

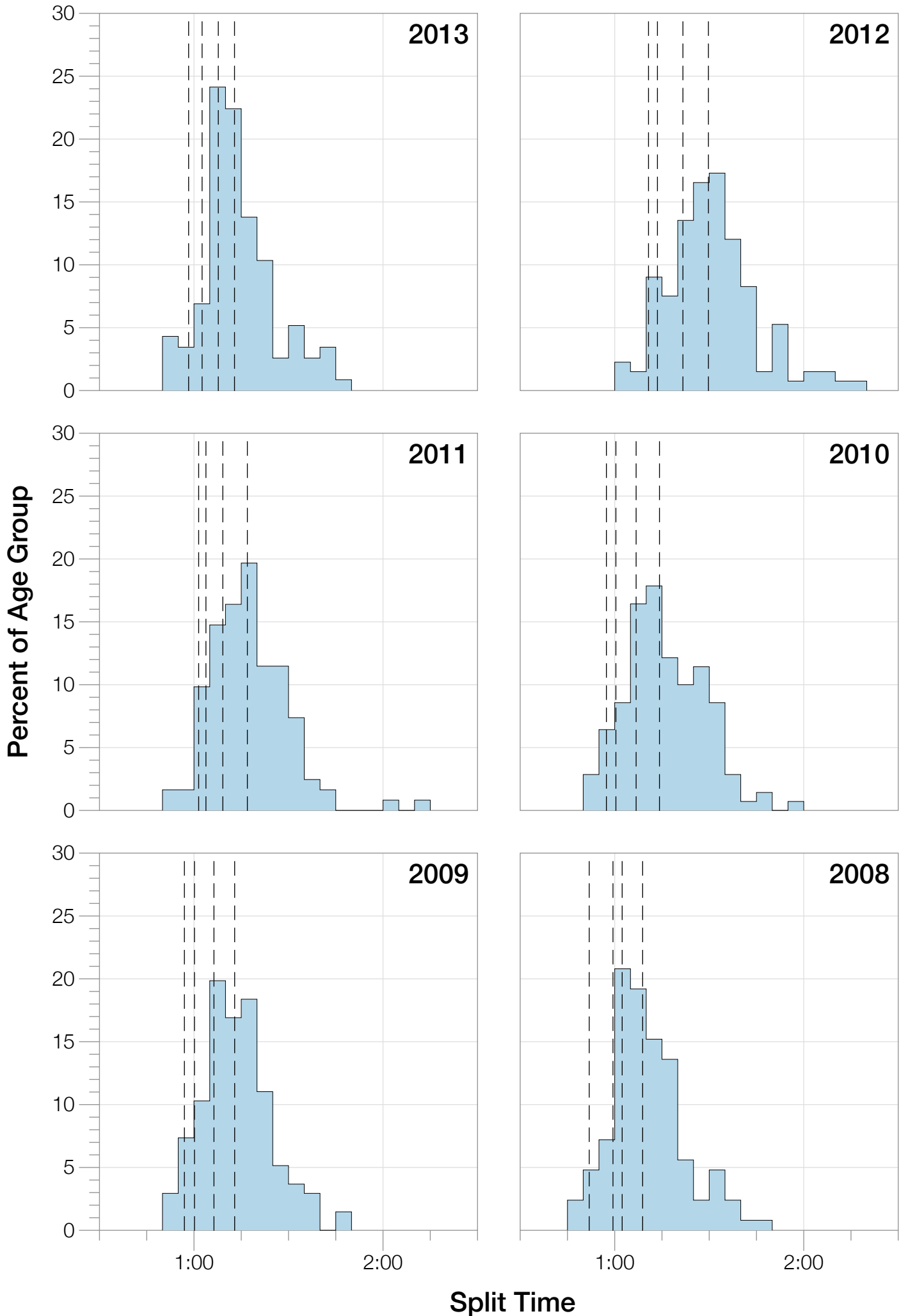
# Ironman South Africa Statistics

## M25-29

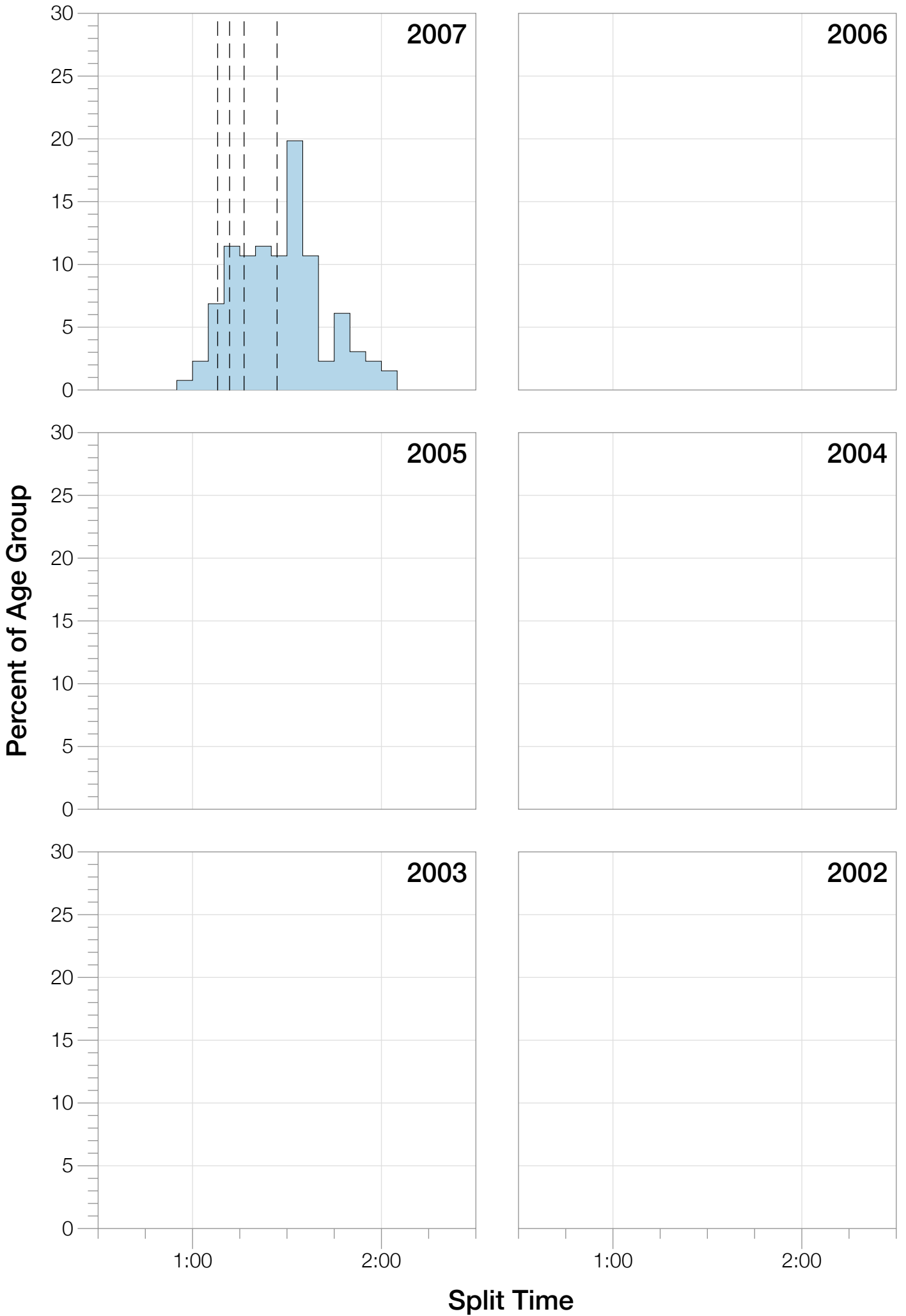
## M25-29 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>M25-29 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>M25-29 Winner's Time</b>
2007	1305	131	8:33:04	9:22:00	9:28:49
2008	1403	125	8:18:23	9:27:48	9:01:14
2009	1304	136	8:17:32	9:16:32	9:32:40
2010	1548	140	8:23:28	9:16:55	8:53:32
2011	1505	122	8:05:36	8:33:56	9:15:06
2012	1384	133	8:34:45	9:47:10	9:27:05
2013	1541	116	8:11:24	9:10:58	9:07:28
<b>Average</b>	<b>1427</b>	<b>129</b>	<b>8:20:36</b>	<b>9:16:28</b>	<b>9:15:07</b>

