

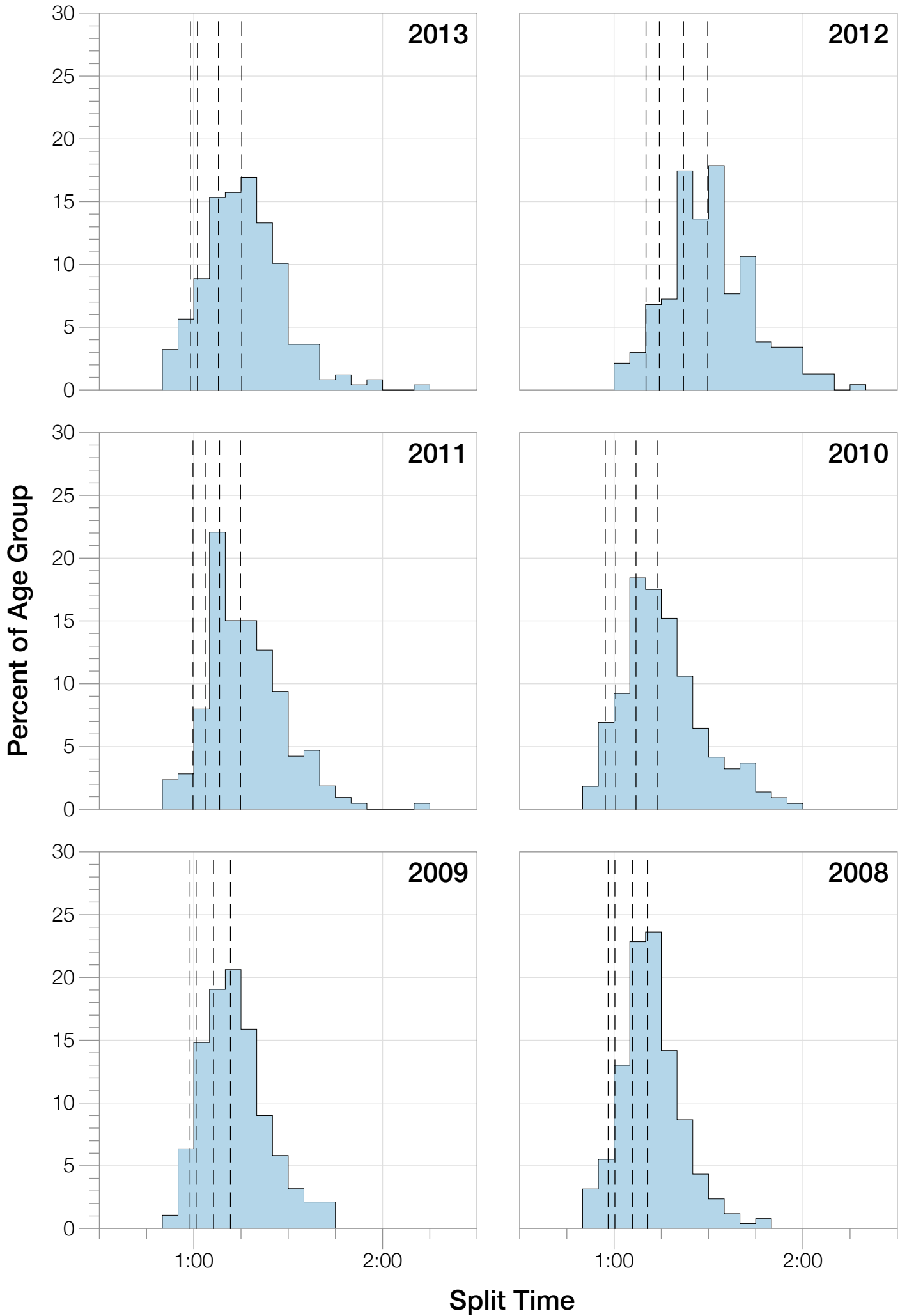
# Ironman South Africa Statistics

## M30-34

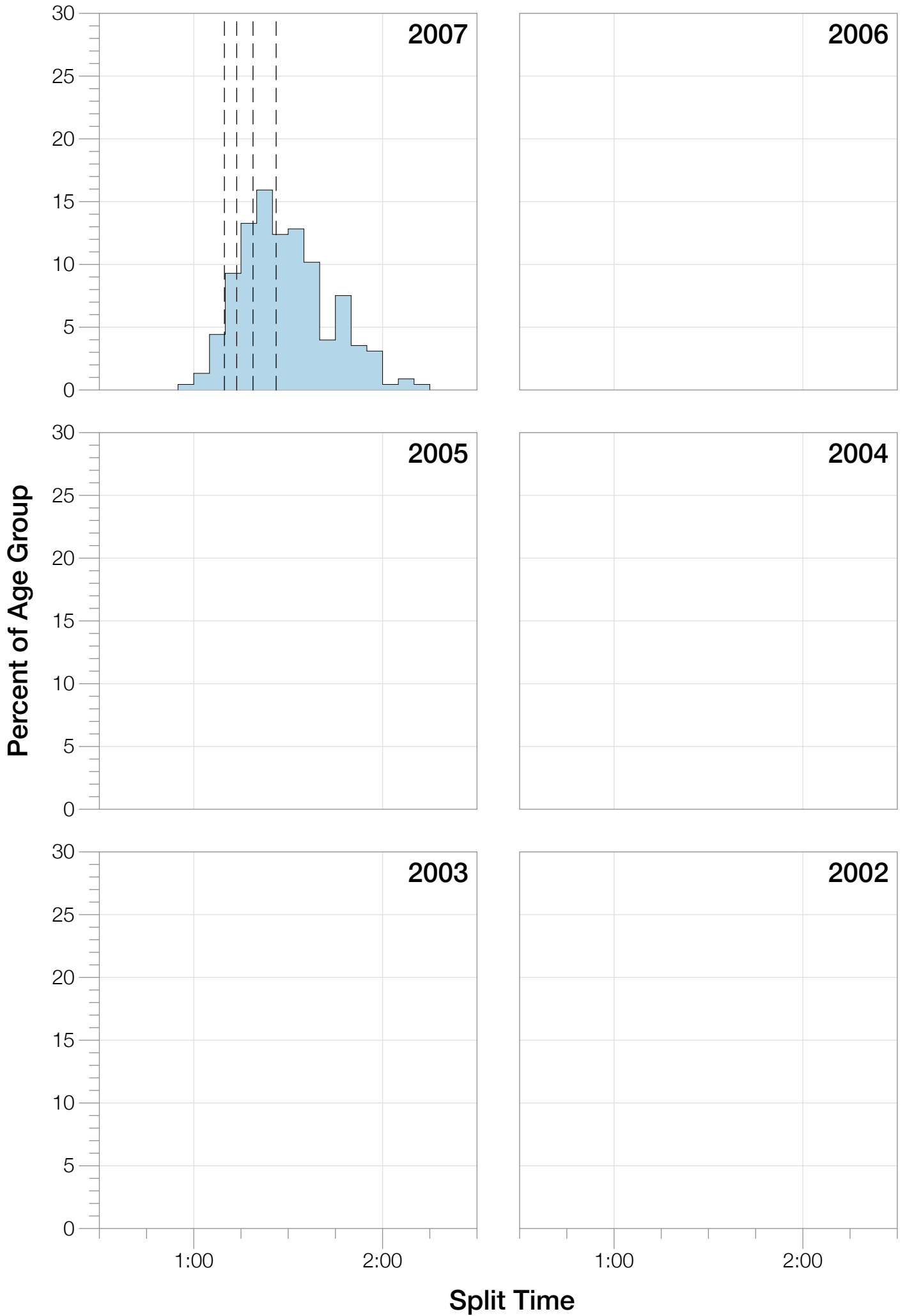
## M30-34 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>M30-34 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>M30-34 Winner's Time</b>
2007	1305	226	8:33:04	9:22:00	9:36:37
2008	1403	254	8:18:23	9:27:48	9:18:07
2009	1304	189	8:17:32	9:16:32	9:25:44
2010	1548	218	8:23:28	9:16:55	9:11:18
2011	1505	213	8:05:36	8:33:56	9:22:35
2012	1384	235	8:34:45	9:47:10	9:32:41
2013	1541	249	8:11:24	9:10:58	8:34:35
<b>Average</b>	<b>1427</b>	<b>226</b>	<b>8:20:36</b>	<b>9:16:28</b>	<b>9:17:22</b>

