

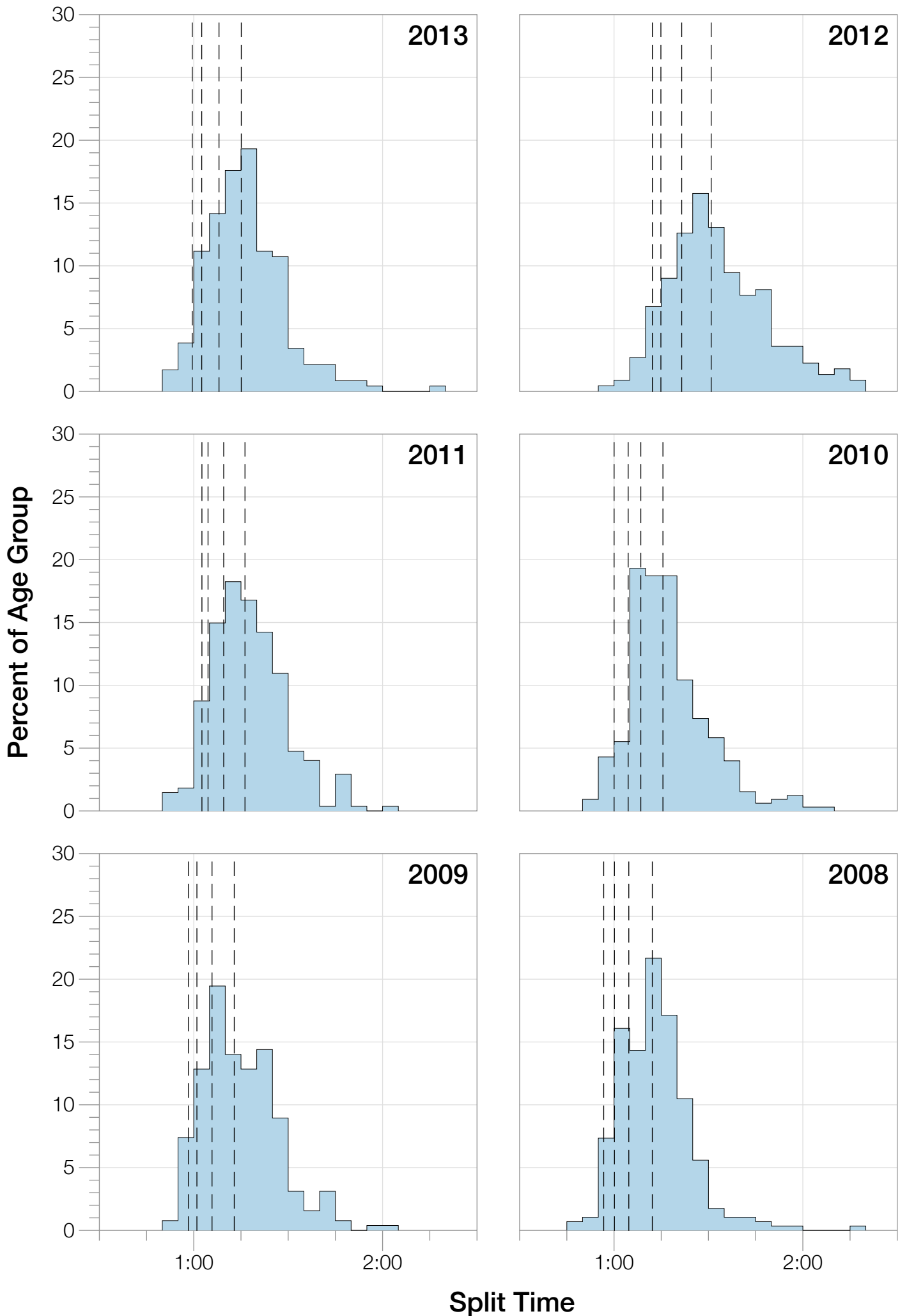
Ironman South Africa Statistics

M35-39

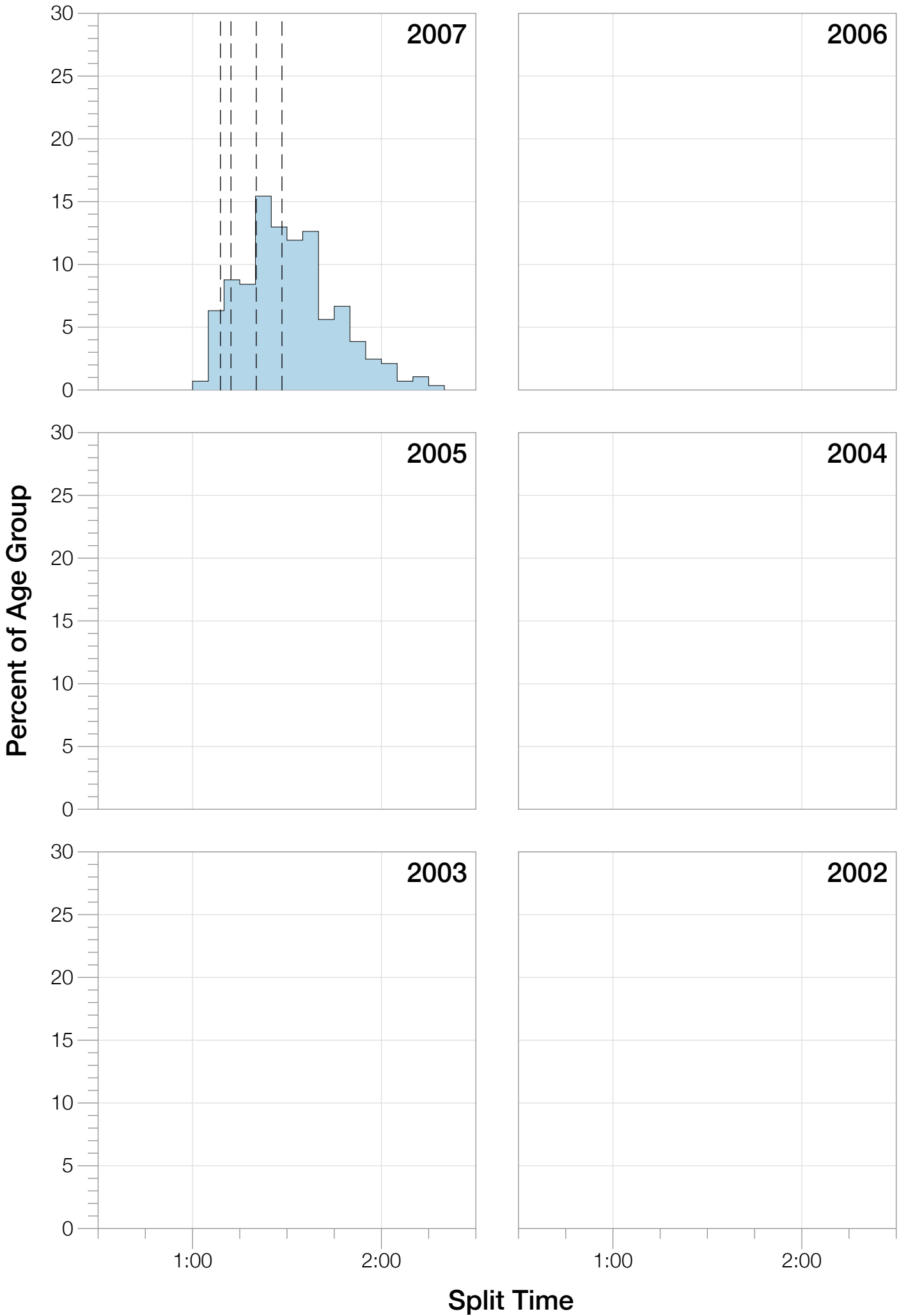
M35-39 Summary Statistics

| Year | Finishers | M35-39 Finishers | Male Winner's Time | Female Winner's Time | M35-39 Winner's Time |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2007 | 1305 | 286 | 8:33:04 | 9:22:00 | 9:24:37 |
| 2008 | 1403 | 286 | 8:18:23 | 9:27:48 | 9:17:44 |
| 2009 | 1304 | 257 | 8:17:32 | 9:16:32 | 9:21:24 |
| 2010 | 1548 | 326 | 8:23:28 | 9:16:55 | 9:05:31 |
| 2011 | 1505 | 274 | 8:05:36 | 8:33:56 | 9:19:19 |
| 2012 | 1384 | 222 | 8:34:45 | 9:47:10 | 9:47:22 |
| 2013 | 1541 | 233 | 8:11:24 | 9:10:58 | 9:00:27 |
| Average | 1427 | 269 | 8:20:36 | 9:16:28 | 9:19:29 |