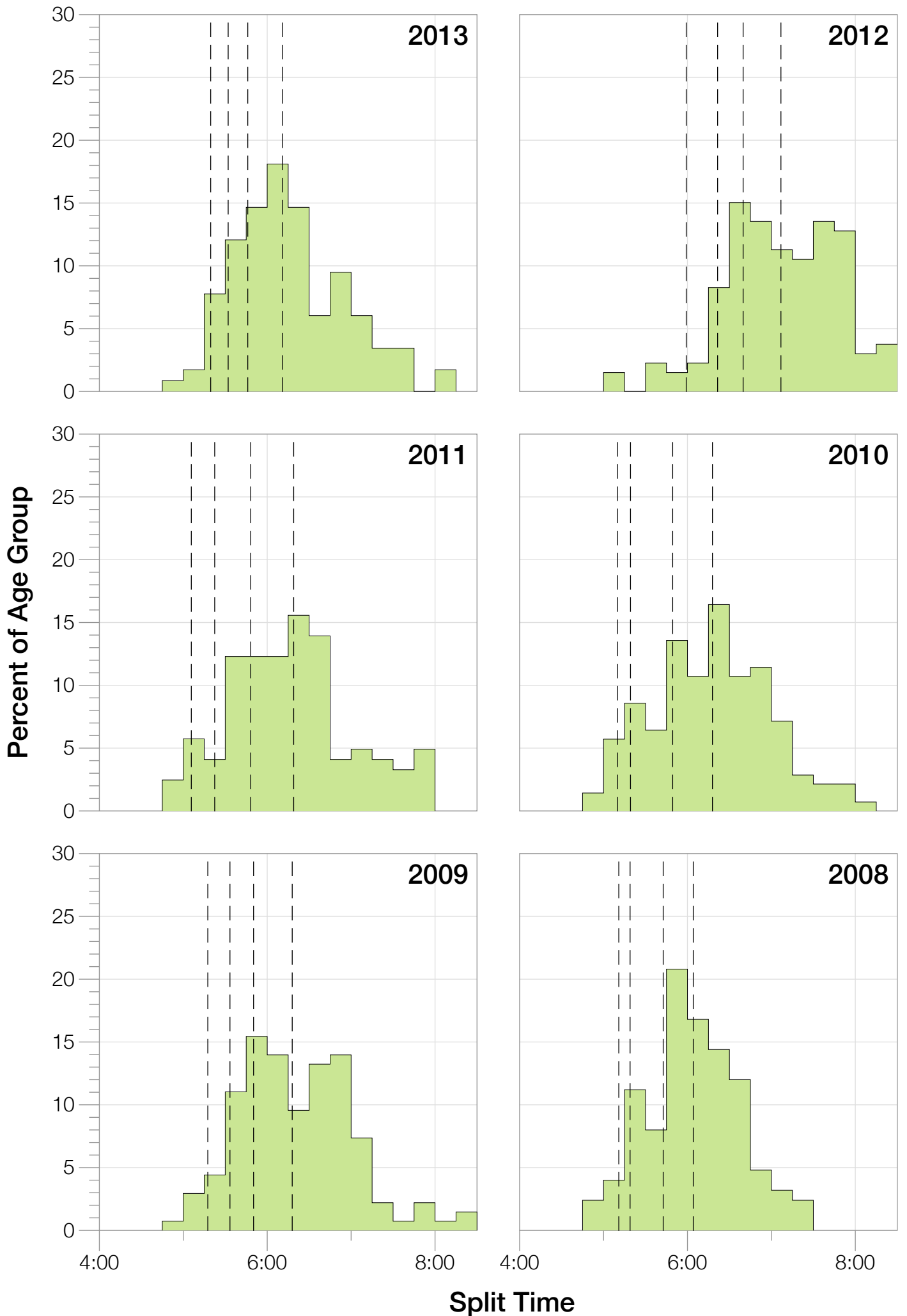
# M25-29 Swim



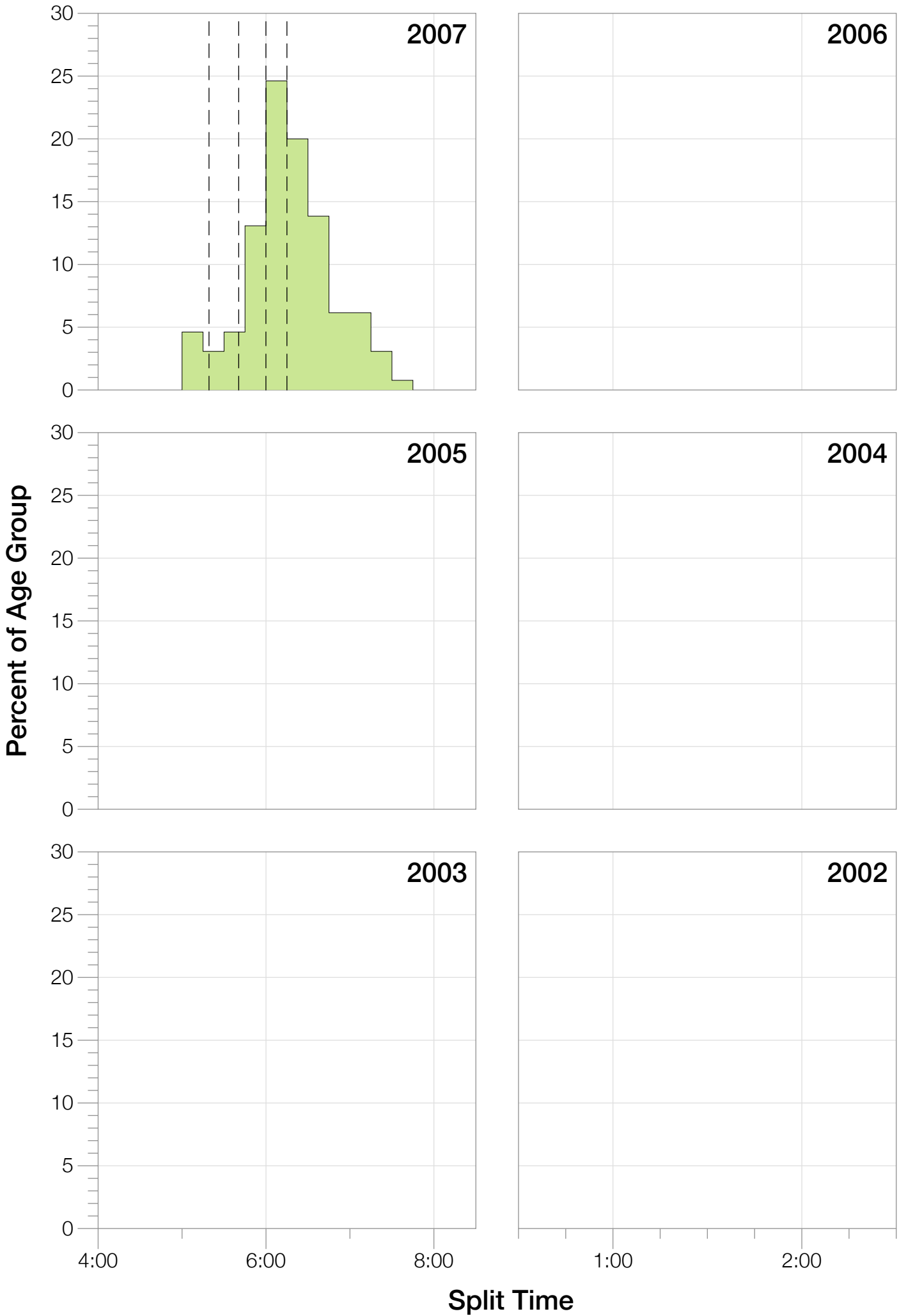
