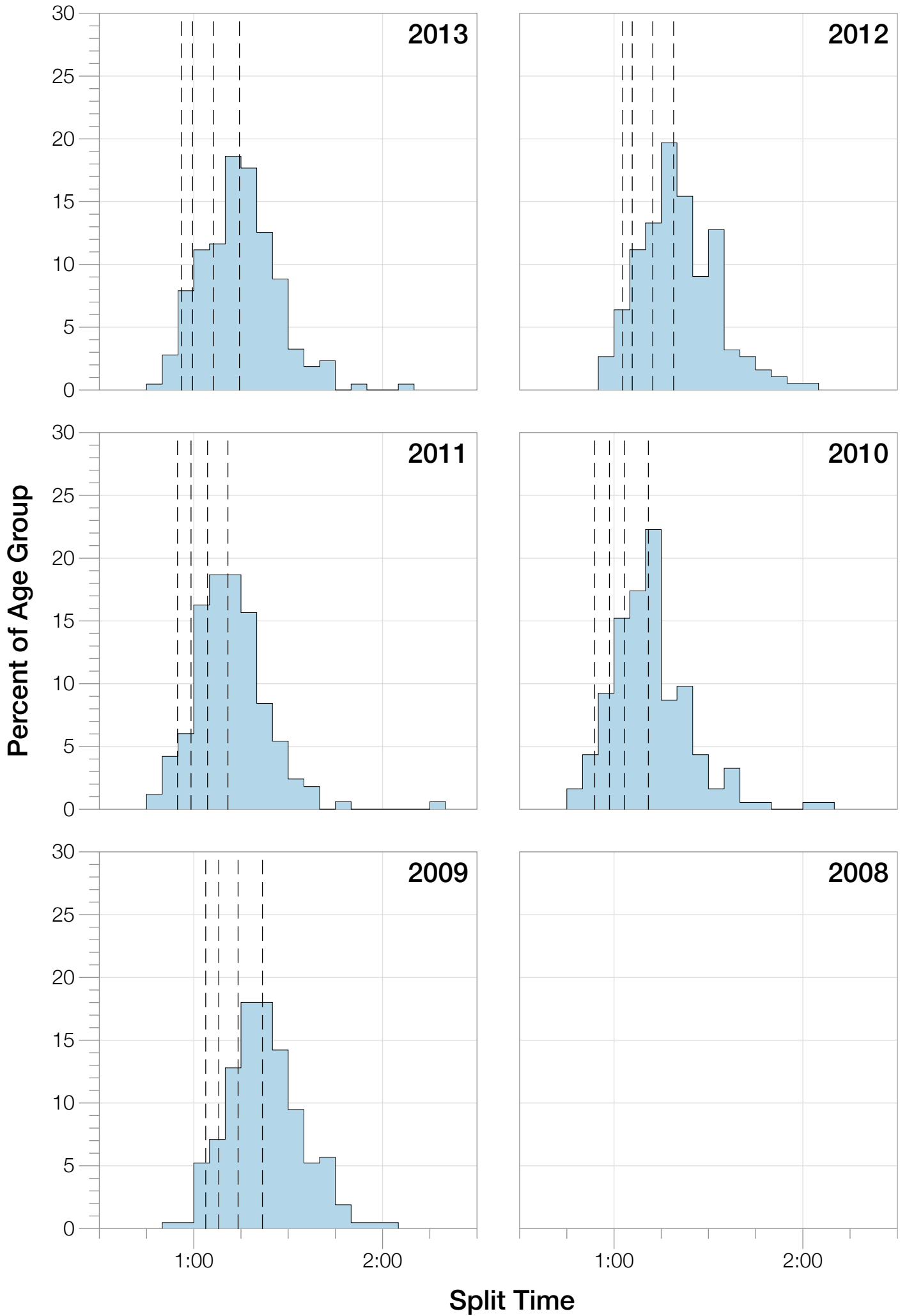


Ironman UK M30-34 Stats

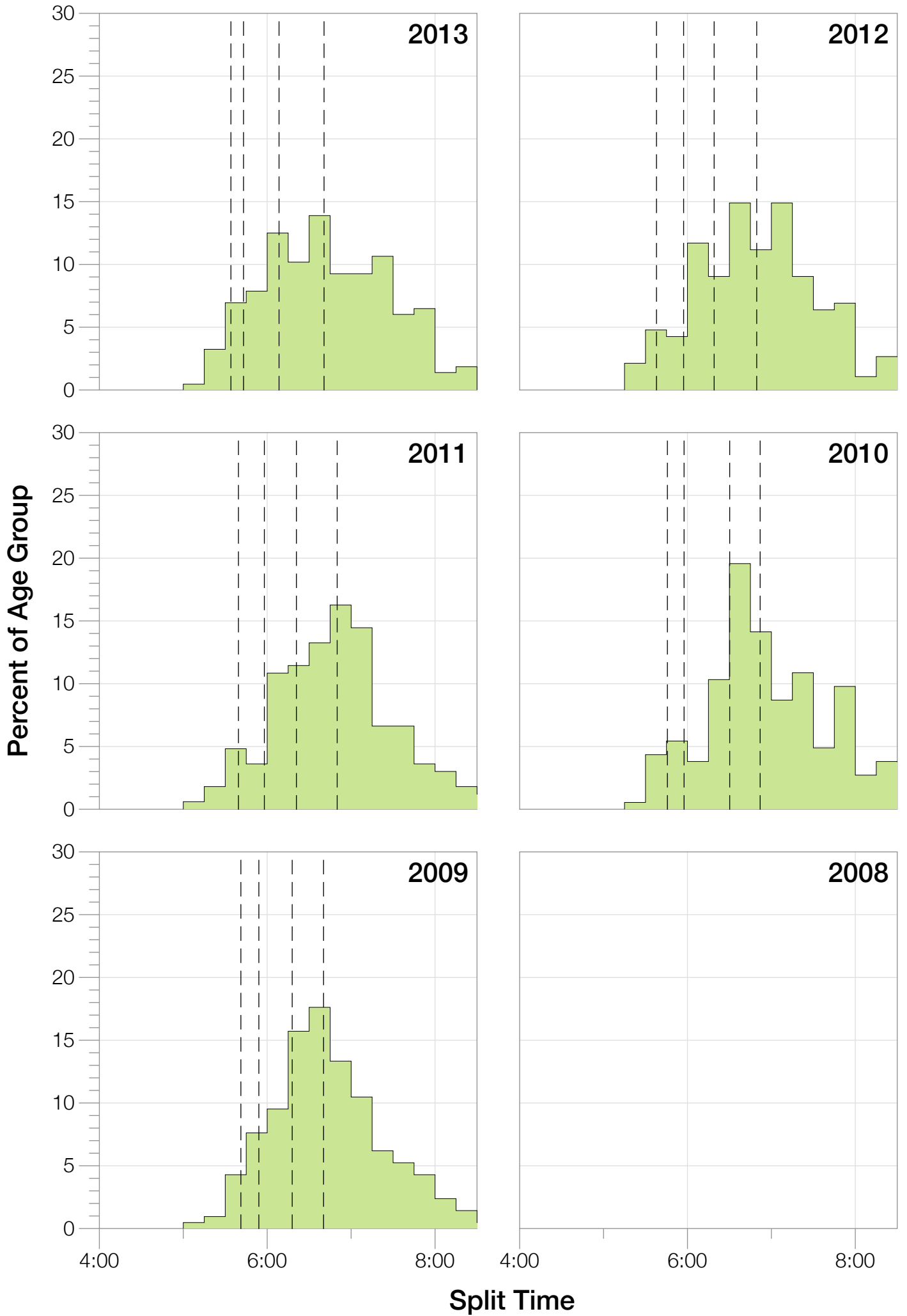
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2009	1260	211	8:45:51	9:33:59	9:27:53
2010	1052	184	8:40:17	10:01:02	9:32:06
2011	1038	166	8:24:33	9:37:31	9:03:40
2012	1180	188	8:55:11	10:08:44	9:46:04
2013	1355	216	8:45:48	9:29:12	9:40:55
Average	1177	193	8:42:20	9:46:05	9:30:07

