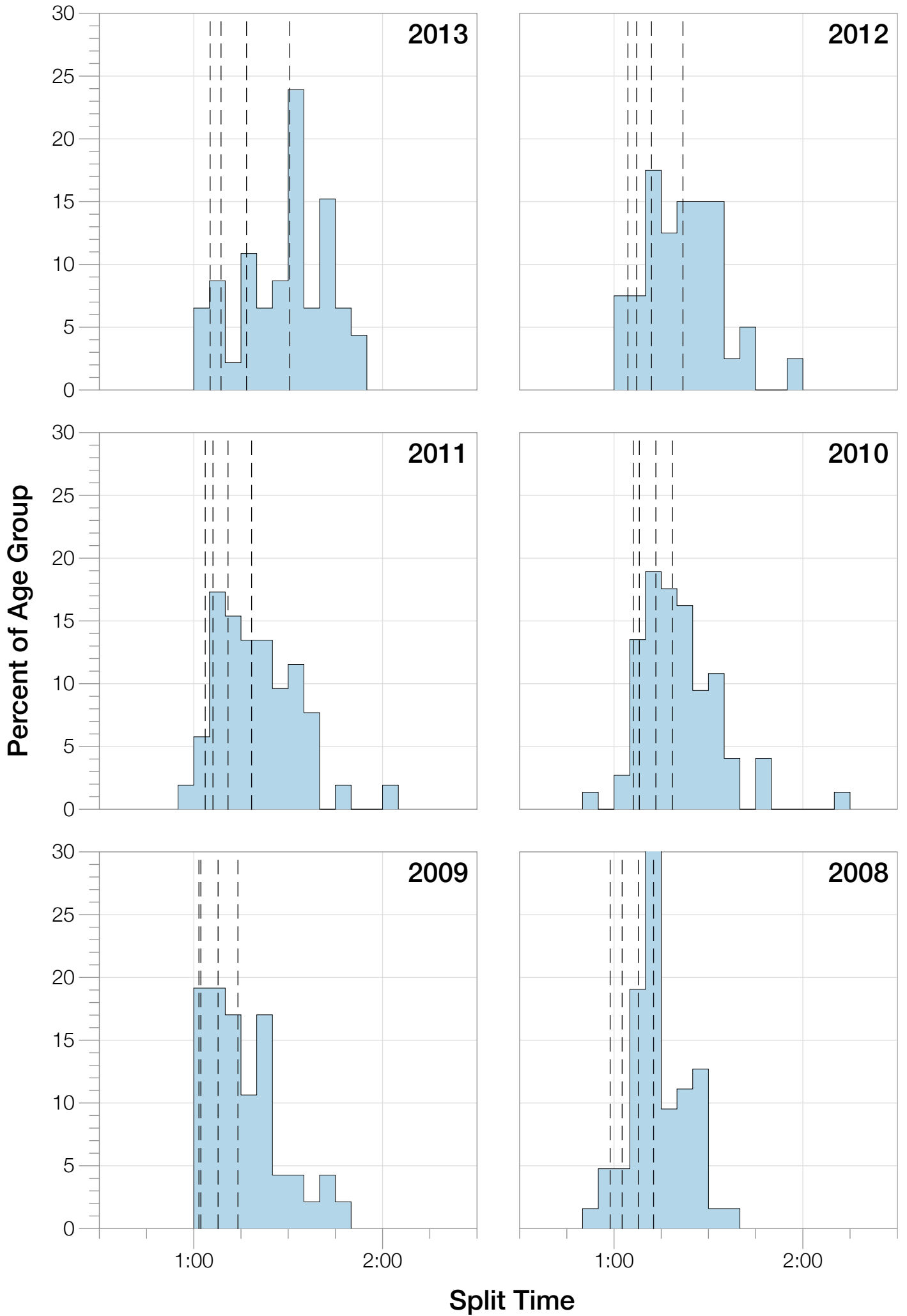


Ironman Switzerland F30-34 Stats

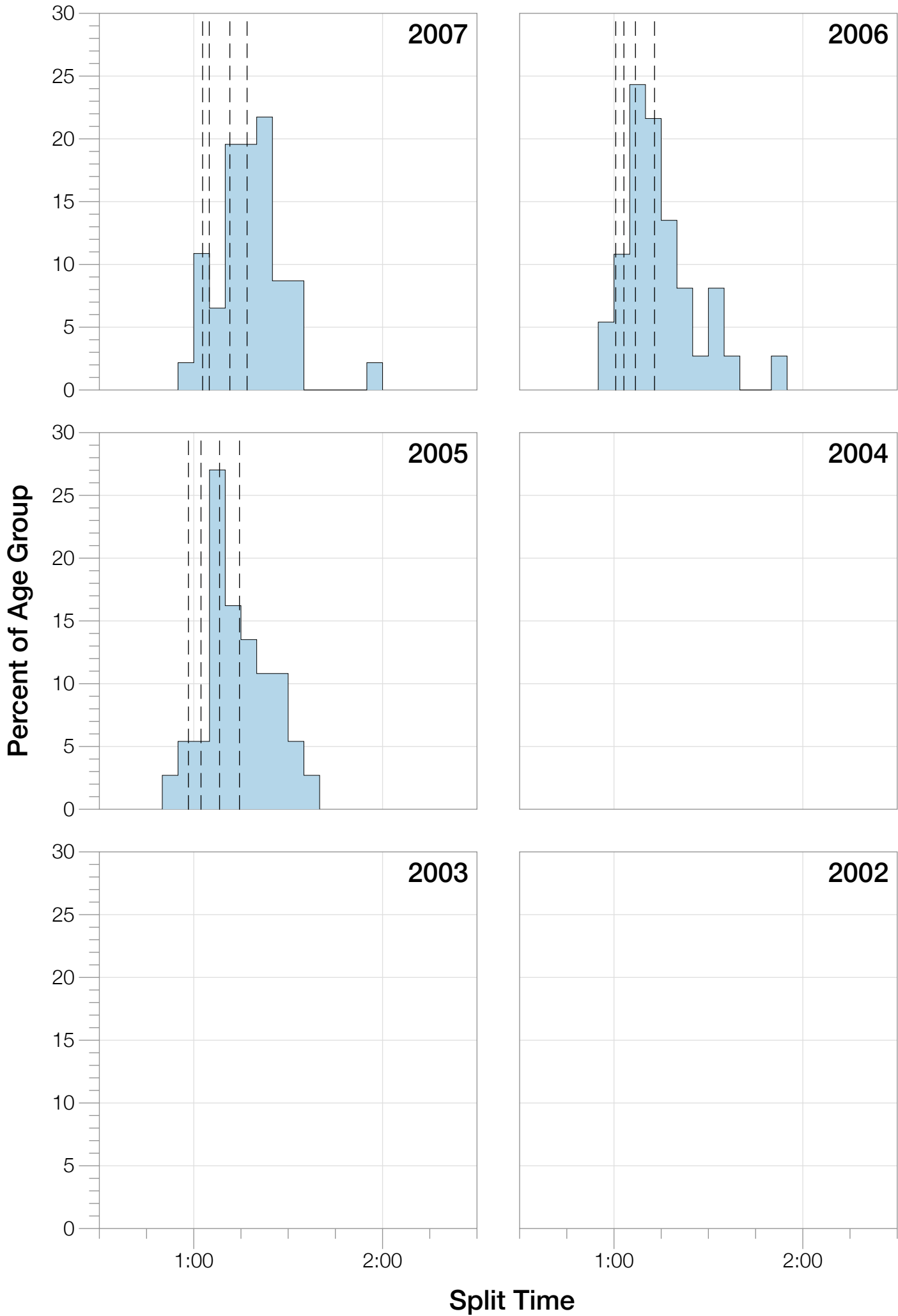
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2005	1291	37	8:21:50	9:10:54	9:44:38
2006	1500	37	8:16:50	9:24:18	10:00:59
2007	1642	46	8:25:00	9:20:43	9:54:25
2008	1955	63	8:16:05	9:30:12	9:46:03
2009	1984	47	8:20:00	9:14:35	9:39:23
2010	2156	74	8:12:40	9:00:04	9:48:33
2011	1601	52	8:19:51	9:03:26	10:22:40
2012	1394	40	8:17:13	9:20:16	10:17:14
2013	1878	46	8:33:39	9:21:31	9:51:24
Average	1711	49	8:20:20	9:16:13	9:56:08

