

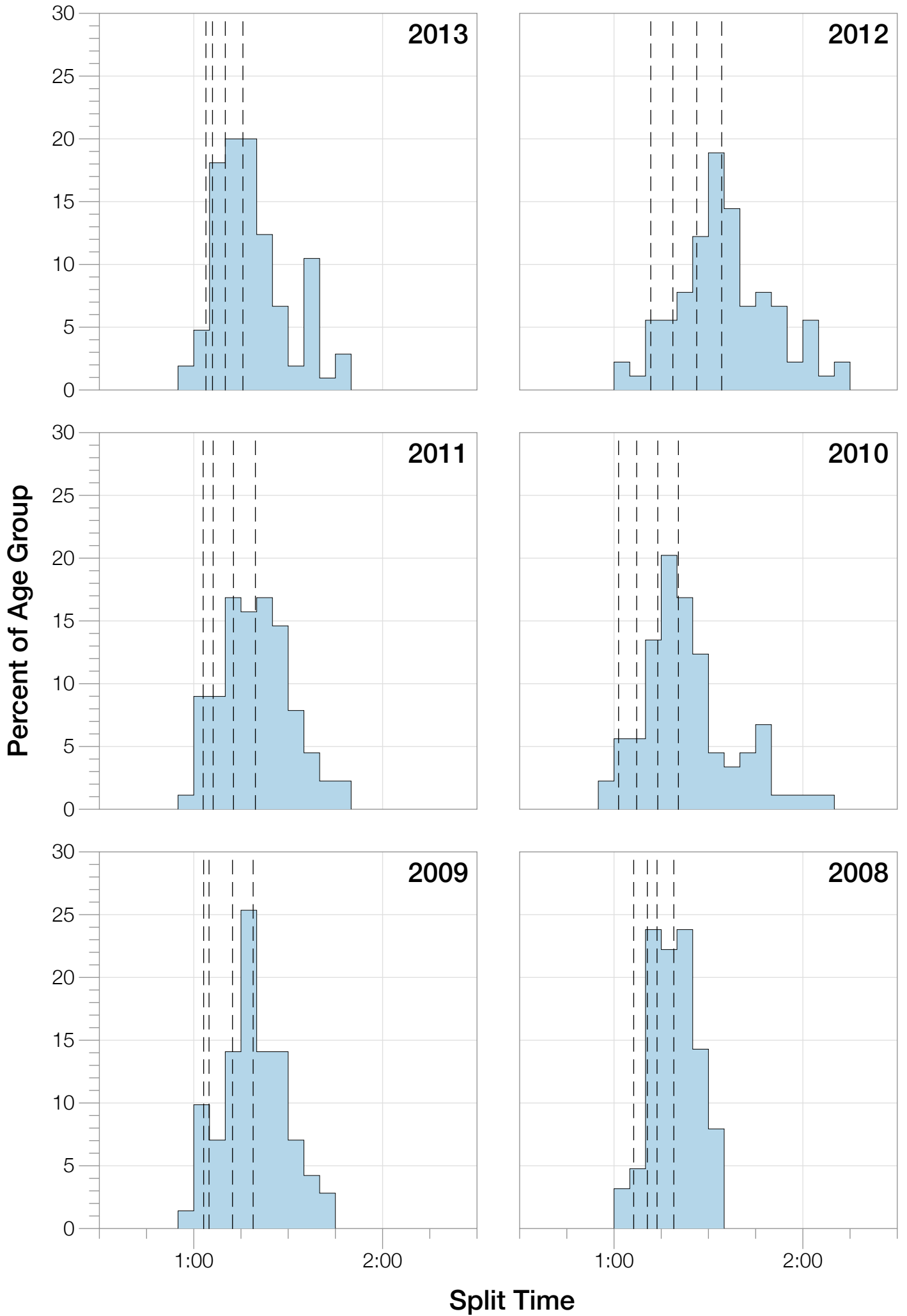
Ironman South Africa Statistics

M50-54

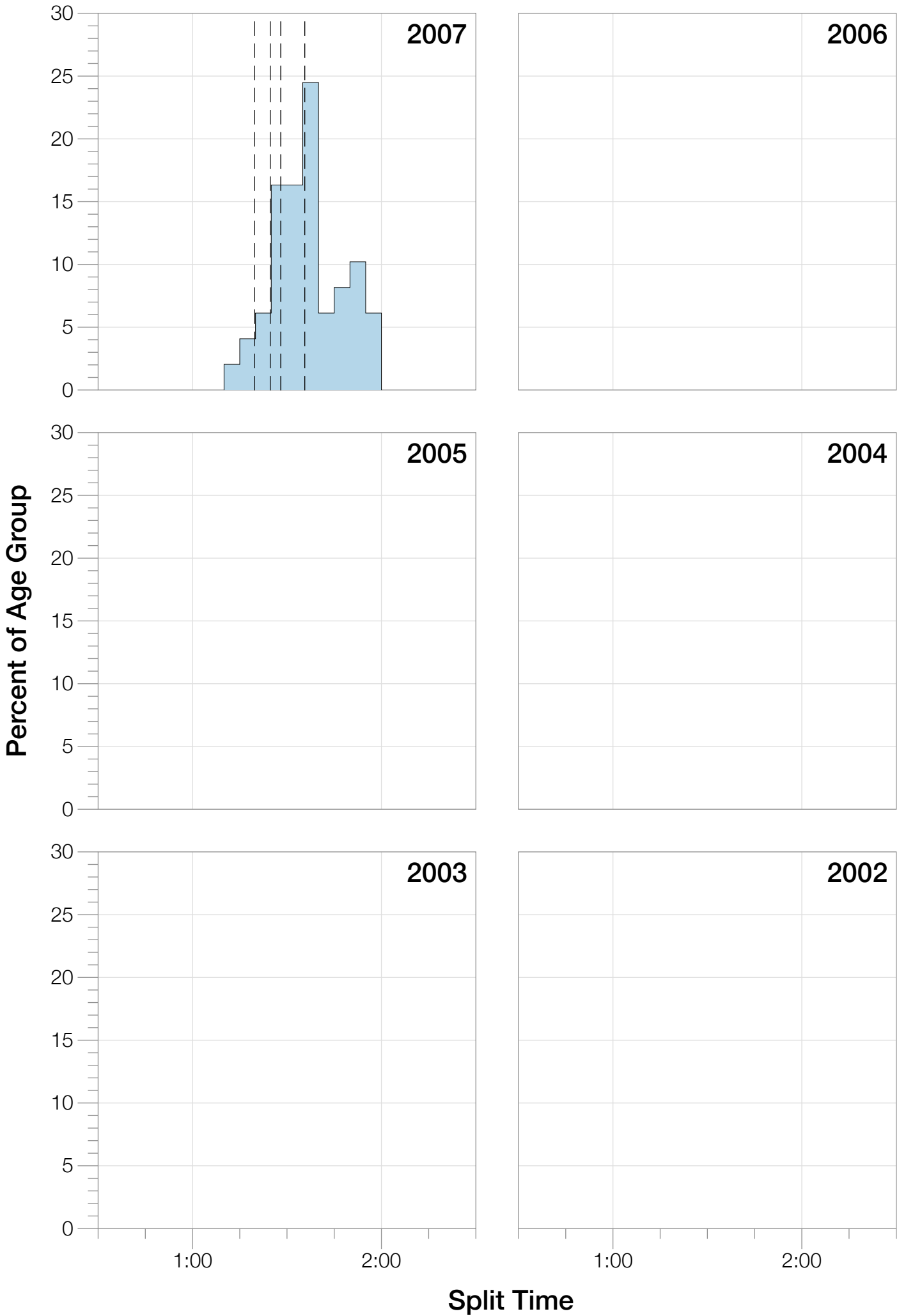
M50-54 Summary Statistics

Year	Finishers	M50-54 Finishers	Male Winner's Time	Female Winner's Time	M50-54 Winner's Time
2007	1305	49	8:33:04	9:22:00	10:39:40
2008	1403	63	8:18:23	9:27:48	10:11:07
2009	1304	71	8:17:32	9:16:32	10:16:52
2010	1548	89	8:23:28	9:16:55	9:58:55
2011	1505	89	8:05:36	8:33:56	9:46:45
2012	1384	90	8:34:45	9:47:10	10:15:43
2013	1541	105	8:11:24	9:10:58	10:01:35
Average	1427	79	8:20:36	9:16:28	10:10:05

