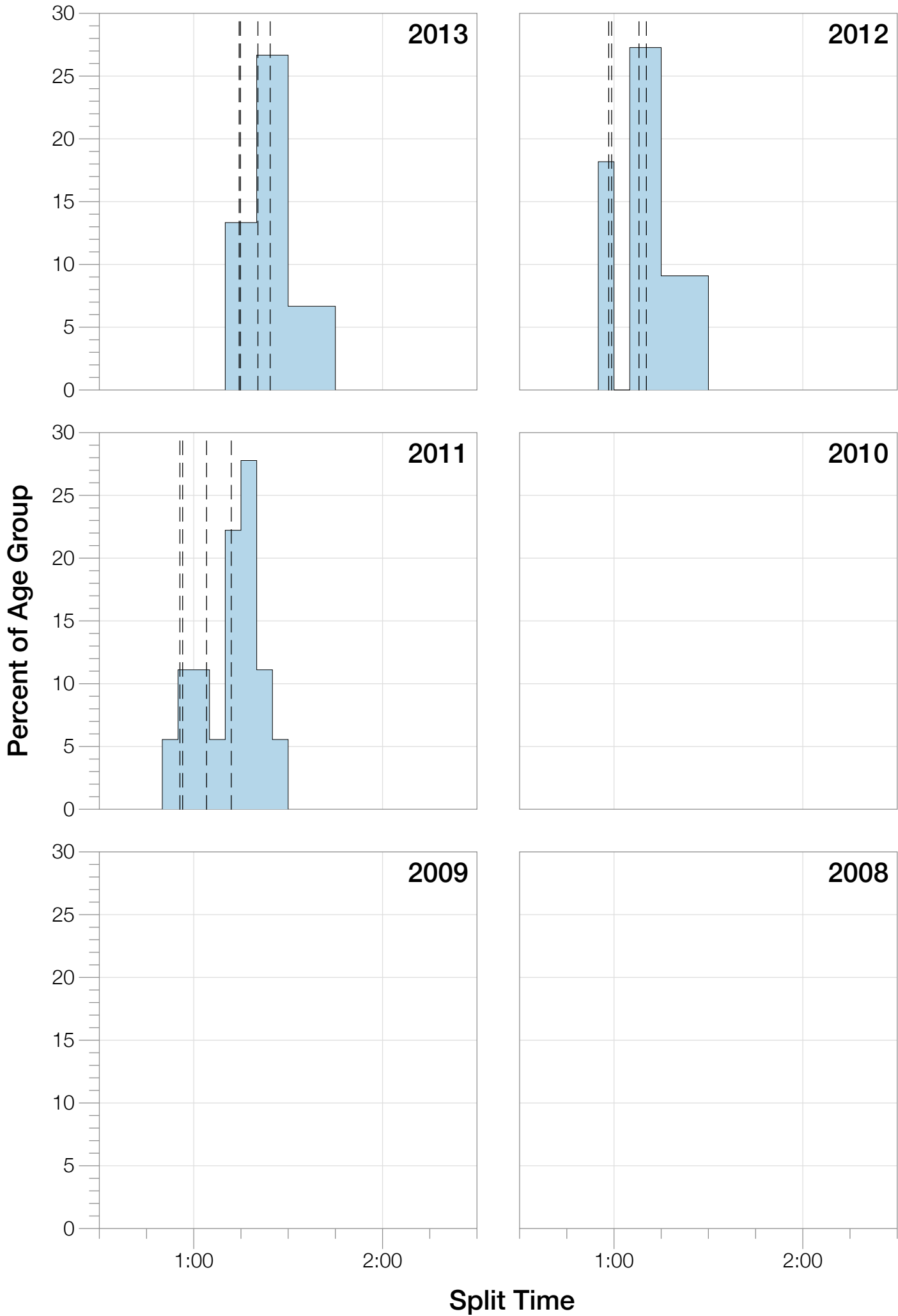


# Ironman Wales F45-49 Stats

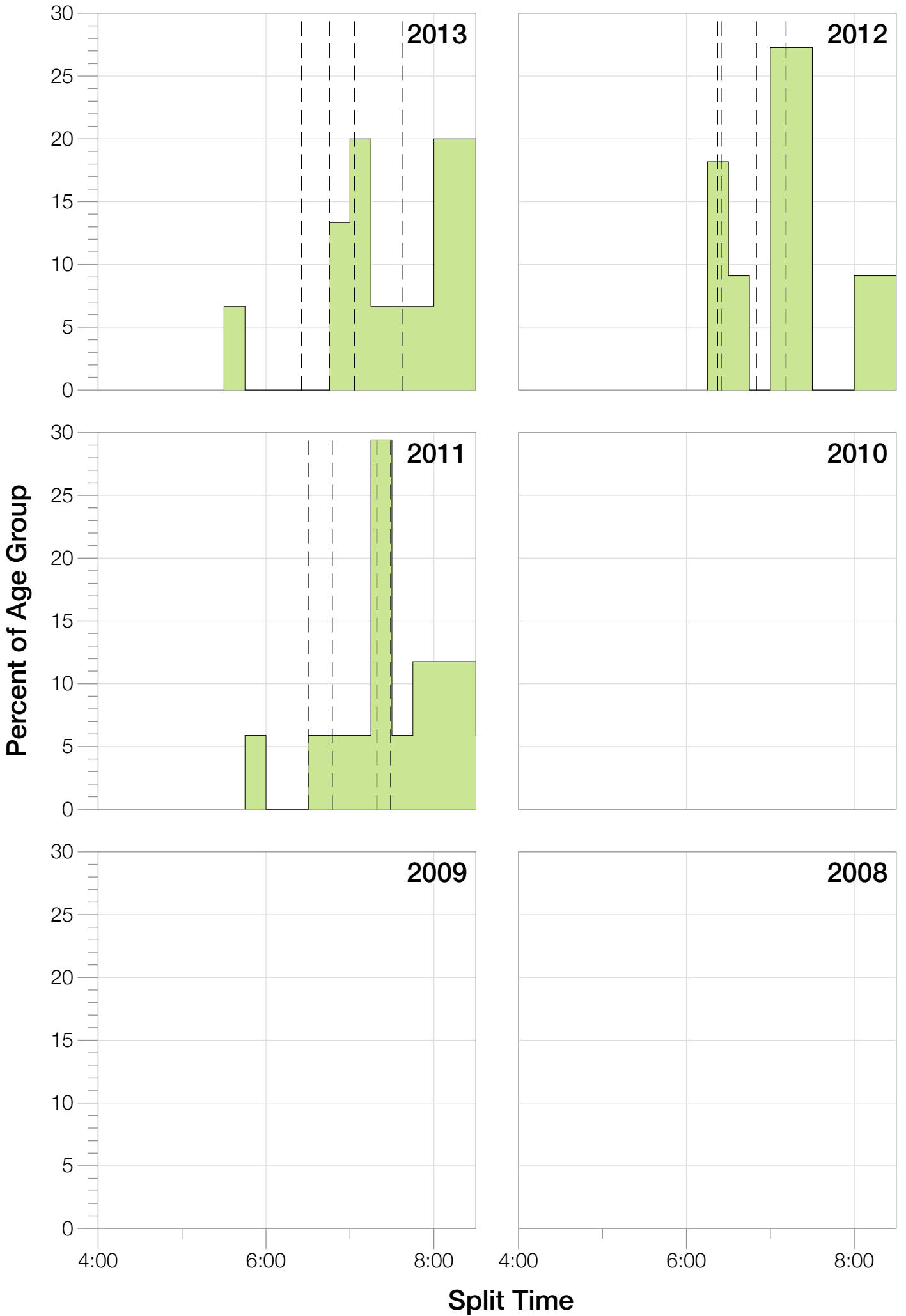
