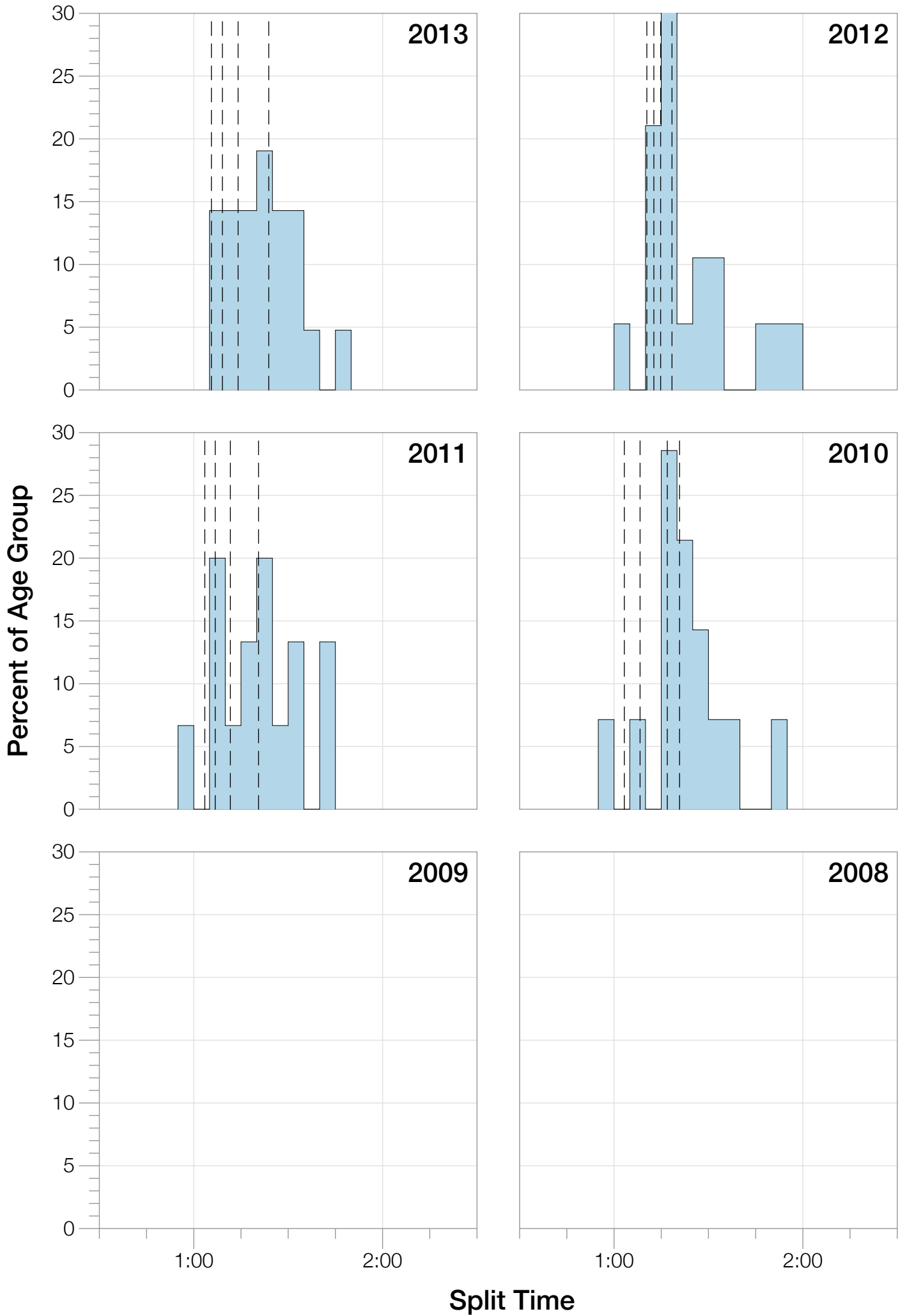


# Ironman Copenhagen F45-49 Stats

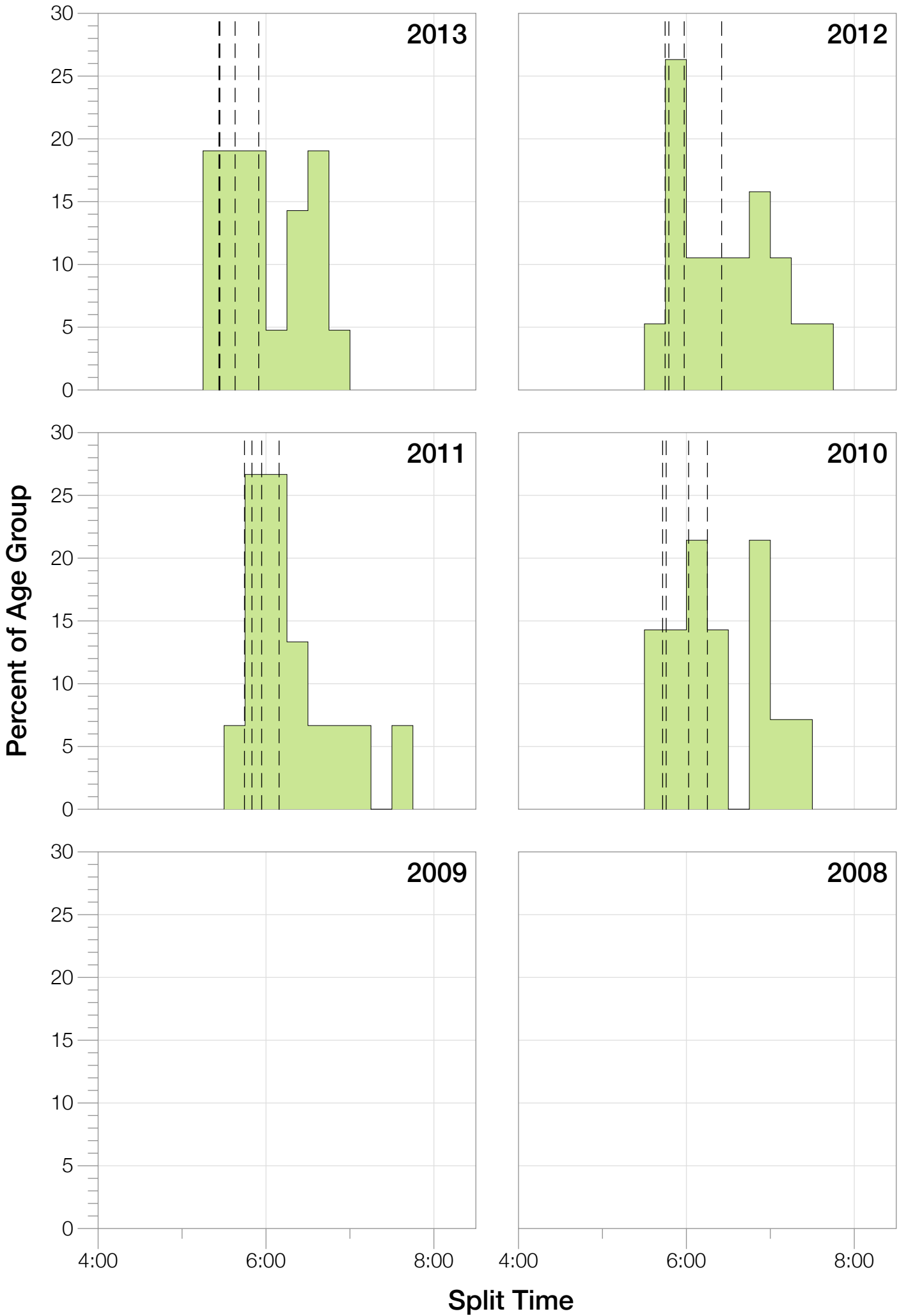
## F45-49 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F45-49 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F45-49 Winner's Time</b>
2010	1308	14	8:07:39	8:54:36	10:33:27
2011	1377	15	8:11:15	8:52:42	10:30:35
2012	1400	19	8:20:09	9:12:27	10:28:57
2013	1776	21	8:12:41	8:37:36	10:51:42
<b>Average</b>	<b>1465</b>	<b>17</b>	<b>8:12:56</b>	<b>8:54:20</b>	<b>10:36:10</b>

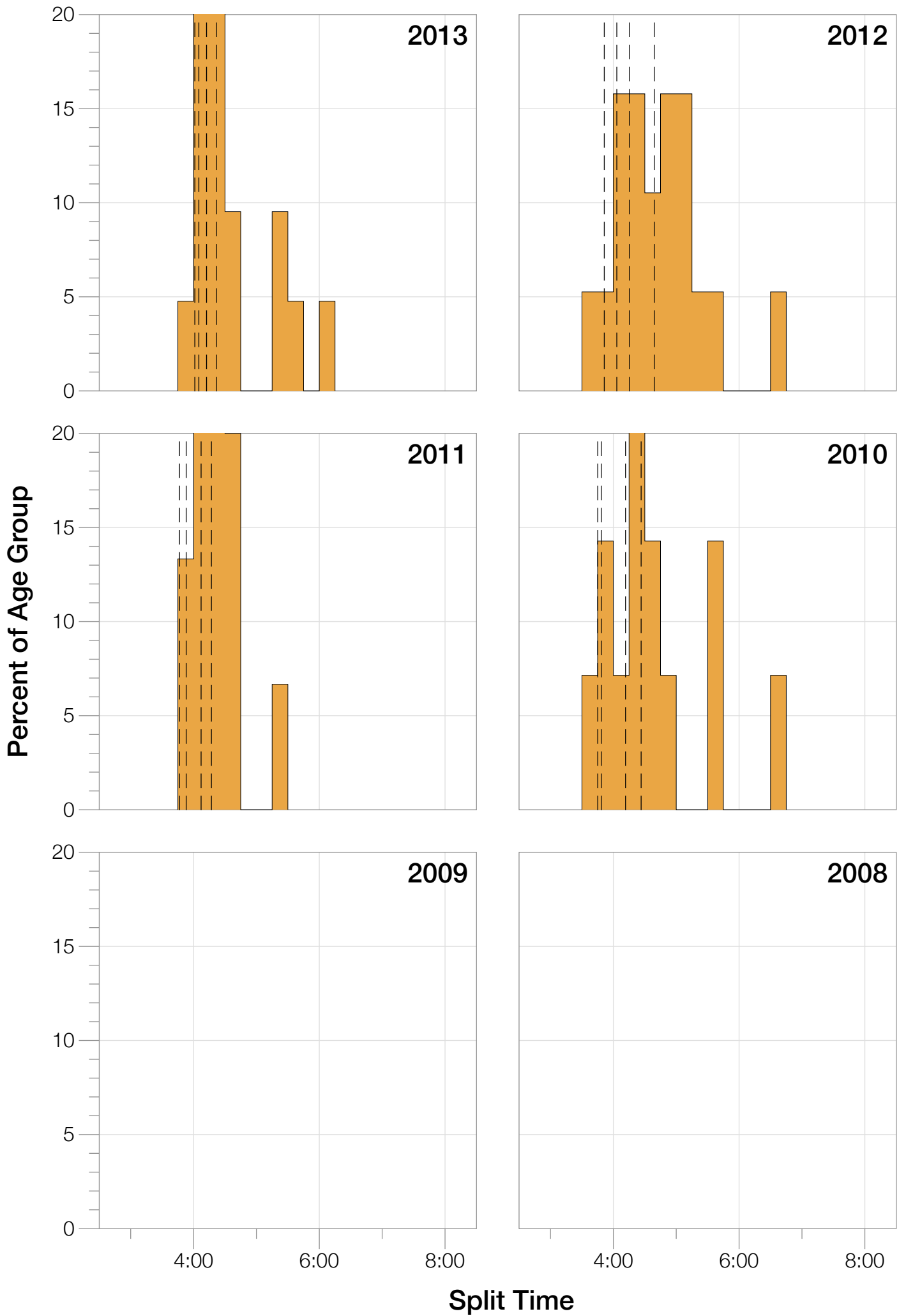
# F45-49 Swim



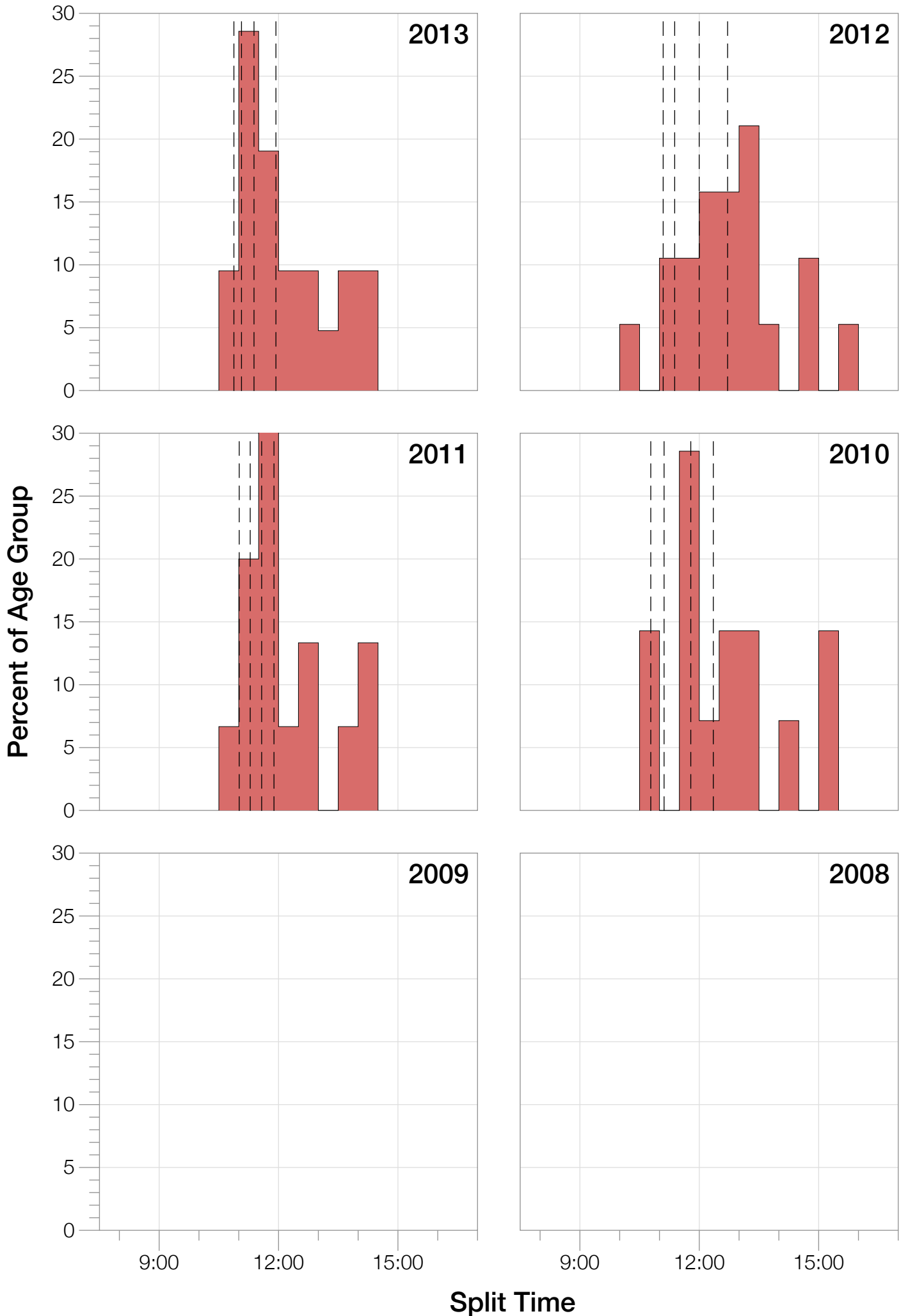
