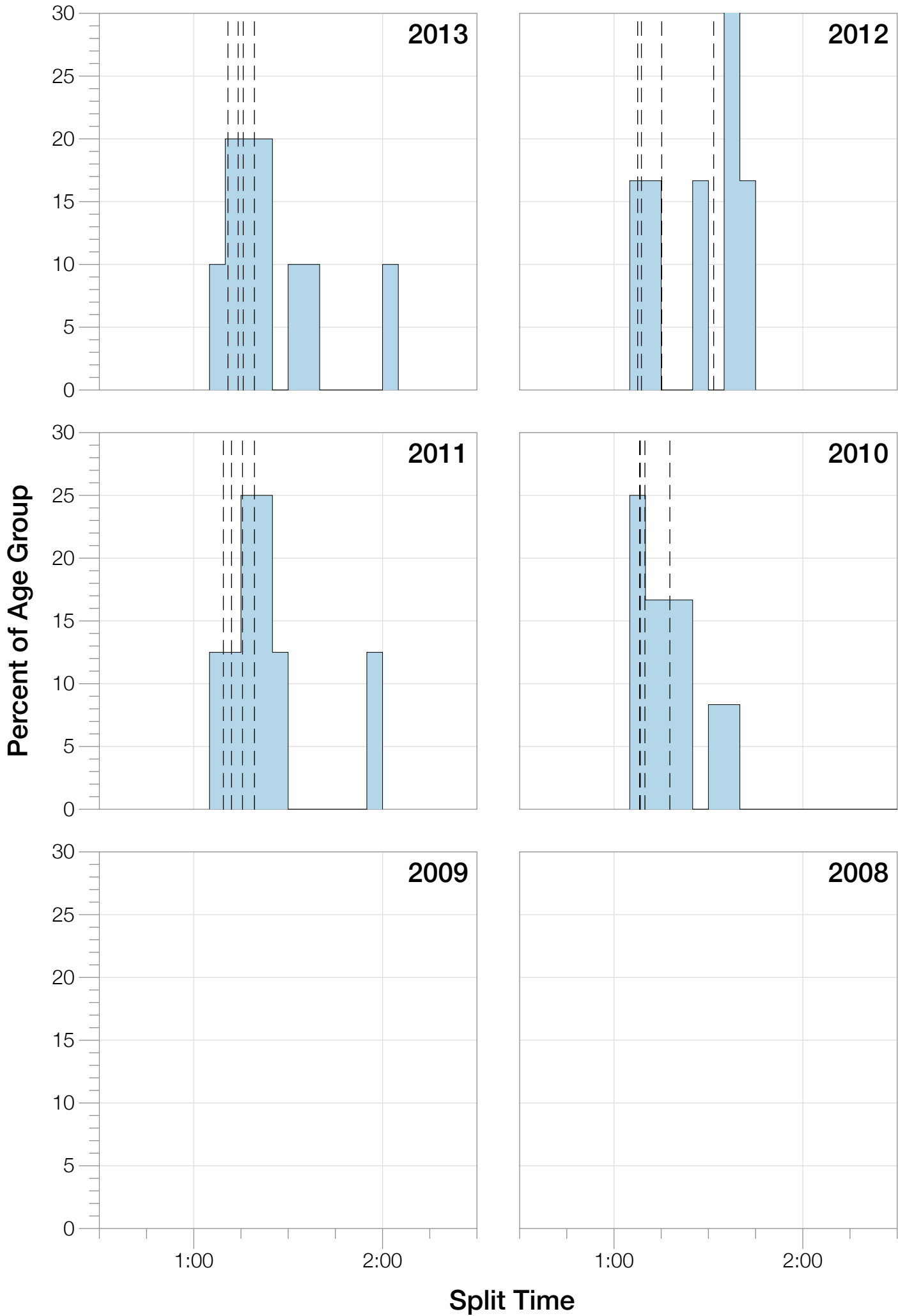


Ironman Copenhagen F50-54 Stats

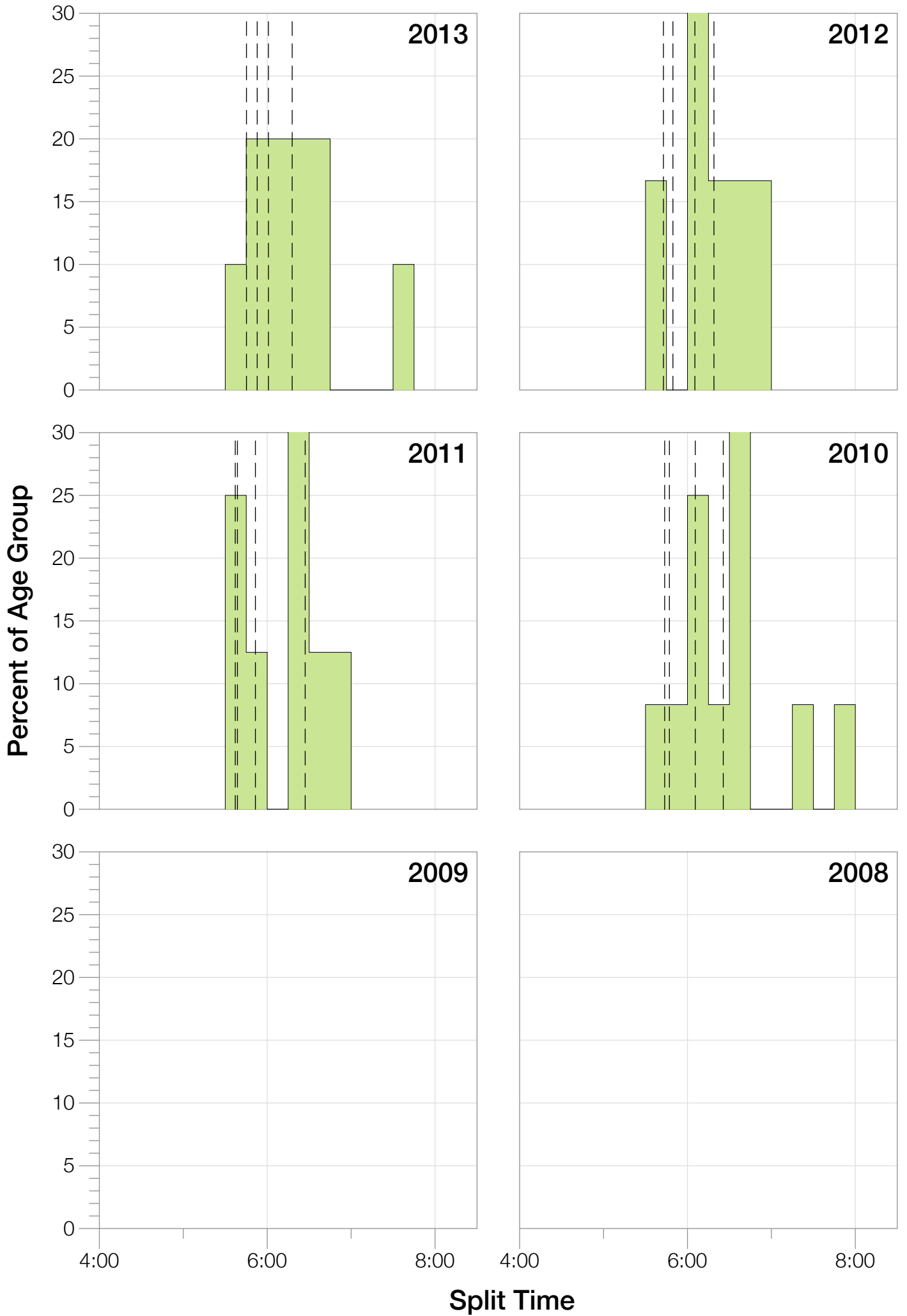
F50-54 Summary Statistics

Year	Finishers	F50-54 Finishers	Male Winner's Time	Female Winner's Time	F50-54 Winner's Time
2010	1308	12	8:07:39	8:54:36	10:44:45
2011	1377	8	8:11:15	8:52:42	10:35:27
2012	1400	6	8:20:09	9:12:27	10:43:49
2013	1776	10	8:12:41	8:37:36	11:30:02
Average	1465	9	8:12:56	8:54:20	10:53:30

