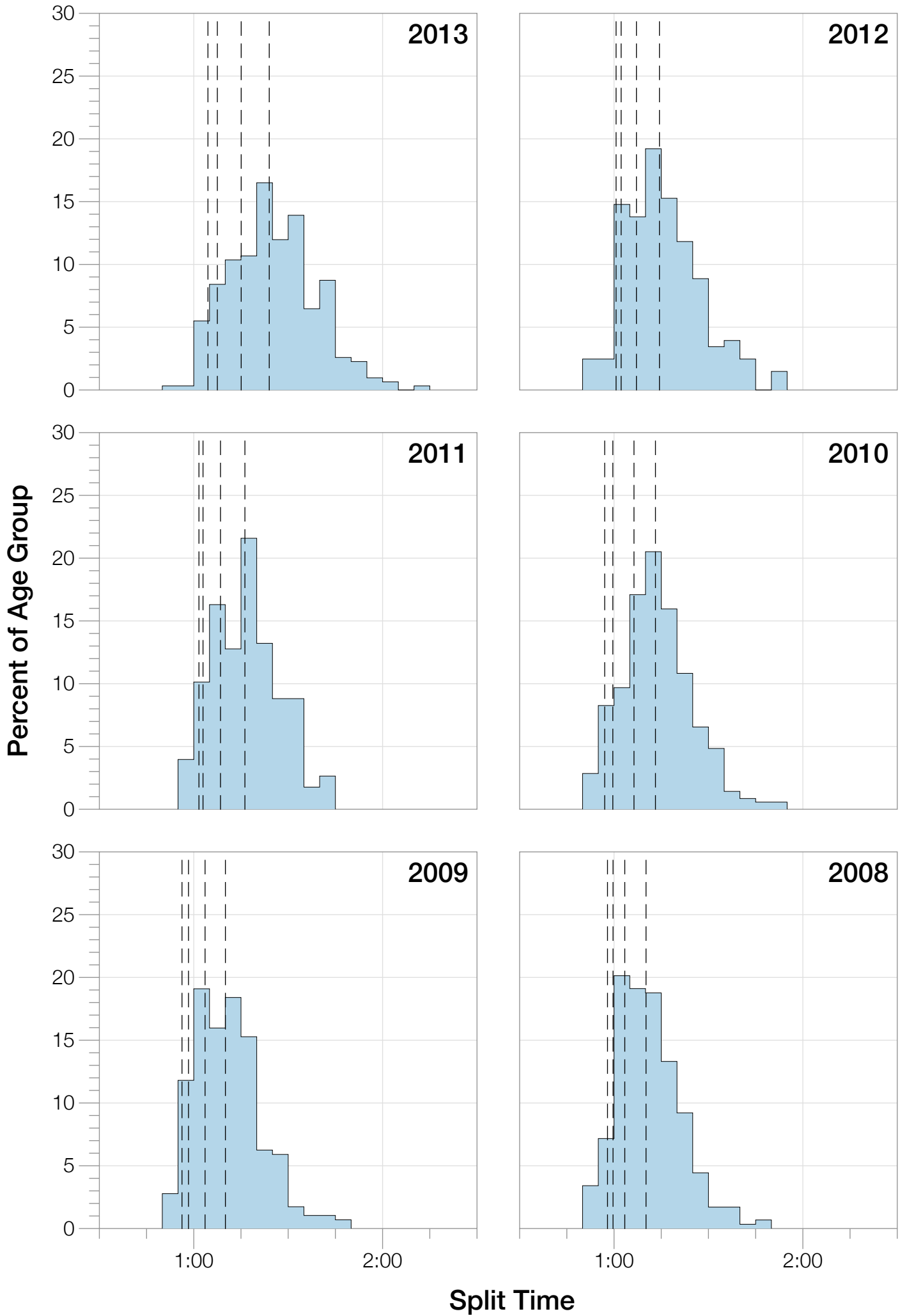


Ironman Switzerland M30-34 Stats

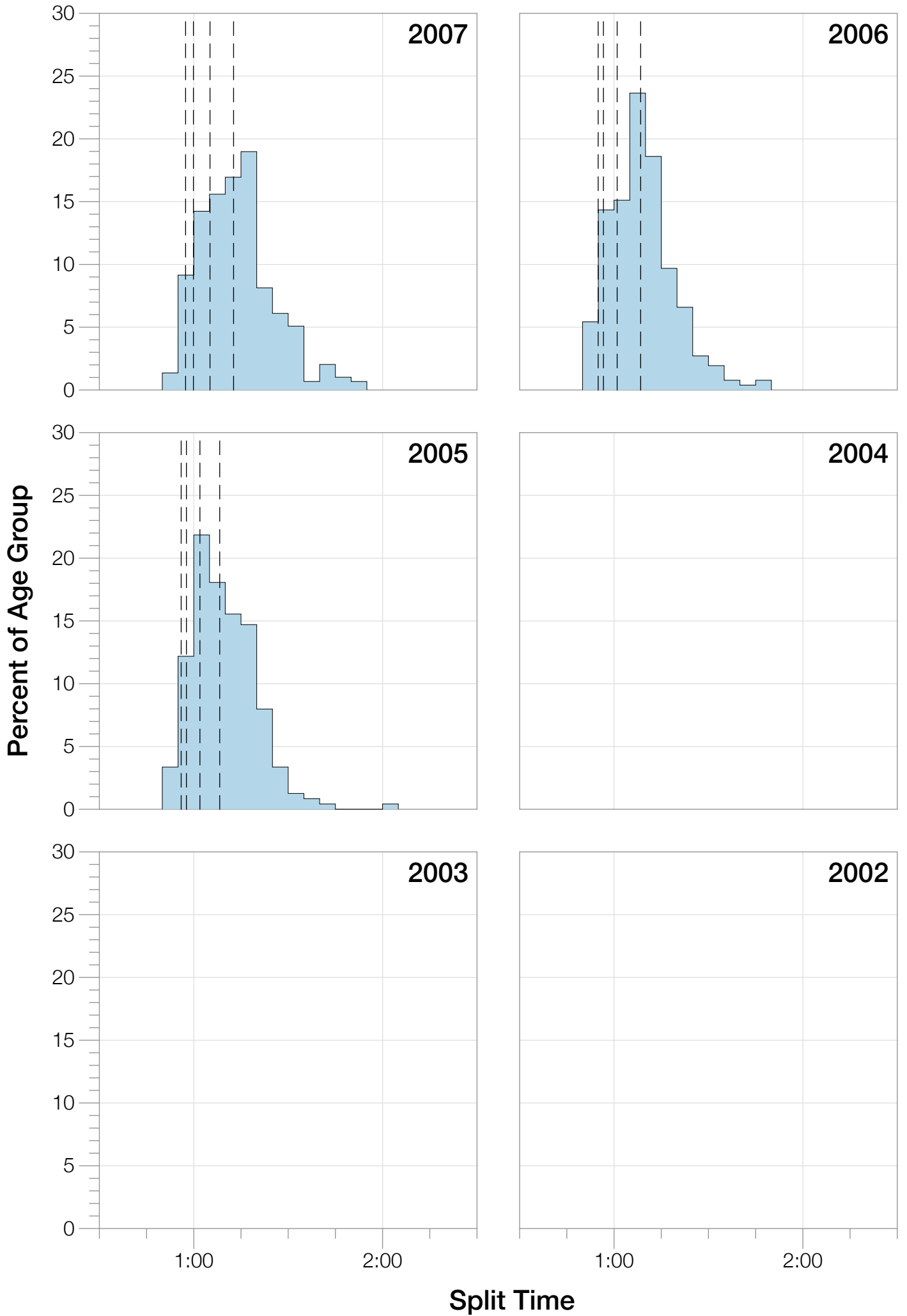
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2005	1291	238	8:21:50	9:10:54	9:07:20
2006	1500	258	8:16:50	9:24:18	9:05:41
2007	1642	295	8:25:00	9:20:43	9:09:07
2008	1955	294	8:16:05	9:30:12	9:07:11
2009	1984	288	8:20:00	9:14:35	8:54:33
2010	2156	355	8:12:40	9:00:04	8:54:46
2011	1601	227	8:19:51	9:03:26	9:10:52
2012	1394	203	8:17:13	9:20:16	9:17:41
2013	1878	309	8:33:39	9:21:31	9:18:52
Average	1711	274	8:20:20	9:16:13	9:07:20

