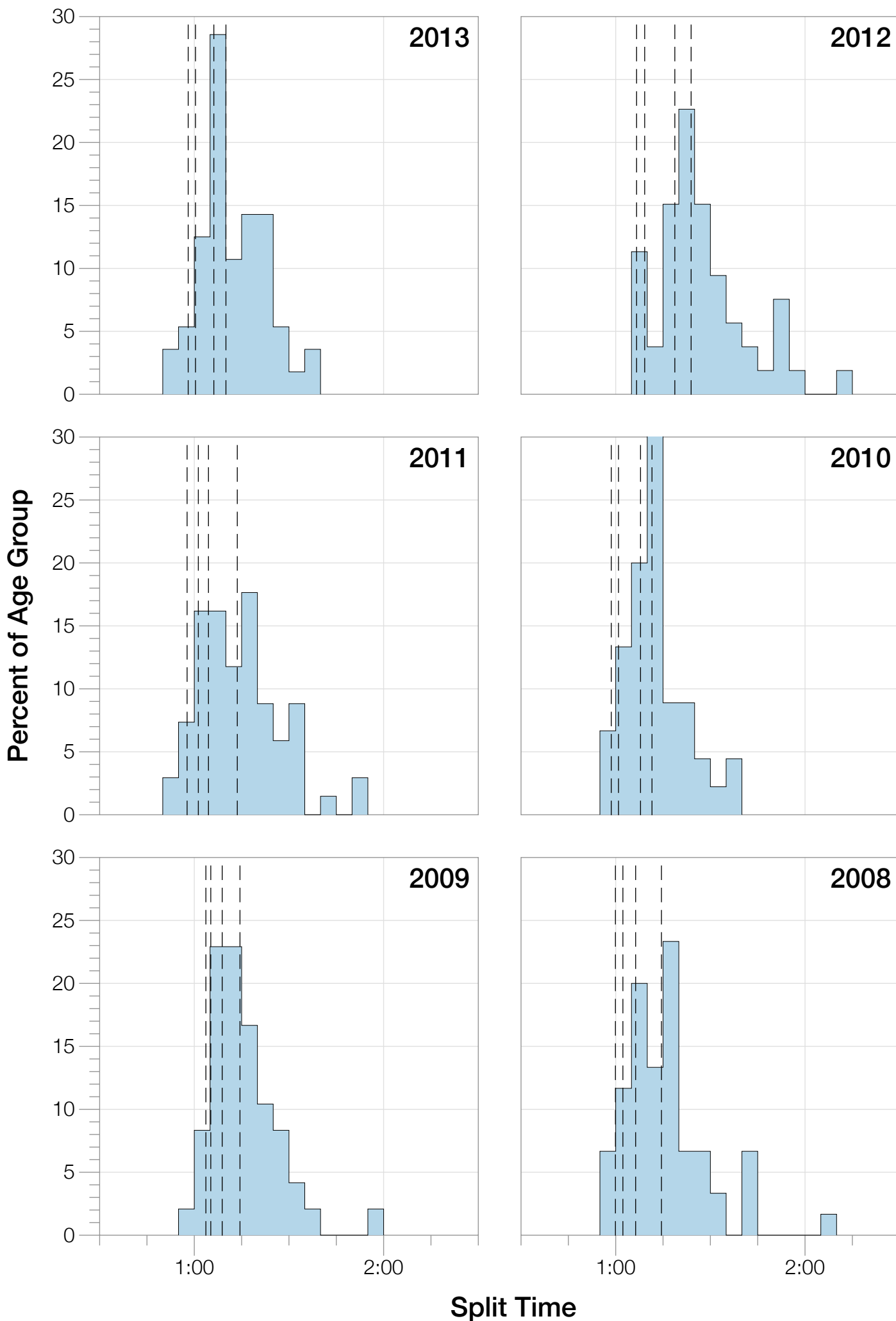


Ironman Austria F30-34 Stats

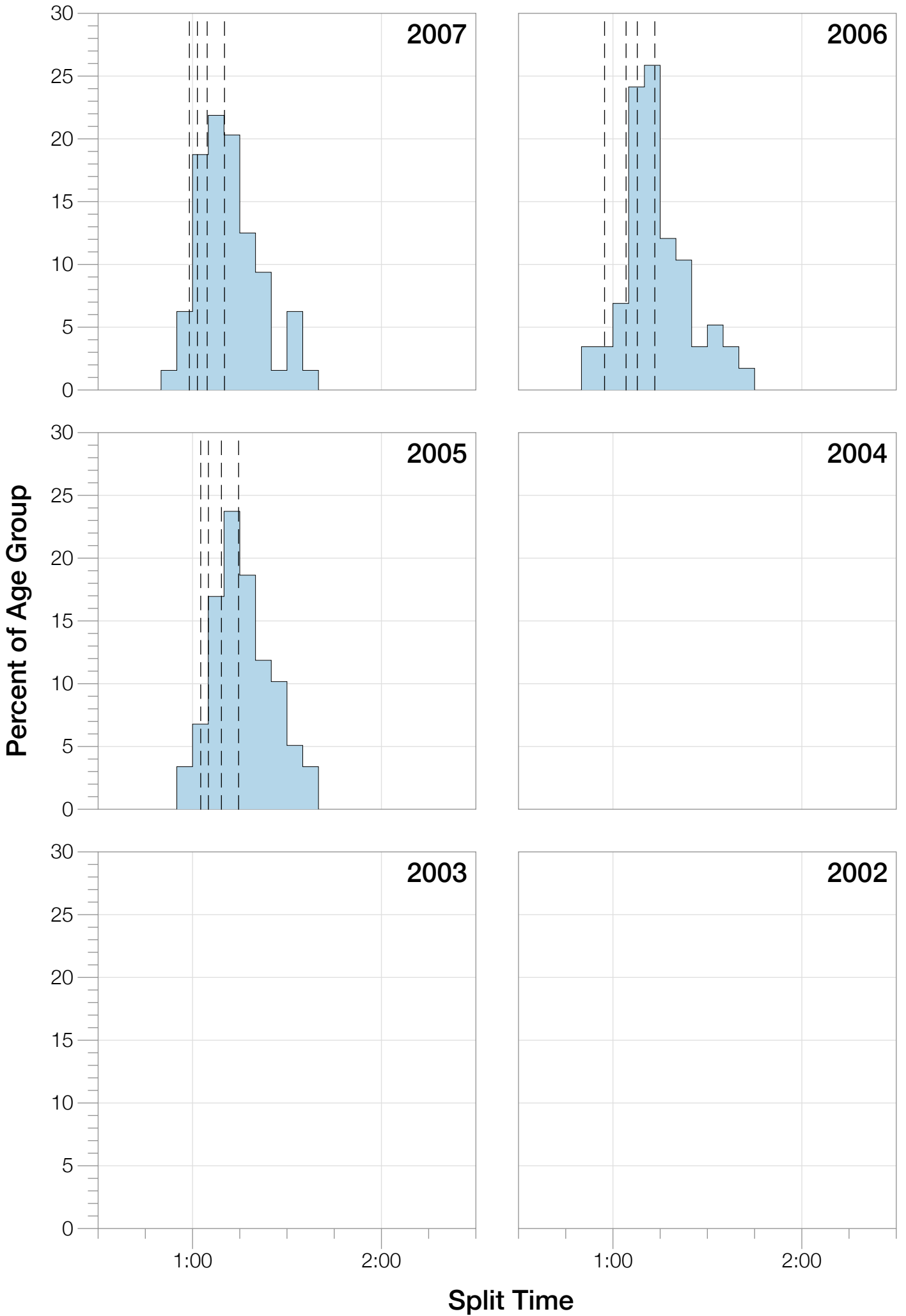
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2005	1794	59	8:14:37	9:07:04	10:10:08
2006	2020	58	8:07:59	9:12:09	10:21:02
2007	2011	66	8:06:39	9:08:47	10:15:43
2008	2323	60	8:06:11	8:47:26	9:46:40
2009	2032	48	8:01:38	8:50:13	9:48:41
2010	2052	45	7:52:05	9:18:50	9:46:43
2011	2346	68	7:45:58	8:43:34	9:32:13
2012	2011	53	8:11:31	9:09:58	10:21:00
2013	2499	56	7:59:51	8:59:31	9:32:09
Average	2121	57	8:02:56	9:01:56	9:57:08

