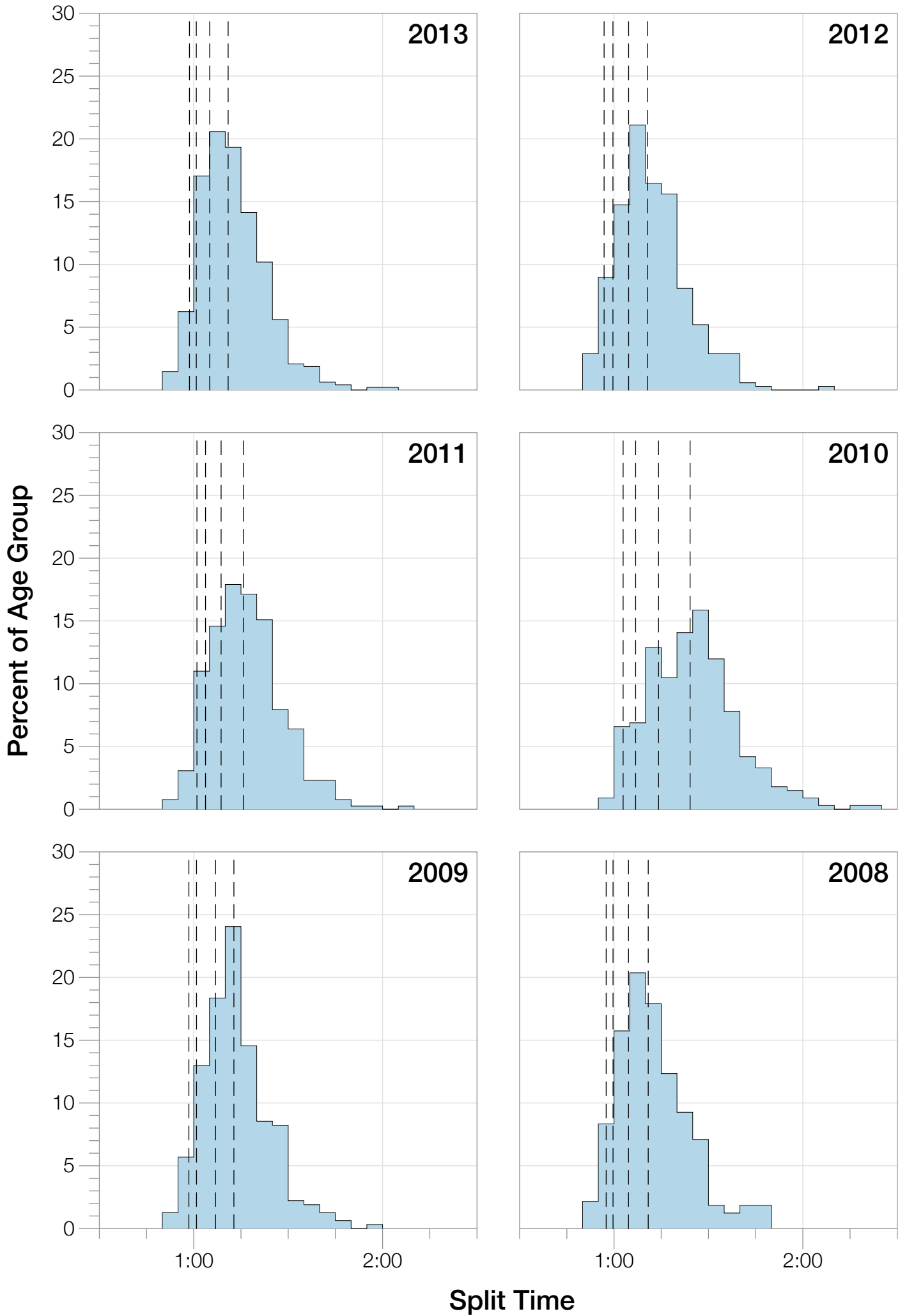


# Ironman Frankfurt M45-49 Stats

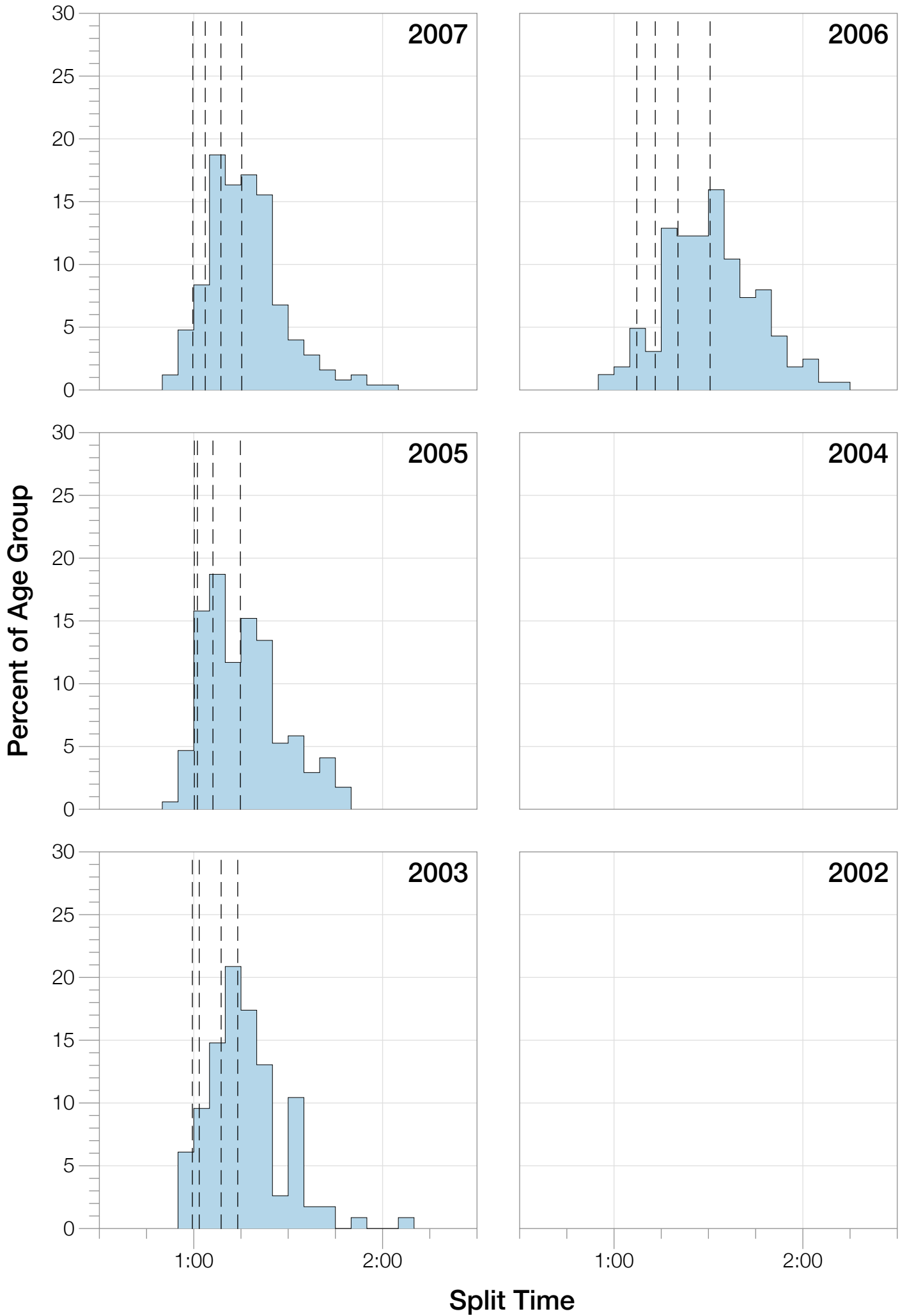
## M45-49 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>M45-49 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>M45-49 Winner's Time</b>
2003	1291	118	8:12:29	9:03:11	9:17:04
2005	1730	171	8:20:50	9:15:31	9:32:18
2006	1799	163	8:13:39	9:16:17	9:56:56
2007	2121	251	8:09:15	9:04:11	9:25:11
2008	2142	324	7:59:55	8:51:24	9:17:22
2009	2128	316	7:59:15	8:58:08	9:22:37
2010	2119	336	8:05:15	9:04:27	9:22:44
2011	2220	391	8:13:50	9:12:13	9:23:42
2012	2317	346	8:03:31	8:52:33	9:26:46
2013	2460	481	7:59:58	8:56:01	9:02:53
<b>Average</b>	<b>2033</b>	<b>290</b>	<b>8:07:47</b>	<b>9:03:23</b>	<b>8:33:24</b>