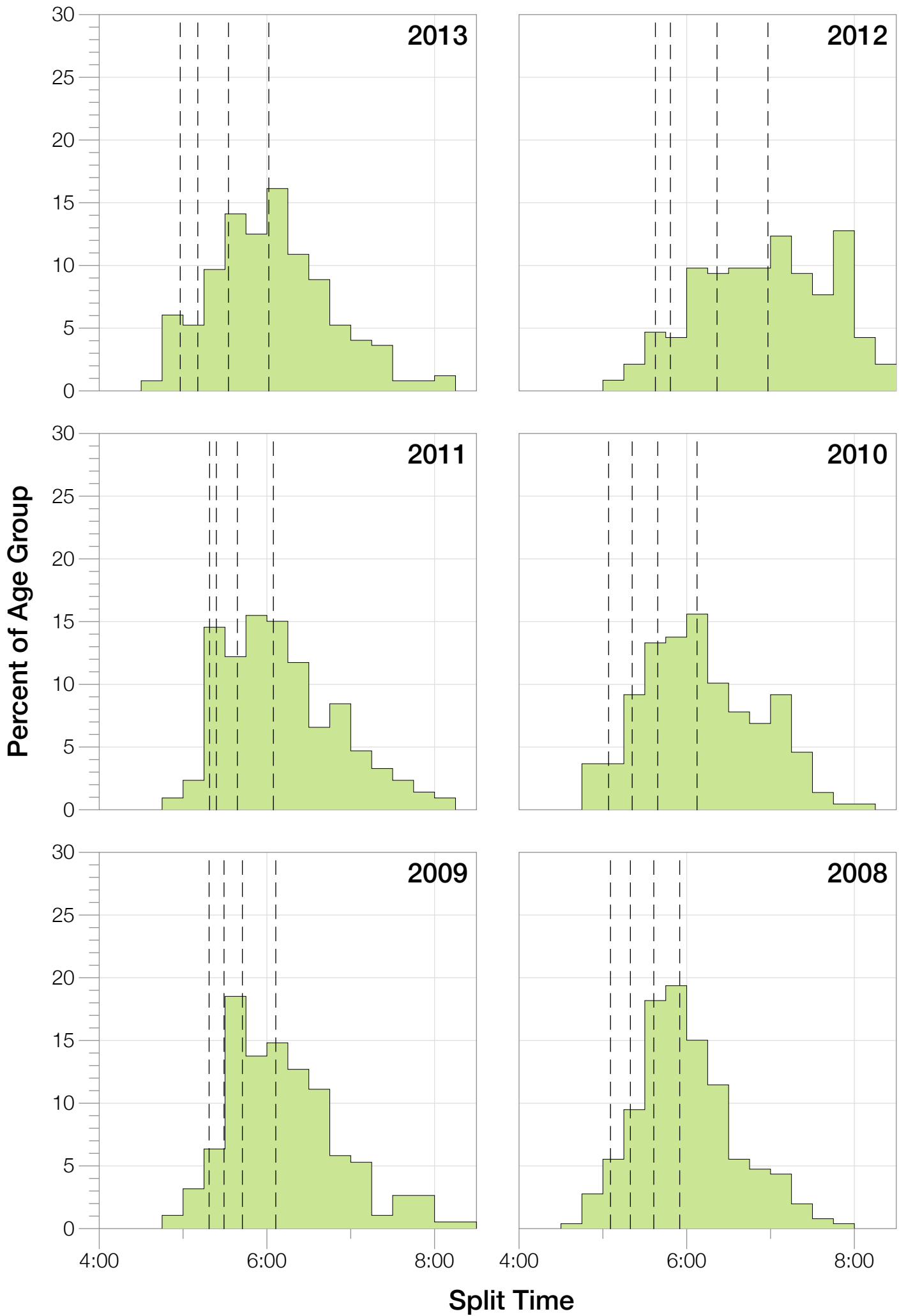
# M30-34 Swim



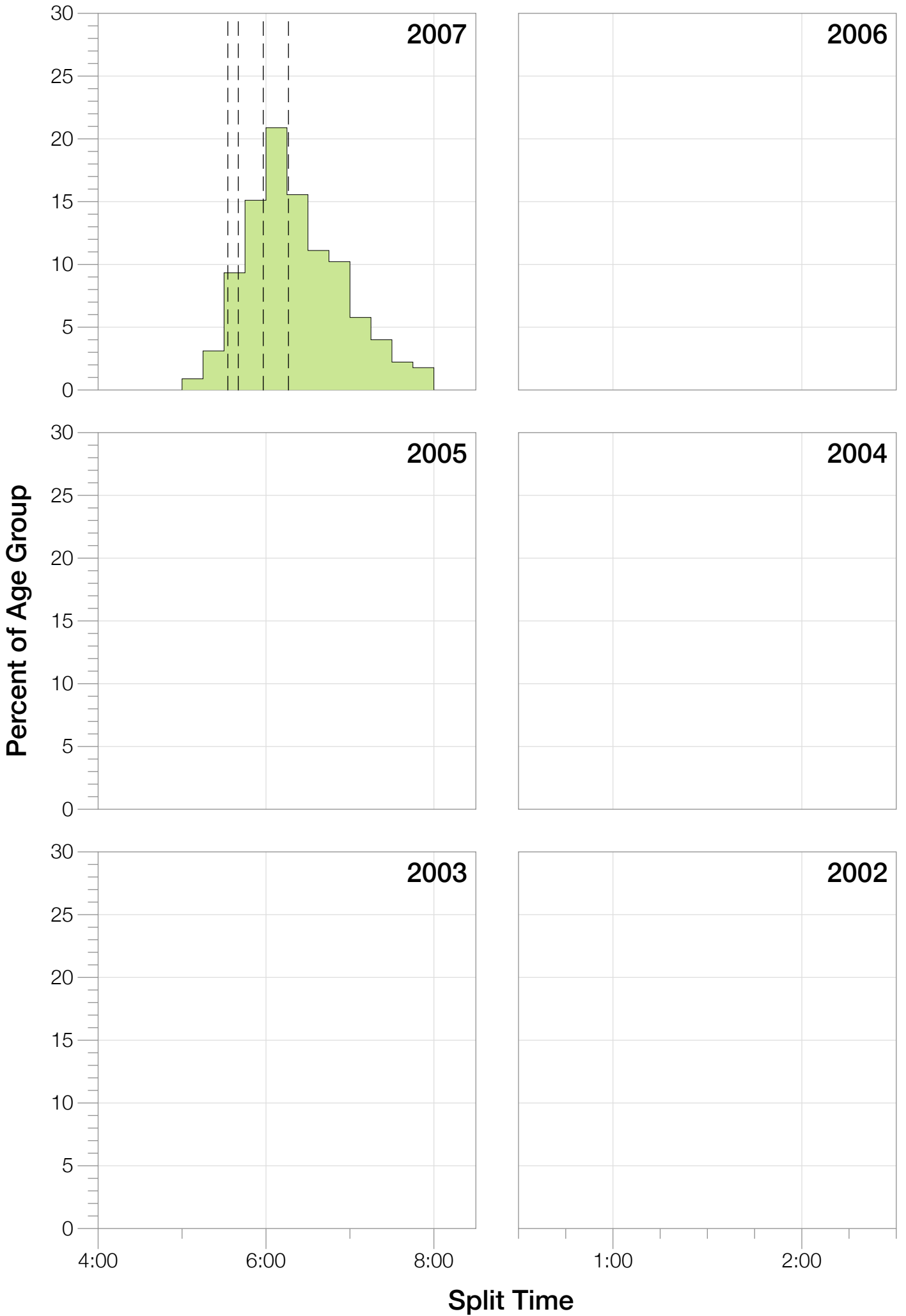
# M30-34 Swim



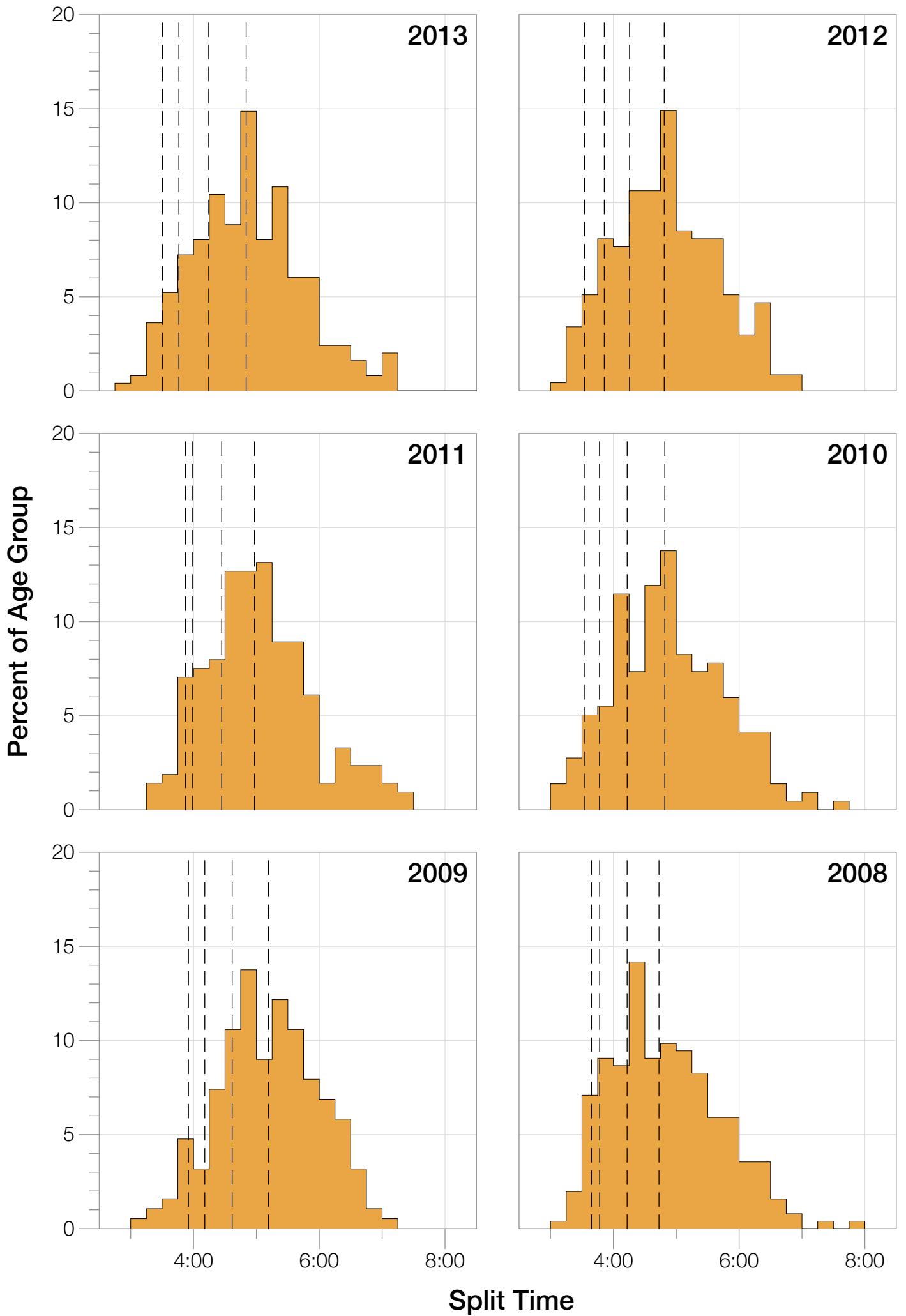
# M30-34 Bike



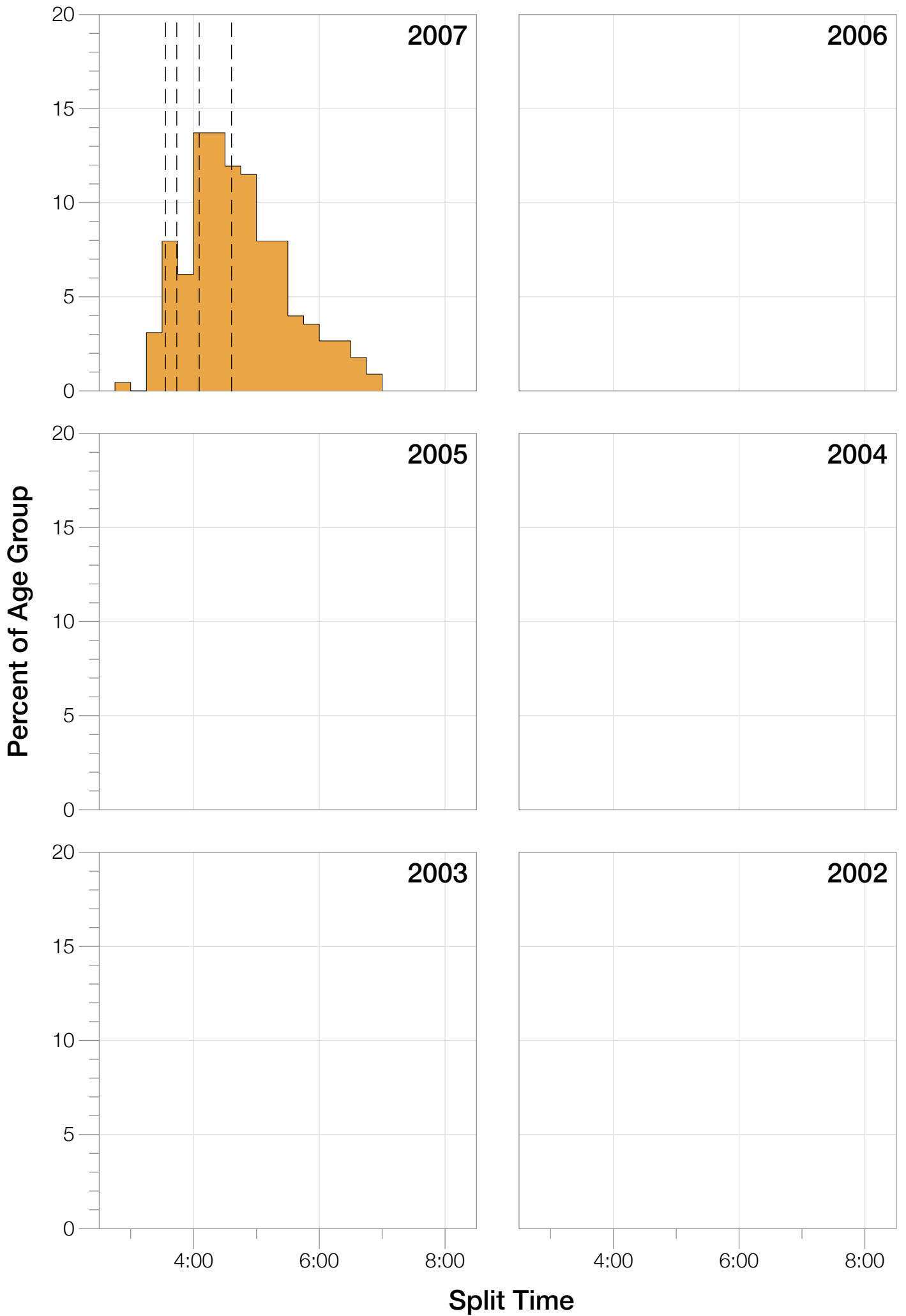
# M30-34 Bike



# M30-34 Run

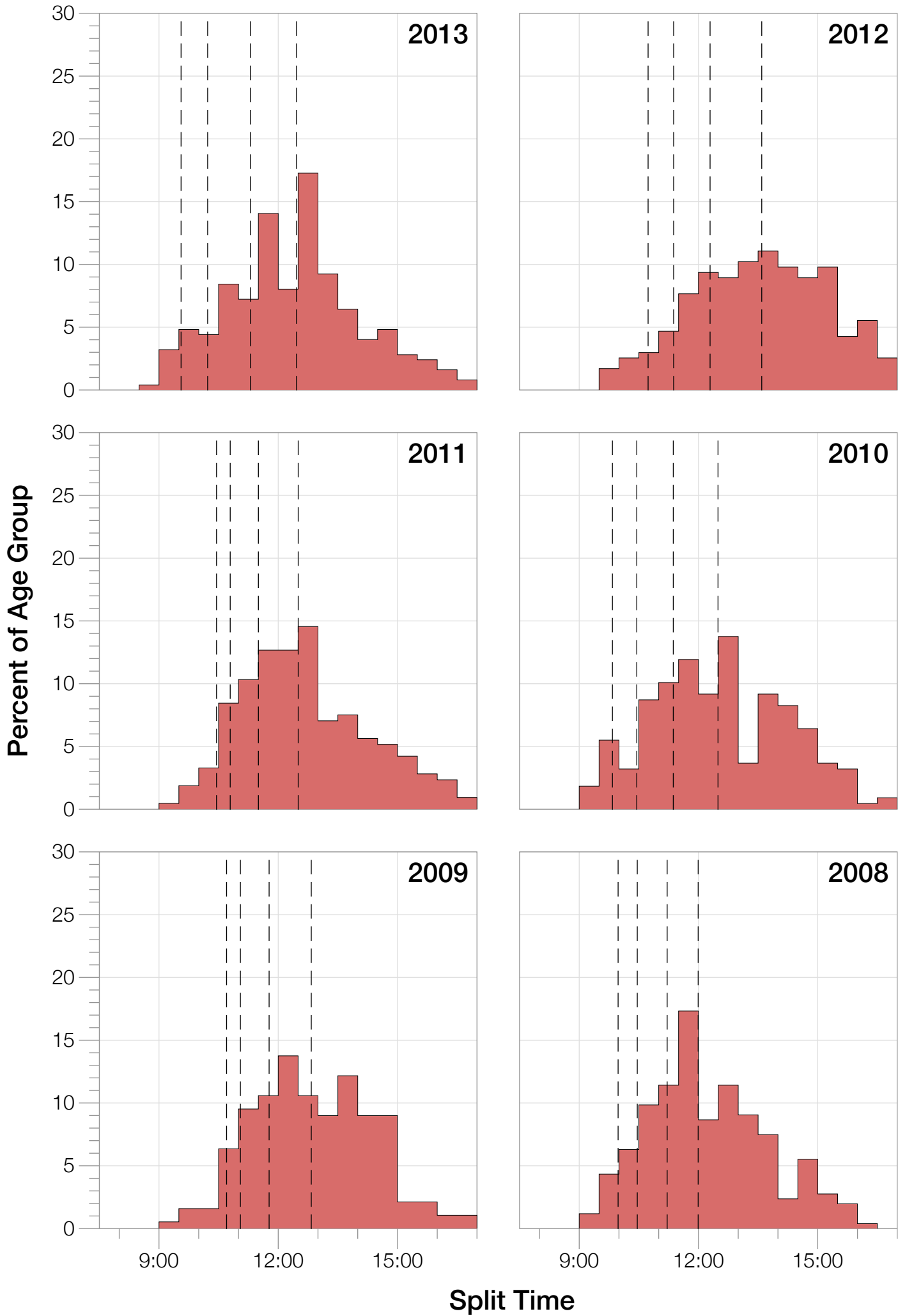


# M30-34 Run

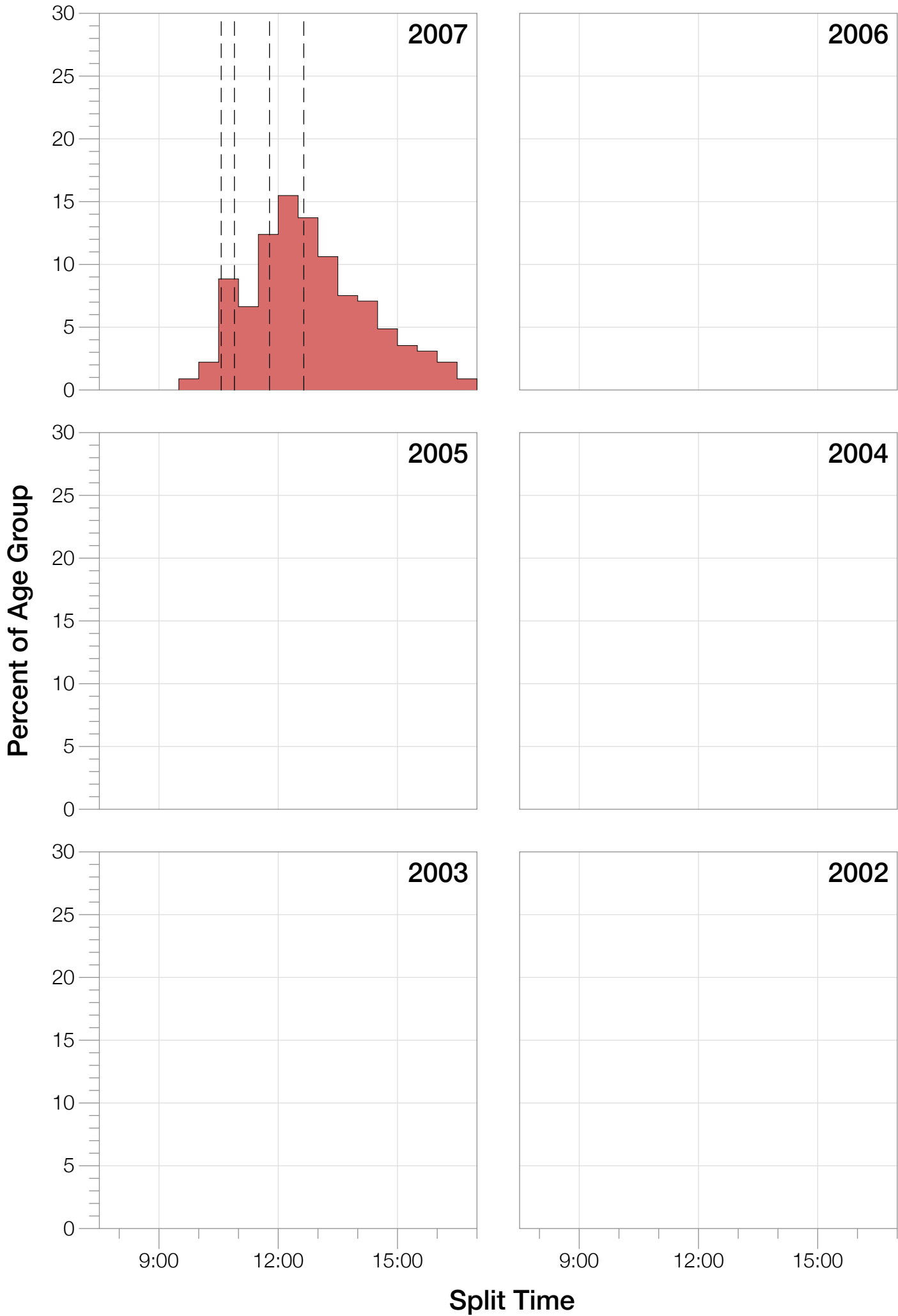




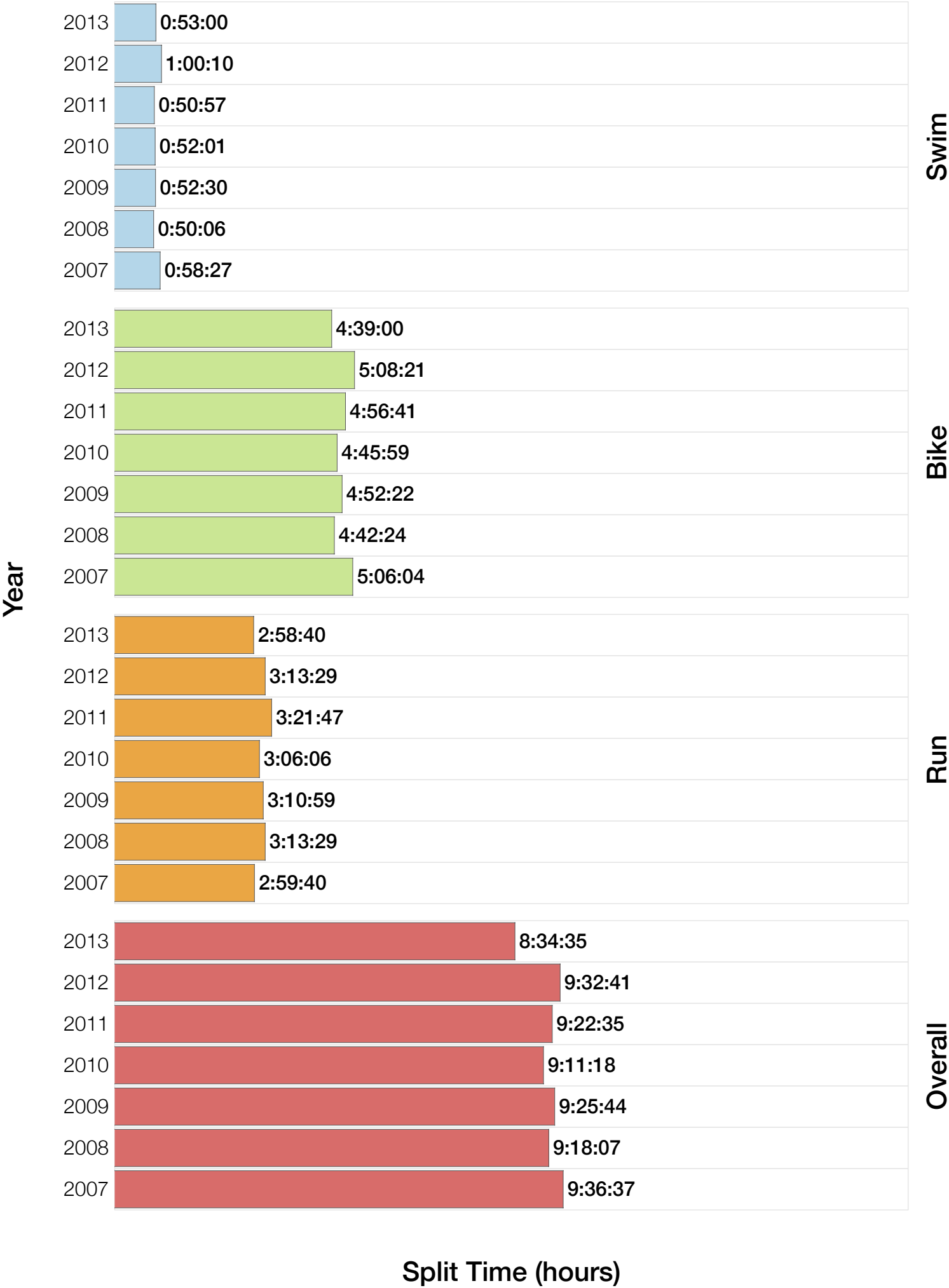
# M30-34 Overall



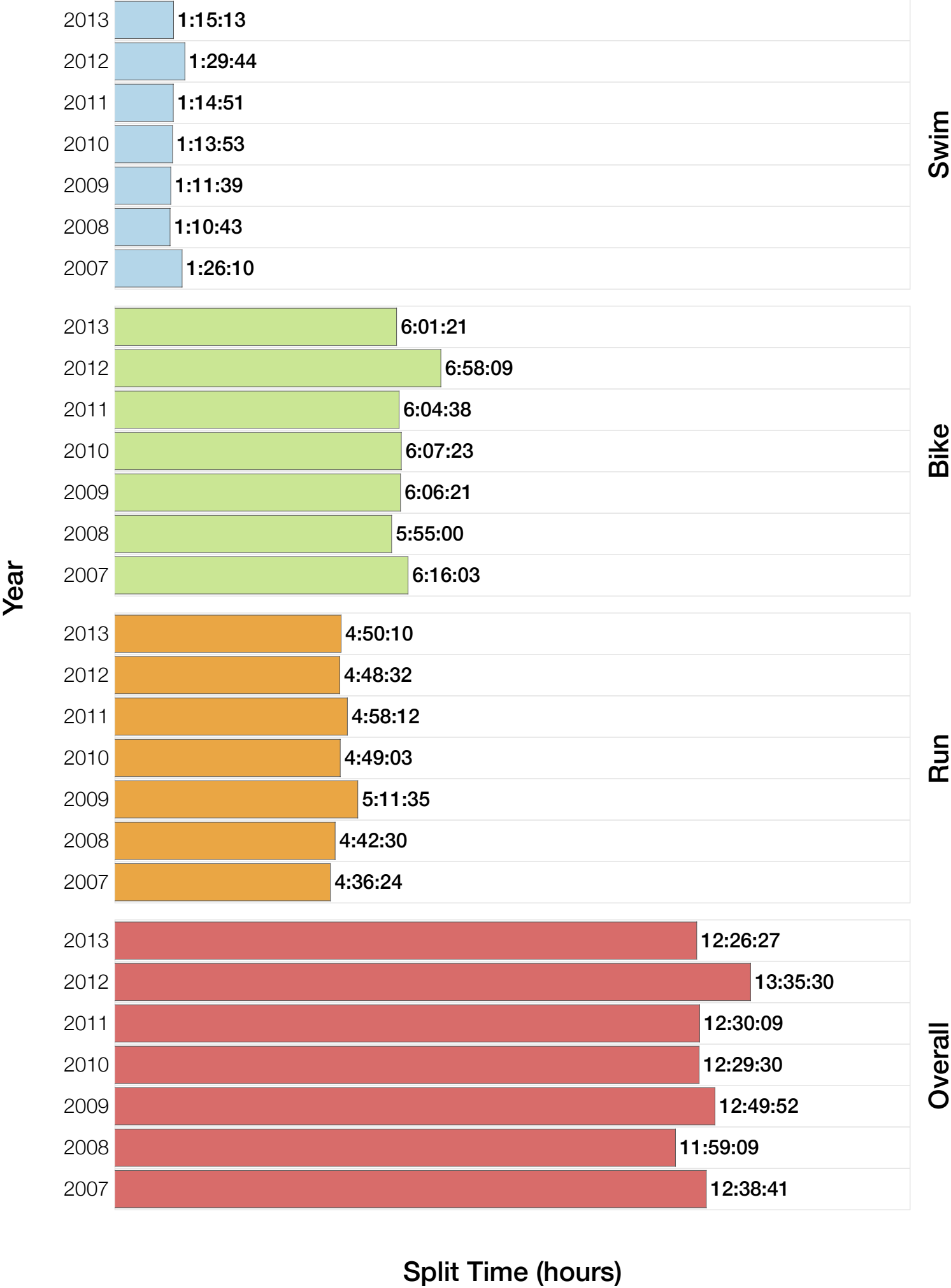
# M30-34 Overall



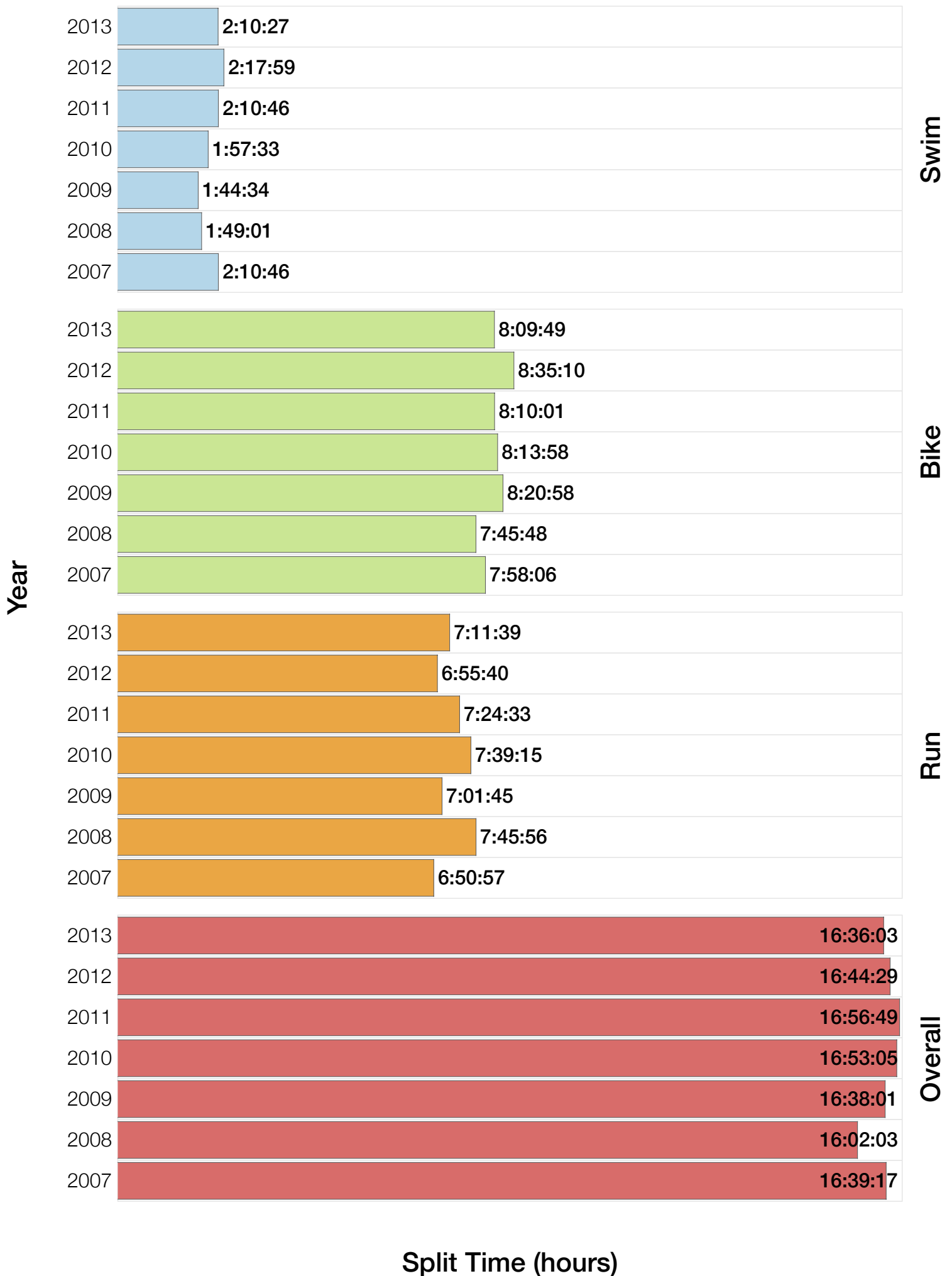
