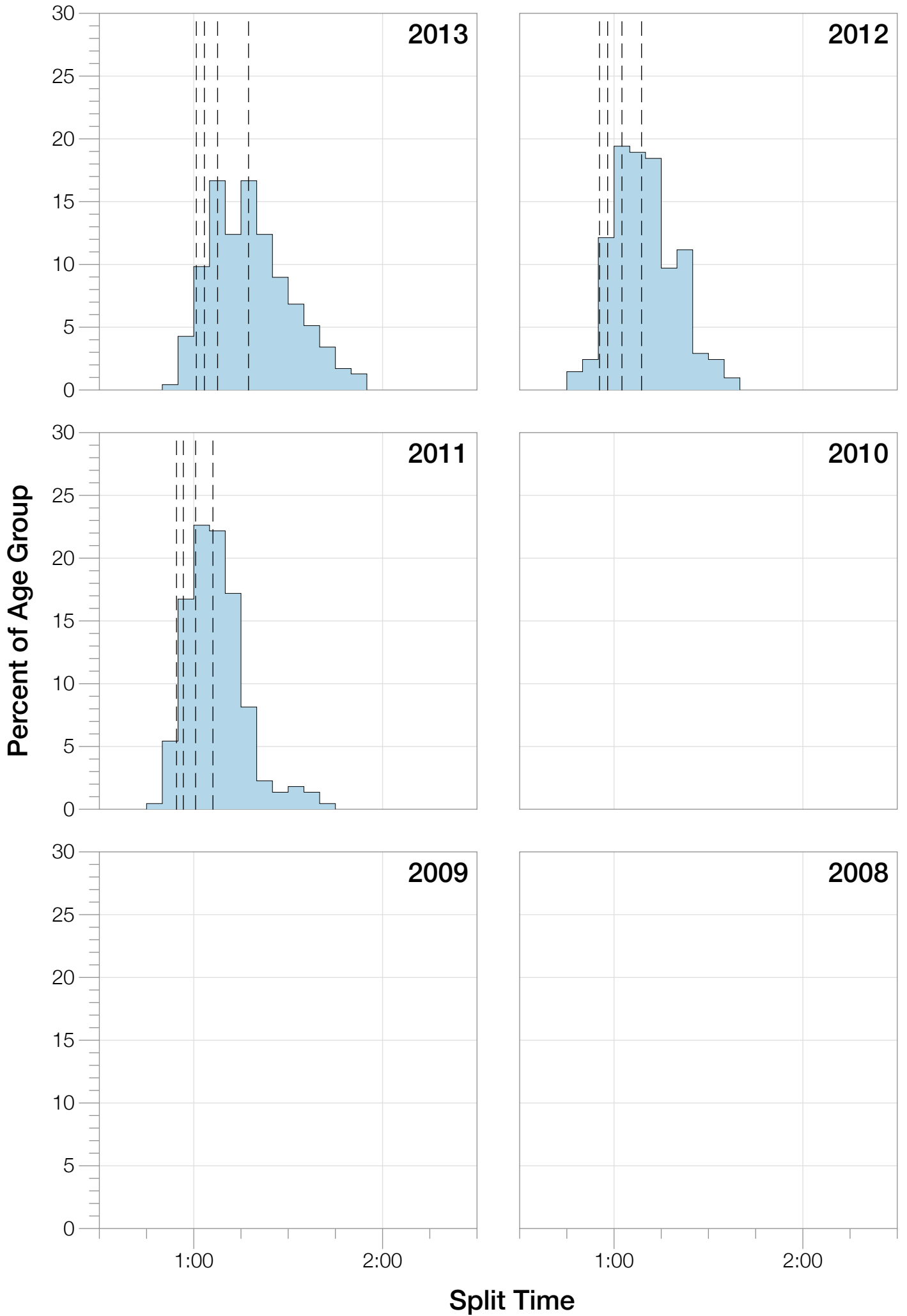


Ironman Wales M40-44 Stats

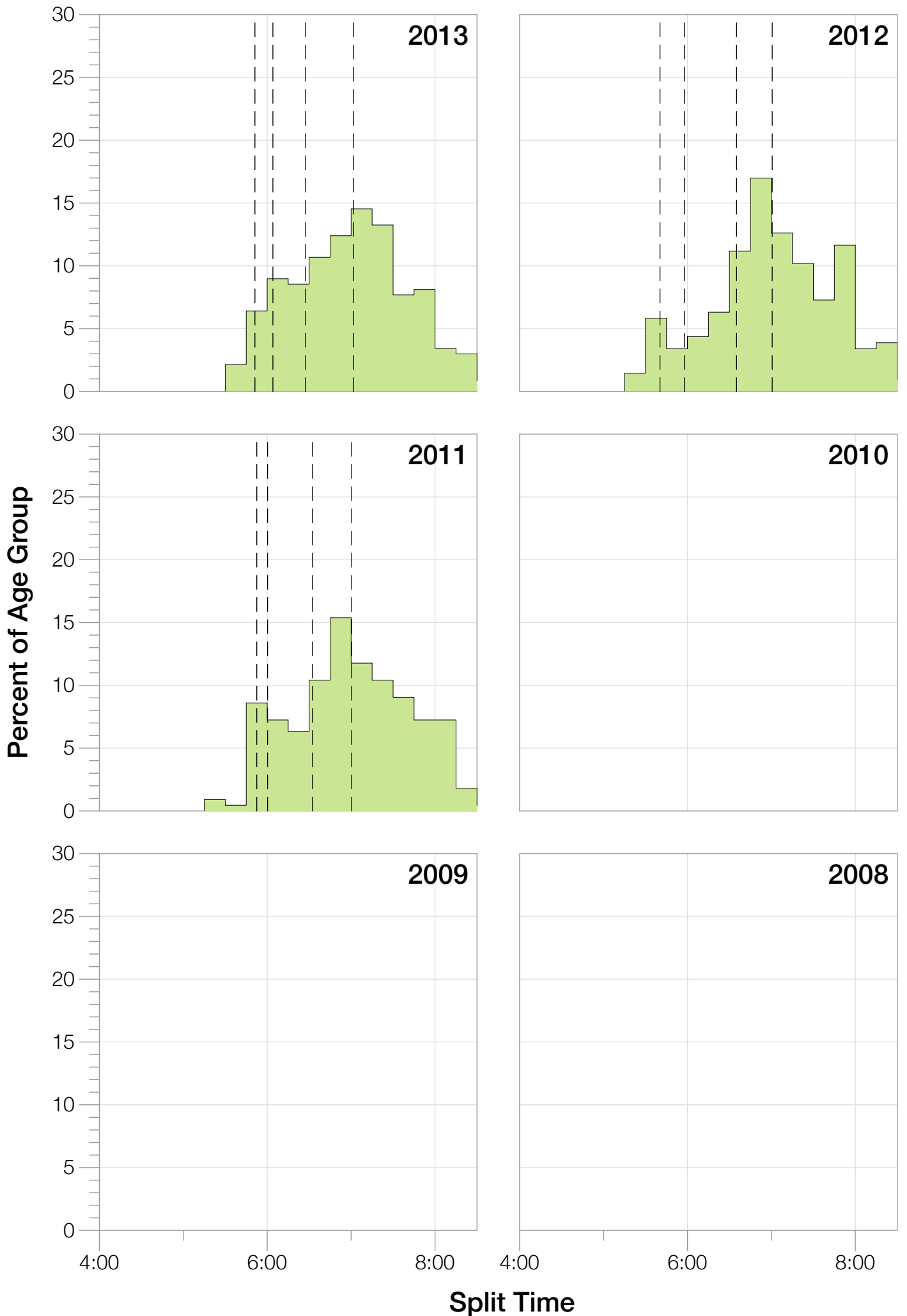
M40-44 Summary Statistics

Year	Finishers	M40-44 Finishers	Male Winner's Time	Female Winner's Time	M40-44 Winner's Time
2011	1122	222	9:04:20	10:15:23	9:45:06
2012	1215	235	8:52:43	9:45:09	9:18:45
2013	1280	234	9:09:10	9:51:21	10:01:04
Average	1206	230	9:02:04	9:57:17	9:41:38

