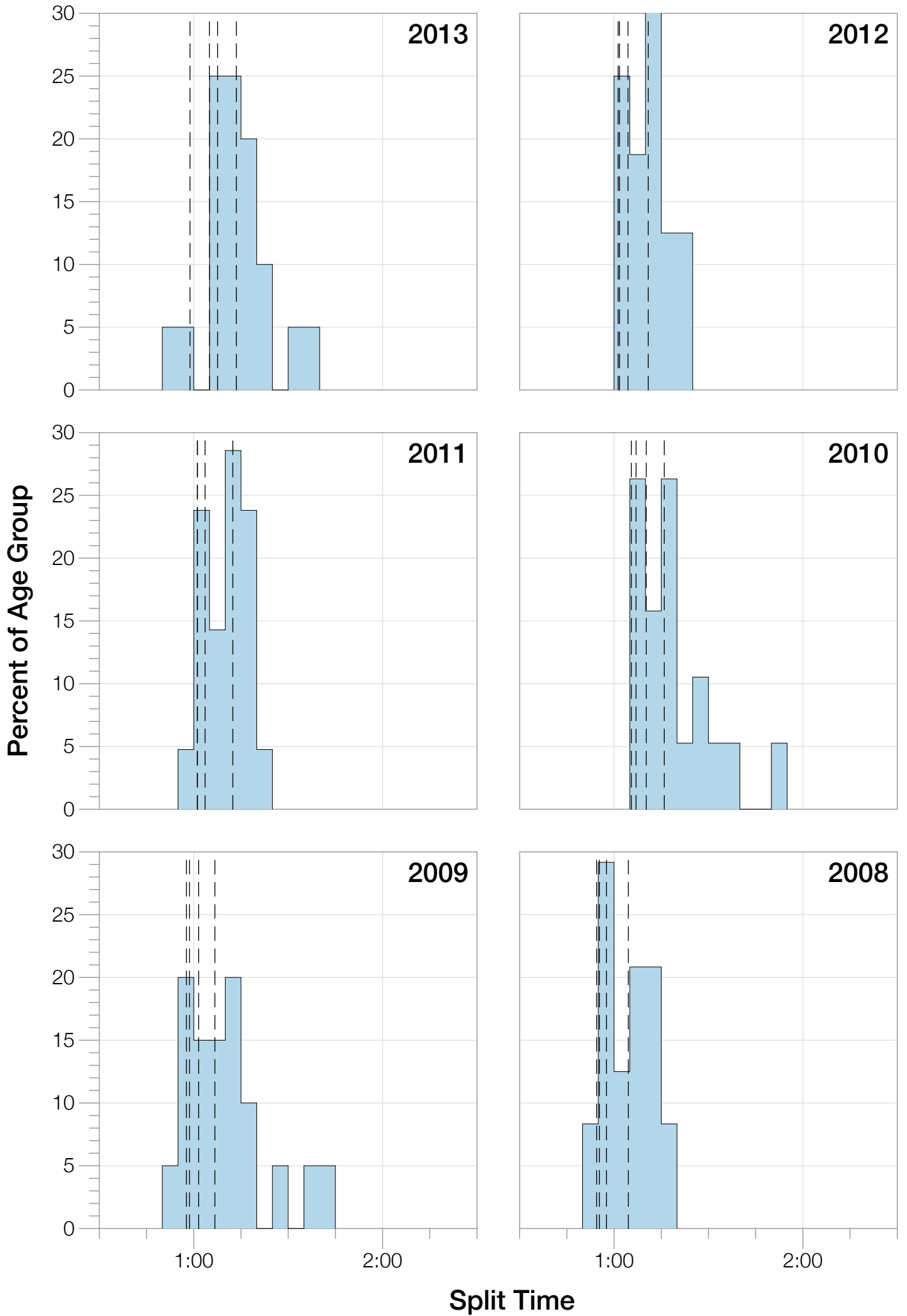


Ironman Frankfurt F25-29 Stats

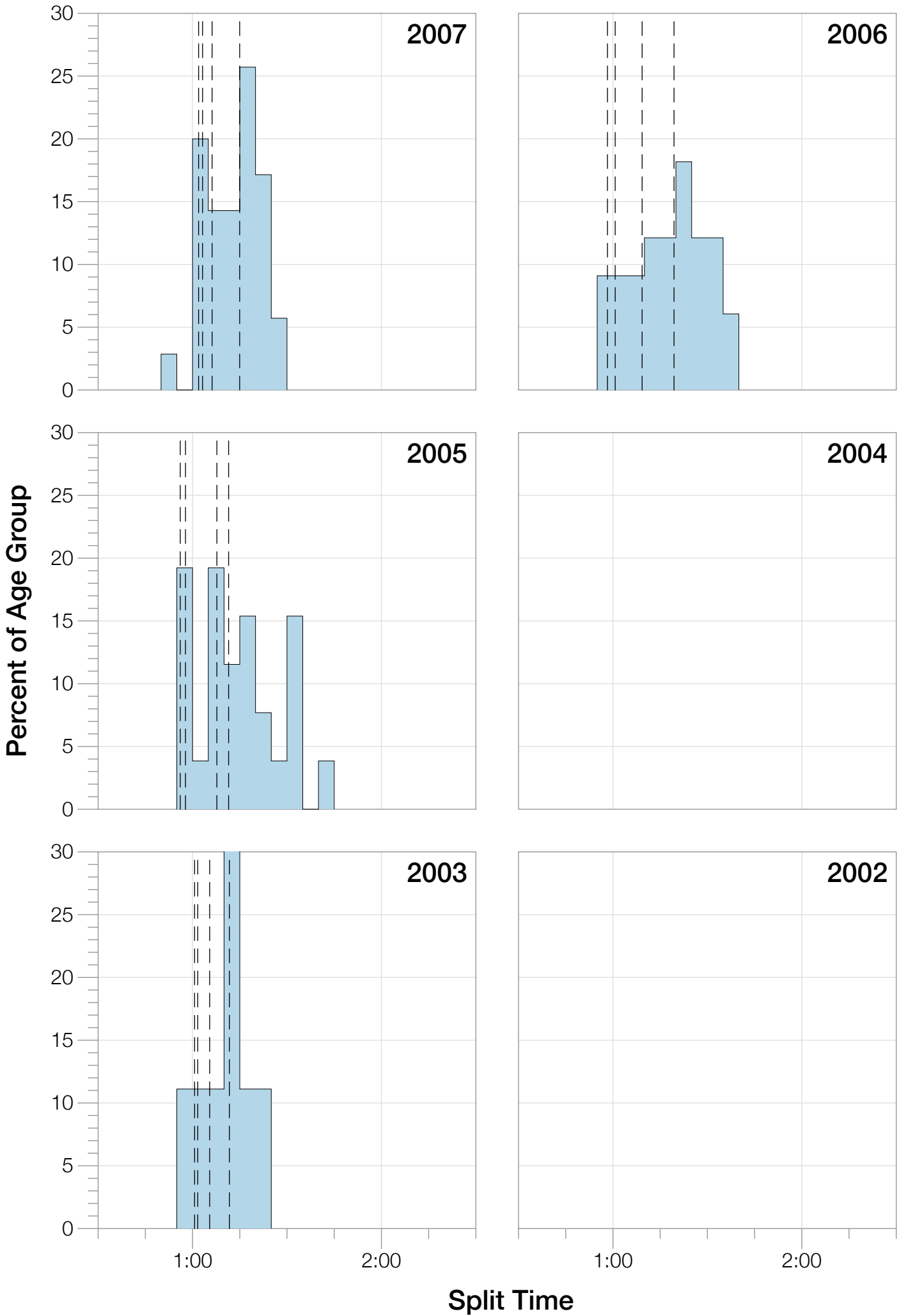
F25-29 Summary Statistics

Year	Finishers	F25-29 Finishers	Male Winner's Time	Female Winner's Time	F25-29 Winner's Time
2003	1291	10	8:12:29	9:03:11	10:28:48
2005	1730	26	8:20:50	9:15:31	10:14:27
2006	1799	33	8:13:39	9:16:17	9:50:50
2007	2121	35	8:09:15	9:04:11	9:57:33
2008	2142	24	7:59:55	8:51:24	9:55:59
2009	2128	20	7:59:15	8:58:08	9:58:10
2010	2119	19	8:05:15	9:04:27	10:16:15
2011	2220	21	8:13:50	9:12:13	10:07:00
2012	2317	17	8:03:31	8:52:33	10:06:00
2013	2460	20	7:59:58	8:56:01	10:01:08
Average	2033	23	8:07:47	9:03:23	9:10:33

