

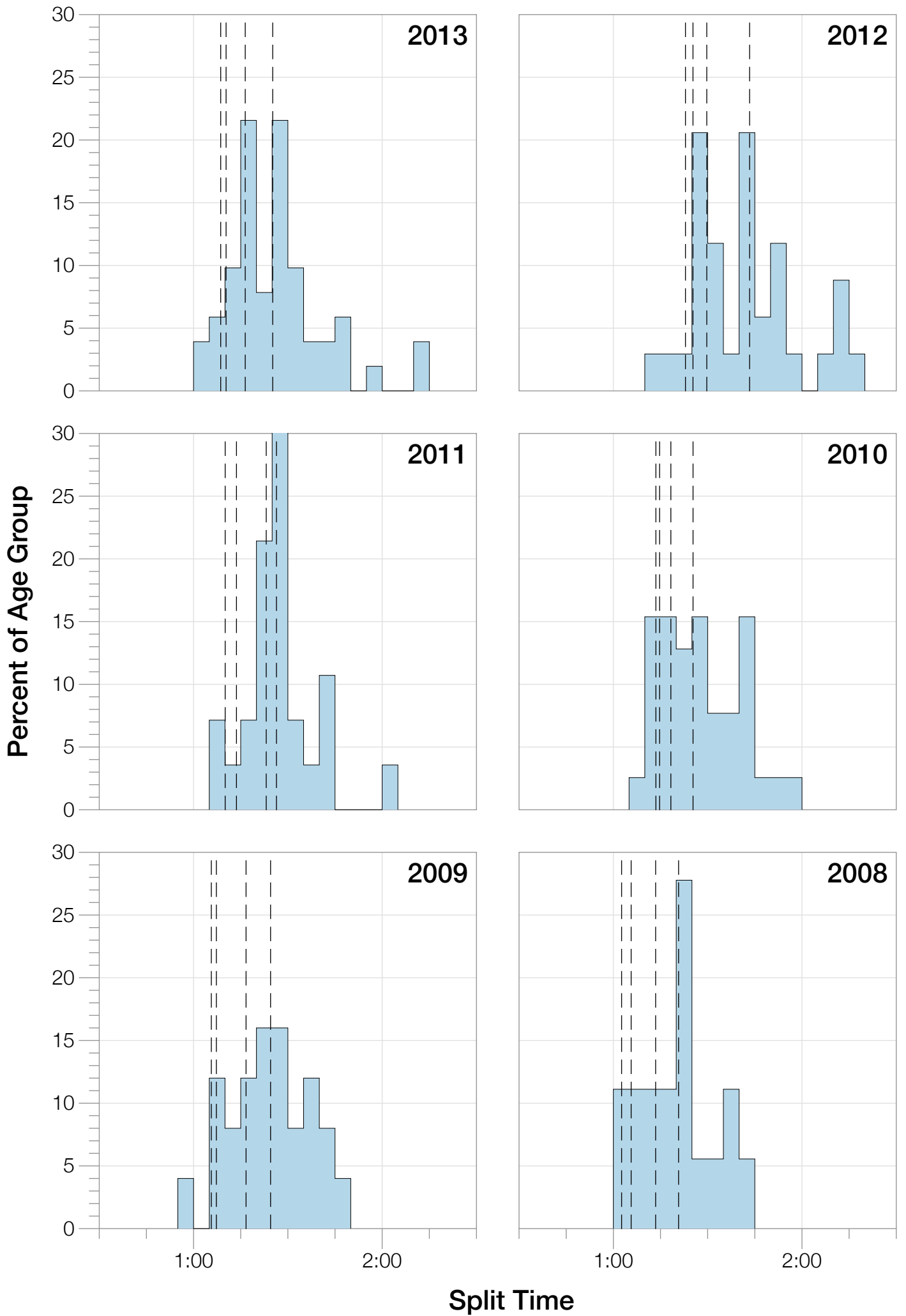
Ironman South Africa Statistics

M55-59

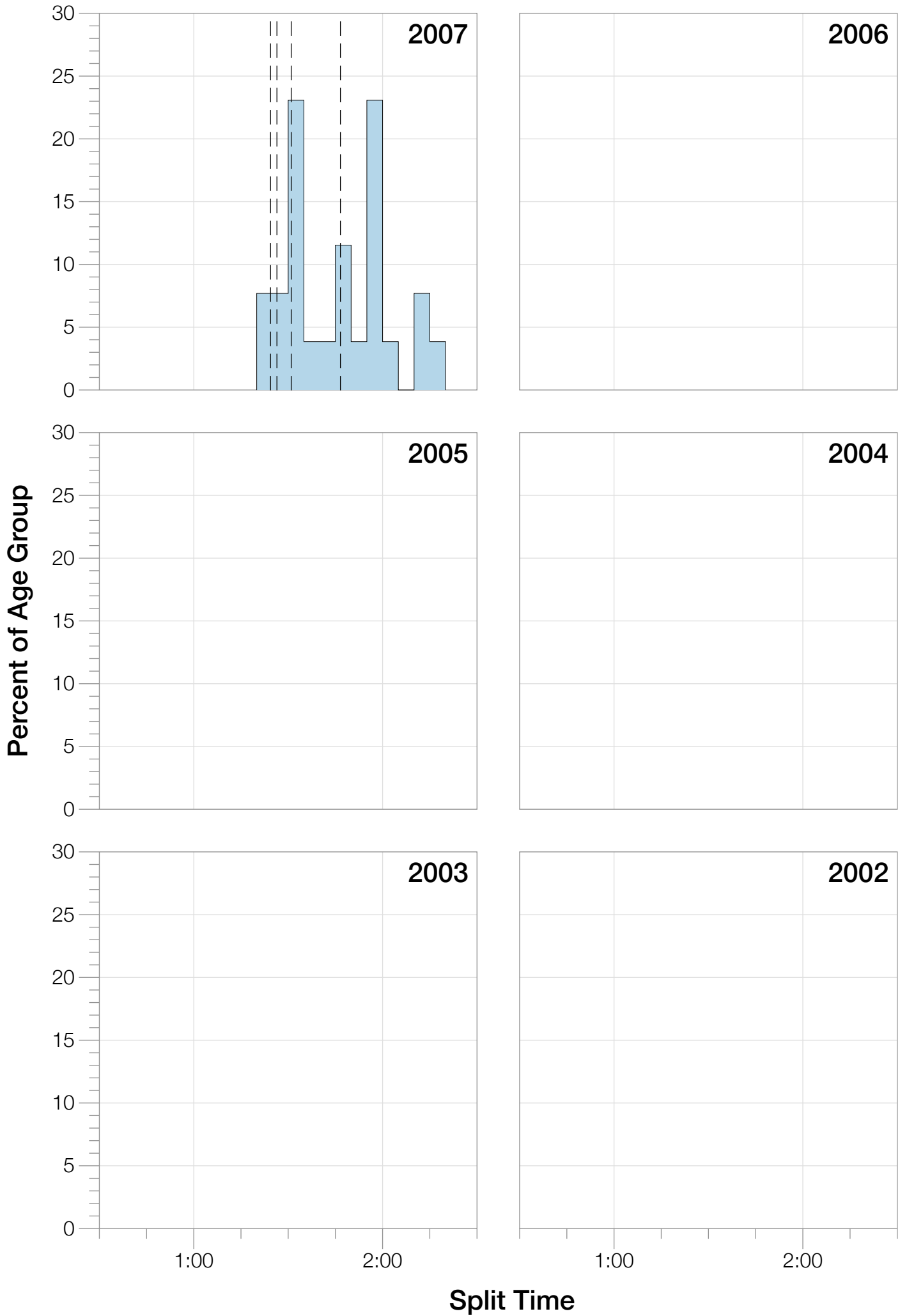
M55-59 Summary Statistics

Year	Finishers	M55-59 Finishers	Male Winner's Time	Female Winner's Time	M55-59 Winner's Time
2007	1305	26	8:33:04	9:22:00	10:41:26
2008	1403	18	8:18:23	9:27:48	10:26:25
2009	1304	25	8:17:32	9:16:32	10:27:54
2010	1548	39	8:23:28	9:16:55	10:29:35
2011	1505	28	8:05:36	8:33:56	10:39:46
2012	1384	34	8:34:45	9:47:10	10:45:46
2013	1541	51	8:11:24	9:10:58	10:19:33
Average	1427	32	8:20:36	9:16:28	10:32:55