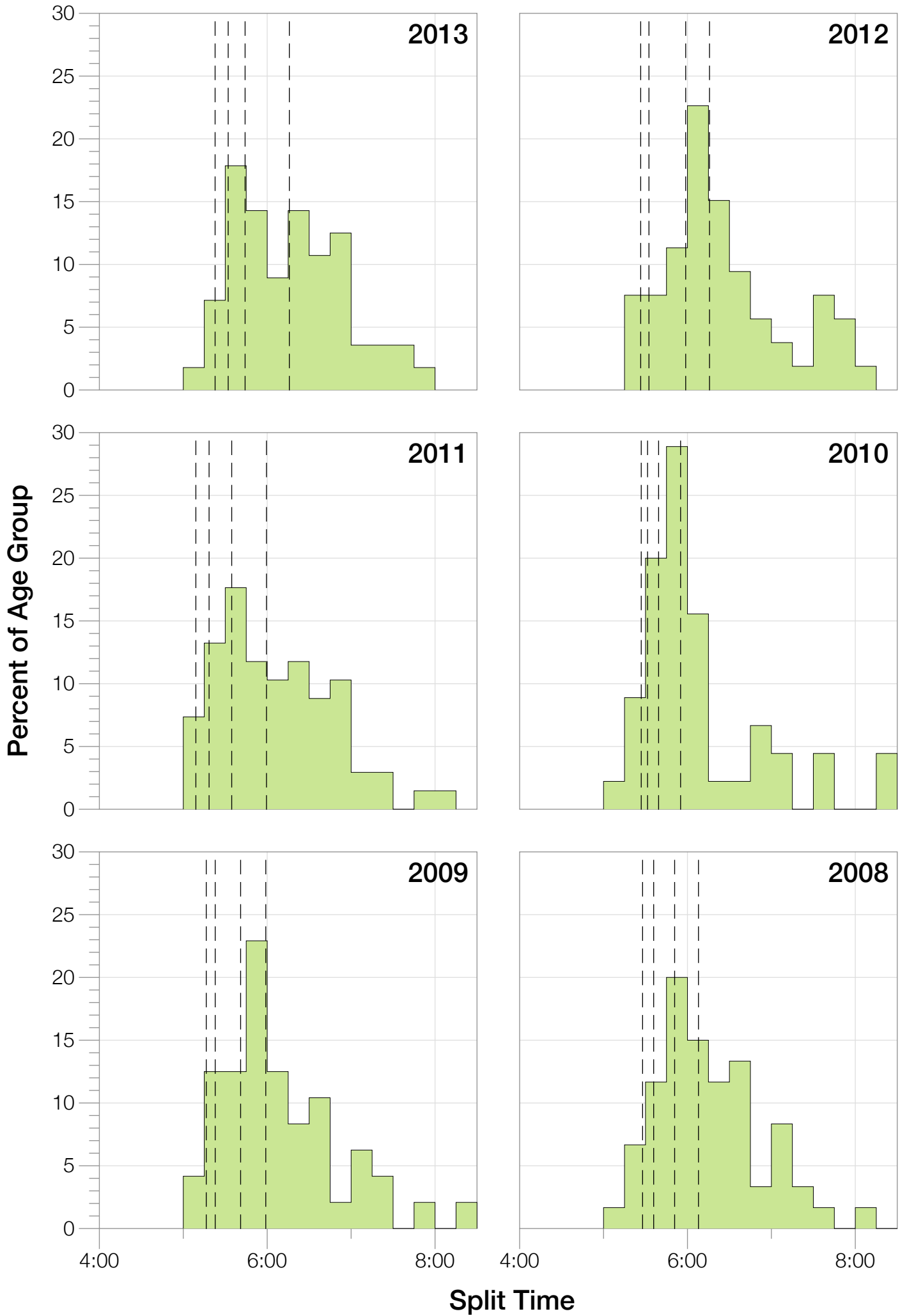
F30-34 Swim



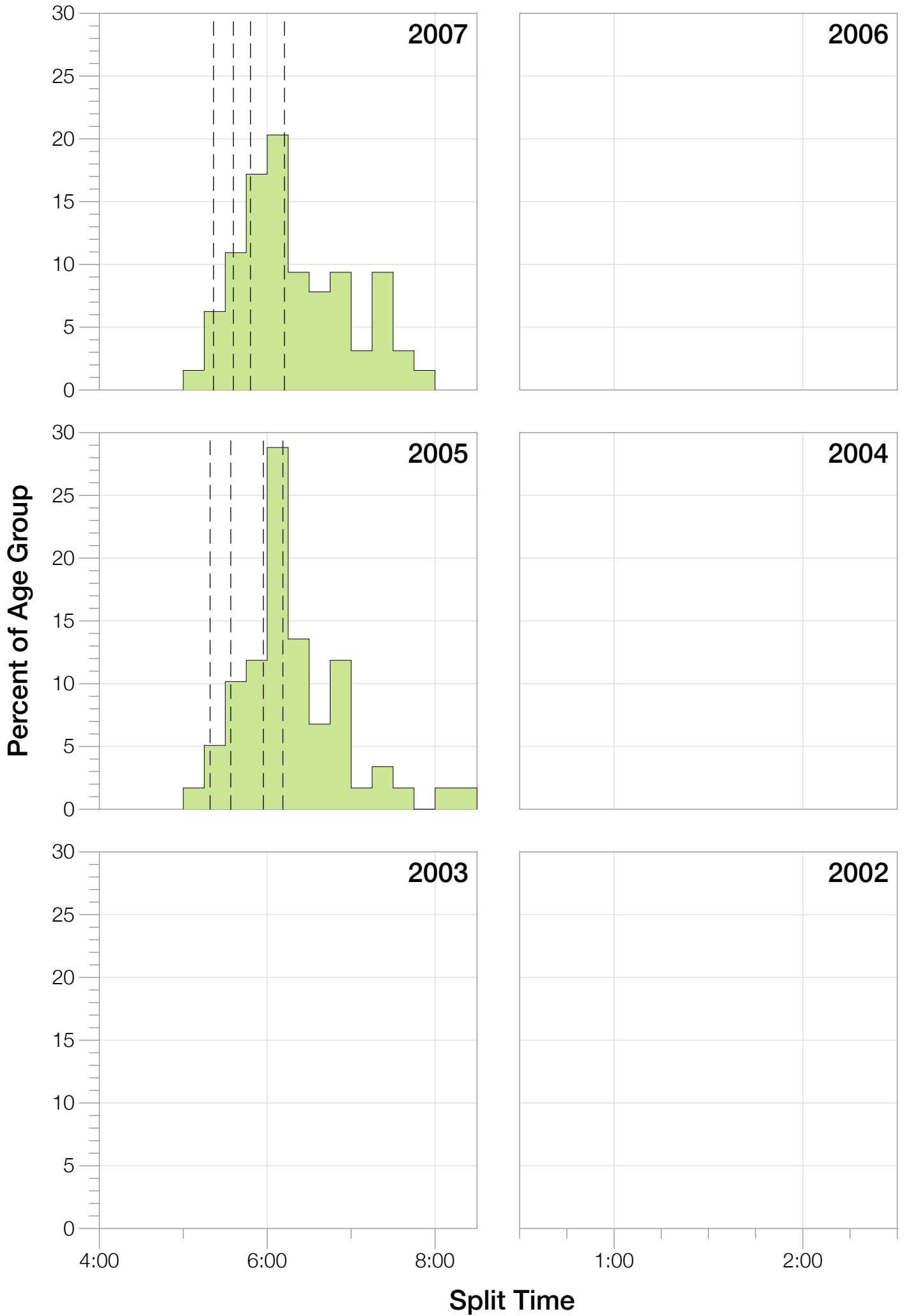
F30-34 Swim



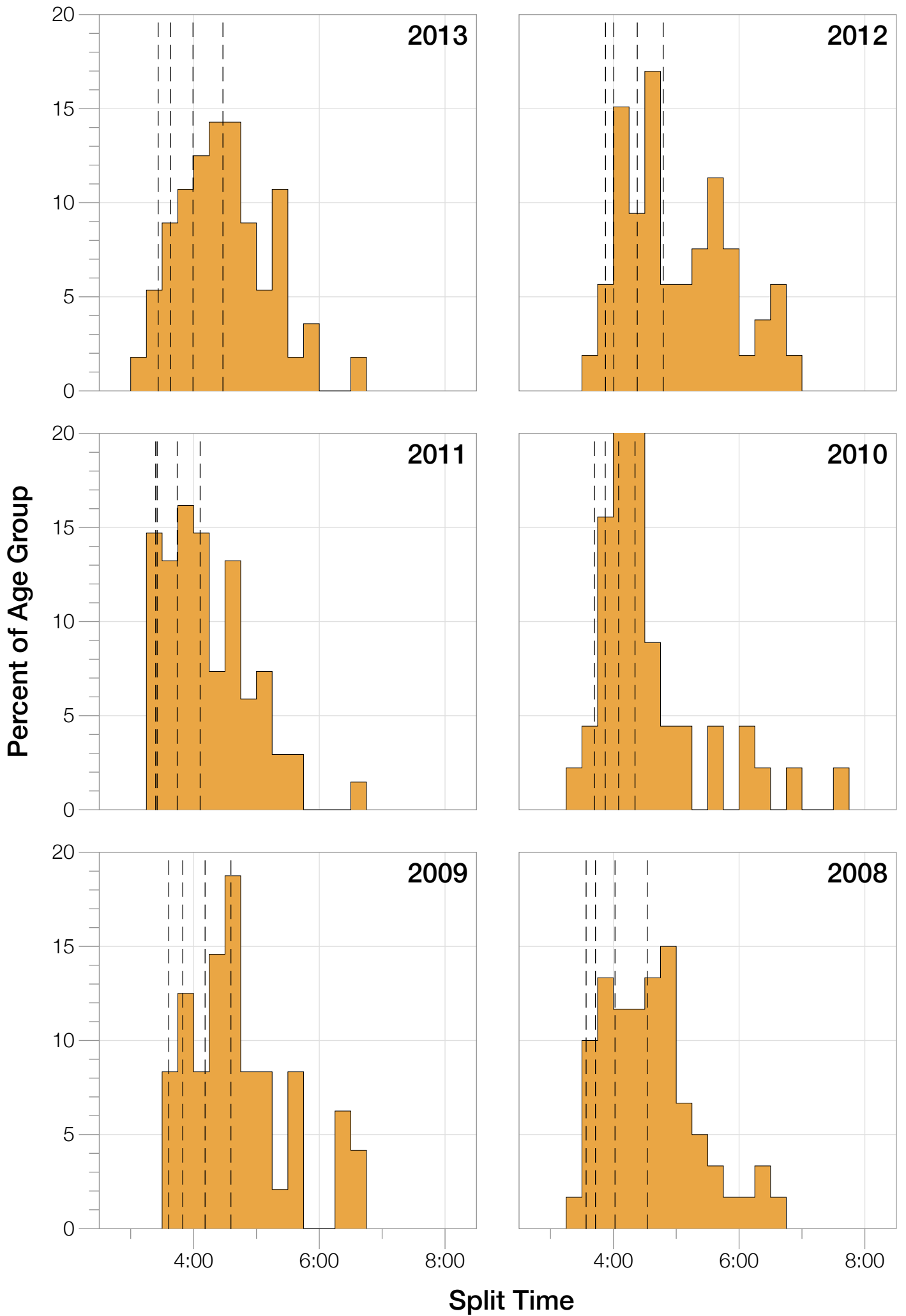
F30-34 Bike



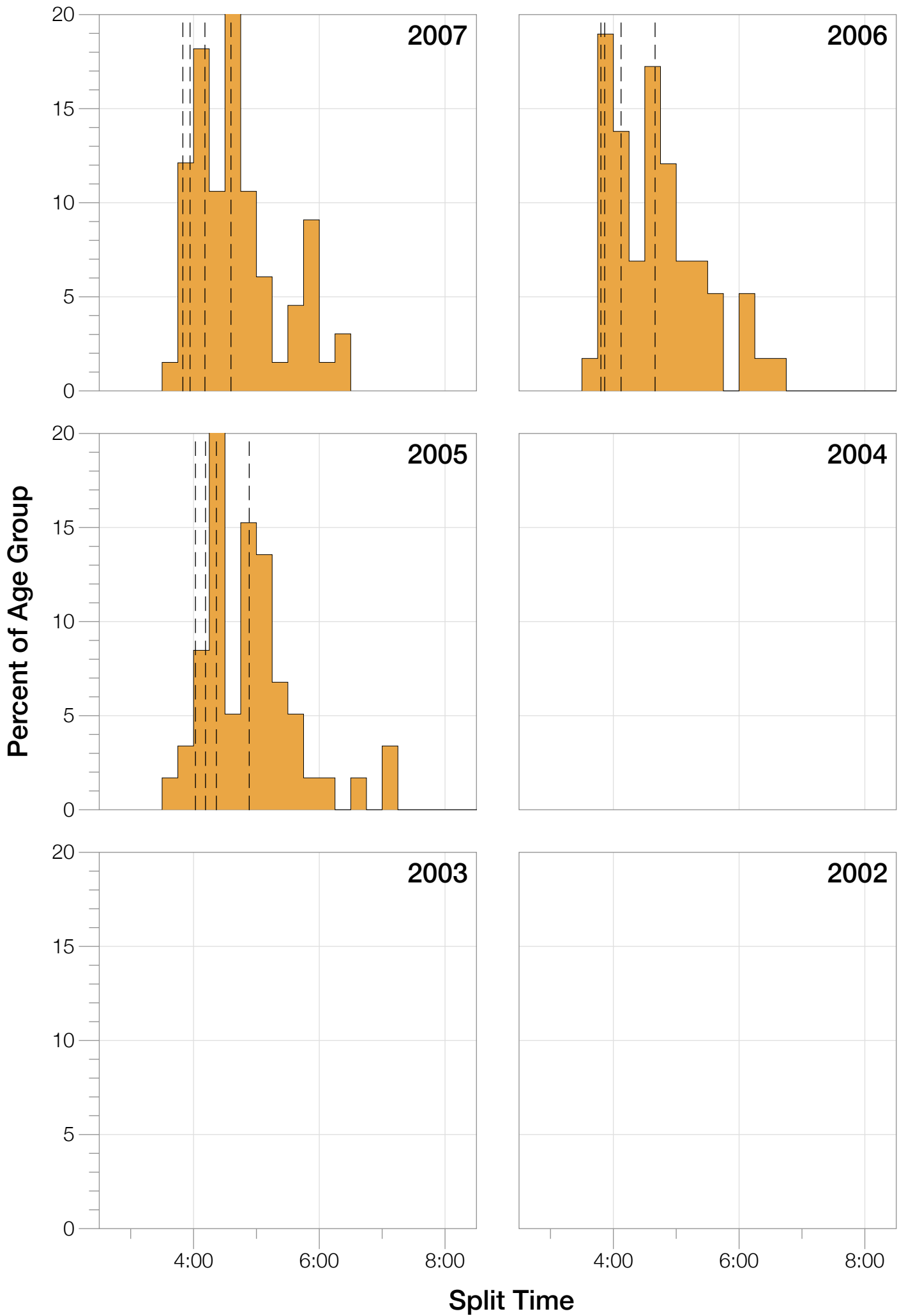
F30-34 Bike



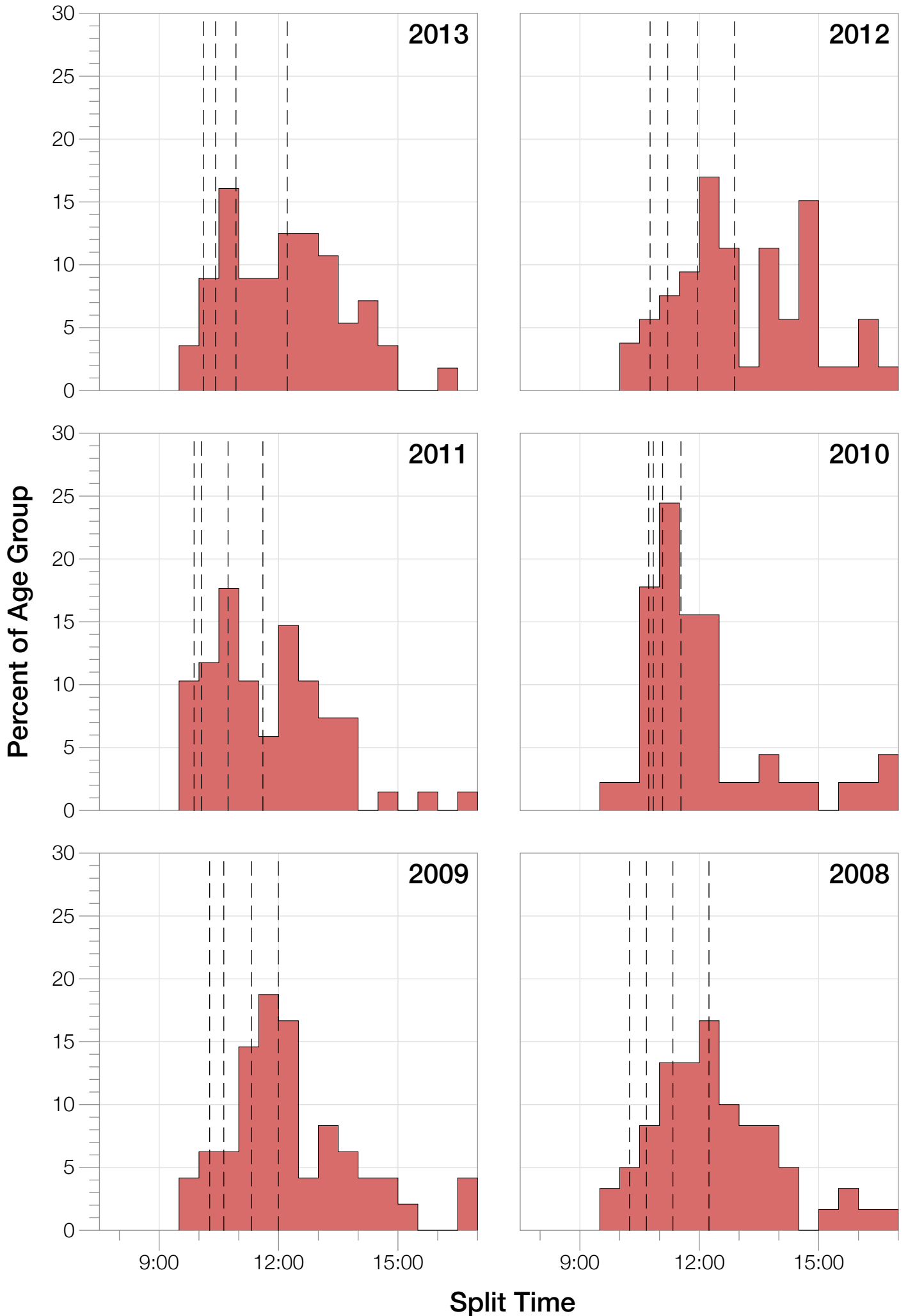
F30-34 Run



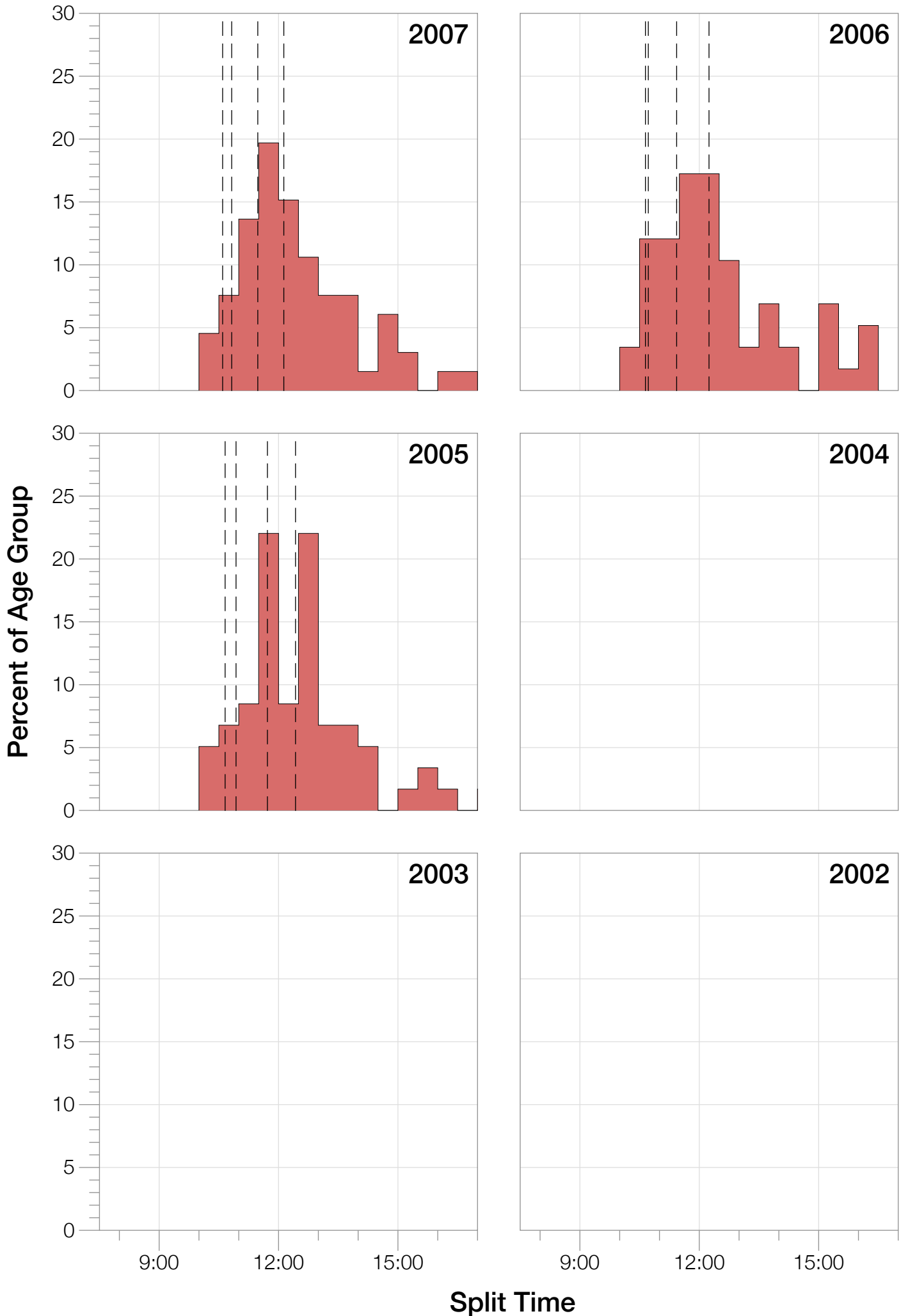
F30-34 Run



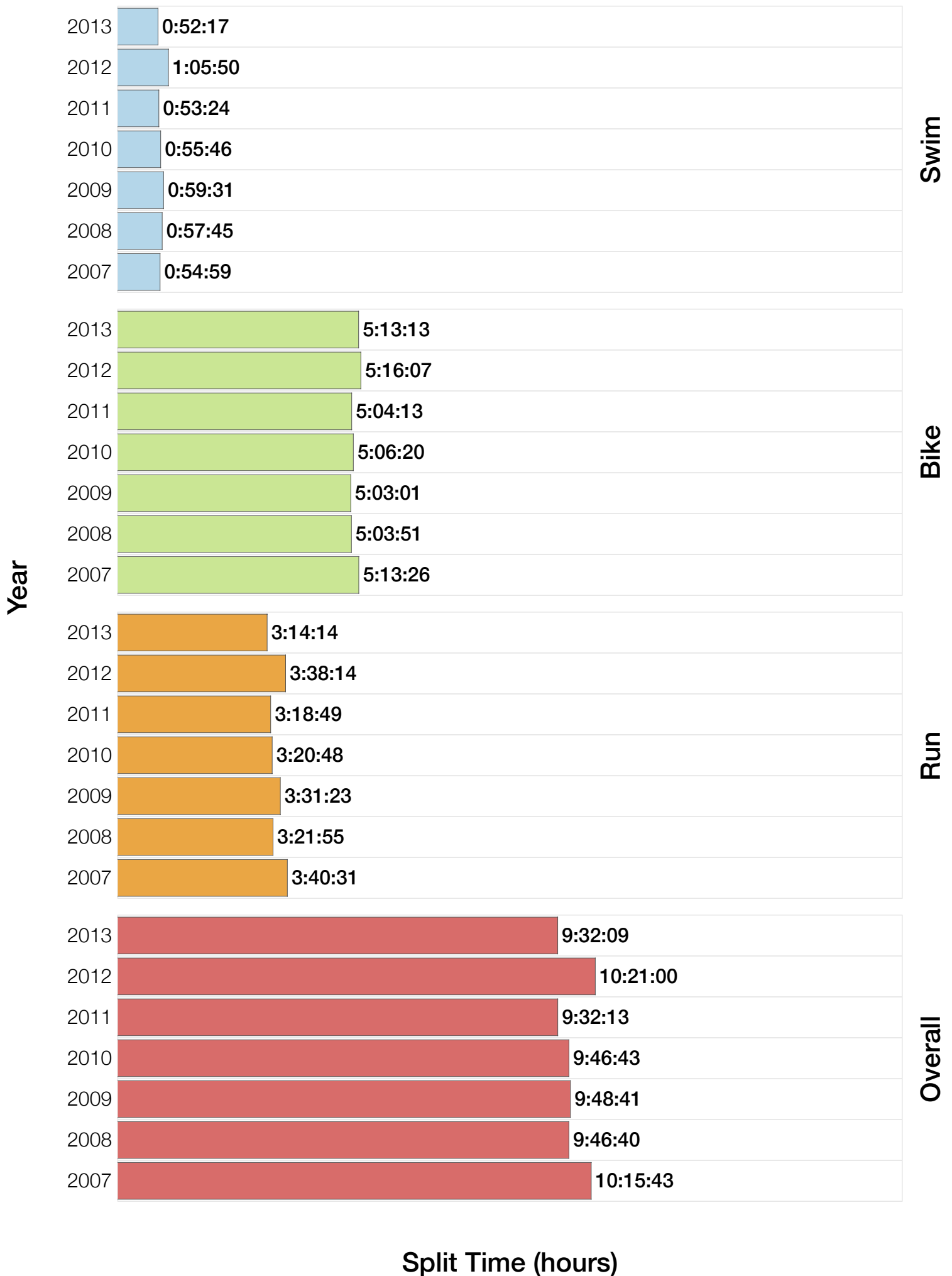
F30-34 Overall



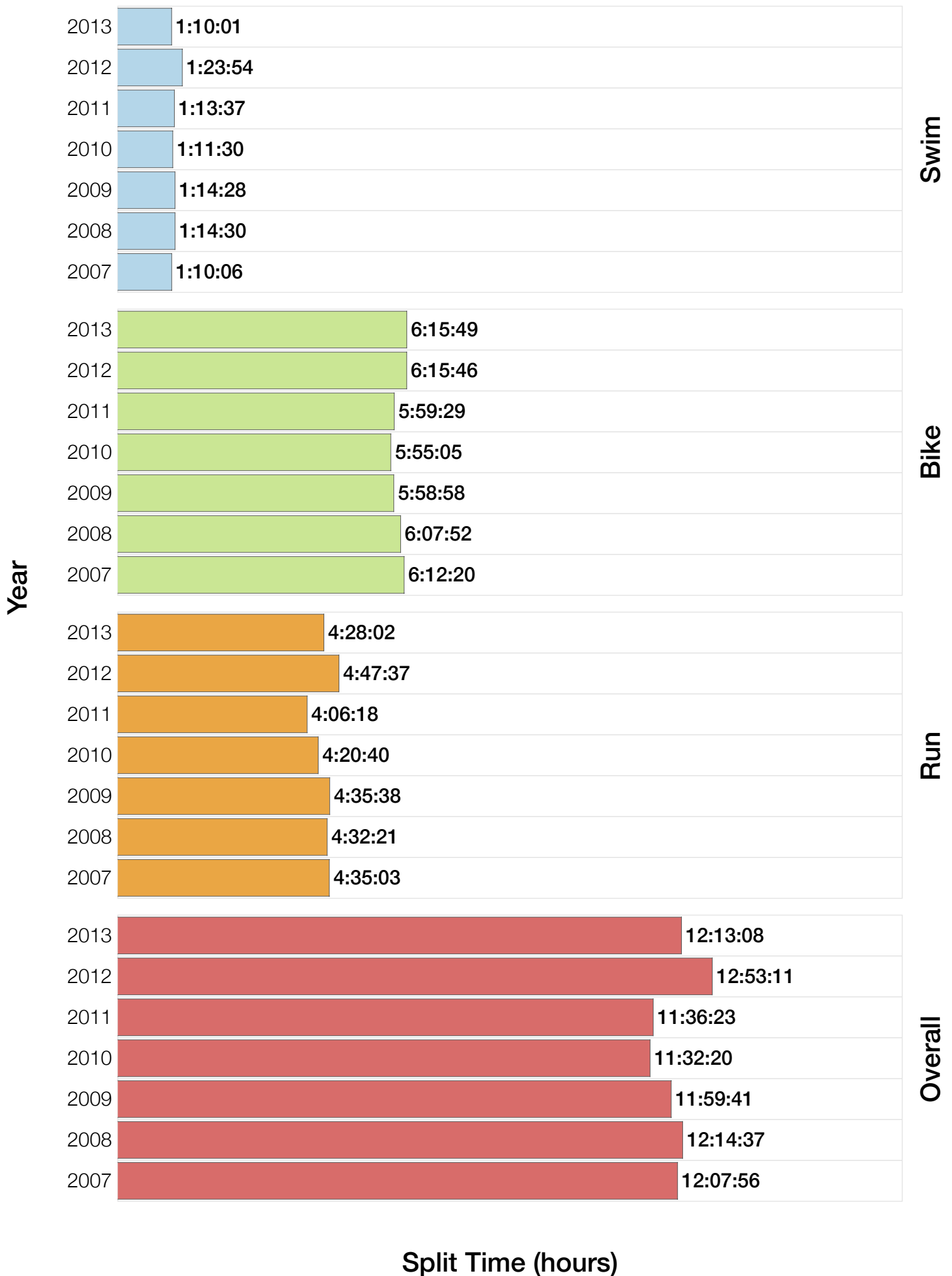
F30-34 Overall



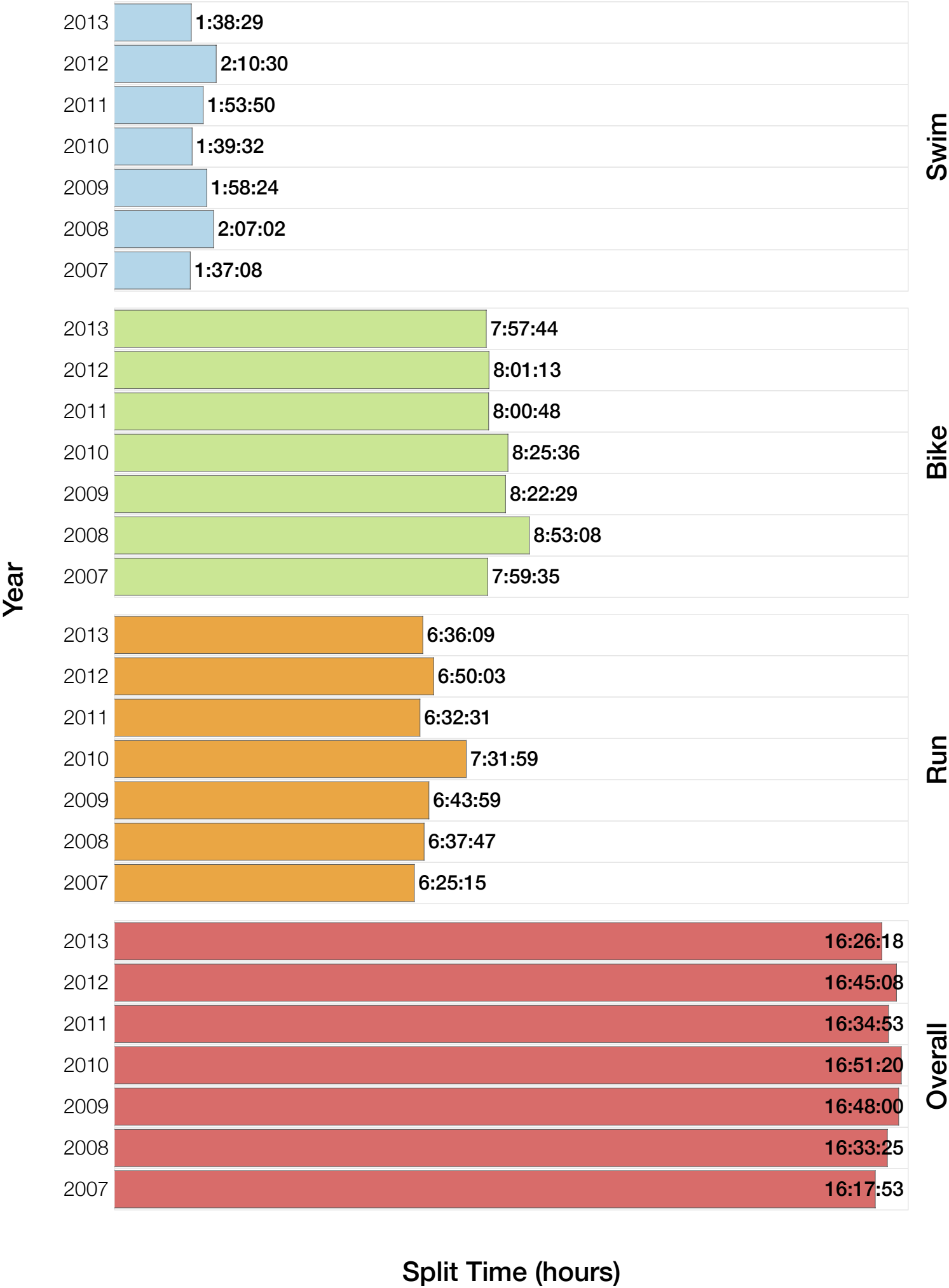
F30-34 Fastest Splits



F30-34 Median Splits



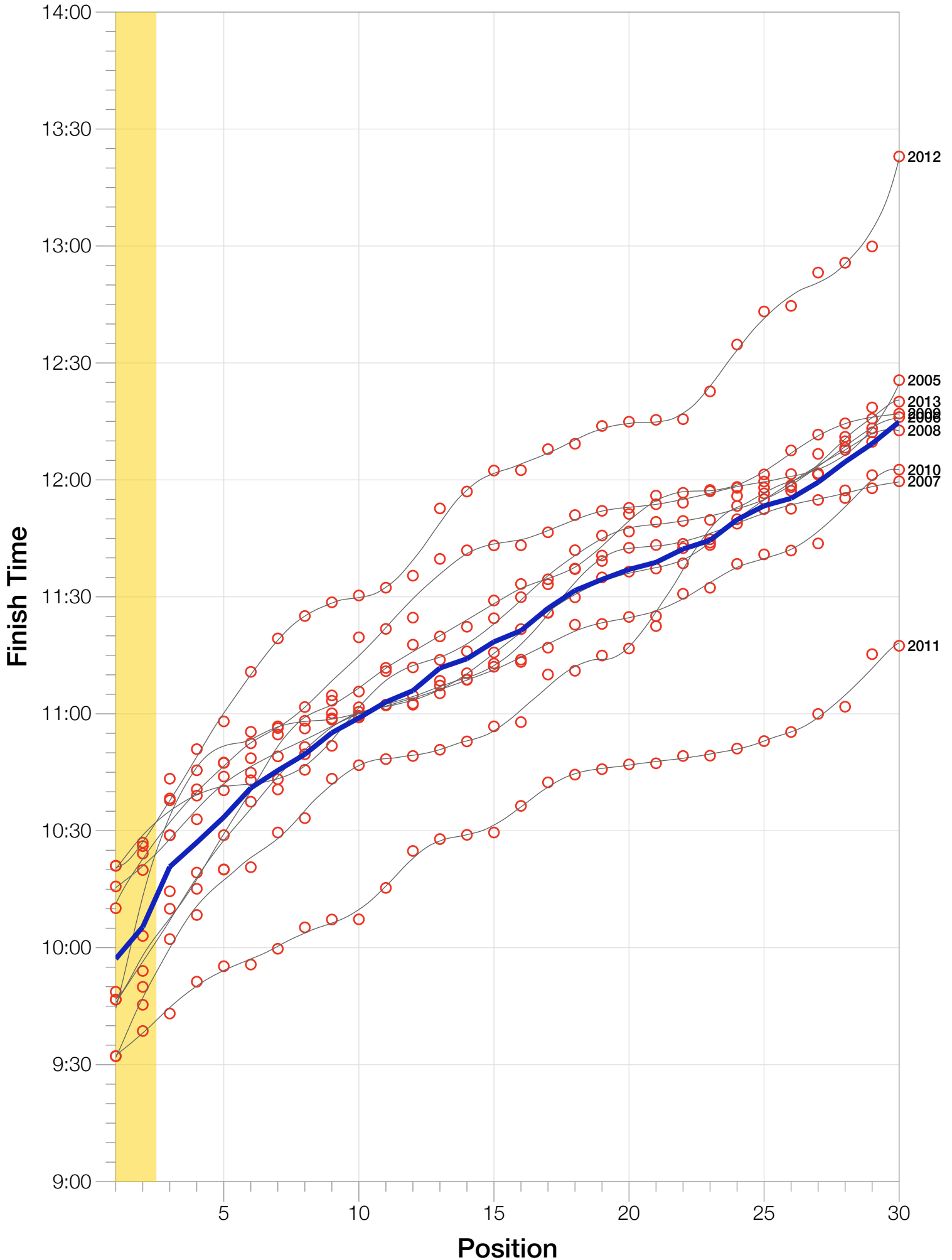
F30-34 Slowest Splits



