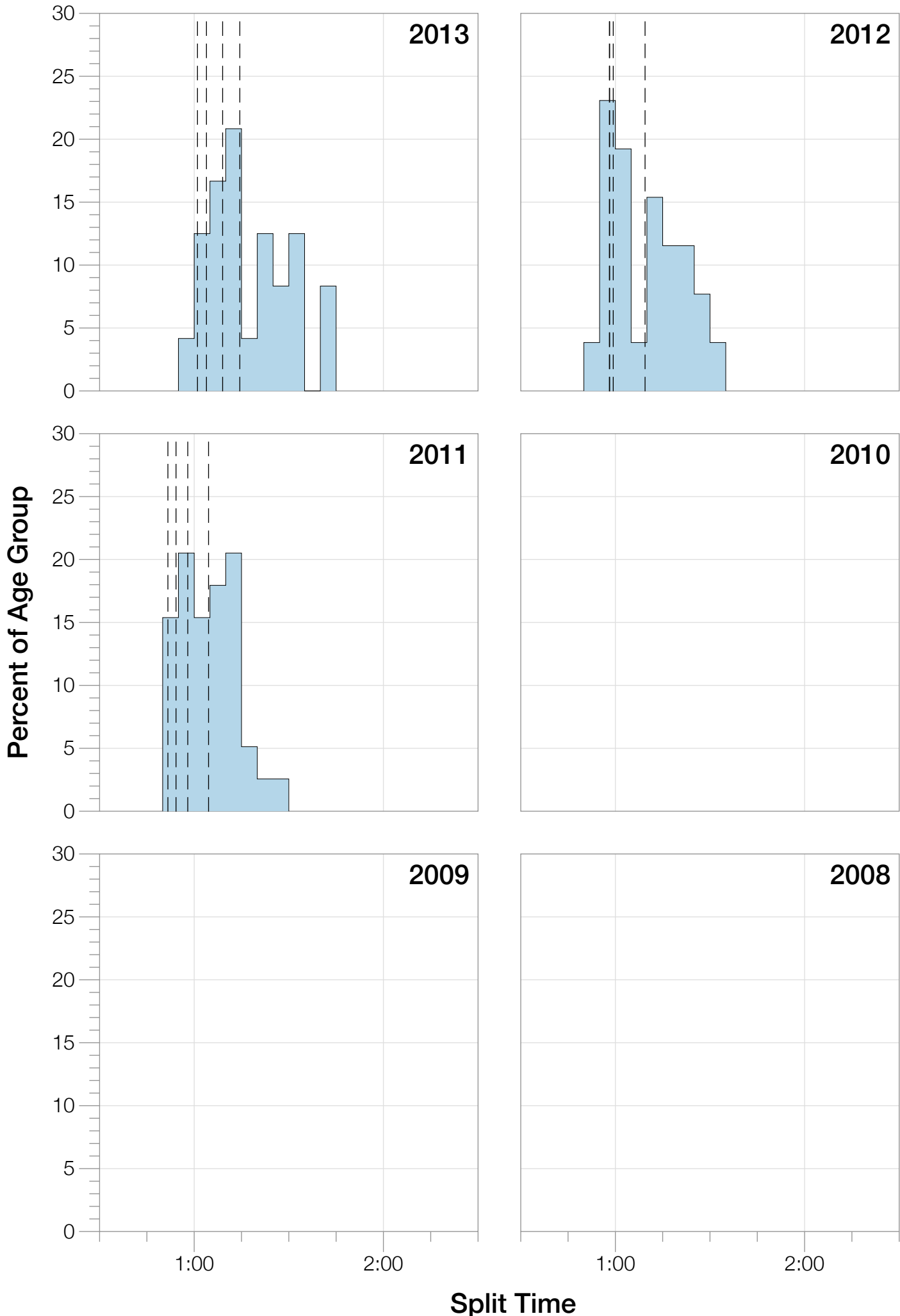


# Ironman Wales F30-34 Stats

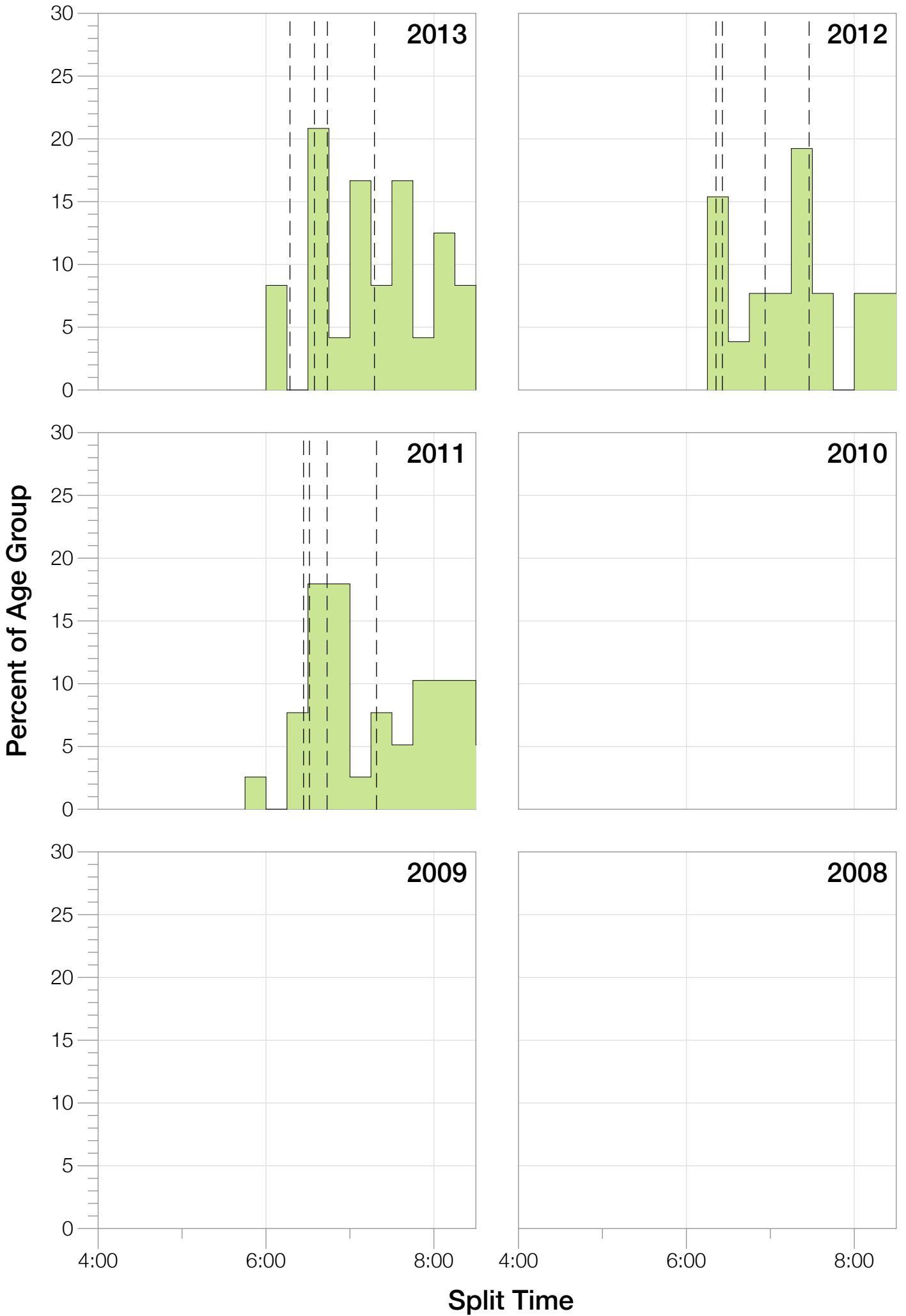
## F30-34 Summary Statistics

| <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> |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2011           | 1122             | 39                      | 9:04:20                   | 10:15:23                    | 10:40:58                    |
| 2012           | 1215             | 29                      | 8:52:43                   | 9:45:09                     | 10:54:12                    |
| 2013           | 1280             | 24                      | 9:09:10                   | 9:51:21                     | 11:00:01                    |
| <b>Average</b> | <b>1206</b>      | <b>31</b>               | <b>9:02:04</b>            | <b>9:57:17</b>              | <b>10:51:43</b>             |