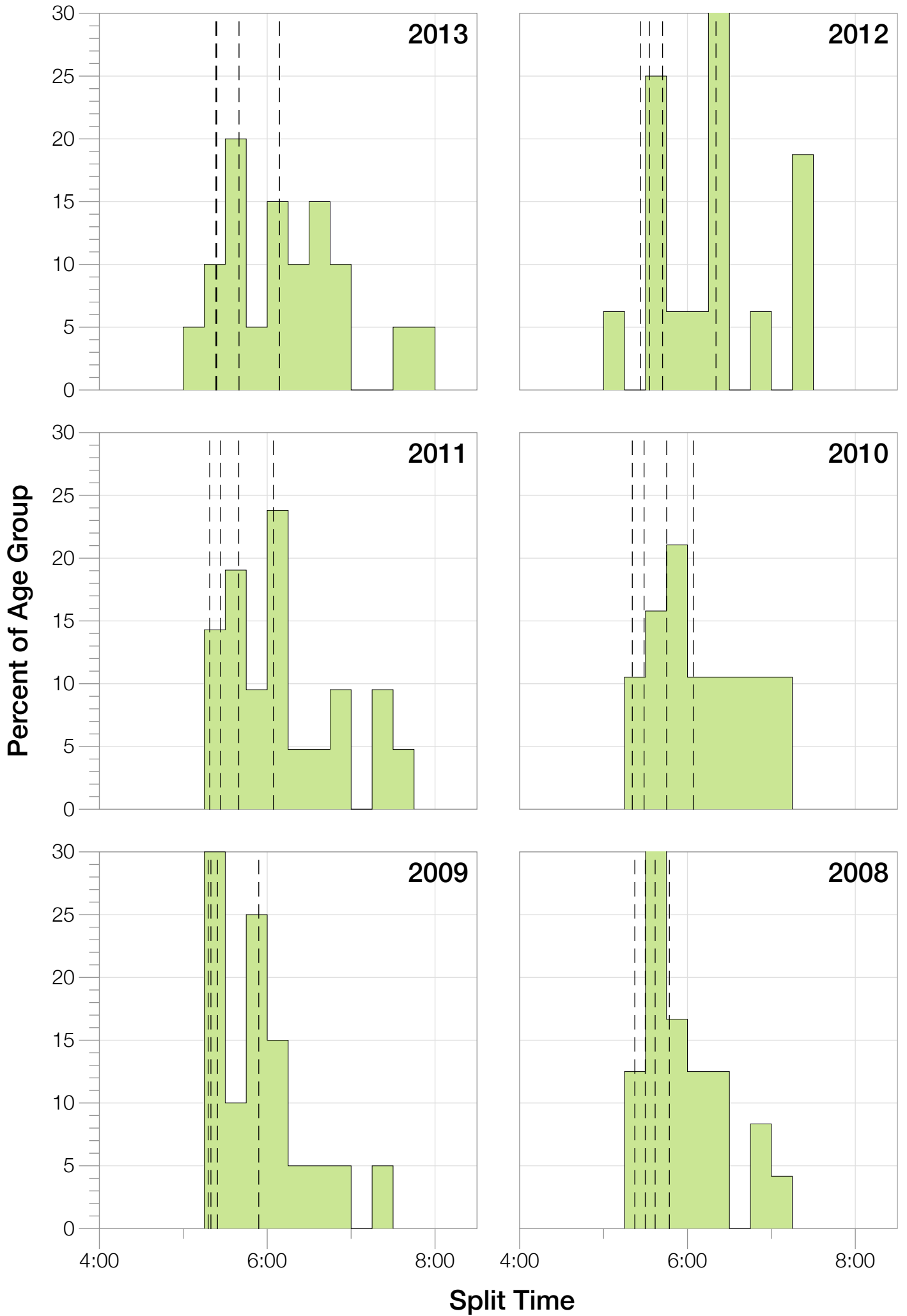
F25-29 Swim



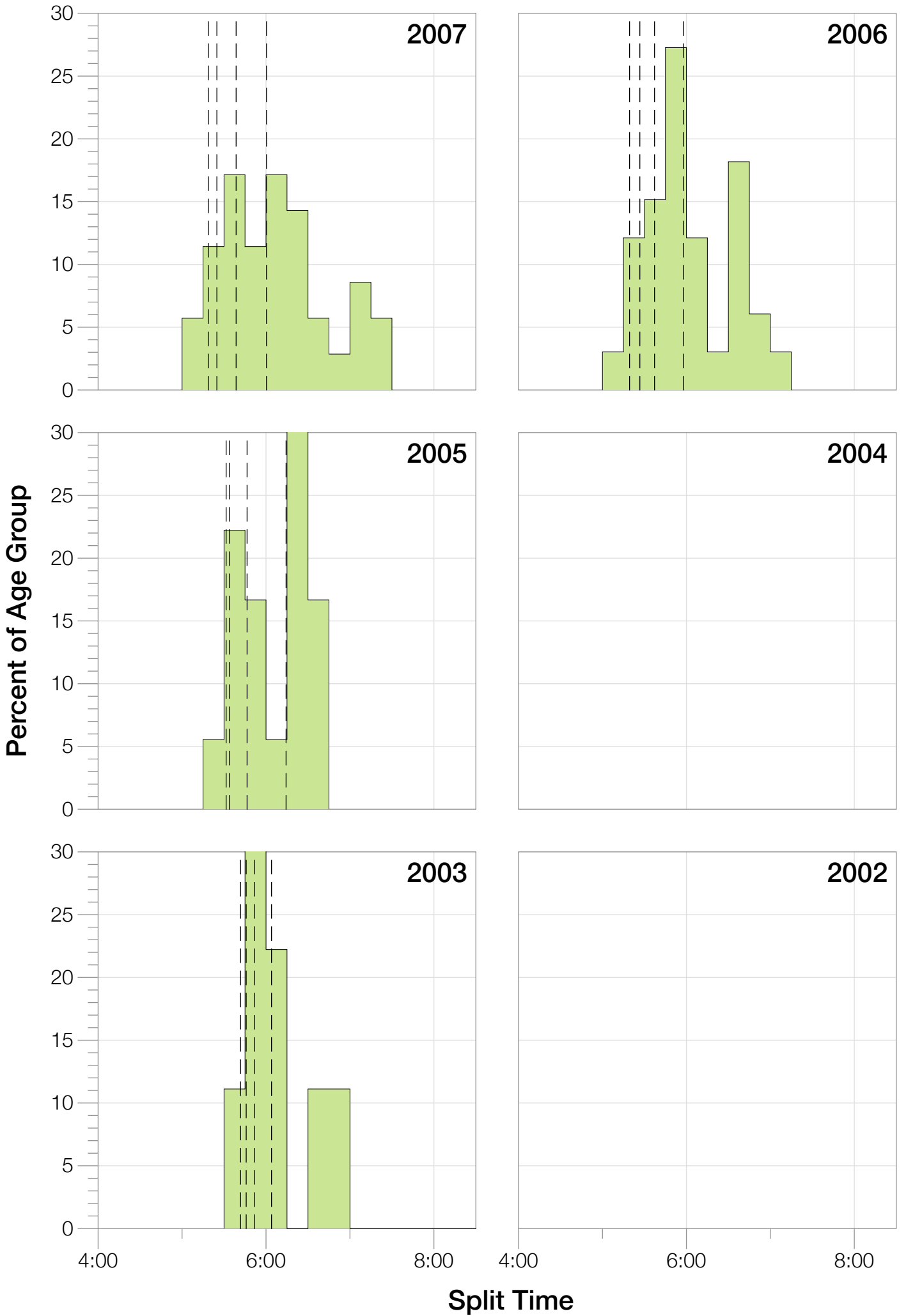
F25-29 Swim