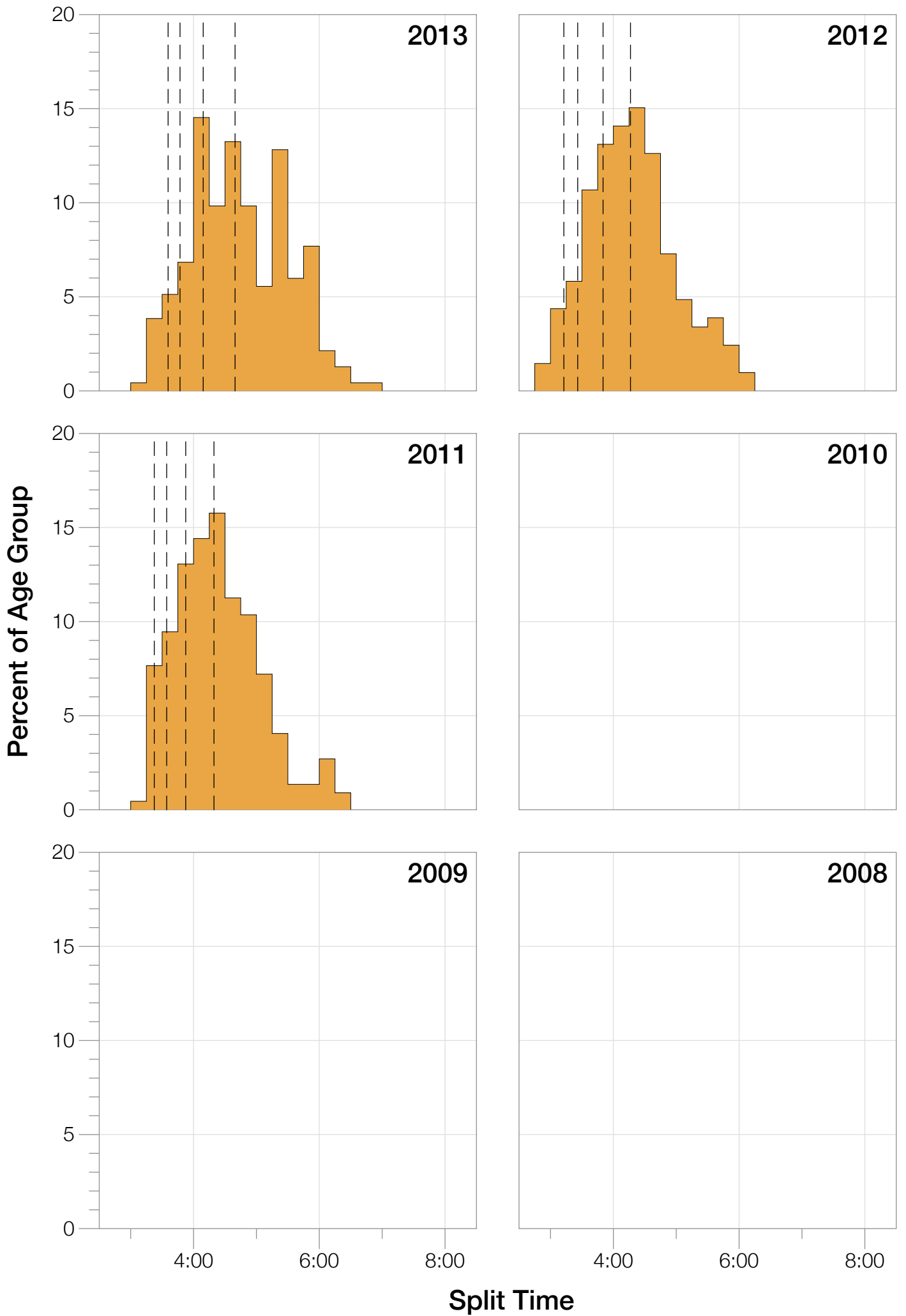
M40-44 Swim



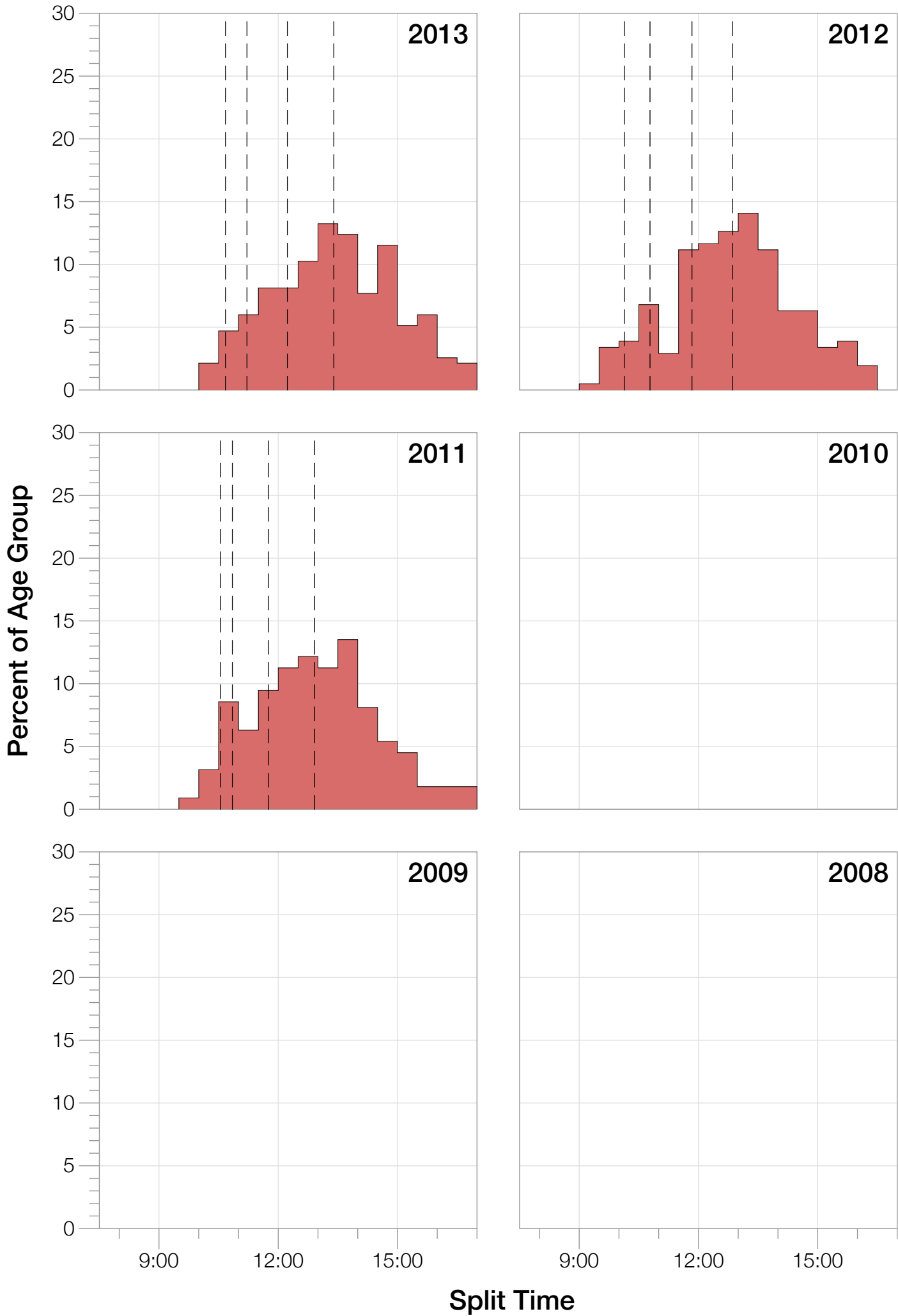
M40-44 Bike



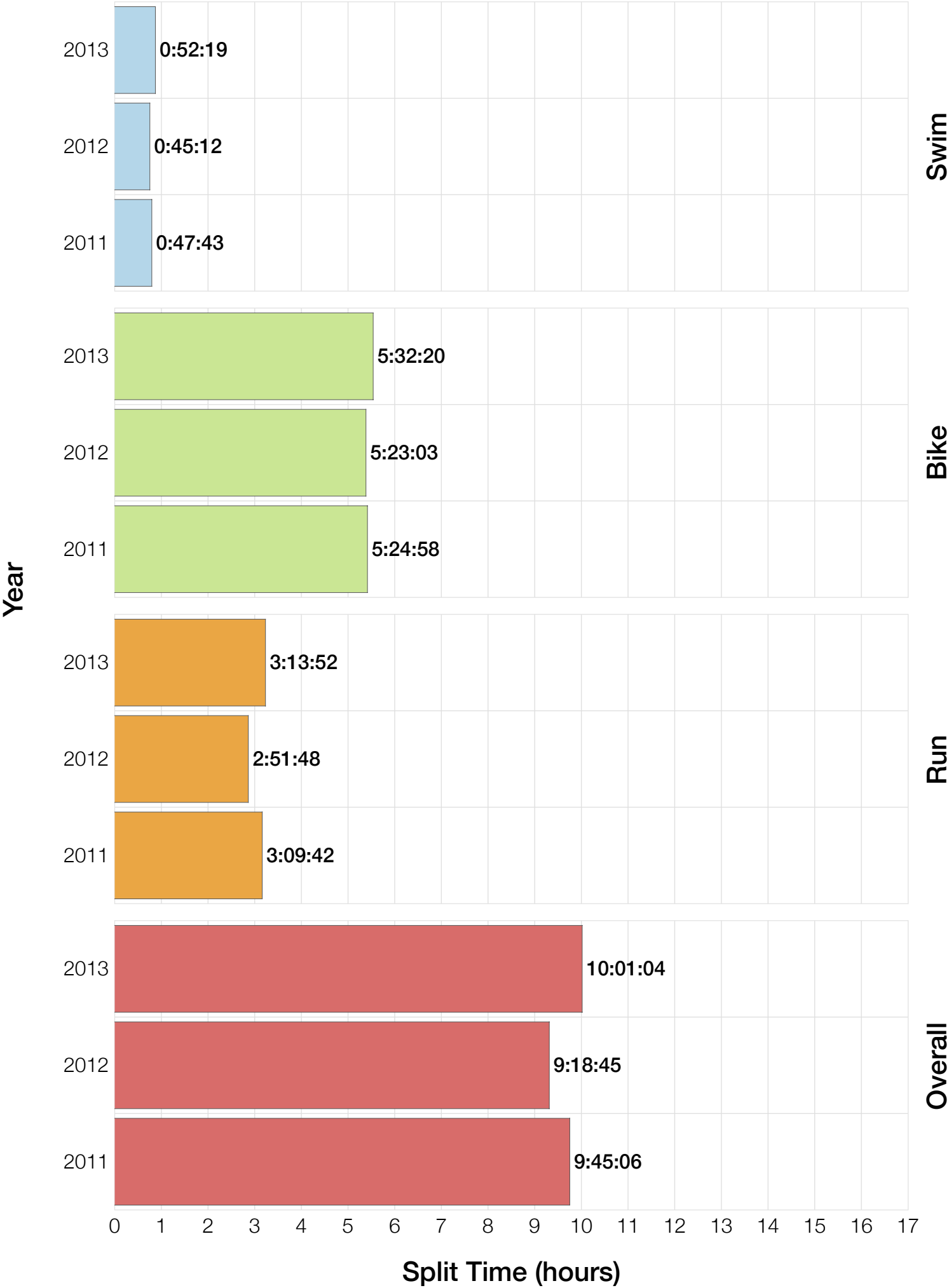
M40-44 Run



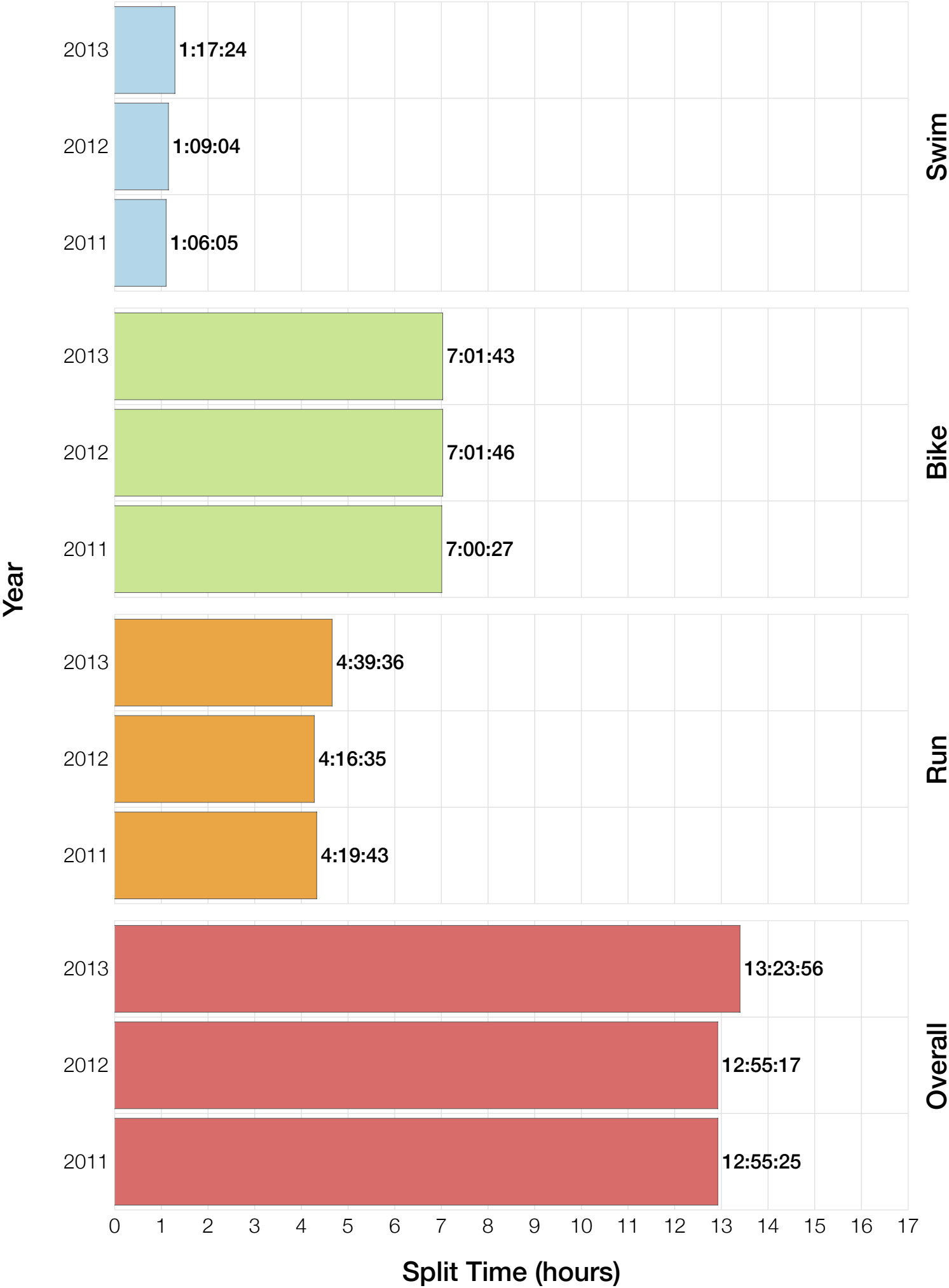
M40-44 Overall



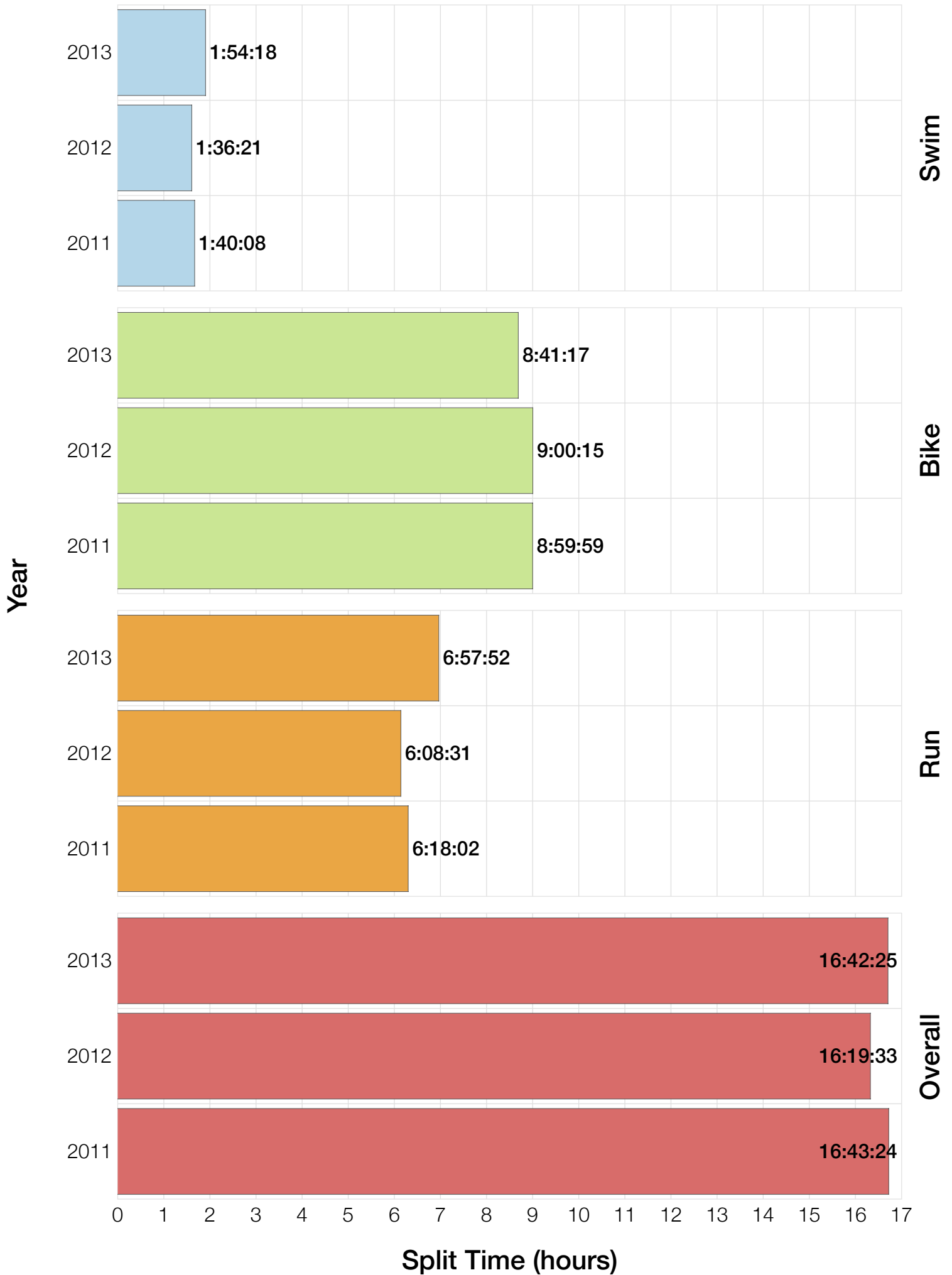
M40-44 Fastest Splits



M40-44 Median Splits

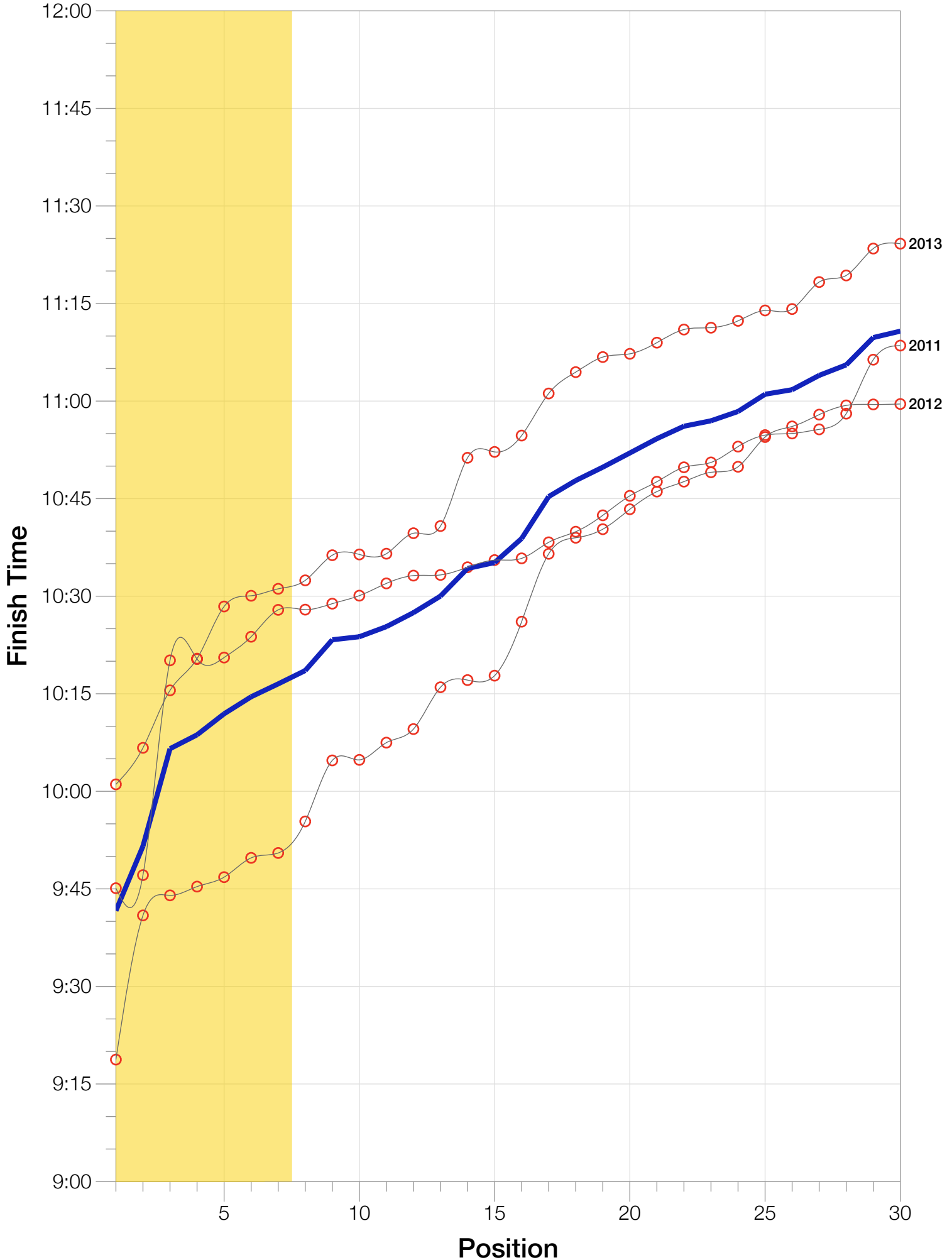


M40-44 Slowest Splits



