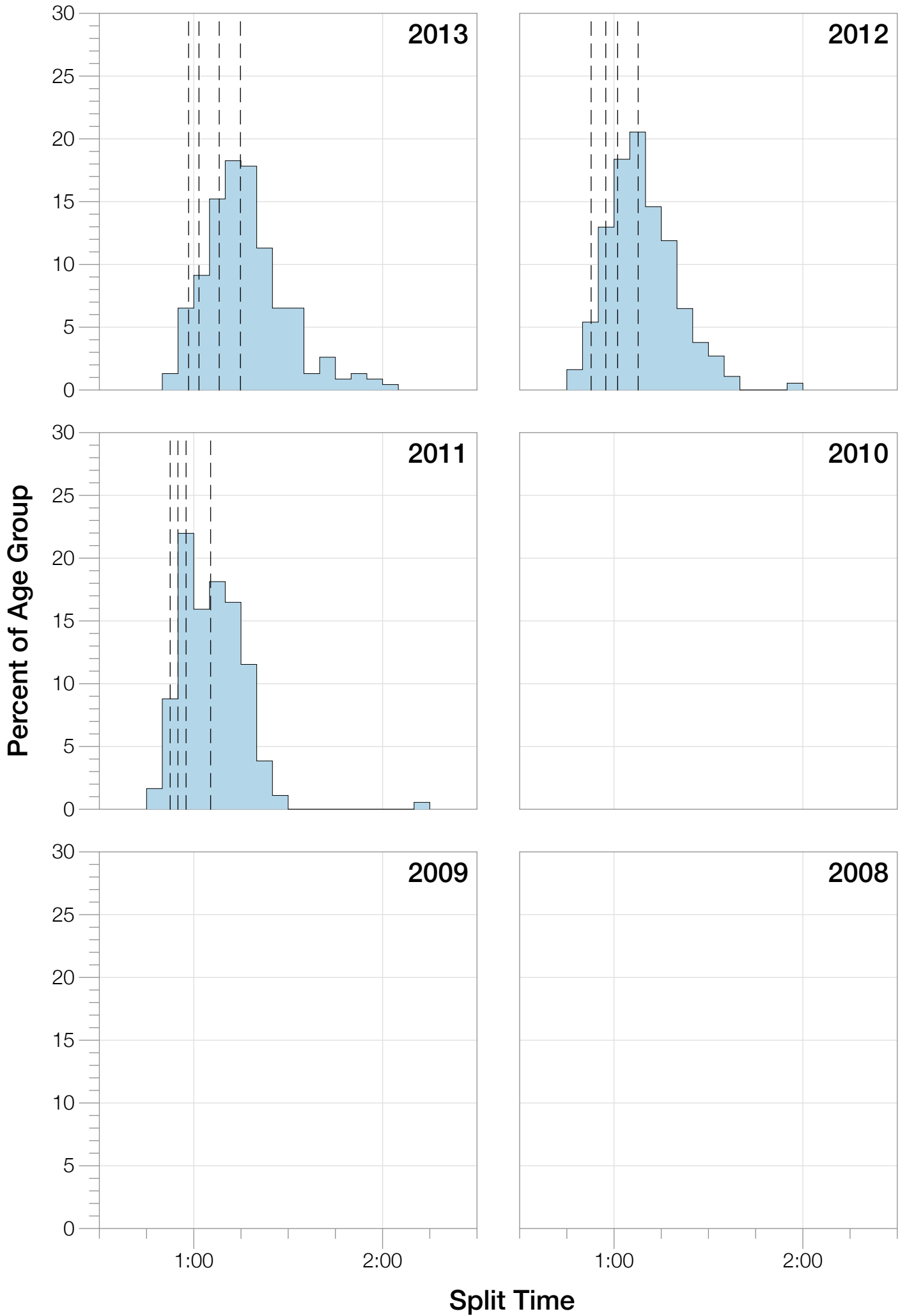


Ironman Wales M30-34 Stats

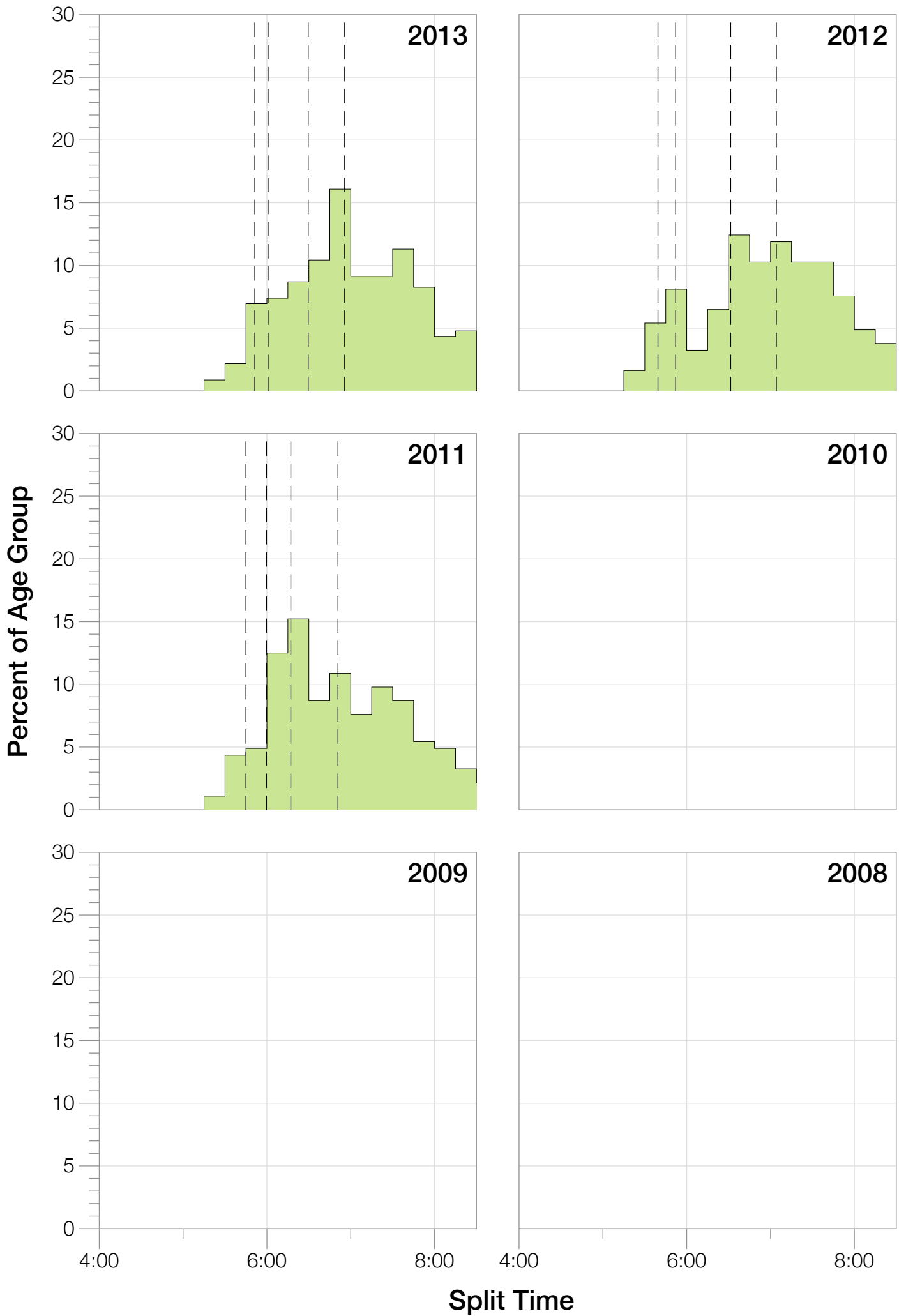
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2011	1122	184	9:04:20	10:15:23	9:28:57
2012	1215	208	8:52:43	9:45:09	9:24:26
2013	1280	230	9:09:10	9:51:21	9:43:16
