

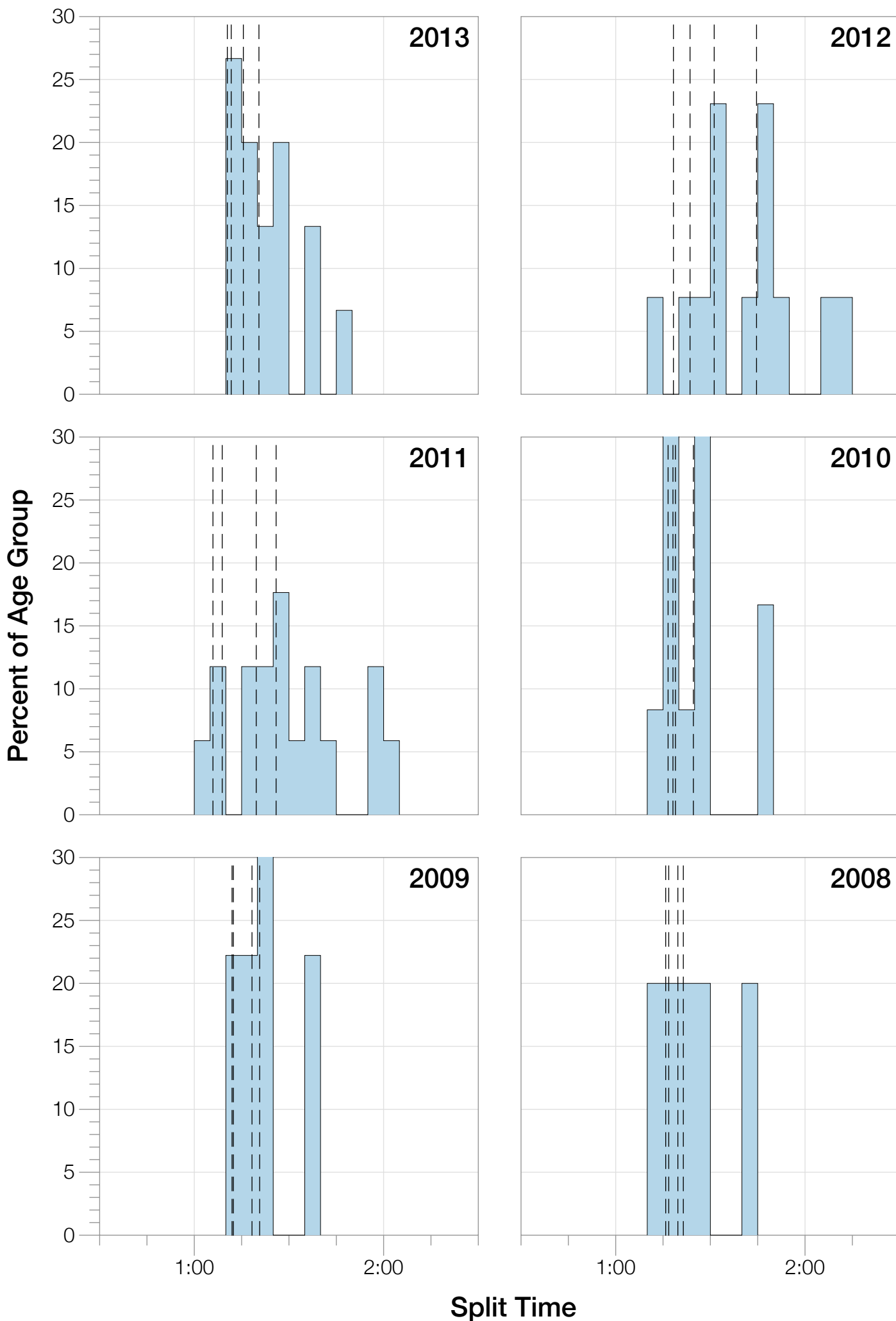
# Ironman South Africa Statistics

## F50-54

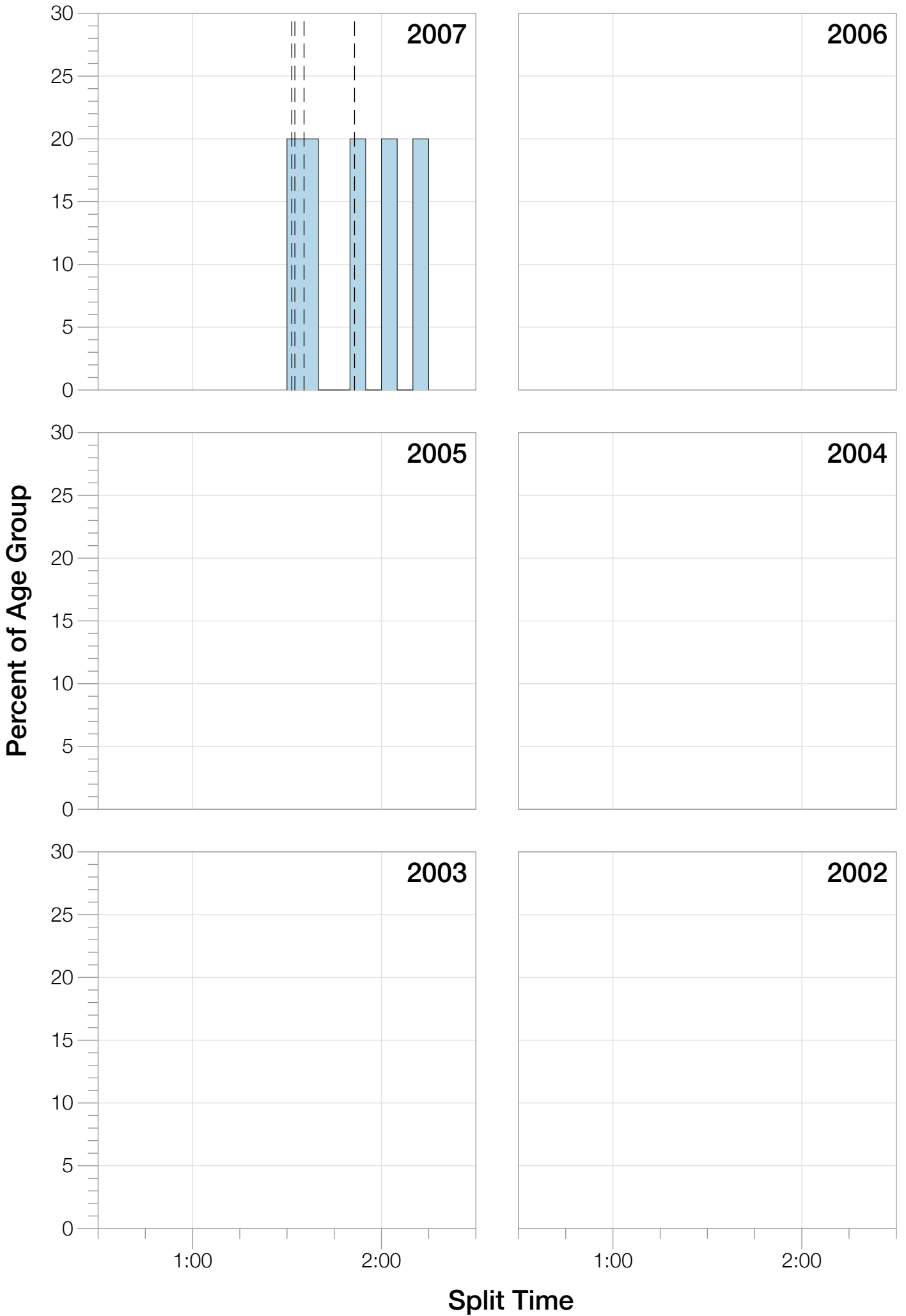
## F50-54 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F50-54 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F50-54 Winner's Time</b>
2007	1305	5	8:33:04	9:22:00	11:36:49
2008	1403	5	8:18:23	9:27:48	12:16:09
2009	1304	9	8:17:32	9:16:32	12:28:40
2010	1548	12	8:23:28	9:16:55	12:00:43
2011	1505	17	8:05:36	8:33:56	12:00:09
2012	1384	13	8:34:45	9:47:10	12:31:25
2013	1541	15	8:11:24	9:10:58	11:33:36
<b>Average</b>	<b>1427</b>	<b>11</b>	<b>8:20:36</b>	<b>9:16:28</b>	<b>12:03:55</b>

