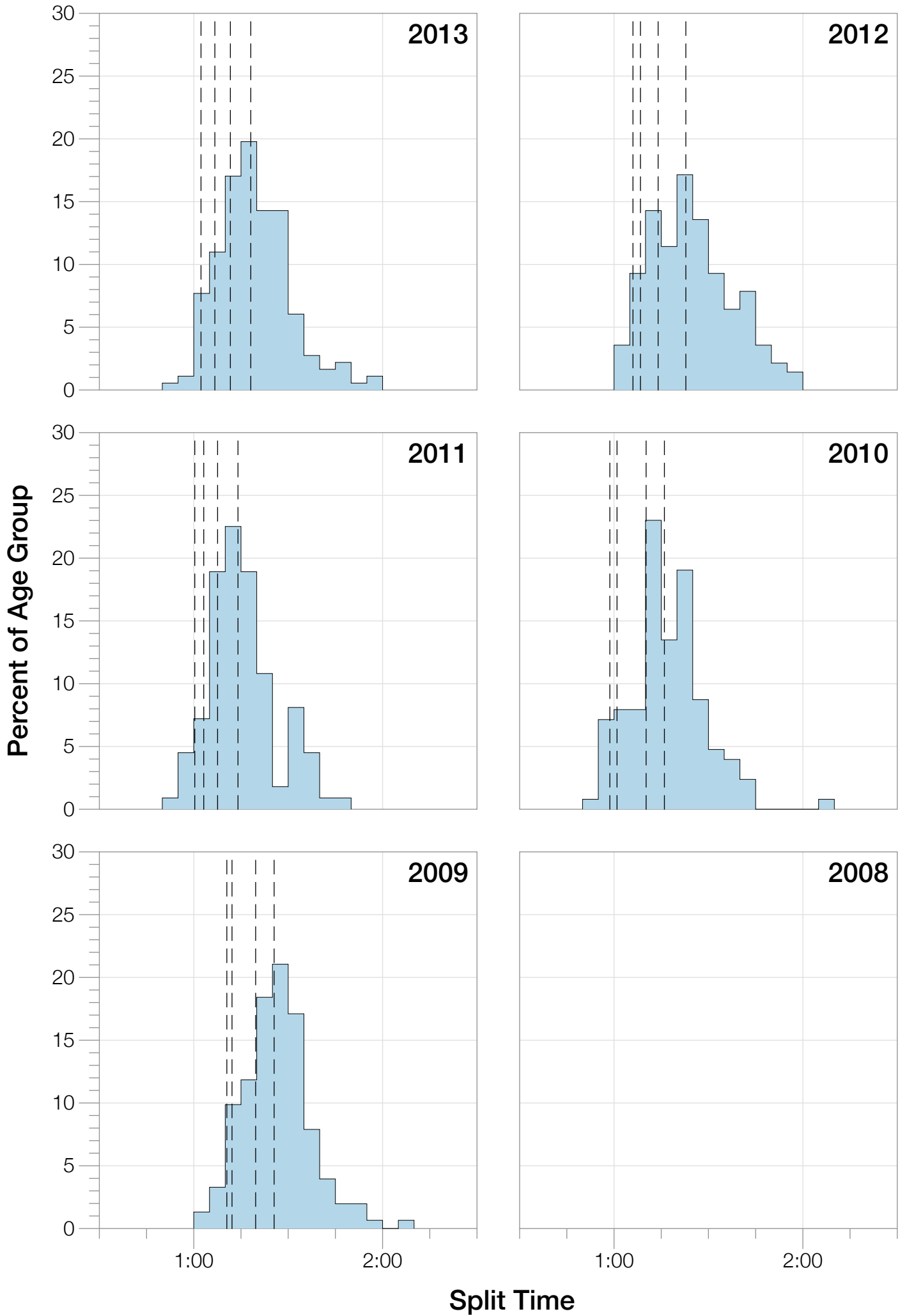


Ironman UK M45-49 Stats

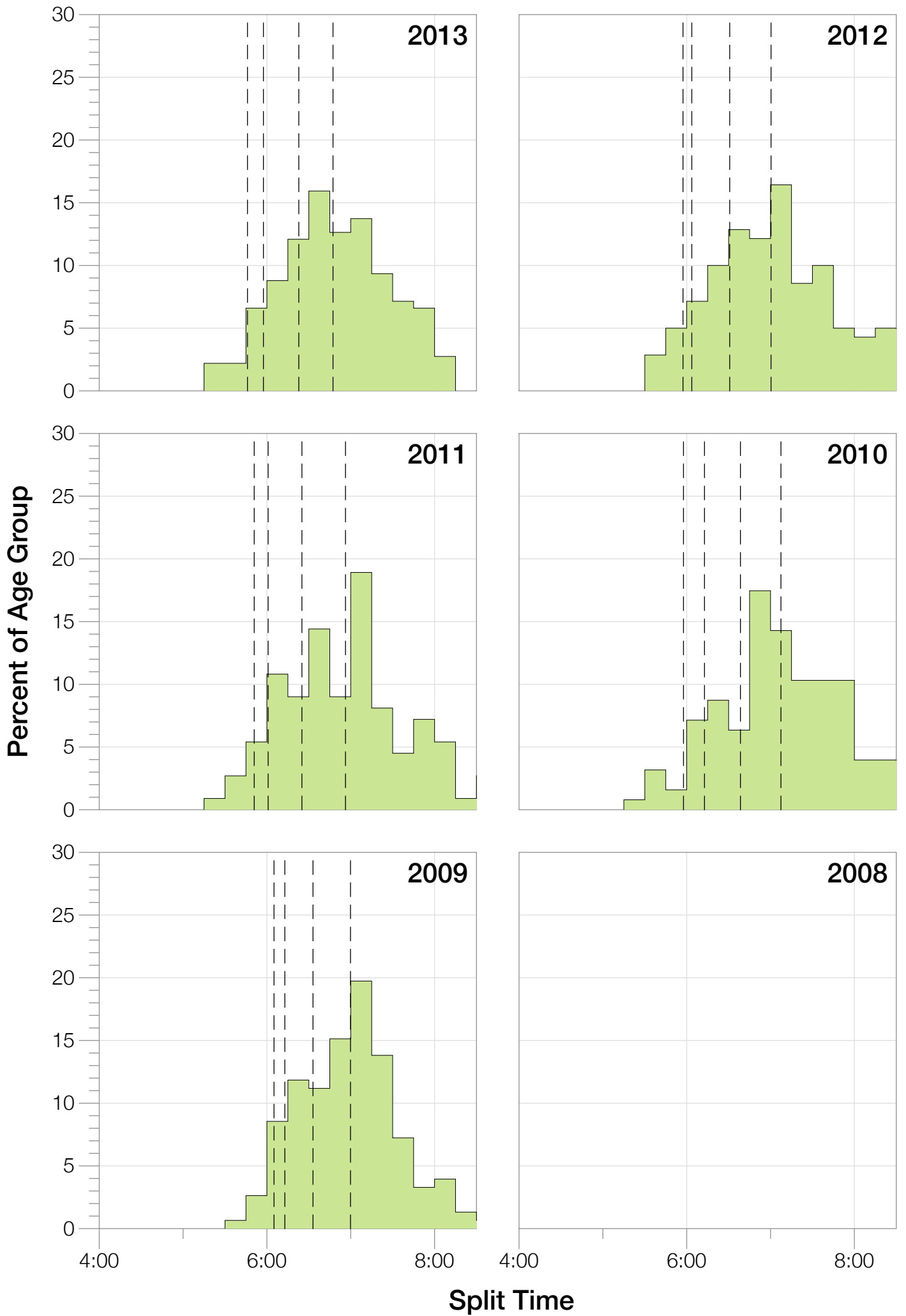
M45-49 Summary Statistics

Year	Finishers	M45-49 Finishers	Male Winner's Time	Female Winner's Time	M45-49 Winner's Time
2009	1260	152	8:45:51	9:33:59	10:29:22
2010	1052	126	8:40:17	10:01:02	9:44:30
2011	1038	111	8:24:33	9:37:31	9:24:20
2012	1180	140	8:55:11	10:08:44	9:54:02
2013	1355	182	8:45:48	9:29:12	9:58:26
Average	1177	142	8:42:20	9:46:05	9:54:08

