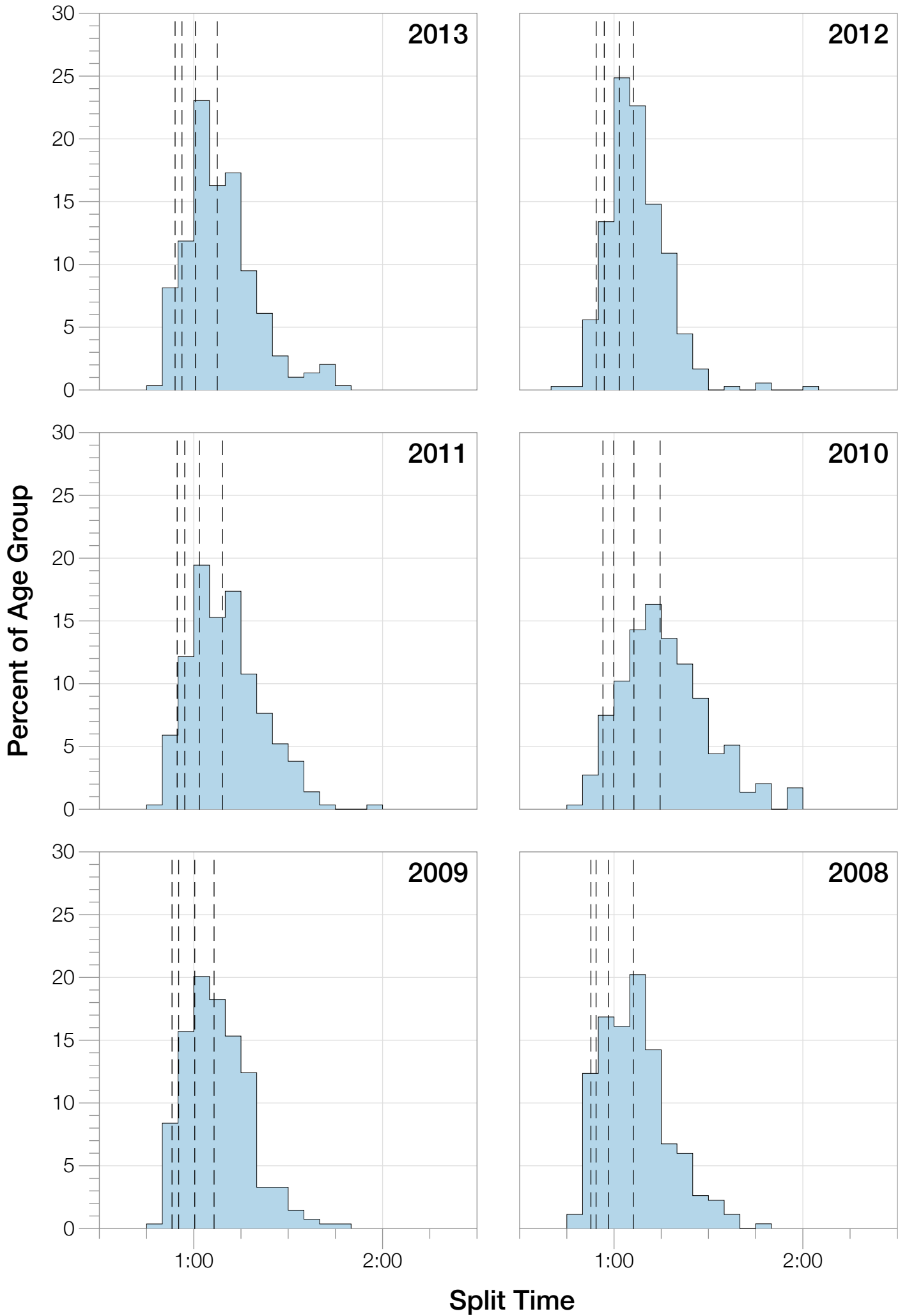


Ironman Frankfurt M30-34 Stats

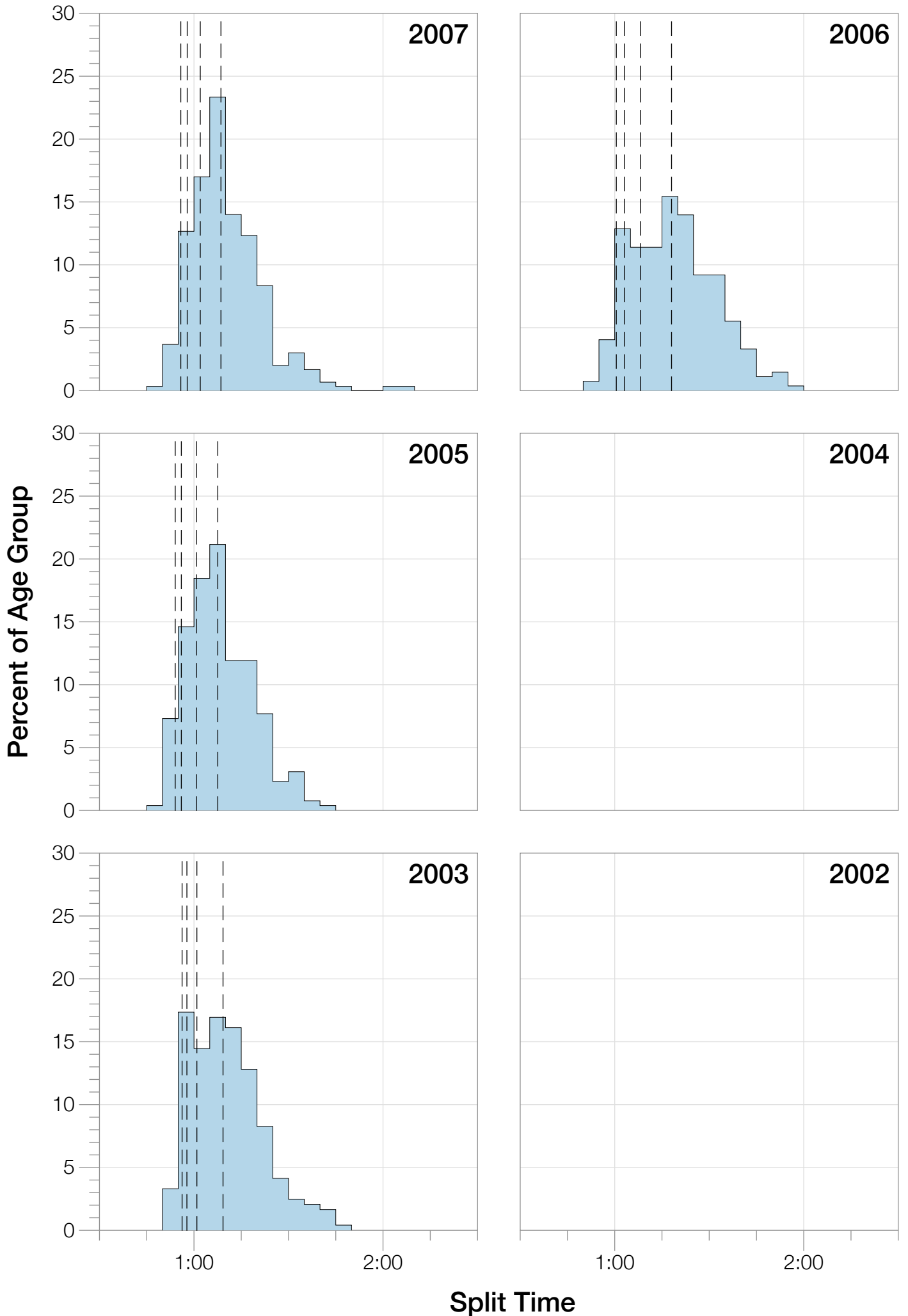
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2003	1291	248	8:12:29	9:03:11	8:59:27
2005	1730	260	8:20:50	9:15:31	9:12:01
2006	1799	273	8:13:39	9:16:17	8:46:00
2007	2121	302	8:09:15	9:04:11	8:55:30
2008	2142	267	7:59:55	8:51:24	8:41:09
2009	2128	275	7:59:15	8:58:08	8:43:37
2010	2119	295	8:05:15	9:04:27	8:52:40
2011	2220	288	8:13:50	9:12:13	8:33:54
2012	2317	358	8:03:31	8:52:33	8:40:18
2013	2460	295	7:59:58	8:56:01	8:49:53
Average	2033	286	8:07:47	9:03:23	8:01:19