# M25-29 Swim



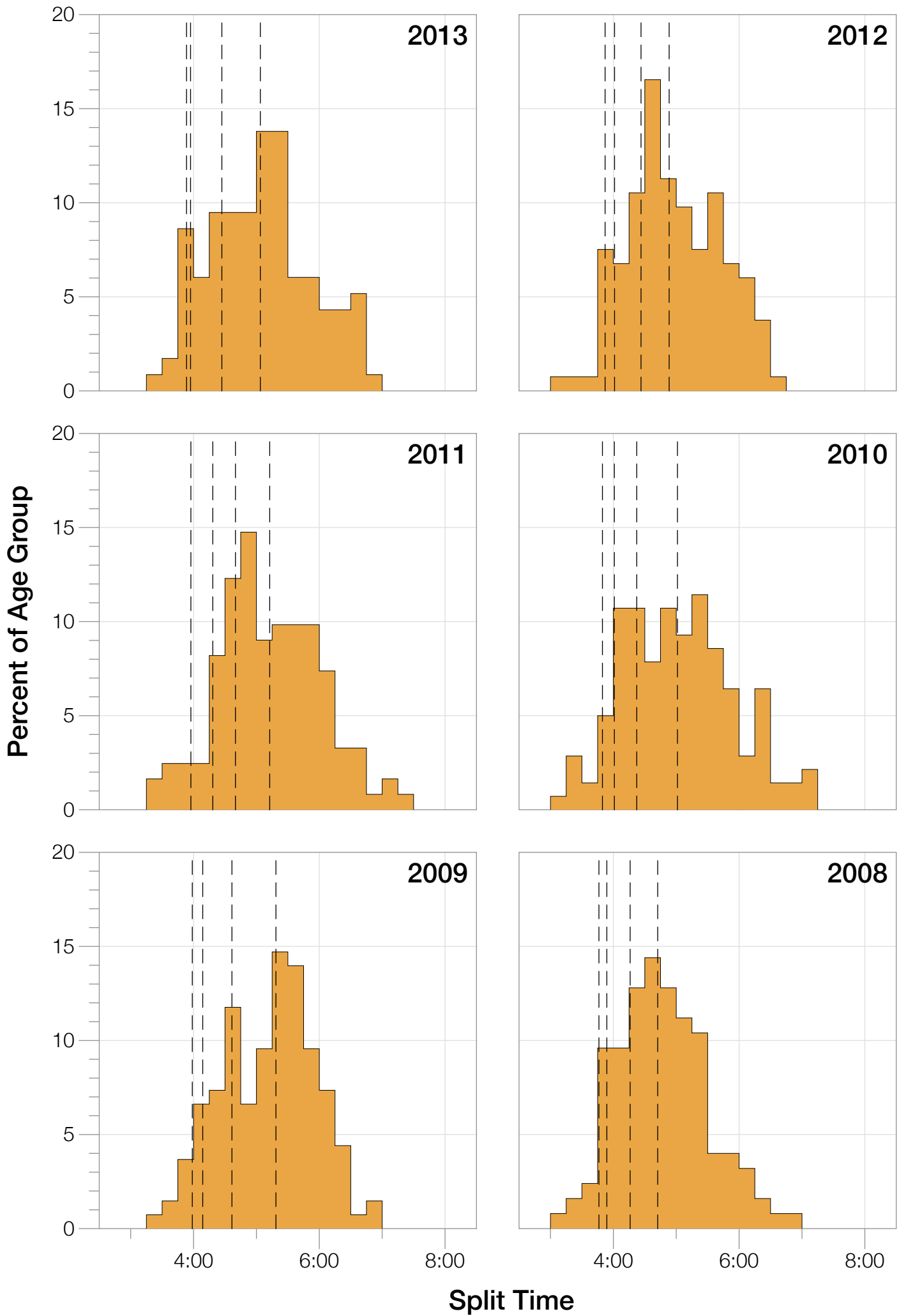
# M25-29 Bike



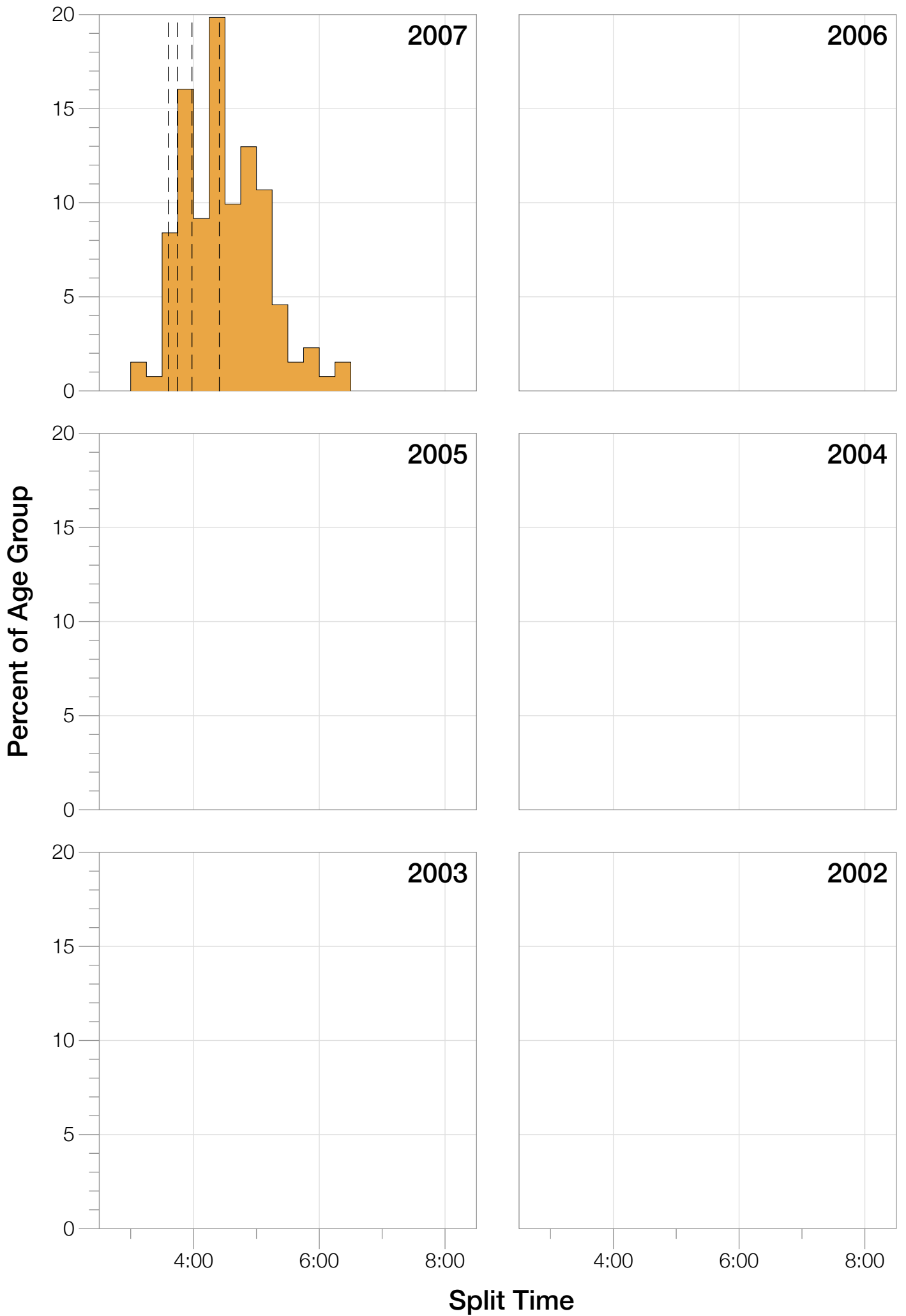
