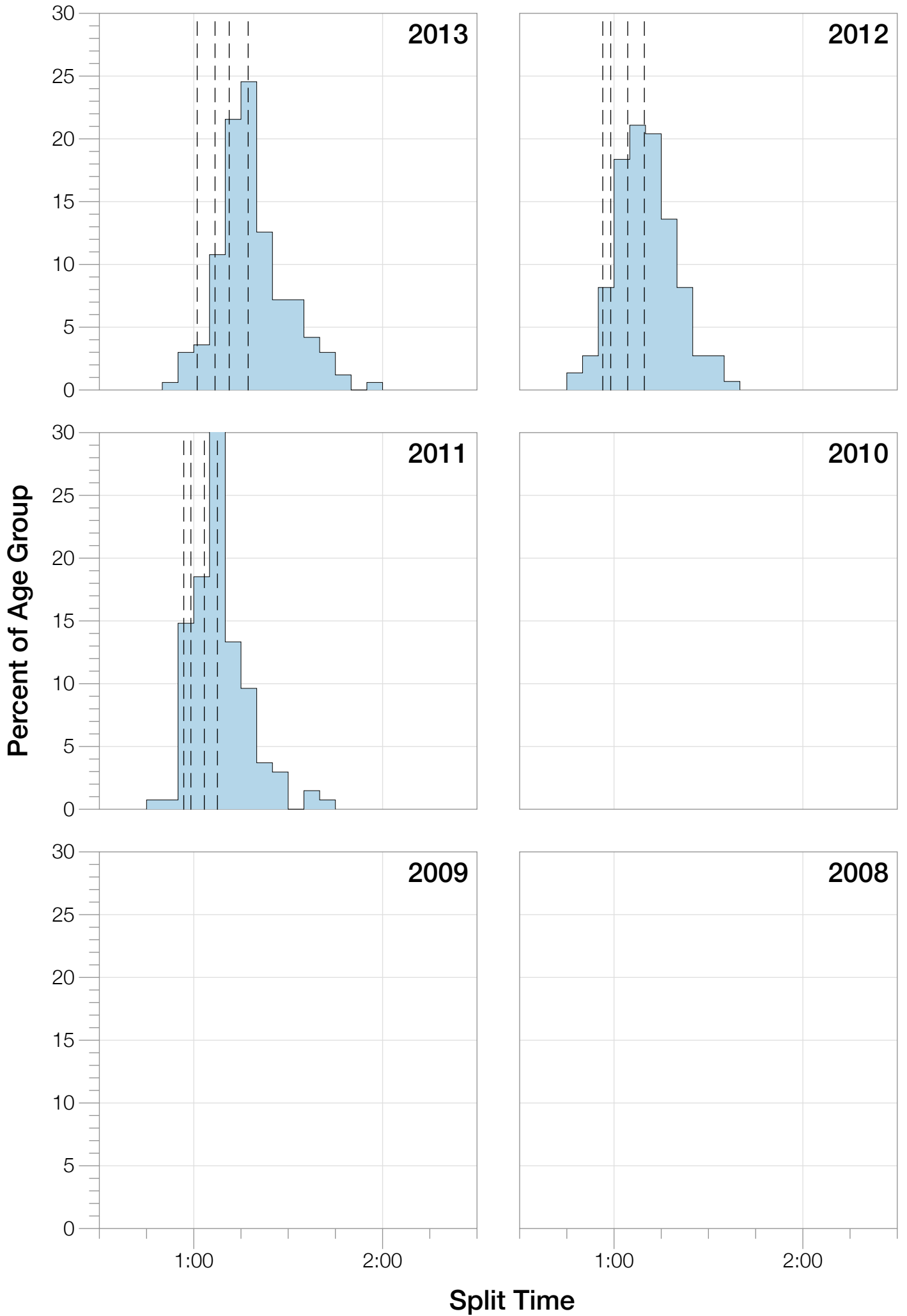


Ironman Wales M45-49 Stats

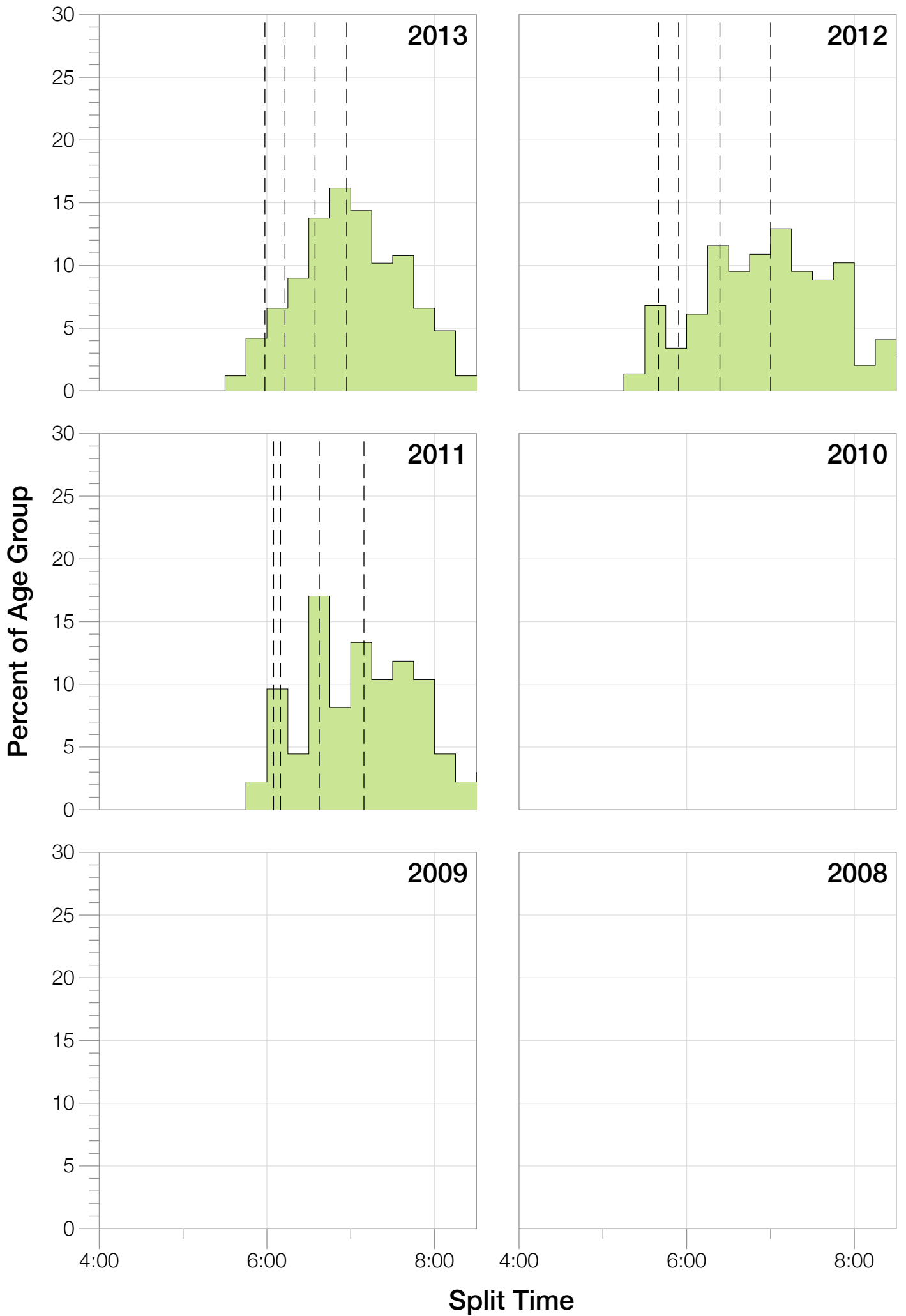
