

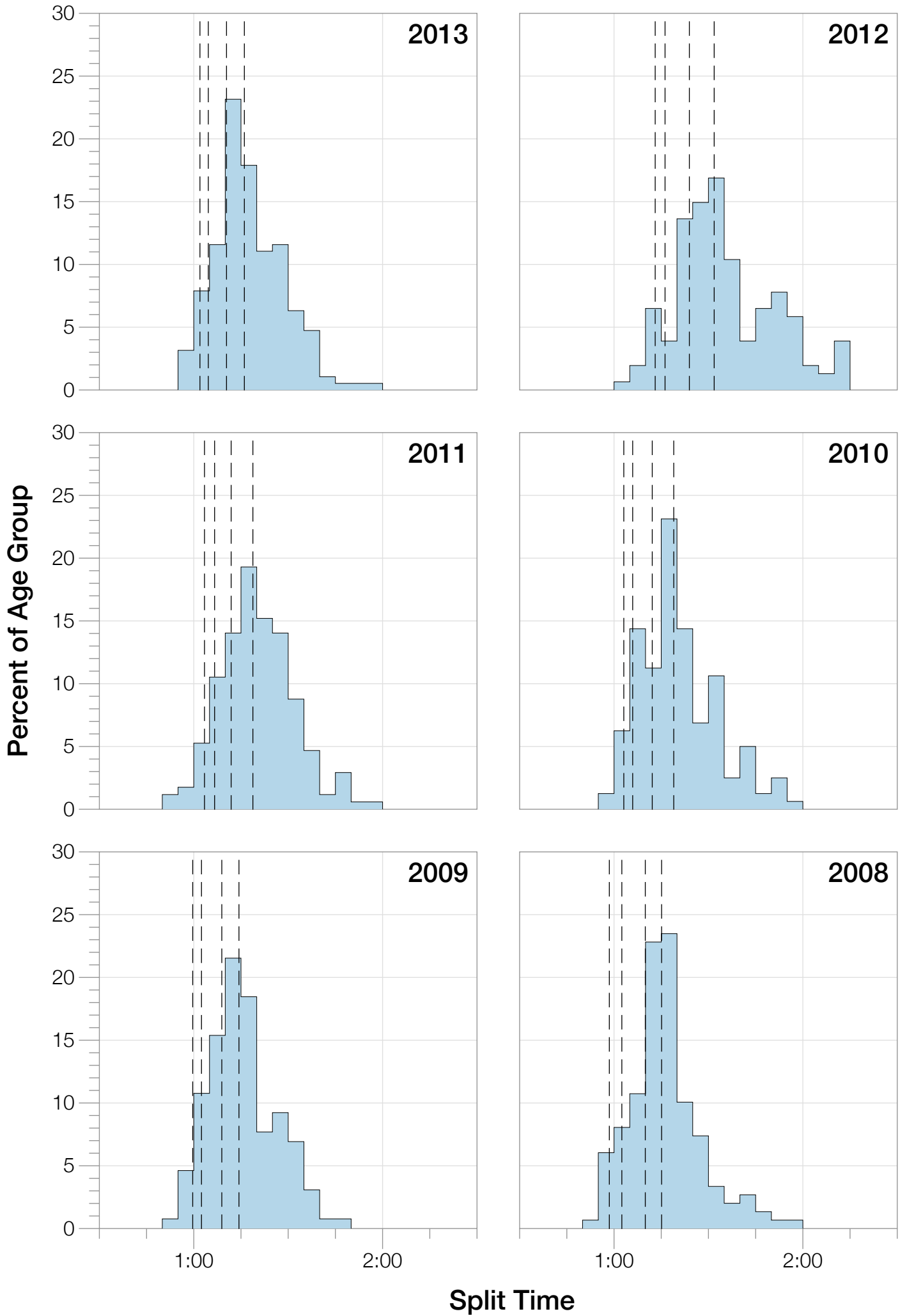
# Ironman South Africa Statistics

## M45-49

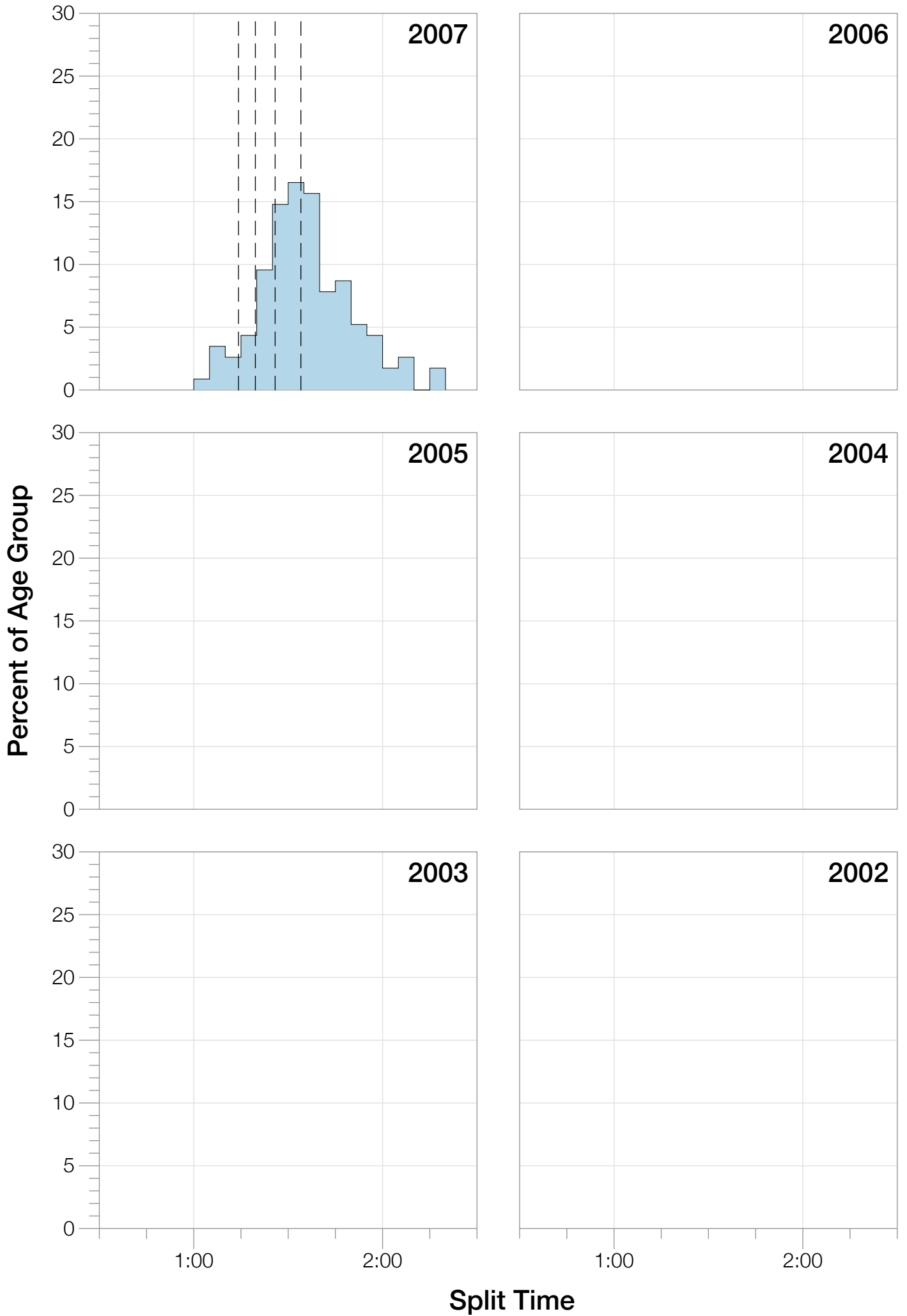
## M45-49 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>M45-49 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>M45-49 Winner's Time</b>
2007	1305	115	8:33:04	9:22:00	10:24:01
2008	1403	151	8:18:23	9:27:48	9:48:45
2009	1304	130	8:17:32	9:16:32	9:50:28
2010	1548	160	8:23:28	9:16:55	9:43:00
2011	1505	171	8:05:36	8:33:56	10:04:50
2012	1384	154	8:34:45	9:47:10	10:20:27
2013	1541	190	8:11:24	9:10:58	9:28:43
<b>Average</b>	<b>1427</b>	<b>153</b>	<b>8:20:36</b>	<b>9:16:28</b>	<b>9:57:10</b>

