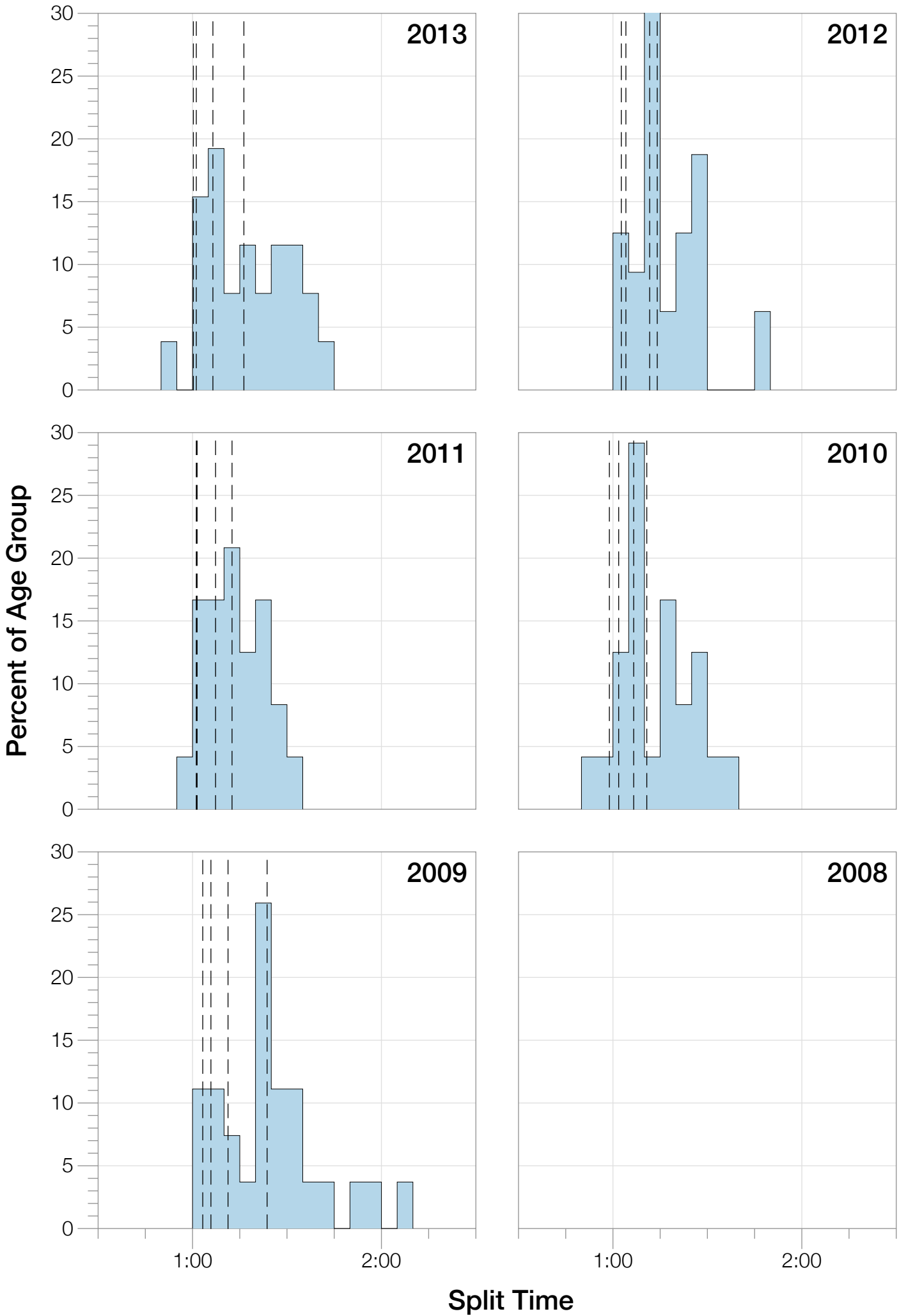


Ironman UK F30-34 Stats

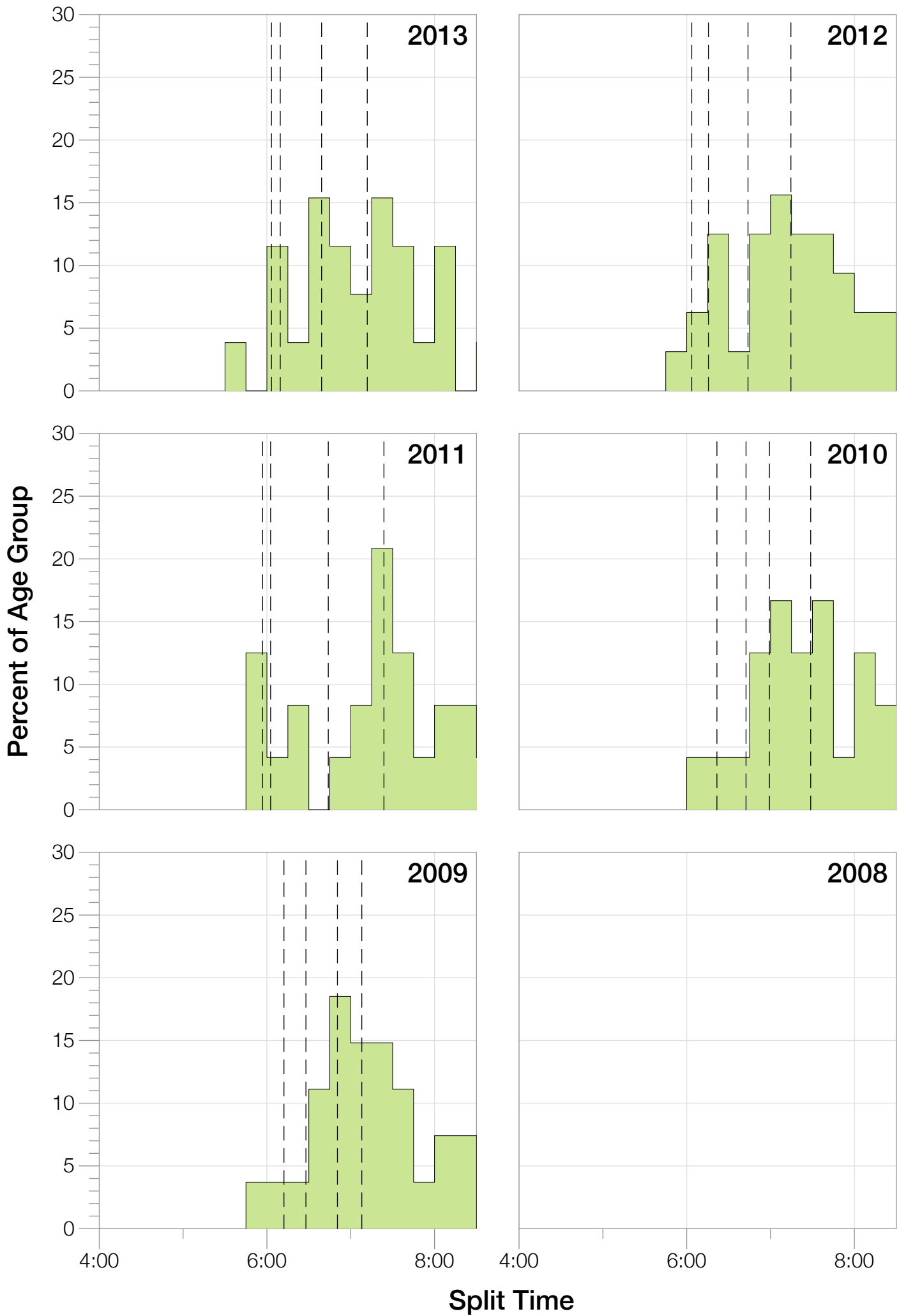
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2009	1260	27	8:45:51	9:33:59	11:13:15
2010	1052	24	8:40:17	10:01:02	10:59:29
2011	1038	24	8:24:33	9:37:31	10:12:31
2012	1180	32	8:55:11	10:08:44	10:52:13
2013	1355	26	8:45:48	9:29:12	10:56:03
Average	1177	27	8:42:20	9:46:05	10:50:42