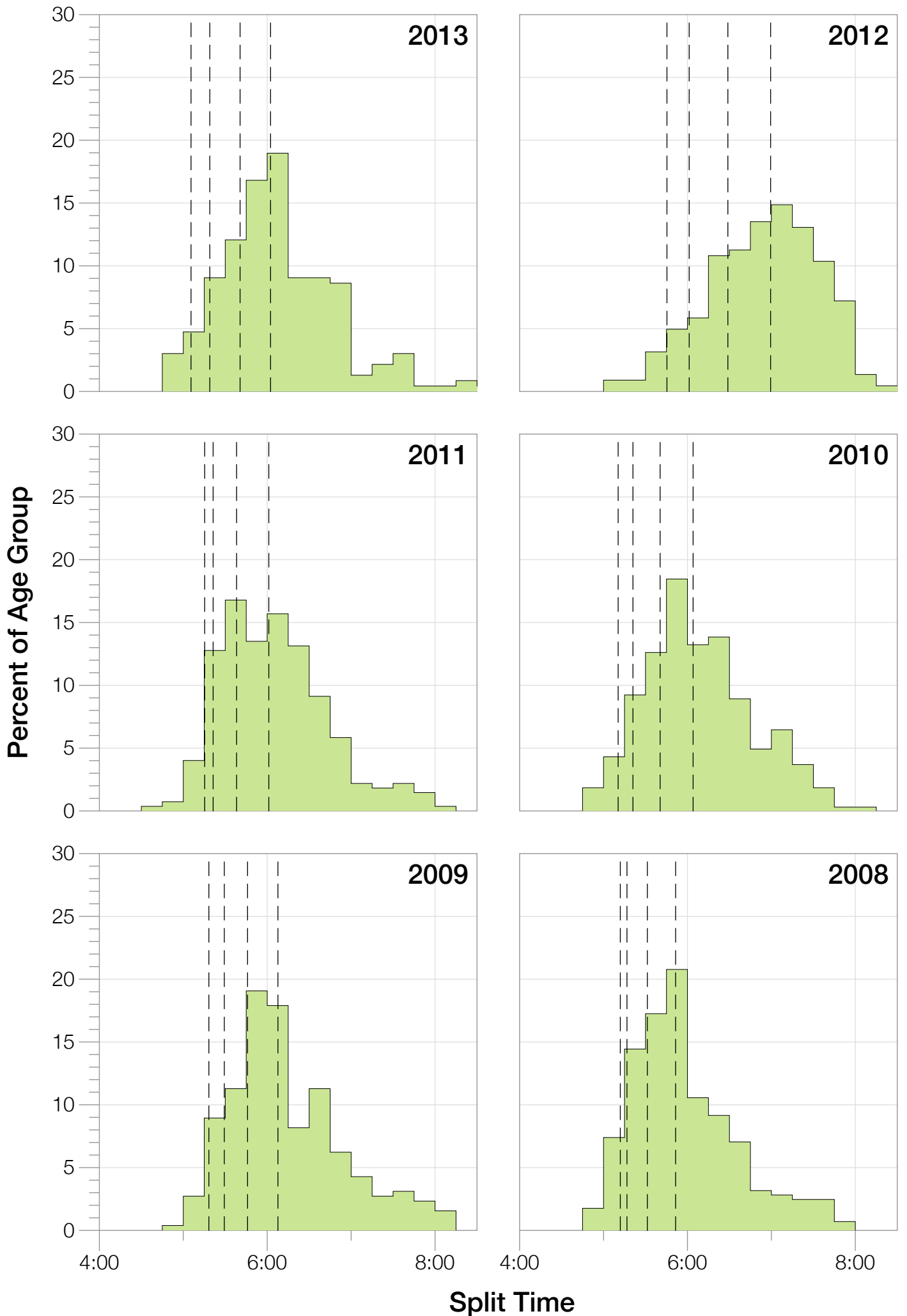
M35-39 Swim



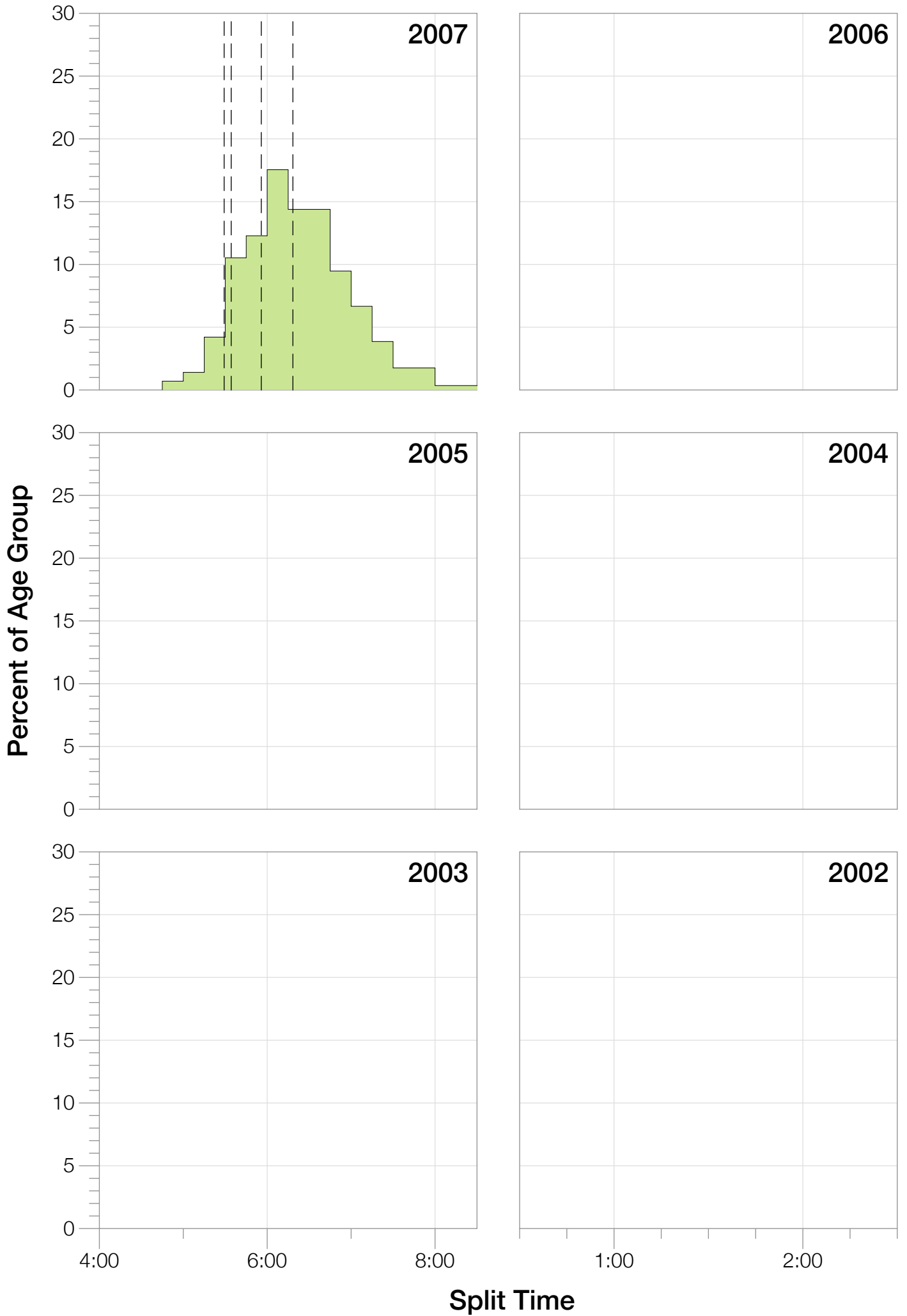