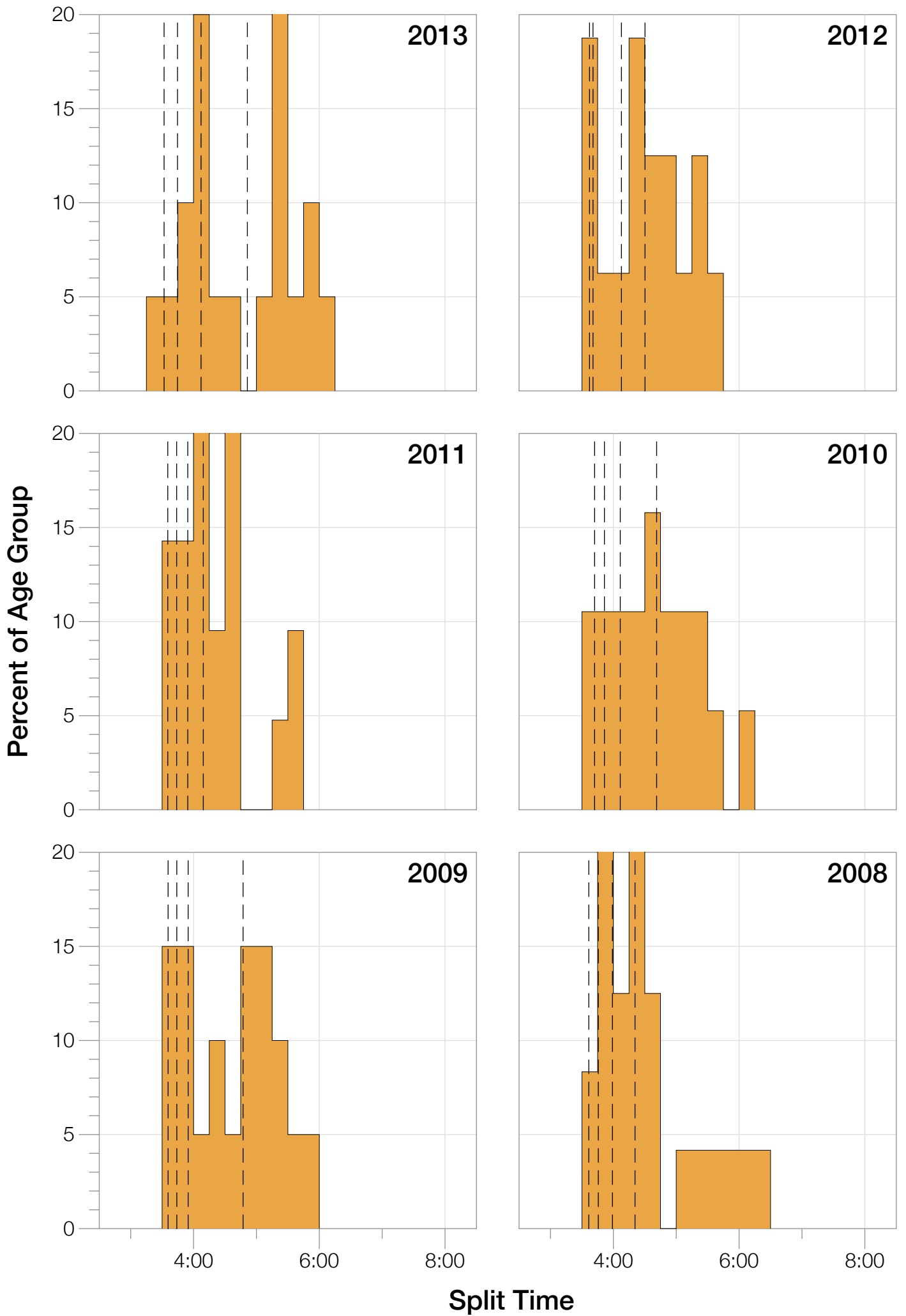
F25-29 Bike



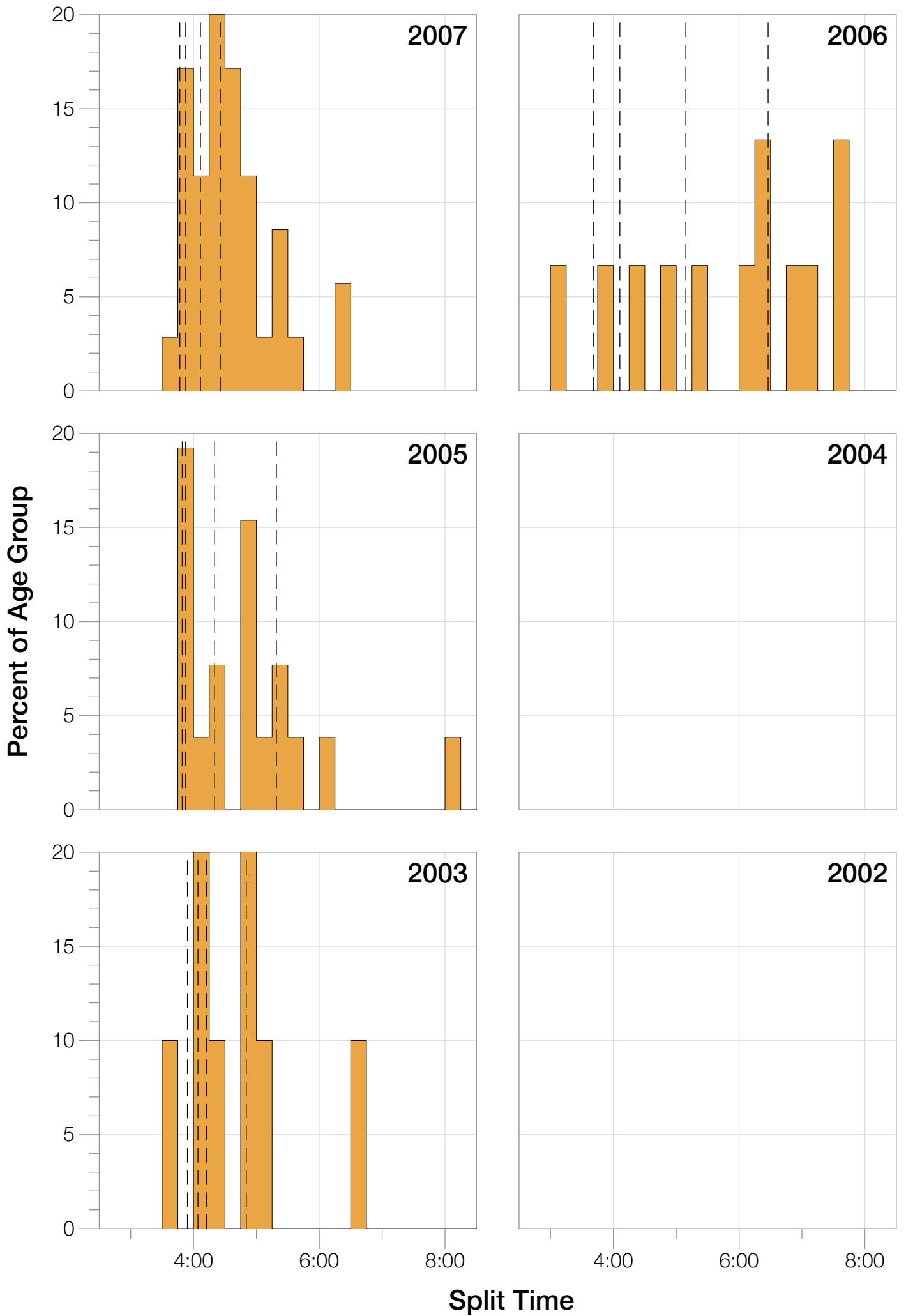
F25-29 Bike



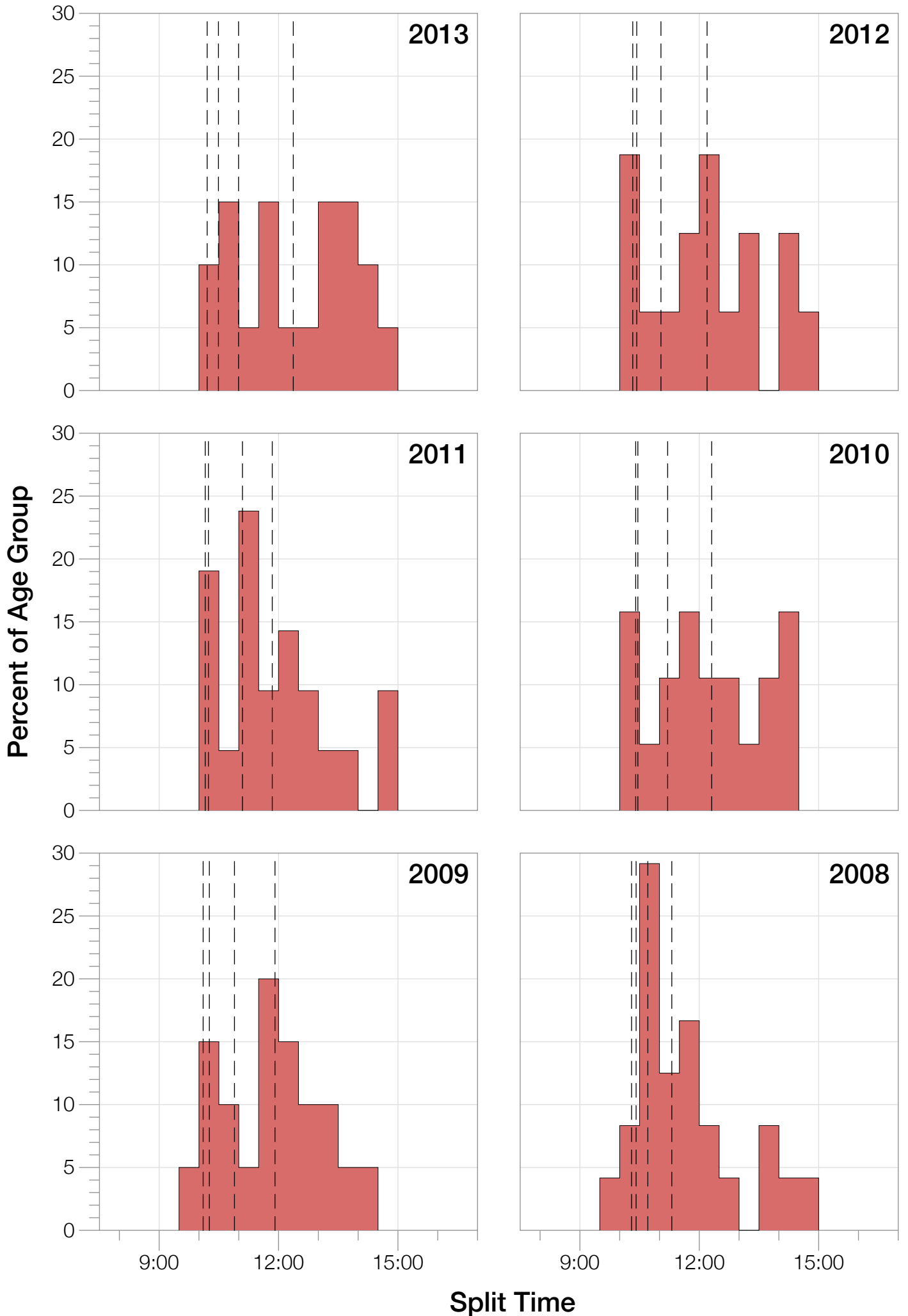