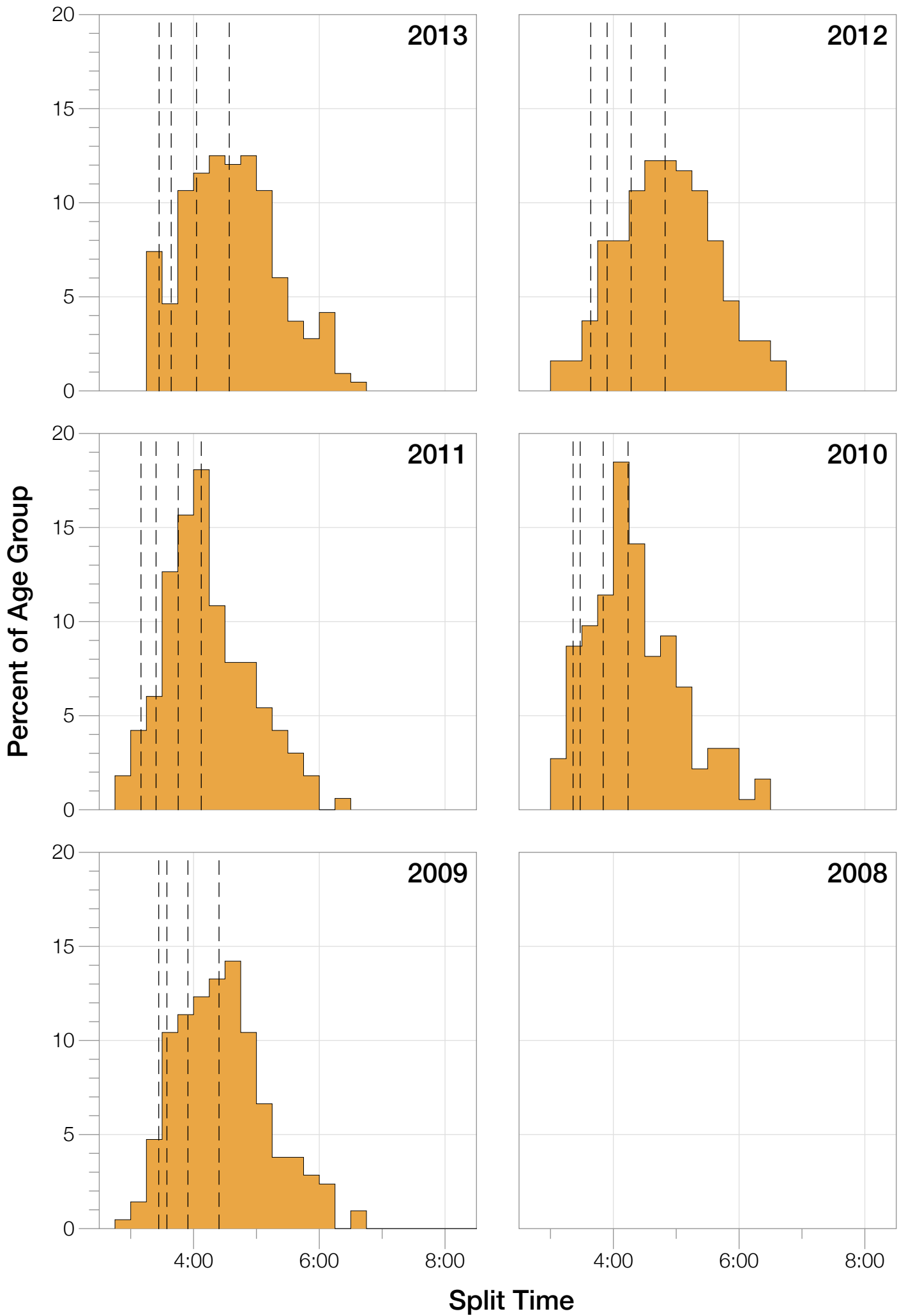
M30-34 Swim



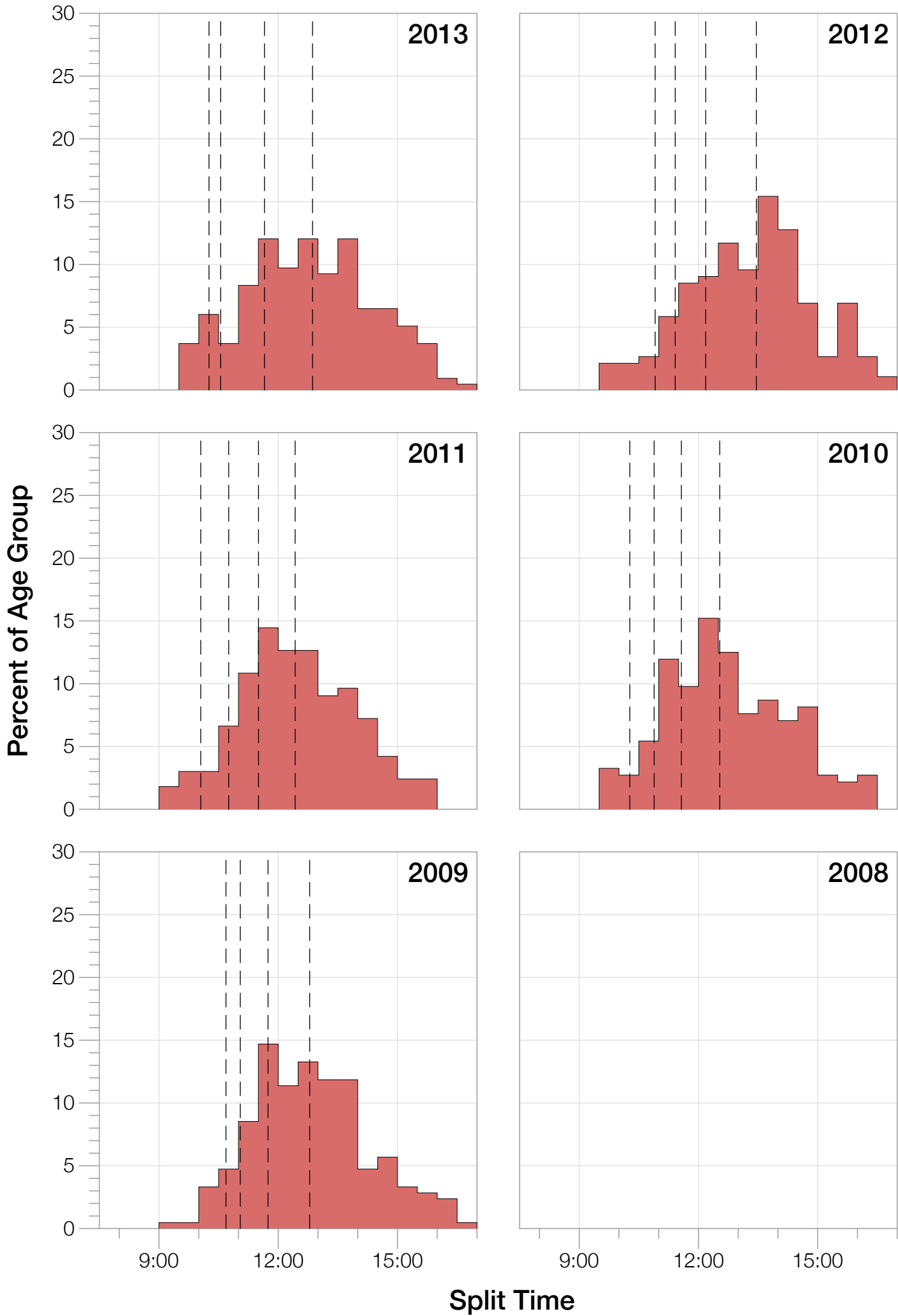