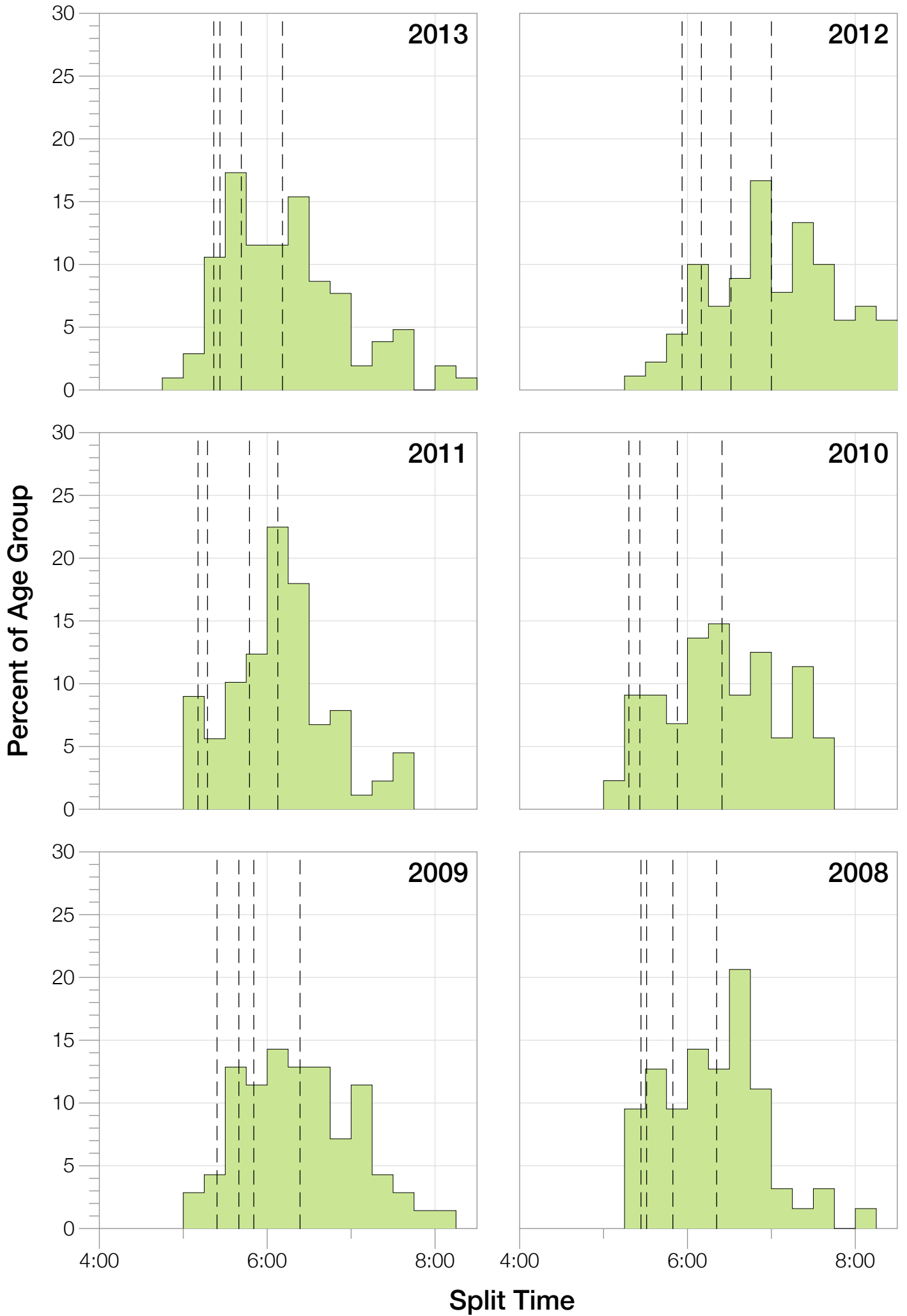
M50-54 Swim



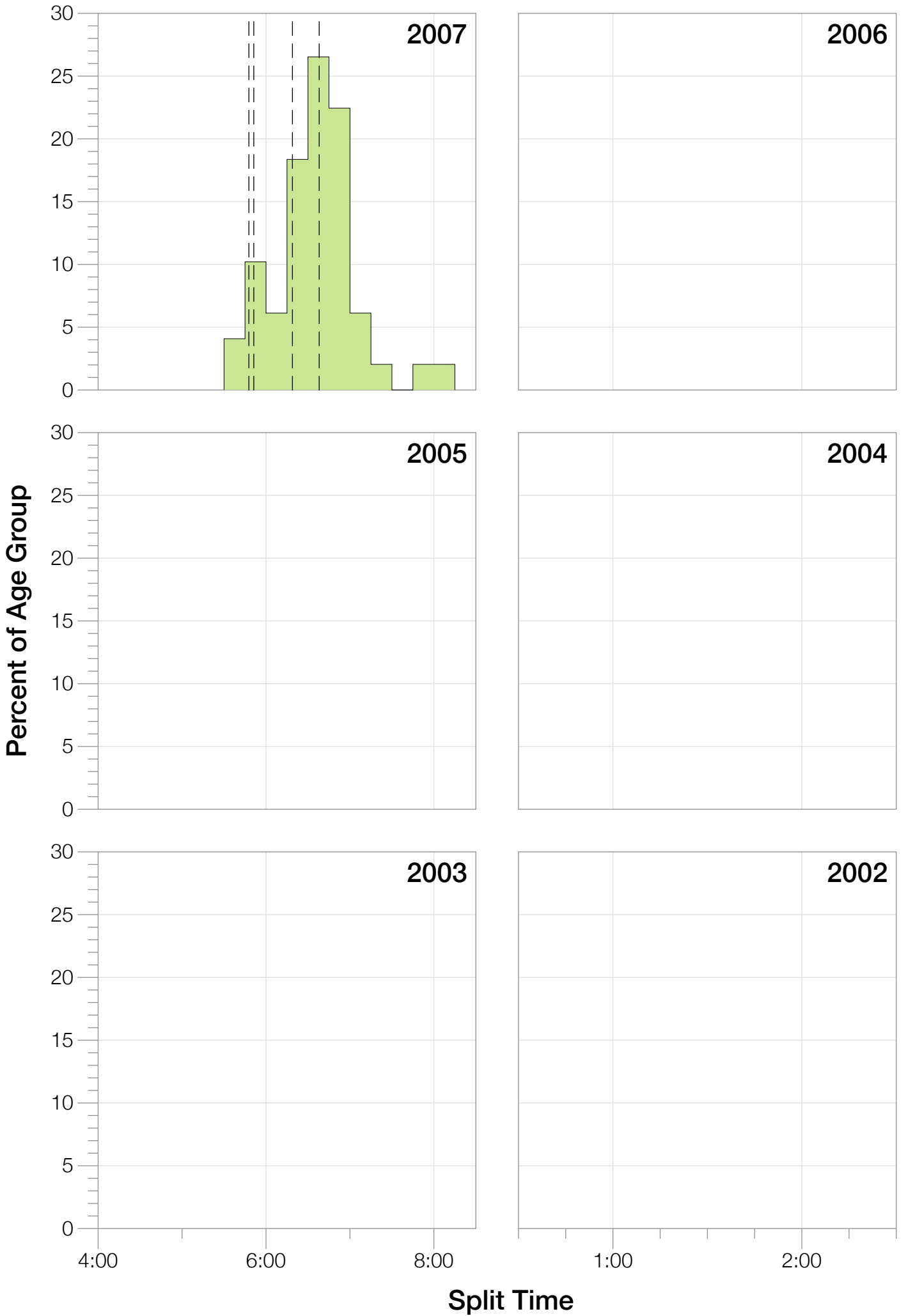