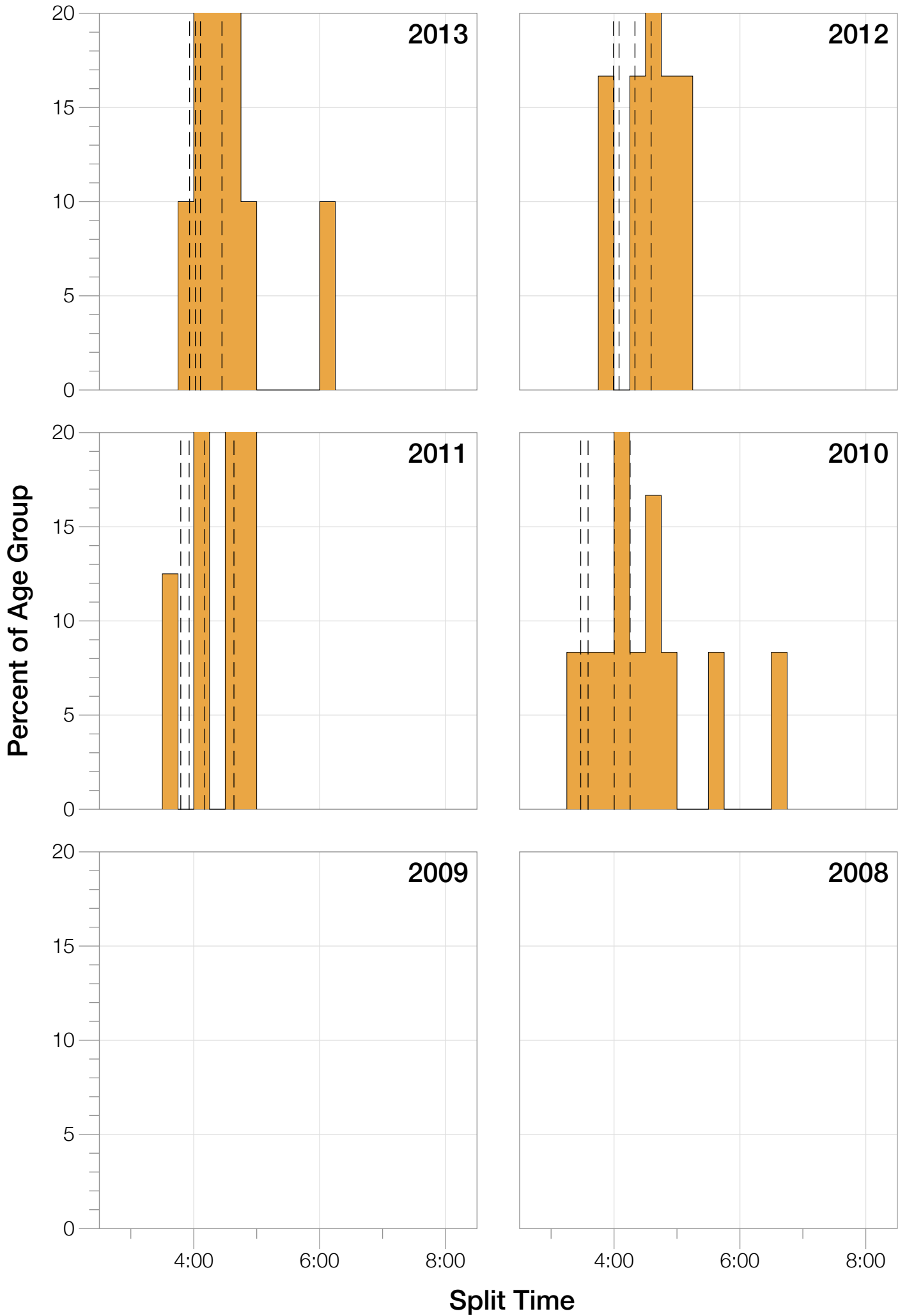
F50-54 Swim



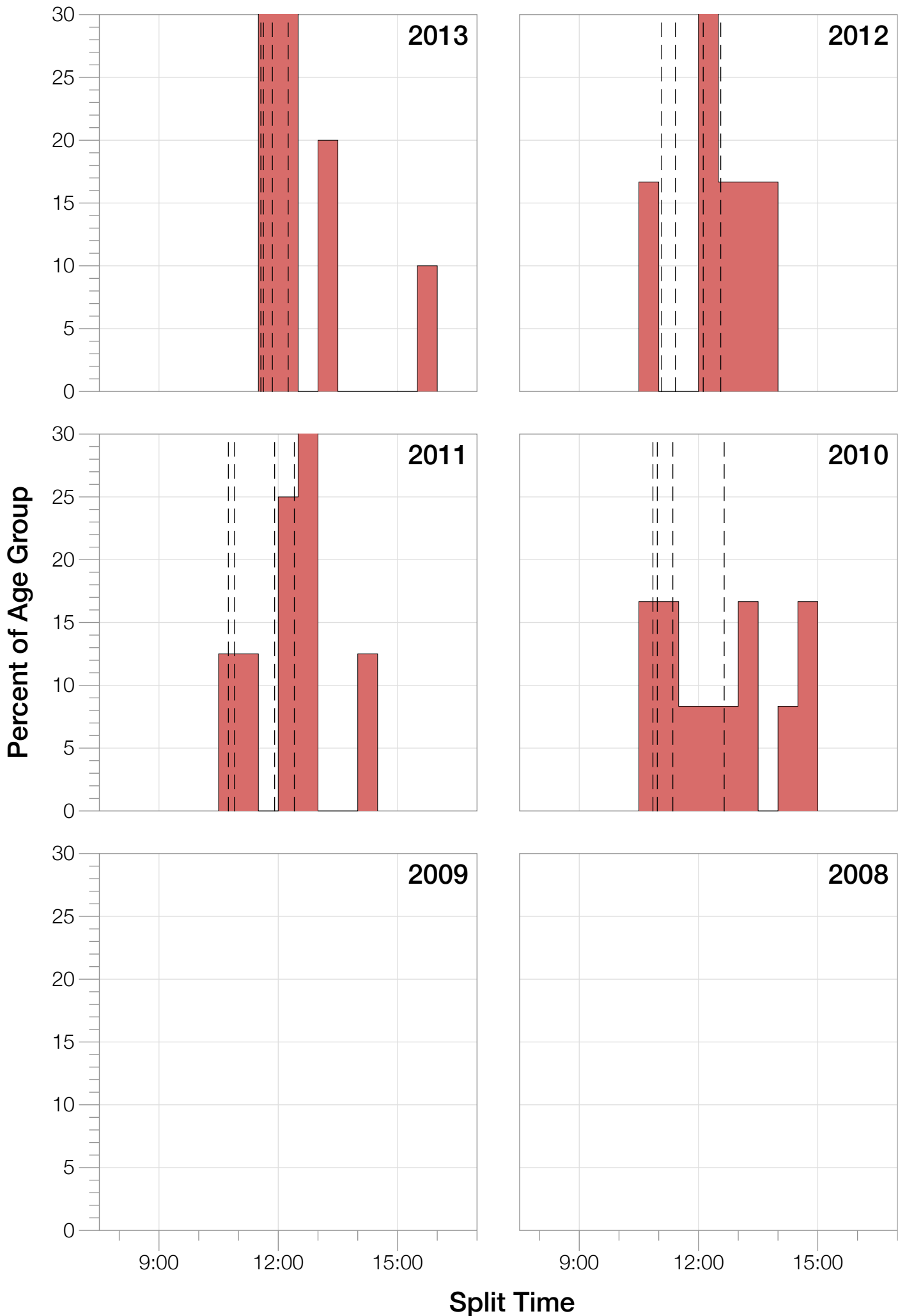
F50-54 Bike



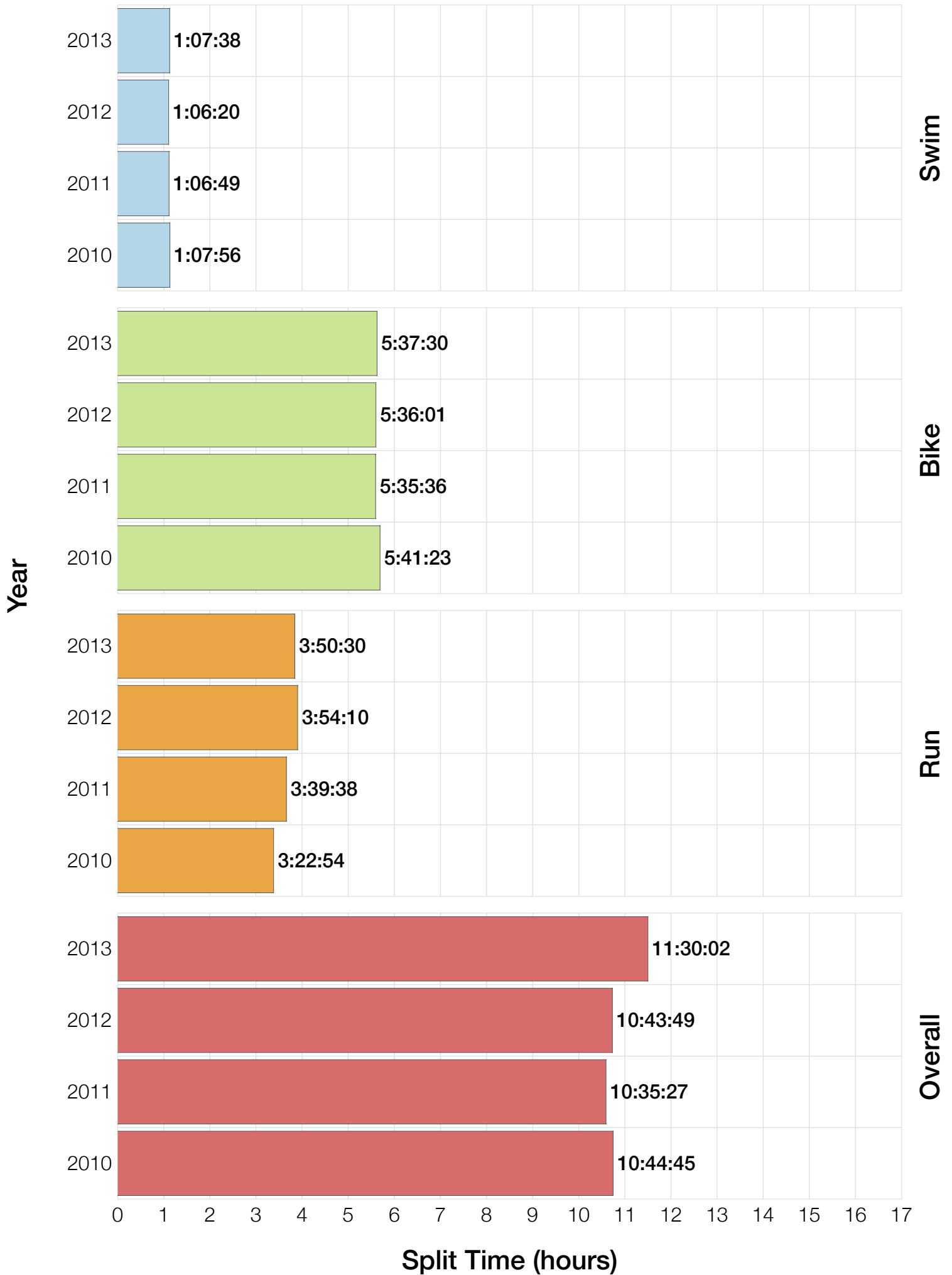
F50-54 Run



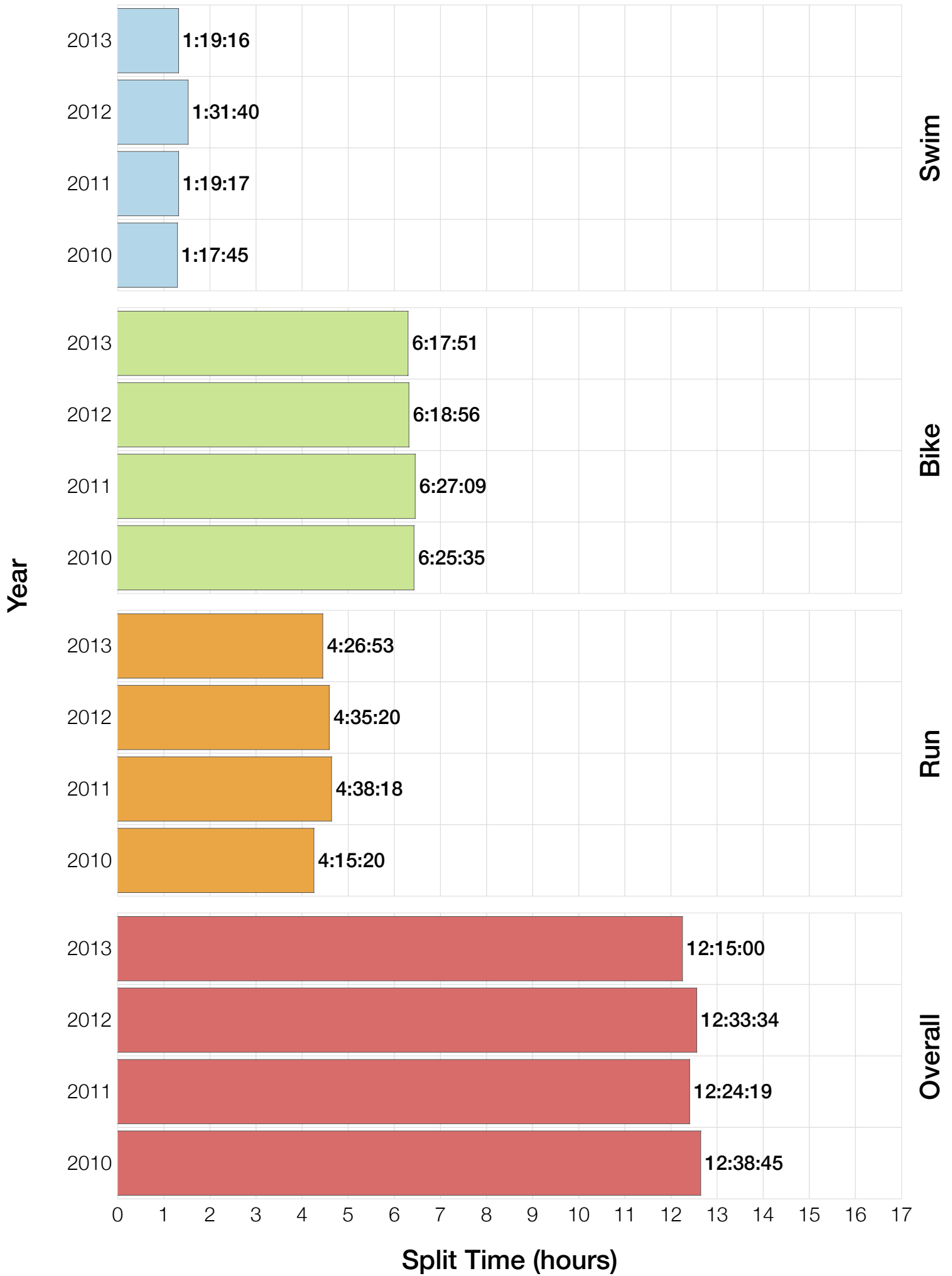
F50-54 Overall



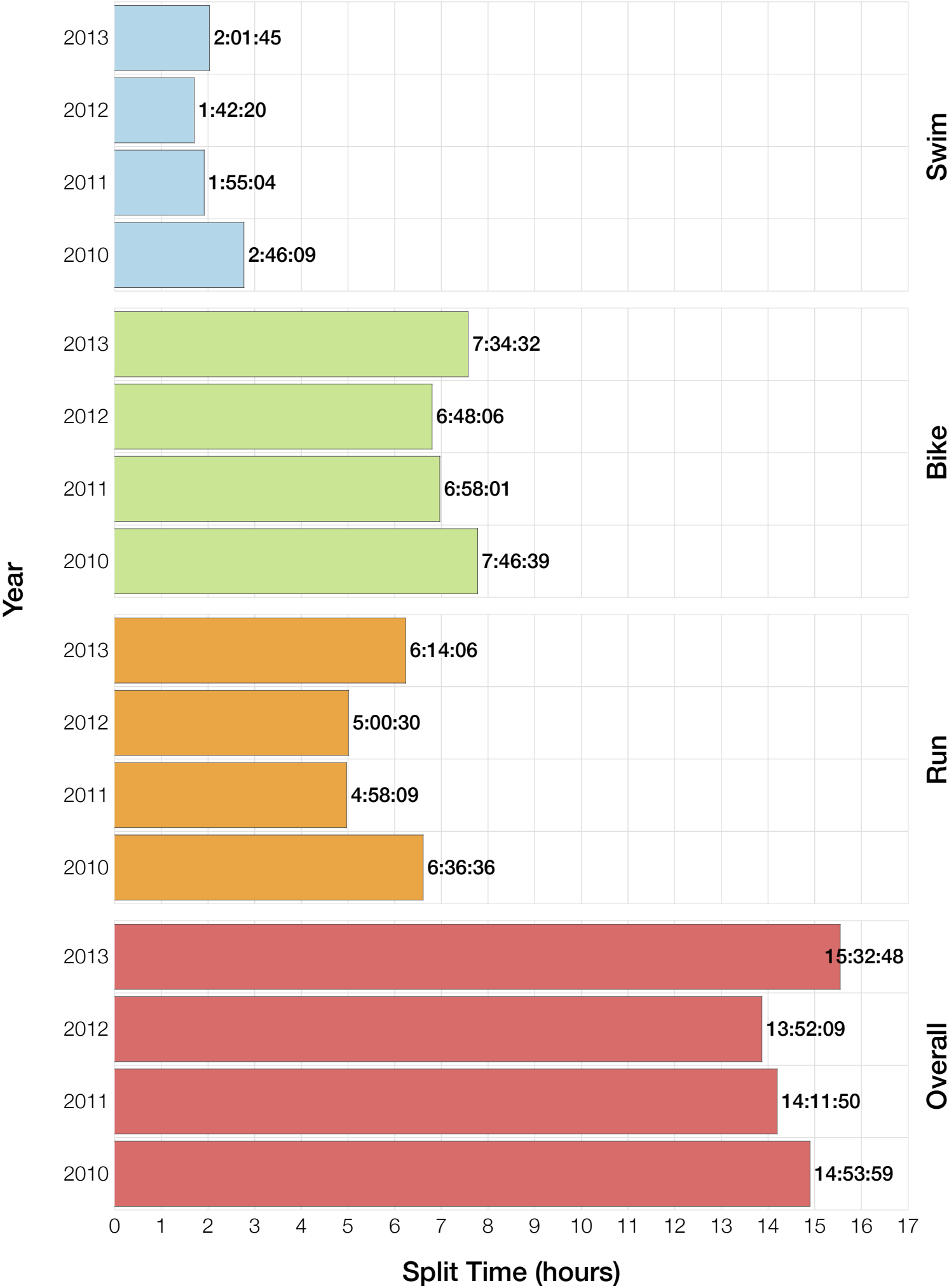
F50-54 Fastest Splits



F50-54 Median Splits

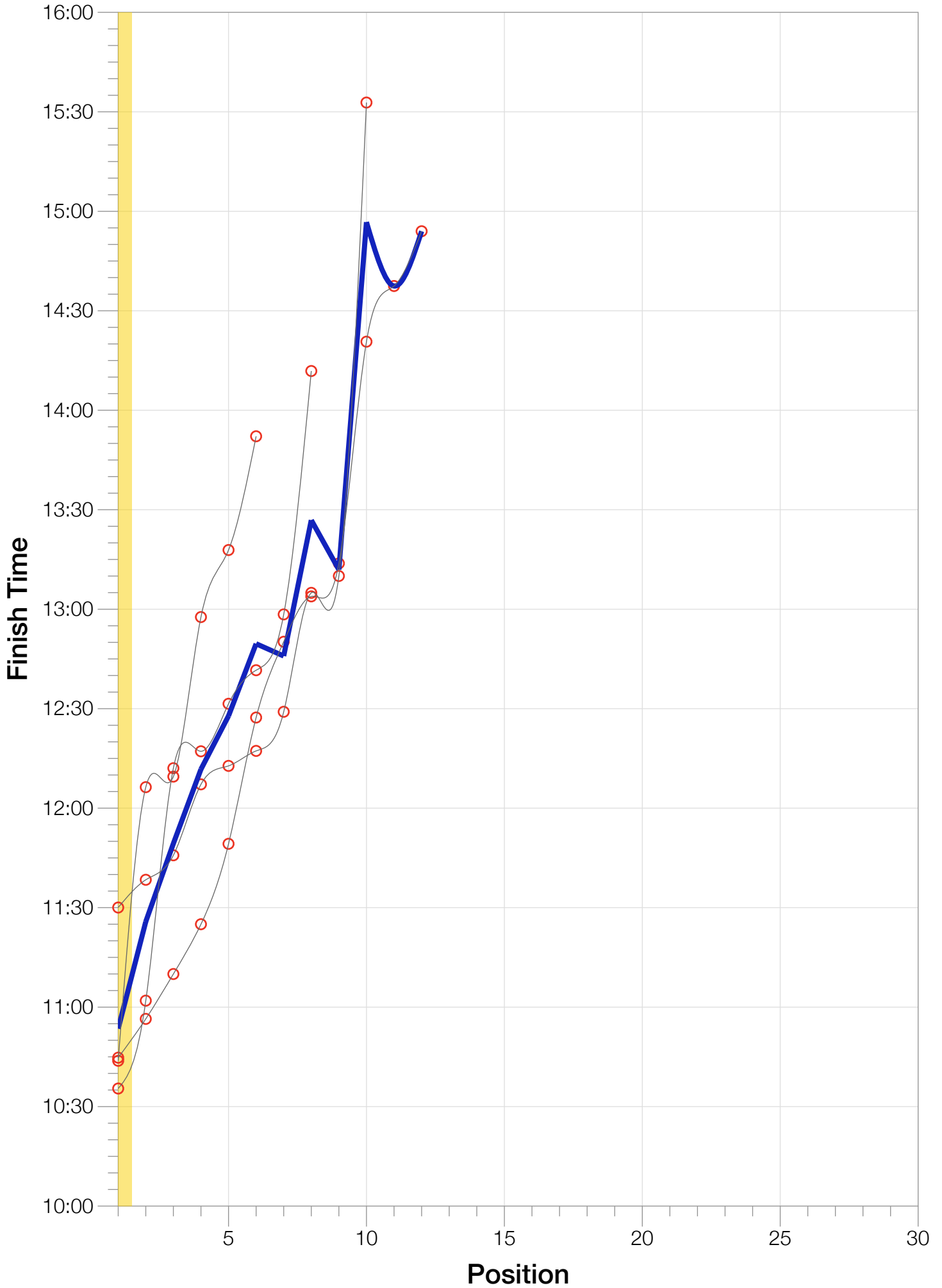


F50-54 Slowest Splits



F50-54 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F50-54 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:48:39	4:30:28	2:50:21	8:12:56
Average Female Winner	0:50:26	4:50:27	3:10:03	8:54:20
Average 1st Age Grouper	1:14:30	5:45:12	3:44:51	10:53:30
