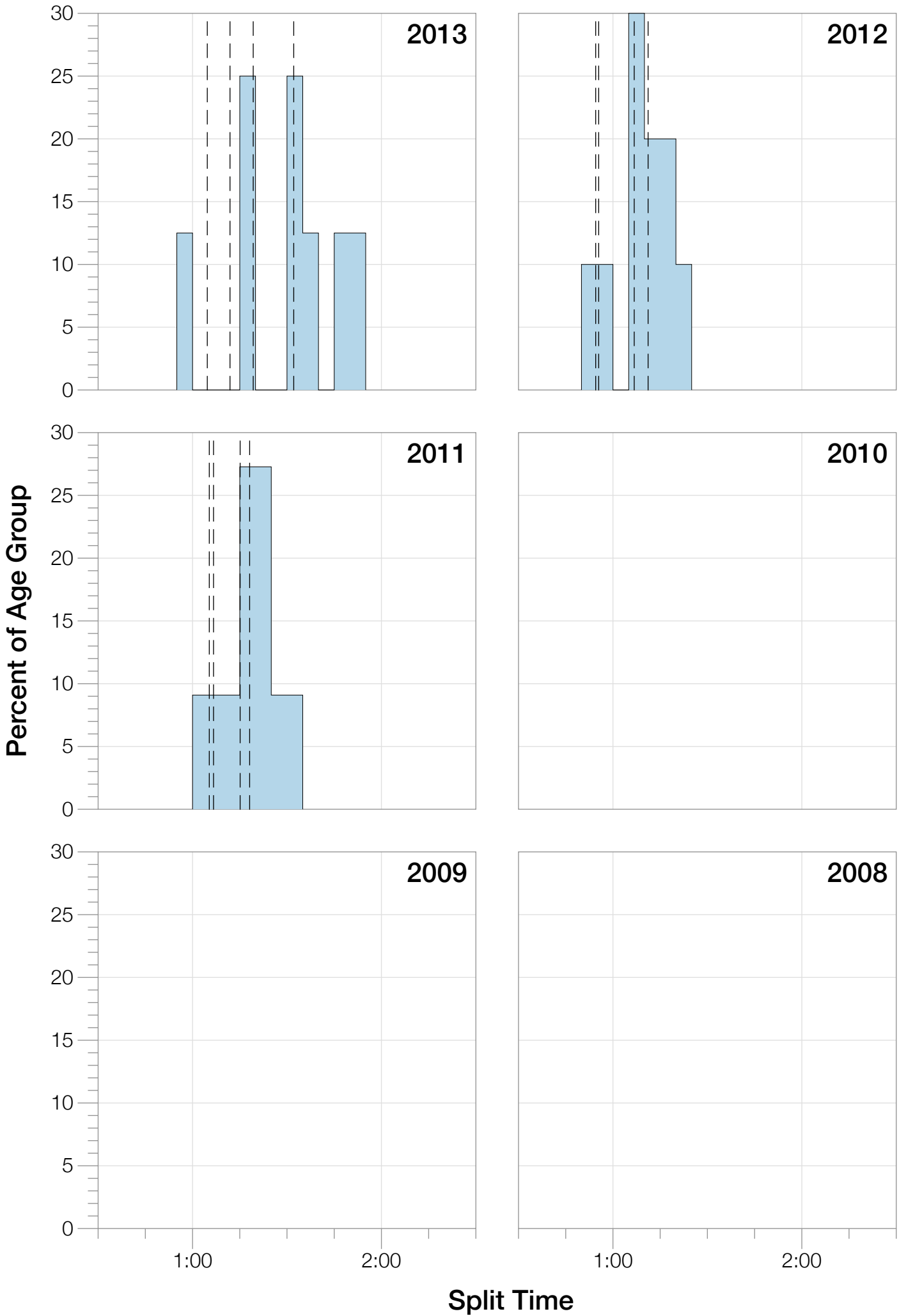


Ironman Wales F50-54 Stats

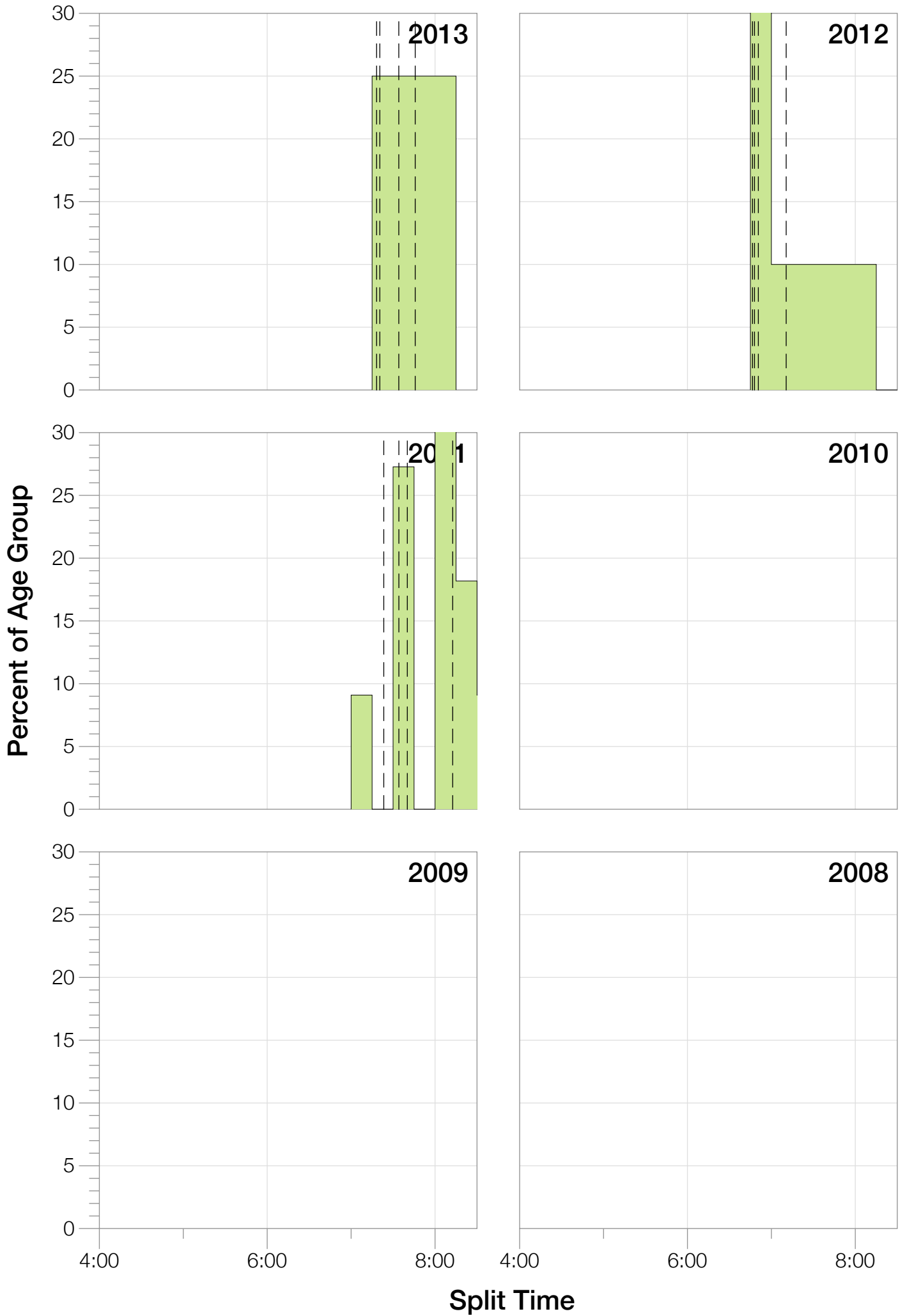
F50-54 Summary Statistics

Year	Finishers	F50-54 Finishers	Male Winner's Time	Female Winner's Time	F50-54 Winner's Time
2011	1122	11	9:04:20	10:15:23	12:55:53
2012	1215	10	8:52:43	9:45:09	12:10:09
2013	1280	8	9:09:10	9:51:21	12:37:15
Average	1206	10	9:02:04	9:57:17	12:34:25