M40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M40-44 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	0:54:07	5:27:42	3:09:47	9:41:38
Average 2nd Age Grouper	0:58:21	5:29:47	3:10:33	9:49:41
Average 3rd Age Grouper	0:57:19	5:47:57	3:09:43	10:05:31
Average 4th Age Grouper	0:53:51	5:43:44	3:17:05	10:08:14
Average 5th Age Grouper	0:56:04	5:46:23	3:17:04	10:11:26
Average 6th Age Grouper	0:59:17	5:43:55	3:16:52	10:13:32
Average 7th Age Grouper	1:03:07	5:42:05	3:18:32	10:16:16
Average 8th Age Grouper	1:04:41	5:48:14	3:12:09	10:16:57
Average 9th Age Grouper	0:55:14	5:45:25	3:27:23	10:19:17
Average 10th Age Grouper	0:57:19	5:45:57	3:24:55	10:20:37
Kona Qualifier Average	0:57:26	5:40:13	3:14:14	10:03:45
Top 10 Age Grouper Average	0:57:56	5:42:07	3:16:24	10:08:19

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

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	0:51:29	5:23:03	2:56:10	9:18:45
2nd Age Grouper	1:01:03	5:27:54	2:55:28	9:35:16
3rd Age Grouper	0:58:03	5:37:43	2:56:34	9:40:55
4th Age Grouper	0:50:24	5:36:23	3:03:13	9:44:00
5th Age Grouper	0:45:12	5:36:33	3:11:40	9:45:21
6th Age Grouper	0:58:34	5:31:43	3:06:00	9:46:48
7th Age Grouper	0:56:24	5:32:28	3:08:49	9:49:46
8th Age Grouper	1:03:36	5:43:01	2:51:48	9:50:31