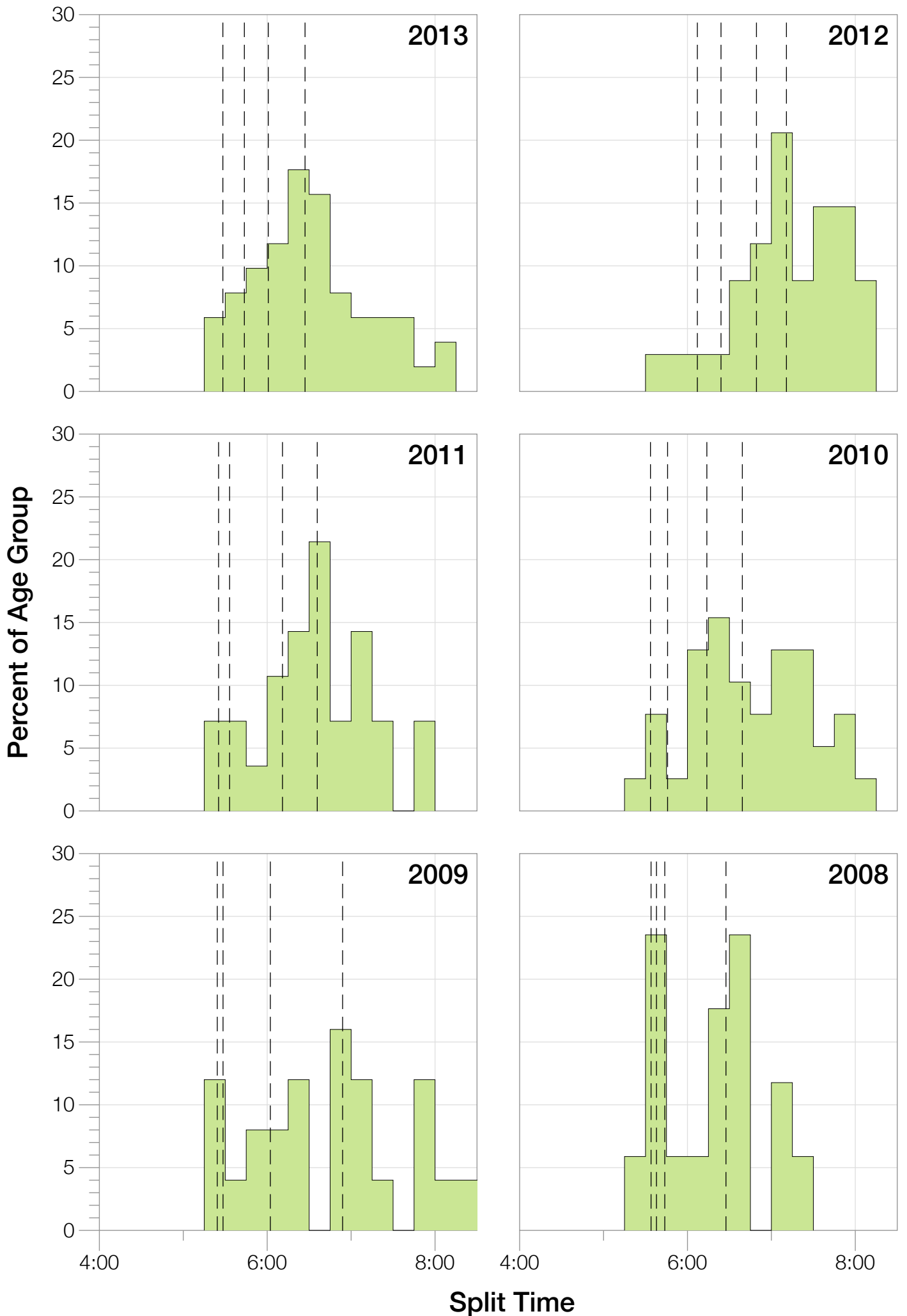
M55-59 Swim



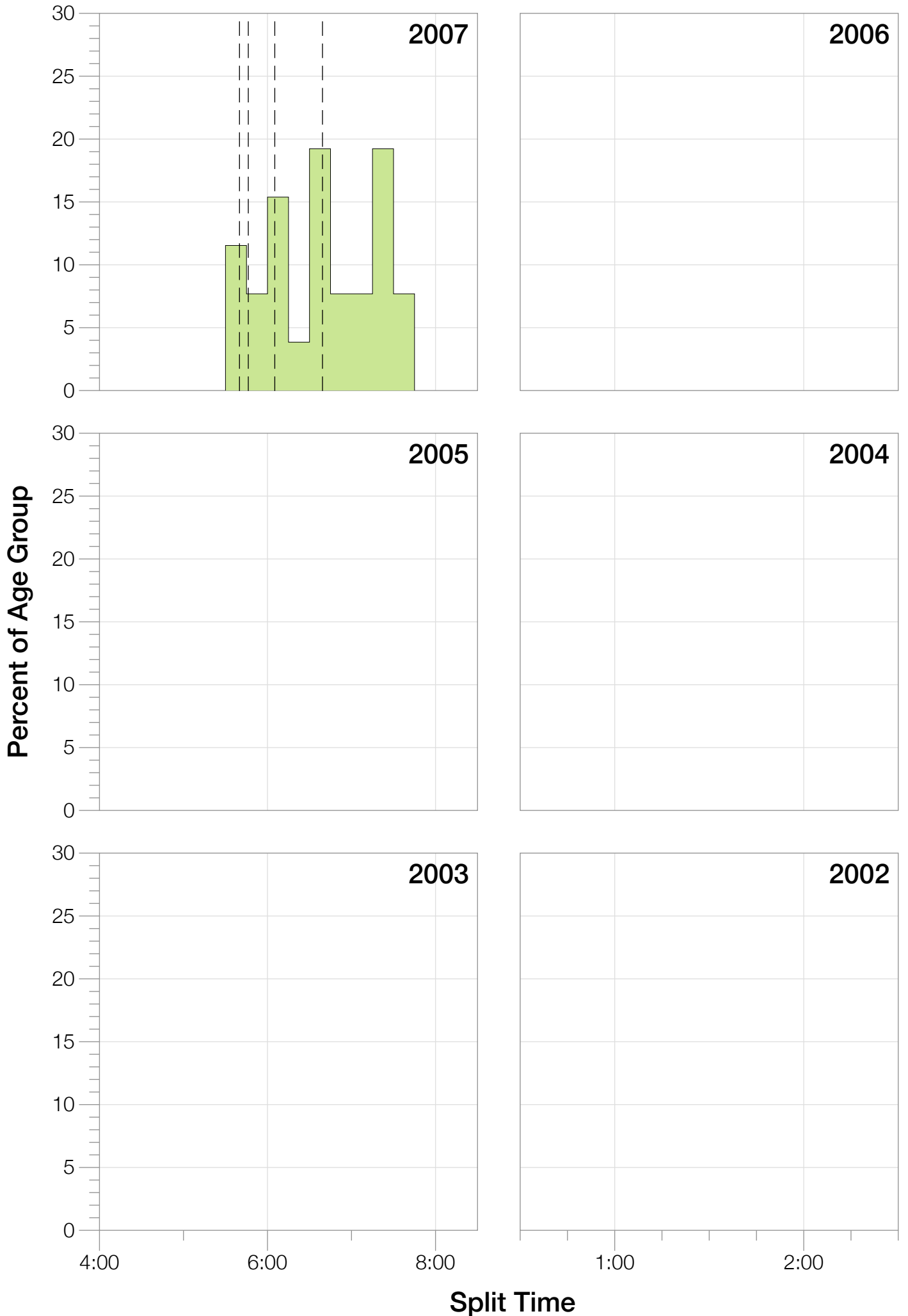