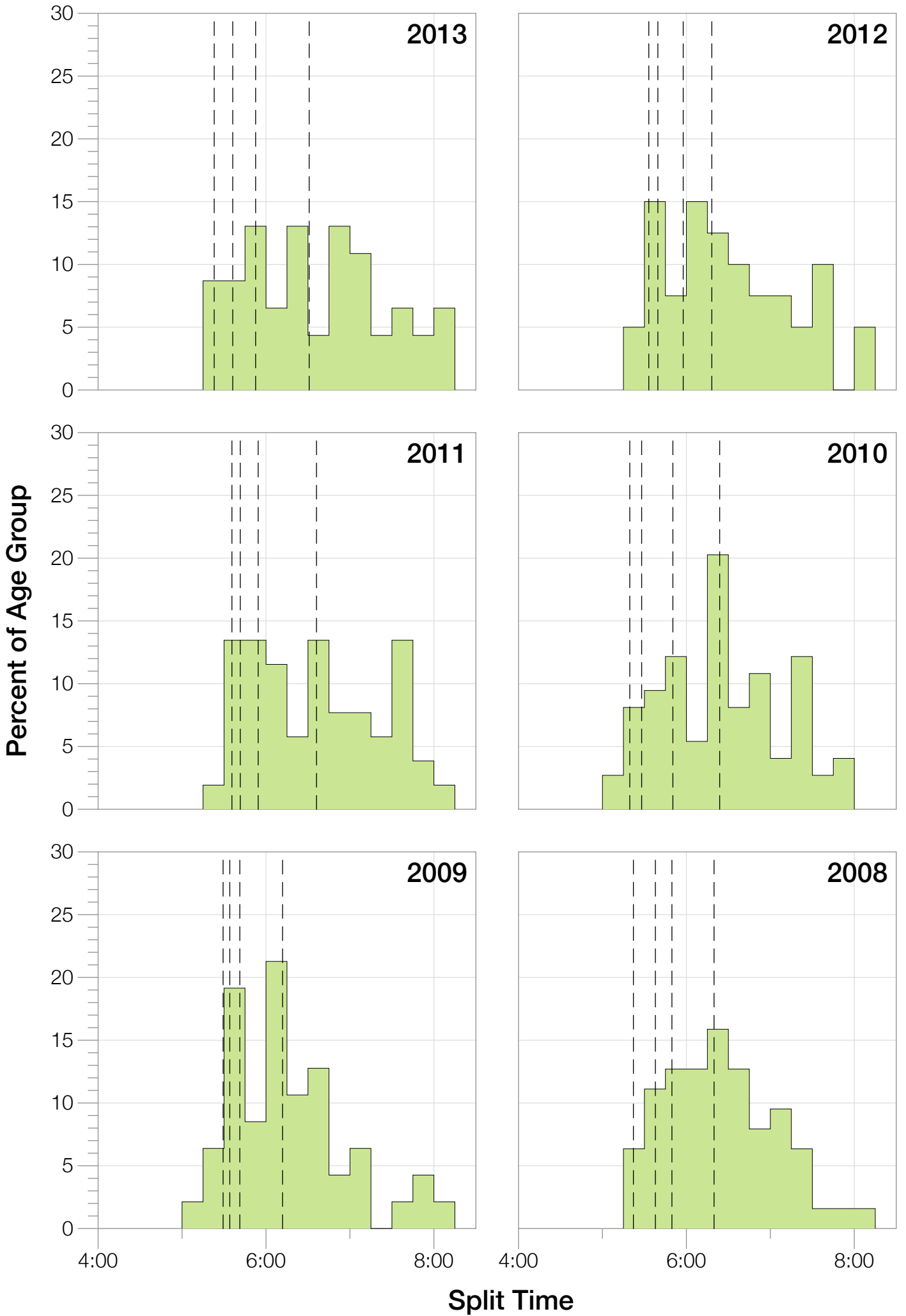
F30-34 Swim



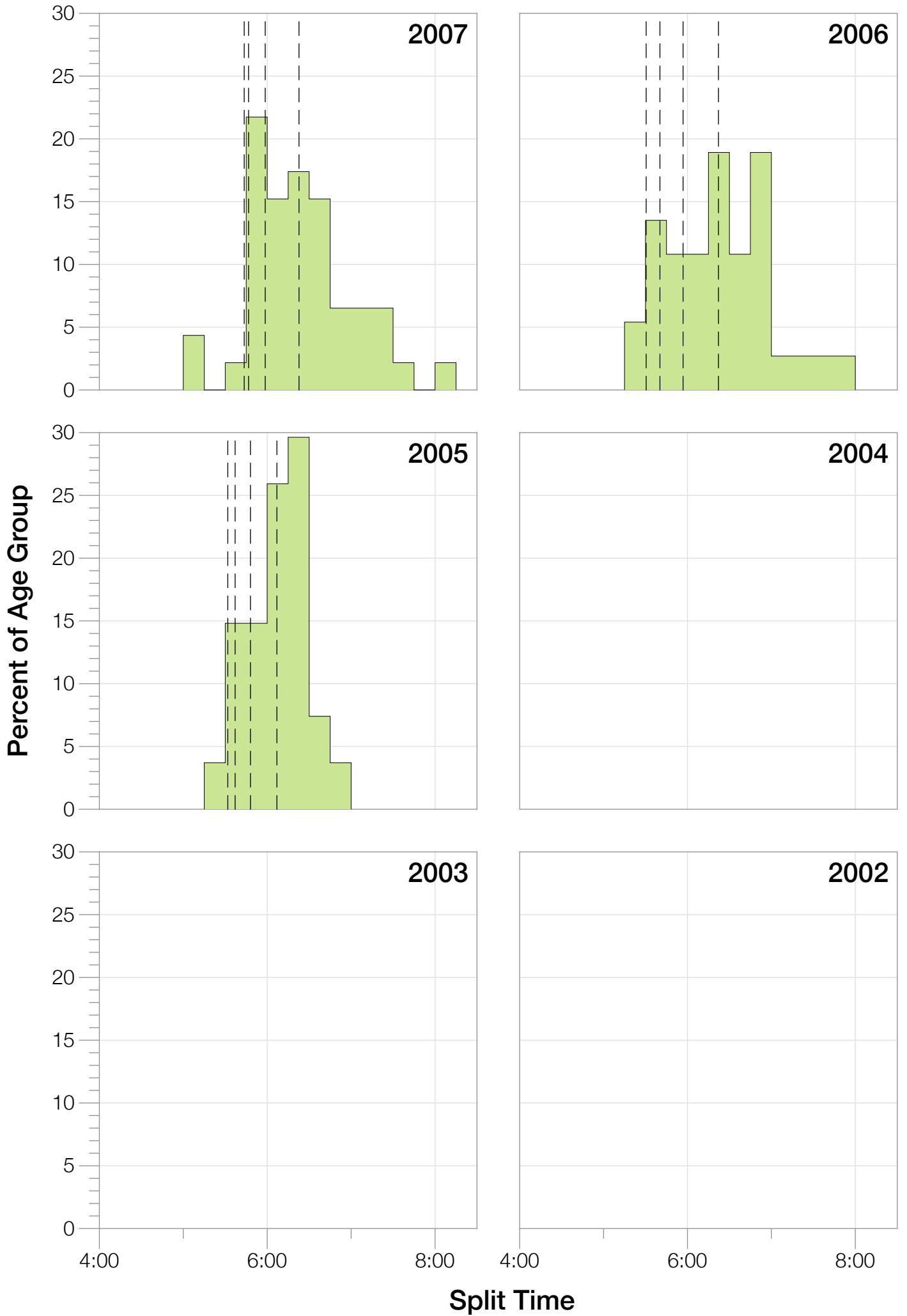
F30-34 Swim



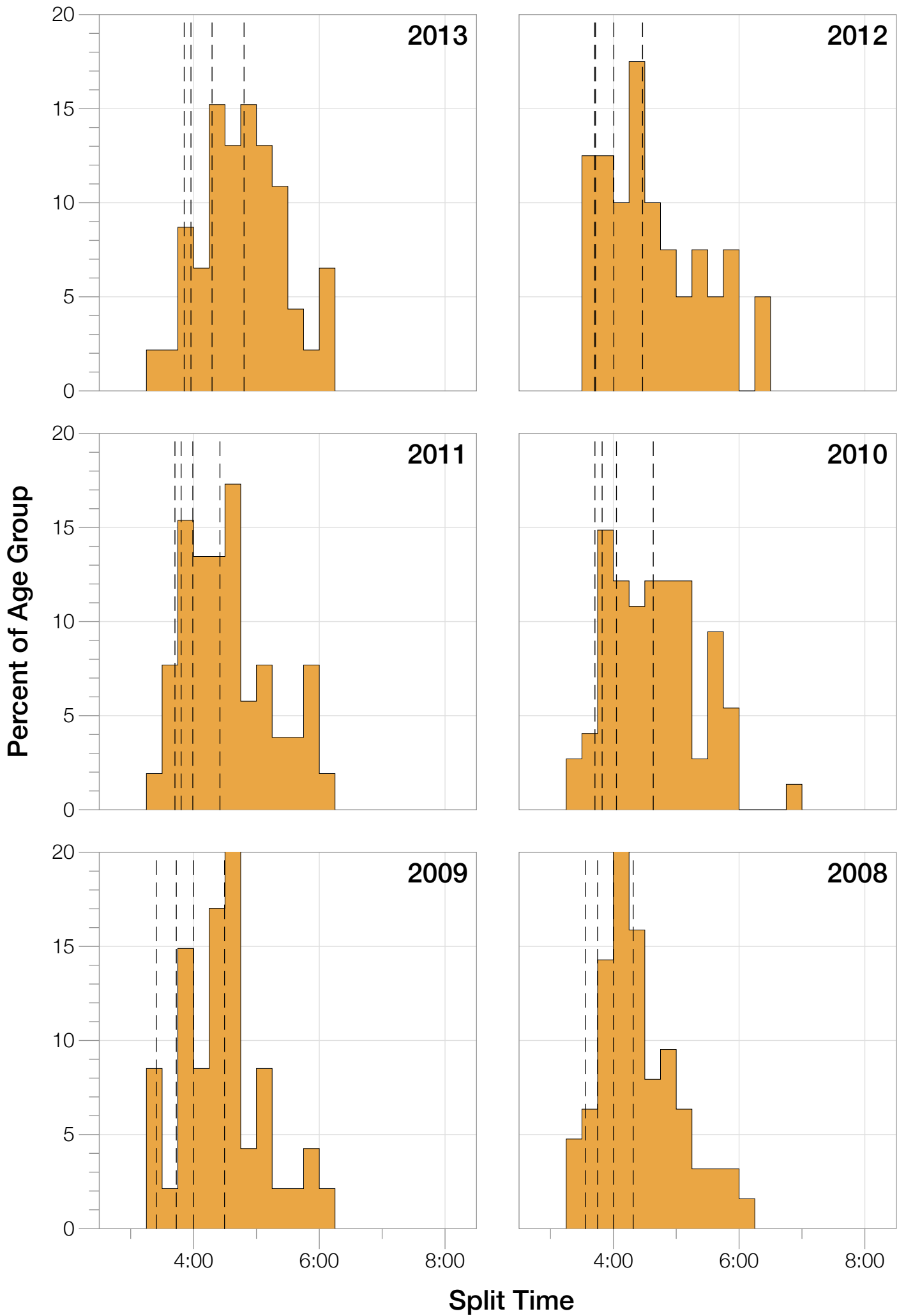
F30-34 Bike



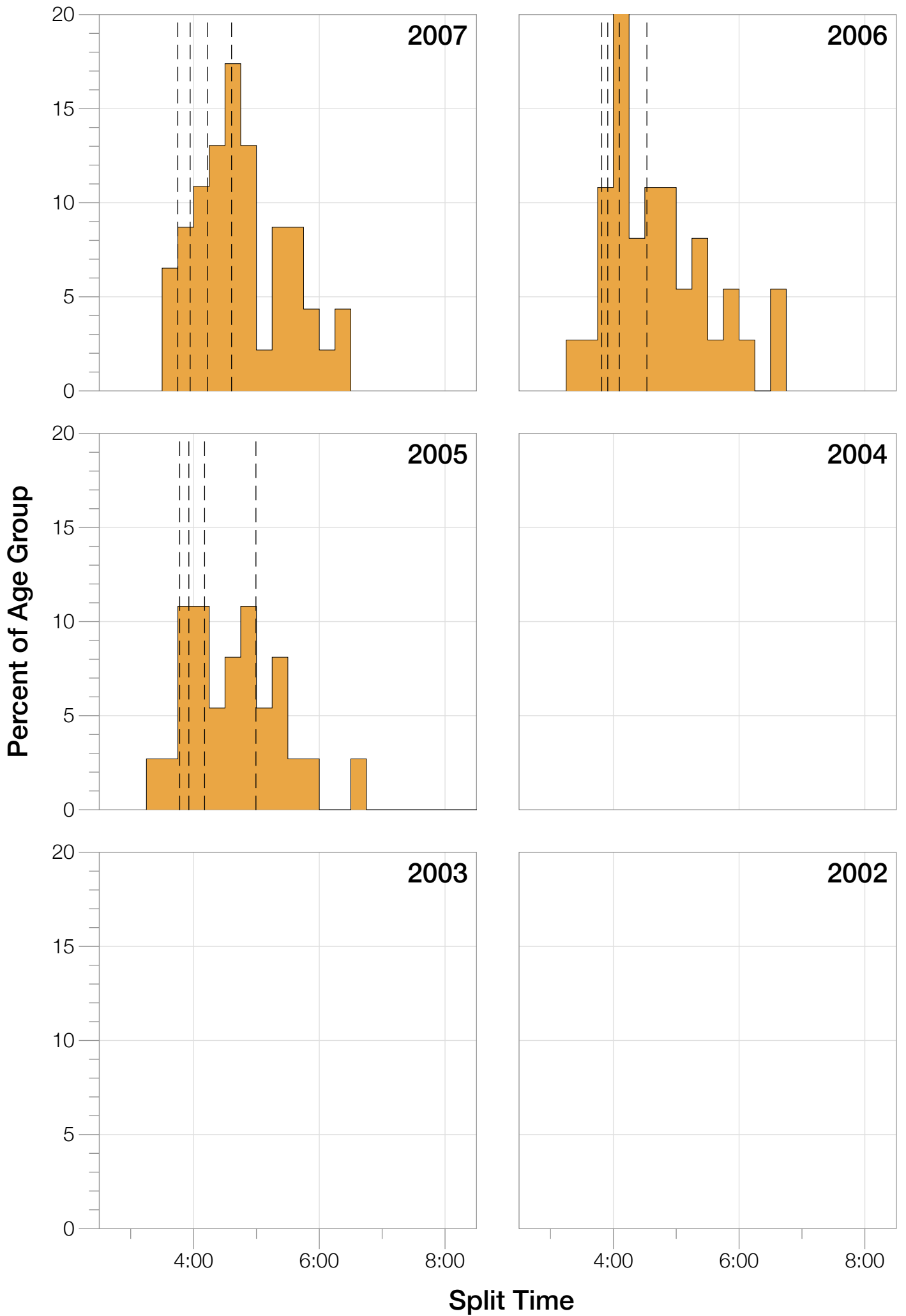
F30-34 Bike



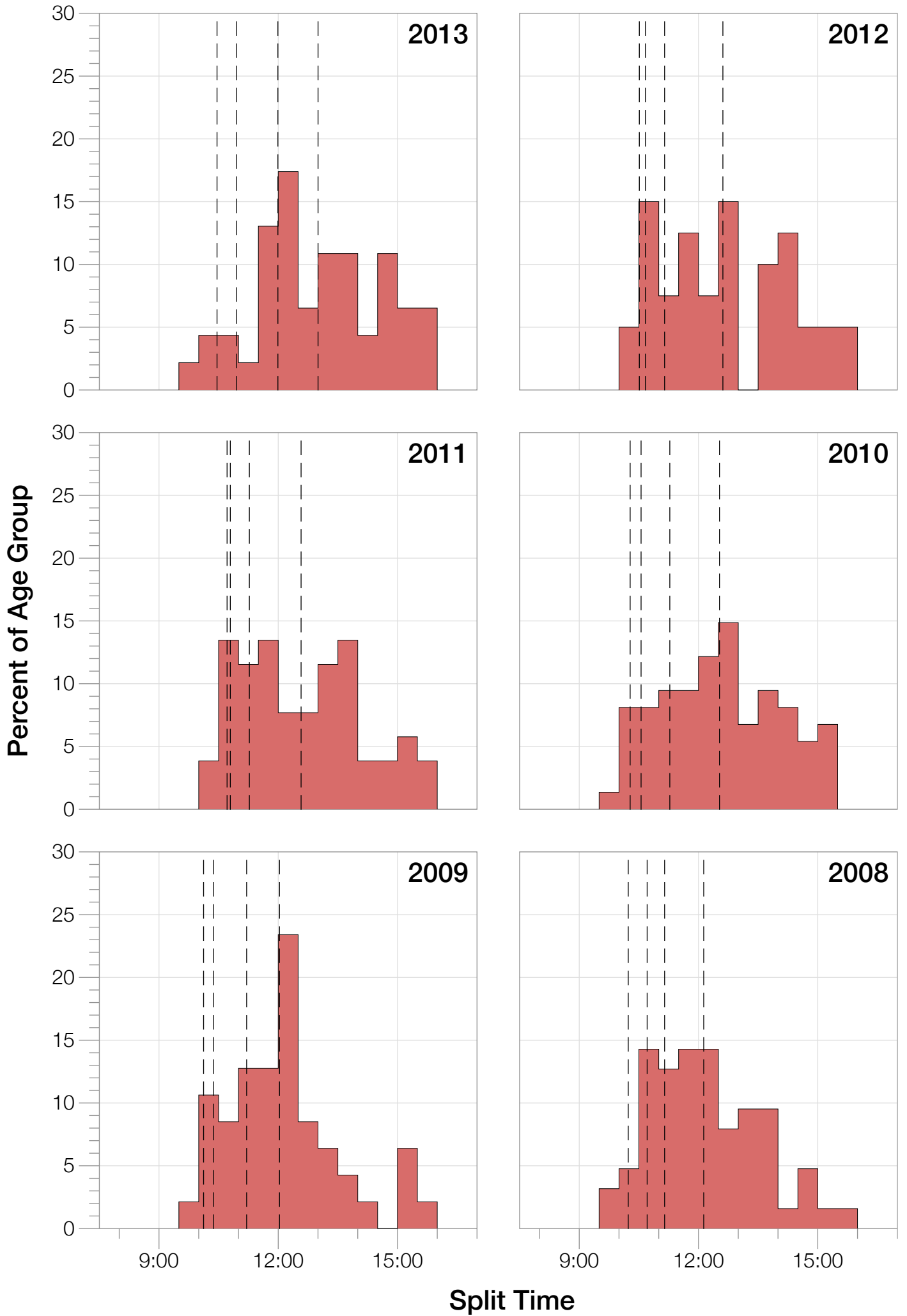
F30-34 Run



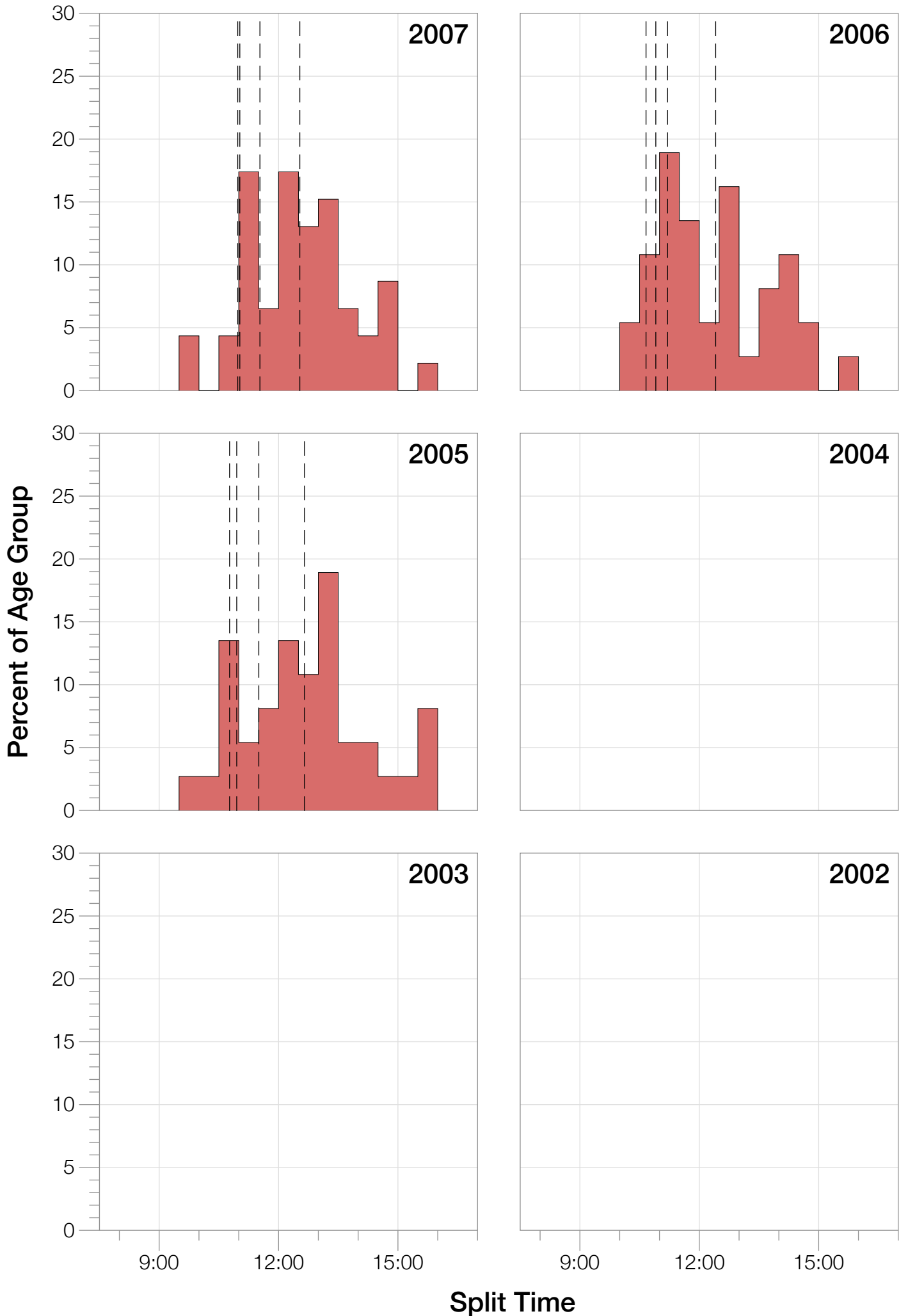
F30-34 Run



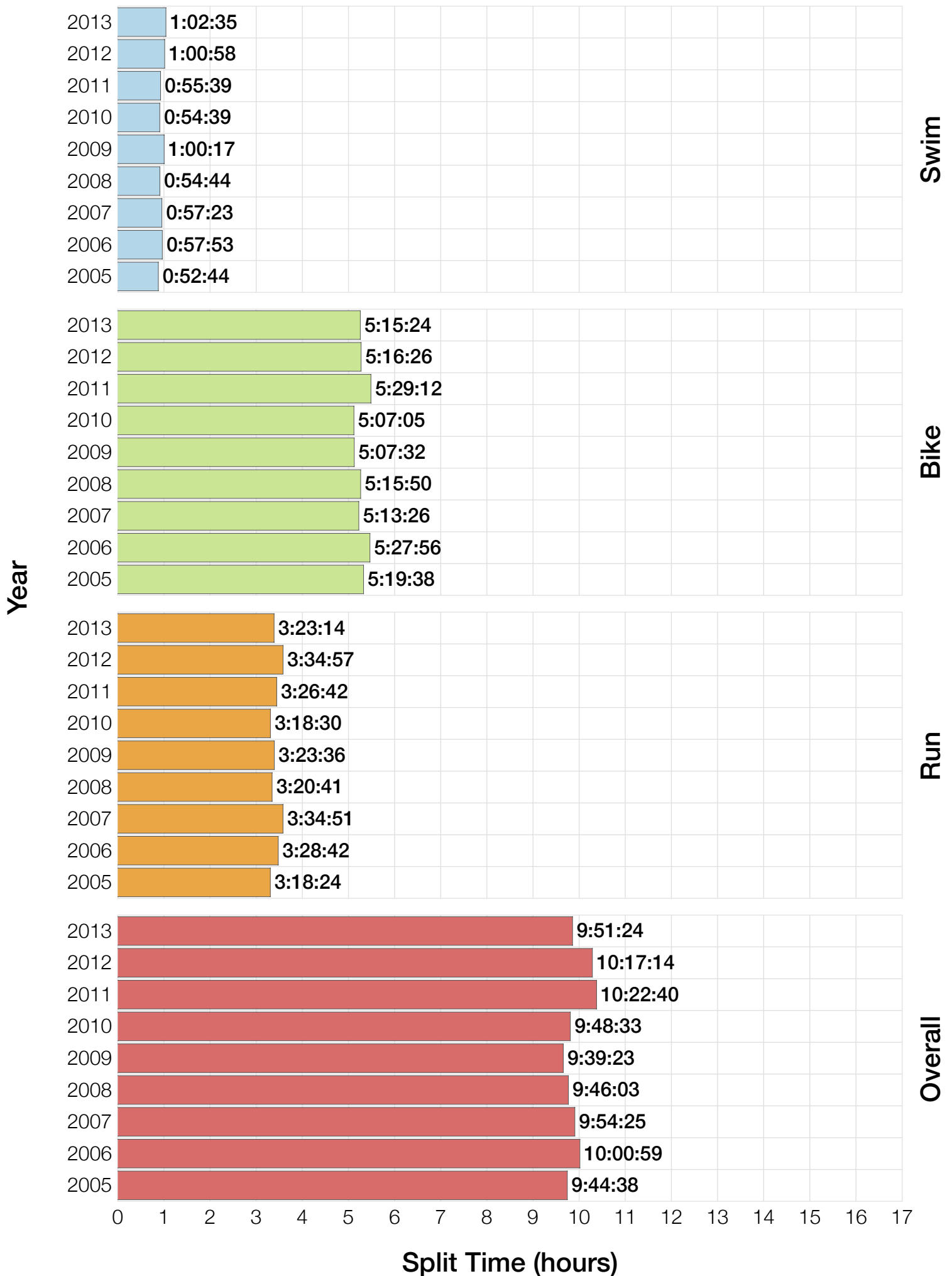
F30-34 Overall



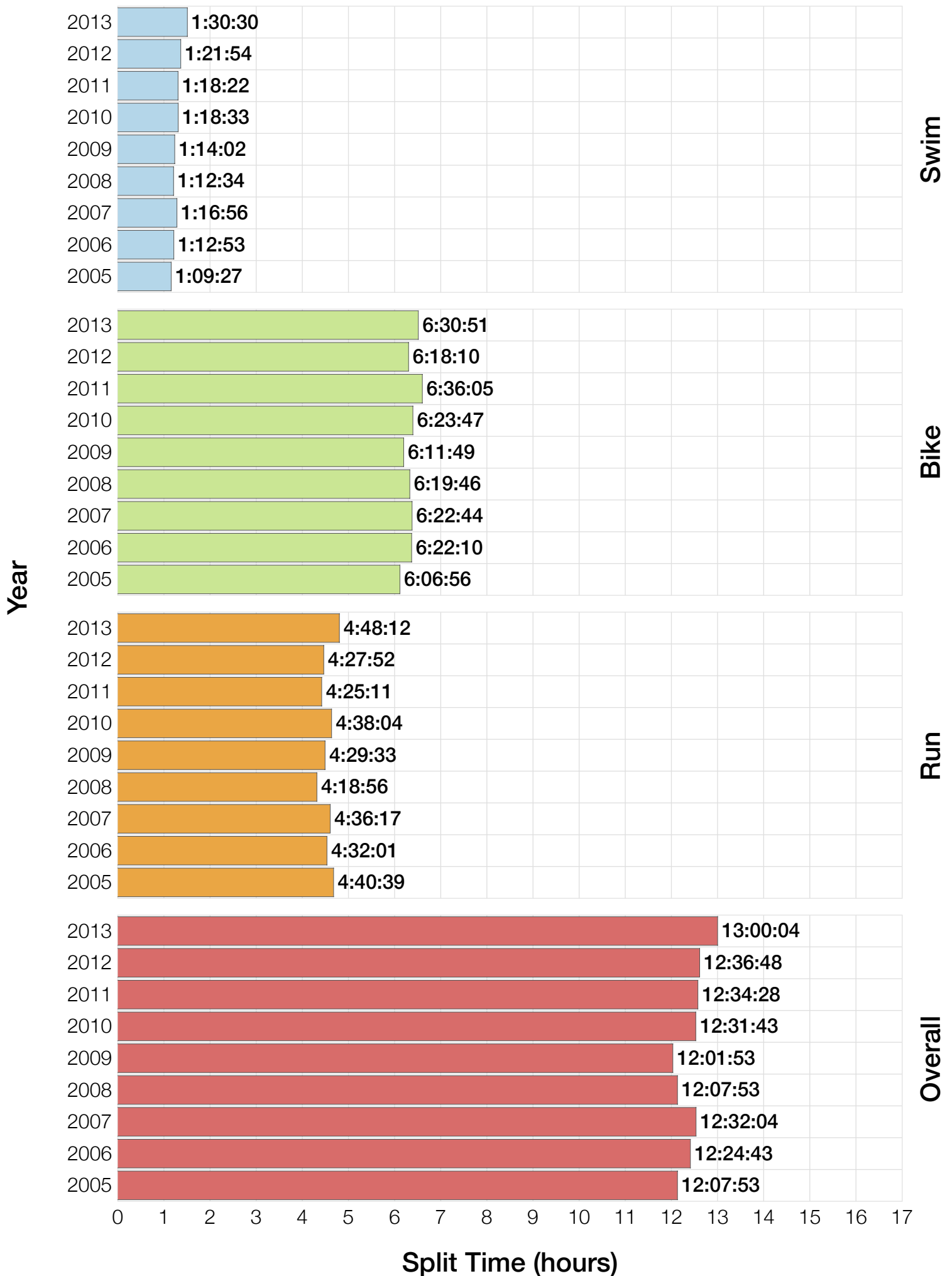
F30-34 Overall



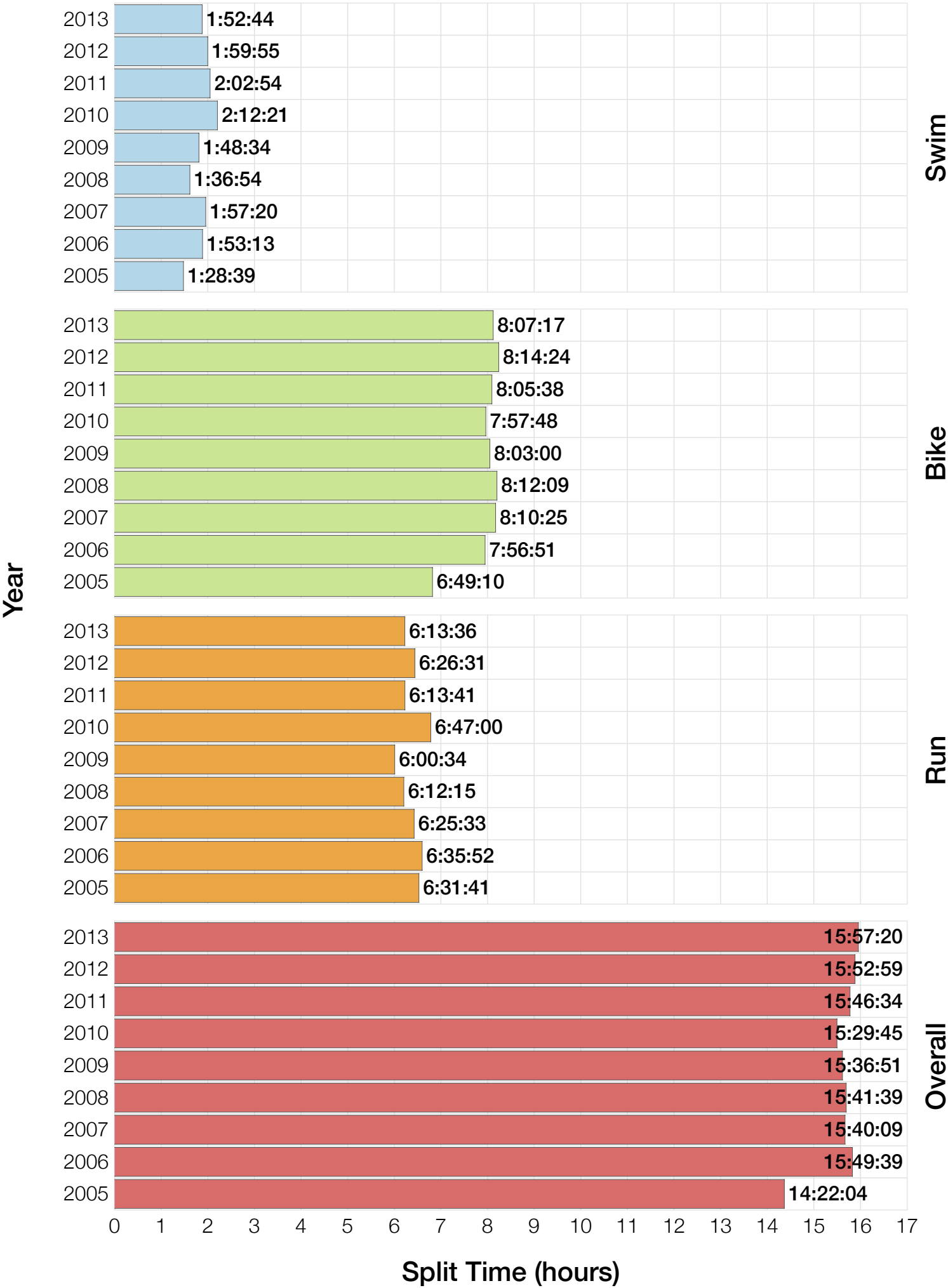
F30-34 Fastest Splits



F30-34 Median Splits

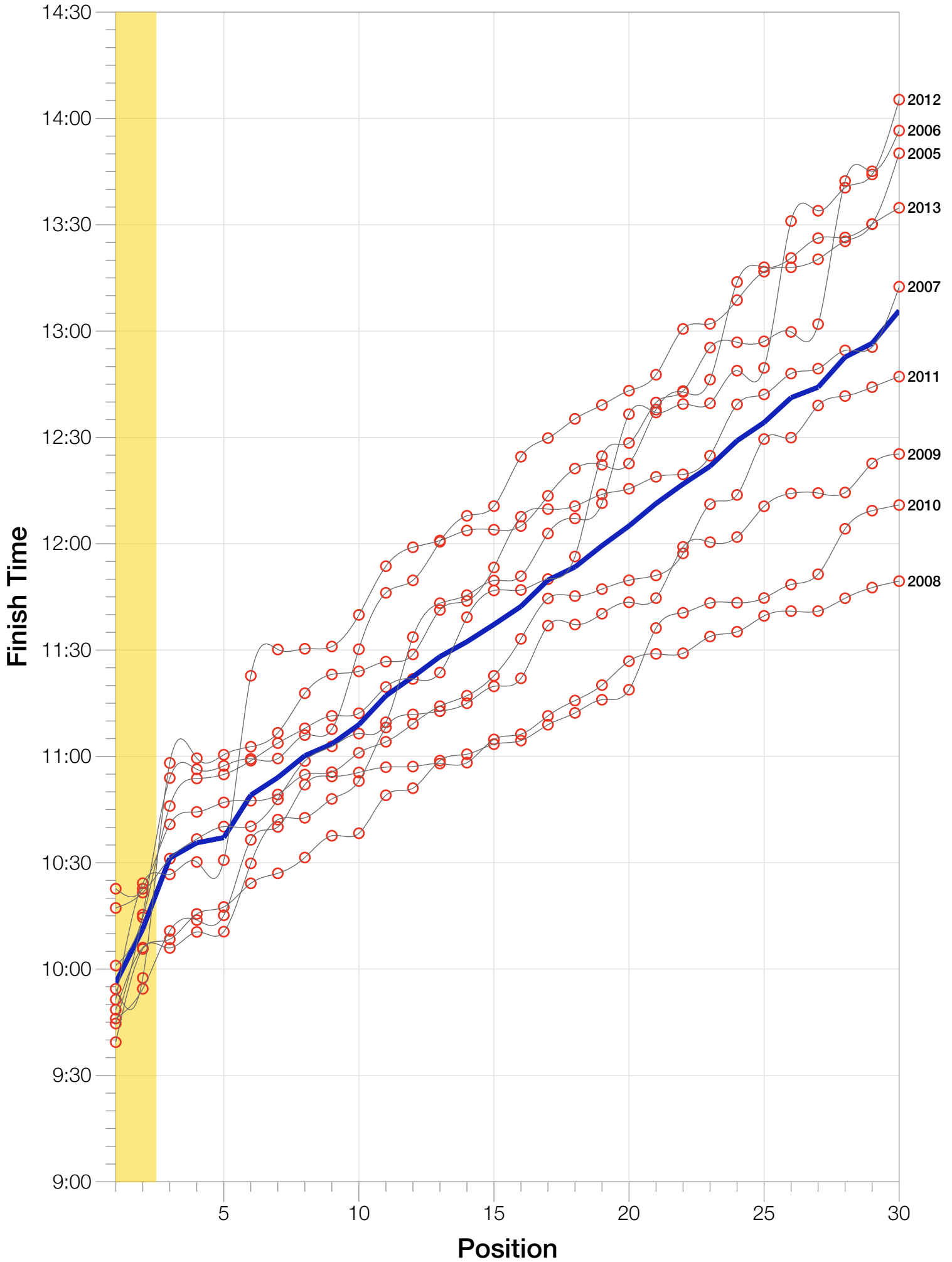


F30-34 Slowest Splits