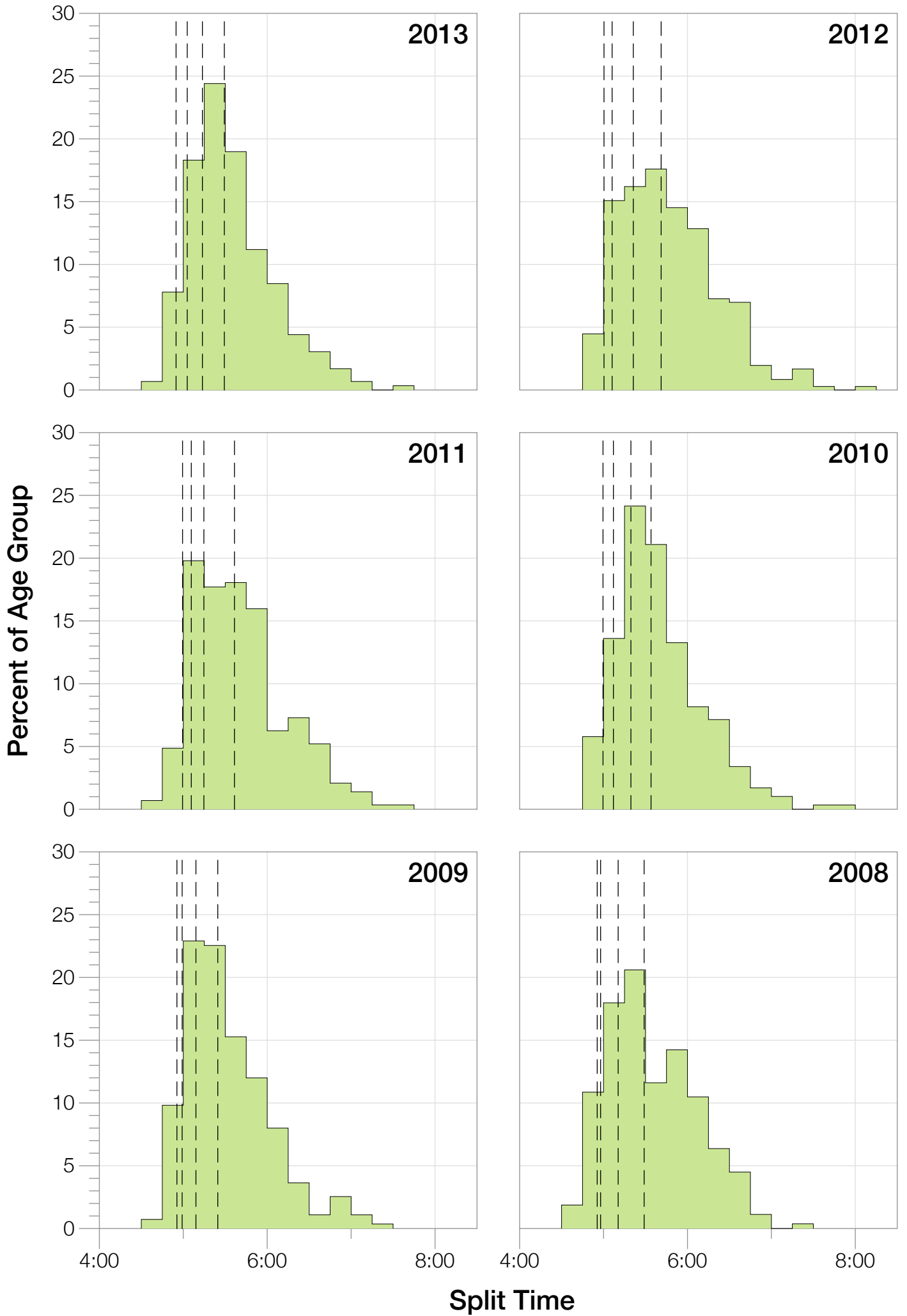
M30-34 Swim



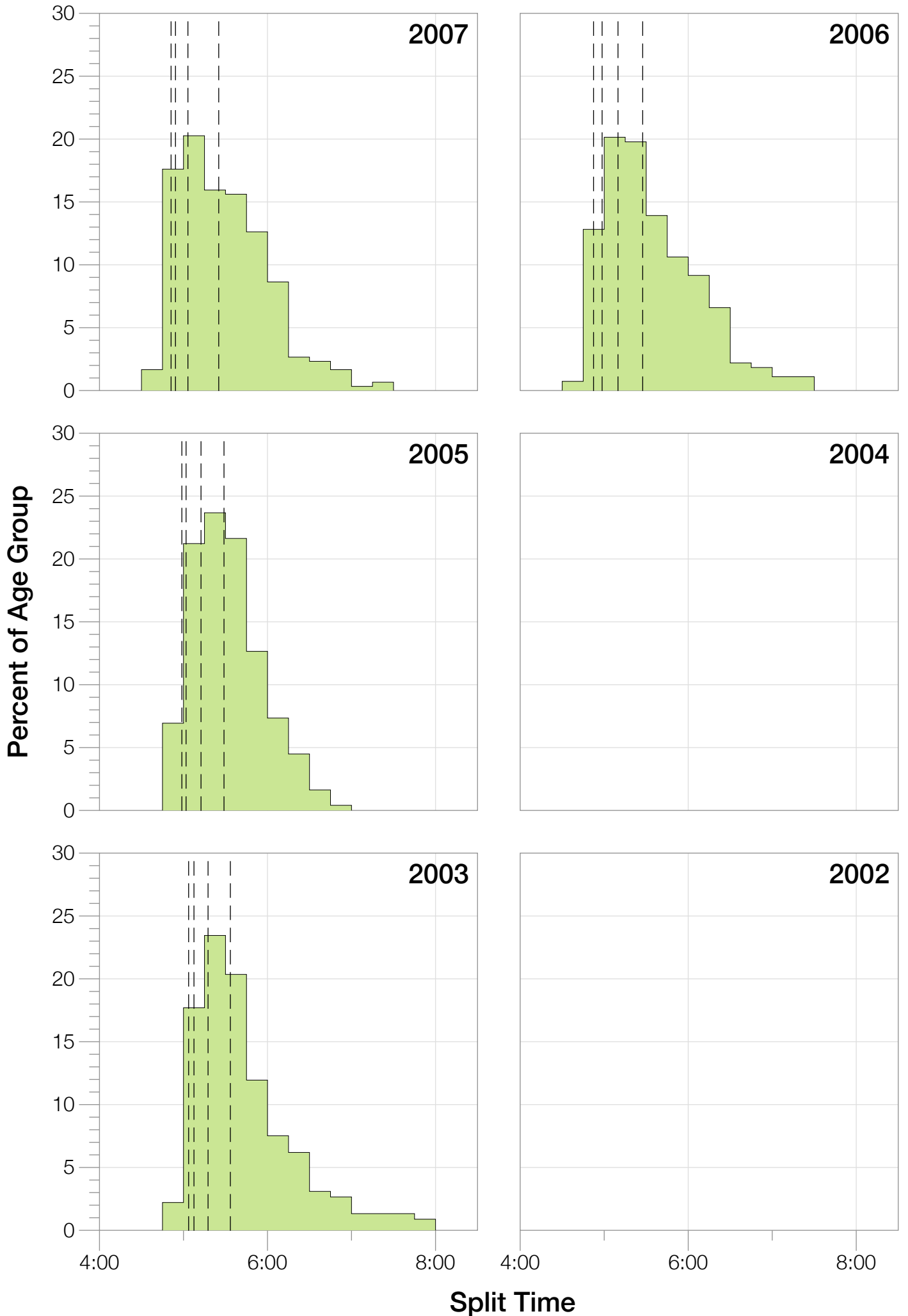
M30-34 Swim



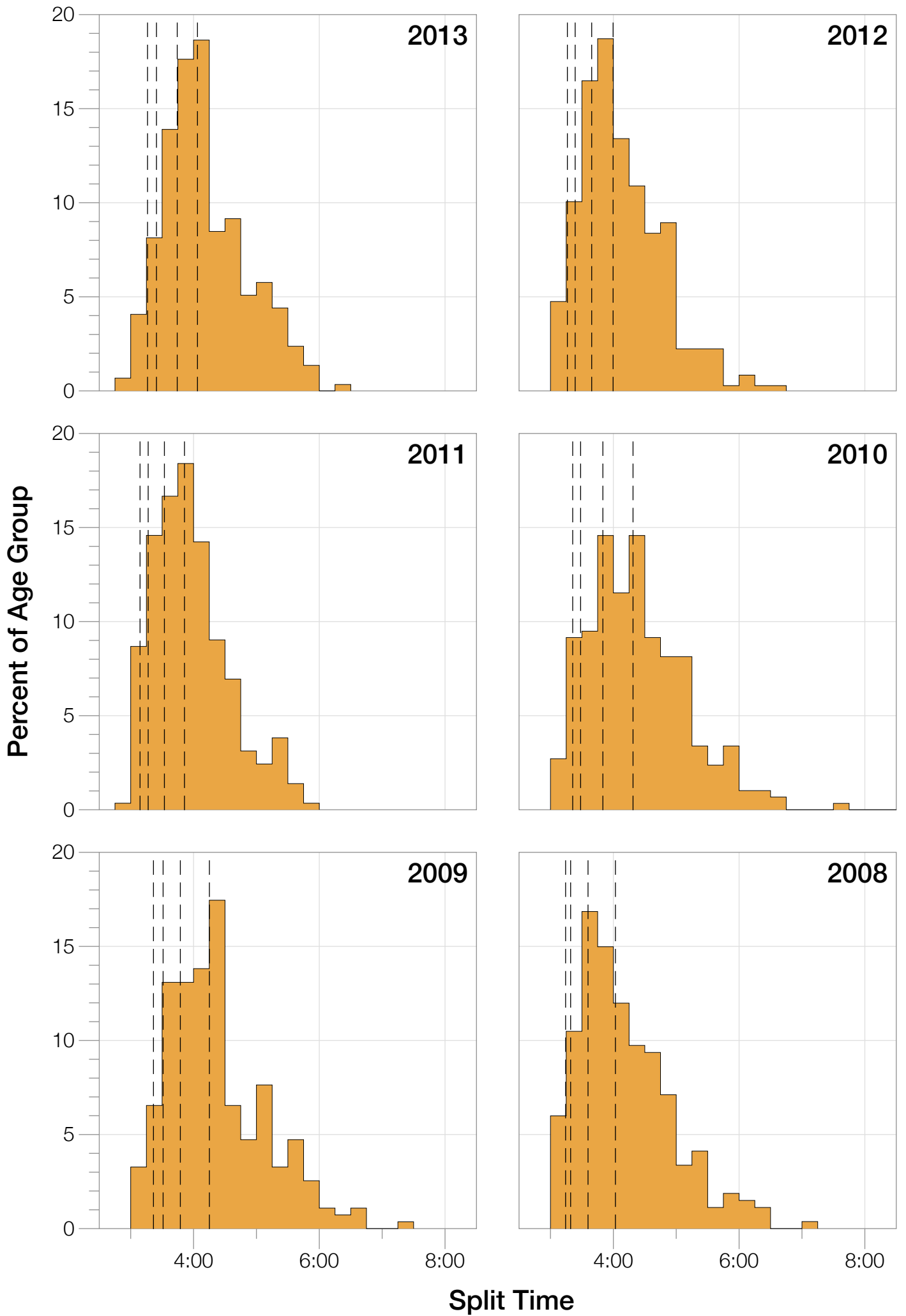
M30-34 Bike



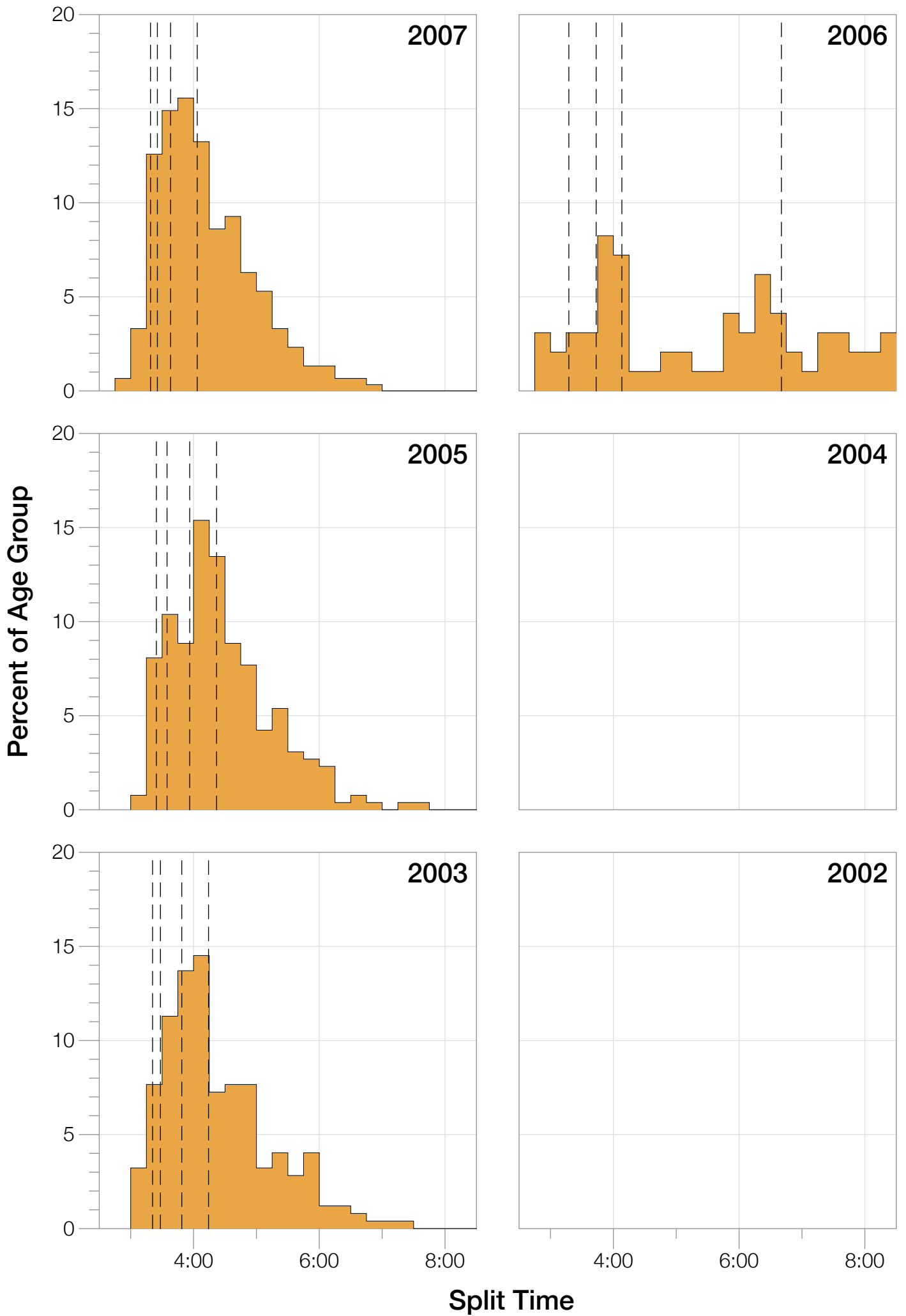
M30-34 Bike



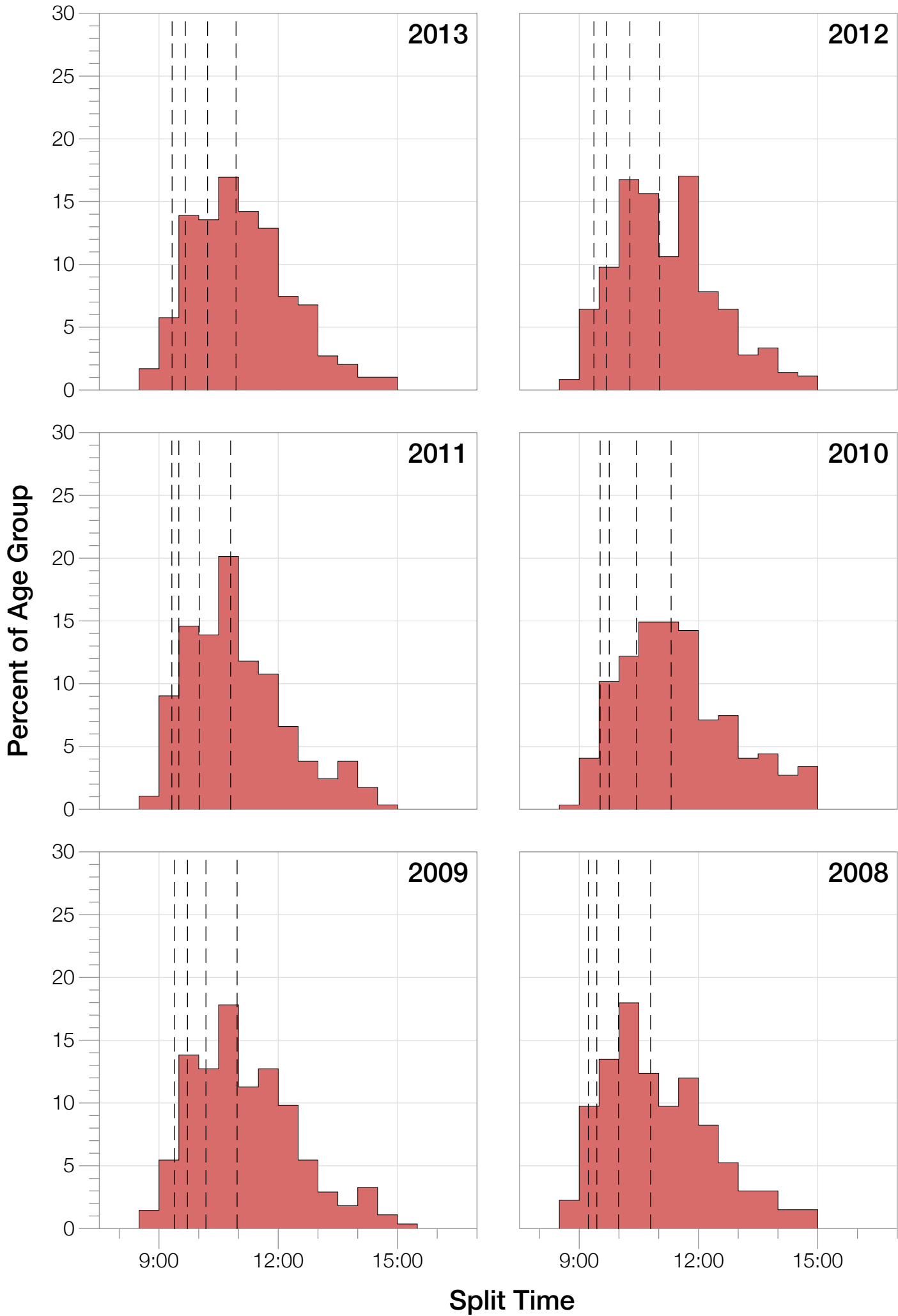
M30-34 Run



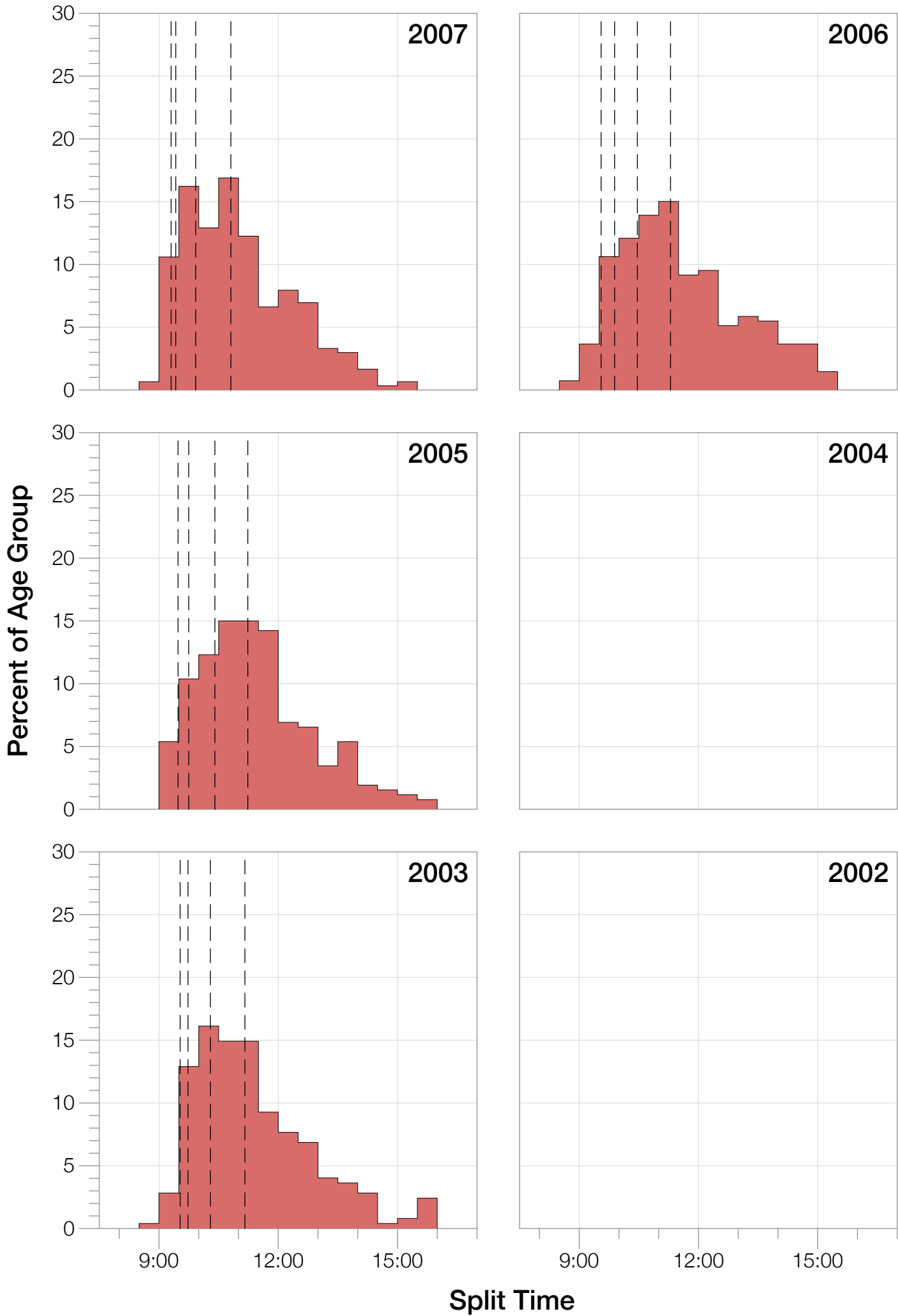
M30-34 Run



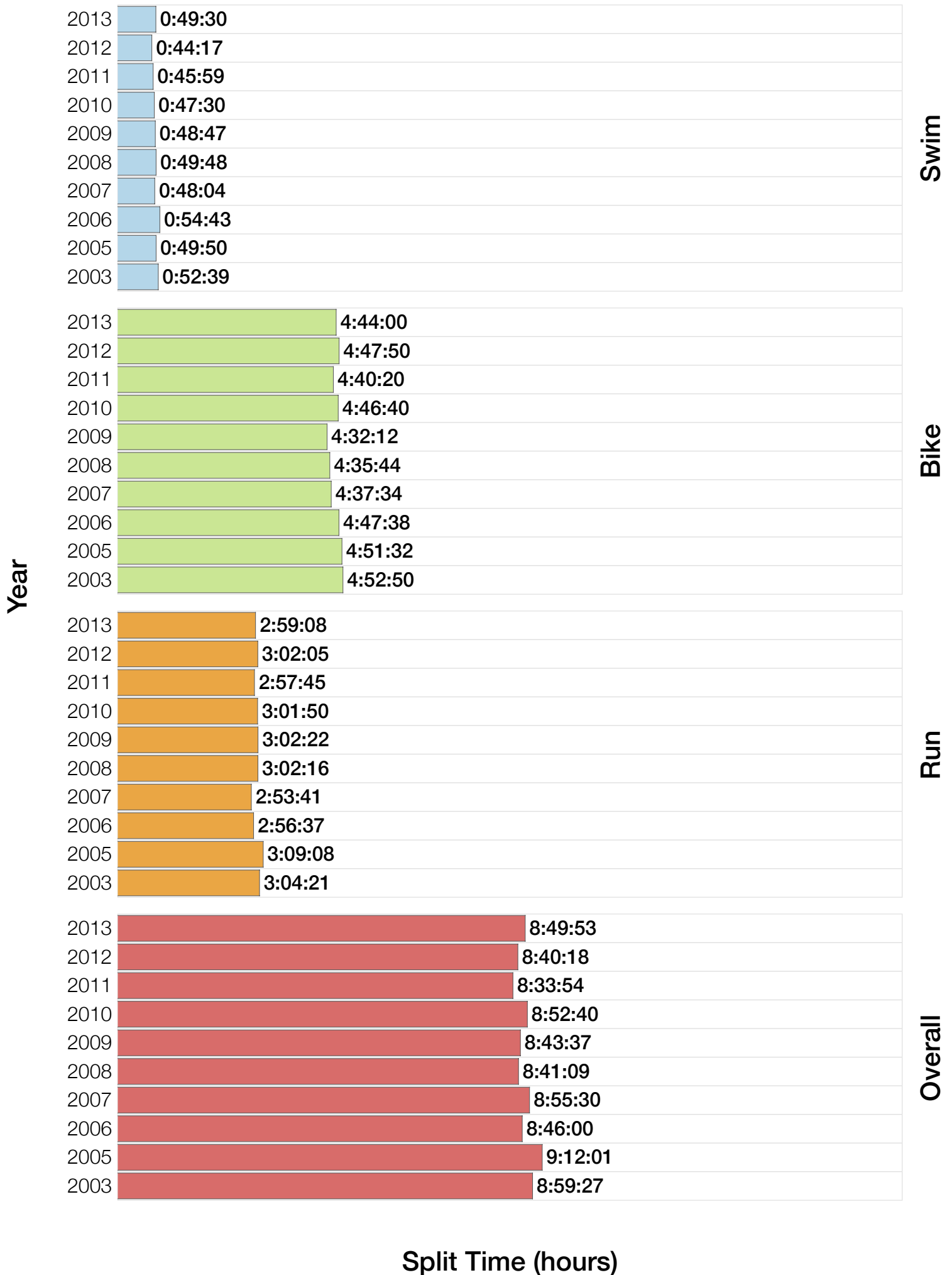
M30-34 Overall



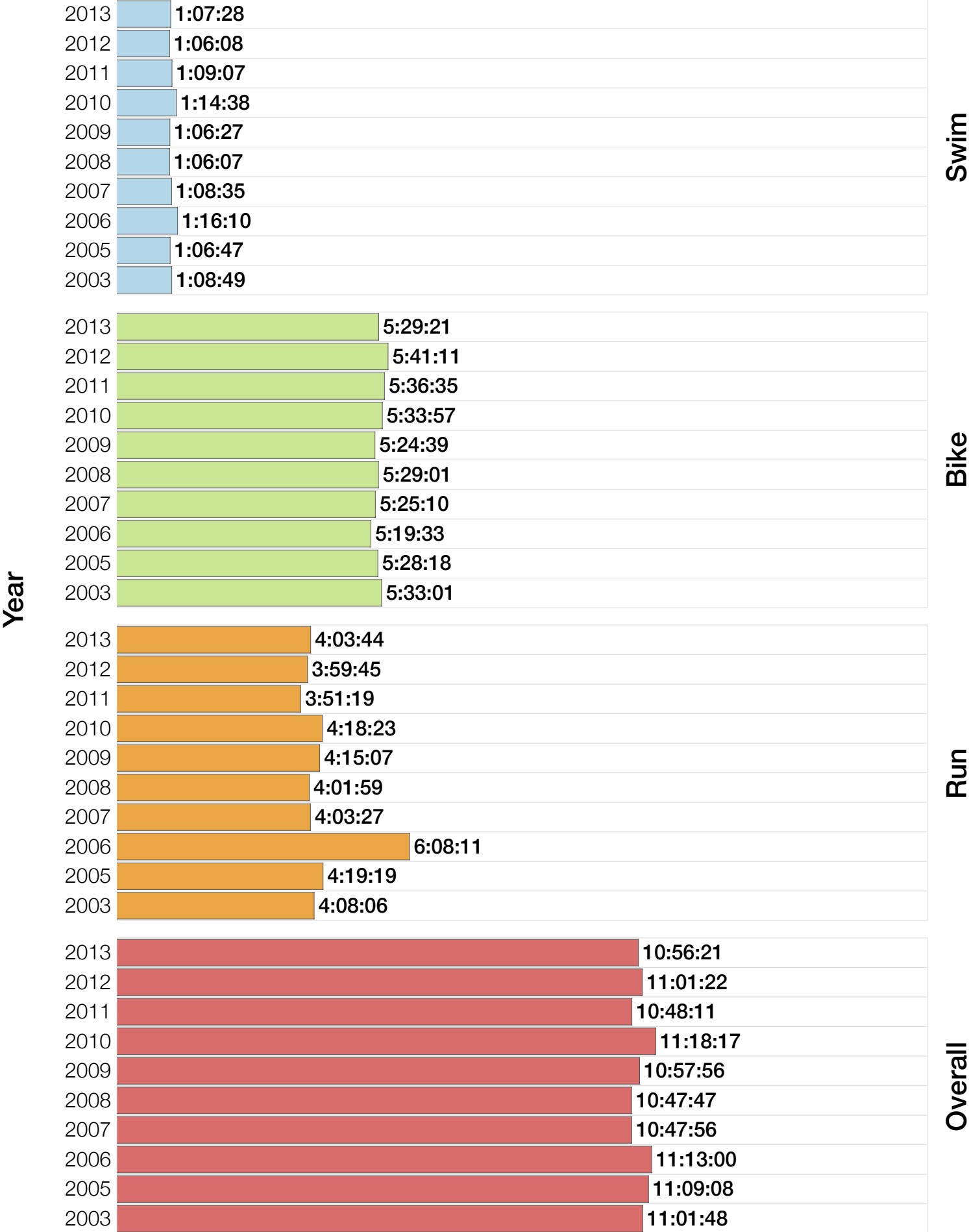
M30-34 Overall



M30-34 Fastest Splits

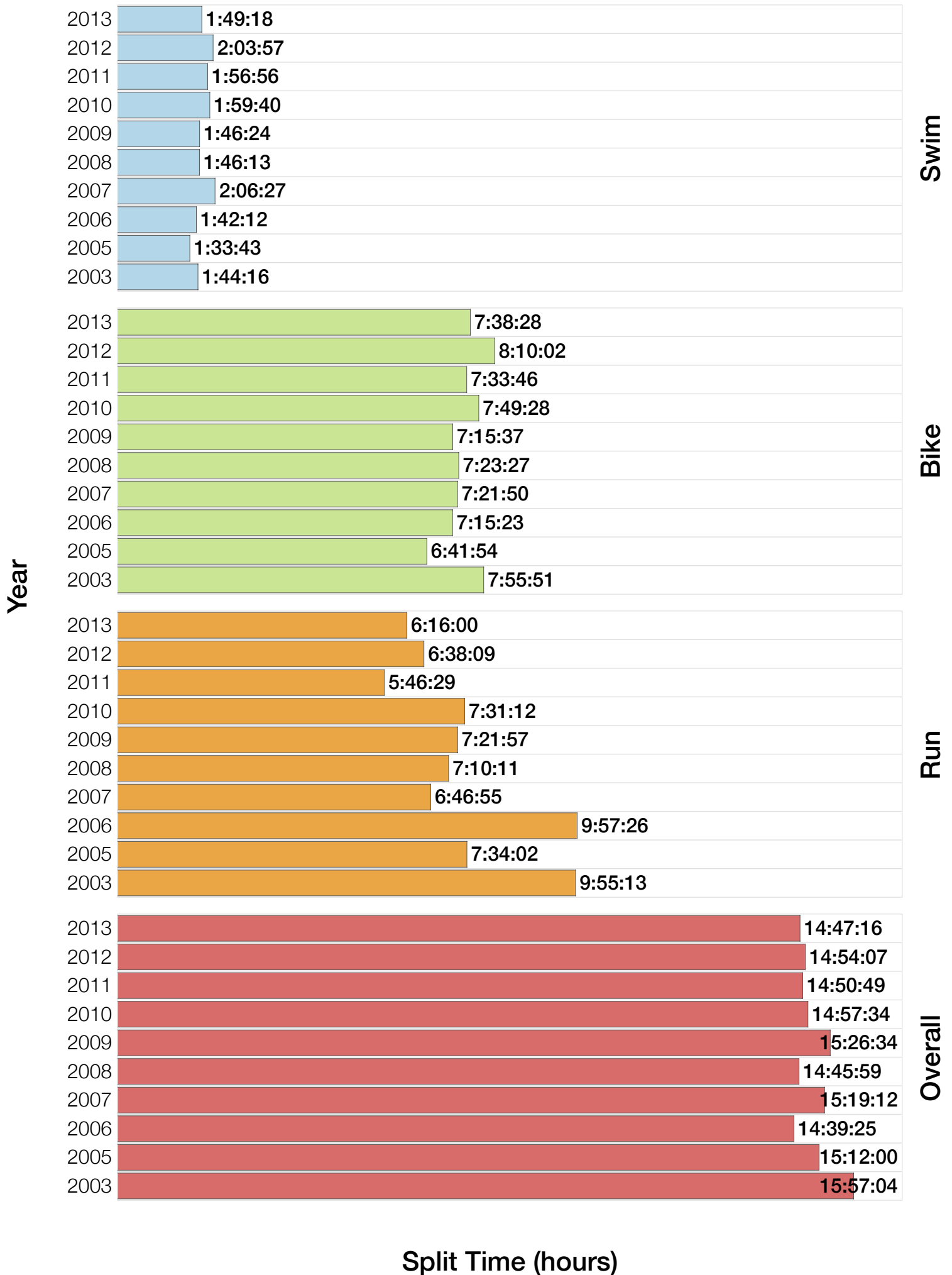


M30-34 Median Splits



Split Time (hours)