Split Time (hours)

F30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:48:01	4:23:51	2:47:13	8:02:56
Average Female Winner	0:53:13	4:57:39	3:06:05	9:01:56
Average 1st Age Grouper	1:00:52	5:12:40	3:35:18	9:57:08
Average 2nd Age Grouper	1:04:31	5:16:59	3:36:46	10:05:20
Average 3rd Age Grouper	1:04:14	5:21:03	3:47:43	10:20:46
Average 4th Age Grouper	1:06:22	5:23:29	3:49:27	10:27:00
Average 5th Age Grouper	1:07:00	5:34:01	3:42:43	10:33:29
Average 6th Age Grouper	1:07:48	5:31:17	3:53:53	10:40:59
Average 7th Age Grouper	1:07:02	5:43:03	3:46:36	10:45:28
Average 8th Age Grouper	1:11:07	5:33:28	3:55:36	10:49:36
Average 9th Age Grouper	1:05:11	5:39:29	4:01:23	10:55:09
Average 10th Age Grouper	1:05:22	5:37:54	4:07:19	10:58:56
Kona Qualifier Average	1:02:42	5:14:49	3:36:02	10:01:14
Top 10 Age Grouper Average	1:05:57	5:29:20	3:49:39	10:33:23

Austria 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:44:25	4:30:40	2:40:07	7:59:51
Female Winner	0:51:57	4:58:03	3:04:04	8:59:31
1st Age Grouper	0:54:48	5:13:13	3:17:35	9:32:09
2nd Age Grouper	1:00:59	5:20:44	3:14:14	9:45:22
3rd Age Grouper	1:07:12	5:23:25	3:21:28	10:02:13
4th Age Grouper	1:01:06	5:25:23	3:35:50	10:08:24
5th Age Grouper	0:58:36	5:32:35	3:40:18	10:20:03
