

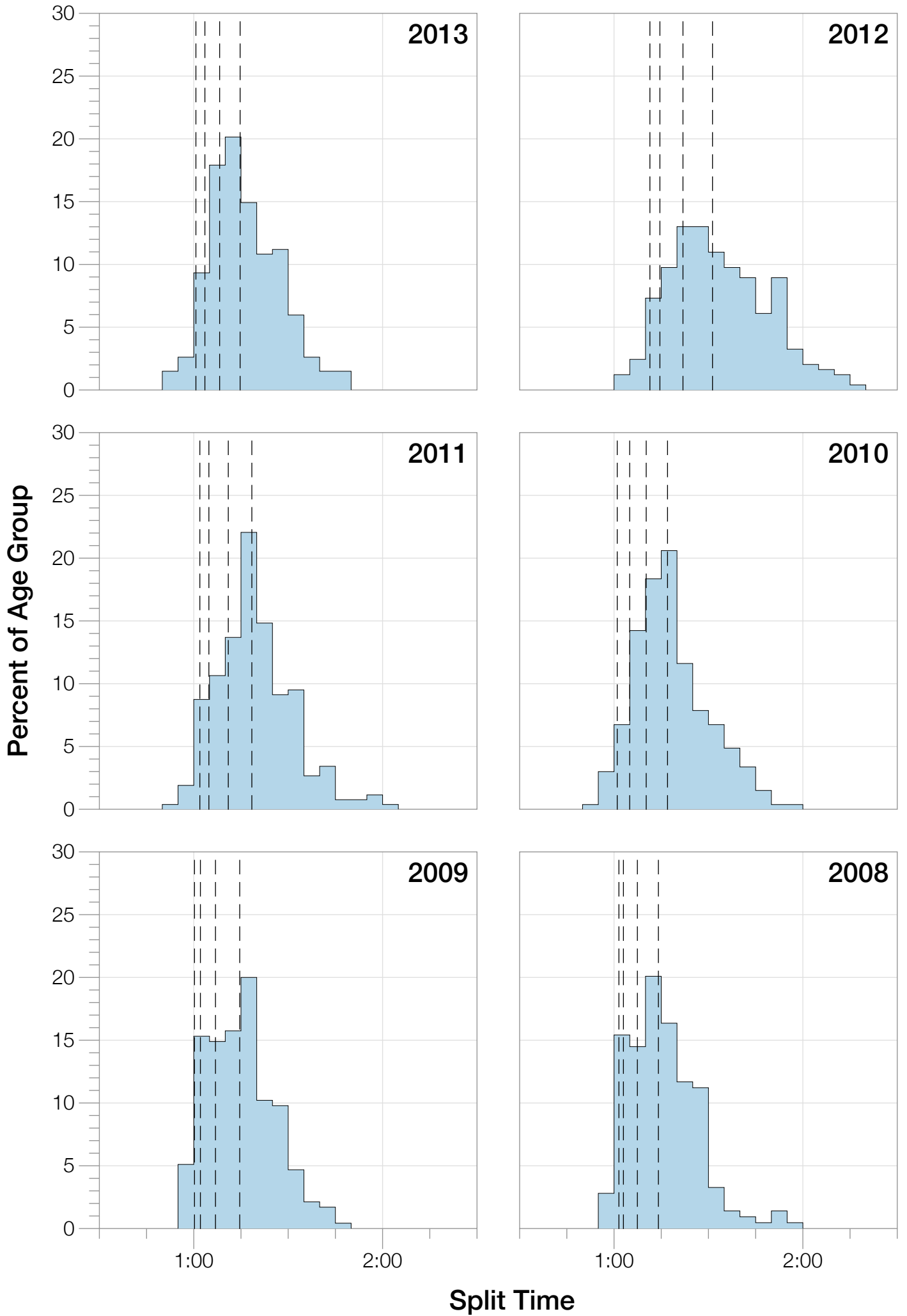
Ironman South Africa Statistics

M40-44

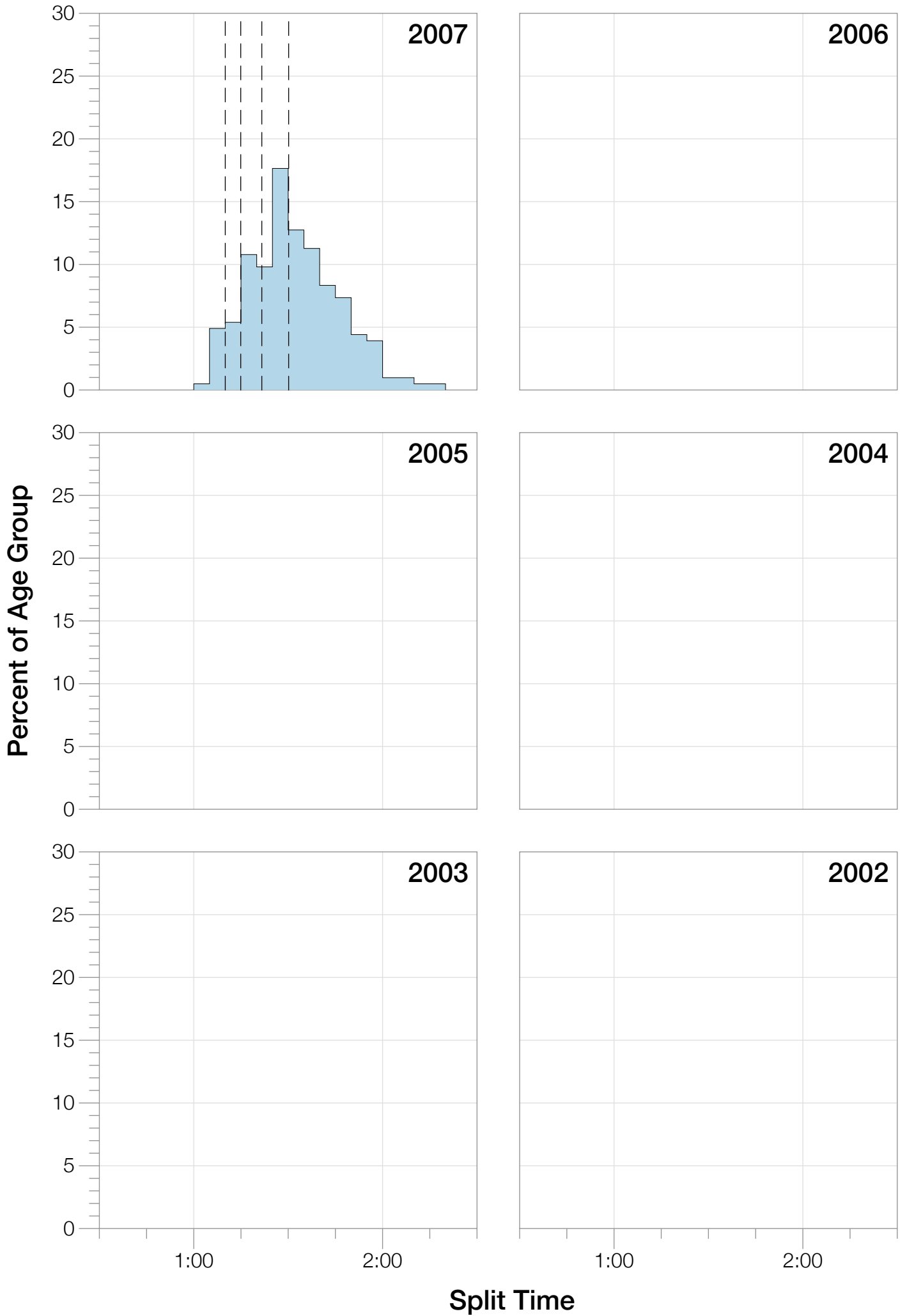
M40-44 Summary Statistics

Year	Finishers	M40-44 Finishers	Male Winner's Time	Female Winner's Time	M40-44 Winner's Time
2007	1305	204	8:33:04	9:22:00	10:05:31
2008	1403	214	8:18:23	9:27:48	9:40:18
2009	1304	235	8:17:32	9:16:32	9:45:17
2010	1548	267	8:23:28	9:16:55	9:29:37
2011	1505	263	8:05:36	8:33:56	9:30:44
2012	1384	246	8:34:45	9:47:10	9:37:21
2013	1541	268	8:11:24	9:10:58	9:18:26
Average	1427	242	8:20:36	9:16:28	9:38:10