M35-39 Swim



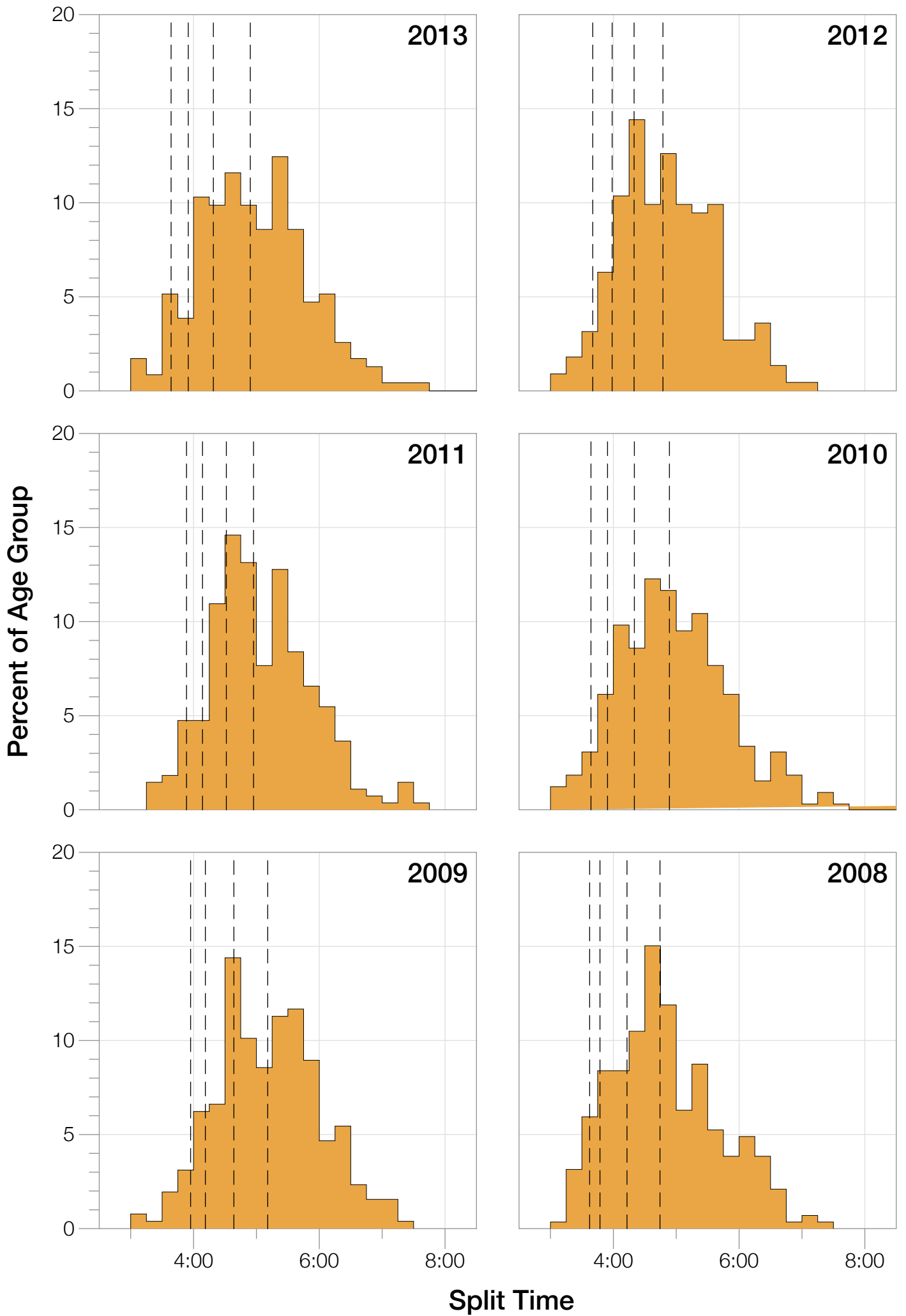
M35-39 Bike



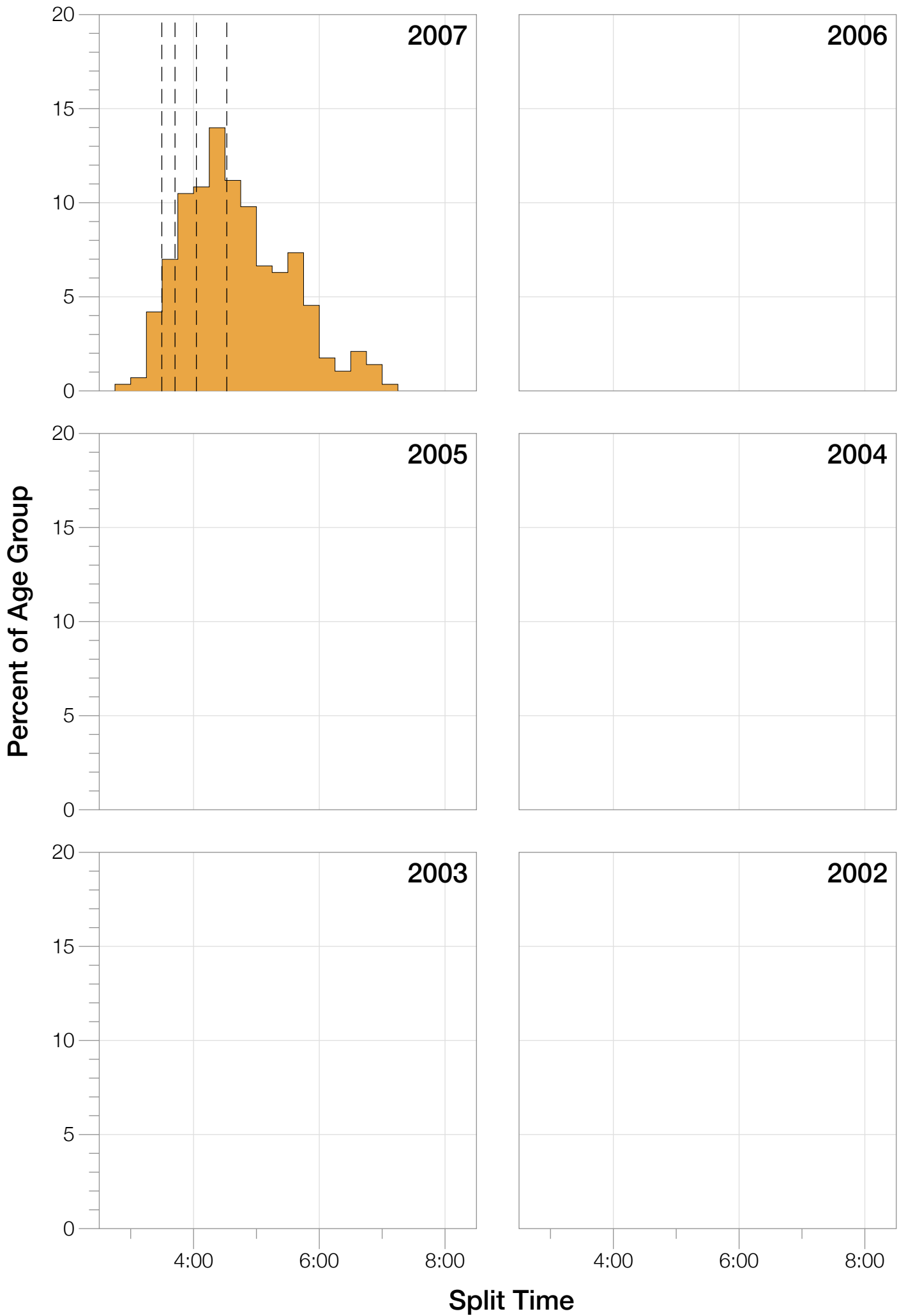
