

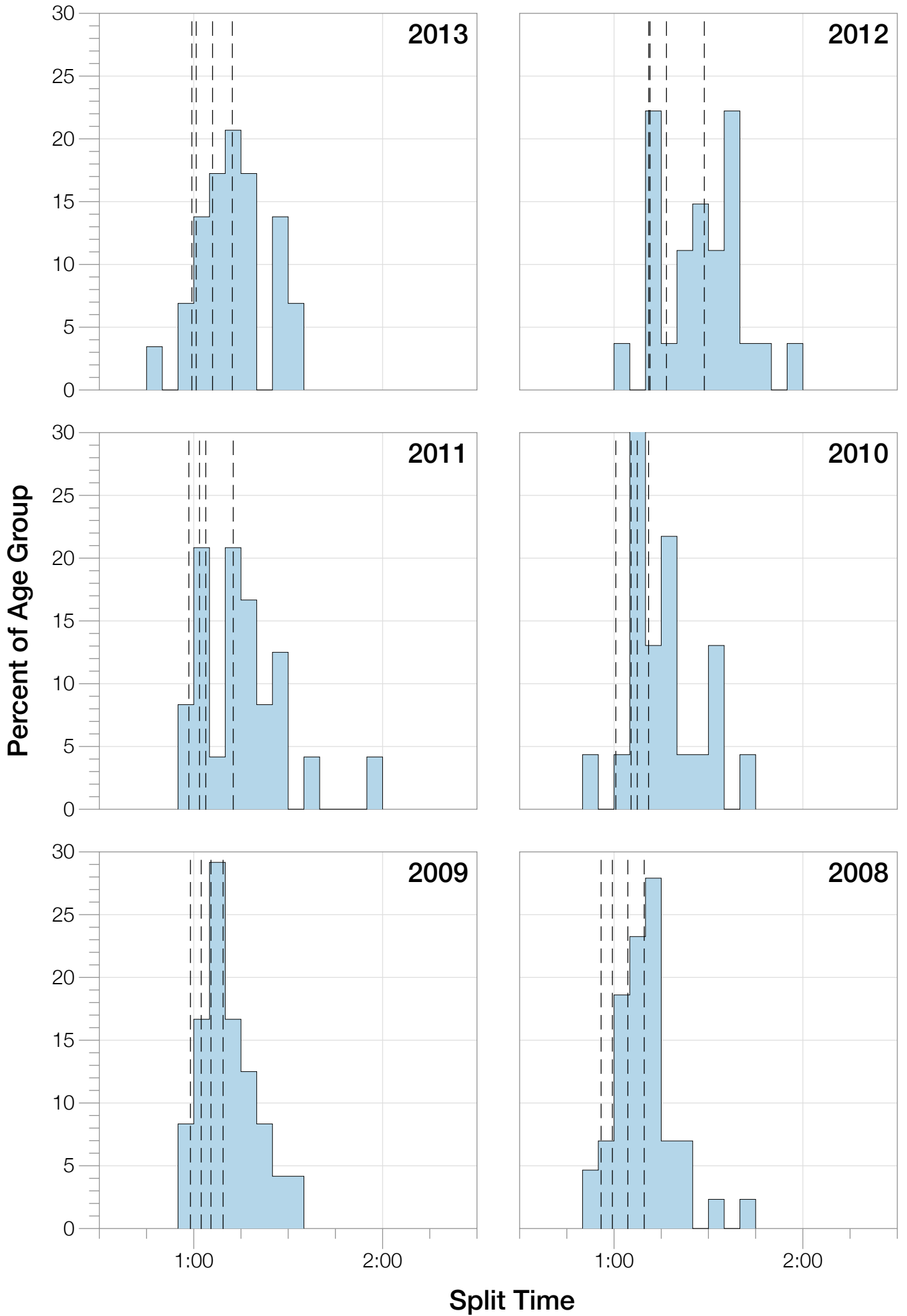
Ironman South Africa Statistics

M18-24

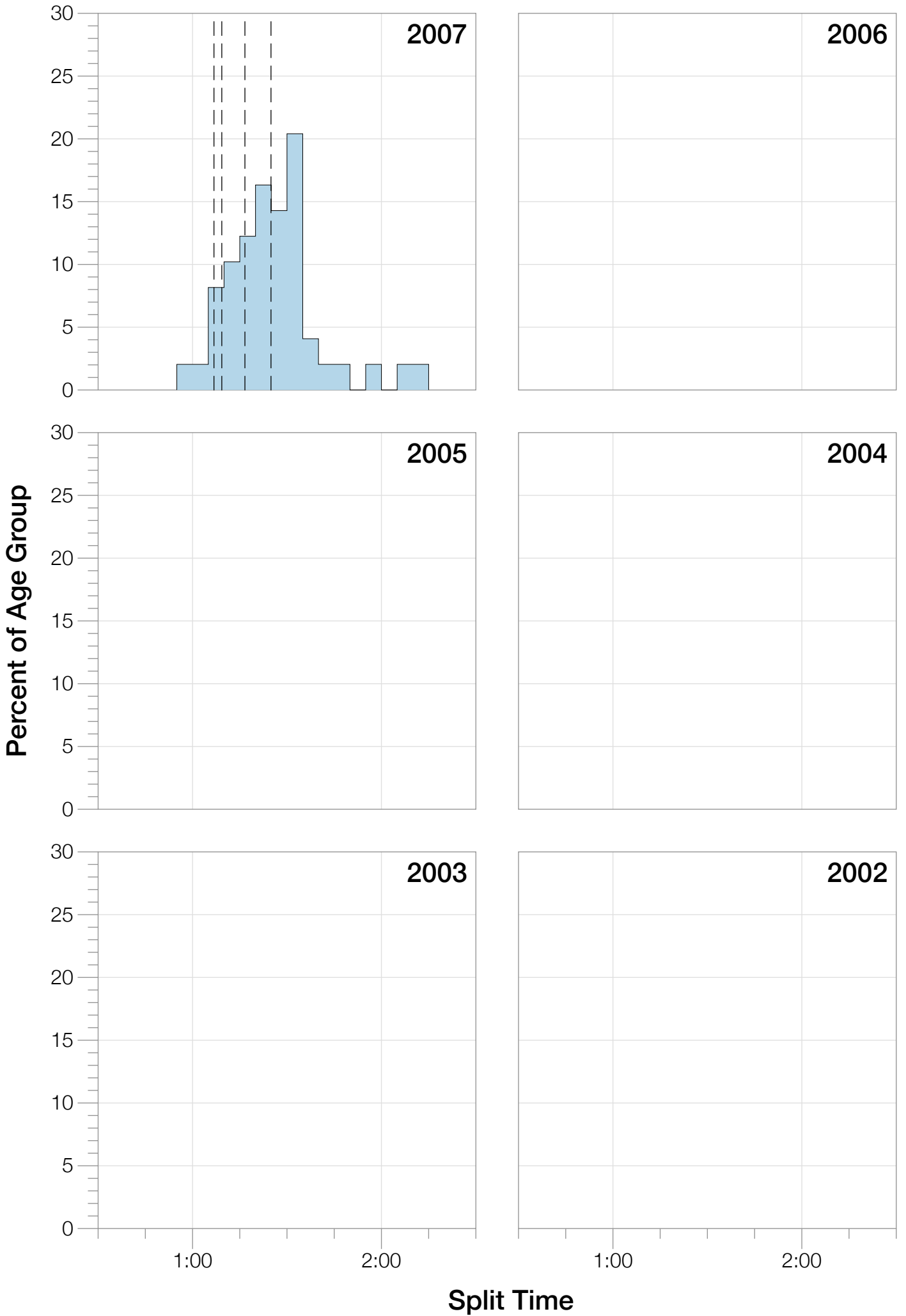
M18-24 Summary Statistics

| Year | Finishers | M18-24 Finishers | Male Winner's Time | Female Winner's Time | M18-24 Winner's Time |
|----------------|-------------|------------------|--------------------|----------------------|----------------------|
| 2007 | 1305 | 49 | 8:33:04 | 9:22:00 | 9:53:41 |
| 2008 | 1403 | 43 | 8:18:23 | 9:27:48 | 8:52:46 |
| 2009 | 1304 | 24 | 8:17:32 | 9:16:32 | 10:04:09 |
| 2010 | 1548 | 23 | 8:23:28 | 9:16:55 | 10:10:31 |
| 2011 | 1505 | 24 | 8:05:36 | 8:33:56 | 9:27:56 |
| 2012 | 1384 | 27 | 8:34:45 | 9:47:10 | 11:47:46 |
| 2013 | 1541 | 29 | 8:11:24 | 9:10:58 | 9:19:44 |
| Average | 1427 | 31 | 8:20:36 | 9:16:28 | 9:56:39 |