M55-59 Swim



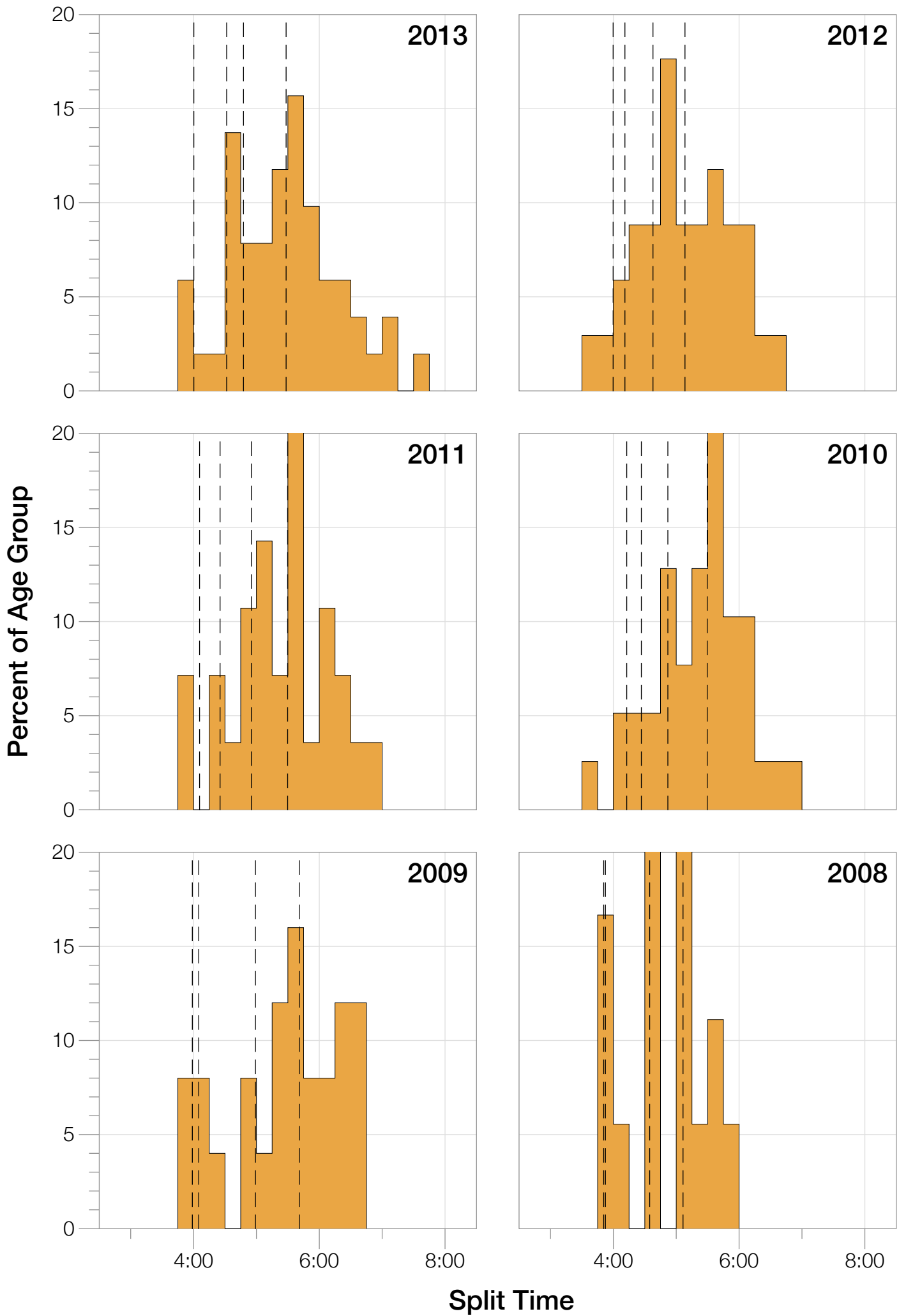
M55-59 Bike



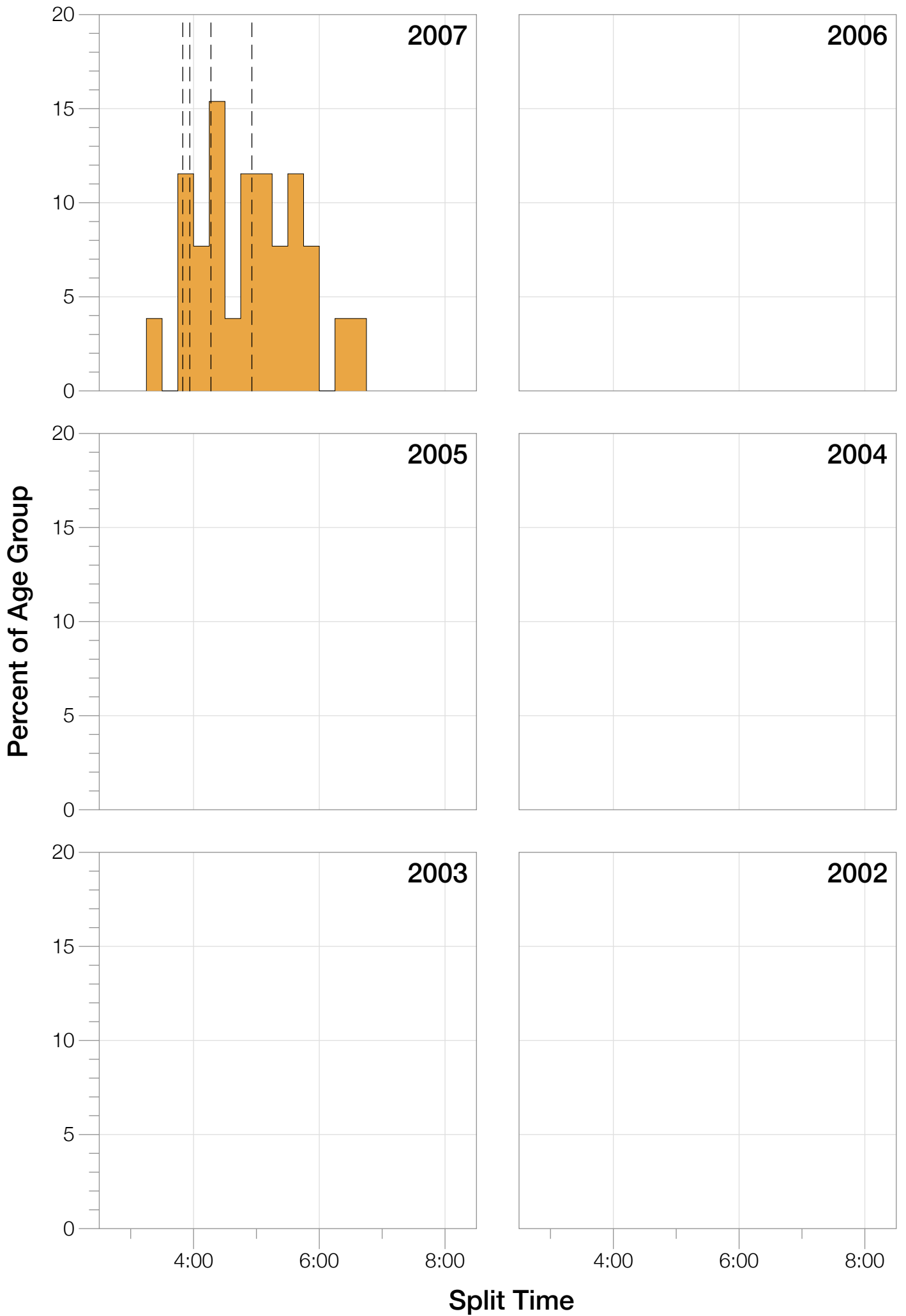