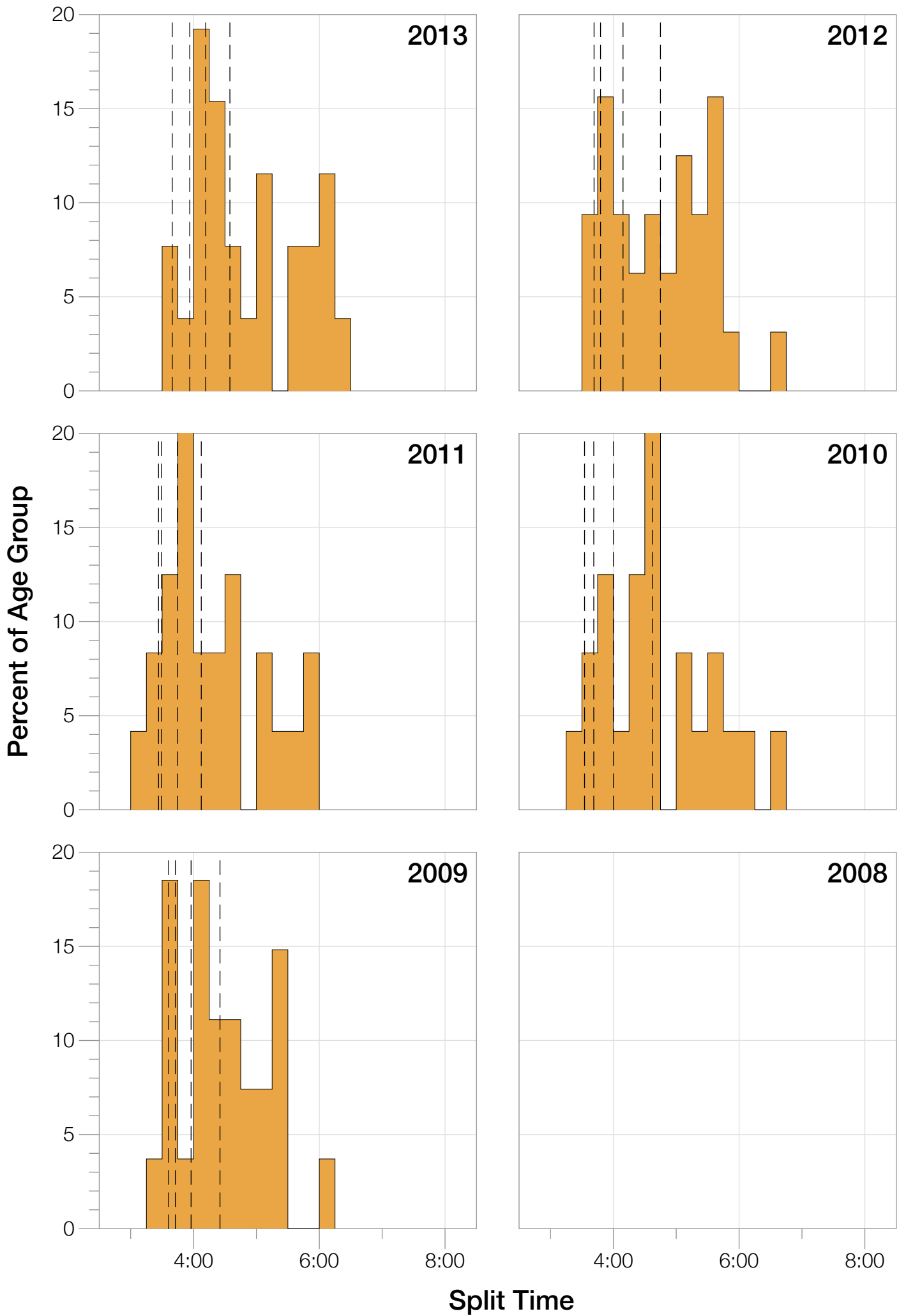
F30-34 Swim



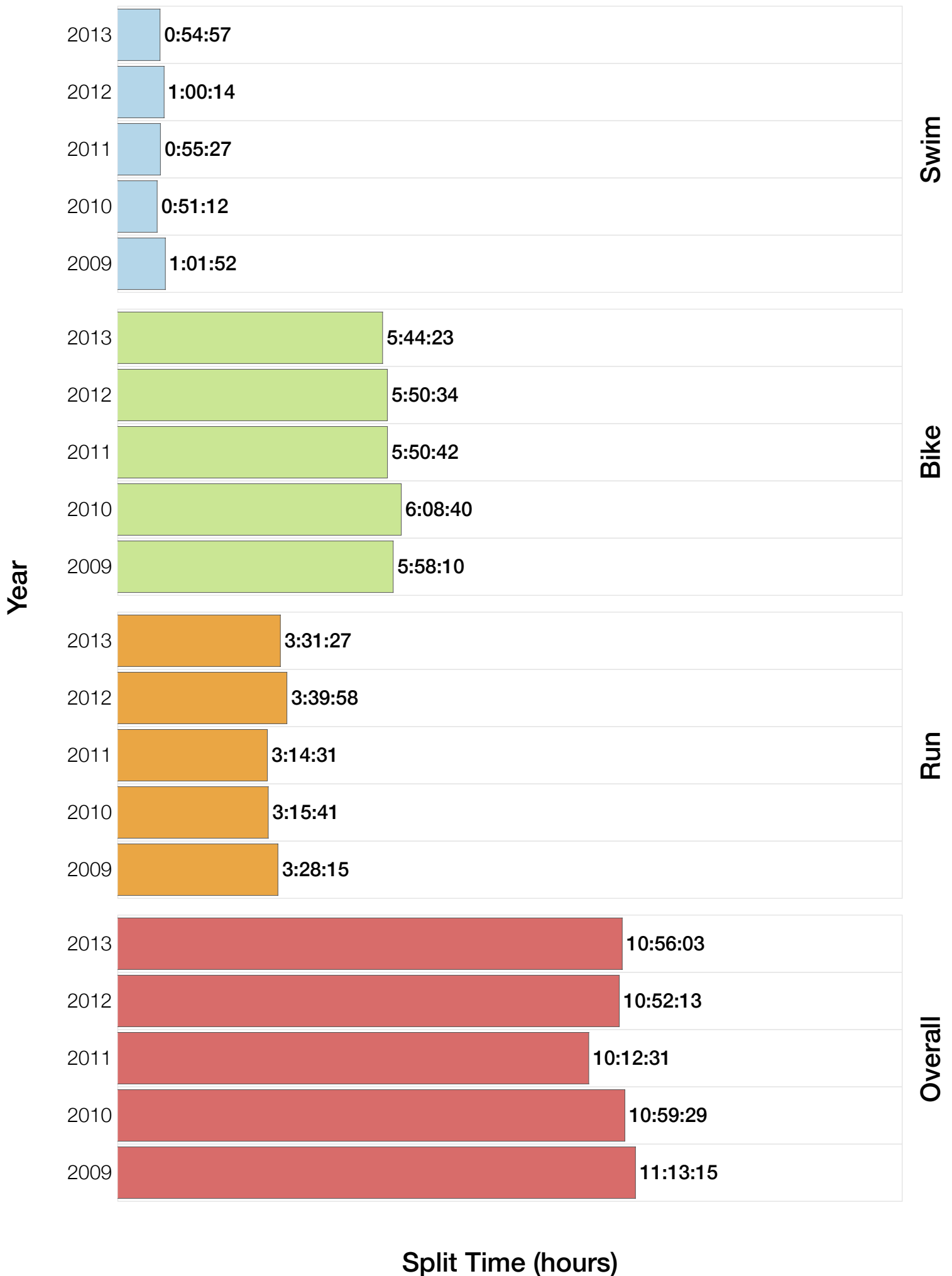
F30-34 Bike



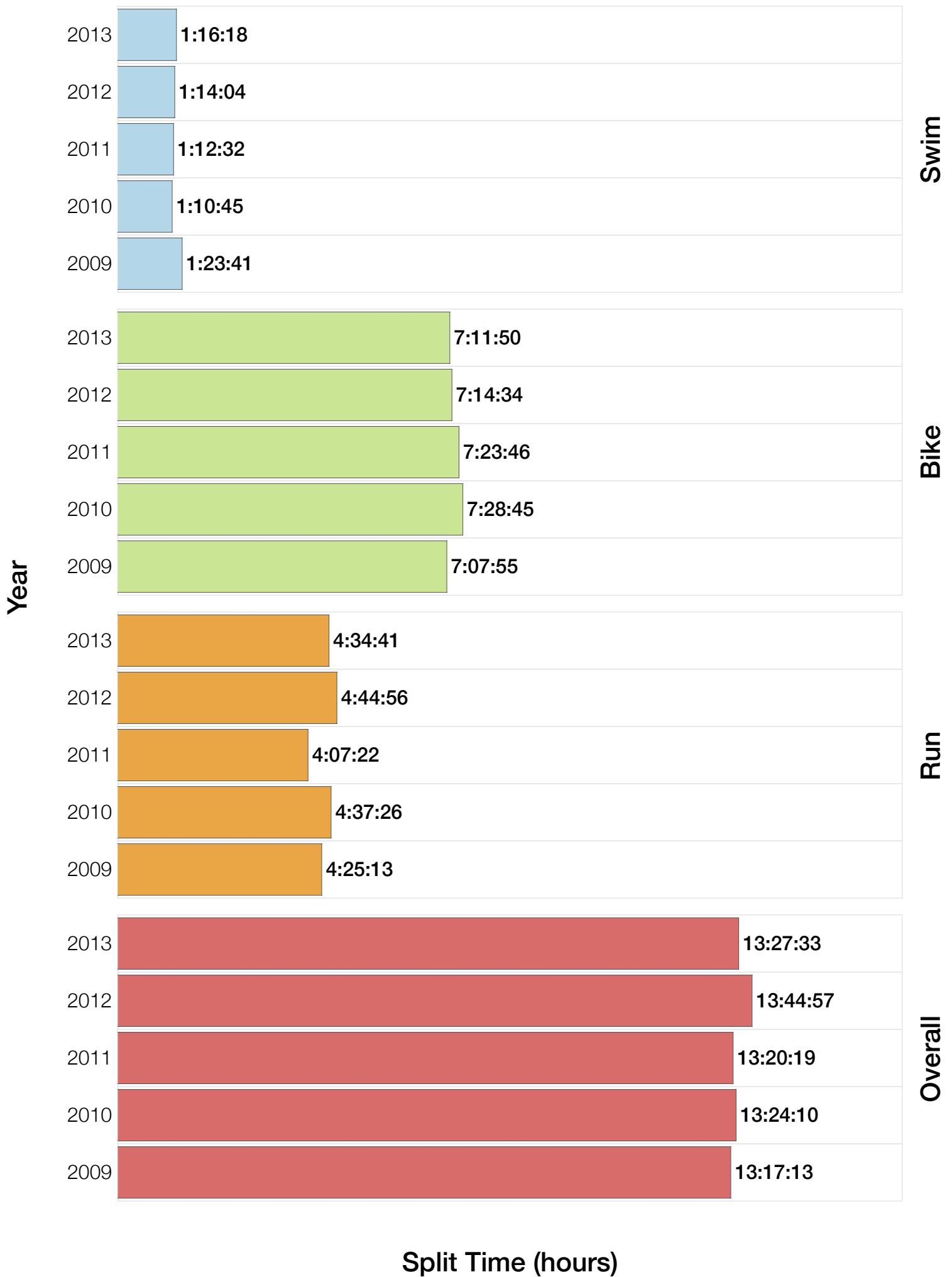
F30-34 Run



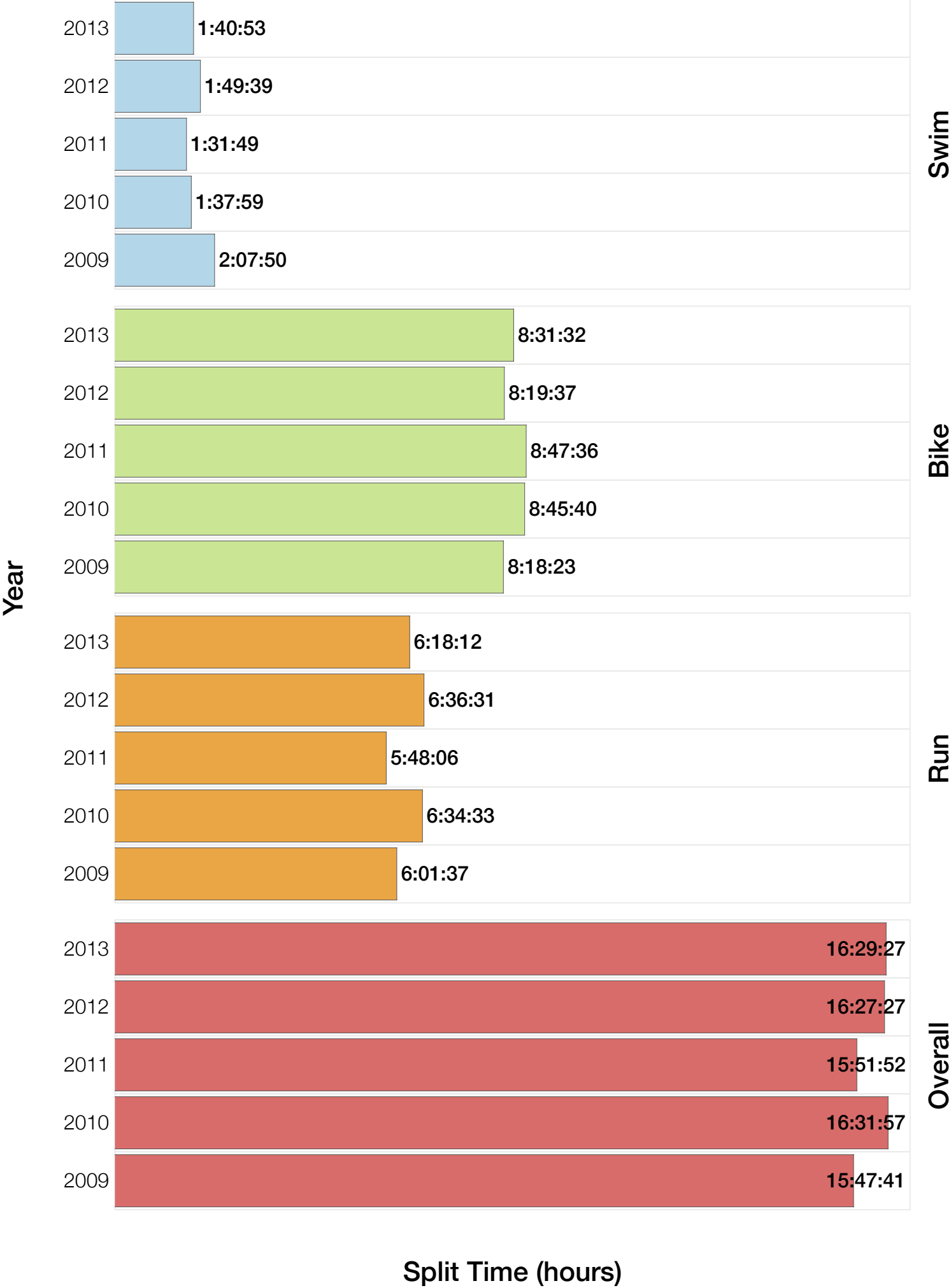
F30-34 Fastest Splits