# M25-29 Bike



# M25-29 Run

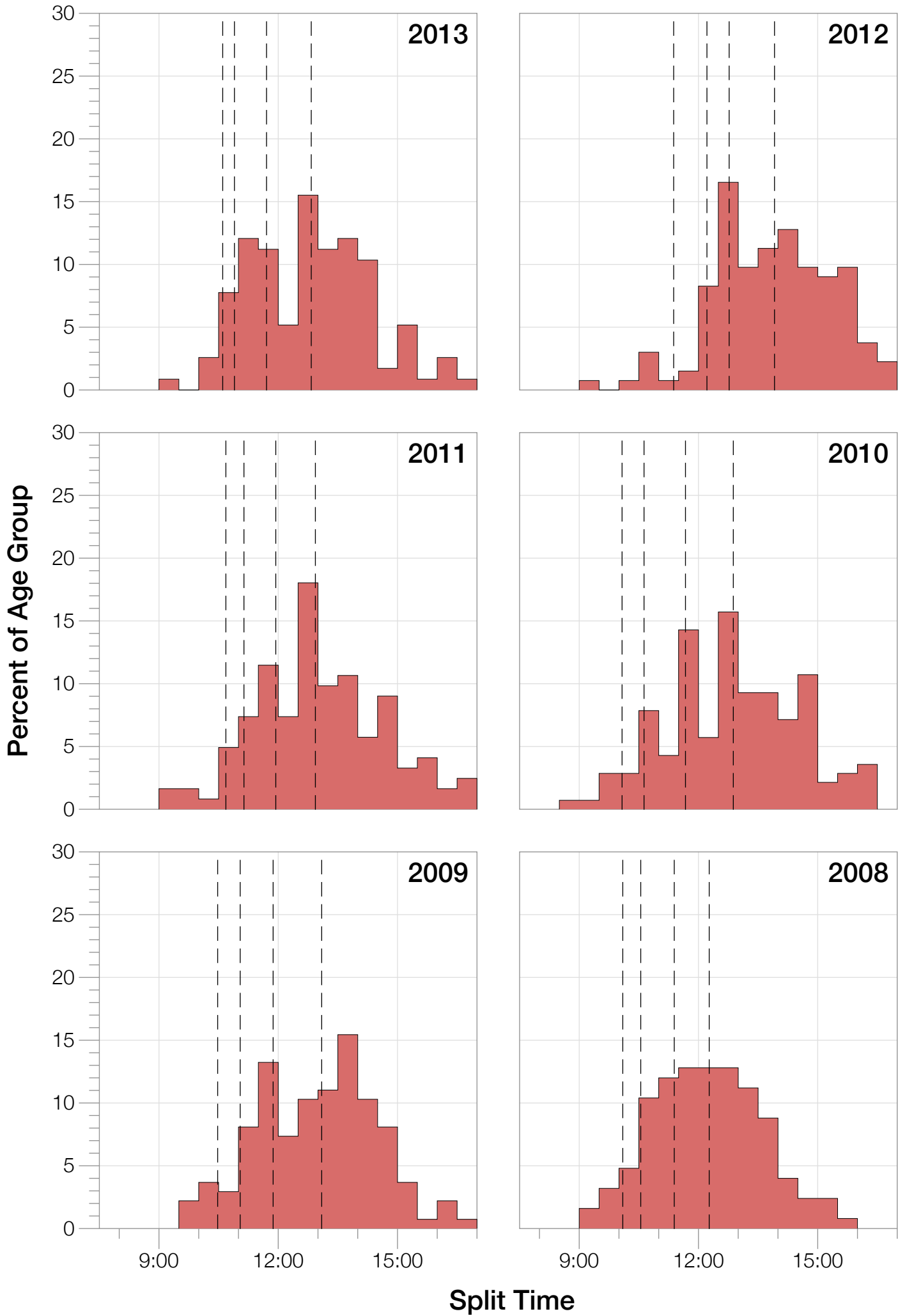


# M25-29 Run