M55-59 Bike



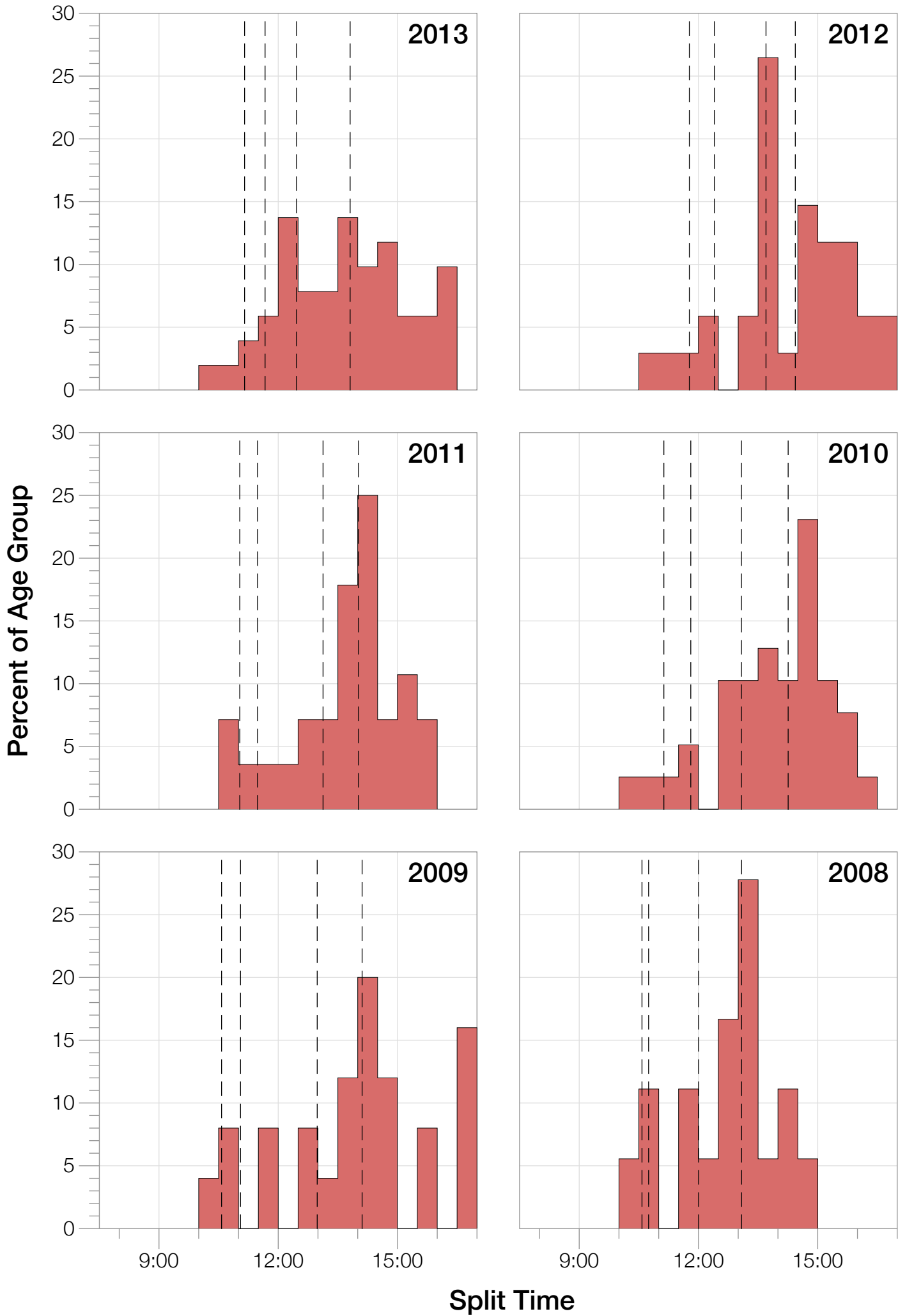
M55-59 Run



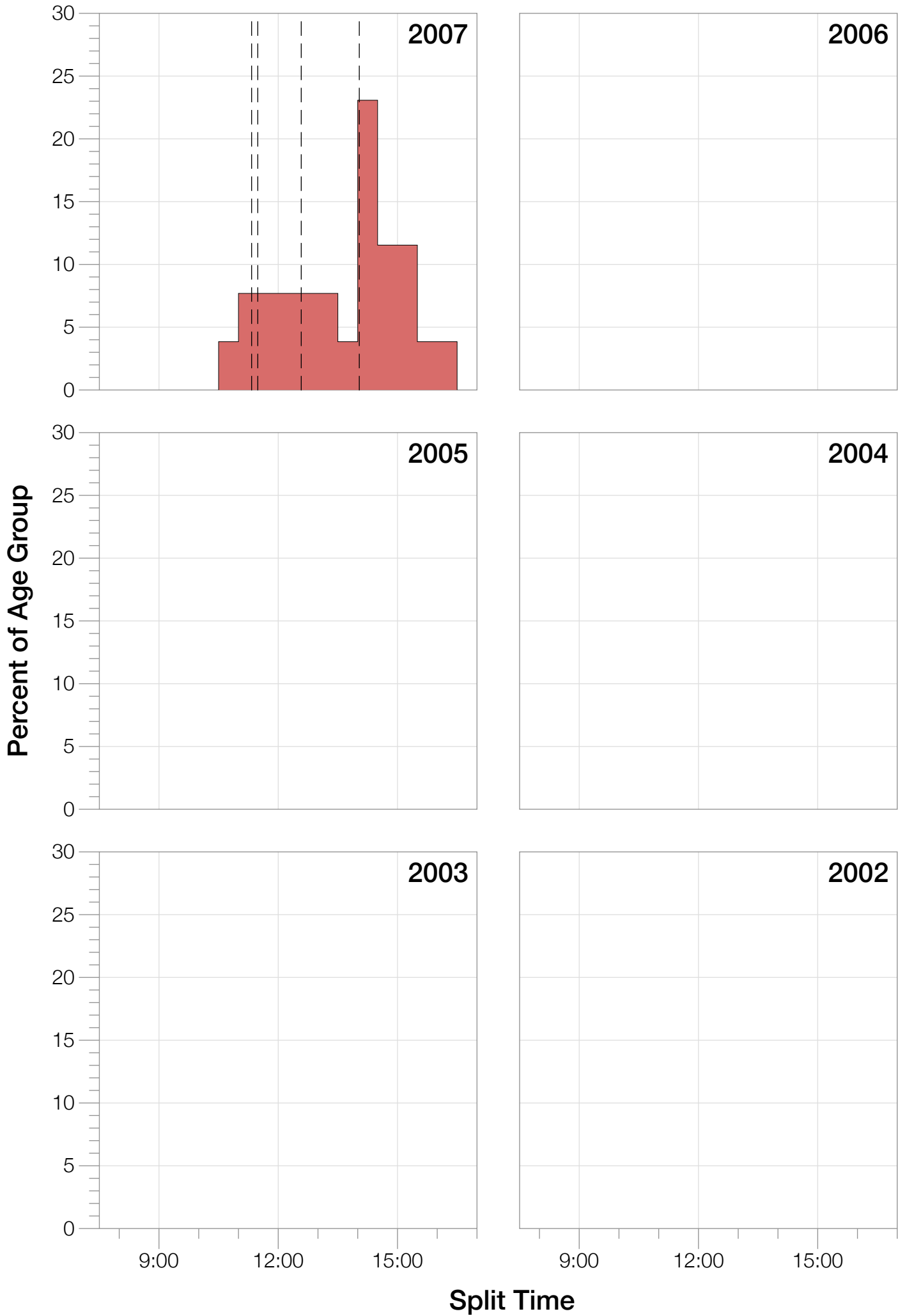