## F45-49 Summary Statistics

<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>
2011	1122	18	9:04:20	10:15:23	10:15:23
2012	1215	12	8:52:43	9:45:09	11:04:32
2013	1280	15	9:09:10	9:51:21	12:22:51
<b>Average</b>	<b>1206</b>	<b>15</b>	<b>9:02:04</b>	<b>9:57:17</b>	<b>11:14:15</b>

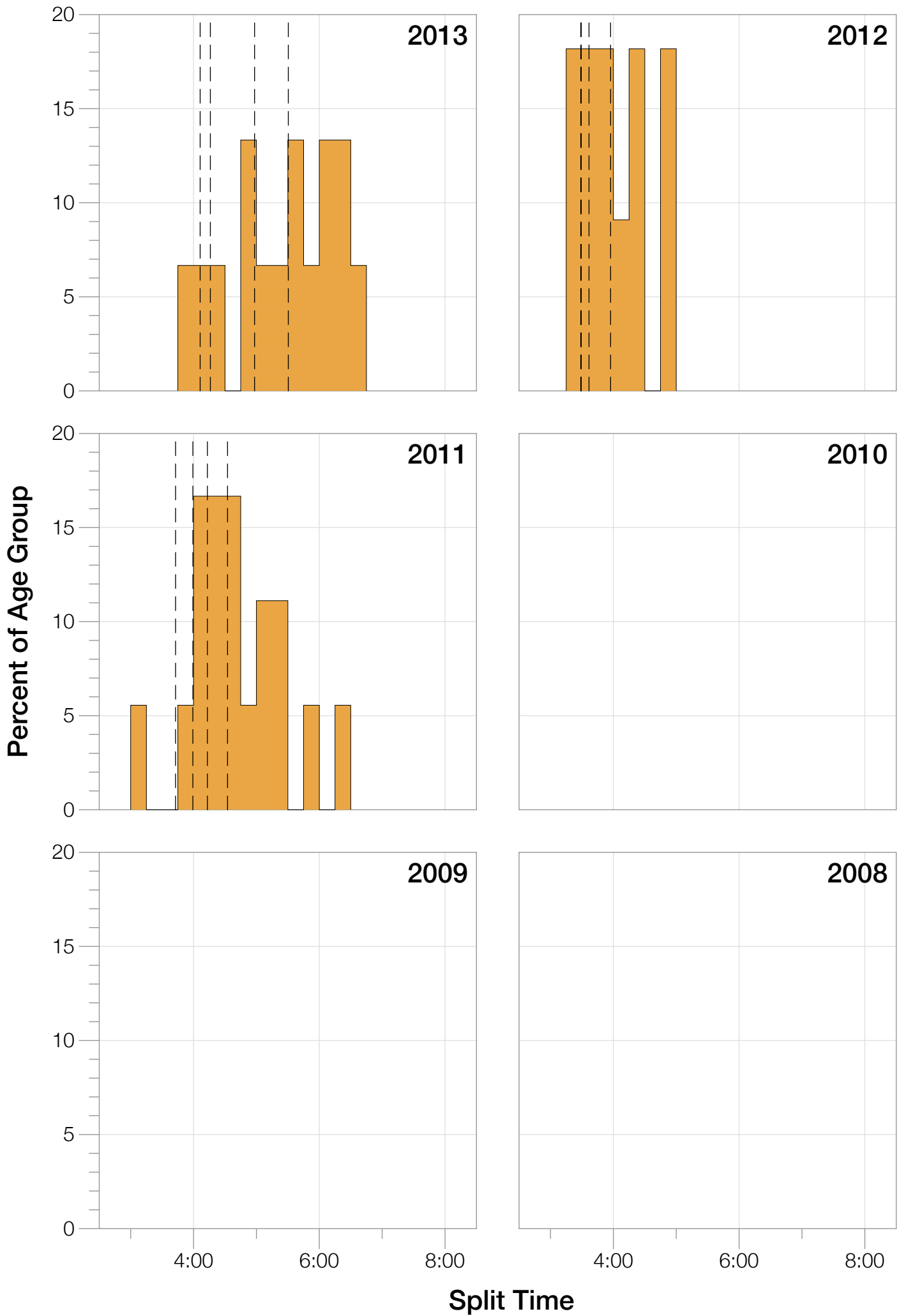
