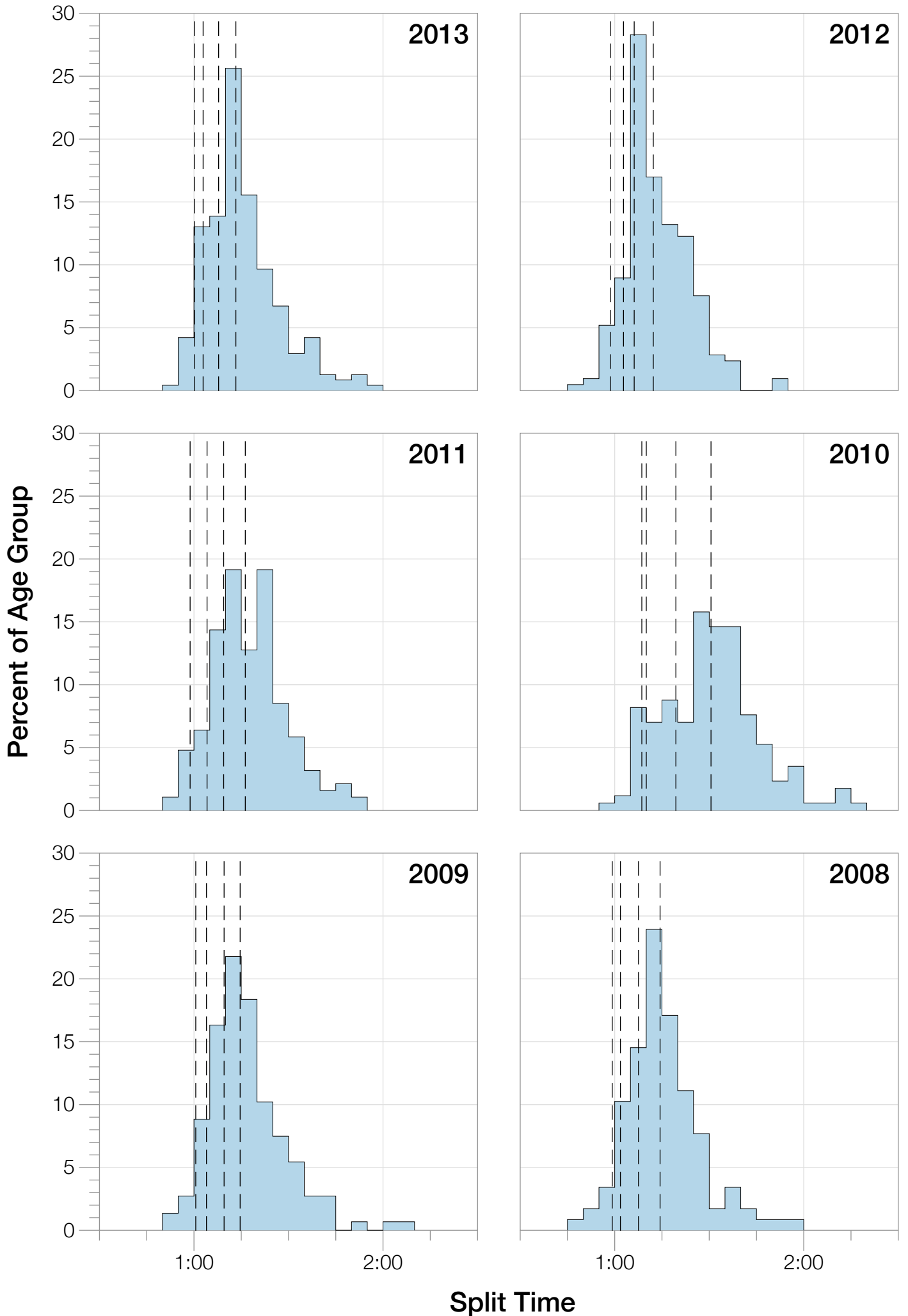


Ironman Frankfurt M50-54 Stats

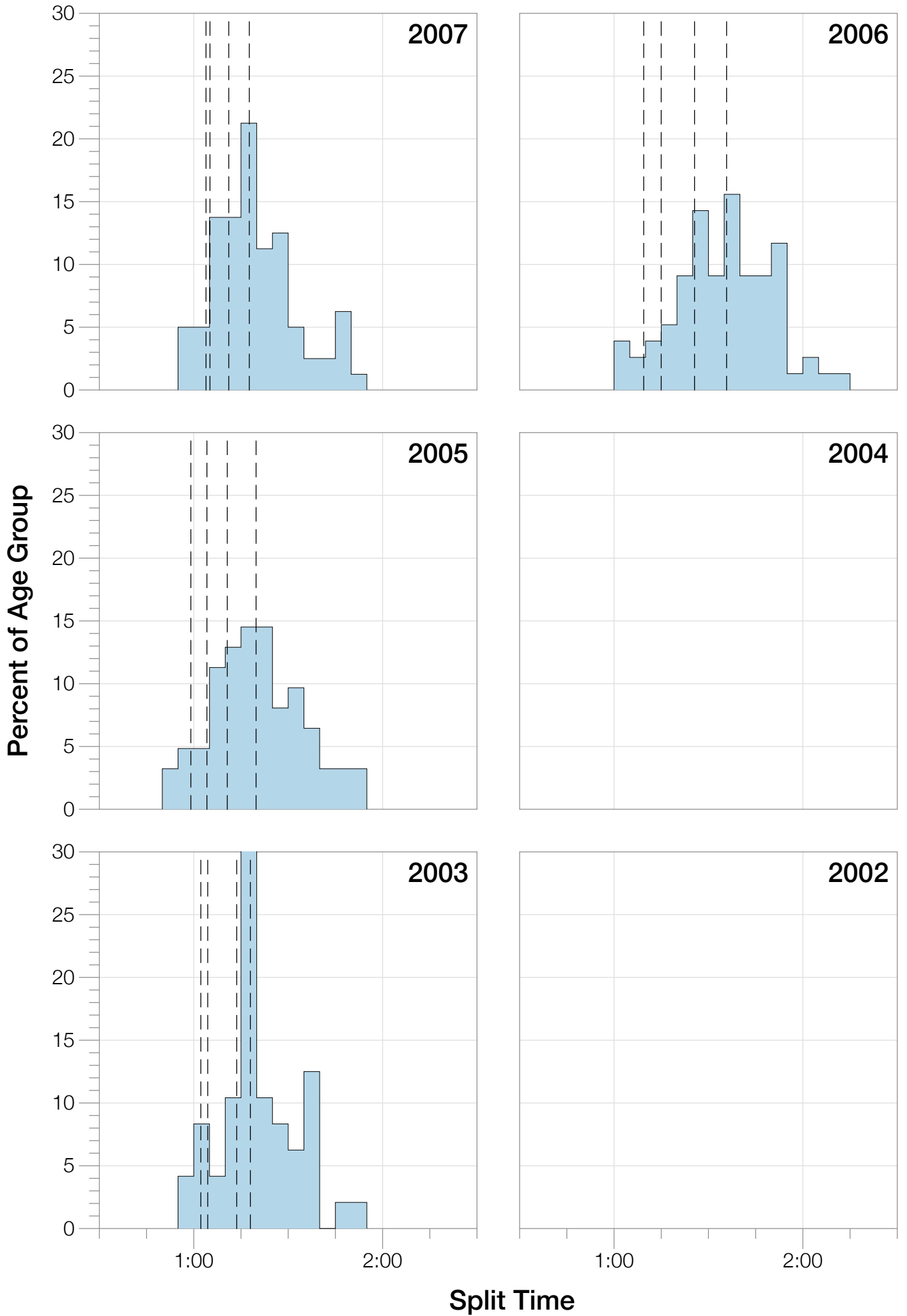
M50-54 Summary Statistics

| Year | Finishers | M50-54 Finishers | Male Winner's Time | Female Winner's Time | M50-54 Winner's Time |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2003 | 1291 | 49 | 8:12:29 | 9:03:11 | 9:28:49 |
| 2005 | 1730 | 62 | 8:20:50 | 9:15:31 | 9:56:12 |
| 2006 | 1799 | 78 | 8:13:39 | 9:16:17 | 9:56:13 |
| 2007 | 2121 | 80 | 8:09:15 | 9:04:11 | 9:31:05 |
| 2008 | 2142 | 117 | 7:59:55 | 8:51:24 | 9:30:05 |
| 2009 | 2128 | 147 | 7:59:15 | 8:58:08 | 9:31:54 |
| 2010 | 2119 | 171 | 8:05:15 | 9:04:27 | 10:05:33 |
| 2011 | 2220 | 189 | 8:13:50 | 9:12:13 | 9:36:42 |
| 2012 | 2317 | 214 | 8:03:31 | 8:52:33 | 9:31:45 |
| 2013 | 2460 | 239 | 7:59:58 | 8:56:01 | 9:13:59 |
| Average | 2033 | 135 | 8:07:47 | 9:03:23 | 8:45:39 |