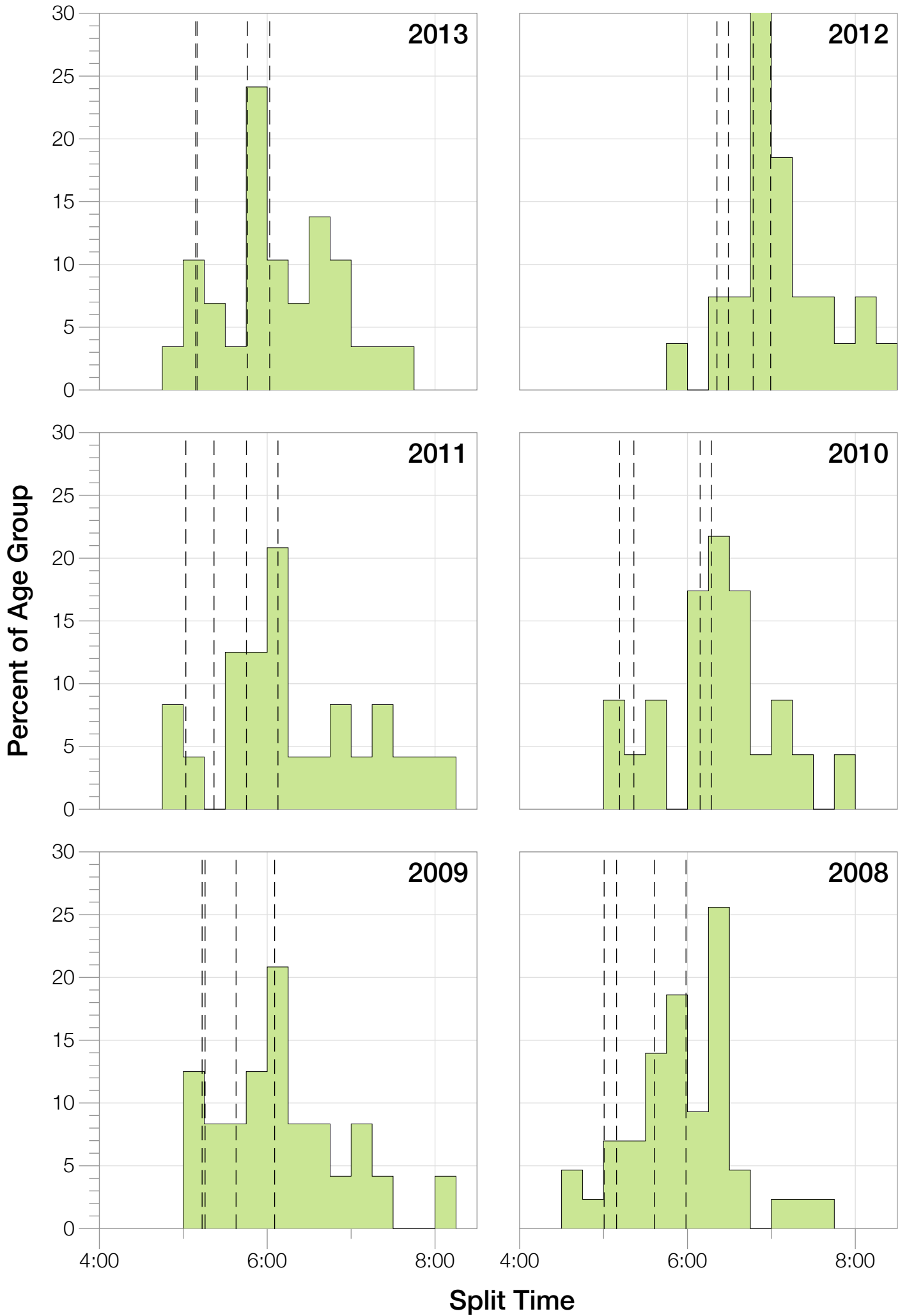
M18-24 Swim



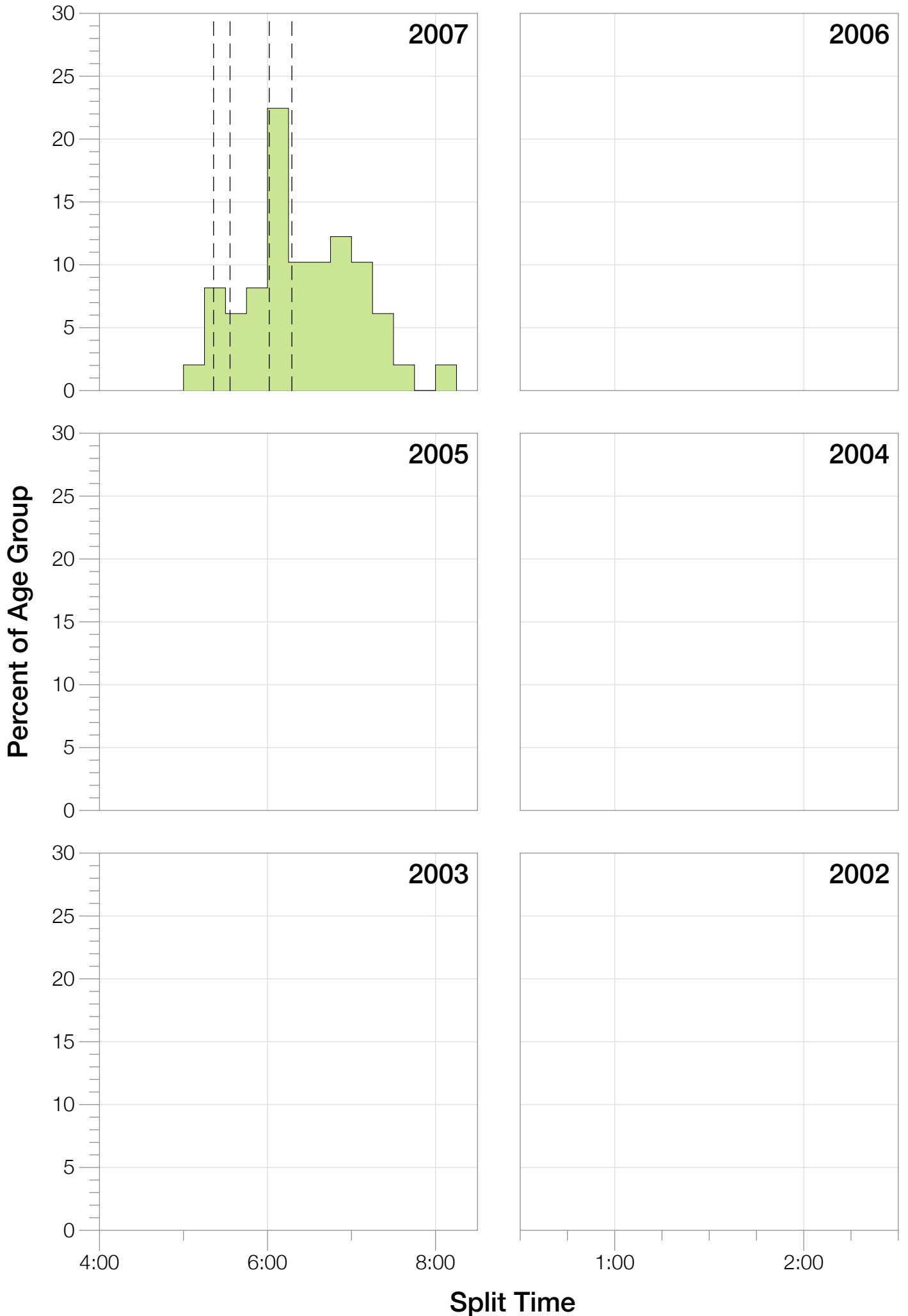