# M30-34 Fastest Splits



# M30-34 Median Splits

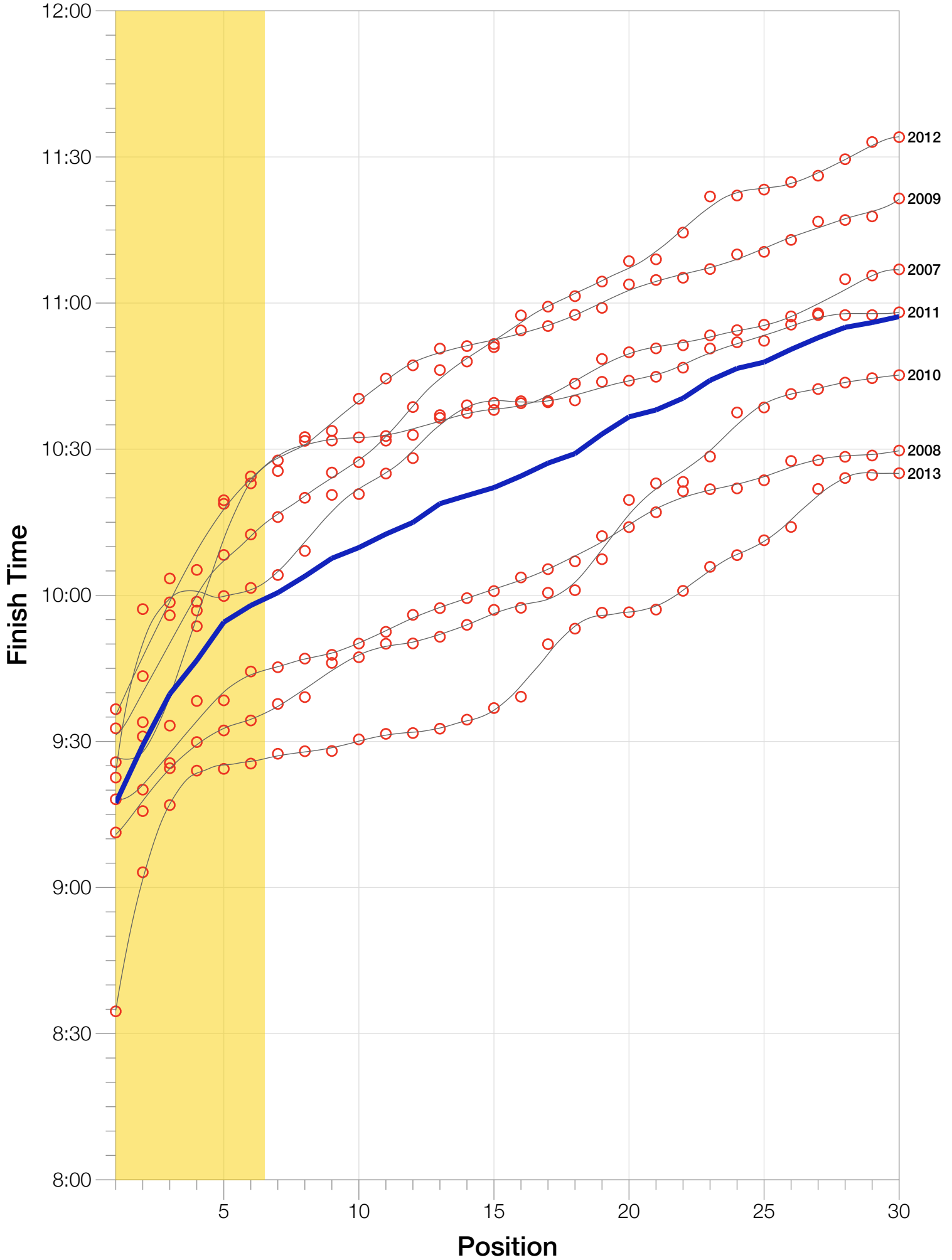


# M30-34 Slowest Splits



# M30-34 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# M30-34 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	0:58:27	5:14:46	3:18:20	9:36:37
2nd Age Grouper	1:18:33	5:18:42	2:59:40	9:43:24
3rd Age Grouper	1:05:18	5:30:55	3:21:20	10:03:27
4th Age Grouper	1:14:34	5:23:05	3:20:33	10:05:13
5th Age Grouper	1:18:07	5:22:06	3:30:23	10:19:31
6th Age Grouper	1:17:43	5:37:47	3:21:11	10:24:24
Kona Qualifier Average	1:12:07	5:24:33	3:18:34	10:02:06

