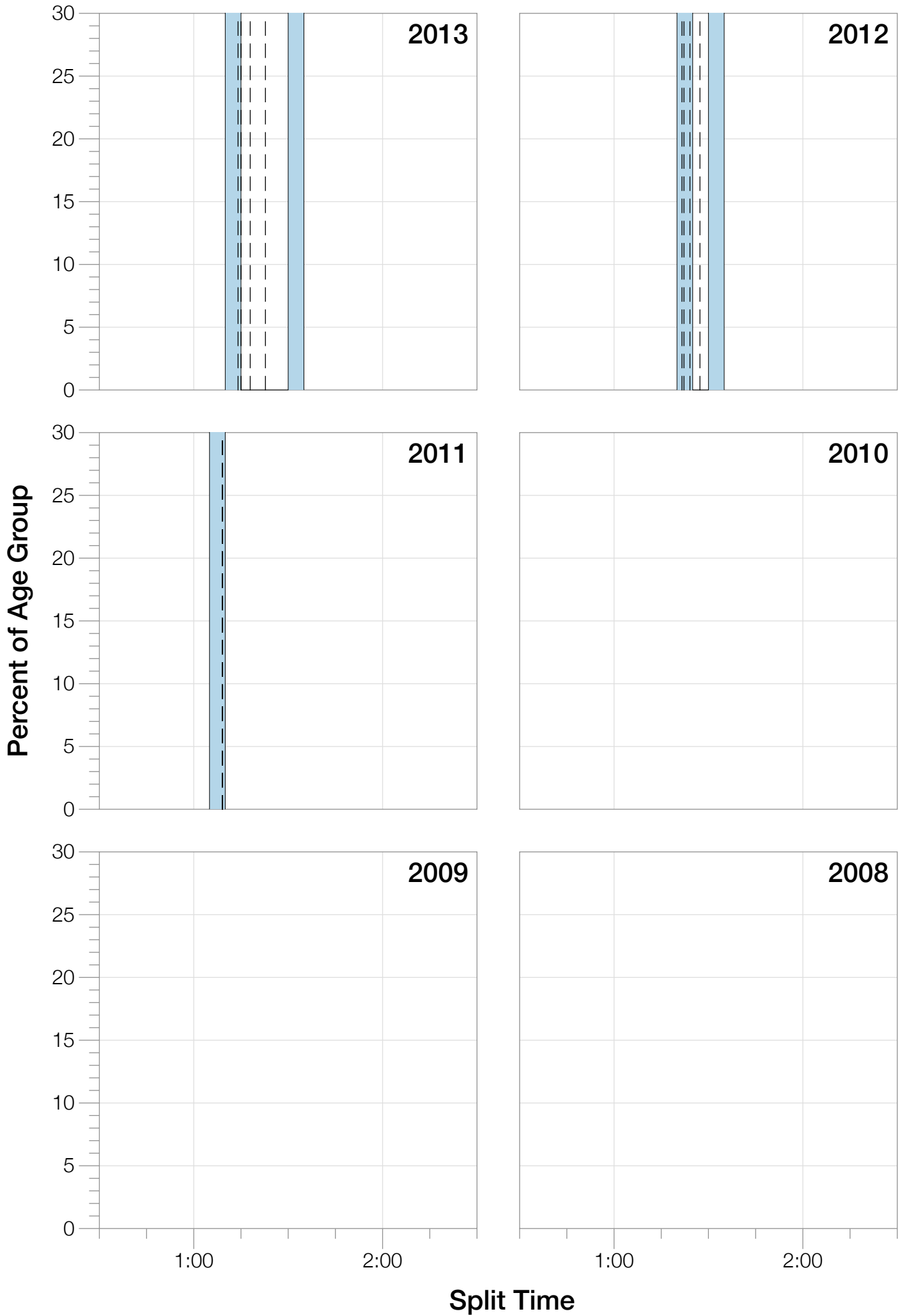


Ironman Wales F55-59 Stats

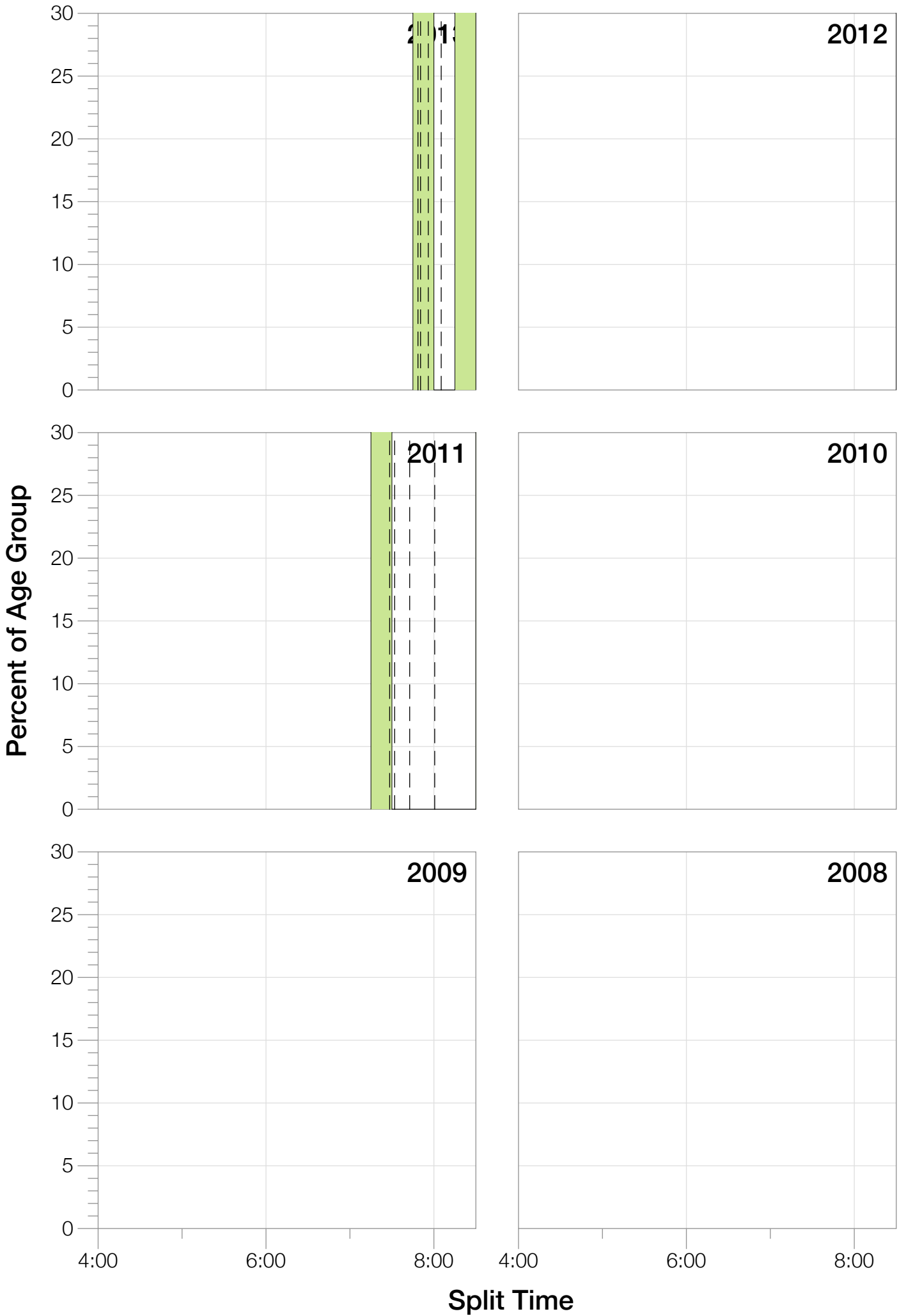
F55-59 Summary Statistics

Year	Finishers	F55-59 Finishers	Male Winner's Time	Female Winner's Time	F55-59 Winner's Time
2011	1122	2	9:04:20	10:15:23	13:16:06
2012	1215	2	8:52:43	9:45:09	15:20:00
2013	1280	2	9:09:10	9:51:21	14:38:46
Average	1206	2	9:02:04	9:57:17	14:24:57