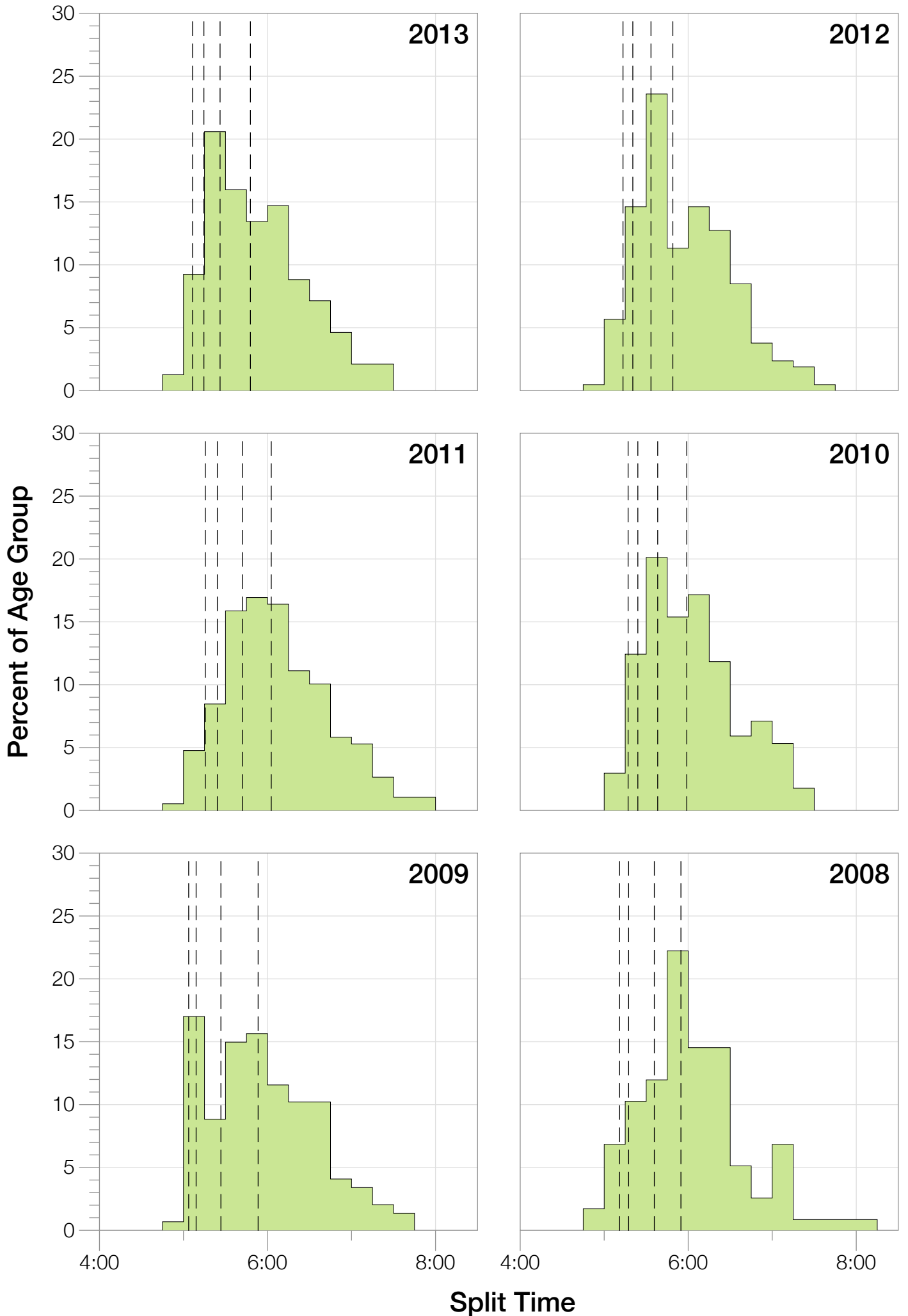
M50-54 Swim



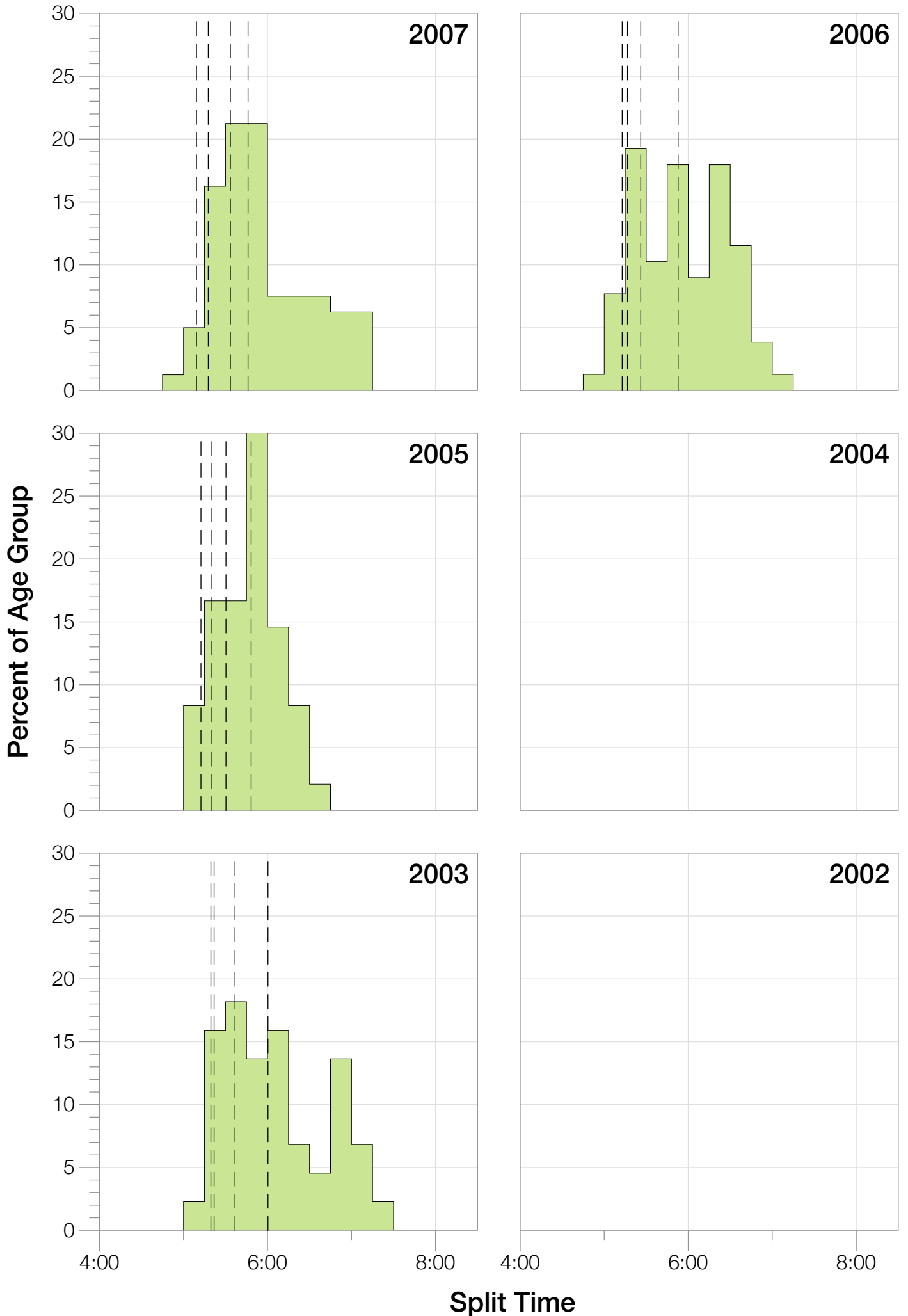
M50-54 Swim