M30-34 Bike



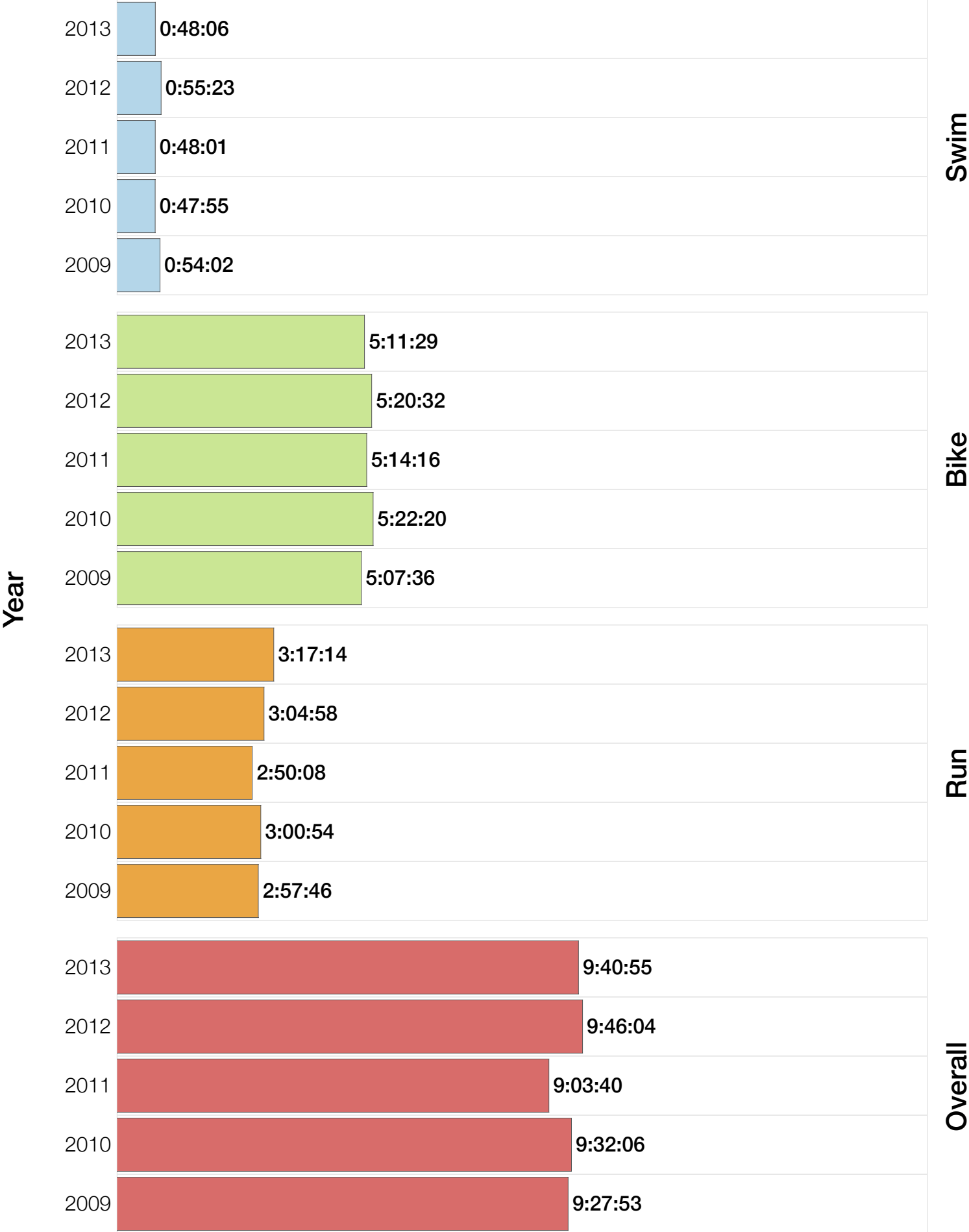