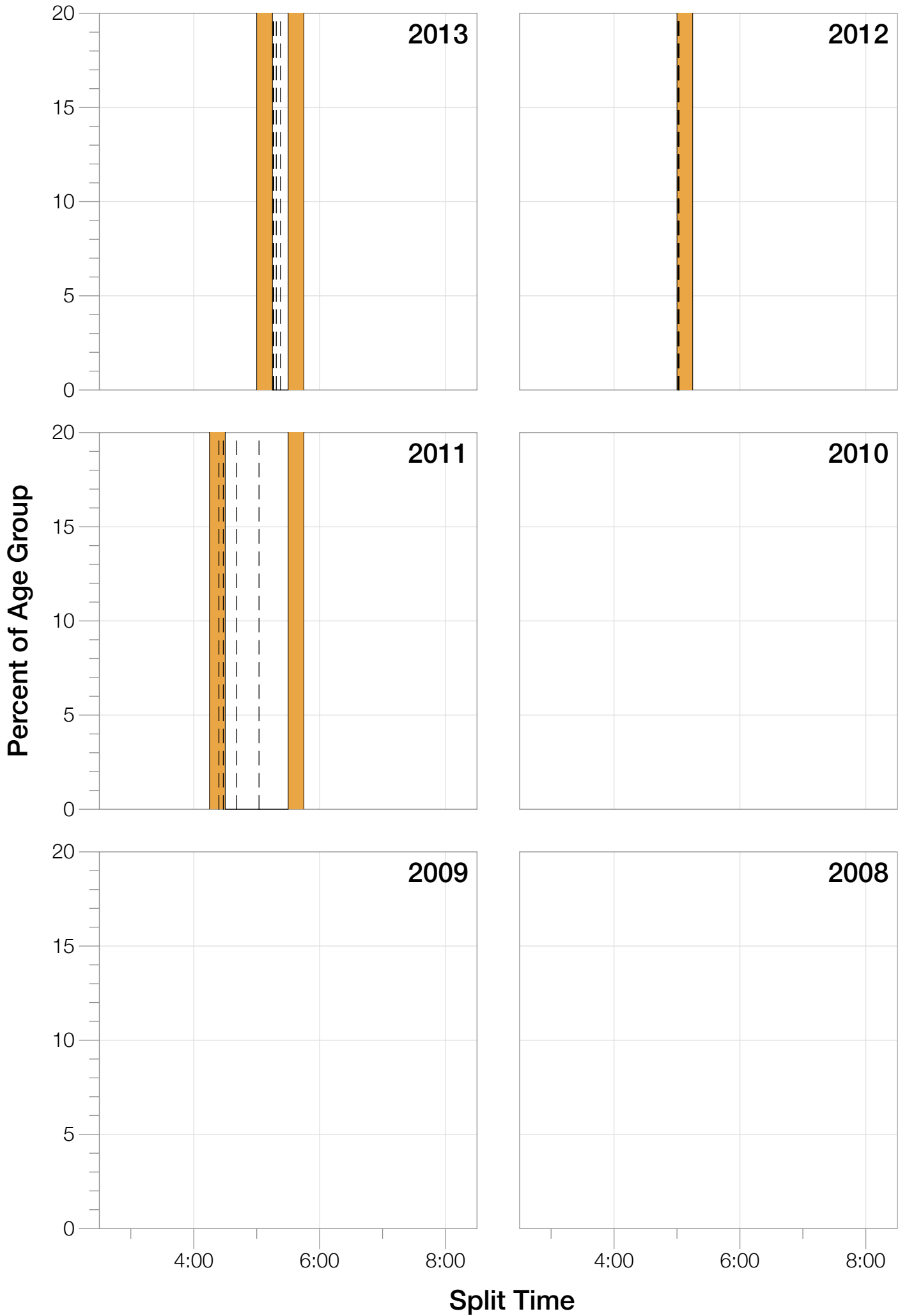
F55-59 Swim



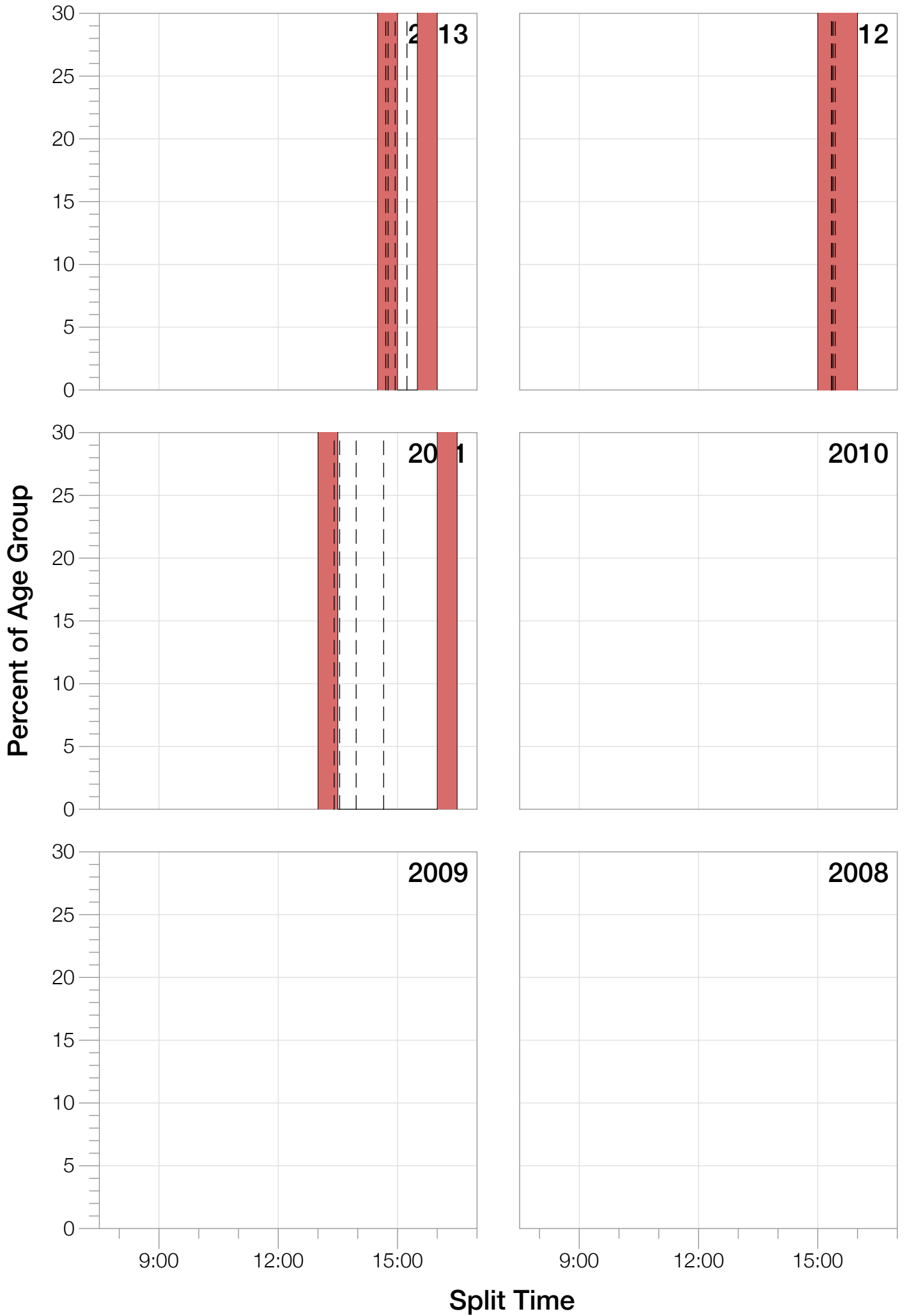
F55-59 Bike



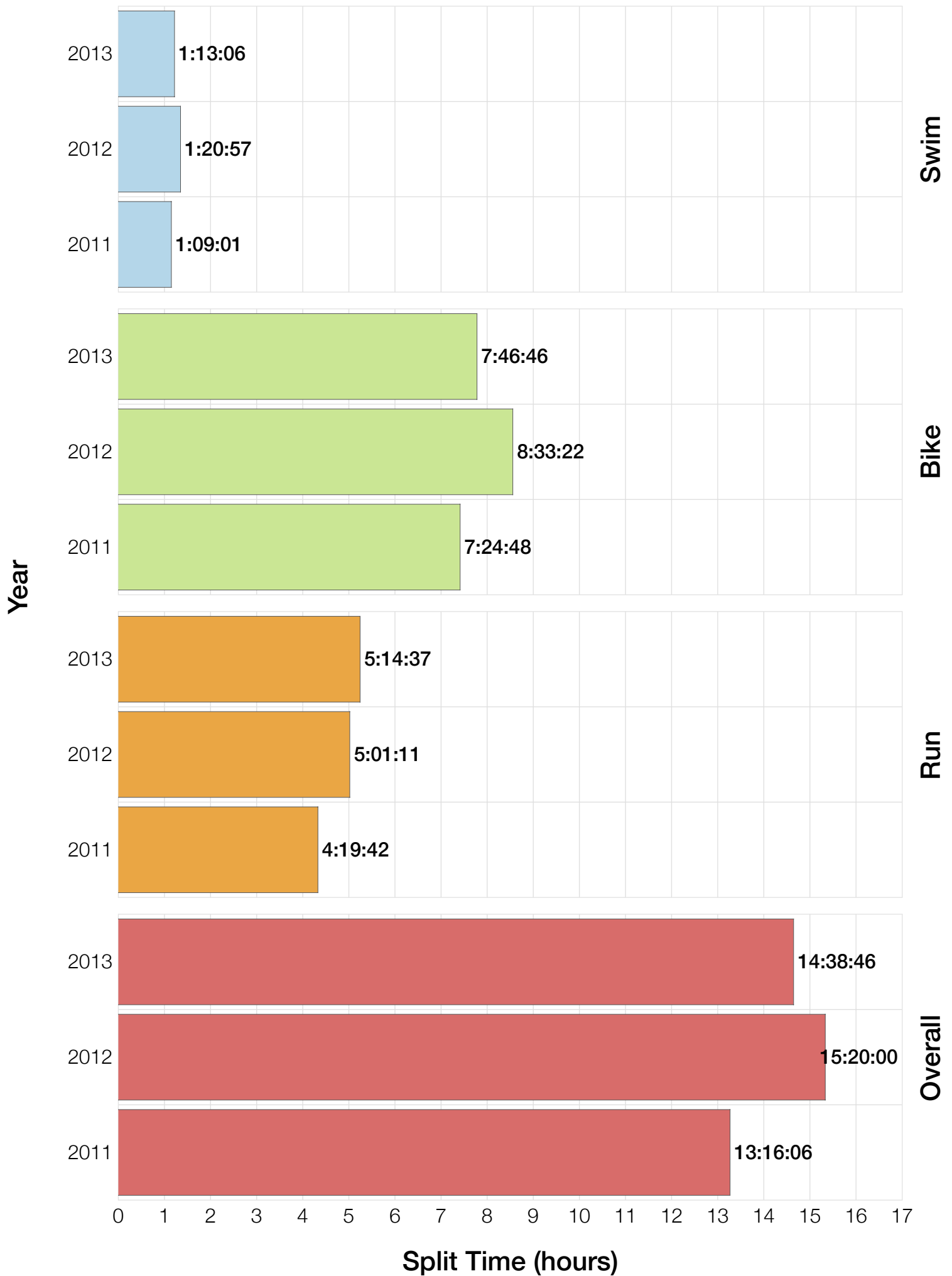
F55-59 Run



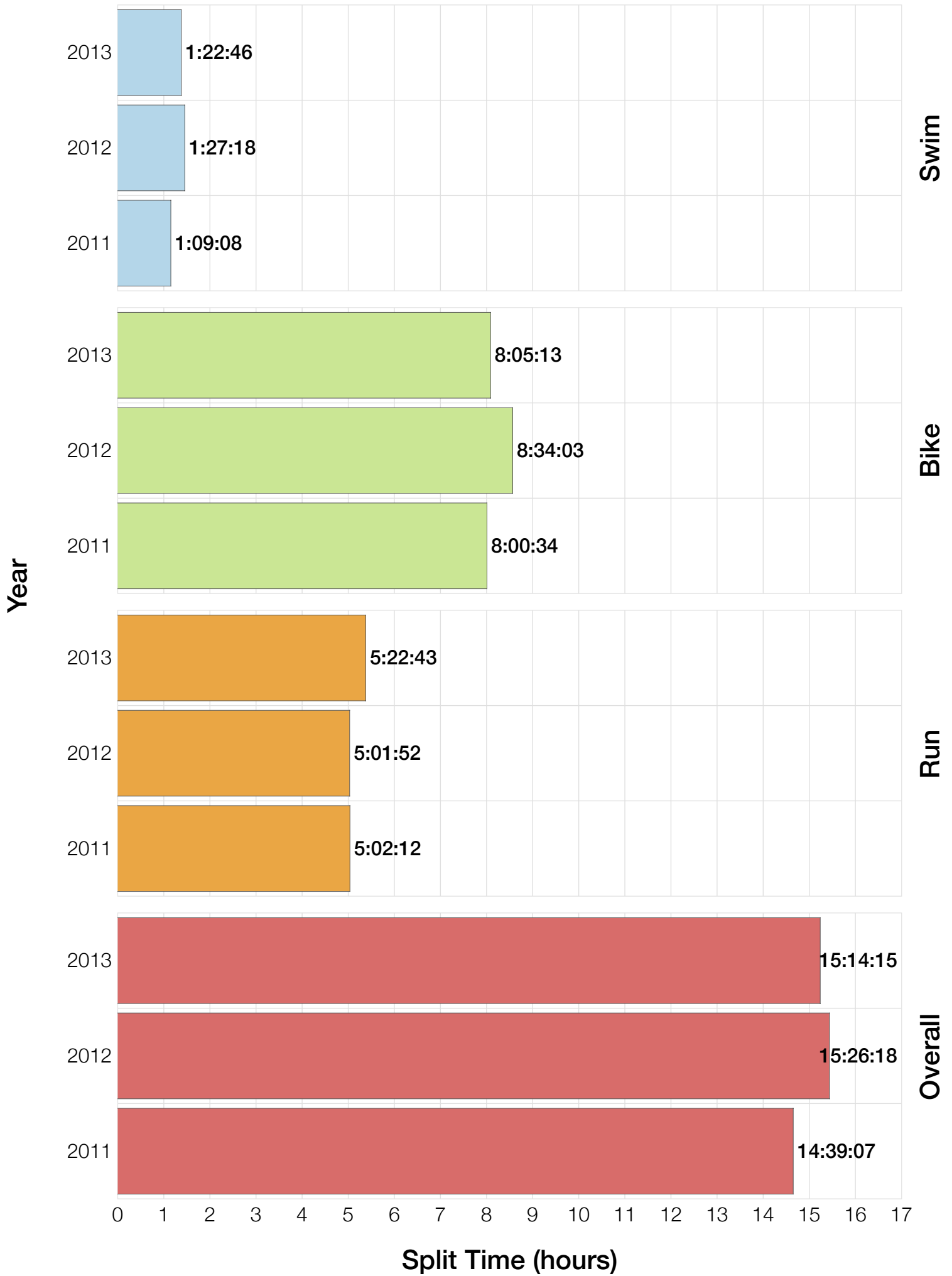
F55-59 Overall