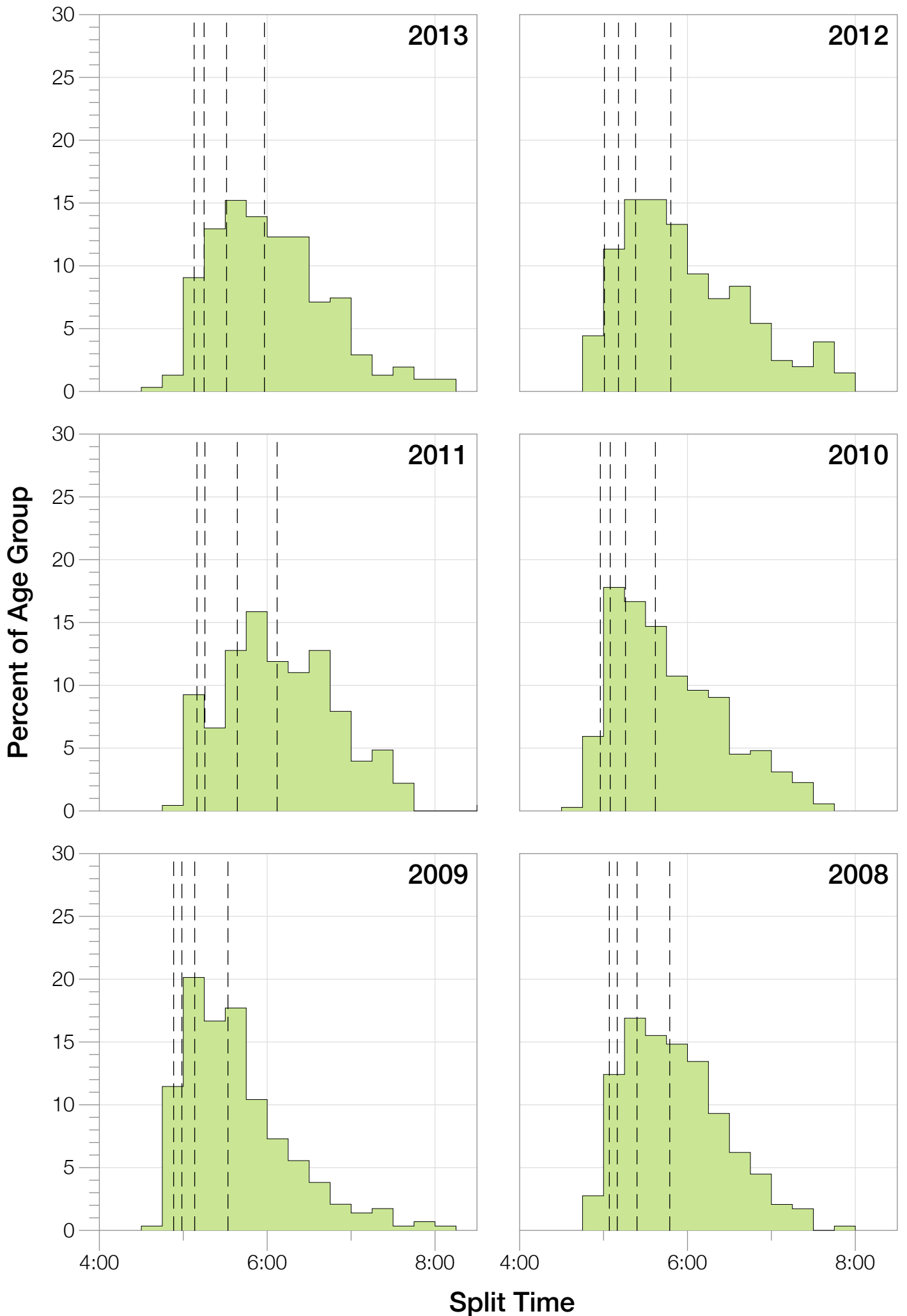
M30-34 Swim



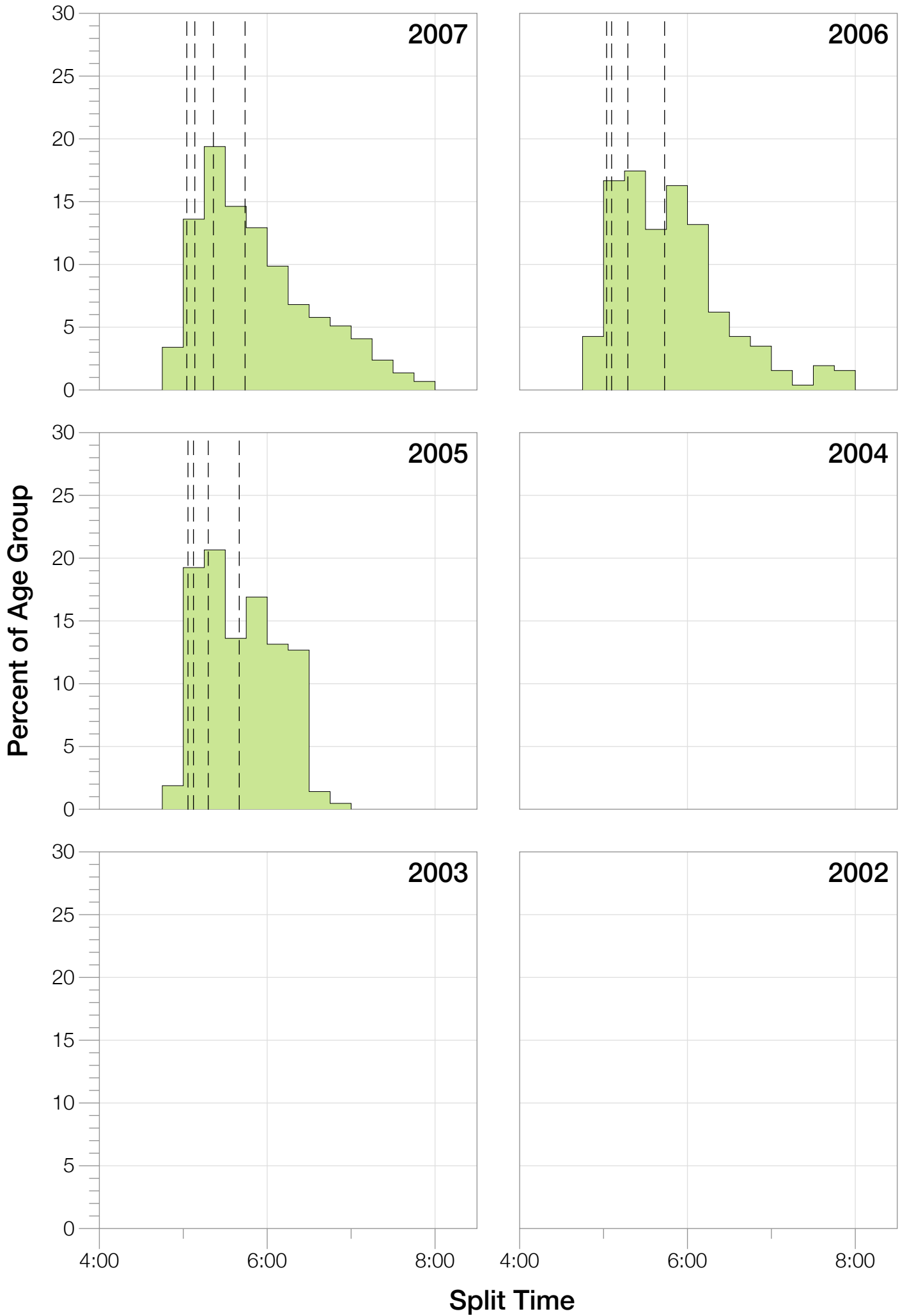
M30-34 Swim



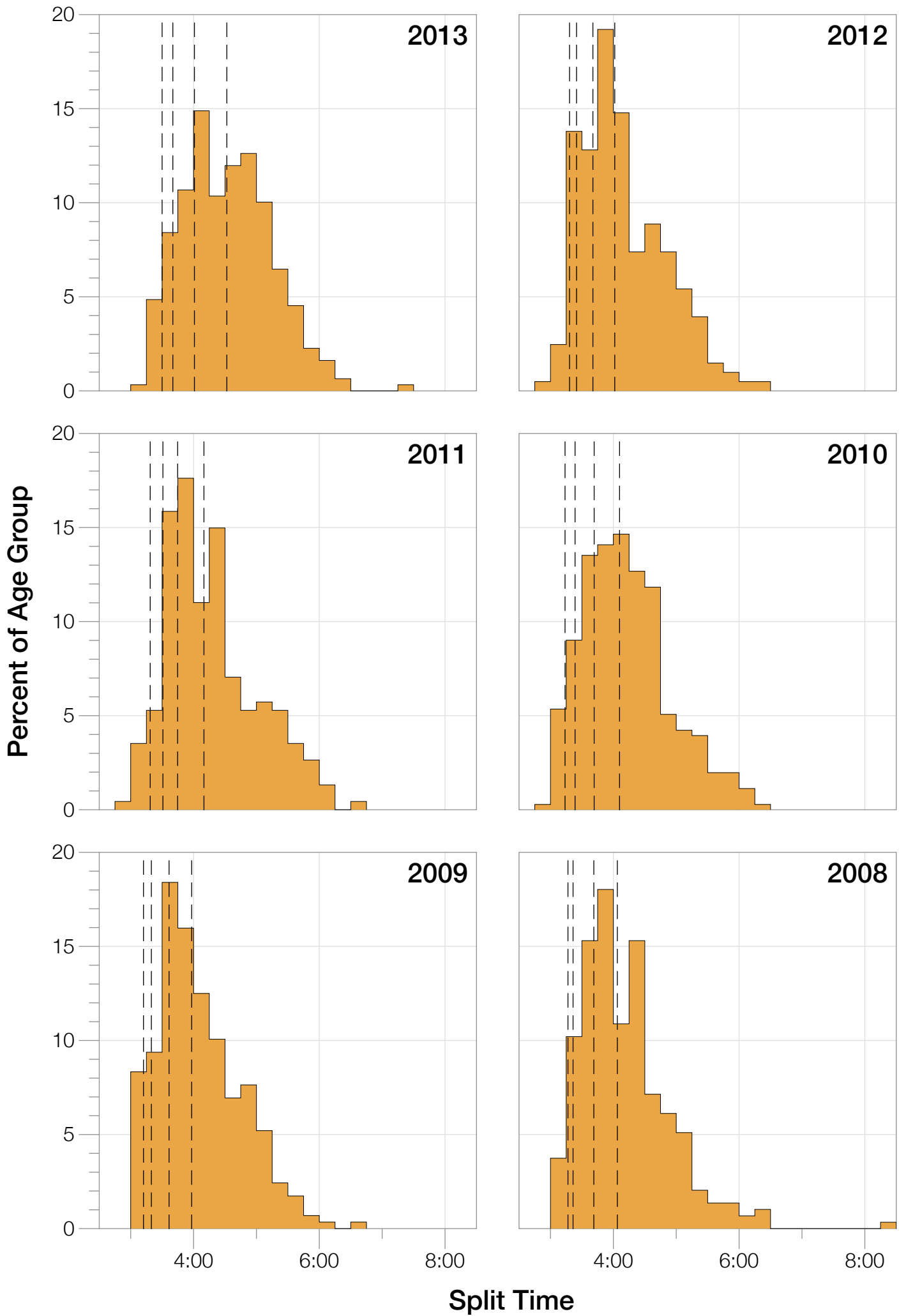
M30-34 Bike



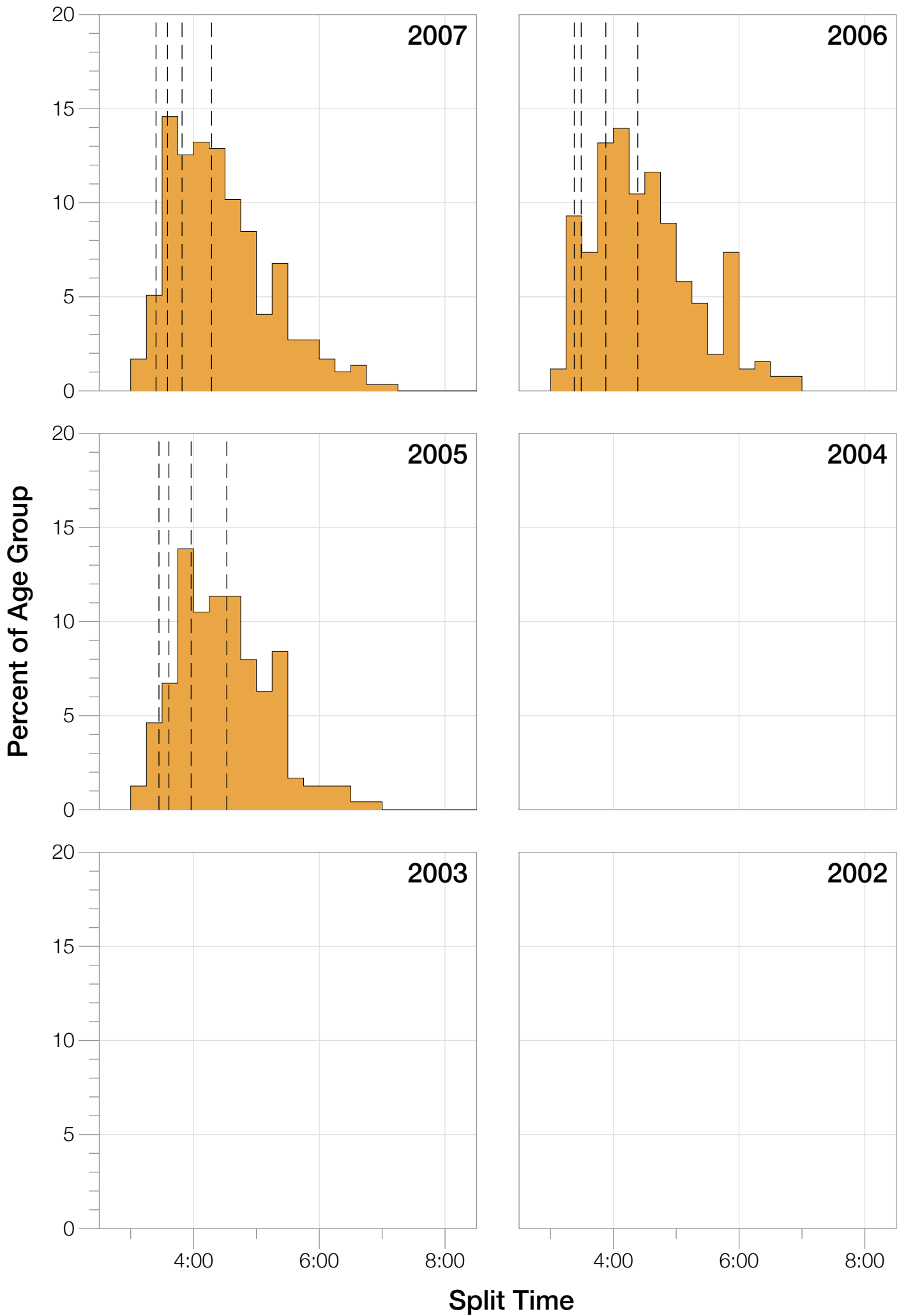
M30-34 Bike



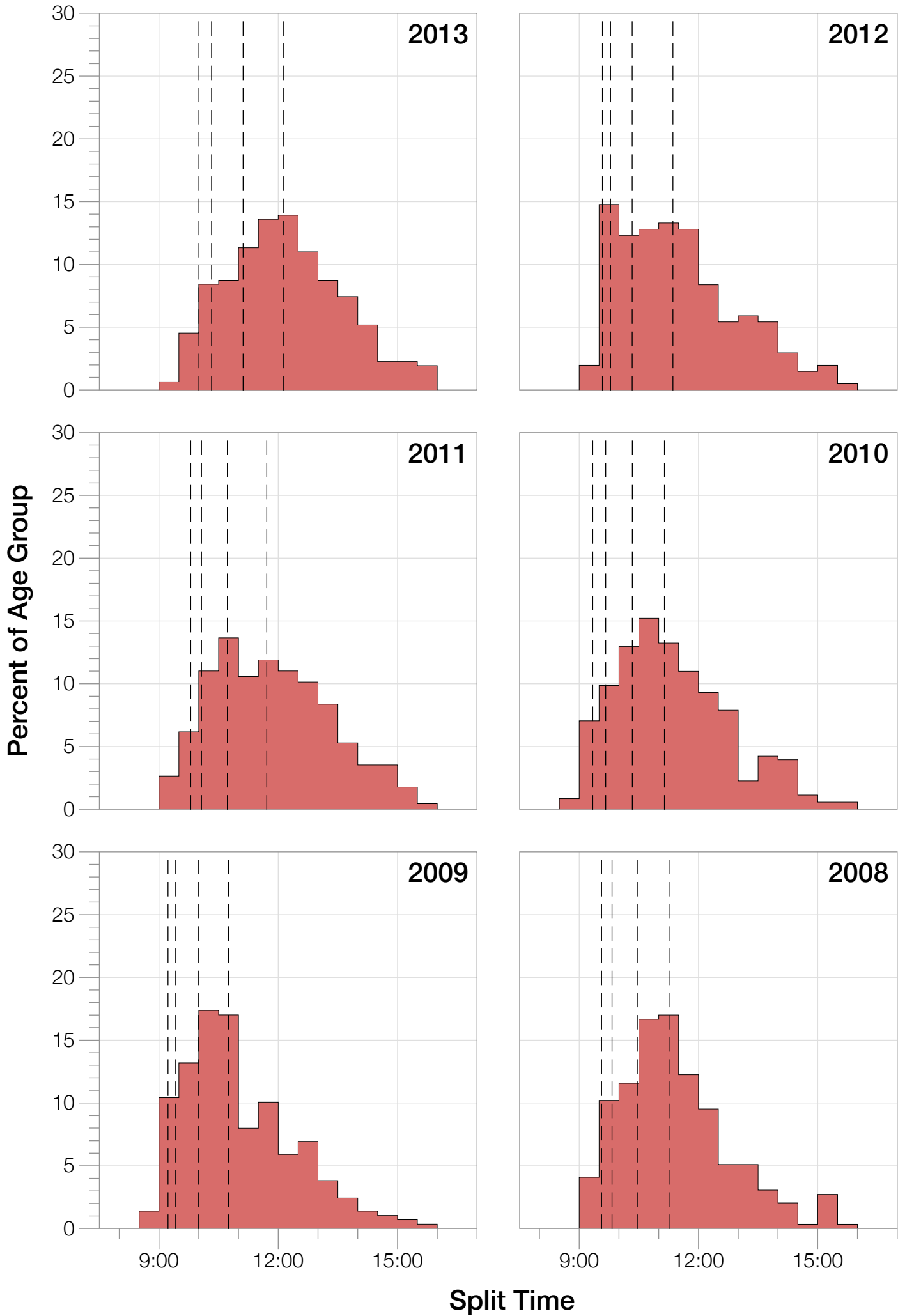
M30-34 Run



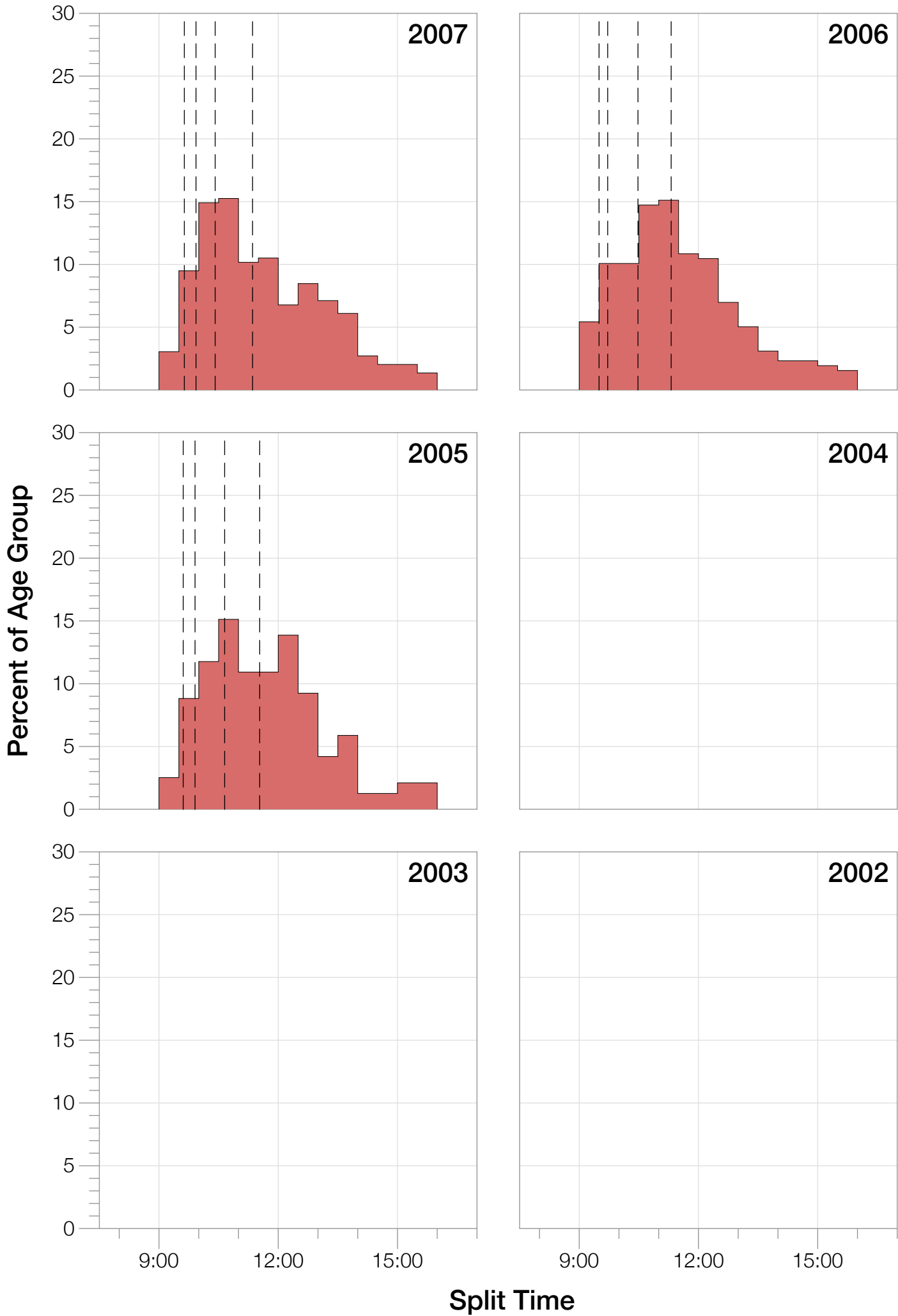
M30-34 Run



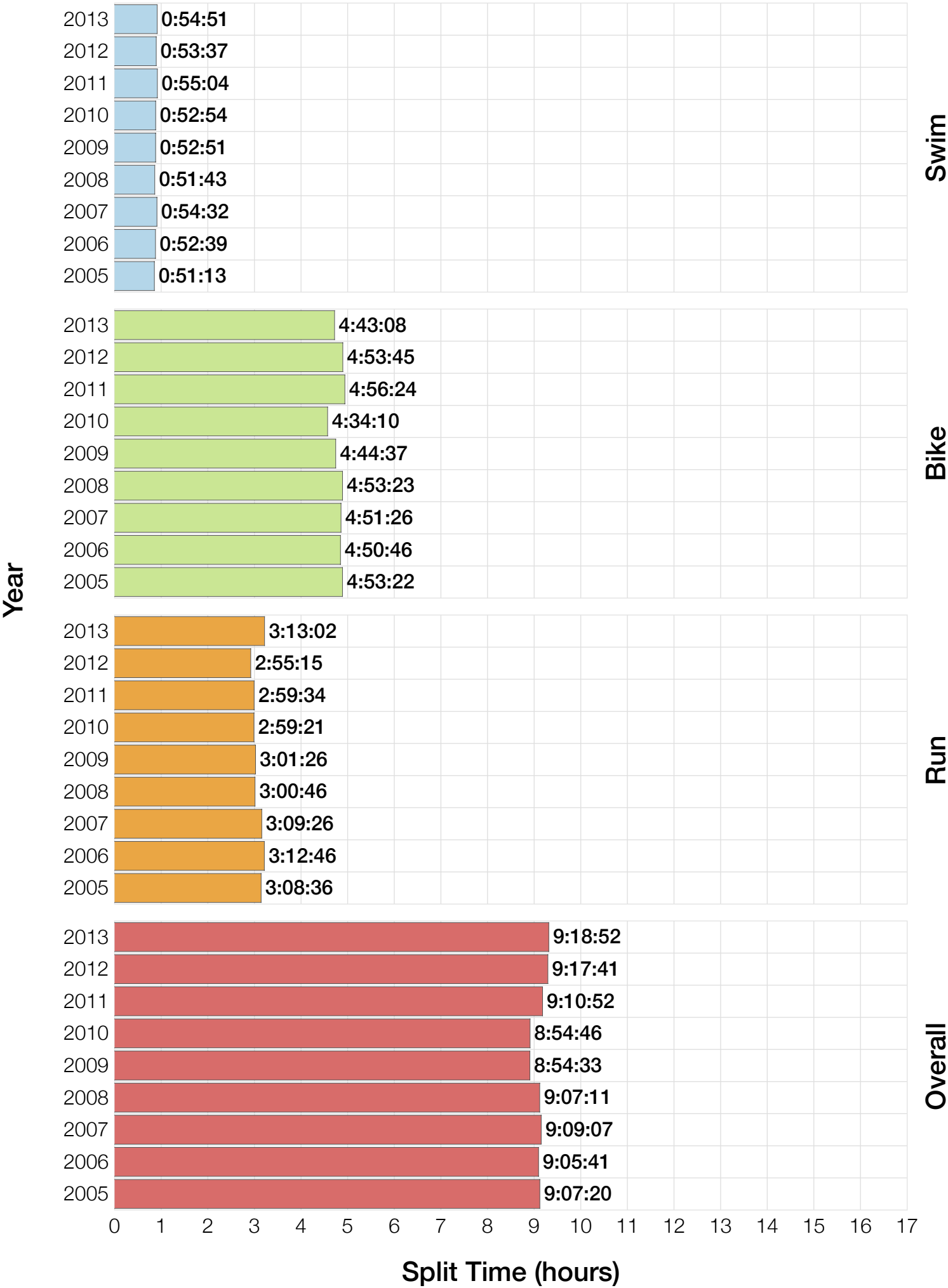
M30-34 Overall



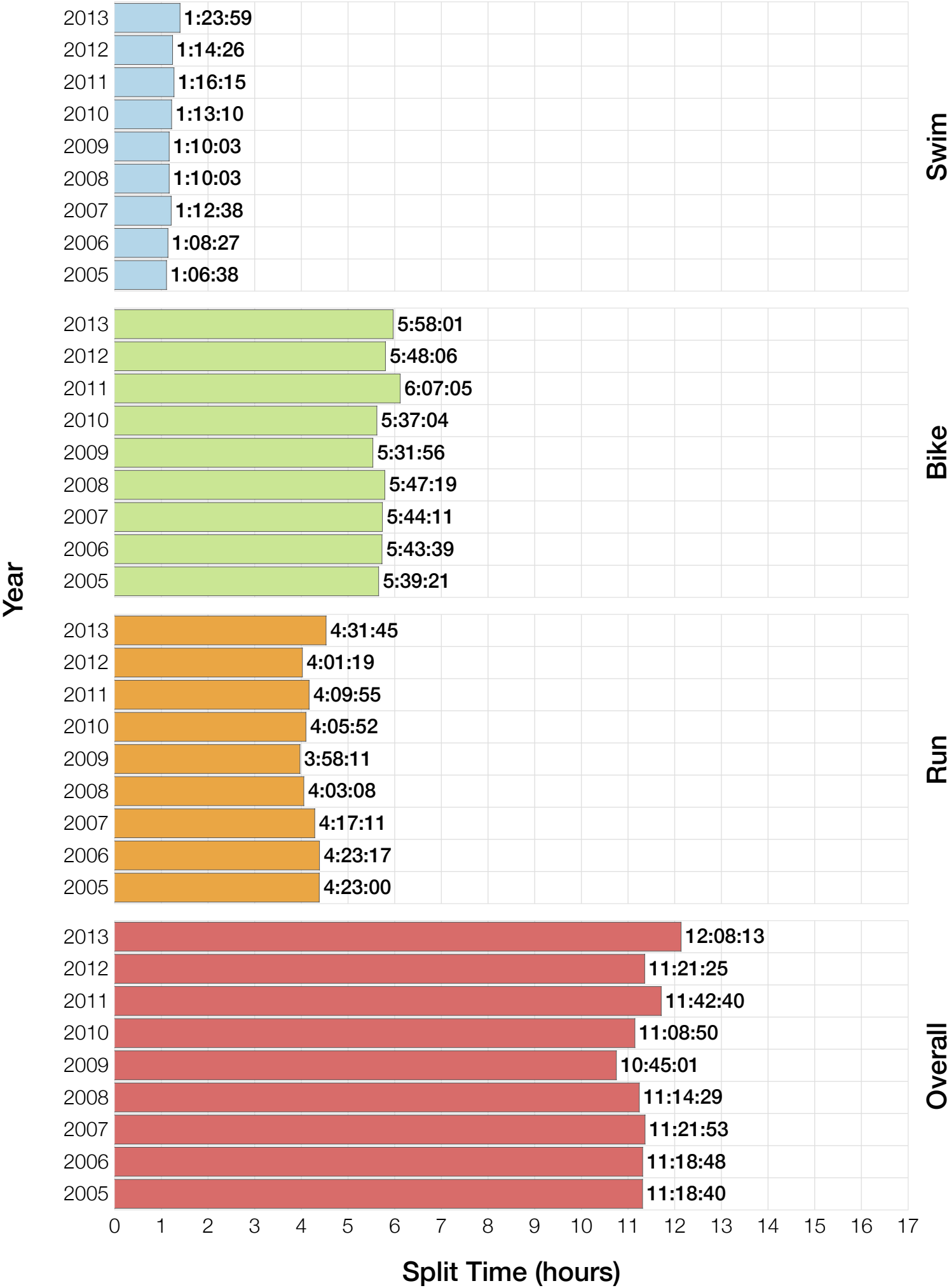