M50-54 Swim



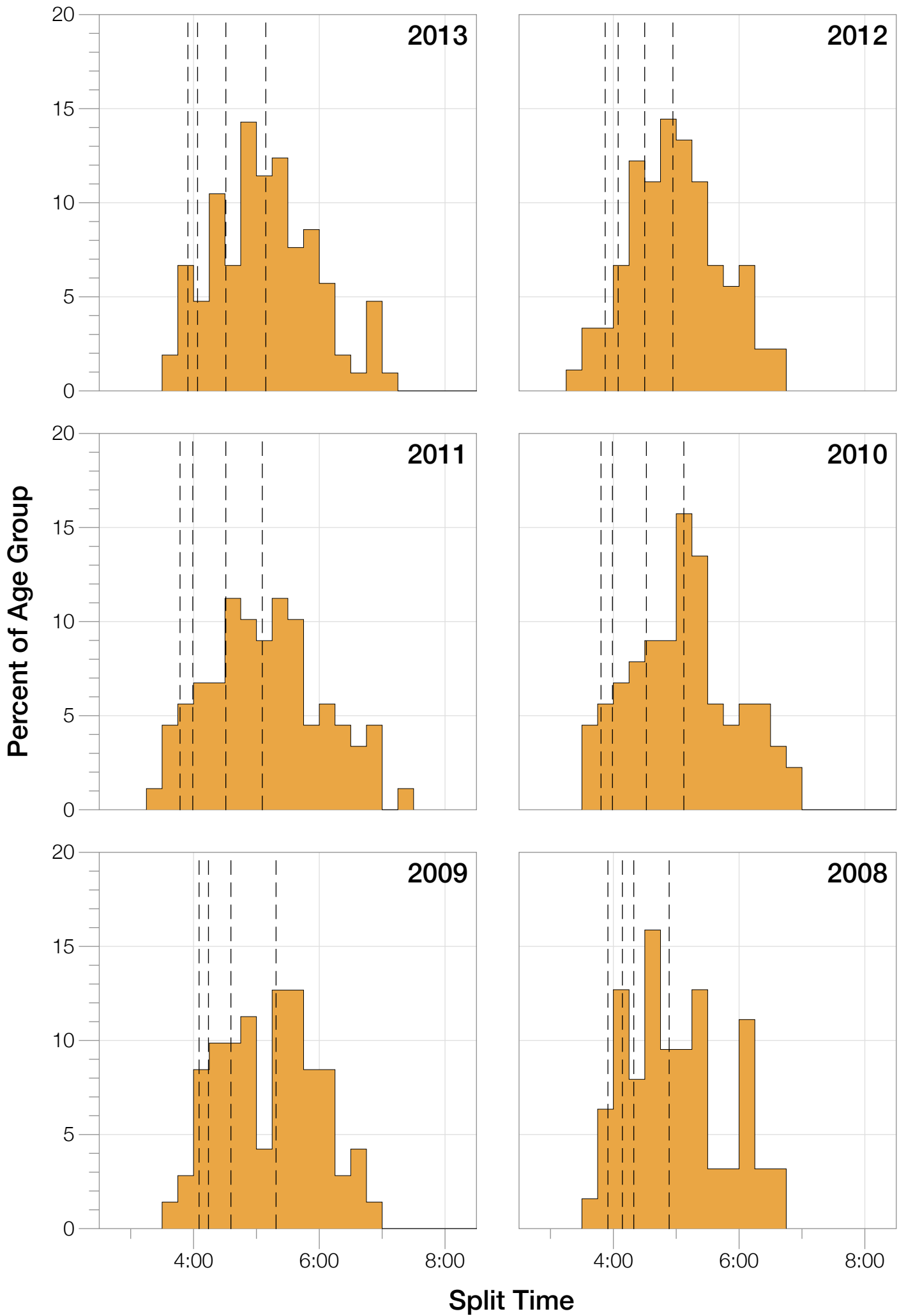
M50-54 Bike



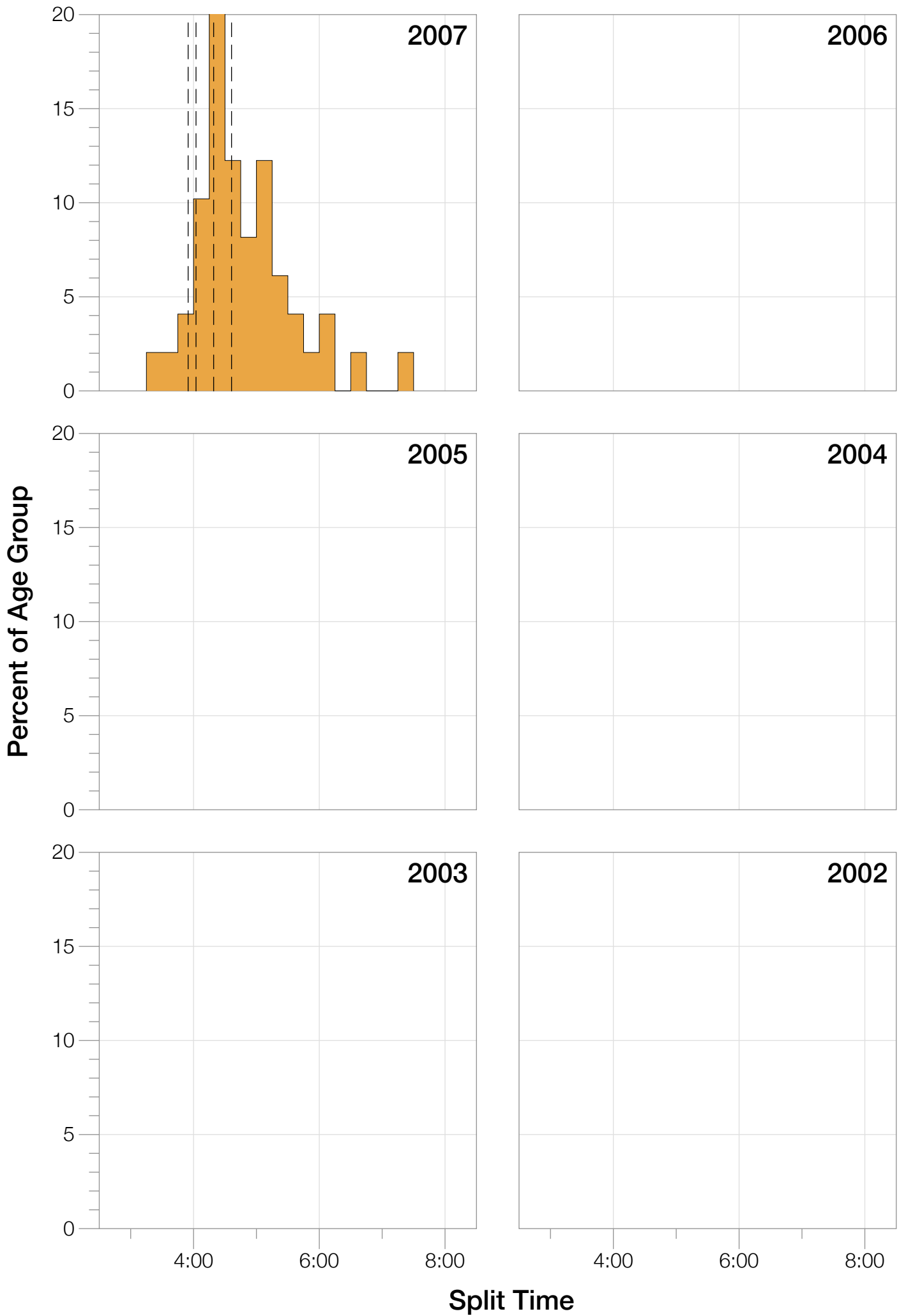