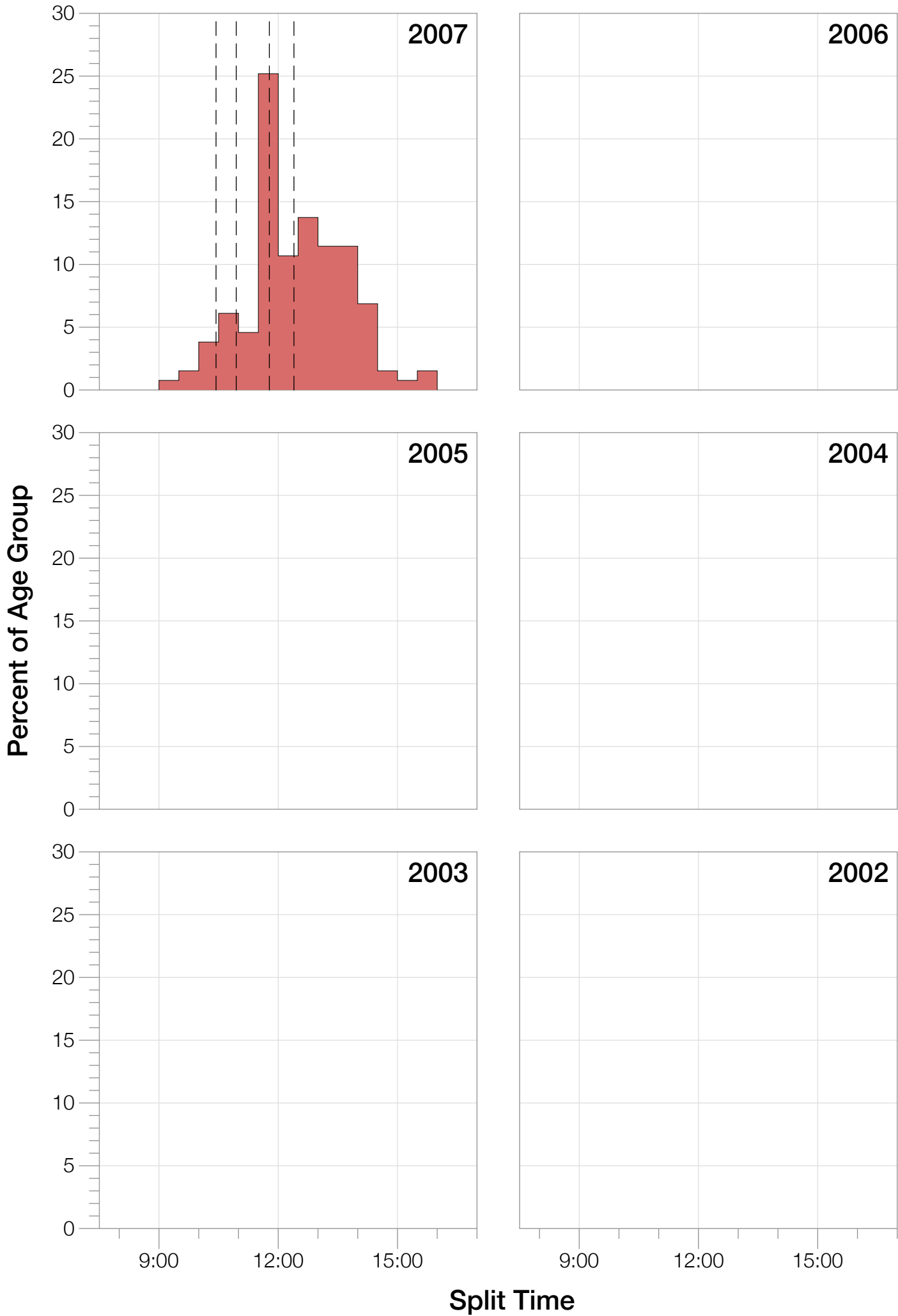




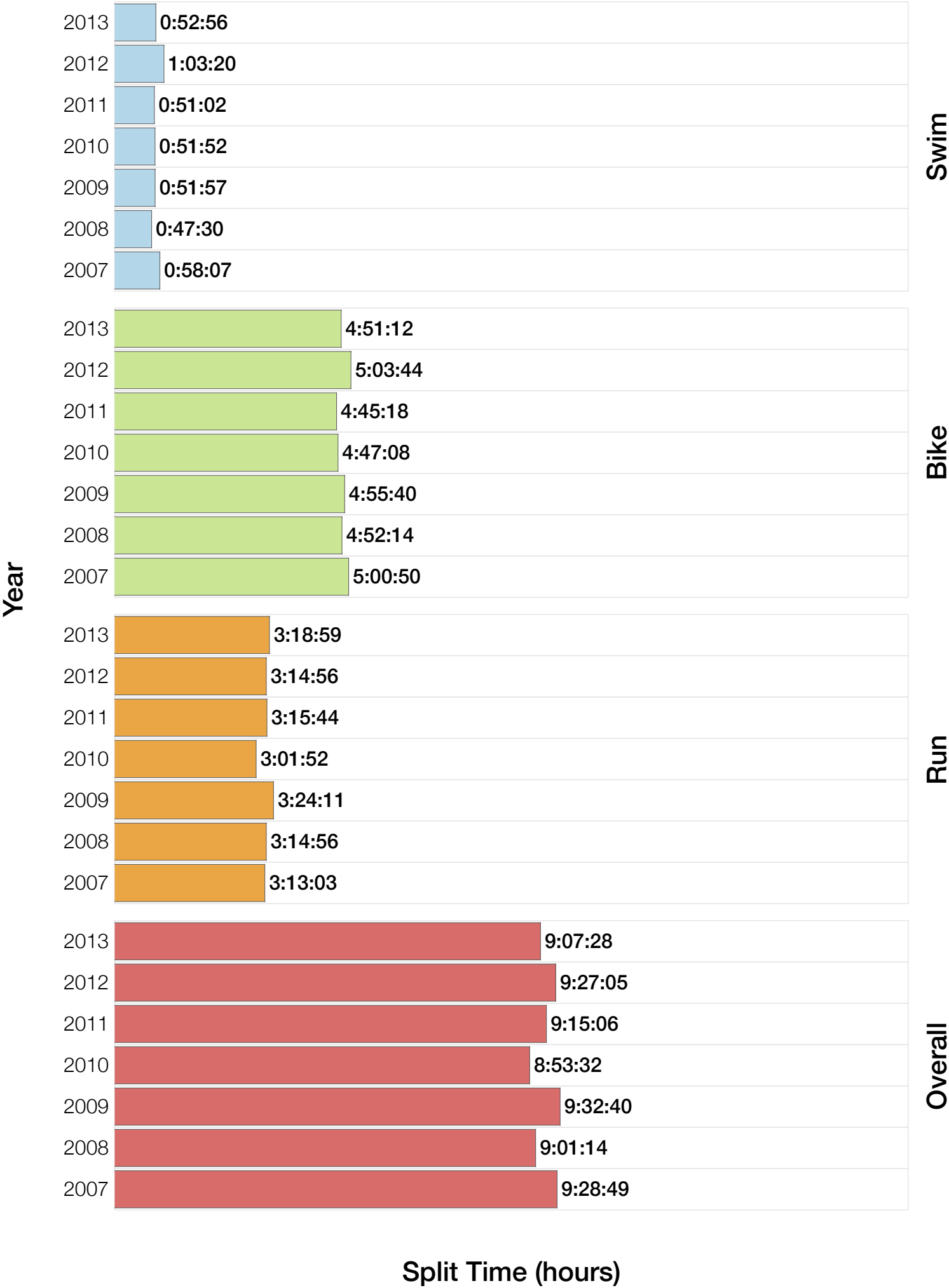
# M25-29 Overall