# F45-49 Swim



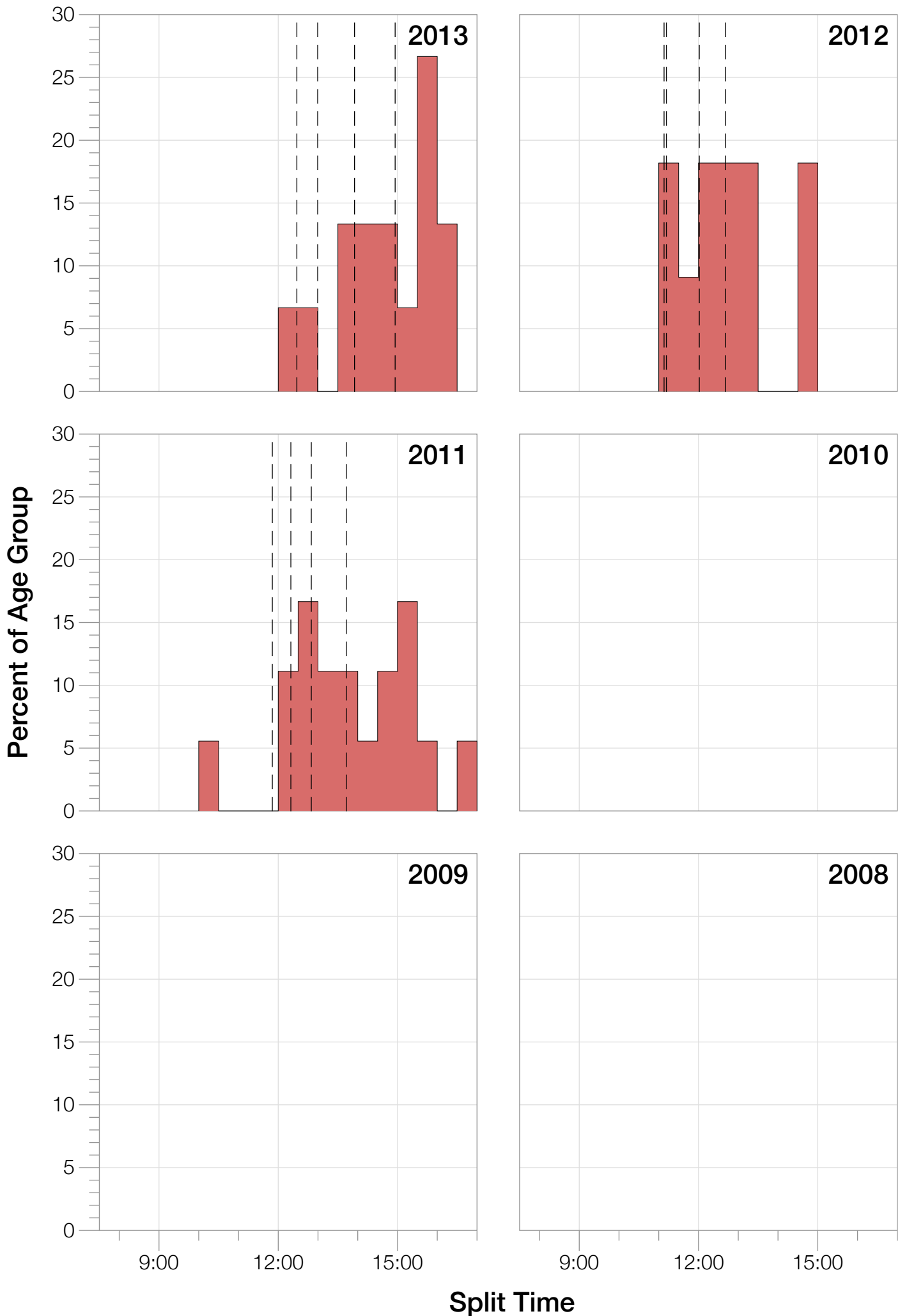
# F45-49 Bike