M55-59 Run



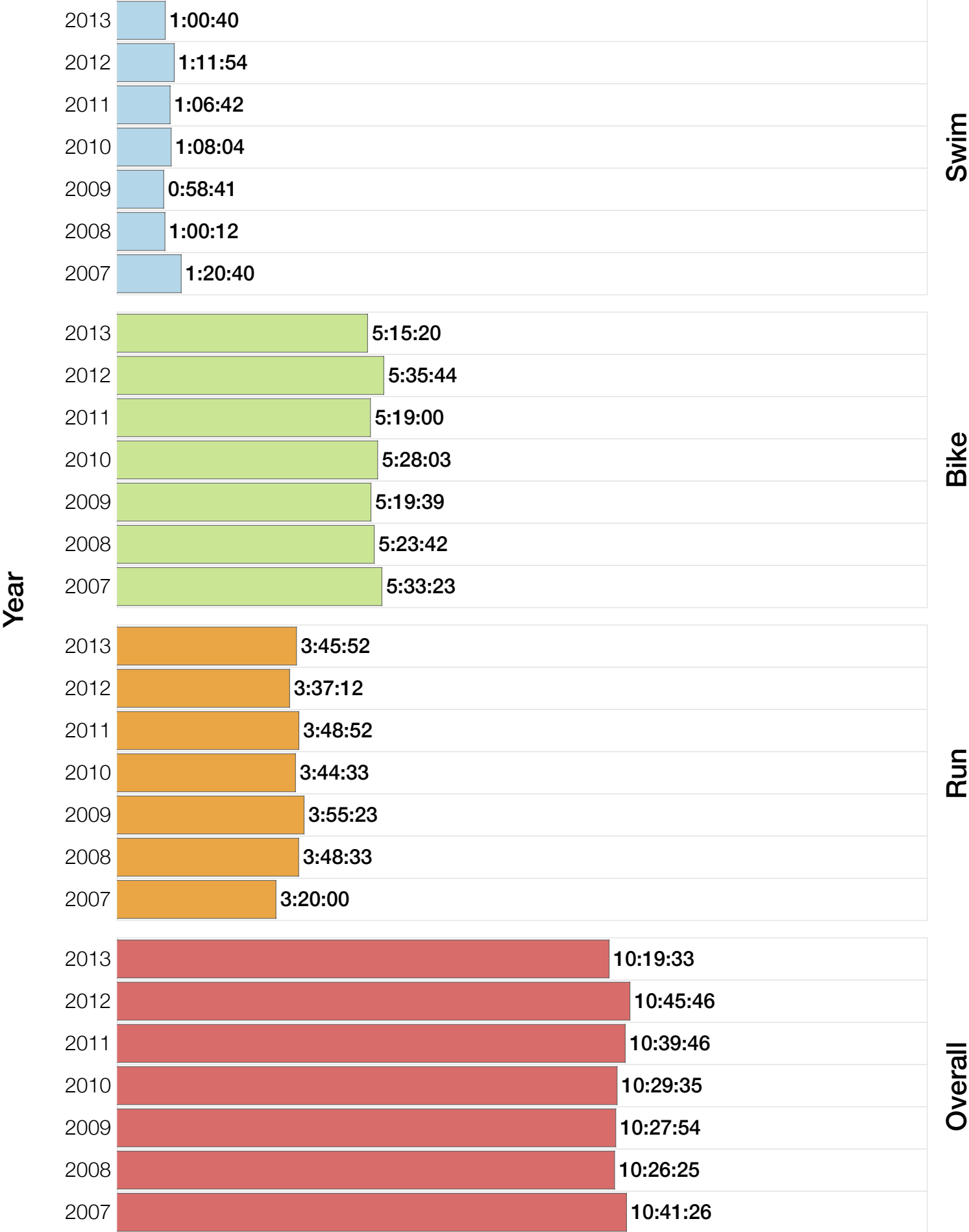
M55-59 Overall



M55-59 Overall

