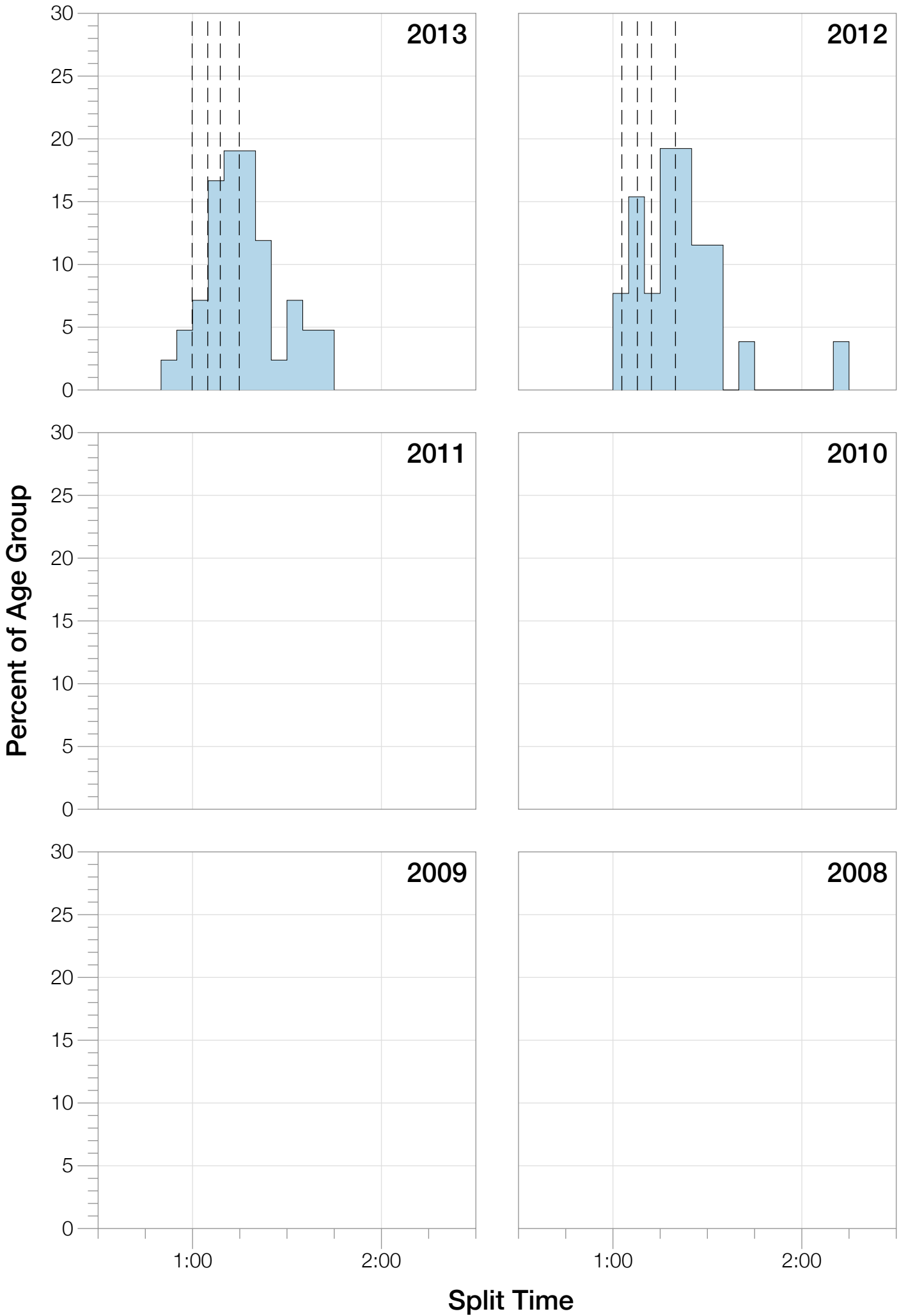


# Ironman Cairns F30-34 Stats

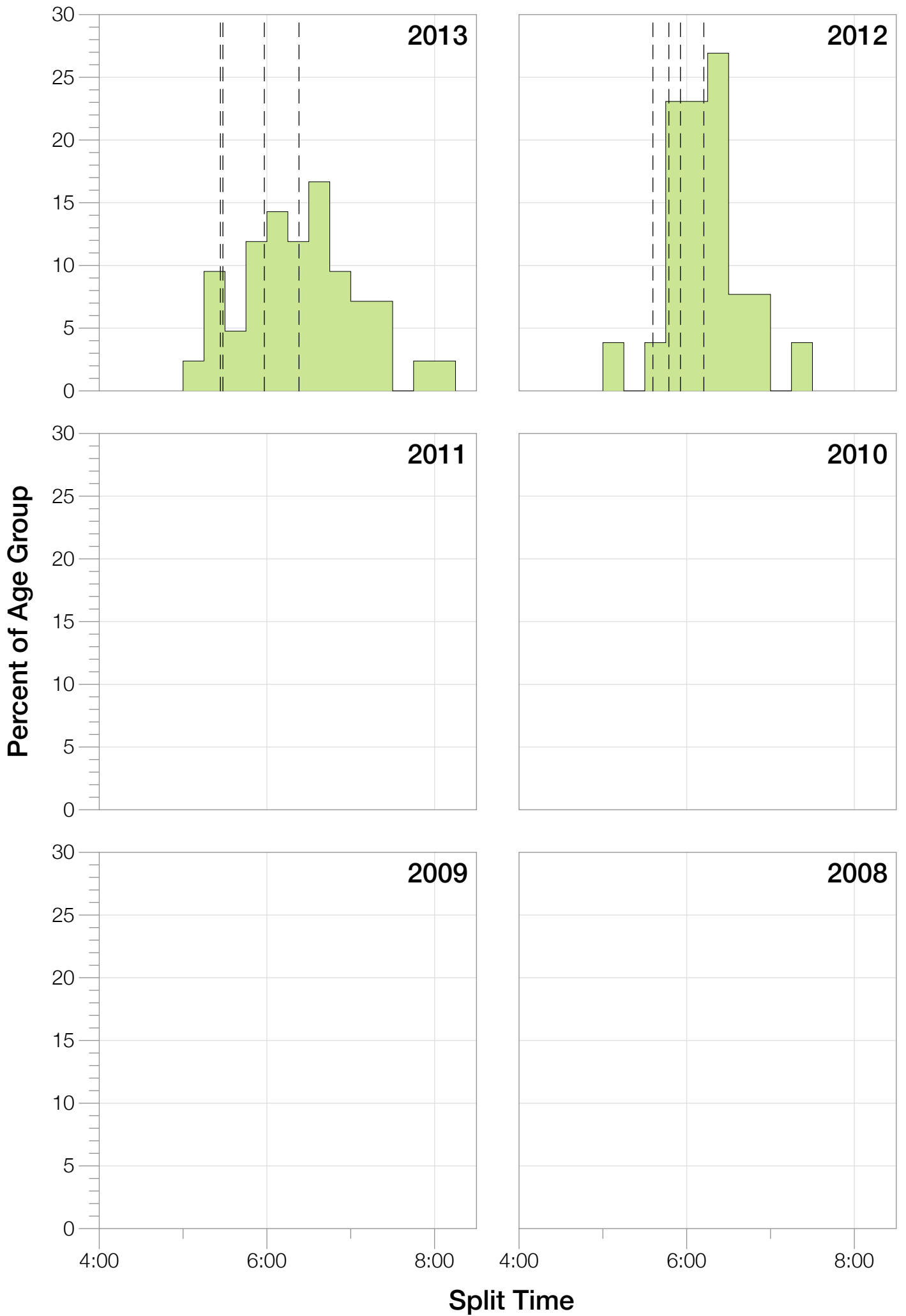
## F30-34 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F30-34 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F30-34 Winner's Time</b>
2012	753	26	8:15:04	9:21:00	10:37:41
2013	1141	42	8:17:43	9:19:51	10:00:14
<b>Average</b>	<b>947</b>	<b>34</b>	<b>8:16:23</b>	<b>9:20:25</b>	<b>10:18:57</b>