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	0:53:15	4:31:40	2:53:18	8:20:20
Average Female Winner	0:58:45	4:59:13	3:15:23	9:16:13
Average 1st Age Grouper	1:03:14	5:19:03	3:30:10	9:56:08
Average 2nd Age Grouper	1:07:10	5:25:43	3:33:47	10:11:20
Average 3rd Age Grouper	1:08:16	5:31:32	3:47:28	10:31:19
Average 4th Age Grouper	1:07:18	5:35:00	3:48:57	10:35:37
Average 5th Age Grouper	1:06:12	5:38:14	3:48:10	10:37:06
Average 6th Age Grouper	1:08:37	5:44:16	3:51:01	10:49:05
Average 7th Age Grouper	1:08:22	5:43:07	3:57:19	10:54:02
Average 8th Age Grouper	1:11:57	5:43:10	3:59:38	11:00:12
Average 9th Age Grouper	1:15:12	5:46:35	3:55:25	11:03:30
Average 10th Age Grouper	1:12:33	5:50:48	4:00:38	11:08:57
Kona Qualifier Average	1:05:12	5:22:23	3:31:59	10:03:44
Top 10 Age Grouper Average	1:08:53	5:37:45	3:49:15	10:40:44

Switzerland 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:59	4:32:16	3:01:59	8:33:39
Female Winner	0:58:21	4:56:23	3:22:55	9:21:31
1st Age Grouper	1:09:08	5:15:24	3:23:14	9:51:24
2nd Age Grouper	1:02:35	5:23:23	3:53:31	10:24:13
3rd Age Grouper	1:08:34	5:22:50	3:50:16	10:26:43
4th Age Grouper	1:04:25	5:36:08	3:43:55	10:30:13
5th Age Grouper	1:07:33	5:20:31	3:56:19	10:30:45