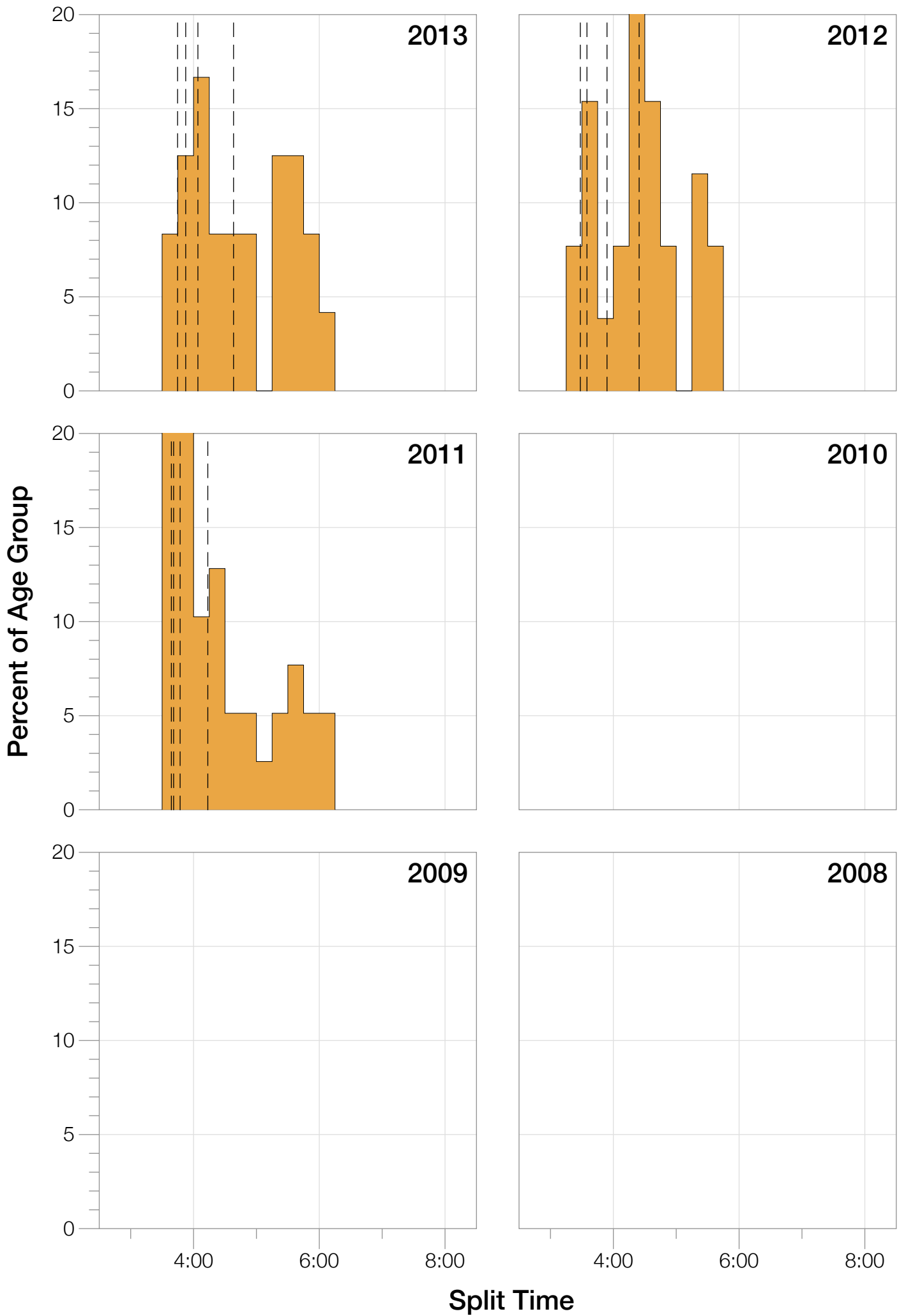
# F30-34 Swim



# F30-34 Bike

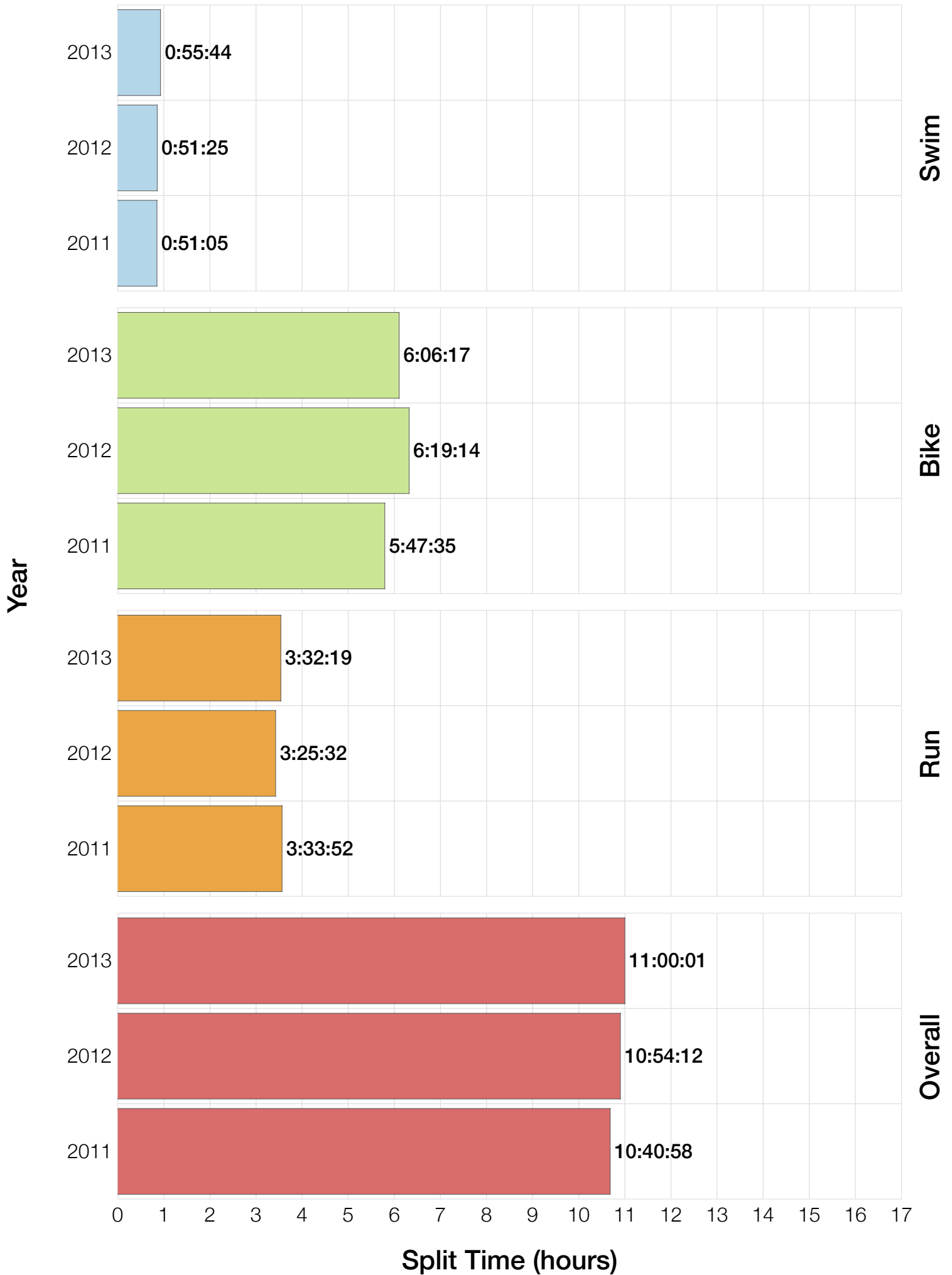


# F30-34 Run

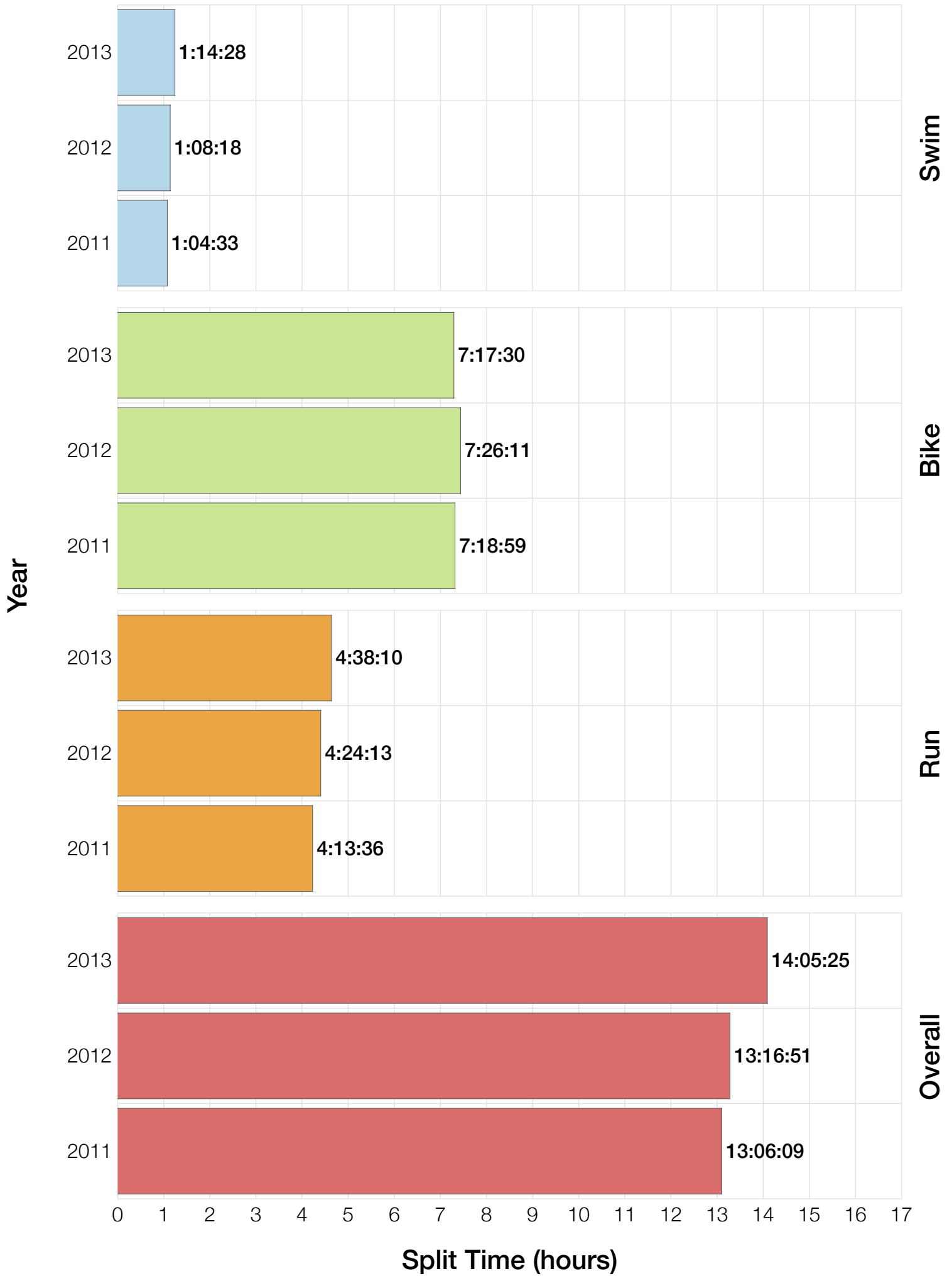




# F30-34 Fastest Splits



# F30-34 Median Splits



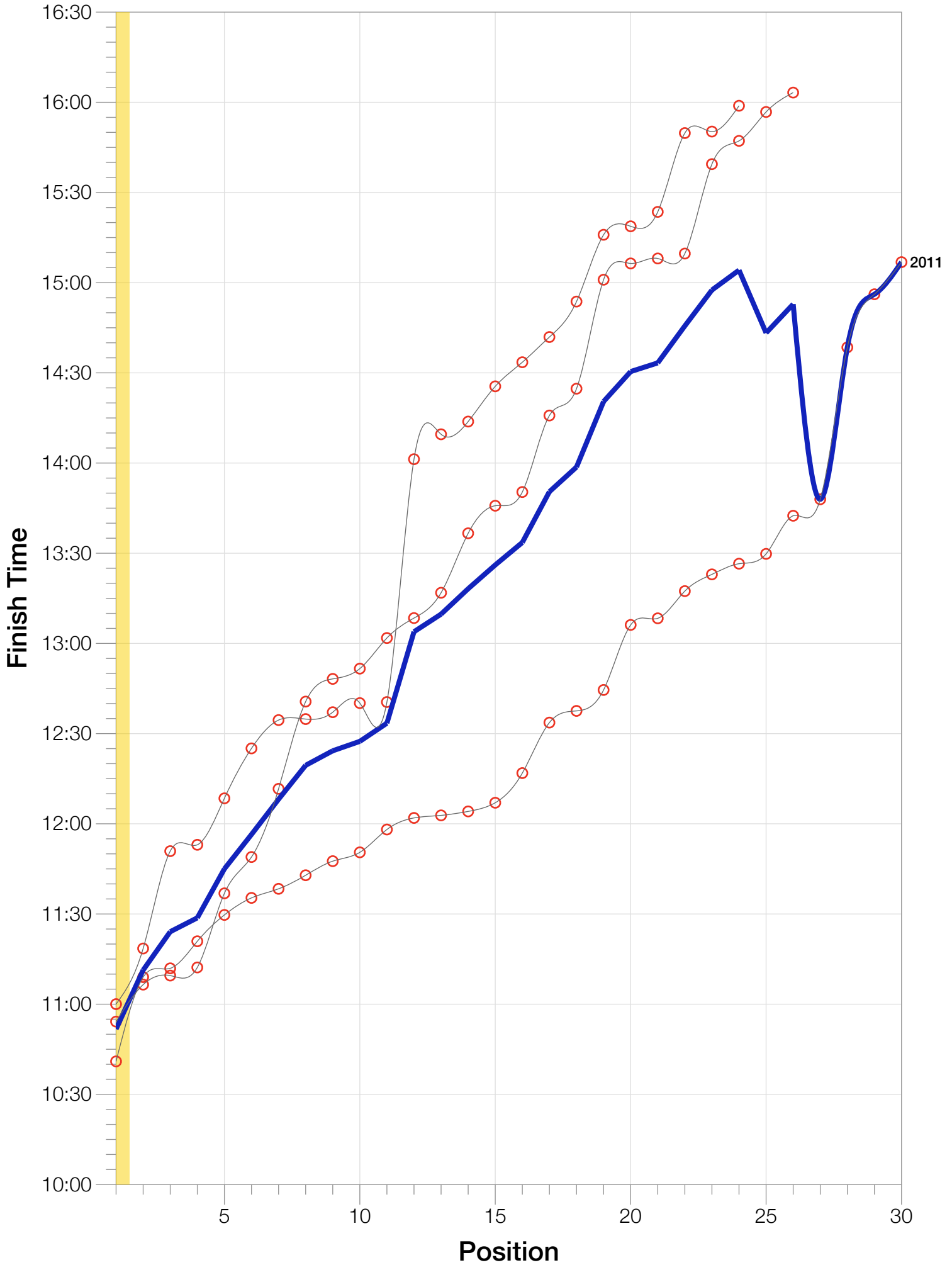


# F30-34 Slowest Splits



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

## Wales 2013

| Position                          | Swim Time      | Bike Time      | Run Time       | Overall Time    |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| <b>Male