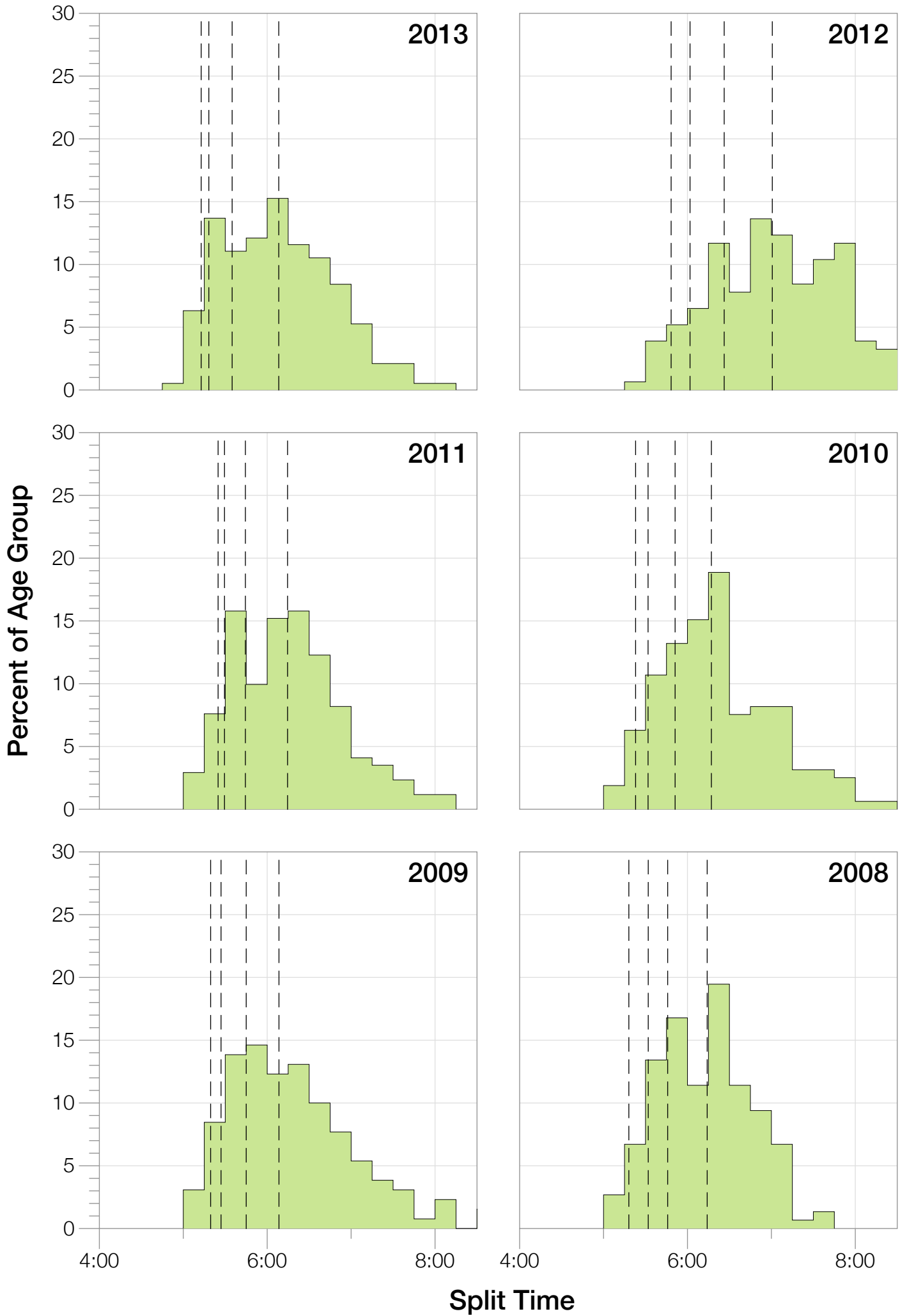
# M45-49 Swim



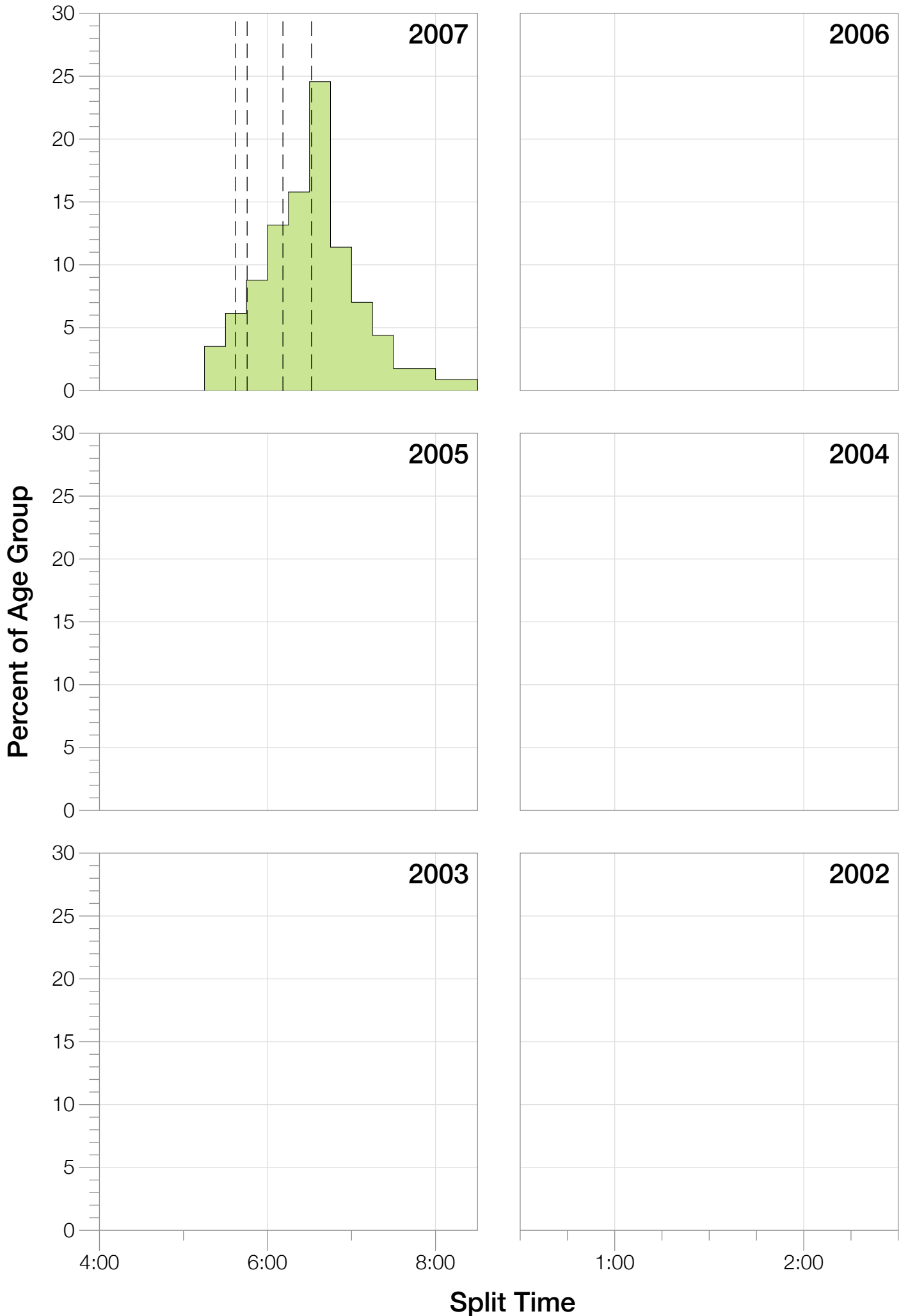