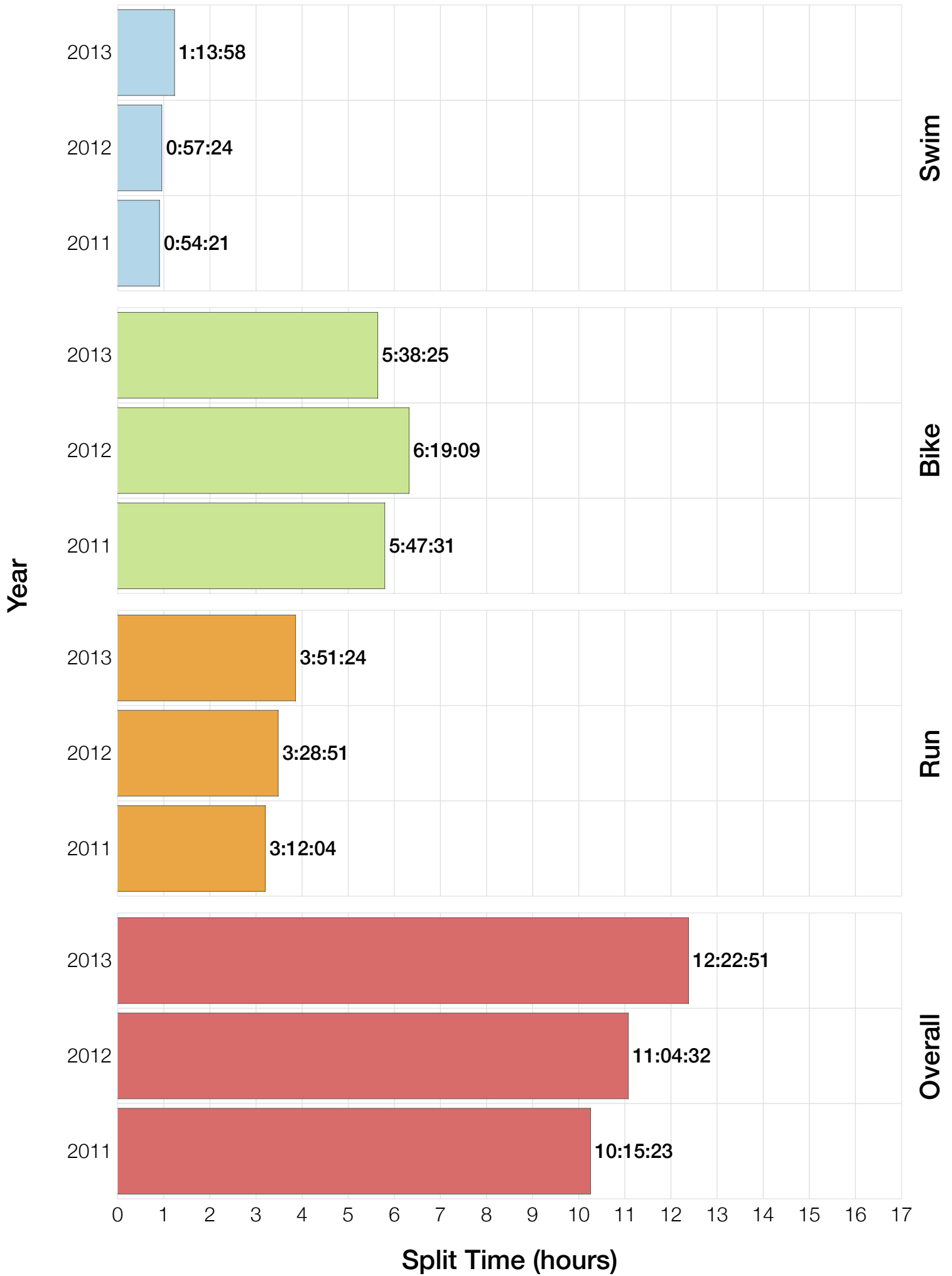
# F45-49 Run



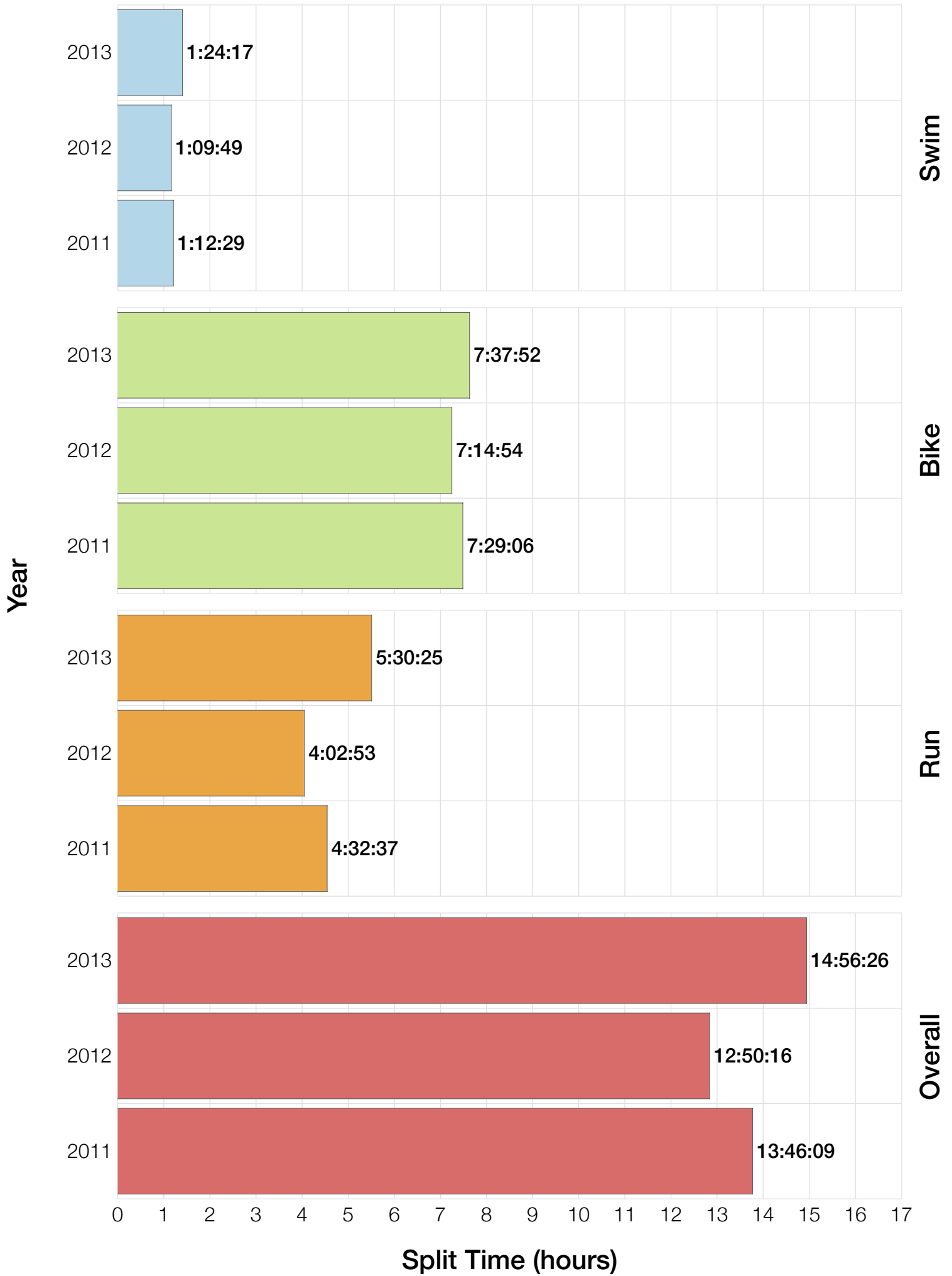
# F45-49 Overall



