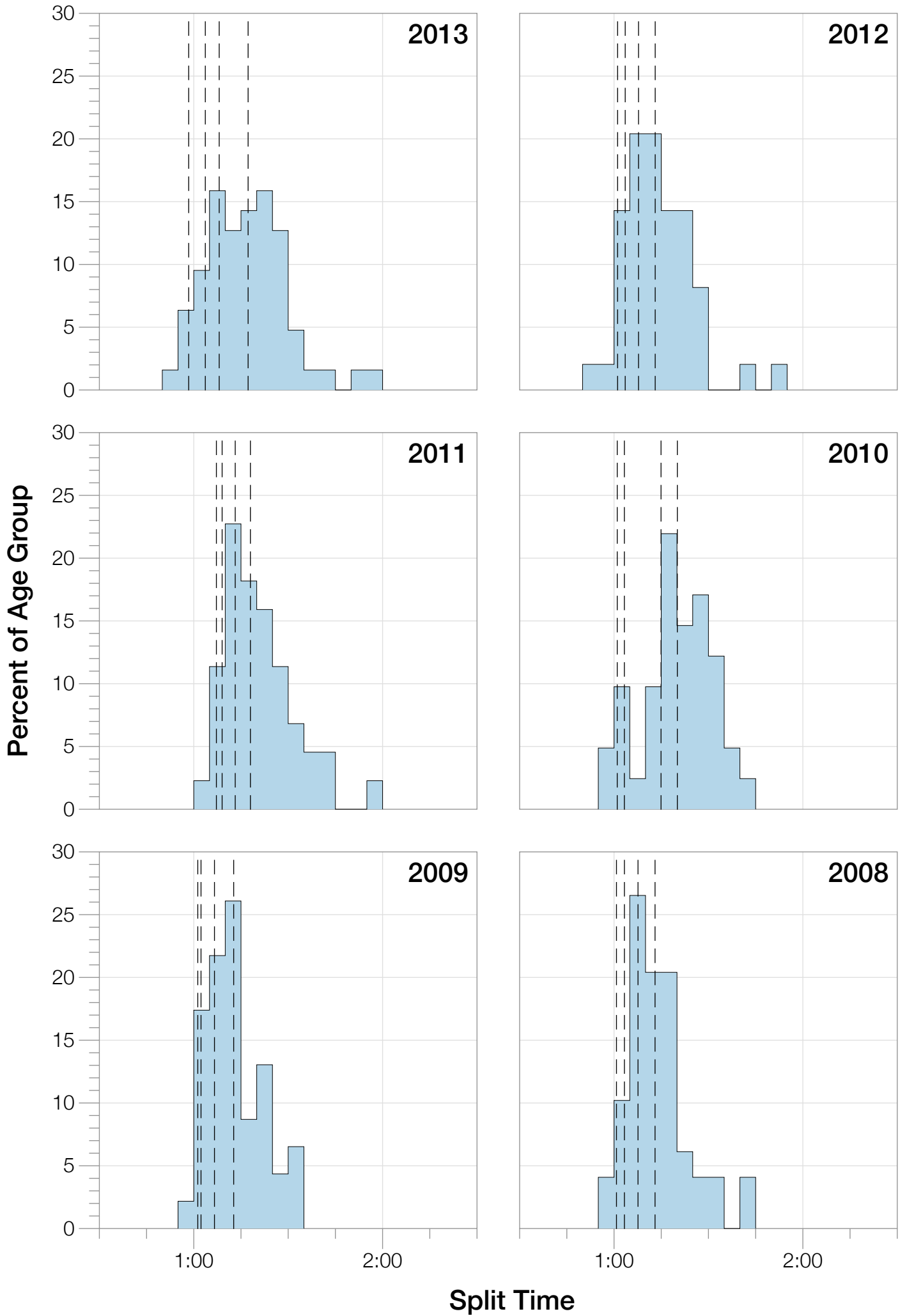


Ironman Frankfurt F40-44 Stats

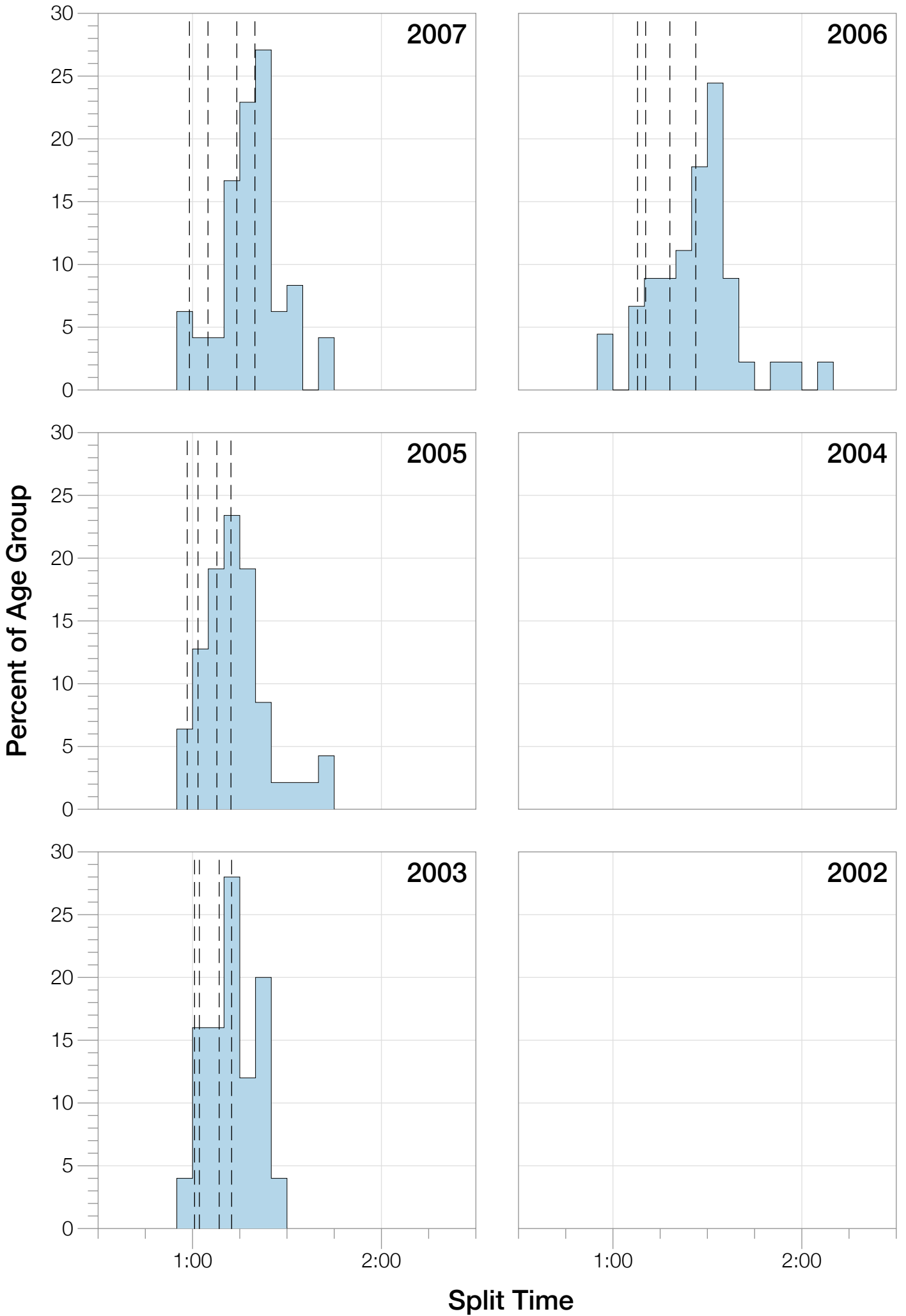
F40-44 Summary Statistics

| Year | Finishers | F40-44 Finishers | Male Winner's Time | Female Winner's Time | F40-44 Winner's Time |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2003 | 1291 | 11 | 8:12:29 | 9:03:11 | 10:24:52 |
| 2005 | 1730 | 34 | 8:20:50 | 9:15:31 | 10:55:59 |
| 2006 | 1799 | 46 | 8:13:39 | 9:16:17 | 10:28:29 |
| 2007 | 2121 | 44 | 8:09:15 | 9:04:11 | 10:09:18 |
| 2008 | 2142 | 48 | 7:59:55 | 8:51:24 | 10:03:34 |
| 2009 | 2128 | 39 | 7:59:15 | 8:58:08 | 10:00:44 |
| 2010 | 2119 | 36 | 8:05:15 | 9:04:27 | 10:17:41 |
| 2011 | 2220 | 50 | 8:13:50 | 9:12:13 | 10:29:57 |
| 2012 | 2317 | 49 | 8:03:31 | 8:52:33 | 10:04:46 |
| 2013 | 2460 | 50 | 7:59:58 | 8:56:01 | 9:45:26 |
| Average | 2033 | 41 | 8:07:47 | 9:03:23 | 9:20:04 |

