

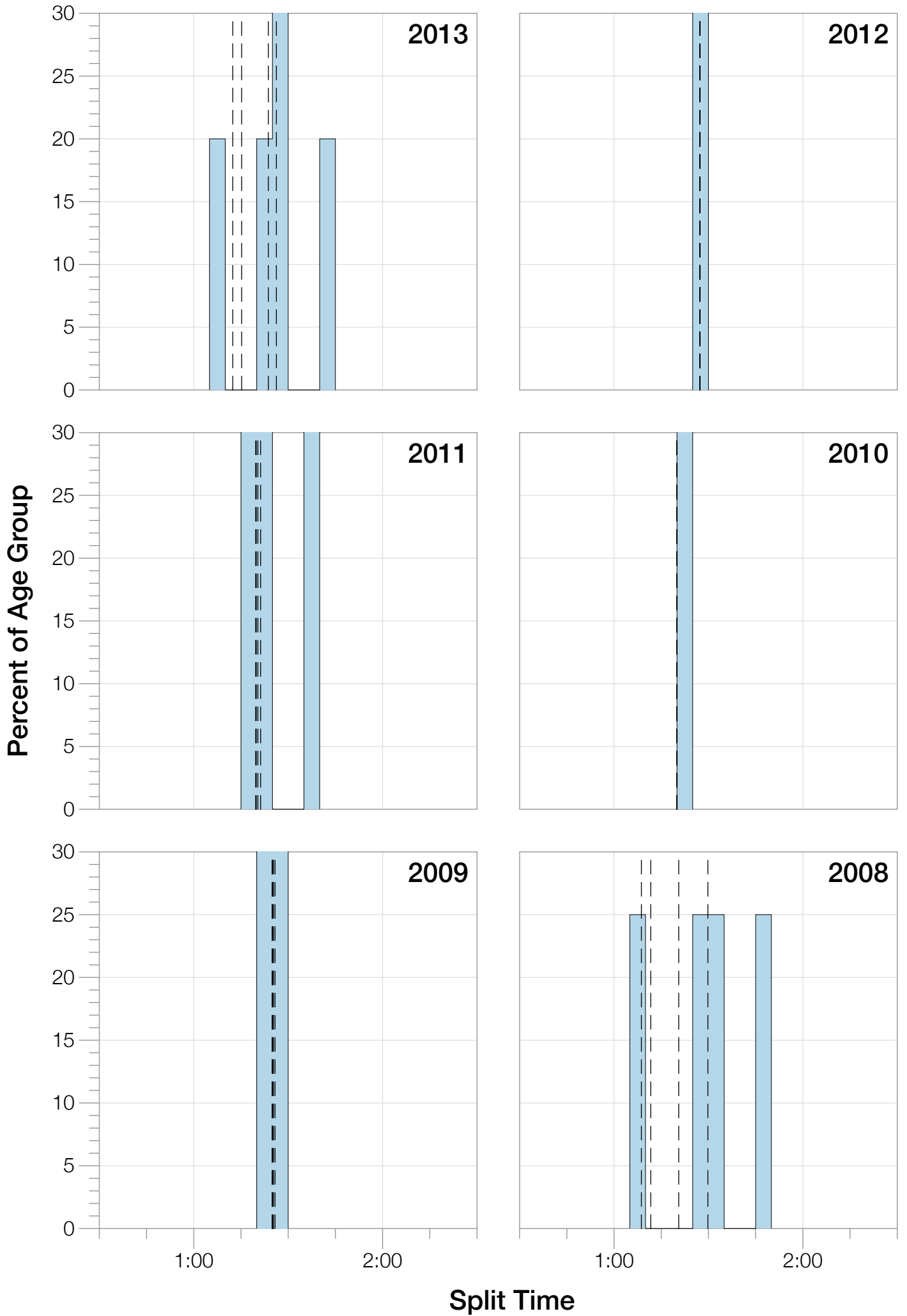
Ironman South Africa Statistics

F55-59

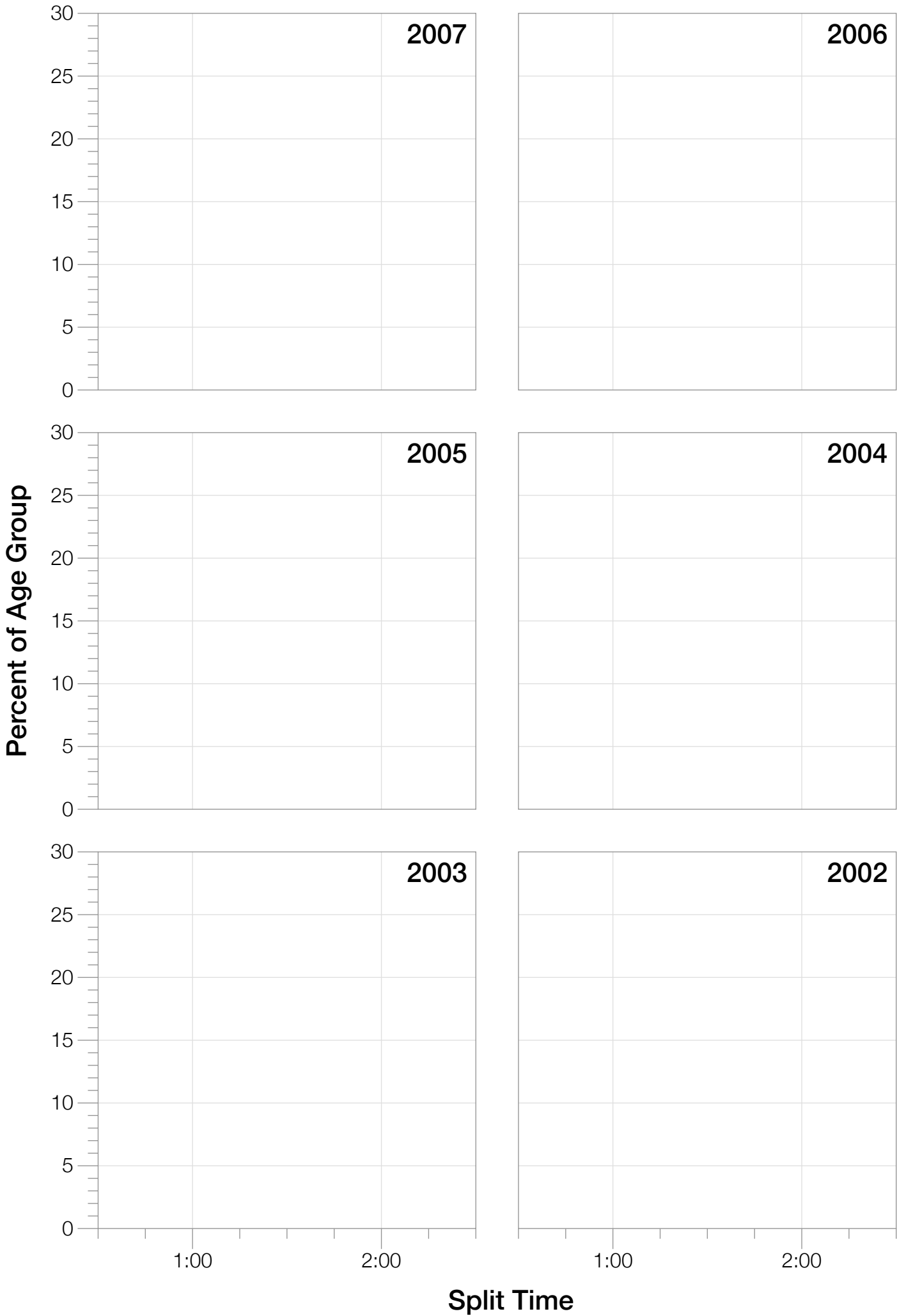
F55-59 Summary Statistics

Year	Finishers	F55-59 Finishers	Male Winner's Time	Female Winner's Time	F55-59 Winner's Time
2008	1403	4	8:18:23	9:27:48	12:41:50
2009	1304	2	8:17:32	9:16:32	14:48:02
2010	1548	1	8:23:28	9:16:55	12:49:20
2011	1505	3	8:05:36	8:33:56	13:56:40
2012	1384	1	8:34:45	9:47:10	15:16:50
2013	1541	5	8:11:24	9:10:58	12:46:22
Average	1427	2	8:20:36	9:16:28	11:45:34