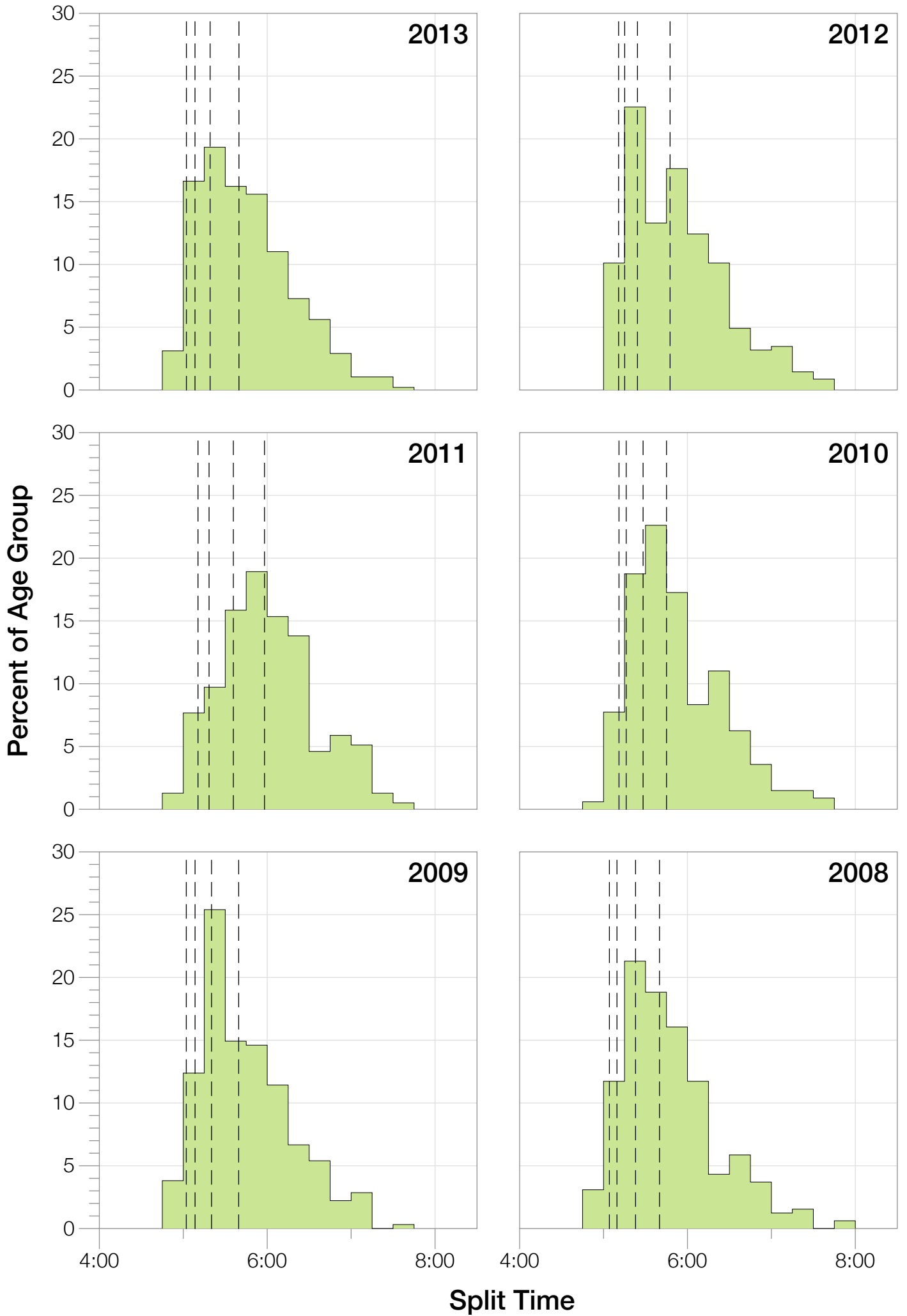
# M45-49 Swim



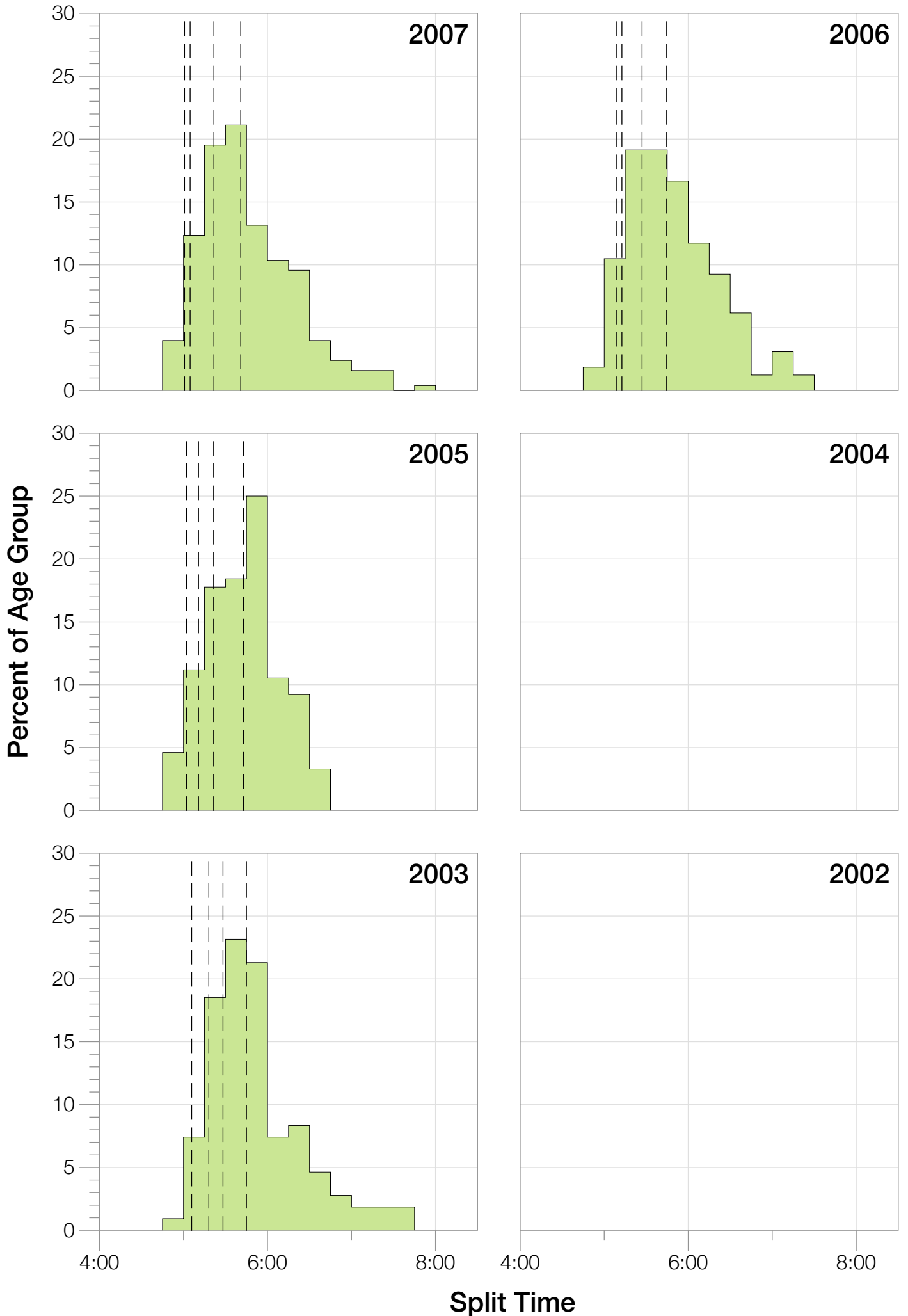
