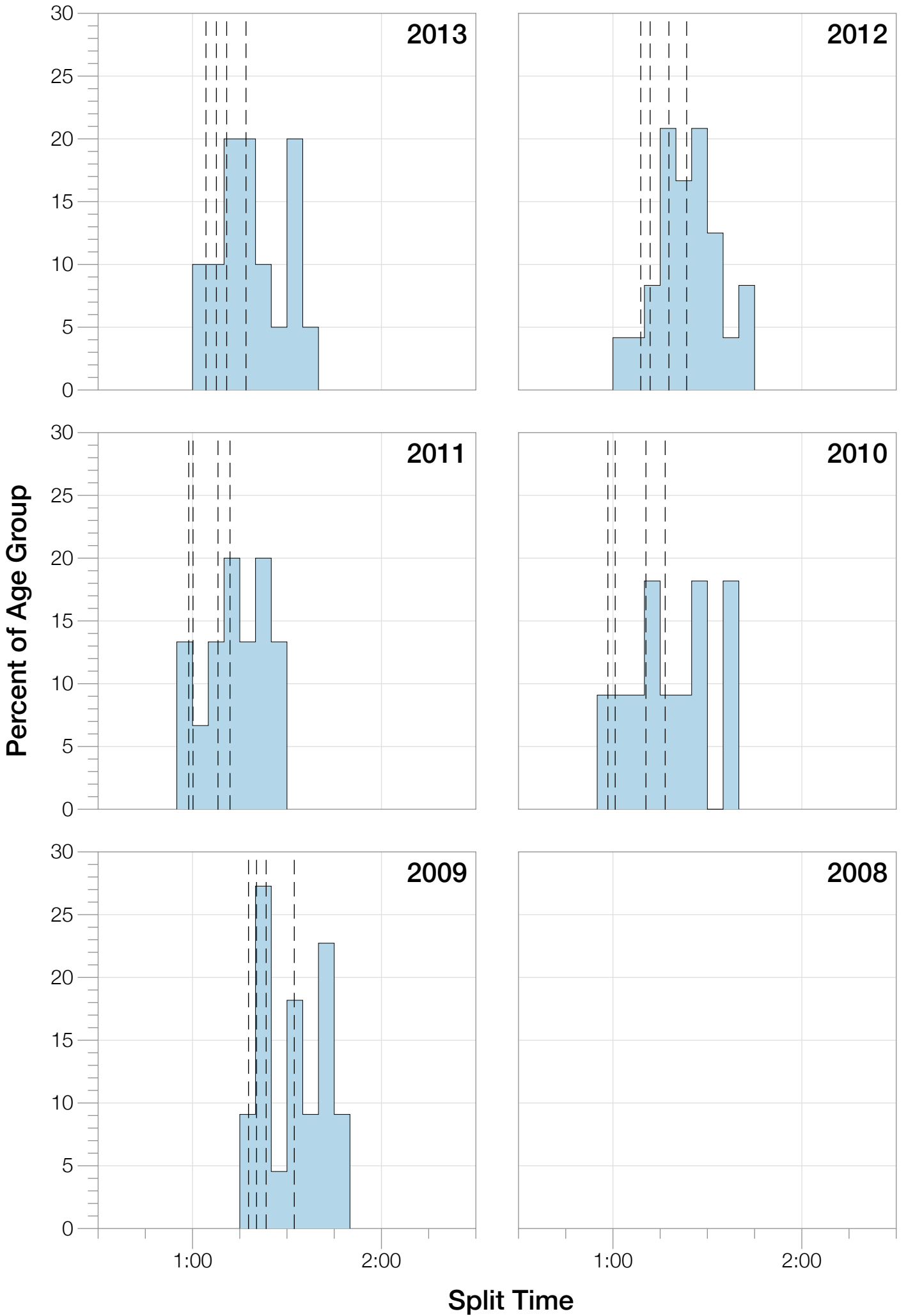


Ironman UK F40-44 Stats

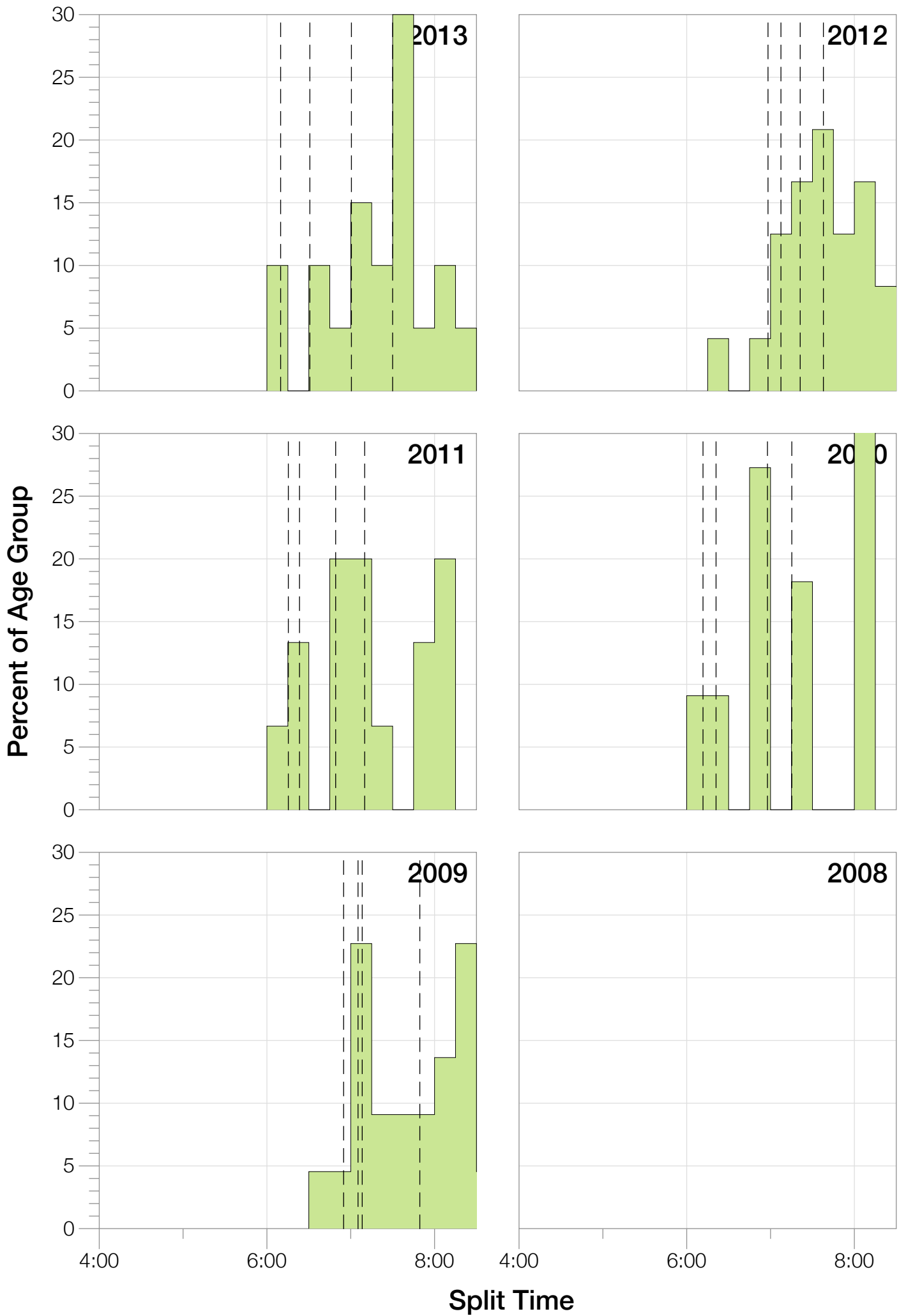
F40-44 Summary Statistics

Year	Finishers	F40-44 Finishers	Male Winner's Time	Female Winner's Time	F40-44 Winner's Time
2009	1260	22	8:45:51	9:33:59	12:29:23
2010	1052	11	8:40:17	10:01:02	10:38:54
2011	1038	15	8:24:33	9:37:31	10:30:49
2012	1180	24	8:55:11	10:08:44	11:50:17
2013	1355	20	8:45:48	9:29:12	11:04:08
Average	1177	18	8:42:20	9:46:05	11:18:42