F25-29 Run



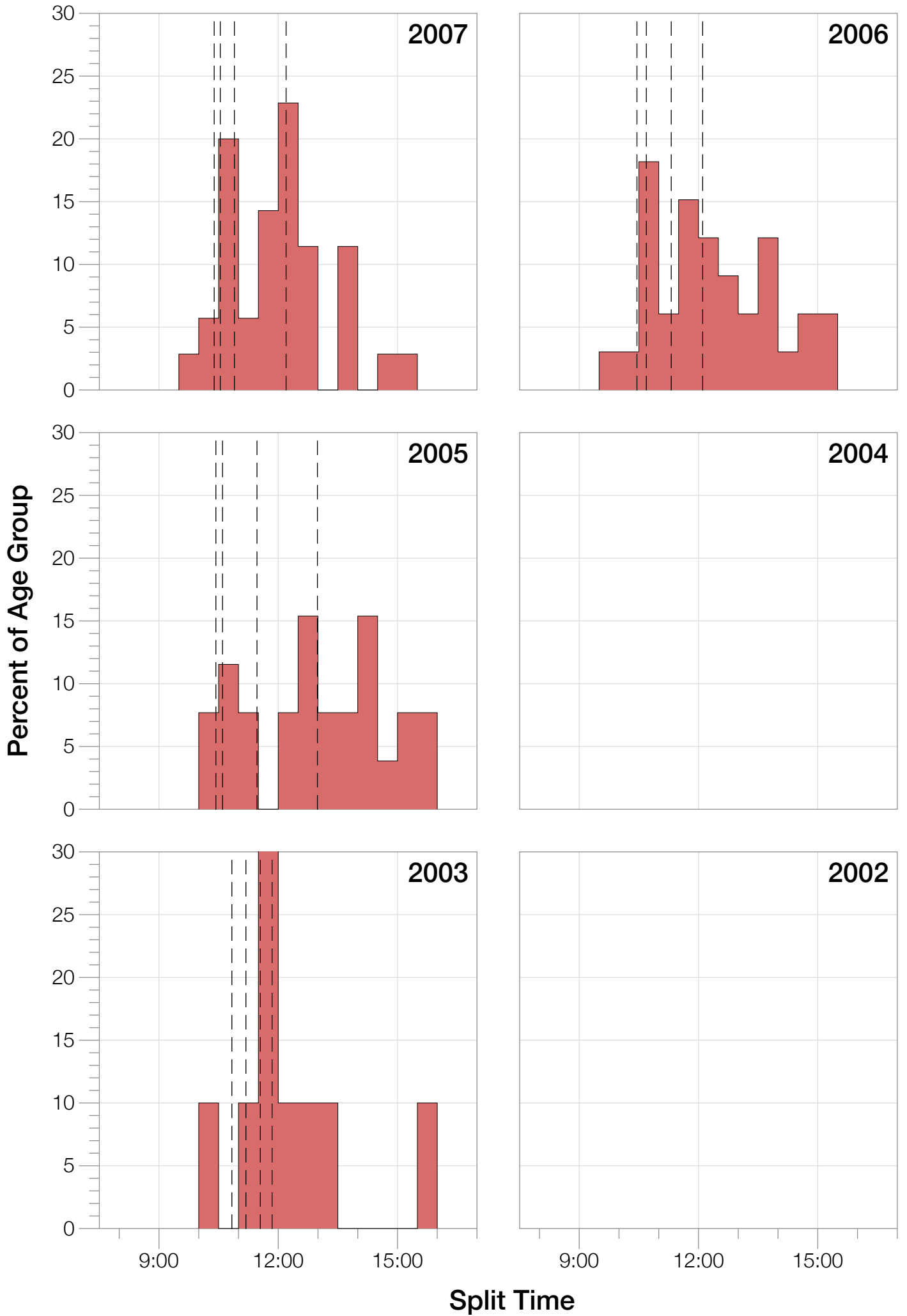
F25-29 Run



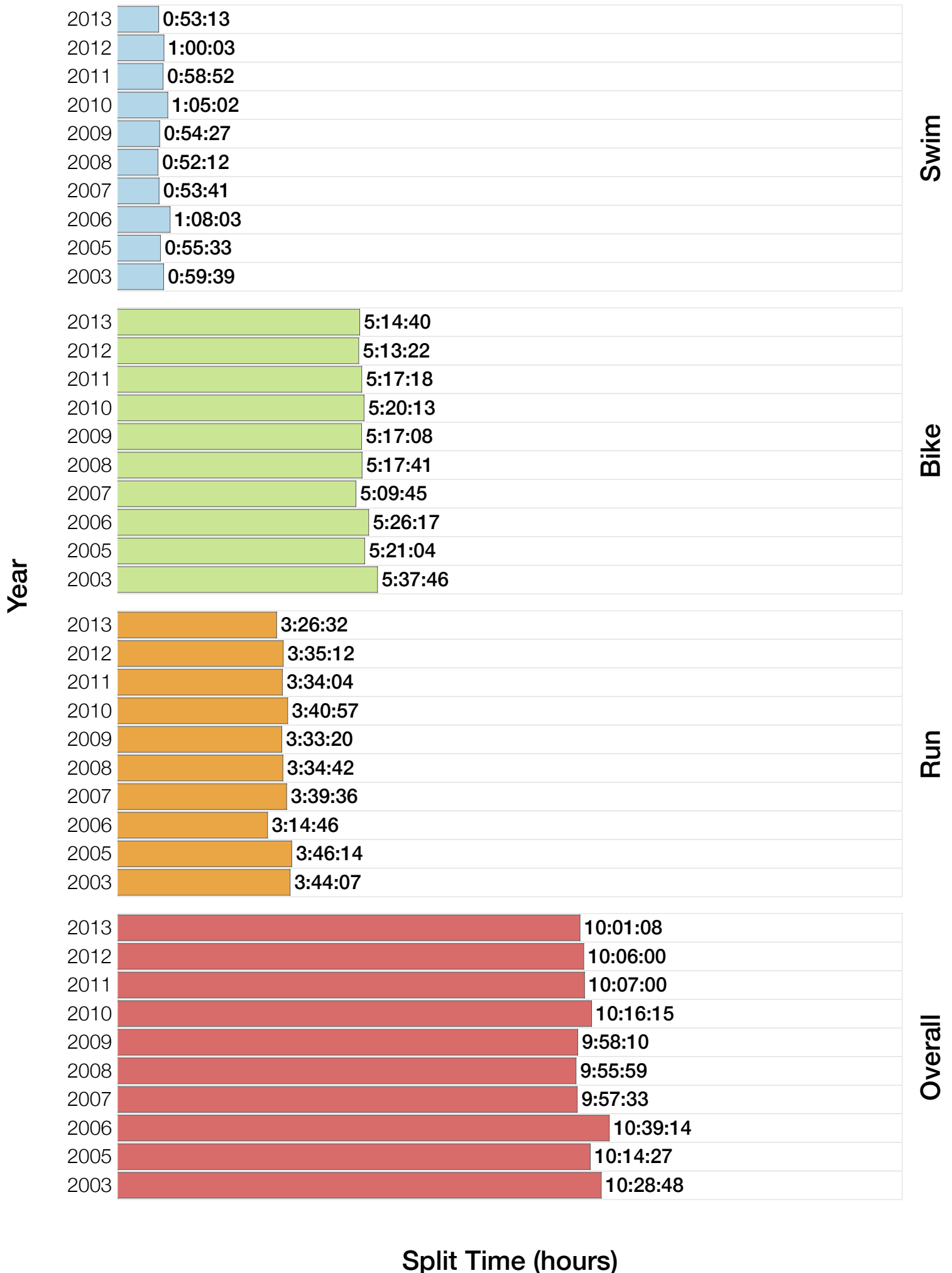
