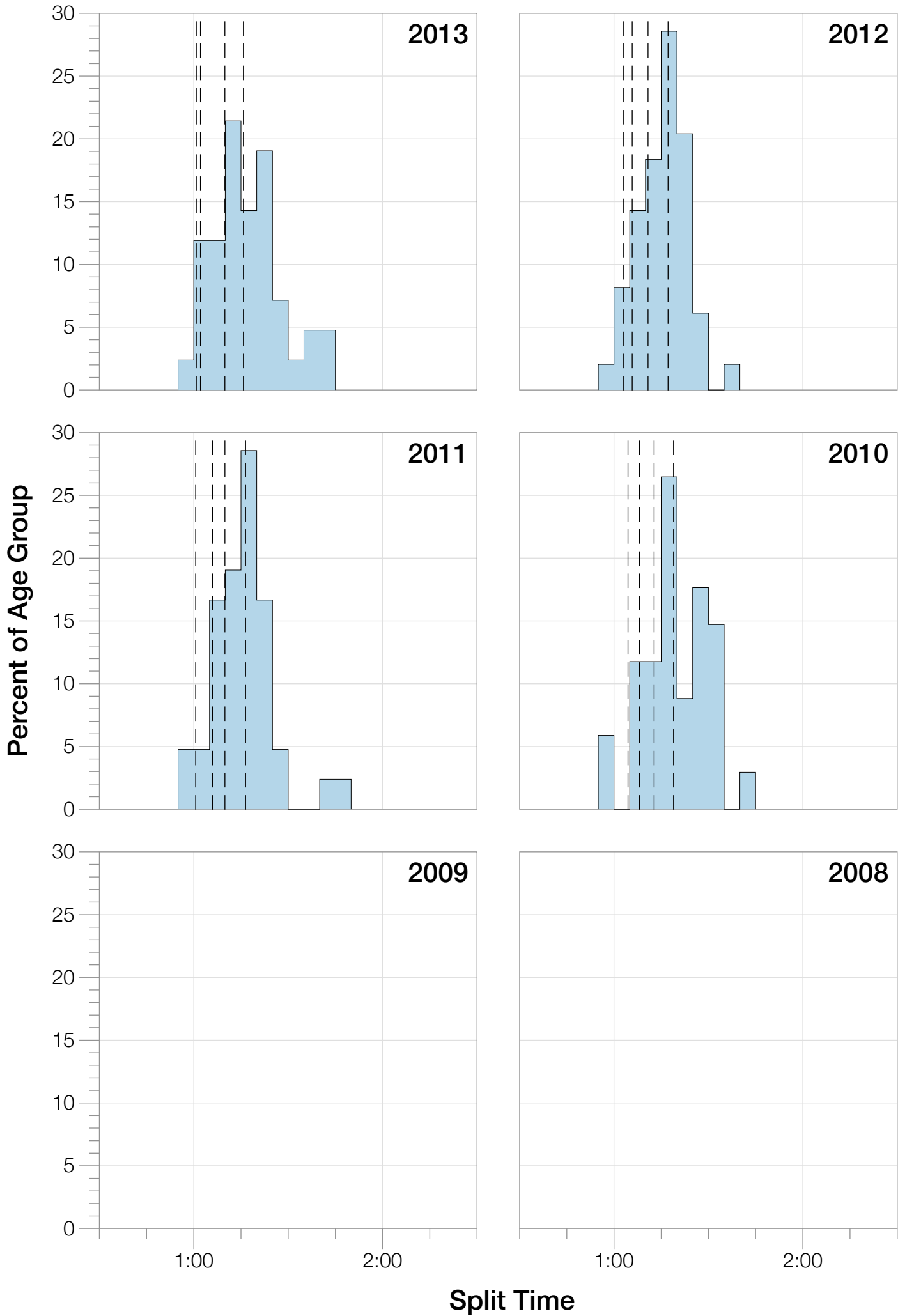


# Ironman Copenhagen F30-34 Stats

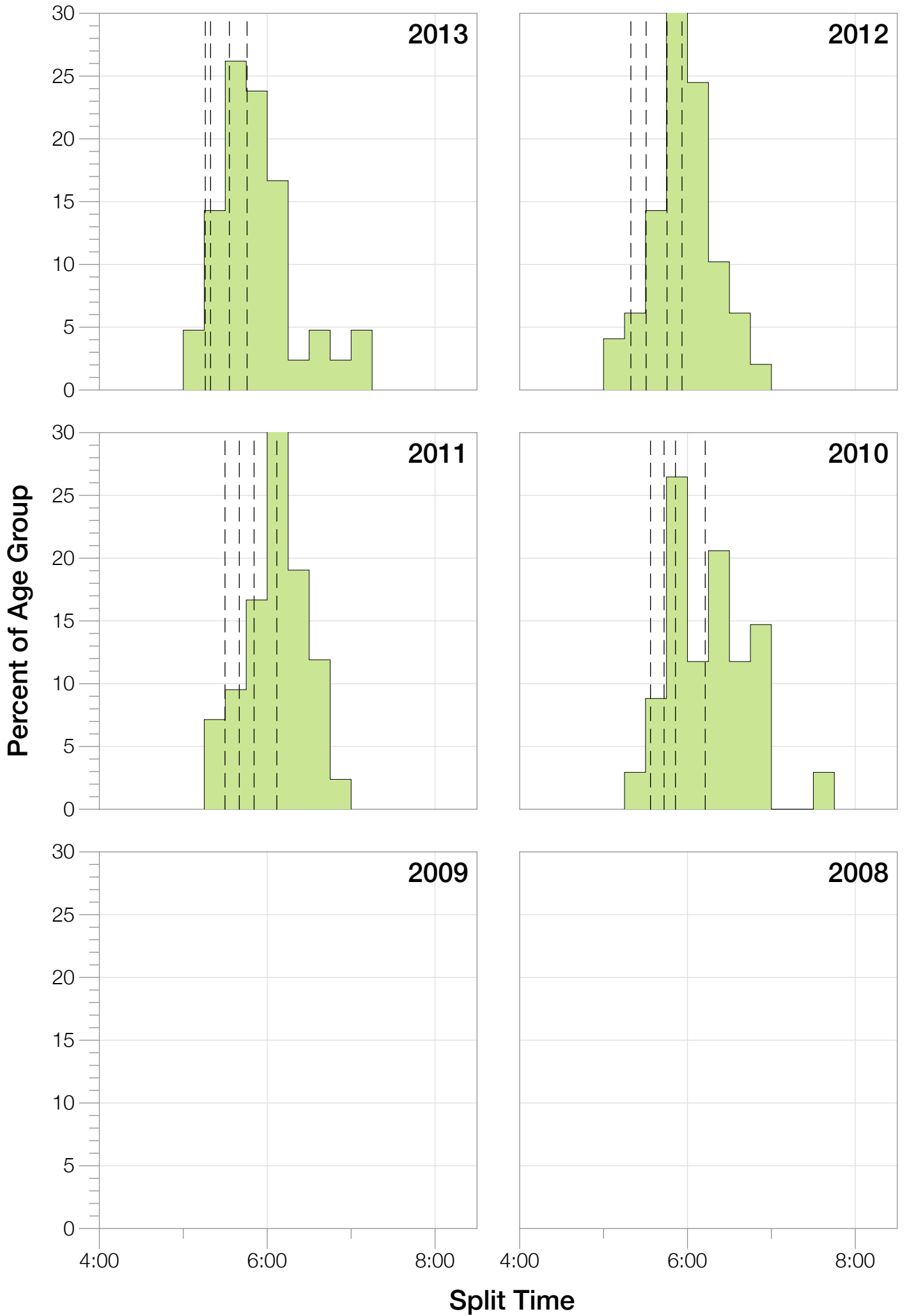
## F30-34 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F30-34 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F30-34 Winner's Time</b>
2010	1308	34	8:07:39	8:54:36	10:51:08
2011	1377	42	8:11:15	8:52:42	10:18:55
2012	1400	49	8:20:09	9:12:27	10:00:56
2013	1776	42	8:12:41	8:37:36	9:45:59
<b>Average</b>	<b>1465</b>	<b>42</b>	<b>8:12:56</b>	<b>8:54:20</b>	<b>10:14:14</b>