M30-34 Run



M30-34 Overall

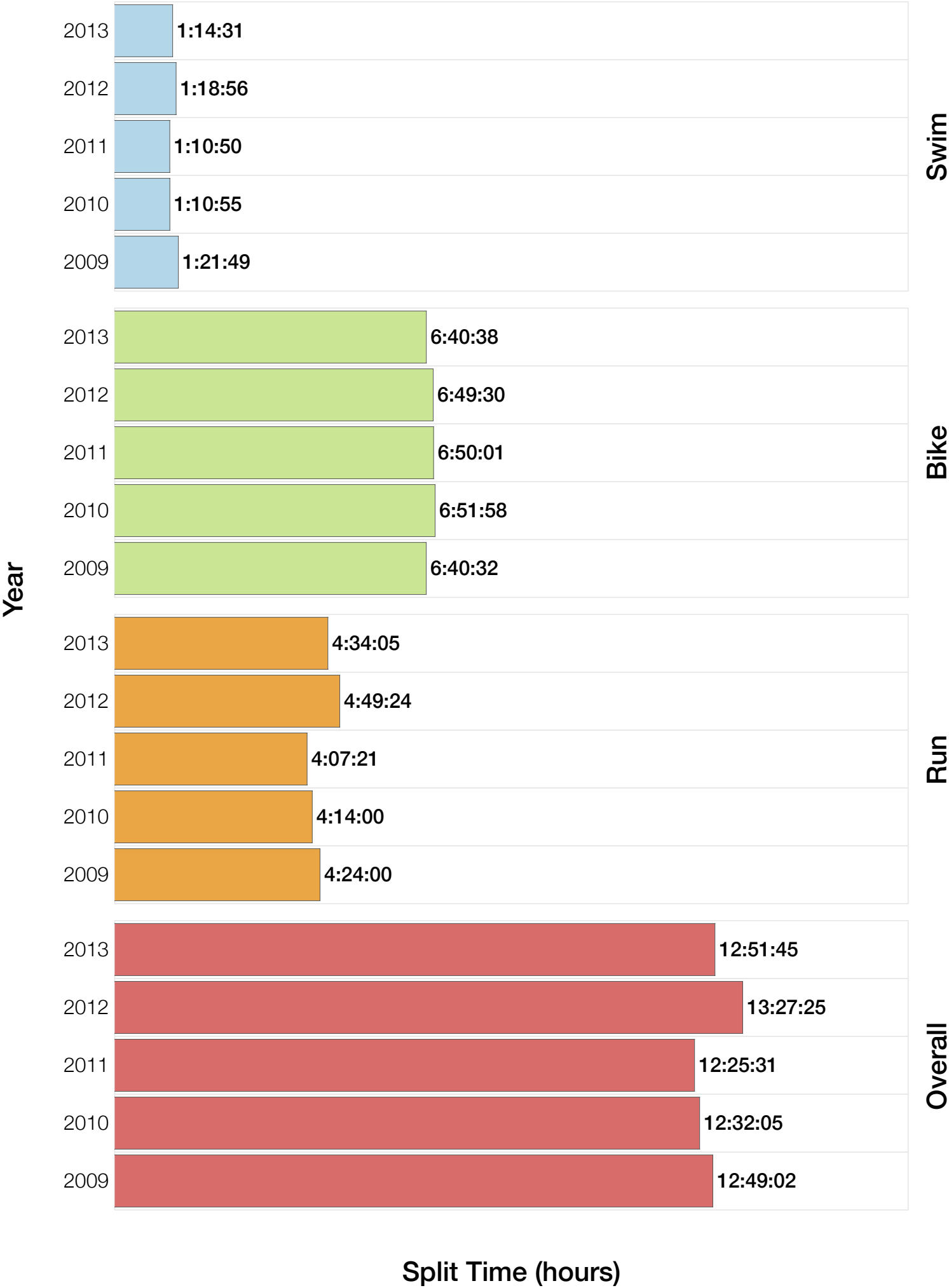


