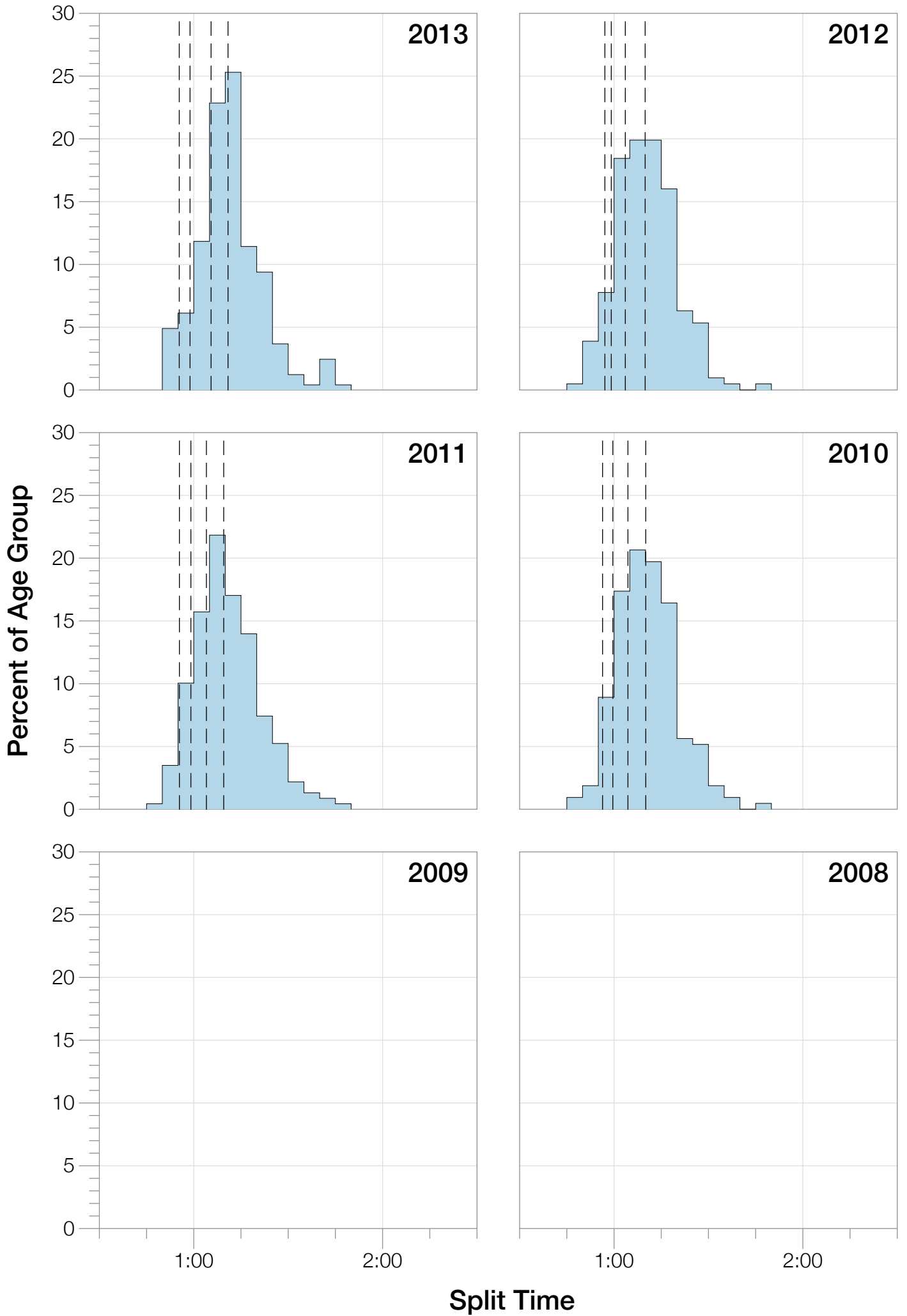


Ironman Copenhagen M30-34 Stats

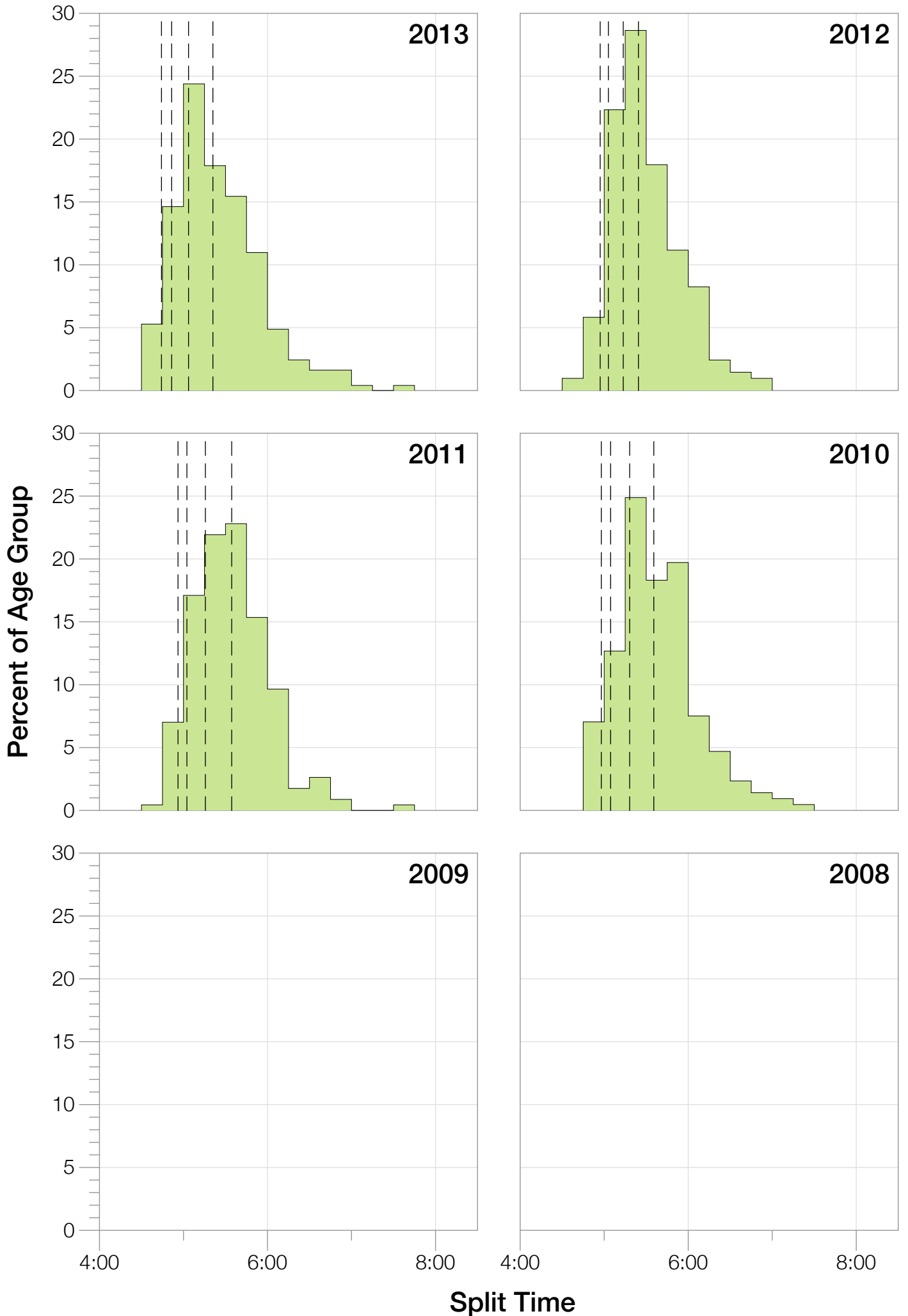
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2010	1308	214	8:07:39	8:54:36	8:51:22
2011	1377	234	8:11:15	8:52:42	8:59:42
2012	1400	216	8:20:09	9:12:27	8:56:04
2013	1776	246	8:12:41	8:37:36	8:39:51
Average	1465	228	8:12:56	8:54:20	8:51:44