6th Age Grouper	1:30:17	5:46:39	3:58:44	11:22:45
7th Age Grouper	1:10:41	5:36:19	4:33:12	11:30:10
8th Age Grouper	1:17:40	6:00:15	4:06:46	11:30:22
9th Age Grouper	1:23:36	5:41:34	4:18:18	11:31:00
10th Age Grouper	1:16:28	5:43:09	4:32:47	11:39:55
Kona Qualifier Average	1:05:51	5:19:23	3:38:22	10:07:48
Top 10 Age Grouper Average	1:13:05	5:34:37	4:01:42	10:55:45

Switzerland 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:38	4:27:42	2:51:29	8:17:13
Female Winner	1:02:12	5:03:47	3:11:37	9:20:16
1st Age Grouper	1:15:19	5:16:26	3:42:09	10:17:14
2nd Age Grouper	1:10:32	5:25:00	3:43:03	10:21:36
3rd Age Grouper	1:04:31	5:33:33	3:46:13	10:31:09
4th Age Grouper	1:00:58	5:42:15	3:48:58	10:36:41
5th Age Grouper	1:11:17	5:49:08	3:34:57	10:40:12
6th Age Grouper	1:07:13	5:44:46	3:38:52	10:40:16
7th Age Grouper	1:15:32	5:38:34	3:49:01	10:47:53
8th Age Grouper	1:12:11	5:44:42	3:56:58	10:58:42
9th Age Grouper	1:12:04	5:57:54	3:46:18	11:02:50
10th Age Grouper	1:10:10	5:39:43	4:12:13	11:06:26
Kona Qualifier Average	1:12:55	5:20:43	3:42:36	10:19:25
Top 10 Age Grouper Average	1:09:58	5:39:12	3:47:52	10:42:17

Switzerland 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:18	4:36:11	2:48:43	8:19:51
Female Winner	1:02:41	4:51:19	3:06:41	9:03:26
1st Age Grouper	1:06:25	5:29:12	3:43:25	10:22:40
2nd Age Grouper	1:09:49	5:41:25	3:26:42	10:22:40
3rd Age Grouper	1:11:59	5:32:53	3:53:19	10:40:51
4th Age Grouper	1:11:34	5:36:13	3:53:15	10:44:20
5th Age Grouper	0:55:39	5:57:06	3:50:48	10:47:01
6th Age Grouper	1:06:04	5:46:00	3:51:04	10:47:30
7th Age Grouper	1:09:08	5:53:11	3:44:04	10:49:15
8th Age Grouper	1:33:39	5:43:40	3:33:42	10:54:52
9th Age Grouper	1:08:49	5:53:34	3:48:44	10:55:33
10th Age Grouper	1:17:43	5:48:25	3:51:01	11:01:01
Kona Qualifier Average	1:08:07	5:35:18	3:35:03	10:22:40
Top 10 Age Grouper Average	1:11:04	5:44:09	3:45:36	10:44:34