F25-29 Overall



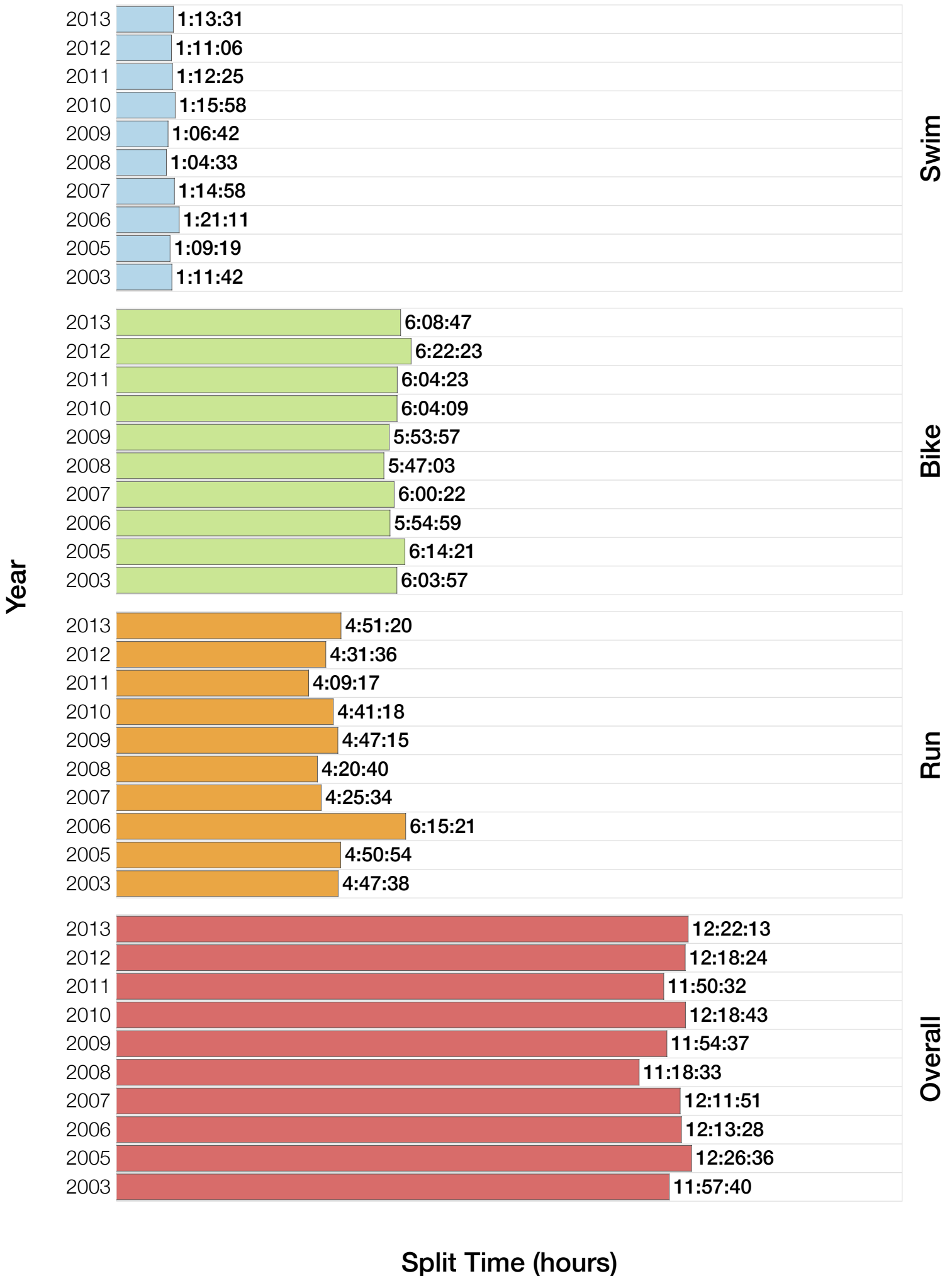
F25-29 Overall



F25-29 Fastest Splits



F25-29 Median Splits