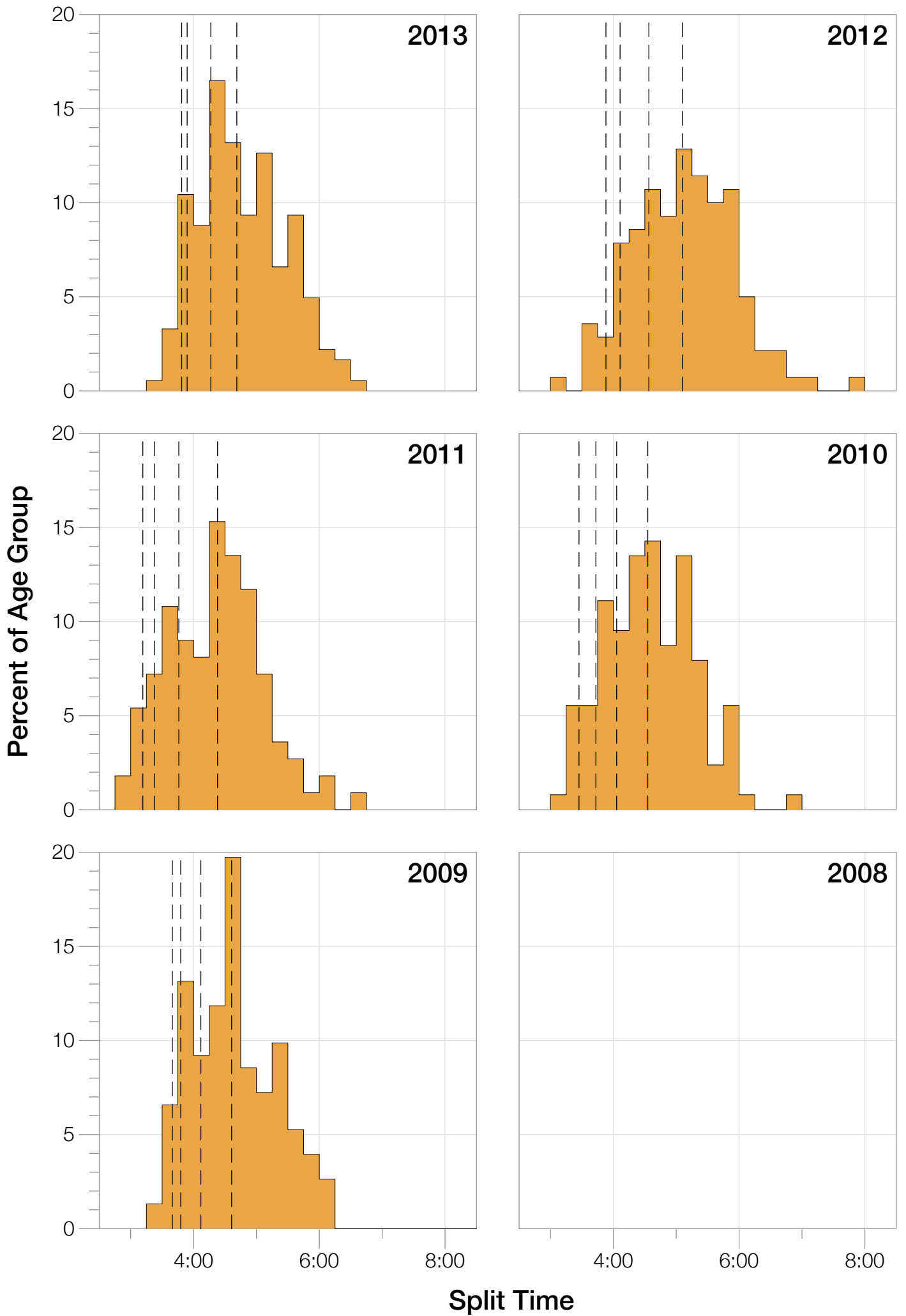
M45-49 Swim



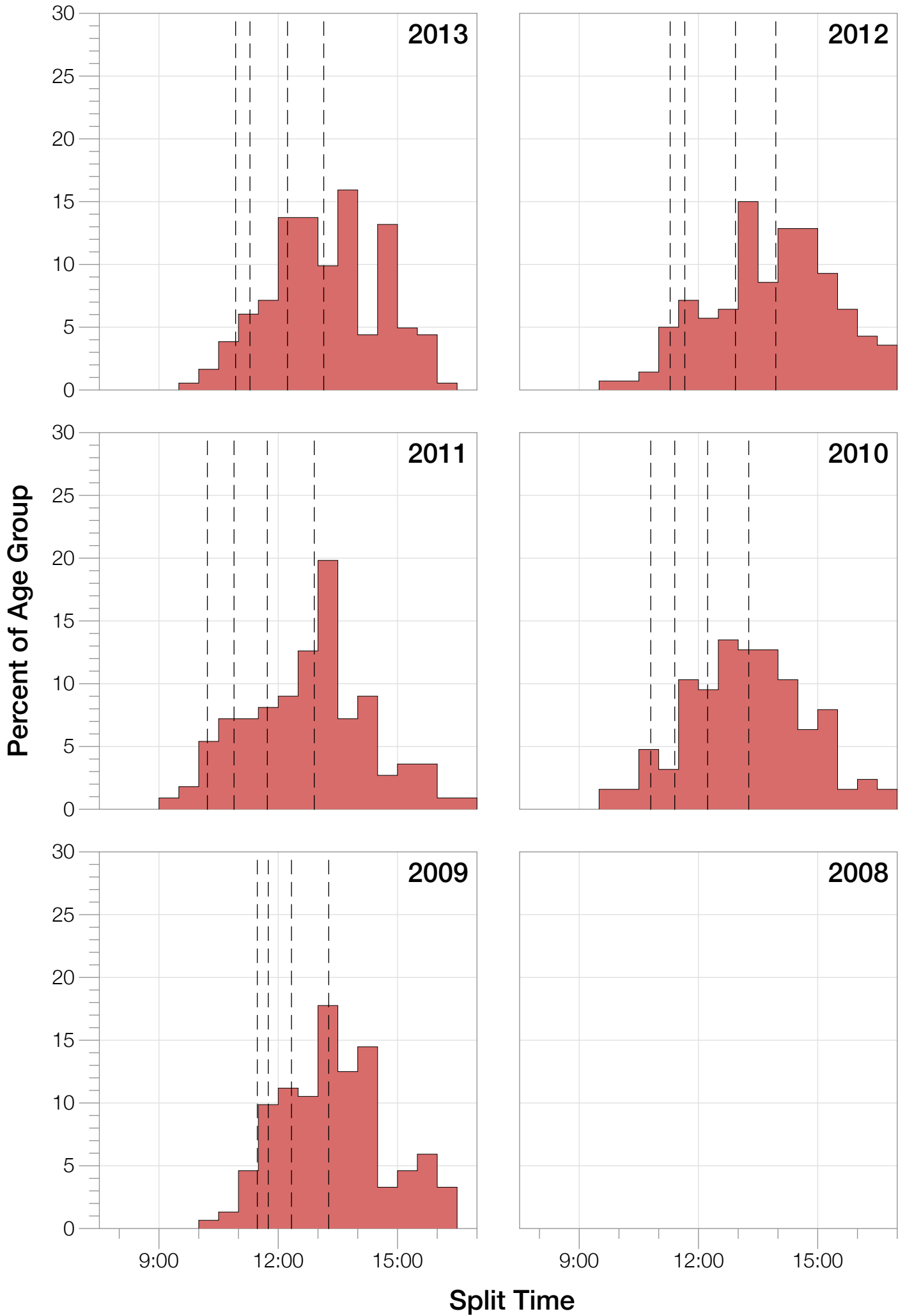
M45-49 Bike



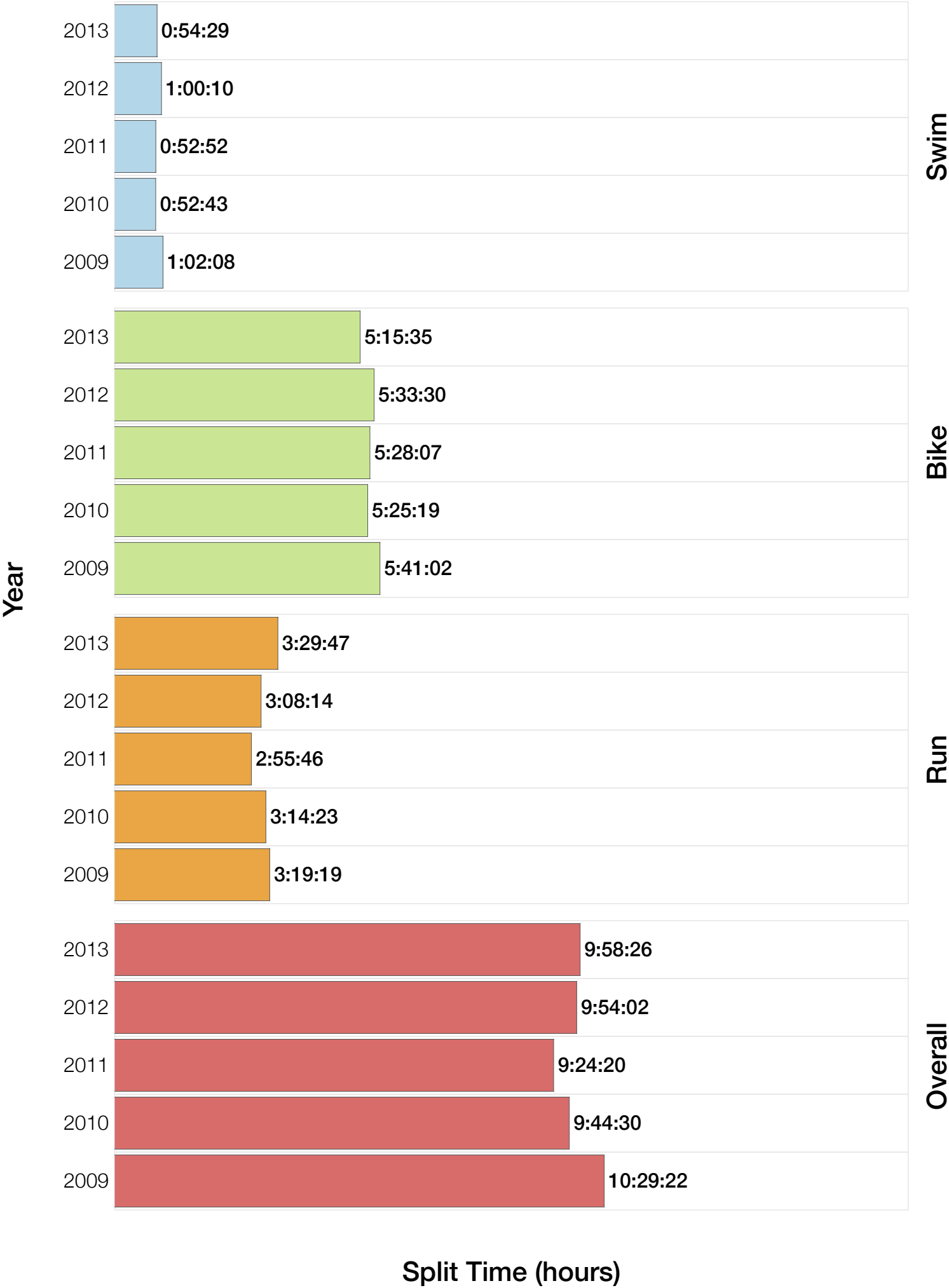
M45-49 Run



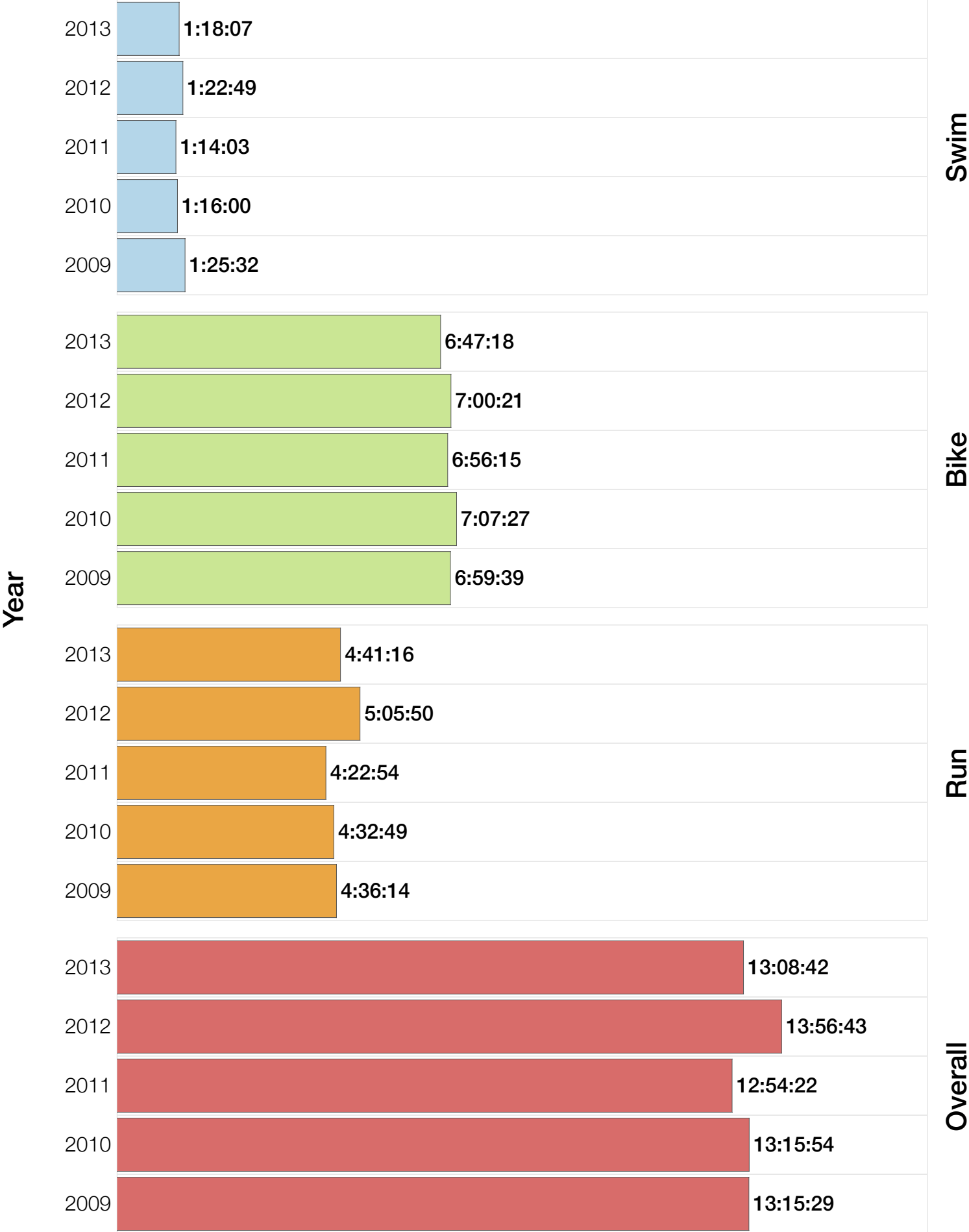
M45-49 Overall