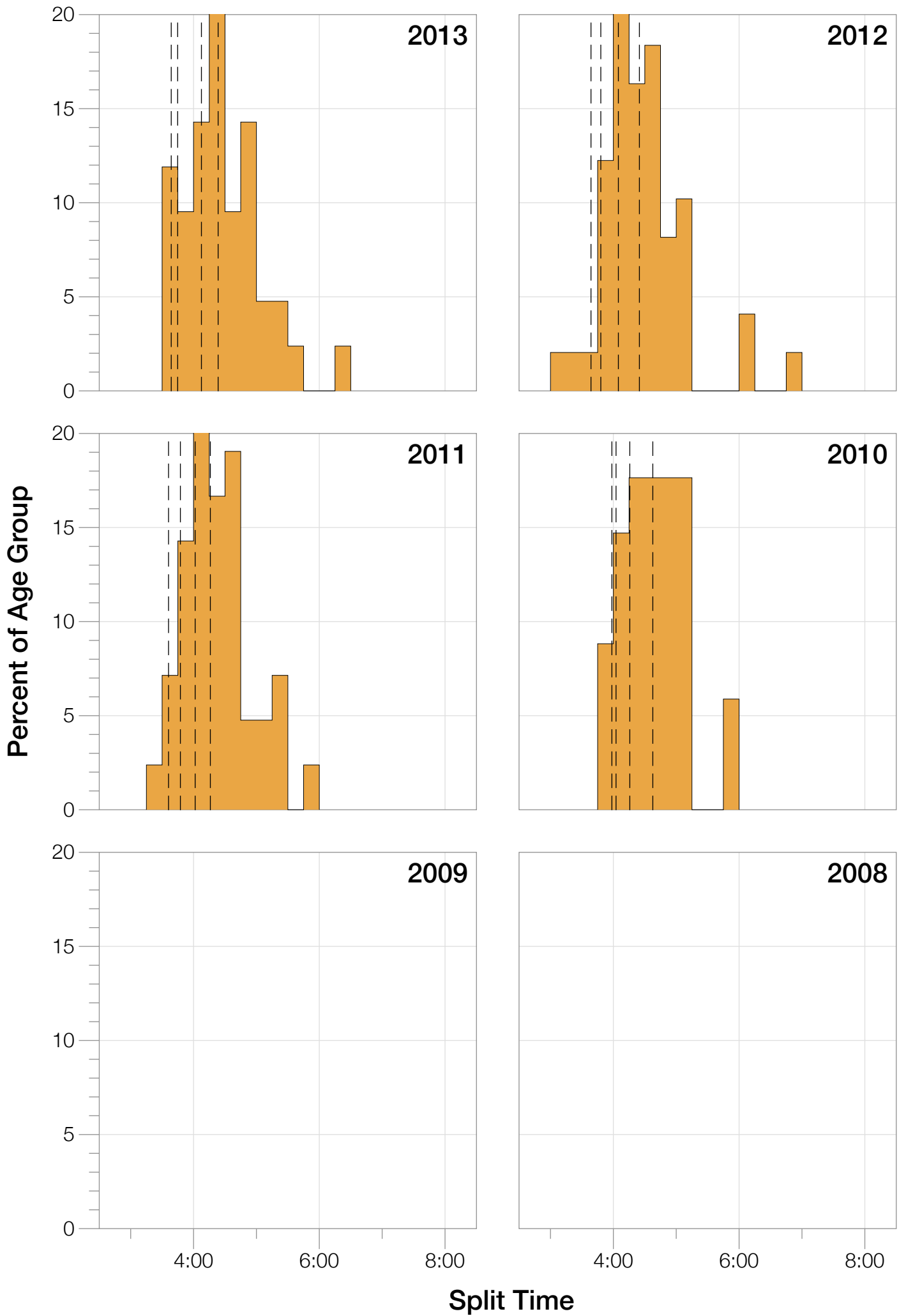
# F30-34 Swim



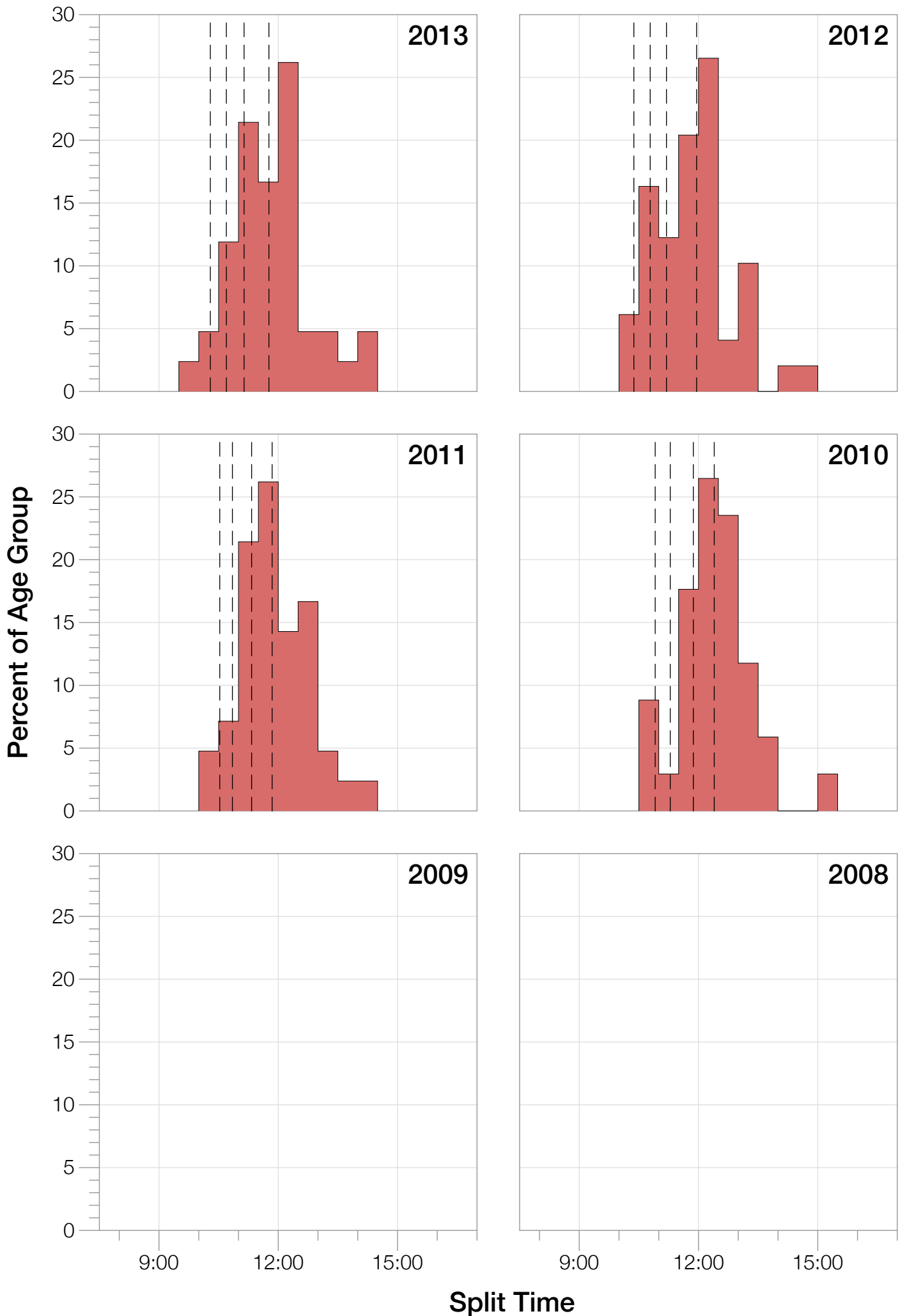
# F30-34 Bike



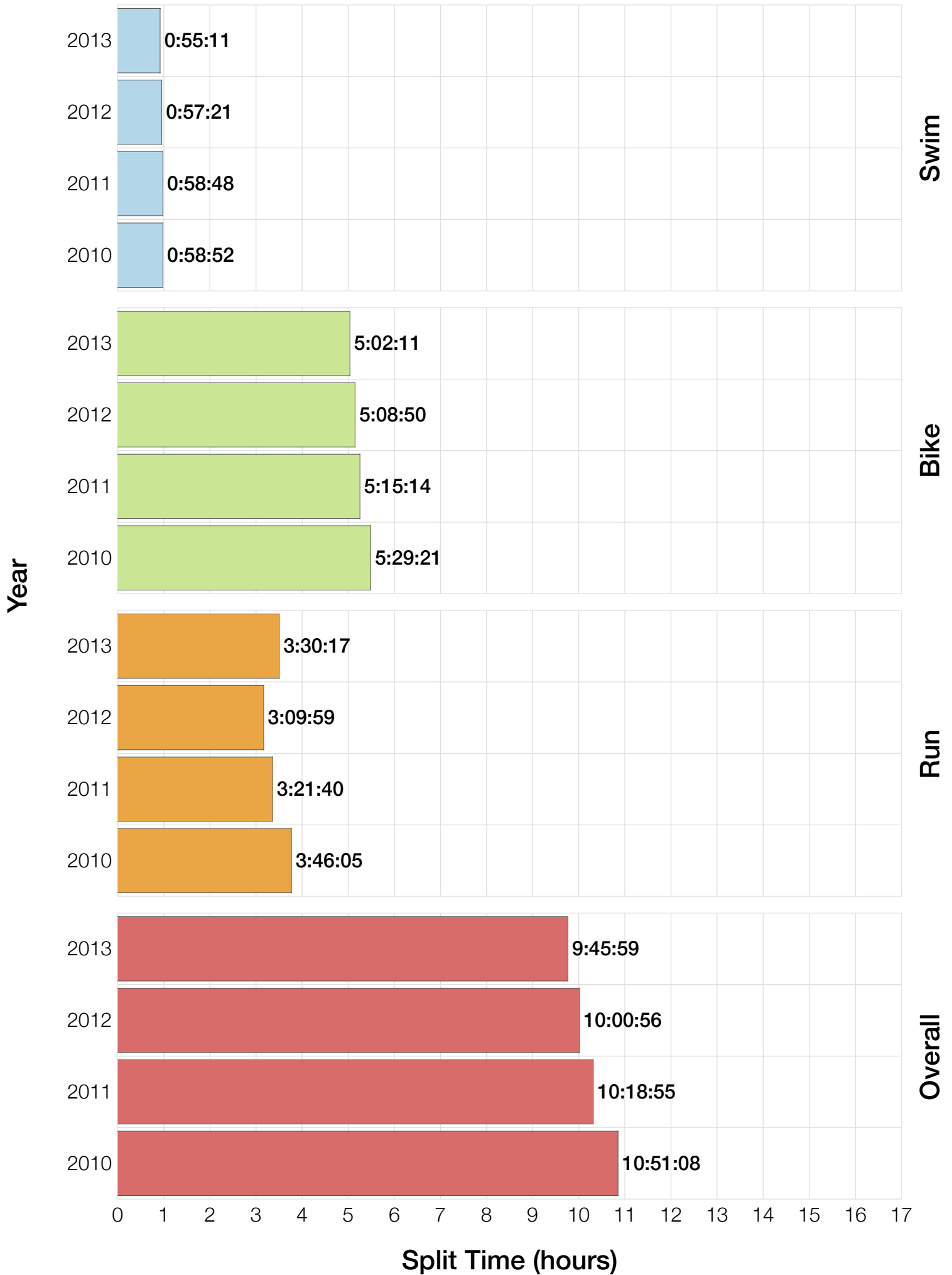
# F30-34 Run



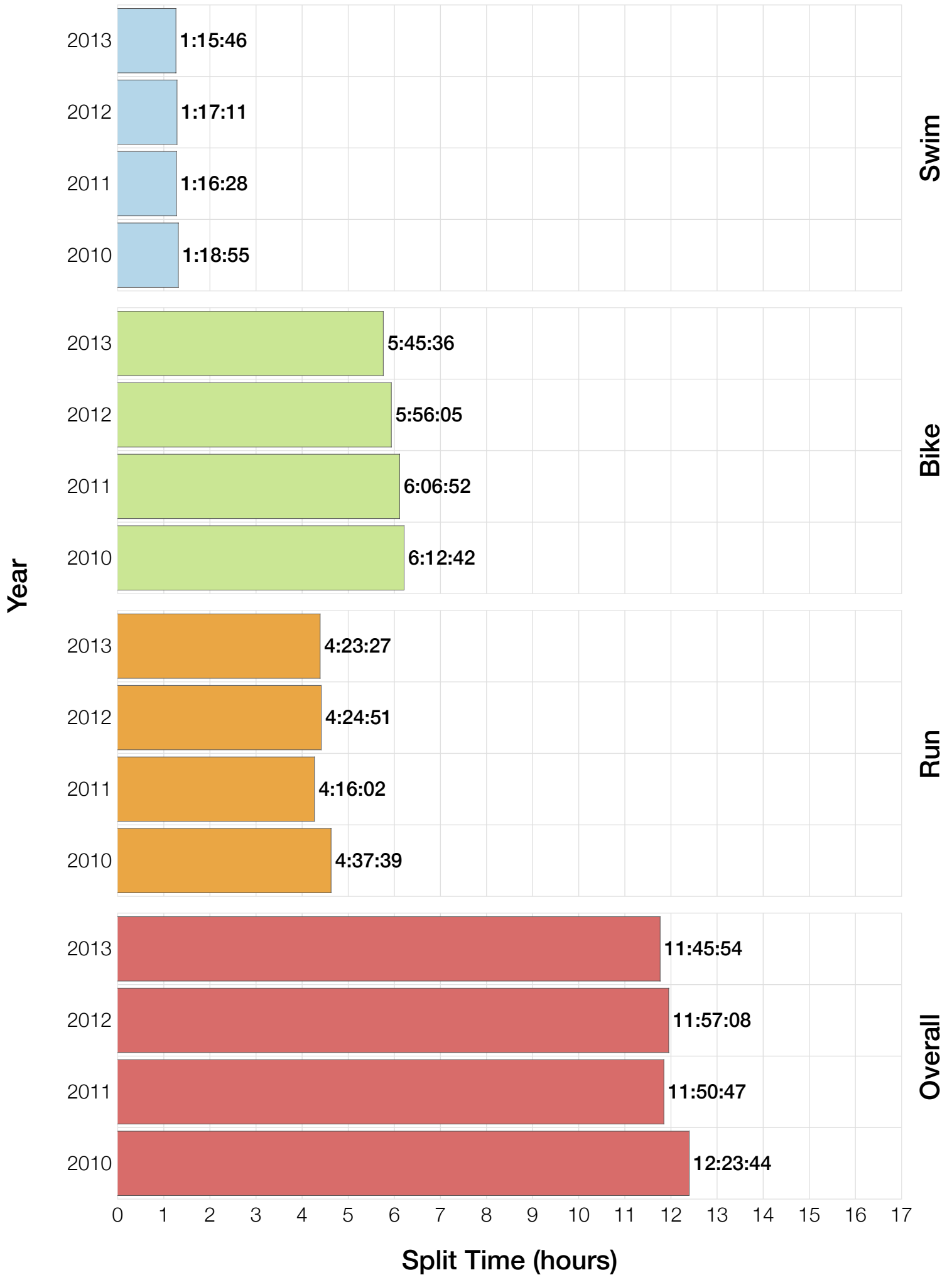
# F30-34 Overall



# F30-34 Fastest Splits

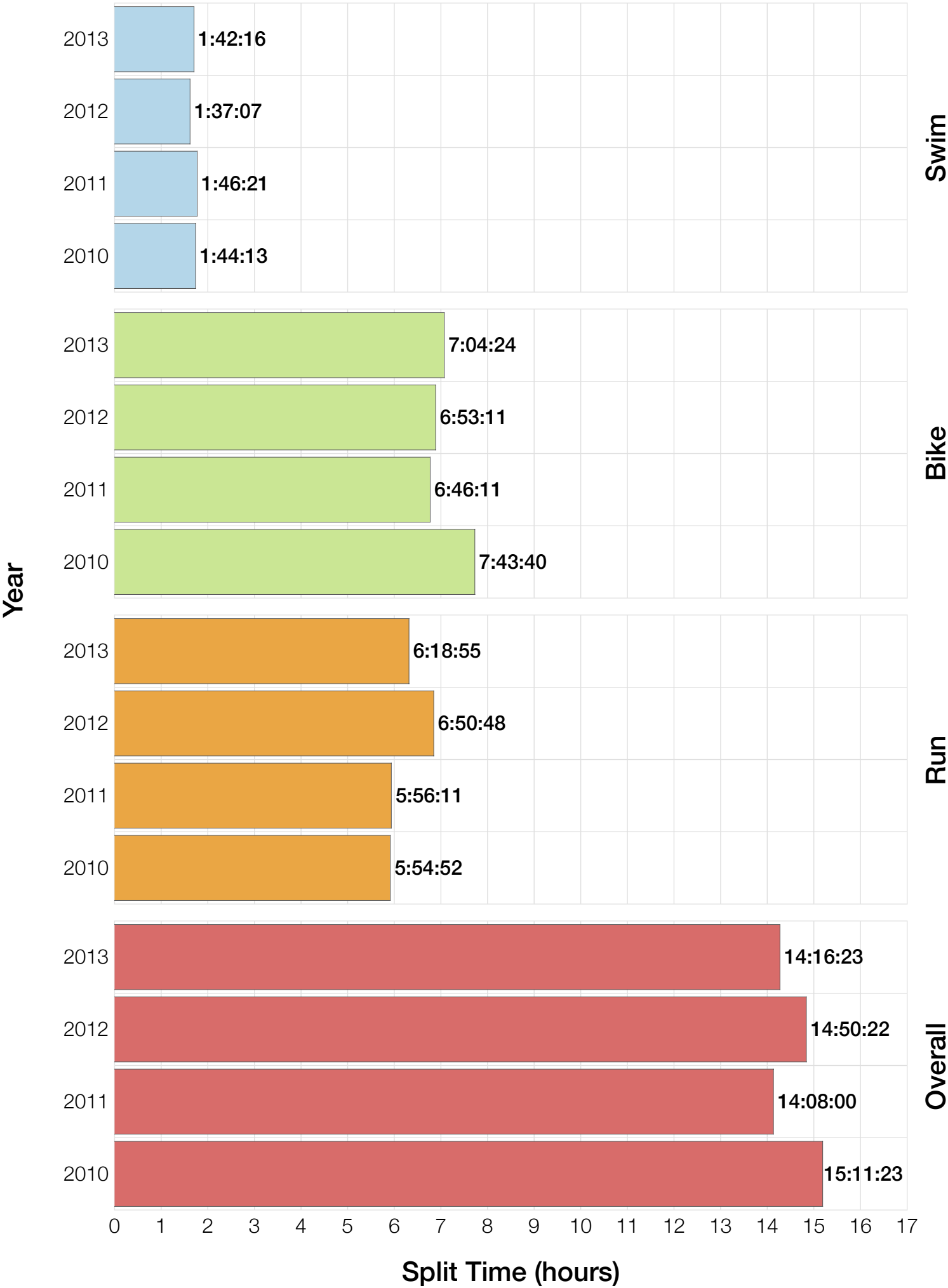