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	0:47:31	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	0:52:29	4:46:42	3:27:56	8:49:26
Average 2nd Age Grouper	0:55:47	4:48:38	3:06:59	8:57:13
Average 3rd Age Grouper	0:57:36	4:54:09	3:06:08	9:03:12
Average 4th Age Grouper	0:57:32	4:53:08	3:10:26	9:06:06
Average 5th Age Grouper	0:57:43	4:54:23	3:10:23	9:08:31
Average 6th Age Grouper	0:55:38	4:57:05	3:17:06	9:10:41
Average 7th Age Grouper	0:54:41	4:55:53	3:16:36	9:12:46
Average 8th Age Grouper	0:57:28	4:58:06	3:14:15	9:15:03
Average 9th Age Grouper	0:57:38	4:58:26	3:15:46	9:17:09
Average 10th Age Grouper	0:58:45	4:58:50	3:14:49	9:18:23
Average 11th Age Grouper	0:57:21	4:58:31	3:16:05	9:19:20
Average 12th Age Grouper	1:00:00	4:58:06	3:17:03	9:20:19
Kona Qualifier Average	0:56:53	4:55:10	3:14:37	9:09:51

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	0:53:11	4:50:47	2:59:37	8:49:53
2nd Age Grouper	0:59:04	4:47:06	3:01:33	8:53:30
3rd Age Grouper	1:03:27	4:46:39	2:59:08	8:55:27
4th Age Grouper	0:52:12	4:45:57	3:12:59	8:55:46
5th Age Grouper	0:54:07	4:44:00	3:14:48	8:57:29
6th Age Grouper	0:54:54	4:56:03	3:05:04	9:01:10