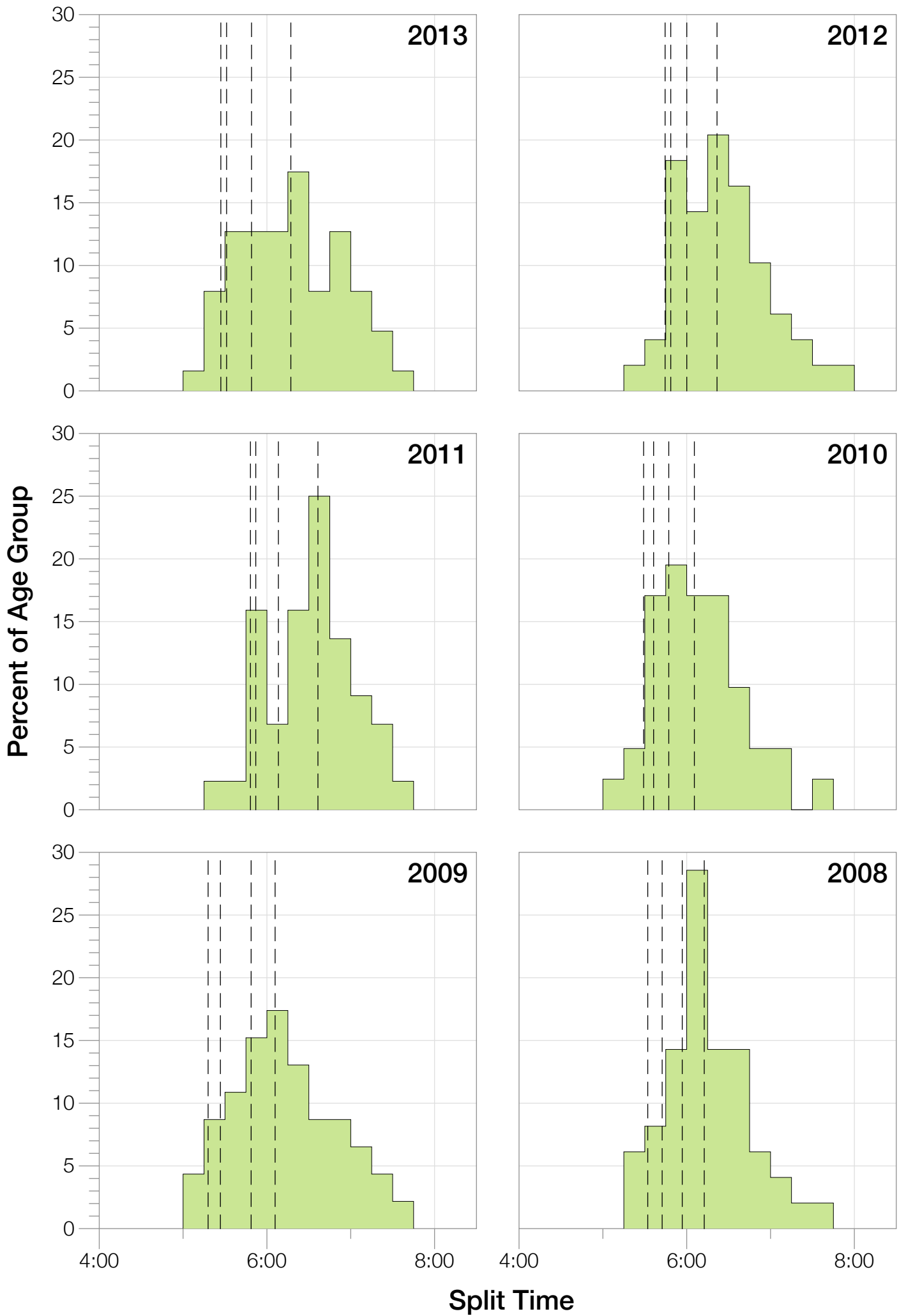
F40-44 Swim



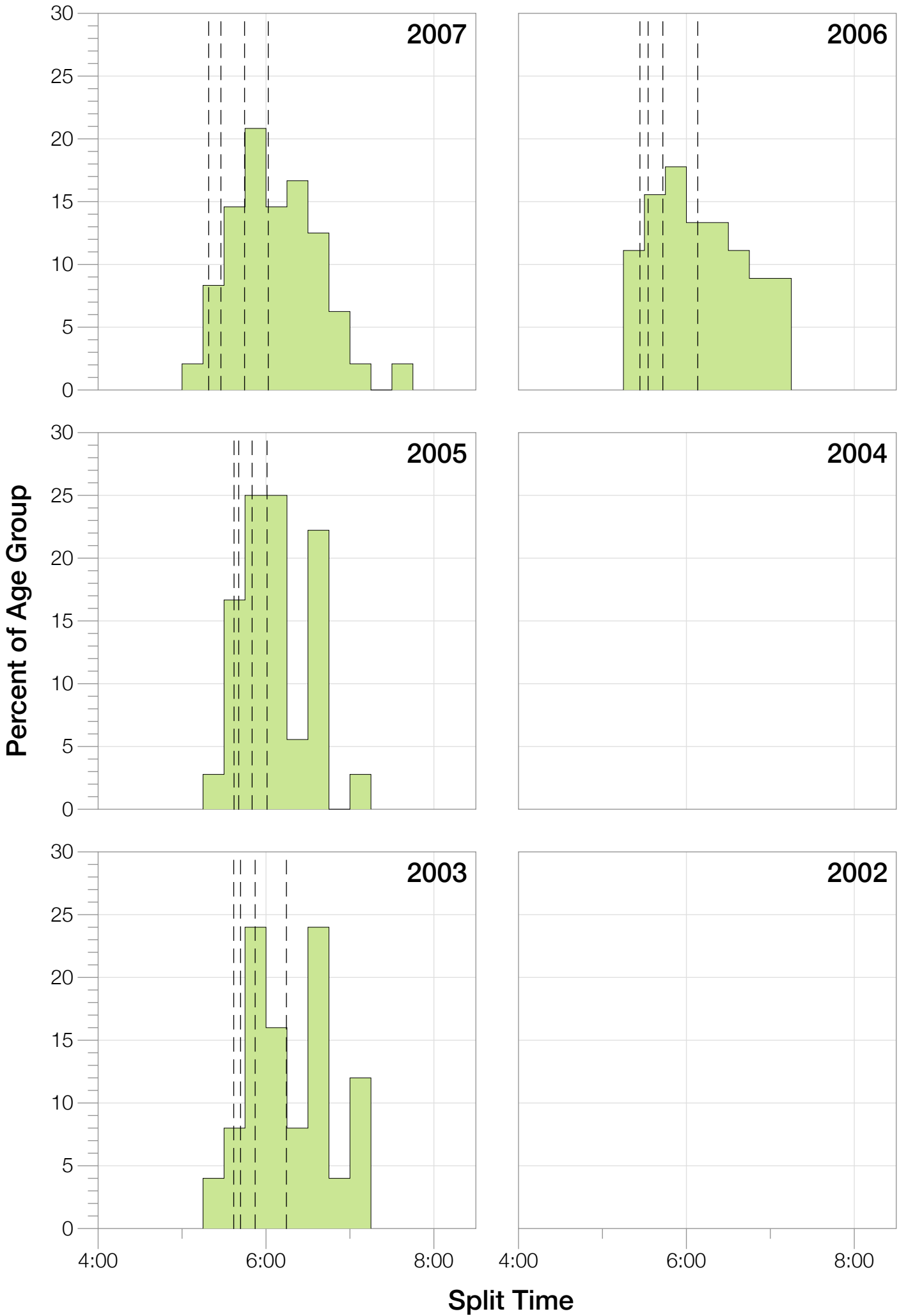
F40-44 Swim