M30-34 Overall



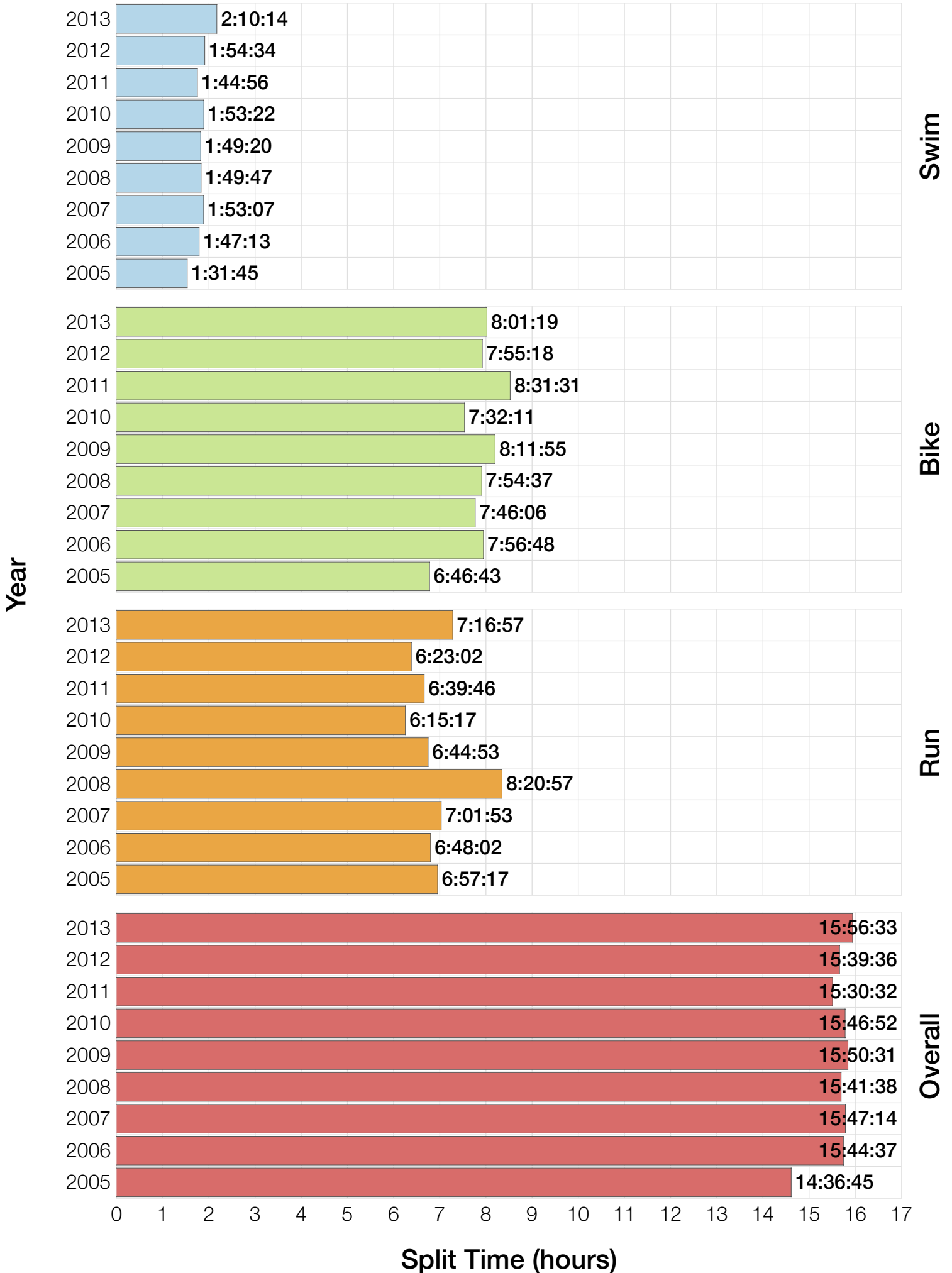
M30-34 Fastest Splits



M30-34 Median Splits



M30-34 Slowest Splits



M30-34 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	0:59:34	4:54:32	3:09:53	9:07:20
Average 2nd Age Grouper	0:57:47	4:56:57	3:13:25	9:11:59
Average 3rd Age Grouper	1:00:26	4:58:09	3:13:05	9:15:20
Average 4th Age Grouper	1:00:06	4:59:49	3:15:08	9:18:22
