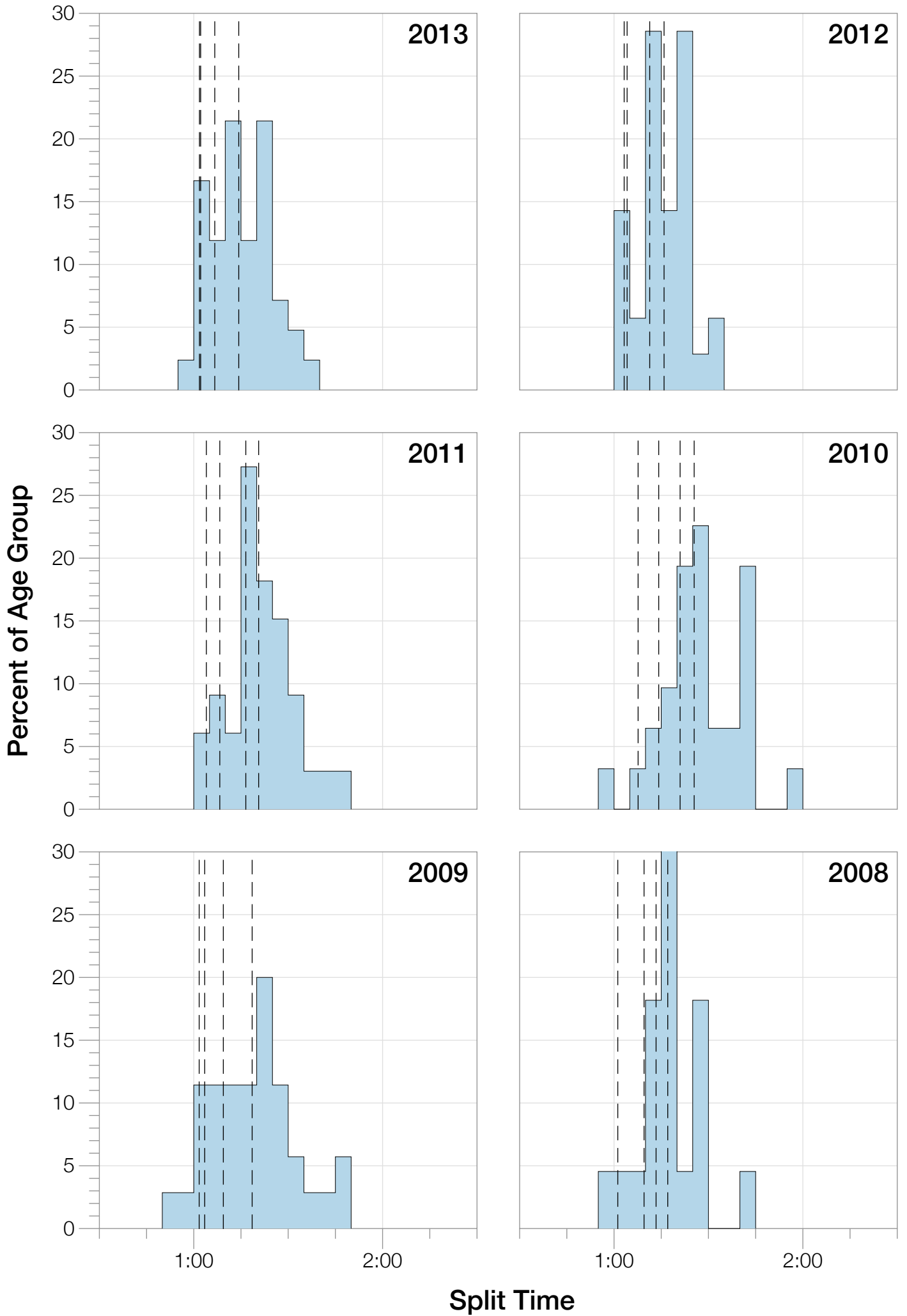


# Ironman Frankfurt F45-49 Stats

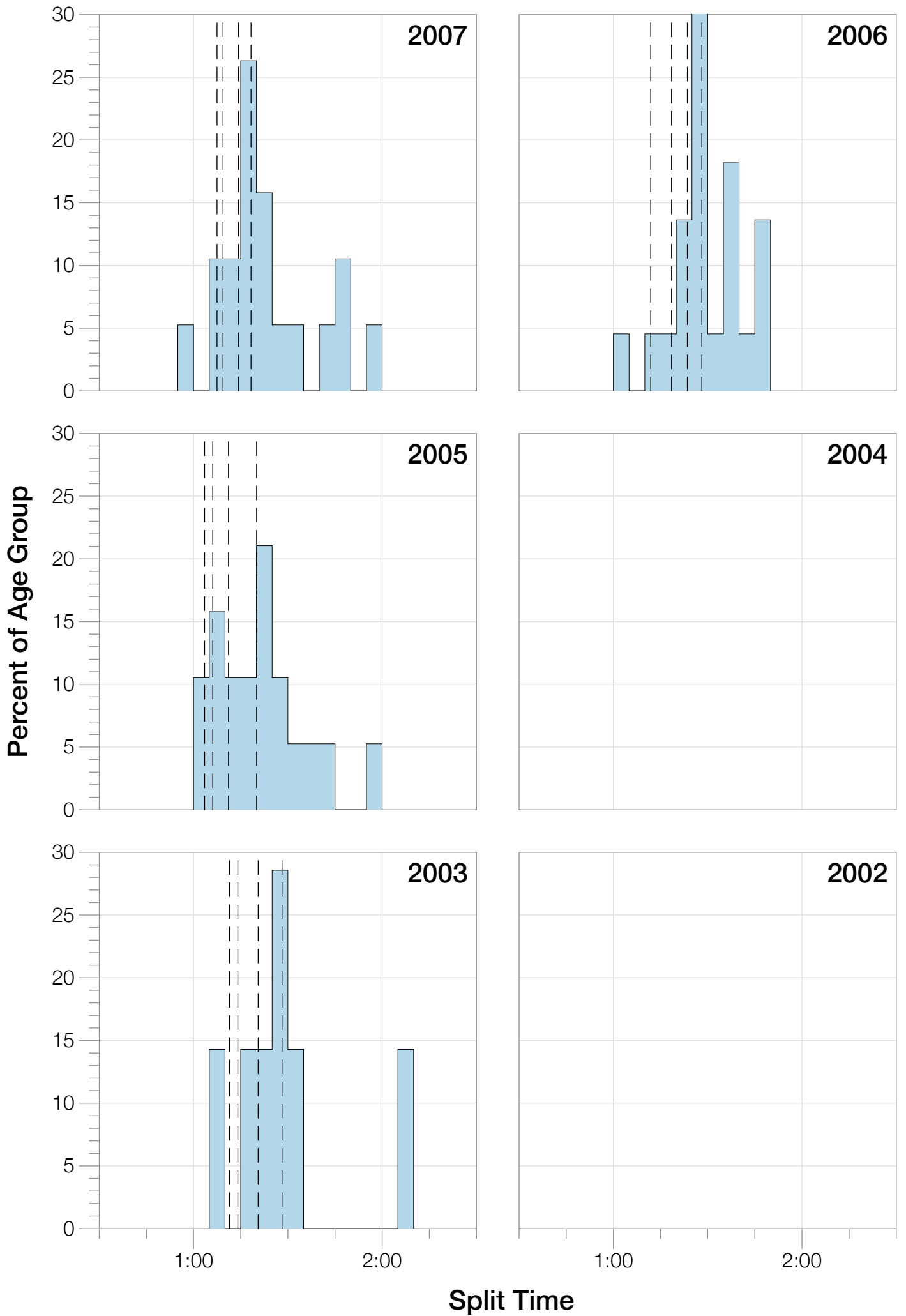
## F45-49 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F45-49 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F45-49 Winner's Time</b>
2003	1291	7	8:12:29	9:03:11	11:05:25
2005	1730	19	8:20:50	9:15:31	10:35:14
2006	1799	22	8:13:39	9:16:17	11:07:09
2007	2121	19	8:09:15	9:04:11	10:19:59
2008	2142	22	7:59:55	8:51:24	10:51:02
2009	2128	36	7:59:15	8:58:08	9:51:50
2010	2119	31	8:05:15	9:04:27	10:27:55
2011	2220	33	8:13:50	9:12:13	10:17:48
2012	2317	35	8:03:31	8:52:33	10:48:09
2013	2460	42	7:59:58	8:56:01	10:06:59
<b>Average</b>	<b>2033</b>	<b>27</b>	<b>8:07:47</b>	<b>9:03:23</b>	<b>9:35:35</b>