M18-24 Swim



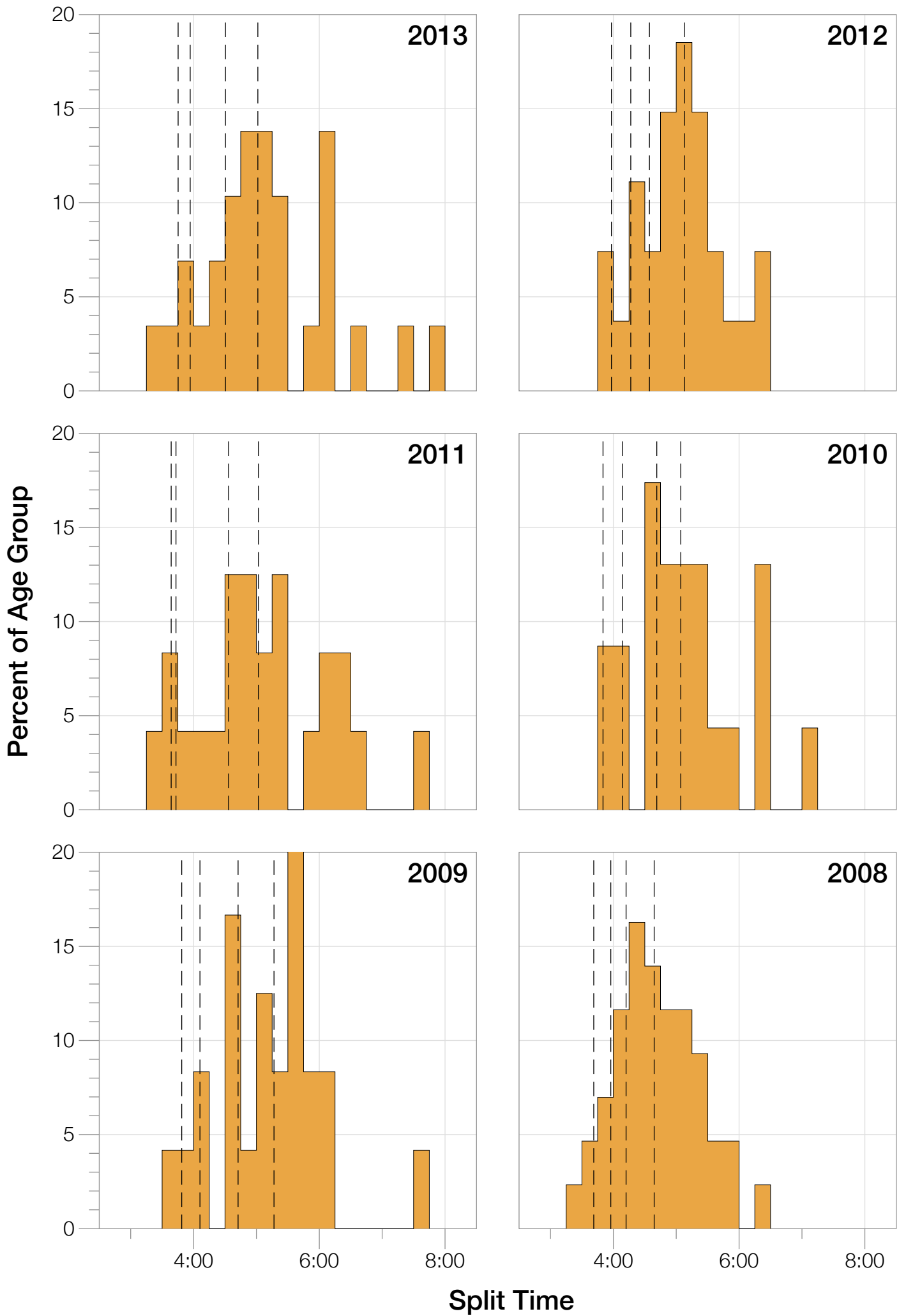
M18-24 Bike



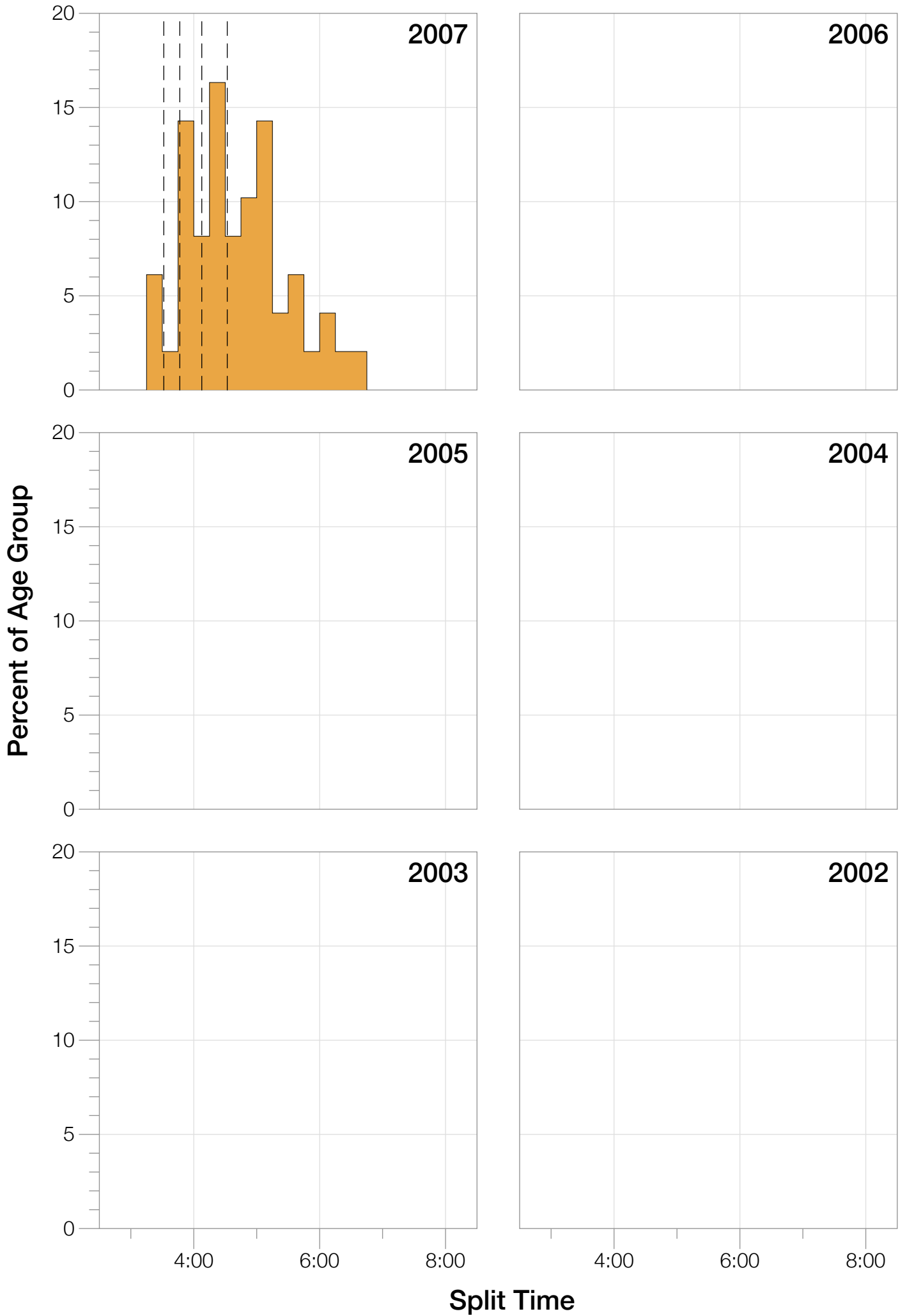