M30-34 Fastest Splits

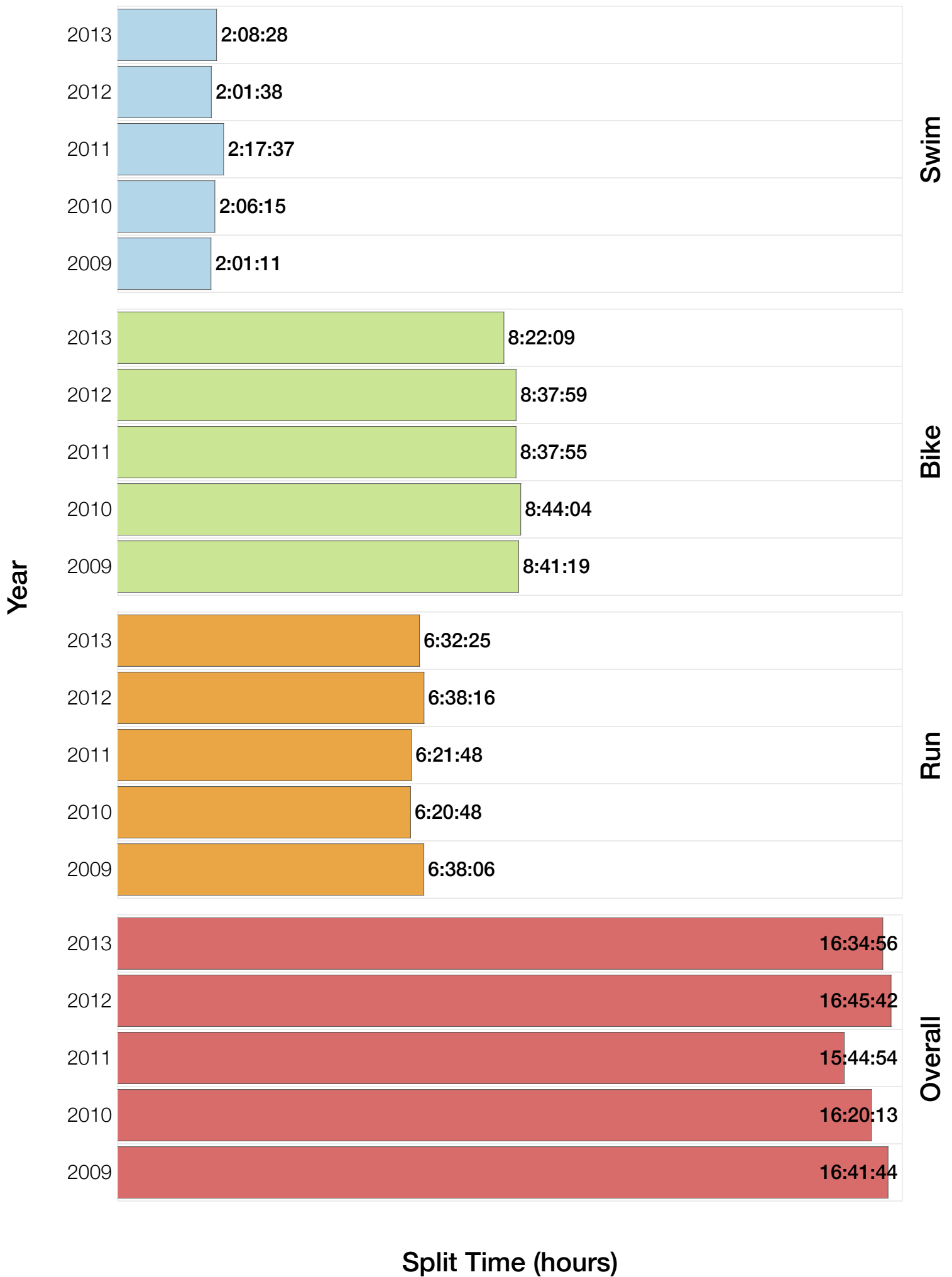


Split Time (hours)