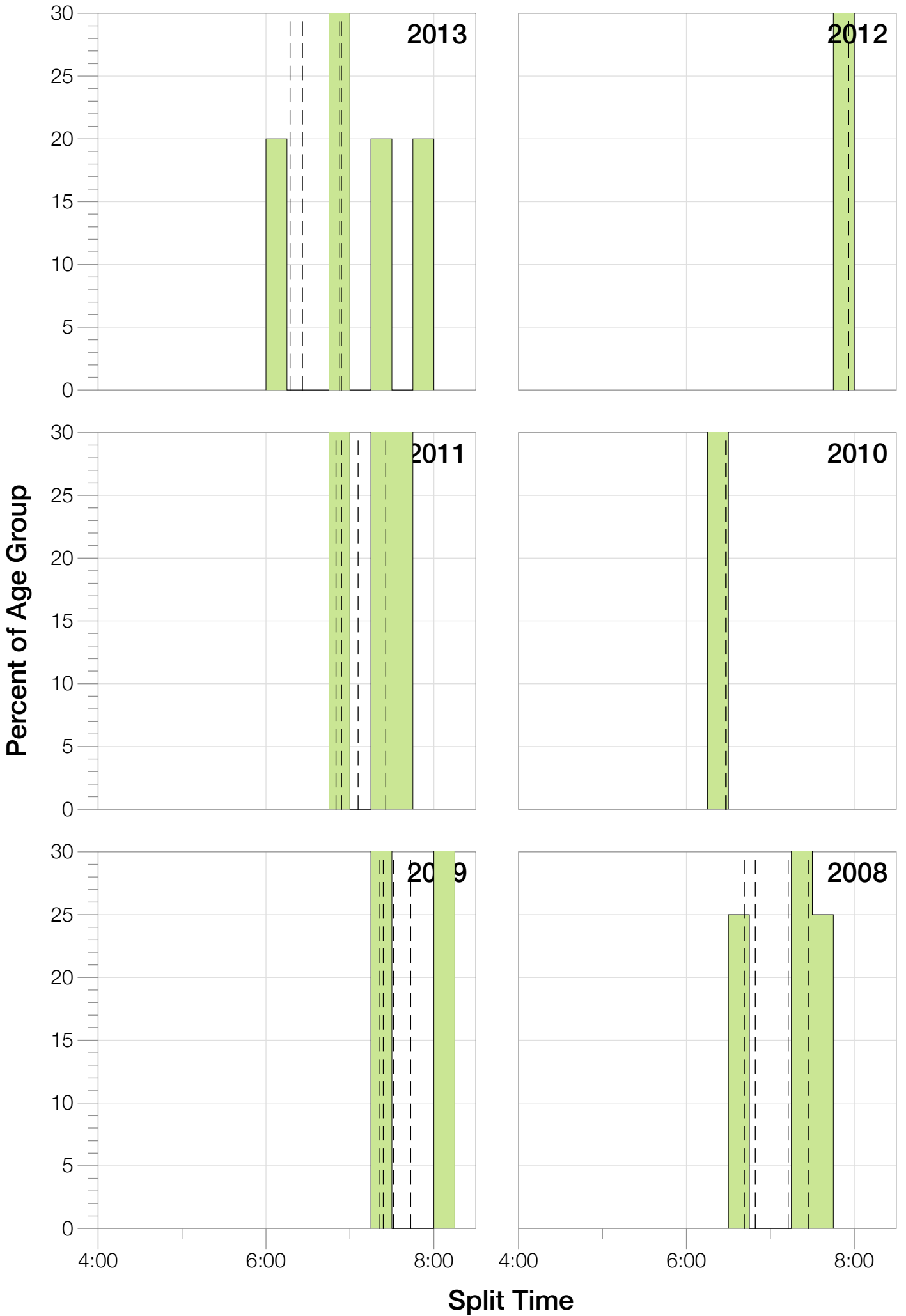
F55-59 Swim



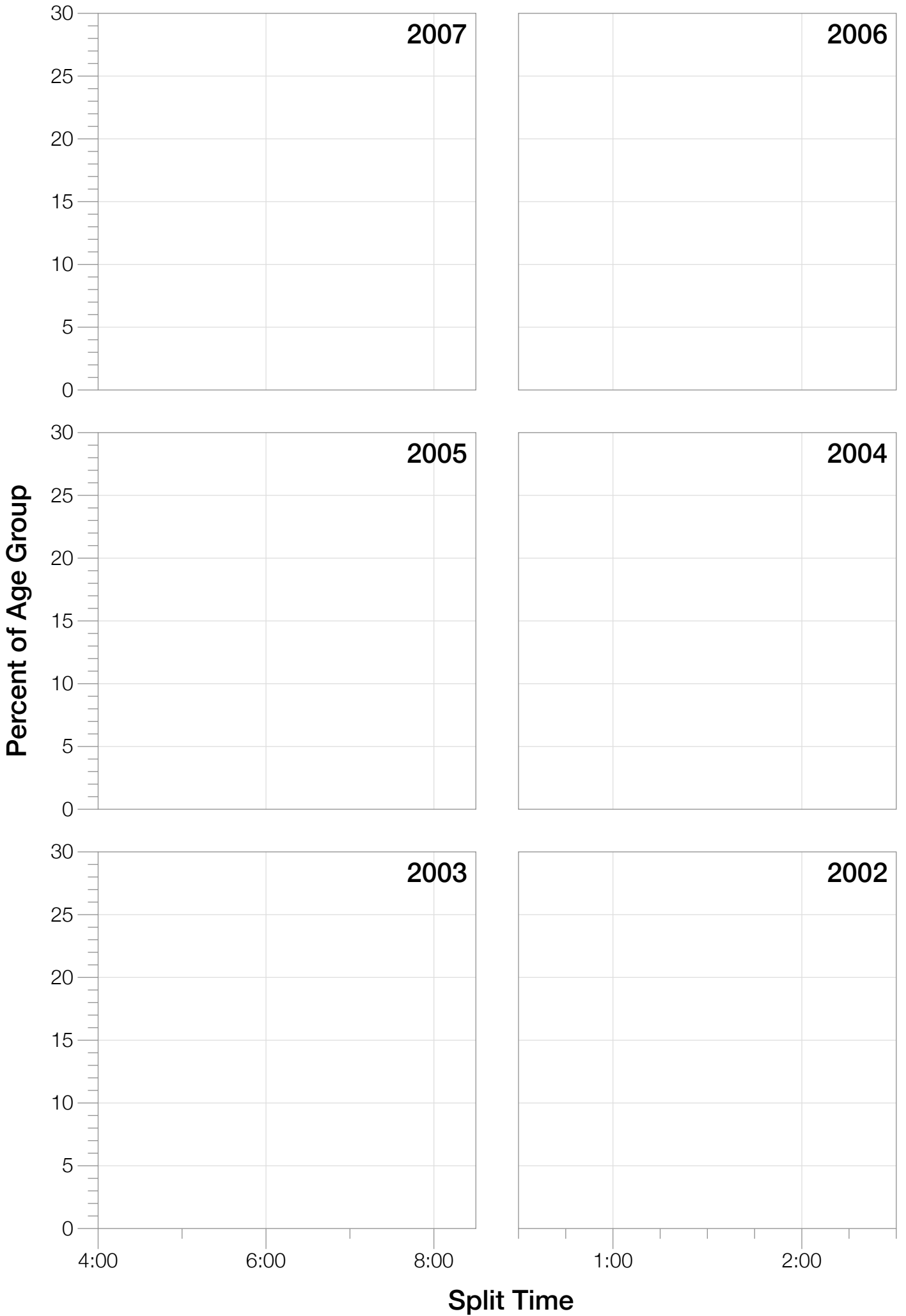
F55-59 Swim



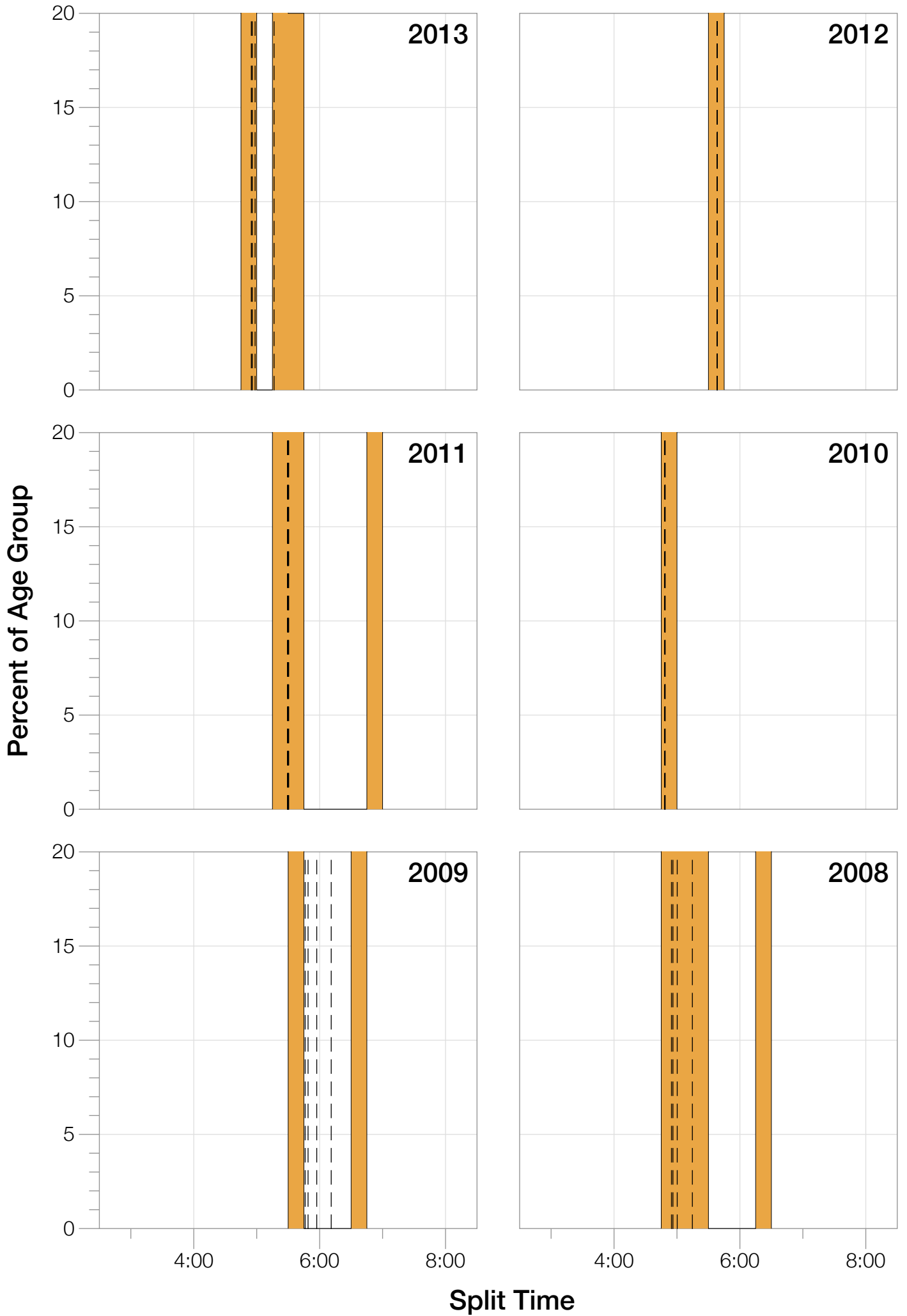
F55-59 Bike



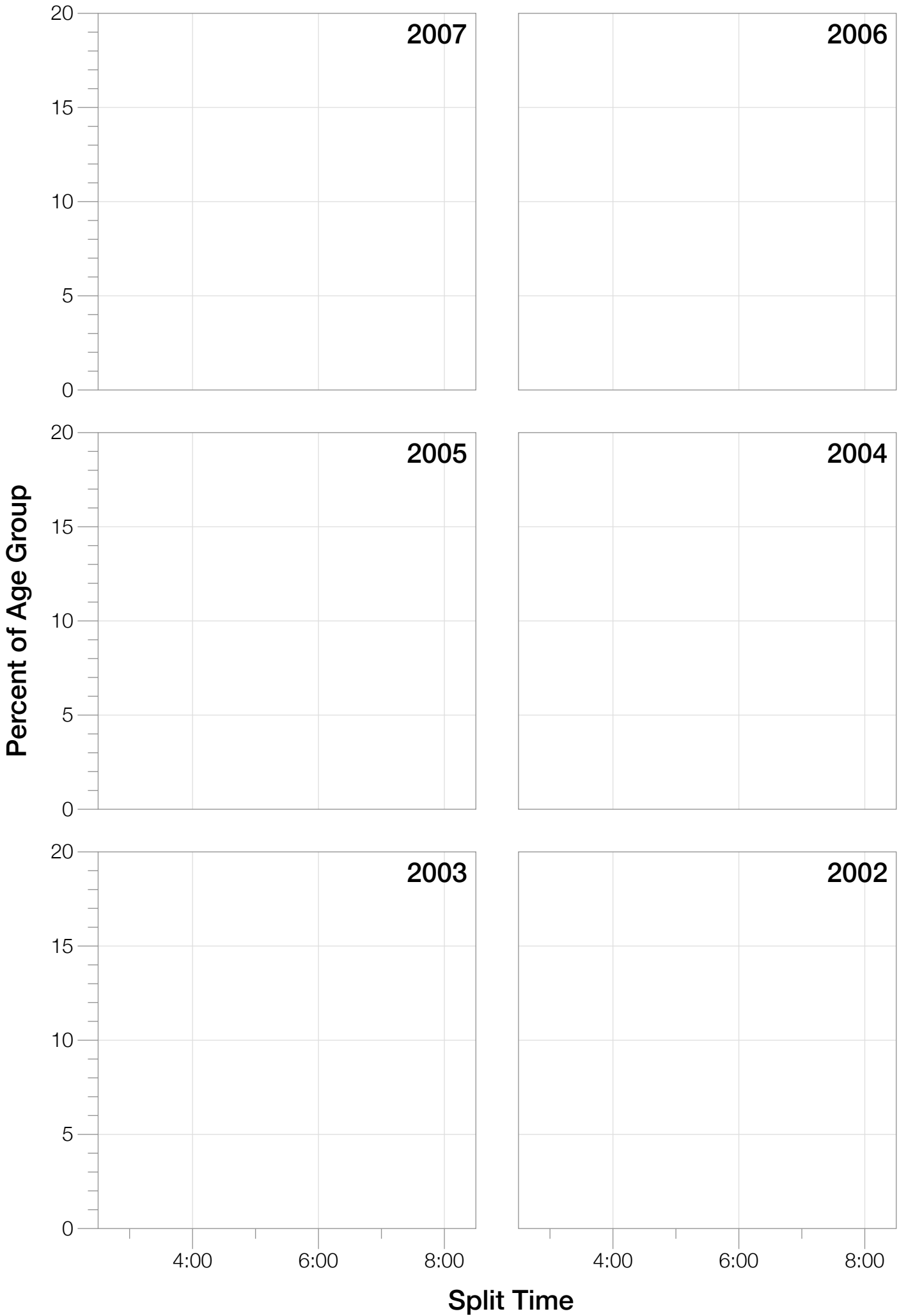
F55-59 Bike



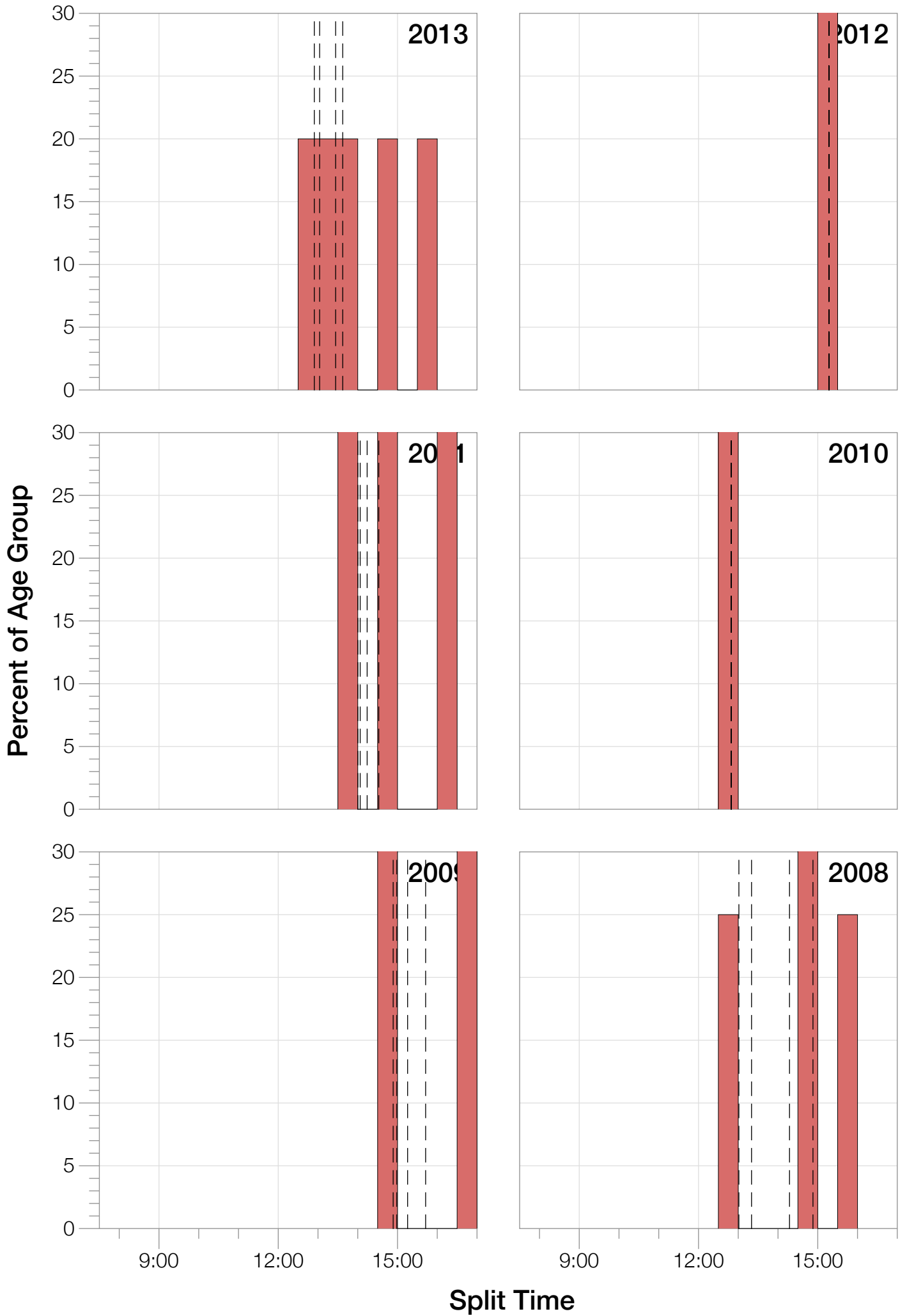
F55-59 Run



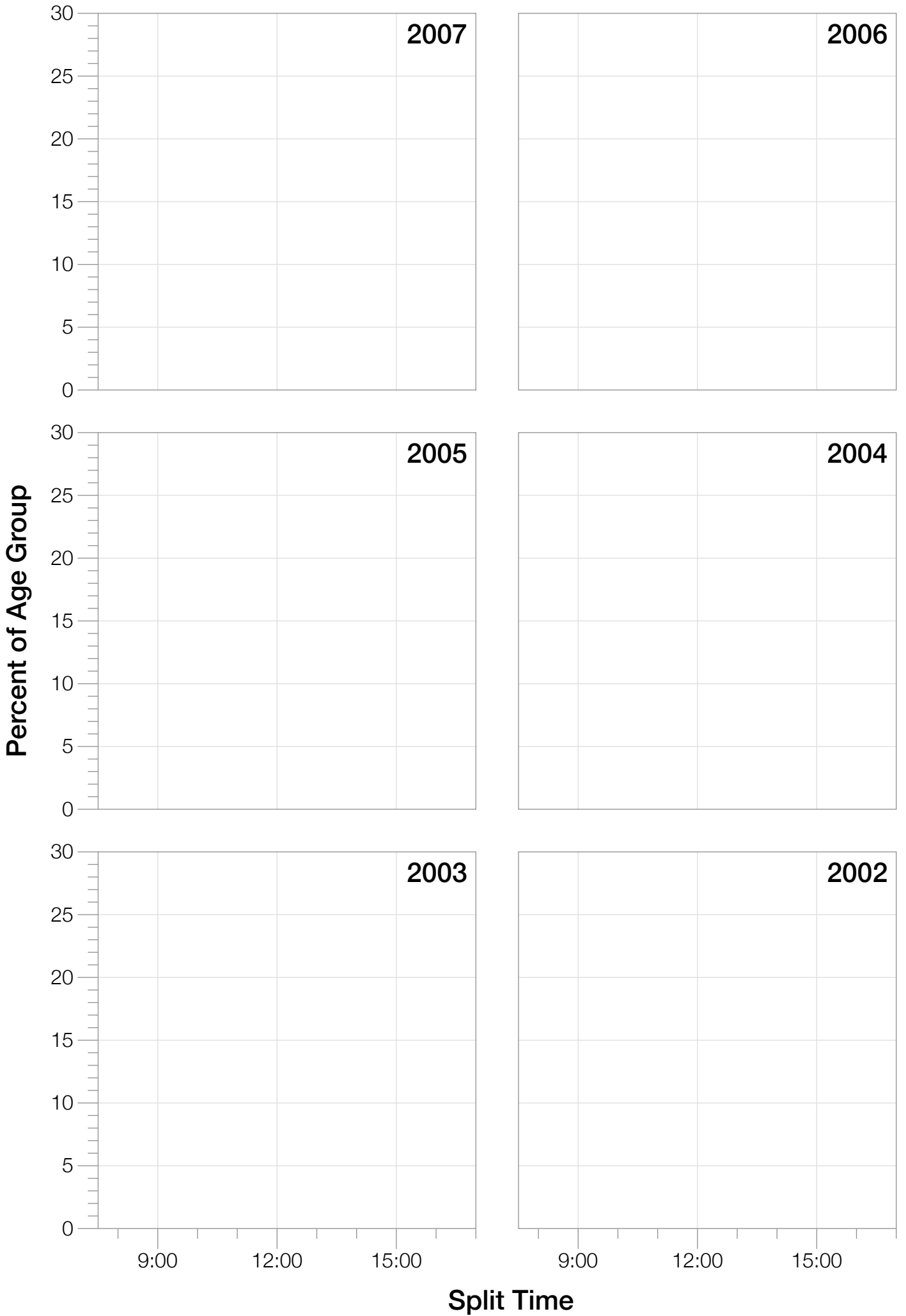
F55-59 Run



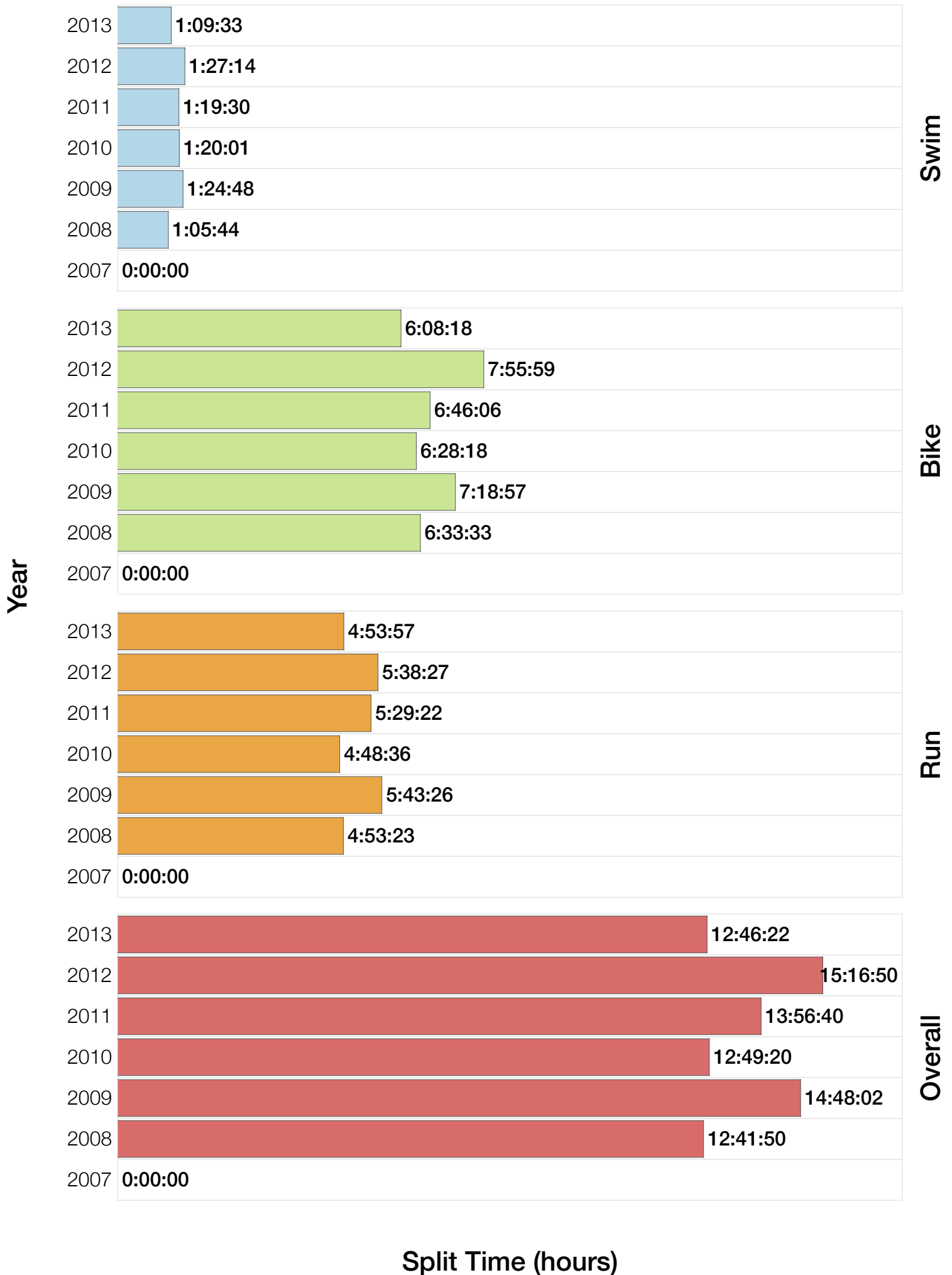
F55-59 Overall