Average 5th Age Grouper	1:00:52	4:58:24	3:17:41	9:20:50
Average 6th Age Grouper	1:00:41	5:00:56	3:18:21	9:23:56
Average 7th Age Grouper	1:02:14	4:59:31	3:20:22	9:25:48
Average 8th Age Grouper	1:08:06	5:04:20	3:15:43	9:27:07
Average 9th Age Grouper	1:04:25	5:04:24	3:16:05	9:28:16
Average 10th Age Grouper	1:00:40	5:05:09	3:20:59	9:30:28
Kona Qualifier Average	0:59:45	4:57:34	3:13:50	9:14:46
Top 10 Age Grouper Average	1:01:29	5:00:10	3:16:04	9:20:56

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	1:04:06	4:50:42	3:20:03	9:18:52
2nd Age Grouper	1:04:17	4:56:51	3:20:42	9:29:05
3rd Age Grouper	1:06:42	5:07:15	3:13:02	9:31:29
4th Age Grouper	1:04:35	5:09:03	3:23:34	9:42:20
5th Age Grouper	1:15:59	5:02:07	3:17:50	9:42:57
6th Age Grouper	1:04:27	5:09:55	3:25:15	9:44:53
7th Age Grouper	1:32:51	4:43:08	3:27:21	9:48:10
8th Age Grouper	1:22:17	5:02:28	3:20:37	9:50:01