M30-34 Median Splits

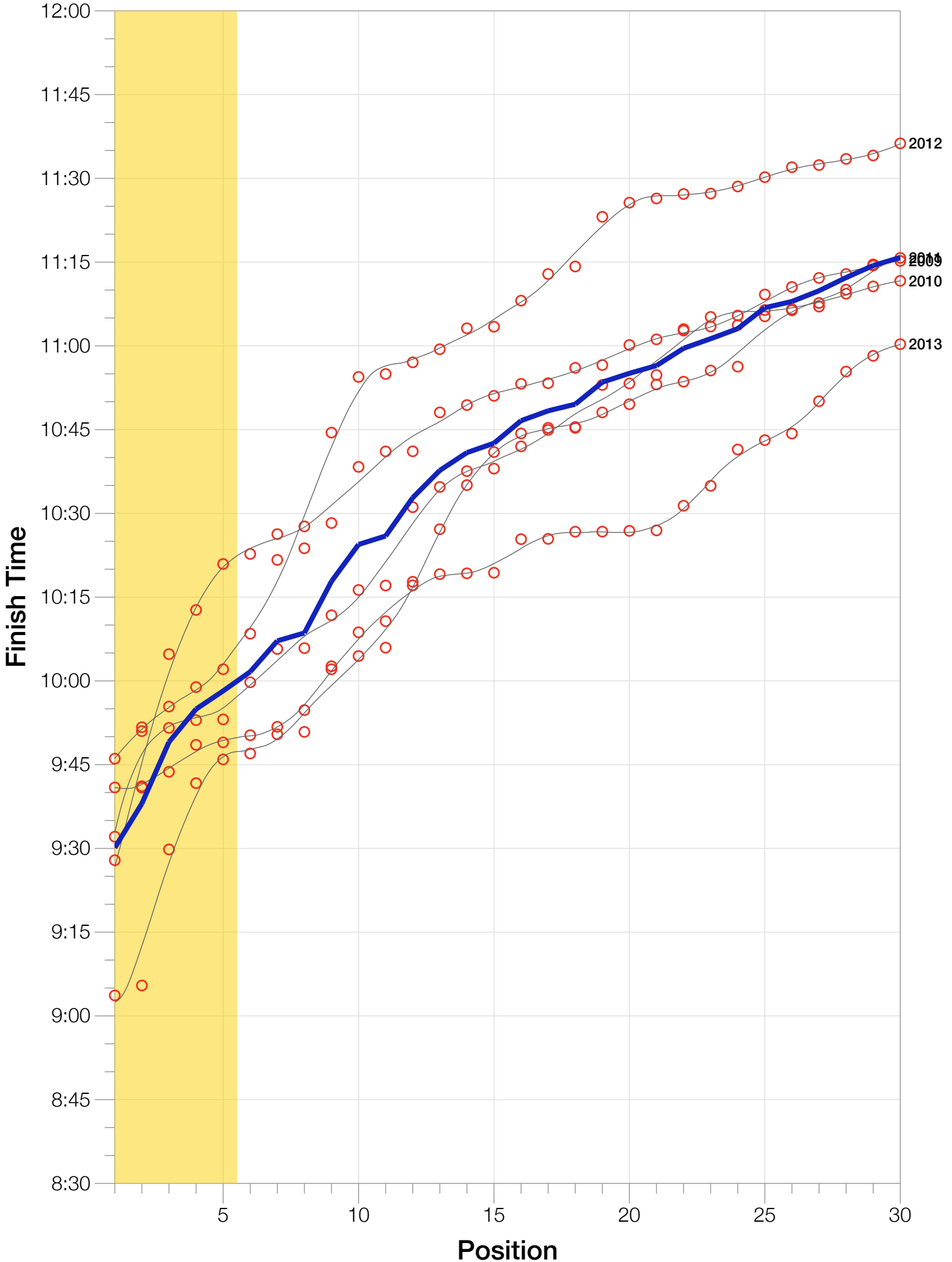


M30-34 Slowest Splits



M30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M30-34 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	1:00:11	5:17:01	3:07:53	9:30:07
Average 2nd Age Grouper	0:57:35	5:28:23	3:05:52	9:38:02
Average 3rd Age Grouper	1:01:15	5:24:08	3:17:26	9:49:03
Average 4th Age Grouper	0:57:40	5:35:01	3:16:12	9:54:57
Average 5th Age Grouper	1:04:42	5:30:03	3:16:48	9:58:12
Average 6th Age Grouper	1:00:40	5:28:32	3:26:37	10:01:38
Average 7th Age Grouper	1:02:54	5:38:23	3:19:31	10:07:10
Average 8th Age Grouper	1:03:28	5:34:15	3:24:44	10:08:35
Average 9th Age Grouper	1:00:02	5:36:17	3:33:27	10:17:50
Average 10th Age Grouper	1:00:38	5:48:03	3:27:28	10:24:26
Kona Qualifier Average	1:00:17	5:26:55	3:12:50	9:46:04
Top 10 Age Grouper Average	1:00:54	5:32:00	3:19:36	9:59:00

