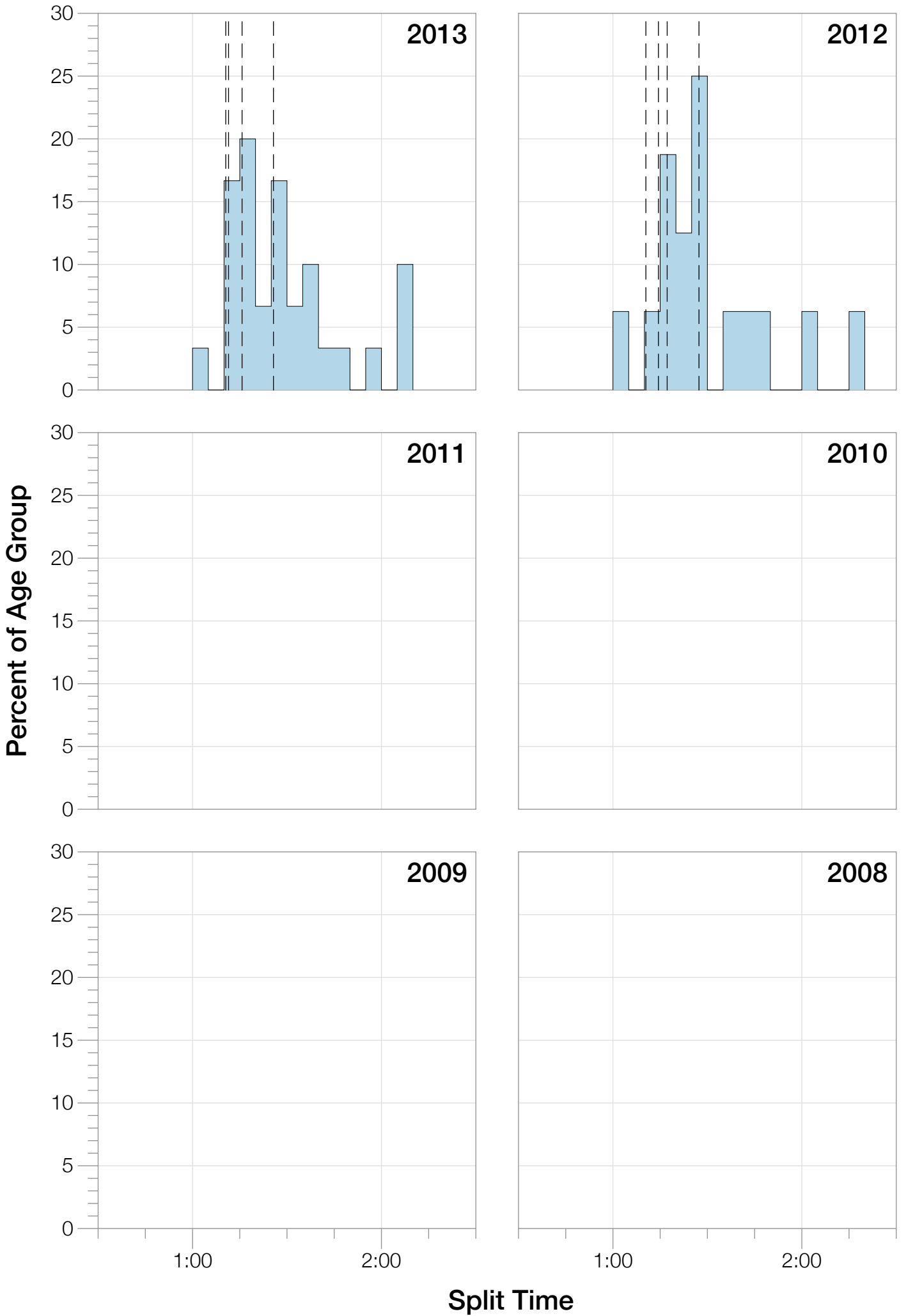


Ironman Cairns F45-49 Stats

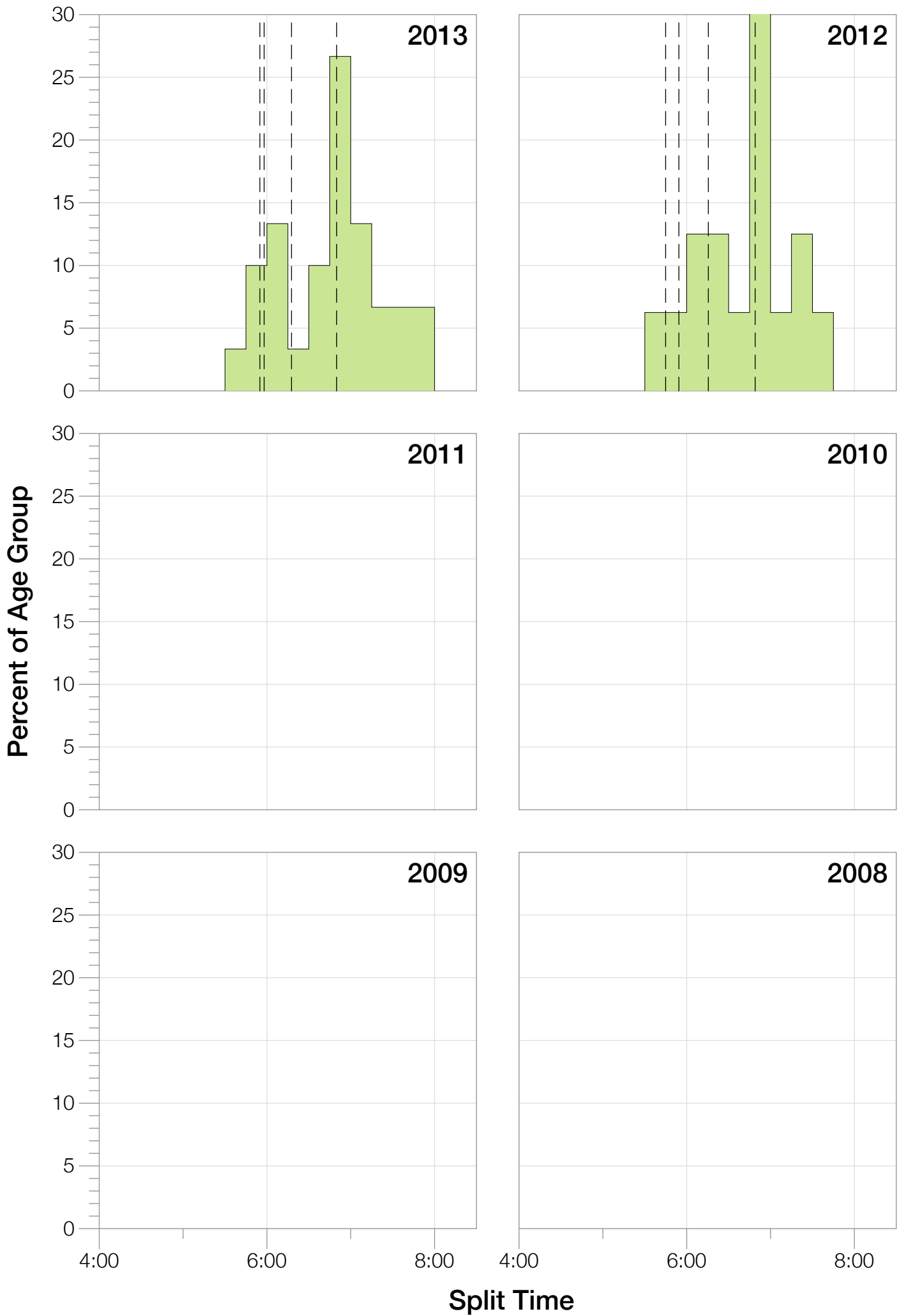
F45-49 Summary Statistics

| Year | Finishers | F45-49 Finishers | Male Winner's Time | Female Winner's Time | F45-49 Winner's Time |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2012 | 753 | 16 | 8:15:04 | 9:21:00 | 11:38:50 |
| 2013 | 1141 | 30 | 8:17:43 | 9:19:51 | 11:01:34 |