Average	1206	207	9:02:04	9:57:17	9:32:13

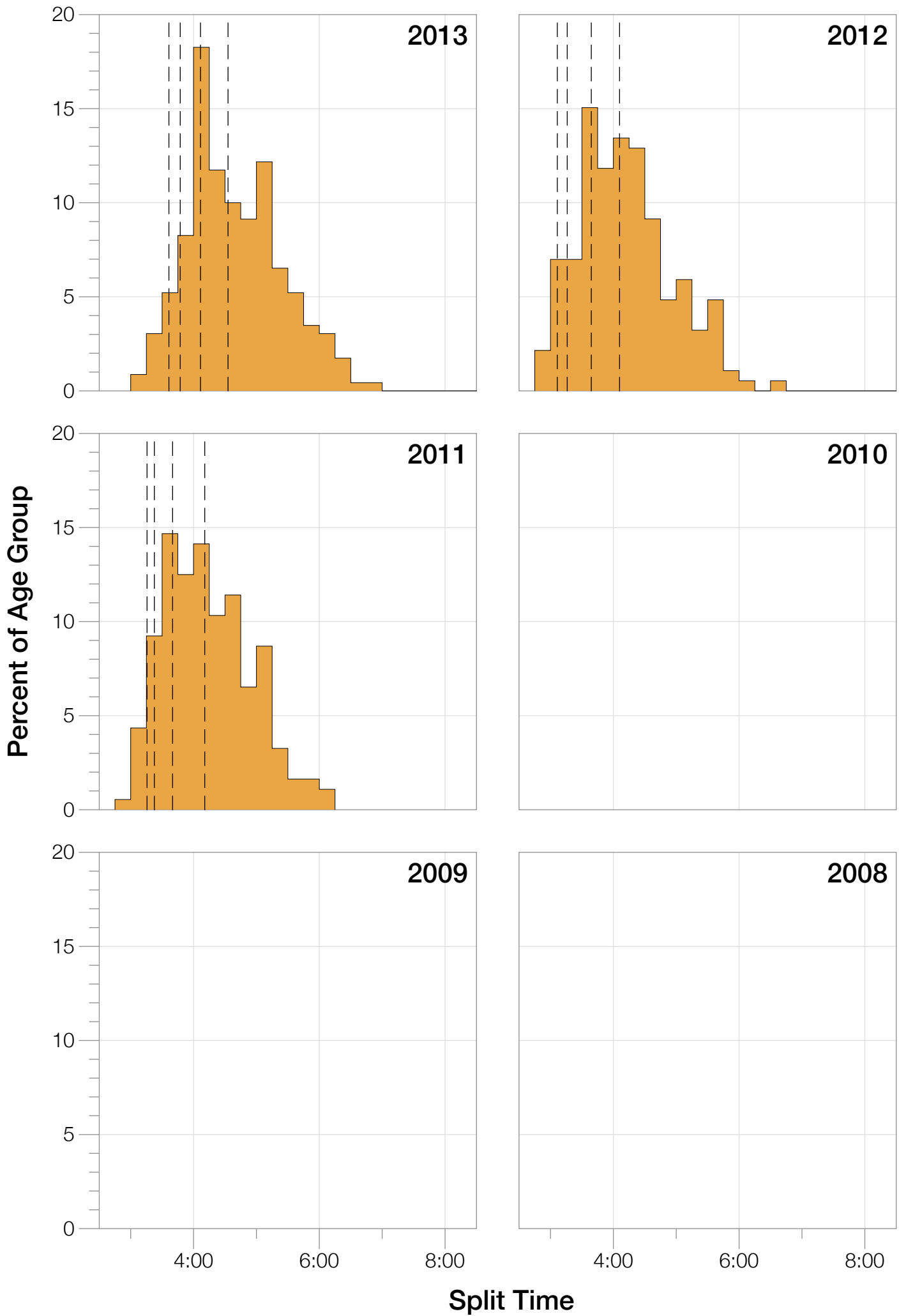
M30-34 Swim



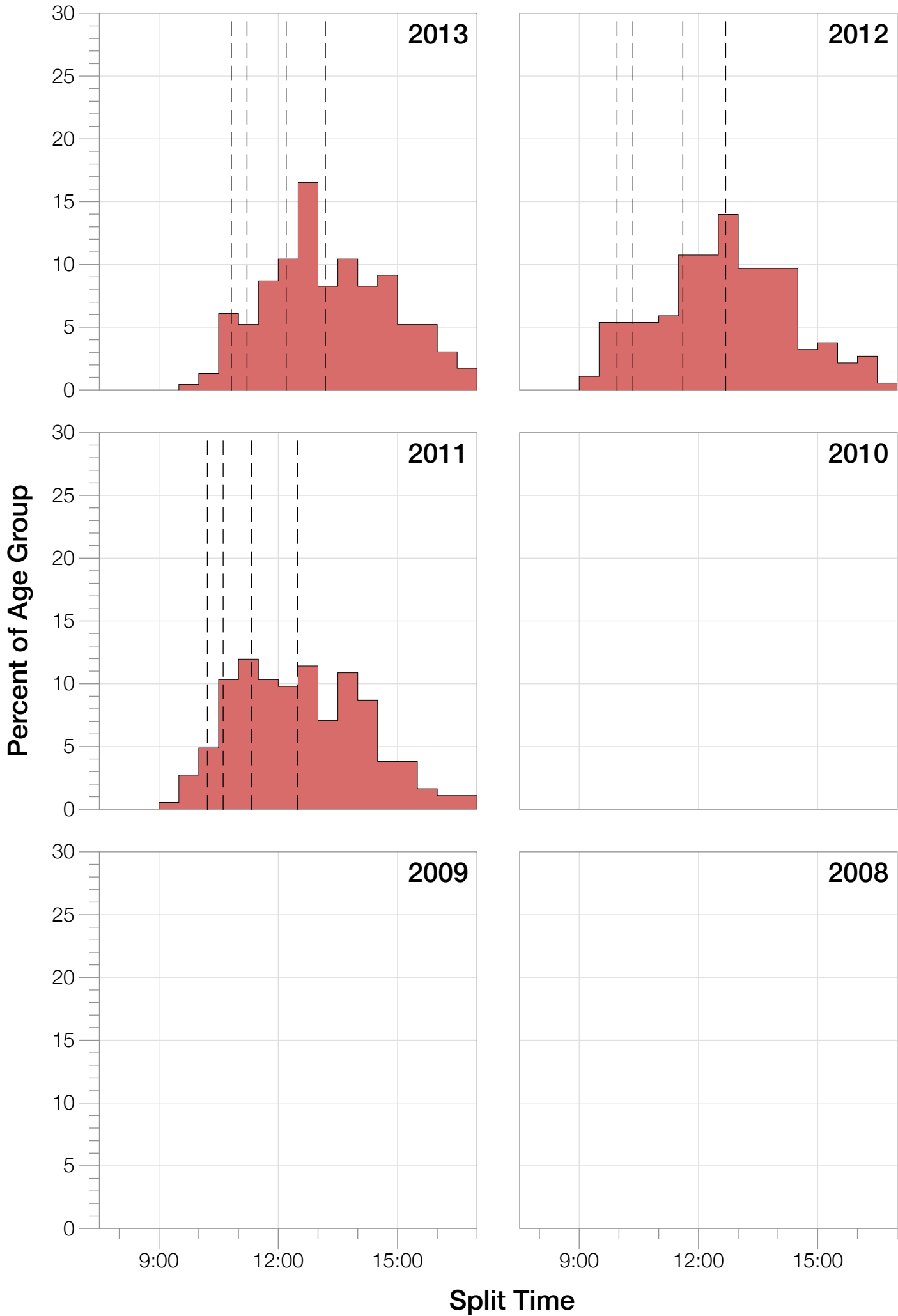
M30-34 Bike



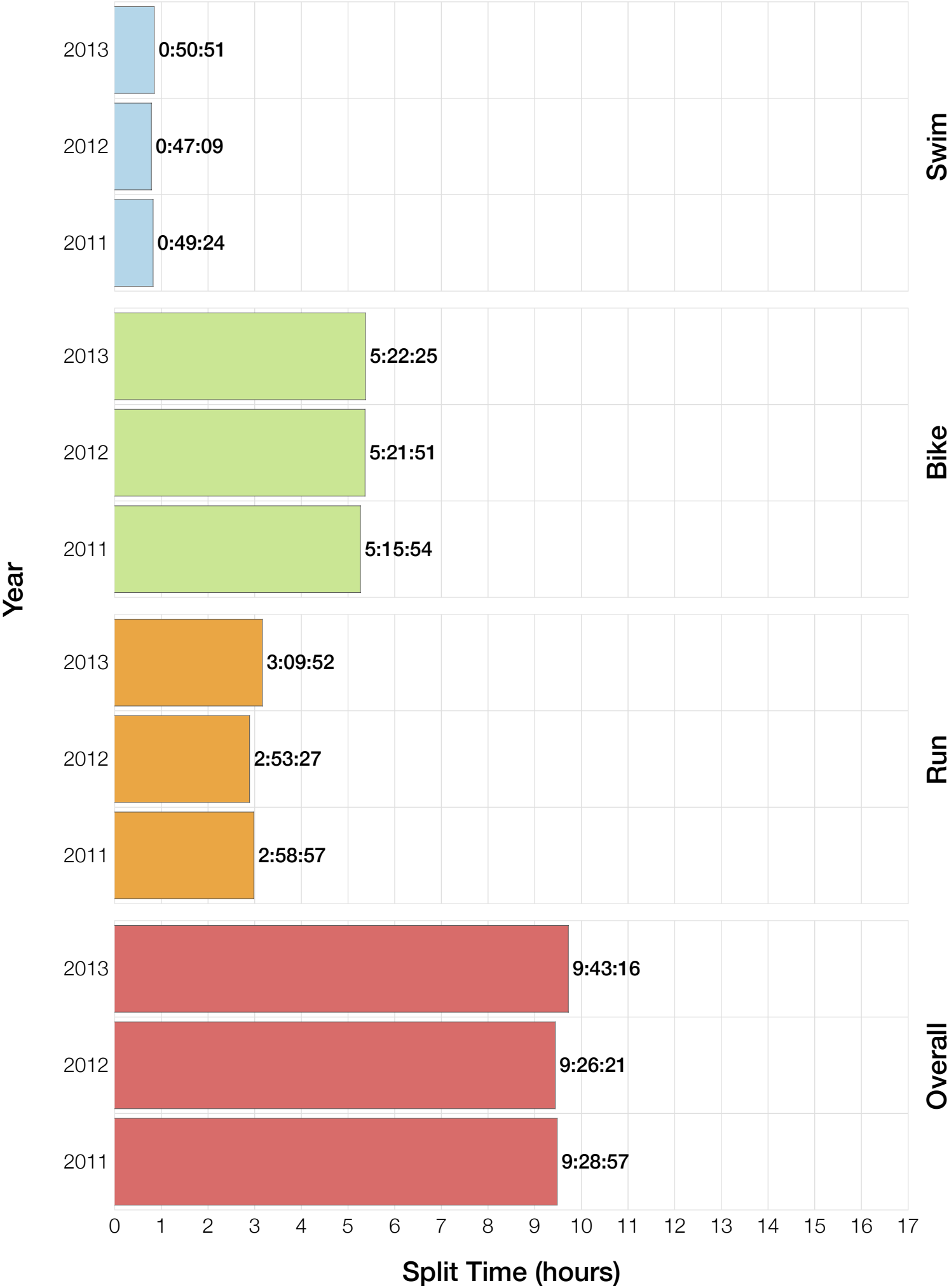
M30-34 Run



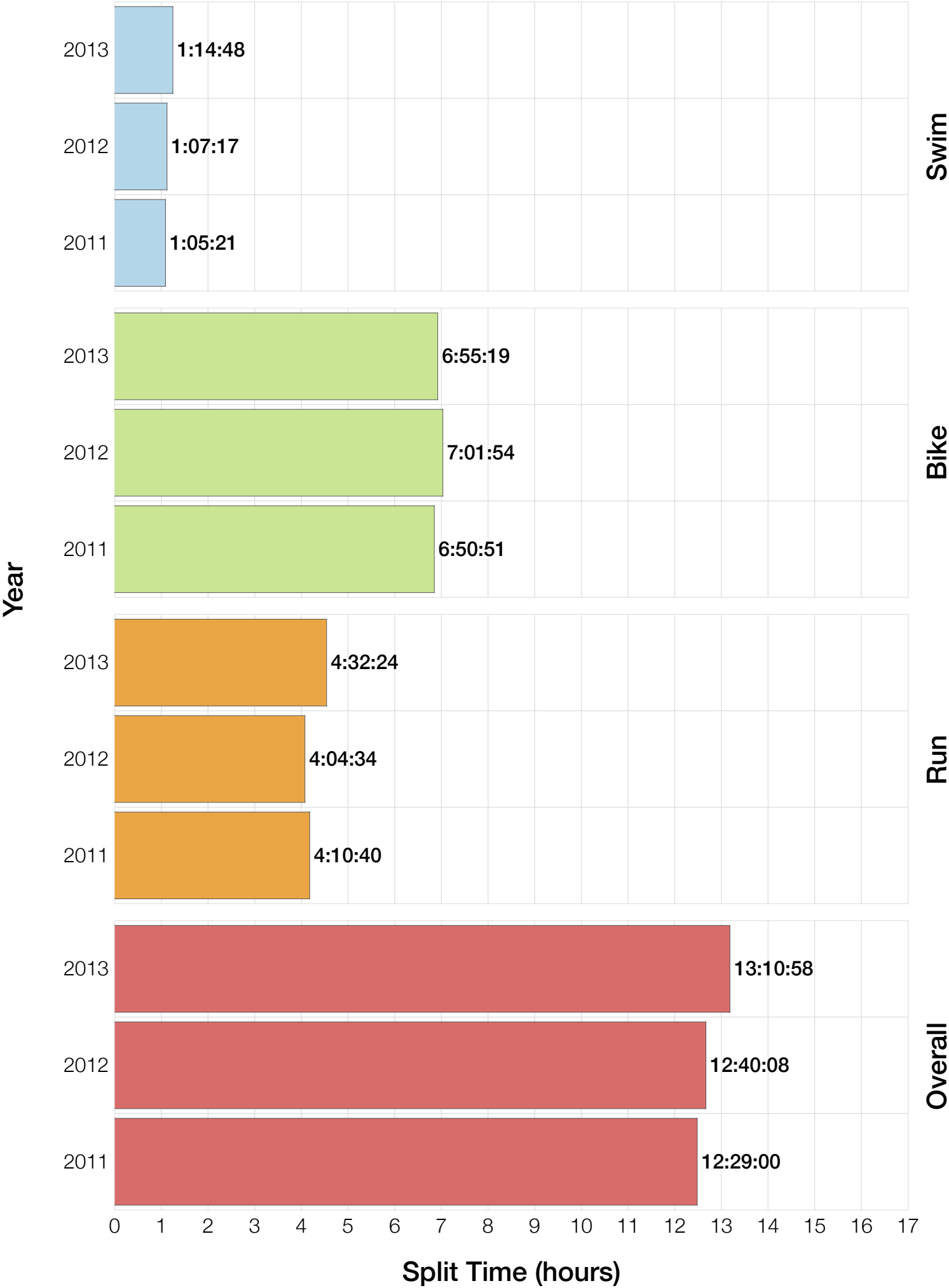
M30-34 Overall