7th Age Grouper	0:53:35	4:53:29	3:09:26	9:02:56
8th Age Grouper	1:02:13	4:53:54	3:05:24	9:06:41
9th Age Grouper	0:56:11	4:48:56	3:19:20	9:09:15
10th Age Grouper	0:56:11	4:51:40	3:19:08	9:11:55
11th Age Grouper	1:00:01	4:59:12	3:06:55	9:12:33
12th Age Grouper	0:57:02	5:02:54	3:08:49	9:13:43
Kona Qualifier Average	0:56:50	4:51:43	3:08:30	9:02:31

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	0:44:17	4:49:13	3:02:19	8:40:18
2nd Age Grouper	0:46:02	4:57:03	3:03:15	8:51:05
3rd Age Grouper	0:57:39	4:47:50	3:03:32	8:53:59
4th Age Grouper	0:52:42	4:56:38	3:06:46	9:01:05
5th Age Grouper	0:54:34	4:59:50	3:02:05	9:01:21
6th Age Grouper	0:52:41	4:48:26	3:17:27	9:02:59
7th Age Grouper	0:51:55	4:49:48	3:16:18	9:03:28
8th Age Grouper	0:54:17	4:54:36	3:14:59	9:08:31
9th Age Grouper	0:50:35	5:05:08	3:07:54	9:08:31
10th Age Grouper	0:51:09	5:02:15	3:11:58	9:11:07
11th Age Grouper	1:03:49	4:56:27	3:06:32	9:12:21
12th Age Grouper	1:01:53	5:03:37	3:02:07	9:13:36
Kona Qualifier Average	0:53:27	4:55:54	3:07:56	9:02:21

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	0:45:59	4:40:20	3:03:39	8:33:54
2nd Age Grouper	0:56:06	4:44:22	2:57:45	8:42:29
3rd Age Grouper	0:54:18	4:49:17	3:07:23	8:55:19
4th Age Grouper	0:50:13	4:49:40	3:18:42	9:04:02
5th Age Grouper	0:56:13	4:57:08	3:09:12	9:07:56
6th Age Grouper	0:57:14	5:01:28	3:03:15	9:08:15
7th Age Grouper	0:53:09	4:56:29	3:13:50	9:08:38
8th Age Grouper	0:54:41	4:55:59	3:14:37	9:10:12
9th Age Grouper	1:00:21	4:54:22	3:16:04	9:15:53
10th Age Grouper	0:57:23	5:07:30	3:08:33	9:17:50
11th Age Grouper	0:54:11	5:02:28	3:17:09	9:18:31
12th Age Grouper	1:05:27	5:01:59	3:05:26	9:18:42
Kona Qualifier Average	0:55:26	4:55:05	3:09:37	9:05:08