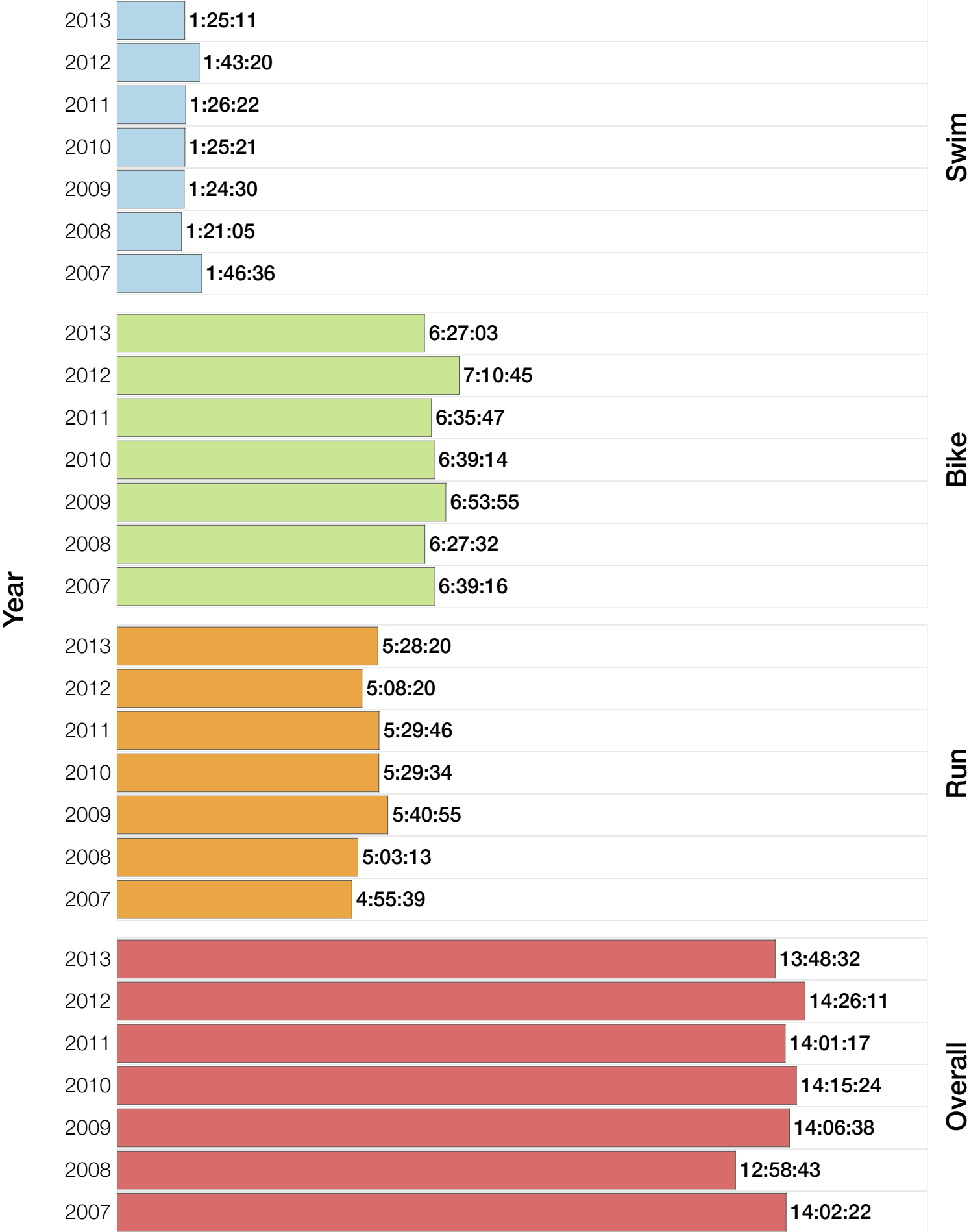


M55-59 Fastest Splits



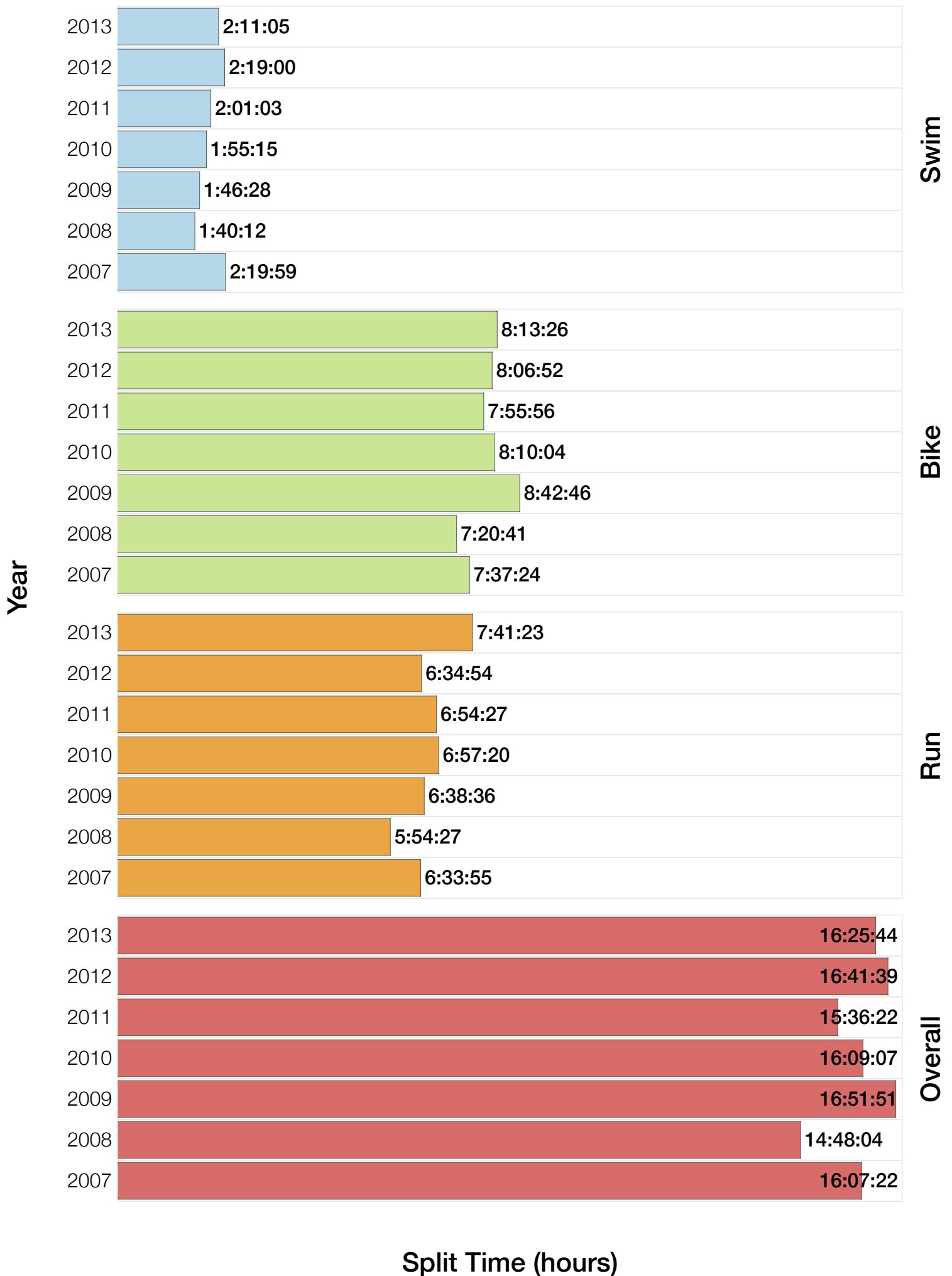