# F45-49 Bike



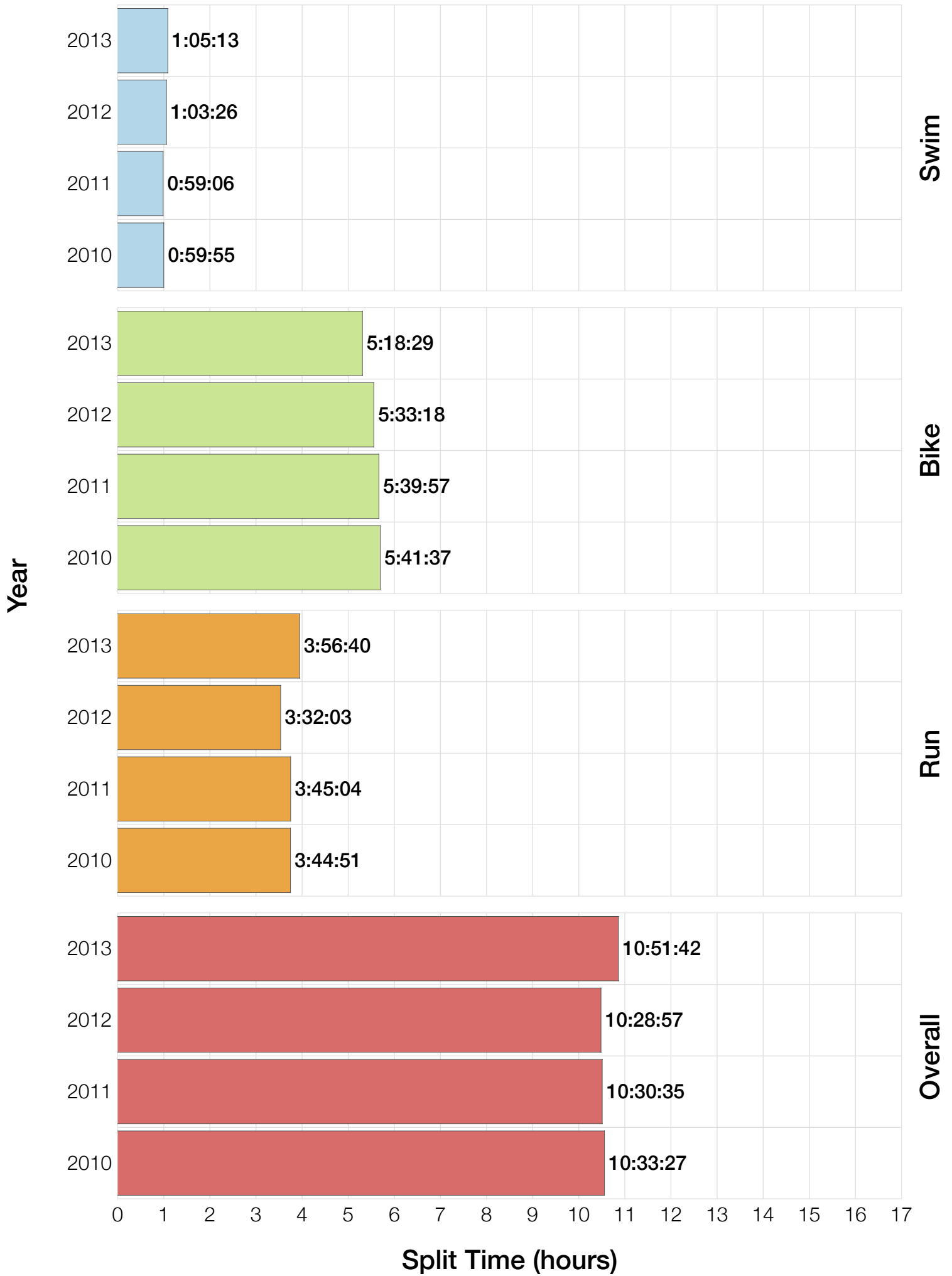
# F45-49 Run



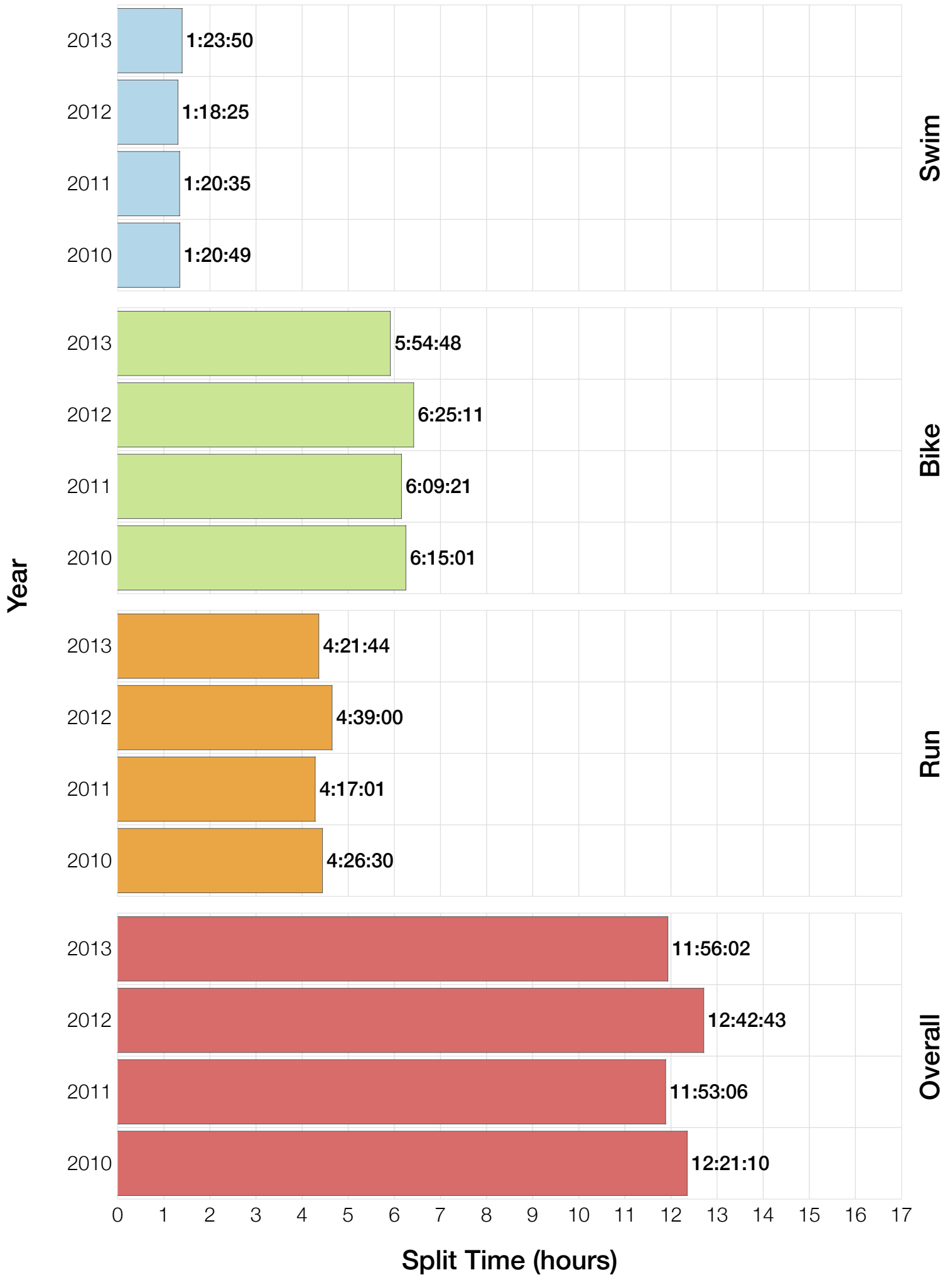
# F45-49 Overall



# F45-49 Fastest Splits

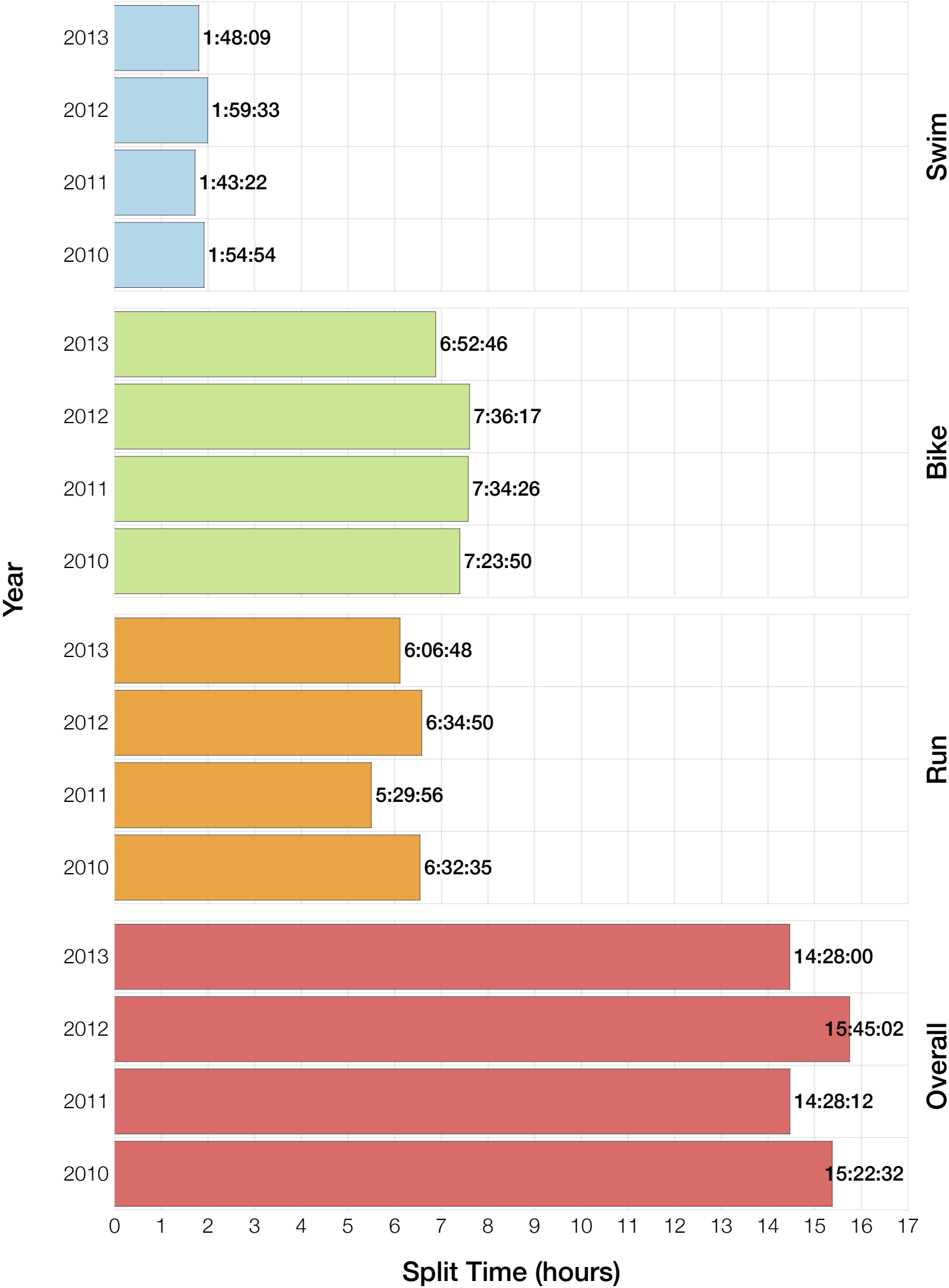


# F45-49 Median Splits



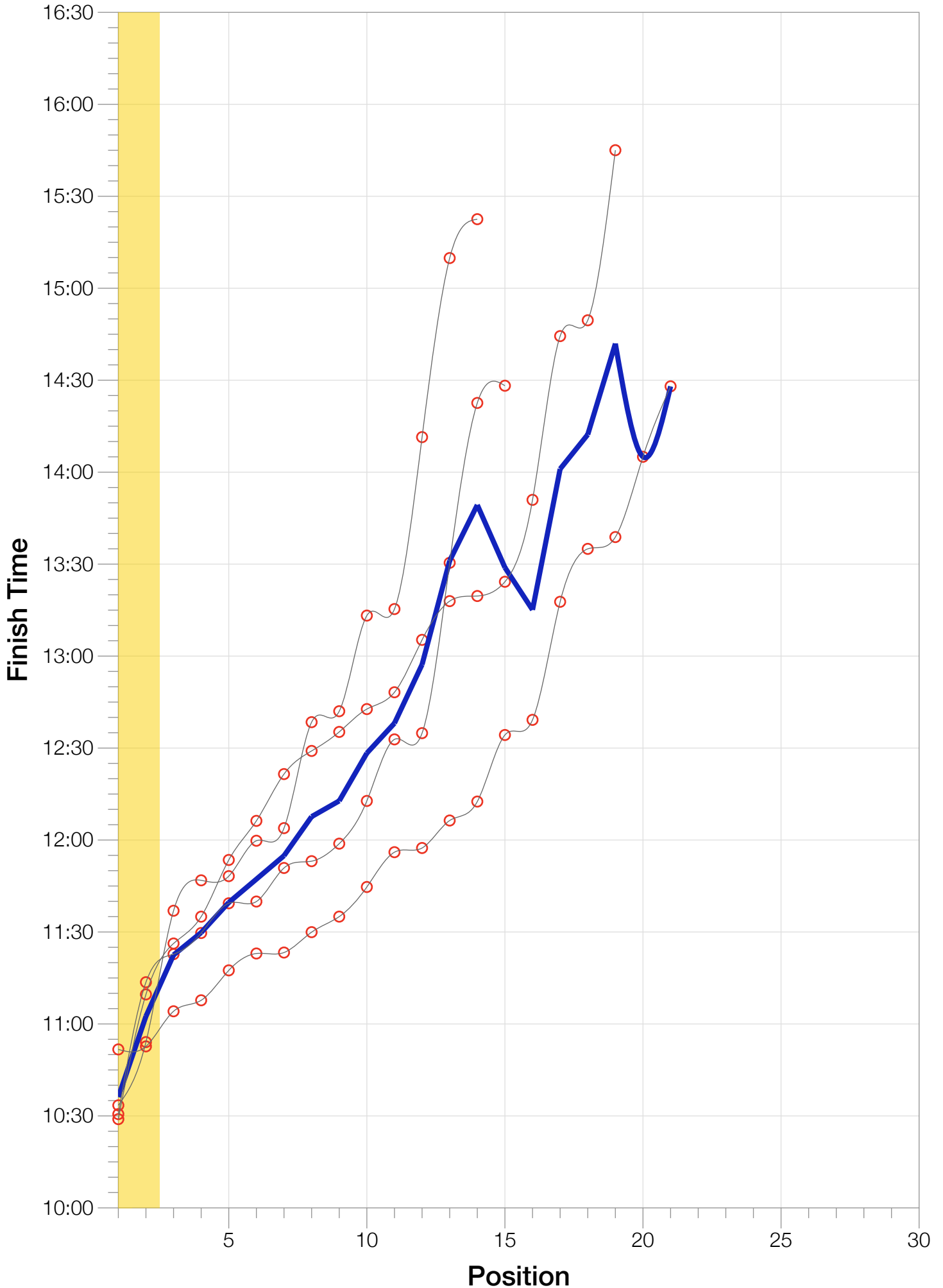


# F45-49 Slowest Splits



# 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
<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>1:06:38</b>	<b>5:35:28</b>	<b>3:46:52</b>	<b>10:36:10</b>
<b>Average 2nd Age Grouper</b>	<b>1:14:13</b>	<b>5:42:46</b>	<b>3:58:21</b>	<b>11:02:30</b>
Average 3rd Age Grouper	1:15:54	5:50:45	4:05:53	11:22:31