M35-39 Bike



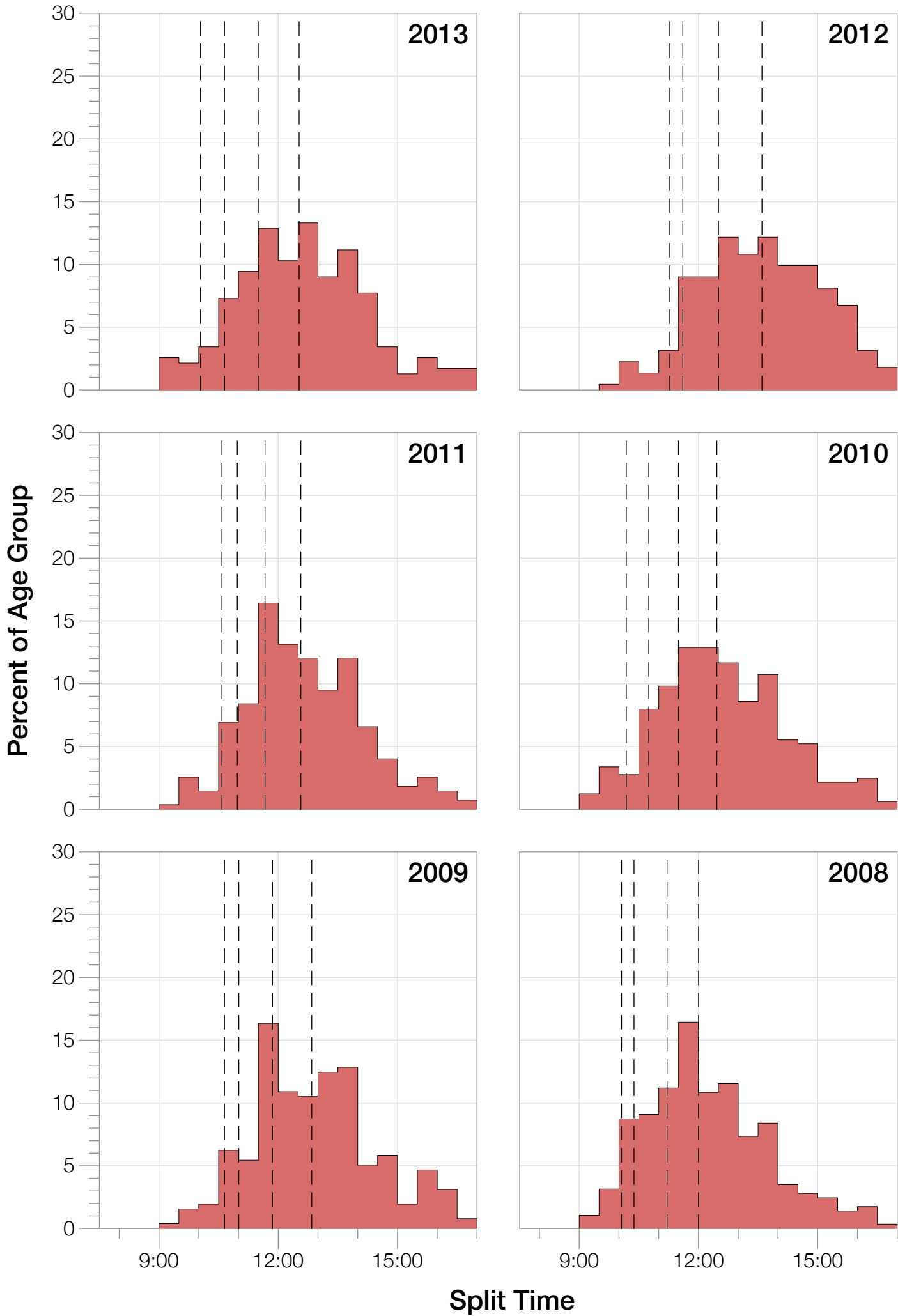
M35-39 Run



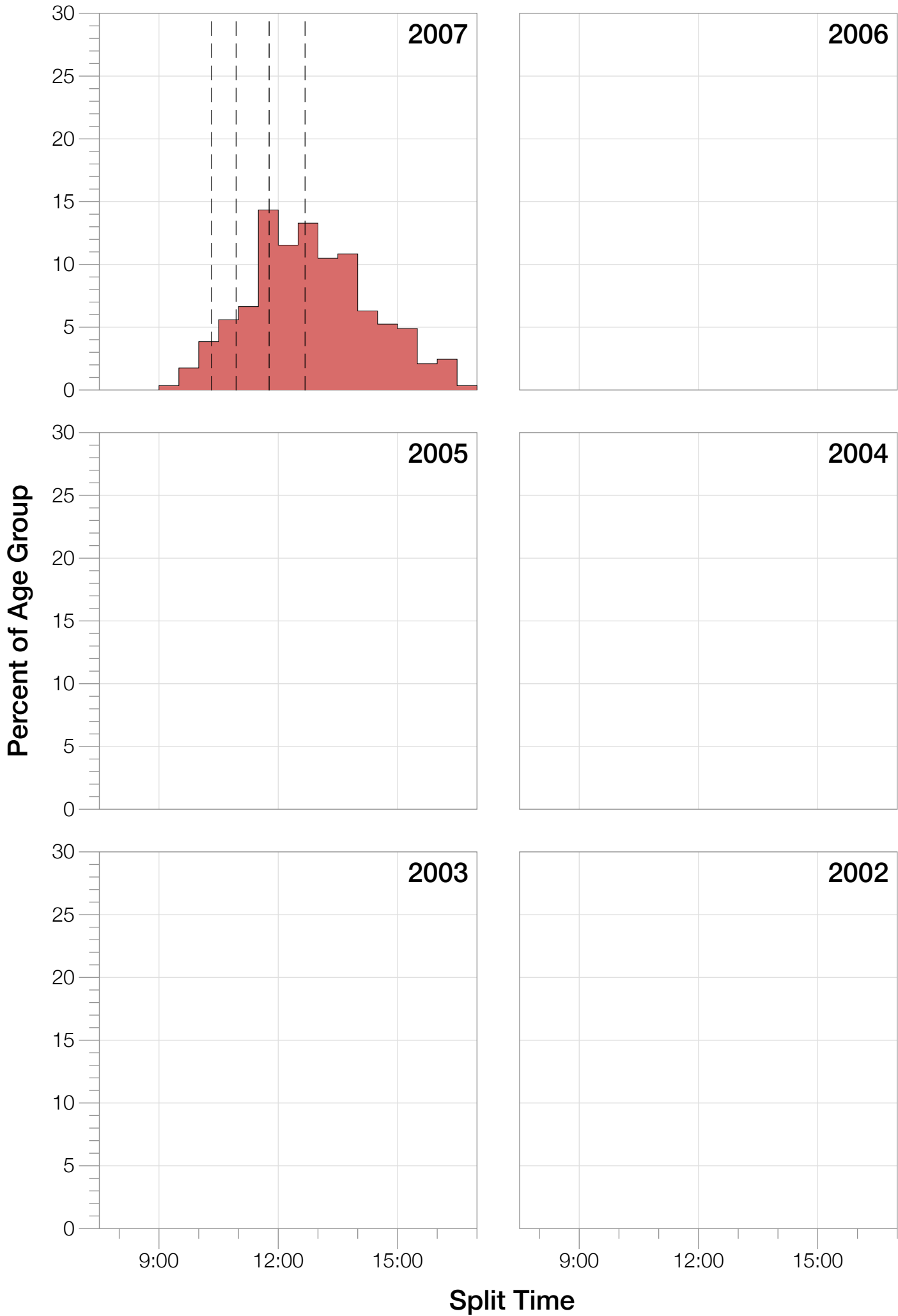