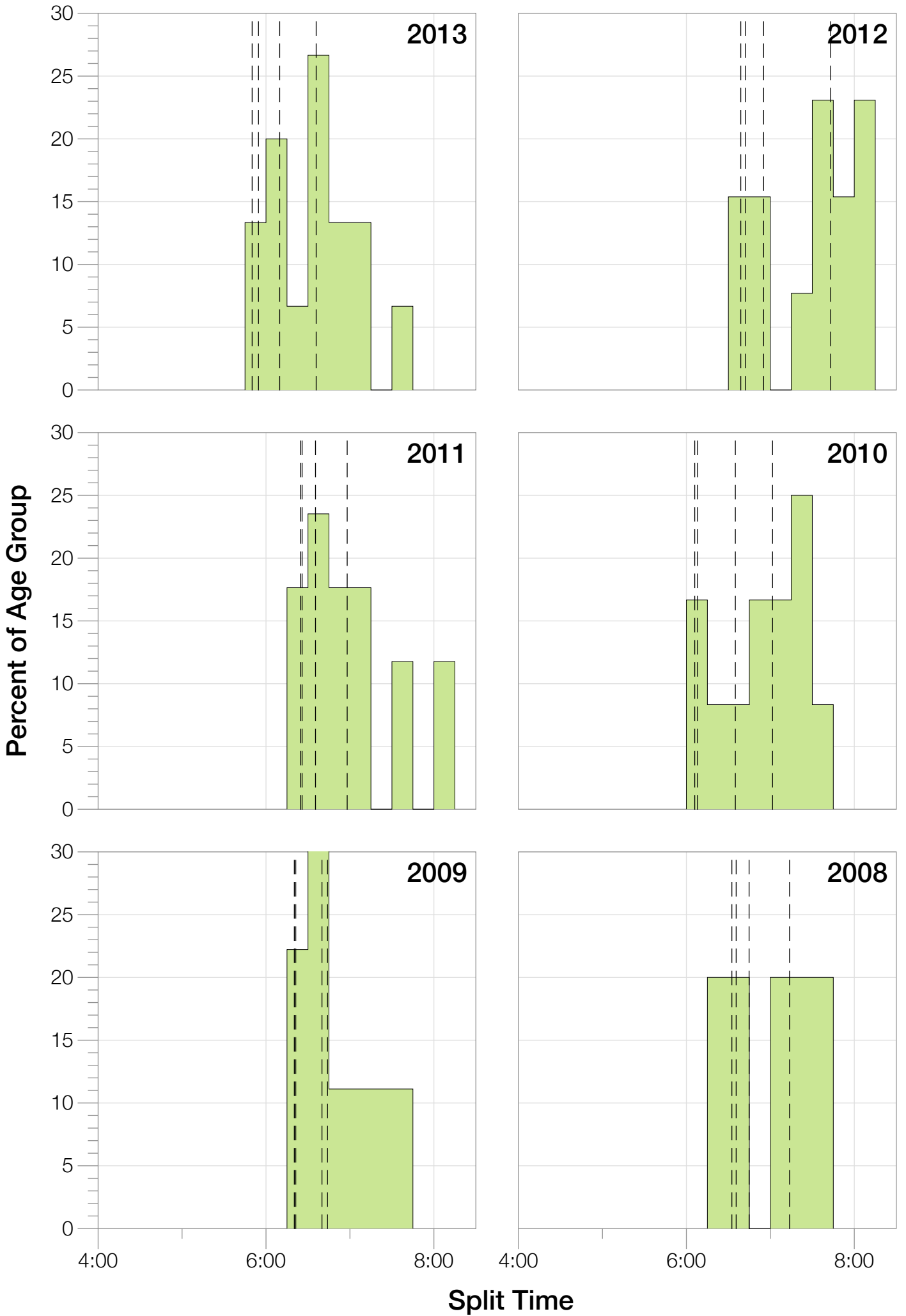
# F50-54 Swim



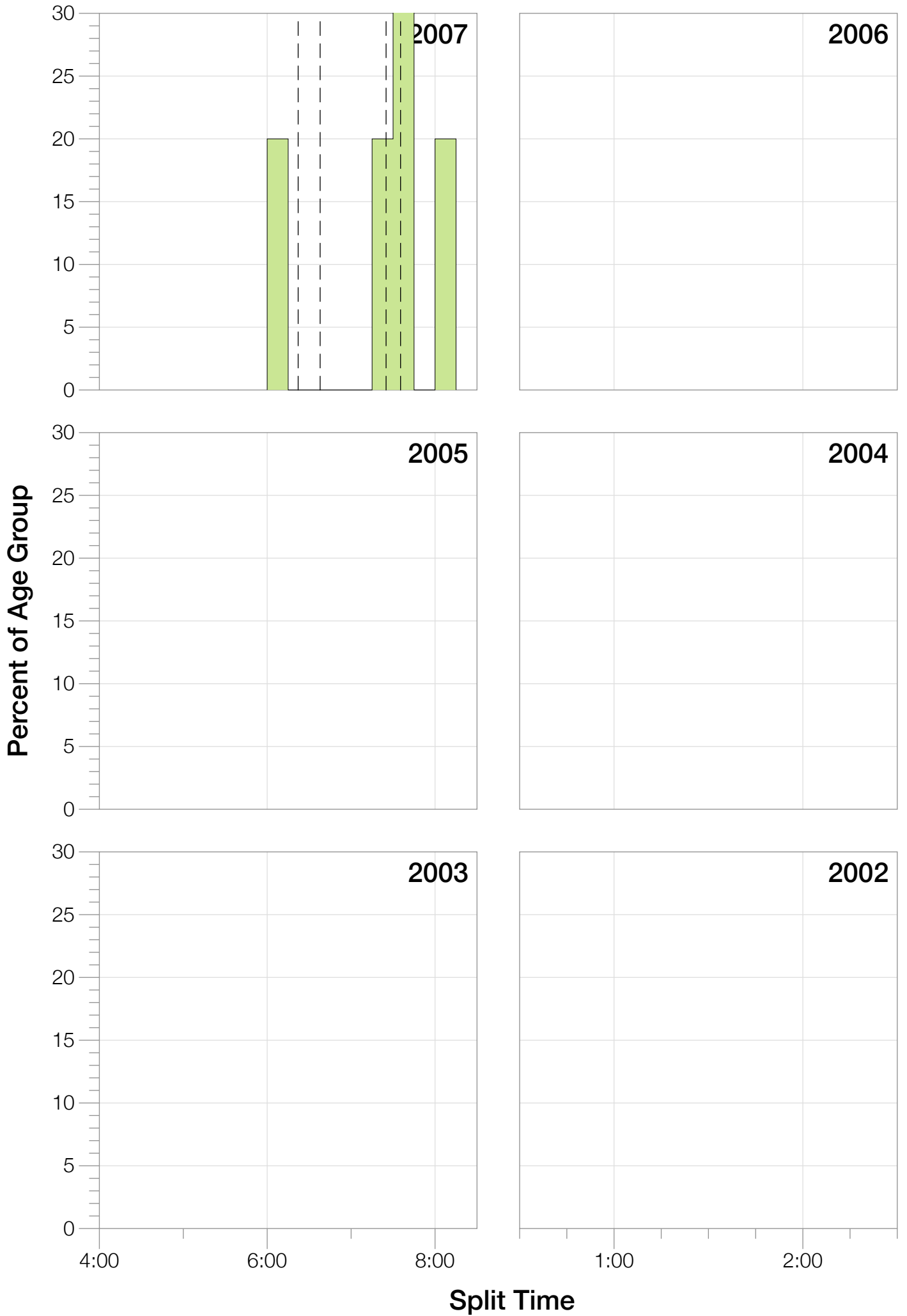