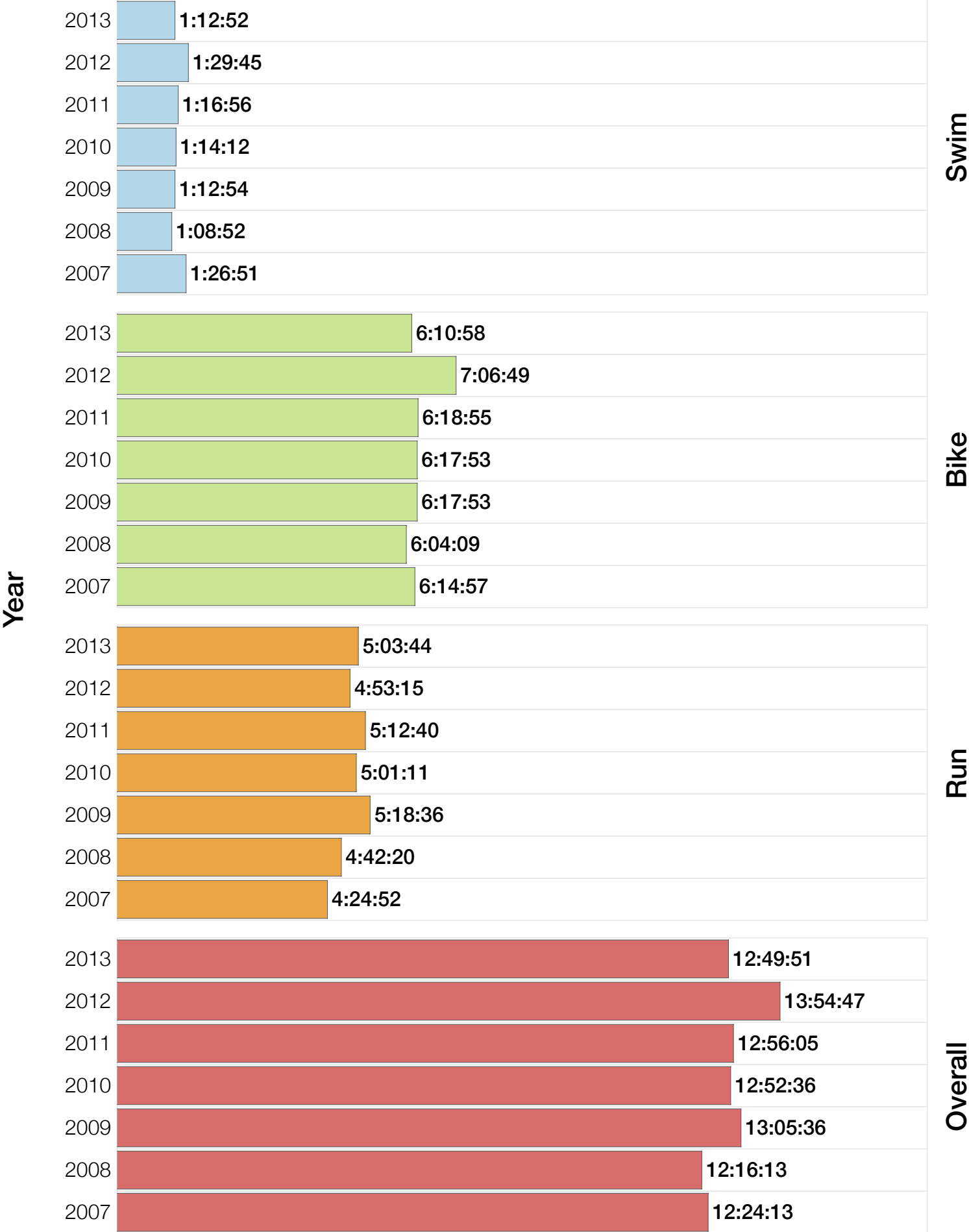
# M25-29 Overall



# M25-29 Fastest Splits

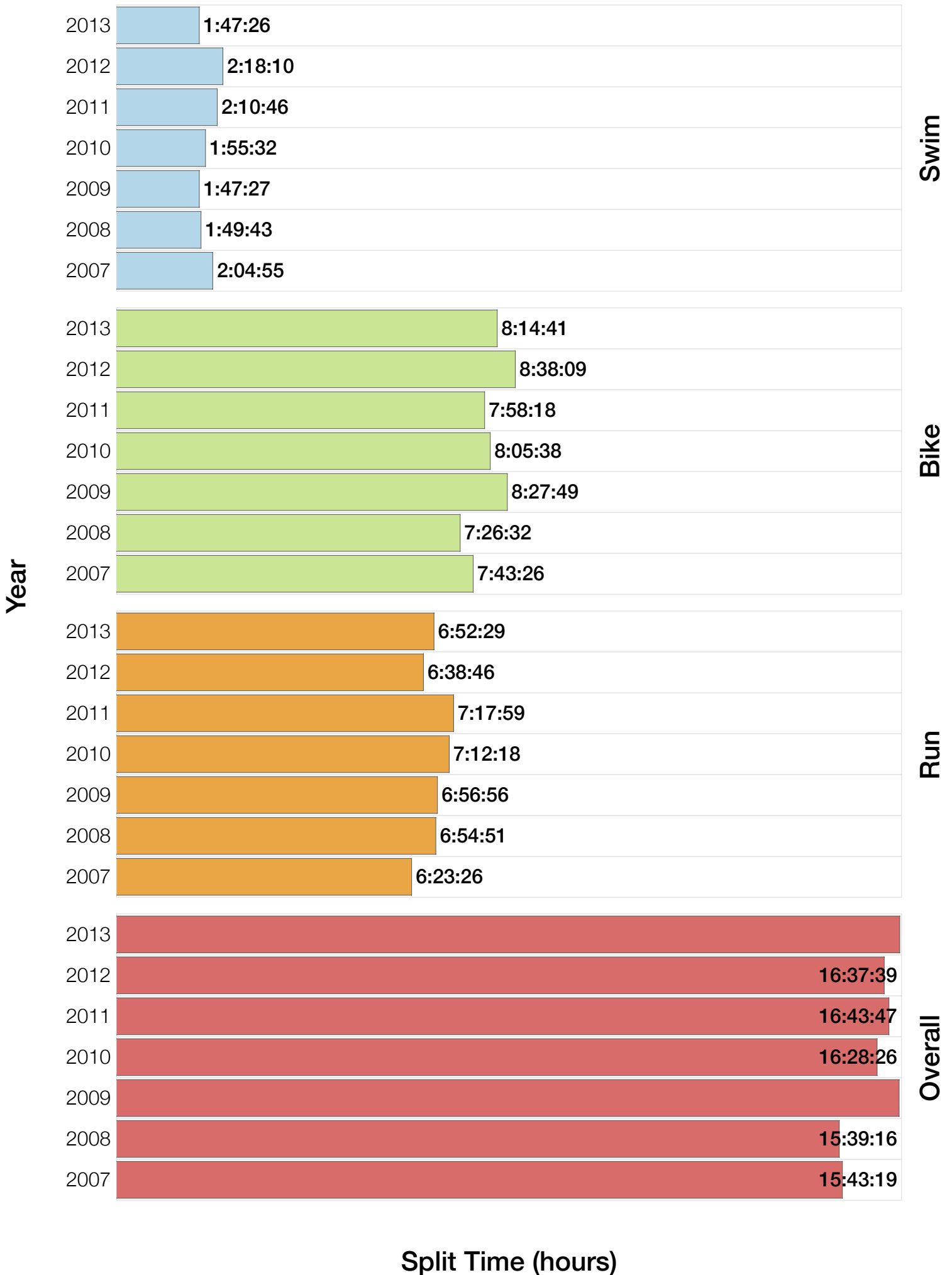