# F30-34 Median Splits



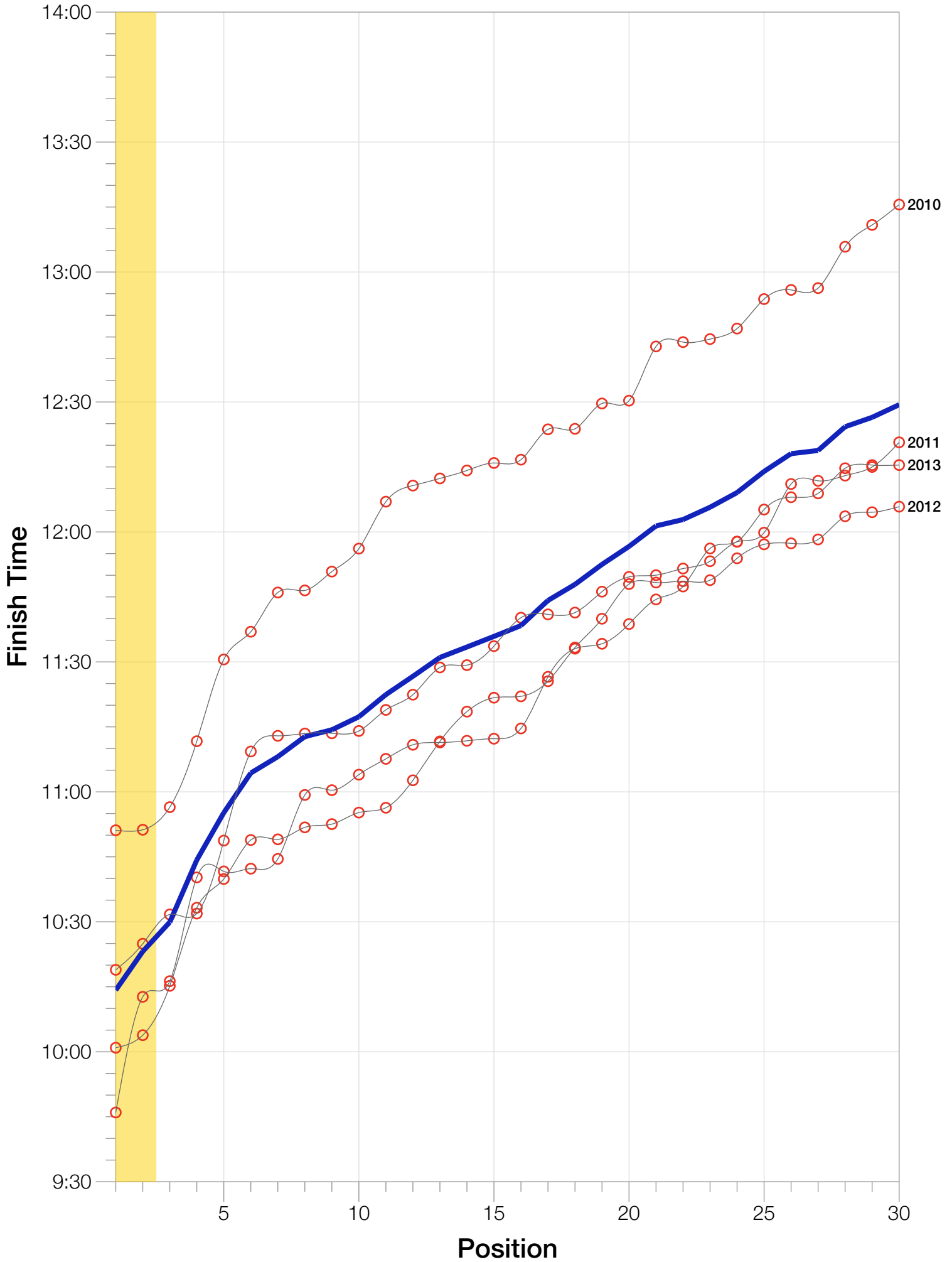


# F30-34 Slowest Splits



# 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
<b>Average Male Winner</b>	<b>0:48:39</b>	<b>4:30:28</b>	<b>2:50:21</b>	<b>8:12:56</b>
<b>Average Female Winner</b>	<b>0:50:26</b>	<b>4:50:27</b>	<b>3:10:03</b>	<b>8:54:20</b>