| Average | 947 | 23 | 8:16:23 | 9:20:25 | 11:20:12 |

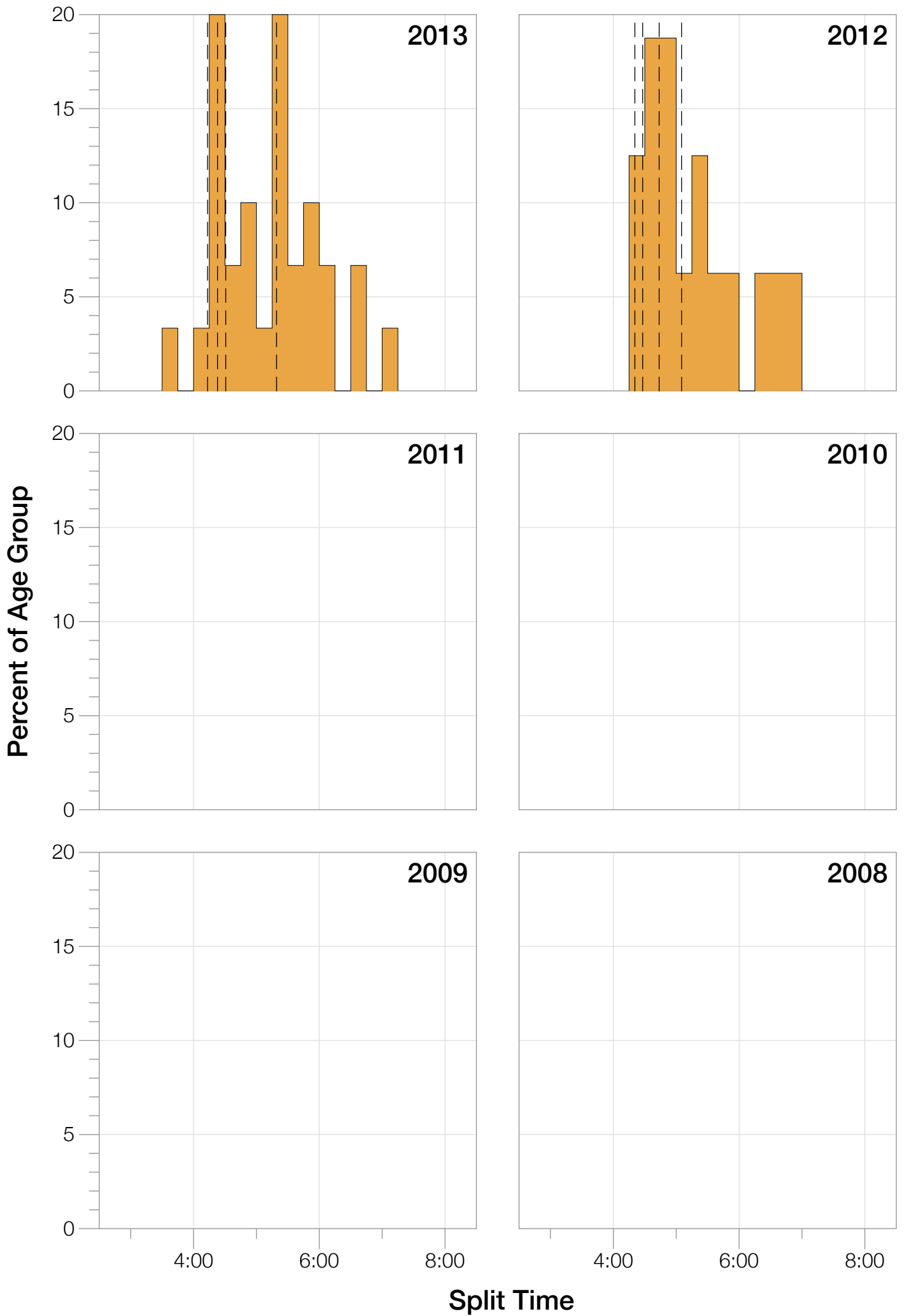
F45-49 Swim



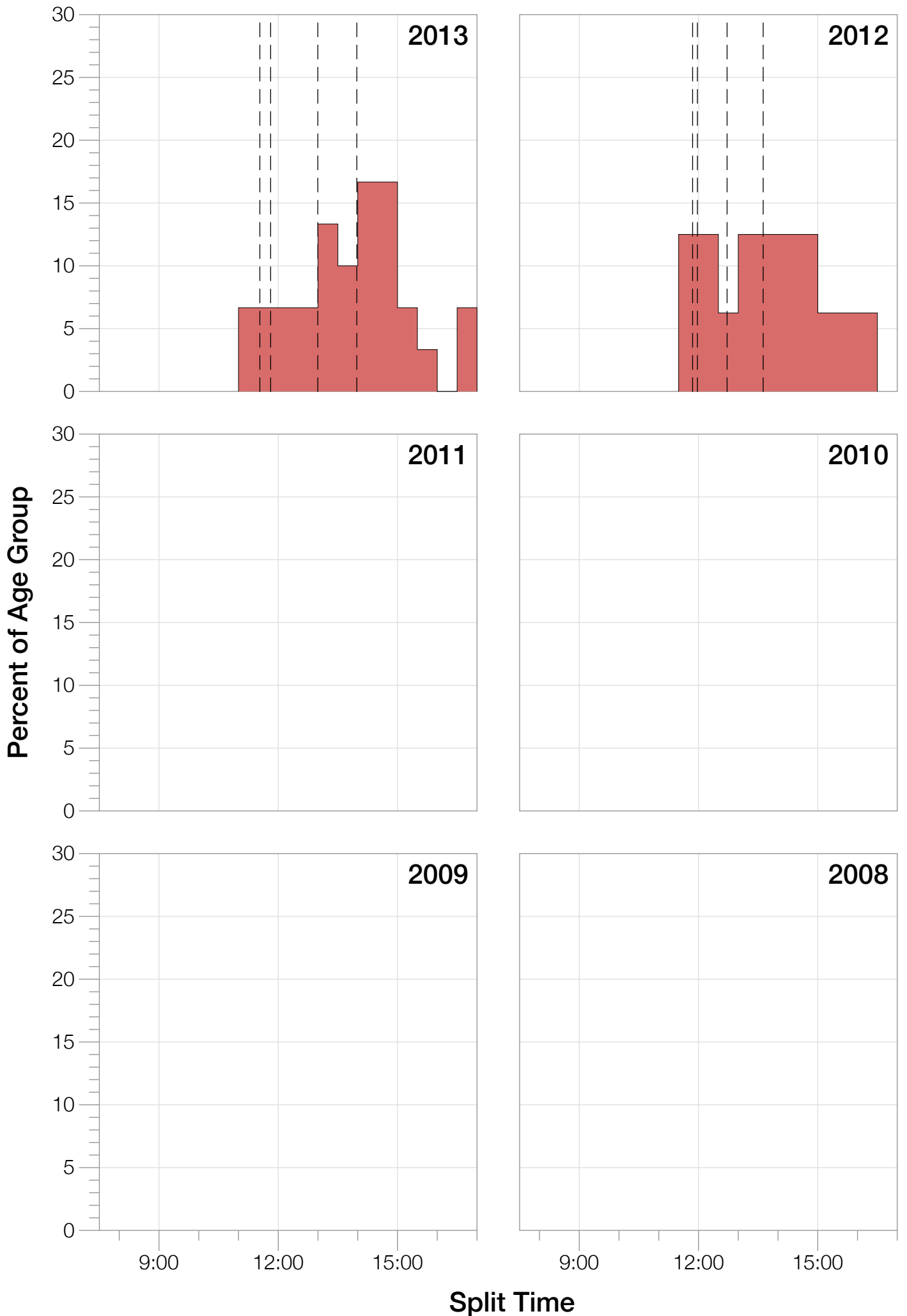
F45-49 Bike



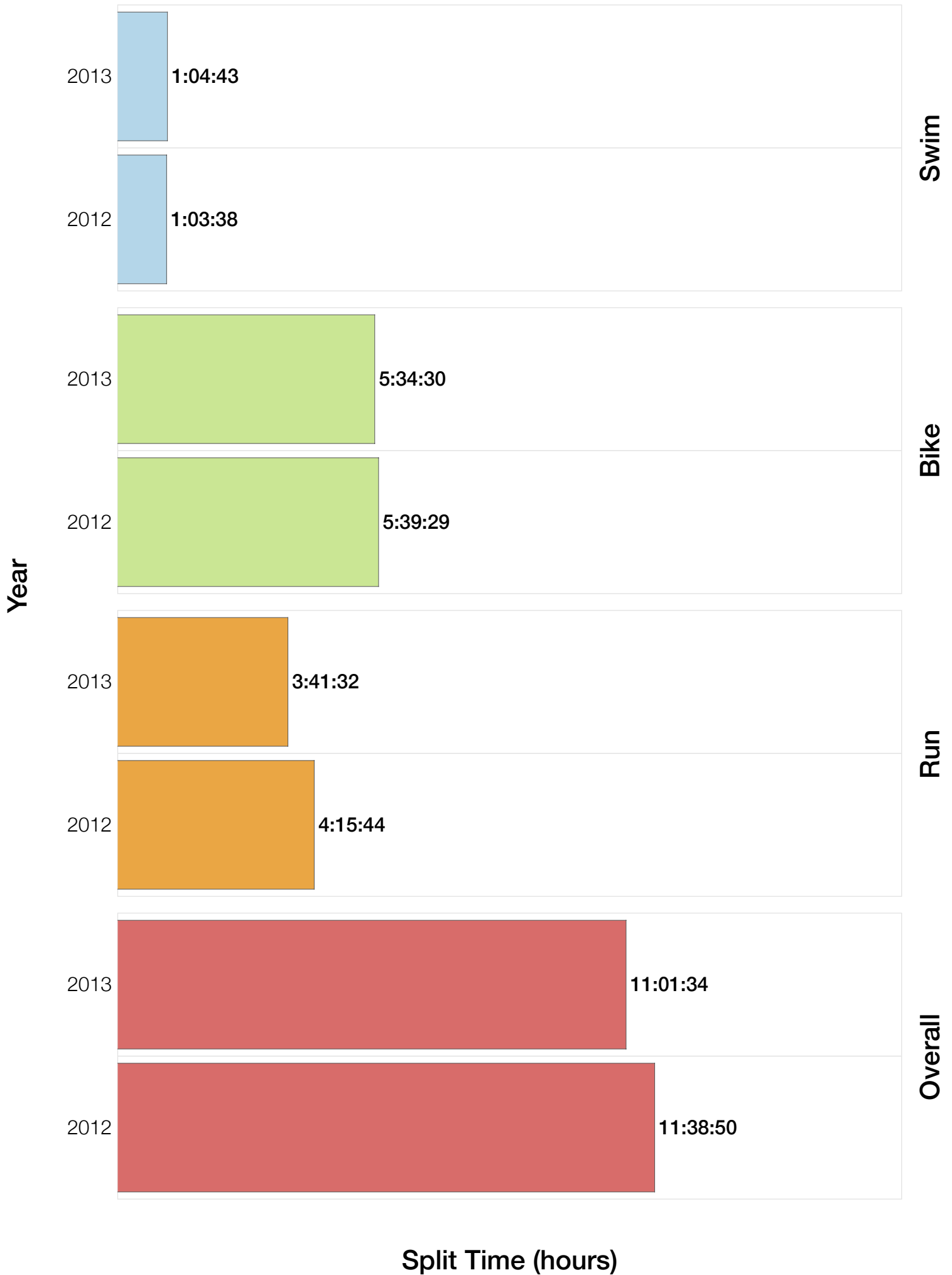
F45-49 Run



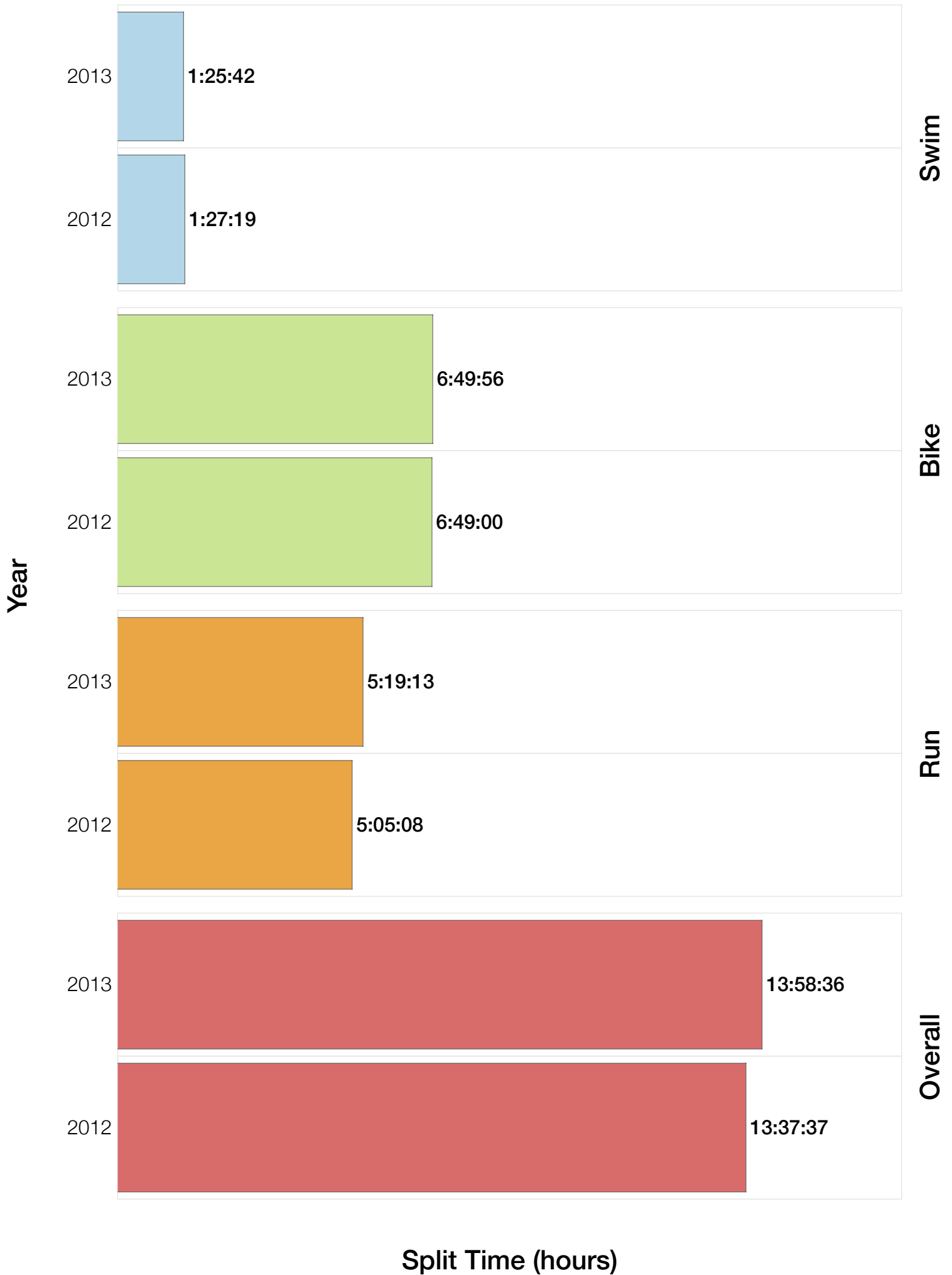
F45-49 Overall



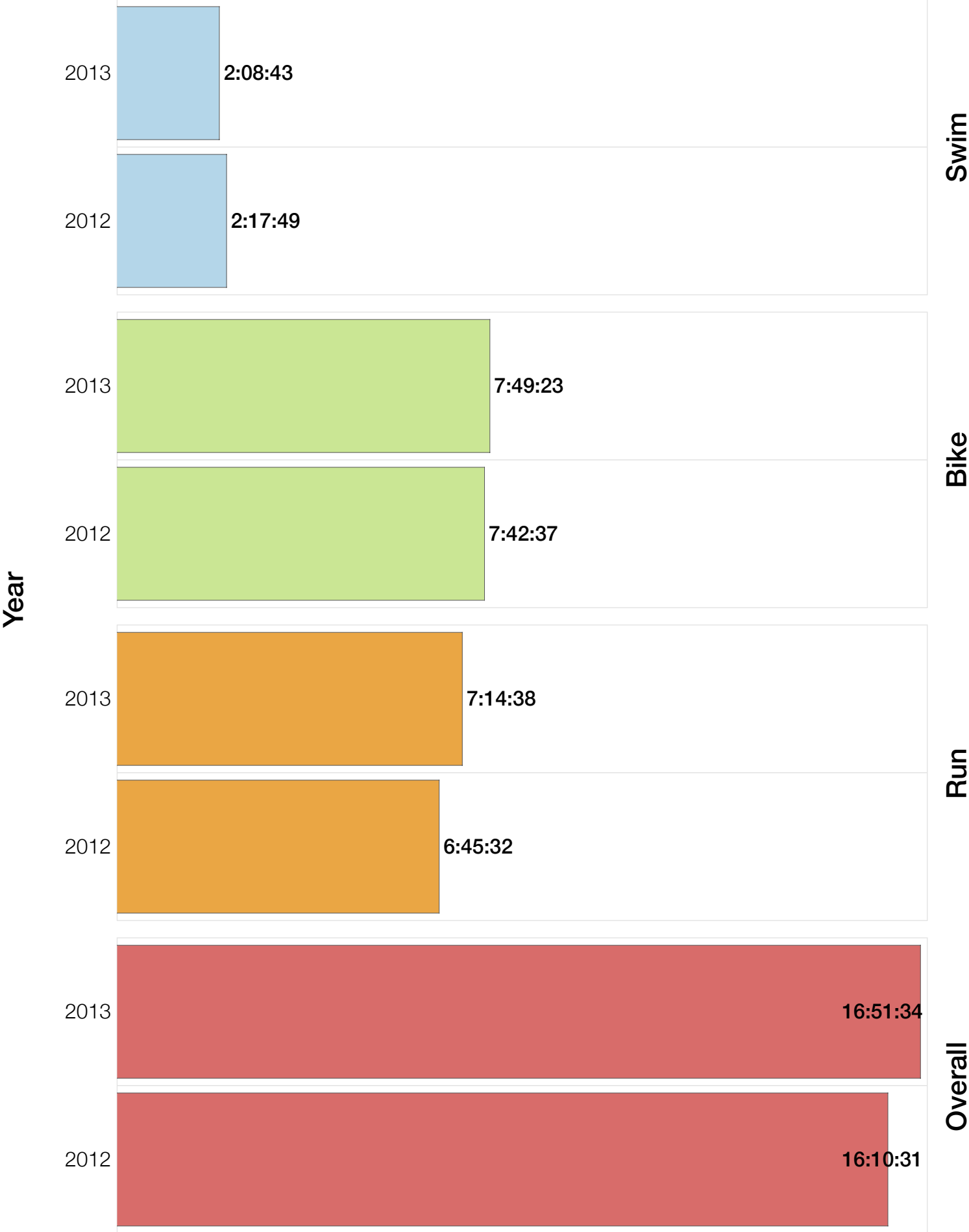
F45-49 Fastest Splits



F45-49 Median Splits



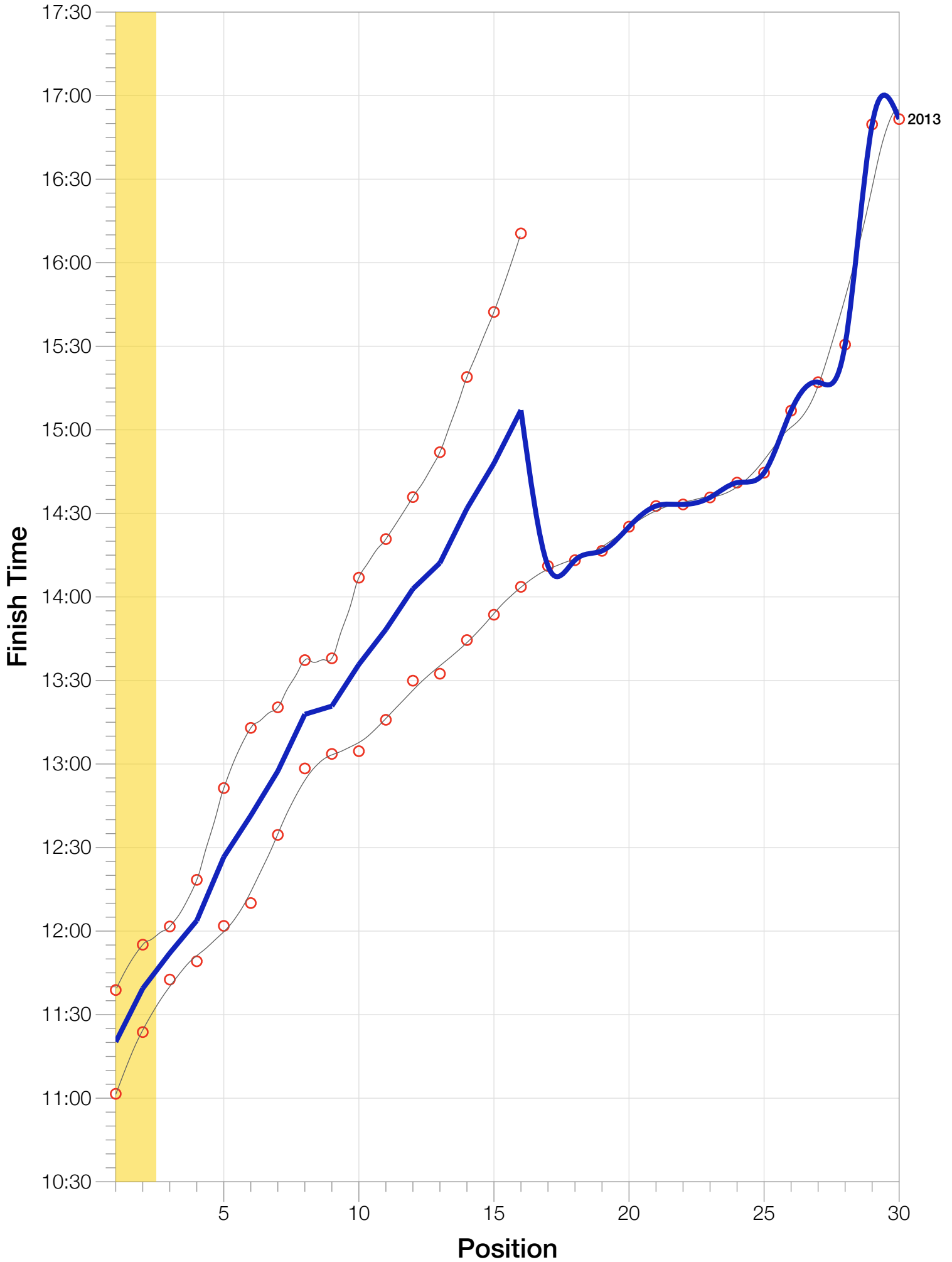
F45-49 Slowest Splits