# M25-29 Median Splits



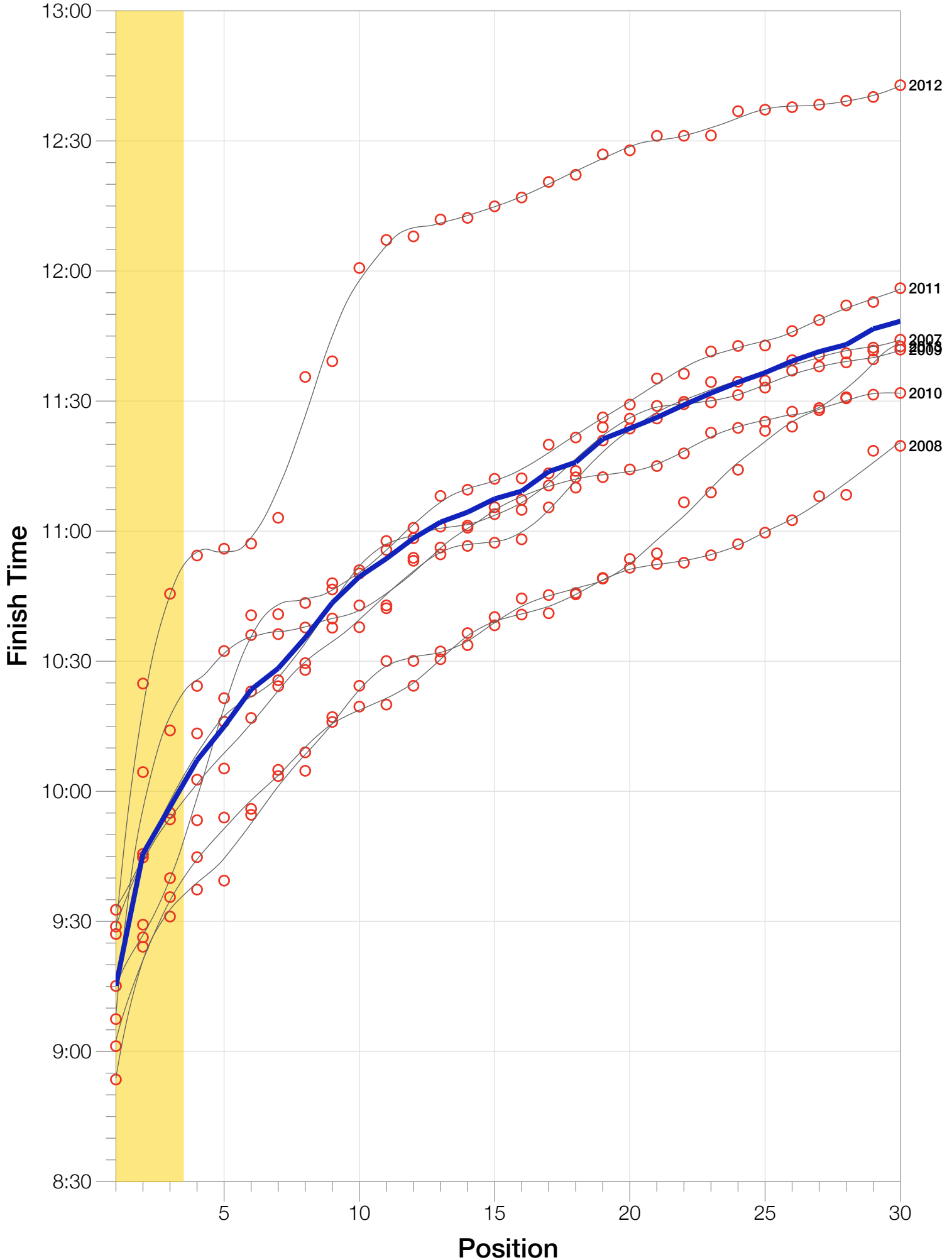
Split Time (hours)