M45-49 Fastest Splits

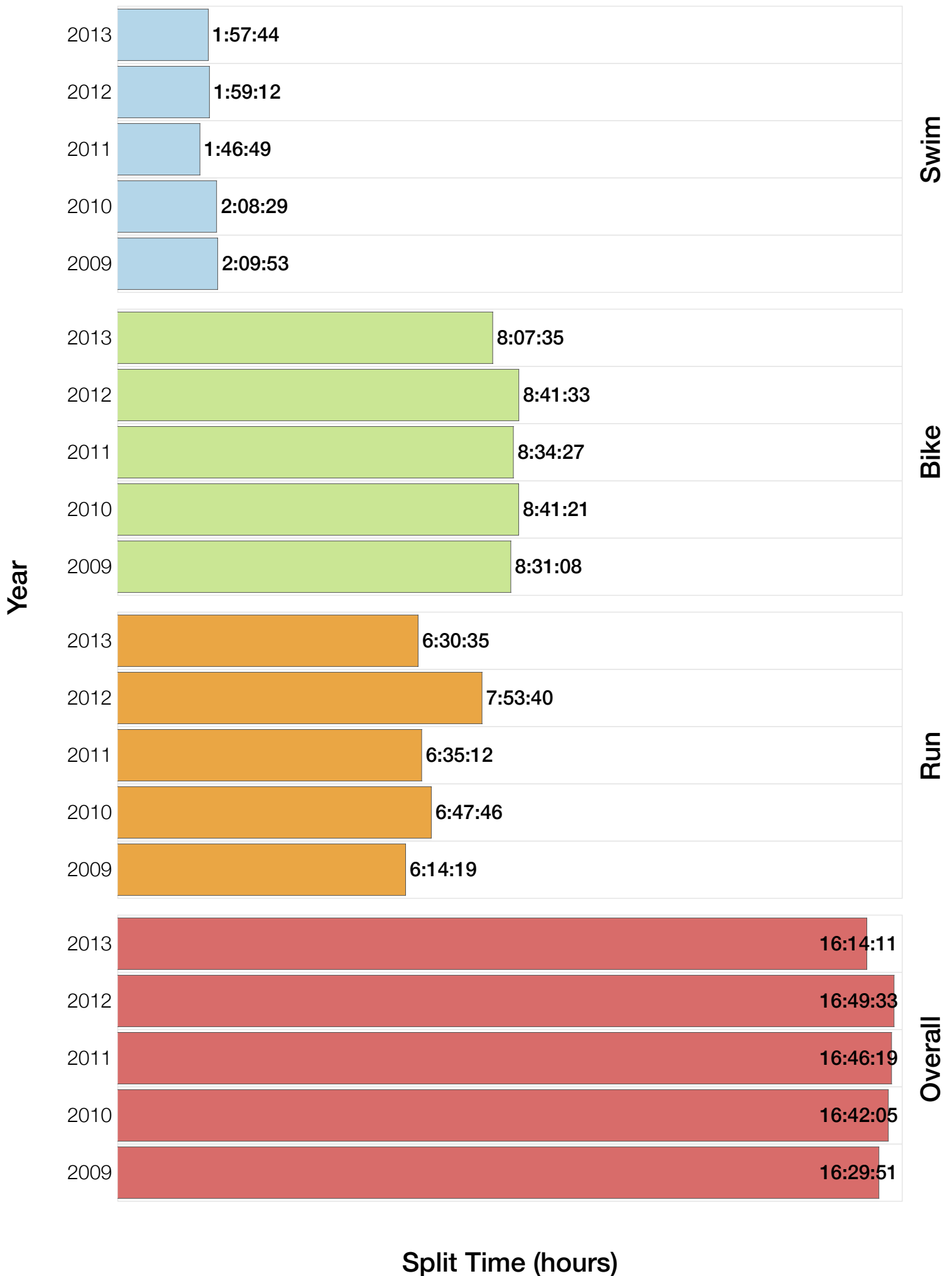


M45-49 Median Splits



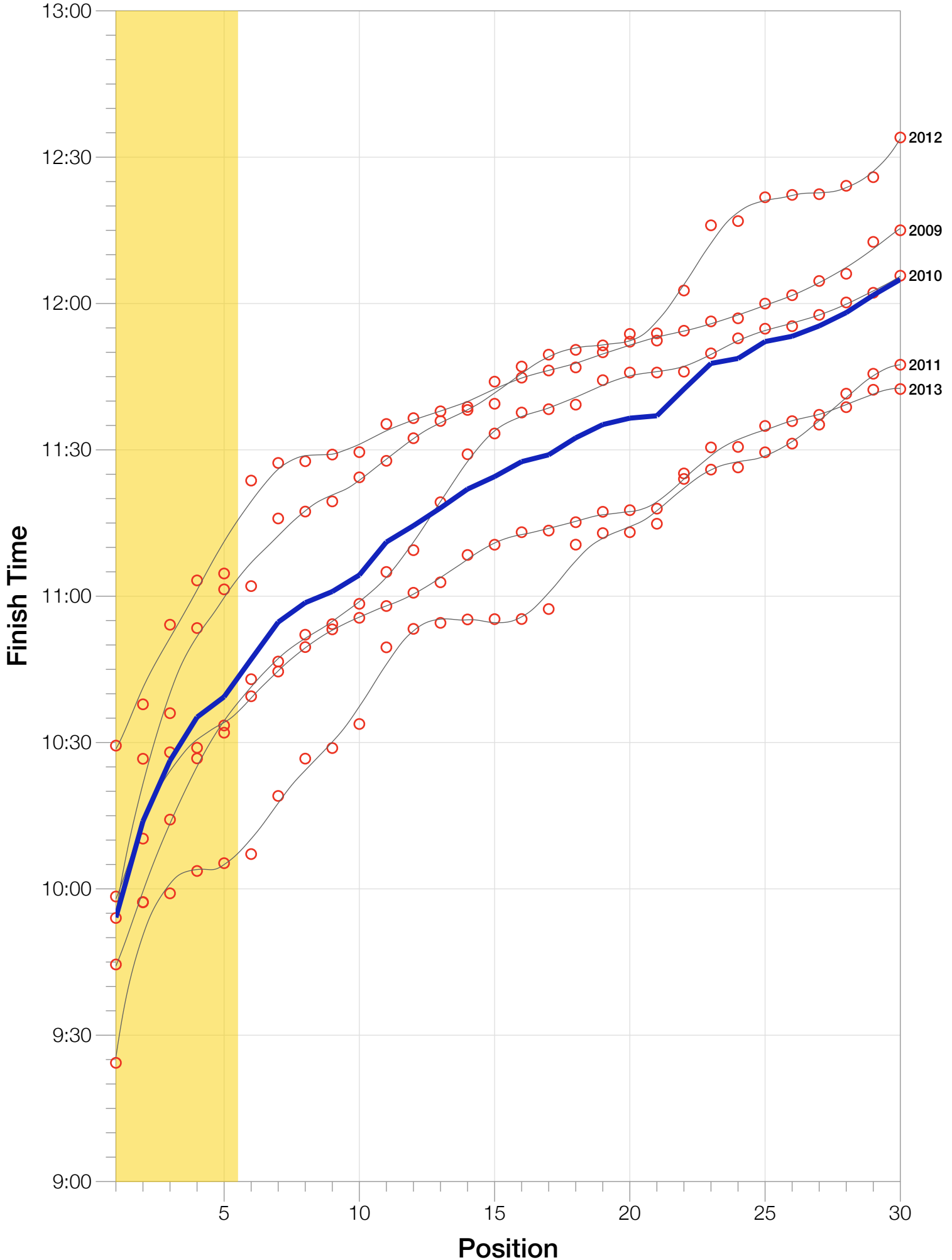
Split Time (hours)

M45-49 Slowest Splits



M45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M45-49 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	1:01:09	5:33:14	3:13:29	9:54:08
Average 2nd Age Grouper	1:06:03	5:34:22	3:26:08	10:13:52
Average 3rd Age Grouper	1:06:04	5:44:36	3:28:21	10:26:17
Average 4th Age Grouper	1:07:30	5:48:13	3:31:47	10:35:12
Average 5th Age Grouper	1:08:24	5:43:14	3:40:08	10:39:22
Average 6th Age Grouper	1:09:58	5:53:23	3:35:50	10:47:04
Average 7th Age Grouper	1:14:06	5:58:10	3:32:37	10:54:41
Average 8th Age Grouper	1:06:23	6:01:08	3:41:37	10:58:40
Average 9th Age Grouper	1:10:29	6:03:31	3:38:00	11:00:57
Average 10th Age Grouper	1:05:46	6:00:35	3:49:05	11:04:20
Kona Qualifier Average	1:05:50	5:40:44	3:27:59	10:21:46
Top 10 Age Grouper Average	1:07:35	5:50:02	3:33:42	10:39:27