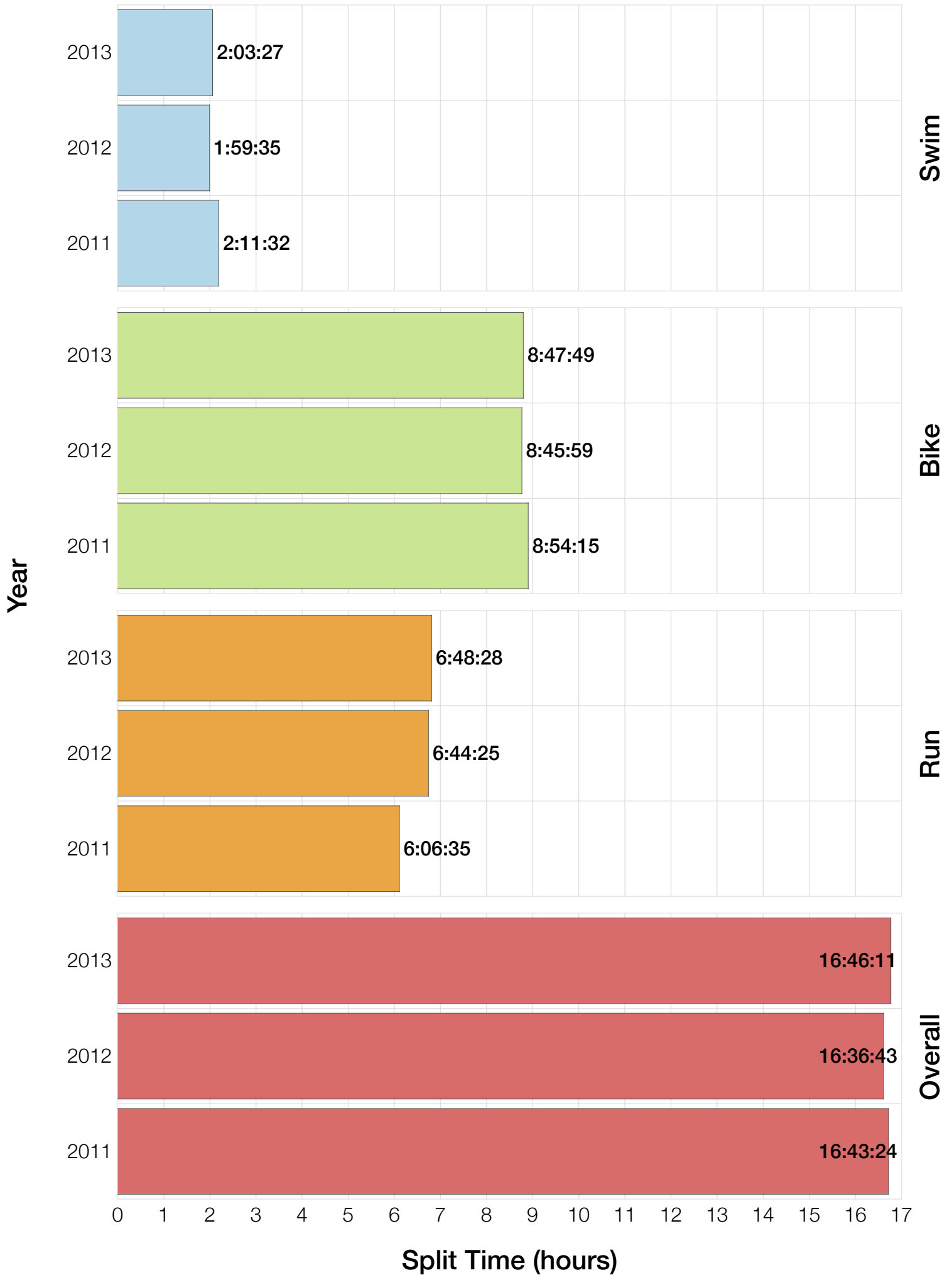
M30-34 Fastest Splits



M30-34 Median Splits

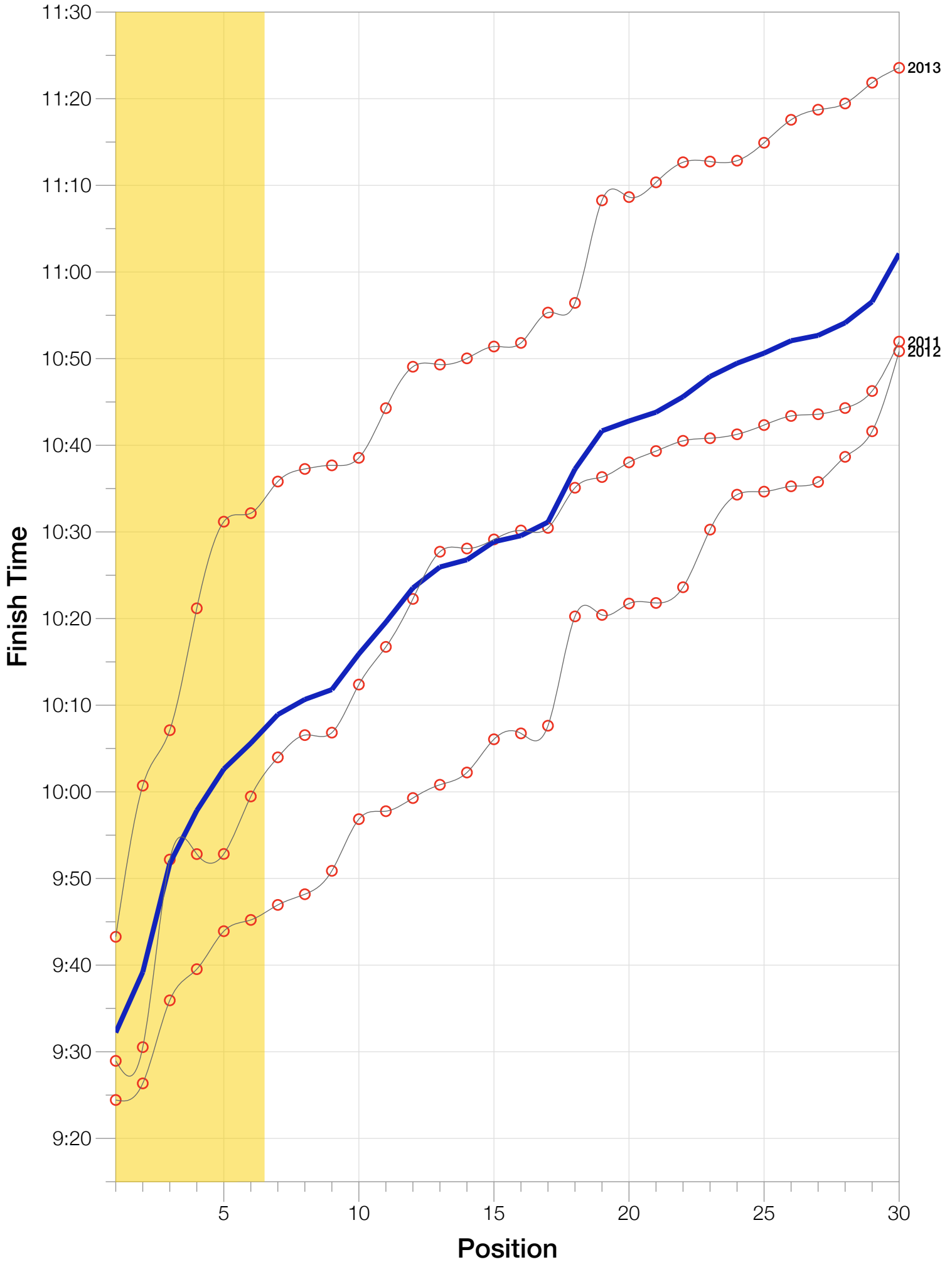


M30-34 Slowest Splits



M30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M30-34 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	0:57:07	5:24:55	3:04:24	9:32:13