F30-34 Median Splits



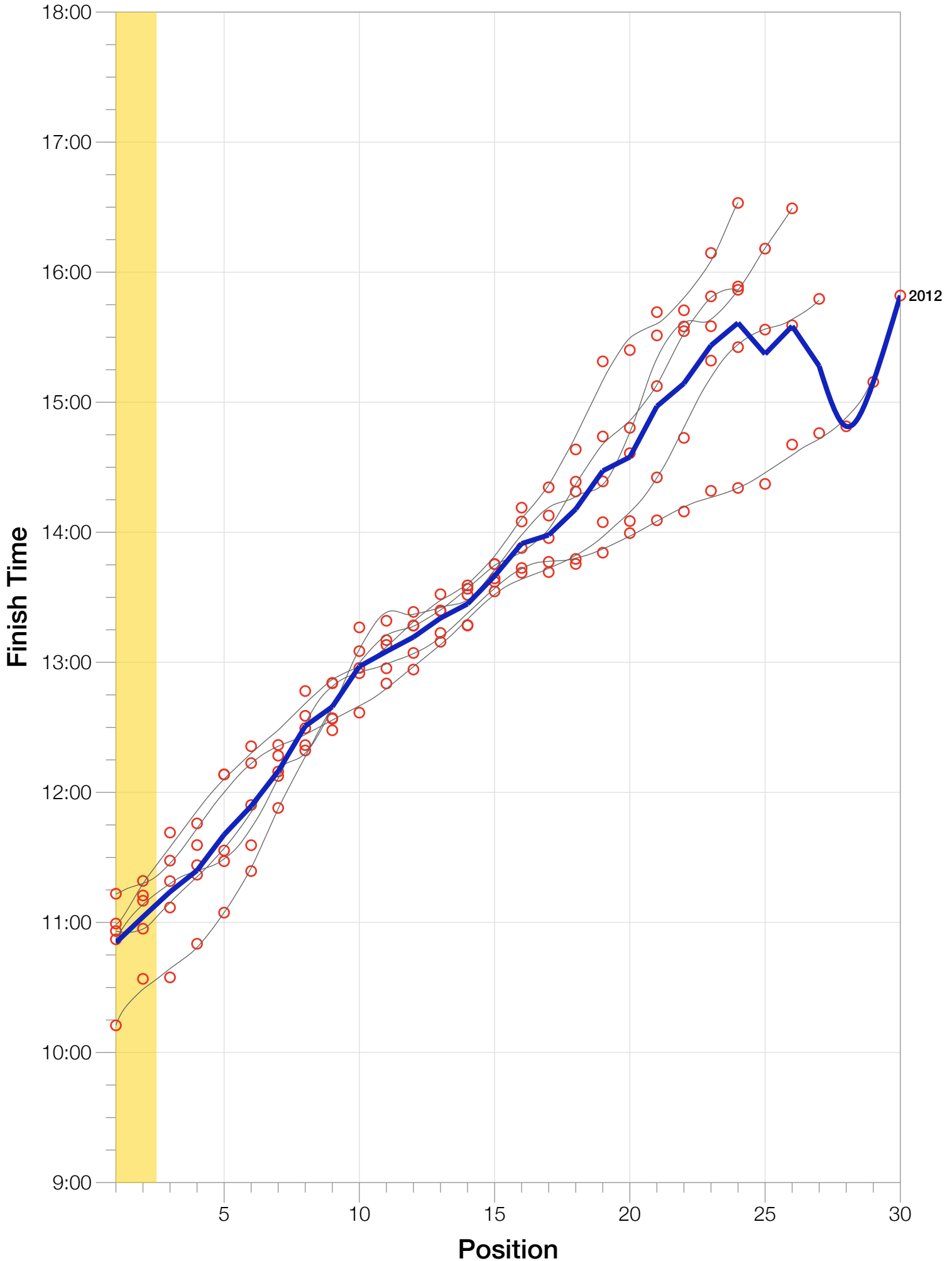
F30-34 Slowest Splits



Split Time (hours)

F30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:46:19	4:58:12	2:53:43	8:42:20
Average Female Winner	0:55:08	5:38:44	3:06:58	9:46:05
Average 1st Age Grouper	1:05:57	6:04:11	3:32:43	10:50:42
Average 2nd Age Grouper	1:11:22	6:00:56	3:42:20	11:02:33
Average 3rd Age Grouper	1:08:03	6:13:14	3:43:37	11:14:07
Average 4th Age Grouper	1:04:44	6:32:43	3:36:32	11:24:00
Average 5th Age Grouper	1:06:04	6:27:17	3:57:49	11:40:30
Average 6th Age Grouper	1:08:50	6:37:23	3:57:41	11:53:40
Average 7th Age Grouper	1:06:47	6:55:37	3:57:32	12:09:46
Average 8th Age Grouper	1:09:45	6:52:34	4:17:27	12:30:34
Average 9th Age Grouper	1:10:52	6:46:33	4:29:58	12:39:32
Average 10th Age Grouper	1:06:23	7:08:46	4:26:58	12:58:06
Kona Qualifier Average	1:08:39	6:02:33	3:37:31	10:56:37
Top 10 Age Grouper Average	1:07:53	6:33:55	3:58:16	11:50:21