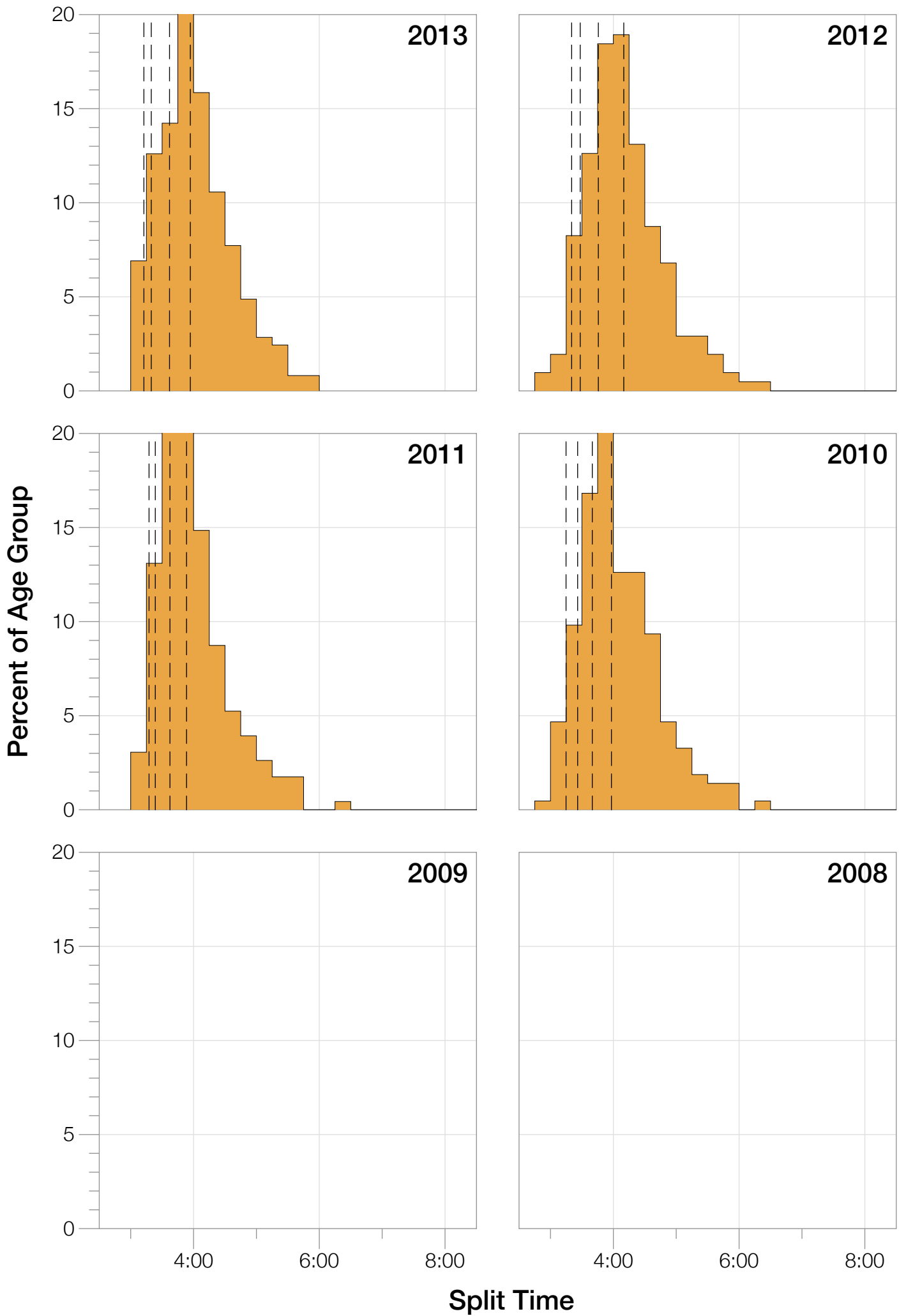
M30-34 Swim



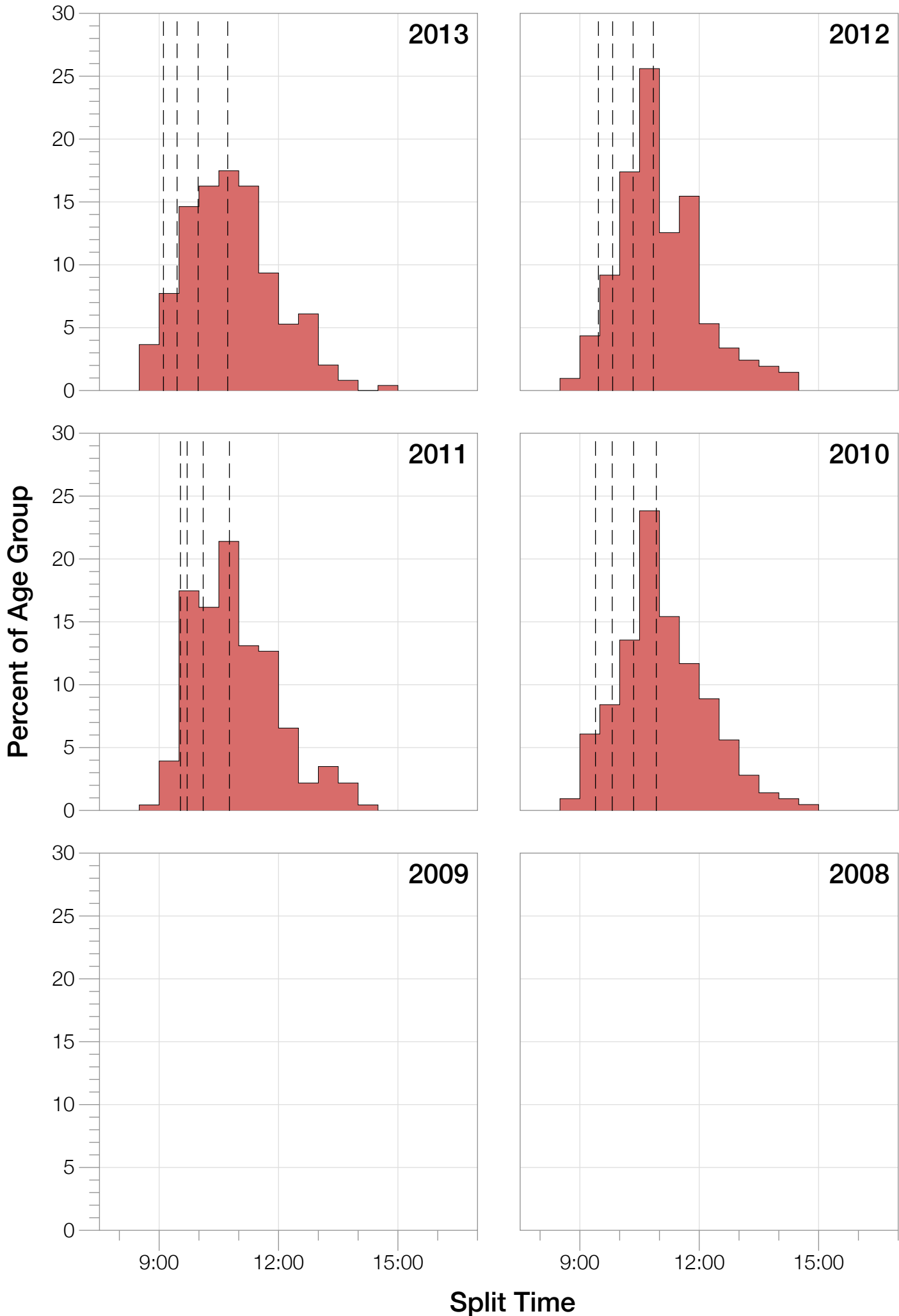
M30-34 Bike



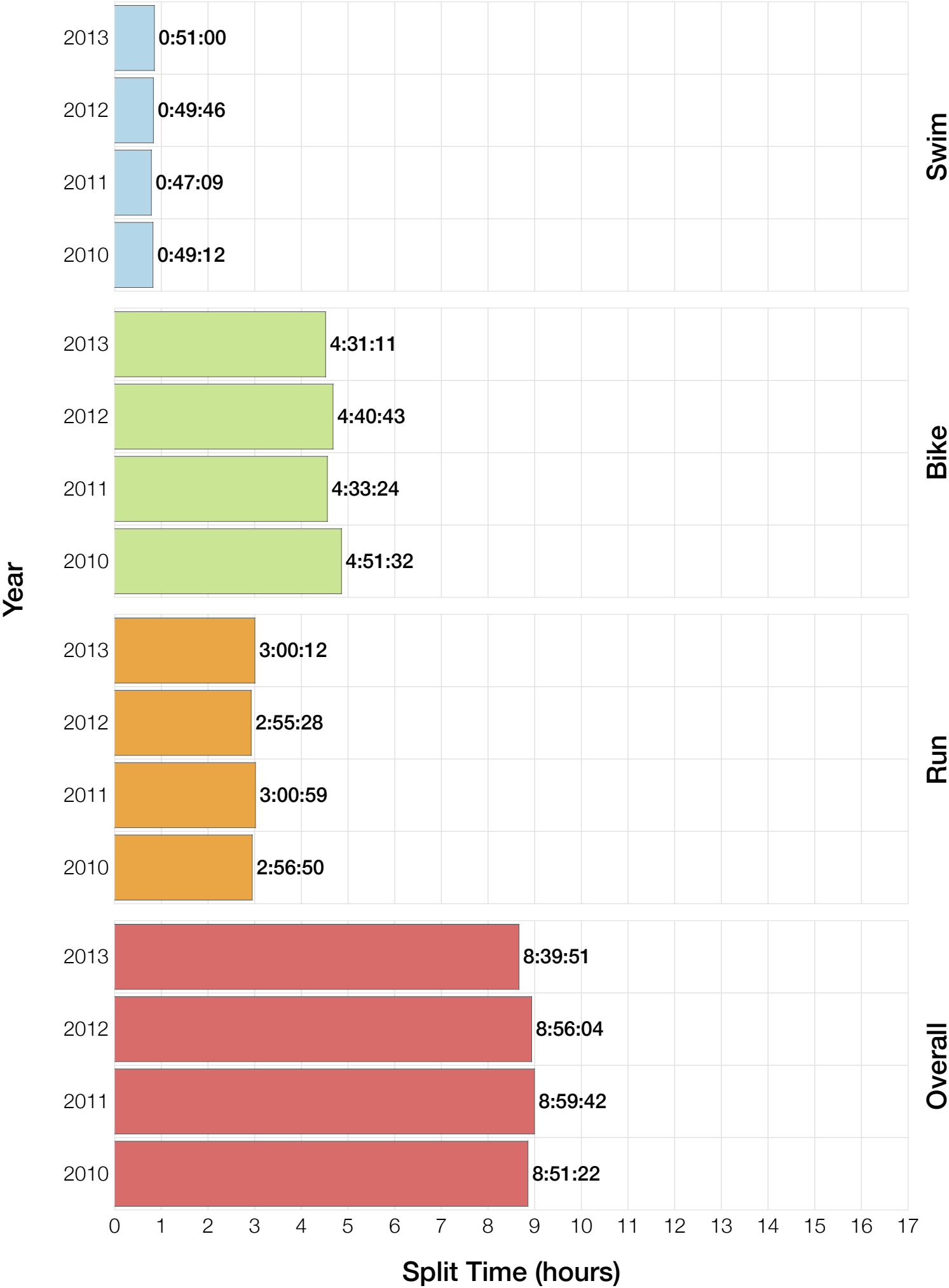
M30-34 Run



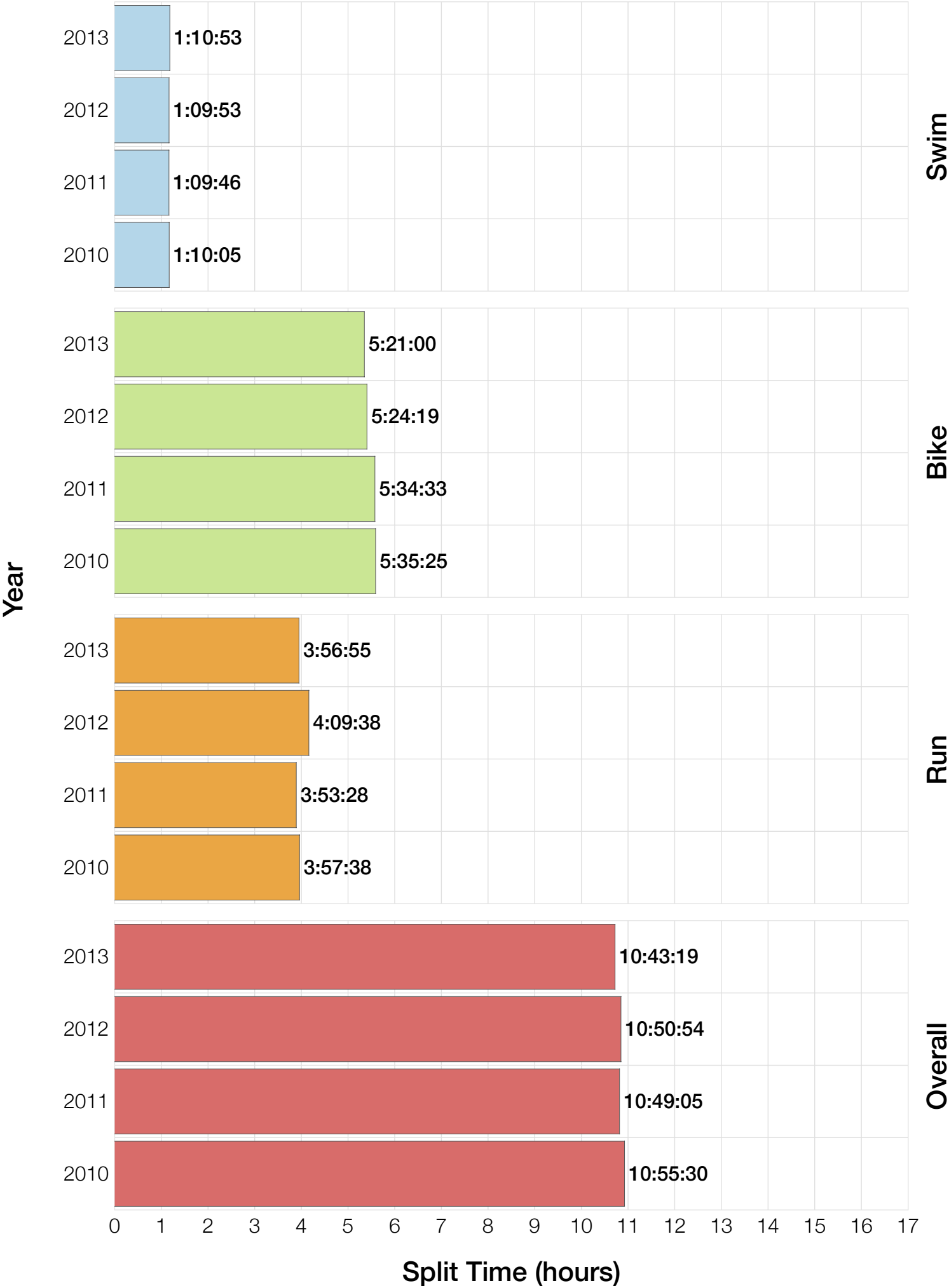
M30-34 Overall