# M25-29 Slowest Splits



# M25-29 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# M25-29 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	1:09:37	5:00:50	3:13:53	9:28:49
2nd Age Grouper	1:09:22	5:08:20	3:21:27	9:44:45
3rd Age Grouper	1:01:22	5:10:54	3:36:45	9:55:01
4th Age Grouper	1:12:14	5:06:22	3:37:32	10:02:41
5th Age Grouper	1:01:02	5:14:00	3:42:47	10:05:16
<b>Kona Qualifier Average</b>	<b>1:06:47</b>	<b>5:06:41</b>	<b>3:24:01</b>	<b>9:42:51</b>
<b>Age Grouper Average</b>	<b>1:06:43</b>	<b>5:08:05</b>	<b>3:30:28</b>	<b>9:51:18</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
1st Age Grouper	0:49:40	4:52:14	3:14:56	9:01:14
2nd Age Grouper	1:03:57	4:57:50	3:19:55	9:26:19
3rd Age Grouper	0:49:57	5:10:54	3:22:44	9:31:07
4th Age Grouper	1:10:57	4:54:54	3:33:09	9:44:49
5th Age Grouper	1:01:08	5:15:58	3:32:00	9:53:57
<b>Kona Qualifier Average</b>	<b>0:54:31</b>	<b>5:00:19</b>	<b>3:19:11</b>	<b>9:19:33</b>
<b>Age Grouper Average</b>	<b>0:59:07</b>	<b>5:02:22</b>	<b>3:24:32</b>	<b>9:31:29</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
1st Age Grouper	0:51:57	5:11:15	3:24:11	9:32:40
2nd Age Grouper	0:59:26	4:55:40	3:42:36	9:45:33
3rd Age Grouper	0:56:41	5:05:28	3:45:38	9:53:31
4th Age Grouper	0:57:20	5:14:42	3:55:56	10:13:21
5th Age Grouper	0:52:44	5:10:58	4:07:08	10:16:03
<b>Kona Qualifier Average</b>	<b>0:56:01</b>	<b>5:04:07</b>	<b>3:37:28</b>	<b>9:43:54</b>
<b>Age Grouper Average</b>	<b>0:55:37</b>	<b>5:07:36</b>	<b>3:47:05</b>	<b>9:56:13</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
1st Age Grouper	0:59:31	4:47:08	3:01:52	8:53:32
2nd Age Grouper	0:53:35	5:02:39	3:23:23	9:24:09
3rd Age Grouper	1:00:27	5:02:14	3:27:52	9:35:36
4th Age Grouper	0:56:52	5:02:54	3:32:17	9:37:20
5th Age Grouper	1:04:41	5:10:06	3:19:45	9:39:24
<b>Kona Qualifier Average</b>	<b>0:57:51</b>	<b>4:57:20</b>	<b>3:17:42</b>	<b>9:17:45</b>
<b>Age Grouper Average</b>	<b>0:59:01</b>	<b>5:01:00</b>	<b>3:21:01</b>	<b>9:26:00</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
1st Age Grouper	0:51:02	4:56:49	3:23:29	9:15:06
2nd Age Grouper	1:03:47	5:03:06	3:15:44	9:29:15
3rd Age Grouper	1:14:01	4:45:18	3:36:05	9:39:58
4th Age Grouper	1:00:39	4:59:19	3:44:24	9:53:20
5th Age Grouper	1:01:31	5:09:41	4:03:05	10:21:29
<b>Kona Qualifier Average</b>	<b>1:02:56</b>	<b>4:55:04</b>	<b>3:25:06</b>	<b>9:28:06</b>
<b>Age Grouper Average</b>	<b>1:02:12</b>	<b>4:58:50</b>	<b>3:36:33</b>	<b>9:43:49</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
1st Age Grouper	1:03:20	5:03:44	3:14:56	9:27:05
2nd Age Grouper	1:09:51	5:11:45	3:57:38	10:24:51
3rd Age Grouper	1:19:04	5:56:17	3:23:28	10:45:33
4th Age Grouper	1:14:29	5:43:38	3:50:08	10:54:23
5th Age Grouper	1:15:37	5:41:26	3:53:54	10:55:57
<b>Kona Qualifier Average</b>	<b>1:10:45</b>	<b>5:23:55</b>	<b>3:32:00</b>	<b>10:12:29</b>
<b>Age Grouper Average</b>	<b>1:12:28</b>	<b>5:31:22</b>	<b>3:40:00</b>	<b>10:29:33</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
1st Age Grouper	0:52:58	4:51:12	3:18:59	9:07:28
2nd Age Grouper	1:01:24	5:03:45	3:53:08	10:04:26
3rd Age Grouper	0:58:42	5:15:23	3:54:40	10:14:03
4th Age Grouper	1:02:53	5:19:50	3:53:21	10:24:18
5th Age Grouper	1:02:38	5:35:18	3:41:41	10:32:22
<b>Kona Qualifier Average</b>	<b>0:57:41</b>	<b>5:03:26</b>	<b>3:42:15</b>	<b>9:48:39</b>
<b>Age Grouper Average</b>	<b>0:59:43</b>	<b>5:13:05</b>	<b>3:44:21</b>	<b>10:04:31</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
Average 1st Age Grouper	0:56:52	4:57:36	3:16:02	9:15:07
Average 2nd Age Grouper	1:03:03	5:03:17	3:33:24	9:45:36
Average 3rd Age Grouper	1:02:53	5:12:21	3:35:18	9:56:24
Average 4th Age Grouper	1:05:03	5:11:39	3:43:49	10:07:10
Average 5th Age Grouper	1:02:45	5:19:38	3:45:45	10:14:55
<b>Kona Qualifier Average</b>	<b>1:00:56</b>	<b>5:04:25</b>	<b>3:28:15</b>	<b>9:39:02</b>
<b>Age Grouper Average</b>	<b>1:02:07</b>	<b>5:08:54</b>	<b>3:34:52</b>	<b>9:51:50</b>