M35-39 Run



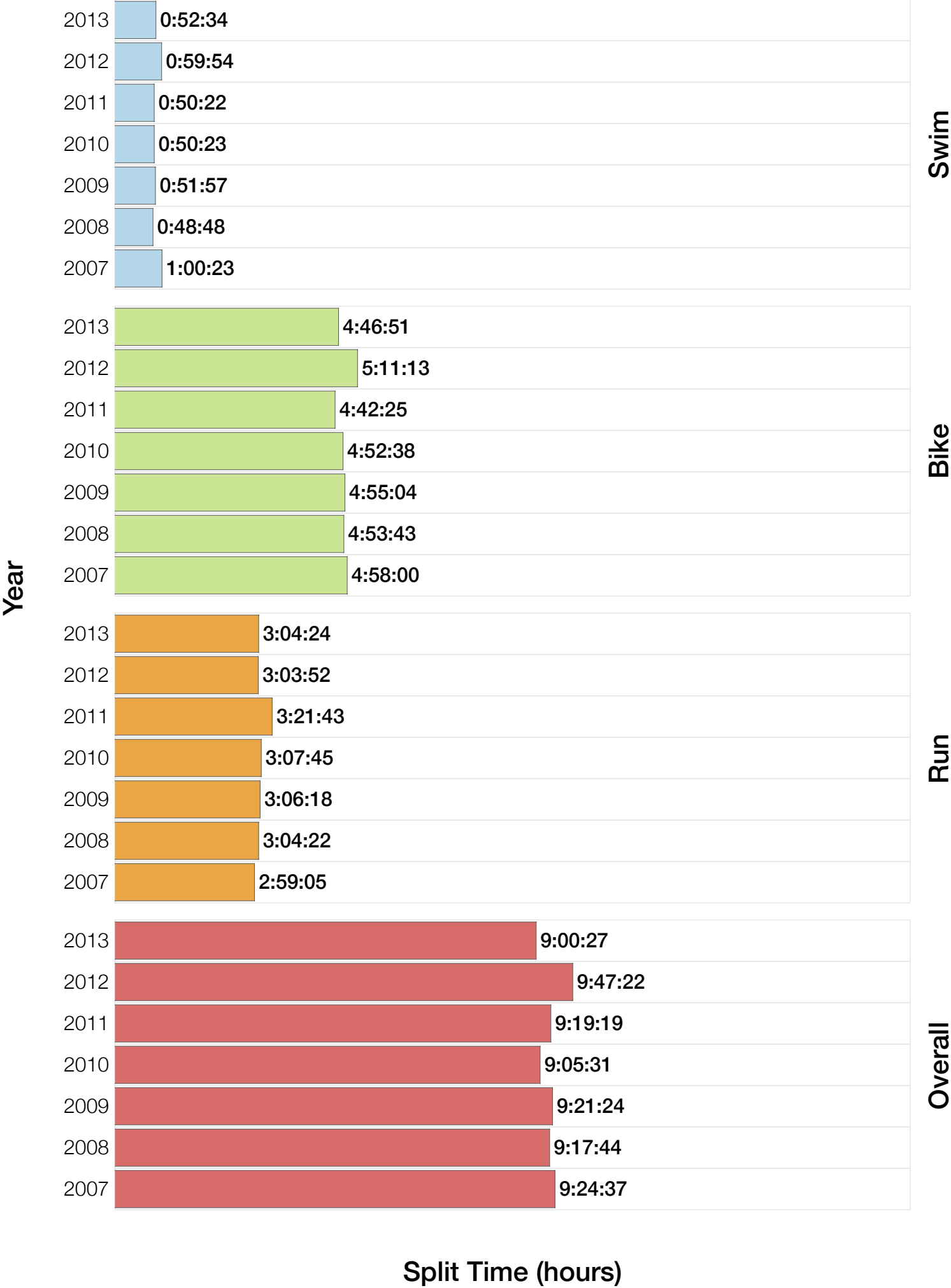
M35-39 Overall