Average 4th Age Grouper	1:14:07	5:57:31	4:09:08	11:29:48
Average 5th Age Grouper	1:17:17	5:56:04	4:15:33	11:39:38
Average 6th Age Grouper	1:18:32	5:53:09	4:23:33	11:47:14
Average 7th Age Grouper	1:22:26	5:53:35	4:23:57	11:54:53
Average 8th Age Grouper	1:16:17	6:11:05	4:27:33	12:07:38
Average 9th Age Grouper	1:21:03	6:09:34	4:26:58	12:12:46
Average 10th Age Grouper	1:22:49	6:30:13	4:19:31	12:28:20
<b>Kona Qualifier Average</b>	<b>1:10:26</b>	<b>5:39:07</b>	<b>3:52:36</b>	<b>10:49:20</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:55</b>	<b>5:58:01</b>	<b>4:13:44</b>	<b>11:40:09</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>1:10:50</b>	<b>5:27:01</b>	<b>4:05:03</b>	<b>10:51:42</b>
<b>2nd Age Grouper</b>	<b>1:18:25</b>	<b>5:26:23</b>	<b>4:01:13</b>	<b>10:52:41</b>
3rd Age Grouper	1:17:11	5:29:34	4:05:47	11:04:08
4th Age Grouper	1:05:36	5:42:50	4:13:45	11:07:43
5th Age Grouper	1:05:13	5:44:46	4:12:24	11:17:29
6th Age Grouper	1:14:05	5:37:40	4:19:46	11:22:59
7th Age Grouper	1:29:39	5:18:29	4:19:02	11:23:18
8th Age Grouper	1:12:04	5:59:52	4:08:12	11:29:57
9th Age Grouper	1:09:06	5:37:54	4:34:30	11:35:01
10th Age Grouper	1:24:04	5:48:24	4:18:31	11:44:41