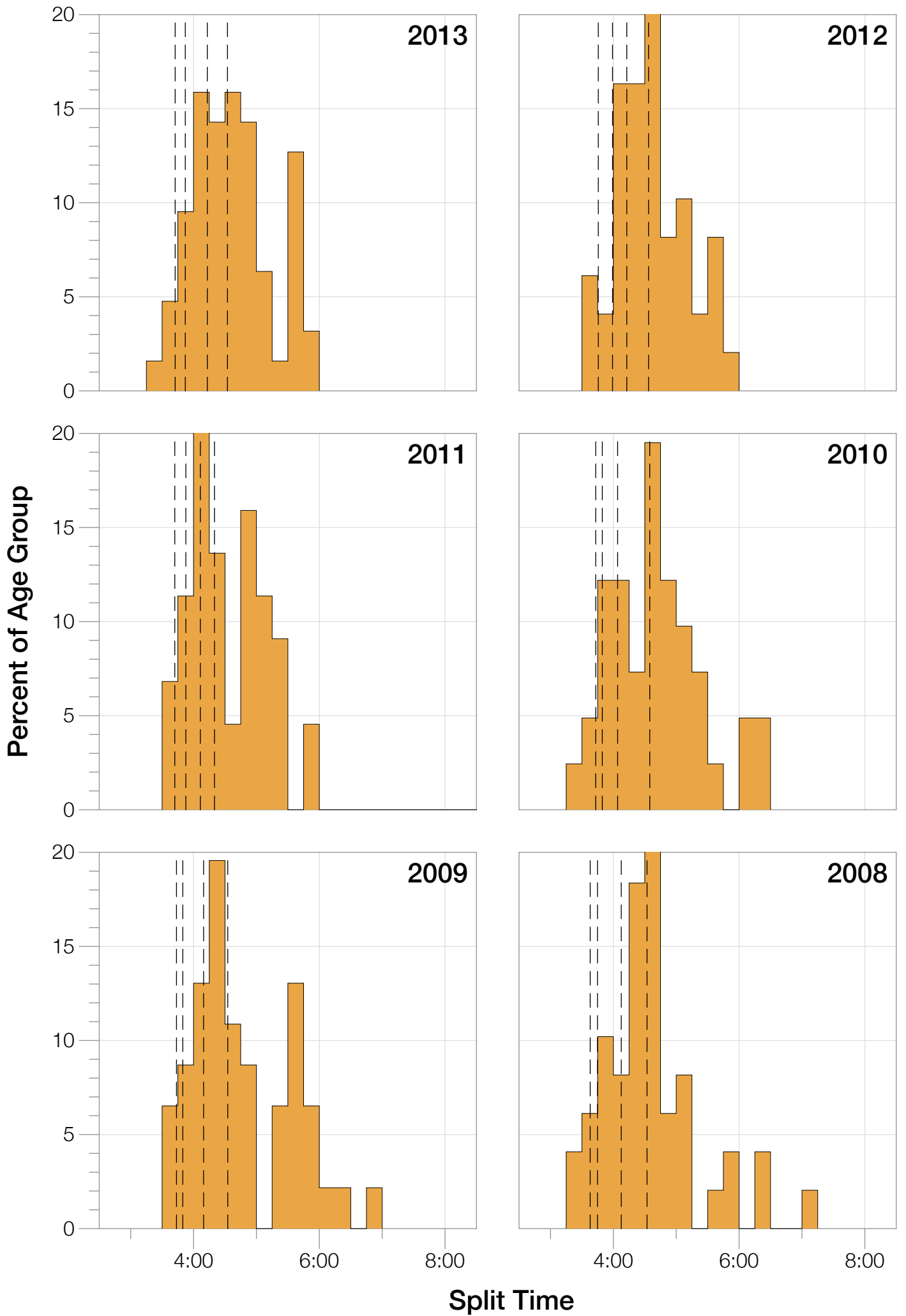
F40-44 Bike



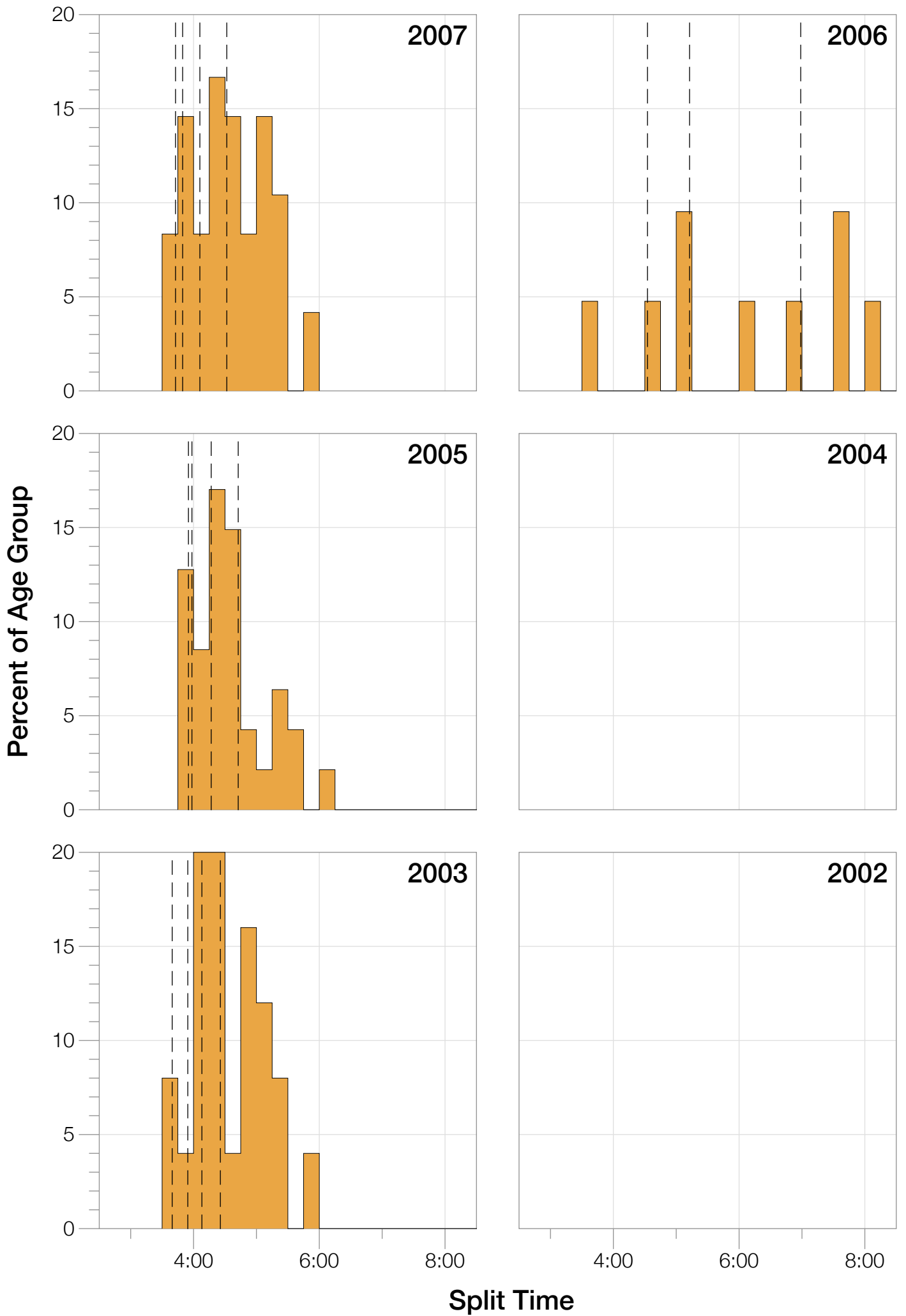
F40-44 Bike



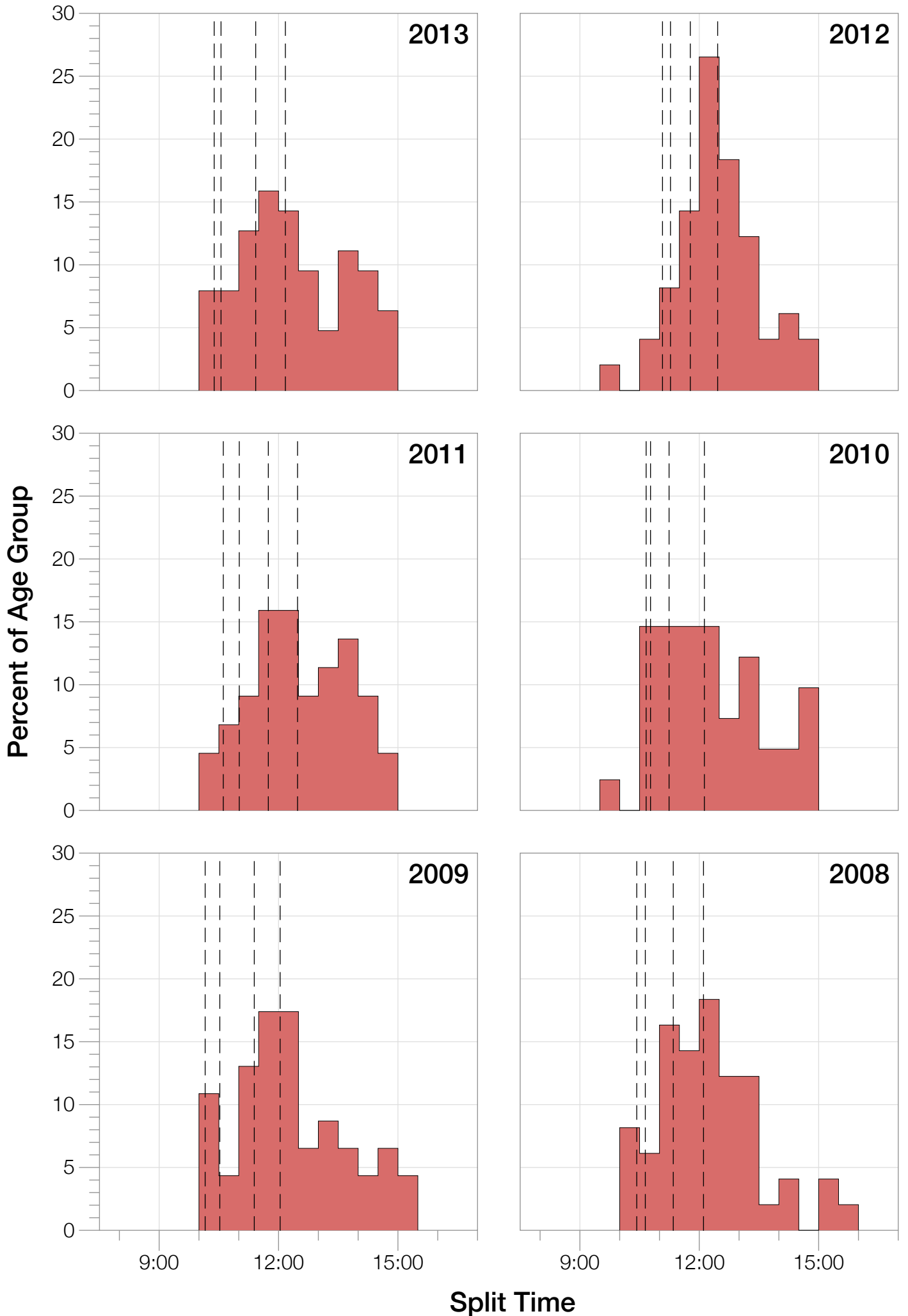