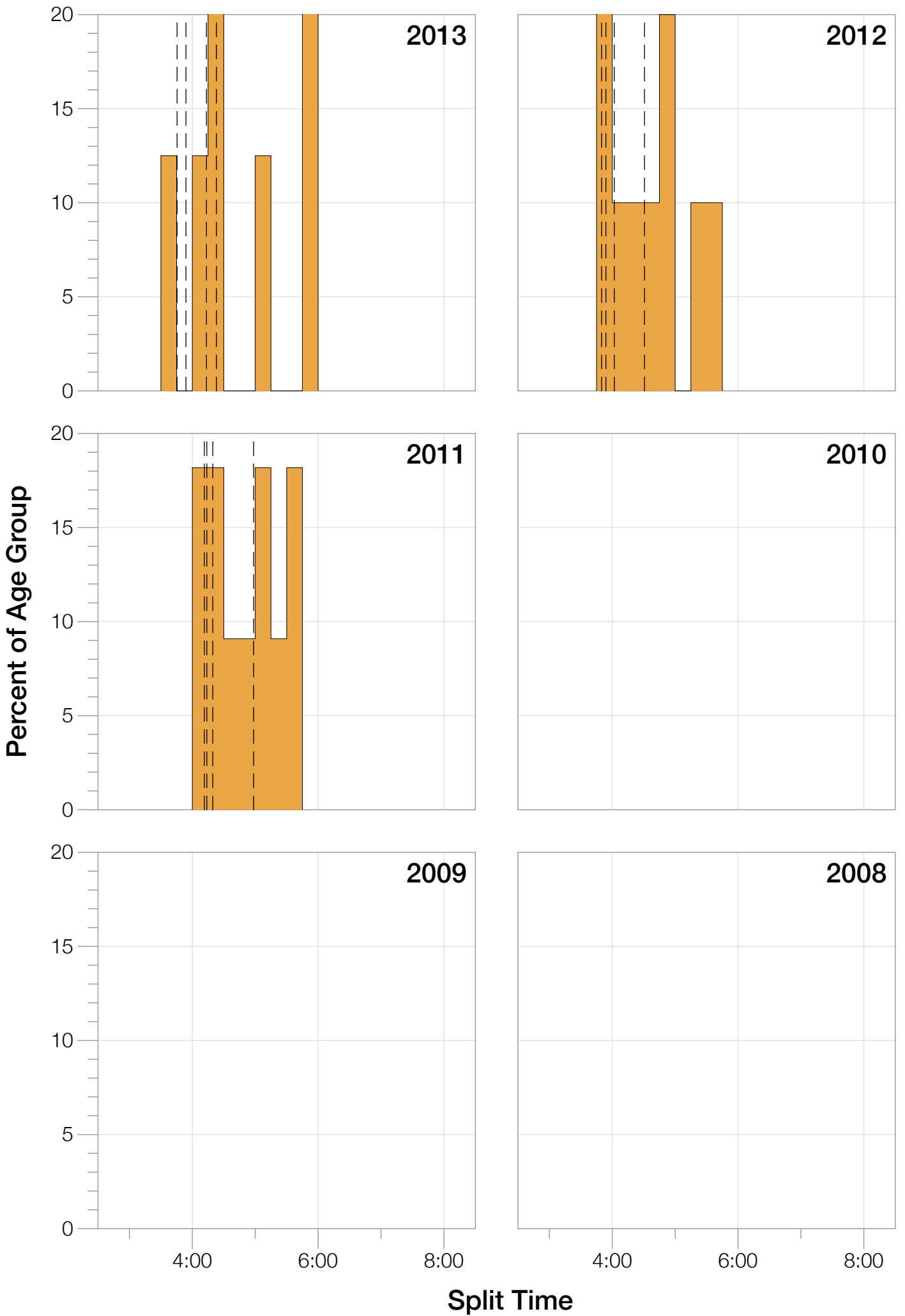
F50-54 Swim



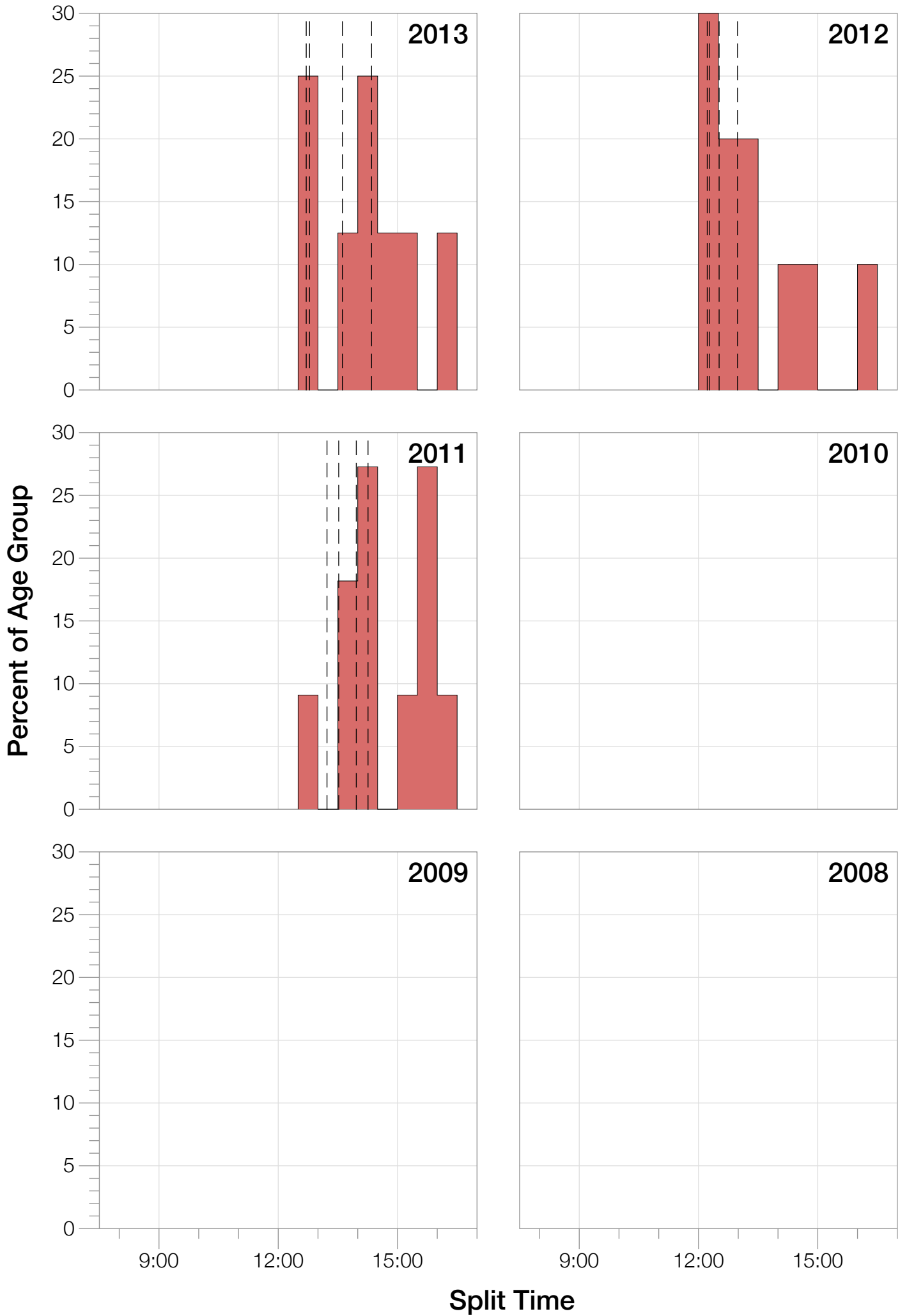
F50-54 Bike



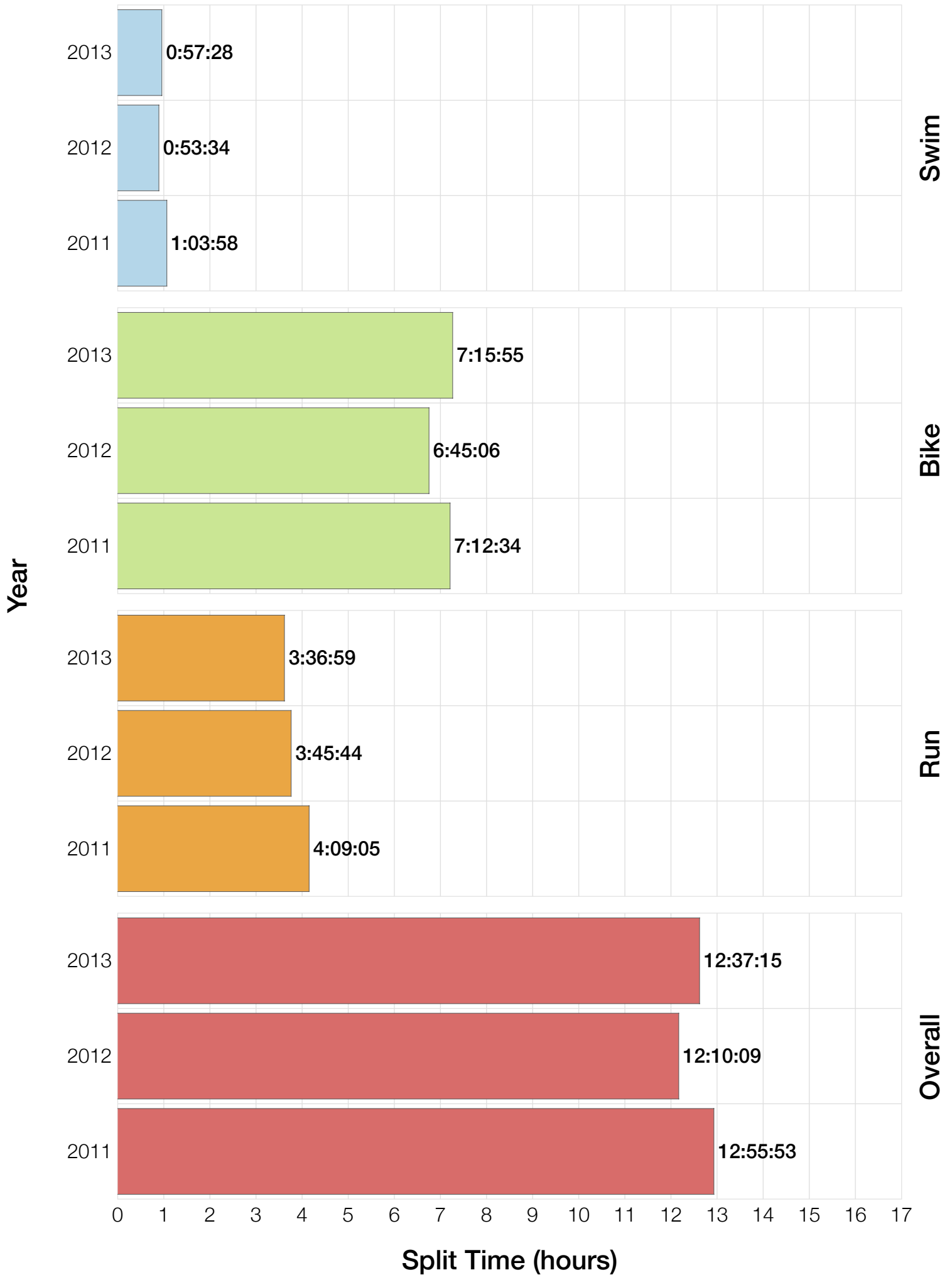
F50-54 Run



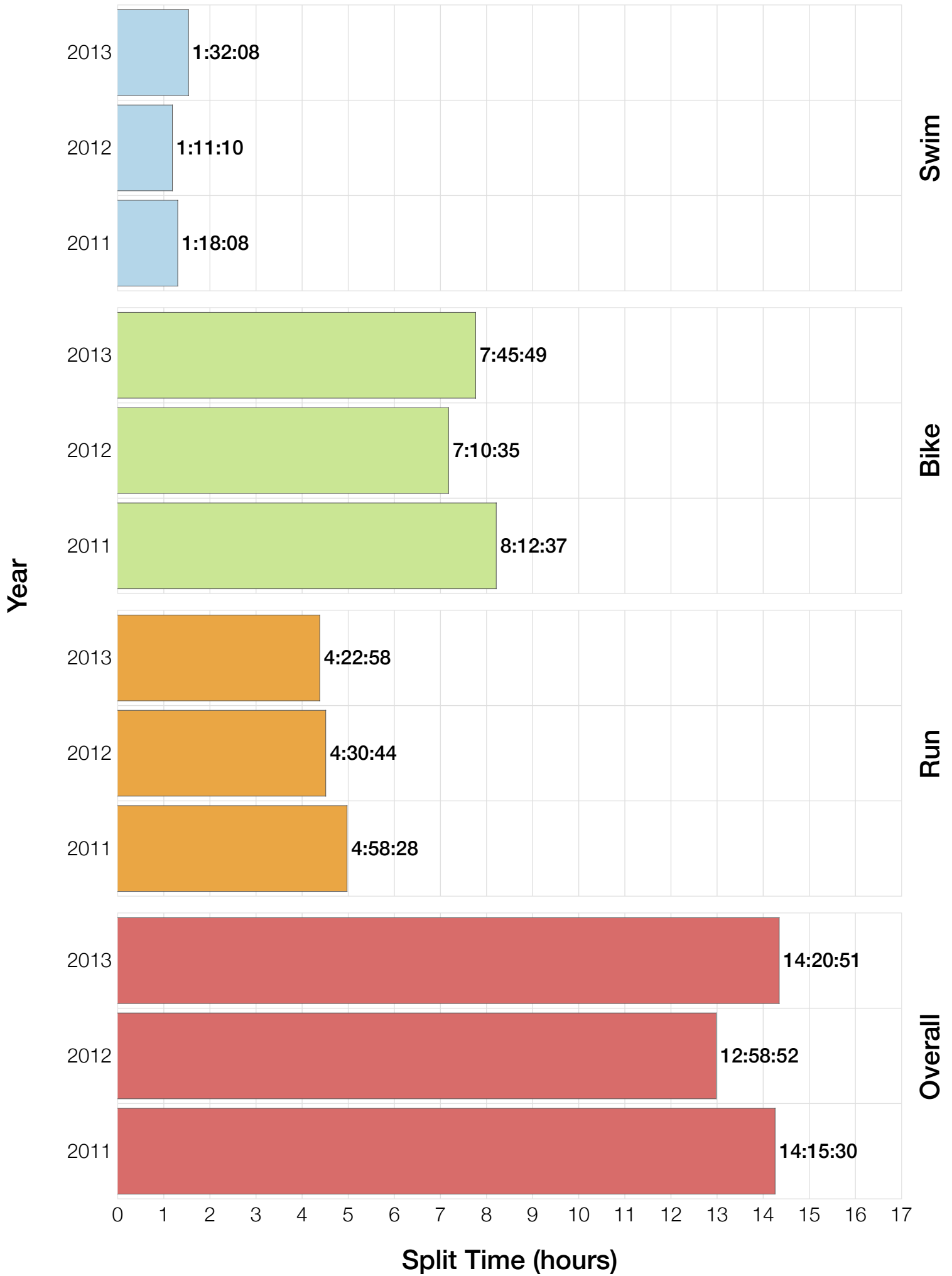
F50-54 Overall



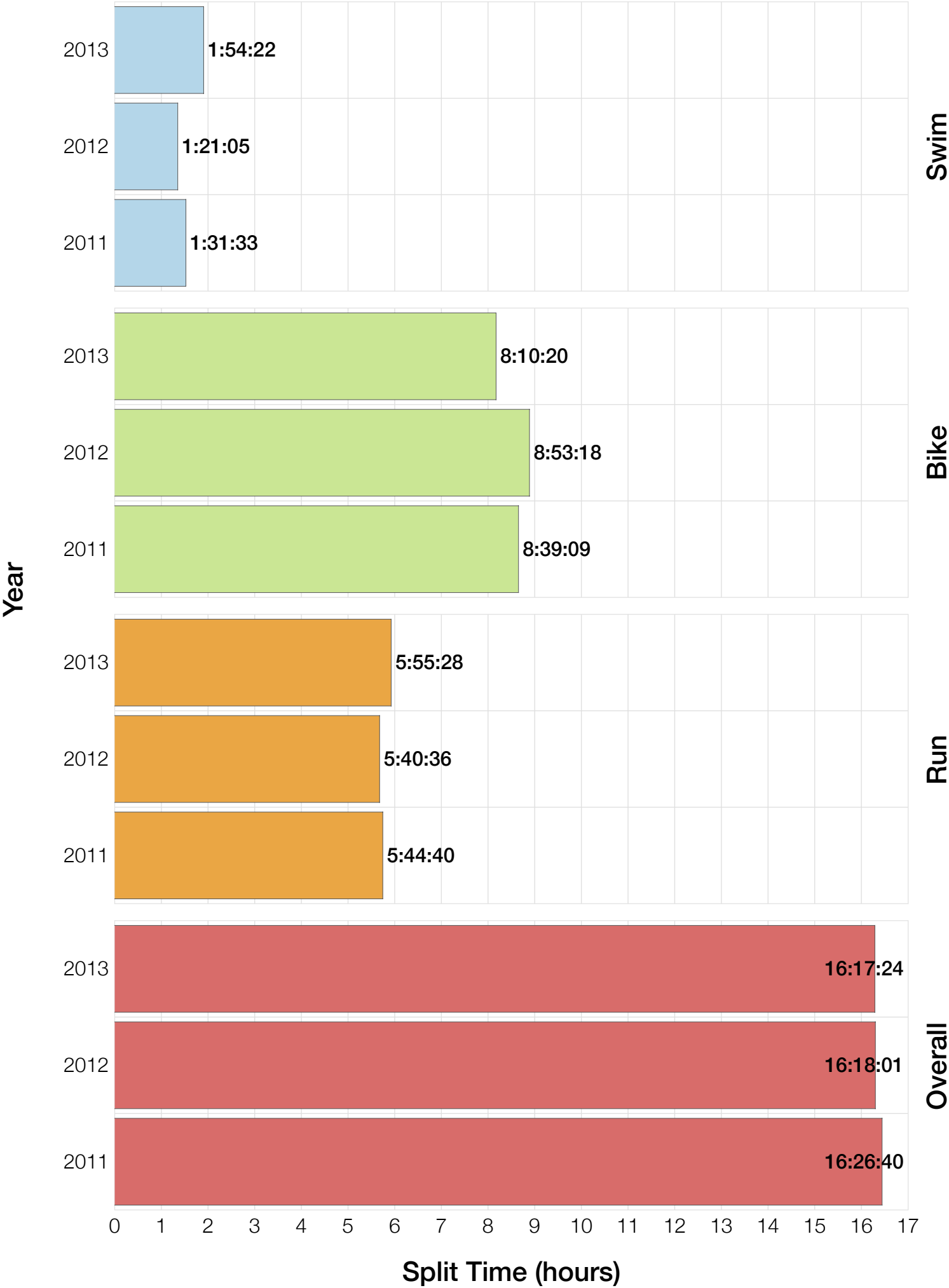
F50-54 Fastest Splits



F50-54 Median Splits

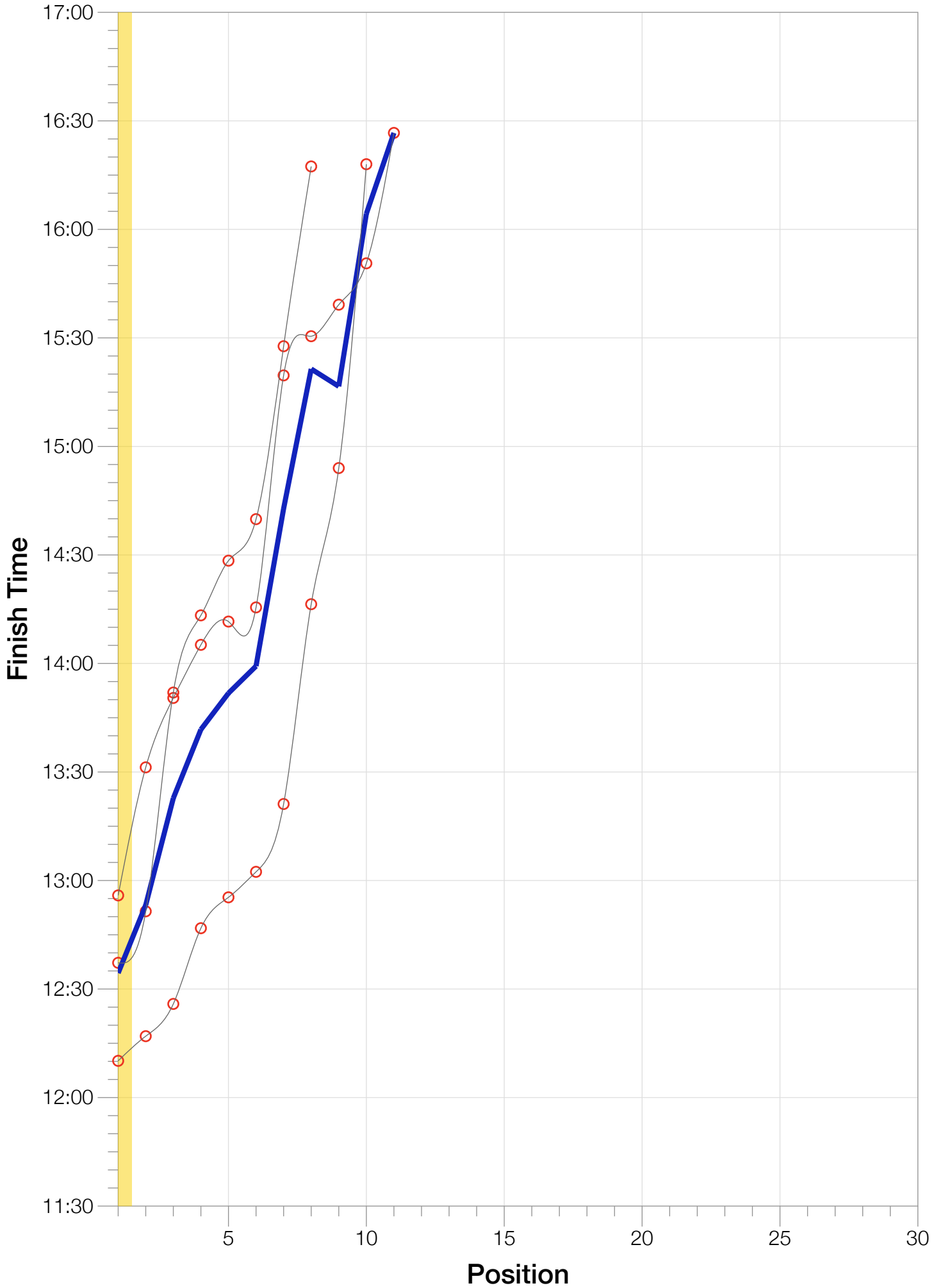


F50-54 Slowest Splits



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