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	0:56:11	5:17:45	3:22:58	9:40:55
2nd Age Grouper	0:54:59	5:21:14	3:19:56	9:41:08
3rd Age Grouper	1:03:18	5:11:29	3:23:00	9:43:43
4th Age Grouper	0:57:27	5:19:11	3:24:36	9:48:33
5th Age Grouper	0:55:49	5:19:43	3:27:27	9:48:59
6th Age Grouper	0:56:07	5:20:51	3:28:13	9:50:16
7th Age Grouper	0:54:20	5:32:36	3:20:09	9:51:47
8th Age Grouper	0:57:48	5:32:28	3:19:07	9:54:46
9th Age Grouper	0:52:30	5:29:53	3:28:45	10:02:05
10th Age Grouper	0:53:45	5:39:36	3:28:03	10:08:42
Kona Qualifier Average	0:57:32	5:17:52	3:23:35	9:44:39
Top 10 Age Grouper Average	0:56:13	5:24:28	3:24:13	9:51:05

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	1:12:53	5:23:08	3:04:58	9:46:04
2nd Age Grouper	1:03:10	5:34:27	3:05:49	9:51:42
3rd Age Grouper	1:00:04	5:20:32	3:30:54	9:55:24
4th Age Grouper	0:55:23	5:29:58	3:29:08	9:58:53
5th Age Grouper	1:05:27	5:31:01	3:19:31	10:02:05
6th Age Grouper	1:13:47	5:30:41	3:18:10	10:08:27
7th Age Grouper	1:01:46	5:31:09	3:42:44	10:21:40
8th Age Grouper	1:14:38	5:25:54	3:37:45	10:23:45
9th Age Grouper	1:03:59	5:43:14	3:49:35	10:44:28
10th Age Grouper	1:09:57	6:03:35	3:32:43	10:54:26
Kona Qualifier Average	1:03:23	5:27:49	3:18:04	9:54:49
Top 10 Age Grouper Average	1:06:06	5:33:21	3:27:07	10:12:41

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	0:48:01	5:14:16	2:57:49	9:03:40
2nd Age Grouper	0:49:47	5:21:18	2:50:08	9:05:27
3rd Age Grouper	0:55:27	5:21:46	3:07:45	9:29:49
4th Age Grouper	0:54:21	5:35:50	3:07:03	9:41:41
5th Age Grouper	0:55:28	5:37:06	3:07:15	9:45:56
6th Age Grouper	0:54:27	5:27:24	3:19:56	9:47:00
7th Age Grouper	1:04:53	5:34:53	3:05:32	9:50:26
8th Age Grouper	0:52:28	5:39:08	3:13:51	9:50:52
9th Age Grouper	0:55:04	5:40:24	3:22:37	10:02:37
10th Age Grouper	1:05:57	5:53:40	2:58:12	10:04:27
Kona Qualifier Average	0:52:36	5:26:03	3:02:00	9:25:18
Top 10 Age Grouper Average	0:55:35	5:32:34	3:07:00	9:40:11

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	1:01:08	5:22:20	3:02:33	9:32:06
2nd Age Grouper	0:53:45	5:34:47	3:15:43	9:51:00
3rd Age Grouper	0:59:24	5:30:06	3:16:19	9:51:35
4th Age Grouper	0:53:04	5:42:06	3:11:59	9:52:58
5th Age Grouper	1:03:03	5:37:11	3:05:07	9:53:06
6th Age Grouper	0:55:46	5:42:46	3:16:11	9:59:45
7th Age Grouper	1:05:27	5:52:31	3:00:54	10:05:43
8th Age Grouper	0:59:12	5:38:57	3:21:31	10:05:52
9th Age Grouper	1:02:23	5:33:48	3:30:22	10:11:45
10th Age Grouper	0:53:18	5:45:04	3:28:20	10:16:17
Kona Qualifier Average	0:58:04	5:33:18	3:10:20	9:48:09
Top 10 Age Grouper Average	0:58:39	5:37:57	3:14:53	9:58:00

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	1:02:46	5:07:36	3:11:07	9:27:53
2nd Age Grouper	1:06:17	5:30:13	2:57:46	9:40:53
3rd Age Grouper	1:08:02	5:36:47	3:09:12	10:04:47
4th Age Grouper	1:08:08	5:48:02	3:08:17	10:12:42
5th Age Grouper	1:23:44	5:25:14	3:24:41	10:20:56
6th Age Grouper	1:03:14	5:20:59	3:50:39	10:22:44
7th Age Grouper	1:08:05	5:40:46	3:28:16	10:26:17
8th Age Grouper	1:13:15	5:34:51	3:31:27	10:27:40
9th Age Grouper	1:06:16	5:34:09	3:35:56	10:28:16
10th Age Grouper	1:00:17	5:38:24	3:50:02	10:38:20
Kona Qualifier Average	1:09:47	5:29:34	3:10:12	9:57:26
Top 10 Age Grouper Average	1:08:00	5:31:42	3:24:44	10:13:02