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	0:52:46	4:53:47	3:01:50	8:52:40
2nd Age Grouper	0:55:45	4:55:54	3:11:16	9:07:22
3rd Age Grouper	0:55:36	4:56:12	3:11:32	9:07:51
4th Age Grouper	0:56:37	4:58:04	3:10:06	9:09:40
5th Age Grouper	1:01:48	4:52:52	3:11:40	9:11:19
6th Age Grouper	0:53:03	5:01:16	3:14:05	9:13:07
7th Age Grouper	0:47:30	5:00:51	3:21:10	9:13:56
8th Age Grouper	1:06:55	5:00:21	3:08:18	9:20:32
9th Age Grouper	0:56:31	5:07:22	3:11:39	9:20:47
10th Age Grouper	0:52:53	4:53:17	3:29:50	9:20:51
11th Age Grouper	0:52:31	5:07:29	3:16:09	9:21:42
12th Age Grouper	0:57:08	5:02:29	3:20:18	9:24:17
Kona Qualifier Average	0:55:45	4:59:09	3:13:59	9:13:40

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	0:50:53	4:32:12	3:16:14	8:43:37
2nd Age Grouper	0:53:03	4:41:58	3:03:44	8:44:45
3rd Age Grouper	0:59:57	4:49:47	3:02:22	8:56:32
4th Age Grouper	0:52:59	4:55:11	3:04:18	8:57:00
5th Age Grouper	0:51:33	4:56:57	3:10:55	9:04:56
6th Age Grouper	0:56:56	4:51:07	3:14:10	9:06:56
7th Age Grouper	0:53:01	4:53:55	3:17:53	9:10:39
8th Age Grouper	0:55:29	4:54:15	3:16:49	9:11:15
9th Age Grouper	0:53:51	4:58:57	3:21:53	9:18:50
10th Age Grouper	0:56:51	5:02:09	3:14:21	9:18:57
11th Age Grouper	0:52:45	4:58:21	3:21:59	9:19:09
12th Age Grouper	0:52:14	4:56:58	3:24:51	9:19:48
Kona Qualifier Average	0:54:07	4:52:38	3:14:07	9:06:02

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	0:49:59	4:35:44	3:10:49	8:41:09
2nd Age Grouper	0:52:52	4:39:50	3:17:36	8:54:26
3rd Age Grouper	0:51:18	4:57:42	3:02:16	8:55:48
4th Age Grouper	0:52:38	4:51:06	3:10:07	8:58:04
5th Age Grouper	1:00:04	4:44:15	3:08:48	8:58:24
6th Age Grouper	0:54:40	4:51:08	3:08:29	8:59:09
7th Age Grouper	0:52:05	4:56:29	3:09:20	9:03:56
8th Age Grouper	0:51:53	4:54:04	3:14:33	9:04:27
9th Age Grouper	0:57:08	4:57:55	3:05:22	9:04:35
10th Age Grouper	0:57:44	4:57:36	3:05:03	9:04:35
11th Age Grouper	0:53:54	4:59:34	3:08:35	9:06:56
12th Age Grouper	0:53:55	4:55:17	3:14:20	9:08:11
Kona Qualifier Average	0:54:00	4:51:43	3:09:36	8:59:58

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	0:57:51	4:42:09	3:10:59	8:55:30
2nd Age Grouper	1:05:21	4:44:08	3:03:10	8:57:28
3rd Age Grouper	1:03:50	4:52:48	2:58:27	9:00:30
4th Age Grouper	1:01:19	4:50:33	3:07:17	9:03:27
5th Age Grouper	1:03:59	4:51:08	3:04:38	9:04:04
6th Age Grouper	0:57:23	4:51:05	3:12:40	9:06:16
7th Age Grouper	0:57:29	4:58:01	3:13:02	9:13:18
8th Age Grouper	0:53:18	4:55:55	3:20:04	9:13:54
9th Age Grouper	1:01:23	4:50:10	3:17:09	9:14:15
10th Age Grouper	0:57:49	5:01:26	3:11:36	9:15:35
11th Age Grouper	0:59:26	4:57:39	3:14:16	9:16:25
12th Age Grouper	1:07:00	4:44:10	3:20:40	9:17:13
Kona Qualifier Average	1:00:30	4:51:36	3:11:09	9:08:09

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	0:54:43	4:47:42	6:40:26	8:46:00
2nd Age Grouper	0:54:55	4:40:57		8:58:41
3rd Age Grouper	1:04:09	4:52:04		9:12:55
4th Age Grouper	1:07:09	4:47:38		9:13:29
5th Age Grouper	0:57:41	4:54:28		9:18:56
6th Age Grouper	0:57:59	4:59:28	3:57:34	9:19:26
7th Age Grouper	1:03:01	4:51:24		9:20:15
8th Age Grouper	1:02:22	4:58:04		9:21:45
9th Age Grouper	1:02:54	4:57:31		9:25:03
10th Age Grouper	1:03:30	4:51:54		9:26:44
11th Age Grouper	0:59:53	4:47:35		9:28:42
12th Age Grouper	1:18:04	4:47:40		9:29:01
Kona Qualifier Average	1:02:11	4:51:22	5:19:00	9:16:44

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	0:56:30	5:02:01	3:09:08	9:12:01
2nd Age Grouper	0:54:40	4:54:58	3:20:08	9:13:56
3rd Age Grouper	0:53:08	5:02:49	3:16:18	9:16:05
4th Age Grouper	1:09:22	4:51:49	3:14:37	9:19:56
5th Age Grouper	0:58:47	4:59:00	3:18:14	9:20:50
6th Age Grouper	0:52:16	5:00:54	3:24:32	9:22:07
7th Age Grouper	0:54:21	4:58:48	3:24:45	9:22:36
8th Age Grouper	0:54:25	5:05:26	3:19:21	9:23:31
9th Age Grouper	0:58:37	5:03:14	3:17:01	9:24:21
10th Age Grouper	0:59:12	4:56:12	3:26:57	9:26:17
11th Age Grouper	0:59:11	4:55:07	3:27:49	9:26:42
12th Age Grouper	0:49:50	4:57:39	3:36:00	9:27:49
Kona Qualifier Average	0:56:41	4:58:59	3:21:14	9:21:20

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	0:58:42	4:53:08	3:04:21	8:59:27
2nd Age Grouper	1:00:11	5:00:07	3:04:27	9:08:34
3rd Age Grouper	0:52:39	5:06:24	3:14:22	9:17:36
4th Age Grouper	1:00:16	5:04:47	3:09:09	9:18:39
5th Age Grouper	0:58:24	5:04:12	3:13:14	9:19:57
6th Age Grouper	0:59:19	5:09:56	3:13:45	9:27:25
7th Age Grouper	1:00:47	4:59:41	3:23:46	9:28:04
8th Age Grouper	0:59:14	5:08:28		9:29:43
9th Age Grouper	0:58:54	5:00:53	3:25:37	9:30:02
10th Age Grouper	1:14:48	5:04:29	3:06:02	9:30:08
11th Age Grouper	0:57:49	5:01:26	3:25:23	9:30:24
12th Age Grouper	0:57:34	5:08:19	3:21:02	9:30:59
Kona Qualifier Average	0:59:53	5:03:29	3:14:38	9:22:34