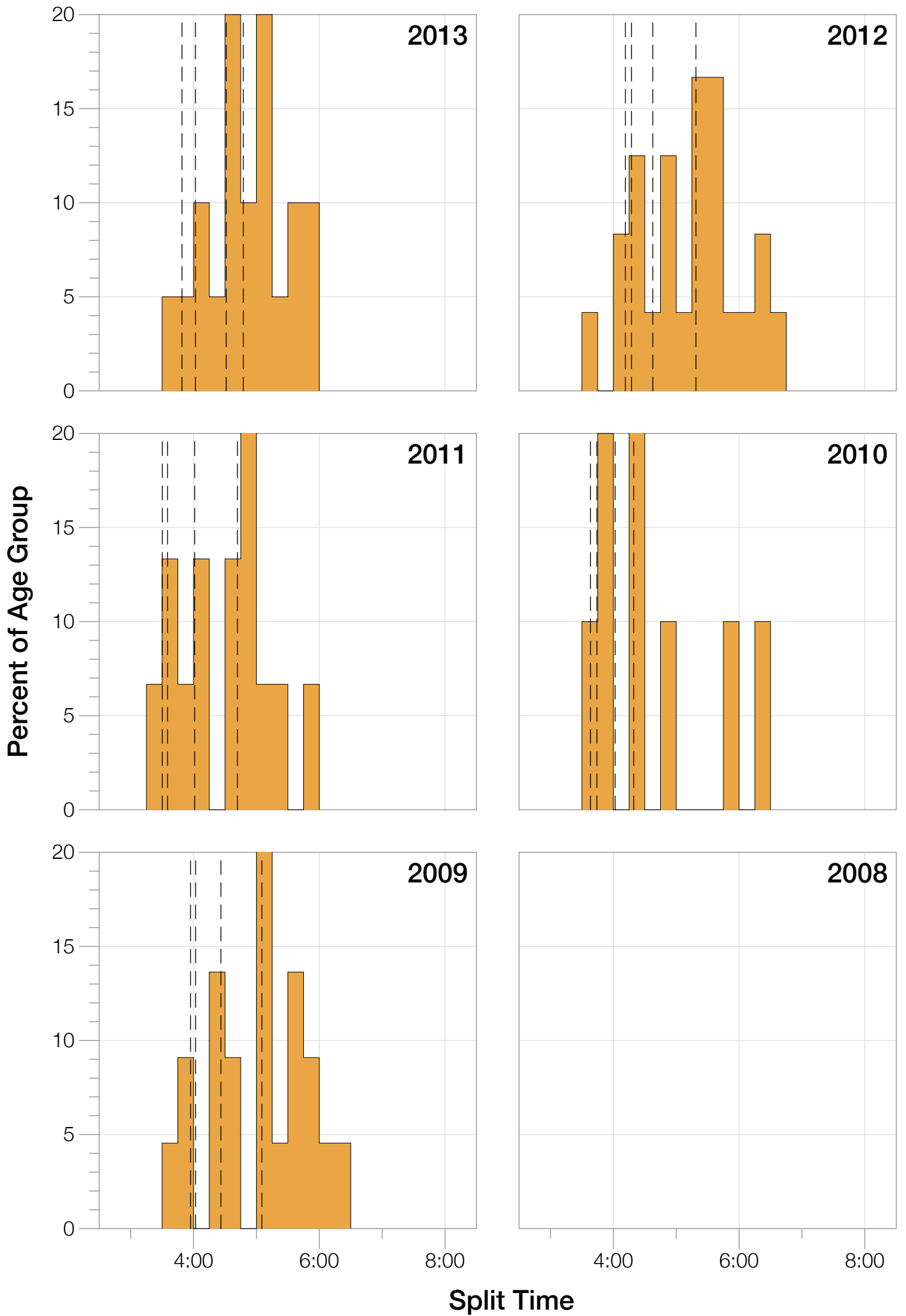
F40-44 Swim



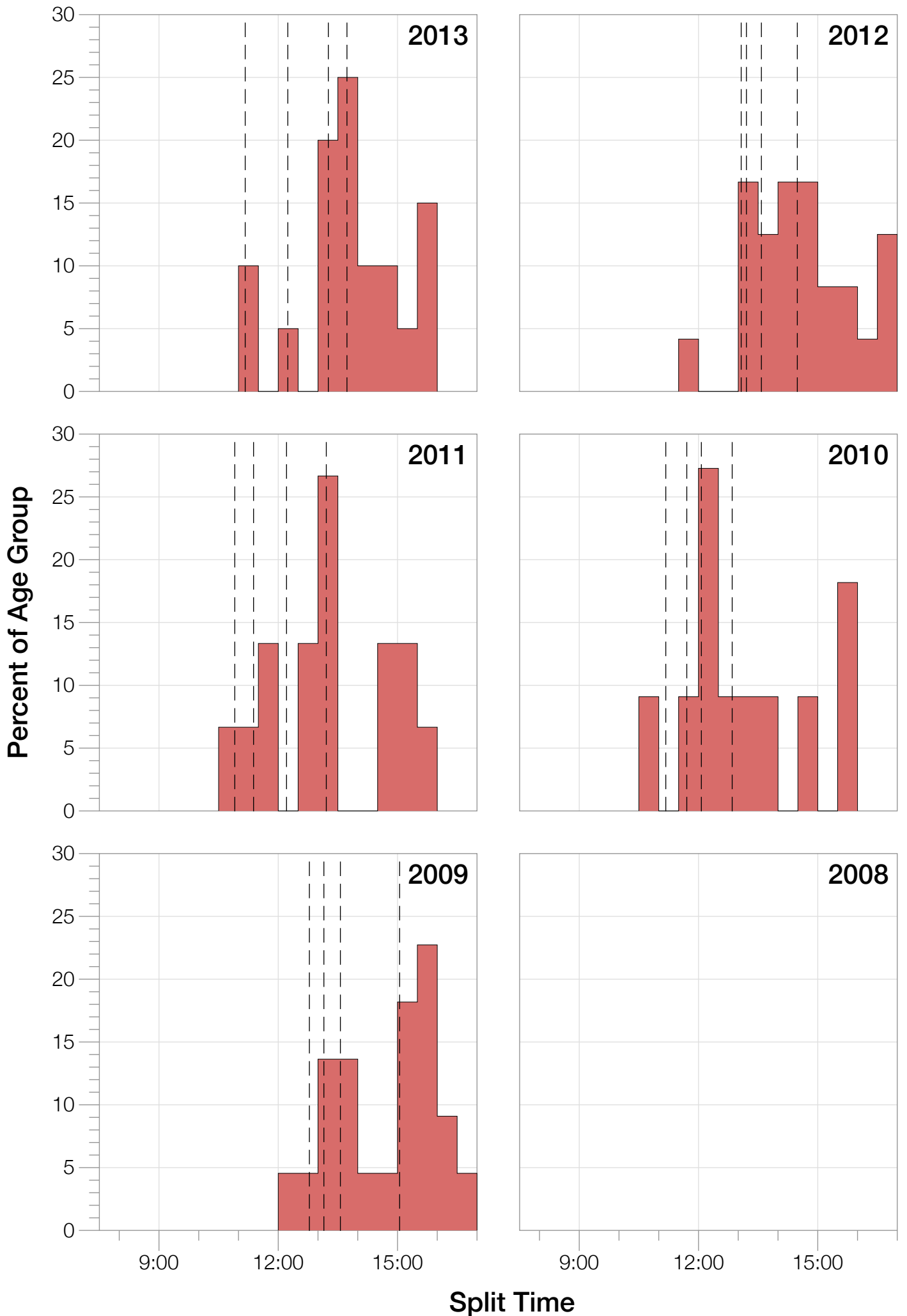
F40-44 Bike



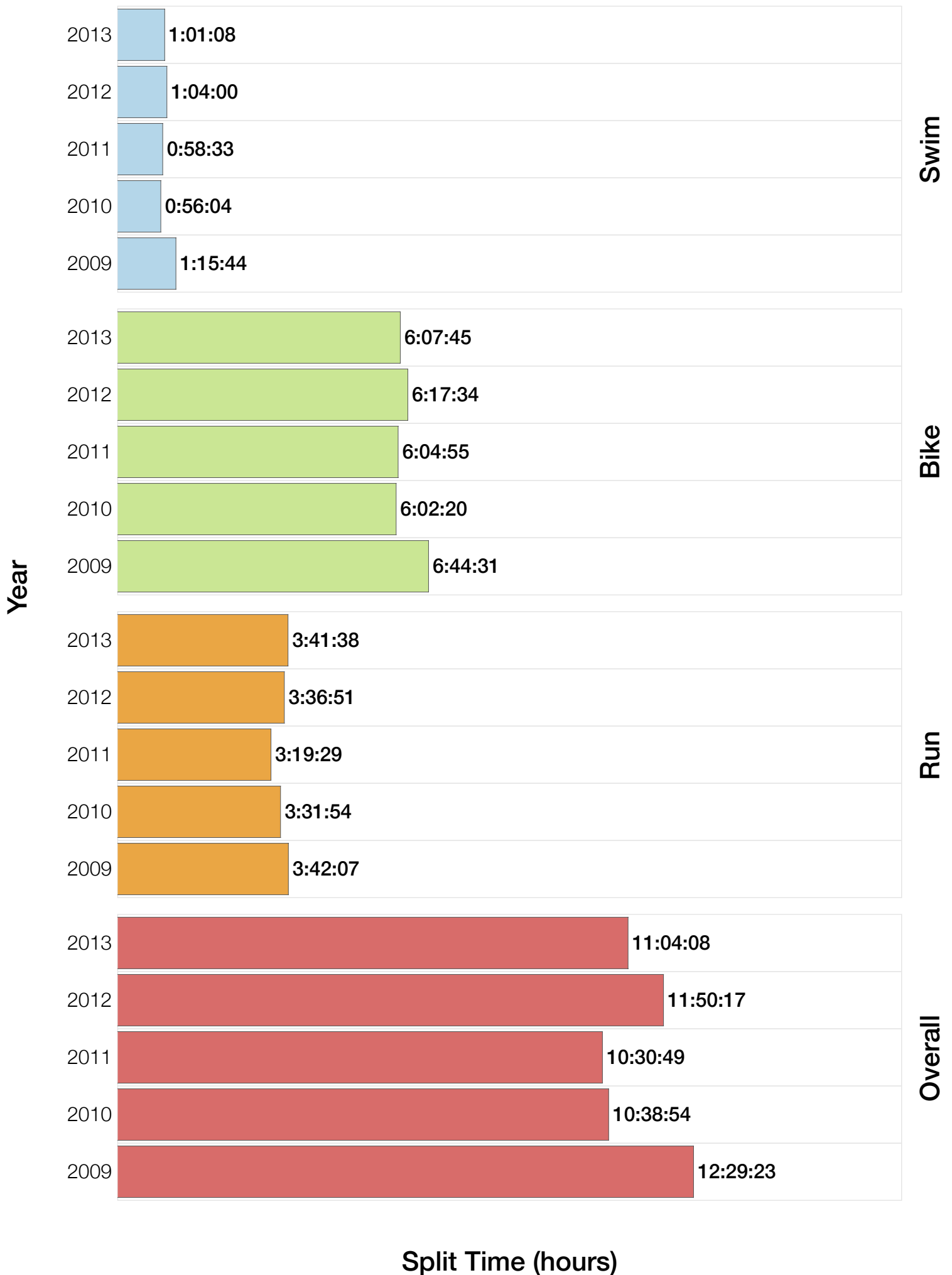
F40-44 Run



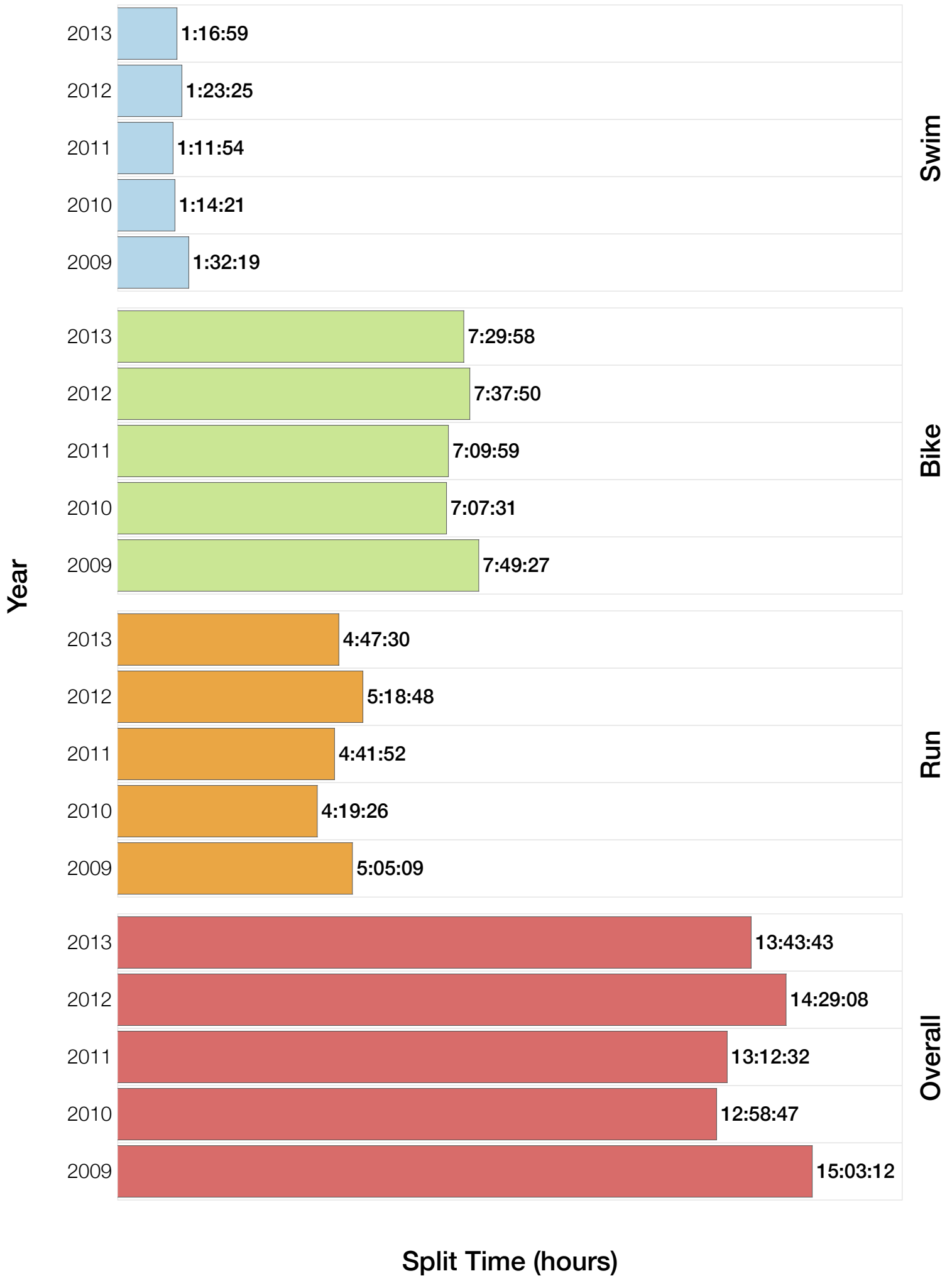
F40-44 Overall