# M45-49 Swim



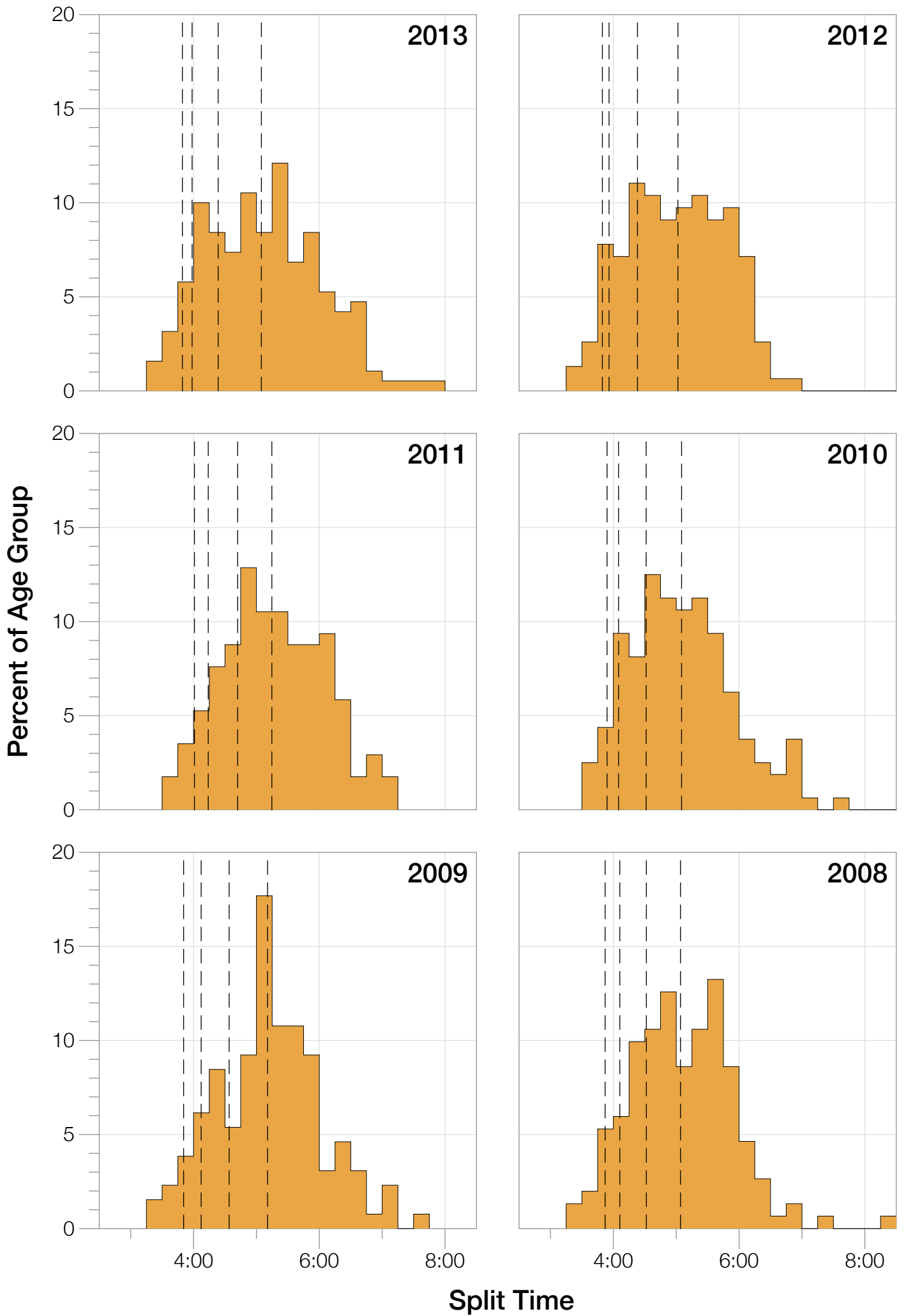
# M45-49 Bike