M45-49 Summary Statistics

Year	Finishers	M45-49 Finishers	Male Winner's Time	Female Winner's Time	M45-49 Winner's Time
2011	1122	135	9:04:20	10:15:23	10:44:14
2012	1215	154	8:52:43	9:45:09	9:40:17
2013	1280	167	9:09:10	9:51:21	10:16:03
Average	1206	152	9:02:04	9:57:17	10:13:31

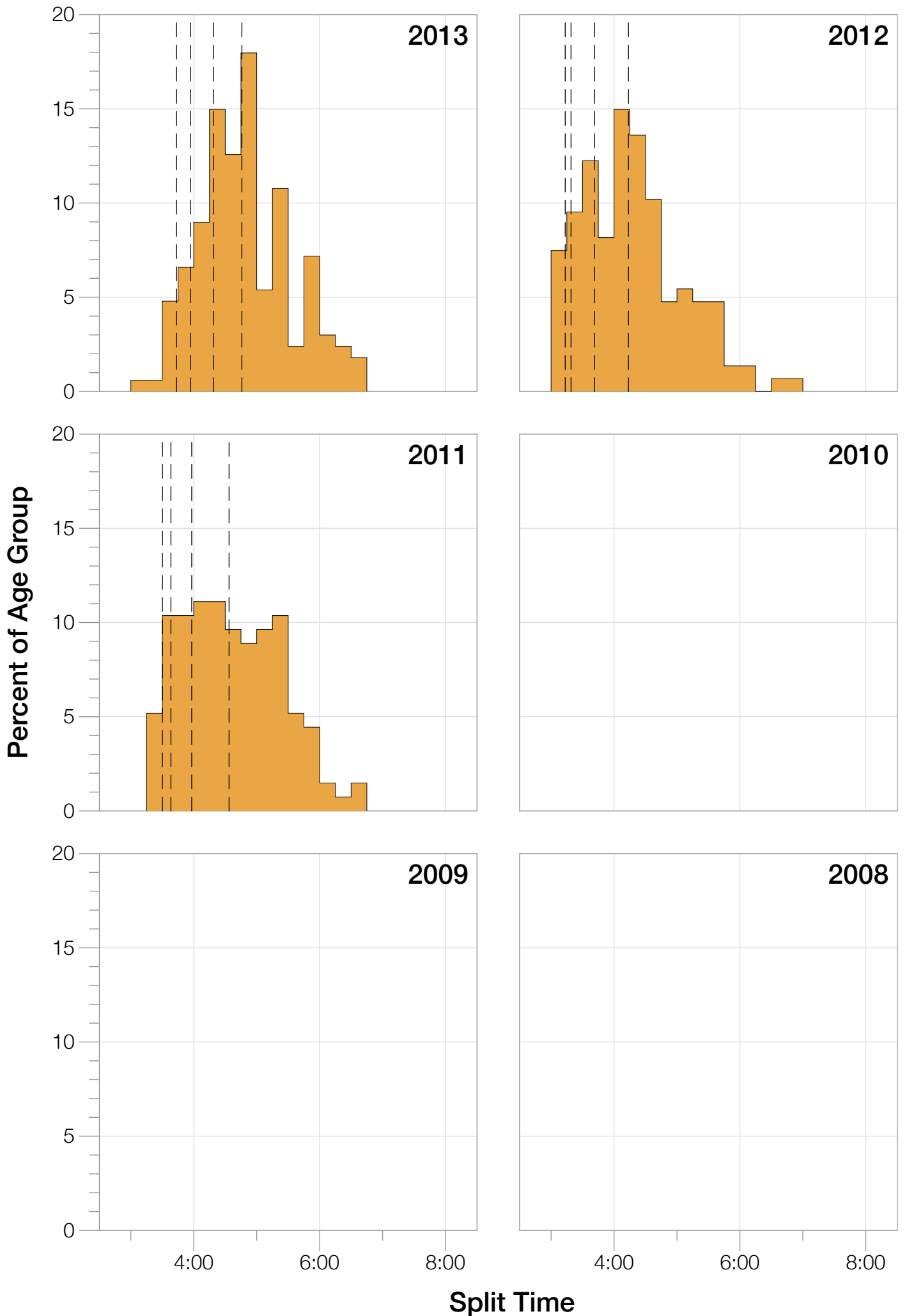
M45-49 Swim