M50-54 Bike



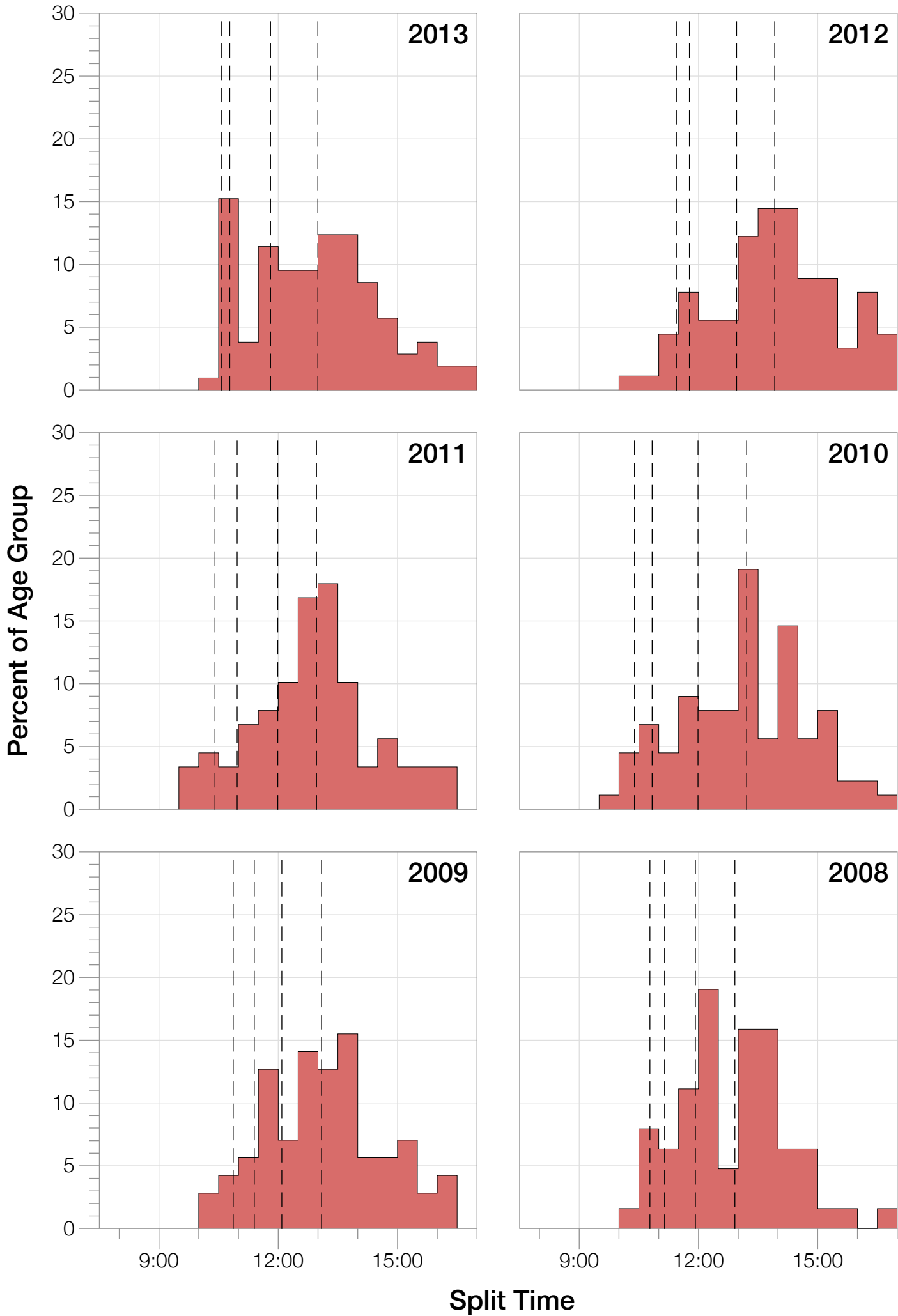
M50-54 Run



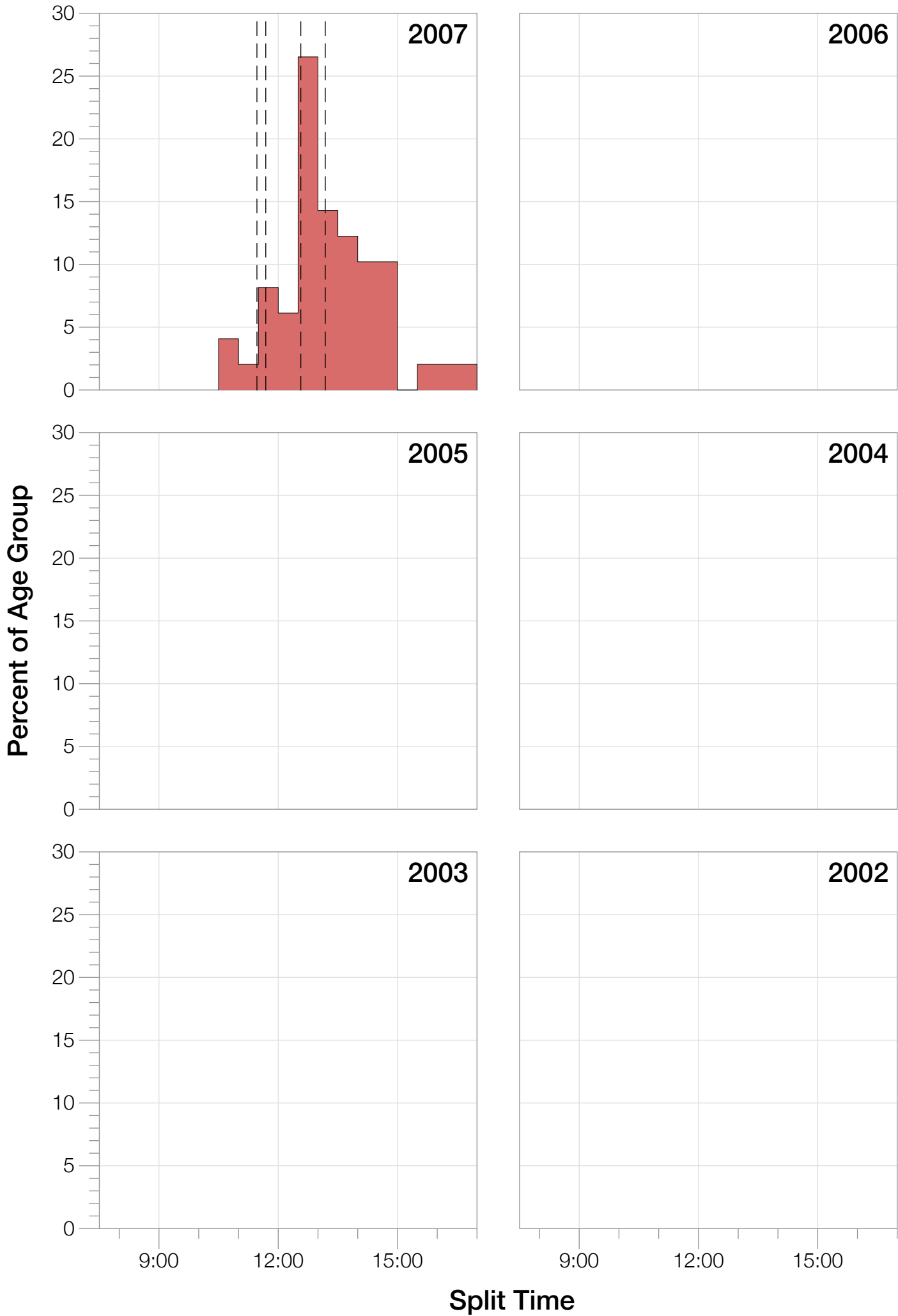