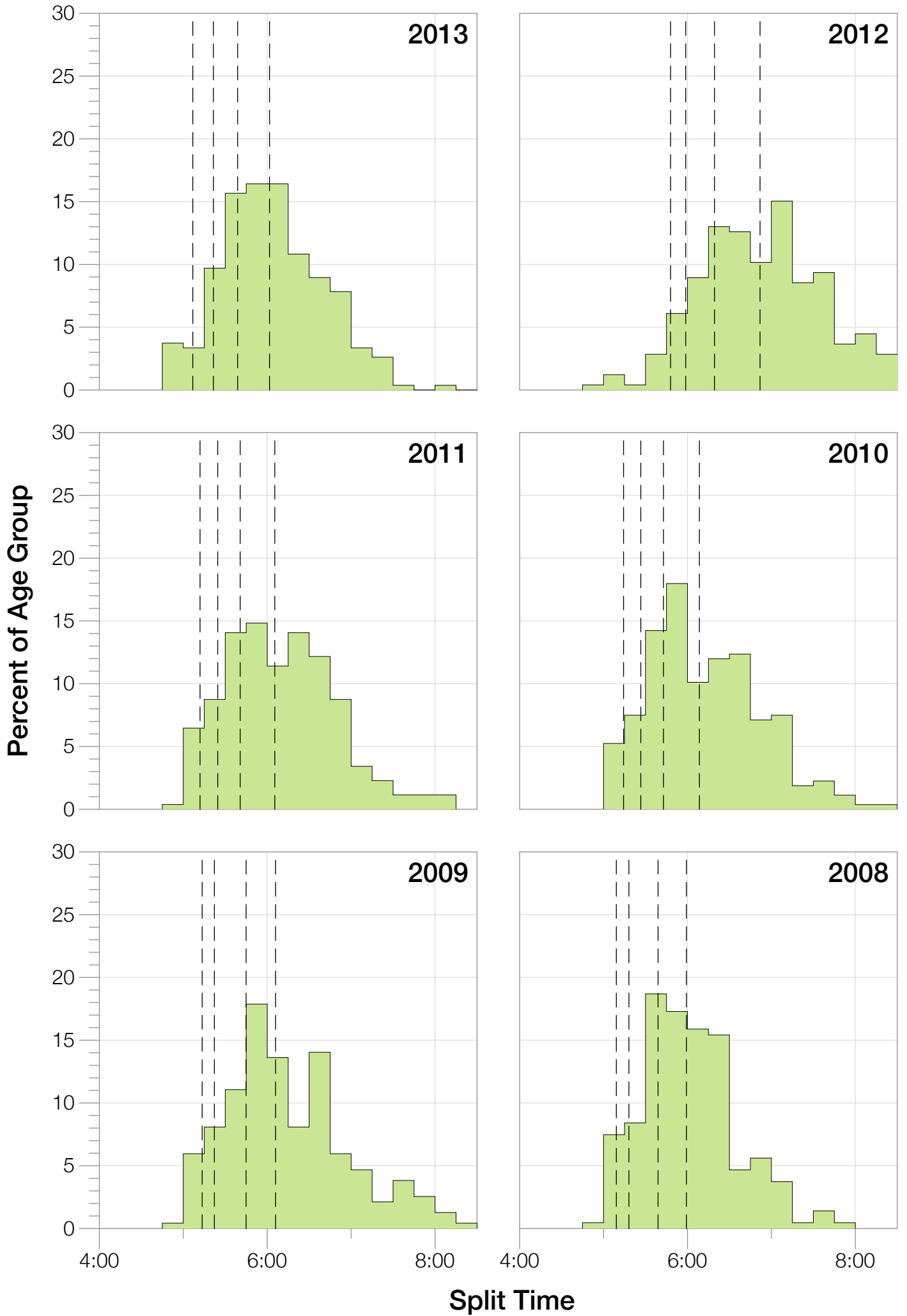
M40-44 Swim



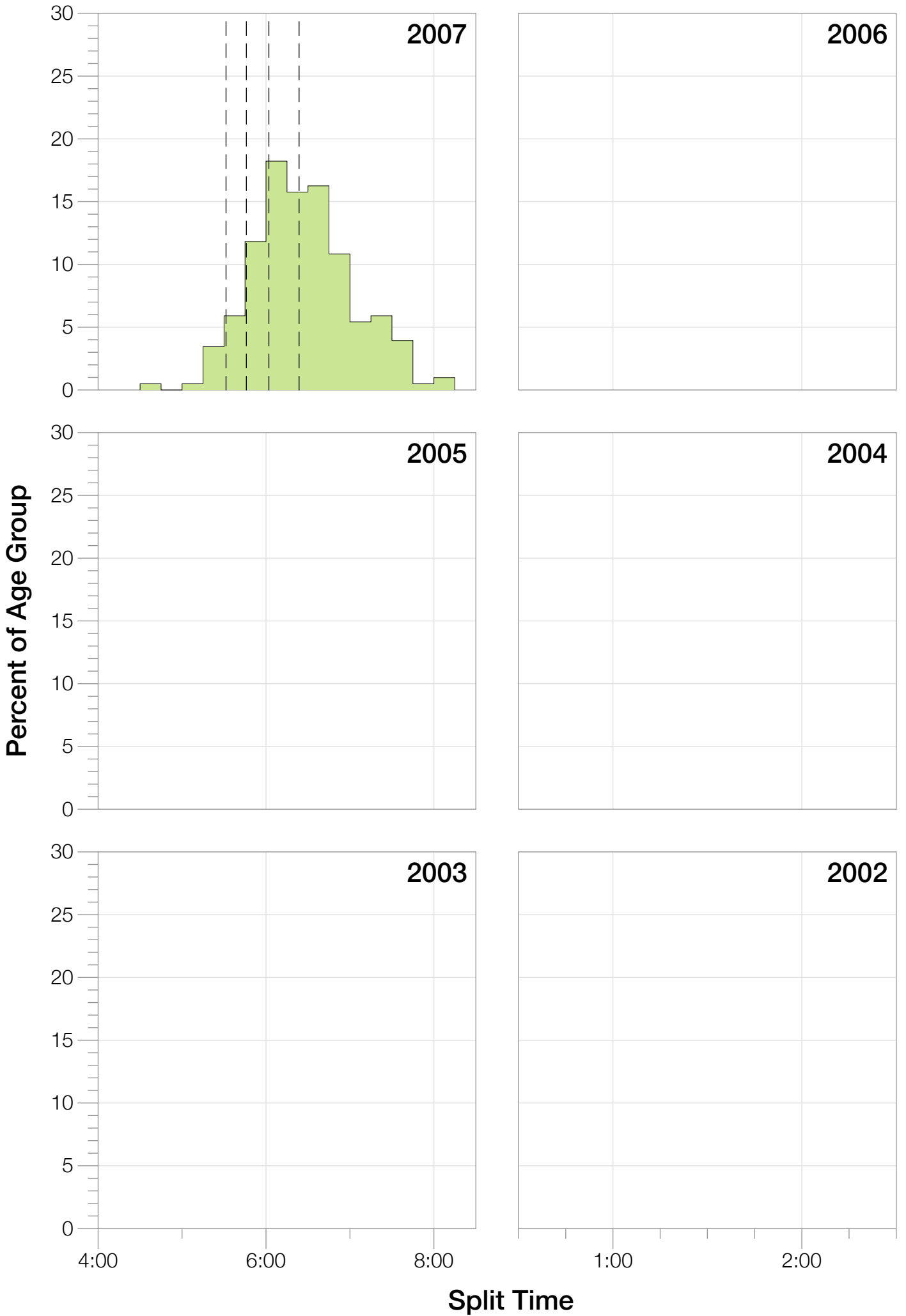
M40-44 Swim