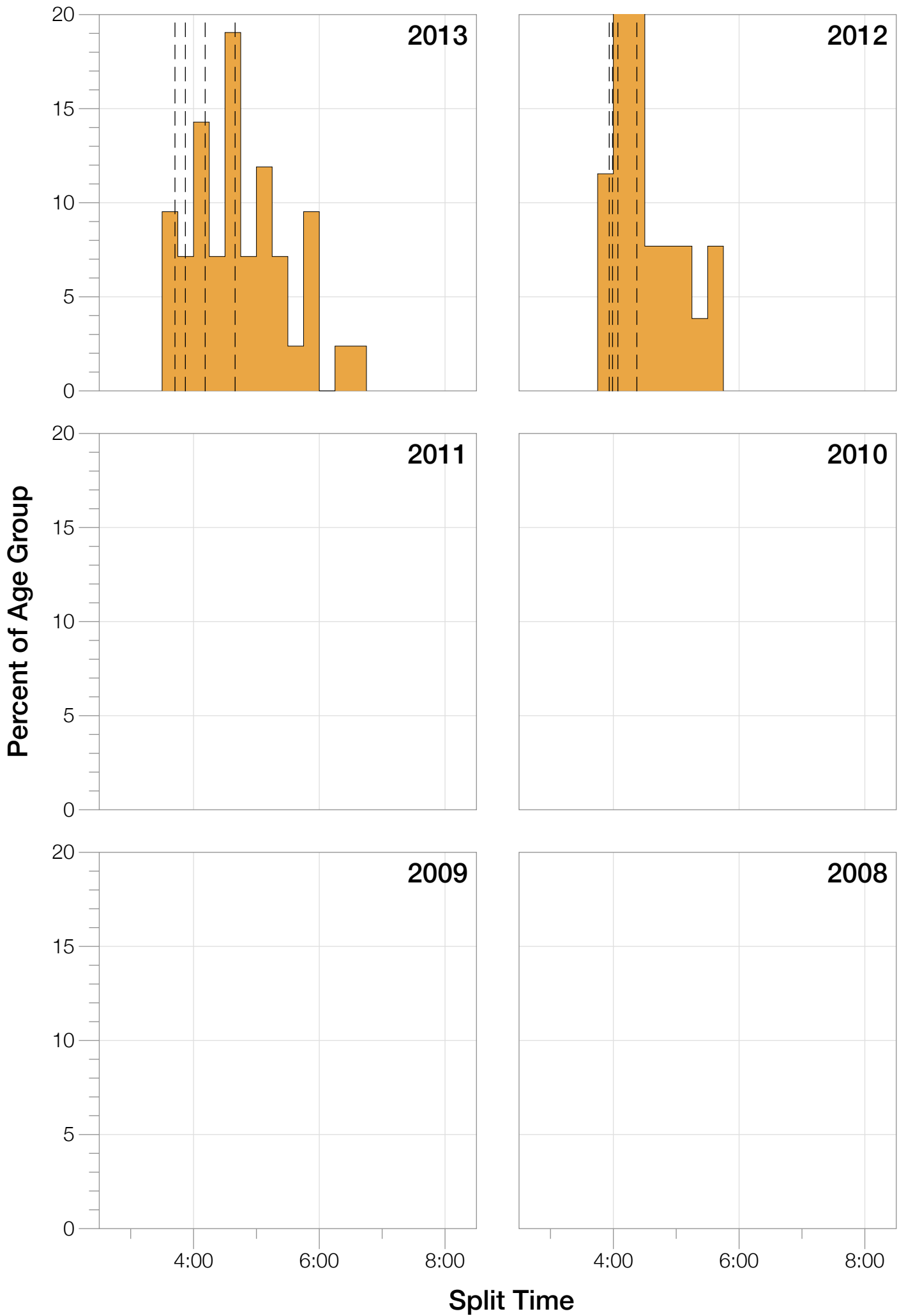
# F30-34 Swim



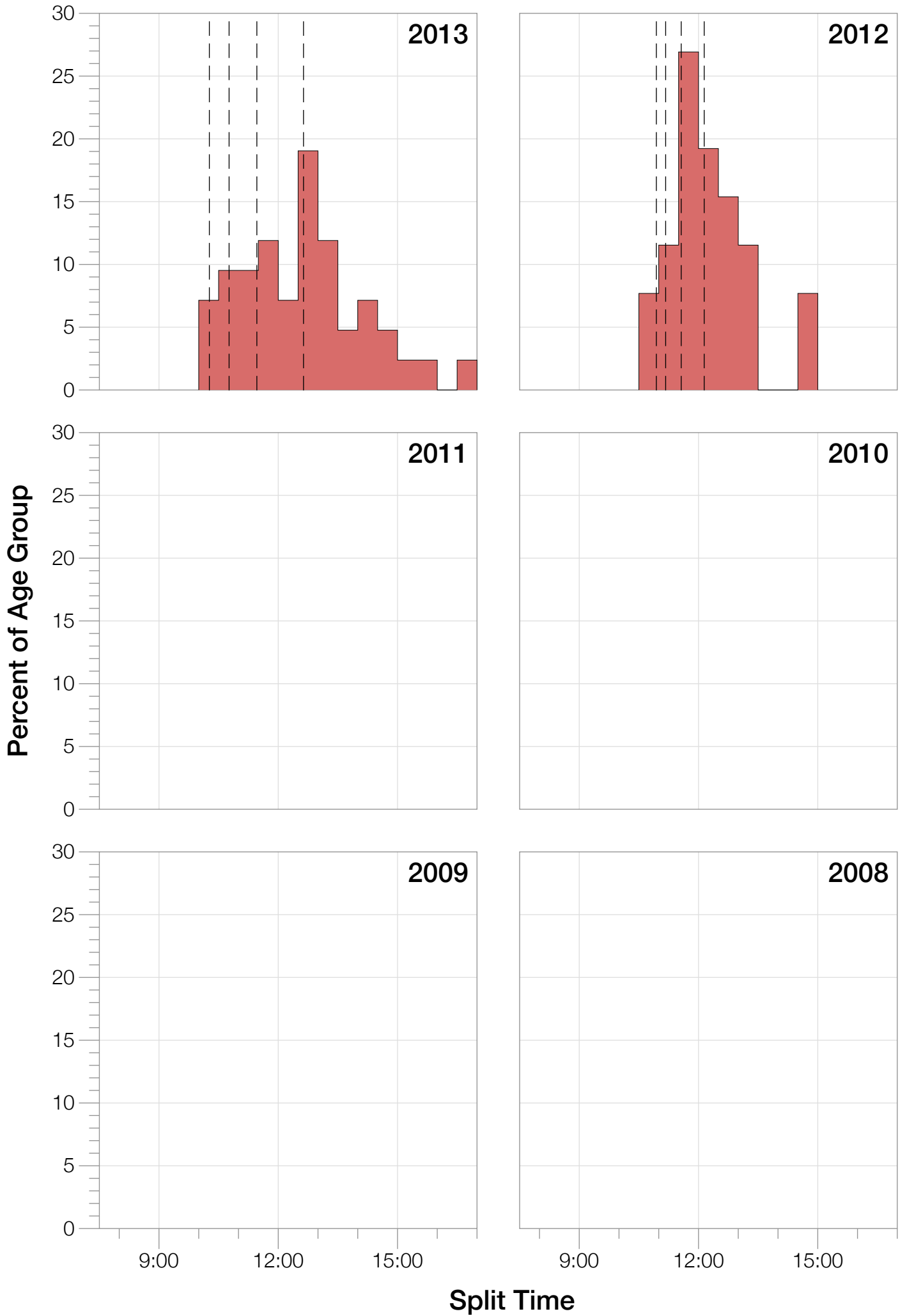
# F30-34 Bike



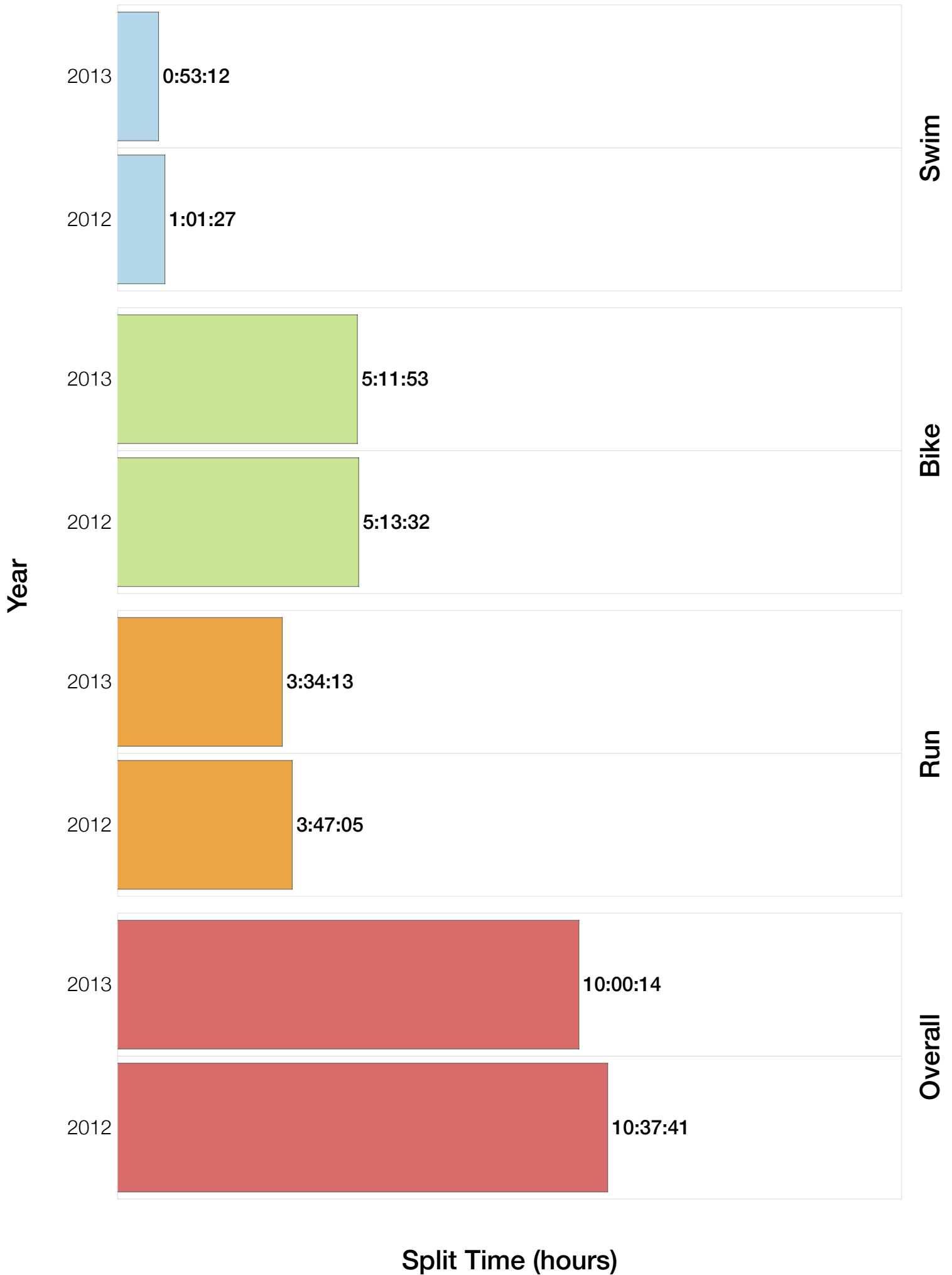
# F30-34 Run



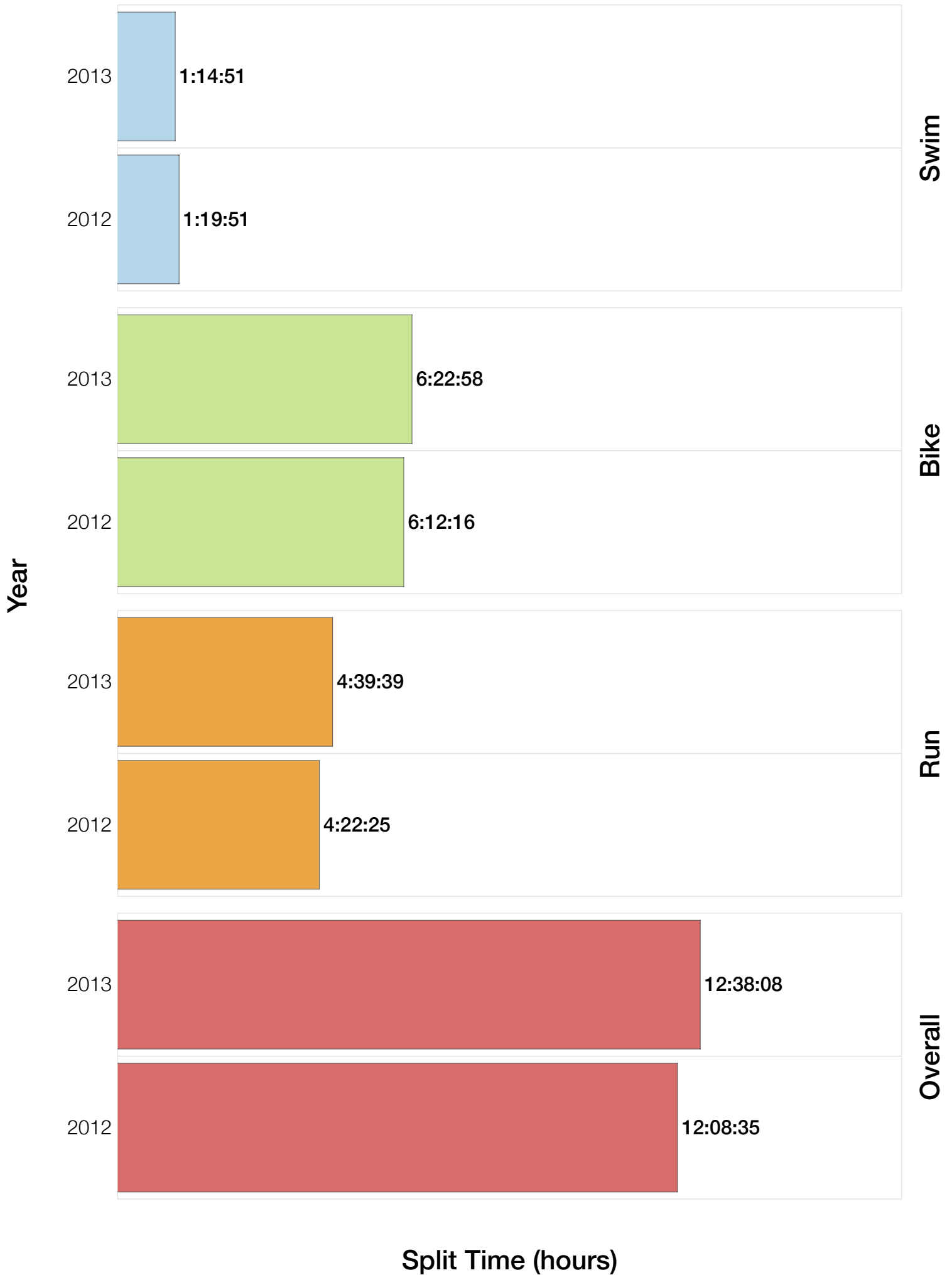
# F30-34 Overall



# F30-34 Fastest Splits

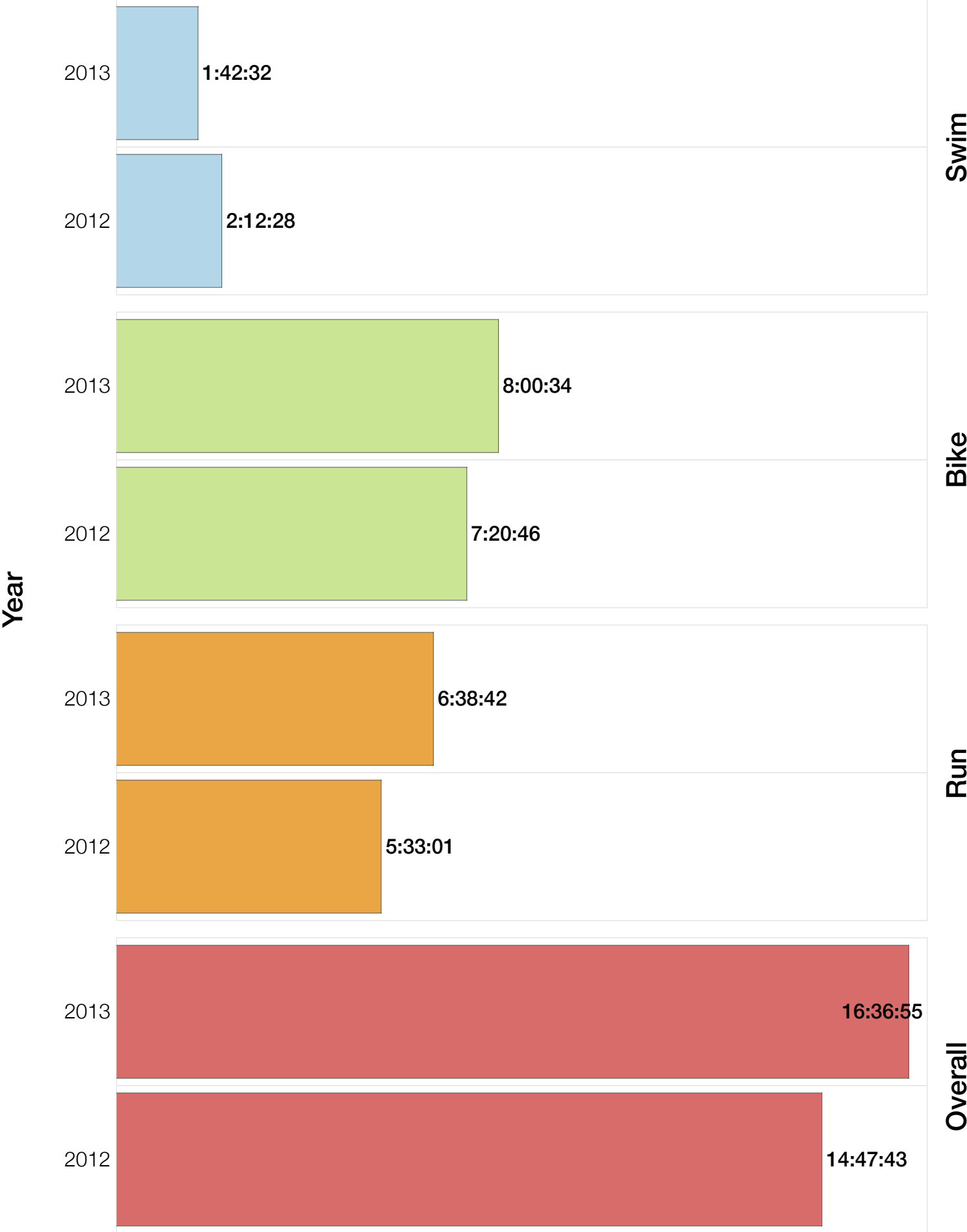


# F30-34 Median Splits





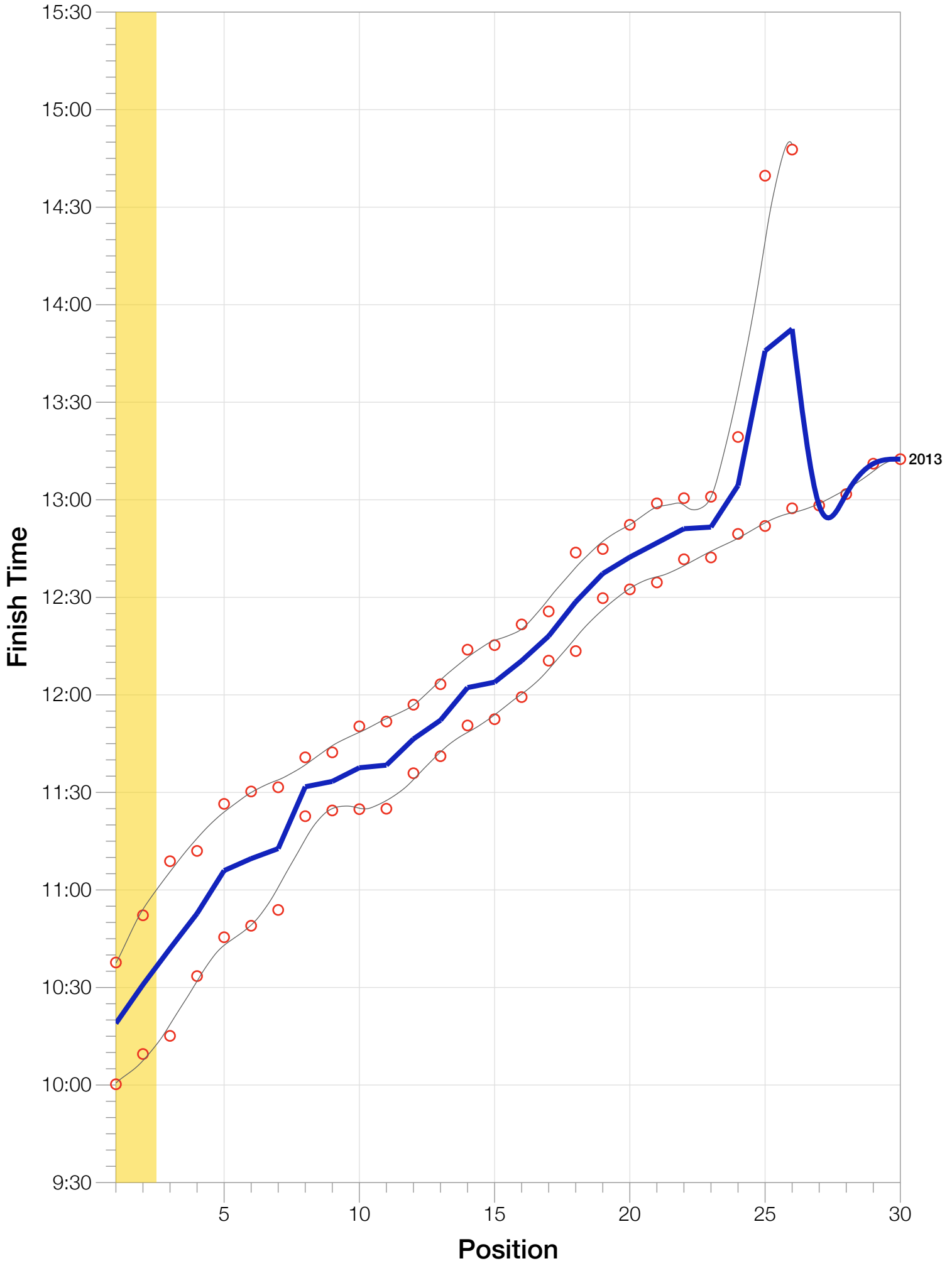