M18-24 Bike



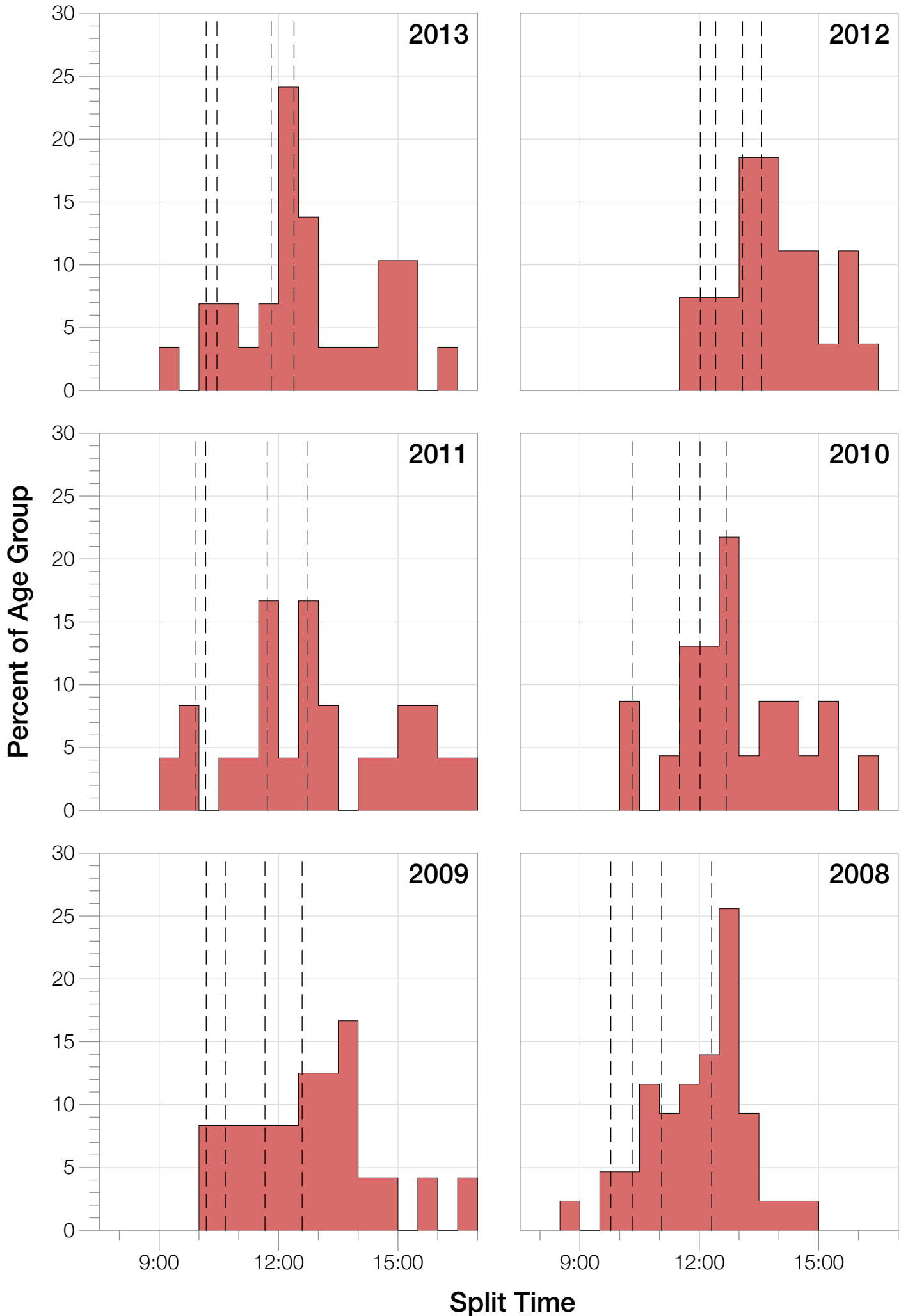
M18-24 Run



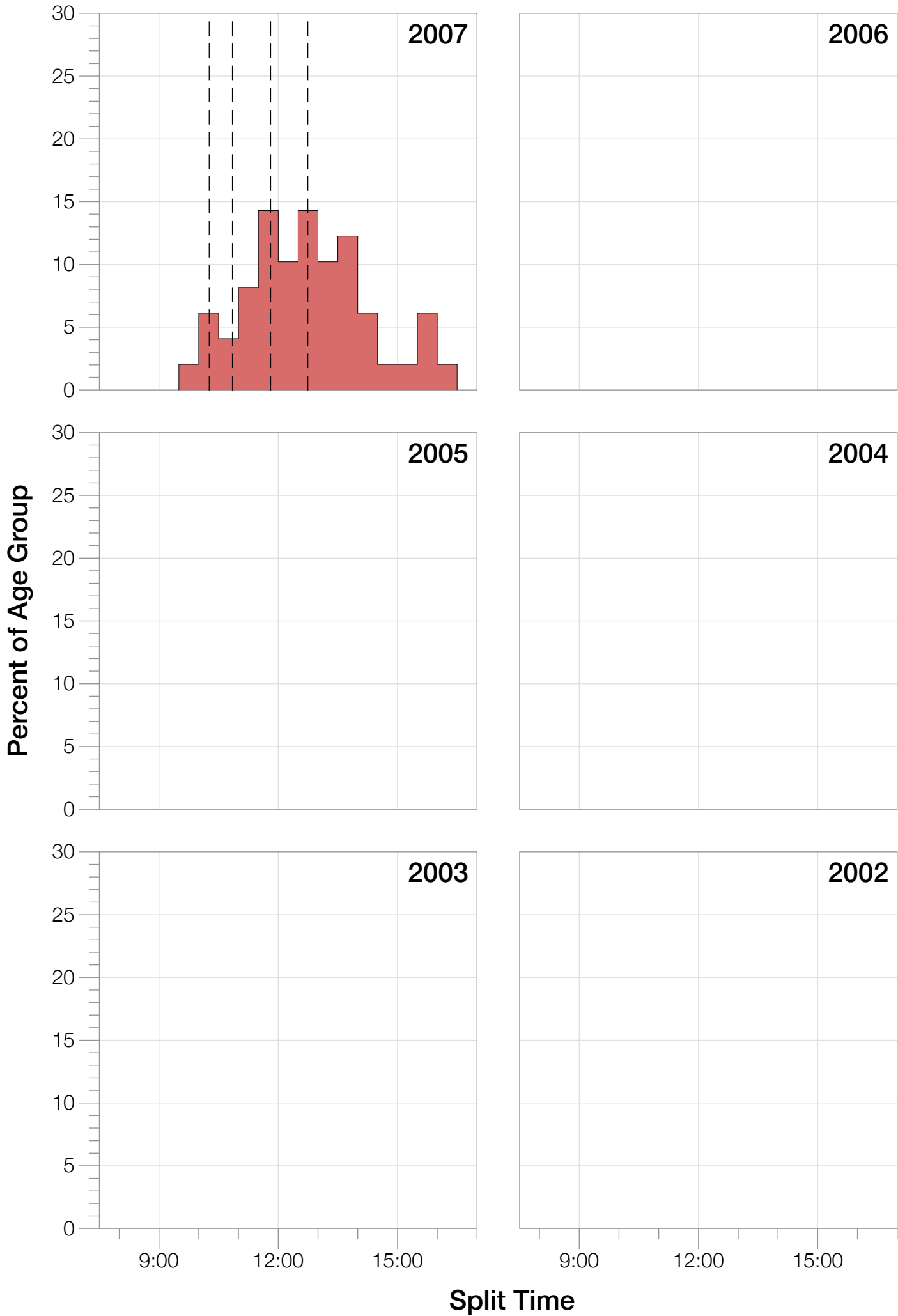