## 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	1:00:16	4:58:37	3:13:29	9:18:07
2nd Age Grouper	0:50:06	4:51:51	3:30:47	9:20:06
3rd Age Grouper	0:55:36	4:42:24	3:41:13	9:24:30
4th Age Grouper	0:59:21	5:05:02	3:29:02	9:38:18
5th Age Grouper	1:07:16	5:02:19	3:24:06	9:38:26
6th Age Grouper	1:00:22	5:11:39	3:27:19	9:44:21
Kona Qualifier Average	0:58:49	4:58:38	3:27:39	9:30:38

## 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	1:02:40	4:52:22	3:25:04	9:25:44
2nd Age Grouper	1:06:38	5:08:07	3:10:59	9:31:01
3rd Age Grouper	1:13:57	4:52:47	3:20:52	9:33:15
4th Age Grouper	1:00:24	5:06:57	3:41:05	9:53:39
5th Age Grouper	1:00:49	5:27:01	3:43:58	10:18:47
6th Age Grouper	0:56:54	5:12:24	4:09:03	10:22:59
Kona Qualifier Average	1:03:33	5:06:36	3:35:10	9:50:54

## 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	0:52:01	4:57:52	3:16:08	9:11:18
2nd Age Grouper	1:01:09	5:02:48	3:06:06	9:15:42
3rd Age Grouper	1:05:51	4:54:47	3:17:19	9:25:33
4th Age Grouper	1:01:01	4:54:55	3:29:02	9:29:52
5th Age Grouper	0:52:24	4:51:09	3:44:12	9:32:15
6th Age Grouper	0:58:11	5:01:36	3:30:26	9:34:18