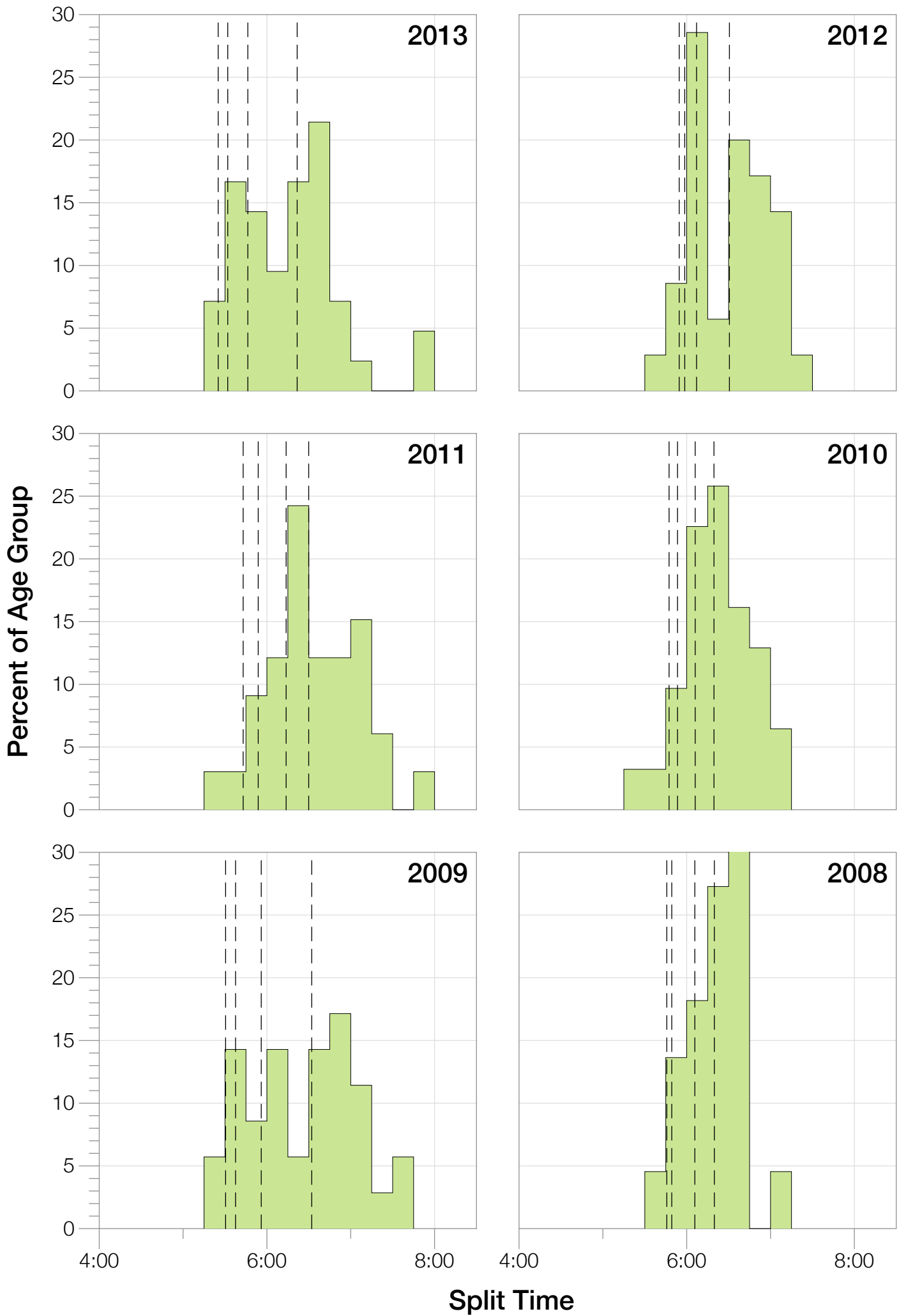
# F45-49 Swim



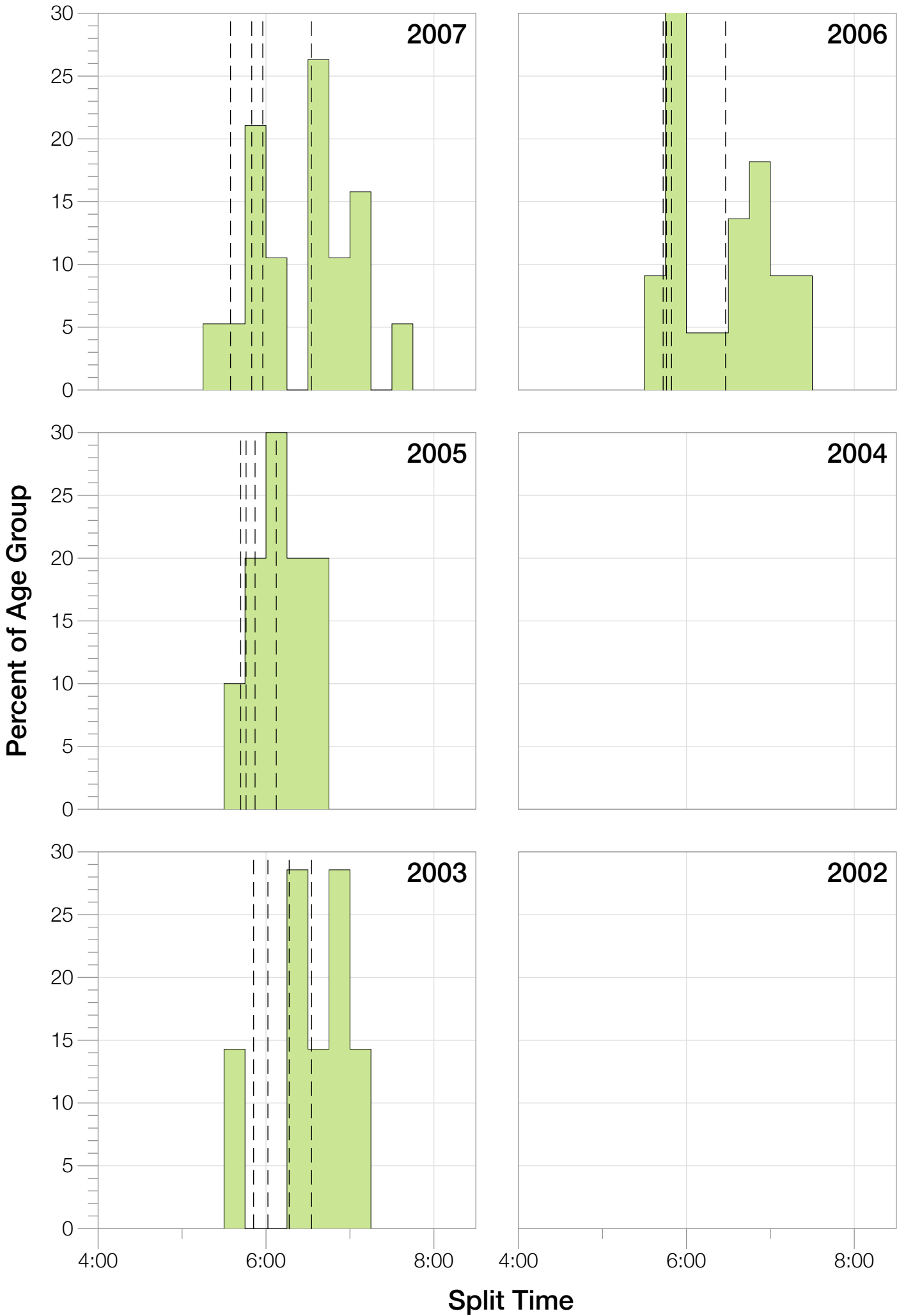
# F45-49 Swim



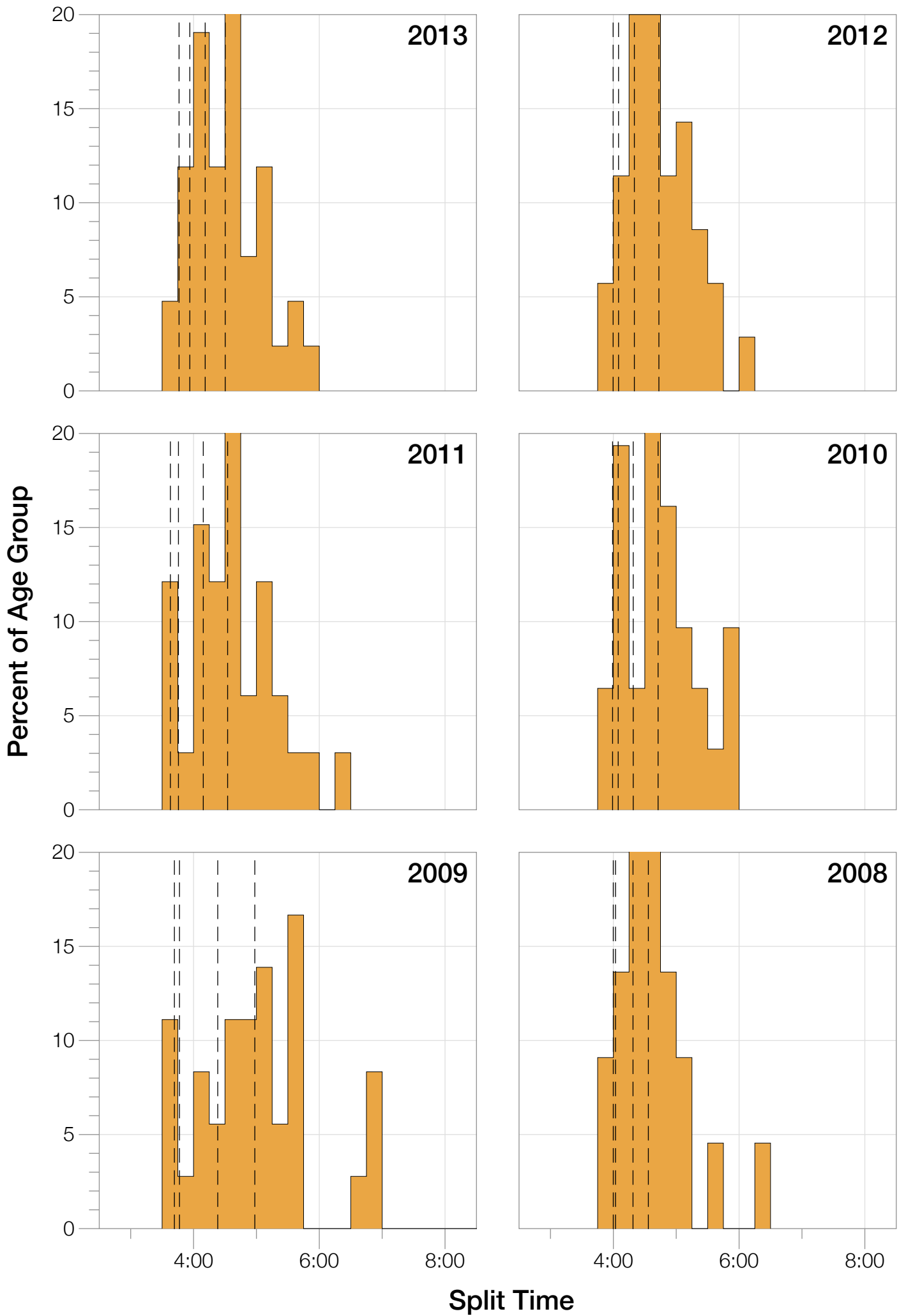
# F45-49 Bike



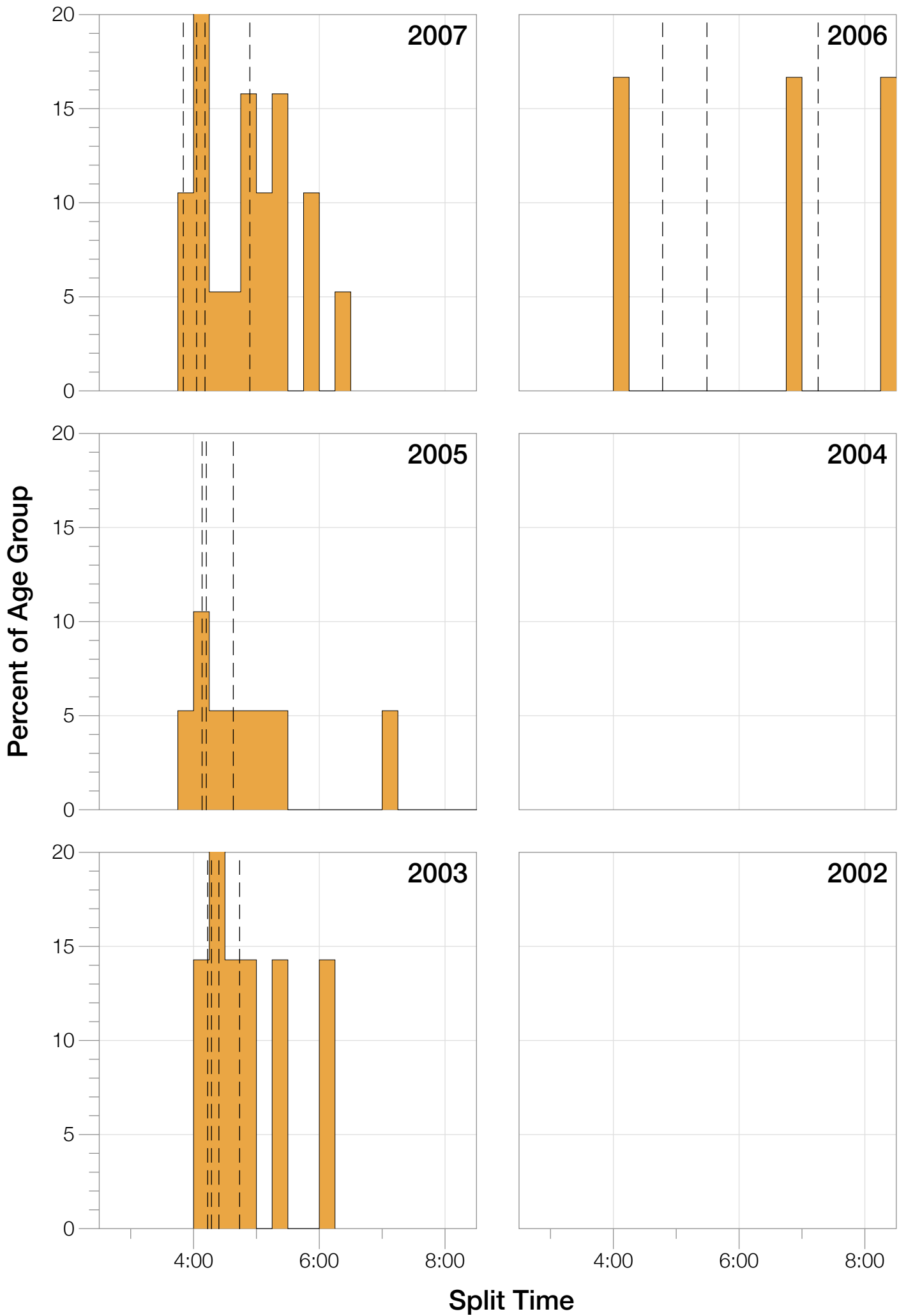
# F45-49 Bike



# F45-49 Run

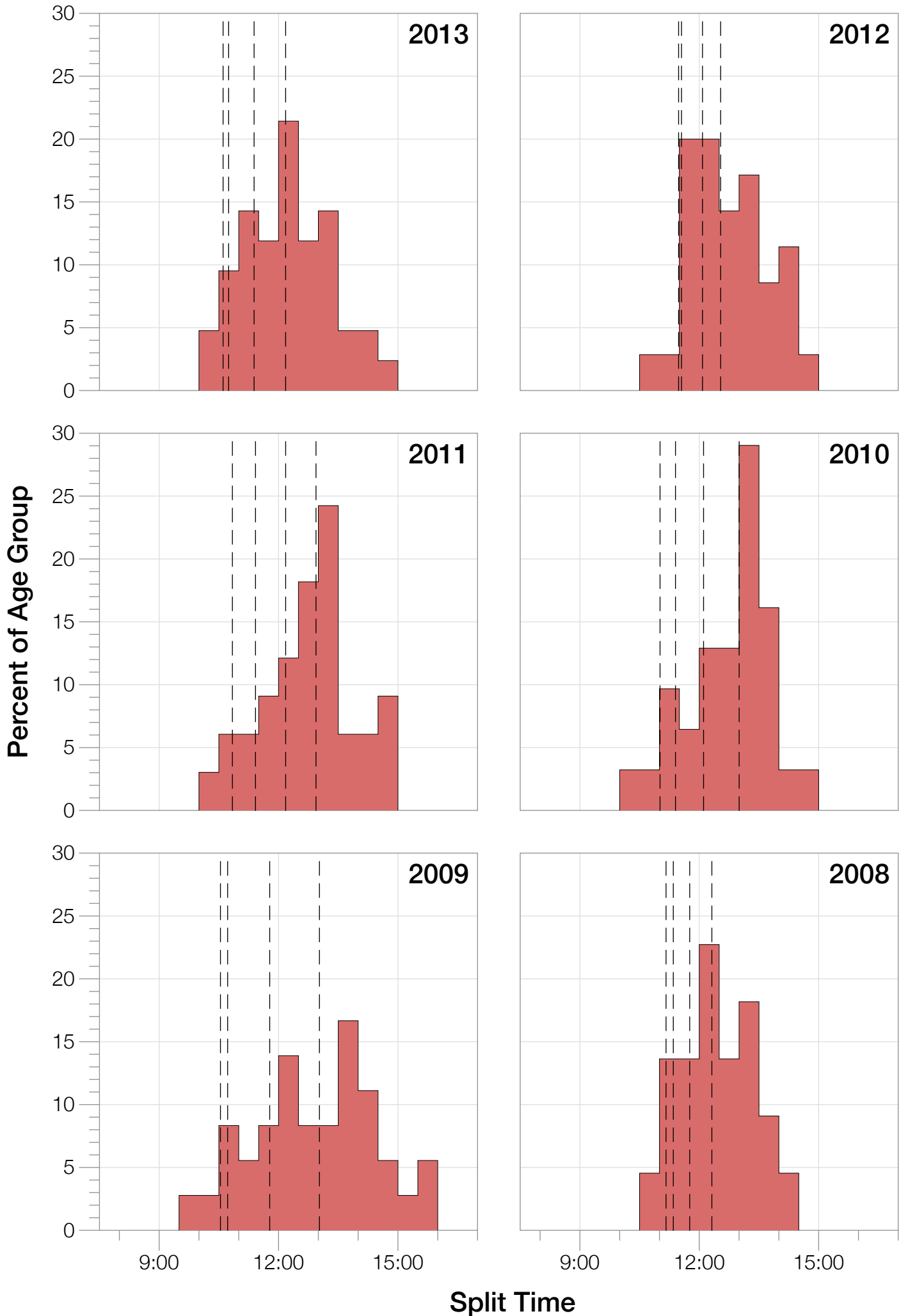


# F45-49 Run

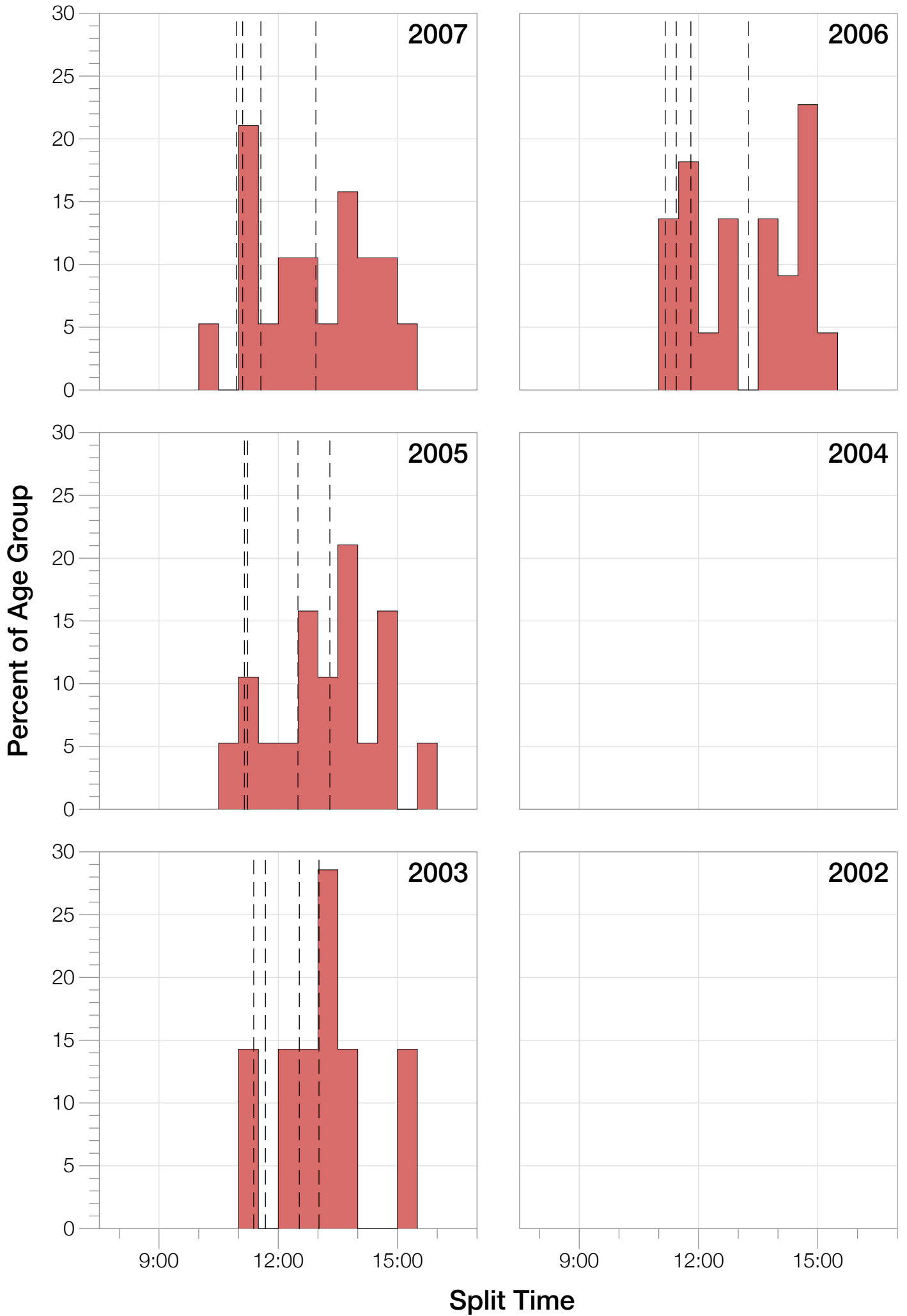




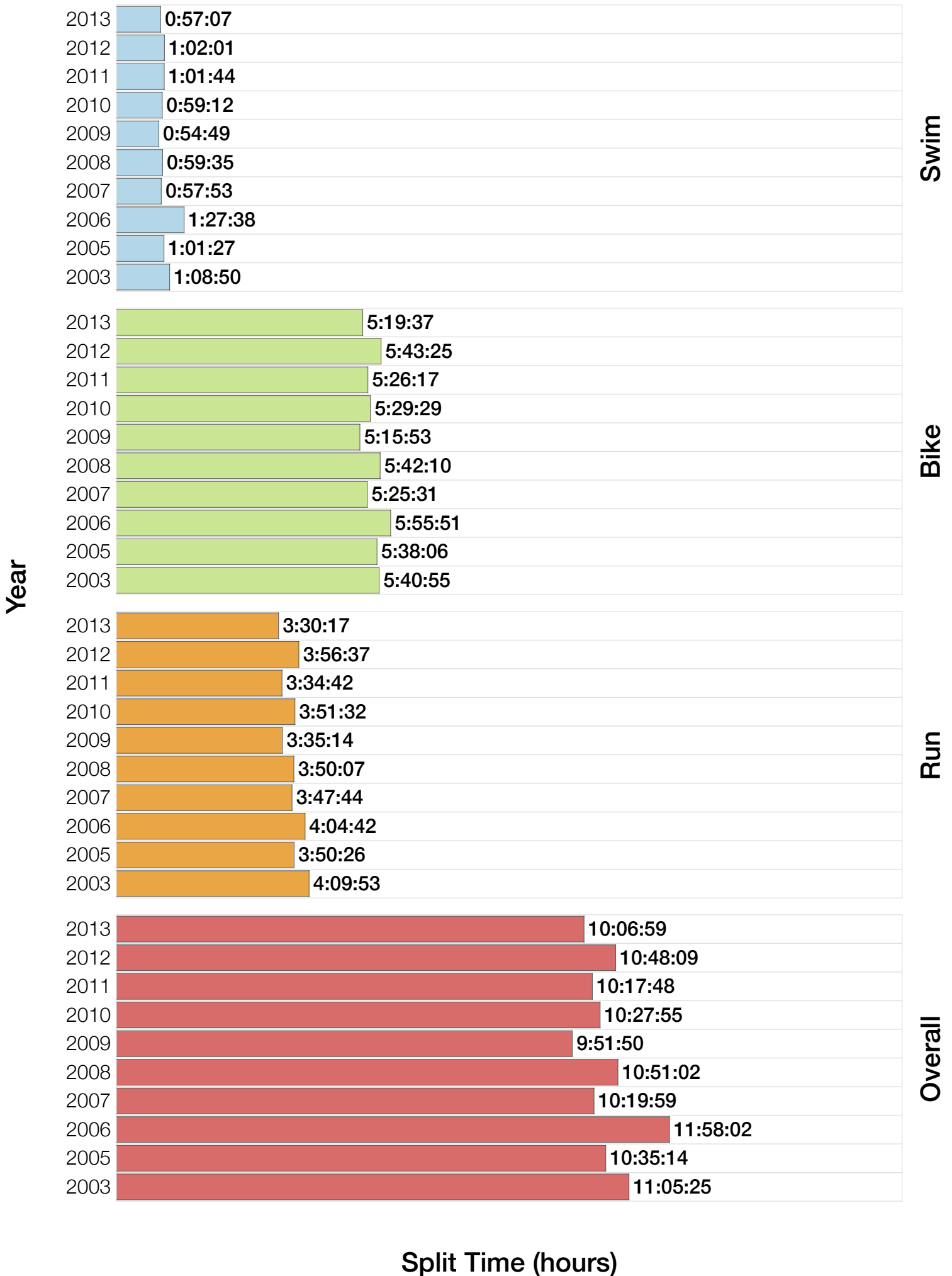
# F45-49 Overall



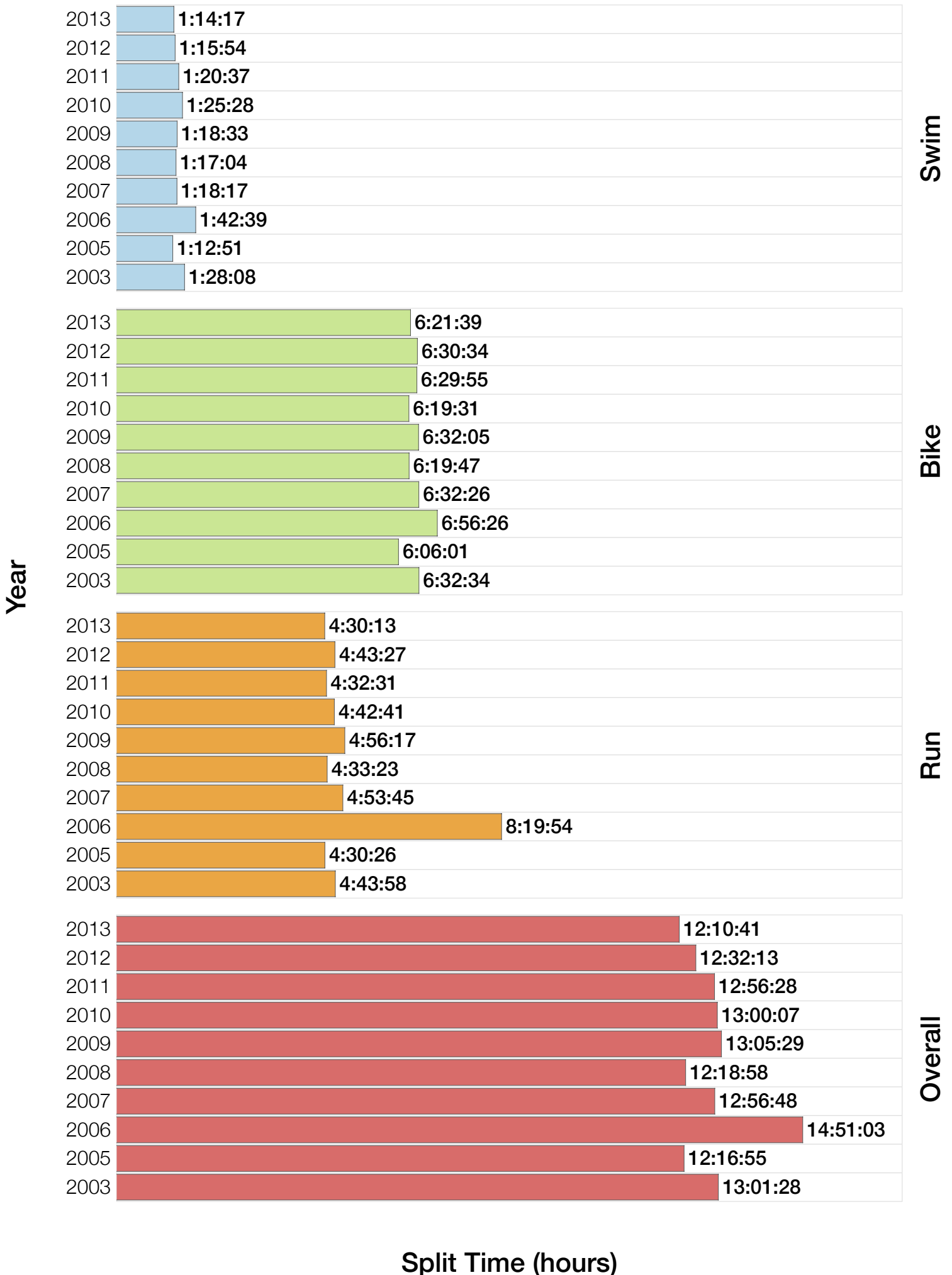
# F45-49 Overall



# F45-49 Fastest Splits

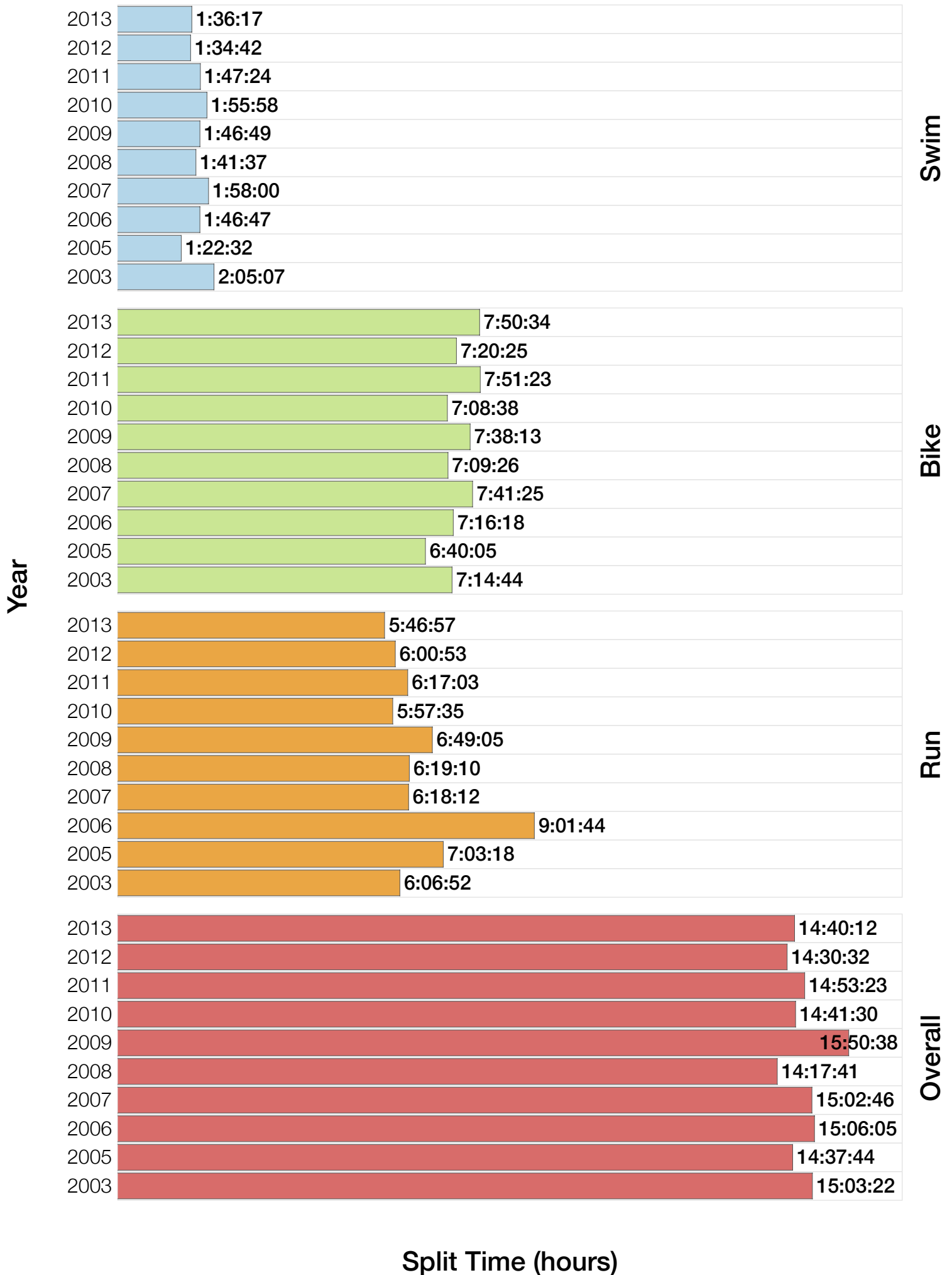


# F45-49 Median Splits



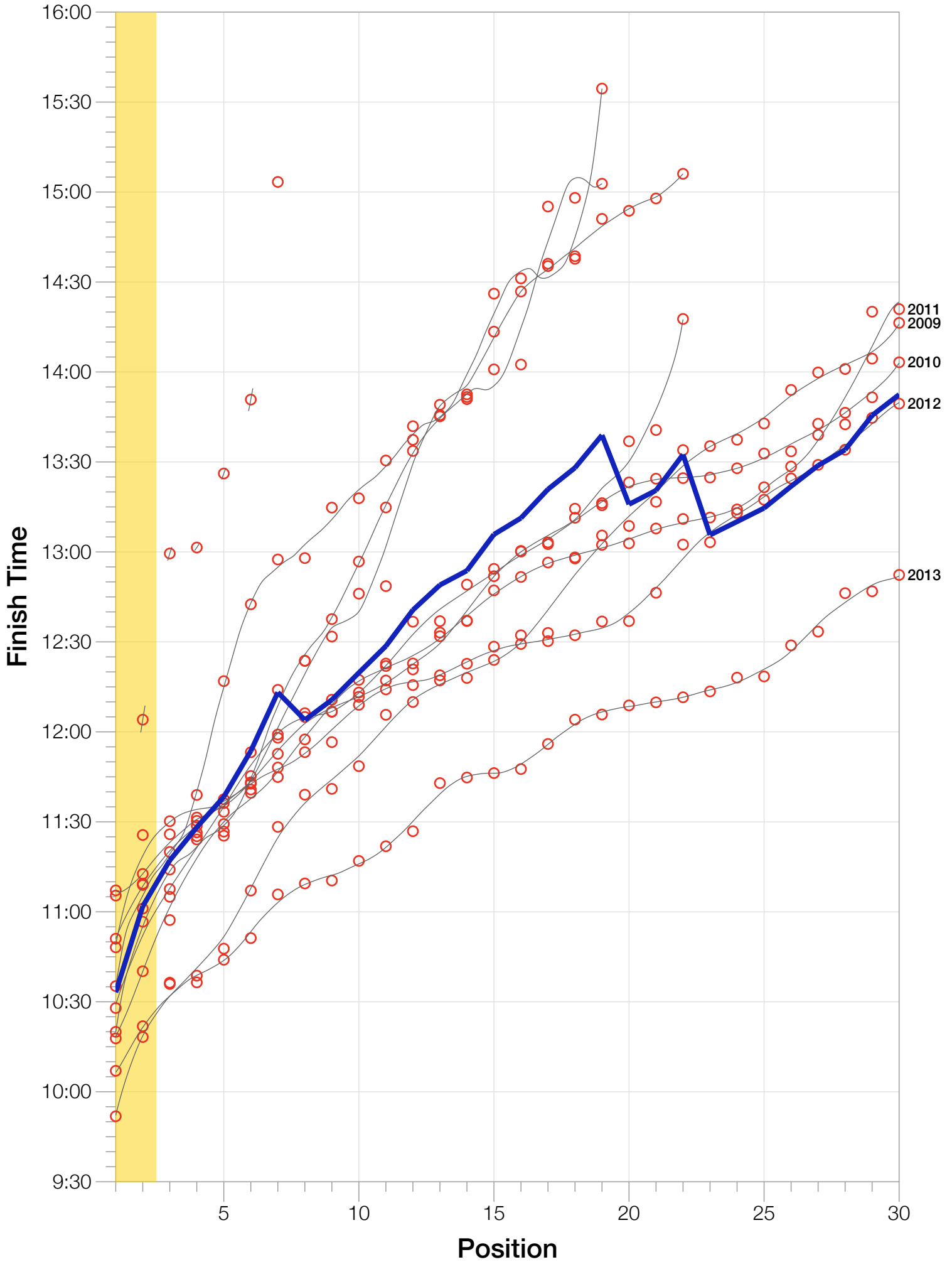
Split Time (hours)

# F45-49 Slowest Splits



# 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
<b>Average Male Winner</b>	<b>0:47:31</b>	<b>4:26:31</b>	<b>2:50:20</b>	<b>8:07:47</b>