# M45-49 Swim



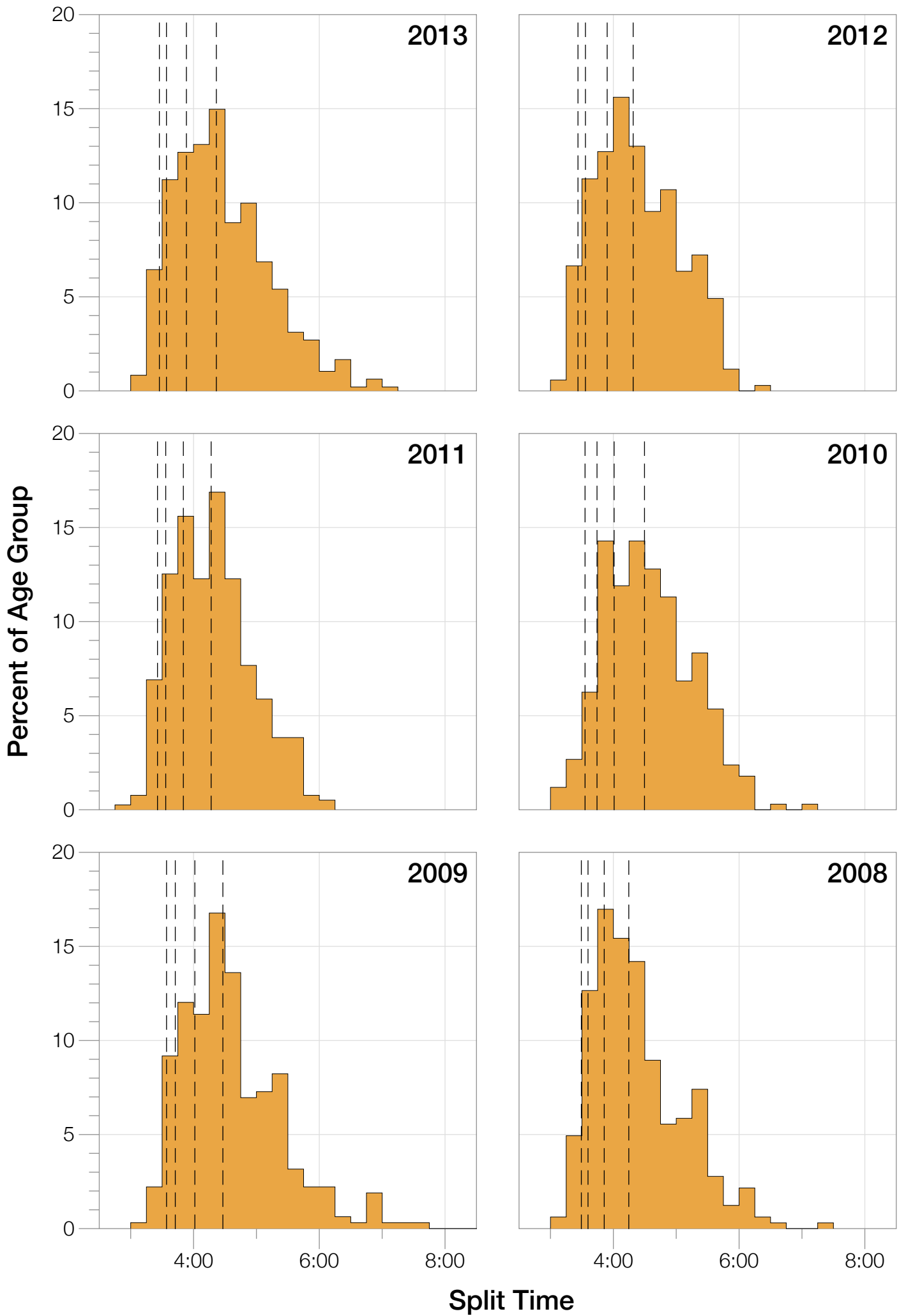
# M45-49 Bike



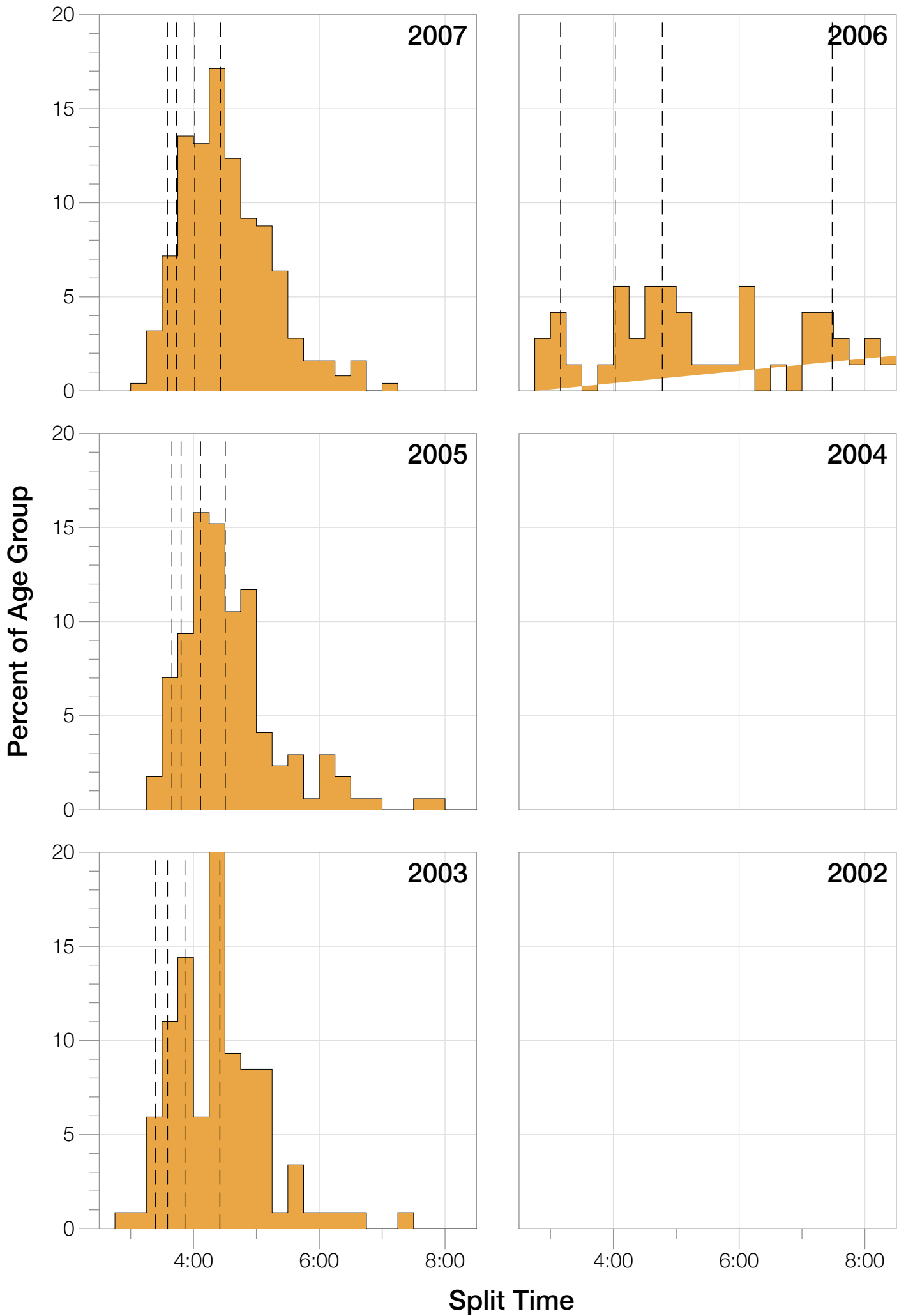