Average 2nd Age Grouper	1:17:53	6:02:06	3:55:14	11:25:47
Average 3rd Age Grouper	1:16:50	5:53:37	4:27:16	11:49:20
Average 4th Age Grouper	1:28:05	6:13:29	4:16:42	12:11:44
Average 5th Age Grouper	1:25:54	6:14:58	4:31:49	12:27:50
Average 6th Age Grouper	1:20:40	6:29:06	4:44:39	12:49:35
Average 7th Age Grouper	1:23:41	6:30:29	4:36:28	12:45:53
Average 8th Age Grouper	1:31:39	6:46:56	4:49:00	13:26:52
Average 9th Age Grouper	1:35:01	7:14:45	4:04:54	13:11:55
Average 10th Age Grouper	1:17:14	7:27:31	5:54:37	14:56:44
Kona Qualifier Average	1:14:30	5:45:12	3:44:51	10:53:30
Top 10 Age Grouper Average	1:22:32	6:20:54	4:26:24	12:23:43

Copenhagen 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:46	4:33:51	2:45:15	8:12:41
Female Winner	0:52:55	4:39:58	3:00:51	8:37:36
1st Age Grouper	1:36:05	5:37:30	4:02:44	11:30:02
2nd Age Grouper	1:20:18	6:13:22	3:50:30	11:38:24
3rd Age Grouper	1:14:49	5:54:33	4:24:31	11:45:47
4th Age Grouper	1:31:16	6:10:44	4:11:28	12:07:11
5th Age Grouper	1:17:56	5:57:36	4:41:54	12:12:45
6th Age Grouper	1:07:38	6:22:21	4:38:52	12:17:16
7th Age Grouper	1:18:15	6:26:02	4:29:15	12:29:04
8th Age Grouper	1:14:59	6:38:41	4:52:41	13:04:56
9th Age Grouper	2:01:45	6:42:52	4:04:39	13:10:01
10th Age Grouper	1:24:19	7:34:32	6:14:06	15:32:48