<b>Average Female Winner</b>	<b>0:51:52</b>	<b>4:59:19</b>	<b>3:06:43</b>	<b>9:03:23</b>
<b>Average 1st Age Grouper</b>	<b>1:04:45</b>	<b>5:32:36</b>	<b>3:48:13</b>	<b>10:33:09</b>
<b>Average 2nd Age Grouper</b>	<b>1:08:48</b>	<b>5:45:13</b>	<b>4:00:51</b>	<b>11:01:52</b>
Average 3rd Age Grouper	1:16:07	5:50:36	4:02:37	11:17:10
Average 4th Age Grouper	1:18:26	5:53:30	4:06:52	11:28:11
Average 5th Age Grouper	1:18:24	5:58:38	4:14:17	11:38:20
Average 6th Age Grouper	1:18:27	6:06:56	4:19:41	11:53:38
Average 7th Age Grouper	1:19:04	6:14:39	4:26:07	12:13:11
Average 8th Age Grouper	1:17:37	6:06:13	4:32:59	12:03:58
Average 9th Age Grouper	1:17:33	6:13:08	4:23:45	12:10:42
Average 10th Age Grouper	1:18:55	6:08:04	4:35:28	12:19:43
<b>Kona Qualifier Average</b>	<b>1:06:46</b>	<b>5:38:54</b>	<b>3:54:32</b>	<b>10:47:30</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:44</b>	<b>5:58:32</b>	<b>4:14:18</b>	<b>11:39:01</b>

## Frankfurt 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:46:10</b>	<b>4:25:32</b>	<b>2:44:12</b>	<b>7:59:58</b>
<b>Female Winner</b>	<b>0:48:08</b>	<b>4:54:20</b>	<b>3:09:29</b>	<b>8:56:01</b>
<b>1st Age Grouper</b>	<b>1:07:14</b>	<b>5:19:37</b>	<b>3:33:31</b>	<b>10:06:59</b>
<b>2nd Age Grouper</b>	<b>1:00:53</b>	<b>5:24:27</b>	<b>3:45:55</b>	<b>10:18:15</b>
3rd Age Grouper	1:03:34	5:30:11	3:56:06	10:36:22
4th Age Grouper	1:20:19	5:37:03	3:30:17	10:36:28