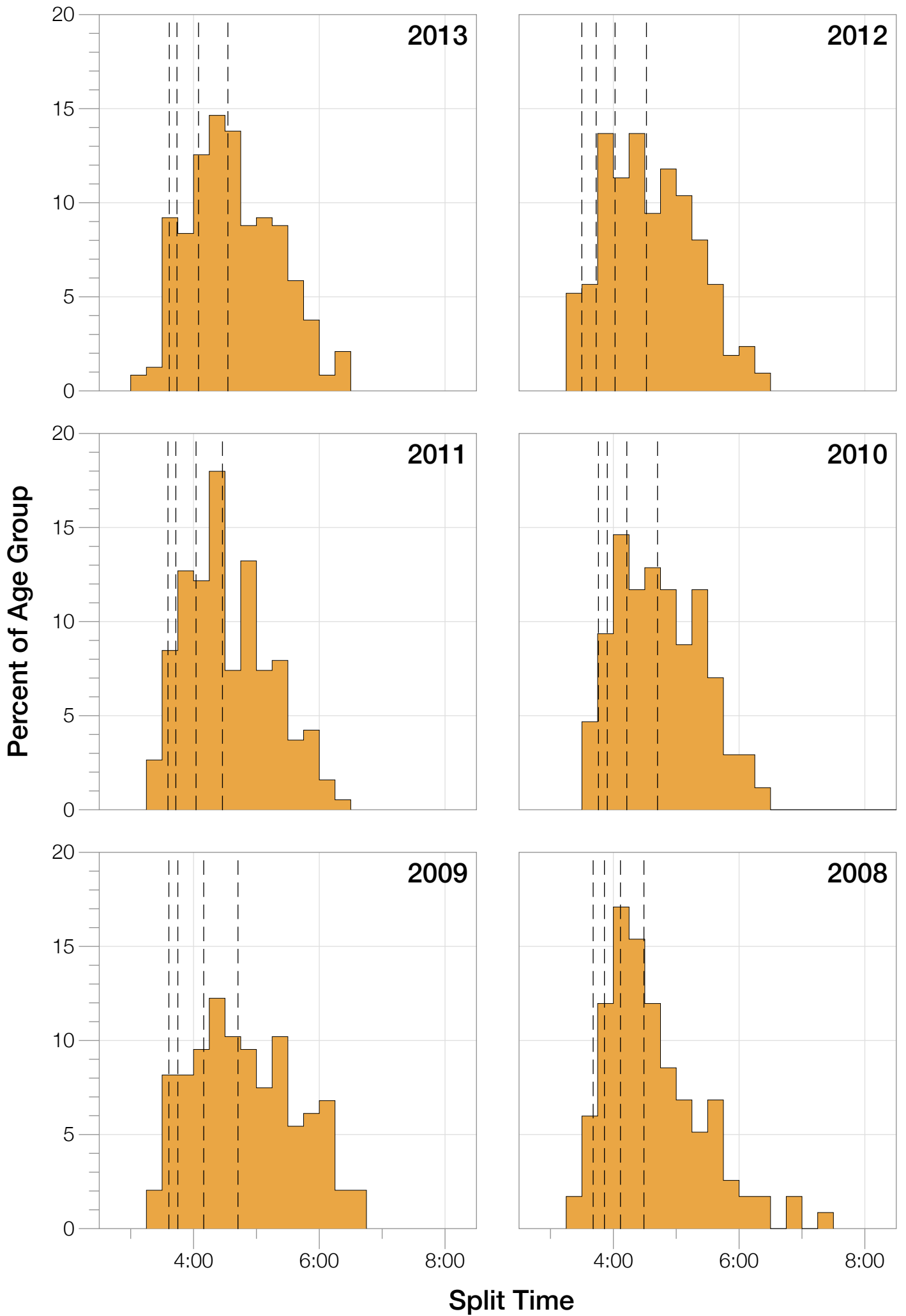
M50-54 Bike



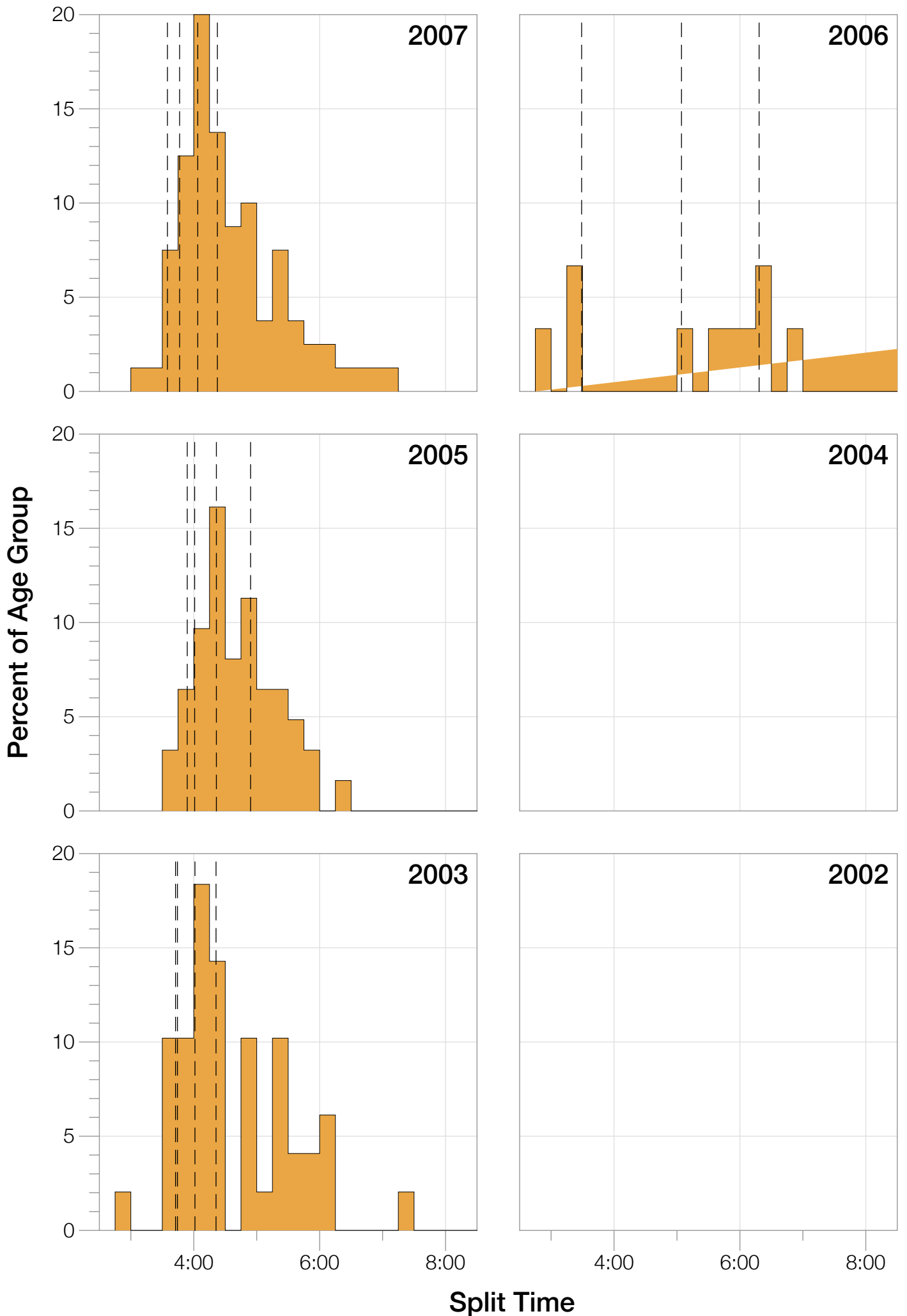
M50-54 Bike