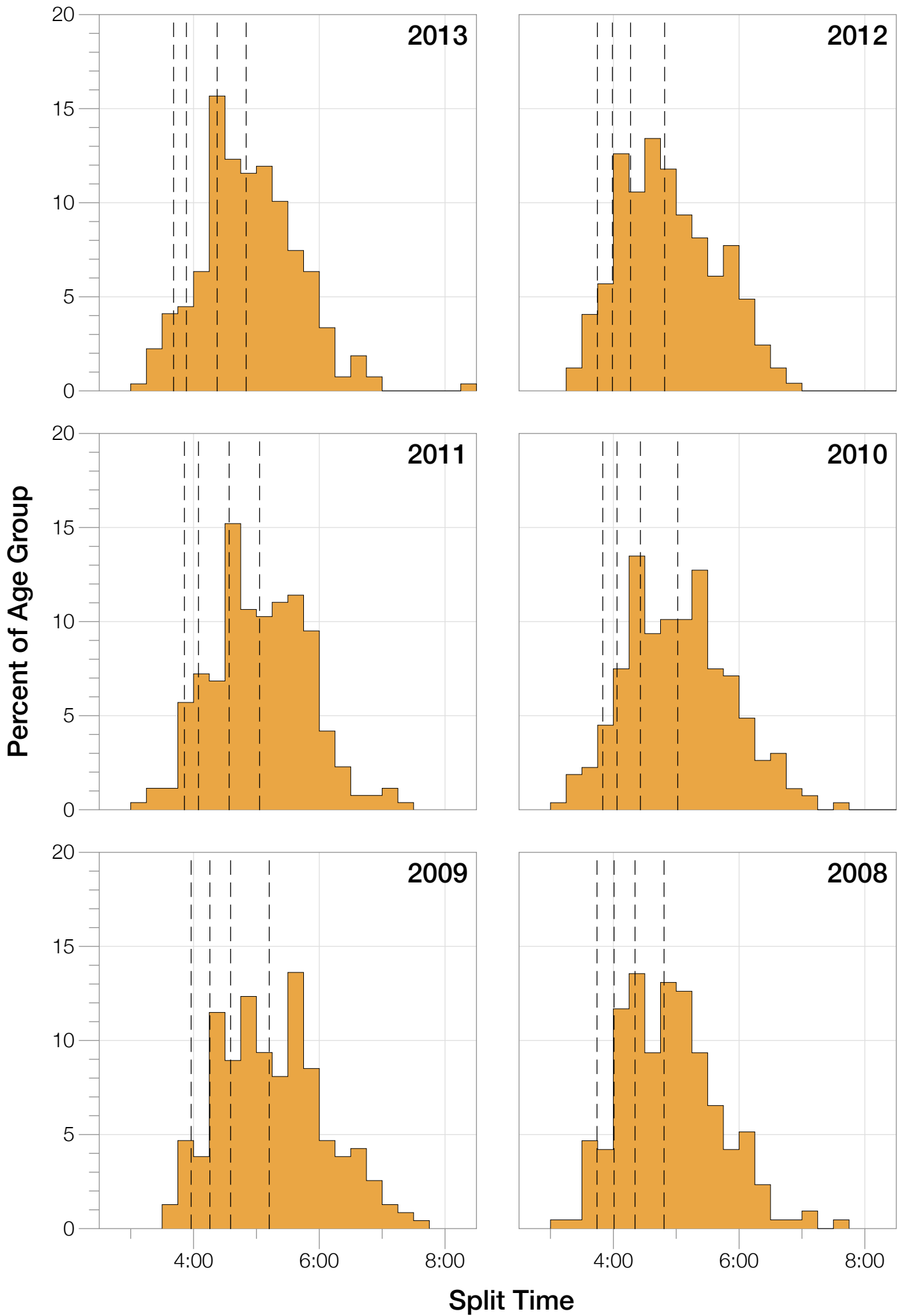
M40-44 Bike



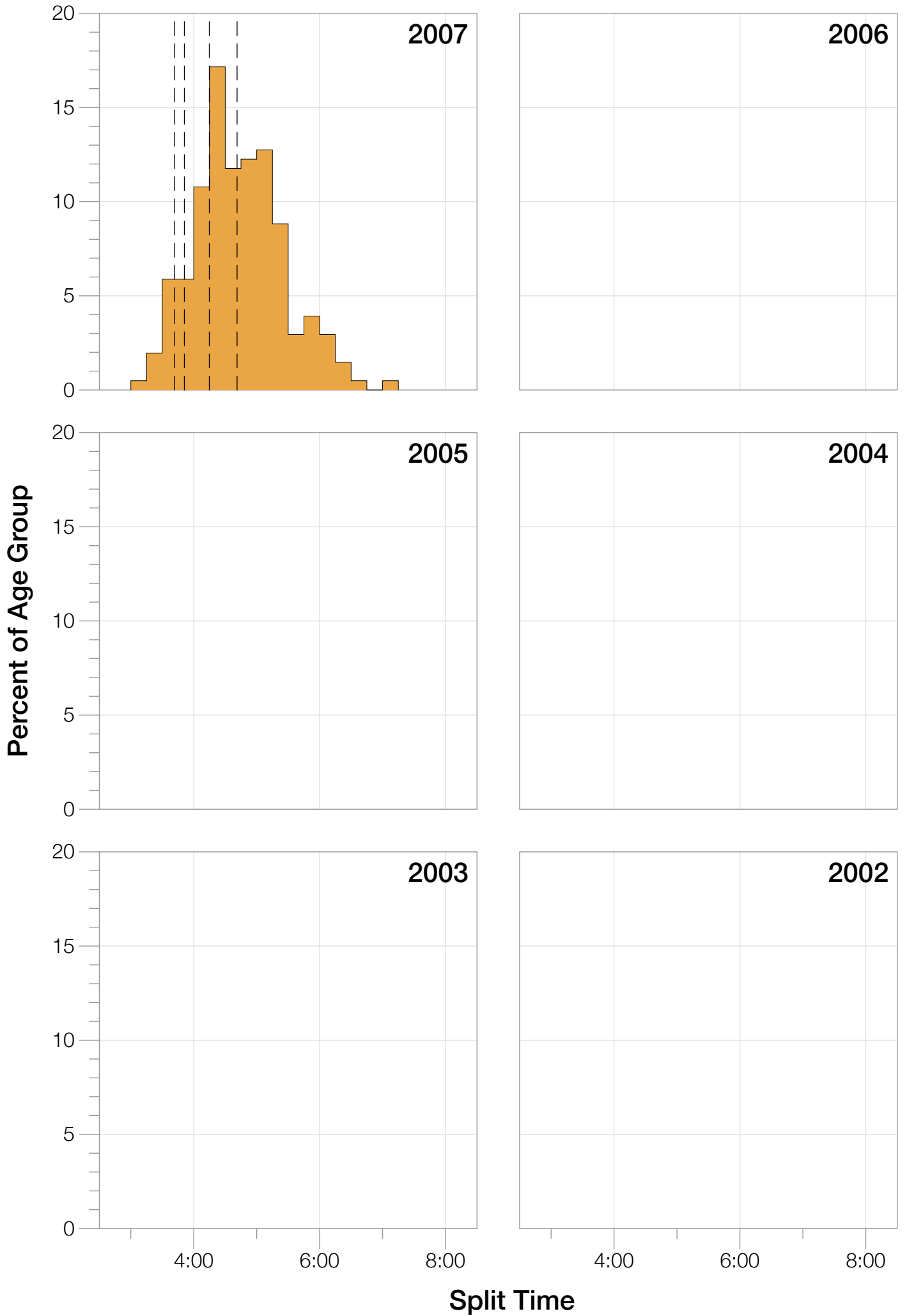