<b>Average 1st Age Grouper</b>	<b>1:14:43</b>	<b>5:15:21</b>	<b>3:36:44</b>	<b>10:14:14</b>
<b>Average 2nd Age Grouper</b>	<b>1:14:40</b>	<b>5:27:21</b>	<b>3:32:57</b>	<b>10:23:10</b>
Average 3rd Age Grouper	1:11:02	5:27:11	3:44:44	10:29:55
Average 4th Age Grouper	1:05:07	5:34:25	3:56:41	10:44:16
Average 5th Age Grouper	1:12:40	5:48:08	3:47:03	10:55:12
Average 6th Age Grouper	1:08:36	5:37:56	4:08:18	11:04:21
Average 7th Age Grouper	1:15:55	5:40:39	4:03:47	11:08:07
Average 8th Age Grouper	1:09:20	5:51:04	4:01:00	11:12:45
Average 9th Age Grouper	1:11:38	5:41:34	4:13:32	11:14:19
Average 10th Age Grouper	1:14:57	5:31:19	4:23:57	11:17:20
<b>Kona Qualifier Average</b>	<b>1:14:41</b>	<b>5:21:21</b>	<b>3:34:50</b>	<b>10:18:42</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:52</b>	<b>5:35:30</b>	<b>3:56:52</b>	<b>10:52:22</b>