F25-29 Slowest Splits

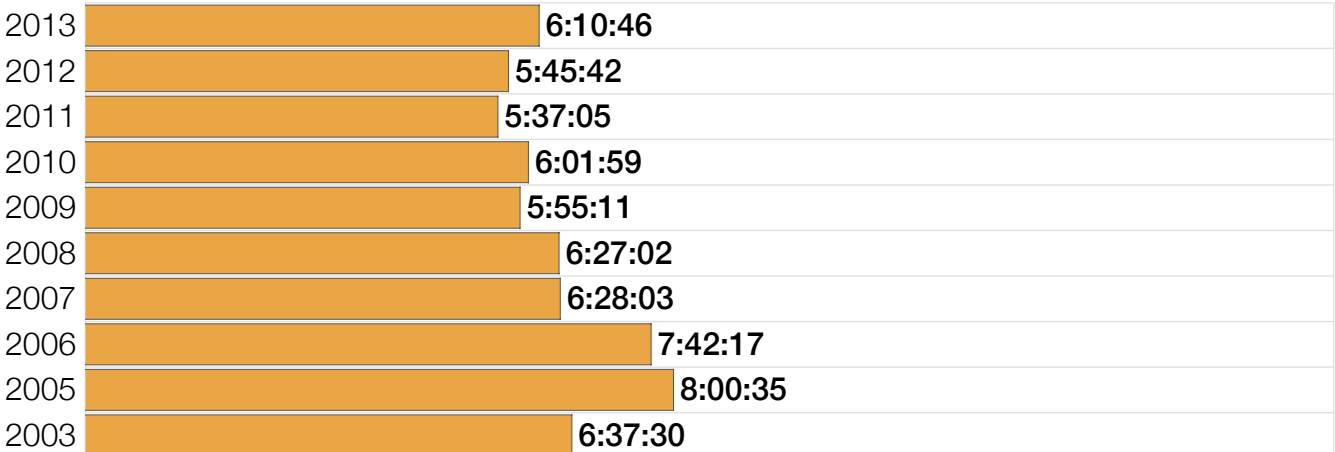
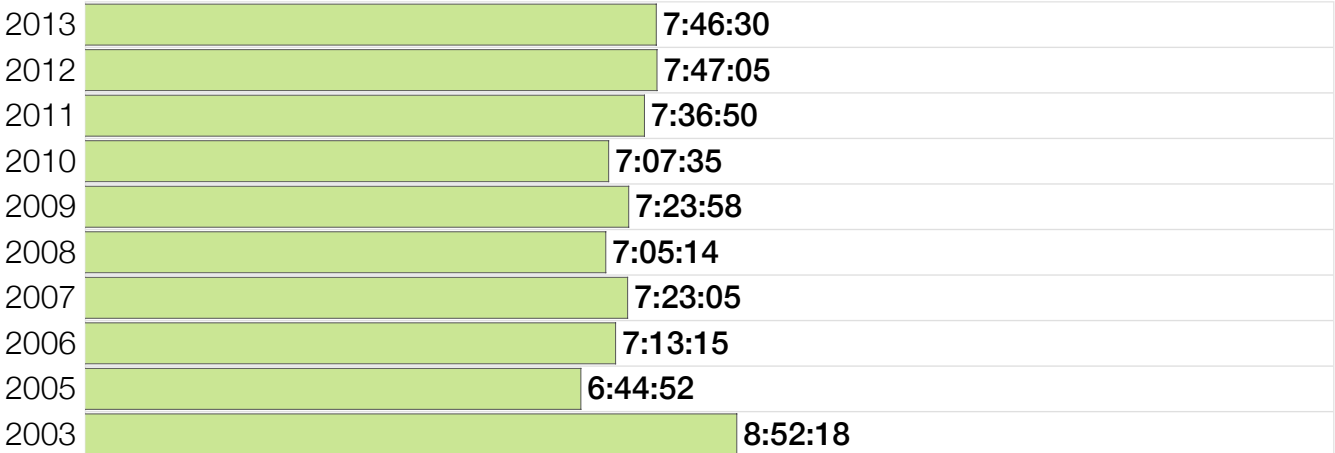
Year