M40-44 Bike



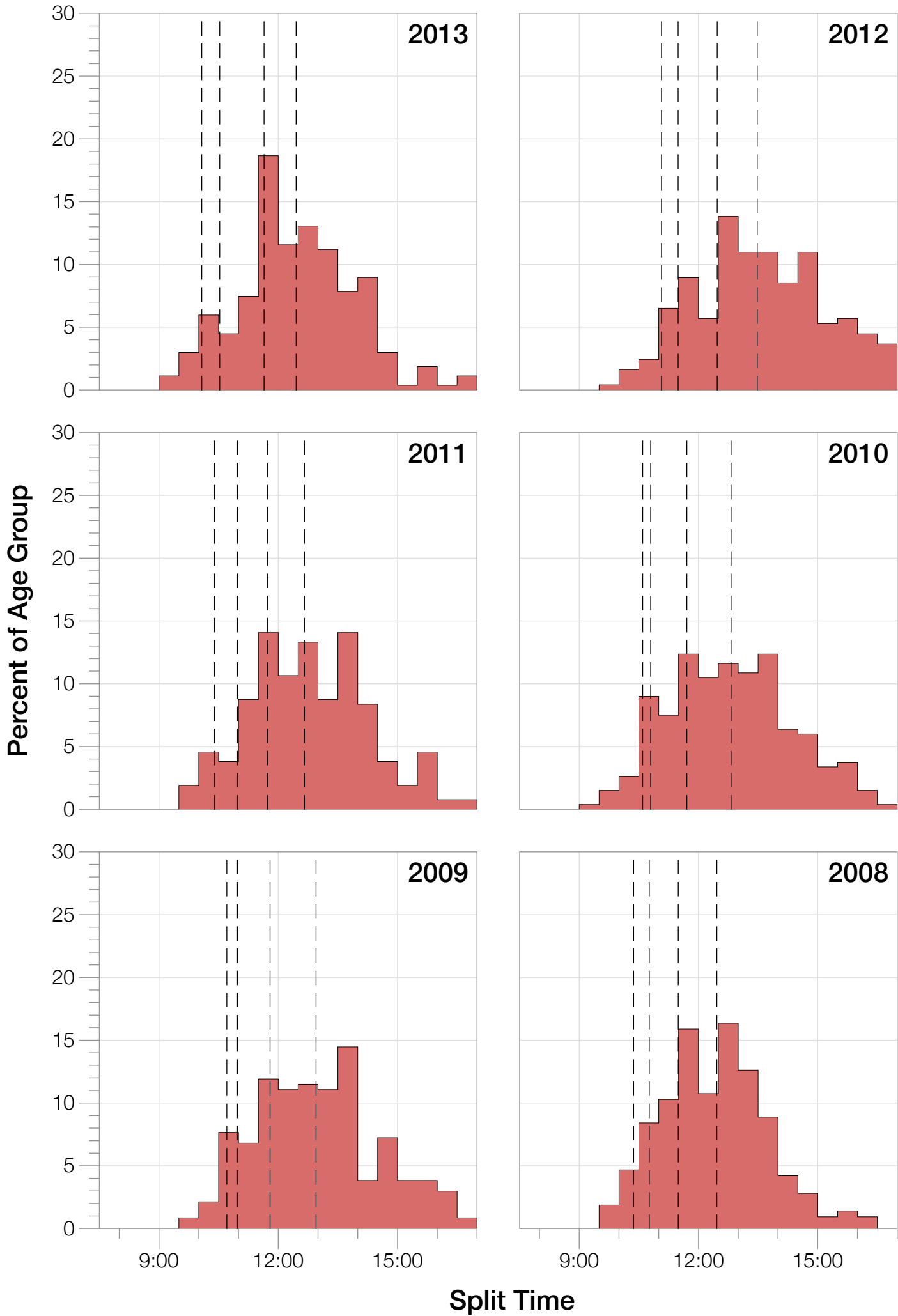
M40-44 Run



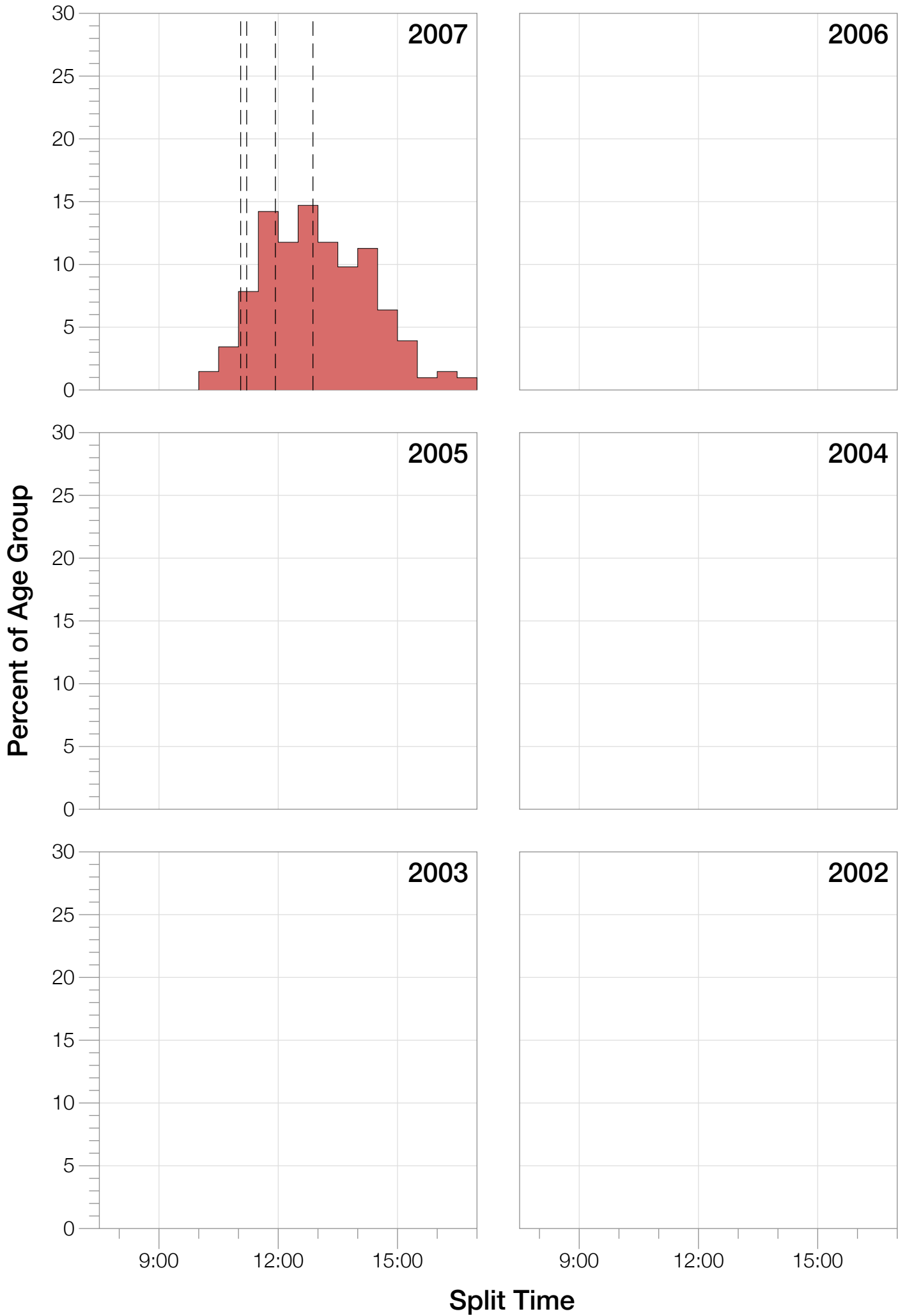