### Copenhagen 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:49:46</b>	<b>4:33:51</b>	<b>2:45:15</b>	<b>8:12:41</b>
<b>Female Winner</b>	<b>0:52:55</b>	<b>4:39:58</b>	<b>3:00:51</b>	<b>8:37:36</b>
<b>1st Age Grouper</b>	<b>1:00:16</b>	<b>5:02:11</b>	<b>3:38:40</b>	<b>9:45:59</b>
<b>2nd Age Grouper</b>	<b>1:01:28</b>	<b>5:28:48</b>	<b>3:35:25</b>	<b>10:12:41</b>
3rd Age Grouper	1:22:21	5:05:51	3:39:18	10:16:18
4th Age Grouper	1:14:59	5:32:02	3:44:25	10:40:15
5th Age Grouper	1:26:15	5:37:50	3:30:17	10:41:38
6th Age Grouper	0:55:11	5:24:34	4:13:09	10:42:16
7th Age Grouper	1:15:03	5:29:18	3:48:28	10:44:31
8th Age Grouper	1:00:56	5:43:11	4:06:31	10:59:17
9th Age Grouper	1:10:55	5:43:43	3:57:54	11:00:23
10th Age Grouper	1:20:56	5:15:35	4:19:28	11:03:58
<b>Kona Qualifier Average</b>	<b>1:00:52</b>	<b>5:15:29</b>	<b>3:37:02</b>	<b>9:59:20</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:50</b>	<b>5:26:18</b>	<b>3:51:21</b>	<b>10:36:43</b>

### Challenge Copenhagen 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:47:01</b>	<b>4:26:43</b>	<b>3:03:00</b>	<b>8:20:09</b>
<b>Female Winner</b>	<b>0:48:57</b>	<b>4:59:05</b>	<b>3:21:12</b>	<b>9:12:27</b>
<b>1st Age Grouper</b>	<b>1:24:39</b>	<b>5:14:38</b>	<b>3:09:59</b>	<b>10:00:56</b>
<b>2nd Age Grouper</b>	<b>1:20:18</b>	<b>5:08:50</b>	<b>3:28:40</b>	<b>10:03:50</b>
3rd Age Grouper	1:09:30	5:25:34	3:34:10	10:15:13
4th Age Grouper	1:00:44	5:15:30	4:05:57	10:33:15
5th Age Grouper	1:11:02	5:33:36	3:48:23	10:39:53
6th Age Grouper	1:09:20	5:47:50	3:45:22	10:48:53
7th Age Grouper	1:17:59	5:37:33	3:46:35	10:49:02
8th Age Grouper	1:01:56	5:40:19	3:56:33	10:51:48
9th Age Grouper	1:10:49	5:27:02	4:08:40	10:52:33
10th Age Grouper	1:04:55	5:31:18	4:13:17	10:55:13
<b>Kona Qualifier Average</b>	<b>1:22:28</b>	<b>5:11:44</b>	<b>3:19:19</b>	<b>10:02:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:07</b>	<b>5:28:13</b>	<b>3:47:45</b>	<b>10:35:03</b>

### Challenge Copenhagen 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:24	4:33:18	2:46:16	8:11:15
Female Winner	0:49:33	4:54:41	3:05:02	8:52:42
1st Age Grouper	1:22:17	5:15:14	3:35:48	10:18:55
2nd Age Grouper	1:16:13	5:39:39	3:21:40	10:24:56
3rd Age Grouper	1:12:48	5:23:22	3:48:17	10:31:42
4th Age Grouper	1:05:54	5:43:39	3:34:24	10:31:54
5th Age Grouper	1:04:55	5:46:01	3:50:12	10:48:45
6th Age Grouper	0:58:48	5:45:02	4:19:18	11:09:19
7th Age Grouper	1:00:22	5:29:28	4:37:20	11:12:56
8th Age Grouper	1:07:51	6:05:04	3:56:21	11:13:28
9th Age Grouper	1:06:15	5:44:20	4:16:27	11:13:31
10th Age Grouper	1:14:43	5:36:30	4:15:21	11:14:03
<b>Kona Qualifier Average</b>	<b>1:19:15</b>	<b>5:27:26</b>	<b>3:28:44</b>	<b>10:21:55</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:00</b>	<b>5:38:49</b>	<b>3:57:30</b>	<b>10:51:56</b>

### Challenge Copenhagen 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:28	4:28:01	2:46:54	8:07:39
Female Winner	0:50:21	4:48:04	3:13:09	8:54:36
1st Age Grouper	1:11:42	5:29:21	4:02:29	10:51:08
2nd Age Grouper	1:20:42	5:32:09	3:46:05	10:51:15
3rd Age Grouper	0:59:31	5:53:58	3:57:13	10:56:28
4th Age Grouper	0:58:52	5:46:31	4:22:01	11:11:41
5th Age Grouper	1:08:28	6:15:07	3:59:20	11:30:34
6th Age Grouper	1:31:07	5:34:20	4:15:24	11:36:58
7th Age Grouper	1:30:16	6:06:17	4:02:46	11:46:01
8th Age Grouper	1:26:37	5:55:42	4:04:36	11:46:30
9th Age Grouper	1:18:34	5:51:13	4:31:07	11:50:51
10th Age Grouper	1:19:16	5:41:54	4:47:45	11:56:09
<b>Kona Qualifier Average</b>	<b>1:16:12</b>	<b>5:30:45</b>	<b>3:54:17</b>	<b>10:51:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:30</b>	<b>5:48:39</b>	<b>4:10:52</b>	<b>11:25:45</b>