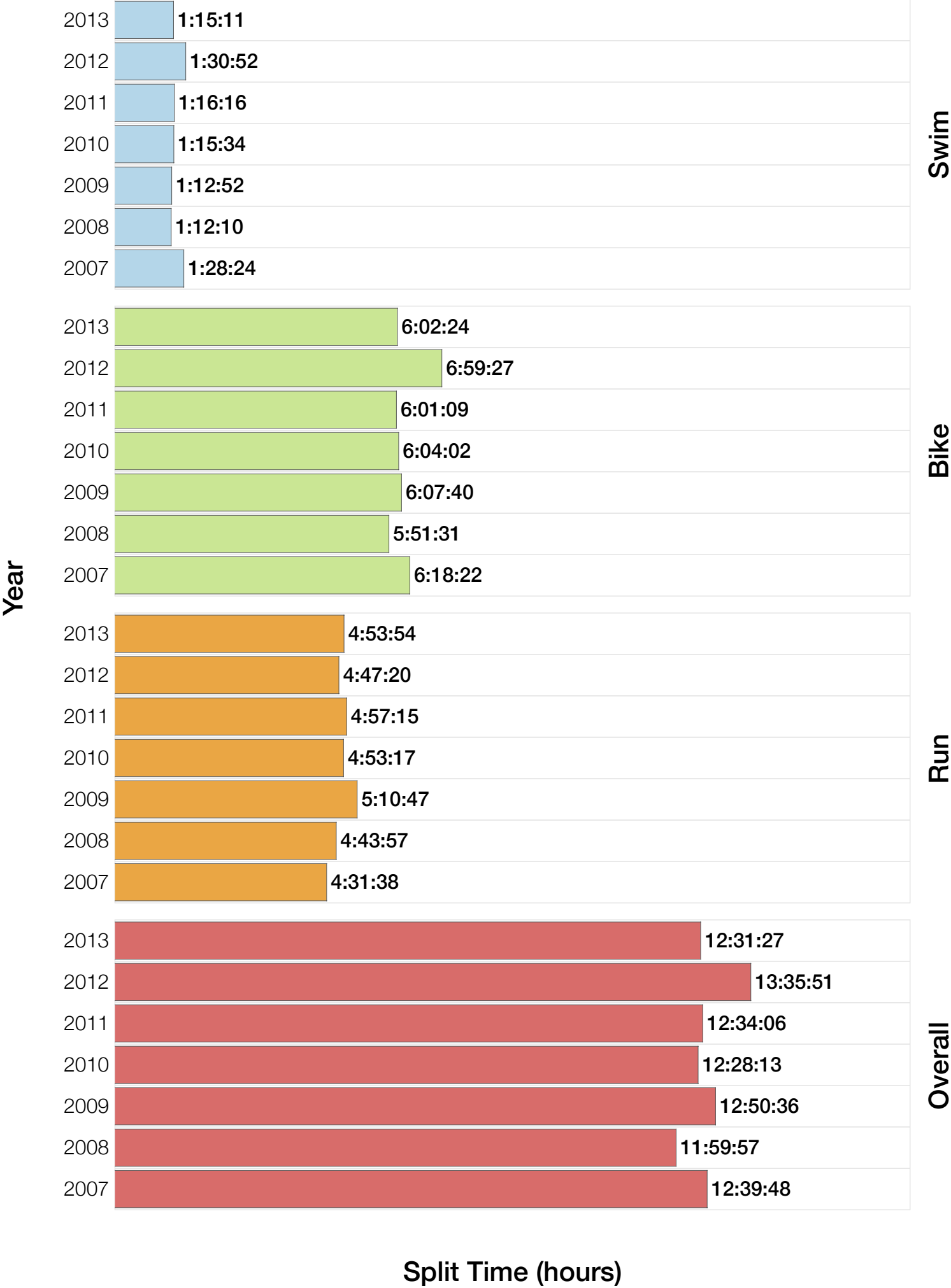
M35-39 Overall



M35-39 Fastest Splits

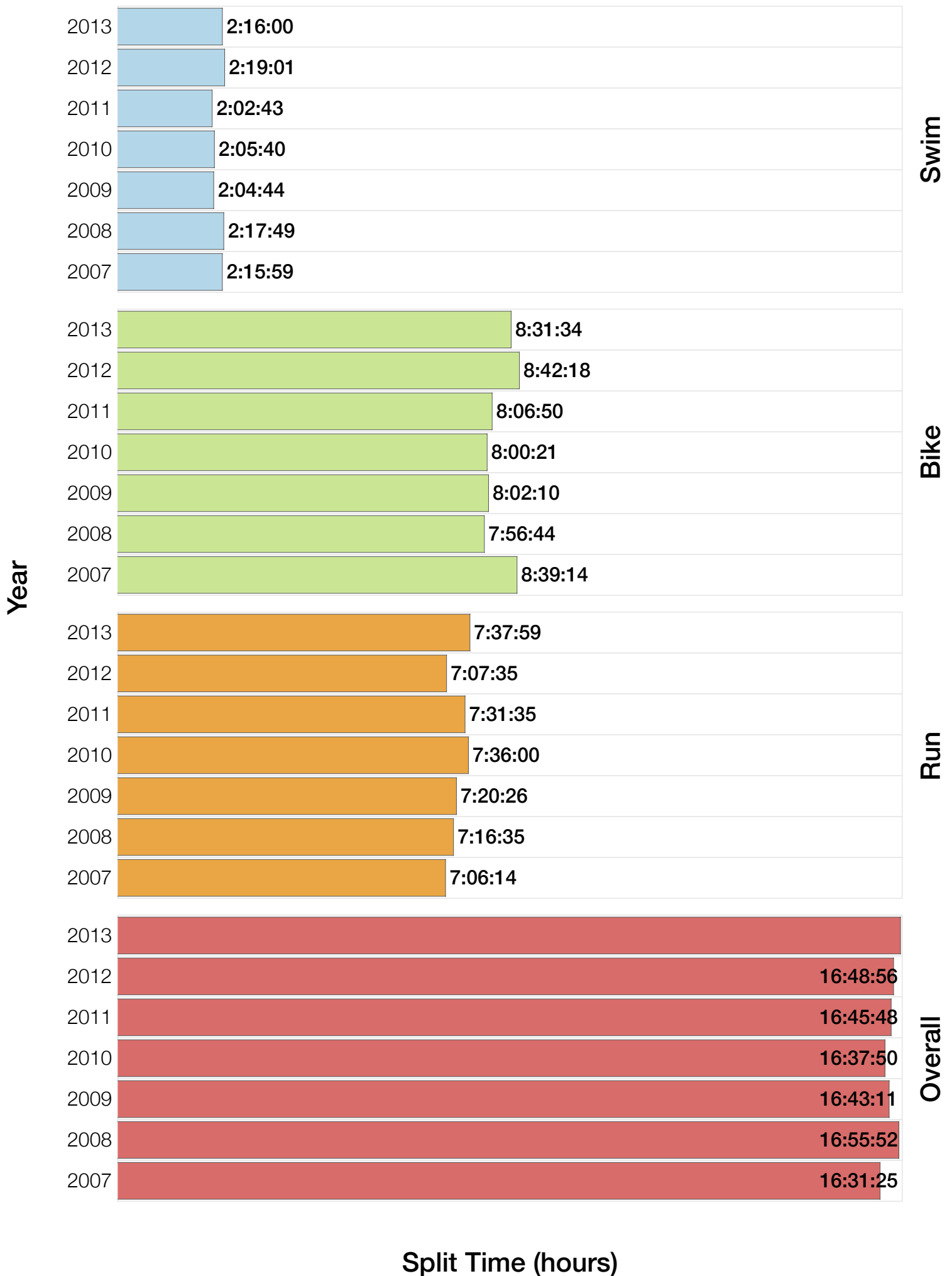