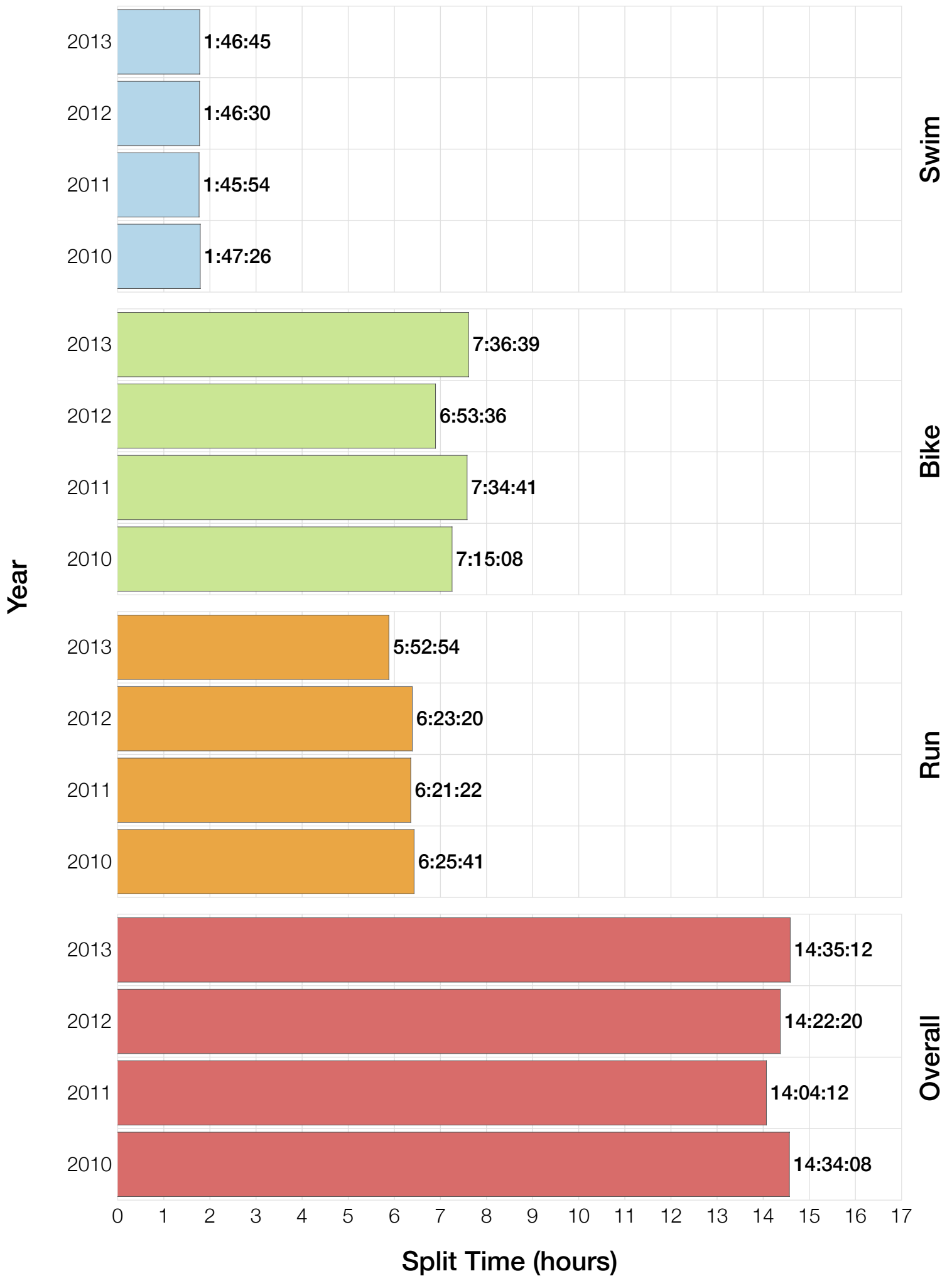
M30-34 Fastest Splits



M30-34 Median Splits

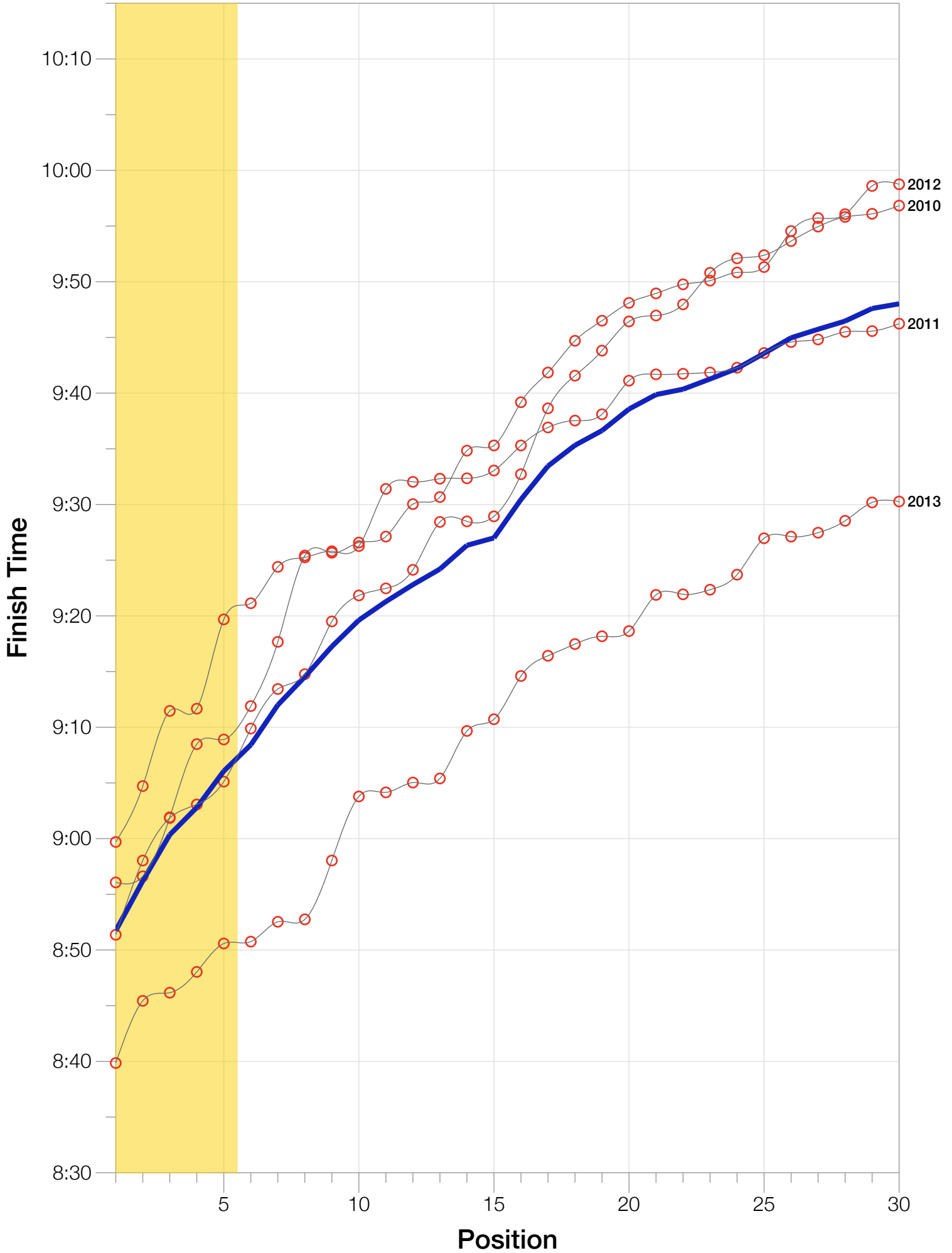


M30-34 Slowest Splits



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	0:48:39	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	0:57:23	4:47:17	3:02:16	8:51:44
Average 2nd Age Grouper	1:02:58	4:45:30	3:07:20	8:56:12
Average 3rd Age Grouper	0:57:15	4:49:09	3:07:58	9:00:21
Average 4th Age Grouper	0:58:12	4:51:02	3:08:17	9:02:48
Average 5th Age Grouper	0:57:02	4:49:11	3:14:44	9:06:04
Average 6th Age Grouper	1:02:59	4:53:48	3:06:21	9:08:25
Average 7th Age Grouper	0:57:33	4:55:04	3:12:38	9:12:00
Average 8th Age Grouper	0:58:46	5:01:53	3:08:24	9:14:32
Average 9th Age Grouper	0:59:06	4:54:01	3:15:07	9:17:15
Average 10th Age Grouper	0:59:02	4:56:25	3:18:17	9:19:37
Kona Qualifier Average	0:58:34	4:48:26	3:08:10	8:59:26
Top 10 Age Grouper Average	0:59:02	4:52:20	3:10:05	9:06:54