# F30-34 Slowest Splits



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	0:48:51	4:27:48	2:54:59	8:16:23
Average Female Winner	0:55:22	5:07:51	3:11:45	9:20:25
Average 1st Age Grouper	1:09:34	5:22:15	3:40:39	10:18:57
Average 2nd Age Grouper	1:01:23	5:20:24	4:02:14	10:30:52
Average 3rd Age Grouper	1:04:35	5:36:01	3:54:56	10:41:58
Average 4th Age Grouper	1:10:30	5:34:39	4:00:26	10:52:45
Average 5th Age Grouper	1:05:39	5:38:39	4:14:18	11:05:57
Average 6th Age Grouper	1:14:24	5:50:20	3:57:23	11:09:38
Average 7th Age Grouper	1:08:54	5:40:14	4:15:10	11:12:43
Average 8th Age Grouper	1:15:40	6:07:26	3:59:29	11:31:44
Average 9th Age Grouper	1:19:02	6:01:49	4:02:21	11:33:23
Average 10th Age Grouper	1:18:46	6:05:00	3:58:34	11:37:35
<b>Kona Qualifier Average</b>	<b>1:05:28</b>	<b>5:21:19</b>	<b>3:51:26</b>	<b>10:24:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:50</b>	<b>5:43:40</b>	<b>4:00:33</b>	<b>11:03:33</b>

## Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:07:16	5:11:53	3:34:13	10:00:14
2nd Age Grouper	0:53:12	5:27:17	3:42:13	10:09:32
3rd Age Grouper	0:59:42	5:26:40	3:43:07	10:15:07
4th Age Grouper	1:04:48	5:19:33	4:02:47	10:33:30