M50-54 Run



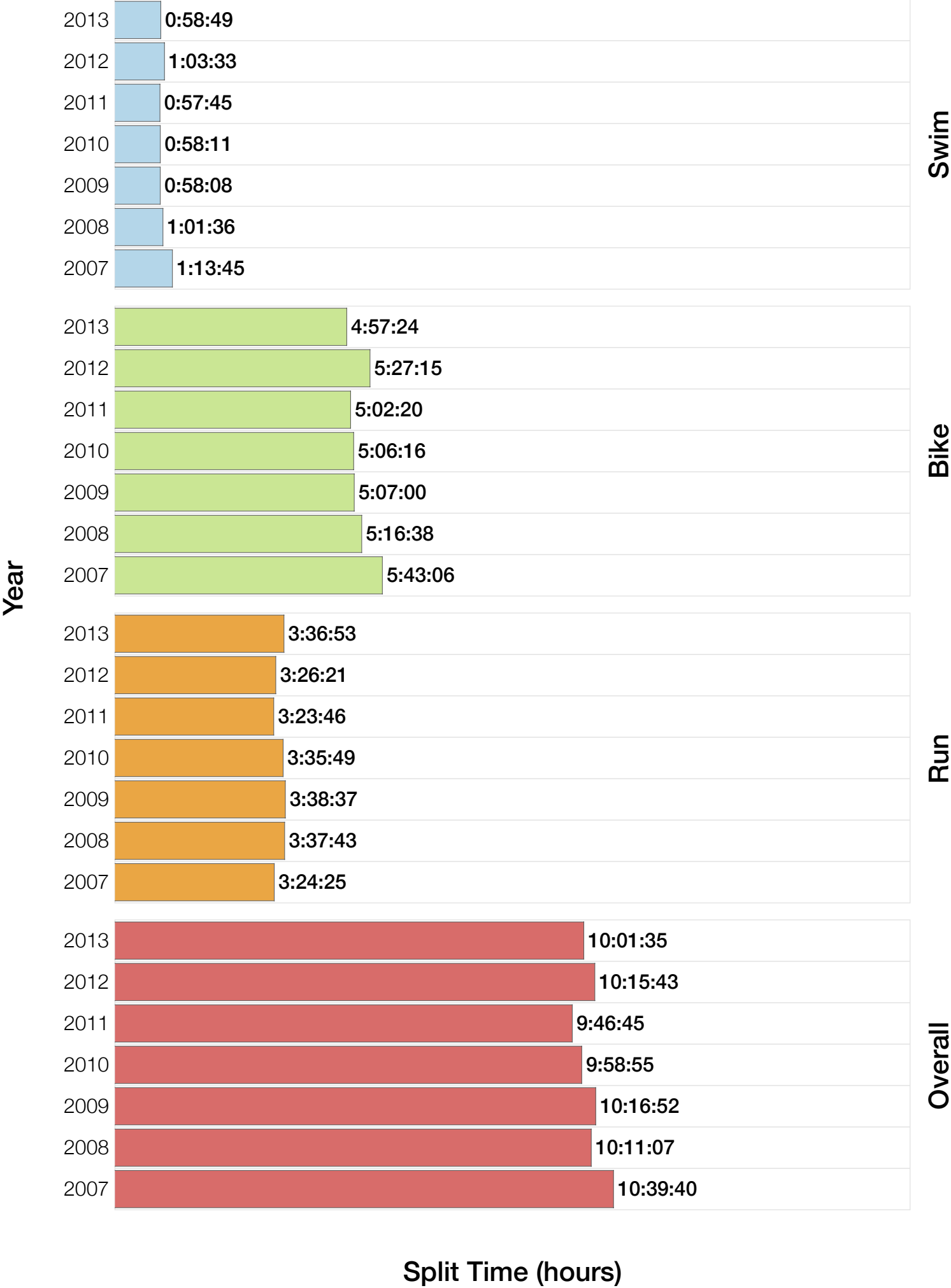
M50-54 Overall