F40-44 Run



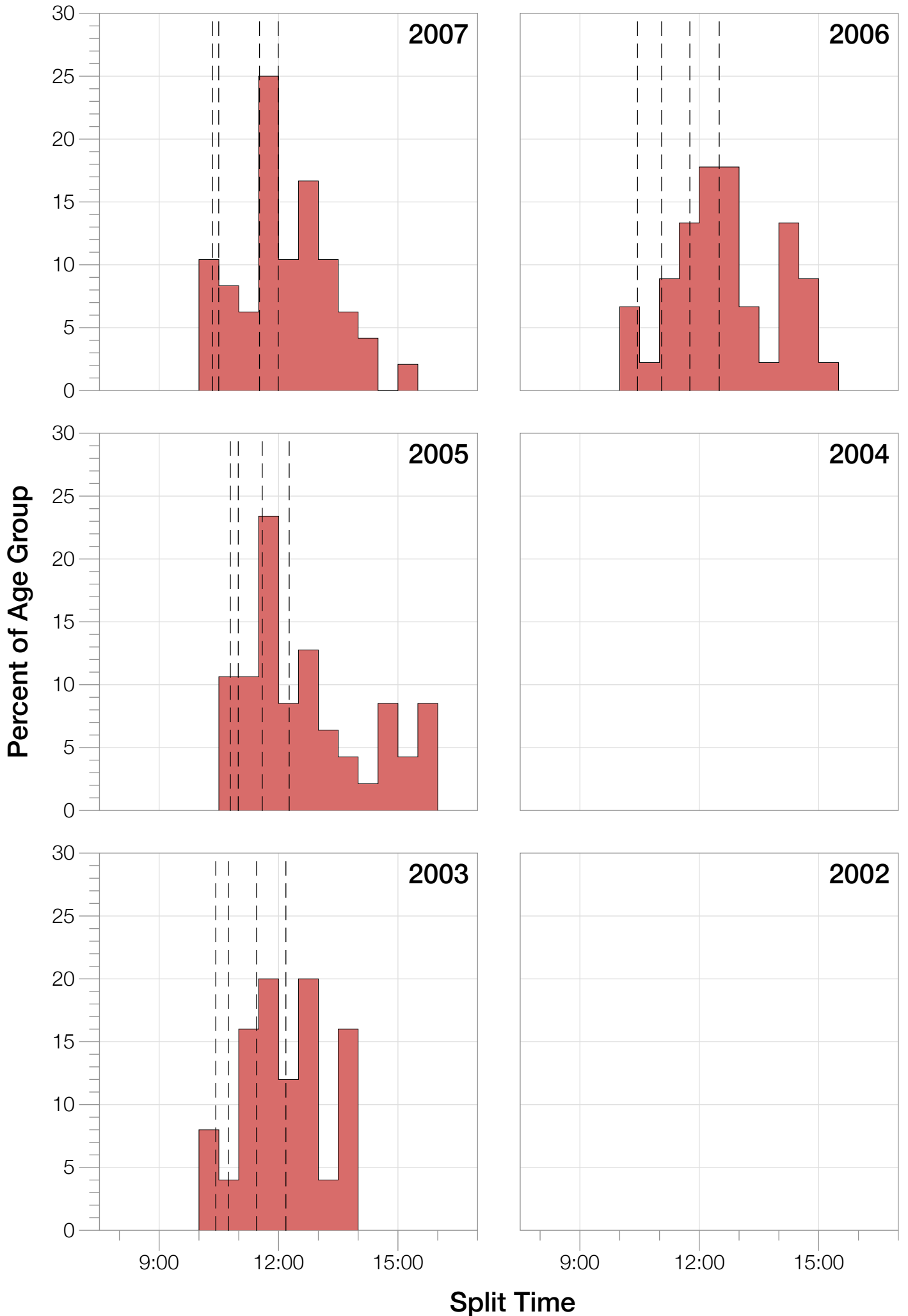
F40-44 Run



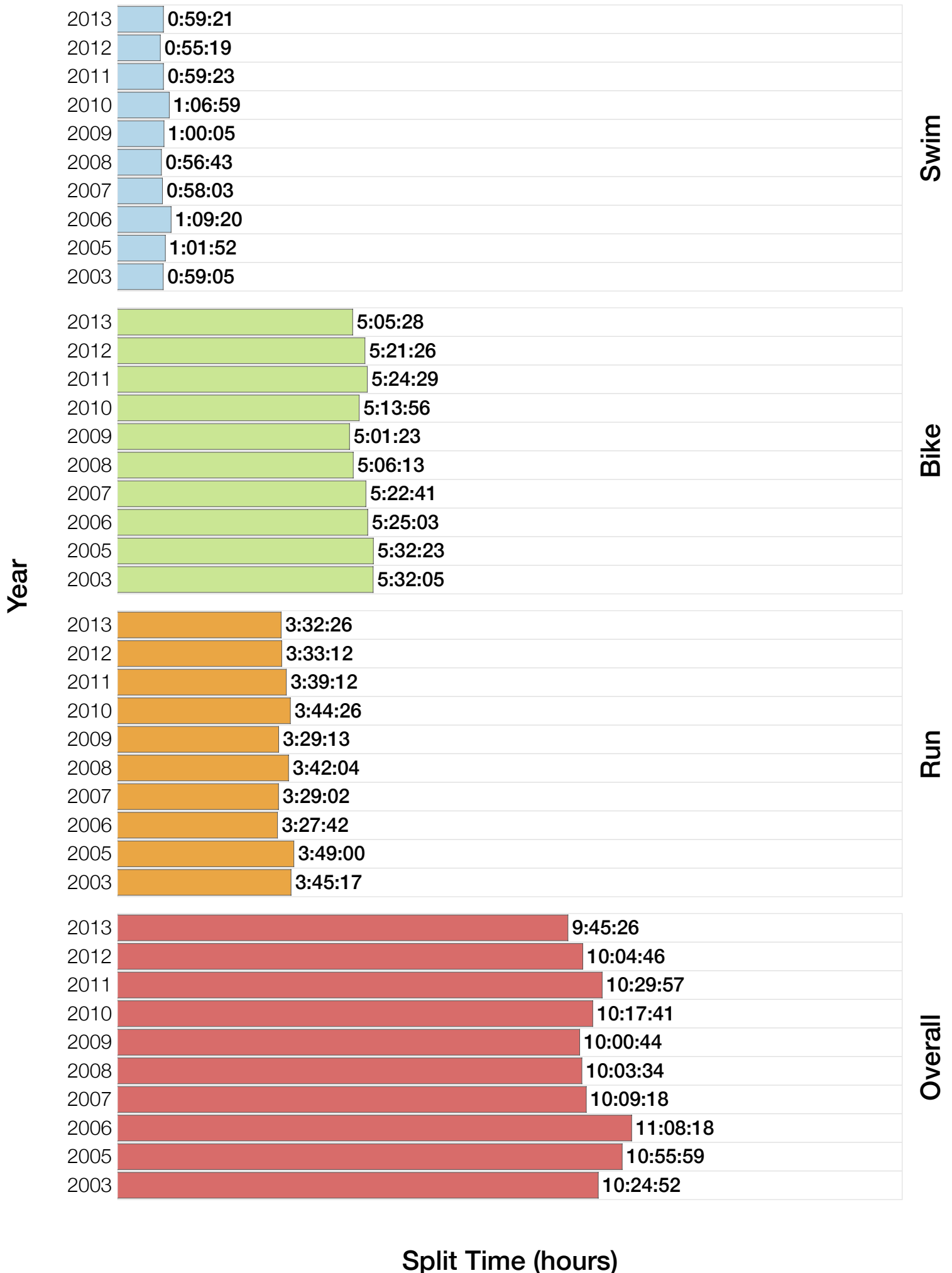