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	0:54:29	5:29:02	3:29:47	9:58:26
2nd Age Grouper	1:07:06	5:17:59	3:38:42	10:10:18
3rd Age Grouper	0:57:57	5:49:40	3:33:28	10:28:00
4th Age Grouper	1:08:57	5:42:16	3:30:43	10:28:56
5th Age Grouper	1:12:06	5:24:50	3:49:25	10:33:30
6th Age Grouper	1:06:56	5:30:01	3:53:45	10:39:29
7th Age Grouper	1:13:28	5:48:52	3:32:24	10:44:33
8th Age Grouper	1:13:06	5:44:02	3:46:35	10:49:34
9th Age Grouper	0:59:19	5:56:30	3:50:29	10:53:12
10th Age Grouper	1:08:44	5:43:19	3:56:32	10:55:34
Kona Qualifier Average	1:04:07	5:32:45	3:36:25	10:19:50
Top 10 Age Grouper Average	1:06:12	5:38:39	3:42:11	10:34:09

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	1:05:58	5:33:30	3:08:14	9:54:02
2nd Age Grouper	1:01:47	5:38:03	3:40:51	10:26:40
3rd Age Grouper	1:13:50	5:34:36	3:40:55	10:36:01
4th Age Grouper	1:03:26	5:50:15	3:53:15	10:53:28
5th Age Grouper	1:04:09	5:44:10	4:06:02	11:01:24
6th Age Grouper	1:08:37	5:53:48	3:53:01	11:02:04
7th Age Grouper	1:16:51	6:01:46	3:43:07	11:15:56
8th Age Grouper	1:00:10	6:28:37	3:38:49	11:17:21
9th Age Grouper	1:10:34	5:58:07	4:03:35	11:19:26
10th Age Grouper	1:16:57	5:58:26	4:00:54	11:24:22
Kona Qualifier Average	1:05:50	5:40:06	3:41:51	10:34:19
Top 10 Age Grouper Average	1:08:13	5:52:07	3:46:52	10:55:04

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	0:55:15	5:28:07	2:55:46	9:24:20
2nd Age Grouper	1:12:12	5:38:03	2:58:23	9:57:14
3rd Age Grouper	1:06:43	5:36:36	3:10:22	9:59:05
4th Age Grouper	1:05:17	5:46:45	3:06:14	10:03:40
5th Age Grouper	1:02:58	5:51:49	3:04:55	10:05:16
6th Age Grouper	1:06:07	5:39:26	3:16:13	10:07:08
7th Age Grouper	1:09:23	5:50:01	3:12:49	10:19:03
8th Age Grouper	1:01:40	5:55:21	3:22:50	10:26:42
9th Age Grouper	0:55:31	5:56:44	3:30:18	10:28:52
10th Age Grouper	0:52:52	6:00:53	3:31:39	10:33:48
Kona Qualifier Average	1:04:29	5:40:16	3:03:08	9:53:55
Top 10 Age Grouper Average	1:02:47	5:46:22	3:12:56	10:08:30

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	0:59:11	5:25:19	3:14:23	9:44:30
2nd Age Grouper	0:52:43	5:36:43	3:22:24	9:57:18
3rd Age Grouper	1:00:56	5:39:41	3:26:36	10:14:12
4th Age Grouper	1:05:04	5:44:21	3:29:01	10:26:45
5th Age Grouper	1:02:45	5:42:35	3:40:37	10:32:01
6th Age Grouper	1:01:41	6:16:05	3:18:13	10:42:59
7th Age Grouper	1:09:42	6:05:02	3:25:17	10:46:36
8th Age Grouper	0:58:28	5:56:50	3:46:02	10:52:06
9th Age Grouper	1:12:55	6:03:46	3:25:07	10:54:16
10th Age Grouper	0:58:00	6:00:15	3:50:50	10:58:26
Kona Qualifier Average	1:00:07	5:37:43	3:26:36	10:10:57
Top 10 Age Grouper Average	1:02:08	5:51:03	3:29:51	10:30:54

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	1:10:56	5:50:16	3:19:19	10:29:22
2nd Age Grouper	1:16:27	5:41:02	3:30:22	10:37:50
3rd Age Grouper	1:10:58	6:02:29	3:30:26	10:54:09
4th Age Grouper	1:14:49	5:57:30	3:39:46	11:03:14
5th Age Grouper	1:20:04	5:52:49	3:39:44	11:04:39
6th Age Grouper	1:26:30	6:07:35	3:37:59	11:23:42
7th Age Grouper	1:21:09	6:05:12	3:49:32	11:27:19
8th Age Grouper	1:18:34	6:00:50	3:53:50	11:27:40
9th Age Grouper	1:34:10	6:22:28	3:20:33	11:29:02
10th Age Grouper	1:12:18	6:20:05	3:45:30	11:29:32
Kona Qualifier Average	1:14:38	5:52:49	3:31:55	10:49:50
Top 10 Age Grouper Average	1:18:35	6:02:01	3:36:42	11:08:38