UK 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:43:59	4:56:45	3:01:20	8:45:48
Female Winner	0:52:30	5:22:13	3:10:22	9:29:12
1st Age Grouper	1:03:45	6:09:37	3:31:27	10:56:03
2nd Age Grouper	1:11:33	6:01:10	3:36:59	10:57:07
3rd Age Grouper	1:08:53	5:44:23	4:05:10	11:06:54
4th Age Grouper	1:02:07	6:27:09	3:47:36	11:26:26
5th Age Grouper	1:00:15	6:09:30	4:10:27	11:28:15
6th Age Grouper	0:54:57	6:37:25	4:11:31	11:54:11
7th Age Grouper	1:06:02	6:47:20	4:09:39	12:09:37
8th Age Grouper	1:05:17	6:41:26	4:25:11	12:21:50
9th Age Grouper	1:22:22	6:38:26	4:11:55	12:28:39
10th Age Grouper	1:07:57	7:19:30	4:32:41	13:16:08
Kona Qualifier Average	1:07:39	6:05:23	3:34:13	10:56:35
Top 10 Age Grouper Average	1:06:18	6:27:35	4:04:15	11:48:31

UK 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	5:00:23	3:03:20	8:55:11
Female Winner	1:03:19	5:42:25	3:18:32	10:08:44
1st Age Grouper	1:01:09	6:04:17	3:41:26	10:52:13
2nd Age Grouper	1:09:42	5:50:34	3:59:09	11:10:02
3rd Age Grouper	1:11:58	6:18:33	3:39:58	11:19:04
4th Age Grouper	1:13:05	6:18:48	3:41:43	11:22:02
5th Age Grouper	1:04:00	6:24:58	3:58:04	11:33:12
6th Age Grouper	1:12:09	6:15:14	3:58:38	11:35:39
7th Age Grouper	1:03:53	6:39:43	4:13:36	12:07:34
8th Age Grouper	1:25:06	6:45:15	4:13:26	12:35:20
9th Age Grouper	1:06:34	6:02:47	5:32:41	12:50:32
10th Age Grouper	1:13:54	7:14:46	4:12:34	12:54:59
Kona Qualifier Average	1:05:25	5:57:25	3:50:17	11:01:07
Top 10 Age Grouper Average	1:10:09	6:23:29	4:07:07	11:50:03

UK 2011

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

UK 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:43:34	5:02:47	2:49:55	8:40:17
Female Winner	0:50:03	6:03:13	3:02:03	10:01:02
1st Age Grouper	1:02:21	6:18:10	3:31:23	10:59:29
2nd Age Grouper	1:06:34	6:08:40	3:49:21	11:12:27
3rd Age Grouper	0:58:23	6:41:16	3:50:23	11:41:28
4th Age Grouper	1:02:25	7:14:34	3:15:41	11:45:41
5th Age Grouper	1:21:08	6:49:08	3:47:06	12:08:18
6th Age Grouper	1:01:36	6:45:14	4:27:25	12:21:17
7th Age Grouper	1:06:39	7:28:17	3:38:51	12:21:53
8th Age Grouper	1:06:42	7:02:20	4:26:17	12:46:46
9th Age Grouper	1:12:07	6:49:52	4:37:12	12:50:19
10th Age Grouper	0:51:12	7:15:04	4:39:59	12:57:25
Kona Qualifier Average	1:04:27	6:13:25	3:40:22	11:05:58
Top 10 Age Grouper Average	1:04:54	6:51:15	4:00:21	12:06:30

UK 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:08	4:57:22	2:52:18	8:45:51
Female Winner	0:59:19	5:26:17	3:01:08	9:33:59
1st Age Grouper	1:21:09	5:58:10	3:44:49	11:13:15
2nd Age Grouper	1:22:40	6:07:52	3:39:53	11:19:10
3rd Age Grouper	1:19:52	6:22:16	3:34:44	11:28:31
4th Age Grouper	1:04:35	6:33:31	3:44:37	11:35:42
5th Age Grouper	1:09:34	6:35:37	4:10:22	12:08:15
6th Age Grouper	1:27:48	7:01:26	3:28:15	12:13:31
7th Age Grouper	1:09:45	6:53:25	4:00:27	12:16:57
8th Age Grouper	1:02:40	6:47:32	4:29:59	12:29:37
9th Age Grouper	1:11:29	6:58:13	4:09:14	12:33:56
10th Age Grouper	1:01:52	6:31:42	4:48:39	12:36:48
Kona Qualifier Average	1:21:54	6:03:01	3:42:21	11:16:12
Top 10 Age Grouper Average	1:13:08	6:34:58	3:59:05	11:59:34