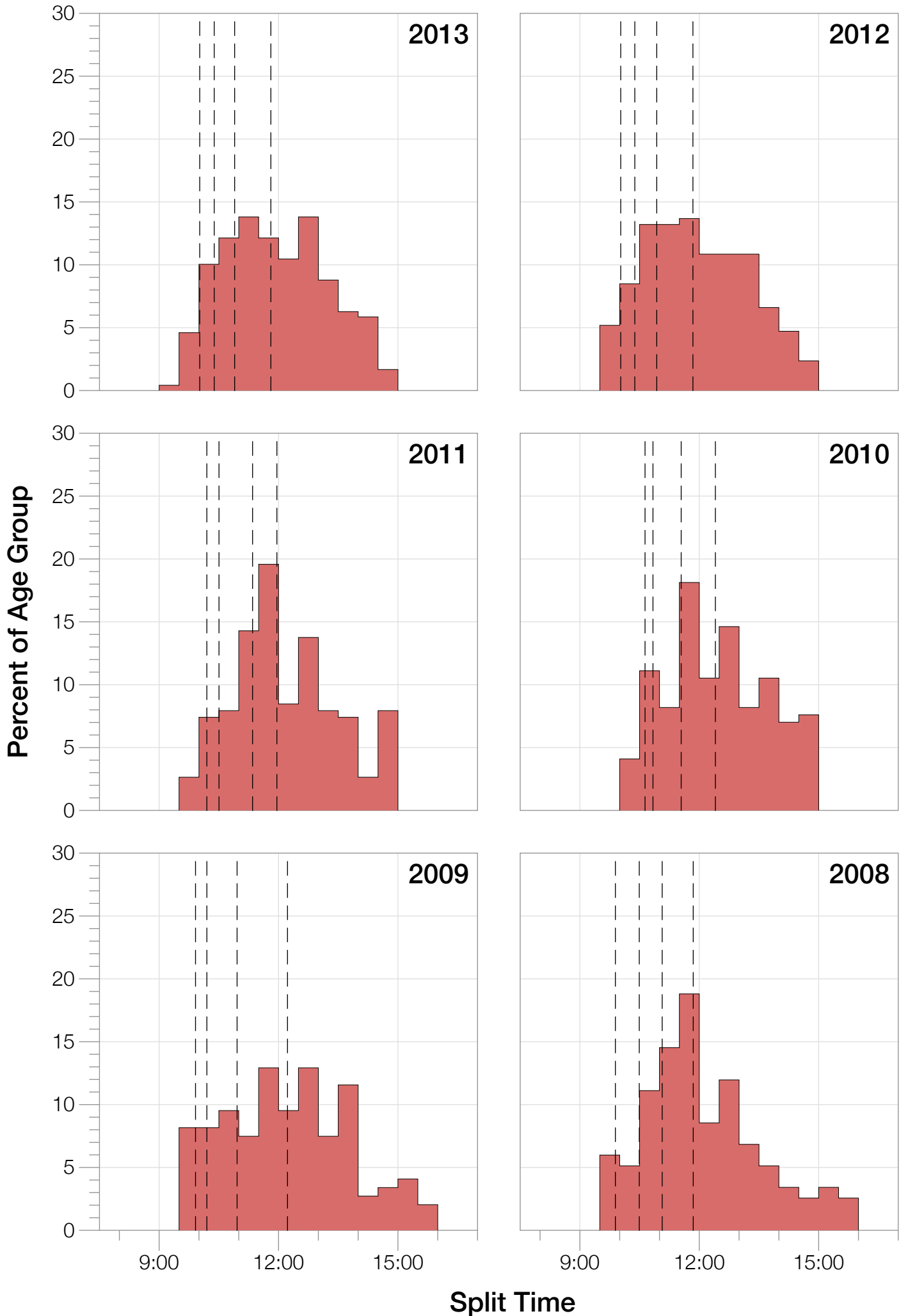
M50-54 Run



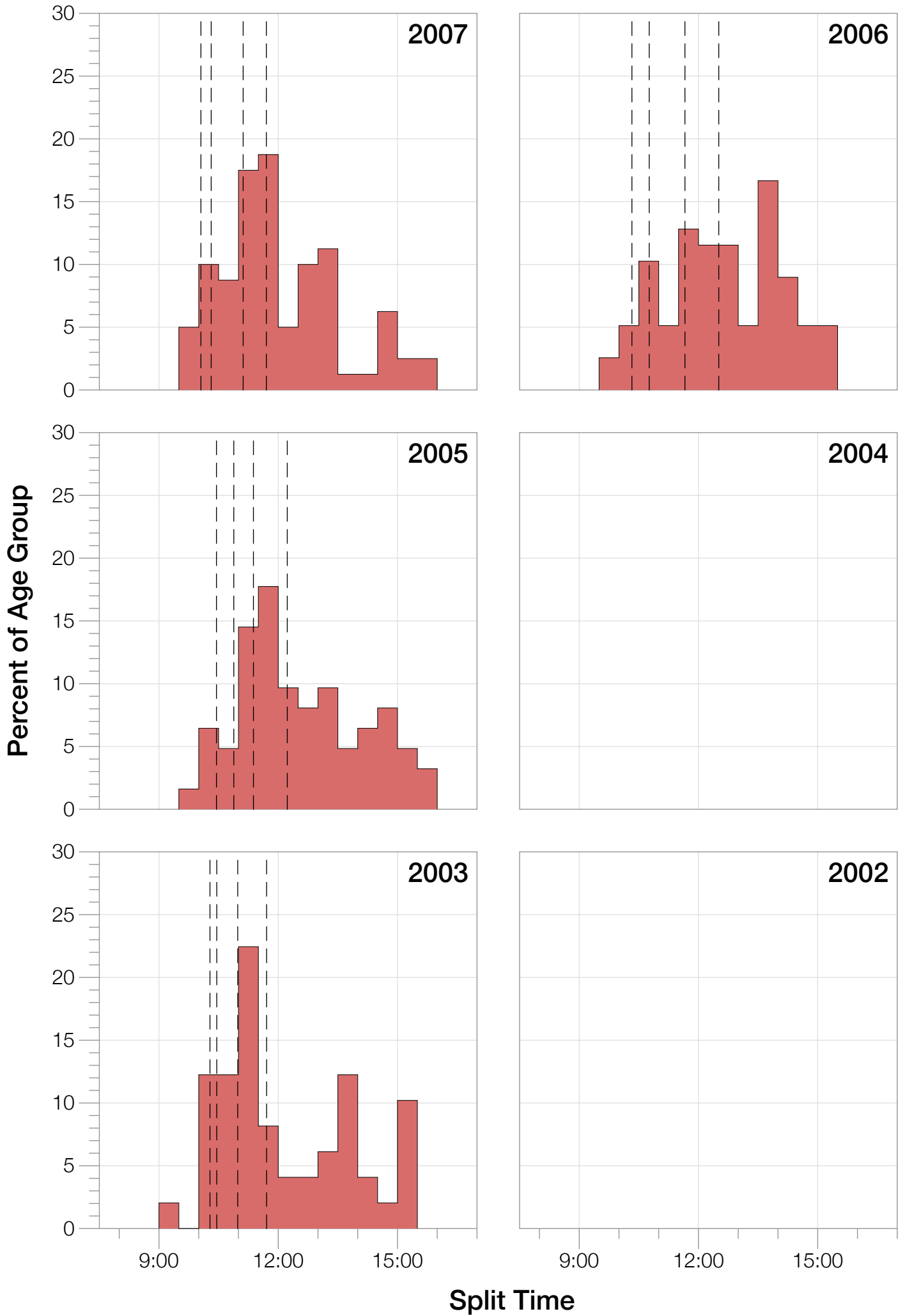
M50-54 Run