5th Age Grouper	1:09:51	5:28:12	4:00:33	10:45:27
6th Age Grouper	1:04:59	5:45:30	3:51:28	10:48:59
7th Age Grouper	0:59:45	5:31:13	4:15:09	10:53:51
8th Age Grouper	1:13:07	6:02:26	3:58:35	11:22:41
9th Age Grouper	1:16:32	5:58:24	4:01:13	11:24:27
10th Age Grouper	1:21:48	6:09:09	3:34:34	11:24:51
<b>Kona Qualifier Average</b>	<b>1:00:14</b>	<b>5:19:35</b>	<b>3:38:13</b>	<b>10:04:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:06</b>	<b>5:38:01</b>	<b>3:52:23</b>	<b>10:45:51</b>

## Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:11:52	5:32:37	3:47:05	10:37:41
2nd Age Grouper	1:09:34	5:13:32	4:22:16	10:52:12
3rd Age Grouper	1:09:28	5:45:22	4:06:46	11:08:50
4th Age Grouper	1:16:12	5:49:45	3:58:06	11:12:00
5th Age Grouper	1:01:27	5:49:06	4:28:04	11:26:28
6th Age Grouper	1:23:50	5:55:11	4:03:18	11:30:17
7th Age Grouper	1:18:03	5:49:16	4:15:11	11:31:35
8th Age Grouper	1:18:14	6:12:27	4:00:23	11:40:47
9th Age Grouper	1:21:33	6:05:14	4:03:30	11:42:19
10th Age Grouper	1:15:45	6:00:52	4:22:35	11:50:19
<b>Kona Qualifier Average</b>	<b>1:10:43</b>	<b>5:23:04</b>	<b>4:04:40</b>	<b>10:44:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:35</b>	<b>5:49:20</b>	<b>4:08:43</b>	<b>11:21:14</b>