Split Time (hours)

F45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F45-49 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 | 1:16:02 | 5:46:09 | 4:07:41 | 11:20:12 |
| Average 2nd Age Grouper | 1:18:09 | 5:48:19 | 4:20:34 | 11:39:25 |
| Average 3rd Age Grouper | 1:07:35 | 5:52:22 | 4:41:10 | 11:52:07 |
| Average 4th Age Grouper | 1:17:34 | 6:15:54 | 4:16:24 | 12:03:46 |
| Average 5th Age Grouper | 1:16:32 | 6:20:06 | 4:34:59 | 12:26:36 |
| Average 6th Age Grouper | 1:29:18 | 6:09:10 | 4:49:45 | 12:41:31 |
| Average 7th Age Grouper | 1:14:26 | 6:44:34 | 4:40:52 | 12:57:27 |
| Average 8th Age Grouper | 1:23:05 | 6:37:28 | 5:02:44 | 13:17:51 |
| Average 9th Age Grouper | 1:18:55 | 6:54:16 | 4:54:41 | 13:20:47 |
| Average 10th Age Grouper | 1:30:15 | 6:48:31 | 5:01:24 | 13:35:45 |
| Kona Qualifier Average | 1:17:06 | 5:47:14 | 4:14:08 | 11:29:48 |