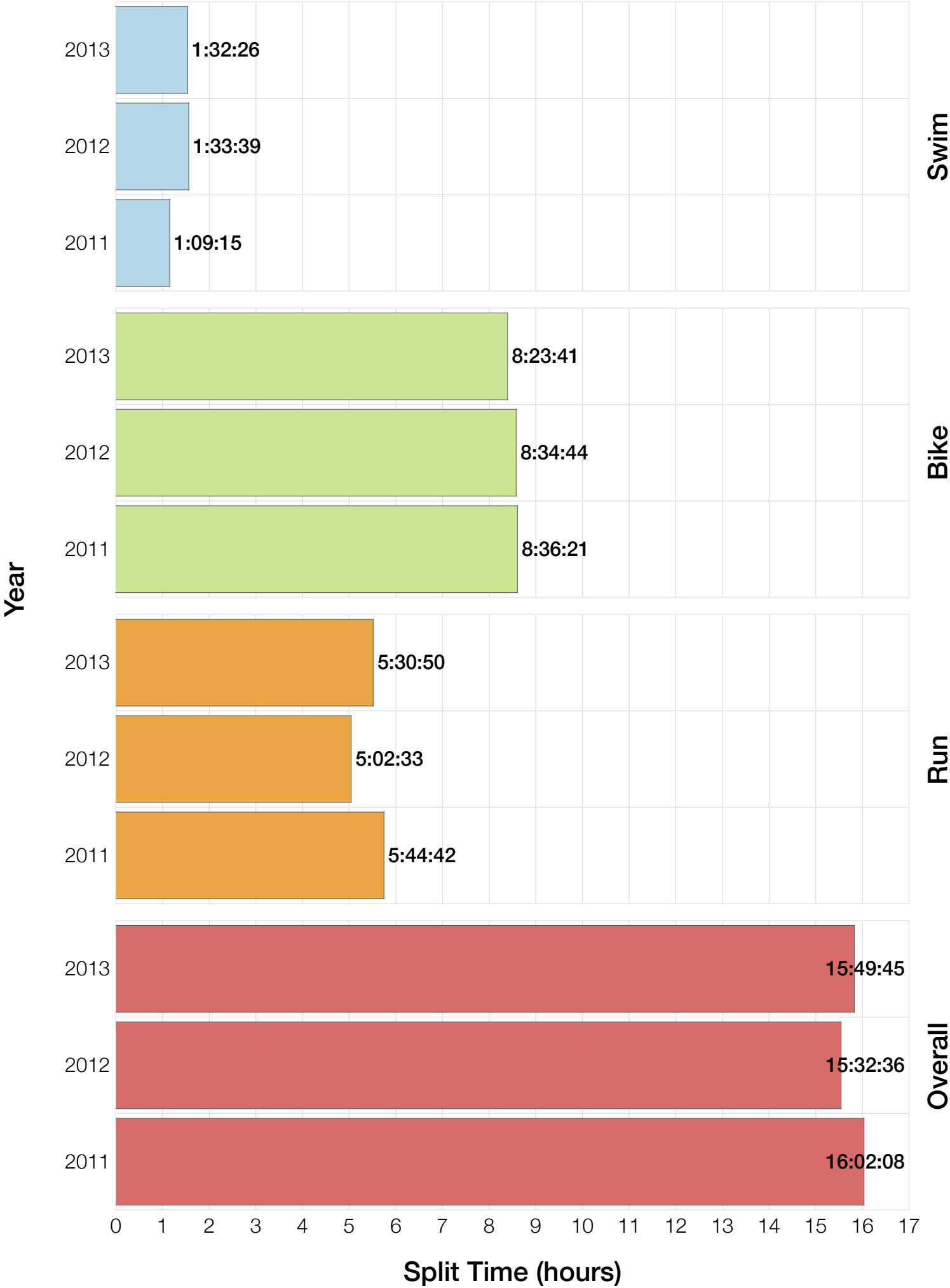
F55-59 Fastest Splits



F55-59 Median Splits

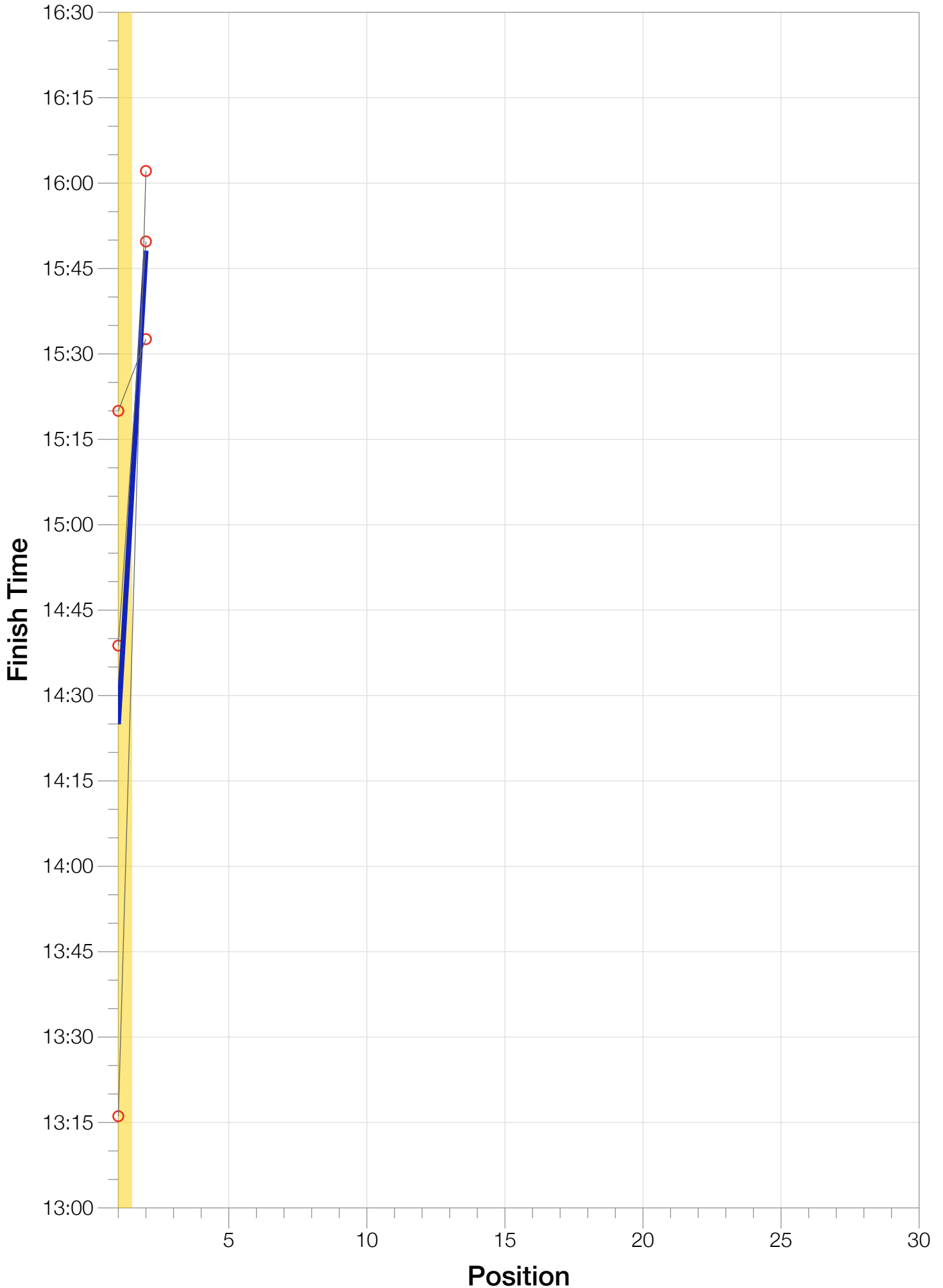


F55-59 Slowest Splits



F55-59 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F55-59 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	