Winner</b>                | <b>0:47:13</b> | <b>5:11:26</b> | <b>3:02:35</b> | <b>9:09:10</b>  |
| <b>Female Winner</b>              | <b>0:56:59</b> | <b>5:31:36</b> | <b>3:15:02</b> | <b>9:51:21</b>  |
| <b>1st Age Grouper</b>            | <b>1:08:57</b> | <b>6:06:17</b> | <b>3:32:19</b> | <b>11:00:01</b> |
| 2nd Age Grouper                   | 1:09:02        | 6:14:10        | 3:43:44        | 11:18:31        |
| 3rd Age Grouper                   | 1:03:50        | 6:36:15        | 3:56:57        | 11:50:54        |
| 4th Age Grouper                   | 0:55:44        | 6:33:53        | 4:10:17        | 11:53:01        |
| 5th Age Grouper                   | 1:09:45        | 6:43:37        | 4:01:49        | 12:08:28        |
| 6th Age Grouper                   | 1:00:33        | 6:37:17        | 4:25:58        | 12:25:05        |
| 7th Age Grouper                   | 1:06:09        | 7:04:16        | 4:05:45        | 12:34:30        |
| 8th Age Grouper                   | 1:30:40        | 6:50:07        | 3:50:36        | 12:34:50        |
| 9th Age Grouper                   | 1:12:04        | 7:01:50        | 4:04:55        | 12:37:07        |
| 10th Age Grouper                  | 1:18:27        | 7:04:22        | 3:58:54        | 12:40:09        |
| <b>Kona Qualifier Average</b>     | <b>1:08:57</b> | <b>6:06:17</b> | <b>3:32:19</b> | <b>11:00:01</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:09:31</b> | <b>6:41:12</b> | <b>3:59:07</b> | <b>12:06:15</b> |