Wales 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:13	5:11:26	3:02:35	9:09:10
Female Winner	0:56:59	5:31:36	3:15:02	9:51:21
1st Age Grouper	0:57:28	7:22:29	4:01:08	12:37:15
2nd Age Grouper	1:38:24	7:15:55	3:36:59	12:51:29
3rd Age Grouper	1:30:46	7:37:57	4:22:21	13:51:58
4th Age Grouper	1:33:31	7:58:25	4:23:35	14:13:18
5th Age Grouper	1:18:05	7:44:51	5:06:03	14:28:25
6th Age Grouper	1:46:26	8:10:20	4:17:33	14:39:54
7th Age Grouper	1:19:40	7:46:48	5:55:28	15:27:42
8th Age Grouper	1:54:22	8:07:52	5:52:20	16:17:24
Kona Qualifier Average	0:57:28	7:22:29	4:01:08	12:37:15
Top 10 Age Grouper Average	1:29:50	7:45:34	4:41:55	14:18:25

Wales 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:12	5:04:16	2:52:42	8:52:43
Female Winner	0:51:29	5:34:35	3:09:48	9:45:09
1st Age Grouper	1:13:02	6:53:14	3:45:44	12:10:09
2nd Age Grouper	1:06:15	6:48:15	4:08:47	12:16:58
3rd Age Grouper	0:53:34	7:20:50	3:54:50	12:25:53
4th Age Grouper	0:55:41	6:45:06	4:48:20	12:46:49
5th Age Grouper	1:13:25	6:49:49	4:29:15	12:55:21
6th Age Grouper	1:08:17	7:00:20	4:32:13	13:02:24
7th Age Grouper	1:18:56	7:43:35	3:59:40	13:21:09
8th Age Grouper	1:15:35	7:54:55	4:46:11	14:16:23
9th Age Grouper	1:09:18	8:04:02	5:18:49	14:54:01
10th Age Grouper	1:21:05	8:53:18	5:40:36	16:18:01
Kona Qualifier Average	1:13:02	6:53:14	3:45:44	12:10:09
Top 10 Age Grouper Average	1:09:30	7:25:20	4:32:26	13:26:42

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	1:03:58	7:12:34	4:23:36	12:55:53
2nd Age Grouper	1:16:04	7:38:22	4:13:49	13:31:17
3rd Age Grouper	1:06:40	8:06:04	4:09:05	13:50:28
4th Age Grouper	1:21:51	7:42:00	4:33:52	14:05:09
5th Age Grouper	1:15:40	7:34:08	4:58:28	14:11:35
6th Age Grouper	1:20:46	8:14:22	4:15:25	14:15:30
7th Age Grouper	1:18:08	8:13:34	5:22:54	15:19:38
8th Age Grouper	1:31:33	8:17:49	5:11:02	15:30:28
9th Age Grouper	1:14:34	8:12:37	5:38:09	15:39:11
10th Age Grouper	1:21:43	8:39:09	5:13:54	15:50:37
Kona Qualifier Average	1:03:58	7:12:34	4:23:36	12:55:53
Top 10 Age Grouper Average	1:17:05	7:59:03	4:48:01	14:30:58