Kona Qualifier Average	1:36:05	5:37:30	4:02:44	11:30:02
Top 10 Age Grouper Average	1:24:44	6:21:49	4:33:04	12:34:49

Challenge Copenhagen 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:01	4:26:43	3:03:00	8:20:09
Female Winner	0:48:57	4:59:05	3:21:12	9:12:27
1st Age Grouper	1:06:20	5:36:01	3:54:10	10:43:49
2nd Age Grouper	1:27:23	6:11:40	4:15:25	12:06:20
3rd Age Grouper	1:11:06	6:03:11	4:37:08	12:09:31
4th Age Grouper	1:37:48	6:26:12	4:33:33	12:57:38
5th Age Grouper	1:35:58	6:35:40	4:53:47	13:17:51
6th Age Grouper	1:42:20	6:48:06	5:00:30	13:52:09
Kona Qualifier Average	1:06:20	5:36:01	3:54:10	10:43:49
Top 10 Age Grouper Average	1:26:49	6:16:48	4:32:25	12:31:13

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	1:06:49	5:40:03	3:39:38	10:35:27
2nd Age Grouper	1:15:55	5:35:36	4:02:26	11:01:57
3rd Age Grouper	1:20:48	5:55:24	4:46:51	12:12:03
4th Age Grouper	1:25:39	6:31:28	4:13:09	12:17:09
5th Age Grouper	1:14:14	6:26:02	4:32:47	12:31:29
6th Age Grouper	1:17:49	6:28:16	4:43:49	12:41:36
7th Age Grouper	1:20:46	6:28:23	4:58:09	12:58:26
8th Age Grouper	1:55:04	6:58:01	4:57:49	14:11:50
Kona Qualifier Average	1:06:49	5:40:03	3:39:38	10:35:27
Top 10 Age Grouper Average	1:22:08	6:15:24	4:29:19	12:18:44

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	1:08:49	6:07:14	3:22:54	10:44:45
2nd Age Grouper	1:07:56	6:07:49	3:32:38	10:56:27
3rd Age Grouper	1:20:40	5:41:23	4:00:36	11:09:59
4th Age Grouper	1:17:37	5:45:35	4:08:39	11:25:00
5th Age Grouper	1:35:30	6:00:37	3:58:50	11:49:15
6th Age Grouper	1:14:54	6:17:42	4:35:28	12:27:20
7th Age Grouper	1:32:02	6:37:03	4:22:01	12:50:11
8th Age Grouper	1:24:55	6:44:08	4:36:32	13:03:52
9th Age Grouper	1:08:18	7:46:39	4:05:09	13:13:49
10th Age Grouper	1:10:10	7:20:30	5:35:08	14:20:41
Kona Qualifier Average	1:08:49	6:07:14	3:22:54	10:44:45
Top 10 Age Grouper Average	1:18:05	6:26:52	4:13:47	12:12:07