# F50-54 Swim



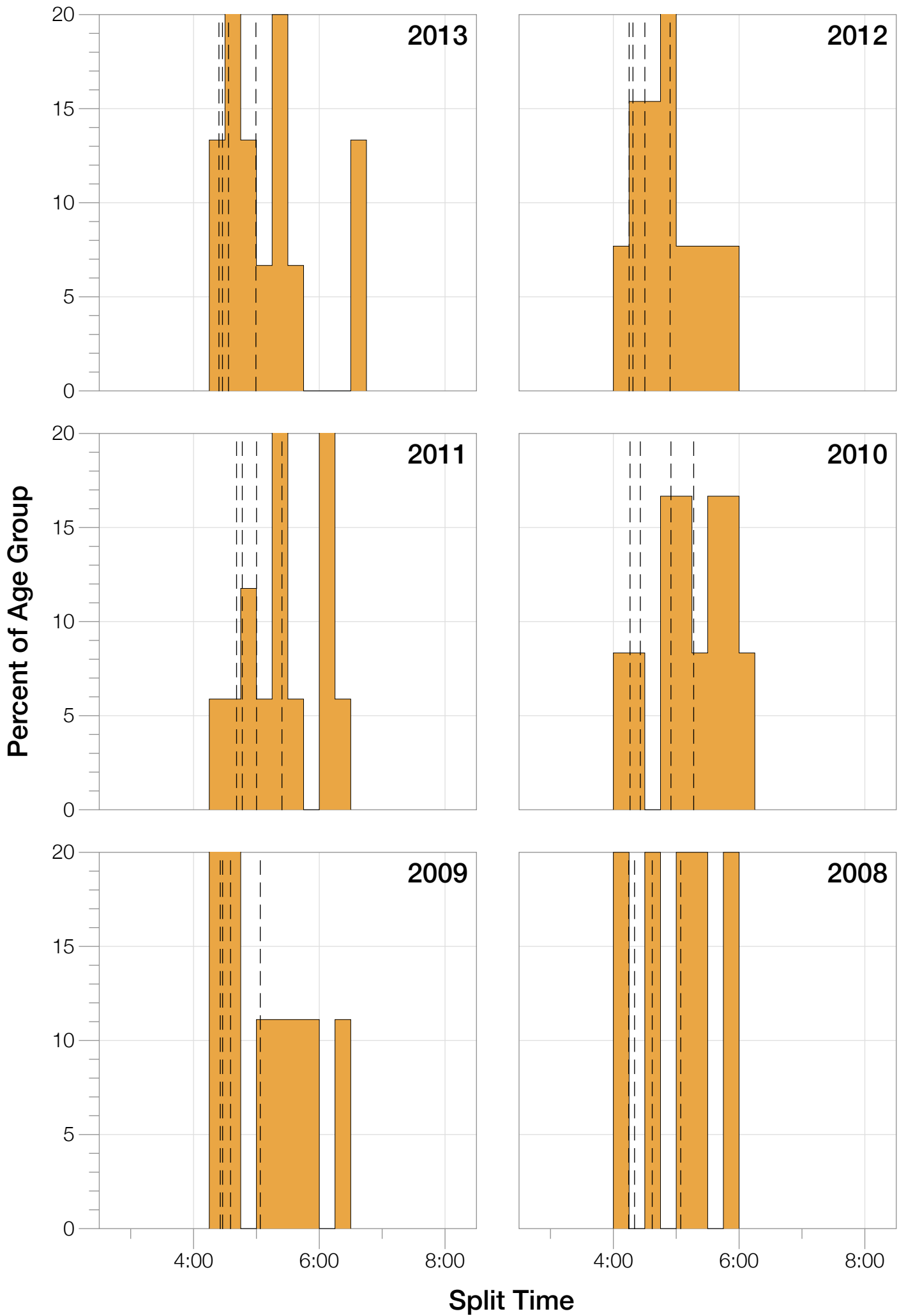
# F50-54 Bike



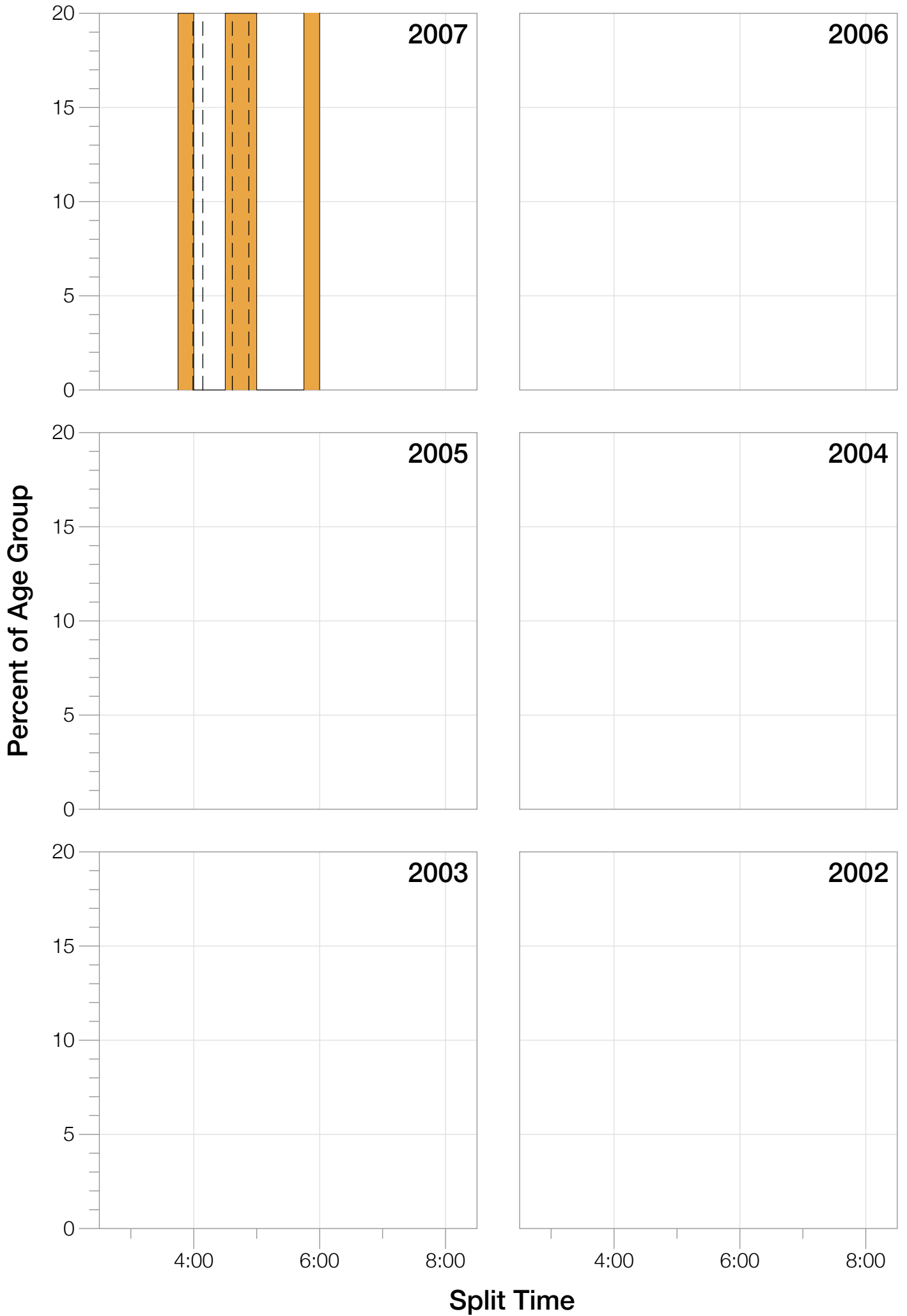