9th Age Grouper	1:02:43	5:17:09	3:27:07	9:51:16
10th Age Grouper	1:00:04	5:11:53	3:34:20	9:52:17
Kona Qualifier Average	1:07:07	5:01:11	3:19:02	9:32:56
Top 10 Age Grouper Average	1:09:48	5:03:03	3:22:59	9:41:08

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	1:00:39	5:03:23	3:09:38	9:17:41
2nd Age Grouper	0:59:41	4:54:23	3:20:14	9:18:39
3rd Age Grouper	1:04:33	4:56:11	3:19:15	9:25:26
4th Age Grouper	1:03:28	4:58:28	3:22:59	9:29:27
5th Age Grouper	1:02:15	4:58:11	3:26:22	9:30:27
6th Age Grouper	0:53:54	5:24:37	3:08:53	9:32:54
7th Age Grouper	1:03:11	4:56:49	3:29:38	9:32:59
8th Age Grouper	1:08:57	5:07:12	3:13:20	9:33:32
9th Age Grouper	1:05:16	5:13:21	3:12:10	9:33:50
10th Age Grouper	0:57:52	5:12:04	3:19:19	9:34:14
Kona Qualifier Average	1:02:07	4:58:07	3:19:41	9:24:20
Top 10 Age Grouper Average	1:01:58	5:04:27	3:18:10	9:28:54

