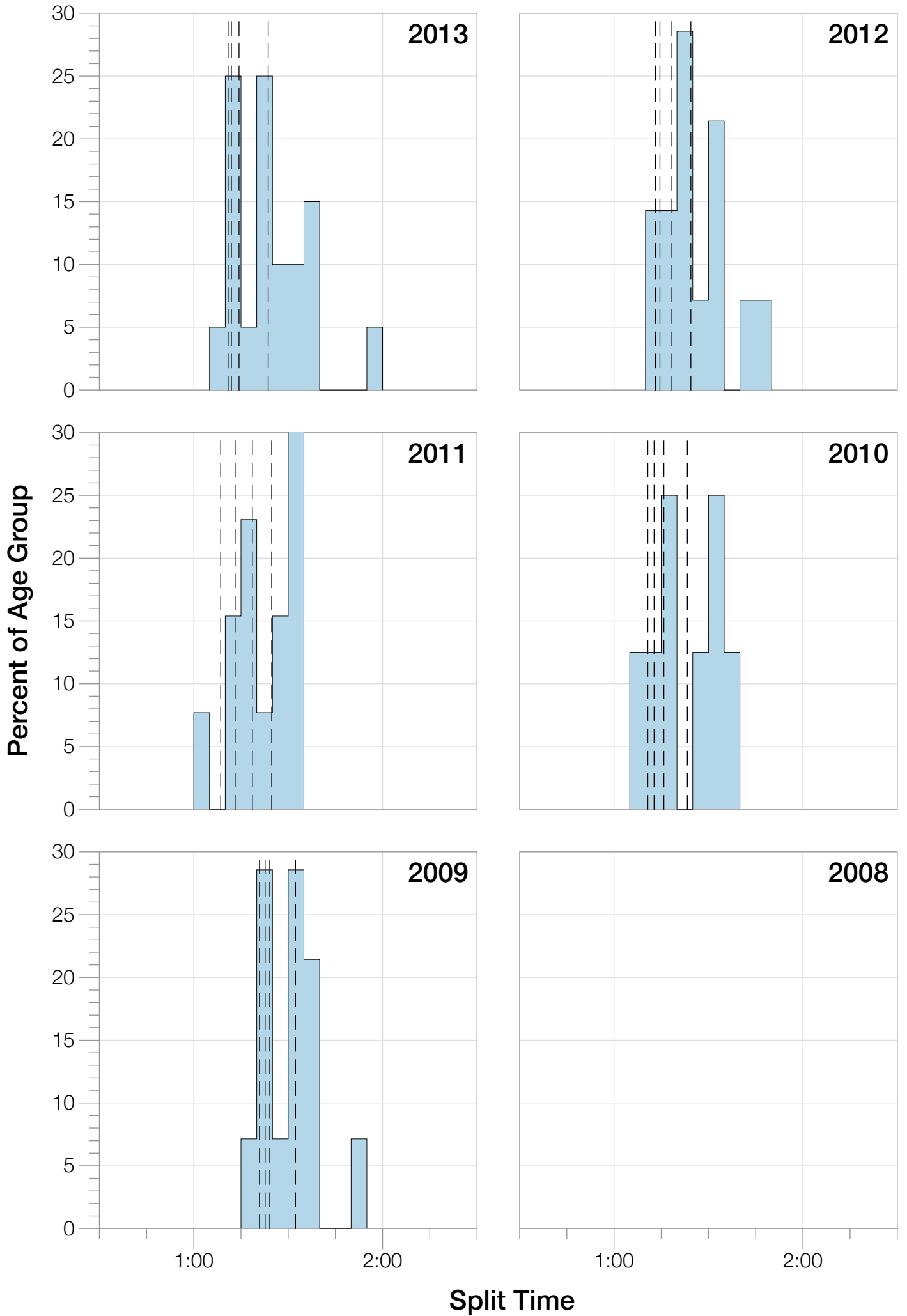


Ironman UK F45-49 Stats

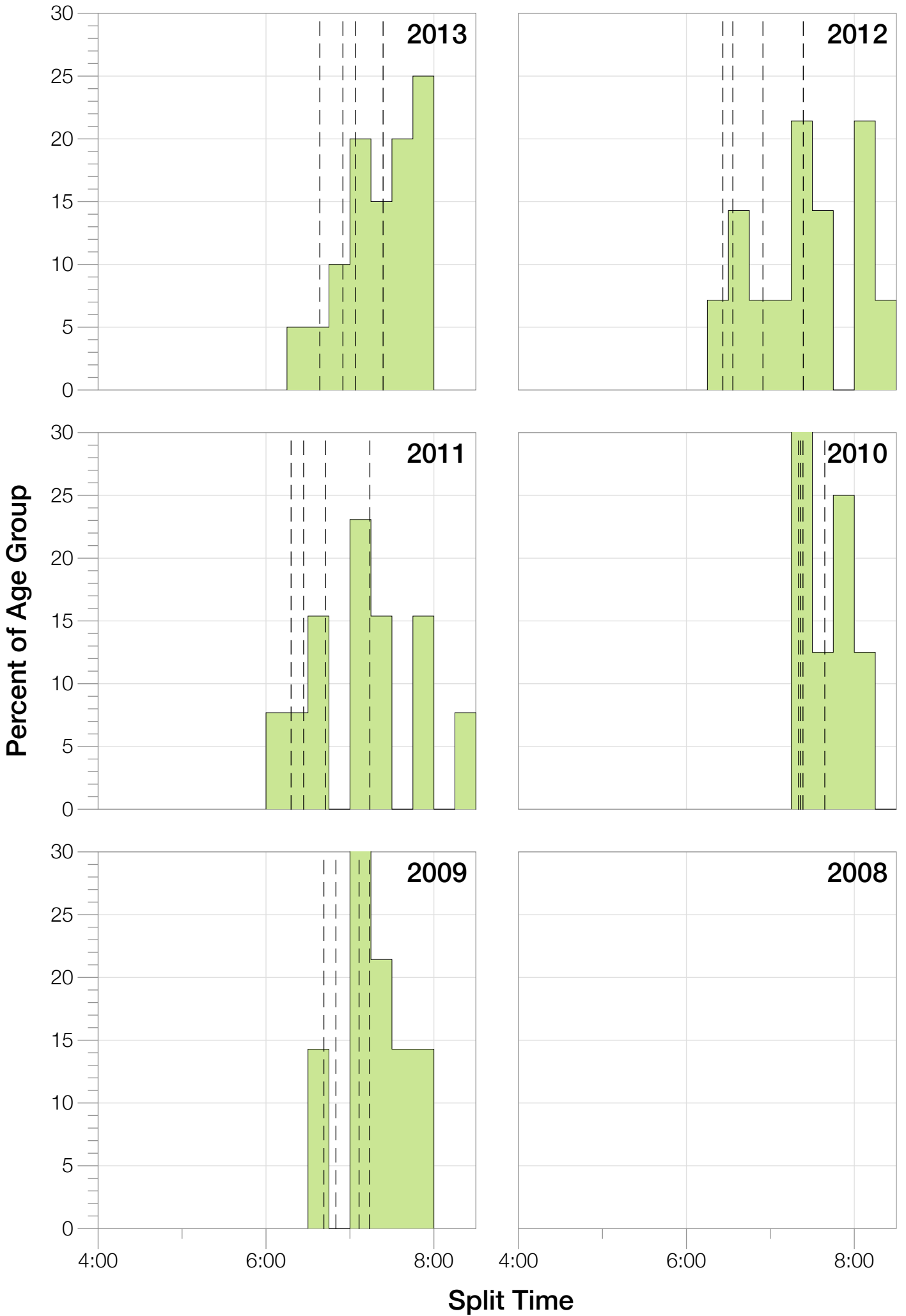
F45-49 Summary Statistics

Year	Finishers	F45-49 Finishers	Male Winner's Time	Female Winner's Time	F45-49 Winner's Time
2009	1260	14	8:45:51	9:33:59	12:18:21
2010	1052	8	8:40:17	10:01:02	13:36:27
2011	1038	13	8:24:33	9:37:31	11:09:30
2012	1180	14	8:55:11	10:08:44	11:29:41
2013	1355	20	8:45:48	9:29:12	12:29:05
Average	1177	14	8:42:20	9:46:05	12:12:36

