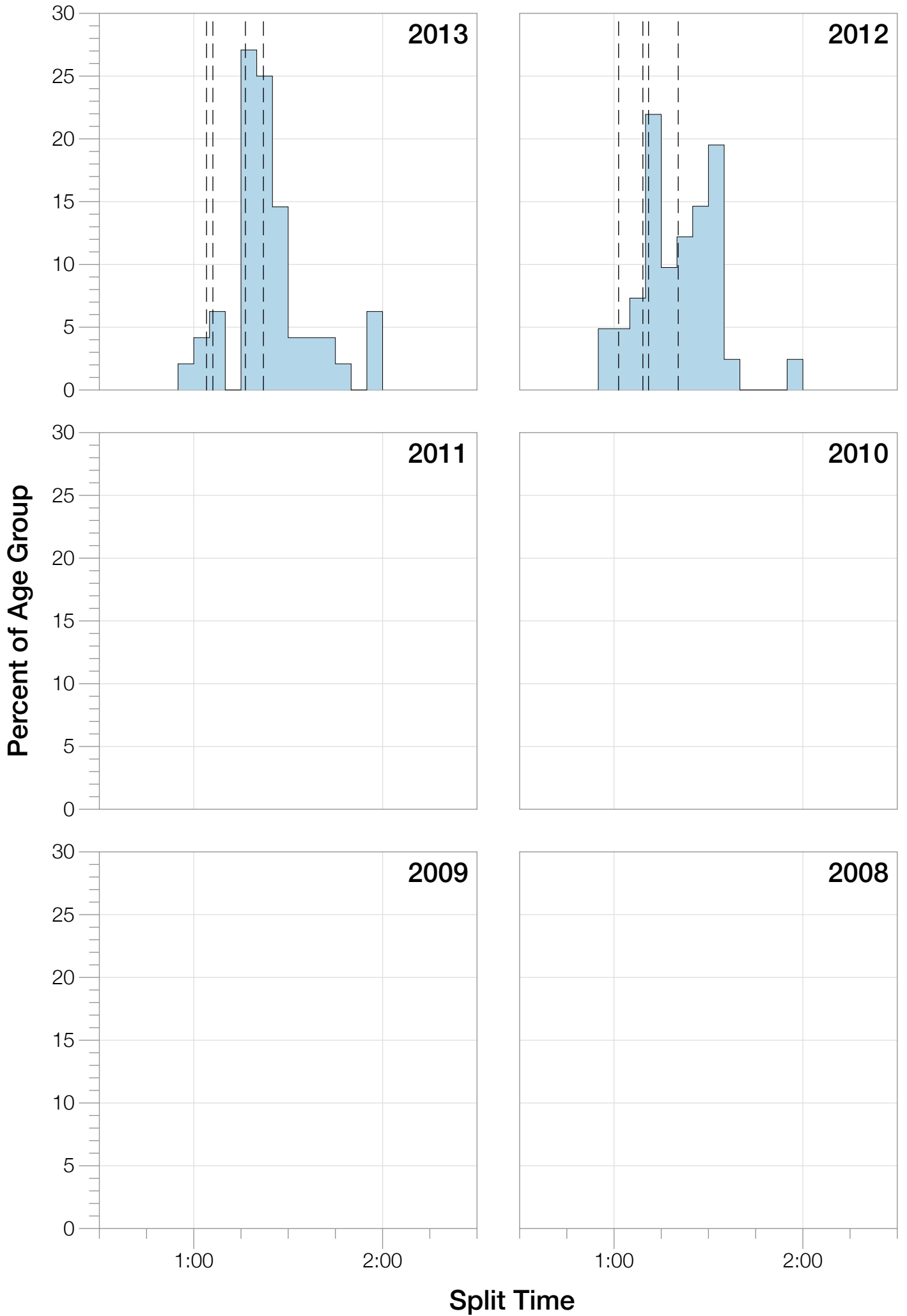


Ironman Sweden F30-34 Stats

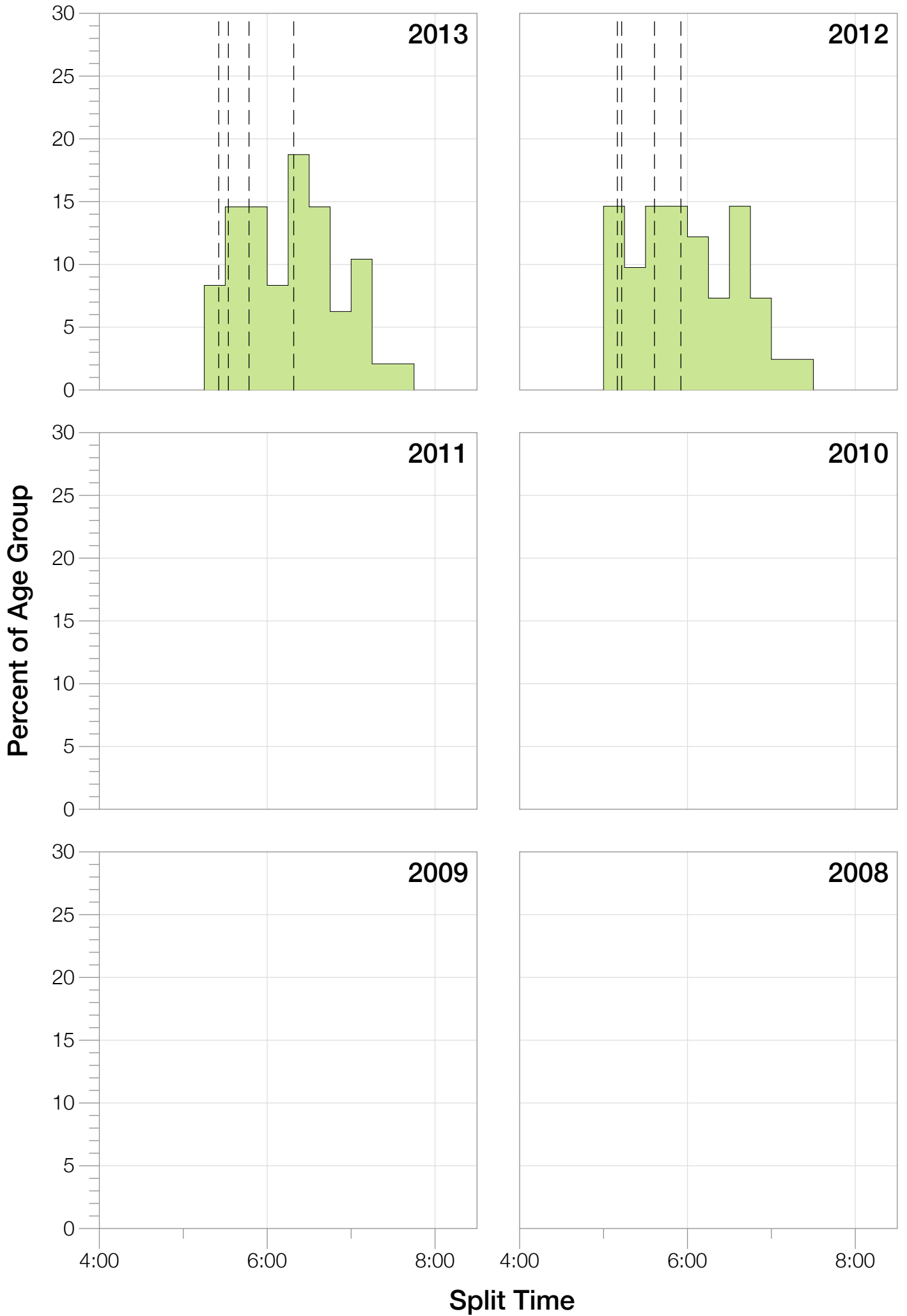
F30-34 Summary Statistics

| Year | Finishers | F30-34 Finishers | Male Winner's Time | Female Winner's Time | F30-34 Winner's Time |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2012 | 1348 | 41 | 8:04:01 | 9:13:27 | 9:47:11 |
| 2013 | 1605 | 48 | 8:19:30 | 8:54:01 | 10:07:04 |
| Average | 1477 | 45 | 8:11:45 | 9:03:44 | 9:57:07 |