Split Time (hours)

M55-59 Median Splits



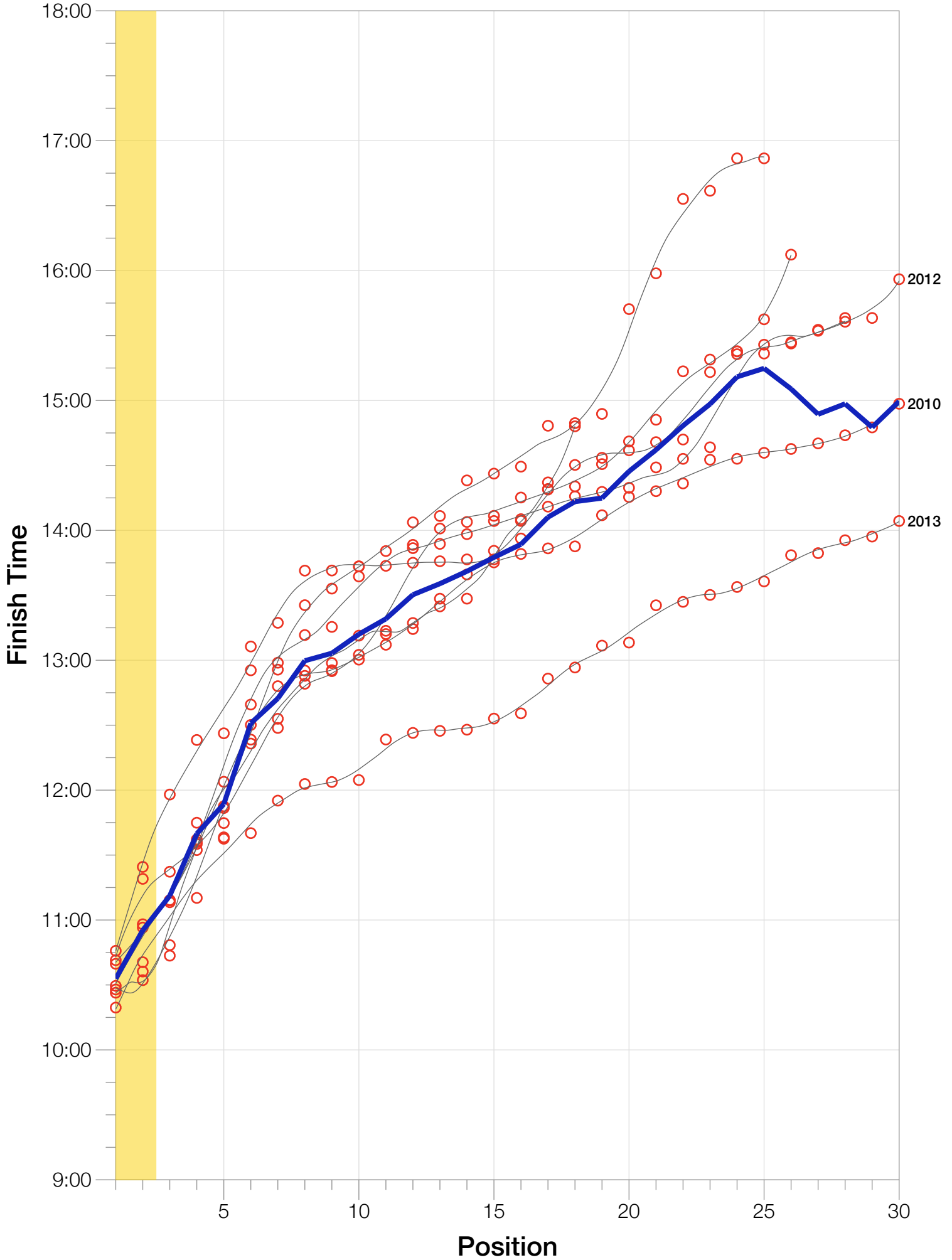
Split Time (hours)