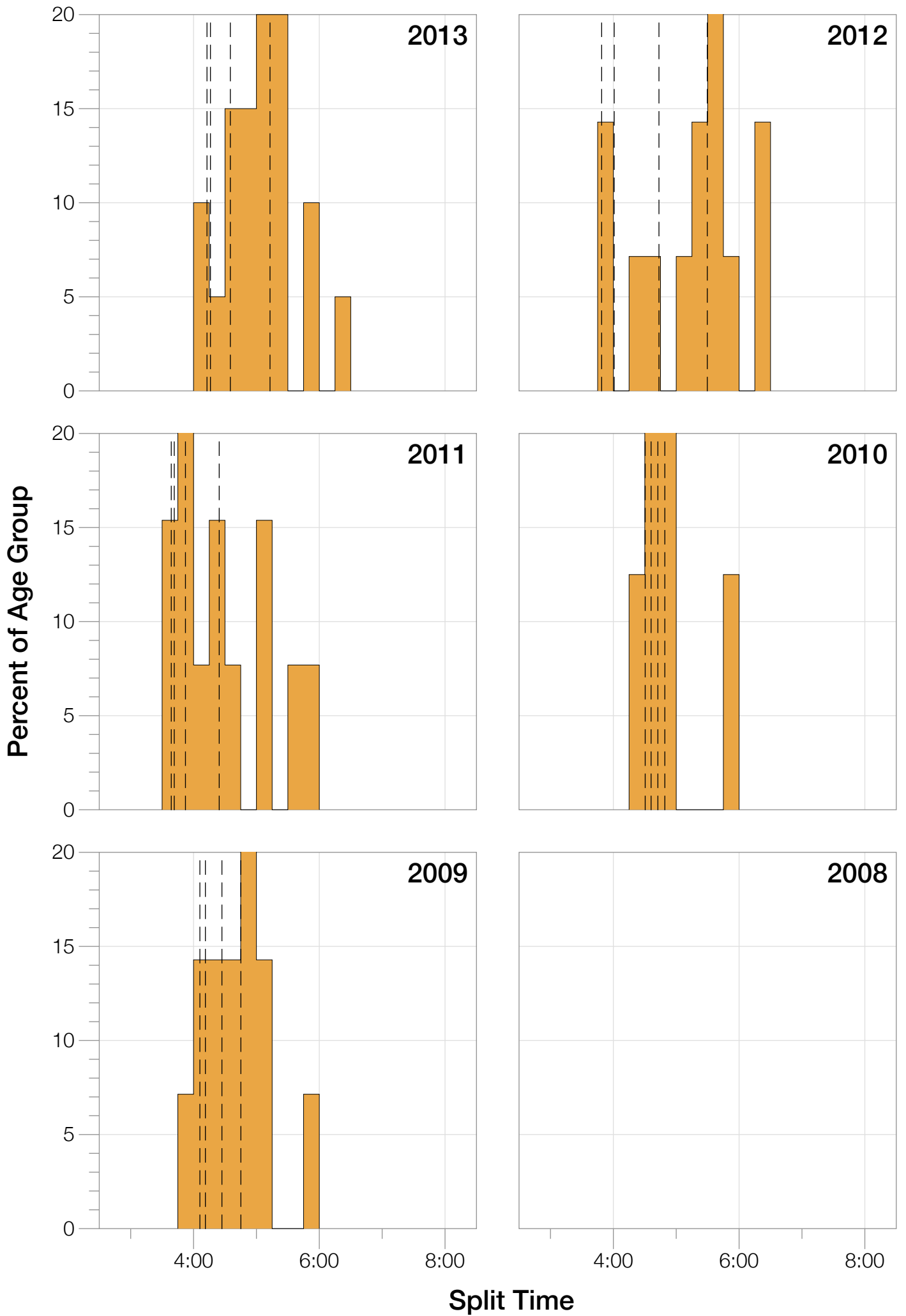
F45-49 Swim



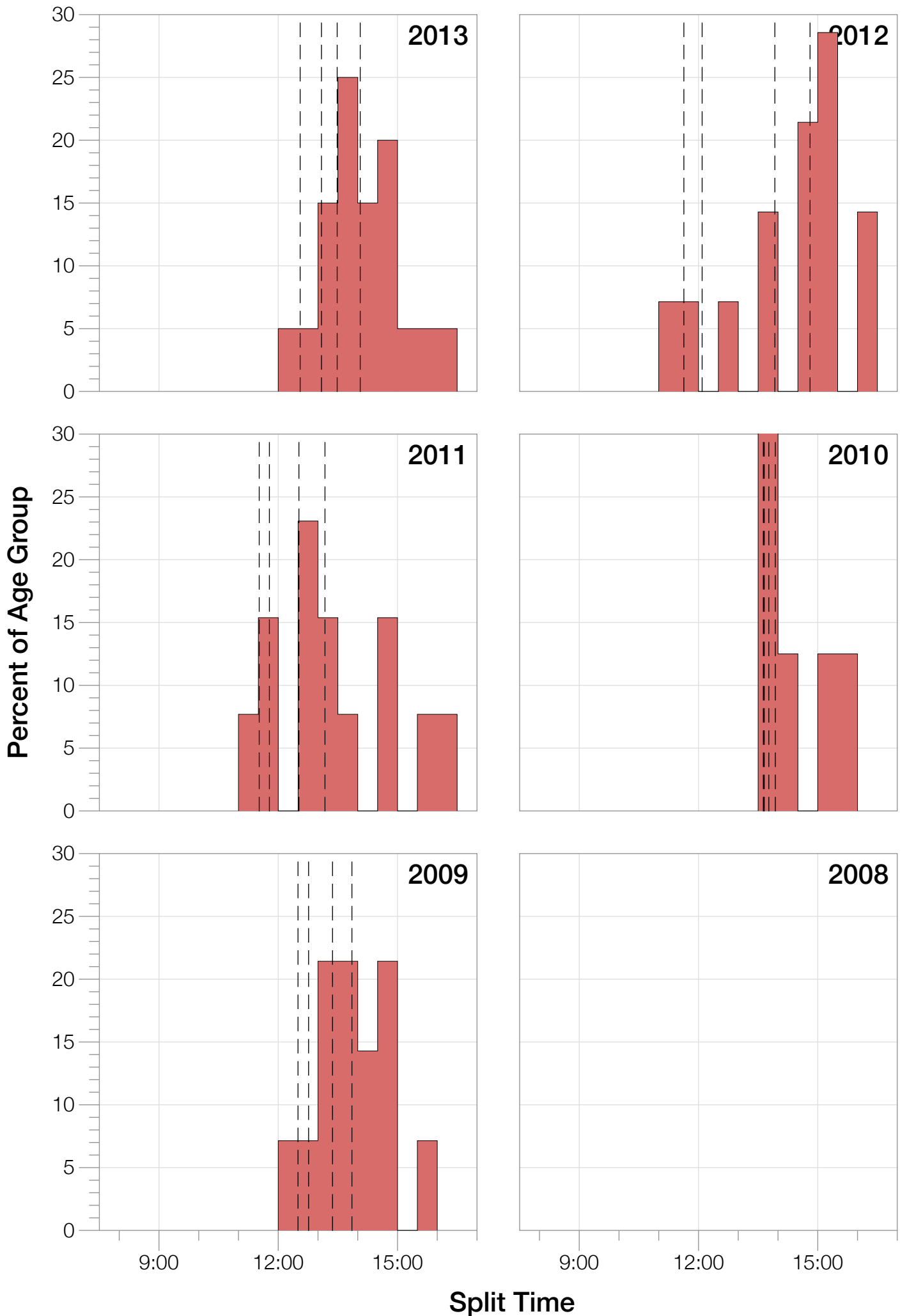
F45-49 Bike



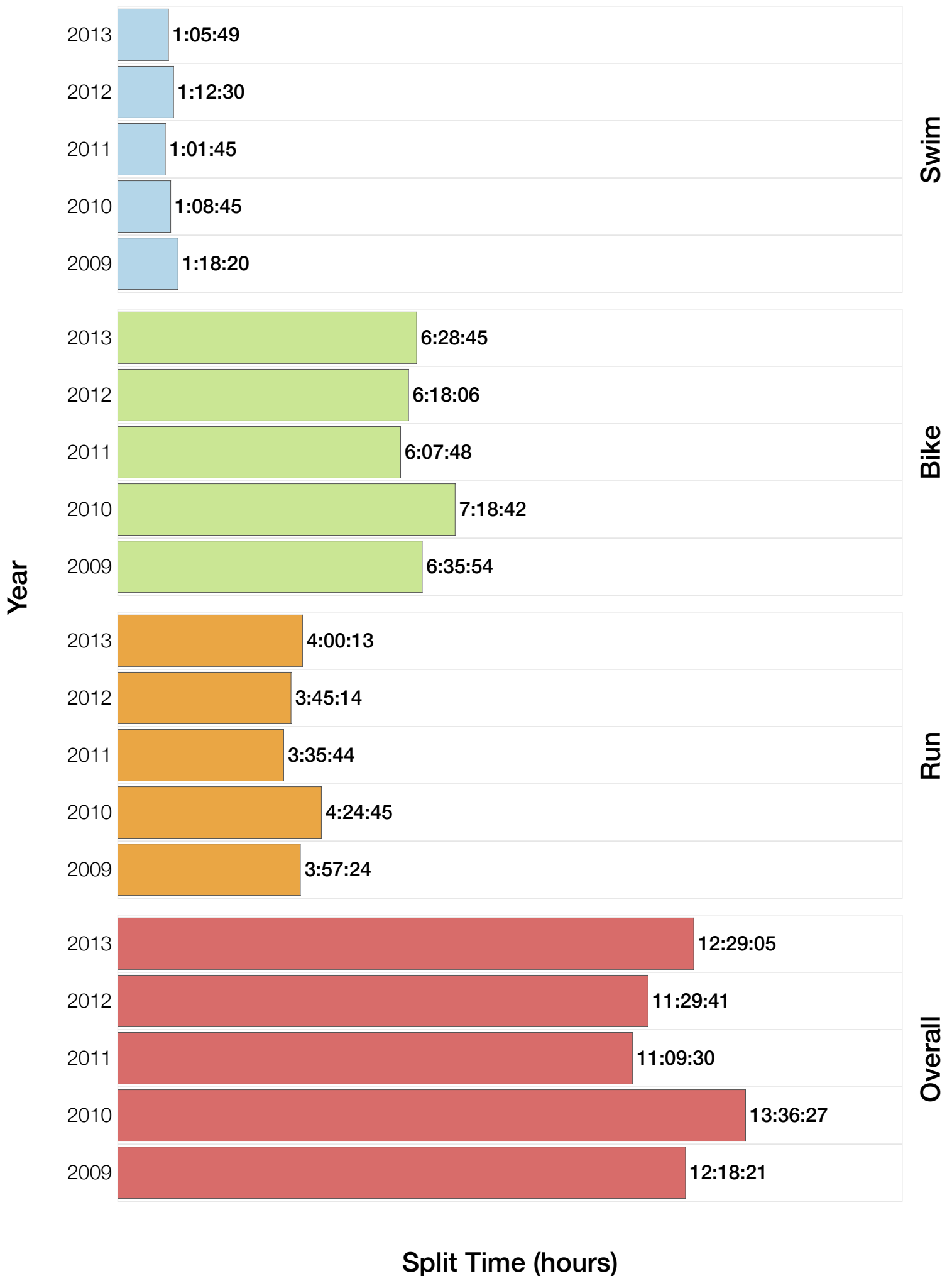
F45-49 Run



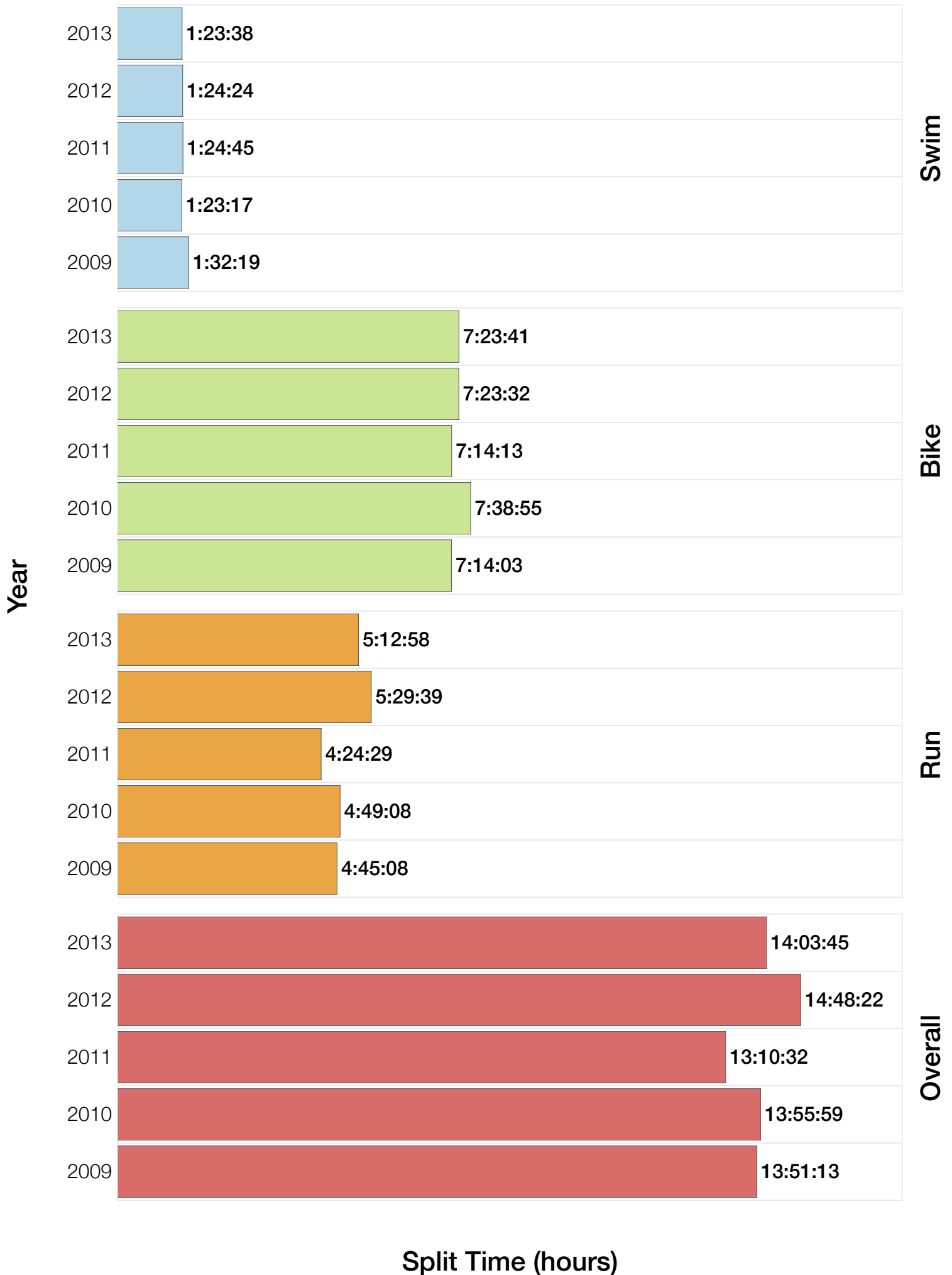
F45-49 Overall



F45-49 Fastest Splits