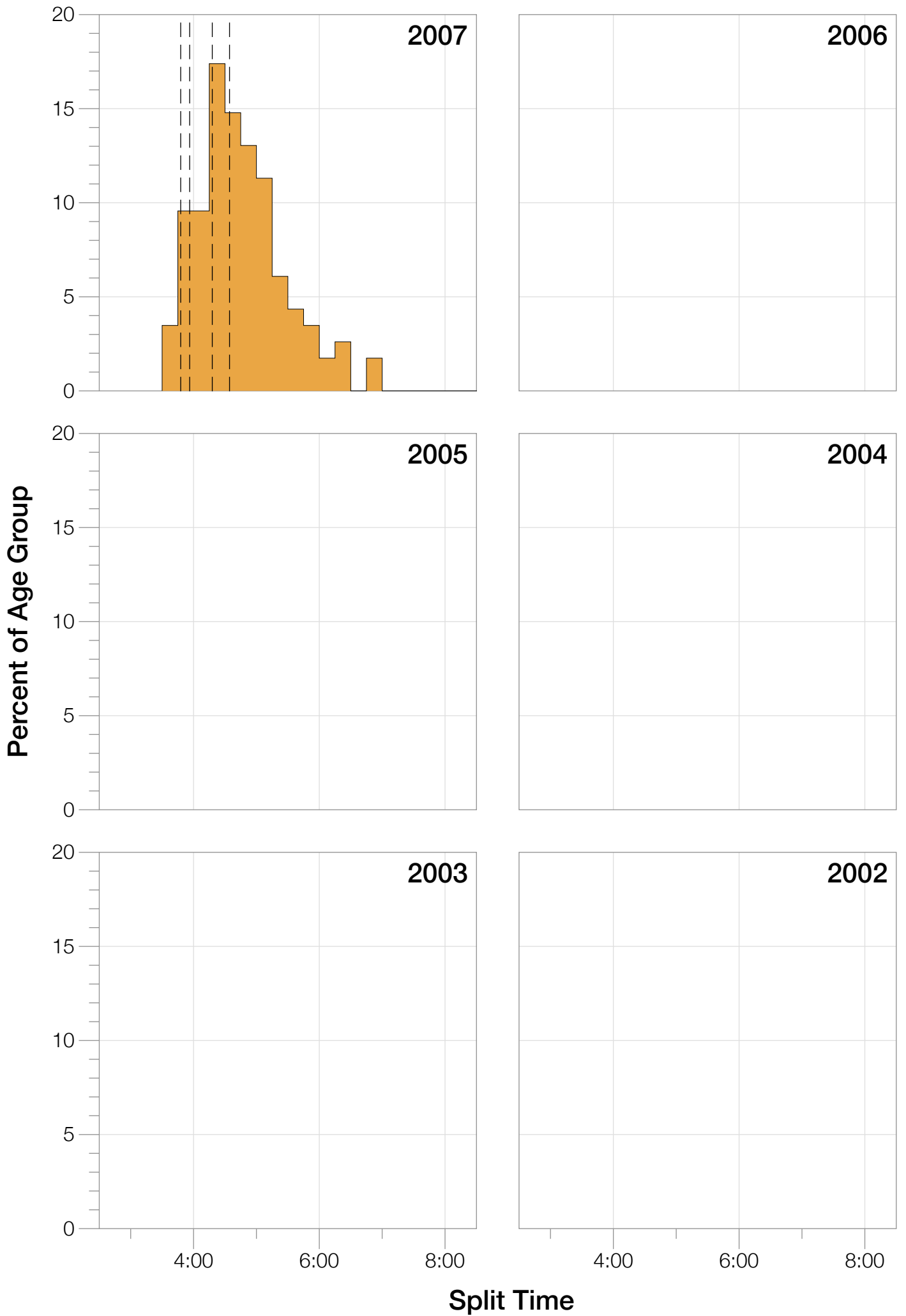
# M45-49 Bike



# M45-49 Run

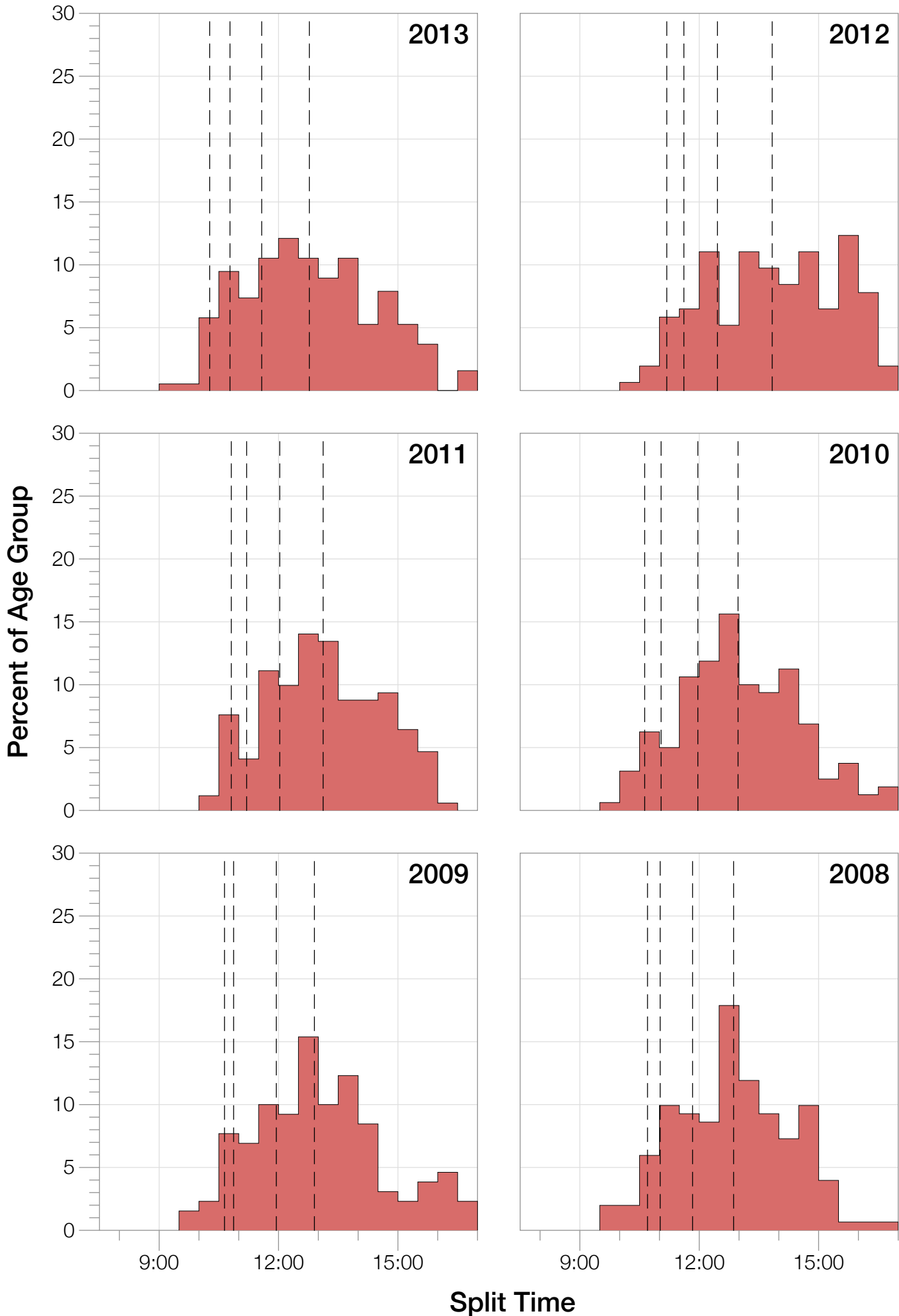