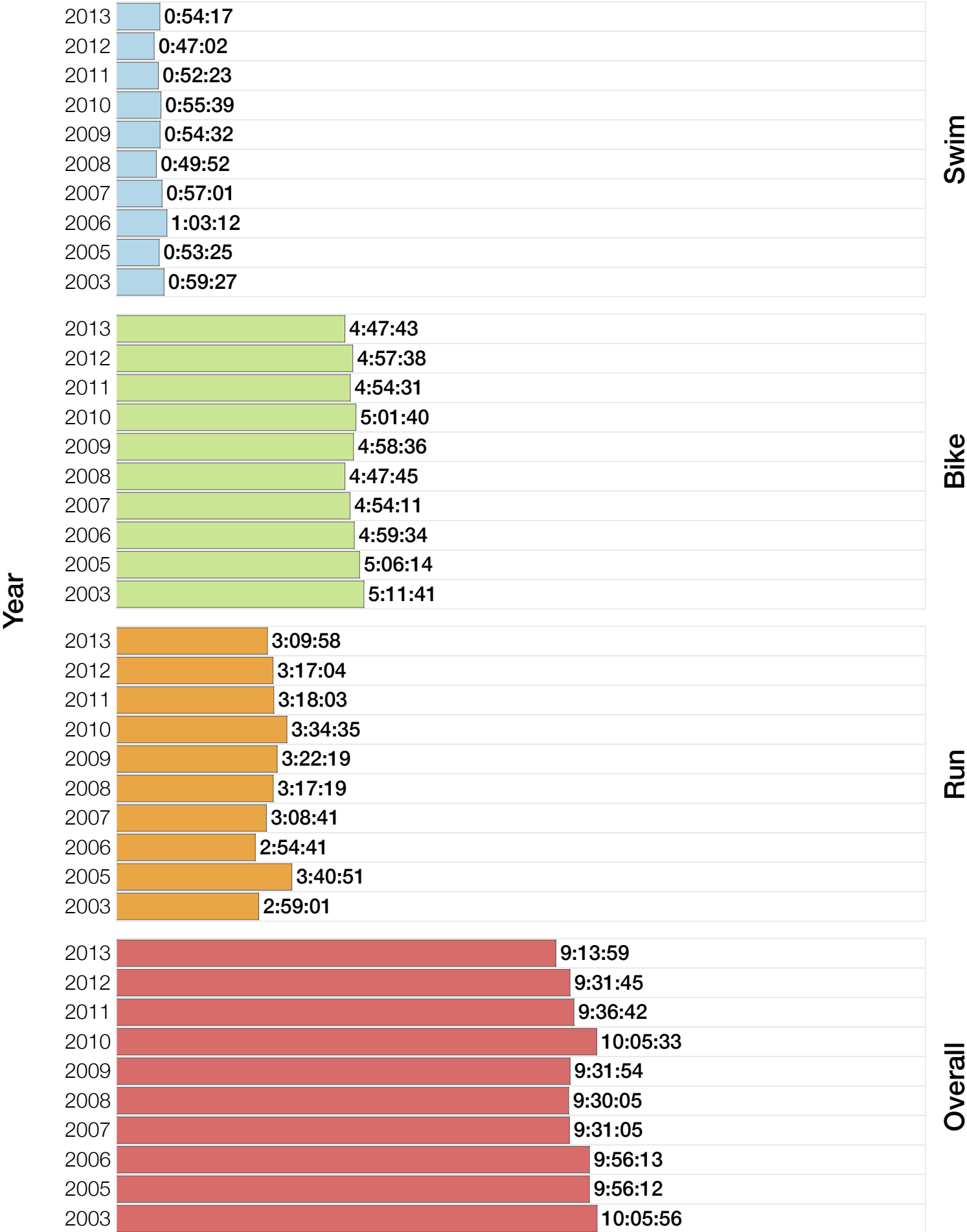
M50-54 Overall



M50-54 Overall

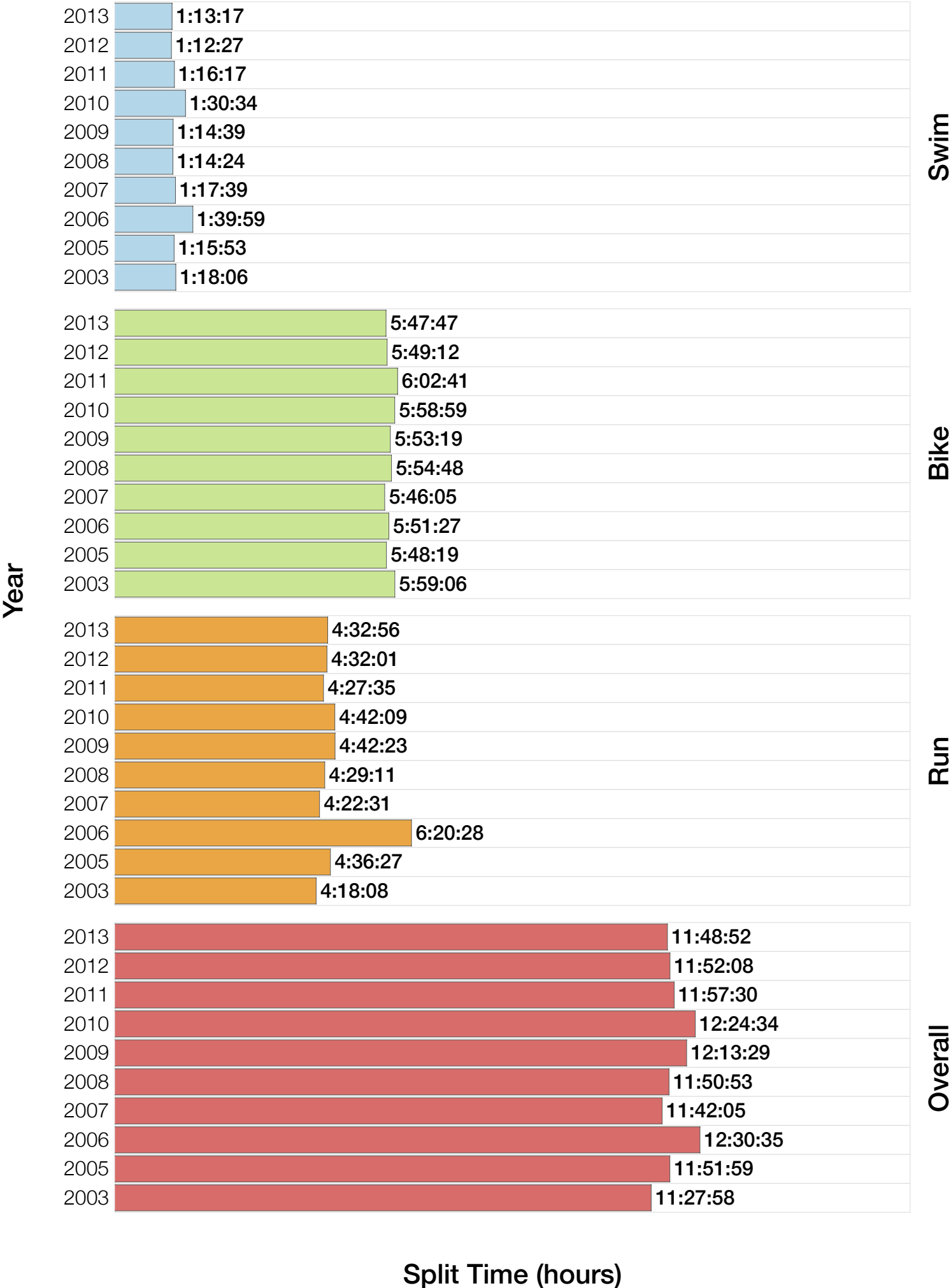


M50-54 Fastest Splits