M55-59 Slowest Splits



M55-59 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M55-59 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	1:34:38	5:33:23	3:20:00	10:41:26
2nd Age Grouper	1:30:21	5:38:32	4:01:01	11:19:01
3rd Age Grouper	1:26:35	5:50:04	3:53:07	11:22:18
4th Age Grouper	1:20:40	6:04:38	3:59:47	11:35:59
5th Age Grouper	1:47:12	5:48:10	3:48:35	11:38:12
Kona Qualifier Average	1:32:29	5:35:57	3:40:30	11:00:13
Age Grouper Average	1:31:53	5:46:57	3:48:30	11:19:23

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	1:06:47	5:23:42	3:48:33	10:26:25
2nd Age Grouper	1:00:12	5:36:32	3:51:10	10:36:12
3rd Age Grouper	1:03:03	5:43:47	3:53:00	10:48:24
4th Age Grouper	1:22:05	6:00:42	4:13:10	11:44:56
5th Age Grouper	1:28:32	5:38:43	4:31:40	11:52:32
Kona Qualifier Average	1:03:29	5:30:07	3:49:51	10:31:18
Age Grouper Average	1:12:07	5:40:41	4:03:30	11:05:41

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	0:58:41	5:19:39	4:01:14	10:27:54
2nd Age Grouper	1:06:11	5:25:57	3:55:23	10:32:13
3rd Age Grouper	1:13:09	5:23:54	3:58:15	10:43:32
4th Age Grouper	1:14:30	5:54:28	4:10:37	11:32:19
5th Age Grouper	1:05:31	5:32:08	4:59:03	11:44:47
Kona Qualifier Average	1:02:26	5:22:48	3:58:18	10:30:03
Age Grouper Average	1:07:36	5:31:13	4:12:54	11:00:09

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	1:12:18	5:28:03	3:44:33	10:29:35
2nd Age Grouper	1:08:04	5:33:42	4:06:46	10:56:31
3rd Age Grouper	1:14:41	5:32:16	4:13:25	11:09:00
4th Age Grouper	1:15:26	5:44:10	4:26:50	11:35:07
5th Age Grouper	1:25:21	5:46:12	4:26:22	11:51:43
Kona Qualifier Average	1:10:11	5:30:52	3:55:39	10:43:03
Age Grouper Average	1:15:10	5:36:52	4:11:35	11:12:23

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	1:10:23	5:33:56	3:48:52	10:39:46
2nd Age Grouper	1:27:54	5:22:01	3:57:02	10:58:02
3rd Age Grouper	1:06:42	5:19:00	4:36:17	11:09:11
4th Age Grouper	1:27:59	5:31:15	4:26:45	11:37:14
5th Age Grouper	1:15:03	6:07:15	4:21:54	12:03:51
Kona Qualifier Average	1:19:08	5:27:58	3:52:57	10:48:54
Age Grouper Average	1:17:36	5:34:41	4:14:10	11:17:36

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	1:25:19	5:35:44	3:37:12	10:45:46
2nd Age Grouper	1:24:39	5:56:57	3:52:22	11:24:32
3rd Age Grouper	1:29:42	6:12:32	4:07:38	11:57:58
4th Age Grouper	1:28:27	6:20:36	4:20:41	12:23:10
5th Age Grouper	1:25:46	6:31:52	4:20:49	12:26:15
Kona Qualifier Average	1:24:59	5:46:20	3:44:47	11:05:09
Age Grouper Average	1:26:46	6:07:32	4:03:44	11:47:32

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	1:04:47	5:21:20	3:45:52	10:19:33
2nd Age Grouper	1:08:53	5:26:12	3:57:13	10:40:30
3rd Age Grouper	1:25:21	5:35:42	3:53:26	11:08:12
4th Age Grouper	1:13:34	5:44:49	4:03:19	11:10:12
5th Age Grouper	1:16:35	5:15:20	4:54:36	11:37:32
Kona Qualifier Average	1:06:50	5:23:46	3:51:32	10:30:01
Age Grouper Average	1:13:50	5:28:40	4:06:53	10:59:11

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	1:13:16	5:27:58	3:43:45	10:32:55
Average 2nd Age Grouper	1:15:10	5:34:16	3:57:16	10:55:17
Average 3rd Age Grouper	1:17:01	5:39:36	4:05:01	11:11:13
Average 4th Age Grouper	1:20:23	5:54:22	4:14:27	11:39:51
Average 5th Age Grouper	1:23:25	5:48:31	4:28:59	11:53:33
Kona Qualifier Average	1:14:13	5:31:07	3:50:30	10:44:06
Age Grouper Average	1:17:51	5:40:56	4:05:53	11:14:34