# F50-54 Bike



# F50-54 Run

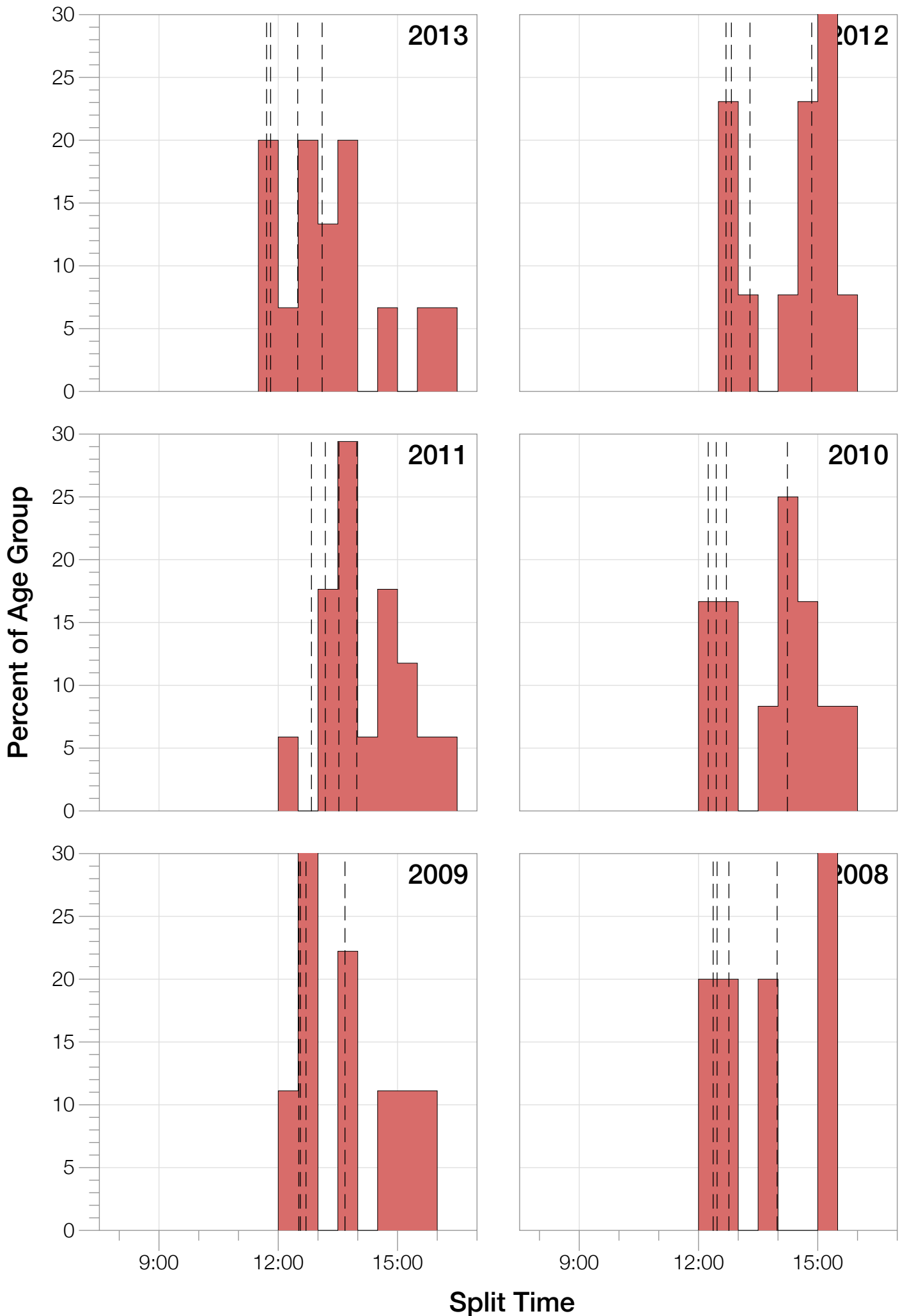


# F50-54 Run

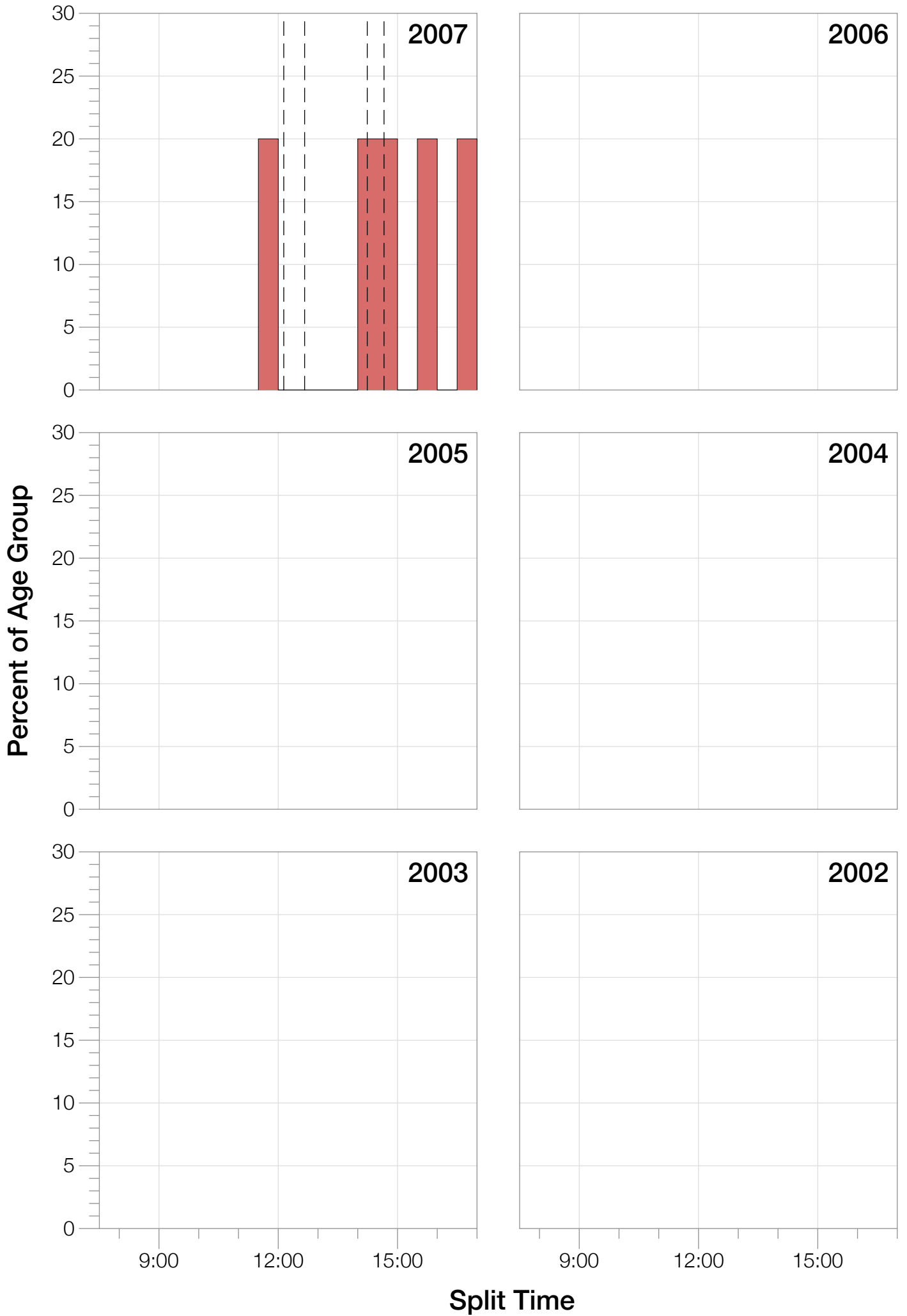