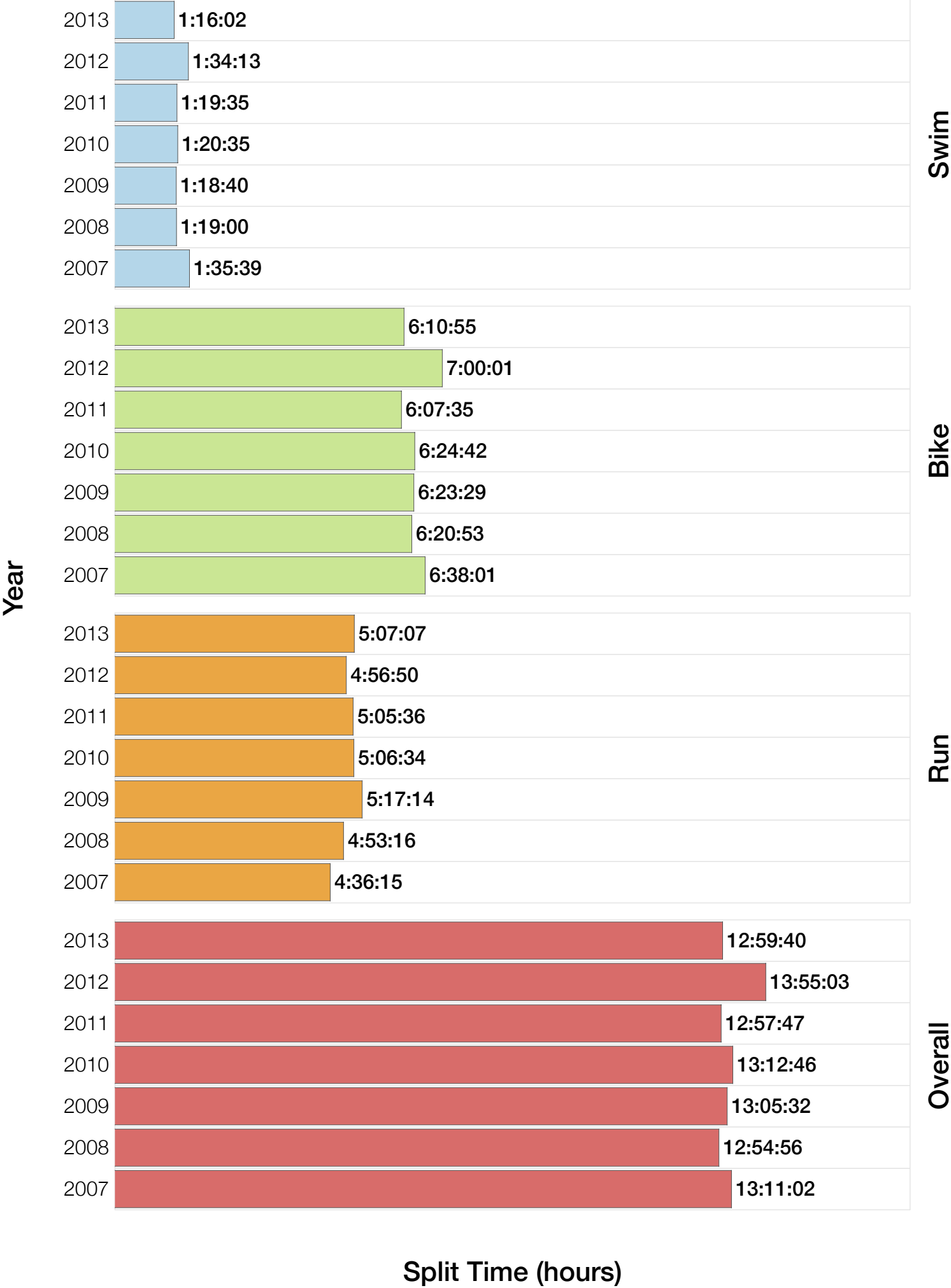
M50-54 Overall



M50-54 Fastest Splits

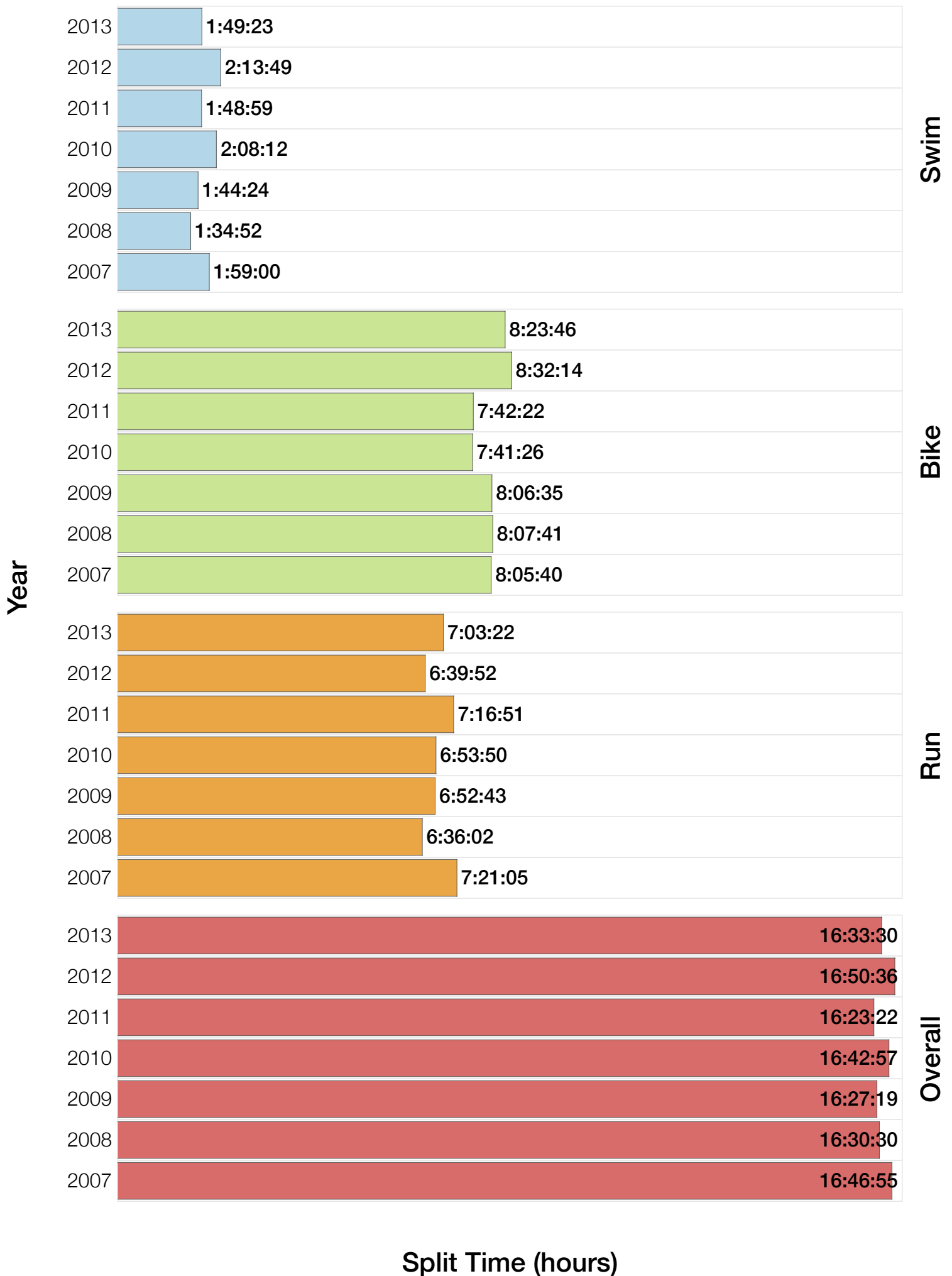