6th Age Grouper	1:11:16	5:36:22	3:27:49	10:20:39
7th Age Grouper	1:03:44	5:44:48	3:33:29	10:29:33
8th Age Grouper	0:58:04	5:33:17	3:53:52	10:33:14
9th Age Grouper	0:52:17	5:47:05	3:54:44	10:43:21
10th Age Grouper	1:11:17	5:42:17	3:44:02	10:46:49
Kona Qualifier Average	0:57:53	5:16:58	3:15:54	9:38:45
Top 10 Age Grouper Average	1:01:55	5:31:54	3:34:20	10:16:10

Austria 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:57	4:25:38	2:50:38	8:11:31
Female Winner	0:59:18	4:54:09	3:11:07	9:09:58
1st Age Grouper	1:05:56	5:16:07	3:50:27	10:21:00
2nd Age Grouper	1:08:33	5:31:23	3:38:14	10:24:09
3rd Age Grouper	1:06:54	5:18:46	4:05:12	10:38:17
4th Age Grouper	1:20:38	5:32:59	3:48:35	10:50:56
5th Age Grouper	1:20:54	5:29:10	4:00:22	10:58:03
6th Age Grouper	1:21:41	5:33:38	4:07:24	11:10:46
7th Age Grouper	1:18:45	5:56:50	3:53:51	11:19:20
8th Age Grouper	1:15:59	5:45:03	4:11:24	11:25:05
9th Age Grouper	1:18:44	5:58:44	4:01:44	11:28:36
10th Age Grouper	1:21:26	5:22:39	4:40:20	11:30:21
Kona Qualifier Average	1:07:14	5:23:45	3:44:20	10:22:34
Top 10 Age Grouper Average	1:15:57	5:34:31	4:01:45	11:00:39

Austria 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:49	4:15:37	2:39:24	7:45:58
Female Winner	0:48:07	4:48:10	3:01:29	8:43:34
1st Age Grouper	0:57:31	5:08:07	3:18:49	9:32:13
2nd Age Grouper	1:02:14	5:05:41	3:23:57	9:38:38
3rd Age Grouper	1:03:37	5:07:18	3:24:57	9:43:07
4th Age Grouper	0:57:51	5:18:31	3:27:12	9:51:17
5th Age Grouper	1:08:31	5:10:37	3:26:49	9:55:15
6th Age Grouper	1:04:32	5:22:37	3:21:22	9:55:41
7th Age Grouper	1:03:45	5:04:13	3:44:46	9:59:44
8th Age Grouper	1:16:23	5:18:17	3:21:32	10:05:13
9th Age Grouper	0:57:39	5:21:36	3:40:33	10:07:14
10th Age Grouper	0:59:42	5:17:29	3:41:16	10:07:17
Kona Qualifier Average	0:59:52	5:06:54	3:21:23	9:35:25
Top 10 Age Grouper Average	1:03:10	5:13:26	3:29:07	9:53:33