F45-49 Median Splits



F45-49 Slowest Splits

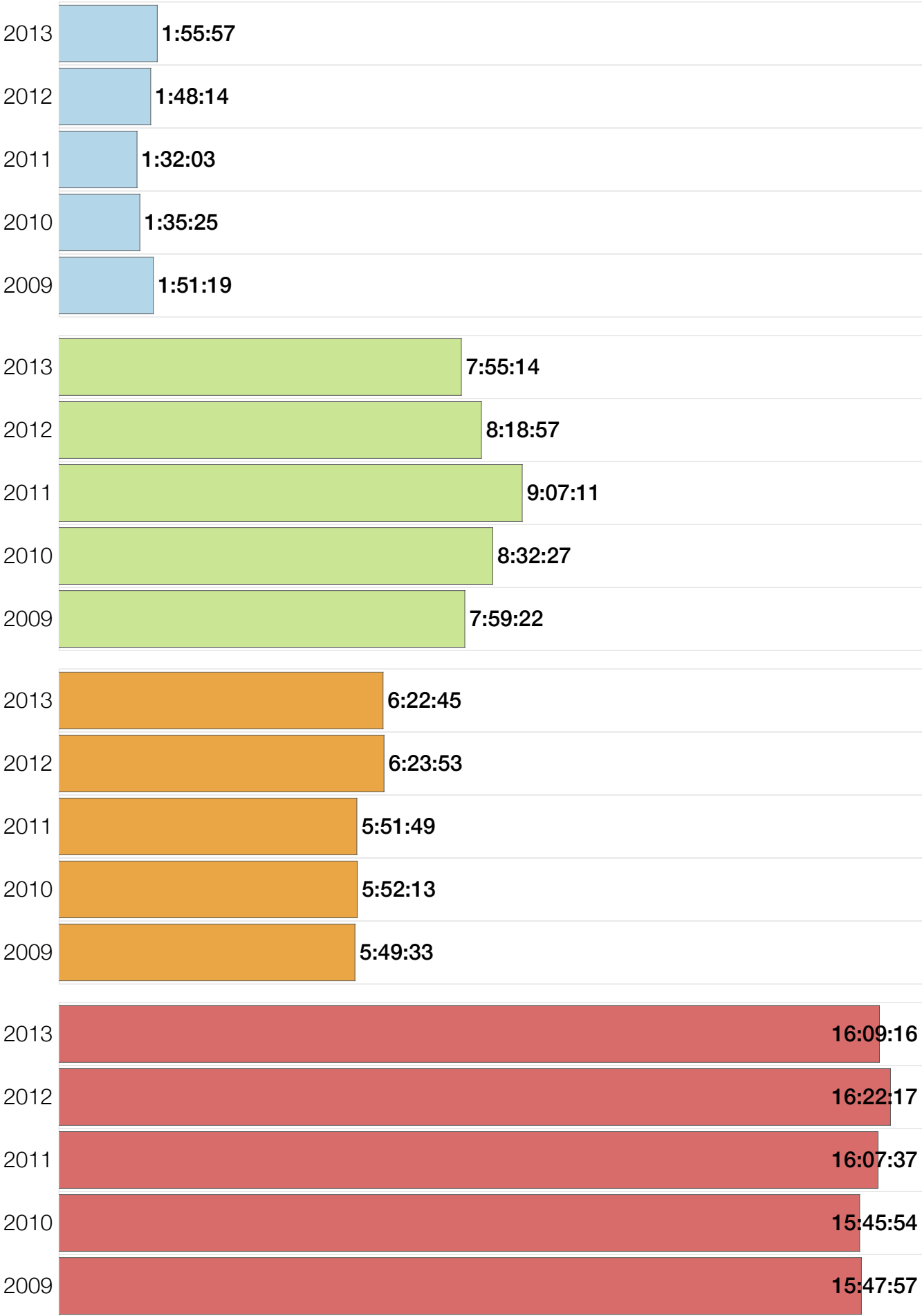
Year

Swim

Bike

Run

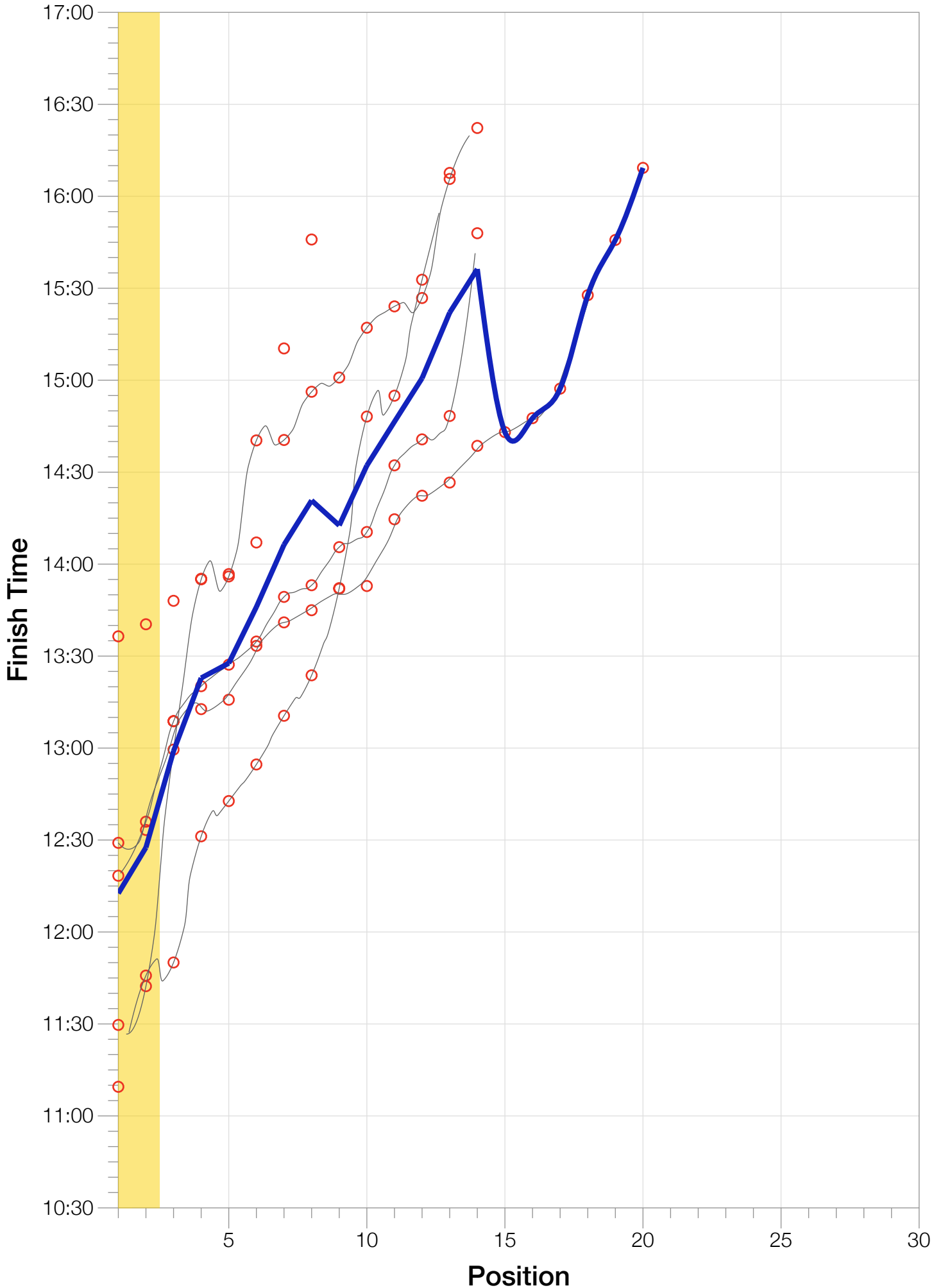
Overall



Split Time (hours)

F45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F45-49 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	1:18:10	6:33:51	4:09:11	12:12:36
Average 2nd Age Grouper	1:14:51	6:53:23	4:04:44	12:27:33
Average 3rd Age Grouper	1:22:02	6:57:55	4:25:16	12:59:01
Average 4th Age Grouper	1:22:02	7:08:09	4:34:27	13:22:52
Average 5th Age Grouper	1:28:11	7:21:09	4:20:49	13:27:41
Average 6th Age Grouper	1:30:18	7:06:36	4:49:03	13:46:02
Average 7th Age Grouper	1:27:02	7:23:12	4:59:17	14:06:20
Average 8th Age Grouper	1:28:00	7:28:23	5:08:26	14:20:47
Average 9th Age Grouper	1:25:31	7:26:22	5:03:30	14:12:38
Average 10th Age Grouper	1:28:14	7:31:48	5:13:39	14:32:09
Kona Qualifier Average	1:16:31	6:43:37	4:06:58	12:20:04
Top 10 Age Grouper Average	1:24:20	7:10:20	4:39:41	13:30:42