M40-44 Run



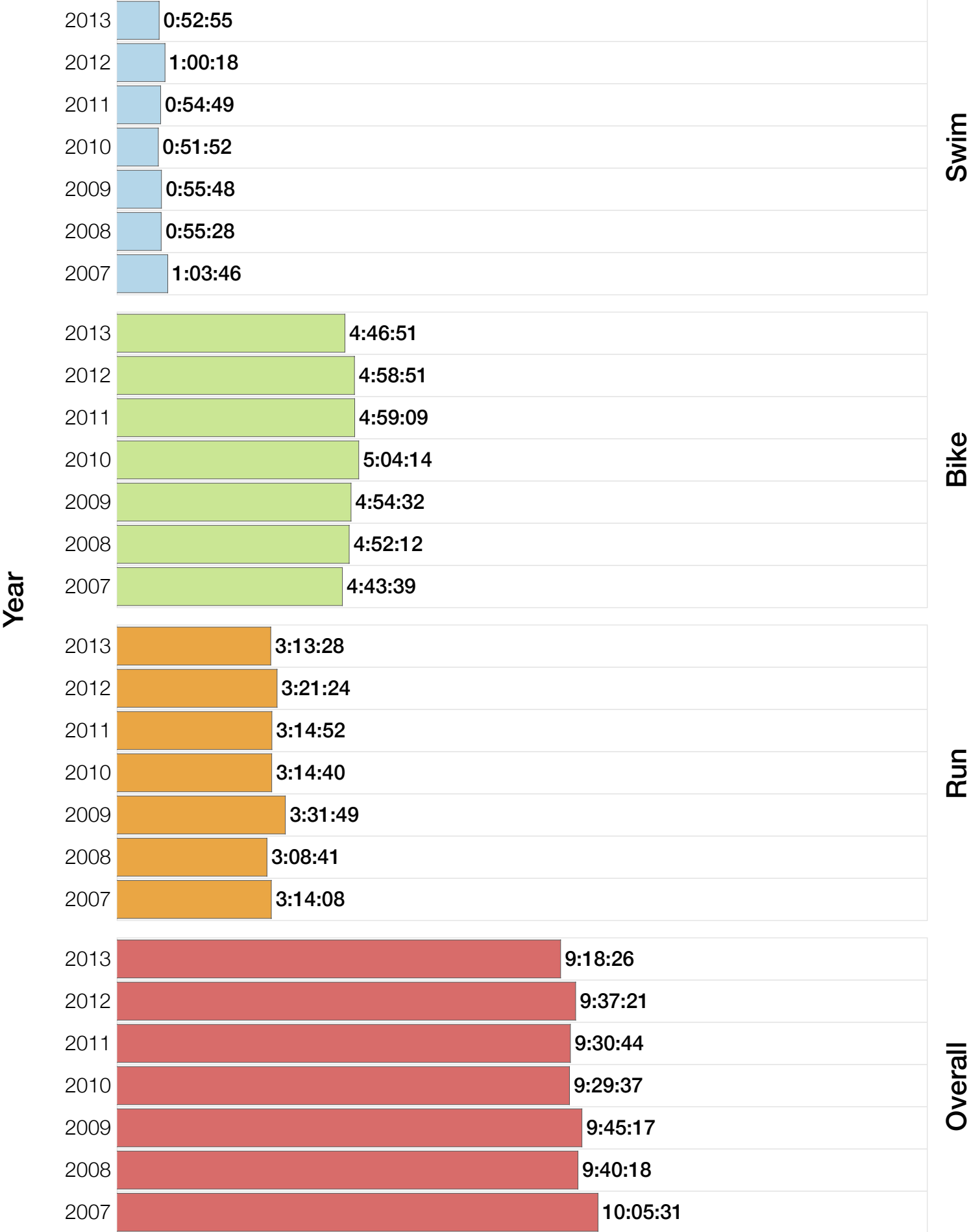
M40-44 Overall



M40-44 Overall

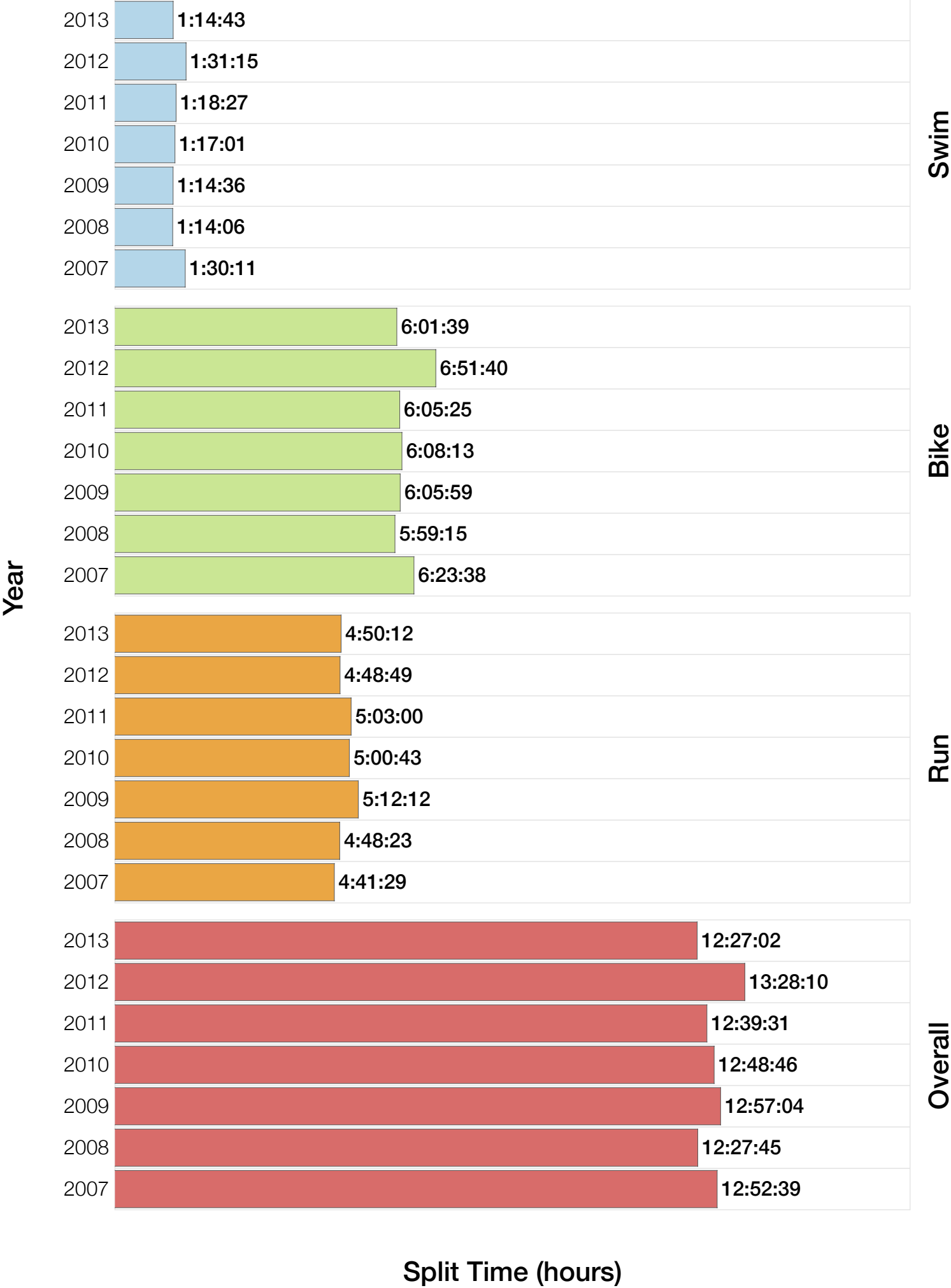