## Wales 2012

| Position                          | Swim Time      | Bike Time      | Run Time       | Overall Time    |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| <b>Male Winner</b>                | <b>0:48:12</b> | <b>5:04:16</b> | <b>2:52:42</b> | <b>8:52:43</b>  |
| <b>Female Winner</b>              | <b>0:51:29</b> | <b>5:34:35</b> | <b>3:09:48</b> | <b>9:45:09</b>  |
| <b>1st Age Grouper</b>            | <b>0:58:14</b> | <b>6:19:14</b> | <b>3:26:59</b> | <b>10:54:12</b> |
| 2nd Age Grouper                   | 1:02:32        | 6:27:24        | 3:25:32        | 11:06:30        |
| 3rd Age Grouper                   | 1:04:02        | 6:20:14        | 3:32:59        | 11:09:31        |
| 4th Age Grouper                   | 0:58:49        | 6:24:02        | 3:38:52        | 11:12:13        |
| 5th Age Grouper                   | 0:58:54        | 6:42:28        | 3:42:21        | 11:36:52        |
| 6th Age Grouper                   | 1:04:18        | 6:39:54        | 3:37:17        | 11:40:18        |
| 7th Age Grouper                   | 0:58:10        | 6:50:23        | 3:48:54        | 11:48:57        |
| 8th Age Grouper                   | 1:03:27        | 7:16:15        | 3:36:39        | 12:11:38        |
| 9th Age Grouper                   | 1:04:17        | 6:57:04        | 4:03:35        | 12:31:02        |
| 10th Age Grouper                  | 0:51:25        | 7:14:57        | 4:18:37        | 12:40:39        |
| <b>Kona Qualifier Average</b>     | <b>0:58:14</b> | <b>6:19:14</b> | <b>3:26:59</b> | <b>10:54:12</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:00:24</b> | <b>6:43:11</b> | <b>3:43:10</b> | <b>11:41:11</b> |

## Wales 2011

| Position                          | Swim Time      | Bike Time      | Run Time       | Overall Time    |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Male Winner                       | 0:45:01        | 5:22:16        | 2:48:00        | 9:04:20         |
| Female Winner                     | 1:02:09        | 5:47:31        | 3:12:04        | 10:15:23        |
| 1st Age Grouper                   | 0:54:18        | 5:47:35        | 3:44:29        | 10:40:58        |
| 2nd Age Grouper                   | 0:56:50        | 6:18:18        | 3:39:10        | 11:09:00        |
| 3rd Age Grouper                   | 0:59:01        | 6:27:48        | 3:33:52        | 11:11:55        |
| 4th Age Grouper                   | 0:51:40        | 6:37:47        | 3:35:38        | 11:20:55        |
| 5th Age Grouper                   | 0:54:50        | 6:31:33        | 3:46:38        | 11:29:41        |
| 6th Age Grouper                   | 0:56:04        | 6:29:03        | 3:57:02        | 11:35:21        |
| 7th Age Grouper                   | 0:57:03        | 6:39:10        | 3:43:10        | 11:38:22        |
| 8th Age Grouper                   | 0:59:54        | 6:34:14        | 3:55:22        | 11:42:53        |
| 9th Age Grouper                   | 1:04:33        | 6:42:20        | 3:44:09        | 11:47:34        |
| 10th Age Grouper                  | 1:03:54        | 6:41:09        | 3:52:52        | 11:50:30        |
| <b>Kona Qualifier Average</b>     | <b>0:54:18</b> | <b>5:47:35</b> | <b>3:44:29</b> | <b>10:40:58</b> |
| <b>Top 10 Age Grouper Average</b> | <b>0:57:48</b> | <b>6:28:53</b> | <b>3:45:14</b> | <b>11:26:42</b> |