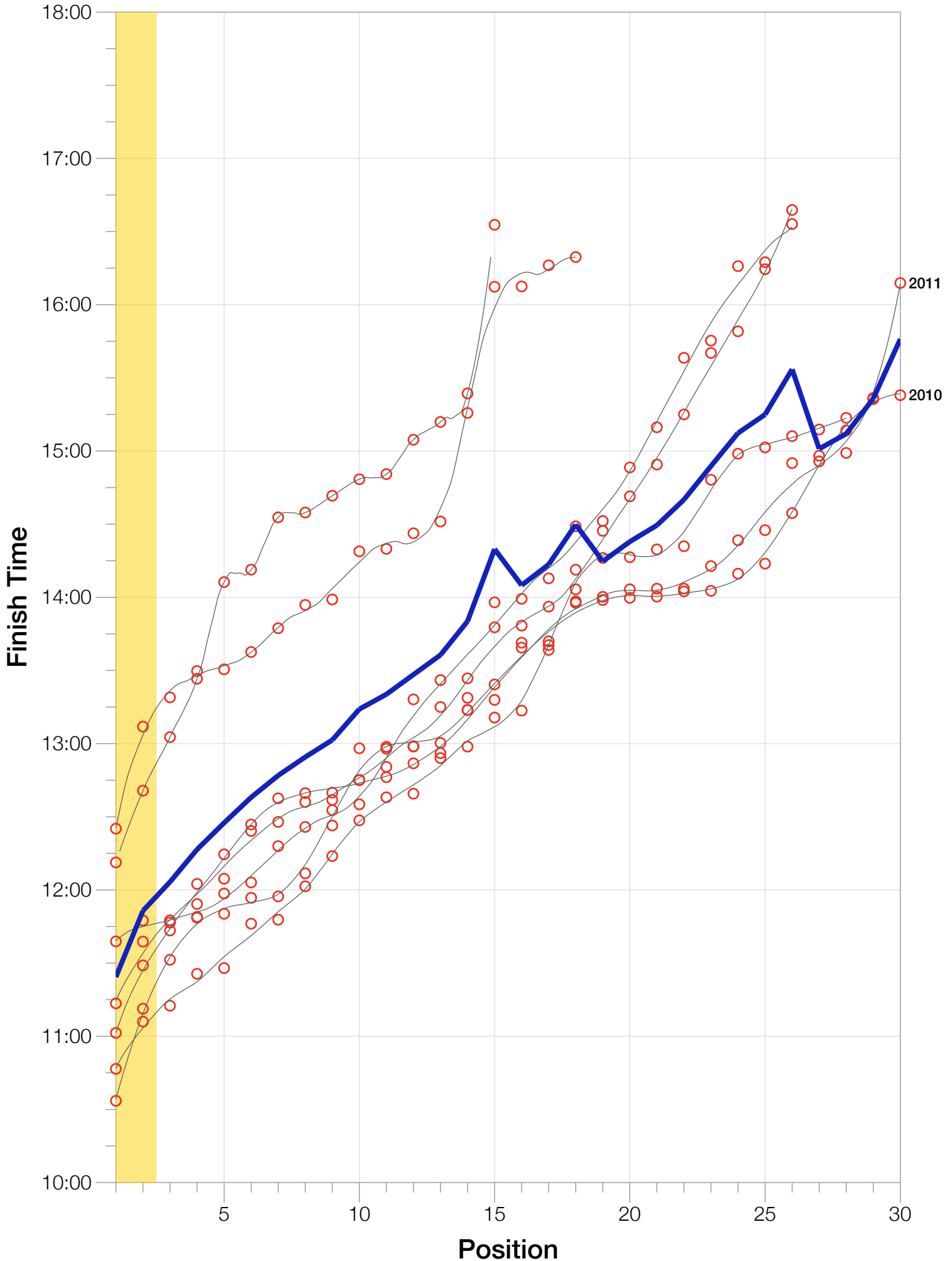
F45-49 Slowest Splits



Split Time (hours)

F45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F45-49 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	1:50:43	6:18:21	4:00:28	12:25:08
2nd Age Grouper	1:53:14	6:58:12	4:02:59	13:06:59
3rd Age Grouper	1:42:11	7:02:50	4:13:22	13:18:58
4th Age Grouper	1:10:27	6:46:18	5:10:16	13:29:47
5th Age Grouper	1:30:09	7:06:09	4:41:16	13:30:28
Kona Qualifier Average	1:51:58	6:38:16	4:01:43	12:46:03
Age Grouper Average	1:37:20	6:50:22	4:25:40	13:10:16