F40-44 Overall



F40-44 Overall

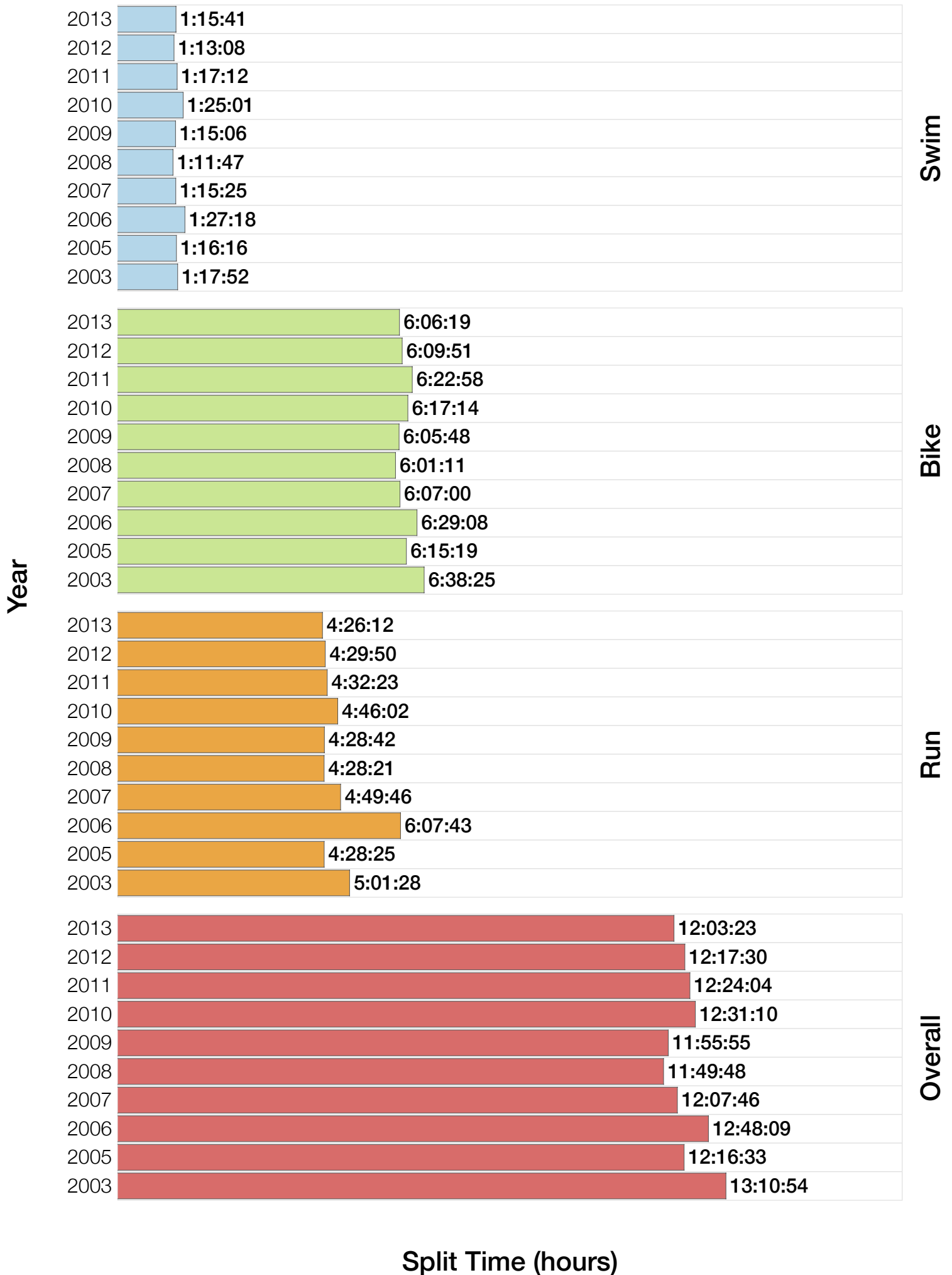


F40-44 Fastest Splits



Split Time (hours)