M18-24 Run



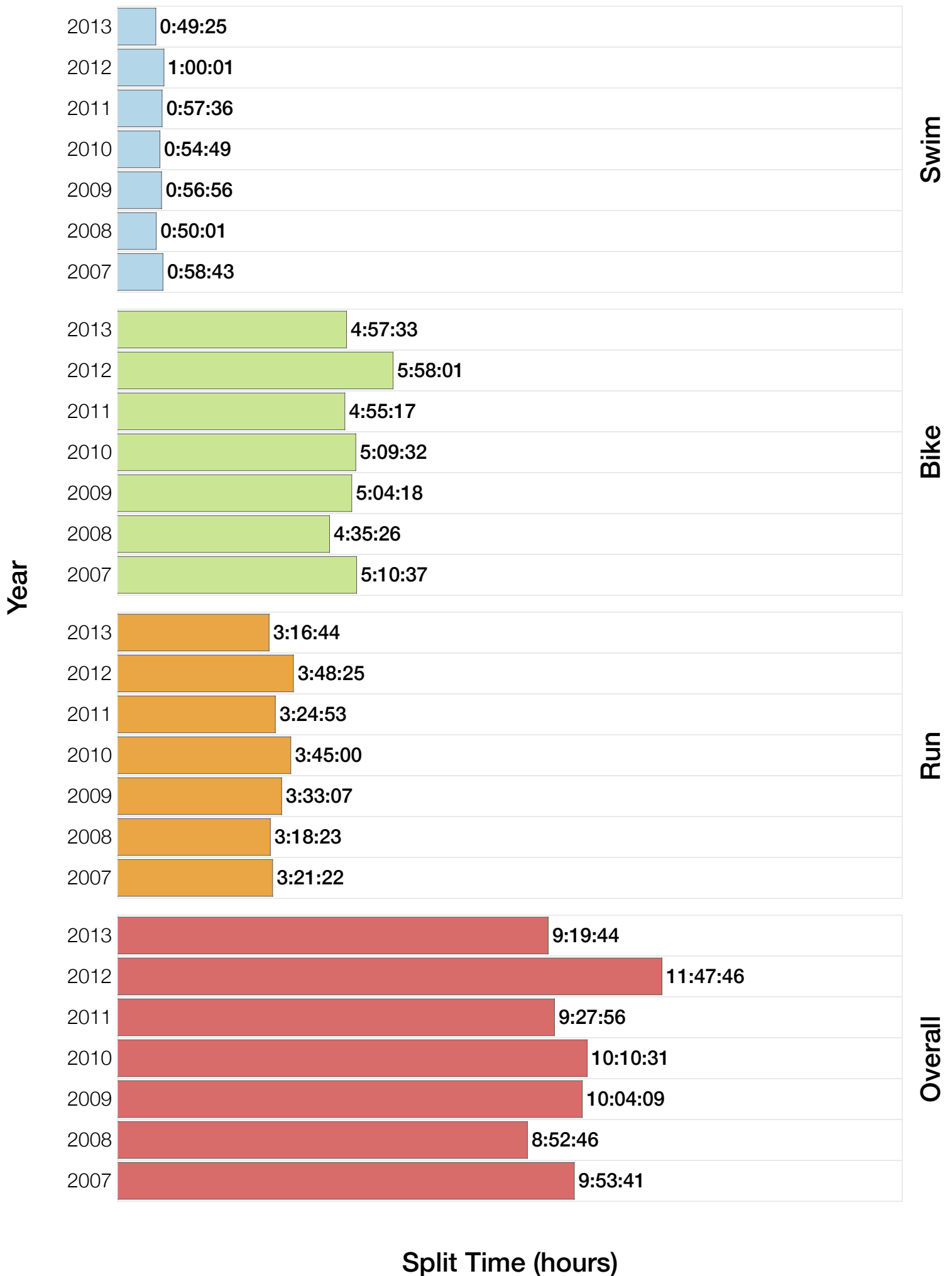
M18-24 Overall