Switzerland 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	4:29:10	2:51:04	8:12:40
Female Winner	1:08:29	4:43:53	3:04:24	9:00:04
1st Age Grouper	1:06:15	5:12:07	3:25:33	9:48:33
2nd Age Grouper	1:11:26	5:31:06	3:18:30	10:06:03
3rd Age Grouper	1:08:07	5:07:05	3:49:23	10:08:25
4th Age Grouper	0:54:39	5:18:04	3:58:59	10:15:33
5th Age Grouper	1:07:44	5:20:19	3:45:11	10:17:31
6th Age Grouper	1:10:17	5:26:42	3:43:40	10:24:11
7th Age Grouper	1:09:13	5:17:08	3:54:44	10:27:01
8th Age Grouper	1:04:31	5:25:43	3:54:52	10:31:28
9th Age Grouper	1:20:02	5:32:15	3:38:40	10:37:37
10th Age Grouper	1:06:14	5:47:25	3:40:07	10:38:19
Kona Qualifier Average	1:08:50	5:21:36	3:22:01	9:57:18
Top 10 Age Grouper Average	1:07:50	5:23:47	3:42:57	10:19:28

Switzerland 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:52:48	4:34:44	2:50:36	8:20:00
Female Winner	0:52:51	5:07:50	3:11:56	9:14:35
1st Age Grouper	1:04:07	5:07:32	3:23:46	9:39:23
2nd Age Grouper	1:07:43	5:29:20	3:24:55	10:05:40
3rd Age Grouper	1:02:07	5:37:14	3:23:36	10:05:57
4th Age Grouper	1:01:40	5:40:02	3:24:17	10:10:28
5th Age Grouper	1:01:38	5:19:17	3:45:16	10:10:33
6th Age Grouper	1:06:10	5:38:19	3:40:57	10:29:49
7th Age Grouper	1:08:49	5:41:23	3:45:22	10:42:10
8th Age Grouper	1:07:44	5:39:14	3:50:13	10:42:41
9th Age Grouper	1:09:13	5:38:27	3:56:29	10:48:00
10th Age Grouper	1:13:26	5:50:14	3:45:34	10:53:04
Kona Qualifier Average	1:05:55	5:18:26	3:24:20	9:52:31
Top 10 Age Grouper Average	1:06:15	5:34:06	3:38:02	10:22:46

Switzerland 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:59	4:27:43	2:54:00	8:16:05
Female Winner	0:51:57	5:11:11	3:24:25	9:30:12
1st Age Grouper	0:58:37	5:17:15	3:26:00	9:46:03
2nd Age Grouper	1:07:27	5:15:50	3:23:03	9:54:26
3rd Age Grouper	1:11:00	5:20:32	3:35:25	10:10:46
4th Age Grouper	1:14:14	5:21:12	3:33:01	10:13:49
5th Age Grouper	1:01:53	5:48:24	3:20:41	10:15:11
6th Age Grouper	0:54:44	5:30:24	4:05:15	10:36:28
7th Age Grouper	1:11:56	5:40:37	3:43:17	10:40:06
8th Age Grouper	0:58:29	5:38:17	4:05:14	10:52:02
9th Age Grouper	0:58:21	5:47:26	4:00:39	10:54:21
10th Age Grouper	1:11:43	5:43:05	3:55:15	10:55:28
Kona Qualifier Average	1:03:02	5:16:32	3:24:31	9:50:14
Top 10 Age Grouper Average	1:04:50	5:32:18	3:42:47	10:25:52

Switzerland 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:41	4:36:27	2:53:12	8:25:00
Female Winner	0:57:09	5:03:02	3:18:15	9:20:43
1st Age Grouper	0:57:23	5:13:26	3:40:20	9:54:25
2nd Age Grouper	1:04:57	5:14:53	3:34:51	9:57:30
3rd Age Grouper	1:10:01	5:45:10	3:59:19	10:58:09
4th Age Grouper	1:07:30	5:49:51	3:58:19	10:59:29
5th Age Grouper	1:14:24	5:45:27	3:54:41	11:00:28
6th Age Grouper	1:09:00	5:47:54	4:00:59	11:02:44
7th Age Grouper	1:00:57	5:52:53	4:09:01	11:06:39
8th Age Grouper	1:11:59	5:43:02	4:18:20	11:17:49
9th Age Grouper	1:25:23	6:03:55	3:41:40	11:23:08
10th Age Grouper	1:22:48	5:53:33	4:02:03	11:24:00
Kona Qualifier Average	1:01:10	5:14:09	3:37:35	9:55:57
Top 10 Age Grouper Average	1:10:26	5:43:00	3:55:57	10:54:26

Switzerland 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:46	4:23:59	2:56:53	8:16:50
Female Winner	0:56:38	5:07:24	3:17:58	9:24:18
1st Age Grouper	0:59:11	5:28:44	3:28:42	10:00:59
2nd Age Grouper	1:05:01	5:30:55	3:36:00	10:14:34
3rd Age Grouper	1:05:36	5:44:39	3:52:13	10:46:00
4th Age Grouper	1:23:41	5:27:56	3:58:54	10:53:46
5th Age Grouper	1:07:28	5:36:53	4:07:02	10:54:55
6th Age Grouper	1:05:39	5:57:05	3:52:06	10:58:48
7th Age Grouper	1:13:17	5:42:36	4:04:41	11:03:45
8th Age Grouper	1:12:36	5:44:45	4:05:42	11:07:55
9th Age Grouper	1:15:02	5:51:35	4:01:09	11:11:26
10th Age Grouper	1:06:56	6:02:57	3:56:17	11:12:11
Kona Qualifier Average	1:02:06	5:29:49	3:32:21	10:07:46
Top 10 Age Grouper Average	1:09:26	5:42:48	3:54:16	10:50:25

Switzerland 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:37	4:36:54	2:51:48	8:21:50
Female Winner	0:58:28	4:48:08	3:20:18	9:10:54
1st Age Grouper	0:52:44	5:31:28	3:18:24	9:44:38
2nd Age Grouper	1:05:04	5:19:38	3:43:34	10:15:21
3rd Age Grouper	1:12:35	5:40:00	3:57:29	10:53:54
4th Age Grouper	1:07:05	5:43:26	4:01:01	10:56:22
5th Age Grouper	1:08:16	5:47:09	3:58:43	10:57:20
6th Age Grouper	1:08:12	6:00:39	3:47:33	10:59:18
7th Age Grouper	0:55:49	6:05:22	3:52:33	10:59:24
8th Age Grouper	1:08:49	5:48:54	4:04:59	11:06:01
9th Age Grouper	1:24:23	5:32:41	4:06:55	11:07:40
10th Age Grouper	1:07:33	6:08:42	4:10:30	11:30:14
Kona Qualifier Average	0:58:54	5:25:33	3:30:59	9:59:59
Top 10 Age Grouper Average	1:07:03	5:45:47	3:54:10	10:51:01