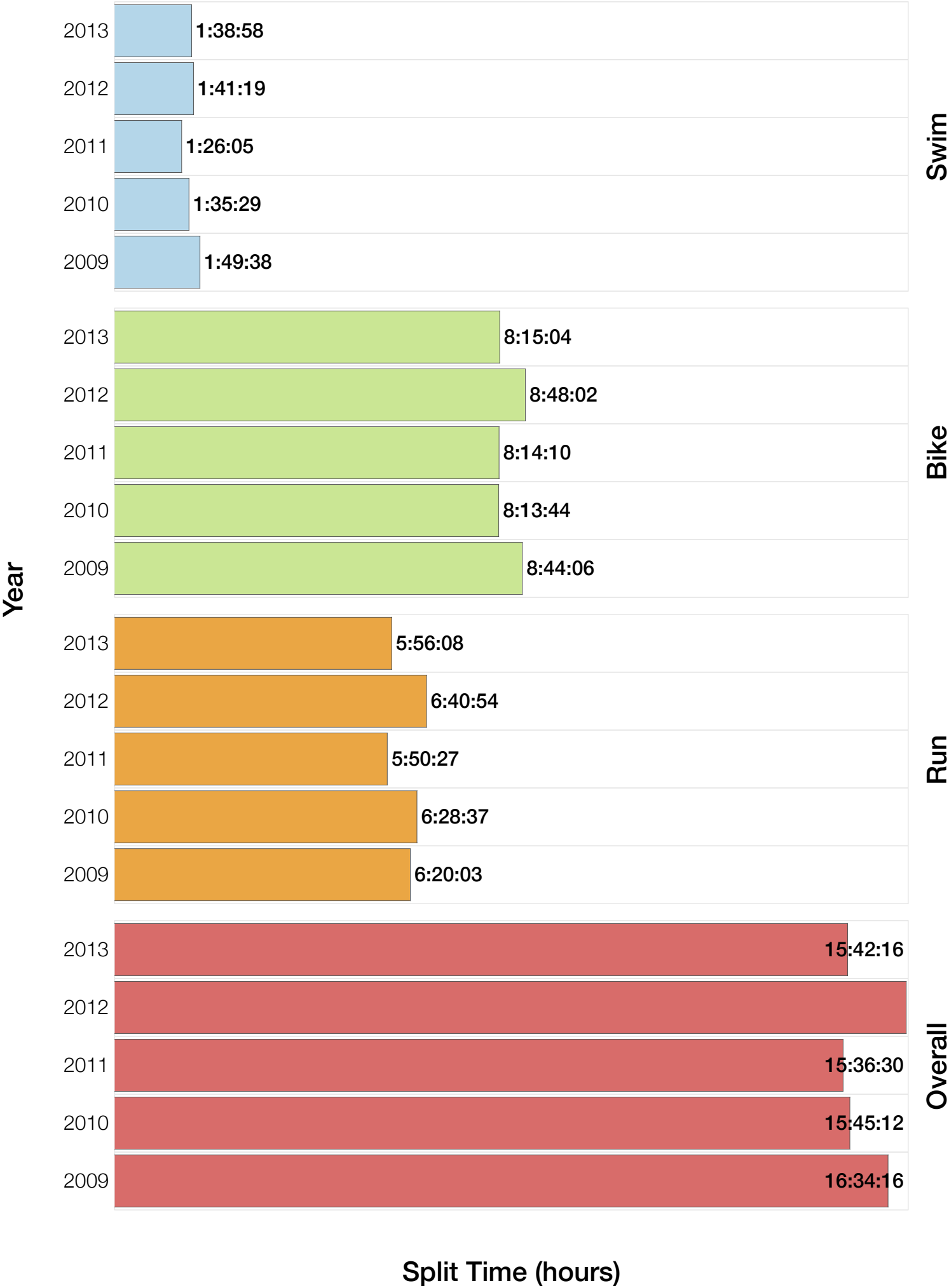
F40-44 Fastest Splits



F40-44 Median Splits

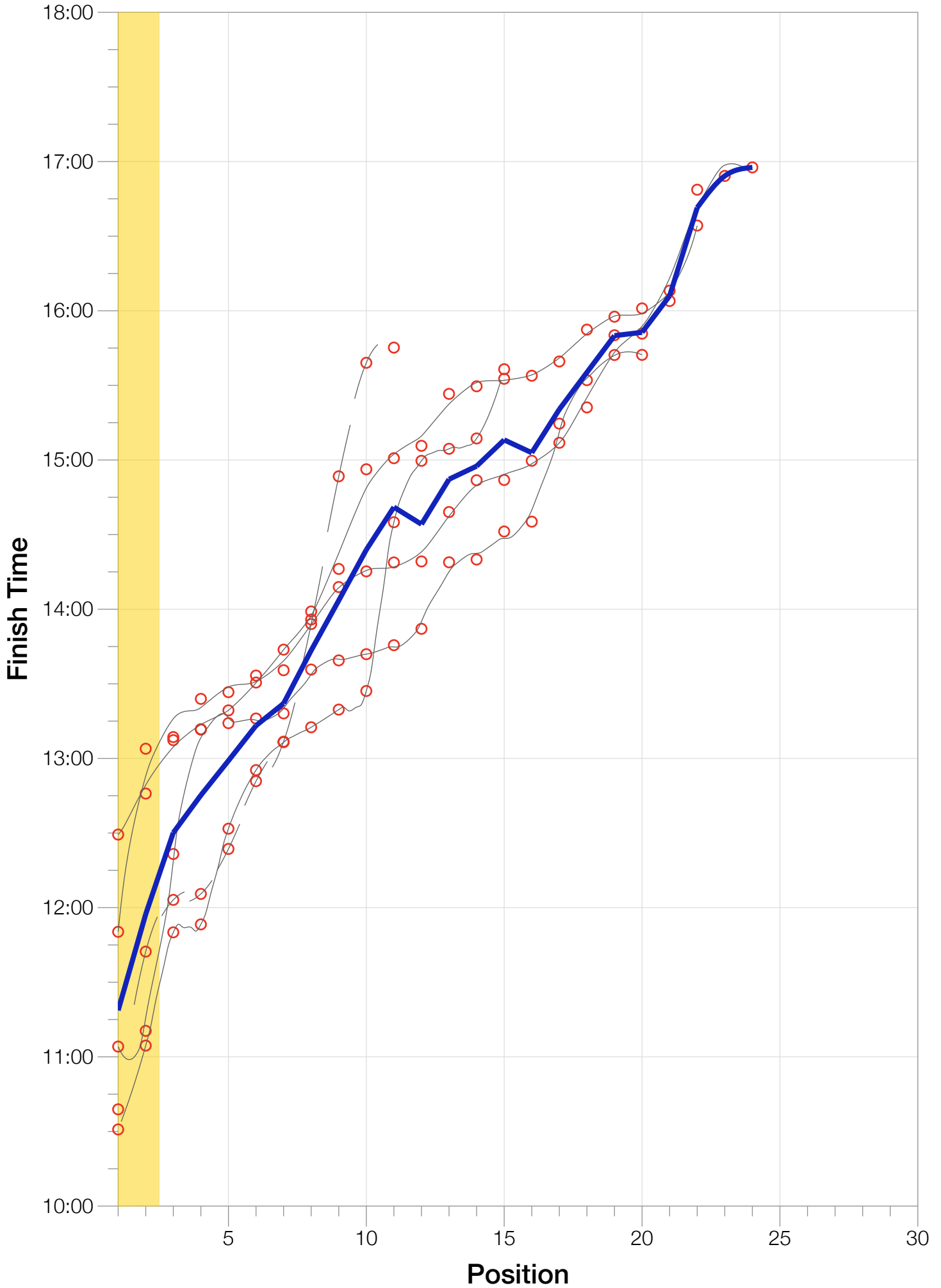


F40-44 Slowest Splits



F40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F40-44 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	1:07:34	6:19:58	3:41:13	11:18:42
Average 2nd Age Grouper	1:13:21	6:53:04	4:07:01	11:57:24
Average 3rd Age Grouper	1:15:09	6:52:48	4:06:50	12:30:08
Average 4th Age Grouper	1:17:37	6:49:37	4:22:32	12:45:13
Average 5th Age Grouper	1:20:21	7:15:43	4:06:28	12:59:06
Average 6th Age Grouper	1:18:47	7:09:28	4:29:16	13:13:12
Average 7th Age Grouper	1:21:42	7:34:39	4:08:13	13:22:06
Average 8th Age Grouper	1:17:24	7:23:54	4:42:55	13:43:26
Average 9th Age Grouper	1:24:31	7:26:07	4:54:46	14:03:31
Average 10th Age Grouper	1:23:38	7:30:34	5:11:06	14:23:55
Kona Qualifier Average	1:10:28	6:36:31	3:52:41	11:38:03
Top 10 Age Grouper Average	1:18:00	7:07:35	4:23:22	13:01:40