# M45-49 Bike



# M45-49 Run

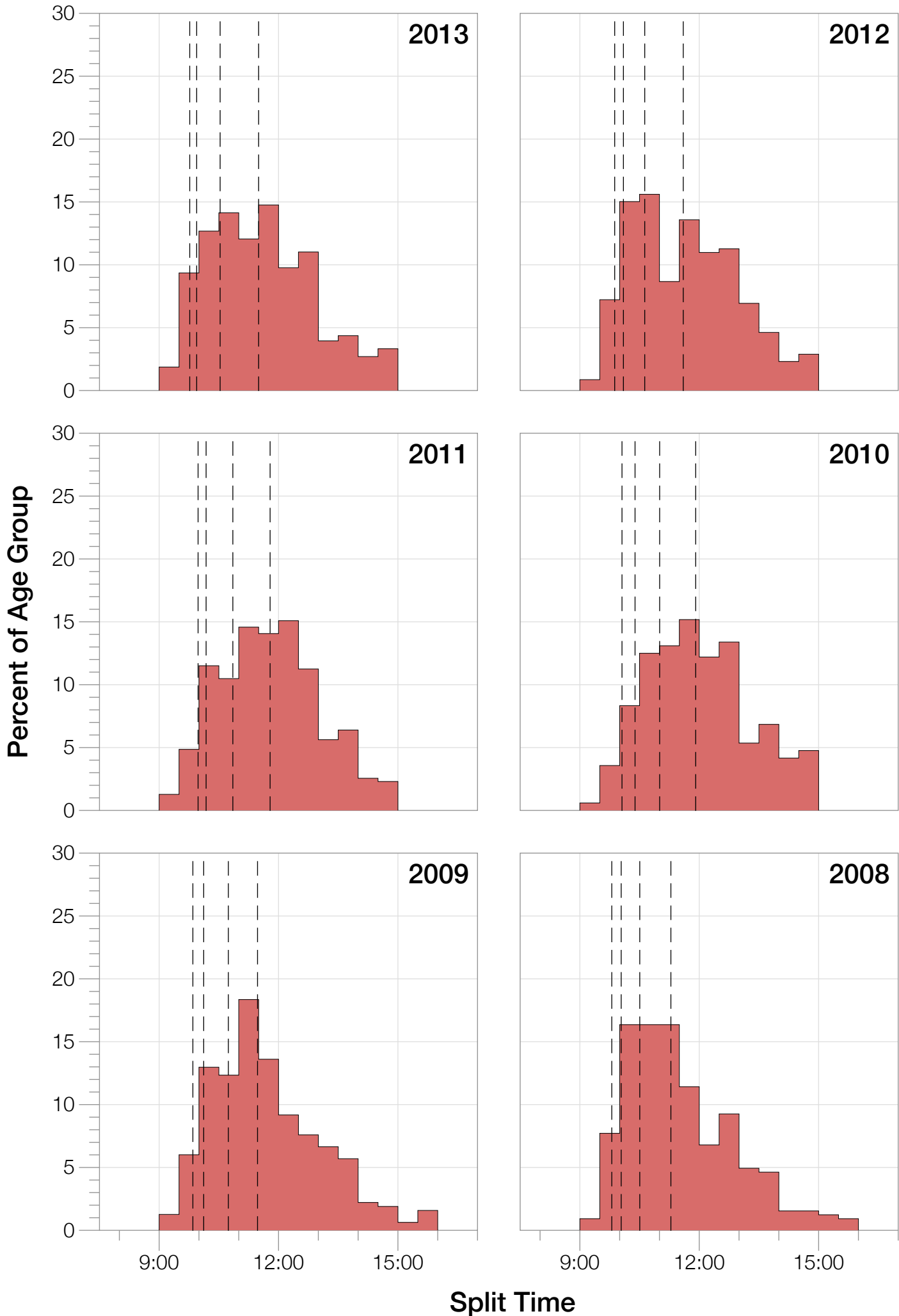


# M45-49 Run

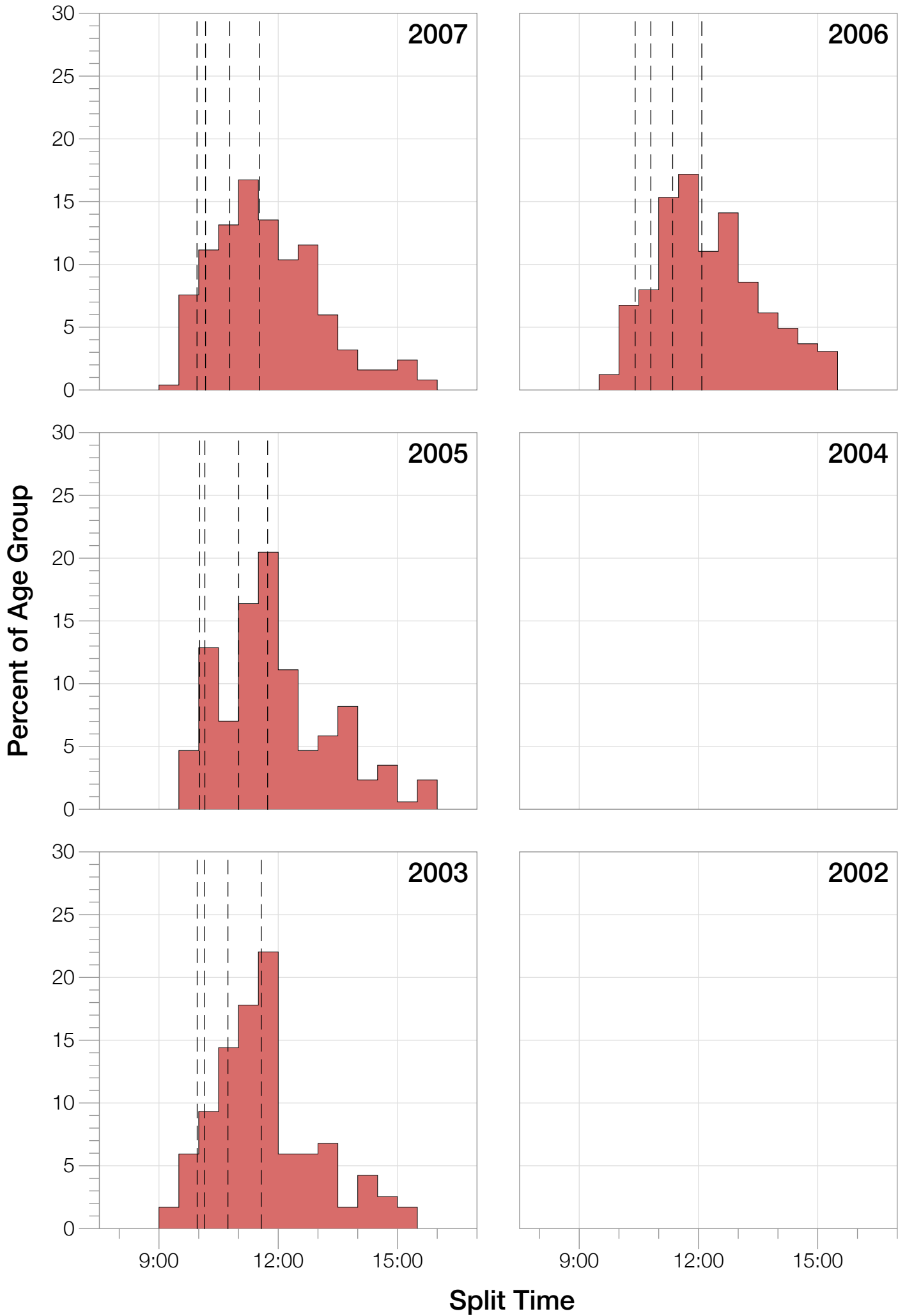