M35-39 Median Splits



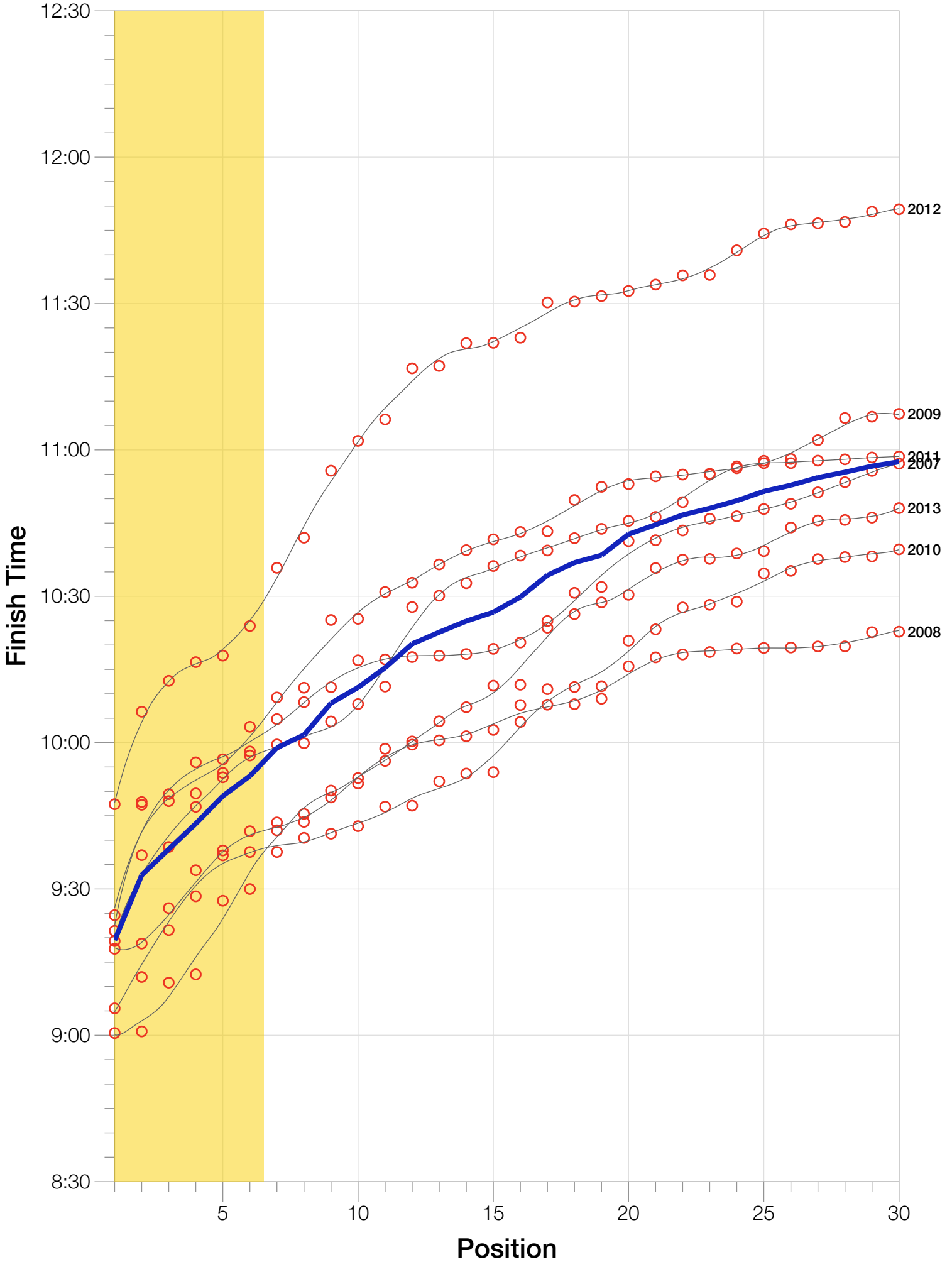
Split Time (hours)