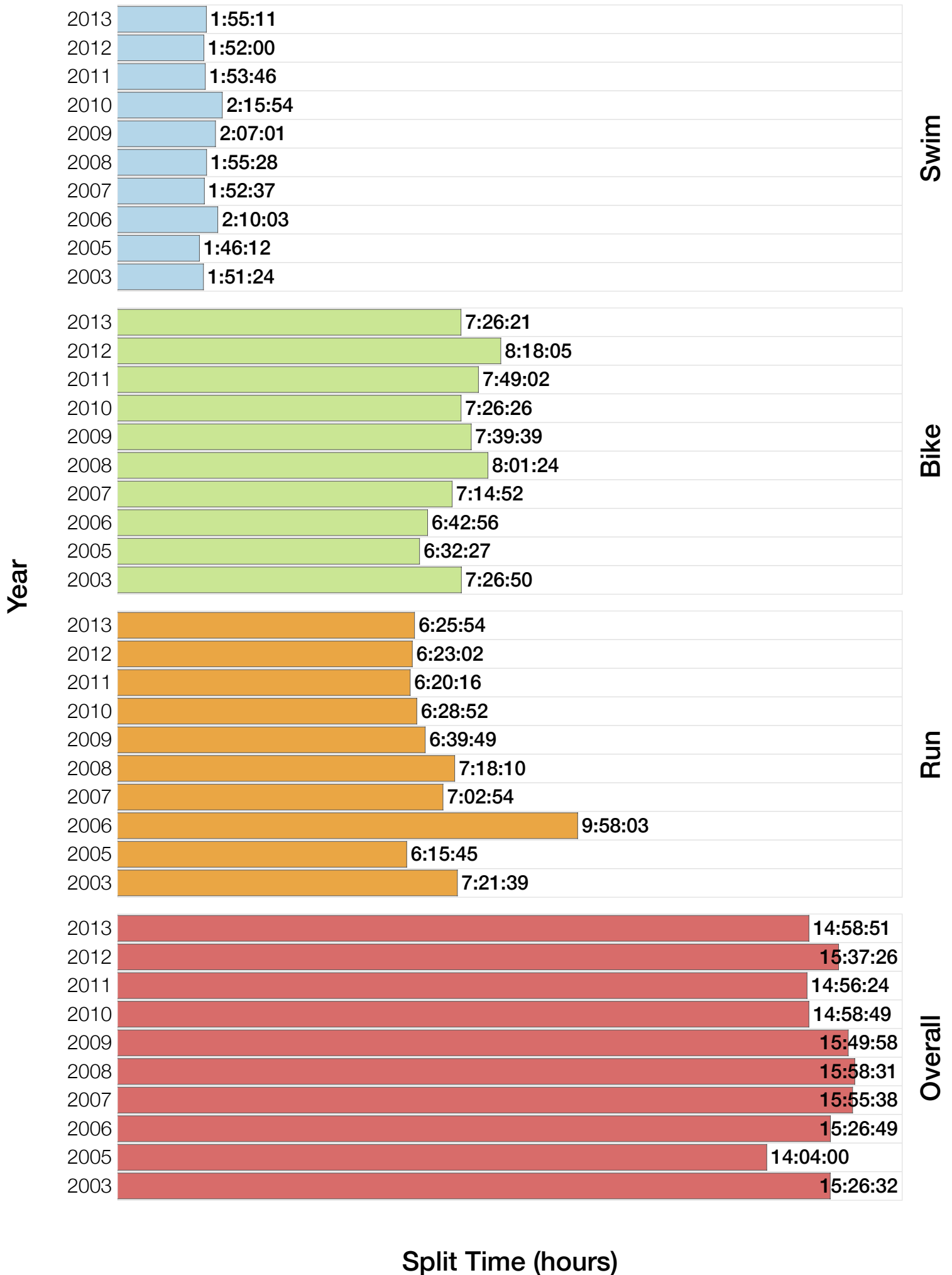
Split Time (hours)

M50-54 Median Splits



Split Time (hours)