F40-44 Median Splits



F40-44 Slowest Splits

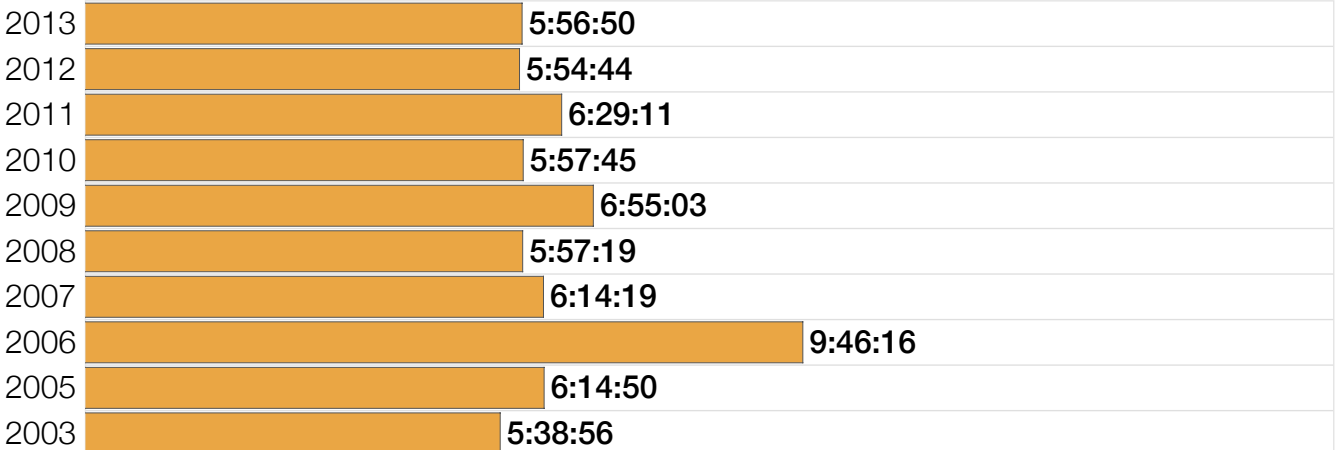
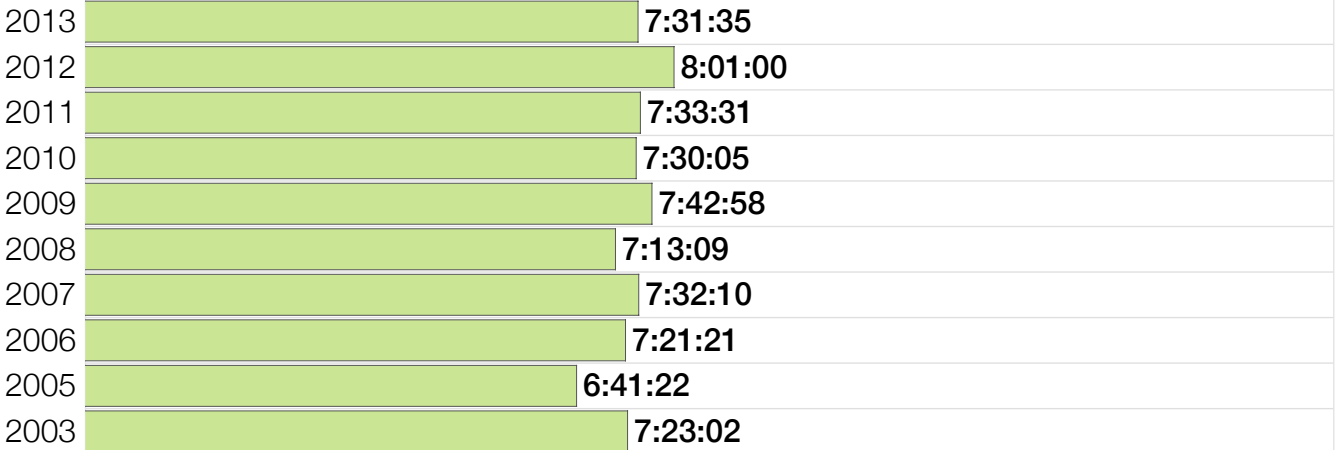
Year