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	1:03:19	4:56:24	3:08:39	9:10:52
2nd Age Grouper	0:58:48	5:00:07	3:08:57	9:12:08
3rd Age Grouper	1:01:12	5:03:51	3:07:50	9:15:57
4th Age Grouper	1:02:12	5:04:07	3:11:05	9:19:30
5th Age Grouper	0:58:35	5:12:47	3:09:13	9:24:07
6th Age Grouper	1:07:54	5:04:27	3:14:05	9:29:03
7th Age Grouper	0:58:20	5:05:32	3:25:06	9:33:00
8th Age Grouper	1:03:03	5:13:38	3:13:25	9:33:21
9th Age Grouper	1:12:13	5:09:39	3:12:12	9:37:00
10th Age Grouper	1:03:26	5:04:00	3:32:00	9:42:38
Kona Qualifier Average	1:00:49	5:03:27	3:09:08	9:16:30
Top 10 Age Grouper Average	1:02:54	5:05:27	3:14:15	9:25:45

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	0:57:28	4:54:42	2:59:21	8:54:46
2nd Age Grouper	0:54:41	4:45:30	3:11:54	8:55:08
3rd Age Grouper	0:57:15	4:49:59	3:08:04	8:59:23
4th Age Grouper	0:58:25	4:52:26	3:10:26	9:04:18
5th Age Grouper	0:58:53	4:54:16	3:09:12	9:05:02
6th Age Grouper	0:56:10	4:45:30	3:23:43	9:08:43
7th Age Grouper	0:56:49	5:04:47	3:04:13	9:09:35
8th Age Grouper	0:59:03	5:02:08	3:07:50	9:12:49
9th Age Grouper	1:04:01	4:53:34	3:12:49	9:13:48
10th Age Grouper	0:55:59	5:04:55	3:11:50	9:15:39
Kona Qualifier Average	0:57:20	4:51:22	3:07:47	8:59:43
Top 10 Age Grouper Average	0:57:52	4:54:46	3:09:56	9:05:55

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	0:57:41	4:47:17	3:06:56	8:54:33
2nd Age Grouper	1:00:07	4:48:25	3:06:29	8:58:48
3rd Age Grouper	0:55:37	4:51:14	3:09:06	8:59:24
4th Age Grouper	0:58:59	4:49:59	3:08:11	8:59:53
5th Age Grouper	0:55:31	4:50:48	3:12:55	9:02:15
6th Age Grouper	1:01:52	4:46:31	3:14:09	9:05:49
7th Age Grouper	0:57:20	4:53:10	3:12:42	9:06:54
8th Age Grouper	0:55:33	4:56:42	3:11:51	9:07:32
9th Age Grouper	0:57:51	4:53:44	3:12:14	9:08:05
10th Age Grouper	1:03:18	4:53:04	3:10:15	9:09:29
Kona Qualifier Average	0:57:35	4:49:32	3:08:43	8:58:58
Top 10 Age Grouper Average	0:58:22	4:51:05	3:10:28	9:03:16

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	1:00:02	4:57:37	3:03:15	9:07:11
2nd Age Grouper	0:51:43	5:05:10	3:08:15	9:08:31
3rd Age Grouper	0:58:24	4:55:50	3:16:43	9:13:29
4th Age Grouper	1:00:18	4:56:25	3:12:37	9:14:34
5th Age Grouper	0:58:08	5:03:15	3:08:21	9:15:45
6th Age Grouper	0:53:43	5:06:03	3:15:12	9:21:04
7th Age Grouper	1:03:32	5:13:23	3:00:46	9:22:37
8th Age Grouper	1:07:41	4:56:53	3:17:05	9:24:47
9th Age Grouper	1:06:49	5:08:50	3:05:55	9:24:51
10th Age Grouper	1:05:11	5:06:19	3:09:40	9:26:14
Kona Qualifier Average	0:57:43	4:59:39	3:09:50	9:11:54
Top 10 Age Grouper Average	1:00:33	5:02:58	3:09:46	9:17:54

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	0:56:05	4:51:26	3:19:24	9:09:07
2nd Age Grouper	1:00:36	5:00:08	3:09:26	9:12:29
3rd Age Grouper	0:59:41	4:57:49	3:10:57	9:12:37
4th Age Grouper	1:00:29	4:56:49	3:13:11	9:12:54
5th Age Grouper	1:00:53	4:56:09	3:20:35	9:20:57
6th Age Grouper	1:04:15	4:55:31	3:18:26	9:21:22
7th Age Grouper	0:56:31	4:57:36	3:25:48	9:22:25
8th Age Grouper	1:40:00			9:23:13
9th Age Grouper	0:58:44	5:01:47	3:21:51	9:25:53
10th Age Grouper	1:05:57	5:00:01	3:22:10	9:31:12
Kona Qualifier Average	0:59:32	4:56:28	3:14:42	9:13:36
Top 10 Age Grouper Average	1:04:19	4:57:28	3:17:58	9:19:12

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	0:54:42	4:55:56	3:13:08	9:05:41
2nd Age Grouper	0:53:44	4:58:27	3:20:20	9:15:50
3rd Age Grouper	0:57:15	4:58:32	3:19:12	9:17:38
4th Age Grouper	0:56:38	5:04:36	3:14:36	9:18:22
5th Age Grouper	0:56:29	4:54:43	3:25:30	9:19:56
6th Age Grouper	0:55:40	5:01:22	3:22:07	9:23:02
7th Age Grouper	0:52:57	5:07:03	3:22:40	9:26:03
8th Age Grouper	0:57:45	5:03:08	3:22:42	9:26:30
9th Age Grouper	1:06:47	4:53:29	3:23:58	9:27:11
10th Age Grouper	0:58:10	5:05:44	3:21:53	9:28:29
Kona Qualifier Average	0:55:45	4:58:26	3:18:33	9:15:29
Top 10 Age Grouper Average	0:57:00	5:00:18	3:20:36	9:20:52

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	1:02:09	4:53:22	3:08:36	9:07:20
2nd Age Grouper	0:56:31	5:03:32	3:14:32	9:17:17
3rd Age Grouper	1:03:15	5:02:45	3:13:44	9:22:42
4th Age Grouper	0:55:50	5:06:30	3:19:34	9:24:00
5th Age Grouper	1:01:12	4:53:22	3:29:19	9:26:04
6th Age Grouper	1:08:14	4:54:29	3:23:20	9:28:38
7th Age Grouper	0:58:43	4:54:18	3:35:09	9:30:33
8th Age Grouper	0:58:38	5:12:37	3:18:58	9:32:26
9th Age Grouper	1:05:27	5:08:06	3:16:31	9:32:35
10th Age Grouper	0:56:06	5:08:24	3:27:27	9:34:00
Kona Qualifier Average	0:59:47	4:59:54	3:17:09	9:19:28
Top 10 Age Grouper Average	1:00:36	5:01:44	3:20:43	9:25:33