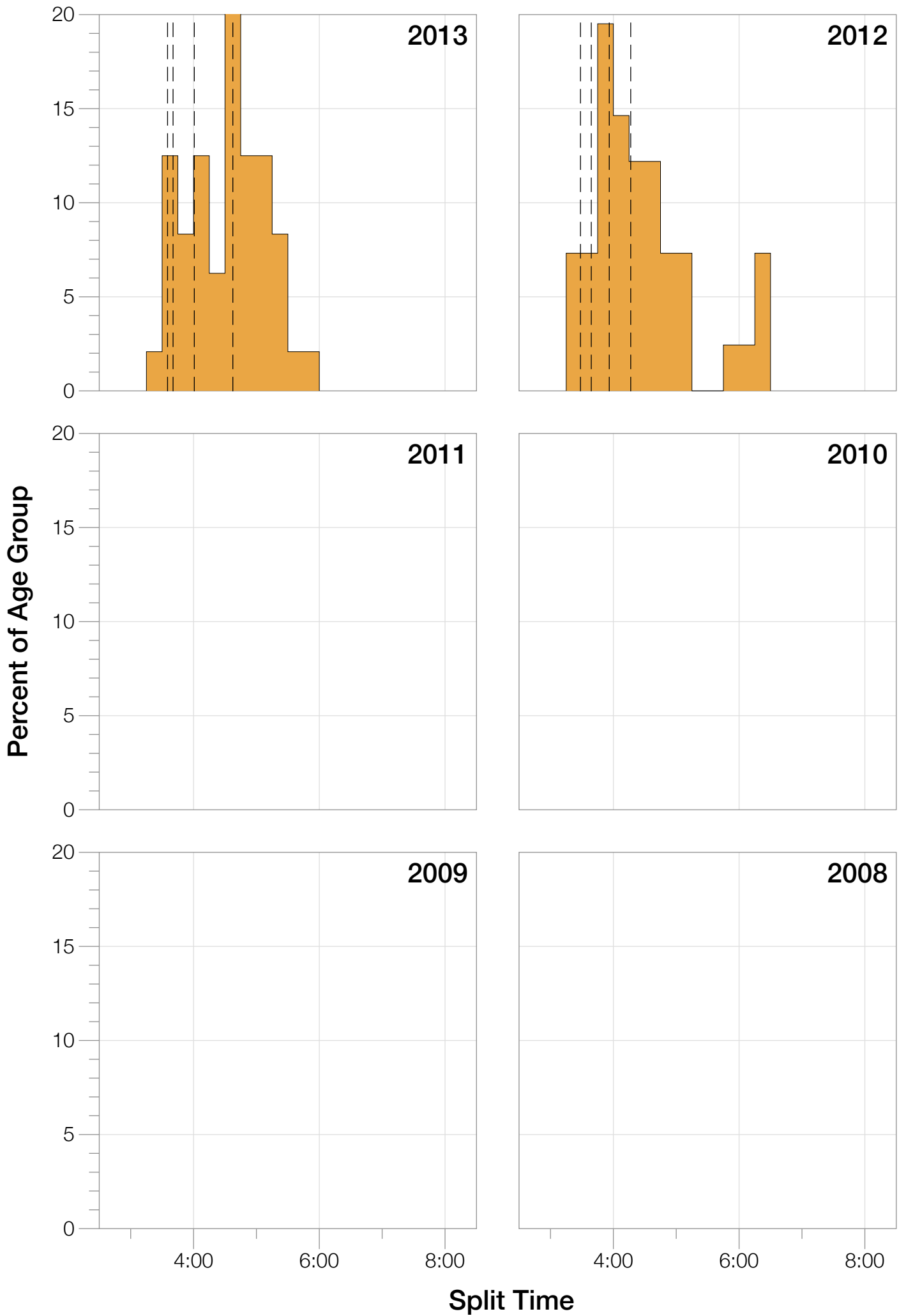
F30-34 Swim



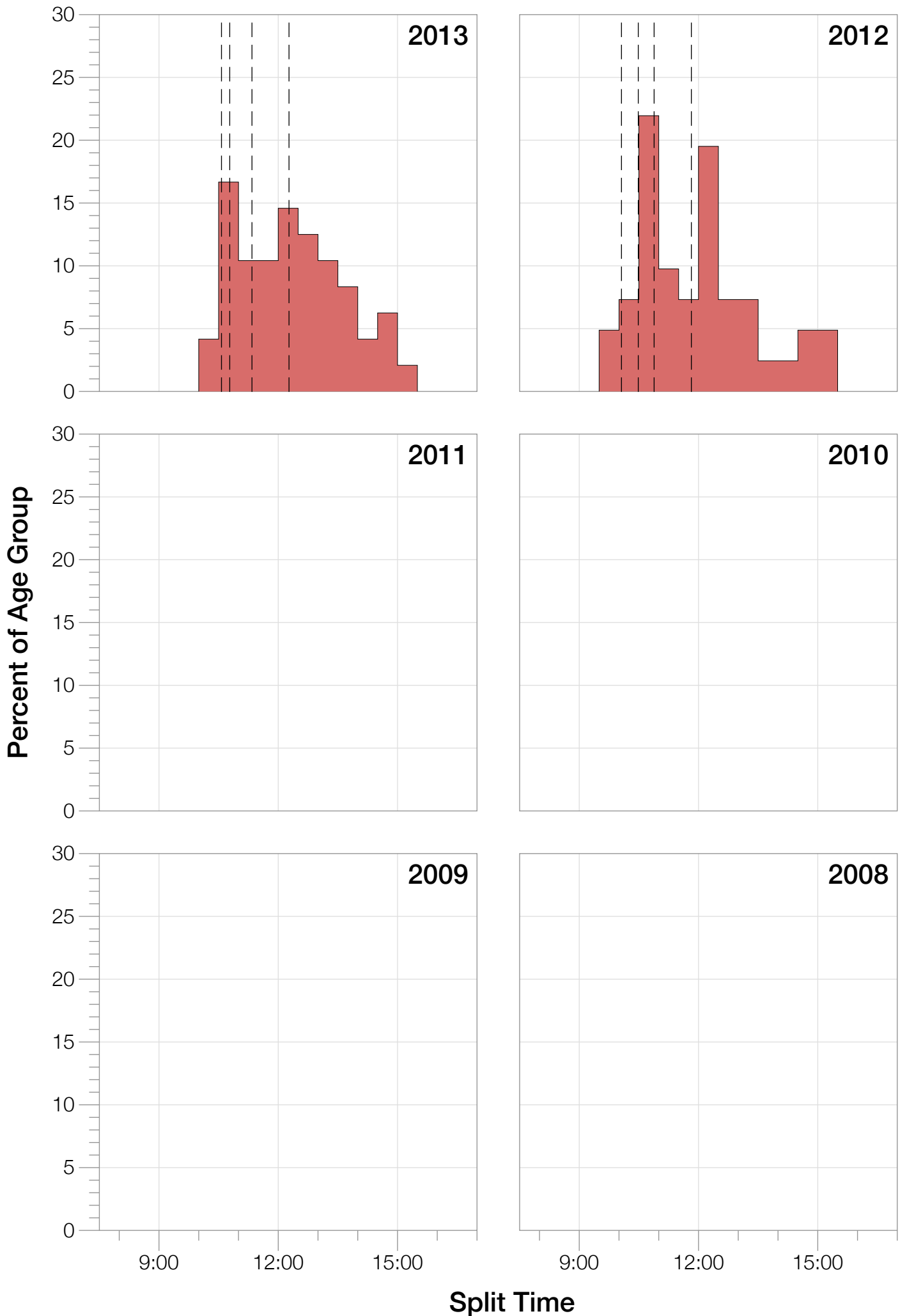
F30-34 Bike



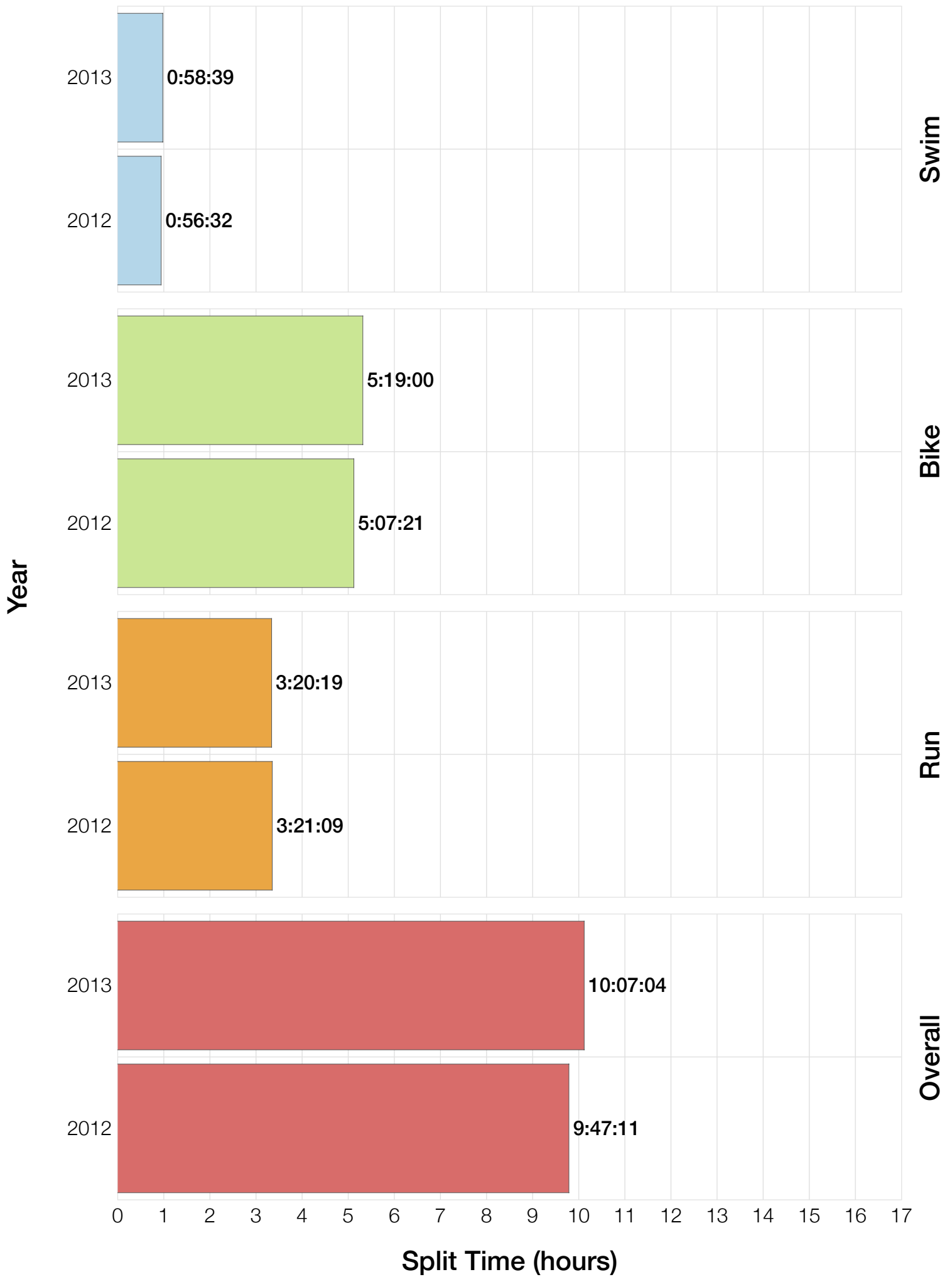
F30-34 Run



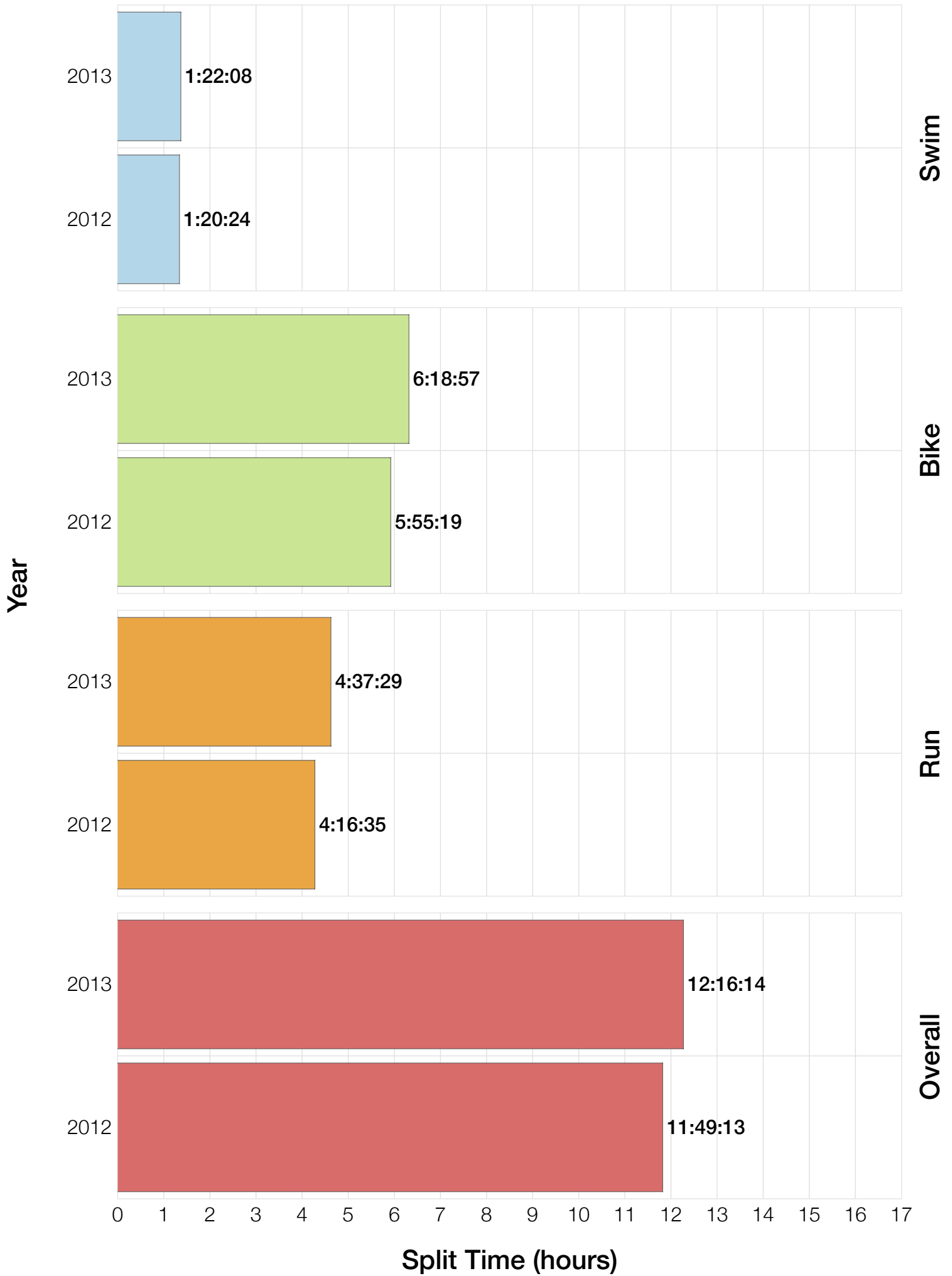
F30-34 Overall



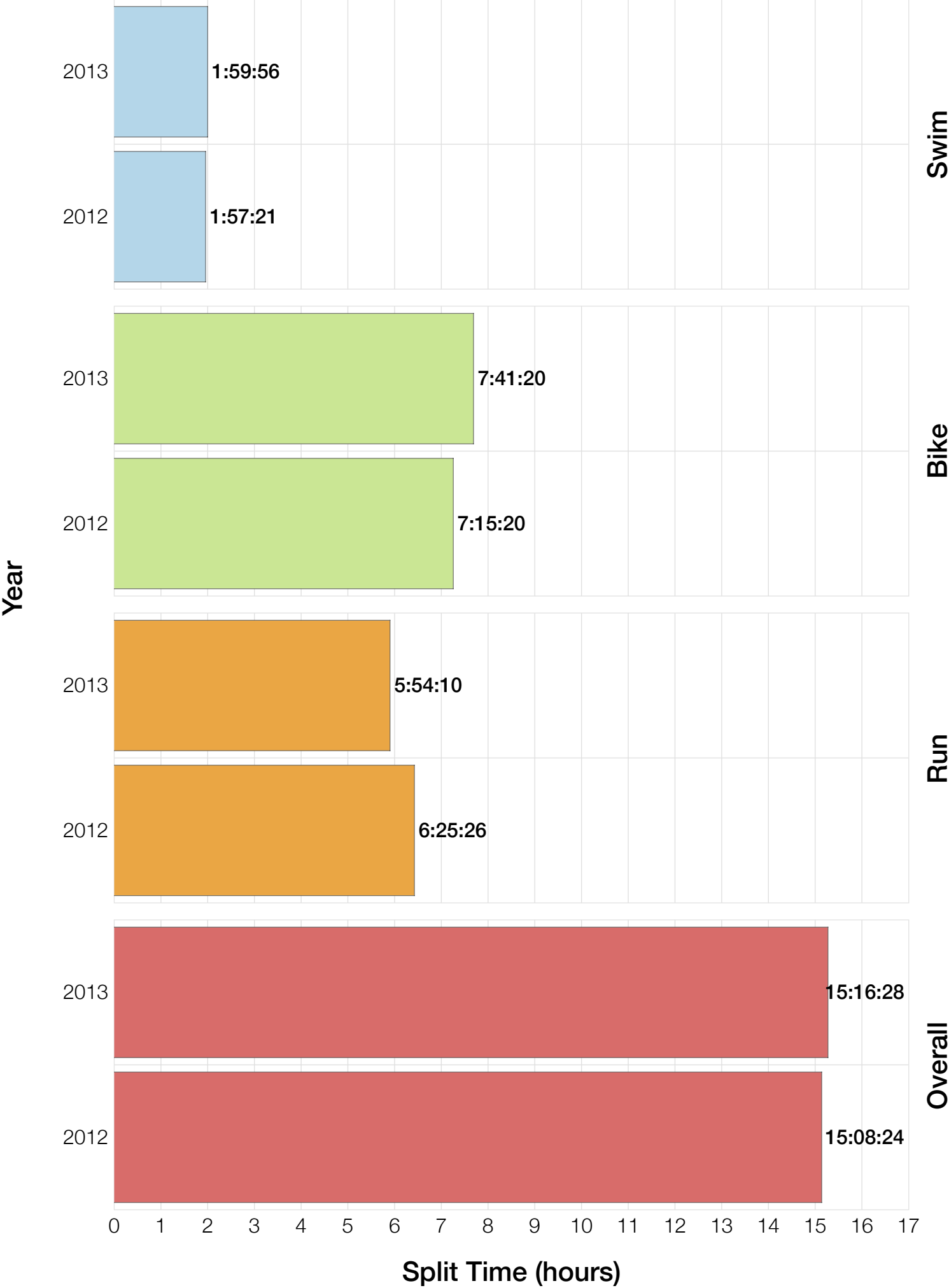
F30-34 Fastest Splits



F30-34 Median Splits

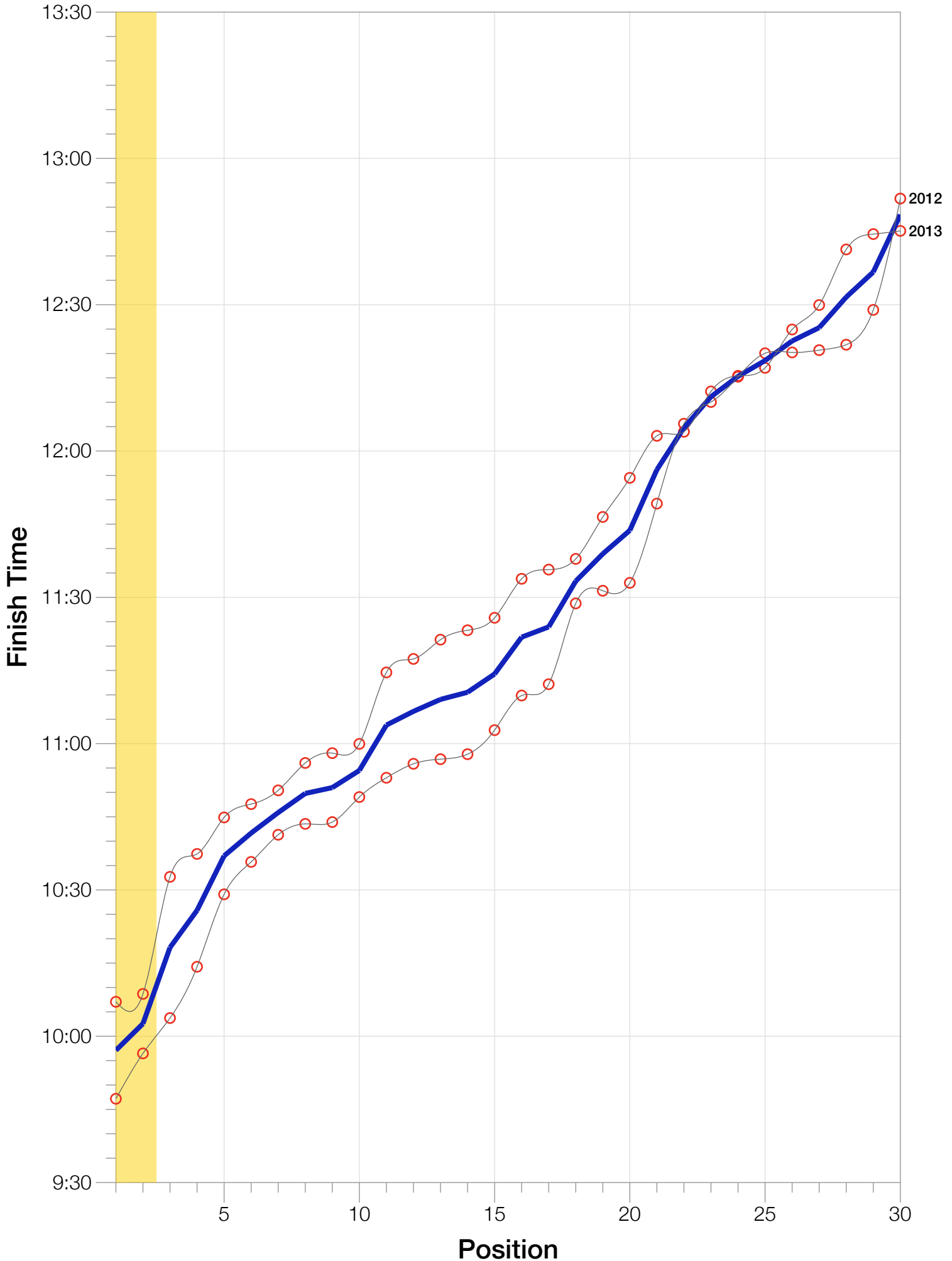


F30-34 Slowest Splits