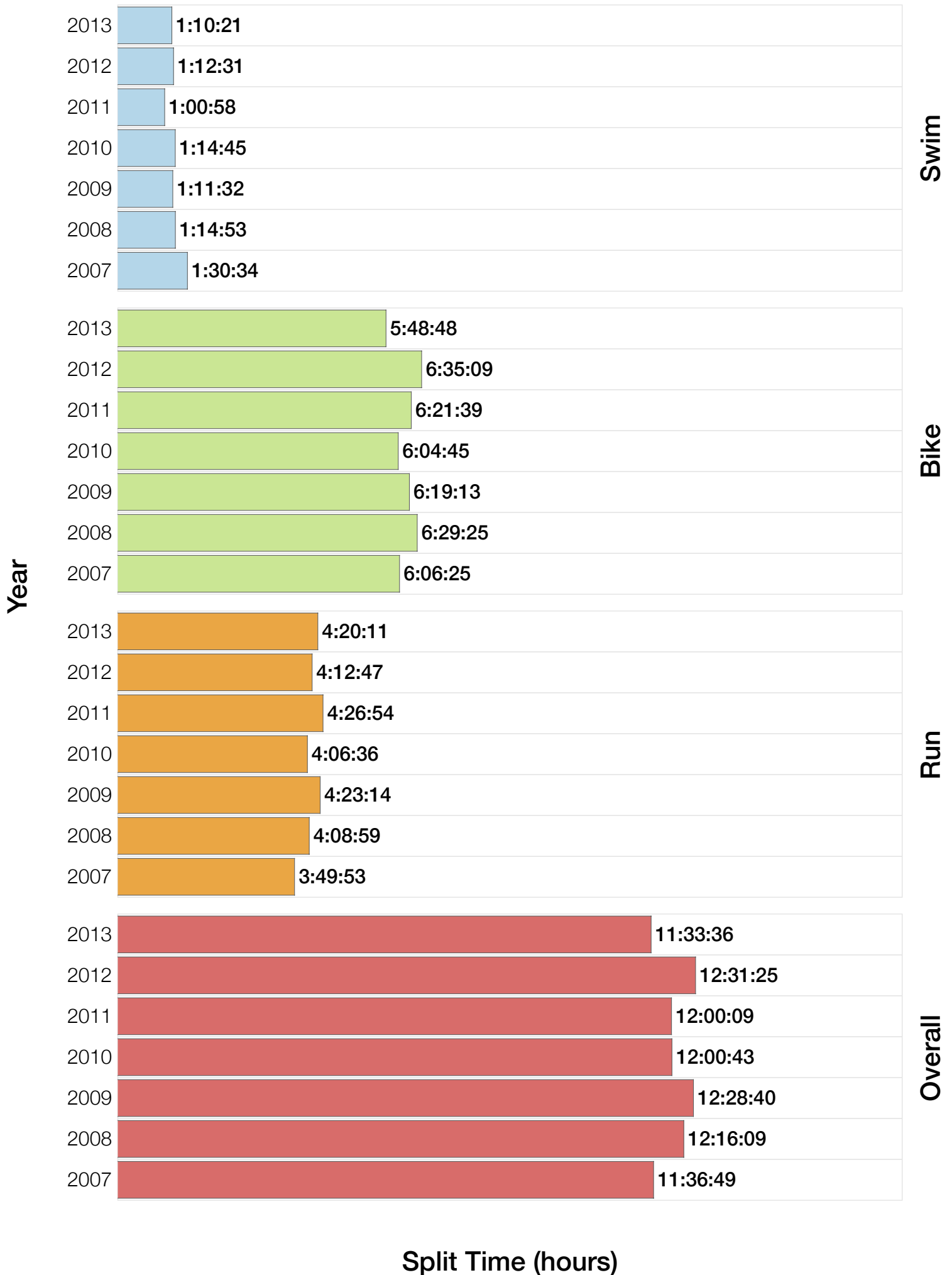
# F50-54 Overall



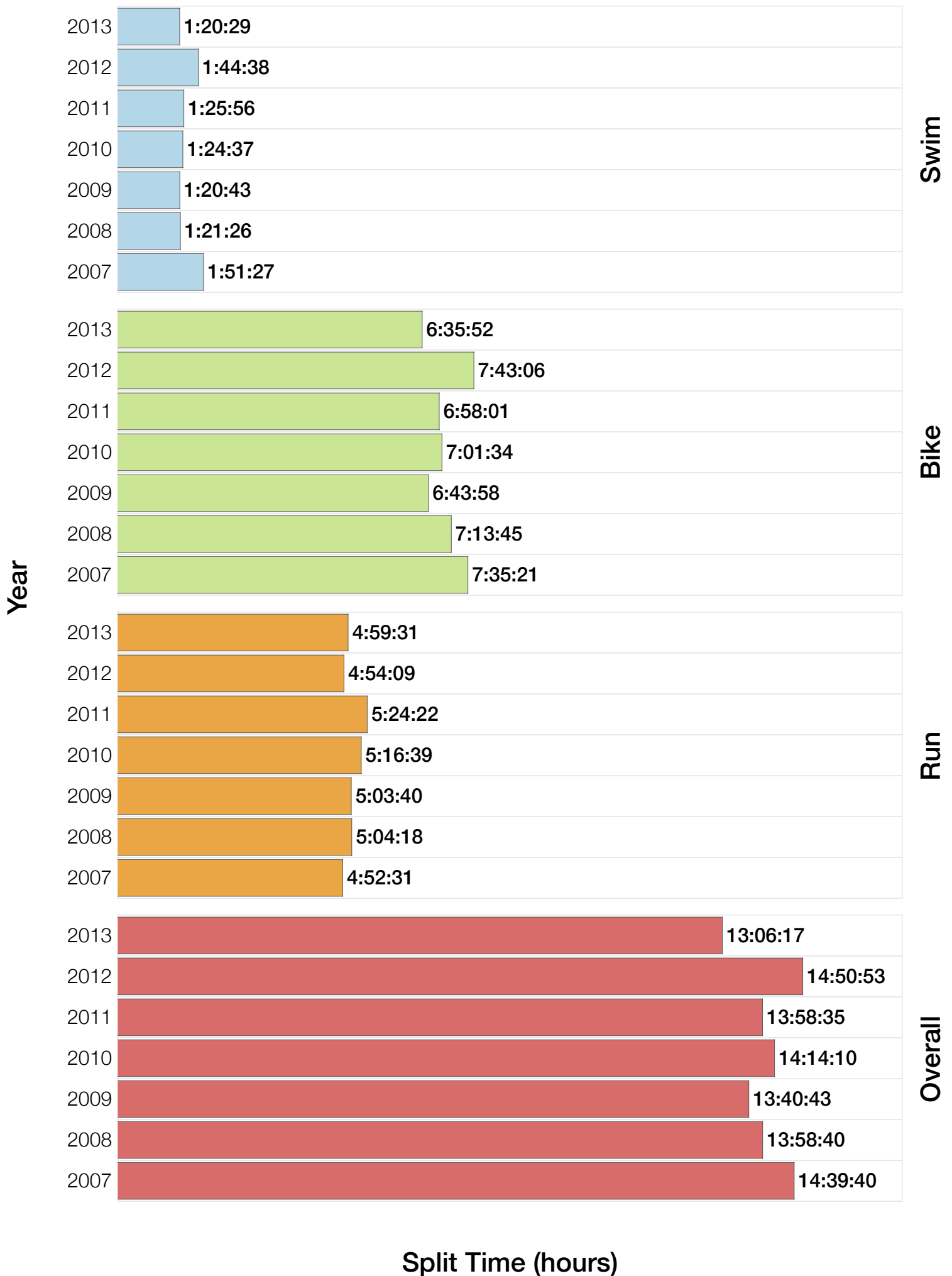