Austria 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:49	4:18:30	2:42:03	7:52:05
Female Winner	0:52:06	5:02:02	3:20:14	9:18:50
1st Age Grouper	1:02:31	5:16:42	3:20:48	9:46:43
2nd Age Grouper	1:03:23	5:06:20	3:46:32	10:03:01
3rd Age Grouper	1:07:54	5:29:26	3:58:47	10:43:21
4th Age Grouper	1:09:47	5:36:28	3:51:24	10:45:31
5th Age Grouper	0:57:37	5:55:05	3:40:49	10:47:30
6th Age Grouper	1:09:25	5:39:34	3:56:04	10:55:23
7th Age Grouper	1:12:43	5:54:54	3:40:18	10:56:21
8th Age Grouper	1:07:31	5:39:22	4:00:35	10:58:12
9th Age Grouper	1:08:09	5:38:31	4:05:03	10:58:30
10th Age Grouper	1:05:46	5:26:20	4:20:40	10:59:28
Kona Qualifier Average	1:02:57	5:11:31	3:33:40	9:54:52
Top 10 Age Grouper Average	1:06:28	5:34:16	3:52:06	10:41:24

Austria 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:36	4:20:13	2:50:14	8:01:38
Female Winner	0:54:04	4:49:42	3:00:21	8:50:13
1st Age Grouper	0:59:31	5:05:22	3:35:05	9:48:41
2nd Age Grouper	1:06:27	5:03:01	3:34:15	9:49:57
3rd Age Grouper	1:00:43	5:15:55	3:50:46	10:14:28
4th Age Grouper	1:11:28	5:19:31	3:38:44	10:19:16
5th Age Grouper	1:05:40	5:34:23	3:31:23	10:20:05
6th Age Grouper	1:03:33	5:26:19	4:04:35	10:44:54
7th Age Grouper	1:06:01	5:43:23	3:57:43	10:54:41
8th Age Grouper	1:14:37	5:34:46	3:55:18	10:56:14
9th Age Grouper	1:09:21	5:17:22	4:24:29	11:03:21
10th Age Grouper	1:08:35	5:50:32	3:57:21	11:05:43
Kona Qualifier Average	1:02:59	5:04:11	3:34:40	9:49:19
Top 10 Age Grouper Average	1:06:35	5:25:03	3:50:57	10:31:44

Austria 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:42	4:28:53	2:45:12	8:06:11
Female Winner	0:57:19	4:50:43	2:54:45	8:47:26
1st Age Grouper	1:02:45	5:03:51	3:31:21	9:46:40
2nd Age Grouper	1:03:44	5:20:19	3:21:55	9:54:03
3rd Age Grouper	0:59:56	5:28:19	3:34:36	10:10:00
4th Age Grouper	1:03:08	5:19:31	3:46:23	10:15:07
5th Age Grouper	1:05:55	5:33:29	3:34:02	10:28:52
6th Age Grouper	1:02:18	5:29:57	3:58:29	10:37:27
7th Age Grouper	0:59:34	5:39:32	3:51:41	10:40:36
8th Age Grouper	1:18:10	5:37:14	3:47:34	10:51:29
9th Age Grouper	1:05:26	5:59:32	3:43:20	10:58:49
10th Age Grouper	1:04:44	5:36:06	4:08:38	10:59:03
Kona Qualifier Average	1:03:14	5:12:05	3:26:38	9:50:21
Top 10 Age Grouper Average	1:04:34	5:30:47	3:43:47	10:28:12

Austria 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:30	4:21:14	2:53:28	8:06:39
Female Winner	0:50:57	5:06:18	3:07:26	9:08:47
1st Age Grouper	0:56:32	5:23:42	3:47:15	10:15:43
2nd Age Grouper	1:02:28	5:21:17	3:49:51	10:19:56
3rd Age Grouper	1:07:43	5:13:26	3:57:52	10:28:51
4th Age Grouper	1:00:41	5:17:09	4:05:55	10:32:57
5th Age Grouper	1:06:30	5:32:03	3:58:41	10:43:54
6th Age Grouper	1:04:02	5:33:12	4:02:15	10:48:37
7th Age Grouper	1:16:50	5:41:59	3:40:31	10:49:05
8th Age Grouper	1:09:00	5:43:57	3:48:54	10:49:37
9th Age Grouper	1:06:14	5:20:20	4:21:53	11:00:07
10th Age Grouper	0:59:07	5:48:02	4:05:58	11:00:30
Kona Qualifier Average	0:59:30	5:22:29	3:48:33	10:17:49
Top 10 Age Grouper Average	1:04:54	5:29:30	3:57:54	10:40:55

Austria 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:59	4:27:08	2:49:24	8:07:59
Female Winner	0:53:37	5:01:50	3:12:11	9:12:09
1st Age Grouper	1:11:24	5:21:49	3:34:01	10:21:02
2nd Age Grouper	1:04:16	5:27:26	3:46:32	10:26:04
3rd Age Grouper	0:57:29	5:21:13	4:12:18	10:37:49
4th Age Grouper	1:07:33	5:24:34	3:58:20	10:39:01
5th Age Grouper	1:06:43	5:39:30	3:49:21	10:40:23
6th Age Grouper	1:09:11	5:15:41	4:10:33	10:42:58
7th Age Grouper	1:06:14	5:39:23	3:50:32	10:43:13
8th Age Grouper	1:13:25	5:29:57	3:53:52	10:45:37
9th Age Grouper	0:53:53	5:51:48	3:59:24	10:51:47
10th Age Grouper	0:56:30	6:04:22	3:52:15	11:01:41
Kona Qualifier Average	1:07:50	5:24:37	3:40:16	10:23:33
Top 10 Age Grouper Average	1:04:39	5:33:34	3:54:42	10:40:57

Austria 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:25	4:26:48	2:54:27	8:14:37
Female Winner	0:51:40	5:07:55	3:03:12	9:07:04
1st Age Grouper	0:56:58	5:05:07	4:02:24	10:10:08
2nd Age Grouper	1:08:42	5:16:43	3:55:24	10:26:57
3rd Age Grouper	1:06:43	5:31:39	3:43:35	10:28:49
4th Age Grouper	1:05:14	5:17:17	4:12:44	10:40:38
5th Age Grouper	1:12:38	5:39:24		10:47:24
6th Age Grouper	1:04:15	5:44:18	3:56:32	10:52:26
7th Age Grouper	0:55:47	6:02:31		10:56:47
8th Age Grouper	1:06:55	5:19:22	4:27:26	11:01:44
9th Age Grouper	1:15:04	5:40:31		11:04:43
10th Age Grouper	1:01:18	5:33:25	4:35:25	11:19:37
Kona Qualifier Average	1:02:50	5:10:55	3:58:54	10:18:32
Top 10 Age Grouper Average	1:05:21	5:31:01	4:07:38	10:46:55