M40-44 Fastest Splits

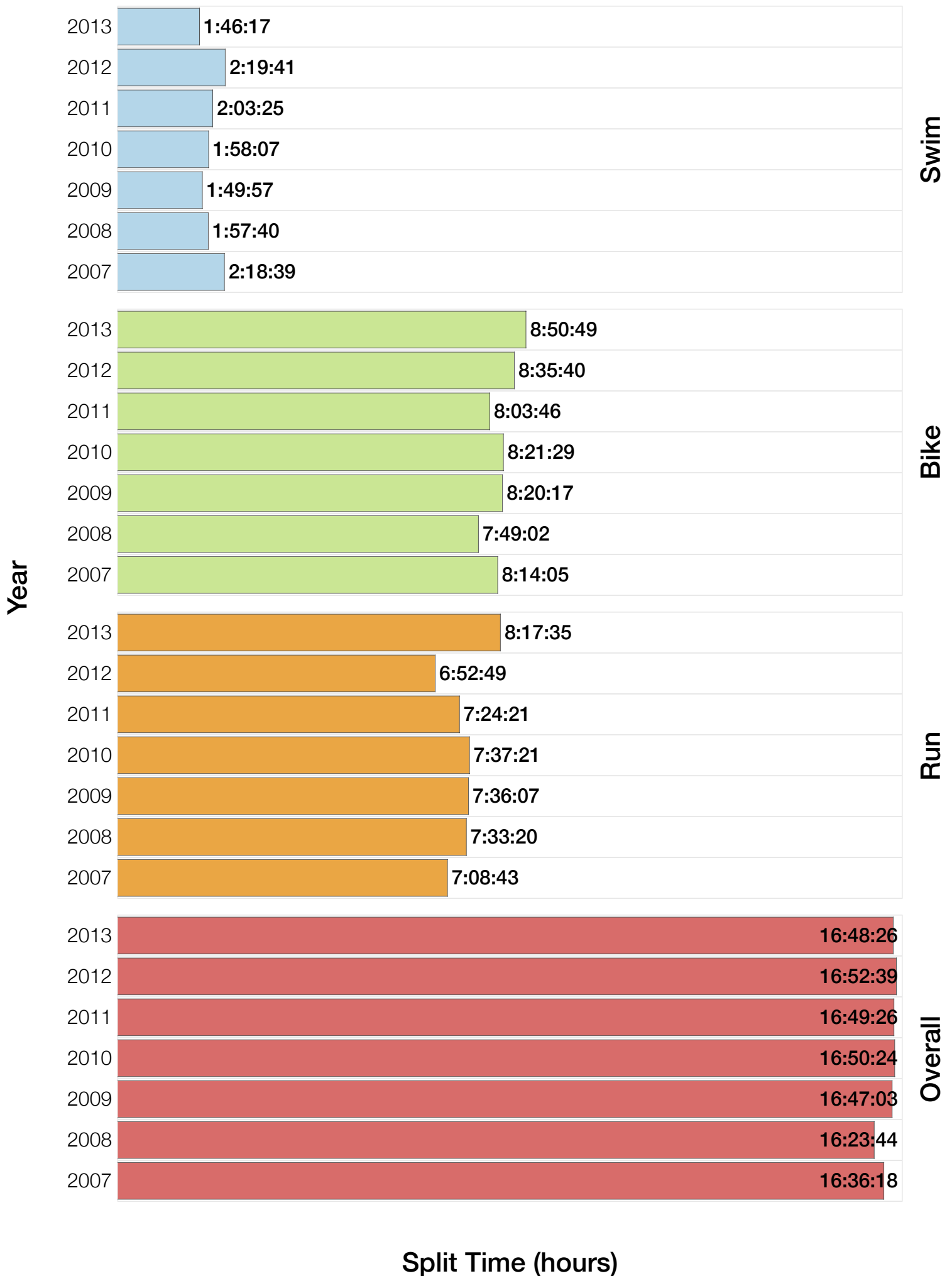


Split Time (hours)