| Top 10 Age Grouper Average | 1:19:11 | 6:19:41 | 4:39:01 | 12:31:32 |

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 | 1:15:55 | 5:52:50 | 3:41:32 | 11:01:34 |
| 2nd Age Grouper | 1:12:10 | 5:34:30 | 4:25:25 | 11:23:44 |
| 3rd Age Grouper | 1:11:32 | 5:58:03 | 4:24:07 | 11:42:36 |
| 4th Age Grouper | 1:13:35 | 6:12:42 | 4:10:41 | 11:49:09 |
| 5th Age Grouper | 1:16:14 | 6:01:59 | 4:28:30 | 12:01:52 |
| 6th Age Grouper | 1:28:59 | 6:13:45 | 4:16:41 | 12:10:04 |
| 7th Age Grouper | 1:16:08 | 6:35:55 | 4:24:47 | 12:34:33 |
| 8th Age Grouper | 1:10:34 | 6:14:00 | 5:21:00 | 12:58:24 |
| 9th Age Grouper | 1:10:32 | 6:49:20 | 4:52:02 | 13:03:37 |
| 10th Age Grouper | 1:15:34 | 6:45:44 | 4:46:37 | 13:04:36 |
| Kona Qualifier Average | 1:14:02 | 5:43:40 | 4:03:28 | 11:12:39 |