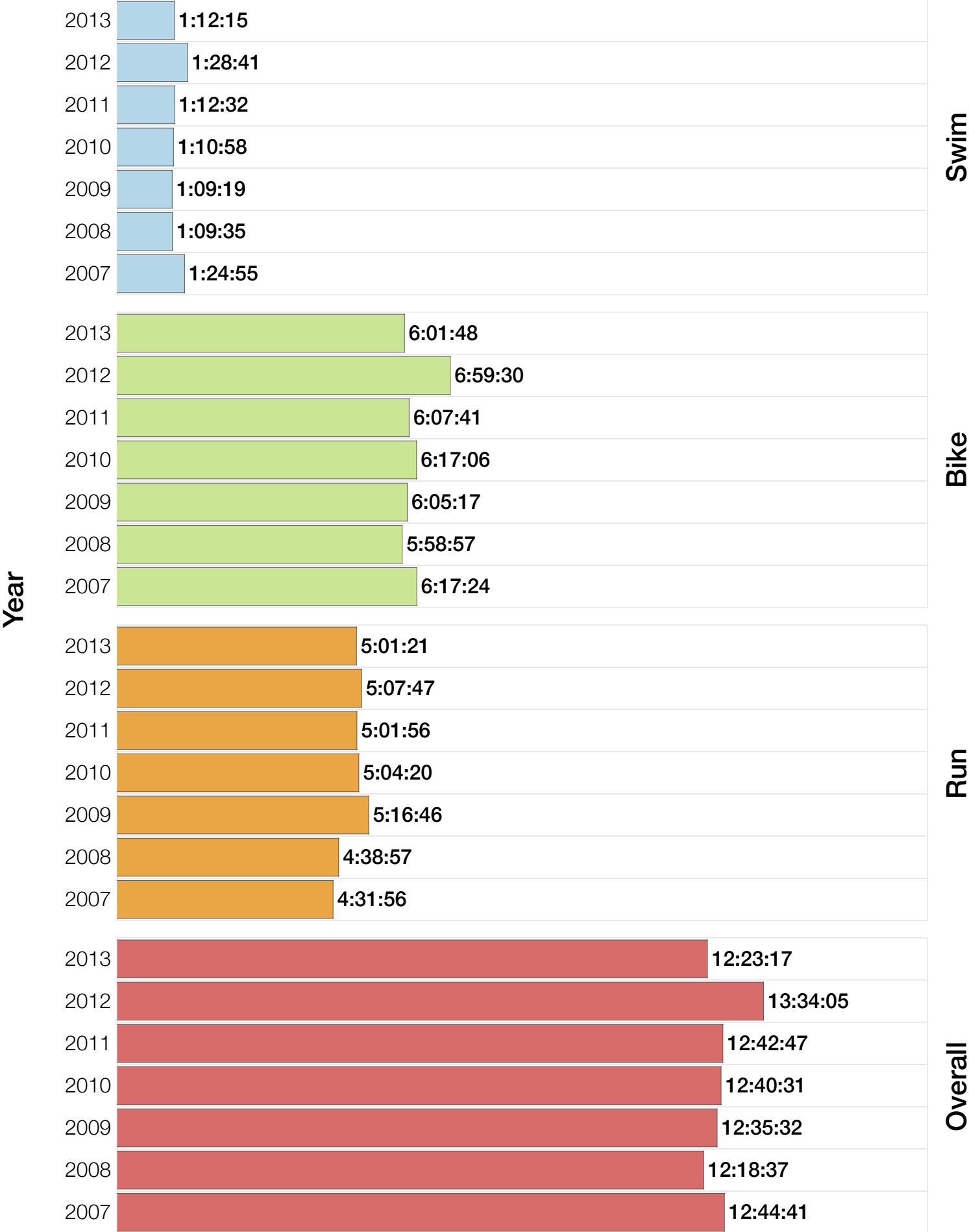
M18-24 Overall



M18-24 Fastest Splits

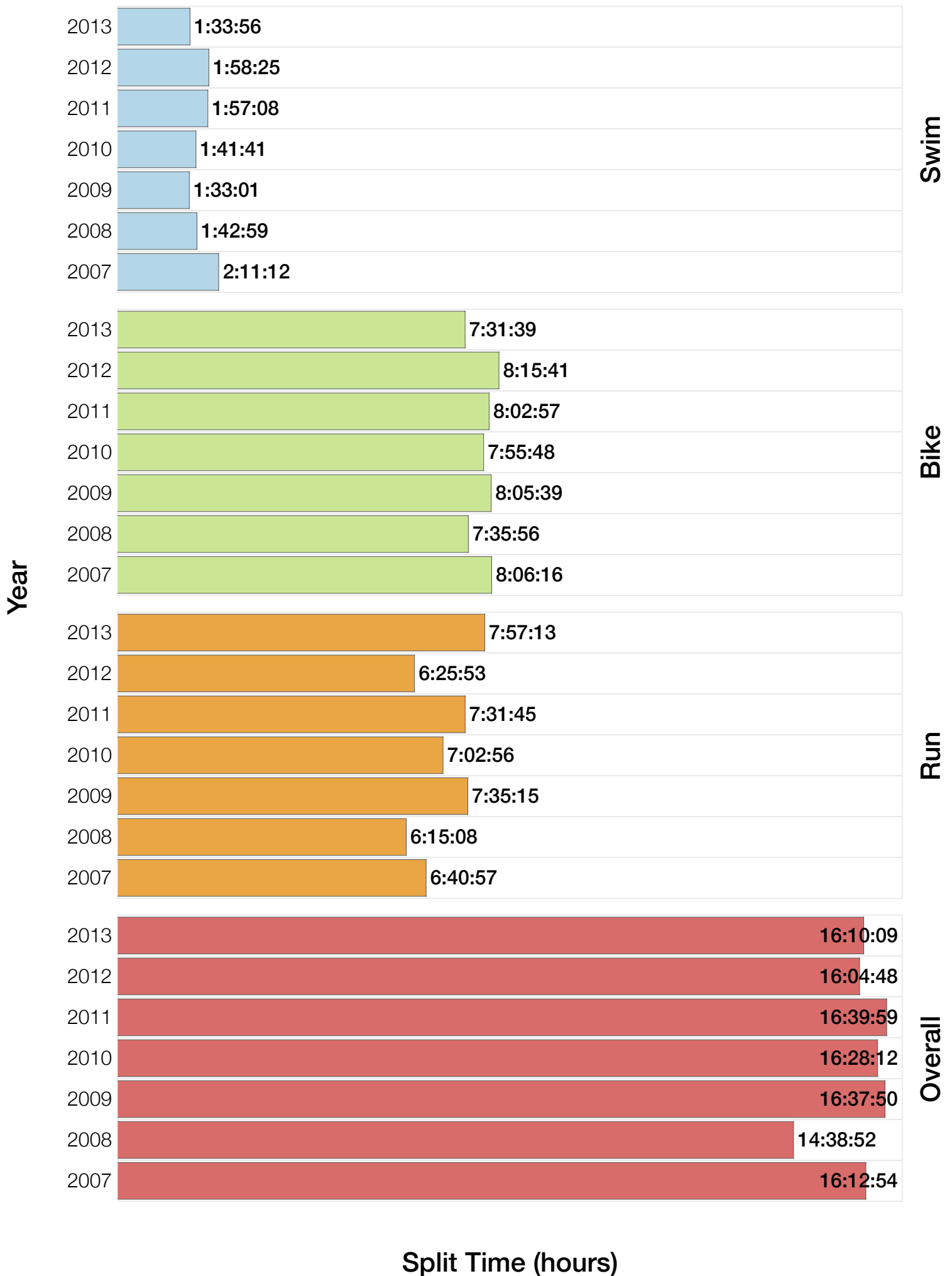