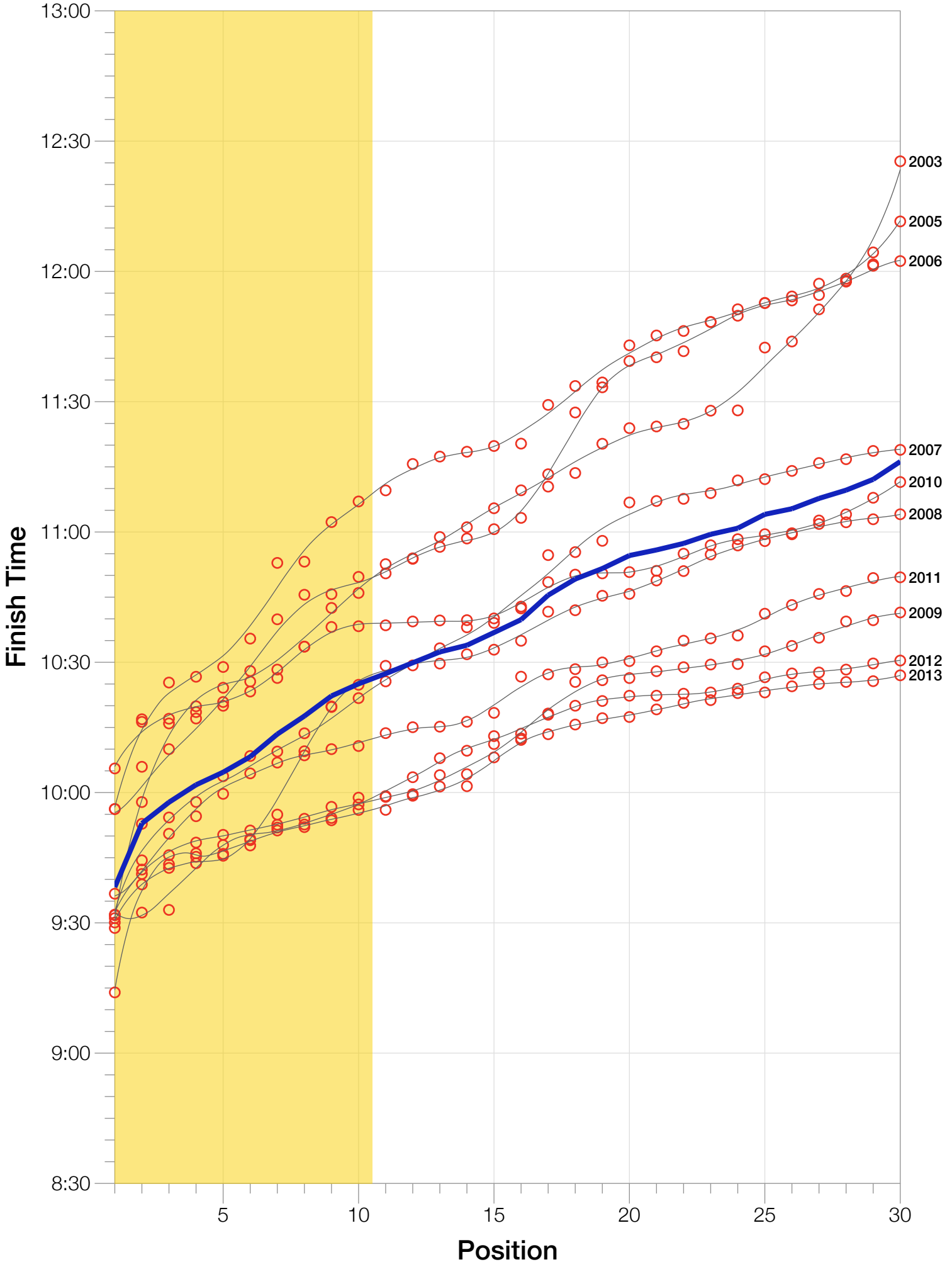
M50-54 Slowest Splits



Split Time (hours)

M50-54 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M50-54 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 | 1:01:27 | 5:03:34 | 3:27:36 | 9:38:13 |
| Average 2nd Age Grouper | 1:03:09 | 5:07:24 | 3:35:40 | 9:52:53 |
| Average 3rd Age Grouper | 1:04:04 | 5:10:20 | 3:48:29 | 9:57:46 |
| Average 4th Age Grouper | 1:00:47 | 5:12:05 | 3:57:16 | 10:01:47 |
| Average 5th Age Grouper | 1:03:58 | 5:14:53 | 3:51:46 | 10:04:41 |
| Average 6th Age Grouper | 1:04:48 | 5:14:14 | 3:41:17 | 10:08:15 |
| Average 7th Age Grouper | 1:06:42 | 5:14:30 | 3:59:32 | 10:13:27 |
| Average 8th Age Grouper | 1:09:00 | 5:16:14 | 3:41:10 | 10:17:37 |
| Average 9th Age Grouper | 1:09:35 | 5:22:13 | 3:50:31 | 10:22:15 |
| Average 10th Age Grouper | 1:11:20 | 5:16:32 | 3:48:38 | 10:25:02 |
| Kona Qualifier Average | 1:05:26 | 5:13:17 | 3:46:41 | 10:06:12 |

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 | 0:55:39 | 4:47:43 | 3:23:27 | 9:13:59 |
| 2nd Age Grouper | 0:54:17 | 5:06:39 | 3:35:09 | 9:42:16 |
| 3rd Age Grouper | 1:09:51 | 5:00:55 | 3:26:12 | 9:43:27 |
| 4th Age Grouper | 0:58:36 | 5:13:29 | 3:26:55 | 9:45:13 |
| 5th Age Grouper | 0:59:46 | 5:01:50 | 3:39:19 | 9:45:53 |
| 6th Age Grouper | 0:55:50 | 5:15:55 | 3:31:23 | 9:49:02 |
| 7th Age Grouper | 1:02:35 | 5:09:06 | 3:34:09 | 9:51:16 |
| 8th Age Grouper | 0:59:44 | 5:04:53 | 3:39:14 | 9:52:03 |
| 9th Age Grouper | 1:03:00 | 5:01:12 | 3:43:45 | 9:53:37 |
| 10th Age Grouper | 1:10:12 | 4:52:26 | 3:46:42 | 9:56:00 |
| Kona Qualifier Average | 1:00:57 | 5:03:24 | 3:34:37 | 9:45:16 |

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 | 0:58:33 | 5:03:56 | 3:23:25 | 9:31:45 |
| 2nd Age Grouper | 1:10:03 | 4:57:38 | 3:17:04 | 9:32:22 |
| 3rd Age Grouper | 0:55:03 | 5:04:03 | 3:27:31 | 9:32:59 |
| 4th Age Grouper | 0:47:02 | 5:03:48 | 3:48:29 | 9:46:00 |
| 5th Age Grouper | 0:57:14 | 5:25:52 | 3:17:22 | 9:47:55 |
| 6th Age Grouper | 1:07:57 | 5:07:25 | 3:27:38 | 9:49:20 |
| 7th Age Grouper | 1:06:51 | 5:16:35 | 3:21:56 | 9:51:56 |
| 8th Age Grouper | 1:05:38 | 5:04:14 | 3:36:04 | 9:52:38 |
| 9th Age Grouper | 1:04:45 | 5:20:43 | 3:20:27 | 9:54:09 |
| 10th Age Grouper | 1:04:16 | 5:16:52 | 3:29:05 | 9:58:50 |
| Kona Qualifier Average | 1:01:44 | 5:10:06 | 3:26:54 | 9:45:47 |

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 | 0:56:16 | 5:17:07 | 3:18:03 | 9:36:42 |
| 2nd Age Grouper | 0:57:19 | 4:54:31 | 3:37:42 | 9:38:51 |
| 3rd Age Grouper | 1:01:30 | 5:08:33 | 3:33:48 | 9:50:31 |
| 4th Age Grouper | 0:58:37 | 5:11:33 | 3:39:46 | 9:57:50 |
| 5th Age Grouper | 0:57:42 | 5:14:43 | 3:41:03 | 9:59:42 |
| 6th Age Grouper | 0:57:00 | 5:20:19 | 3:40:31 | 10:04:25 |
| 7th Age Grouper | 1:05:19 | 5:08:32 | 3:45:16 | 10:06:54 |
| 8th Age Grouper | 1:13:47 | 5:11:07 | 3:36:21 | 10:08:34 |
| 9th Age Grouper | 1:00:46 | 5:11:00 | 3:52:18 | 10:10:00 |
| 10th Age Grouper | 1:04:18 | 5:11:53 | 3:46:47 | 10:10:43 |
| Kona Qualifier Average | 1:01:15 | 5:10:55 | 3:39:09 | 9:58:25 |