# F50-54 Overall



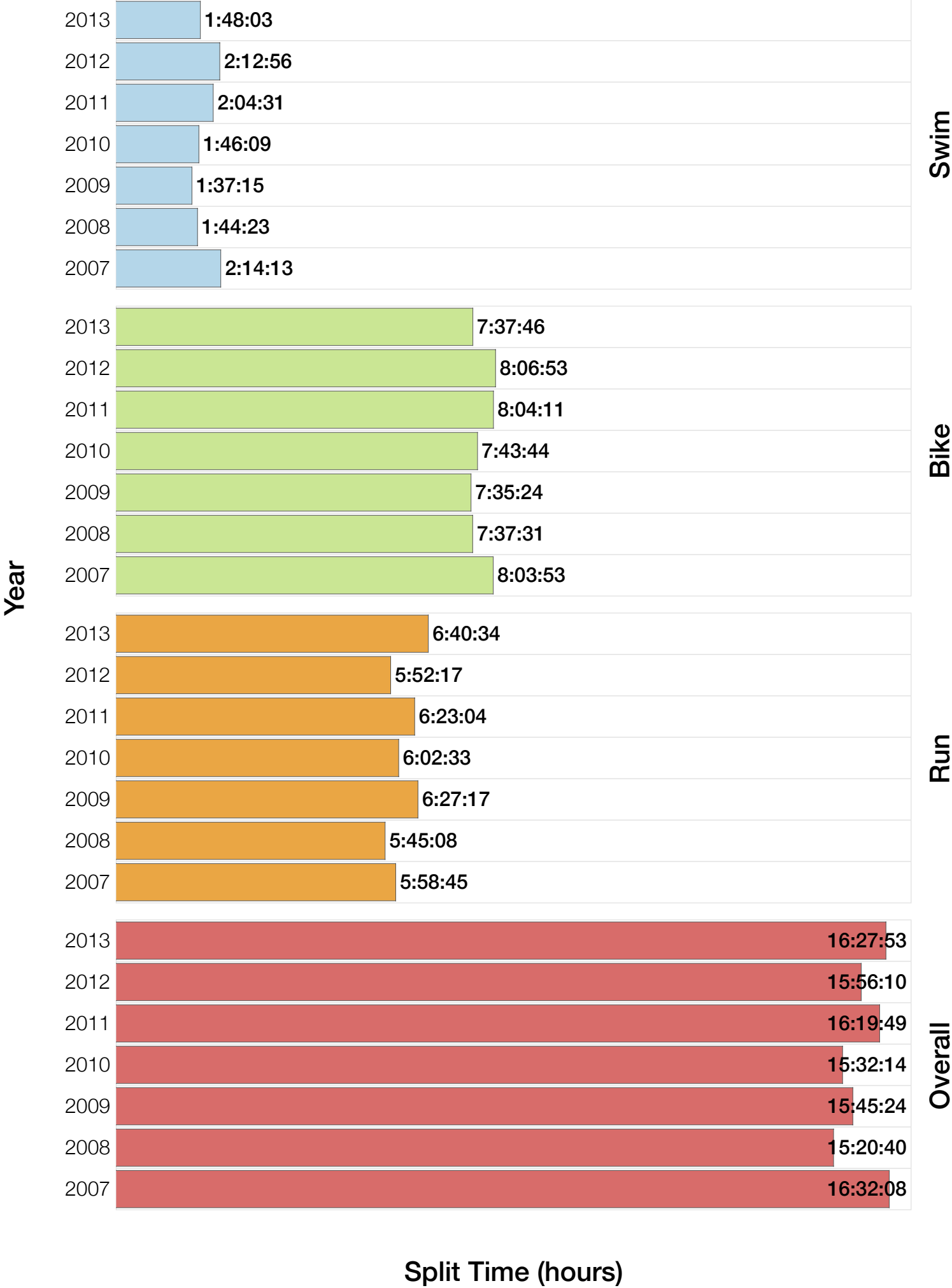
# F50-54 Fastest Splits



# F50-54 