Average 2nd Age Grouper	0:54:54	5:20:31	3:13:35	9:39:12
Average 3rd Age Grouper	0:59:01	5:33:10	3:09:14	9:51:44
Average 4th Age Grouper	0:56:09	5:35:53	3:14:11	9:57:50
Average 5th Age Grouper	0:56:33	5:40:06	3:15:39	10:02:38
Average 6th Age Grouper	0:55:29	5:36:00	3:22:54	10:05:37
Average 7th Age Grouper	0:58:29	5:38:42	3:18:47	10:08:55
Average 8th Age Grouper	0:59:22	5:35:26	3:27:53	10:10:40
Average 9th Age Grouper	0:53:54	5:44:44	3:19:59	10:10:56
Average 10th Age Grouper	1:02:25	5:47:56	3:11:47	10:13:56
Kona Qualifier Average	0:56:30	5:32:10	3:13:51	9:51:32
Top 10 Age Grouper Average	0:57:16	5:36:06	3:16:14	9:59:22

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

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

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	0:52:31	5:27:25	2:58:57	9:28:57
2nd Age Grouper	0:55:10	5:15:54	3:07:31	9:30:32
3rd Age Grouper	0:54:58	5:38:21	3:06:56	9:52:11
4th Age Grouper	0:51:46	5:31:30	3:16:00	9:52:49
5th Age Grouper	0:56:37	5:36:00	3:07:56	9:52:50
6th Age Grouper	0:56:09	5:36:55	3:14:51	9:59:28
7th Age Grouper	0:53:33	5:39:30	3:18:11	10:03:59
8th Age Grouper		5:32:10	3:34:53	10:06:33
9th Age Grouper	0:49:49	5:44:14	3:21:06	10:06:50
10th Age Grouper	0:55:44	5:49:12	3:14:39	10:12:23
Kona Qualifier Average	0:54:31	5:31:00	3:08:41	9:46:07
Top 10 Age Grouper Average	0:54:01	5:35:07	3:14:06	9:54:39