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 | 1:12:17 | 5:10:27 | 3:36:54 | 10:05:33 |
| 2nd Age Grouper | 1:04:58 | 5:12:30 | 3:53:02 | 10:16:17 |
| 3rd Age Grouper | 1:10:01 | 5:15:23 | 3:46:42 | 10:17:00 |
| 4th Age Grouper | 1:13:48 | 5:13:28 | 3:43:32 | 10:19:52 |
| 5th Age Grouper | 1:19:52 | 5:16:48 | 3:36:59 | 10:20:51 |
| 6th Age Grouper | 1:17:57 | 5:01:40 | 3:55:27 | 10:23:16 |
| 7th Age Grouper | 1:09:59 | 5:28:17 | 3:42:46 | 10:26:23 |
| 8th Age Grouper | 1:15:58 | 5:15:44 | 3:54:43 | 10:33:36 |
| 9th Age Grouper | 1:18:06 | 5:17:29 | 3:56:31 | 10:38:08 |
| 10th Age Grouper | 1:17:12 | 5:23:55 | 3:48:30 | 10:38:18 |
| Kona Qualifier Average | 1:14:00 | 5:15:34 | 3:47:30 | 10:23:55 |

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 | 0:54:32 | 5:02:51 | 3:29:27 | 9:31:54 |
| 2nd Age Grouper | 1:07:45 | 4:58:36 | 3:30:48 | 9:44:24 |
| 3rd Age Grouper | 1:02:34 | 5:02:52 | 3:34:22 | 9:45:35 |
| 4th Age Grouper | 0:54:44 | 5:09:11 | 3:37:08 | 9:48:29 |
| 5th Age Grouper | 0:58:46 | 5:18:47 | 3:26:03 | 9:50:16 |
| 6th Age Grouper | 1:01:37 | 5:10:00 | 3:31:08 | 9:51:16 |
| 7th Age Grouper | 1:01:51 | 5:00:36 | 3:43:01 | 9:52:36 |
| 8th Age Grouper | 1:04:19 | 5:07:46 | 3:37:03 | 9:53:58 |
| 9th Age Grouper | 1:00:25 | 5:00:47 | 3:49:43 | 9:56:43 |
| 10th Age Grouper | 0:55:13 | 5:02:07 | 3:53:51 | 9:57:16 |
| Kona Qualifier Average | 1:00:10 | 5:05:21 | 3:37:15 | 9:49:14 |

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 | 0:58:16 | 4:47:45 | 3:37:53 | 9:30:05 |
| 2nd Age Grouper | 1:00:01 | 5:18:27 | 3:17:19 | 9:41:15 |
| 3rd Age Grouper | 1:01:34 | 4:57:47 | 3:37:34 | 9:42:39 |
| 4th Age Grouper | 1:02:20 | 5:15:47 | 3:21:05 | 9:43:44 |
| 5th Age Grouper | 0:49:52 | 5:04:56 | 3:45:18 | 9:45:27 |
| 6th Age Grouper | 0:53:36 | 5:10:33 | 3:38:30 | 9:47:49 |
| 7th Age Grouper | 0:54:38 | 5:19:37 | 3:33:45 | 9:54:56 |
| 8th Age Grouper | 1:06:44 | 5:18:00 | 3:41:30 | 10:13:39 |
| 9th Age Grouper | 1:06:22 | 5:11:43 | 3:53:11 | 10:19:42 |
| 10th Age Grouper | 1:02:59 | 5:02:28 | 4:12:39 | 10:24:49 |
| Kona Qualifier Average | 0:59:38 | 5:08:42 | 3:39:52 | 9:54:24 |

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 | 1:07:52 | 5:09:19 | 3:08:41 | 9:31:05 |
| 2nd Age Grouper | 1:05:39 | 5:02:59 | 3:37:51 | 9:52:48 |
| 3rd Age Grouper | 1:05:10 | 5:15:58 | 3:27:00 | 9:54:16 |
| 4th Age Grouper | 1:04:18 | 5:08:34 | 3:34:27 | 9:54:33 |
| 5th Age Grouper | 0:57:40 | 5:01:03 | 3:59:49 | 10:03:46 |
| 6th Age Grouper | 0:58:18 | 5:28:31 | 3:34:55 | 10:08:25 |
| 7th Age Grouper | 0:58:43 | 4:54:11 | 4:11:25 | 10:09:27 |
| 8th Age Grouper | 1:12:19 | 5:17:55 | 3:33:42 | 10:09:31 |
| 9th Age Grouper | 1:06:55 | 5:17:49 | 3:47:47 | 10:19:50 |
| 10th Age Grouper | 1:16:04 | 5:20:18 | 3:38:08 | 10:21:45 |
| Kona Qualifier Average | 1:05:17 | 5:11:39 | 3:39:22 | 10:02:32 |

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 | 1:09:51 | 4:59:34 | | 9:56:13 |
| 2nd Age Grouper | 1:03:40 | 5:12:56 | | 9:57:49 |
| 3rd Age Grouper | 1:17:13 | 5:21:05 | 5:14:49 | 10:10:00 |
| 4th Age Grouper | 1:03:12 | 5:21:24 | 6:16:07 | 10:17:03 |
| 5th Age Grouper | 1:24:39 | 5:14:53 | 5:37:39 | 10:19:59 |
| 6th Age Grouper | 1:15:54 | 5:16:29 | | 10:25:34 |
| 7th Age Grouper | 1:14:38 | 5:23:38 | 6:10:49 | 10:39:54 |
| 8th Age Grouper | 1:07:46 | 5:16:41 | 3:29:44 | 10:45:33 |
| 9th Age Grouper | 1:31:03 | 5:12:19 | | 10:45:41 |
| 10th Age Grouper | 1:24:17 | 5:18:44 | | 10:45:58 |
| Kona Qualifier Average | 1:15:13 | 5:15:46 | 5:21:49 | 10:24:22 |

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 | 0:54:36 | 5:13:28 | 3:42:58 | 9:56:12 |
| 2nd Age Grouper | 1:08:22 | 5:06:14 | 3:56:32 | 10:16:53 |
| 3rd Age Grouper | 0:58:14 | 5:09:49 | 4:12:39 | 10:25:20 |
| 4th Age Grouper | 1:04:06 | 5:11:56 | 4:04:07 | 10:26:40 |
| 5th Age Grouper | 0:59:07 | 5:28:23 | 3:52:14 | 10:28:55 |
| 6th Age Grouper | 1:09:45 | 5:17:17 | 4:00:28 | 10:35:27 |
| 7th Age Grouper | 1:17:10 | 5:22:13 | 4:07:49 | 10:52:53 |
| 8th Age Grouper | 1:17:22 | 5:46:31 | 3:40:51 | 10:53:10 |
| 9th Age Grouper | 1:14:57 | 5:20:46 | 4:18:54 | 11:02:17 |
| 10th Age Grouper | 1:24:58 | 5:32:18 | 3:58:31 | 11:07:02 |
| Kona Qualifier Average | 1:08:51 | 5:20:53 | 3:59:30 | 10:36:28 |

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 | 1:06:40 | | | 9:28:49 |
| 2nd Age Grouper | 0:59:27 | 5:23:33 | 3:35:40 | 10:05:56 |
| 3rd Age Grouper | 0:59:32 | 5:27:02 | 3:44:20 | 10:15:55 |
| 4th Age Grouper | 1:01:12 | 5:11:41 | 4:01:07 | 10:18:32 |
| 5th Age Grouper | 1:15:07 | 5:21:38 | 3:42:02 | 10:24:08 |
| 6th Age Grouper | 1:10:13 | | 3:51:34 | 10:28:00 |
| 7th Age Grouper | 1:15:23 | 5:22:21 | 3:44:28 | 10:28:19 |
| 8th Age Grouper | 1:06:29 | 5:19:30 | 4:02:37 | 10:33:37 |
| 9th Age Grouper | | 6:48:22 | 3:52:10 | 10:42:31 |
| 10th Age Grouper | 1:13:55 | 5:44:27 | 3:43:31 | 10:49:40 |
| Kona Qualifier Average | 1:07:33 | 5:34:49 | 3:48:36 | 10:21:32 |