M40-44 Median Splits

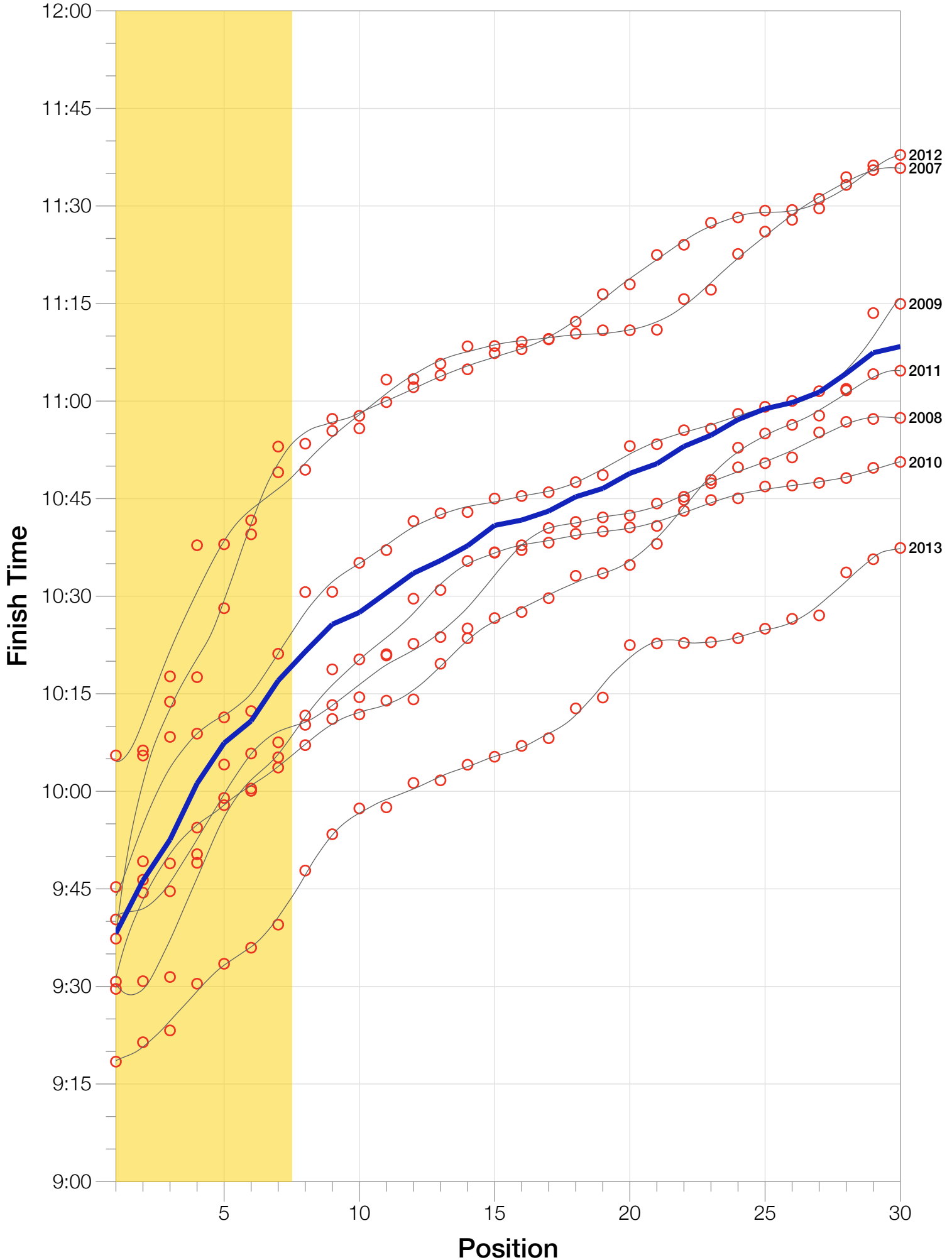


M40-44 Slowest Splits



M40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M40-44 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	1:07:19	5:19:07	3:31:05	10:05:31
2nd Age Grouper	1:11:33	5:10:51	3:36:29	10:06:17
3rd Age Grouper	1:08:15	5:29:35	3:31:44	10:17:40
4th Age Grouper	1:22:36	5:25:00	3:41:23	10:37:50
5th Age Grouper	1:07:00	5:56:00	3:28:04	10:37:59
6th Age Grouper	1:14:55	5:31:57	3:46:23	10:39:31
7th Age Grouper	1:17:56	5:36:31	3:43:56	10:49:03
Kona Qualifier Average	1:12:47	5:29:51	3:37:00	10:27:41

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	1:10:06	4:52:12	3:31:52	9:40:18
2nd Age Grouper	0:58:18	5:02:54	3:37:37	9:44:25
3rd Age Grouper	1:05:37	5:03:29	3:27:35	9:44:38
4th Age Grouper	1:01:31	5:01:09	3:41:43	9:49:00
5th Age Grouper	1:02:40	5:08:40	3:47:12	10:04:07
6th Age Grouper	1:16:09	5:04:57	3:36:57	10:05:49
7th Age Grouper	0:55:45	5:27:53	3:36:37	10:07:32
Kona Qualifier Average	1:04:18	5:05:53	3:37:04	9:53:41

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	1:01:17	5:02:55	3:35:32	9:45:17
2nd Age Grouper	0:57:43	5:12:26	3:33:47	9:49:14
3rd Age Grouper	0:59:26	5:16:23	3:47:42	10:08:22
4th Age Grouper	1:00:48	5:05:17	3:57:51	10:08:52
5th Age Grouper	0:58:29	5:08:47	3:56:43	10:11:22
6th Age Grouper	1:15:23	5:13:40	3:31:49	10:12:20
7th Age Grouper	1:02:30	5:21:22	3:50:27	10:21:09
Kona Qualifier Average	1:02:13	5:11:32	3:44:50	10:05:13

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	1:00:57	5:04:50	3:18:39	9:29:37
2nd Age Grouper	0:55:32	5:05:33	3:25:26	9:30:48
3rd Age Grouper	1:00:51	5:04:14	3:21:45	9:31:27
4th Age Grouper	1:12:24	5:16:51	3:14:40	9:50:20
5th Age Grouper	1:04:15	5:19:34	3:29:45	9:57:52
6th Age Grouper	0:57:03	5:08:23	3:49:32	10:00:25
7th Age Grouper	1:09:26	5:16:56	3:31:17	10:05:14