M50-54 Median Splits



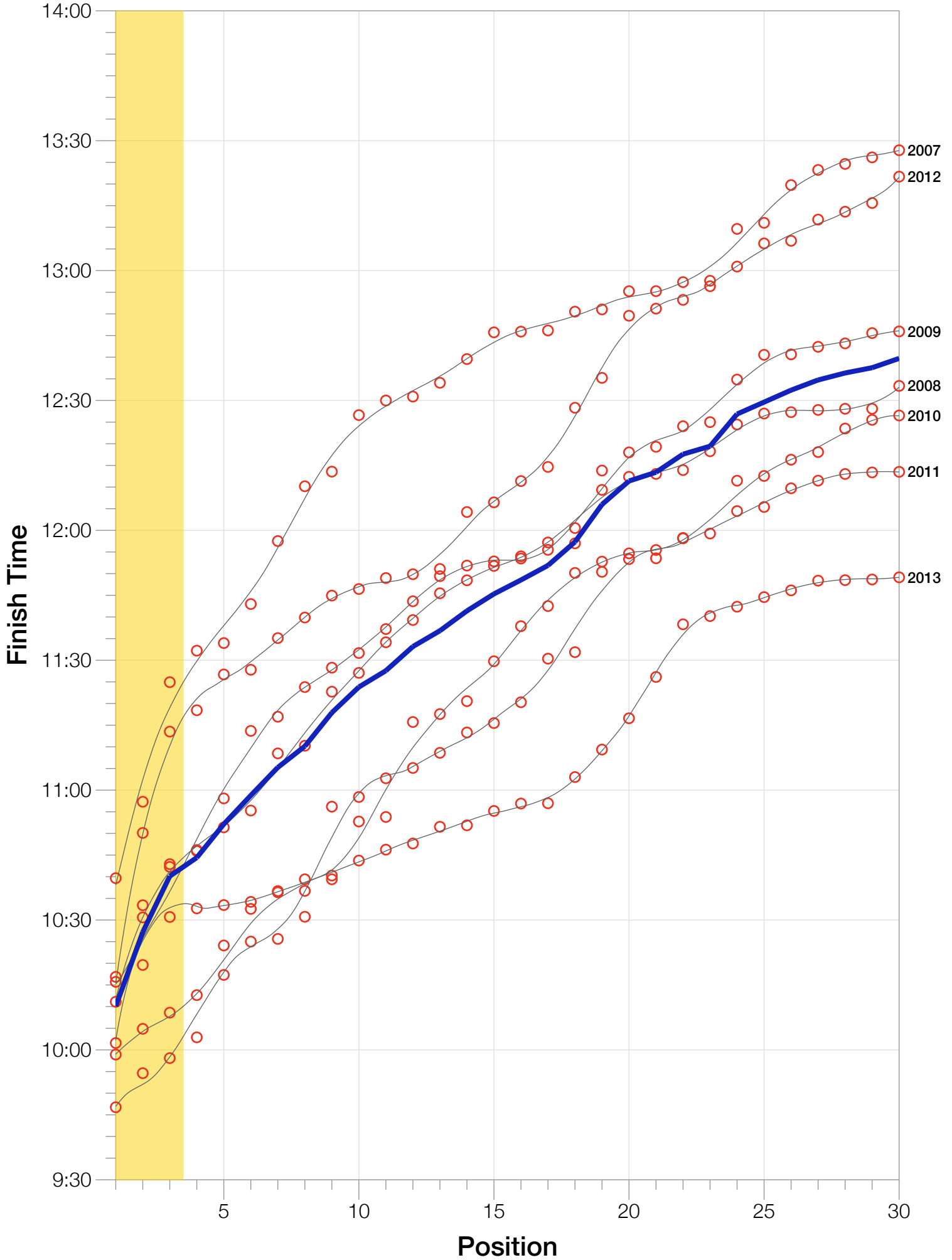
Split Time (hours)