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

Sweden 2013

| Position | Swim Time | Bike Time | Run Time | Overall Time |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Male Winner | 0:48:31 | 4:33:42 | 2:54:08 | 8:19:30 |
| Female Winner | 0:48:30 | 4:55:39 | 3:06:41 | 8:54:01 |
| 1st Age Grouper | 1:17:07 | 5:24:21 | 3:20:19 | 10:07:04 |
| 2nd Age Grouper | 0:58:39 | 5:30:29 | 3:36:03 | 10:08:41 |
| 3rd Age Grouper | 1:15:03 | 5:38:00 | 3:34:42 | 10:32:41 |
| 4th Age Grouper | 1:05:28 | 5:47:32 | 3:39:30 | 10:37:23 |
| 5th Age Grouper | 1:18:02 | 5:36:51 | 3:44:16 | 10:44:52 |
| 6th Age Grouper | 1:06:10 | 5:35:22 | 4:00:30 | 10:47:36 |
| 7th Age Grouper | 1:01:41 | 5:55:25 | 3:45:47 | 10:50:25 |
| 8th Age Grouper | 1:21:55 | 5:51:56 | 3:34:27 | 10:56:02 |
| 9th Age Grouper | 1:16:27 | 5:36:29 | 3:59:48 | 10:58:03 |