M18-24 Median Splits



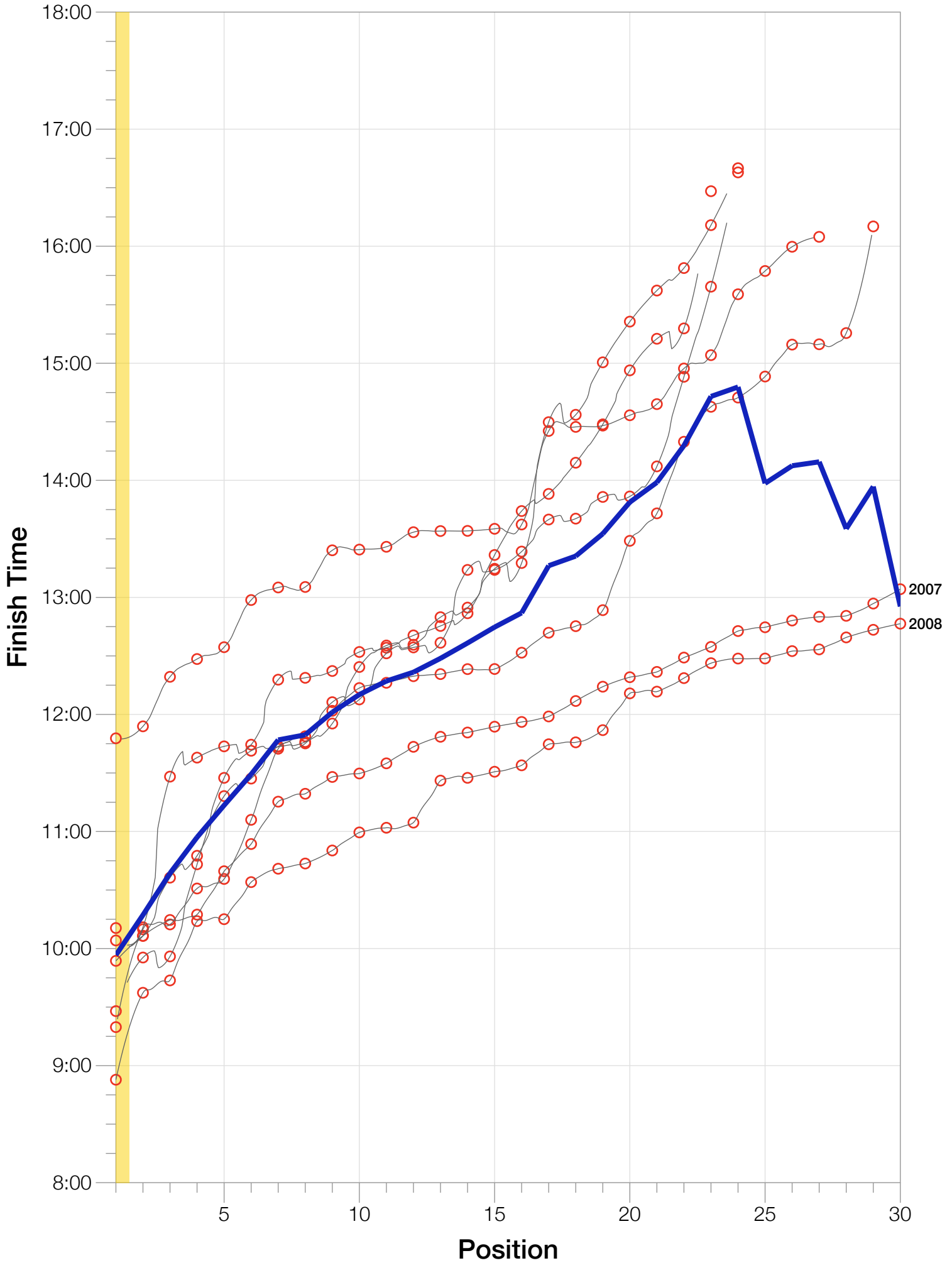
Split Time (hours)