5th Age Grouper	1:10:05	5:24:52	4:00:21	10:44:01
6th Age Grouper	1:05:28	5:46:28	3:50:40	10:51:14
7th Age Grouper	1:11:36	5:46:18	3:59:25	11:05:48
8th Age Grouper	1:13:38	5:32:42	4:14:59	11:09:27
9th Age Grouper	1:11:23	5:31:53	4:17:11	11:10:26
10th Age Grouper	1:08:47	5:41:47	4:19:48	11:16:58
<b>Kona Qualifier Average</b>	<b>1:04:03</b>	<b>5:22:02</b>	<b>3:39:43</b>	<b>10:12:37</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:17</b>	<b>5:33:31</b>	<b>3:56:49</b>	<b>10:47:35</b>

## Frankfurt 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:45:07</b>	<b>4:26:26</b>	<b>2:48:19</b>	<b>8:03:31</b>
<b>Female Winner</b>	<b>0:48:58</b>	<b>4:52:34</b>	<b>3:06:52</b>	<b>8:52:33</b>
<b>1st Age Grouper</b>	<b>1:02:01</b>	<b>5:43:25</b>	<b>3:56:37</b>	<b>10:48:09</b>
<b>2nd Age Grouper</b>	<b>1:16:19</b>	<b>6:01:07</b>	<b>4:00:28</b>	<b>11:25:37</b>
3rd Age Grouper	1:20:13	6:01:41	4:00:14	11:30:13
4th Age Grouper	1:03:04	5:56:38	4:19:36	11:30:20
5th Age Grouper	1:17:49	5:50:00	4:22:03	11:37:32
6th Age Grouper	1:22:43	5:57:02	4:13:47	11:42:42
7th Age Grouper	1:03:37	6:12:18	4:21:16	11:48:07
8th Age Grouper	1:23:55	6:00:56	4:19:30	11:53:14
9th Age Grouper	1:13:41	6:05:24	4:27:40	11:56:35
10th Age Grouper	1:03:17	6:07:28	4:56:26	12:13:07
<b>Kona Qualifier Average</b>	<b>1:09:10</b>	<b>5:52:16</b>	<b>3:58:32</b>	<b>11:06:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:39</b>	<b>5:59:35</b>	<b>4:17:45</b>	<b>11:38:33</b>

### 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	1:01:44	5:31:52	3:36:12	10:17:48
2nd Age Grouper	1:05:23	5:26:17	4:00:41	10:40:11
3rd Age Grouper	1:16:32	5:50:26	3:43:09	10:57:15
4th Age Grouper	1:08:04	5:58:54	4:03:51	11:25:12
5th Age Grouper	1:23:52	5:52:30	3:55:13	11:25:22
6th Age Grouper	1:10:58	6:10:45	4:04:32	11:39:40
7th Age Grouper	1:32:21	6:21:09	3:39:01	11:44:56
8th Age Grouper	1:22:26	6:49:51	3:34:42	11:57:29
9th Age Grouper	1:17:41	6:09:46	4:26:15	12:10:43
10th Age Grouper	1:30:38	6:12:07	4:23:55	12:17:20
<b>Kona Qualifier Average</b>	<b>1:03:33</b>	<b>5:29:04</b>	<b>3:48:26</b>	<b>10:28:59</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:57</b>	<b>6:02:21</b>	<b>3:56:45</b>	<b>11:27:35</b>