# M45-49 Run

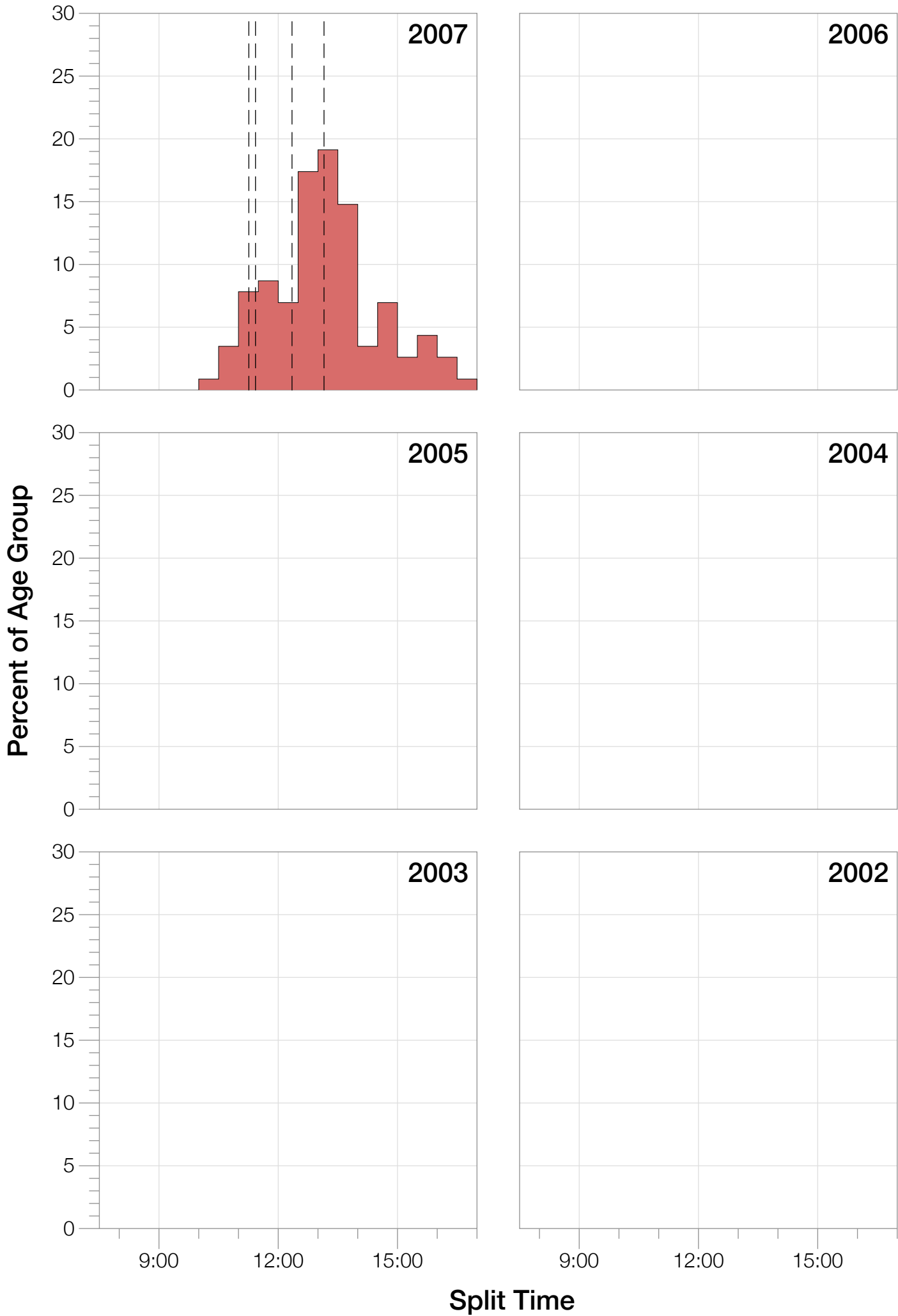




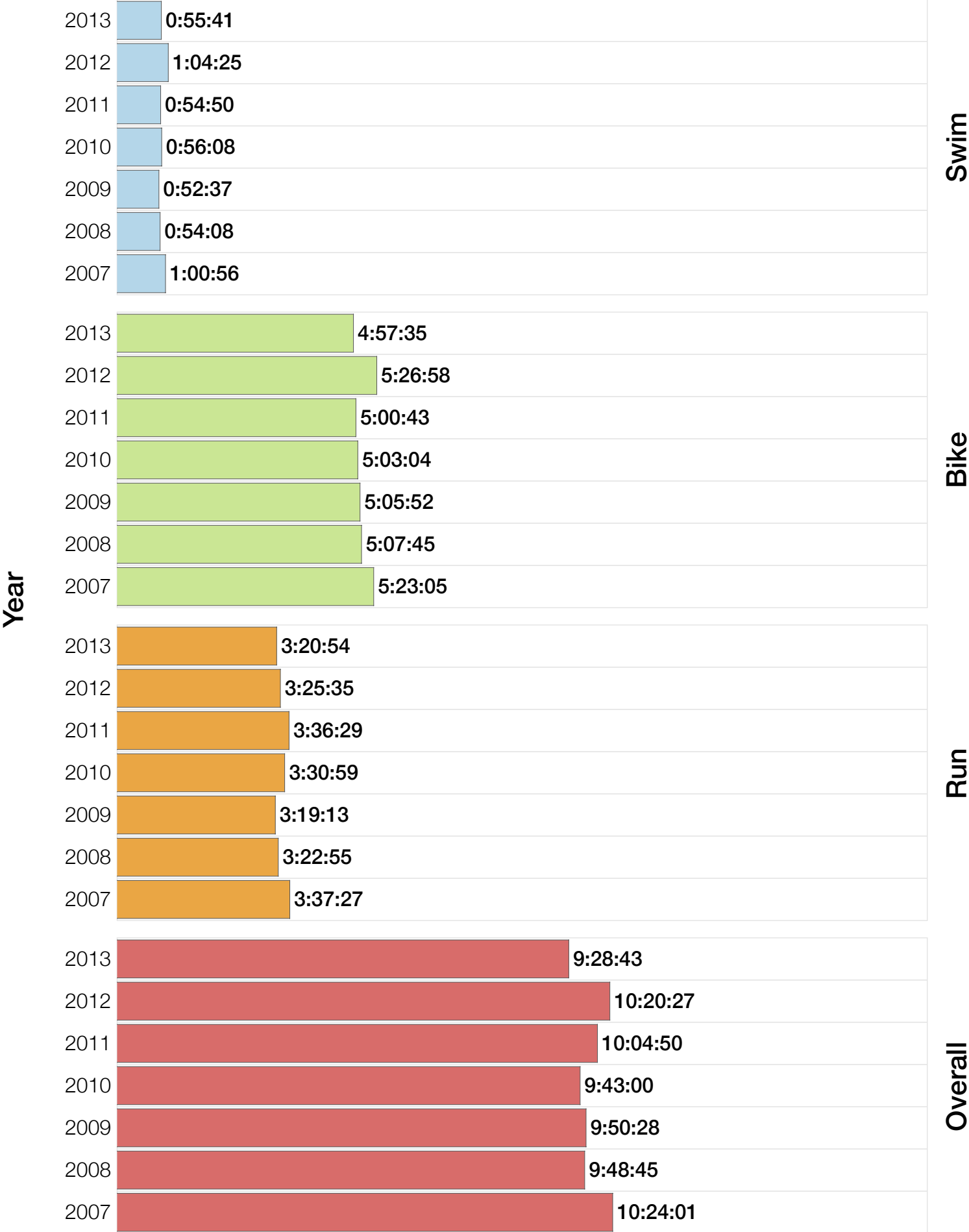