Kona Qualifier Average	1:02:55	5:10:54	3:27:17	9:46:31

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	0:59:49	5:04:21	3:21:05	9:30:44
2nd Age Grouper	1:01:22	5:09:00	3:28:39	9:46:24
3rd Age Grouper	1:03:37	5:22:57	3:14:52	9:48:55
4th Age Grouper	1:03:46	5:11:58	3:30:24	9:54:25
5th Age Grouper	1:01:21	5:27:29	3:22:10	9:58:59
6th Age Grouper	1:03:51	4:59:09	3:51:15	10:00:04
7th Age Grouper	1:08:15	5:04:51	3:43:33	10:03:39
Kona Qualifier Average	1:03:08	5:11:23	3:30:16	9:51:52

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	1:03:02	4:58:51	3:29:49	9:37:21
2nd Age Grouper	1:07:39	5:31:58	3:21:24	10:05:30
3rd Age Grouper	1:00:18	5:07:05	3:59:43	10:13:46
4th Age Grouper	1:10:08	5:33:34	3:26:48	10:17:33
5th Age Grouper	1:30:50	5:14:39	3:35:19	10:28:09
6th Age Grouper	1:06:37	5:32:59	3:55:23	10:41:40
7th Age Grouper	1:33:23	5:12:47	3:58:14	10:53:00
Kona Qualifier Average	1:13:08	5:18:50	3:40:57	10:19:34

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	0:58:56	4:59:36	3:13:28	9:18:26
2nd Age Grouper	0:54:27	4:46:51	3:35:18	9:21:25
3rd Age Grouper	1:00:12	4:51:27	3:24:09	9:23:14
4th Age Grouper	1:02:30	4:51:58	3:29:44	9:30:25
5th Age Grouper	1:00:39	4:54:02	3:32:57	9:33:29
6th Age Grouper	1:07:36	4:55:53	3:25:46	9:35:57
7th Age Grouper	0:56:47	4:59:22	3:35:34	9:39:30
Kona Qualifier Average	1:00:09	4:54:09	3:28:08	9:28:55

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	1:03:03	5:03:07	3:25:55	9:38:10
Average 2nd Age Grouper	1:00:56	5:08:30	3:31:14	9:46:17
Average 3rd Age Grouper	1:02:36	5:10:44	3:32:30	9:52:34
Average 4th Age Grouper	1:07:40	5:12:15	3:34:39	10:01:12
Average 5th Age Grouper	1:06:27	5:18:27	3:36:01	10:07:25
Average 6th Age Grouper	1:08:47	5:12:25	3:42:26	10:10:49
Average 7th Age Grouper	1:09:08	5:17:06	3:42:48	10:17:01
Kona Qualifier Average	1:05:31	5:11:48	3:35:05	9:59:04