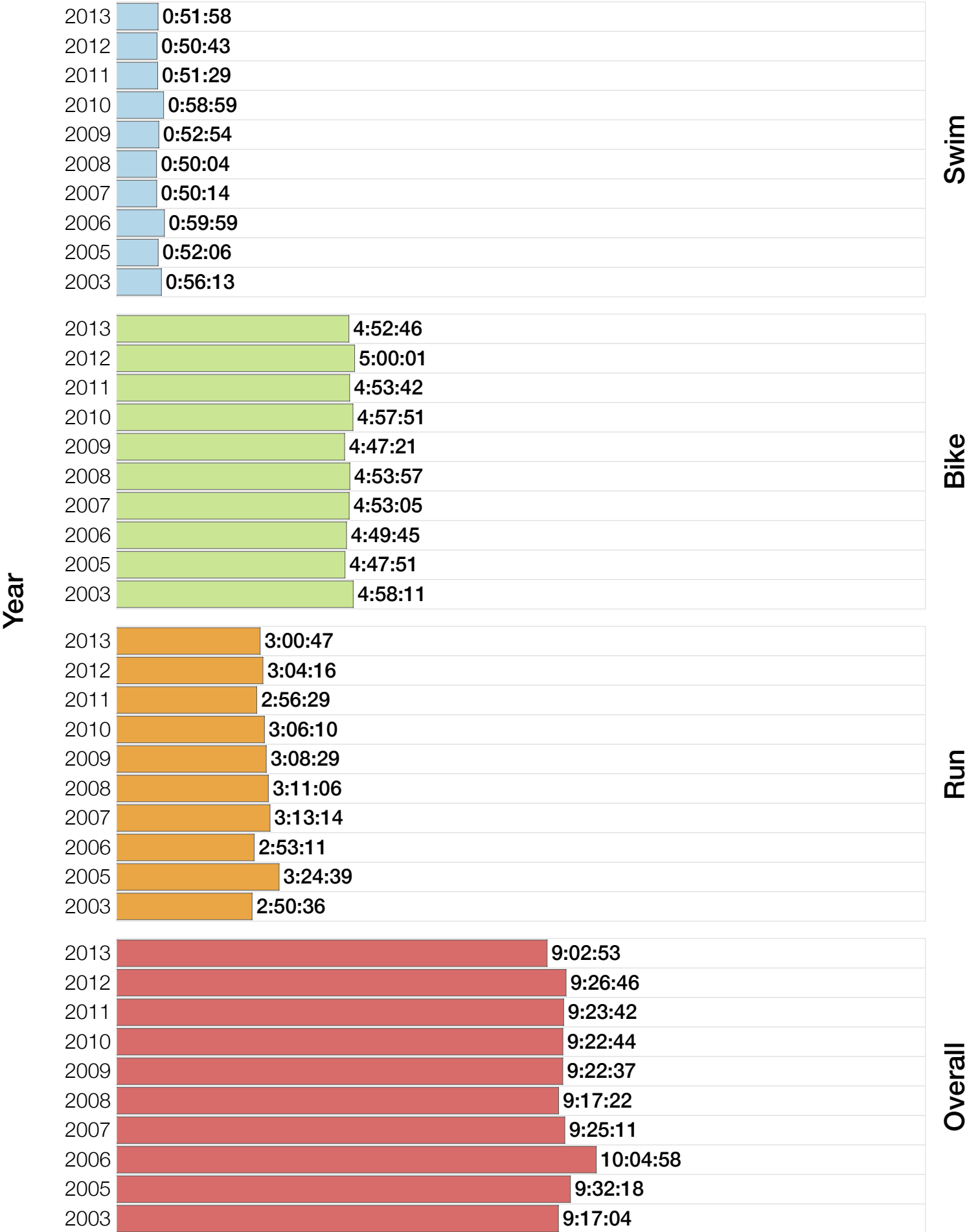
# M45-49 Overall



# M45-49 Overall