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	1:07:55	6:07:45	3:41:38	11:04:08
2nd Age Grouper	1:01:08	6:09:56	3:49:20	11:10:27
3rd Age Grouper	1:04:26	6:33:04	4:35:24	12:21:34
4th Age Grouper	1:20:47	7:03:57	4:27:34	13:11:46
5th Age Grouper	1:15:32	7:36:56	4:03:14	13:14:11
6th Age Grouper	1:10:27	6:39:50	5:11:53	13:16:03
7th Age Grouper	1:28:12	7:12:45	4:13:51	13:18:06
8th Age Grouper	1:10:58	7:31:20	4:38:13	13:35:44
9th Age Grouper	1:14:48	7:16:56	4:49:06	13:39:25
10th Age Grouper	1:15:18	7:33:14	4:41:27	13:41:55
Kona Qualifier Average	1:04:31	6:08:50	3:45:29	11:07:17
Top 10 Age Grouper Average	1:12:57	6:58:34	4:25:10	12:51:19

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	1:14:08	6:17:34	4:11:01	11:50:17
2nd Age Grouper	1:04:00	7:06:39	4:40:44	13:03:54
3rd Age Grouper	1:31:50	6:56:42	4:14:00	13:07:21
4th Age Grouper	1:25:18	7:09:19	4:26:14	13:23:57
5th Age Grouper	1:29:22	7:09:33	4:28:25	13:26:39
6th Age Grouper	1:19:30	7:34:47	4:25:02	13:33:20
7th Age Grouper	1:28:17	8:13:59	3:36:51	13:35:28
8th Age Grouper	1:24:44	7:22:08	4:52:48	13:55:51
9th Age Grouper	1:18:18	7:41:58	4:50:18	14:08:55
10th Age Grouper	1:16:16	7:26:36	5:16:55	14:15:13
Kona Qualifier Average	1:09:04	6:42:06	4:25:52	12:27:05
Top 10 Age Grouper Average	1:21:10	7:17:55	4:30:13	13:26:05

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	0:58:54	6:04:55	3:19:29	10:30:49
2nd Age Grouper	1:02:02	6:19:48	3:35:51	11:04:32
3rd Age Grouper	1:07:16	6:50:00	3:34:47	11:50:04
4th Age Grouper	0:58:33	6:28:39	4:11:26	11:53:16
5th Age Grouper	1:26:05	6:48:25	4:04:08	12:31:45
6th Age Grouper	1:15:24	7:25:39	3:57:56	12:55:18
7th Age Grouper	1:10:56	7:12:16	4:32:45	13:06:31
8th Age Grouper	1:15:30	6:58:20	4:41:52	13:12:32
9th Age Grouper	1:11:54	7:03:35	4:48:37	13:19:38
10th Age Grouper	1:10:07	7:09:59	4:57:18	13:27:07
Kona Qualifier Average	1:00:28	6:12:21	3:27:40	10:47:40
Top 10 Age Grouper Average	1:09:40	6:50:09	4:10:24	12:23:09

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	0:56:04	6:02:20	3:31:54	10:38:54
2nd Age Grouper	1:39:23	8:04:29		11:42:19
3rd Age Grouper	1:09:42	6:58:50	3:45:41	12:03:07
4th Age Grouper	1:11:16	6:21:00	4:25:52	12:05:31
5th Age Grouper	1:00:43	7:15:14	3:56:49	12:23:36
6th Age Grouper	1:25:26	6:56:46	4:16:23	12:50:51
7th Age Grouper	1:16:36	7:15:50	4:20:40	13:06:44
8th Age Grouper	1:20:04	8:00:12	4:18:12	13:54:02
9th Age Grouper	1:28:01	8:13:44	4:52:21	14:53:26
10th Age Grouper	1:35:29	6:59:49	6:28:37	15:39:05
Kona Qualifier Average	1:17:43	7:03:24	3:31:54	11:10:36
Top 10 Age Grouper Average	1:18:16	7:12:49	4:26:16	12:55:45

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	1:20:51	7:07:18	3:42:07	12:29:23
2nd Age Grouper	1:20:16	6:44:31	4:22:12	12:45:52
3rd Age Grouper	1:22:33	7:05:26	4:24:22	13:08:35
4th Age Grouper	1:32:15	7:05:12	4:21:37	13:11:35
5th Age Grouper	1:30:07	7:28:27	3:59:48	13:19:19
6th Age Grouper	1:23:09	7:10:20	4:35:08	13:30:31
7th Age Grouper	1:24:29	7:58:27	3:57:00	13:43:44
8th Age Grouper	1:15:44	7:07:31	5:03:31	13:59:05
9th Age Grouper	1:49:37	6:54:22	5:13:30	14:16:12
10th Age Grouper	1:41:00	8:23:12	4:31:17	14:56:16
Kona Qualifier Average	1:20:33	6:55:54	4:02:09	12:37:37
Top 10 Age Grouper Average	1:28:00	7:18:28	4:25:03	13:32:03