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	1:12:00	6:28:45	4:30:38	12:29:05
2nd Age Grouper	1:13:14	6:58:52	4:00:13	12:33:17
3rd Age Grouper	1:14:40	7:05:09	4:36:08	13:08:48
4th Age Grouper	1:29:20	6:56:45	4:32:00	13:12:42
5th Age Grouper	1:34:51	7:04:58	4:16:25	13:15:46
6th Age Grouper	1:29:42	7:20:39	4:13:29	13:33:21
7th Age Grouper	1:35:31	6:38:58	5:14:09	13:41:00
8th Age Grouper	1:11:27	7:03:42	5:12:37	13:44:58
9th Age Grouper	1:18:07	7:04:07	5:13:20	13:51:58
10th Age Grouper	1:23:30	7:16:04	4:57:25	13:52:52
Kona Qualifier Average	1:12:37	6:43:48	4:15:25	12:31:11
Top 10 Age Grouper Average	1:22:14	6:59:47	4:40:38	13:20:22

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	1:13:33	6:18:06	3:50:46	11:29:41
2nd Age Grouper	1:17:00	6:30:20	3:45:14	11:42:19
3rd Age Grouper	1:24:00	6:48:22	4:36:37	12:59:30
4th Age Grouper	1:12:30	7:13:47	5:04:12	13:55:02
5th Age Grouper	1:33:51	7:34:24	4:24:19	13:55:59
6th Age Grouper	1:17:41	6:39:52	6:23:53	14:40:22
7th Age Grouper	1:20:26	7:16:56	5:42:36	14:40:30
8th Age Grouper	1:48:14	7:20:57	5:28:47	14:56:14
9th Age Grouper	1:31:52	7:26:08	5:43:20	15:00:52
10th Age Grouper	1:21:10	7:36:02	5:57:10	15:17:07
Kona Qualifier Average	1:15:16	6:24:13	3:48:00	11:36:00
Top 10 Age Grouper Average	1:24:01	7:04:29	5:05:41	13:51:45

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	1:18:36	6:07:48	3:35:44	11:09:30
2nd Age Grouper	1:13:05	6:42:33	3:40:43	11:45:47
3rd Age Grouper	1:14:40	6:24:41	3:57:50	11:50:03
4th Age Grouper	1:24:45	7:01:05	3:52:16	12:31:12
5th Age Grouper	1:31:54	7:12:24	3:45:00	12:42:43
6th Age Grouper	1:31:38	6:35:50	4:34:38	12:54:39
7th Age Grouper	1:25:26	7:24:28	4:06:23	13:10:32
8th Age Grouper	1:30:47	7:14:13	4:24:29	13:23:44
9th Age Grouper	1:19:46	7:51:03	4:29:02	13:52:10
10th Age Grouper	1:32:03	7:46:24	5:13:25	14:48:09
Kona Qualifier Average	1:15:50	6:25:10	3:38:13	11:27:38
Top 10 Age Grouper Average	1:24:16	7:02:02	4:09:57	12:48:50

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	1:14:26	7:18:42	4:51:27	13:36:27
2nd Age Grouper	1:08:45	7:30:52	4:46:50	13:40:23
3rd Age Grouper	1:27:26	7:23:29	4:43:02	13:48:02
4th Age Grouper	1:19:09	7:22:49	4:57:15	13:55:14
5th Age Grouper	1:16:18	7:46:59	4:40:50	13:56:45
6th Age Grouper	1:35:25	7:49:34	4:24:45	14:07:04
7th Age Grouper	1:30:08	8:32:27	4:52:03	15:10:22
8th Age Grouper	1:31:16	8:07:41	5:52:13	15:45:54
Kona Qualifier Average	1:11:35	7:24:47	4:49:08	13:38:25
Top 10 Age Grouper Average	1:22:51	7:44:04	4:53:33	14:15:01

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	1:32:17	6:35:54	3:57:24	12:18:21
2nd Age Grouper	1:22:14	6:44:18	4:10:41	12:35:59
3rd Age Grouper	1:29:26	7:07:58	4:12:43	13:08:44
4th Age Grouper	1:24:30	7:06:20	4:26:35	13:20:11
5th Age Grouper	1:24:01	7:07:04	4:37:33	13:27:12
6th Age Grouper	1:37:05	7:07:08	4:28:33	13:34:45
7th Age Grouper	1:23:41	7:03:12	5:01:16	13:49:19
8th Age Grouper	1:18:20	7:35:23	4:44:06	13:53:07
9th Age Grouper	1:32:22	7:24:12	4:48:19	14:05:33
10th Age Grouper	1:36:15	7:28:44	4:46:36	14:10:29
Kona Qualifier Average	1:27:15	6:40:06	4:04:02	12:27:10
Top 10 Age Grouper Average	1:28:01	7:08:01	4:31:22	13:26:22