Median Splits



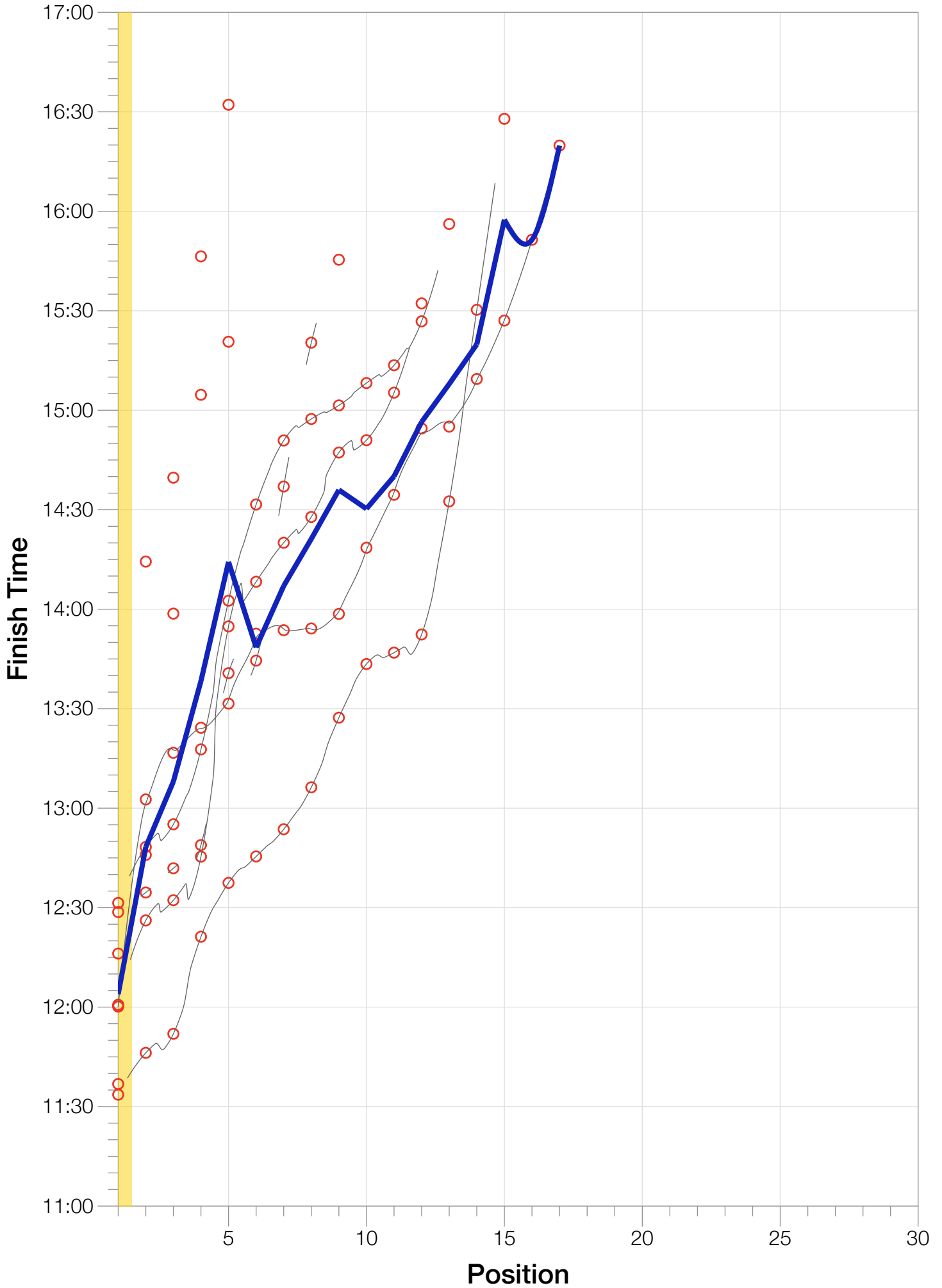
# F50-54 Slowest Splits



Split Time (hours)