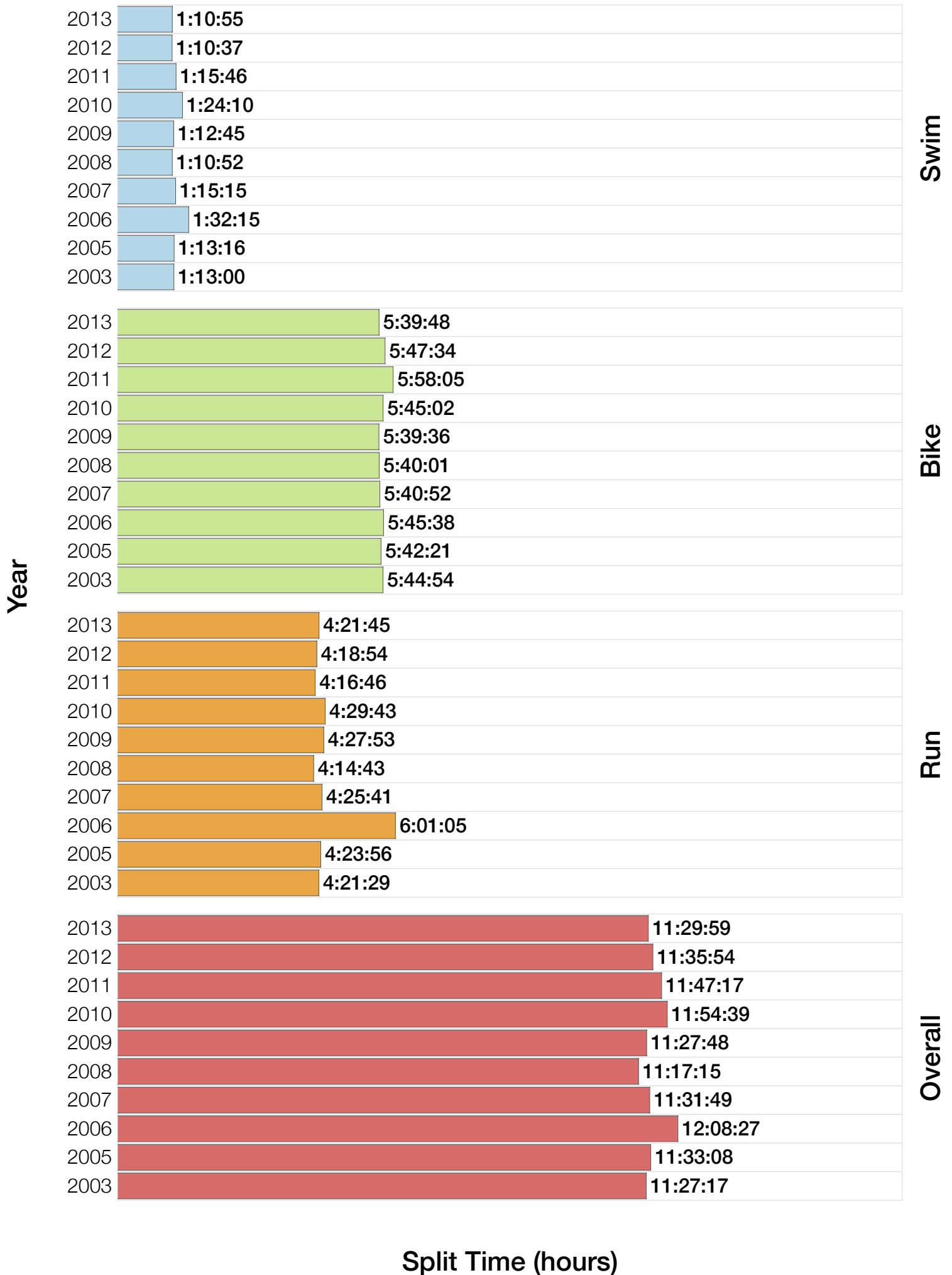


# M45-49 Fastest Splits

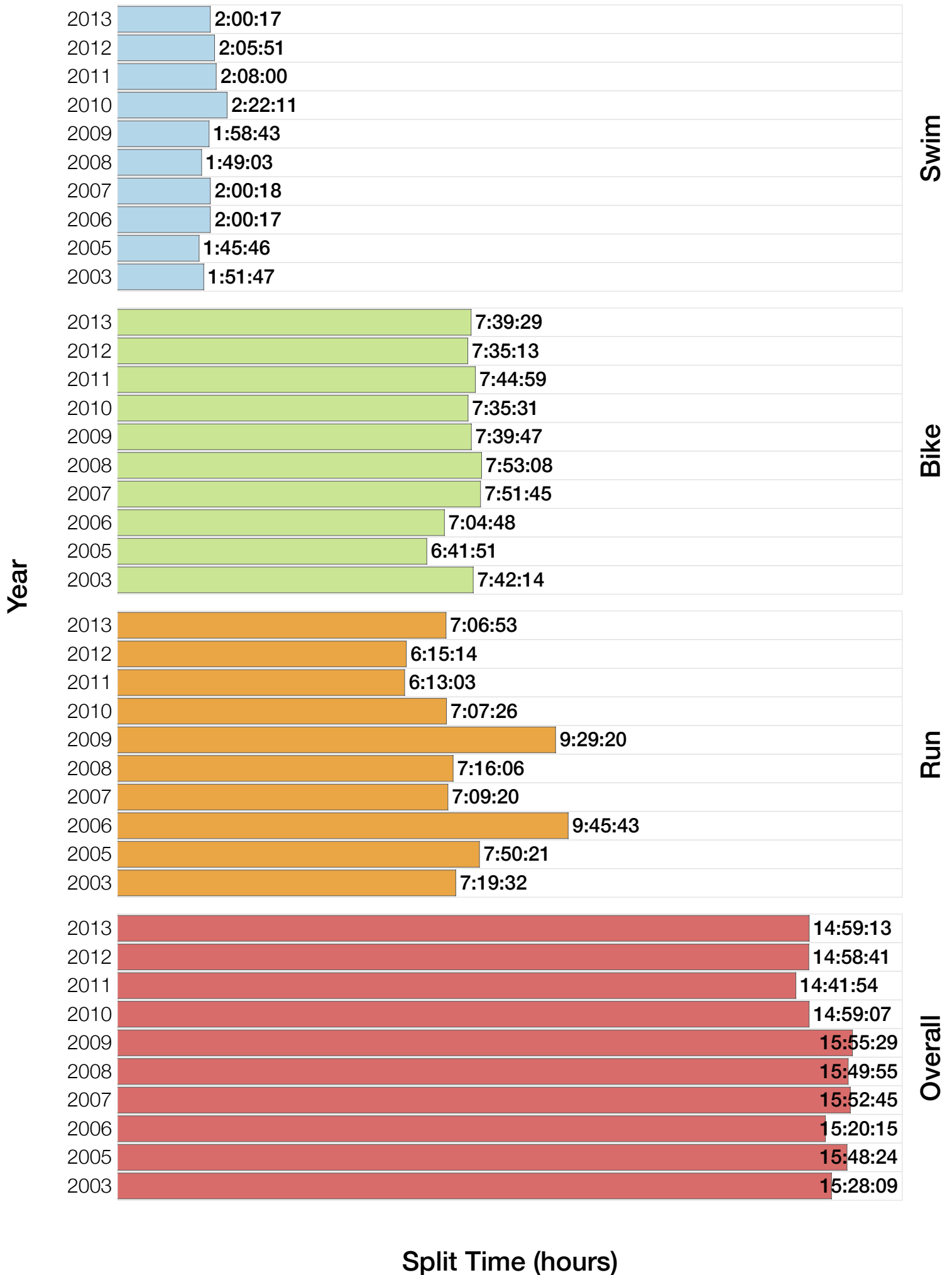


Split Time (hours)