M50-54 Slowest Splits



M50-54 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M50-54 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	1:17:42	5:51:16	3:24:25	10:39:40
2nd Age Grouper	1:20:31	5:46:28	3:41:00	10:57:19
3rd Age Grouper	1:33:27	5:44:11	3:56:43	11:24:56
4th Age Grouper	1:39:14	5:43:06	4:02:36	11:32:13
5th Age Grouper	1:35:39	5:49:43	3:53:33	11:33:58
Kona Qualifier Average	1:23:53	5:47:18	3:40:42	11:00:38
Age Grouper Average	1:29:18	5:46:56	3:47:39	11:13:37

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	1:06:33	5:21:29	3:37:43	10:11:07
2nd Age Grouper	1:01:36	5:16:38	4:08:00	10:33:25
3rd Age Grouper	1:11:55	5:29:32	3:51:46	10:42:16
4th Age Grouper	1:05:24	5:18:43	4:15:09	10:46:10
5th Age Grouper	1:18:50	5:30:43	3:54:16	10:51:24
Kona Qualifier Average	1:06:41	5:22:33	3:52:29	10:28:56
Age Grouper Average	1:08:51	5:23:25	3:57:22	10:36:52

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	1:05:42	5:07:00	3:58:51	10:16:52
2nd Age Grouper	1:16:04	5:16:15	3:38:37	10:19:37
3rd Age Grouper	1:09:50	5:13:24	4:14:23	10:42:54
4th Age Grouper	1:07:44	5:39:49	3:52:58	10:45:56
5th Age Grouper	1:02:48	5:31:56	4:15:00	10:58:05
Kona Qualifier Average	1:10:32	5:12:13	3:57:17	10:26:27
Age Grouper Average	1:08:25	5:21:40	3:59:57	10:36:40

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	1:00:55	5:15:37	3:35:49	9:58:55
2nd Age Grouper	1:00:17	5:15:54	3:41:47	10:04:52
3rd Age Grouper	1:08:52	5:16:16	3:36:48	10:08:36
4th Age Grouper	0:58:11	5:22:03	3:47:33	10:12:39
5th Age Grouper	1:10:18	5:06:16	3:55:18	10:17:19
Kona Qualifier Average	1:03:21	5:15:55	3:38:08	10:04:07
Age Grouper Average	1:03:42	5:15:13	3:43:27	10:08:28

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	1:03:06	5:02:20	3:33:53	9:46:45
2nd Age Grouper	1:07:24	5:16:57	3:23:46	9:54:37
3rd Age Grouper	0:57:45	5:13:33	3:41:53	9:58:06
4th Age Grouper	1:01:57	5:09:33	3:44:55	10:02:54
5th Age Grouper	1:21:47	5:12:02	3:42:53	10:24:07
Kona Qualifier Average	1:02:45	5:10:56	3:33:10	9:53:09
Age Grouper Average	1:06:23	5:10:53	3:37:28	10:01:17

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	1:15:50	5:27:15	3:26:21	10:15:43
2nd Age Grouper	1:10:25	5:49:55	3:42:39	10:50:07
3rd Age Grouper	1:26:05	5:55:37	3:44:45	11:13:31
4th Age Grouper	1:09:20	6:11:59	3:50:04	11:18:27
5th Age Grouper	1:03:33	5:57:21	4:17:00	11:26:43
Kona Qualifier Average	1:17:26	5:44:15	3:37:55	10:46:27
Age Grouper Average	1:13:02	5:52:25	3:48:09	11:00:54

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	1:07:27	4:57:24	3:50:20	10:01:35
2nd Age Grouper	1:01:29	5:02:14	4:18:59	10:30:36
3rd Age Grouper	1:01:16	5:24:46	3:56:38	10:30:42
4th Age Grouper	1:05:55	5:25:50	3:55:32	10:32:41
5th Age Grouper	1:15:37	5:26:46	3:43:32	10:33:27
Kona Qualifier Average	1:03:24	5:08:08	4:01:59	10:20:57
Age Grouper Average	1:06:20	5:15:24	3:57:00	10:25:48

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	1:08:10	5:17:28	3:38:11	10:10:05
Average 2nd Age Grouper	1:08:15	5:23:28	3:47:49	10:27:13
Average 3rd Age Grouper	1:12:44	5:28:11	3:51:50	10:40:08
Average 4th Age Grouper	1:09:40	5:33:00	3:55:32	10:44:25
Average 5th Age Grouper	1:15:30	5:30:41	3:57:21	10:52:09
Kona Qualifier Average	1:09:43	5:23:02	3:45:57	10:25:49
Age Grouper Average	1:10:52	5:26:34	3:50:09	10:34:48