M35-39 Slowest Splits



M35-39 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M35-39 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 | 1:08:18 | 4:58:00 | 3:12:49 | 9:24:37 |
| 2nd Age Grouper | 1:00:23 | 5:12:43 | 3:28:05 | 9:47:15 |
| 3rd Age Grouper | 1:10:37 | 5:32:17 | 2:59:05 | 9:48:00 |
| 4th Age Grouper | 1:10:21 | 5:10:47 | 3:28:12 | 9:55:57 |
| 5th Age Grouper | 1:23:42 | 5:09:47 | 3:14:06 | 9:56:34 |
| 6th Age Grouper | 1:04:49 | 4:58:55 | 3:49:36 | 9:58:11 |
| Kona Qualifier Average | 1:09:41 | 5:10:24 | 3:21:58 | 9:48:25 |

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 | 0:51:09 | 4:59:08 | 3:22:55 | 9:17:44 |
| 2nd Age Grouper | 0:48:48 | 4:59:19 | 3:26:38 | 9:18:48 |
| 3rd Age Grouper | 0:59:22 | 5:12:15 | 3:04:22 | 9:21:34 |
| 4th Age Grouper | 1:02:36 | 5:05:22 | 3:18:15 | 9:33:50 |
| 5th Age Grouper | 1:00:15 | 5:06:39 | 3:24:54 | 9:37:53 |
| 6th Age Grouper | 0:56:41 | 4:54:52 | 3:44:18 | 9:41:50 |
| Kona Qualifier Average | 0:56:28 | 5:02:55 | 3:23:33 | 9:28:36 |

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 | 0:59:39 | 5:10:01 | 3:06:18 | 9:21:24 |
| 2nd Age Grouper | 0:56:07 | 5:10:29 | 3:34:47 | 9:47:49 |
| 3rd Age Grouper | 1:00:34 | 5:17:35 | 3:24:48 | 9:49:26 |
| 4th Age Grouper | 0:57:15 | 5:13:45 | 3:31:43 | 9:49:35 |
| 5th Age Grouper | 0:58:21 | 5:35:27 | 3:10:27 | 9:53:48 |
| 6th Age Grouper | 0:59:40 | 5:14:39 | 3:44:52 | 10:03:15 |
| Kona Qualifier Average | 0:58:36 | 5:16:59 | 3:25:29 | 9:47:32 |

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 | 0:59:56 | 4:53:47 | 3:07:45 | 9:05:31 |
| 2nd Age Grouper | 0:55:39 | 4:57:21 | 3:14:59 | 9:11:57 |
| 3rd Age Grouper | 0:56:41 | 5:03:16 | 3:20:06 | 9:26:04 |
| 4th Age Grouper | 1:05:34 | 5:04:50 | 3:12:56 | 9:28:30 |
| 5th Age Grouper | 0:57:36 | 5:01:51 | 3:32:16 | 9:36:53 |
| Kona Qualifier Average | 1:00:37 | 4:58:57 | 3:19:58 | 9:24:24 |

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 | 1:08:17 | 4:42:25 | 3:21:43 | 9:19:19 |
| 2nd Age Grouper | 0:50:22 | 4:51:47 | 3:50:12 | 9:36:56 |
| 3rd Age Grouper | 1:01:33 | 5:10:04 | 3:22:59 | 9:38:36 |
| 4th Age Grouper | 1:00:54 | 5:15:34 | 3:25:44 | 9:46:50 |
| 5th Age Grouper | 0:56:32 | 5:09:36 | 3:41:23 | 9:52:53 |
| 6th Age Grouper | 1:04:31 | 5:20:18 | 3:25:08 | 9:57:21 |
| Kona Qualifier Average | 1:00:21 | 5:04:57 | 3:31:11 | 9:41:59 |

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 | 1:12:08 | 5:11:13 | 3:19:10 | 9:47:22 |
| 2nd Age Grouper | 1:26:23 | 5:11:54 | 3:20:05 | 10:06:20 |
| 3rd Age Grouper | 1:11:54 | 5:43:27 | 3:11:49 | 10:12:40 |
| 4th Age Grouper | 1:13:41 | 5:38:40 | 3:16:33 | 10:16:30 |
| 5th Age Grouper | 1:14:57 | 5:47:42 | 3:03:52 | 10:17:50 |
| 6th Age Grouper | 1:19:33 | 5:28:40 | 3:29:45 | 10:23:54 |
| Kona Qualifier Average | 1:16:26 | 5:30:16 | 3:16:52 | 10:10:46 |

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 | 0:59:21 | 4:49:48 | 3:05:26 | 9:00:27 |
| 2nd Age Grouper | 1:03:54 | 4:46:51 | 3:04:24 | 9:00:47 |
| 3rd Age Grouper | 1:03:32 | 4:47:21 | 3:14:26 | 9:10:47 |
| 4th Age Grouper | 1:01:56 | 4:52:01 | 3:12:41 | 9:12:29 |
| 5th Age Grouper | 1:03:27 | 4:55:42 | 3:22:37 | 9:27:35 |
| 6th Age Grouper | 0:59:01 | 4:58:04 | 3:26:36 | 9:29:59 |
| Kona Qualifier Average | 1:01:51 | 4:51:37 | 3:14:21 | 9:13:40 |

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 | 1:02:41 | 4:57:46 | 3:13:43 | 9:19:29 |
| Average 2nd Age Grouper | 1:00:13 | 5:01:29 | 3:25:35 | 9:32:50 |
| Average 3rd Age Grouper | 1:03:27 | 5:15:10 | 3:13:56 | 9:38:09 |
| Average 4th Age Grouper | 1:04:36 | 5:11:34 | 3:20:52 | 9:43:23 |
| Average 5th Age Grouper | 1:04:58 | 5:15:14 | 3:21:22 | 9:49:03 |
| Average 6th Age Grouper | 1:04:02 | 5:09:14 | 3:36:42 | 9:55:45 |
| Kona Qualifier Average | 1:03:26 | 5:08:01 | 3:21:55 | 9:39:20 |