# F50-54 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# F50-54 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
<b>1st Age Grouper</b>	<b>1:30:34</b>	<b>6:06:25</b>	<b>3:49:53</b>	<b>11:36:49</b>
2nd Age Grouper	1:35:25	7:40:13	4:36:46	14:14:22
3rd Age Grouper	2:02:20	7:25:00	4:52:31	14:39:40
4th Age Grouper	1:51:27	7:35:21	5:58:45	15:46:24
5th Age Grouper	2:14:13	8:03:53	5:51:21	16:32:08
<b>Kona Qualifier Average</b>	<b>1:30:34</b>	<b>6:06:25</b>	<b>3:49:53</b>	<b>11:36:49</b>
<b>Age Grouper Average</b>	<b>1:50:47</b>	<b>7:22:10</b>	<b>5:01:51</b>	<b>14:33:52</b>

## 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
<b>1st Age Grouper</b>	<b>1:21:26</b>	<b>6:29:25</b>	<b>4:08:59</b>	<b>12:16:09</b>
2nd Age Grouper	1:14:53	6:44:49	4:37:06	12:45:54
3rd Age Grouper	1:19:42	7:13:45	5:04:18	13:58:40
4th Age Grouper	1:28:49	7:23:49	5:45:08	15:04:40
5th Age Grouper	1:44:23	7:37:31	5:28:56	15:20:40
<b>Kona Qualifier Average</b>	<b>1:21:26</b>	<b>6:29:25</b>	<b>4:08:59</b>	<b>12:16:09</b>
<b>Age Grouper Average</b>	<b>1:25:50</b>	<b>7:05:51</b>	<b>5:00:53</b>	<b>13:53:12</b>

## 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
<b>1st Age Grouper</b>	<b>1:18:17</b>	<b>6:19:13</b>	<b>4:44:10</b>	<b>12:28:40</b>
2nd Age Grouper	1:21:55	6:21:47	4:35:18	12:34:34
3rd Age Grouper	1:12:36	6:42:09	4:23:14	12:41:52
4th Age Grouper	1:18:47	6:40:00	4:28:52	12:48:52
5th Age Grouper	1:24:19	6:43:58	5:15:39	13:40:43
<b>Kona Qualifier Average</b>	<b>1:18:17</b>	<b>6:19:13</b>	<b>4:44:10</b>	<b>12:28:40</b>
<b>Age Grouper Average</b>	<b>1:19:10</b>	<b>6:33:25</b>	<b>4:41:26</b>	<b>12:50:56</b>

## 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
<b>1st Age Grouper</b>	<b>1:19:07</b>	<b>6:04:45</b>	<b>4:23:34</b>	<b>12:00:43</b>
2nd Age Grouper	1:18:07	6:40:50	4:06:36	12:26:09
3rd Age Grouper	1:18:23	6:06:57	4:58:11	12:32:14
4th Age Grouper	1:27:36	6:17:26	4:45:17	12:45:23
5th Age Grouper	1:28:57	6:51:34	5:14:03	13:54:49
<b>Kona Qualifier Average</b>	<b>1:19:07</b>	<b>6:04:45</b>	<b>4:23:34</b>	<b>12:00:43</b>
<b>Age Grouper Average</b>	<b>1:22:26</b>	<b>6:24:18</b>	<b>4:41:32</b>	<b>12:43:51</b>

### 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
<b>1st Age Grouper</b>	<b>1:00:58</b>	<b>6:25:16</b>	<b>4:26:54</b>	<b>12:00:09</b>
2nd Age Grouper	1:25:56	6:39:21	4:44:35	13:02:38
3rd Age Grouper	1:09:59	6:26:09	5:25:38	13:16:42
4th Age Grouper	1:37:30	6:35:23	5:00:06	13:24:15
5th Age Grouper	1:22:23	6:34:12	5:19:17	13:31:32
<b>Kona Qualifier Average</b>	<b>1:00:58</b>	<b>6:25:16</b>	<b>4:26:54</b>	<b>12:00:09</b>
<b>Age Grouper Average</b>	<b>1:19:21</b>	<b>6:32:04</b>	<b>4:59:18</b>	<b>13:03:03</b>

### 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
<b>1st Age Grouper</b>	<b>1:12:31</b>	<b>6:41:20</b>	<b>4:27:14</b>	<b>12:31:25</b>
2nd Age Grouper	1:34:35	6:45:32	4:16:35	12:48:17
3rd Age Grouper	1:29:11	6:55:12	4:12:47	12:55:08
4th Age Grouper	1:31:13	6:35:09	4:57:54	13:17:43
5th Age Grouper	1:44:38	7:31:31	4:30:04	14:02:34
<b>Kona Qualifier Average</b>	<b>1:12:31</b>	<b>6:41:20</b>	<b>4:27:14</b>	<b>12:31:25</b>
<b>Age Grouper Average</b>	<b>1:30:25</b>	<b>6:53:44</b>	<b>4:28:54</b>	<b>13:07:01</b>

### 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
<b>1st Age Grouper</b>	<b>1:10:21</b>	<b>5:48:48</b>	<b>4:25:57</b>	<b>11:33:36</b>
2nd Age Grouper	1:13:48	5:50:40	4:32:27	11:46:13
3rd Age Grouper	1:17:17	6:00:31	4:20:11	11:51:57
4th Age Grouper	1:13:29	6:07:48	4:48:25	12:21:14
5th Age Grouper	1:17:47	6:35:05	4:30:05	12:37:28
<b>Kona Qualifier Average</b>	<b>1:10:21</b>	<b>5:48:48</b>	<b>4:25:57</b>	<b>11:33:36</b>
<b>Age Grouper Average</b>	<b>1:14:32</b>	<b>6:04:34</b>	<b>4:31:25</b>	<b>12:02:05</b>

### 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
<b>Average 1st Age Grouper</b>	<b>1:16:10</b>	<b>6:16:27</b>	<b>4:20:57</b>	<b>12:03:55</b>
Average 2nd Age Grouper	1:23:31	6:40:27	4:29:54	12:48:18
Average 3rd Age Grouper	1:24:12	6:41:23	4:45:15	13:08:01
Average 4th Age Grouper	1:29:50	6:44:59	5:06:21	13:38:21
Average 5th Age Grouper	1:36:40	7:08:14	5:09:55	14:14:16
<b>Kona Qualifier Average</b>	<b>1:16:10</b>	<b>6:16:27</b>	<b>4:20:57</b>	<b>12:03:55</b>
<b>Age Grouper Average</b>	<b>1:26:04</b>	<b>6:42:18</b>	<b>4:46:28</b>	<b>13:10:34</b>