| 10th Age Grouper | 1:22:20 | 5:33:00 | 3:56:53 | 10:59:57 |
| Kona Qualifier Average | 1:07:53 | 5:27:25 | 3:28:11 | 10:07:52 |
| Top 10 Age Grouper Average | 1:12:17 | 5:38:56 | 3:43:13 | 10:40:16 |

Sweden 2012

| Position | Swim Time | Bike Time | Run Time | Overall Time |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Male Winner | 0:48:32 | 4:26:33 | 2:45:44 | 8:04:01 |
| Female Winner | 1:00:17 | 4:51:46 | 3:18:20 | 9:13:27 |
| 1st Age Grouper | 0:56:32 | 5:14:10 | 3:27:01 | 9:47:11 |
| 2nd Age Grouper | 1:09:27 | 5:20:50 | 3:21:09 | 9:56:29 |
| 3rd Age Grouper | 0:59:35 | 5:20:49 | 3:36:38 | 10:03:44 |
| 4th Age Grouper | 1:04:35 | 5:07:21 | 3:57:25 | 10:14:15 |
| 5th Age Grouper | 1:19:48 | 5:09:52 | 3:51:57 | 10:29:06 |
| 6th Age Grouper | 1:17:29 | 5:40:59 | 3:28:37 | 10:35:45 |
| 7th Age Grouper | 1:15:31 | 5:12:58 | 4:06:50 | 10:41:19 |
| 8th Age Grouper | 1:10:57 | 5:28:16 | 3:59:29 | 10:43:33 |
| 9th Age Grouper | 1:01:27 | 5:21:50 | 4:13:14 | 10:43:55 |
| 10th Age Grouper | 1:10:49 | 5:47:17 | 3:44:20 | 10:49:03 |
| Kona Qualifier Average | 1:02:59 | 5:17:30 | 3:24:05 | 9:51:50 |
| Top 10 Age Grouper Average | 1:08:37 | 5:22:26 | 3:46:40 | 10:24:26 |