# M45-49 Overall



# M45-49 Overall

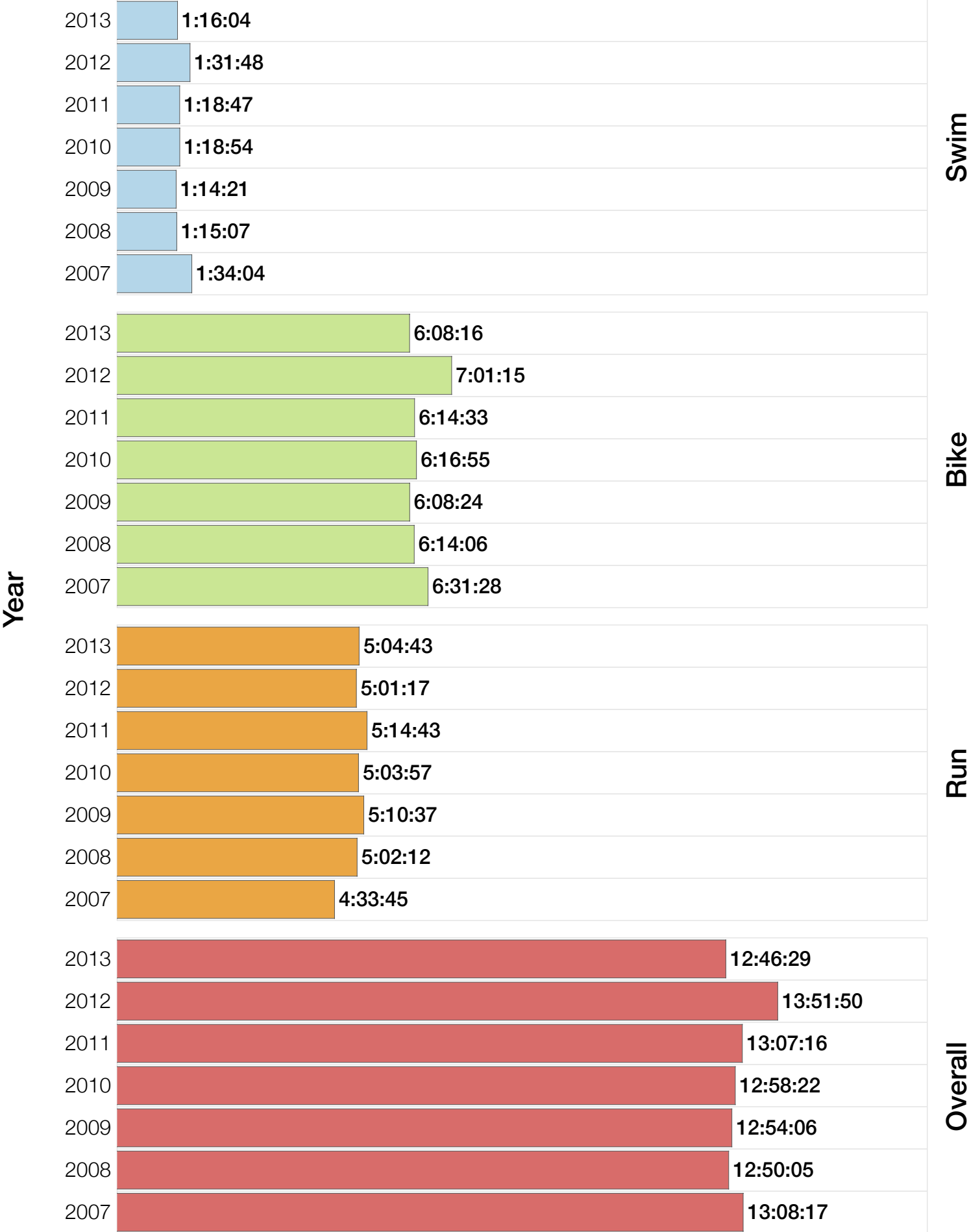