| Top 10 Age Grouper Average | 1:15:07 | 6:13:52 | 4:29:08 | 12:11:00 |

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 | 1:16:10 | 5:39:29 | 4:33:51 | 11:38:50 |
| 2nd Age Grouper | 1:24:09 | 6:02:08 | 4:15:44 | 11:55:07 |
| 3rd Age Grouper | 1:03:38 | 5:46:42 | 4:58:13 | 12:01:39 |
| 4th Age Grouper | 1:21:34 | 6:19:06 | 4:22:08 | 12:18:24 |
| 5th Age Grouper | 1:16:51 | 6:38:14 | 4:41:28 | 12:51:21 |
| 6th Age Grouper | 1:29:37 | 6:04:36 | 5:22:50 | 13:12:58 |
| 7th Age Grouper | 1:12:44 | 6:53:13 | 4:56:57 | 13:20:21 |
| 8th Age Grouper | 1:35:37 | 7:00:57 | 4:44:29 | 13:37:18 |
| 9th Age Grouper | 1:27:18 | 6:59:12 | 4:57:20 | 13:37:57 |
| 10th Age Grouper | 1:44:57 | 6:51:18 | 5:16:11 | 14:06:54 |
| Kona Qualifier Average | 1:20:09 | 5:50:48 | 4:24:47 | 11:46:58 |
| Top 10 Age Grouper Average | 1:23:15 | 6:25:29 | 4:48:55 | 12:52:04 |