<b>Kona Qualifier Average</b>	<b>1:14:37</b>	<b>5:26:42</b>	<b>4:03:08</b>	<b>10:52:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:37</b>	<b>5:37:17</b>	<b>4:13:49</b>	<b>11:16:57</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>1:16:42</b>	<b>5:33:18</b>	<b>3:32:03</b>	<b>10:28:57</b>
<b>2nd Age Grouper</b>	<b>1:11:12</b>	<b>5:46:04</b>	<b>4:05:45</b>	<b>11:09:38</b>
3rd Age Grouper	1:27:25	5:58:54	3:53:29	11:26:15
4th Age Grouper	1:18:25	5:57:59	4:11:39	11:35:00
5th Age Grouper	1:29:10	5:53:56	4:18:59	11:53:30
6th Age Grouper	1:13:55	5:47:48	4:51:38	12:06:15
7th Age Grouper	1:13:01	6:01:16	4:47:49	12:21:31
8th Age Grouper	1:15:32	6:19:10	4:35:12	12:29:04
9th Age Grouper	1:18:37	6:30:01	4:21:53	12:35:16
10th Age Grouper	1:03:26	7:11:40	4:11:58	12:42:43
<b>Kona Qualifier Average</b>	<b>1:13:57</b>	<b>5:39:41</b>	<b>3:48:54</b>	<b>10:49:17</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:44</b>	<b>6:06:00</b>	<b>4:17:02</b>	<b>11:52:48</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	0:59:06	5:39:57	3:45:04	10:30:35
2nd Age Grouper	1:08:56	5:54:53	4:01:37	11:13:37
3rd Age Grouper	1:13:58	5:46:39	4:07:29	11:22:46
4th Age Grouper	1:09:17	5:55:55	4:15:27	11:29:40