# M45-49 Median Splits

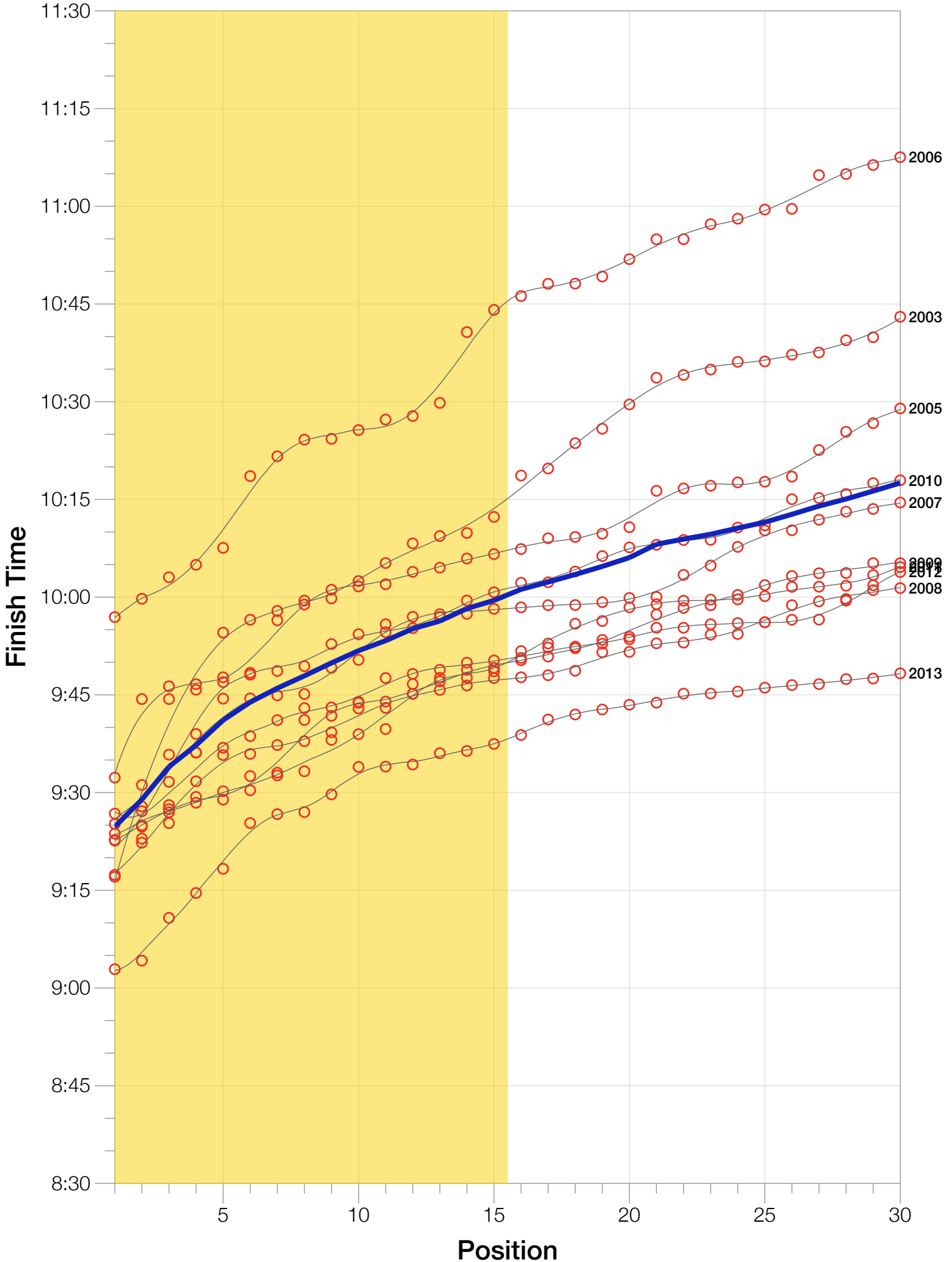


# M45-49 Slowest Splits



# M45-49 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# M45-49 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	0:58:49	4:59:16	3:17:58	9:24:45
Average 2nd Age Grouper	1:03:42	4:59:29	3:17:45	9:28:56
Average 3rd Age Grouper	1:03:53	5:01:46	3:20:58	9:33:58
Average 4th Age Grouper	1:02:14	4:59:14	3:39:01	9:37:16
Average 5th Age Grouper	1:06:27	5:06:23	3:21:36	9:41:07
Average 6th Age Grouper	1:07:28	5:03:38	3:25:36	9:43:53
Average 7th Age Grouper	1:03:59	5:02:14	3:30:01	9:46:01
Average 8th Age Grouper	1:04:32	5:09:34	3:25:50	9:47:55
Average 9th Age Grouper	1:05:09	5:07:14	3:28:37	9:49:54
Average 10th Age Grouper	1:01:03	5:09:50	3:32:01	9:51:47
Average 11th Age Grouper	1:03:56	5:08:06	3:57:34	9:53:19
Average 12th Age Grouper	1:06:19	5:10:50	3:31:42	9:55:09
Average 13th Age Grouper	1:05:46	5:11:03	3:31:23	9:56:20
Average 14th Age Grouper	1:03:54	5:12:40	3:31:22	9:58:15
Average 15th Age Grouper	1:03:18	5:07:52	3:40:14	9:59:30
Kona Qualifier Average	1:04:02	5:05:57	3:30:19	9:45:52

## 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	0:55:06	4:52:46	3:10:05	9:02:53
2nd Age Grouper	1:01:40	4:53:43	3:03:02	9:04:12
3rd Age Grouper	1:09:27	4:54:30	3:00:47	9:10:46
4th Age Grouper	0:57:03	5:00:10	3:10:19	9:14:35
5th Age Grouper	1:00:02	4:57:14	3:16:43	9:18:18
6th Age Grouper	1:07:39	4:53:32	3:19:02	9:25:19
7th Age Grouper	0:57:39	4:52:54	3:29:59	9:26:41
8th Age Grouper	0:58:38	5:04:48	3:17:55	9:27:00
9th Age Grouper	1:10:03	4:56:55	3:16:47	9:29:43
10th Age Grouper	0:53:54	5:10:33	3:24:18	9:33:56
11th Age Grouper	1:03:01	5:10:33	3:15:40	9:33:59
12th Age Grouper	0:56:08	4:59:37	3:32:11	9:34:18
13th Age Grouper	0:57:35	5:12:08	3:20:38	9:36:03
14th Age Grouper	1:00:15	4:55:28	3:34:44	9:36:23
15th Age Grouper	0:58:49	4:55:08	3:37:13	9:37:28
Kona Qualifier Average	1:00:27	4:59:19	3:19:17	9:24:46

**Frankfurt 2012**

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

**Frankfurt 2011**

<b>Position</b>	<b>Swim Time</b>	<b>Bike Time</b>	<b>Run Time</b>	<b>Overall Time</b>
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	0:57:23	5:03:46	3:13:49	9:23:42
2nd Age Grouper	0:56:27	4:53:42	3:30:00	9:24:46
3rd Age Grouper	1:03:50	5:02:23	3:16:10	9:28:05
4th Age Grouper	0:56:49	5:00:18	3:25:57	9:28:26
5th Age Grouper	1:00:39	4:58:34	3:24:33	9:28:55
6th Age Grouper	1:13:32	4:57:17	3:14:32	9:32:32
7th Age Grouper	1:13:17	5:00:07	3:12:34	9:32:38
8th Age Grouper	1:03:37	5:05:44	3:16:27	9:33:16
9th Age Grouper	0:54:28	5:14:27	3:22:29	9:38:05
10th Age Grouper	0:59:34	5:11:02	3:19:55	9:38:58
11th Age Grouper	0:59:20	5:11:14	3:20:52	9:39:45
12th Age Grouper	1:04:00	4:59:38	3:35:16	9:46:40
13th Age Grouper	1:10:54	5:11:17	3:19:35	9:47:37
14th Age Grouper	0:59:58	5:23:33	3:17:54	9:47:38
15th Age Grouper	1:04:17	5:14:04	3:23:05	9:48:36
Kona Qualifier Average	1:02:32	5:05:48	3:20:52	9:35:58



**Frankfurt 2010**

<b>Position</b>	<b>Swim Time</b>	<b>Bike Time</b>	<b>Run Time</b>	<b>Overall Time</b>
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	1:00:52	5:02:44	3:13:41	9:22:44
2nd Age Grouper	1:11:20	4:59:19	3:06:10	9:22:56
3rd Age Grouper	1:00:04	5:02:26	3:28:18	9:35:49
4th Age Grouper	1:01:50	5:05:12	3:27:39	9:39:00
5th Age Grouper	1:10:14	5:20:38	3:11:18	9:47:42
6th Age Grouper	1:15:36	5:08:59	3:18:57	9:48:23
7th Age Grouper	1:14:47	5:09:53	3:18:57	9:48:40
8th Age Grouper	0:58:59	5:09:23	3:35:10	9:49:24
9th Age Grouper	1:21:37	5:05:42	3:19:43	9:52:48
10th Age Grouper	0:59:03	5:04:13	3:45:52	9:54:19
11th Age Grouper	1:03:52	4:57:51	3:46:57	9:54:37
12th Age Grouper	1:05:46	5:20:34	3:23:28	9:55:14
13th Age Grouper	1:09:20	5:15:33	3:27:19	9:56:57
14th Age Grouper	1:06:49	5:10:27	3:36:00	9:59:29
15th Age Grouper	1:02:05	5:03:33	3:50:27	10:00:45
Kona Qualifier Average	1:06:48	5:07:45	3:27:19	9:47:15