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	0:53:49	4:40:32	3:00:20	8:39:51
2nd Age Grouper	1:07:56	4:32:37	3:00:12	8:45:26
3rd Age Grouper	0:53:48	4:35:31	3:12:28	8:46:10
4th Age Grouper	1:02:02	4:39:05	3:02:10	8:48:02
5th Age Grouper	1:02:26	4:37:48	3:05:14	8:50:35
6th Age Grouper	1:02:51	4:34:23	3:08:52	8:50:45
7th Age Grouper	0:55:08	4:50:51	3:01:19	8:52:32
8th Age Grouper	0:52:59	4:52:30	3:01:39	8:52:45
9th Age Grouper	0:57:51	4:48:41	3:05:50	8:58:02
10th Age Grouper	1:05:30	4:47:46	3:04:10	9:03:47
Kona Qualifier Average	1:00:00	4:37:06	3:04:04	8:46:00
Top 10 Age Grouper Average	0:59:26	4:41:58	3:04:13	8:50:47

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	1:06:59	4:48:52	2:55:36	8:56:04
2nd Age Grouper	1:04:32	5:00:19		8:56:37
3rd Age Grouper	1:03:53	4:53:14	2:55:28	9:01:55
4th Age Grouper	0:49:46	4:52:39	3:20:00	9:08:29
5th Age Grouper	0:57:03	4:44:09	3:22:38	9:08:54
6th Age Grouper	1:02:35	4:56:22	3:07:52	9:11:54
7th Age Grouper	0:53:24	4:57:03	3:21:45	9:17:40
8th Age Grouper	1:01:40	5:06:07	3:11:24	9:25:25
9th Age Grouper	0:58:21	5:01:37	3:21:02	9:25:40
10th Age Grouper	1:00:38	4:51:32	3:29:48	9:26:35
Kona Qualifier Average	1:00:26	4:51:50	3:08:25	9:02:23
Top 10 Age Grouper Average	0:59:53	4:55:11	3:13:57	9:11:55

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	0:52:09	4:46:34	3:16:20	8:59:42
2nd Age Grouper	1:06:52	4:33:24	3:15:44	9:04:43
3rd Age Grouper	1:01:31	4:47:24	3:15:45	9:11:28
4th Age Grouper	1:03:19	4:55:16	3:07:14	9:11:40
5th Age Grouper	0:50:13	4:56:36	3:27:55	9:19:41
6th Age Grouper	1:01:33	5:12:45	3:00:59	9:21:08
7th Age Grouper	1:04:12	4:54:44	3:14:19	9:24:24
8th Age Grouper	1:00:51	5:10:12	3:08:28	9:25:15
9th Age Grouper	1:01:55	4:48:23		9:25:48
10th Age Grouper	0:52:40	5:03:27	3:23:26	9:26:16
Kona Qualifier Average	0:58:48	4:47:50	3:16:35	9:09:26
Top 10 Age Grouper Average	0:59:31	4:54:52	3:14:27	9:17:00

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	0:56:36	4:53:12	2:56:50	8:51:22
2nd Age Grouper	0:52:32	4:55:43	3:06:05	8:58:02
3rd Age Grouper	0:49:50	5:00:27	3:08:14	9:01:51
4th Age Grouper	0:57:44	4:57:11	3:03:45	9:03:04
5th Age Grouper	0:58:28	4:58:11	3:03:12	9:05:07
6th Age Grouper	1:04:58	4:51:42	3:07:43	9:09:53
7th Age Grouper	0:57:31	4:57:39	3:13:11	9:13:26
8th Age Grouper	0:59:36	4:58:44	3:12:06	9:14:46
9th Age Grouper	0:58:18	4:57:23	3:18:30	9:19:30
10th Age Grouper	0:57:23	5:02:56	3:15:44	9:21:50
Kona Qualifier Average	0:55:02	4:56:56	3:03:37	8:59:53
Top 10 Age Grouper Average	0:57:17	4:57:18	3:08:32	9:07:53