9th Age Grouper	0:52:45	5:33:33	3:16:49	9:52:42
10th Age Grouper	0:55:25	5:23:49	3:25:36	9:55:22
Kona Qualifier Average	0:54:27	5:32:15	3:02:33	9:40:07
Top 10 Age Grouper Average	0:55:17	5:32:37	3:05:12	9:43:56

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	0:51:56	5:24:58	3:16:50	9:45:06
2nd Age Grouper	0:52:01	5:28:14	3:15:34	9:47:07
3rd Age Grouper	0:54:55	5:55:18	3:18:45	10:20:08
4th Age Grouper	0:58:50	5:48:15	3:16:21	10:20:20
5th Age Grouper	0:59:06	5:51:10	3:18:08	10:20:34
6th Age Grouper	0:58:23	5:49:32	3:22:10	10:23:46
7th Age Grouper	1:04:47	5:59:12	3:09:42	10:27:54
8th Age Grouper	0:56:16	5:54:35	3:26:21	10:27:56
9th Age Grouper	0:56:43	5:55:51	3:22:18	10:28:51
10th Age Grouper	1:00:35	5:52:33	3:23:08	10:30:05
Kona Qualifier Average	0:57:08	5:45:14	3:16:47	10:12:07
Top 10 Age Grouper Average	0:57:21	5:47:57	3:18:55	10:17:10