Swim

Bike

Run

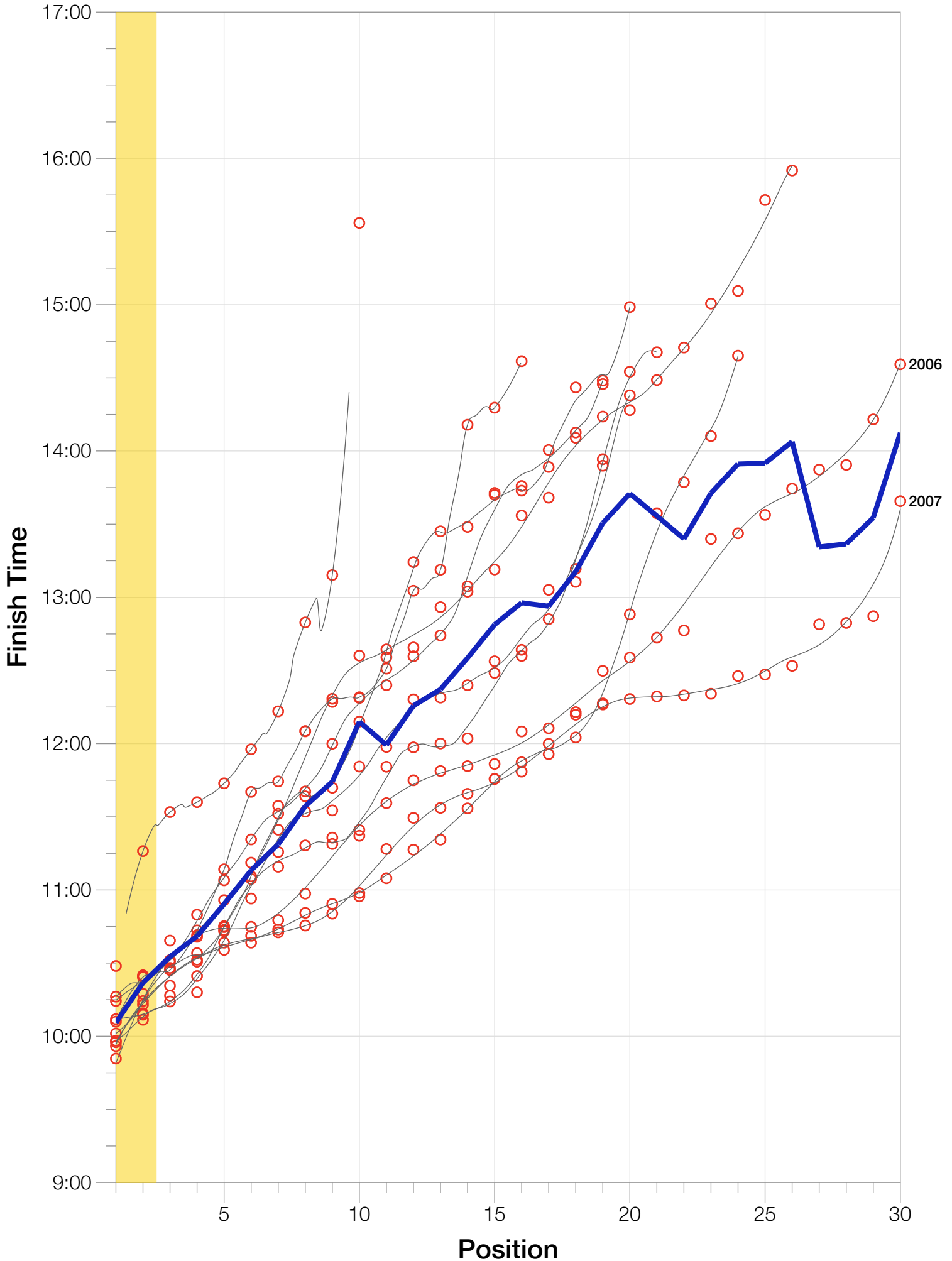
Overall



Split Time (hours)

F25-29 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:47:31	4:26:31	2:50:20	8:07:47
Average Female Winner	0:51:52	4:59:19	3:06:43	9:03:23
Average 1st Age Grouper	1:02:38	5:18:19	3:38:32	10:05:37
Average 2nd Age Grouper	1:03:35	5:27:47	3:44:59	10:21:56
Average 3rd Age Grouper	1:02:32	5:26:30	4:05:23	10:32:40
Average 4th Age Grouper	1:05:52	5:36:14	3:50:32	10:41:01
Average 5th Age Grouper	1:03:56	5:40:55	4:03:13	10:54:14
Average 6th Age Grouper	1:09:20	5:41:32	4:12:20	11:08:04
Average 7th Age Grouper	1:05:48	5:45:55	4:20:36	11:18:43
Average 8th Age Grouper	1:09:25	6:03:40	4:30:35	11:34:21
Average 9th Age Grouper	1:09:18	5:59:04	4:27:32	11:44:23
Average 10th Age Grouper	1:12:35	6:19:30	4:49:03	12:08:59
Kona Qualifier Average	1:03:07	5:23:03	3:41:45	10:13:46
Top 10 Age Grouper Average	1:06:32	5:44:07	4:10:55	11:03:00

Frankfurt 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:10	4:25:32	2:44:12	7:59:58
Female Winner	0:48:08	4:54:20	3:09:29	8:56:01
1st Age Grouper	1:07:10	5:14:40	3:32:09	10:01:08
2nd Age Grouper	1:16:39	5:23:57	3:26:32	10:12:58
3rd Age Grouper	0:59:06	5:23:47	4:02:14	10:31:13
4th Age Grouper	0:53:13	5:39:44	3:48:01	10:31:23
5th Age Grouper	1:08:33	5:44:21	3:46:05	10:45:10
6th Age Grouper	1:05:37	5:39:53	4:12:32	11:04:32
7th Age Grouper	1:07:43	5:47:13	4:28:40	11:31:15
8th Age Grouper	1:13:59	6:10:02	4:08:46	11:40:24
9th Age Grouper	1:12:42	6:07:32	4:12:07	11:41:54
10th Age Grouper	1:16:00	6:04:34	4:37:55	12:09:03
Kona Qualifier Average	1:11:54	5:19:18	3:29:20	10:07:03
Top 10 Age Grouper Average	1:08:04	5:43:34	4:01:30	11:00:54

Frankfurt 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:45:07	4:26:26	2:48:19	8:03:31
Female Winner	0:48:58	4:52:34	3:06:52	8:52:33
1st Age Grouper	1:07:38	5:13:22	3:37:57	10:06:00
2nd Age Grouper	1:13:03	5:30:50	3:35:12	10:24:16
3rd Age Grouper	1:01:52	5:35:03	3:43:12	10:27:10
4th Age Grouper	1:01:49	5:44:35	3:47:45	10:43:25
5th Age Grouper	1:01:43	5:34:51	4:26:02	11:08:28
6th Age Grouper	1:07:53	5:45:50	4:40:10	11:40:14
7th Age Grouper	1:16:32	6:06:02	4:14:22	11:44:30
8th Age Grouper	1:05:18	6:22:27	4:28:48	12:05:09
9th Age Grouper	1:13:20	6:24:12	4:28:27	12:18:24
10th Age Grouper	1:11:06	6:24:13	4:31:36	12:19:03
Kona Qualifier Average	1:10:20	5:22:06	3:36:34	10:15:08
Top 10 Age Grouper Average	1:08:01	5:52:08	4:09:21	11:17:39

Frankfurt 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:05	4:26:22	2:57:25	8:13:50
Female Winner	0:49:16	4:51:07	3:27:38	9:12:13
1st Age Grouper	1:06:33	5:17:18	3:34:04	10:07:00
2nd Age Grouper	1:01:06	5:26:45	3:35:23	10:09:26
3rd Age Grouper	1:01:08	5:18:54	3:47:16	10:14:15
4th Age Grouper	1:01:07	5:33:56	3:43:51	10:24:42
5th Age Grouper	0:58:52	5:43:08	3:54:28	10:43:39
6th Age Grouper	1:09:33	5:39:38	4:09:17	11:05:35
7th Age Grouper	1:14:12	5:30:30	4:19:06	11:09:30
8th Age Grouper	1:14:24	6:08:06	3:49:48	11:18:15
9th Age Grouper	1:03:18	5:55:06	4:08:10	11:21:27
10th Age Grouper	1:06:04	6:05:38	4:03:58	11:22:13
Kona Qualifier Average	1:03:49	5:22:01	3:34:43	10:08:13
Top 10 Age Grouper Average	1:05:37	5:39:53	3:54:32	10:47:36