1:14:26	7:54:58	4:51:50	14:24:57
Average 2nd Age Grouper	1:25:02	8:31:35	5:26:01	15:48:09
Kona Qualifier Average	1:14:26	7:54:58	4:51:50	14:24:57
Top 10 Age Grouper Average	1:19:44	8:13:17	5:08:55	15:06:33

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	1:13:06	7:46:46	5:14:37	14:38:46
2nd Age Grouper	1:32:26	8:23:41	5:30:50	15:49:45
Kona Qualifier Average	1:13:06	7:46:46	5:14:37	14:38:46
Top 10 Age Grouper Average	1:22:46	8:05:13	5:22:43	15:14:15

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	1:20:57	8:33:22	5:01:11	15:20:00
2nd Age Grouper	1:33:39	8:34:44	5:02:33	15:32:36
Kona Qualifier Average	1:20:57	8:33:22	5:01:11	15:20:00
Top 10 Age Grouper Average	1:27:18	8:34:03	5:01:52	15:26:18

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	1:09:15	7:24:48	4:19:42	13:16:06
2nd Age Grouper	1:09:01	8:36:21	5:44:42	16:02:08
Kona Qualifier Average	1:09:15	7:24:48	4:19:42	13:16:06
Top 10 Age Grouper Average	1:09:08	8:00:34	5:02:12	14:39:07