5th Age Grouper	1:05:24	6:06:09	4:20:28	11:39:22
6th Age Grouper	1:25:06	6:17:28	3:47:11	11:39:56
7th Age Grouper	1:31:19	5:57:58	4:13:34	11:50:53
8th Age Grouper	1:20:35	6:11:59	4:06:54	11:53:06
9th Age Grouper	1:19:26	6:09:21	4:17:01	11:58:49
10th Age Grouper	1:30:02	6:05:54	4:22:32	12:12:45
<b>Kona Qualifier Average</b>	<b>1:04:01</b>	<b>5:47:25</b>	<b>3:53:20</b>	<b>10:52:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:18</b>	<b>6:00:37</b>	<b>4:07:43</b>	<b>11:35:08</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	0:59:55	5:41:37	3:45:18	10:33:27
2nd Age Grouper	1:18:22	5:43:46	3:44:51	10:54:05
3rd Age Grouper	1:05:04	6:07:56	4:16:49	11:36:56
4th Age Grouper	1:23:10	6:13:23	3:55:41	11:46:51
5th Age Grouper	1:29:22	5:59:28	4:10:23	11:48:13
6th Age Grouper	1:21:03	5:49:43	4:35:37	11:59:46
7th Age Grouper	1:15:45	6:16:40	4:15:24	12:03:53
8th Age Grouper	1:17:00	6:13:21	4:59:57	12:38:27
9th Age Grouper	1:37:05	6:21:01	4:34:29	12:42:01
10th Age Grouper	1:33:45	6:54:57	4:25:05	13:13:13
<b>Kona Qualifier Average</b>	<b>1:09:08</b>	<b>5:42:41</b>	<b>3:45:04</b>	<b>10:43:46</b>
<b>Top 10 Age Grouper Average</b>	<b>1:20:03</b>	<b>6:08:11</b>	<b>4:16:21</b>	<b>11:55:41</b>