M18-24 Slowest Splits



M18-24 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M18-24 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 | 0:58:43 | 5:19:17 | 3:27:03 | 9:53:41 |
| 2nd Age Grouper | 1:13:23 | 5:24:04 | 3:21:22 | 10:06:32 |
| 3rd Age Grouper | 1:30:05 | 5:10:37 | 3:27:27 | 10:14:39 |
| 4th Age Grouper | 1:06:14 | 5:19:46 | 3:45:02 | 10:17:24 |
| 5th Age Grouper | 1:09:23 | 5:34:30 | 3:49:34 | 10:39:38 |
| Kona Qualifier Average | 0:58:43 | 5:19:17 | 3:27:03 | 9:53:41 |
| Age Grouper Average | 1:11:33 | 5:21:38 | 3:34:05 | 10:14:22 |

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 | 0:50:01 | 4:38:38 | 3:18:23 | 8:52:46 |
| 2nd Age Grouper | 1:08:26 | 4:35:26 | 3:48:06 | 9:37:20 |
| 3rd Age Grouper | 0:57:37 | 4:59:30 | 3:40:33 | 9:43:40 |
| 4th Age Grouper | 1:00:15 | 5:08:49 | 3:56:58 | 10:14:03 |
| 5th Age Grouper | 0:50:12 | 5:10:43 | 4:08:47 | 10:15:03 |
| Kona Qualifier Average | 0:50:01 | 4:38:38 | 3:18:23 | 8:52:46 |
| Age Grouper Average | 0:57:18 | 4:54:37 | 3:46:33 | 9:44:34 |

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 | 1:02:24 | 5:21:46 | 3:33:07 | 10:04:09 |
| 2nd Age Grouper | 1:02:22 | 5:13:24 | 3:46:05 | 10:06:28 |
| 3rd Age Grouper | 1:02:21 | 5:13:48 | 4:12:07 | 10:36:20 |
| 4th Age Grouper | 0:58:20 | 5:04:18 | 4:37:23 | 10:47:33 |
| 5th Age Grouper | 0:56:56 | 5:19:43 | 4:56:29 | 11:18:09 |
| Kona Qualifier Average | 1:02:24 | 5:21:46 | 3:33:07 | 10:04:09 |
| Age Grouper Average | 1:00:28 | 5:14:35 | 4:13:02 | 10:34:31 |

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 | 1:08:58 | 5:10:42 | 3:45:00 | 10:10:31 |
| 2nd Age Grouper | 1:00:03 | 5:18:43 | 3:48:06 | 10:10:55 |
| 3rd Age Grouper | 1:05:16 | 5:34:00 | 4:40:40 | 11:28:07 |
| 4th Age Grouper | 1:06:02 | 5:09:32 | 5:14:21 | 11:37:52 |
| 5th Age Grouper | 1:06:20 | 5:33:35 | 4:53:39 | 11:43:38 |
| Kona Qualifier Average | 1:08:58 | 5:10:42 | 3:45:00 | 10:10:31 |
| Age Grouper Average | 1:05:19 | 5:21:18 | 4:28:21 | 11:02:12 |

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 | 1:03:44 | 4:55:17 | 3:24:53 | 9:27:56 |
| 2nd Age Grouper | 0:57:36 | 5:14:44 | 3:38:03 | 9:55:24 |
| 3rd Age Grouper | 1:03:29 | 4:59:33 | 3:46:04 | 9:55:58 |
| 4th Age Grouper | 1:01:49 | 5:42:27 | 3:42:00 | 10:43:11 |
| 5th Age Grouper | 1:12:07 | 5:55:06 | 4:11:19 | 11:27:29 |
| Kona Qualifier Average | 1:03:44 | 4:55:17 | 3:24:53 | 9:27:56 |
| Age Grouper Average | 1:03:45 | 5:21:25 | 3:44:27 | 10:17:59 |

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 | 1:21:51 | 5:58:01 | 4:14:03 | 11:47:46 |
| 2nd Age Grouper | 1:29:49 | 6:23:58 | 3:51:24 | 11:53:54 |
| 3rd Age Grouper | 1:28:02 | 6:53:04 | 3:48:25 | 12:19:17 |
| 4th Age Grouper | 1:11:31 | 6:19:51 | 4:50:54 | 12:28:24 |
| 5th Age Grouper | 1:12:05 | 6:49:45 | 4:22:56 | 12:34:28 |
| Kona Qualifier Average | 1:21:51 | 5:58:01 | 4:14:03 | 11:47:46 |
| Age Grouper Average | 1:20:39 | 6:28:55 | 4:13:32 | 12:12:45 |

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 | 1:01:06 | 4:57:33 | 3:16:44 | 9:19:44 |
| 2nd Age Grouper | 1:17:05 | 5:08:29 | 3:39:26 | 10:09:53 |
| 3rd Age Grouper | 1:02:51 | 5:09:56 | 3:54:01 | 10:12:22 |
| 4th Age Grouper | 0:59:28 | 5:26:44 | 3:57:29 | 10:30:47 |
| 5th Age Grouper | 1:04:44 | 5:09:37 | 4:14:57 | 10:35:40 |
| Kona Qualifier Average | 1:01:06 | 4:57:33 | 3:16:44 | 9:19:44 |
| Age Grouper Average | 1:05:02 | 5:10:27 | 3:48:31 | 10:09:41 |

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 | 1:03:49 | 5:11:36 | 3:34:10 | 9:56:39 |
| Average 2nd Age Grouper | 1:09:49 | 5:19:49 | 3:41:47 | 10:17:12 |
| Average 3rd Age Grouper | 1:09:57 | 5:25:46 | 3:55:36 | 10:38:37 |
| Average 4th Age Grouper | 1:03:22 | 5:27:21 | 4:17:43 | 10:57:02 |
| Average 5th Age Grouper | 1:04:32 | 5:38:59 | 4:22:31 | 11:13:26 |
| Kona Qualifier Average | 1:03:49 | 5:11:36 | 3:34:10 | 9:56:39 |
| Age Grouper Average | 1:06:18 | 5:24:42 | 3:58:22 | 10:36:35 |