Swim

Bike

Run

Overall



Split Time (hours)

F40-44 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 | 1:04:44 | 5:19:48 | 3:44:36 | 10:16:04 |
| Average 2nd Age Grouper | 1:06:21 | 5:33:31 | 3:47:25 | 10:34:24 |
| Average 3rd Age Grouper | 1:07:34 | 5:39:43 | 3:55:31 | 10:48:56 |
| Average 4th Age Grouper | 1:08:07 | 5:43:09 | 3:56:13 | 11:04:08 |
| Average 5th Age Grouper | 1:07:40 | 5:48:34 | 4:05:28 | 11:09:39 |
| Average 6th Age Grouper | 1:14:10 | 5:44:22 | 4:21:49 | 11:16:40 |
| Average 7th Age Grouper | 1:08:36 | 5:53:20 | 4:15:37 | 11:24:27 |
| Average 8th Age Grouper | 1:17:33 | 6:00:59 | 4:22:42 | 11:31:48 |
| Average 9th Age Grouper | 1:17:14 | 5:57:09 | 4:13:00 | 11:35:23 |
| Average 10th Age Grouper | 1:14:40 | 5:54:53 | 4:25:49 | 11:43:41 |
| Kona Qualifier Average | 1:05:33 | 5:26:39 | 3:46:00 | 10:25:14 |
| Top 10 Age Grouper Average | 1:10:40 | 5:45:33 | 4:07:16 | 11:08:31 |

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 | 1:02:06 | 5:05:28 | 3:32:26 | 9:45:26 |
| 2nd Age Grouper | 1:10:10 | 5:19:07 | 3:35:26 | 10:12:22 |
| 3rd Age Grouper | 1:09:09 | 5:23:25 | 3:36:47 | 10:17:17 |
| 4th Age Grouper | 1:03:32 | 5:18:15 | 3:48:48 | 10:18:30 |
| 5th Age Grouper | 0:59:21 | 5:29:53 | 3:46:34 | 10:23:30 |
| 6th Age Grouper | 1:15:04 | 5:30:56 | 3:43:09 | 10:35:01 |
| 7th Age Grouper | 1:05:13 | 5:36:40 | 3:59:53 | 10:49:51 |
| 8th Age Grouper | 1:05:36 | 5:27:22 | 4:10:35 | 10:51:40 |
| 9th Age Grouper | 1:06:08 | 5:49:34 | 3:53:37 | 10:59:20 |
| 10th Age Grouper | 1:05:27 | 5:36:39 | 4:12:42 | 11:03:20 |
| Kona Qualifier Average | 1:06:08 | 5:12:17 | 3:33:56 | 9:58:54 |
| Top 10 Age Grouper Average | 1:06:10 | 5:27:43 | 3:49:59 | 10:31:37 |

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 | 1:03:36 | 5:21:26 | 3:33:12 | 10:04:46 |
| 2nd Age Grouper | 1:01:32 | 5:30:08 | 3:37:08 | 10:16:26 |
| 3rd Age Grouper | 0:59:36 | 5:40:54 | 3:40:40 | 10:27:57 |
| 4th Age Grouper | 1:02:57 | 5:31:14 | 4:00:25 | 10:42:00 |
| 5th Age Grouper | 0:55:19 | 5:43:24 | 3:57:51 | 10:43:02 |
| 6th Age Grouper | 1:18:38 | 5:32:11 | 3:44:04 | 10:44:22 |
| 7th Age Grouper | 0:57:45 | 5:38:21 | 4:03:50 | 10:48:17 |
| 8th Age Grouper | 1:04:08 | 5:38:15 | 3:59:42 | 10:48:34 |
| 9th Age Grouper | 0:57:21 | 5:39:29 | 4:05:00 | 10:49:53 |
| 10th Age Grouper | 1:09:57 | 5:45:20 | 4:03:13 | 11:04:26 |
| Kona Qualifier Average | 1:02:34 | 5:25:47 | 3:35:10 | 10:10:36 |
| Top 10 Age Grouper Average | 1:03:04 | 5:36:04 | 3:52:30 | 10:38:58 |

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 | 1:05:30 | 5:38:43 | 3:39:12 | 10:29:57 |
| 2nd Age Grouper | 1:05:30 | 5:45:46 | 4:01:05 | 10:58:29 |
| 3rd Age Grouper | 1:07:05 | 5:24:29 | 4:12:30 | 10:58:30 |
| 4th Age Grouper | 1:00:10 | 5:46:13 | 4:12:05 | 11:03:49 |
| 5th Age Grouper | 1:14:58 | 5:57:17 | 3:45:01 | 11:06:59 |
| 6th Age Grouper | 1:17:06 | 5:50:23 | 4:03:17 | 11:23:54 |
| 7th Age Grouper | 1:03:12 | 6:19:04 | 3:58:15 | 11:29:41 |
| 8th Age Grouper | 1:12:09 | 5:35:54 | 4:34:32 | 11:30:33 |
| 9th Age Grouper | 1:08:44 | 6:02:38 | 4:09:42 | 11:31:44 |
| 10th Age Grouper | 1:11:29 | 5:41:40 | 4:30:10 | 11:32:42 |
| Kona Qualifier Average | 1:05:30 | 5:42:14 | 3:50:08 | 10:44:13 |
| Top 10 Age Grouper Average | 1:08:35 | 5:48:12 | 4:06:34 | 11:12:37 |

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 | 1:12:35 | 5:13:56 | 3:44:26 | 10:17:41 |
| 2nd Age Grouper | 1:09:08 | 5:42:49 | 4:12:05 | 11:11:53 |
| 3rd Age Grouper | 1:25:02 | 5:51:44 | 3:52:18 | 11:15:53 |
| 4th Age Grouper | 1:24:21 | 5:50:56 | 4:03:10 | 11:25:01 |
| 5th Age Grouper | 1:06:59 | 5:46:20 | 4:27:56 | 11:25:59 |
| 6th Age Grouper | 1:23:32 | 5:35:13 | 4:30:32 | 11:36:34 |
| 7th Age Grouper | 1:10:56 | 5:40:31 | 4:43:21 | 11:41:08 |
| 8th Age Grouper | 1:14:29 | 5:55:24 | 4:24:55 | 11:43:35 |
| 9th Age Grouper | 1:20:47 | 6:12:14 | 4:02:16 | 11:43:52 |
| 10th Age Grouper | 1:25:10 | 5:24:42 | 4:53:54 | 11:50:09 |
| Kona Qualifier Average | 1:10:51 | 5:28:22 | 3:58:15 | 10:44:47 |
| Top 10 Age Grouper Average | 1:17:17 | 5:43:22 | 4:17:29 | 11:25:10 |