# M45-49 Fastest Splits



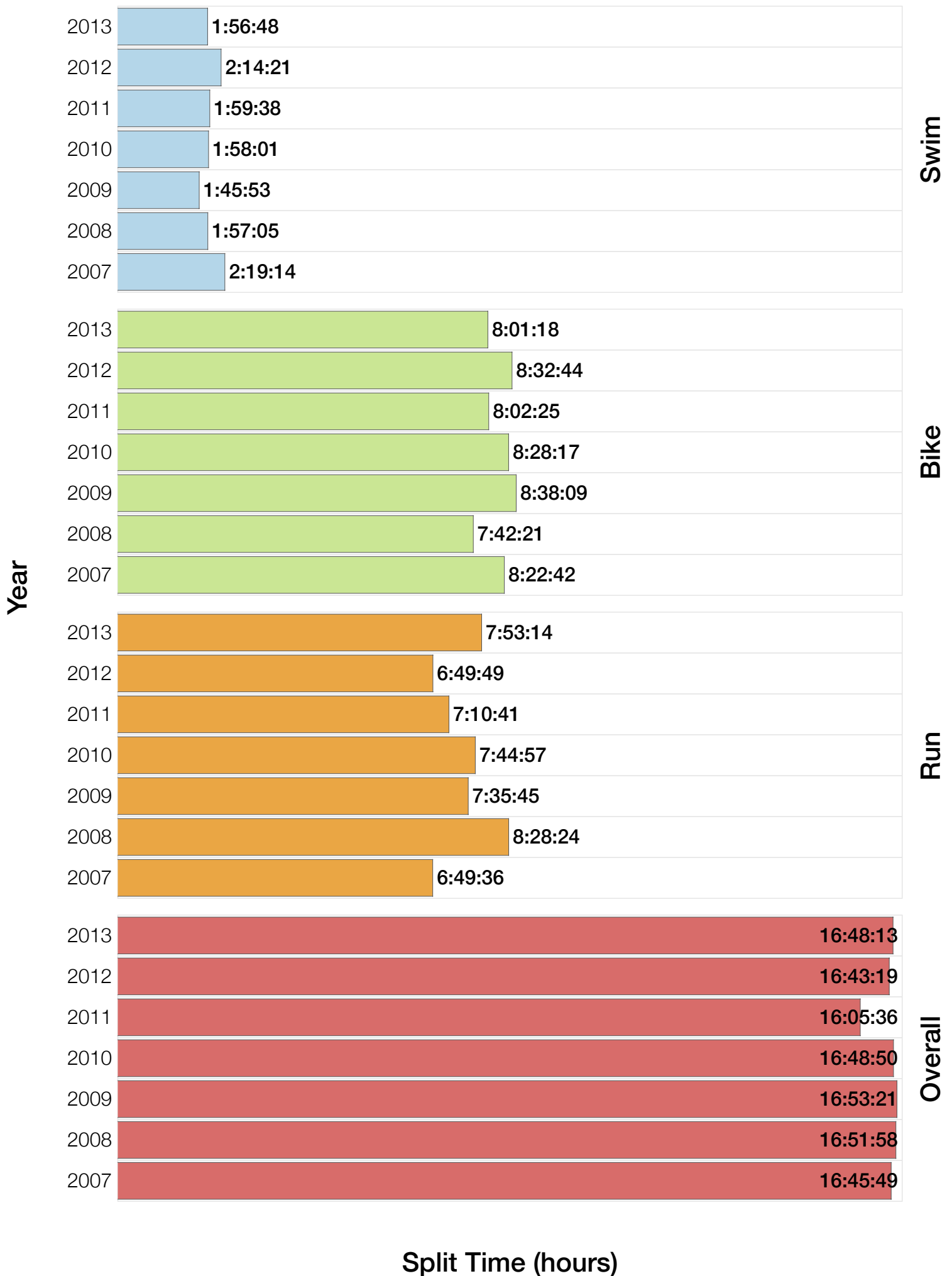
Split Time (hours)