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	1:13:28	5:37:35	4:13:49	11:13:29
2nd Age Grouper	1:23:57	5:48:29	4:15:45	11:38:50
3rd Age Grouper	1:11:13	6:07:17	4:12:13	11:43:22
4th Age Grouper	1:16:46	5:56:31	4:34:59	12:02:29
5th Age Grouper	1:12:52	6:15:04	4:24:03	12:04:35
Kona Qualifier Average	1:18:42	5:43:02	4:14:47	11:26:09
Age Grouper Average	1:15:39	5:56:59	4:20:09	11:44:33

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	1:22:15	5:50:58	4:11:58	11:38:54
2nd Age Grouper	1:14:05	6:03:57	4:14:34	11:47:26
3rd Age Grouper	1:35:44	5:42:21	4:18:02	11:47:33
4th Age Grouper	1:33:01	6:01:49	4:02:20	11:48:57
5th Age Grouper	1:12:58	5:51:16	4:39:17	11:58:32
Kona Qualifier Average	1:18:10	5:57:27	4:13:16	11:43:10
Age Grouper Average	1:23:36	5:54:04	4:17:14	11:48:16

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	1:10:25	5:24:26	3:49:44	10:33:32
2nd Age Grouper	1:17:23	5:48:23	3:55:47	11:11:18
3rd Age Grouper	1:15:16	5:58:12	4:08:19	11:31:21
4th Age Grouper	1:12:05	6:25:19	3:59:07	11:48:37
5th Age Grouper	1:32:19	6:00:09	4:02:48	11:50:14
Kona Qualifier Average	1:13:54	5:36:24	3:52:45	10:52:25
Age Grouper Average	1:17:29	5:55:17	3:59:09	11:23:00

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	1:17:22	5:19:06	4:17:30	11:01:22
2nd Age Grouper	1:17:01	5:54:15	4:09:12	11:29:04
3rd Age Grouper	1:09:32	6:09:06	4:17:50	11:46:36
4th Age Grouper	1:17:03	5:57:34	4:28:34	11:54:14
5th Age Grouper	1:37:43	5:48:36	4:37:47	12:14:36
Kona Qualifier Average	1:17:11	5:36:40	4:13:21	11:15:13
Age Grouper Average	1:19:44	5:49:43	4:22:10	11:41:10

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	1:31:42	6:15:14	4:13:22	12:11:17
2nd Age Grouper	1:21:53	6:53:37	4:15:44	12:40:43
3rd Age Grouper	1:26:15	7:11:53	4:14:52	13:02:40
4th Age Grouper	1:37:56	7:19:03	4:10:44	13:26:37
5th Age Grouper	1:51:12	7:10:07	4:33:00	14:06:15
Kona Qualifier Average	1:26:47	6:34:25	4:14:33	12:26:00
Age Grouper Average	1:33:47	6:57:58	4:17:32	13:05:30

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	1:13:54	5:17:34	4:07:29	10:46:37
2nd Age Grouper	1:06:10	5:47:13	4:06:30	11:06:00
3rd Age Grouper	1:10:15	5:40:01	4:15:26	11:12:31
4th Age Grouper	1:08:36	5:59:53	4:08:09	11:25:37
5th Age Grouper	1:20:44	5:47:11	4:08:06	11:27:57
Kona Qualifier Average	1:10:02	5:32:23	4:06:59	10:56:18
Age Grouper Average	1:11:55	5:42:22	4:09:08	11:11:44

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	1:22:49	5:43:19	4:07:45	11:24:19
Average 2nd Age Grouper	1:21:57	6:10:35	4:08:38	11:51:28
Average 3rd Age Grouper	1:21:29	6:15:57	4:14:17	12:03:17
Average 4th Age Grouper	1:19:24	6:20:55	4:22:01	12:16:36
Average 5th Age Grouper	1:28:16	6:16:56	4:26:36	12:27:31
Kona Qualifier Average	1:22:23	5:56:57	4:08:12	11:37:54
Age Grouper Average	1:22:47	6:09:32	4:15:52	12:00:38