**Frankfurt 2009**

<b>Position</b>	<b>Swim Time</b>	<b>Bike Time</b>	<b>Run Time</b>	<b>Overall Time</b>
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	0:59:38	4:52:28	3:24:21	9:22:37
2nd Age Grouper	1:06:19	5:05:02	3:08:29	9:24:58
3rd Age Grouper	1:04:14	5:00:24	3:17:48	9:26:58
4th Age Grouper	1:10:31	4:47:21		9:29:20
5th Age Grouper	0:58:16	4:54:26	3:30:38	9:30:12
6th Age Grouper	0:56:19	4:55:22	3:33:46	9:30:21
7th Age Grouper	1:00:34	5:06:54	3:18:36	9:33:03
8th Age Grouper	1:05:57	5:13:20	3:16:59	9:41:09
9th Age Grouper	0:58:05	5:13:11	3:25:25	9:41:47
10th Age Grouper	0:57:51	5:02:43	3:37:15	9:43:56
11th Age Grouper	1:04:21	4:58:11	3:34:30	9:43:58
12th Age Grouper	1:00:15	5:06:24	3:32:11	9:45:10
13th Age Grouper	0:56:18	4:51:34	3:51:18	9:47:05
14th Age Grouper	1:00:44	5:16:23	3:26:08	9:48:50
15th Age Grouper	1:05:56	5:01:47	3:36:46	9:49:09
Kona Qualifier Average	1:01:41	5:01:42	3:28:09	9:37:14

### 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	0:54:48	4:58:38	3:18:59	9:17:22
2nd Age Grouper	1:10:45	4:54:12	3:11:38	9:22:18
3rd Age Grouper	0:56:50	4:54:13	3:29:01	9:25:19
4th Age Grouper	1:01:47	4:53:57	3:29:20	9:31:44
5th Age Grouper	1:02:03	5:12:54	3:15:25	9:35:45
6th Age Grouper	1:02:59	5:05:30	3:22:09	9:35:56
7th Age Grouper	1:07:04	4:59:35	3:23:52	9:37:18
8th Age Grouper	0:52:03	5:16:21	3:24:17	9:37:53
9th Age Grouper	1:09:11	5:01:29	3:22:09	9:39:15
10th Age Grouper	0:55:07	5:09:16	3:33:08	9:42:55
11th Age Grouper	0:56:36	5:09:31	3:31:40	9:43:00
12th Age Grouper	1:08:08	5:09:55	3:19:53	9:45:09
13th Age Grouper	0:59:23	5:04:12	3:35:29	9:45:45
14th Age Grouper	0:54:09	5:08:09	3:38:45	9:46:26
15th Age Grouper	0:59:53	5:11:25	3:29:58	9:47:35
Kona Qualifier Average	1:00:43	5:04:37	3:25:42	9:36:54

### 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	1:05:26	4:58:50	3:16:00	9:25:11
2nd Age Grouper	1:05:45	4:53:05	3:25:49	9:31:10
3rd Age Grouper	1:04:16	5:00:28	3:21:45	9:31:39
4th Age Grouper	1:03:38	4:54:20	3:32:54	9:36:10
5th Age Grouper	1:16:41	5:04:09	3:17:34	9:44:25
6th Age Grouper	0:57:43	5:02:24	3:37:45	9:44:27
7th Age Grouper	1:05:29	5:00:55	3:28:44	9:44:55
8th Age Grouper	1:17:19	5:07:13	3:13:14	9:45:08
9th Age Grouper	0:57:54	5:04:29	3:40:28	9:49:09
10th Age Grouper	1:07:03	5:02:48	3:33:59	9:50:22
11th Age Grouper	1:09:08	5:15:23	3:24:30	9:55:50
12th Age Grouper	1:04:40	4:59:53	3:47:42	9:56:59
13th Age Grouper	1:04:22	5:03:08	3:45:29	9:57:23
14th Age Grouper	1:01:25	4:59:19	3:51:10	9:57:26
15th Age Grouper	1:02:14	5:07:34	3:42:33	9:58:12
Kona Qualifier Average	1:05:32	5:02:15	3:31:58	9:45:53

### 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	1:05:33	4:59:51		9:56:56
2nd Age Grouper	1:05:25	5:08:10		9:59:45
3rd Age Grouper	1:07:11	5:09:21		10:03:03
4th Age Grouper	1:17:24	4:49:45	5:09:45	10:04:58
5th Age Grouper	1:27:17	5:04:20		10:07:34
6th Age Grouper	1:30:33	5:04:09		10:18:35
7th Age Grouper	0:58:24	5:13:52		10:21:37
8th Age Grouper	1:23:18	5:09:12		10:24:11
9th Age Grouper	1:15:23	5:05:38		10:24:18
10th Age Grouper	1:00:52	5:21:56		10:25:39
11th Age Grouper	1:18:32	5:19:52	7:29:00	10:27:16
12th Age Grouper	1:27:44	5:22:50		10:27:48
13th Age Grouper	1:08:23	5:20:59		10:29:49
14th Age Grouper	1:14:00	5:06:39		10:40:41
15th Age Grouper	1:18:18	5:16:12		10:44:06
Kona Qualifier Average	1:14:33	5:10:11	6:19:22	10:19:45

### 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	1:00:42	4:47:51	3:36:49	9:32:18
2nd Age Grouper	0:59:55	5:03:29	3:35:30	9:44:21
3rd Age Grouper	1:02:42	4:57:59	3:40:57	9:46:19
4th Age Grouper	1:04:06	5:08:22	3:28:13	9:46:38
5th Age Grouper	1:02:34	5:11:17	3:27:30	9:46:57
6th Age Grouper	1:07:28	4:58:37	3:34:44	9:48:06
7th Age Grouper	0:58:53	4:54:03	3:56:15	9:56:27
8th Age Grouper	1:00:52	5:10:40	3:42:03	9:59:28
9th Age Grouper	0:59:30	4:58:52	3:56:56	10:01:08
10th Age Grouper	1:14:58	5:13:52	3:24:39	10:01:38
11th Age Grouper	0:52:06	5:04:32	4:00:27	10:01:59
12th Age Grouper	1:04:40	5:20:09	3:30:28	10:03:53
13th Age Grouper	1:07:38	5:12:19	3:39:33	10:04:32
14th Age Grouper	1:06:24	5:19:52	3:34:20	10:05:56
15th Age Grouper	1:04:02	4:59:46	3:57:30	10:06:36
Kona Qualifier Average	1:03:06	5:05:26	3:40:23	9:55:05

**Frankfurt 2003**

<b>Position</b>	<b>Swim Time</b>	<b>Bike Time</b>	<b>Run Time</b>	<b>Overall Time</b>
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	0:56:13	5:05:01	3:11:46	9:17:04
2nd Age Grouper	1:00:50	4:58:11	3:23:40	9:27:52
3rd Age Grouper	1:06:46	5:02:40	3:29:47	9:44:21
4th Age Grouper	0:58:33	5:02:30	3:39:22	9:45:47
5th Age Grouper	0:57:31	5:19:09	3:31:22	9:54:33
6th Age Grouper	1:02:02	5:19:10	3:29:16	9:56:32
7th Age Grouper	1:08:36	5:02:13	3:42:50	9:57:53
8th Age Grouper	1:05:30	5:07:19	3:41:08	9:58:52
9th Age Grouper	0:58:36	5:21:10	3:35:47	9:59:48
10th Age Grouper	1:01:28	5:18:40	3:35:25	10:02:28
11th Age Grouper	1:08:37	5:09:16	3:39:54	10:05:14
12th Age Grouper	1:12:03	5:16:45	3:33:28	10:08:15
13th Age Grouper	1:16:59	5:26:49	3:19:50	10:09:23
14th Age Grouper	1:11:13	5:31:09	3:19:48	10:09:51
15th Age Grouper	1:04:52	5:13:36	3:48:29	10:12:19
Kona Qualifier Average	1:04:39	5:12:54	3:32:07	9:55:20