Kona Qualifier Average	0:58:26	4:57:11	3:23:52	9:24:49

### 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	0:54:58	4:58:44	3:23:51	9:22:35
2nd Age Grouper	0:57:36	4:56:41	3:57:49	9:57:10
3rd Age Grouper	1:01:29	5:22:54	3:28:22	9:58:33
4th Age Grouper	1:00:29	5:18:00	3:35:58	9:58:41
5th Age Grouper	1:03:43	5:28:15	3:21:47	9:59:51
6th Age Grouper	1:04:54	5:05:22	3:43:20	10:01:31
Kona Qualifier Average	1:00:31	5:11:39	3:35:11	9:53:03

### 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	1:00:10	5:08:21	3:19:11	9:32:41
2nd Age Grouper	1:03:07	5:10:31	3:13:29	9:33:57
3rd Age Grouper	1:06:18	5:20:37	3:24:08	9:55:54
4th Age Grouper	1:16:27	5:19:16	3:16:04	9:56:52
5th Age Grouper	1:06:28	5:22:45	3:32:33	10:08:17
6th Age Grouper	1:05:36	5:30:07	3:31:33	10:12:29
Kona Qualifier Average	1:06:21	5:18:36	3:22:49	9:53:21

### 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	0:53:00	4:39:00	2:58:40	8:34:35
2nd Age Grouper	1:04:01	4:47:30	3:06:55	9:03:08
3rd Age Grouper	0:53:05	4:58:18	3:20:26	9:16:56
4th Age Grouper	0:54:27	4:51:03	3:33:38	9:24:00
5th Age Grouper	1:04:45	4:57:48	3:15:38	9:24:22
6th Age Grouper	1:07:55	4:53:35	3:15:50	9:25:27
Kona Qualifier Average	0:59:32	4:51:12	3:15:11	9:11:24

### 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	0:57:21	4:58:31	3:16:23	9:17:22
Average 2nd Age Grouper	1:03:01	5:02:18	3:17:57	9:29:12
Average 3rd Age Grouper	1:03:04	5:06:06	3:24:48	9:39:44
Average 4th Age Grouper	1:03:49	5:08:19	3:29:20	9:46:39
Average 5th Age Grouper	1:04:47	5:13:03	3:30:22	9:54:29
Average 6th Age Grouper	1:04:30	5:13:12	3:34:06	9:57:55
Kona Qualifier Average	1:02:45	5:06:55	3:25:29	9:40:53