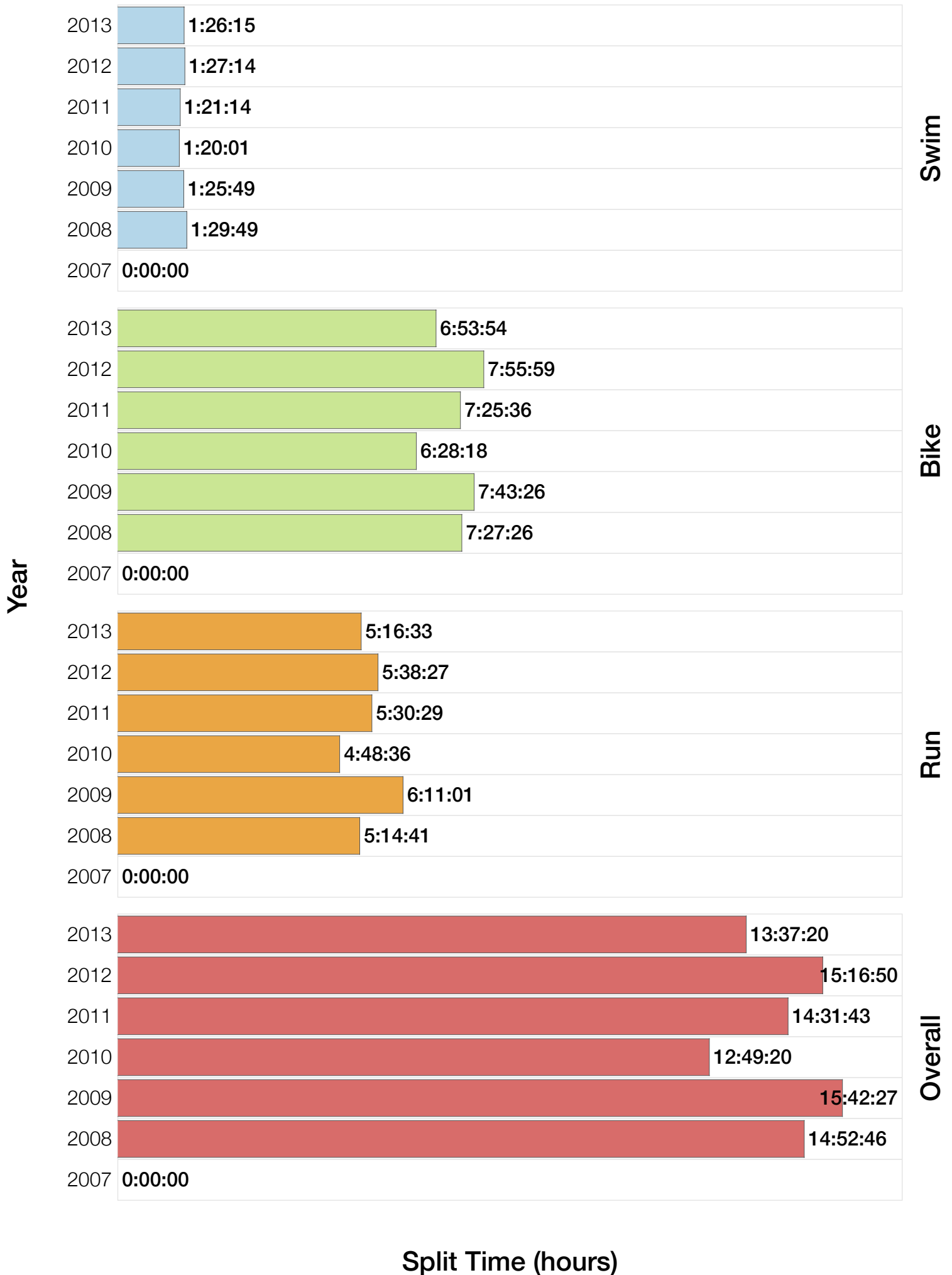
F55-59 Overall



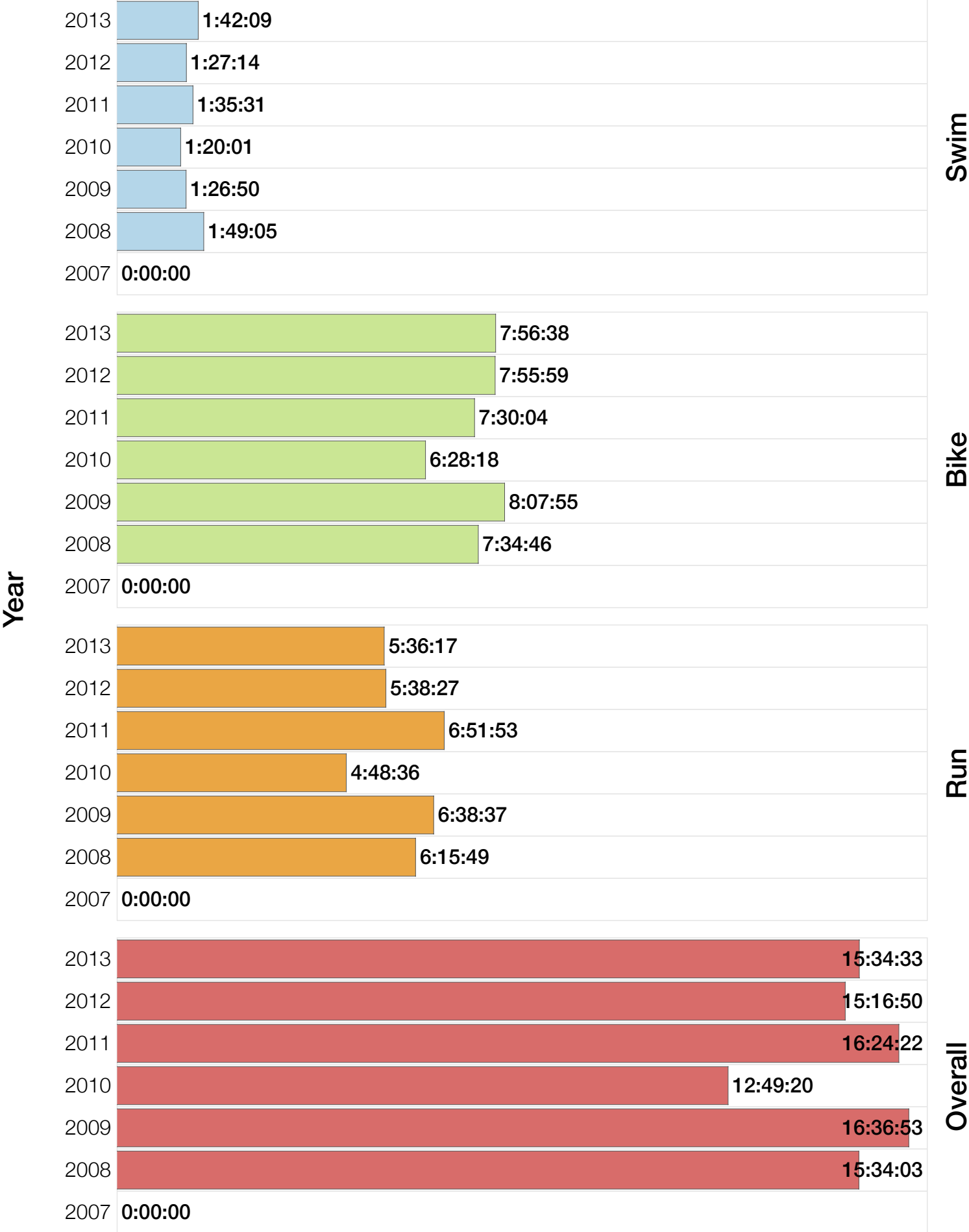
F55-59 Fastest Splits



F55-59 Median Splits



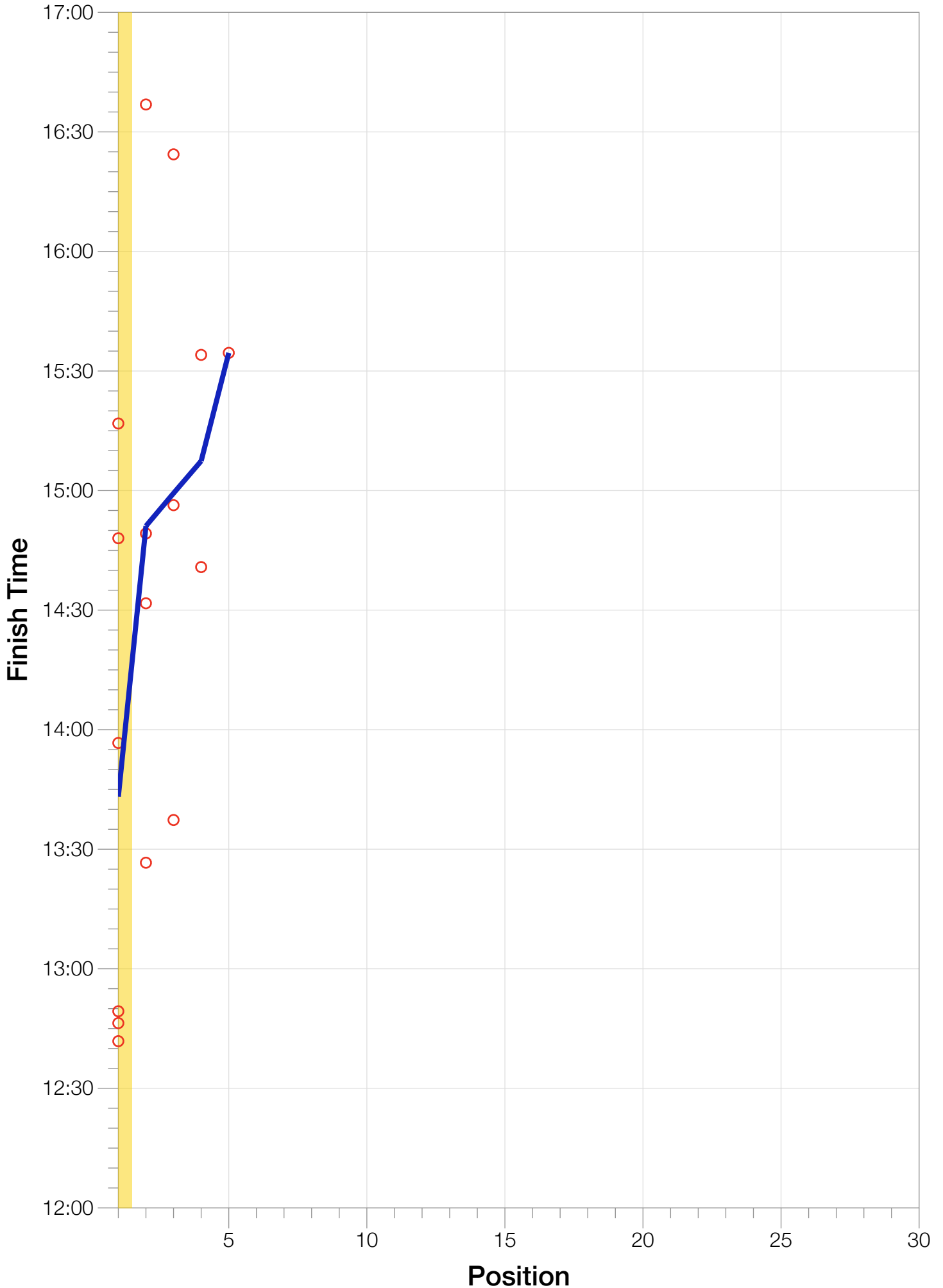
F55-59 Slowest Splits



Split Time (hours)

F55-59 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F55-59 Kona Times and Splits

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	1:05:44	6:33:33	4:53:23	12:41:50