### 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	0:59:12	5:29:29	3:51:32	10:27:55
2nd Age Grouper	1:05:15	5:42:47	4:03:44	10:56:41
3rd Age Grouper	1:10:03	5:53:26	3:54:47	11:05:00
4th Age Grouper	1:15:27	5:53:54	4:08:53	11:24:08
5th Age Grouper	1:21:57	5:51:59	4:05:39	11:29:17
6th Age Grouper	1:23:18	6:16:00	4:04:37	11:53:12
7th Age Grouper	1:27:49	6:12:59	4:11:45	11:59:07
8th Age Grouper	1:16:59	6:02:59	4:36:11	12:06:14
9th Age Grouper	1:30:23	6:14:00	4:13:50	12:06:41
10th Age Grouper	1:25:13	6:01:59	4:30:42	12:09:01
<b>Kona Qualifier Average</b>	<b>1:02:13</b>	<b>5:36:08</b>	<b>3:57:38</b>	<b>10:42:18</b>
<b>Top 10 Age Grouper Average</b>	<b>1:17:33</b>	<b>5:57:57</b>	<b>4:10:10</b>	<b>11:33:43</b>

### 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	0:54:49	5:15:53	3:35:14	9:51:50
2nd Age Grouper	1:10:43	5:20:13	3:44:07	10:21:51
3rd Age Grouper	1:08:24	5:36:25	3:43:05	10:35:56
4th Age Grouper	1:03:47	5:39:16	3:49:02	10:38:43
5th Age Grouper	0:58:22	5:39:36	4:04:21	10:47:43
6th Age Grouper	1:03:09	5:40:56	4:16:03	11:07:05
7th Age Grouper	1:18:23	5:52:42	4:09:25	11:28:20
8th Age Grouper	1:07:24	5:34:49	4:47:45	11:39:04
9th Age Grouper	1:18:33	6:34:34	3:37:35	11:41:00
10th Age Grouper	1:03:34	5:52:43	4:44:23	11:48:34
<b>Kona Qualifier Average</b>	<b>1:02:46</b>	<b>5:18:03</b>	<b>3:39:40</b>	<b>10:06:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:42</b>	<b>5:42:42</b>	<b>4:03:06</b>	<b>11:00:00</b>



### 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	1:11:55	5:42:10	3:50:07	10:51:02
2nd Age Grouper	1:00:46	5:49:07	4:13:02	11:09:22
3rd Age Grouper	1:16:30	5:51:06	4:01:21	11:19:58
4th Age Grouper	1:15:05	5:45:35	4:20:30	11:28:42
5th Age Grouper	1:28:01	6:01:11	3:59:50	11:36:15
6th Age Grouper	1:18:04	6:07:42	4:08:29	11:43:11
7th Age Grouper	1:09:20	6:05:49	4:28:52	11:52:41
8th Age Grouper	1:16:41	6:17:49	4:23:23	12:04:58
9th Age Grouper	0:59:35	6:22:14	4:35:58	12:06:47
10th Age Grouper	1:19:08	6:16:46	4:29:13	12:11:41
<b>Kona Qualifier Average</b>	<b>1:06:20</b>	<b>5:45:38</b>	<b>4:01:34</b>	<b>11:00:12</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:30</b>	<b>6:01:56</b>	<b>4:15:04</b>	<b>11:38:27</b>

### 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	0:57:53	5:25:31	3:50:30	10:19:59
2nd Age Grouper	1:12:56	5:53:58	3:47:44	11:01:05
3rd Age Grouper	1:16:55	5:35:40	4:08:14	11:07:36
4th Age Grouper	1:15:35	5:57:02	4:06:00	11:26:29
5th Age Grouper	1:08:32	5:58:22	4:11:11	11:26:45
6th Age Grouper	1:23:17	6:00:19	4:10:40	11:40:47
7th Age Grouper	1:11:45	6:01:30	4:53:45	12:14:01
8th Age Grouper	1:17:47	5:53:20	5:01:59	12:23:44
9th Age Grouper	1:31:28	6:32:26	4:21:49	12:37:36
10th Age Grouper	1:17:19	6:38:20	4:43:49	12:56:48
<b>Kona Qualifier Average</b>	<b>1:05:24</b>	<b>5:39:44</b>	<b>3:49:07</b>	<b>10:40:32</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:20</b>	<b>5:59:38</b>	<b>4:19:34</b>	<b>11:43:29</b>

### 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	1:22:28	5:39:02		11:07:09
2nd Age Grouper	1:11:33	5:46:49		11:08:57
3rd Age Grouper	1:37:22	5:47:56		11:25:52
4th Age Grouper	1:28:38	5:45:41		11:31:26
5th Age Grouper	1:29:13	5:57:24		11:33:21
6th Age Grouper	1:25:43	5:53:37		11:45:17
7th Age Grouper	1:27:38	5:55:51	4:04:42	11:58:02
8th Age Grouper	1:22:49	6:42:54		12:23:39
9th Age Grouper	1:22:27	5:47:58		12:31:47
10th Age Grouper	1:26:25	6:13:27		12:46:05
<b>Kona Qualifier Average</b>	<b>1:17:00</b>	<b>5:42:55</b>		<b>11:08:03</b>
<b>Top 10 Age Grouper Average</b>	<b>1:25:25</b>	<b>5:57:03</b>	<b>4:04:42</b>	<b>11:49:09</b>

### 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	1:01:27	5:38:06	3:50:26	10:35:14
2nd Age Grouper	1:06:41	5:49:22	4:10:07	11:12:38
3rd Age Grouper	1:08:06	5:46:36	4:12:40	11:14:05
4th Age Grouper	1:09:21	6:06:01	4:17:18	11:38:58
5th Age Grouper	1:15:17	6:23:06	4:30:26	12:16:55
6th Age Grouper	1:22:32	6:26:46	4:45:28	12:42:32
7th Age Grouper	1:20:03	6:43:13		12:57:29
8th Age Grouper	1:16:59	6:00:39	5:25:26	12:57:57
9th Age Grouper	1:12:51	6:40:05	5:09:44	13:14:47
10th Age Grouper	1:36:01			13:17:54
<b>Kona Qualifier Average</b>	<b>1:04:04</b>	<b>5:43:44</b>	<b>4:00:16</b>	<b>10:53:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:55</b>	<b>6:10:26</b>	<b>4:32:41</b>	<b>12:12:50</b>

### 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	1:08:50	5:40:55	4:09:53	11:05:25
2nd Age Grouper	1:17:35	6:18:09	4:21:55	12:04:04
3rd Age Grouper	1:23:32	6:32:34	4:43:58	12:59:29
4th Age Grouper	2:05:07	6:15:00	4:26:26	13:01:28
5th Age Grouper	1:30:53	6:47:24	4:59:33	13:26:09
6th Age Grouper	1:29:19	6:49:46	5:22:53	13:50:48
7th Age Grouper	1:28:08	7:14:44	6:06:52	15:03:22
<b>Kona Qualifier Average</b>	<b>1:13:12</b>	<b>5:59:32</b>	<b>4:15:54</b>	<b>11:34:44</b>
<b>Top 10 Age Grouper Average</b>	<b>1:29:03</b>	<b>6:31:13</b>	<b>4:53:04</b>	<b>13:04:23</b>