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 | 1:02:52 | 5:01:23 | 3:49:35 | 10:00:44 |
| 2nd Age Grouper | 1:05:39 | 5:23:30 | 3:29:13 | 10:03:56 |
| 3rd Age Grouper | 1:02:31 | 5:16:14 | 3:52:58 | 10:17:01 |
| 4th Age Grouper | 1:03:28 | 5:47:02 | 3:42:49 | 10:42:25 |
| 5th Age Grouper | 1:07:18 | 5:27:52 | 4:07:45 | 10:49:43 |
| 6th Age Grouper | 1:14:20 | 5:40:41 | 3:48:54 | 10:56:42 |
| 7th Age Grouper | 1:02:34 | 5:42:51 | 4:08:07 | 11:01:33 |
| 8th Age Grouper | 1:20:51 | 5:30:34 | 4:06:53 | 11:05:16 |
| 9th Age Grouper | 1:00:46 | 5:34:56 | 4:28:42 | 11:09:04 |
| 10th Age Grouper | 1:19:07 | 5:35:25 | 4:09:09 | 11:11:39 |
| Kona Qualifier Average | 1:04:15 | 5:12:26 | 3:39:24 | 10:02:20 |
| Top 10 Age Grouper Average | 1:07:56 | 5:30:02 | 3:58:24 | 10:43:48 |

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 | 1:06:08 | 5:06:13 | 3:45:21 | 10:03:34 |
| 2nd Age Grouper | 1:01:19 | 5:23:42 | 3:42:04 | 10:11:43 |
| 3rd Age Grouper | 0:56:43 | 5:33:01 | 3:54:21 | 10:29:39 |
| 4th Age Grouper | 1:01:11 | 5:32:21 | 3:58:47 | 10:37:42 |
| 5th Age Grouper | 1:11:35 | 5:27:04 | 4:05:25 | 10:50:12 |
| 6th Age Grouper | 1:07:36 | 5:49:46 | 3:49:48 | 10:56:53 |
| 7th Age Grouper | 0:58:00 | 5:46:13 | 4:10:23 | 11:02:08 |
| 8th Age Grouper | 1:17:01 | 5:47:54 | 3:55:27 | 11:06:59 |
| 9th Age Grouper | 1:15:27 | 5:55:03 | 3:47:52 | 11:08:17 |
| 10th Age Grouper | 1:01:12 | 5:43:21 | 4:20:08 | 11:10:40 |
| Kona Qualifier Average | 1:03:43 | 5:14:57 | 3:43:42 | 10:07:38 |
| Top 10 Age Grouper Average | 1:05:37 | 5:36:27 | 3:56:57 | 10:45:46 |

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 | 1:05:09 | 5:22:41 | 3:35:14 | 10:09:18 |
| 2nd Age Grouper | 1:09:36 | 5:24:34 | 3:44:13 | 10:26:15 |
| 3rd Age Grouper | 1:08:50 | 5:37:11 | 3:37:39 | 10:29:52 |
| 4th Age Grouper | 1:01:27 | 5:56:10 | 3:31:53 | 10:40:43 |
| 5th Age Grouper | 1:01:52 | 6:04:20 | 3:29:02 | 10:42:24 |
| 6th Age Grouper | 1:05:41 | 5:25:56 | 4:06:27 | 10:43:26 |
| 7th Age Grouper | 1:09:04 | 5:51:15 | 3:43:00 | 10:49:35 |
| 8th Age Grouper | 1:08:09 | 5:39:18 | 3:57:13 | 10:51:38 |
| 9th Age Grouper | 1:08:56 | 5:37:15 | 4:05:35 | 10:58:35 |
| 10th Age Grouper | 1:07:09 | 6:05:06 | 3:56:48 | 11:16:35 |
| Kona Qualifier Average | 1:07:22 | 5:23:37 | 3:39:43 | 10:17:46 |
| Top 10 Age Grouper Average | 1:06:35 | 5:42:22 | 3:46:42 | 10:42:50 |

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 | 1:04:15 | 5:23:46 | | 10:28:29 |
| 2nd Age Grouper | 1:06:14 | 5:27:22 | | 10:32:19 |
| 3rd Age Grouper | 1:08:01 | 5:51:56 | | 10:47:41 |
| 4th Age Grouper | 1:21:12 | 5:29:22 | | 10:54:33 |
| 5th Age Grouper | 1:10:14 | 5:31:51 | | 11:05:34 |
| 6th Age Grouper | 1:15:15 | 5:25:03 | 6:28:43 | 11:08:18 |
| 7th Age Grouper | 1:16:52 | 5:43:58 | | 11:15:08 |
| 8th Age Grouper | 1:19:39 | 7:13:00 | 5:42:13 | 11:31:21 |
| 9th Age Grouper | 1:43:56 | 5:46:21 | | 11:37:39 |
| 10th Age Grouper | 1:23:06 | 5:51:47 | | 11:52:53 |
| Kona Qualifier Average | 1:05:14 | 5:25:34 | | 10:30:24 |
| Top 10 Age Grouper Average | 1:16:52 | 5:46:26 | 6:05:28 | 11:07:23 |

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 | 1:02:05 | 5:32:23 | 4:16:46 | 10:55:59 |
| 2nd Age Grouper | 1:15:25 | 5:46:22 | 3:49:00 | 10:57:50 |
| 3rd Age Grouper | 1:17:02 | 5:50:00 | 3:58:55 | 11:14:11 |
| 4th Age Grouper | 1:06:30 | 5:57:03 | 4:11:47 | 11:25:43 |
| 5th Age Grouper | 1:08:39 | 5:56:36 | 4:19:32 | 11:31:56 |
| 6th Age Grouper | 1:09:18 | 5:57:51 | 4:25:22 | 11:39:29 |
| 7th Age Grouper | 1:28:58 | 6:10:15 | 3:59:03 | 11:47:32 |
| 8th Age Grouper | 1:22:40 | 6:25:52 | 3:50:36 | 11:48:23 |
| 9th Age Grouper | 1:19:31 | 6:08:14 | 4:11:52 | 11:51:47 |
| 10th Age Grouper | 1:12:24 | 6:04:58 | 4:29:18 | 11:55:17 |
| Kona Qualifier Average | 1:08:45 | 5:39:22 | 4:02:53 | 10:56:54 |
| Top 10 Age Grouper Average | 1:14:15 | 5:58:57 | 4:09:13 | 11:30:48 |

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 | 1:03:06 | 5:32:05 | 3:45:17 | 10:24:52 |
| 2nd Age Grouper | 0:59:05 | 5:51:52 | 3:56:32 | 10:52:49 |
| 3rd Age Grouper | 1:01:49 | 6:08:18 | 4:33:37 | 11:51:26 |
| 4th Age Grouper | 1:16:27 | 6:02:55 | | 12:51:00 |
| 5th Age Grouper | 1:20:26 | 6:41:07 | 4:50:11 | 12:57:15 |
| 6th Age Grouper | 1:15:19 | 6:35:43 | 4:57:59 | 13:02:06 |
| 7th Age Grouper | 1:13:26 | 6:24:19 | 5:34:48 | 13:19:43 |
| 8th Age Grouper | 1:50:55 | 6:56:26 | 5:04:58 | 14:00:03 |
| 9th Age Grouper | 1:50:53 | 6:45:52 | 5:12:26 | 14:03:39 |
| 10th Age Grouper | 1:31:48 | 7:19:57 | 5:17:00 | 14:19:12 |
| Kona Qualifier Average | 1:01:05 | 5:41:58 | 3:50:54 | 10:38:50 |
| Top 10 Age Grouper Average | 1:20:19 | 6:25:51 | 4:48:05 | 12:46:12 |