# F45-49 Fastest Splits

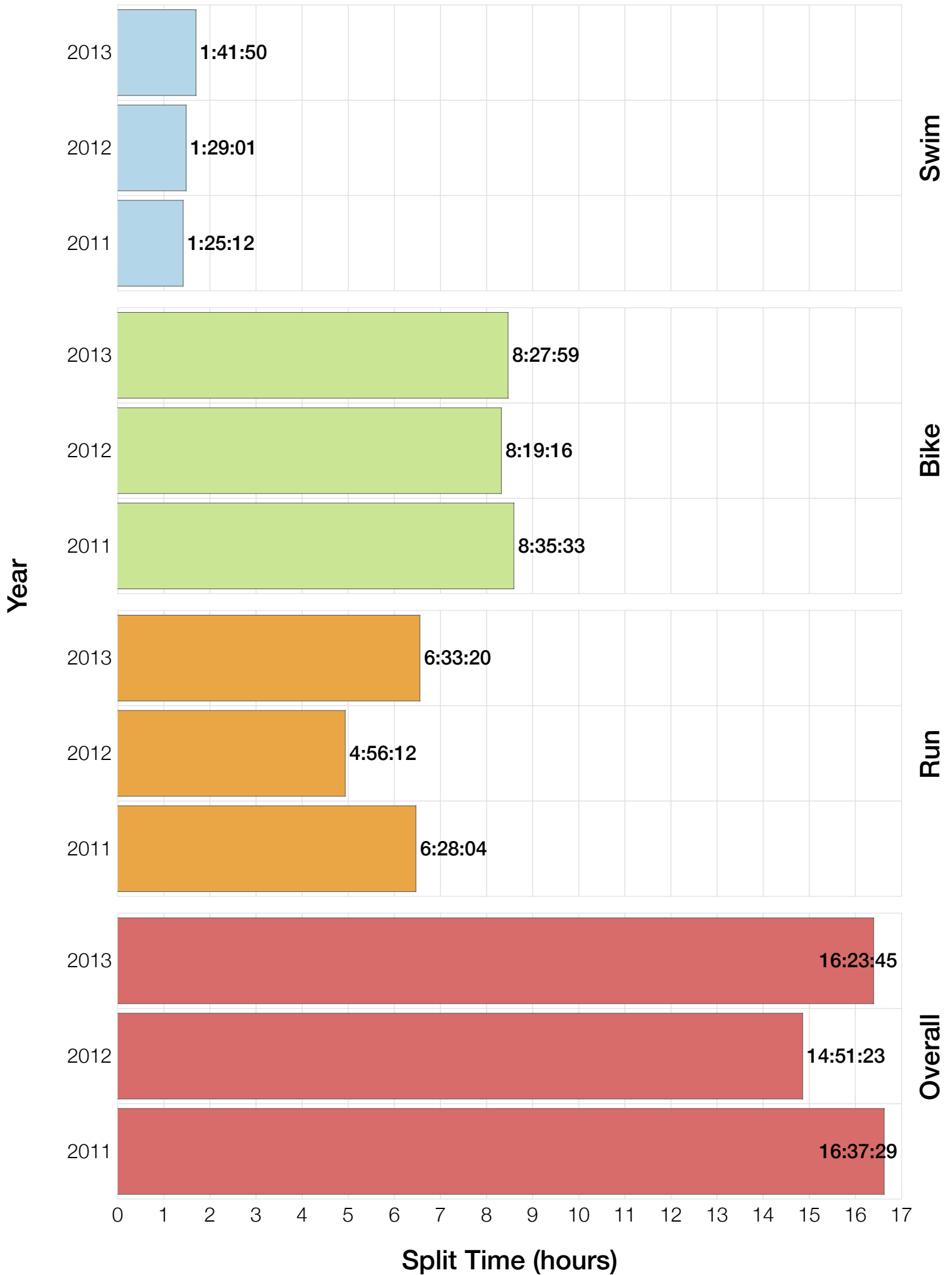


# F45-49 Median Splits