2nd Age Grouper	1:25:30	7:29:05	5:26:51	14:49:13
3rd Age Grouper	1:49:05	7:34:46	5:02:31	14:56:20
4th Age Grouper	1:34:09	7:25:48	6:15:49	15:34:03
Kona Qualifier Average	1:05:44	6:33:33	4:53:23	12:41:50
Age Grouper Average	1:28:37	7:15:48	5:24:38	14:30:21

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	1:24:48	7:18:57	5:43:26	14:48:02
2nd Age Grouper	1:26:50	8:07:55	6:38:37	16:36:53
Kona Qualifier Average	1:24:48	7:18:57	5:43:26	14:48:02
Age Grouper Average	1:25:49	7:43:26	6:11:01	15:42:27

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	1:20:01	6:28:18	4:48:36	12:49:20
Kona Qualifier Average	1:20:01	6:28:18	4:48:36	12:49:20

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	1:19:30	6:46:06	5:30:29	13:56:40
2nd Age Grouper	1:21:14	7:25:36	5:29:22	14:31:43
3rd Age Grouper	1:35:31	7:30:04	6:51:53	16:24:22
Kona Qualifier Average	1:19:30	6:46:06	5:30:29	13:56:40
Age Grouper Average	1:25:25	7:13:55	5:57:14	14:57:35

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	1:27:14	7:55:59	5:38:27	15:16:50
Kona Qualifier Average	1:27:14	7:55:59	5:38:27	15:16:50

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	1:09:33	6:08:18	5:16:33	12:46:22
2nd Age Grouper	1:23:42	6:53:54	4:53:57	13:26:37
3rd Age Grouper	1:26:15	6:52:42	4:58:28	13:37:20
4th Age Grouper	1:26:36	7:23:29	5:36:17	14:40:48
5th Age Grouper	1:42:09	7:56:38	5:29:17	15:34:33
Kona Qualifier Average	1:09:33	6:08:18	5:16:33	12:46:22
Age Grouper Average	1:25:39	7:03:00	5:14:54	14:01:08

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	1:17:48	6:51:51	5:18:29	13:43:10
Average 2nd Age Grouper	1:24:19	7:29:07	5:37:11	14:51:06
Average 3rd Age Grouper	1:36:57	7:19:10	5:37:37	14:59:20
Average 4th Age Grouper	1:30:22	7:24:38	5:56:03	15:07:25
Average 5th Age Grouper	1:42:09	7:56:38	5:29:17	15:34:33
Kona Qualifier Average	1:17:48	6:51:51	5:18:29	13:43:10
Age Grouper Average	1:26:06	7:14:26	5:32:07	14:31:56