Frankfurt 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:34	4:20:35	2:53:27	8:05:15
Female Winner	0:58:57	5:01:37	3:00:15	9:04:27
1st Age Grouper	1:07:42	5:20:13	3:42:14	10:16:15
2nd Age Grouper	1:05:32	5:20:36	3:54:08	10:25:00
3rd Age Grouper	1:07:22	5:31:04	3:40:57	10:28:00
4th Age Grouper	1:16:29	5:33:05	3:53:47	10:49:52
5th Age Grouper	1:09:57	5:44:23	4:03:55	11:03:58
6th Age Grouper	1:05:02	5:48:36	4:20:05	11:20:42
7th Age Grouper	1:13:42	5:53:51	4:18:29	11:34:29
8th Age Grouper	1:19:30	6:04:09	4:09:16	11:38:23
9th Age Grouper	1:19:24	5:45:52	4:47:48	11:59:57
10th Age Grouper	1:15:58	6:10:18	4:42:19	12:18:43
Kona Qualifier Average	1:06:37	5:20:24	3:48:11	10:20:37
Top 10 Age Grouper Average	1:12:03	5:43:12	4:09:17	11:11:31

Frankfurt 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:45	4:24:51	2:43:06	7:59:15
Female Winner	0:54:22	4:54:02	3:05:33	8:58:08
1st Age Grouper	0:59:25	5:19:58	3:33:20	9:58:10
2nd Age Grouper	0:58:44	5:17:51	3:44:54	10:06:45
3rd Age Grouper	0:59:57	5:21:12	3:48:57	10:16:40
4th Age Grouper	1:10:33	5:22:47	3:35:50	10:18:00
5th Age Grouper	1:03:07	5:47:00	3:47:26	10:44:46
6th Age Grouper	1:11:00	5:24:58	4:13:42	10:56:28
7th Age Grouper	1:02:04	5:49:50	4:22:30	11:24:42
8th Age Grouper	0:54:27	6:05:20	4:18:14	11:32:09
9th Age Grouper	1:25:58	5:58:15	3:56:48	11:32:37
10th Age Grouper	1:13:29	5:44:32	4:42:19	11:50:37
Kona Qualifier Average	0:59:04	5:18:54	3:39:07	10:02:27
Top 10 Age Grouper Average	1:05:52	5:37:10	4:00:24	10:52:05

Frankfurt 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:44:38	4:26:17	2:45:46	7:59:55
Female Winner	0:48:34	4:57:17	3:01:44	8:51:24
1st Age Grouper	0:57:49	5:17:41	3:34:42	9:55:59
2nd Age Grouper	0:54:21	5:41:56	3:35:04	10:17:26
3rd Age Grouper	0:55:13	5:21:04	3:59:30	10:20:45
4th Age Grouper	0:55:51	5:45:01	3:47:06	10:34:06
5th Age Grouper	0:58:02	5:37:23	3:58:04	10:38:22
6th Age Grouper	1:08:51	5:30:14	3:52:01	10:38:22
7th Age Grouper	0:56:51	5:37:18	4:01:49	10:43:46
8th Age Grouper	1:01:54	5:36:16	4:06:28	10:50:36
9th Age Grouper	0:52:12	5:29:39	4:27:06	10:54:16
10th Age Grouper	1:05:49	6:00:45	3:45:01	10:58:44
Kona Qualifier Average	0:56:05	5:29:48	3:34:53	10:06:42
Top 10 Age Grouper Average	0:58:41	5:35:43	3:54:41	10:35:14

Frankfurt 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:25	4:29:44	2:47:35	8:09:15
Female Winner	0:53:08	5:01:05	3:05:56	9:04:11
1st Age Grouper	1:03:59	5:09:45	3:39:36	9:57:33
2nd Age Grouper	1:02:16	5:11:27	3:55:32	10:14:25
3rd Age Grouper	1:11:28	5:21:56	3:47:31	10:27:09
4th Age Grouper	0:53:41	5:26:38	4:05:50	10:30:34
5th Age Grouper	1:06:46	5:32:41	3:50:53	10:35:25
6th Age Grouper	1:15:44	5:34:26	3:45:37	10:41:12
7th Age Grouper	1:04:34	5:24:32	4:07:25	10:42:36
8th Age Grouper	1:05:39	5:38:16	3:56:54	10:45:25
9th Age Grouper	1:04:16	5:25:25	4:15:34	10:50:17
10th Age Grouper	1:14:45	5:39:01	3:53:47	10:57:22
Kona Qualifier Average	1:03:07	5:10:36	3:47:34	10:05:59
Top 10 Age Grouper Average	1:06:18	5:26:24	3:55:51	10:34:11

Frankfurt 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:25	4:31:30		8:13:39
Female Winner	0:54:41	5:04:40	2:57:51	9:16:17
1st Age Grouper	0:57:02	5:11:23		9:50:50
2nd Age Grouper	0:57:01	5:19:30		10:08:50
3rd Age Grouper	1:09:14	5:31:19	6:04:37	10:39:14
4th Age Grouper	1:12:11	5:19:12		10:40:47
5th Age Grouper	1:00:40	5:32:53		10:43:04
6th Age Grouper	1:20:43	5:26:17		10:44:52
7th Age Grouper	0:59:05	5:34:08		10:47:38
8th Age Grouper	1:08:03	5:41:59	6:47:34	10:58:29
9th Age Grouper	1:09:16	5:37:14		11:18:51
10th Age Grouper	1:15:53	5:45:47	6:26:05	11:24:34
Kona Qualifier Average	0:57:01	5:15:26		9:59:50
Top 10 Age Grouper Average	1:06:54	5:29:58	6:26:05	10:43:42

Frankfurt 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:39	4:28:20	2:58:57	8:20:50
Female Winner	0:53:13	5:13:08	3:04:37	9:15:31
1st Age Grouper	0:59:28	5:21:04	3:48:43	10:14:27
2nd Age Grouper	0:55:33	5:33:21	3:50:38	10:24:22
3rd Age Grouper	0:57:34	5:34:11	3:54:20	10:30:20
4th Age Grouper	1:11:52	5:38:08	3:46:14	10:41:29
5th Age Grouper	1:09:35	5:44:41	3:54:26	10:55:48
6th Age Grouper	0:55:36	5:59:27	4:11:03	11:11:12
7th Age Grouper	0:57:57	5:51:52	4:17:51	11:15:32
8th Age Grouper	1:18:59	6:12:34	4:27:07	12:05:02
9th Age Grouper	1:01:17	6:16:08	4:51:46	12:17:06
10th Age Grouper	1:07:51	6:27:58	4:50:02	12:36:06
Kona Qualifier Average	0:57:30	5:27:12	3:49:40	10:19:24
Top 10 Age Grouper Average	1:03:34	5:51:56	4:11:13	11:13:08

Frankfurt 2003

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:27	4:25:37	2:54:13	8:12:29
Female Winner	0:49:29	5:03:20	3:07:17	9:03:11
1st Age Grouper	0:59:39	5:37:46	3:44:07	10:28:48
2nd Age Grouper	1:11:42	5:51:42	4:07:31	11:15:55
3rd Age Grouper				11:31:56
4th Age Grouper	1:22:01	5:59:15	4:06:28	11:36:00
5th Age Grouper	1:02:09	5:47:51	4:47:38	11:43:43
6th Age Grouper	1:13:25	6:06:10	4:26:38	11:57:40
7th Age Grouper	1:05:26	6:03:57	4:55:12	12:13:15
8th Age Grouper	1:12:04	6:37:38	4:53:01	12:49:43
9th Age Grouper	1:11:23	6:51:21	5:00:10	13:09:08
10th Age Grouper	1:18:58	8:52:18	6:37:30	15:33:32
Kona Qualifier Average	1:05:40	5:44:44	3:55:49	10:52:21
Top 10 Age Grouper Average	1:10:45	6:25:19	4:44:15	12:13:58