# M45-49 Median Splits



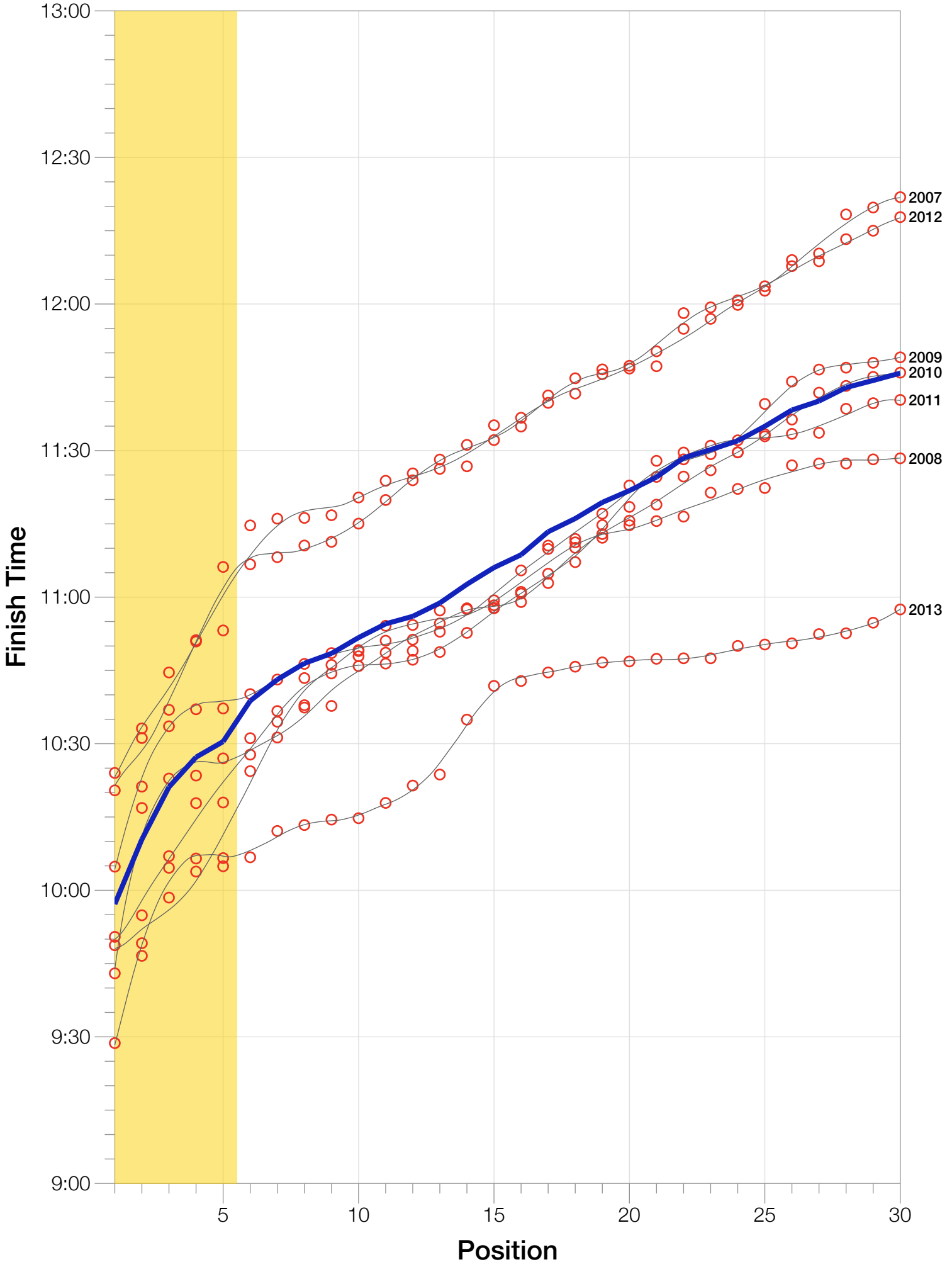
Split Time (hours)

# M45-49 Slowest Splits



# M45-49 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# M45-49 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	1:08:01	5:23:05	3:46:51	10:24:01
2nd Age Grouper	1:07:36	5:38:11	3:37:34	10:31:10
3rd Age Grouper	1:09:41	5:29:07	3:58:22	10:44:35
4th Age Grouper	1:20:05	5:35:23	3:48:06	10:51:12
5th Age Grouper	1:18:51	5:49:03	3:37:27	10:53:11
Kona Qualifier Average	1:12:50	5:34:57	3:45:40	10:40:49

## 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	0:55:47	5:16:28	3:29:01	9:48:45
2nd Age Grouper	1:08:21	5:07:45	3:22:55	9:49:10
3rd Age Grouper	0:57:44	5:23:26	3:32:41	9:58:30
4th Age Grouper	0:54:08	5:15:54	3:47:54	10:03:50
5th Age Grouper	0:57:48	5:15:40	3:46:15	10:04:55
Kona Qualifier Average	0:58:45	5:15:50	3:35:45	9:57:02

## 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	1:06:51	5:18:53	3:19:13	9:50:28
2nd Age Grouper	0:59:19	5:08:28	3:39:21	9:54:53
3rd Age Grouper	1:05:05	5:09:22	3:45:12	10:06:59
4th Age Grouper	0:57:21	5:15:22	3:57:54	10:17:50
5th Age Grouper	1:11:26	5:25:23	3:32:26	10:17:58
Kona Qualifier Average	1:04:00	5:15:29	3:38:49	10:05:37

## 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	1:01:52	5:03:04	3:30:59	9:43:00
2nd Age Grouper	1:09:45	5:17:13	3:45:31	10:16:51
3rd Age Grouper	1:05:58	5:19:43	3:49:56	10:22:52
4th Age Grouper	1:07:13	5:18:25	3:51:10	10:23:29
5th Age Grouper	1:10:14	5:23:14	3:47:15	10:27:00
Kona Qualifier Average	1:07:00	5:16:19	3:44:58	10:14:38

### 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	0:54:50	5:20:05	3:43:48	10:04:50
2nd Age Grouper	0:57:45	5:26:07	3:50:12	10:21:13
3rd Age Grouper	1:09:42	5:29:28	3:48:41	10:36:56
4th Age Grouper	0:58:16	5:00:43	4:31:58	10:37:03
5th Age Grouper	1:13:01	5:16:12	3:59:32	10:37:13
Kona Qualifier Average	1:02:42	5:18:31	3:58:50	10:27:27

### 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	1:14:11	5:31:28	3:25:35	10:20:27
2nd Age Grouper	1:23:02	5:26:58	3:35:52	10:33:08
3rd Age Grouper	1:05:48	5:41:25	3:39:05	10:33:34
4th Age Grouper	1:16:08	5:37:04	3:51:11	10:50:55
5th Age Grouper	1:09:50	5:57:07	3:52:39	11:06:11
Kona Qualifier Average	1:13:47	5:38:48	3:40:52	10:40:51

### 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	1:02:02	5:00:35	3:20:54	9:28:43
2nd Age Grouper	1:03:16	4:57:35	3:36:39	9:46:35
3rd Age Grouper	0:59:11	5:14:54	3:44:03	10:04:36
4th Age Grouper	0:59:01	5:21:57	3:40:32	10:06:30
5th Age Grouper	1:03:24	5:03:40	3:52:08	10:06:35
Kona Qualifier Average	1:01:22	5:07:44	3:38:51	9:54:35

### 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	1:03:22	5:16:14	3:30:54	9:57:10
Average 2nd Age Grouper	1:07:00	5:17:28	3:38:17	10:10:25
Average 3rd Age Grouper	1:04:44	5:23:55	3:45:25	10:21:08
Average 4th Age Grouper	1:04:36	5:20:41	3:55:32	10:27:15
Average 5th Age Grouper	1:09:13	5:27:11	3:46:48	10:30:26
Kona Qualifier Average	1:05:47	5:21:05	3:43:23	10:17:17