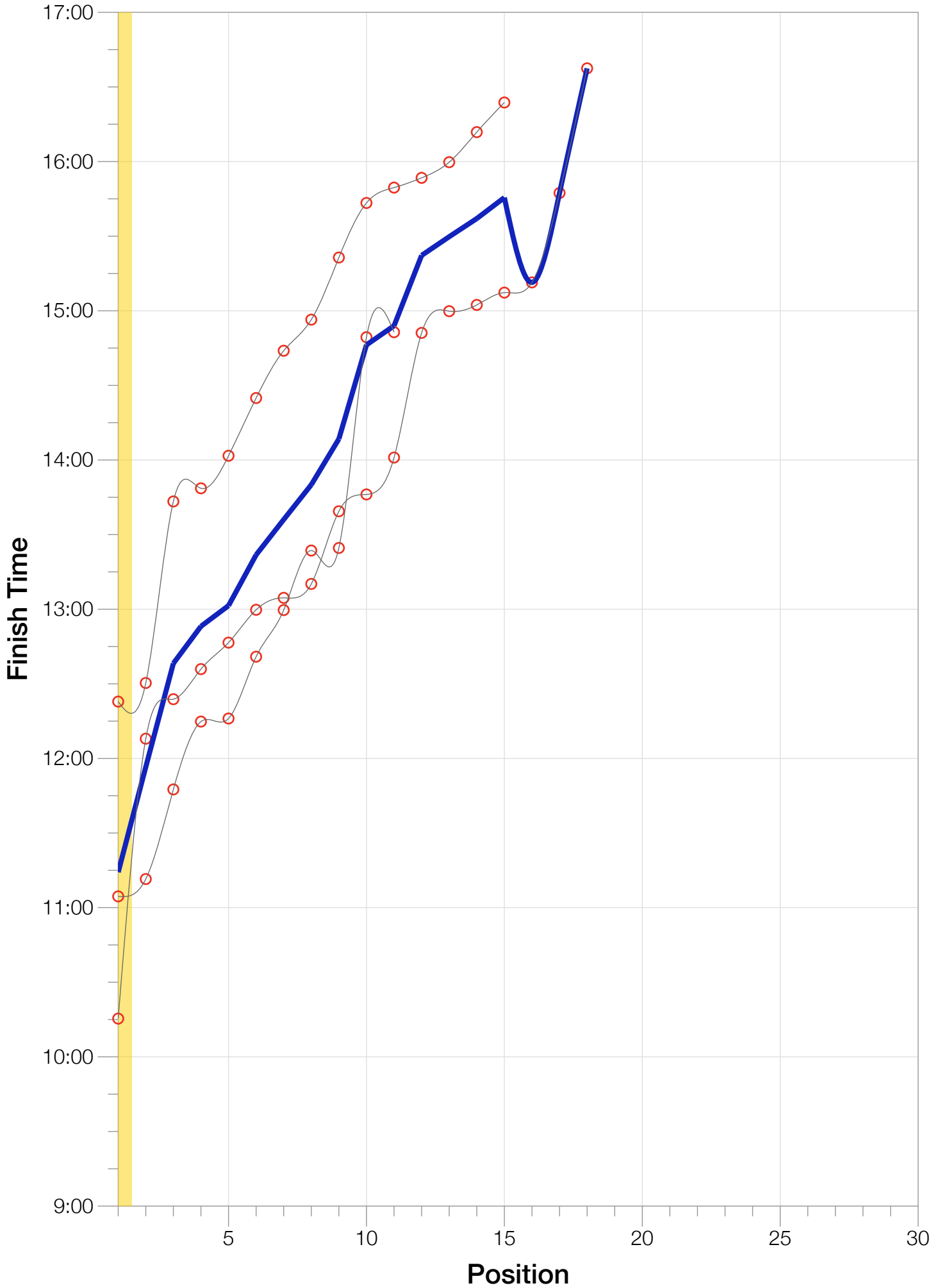


# F45-49 Slowest Splits



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