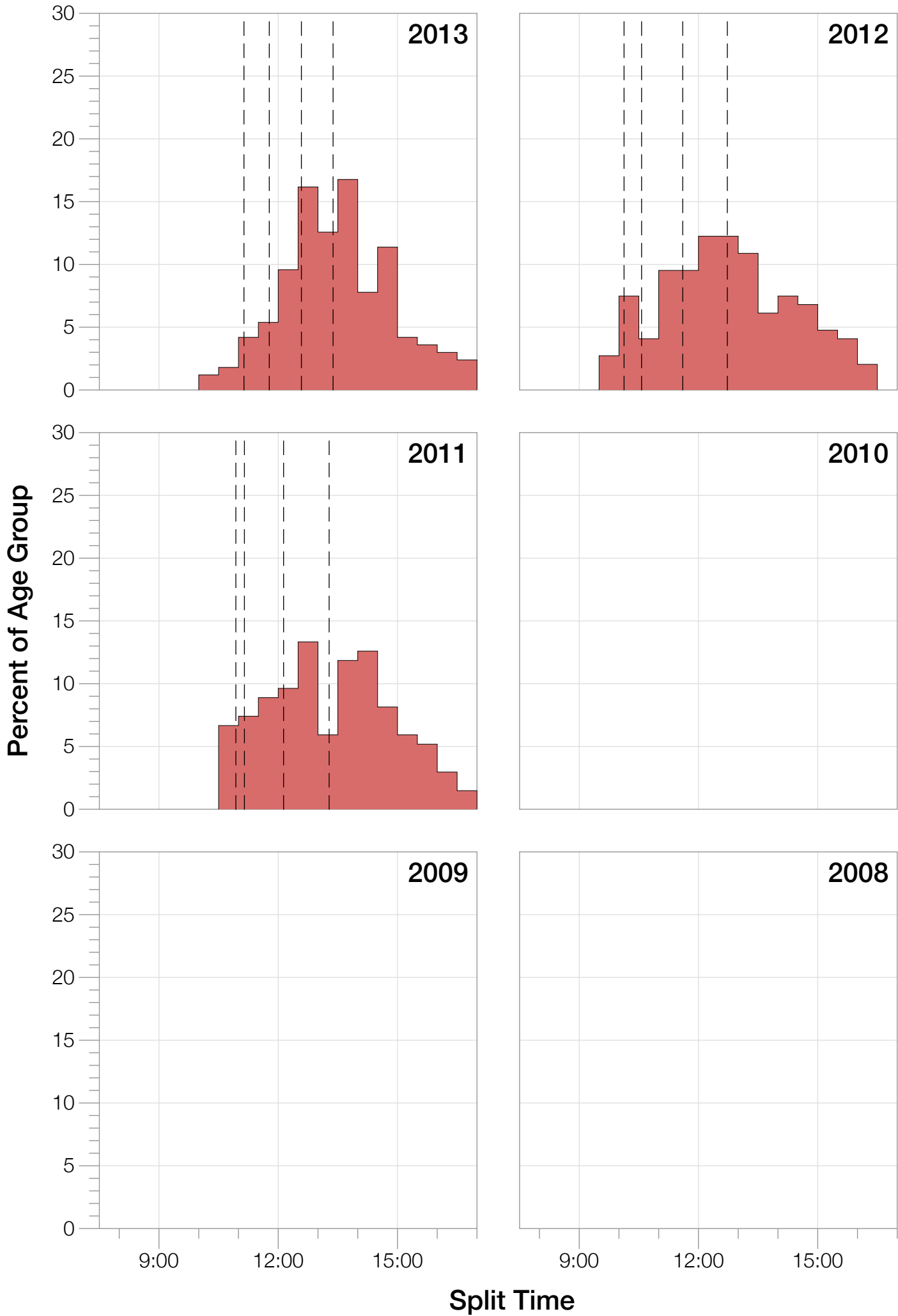
M45-49 Bike



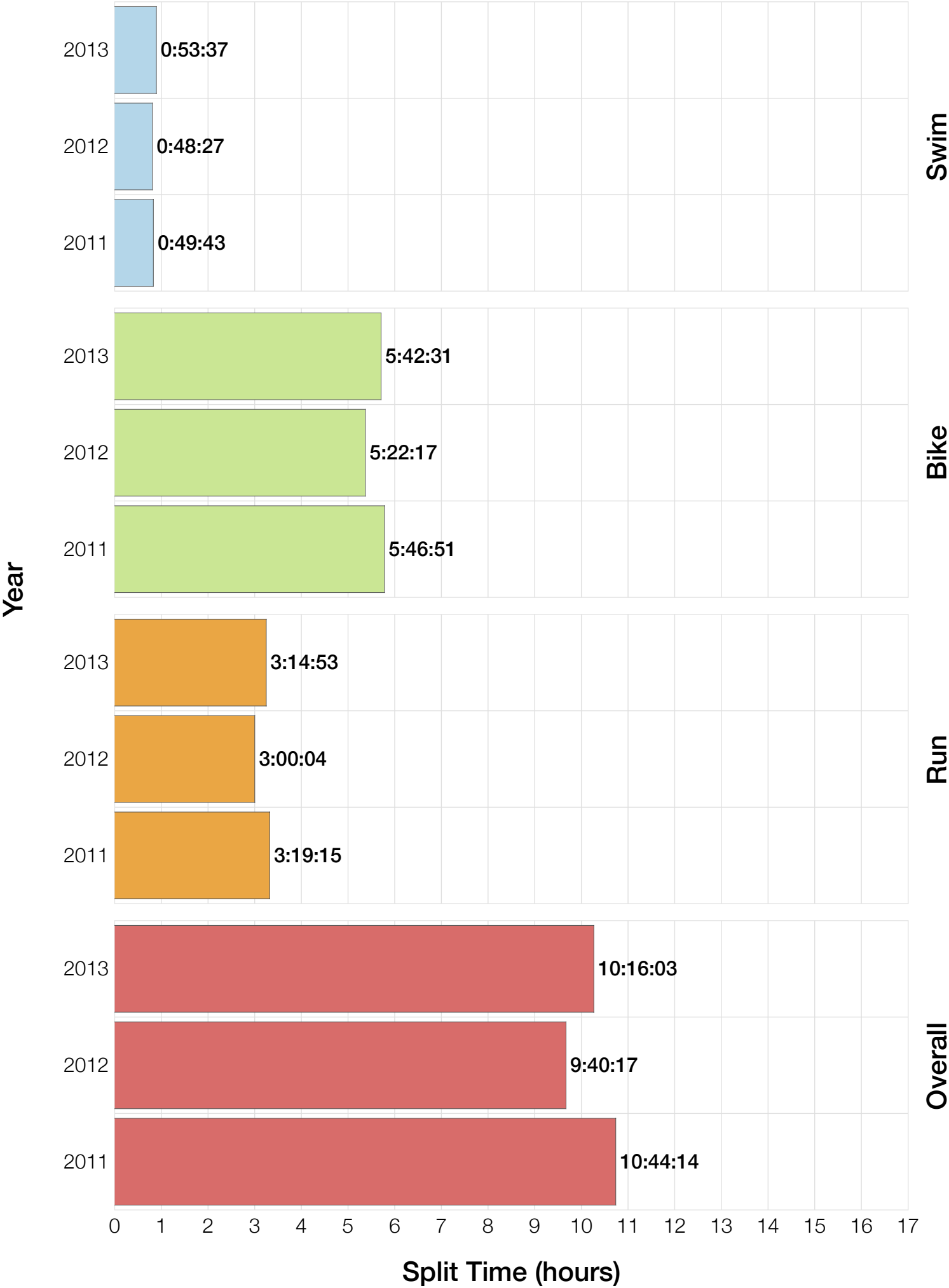
M45-49 Run



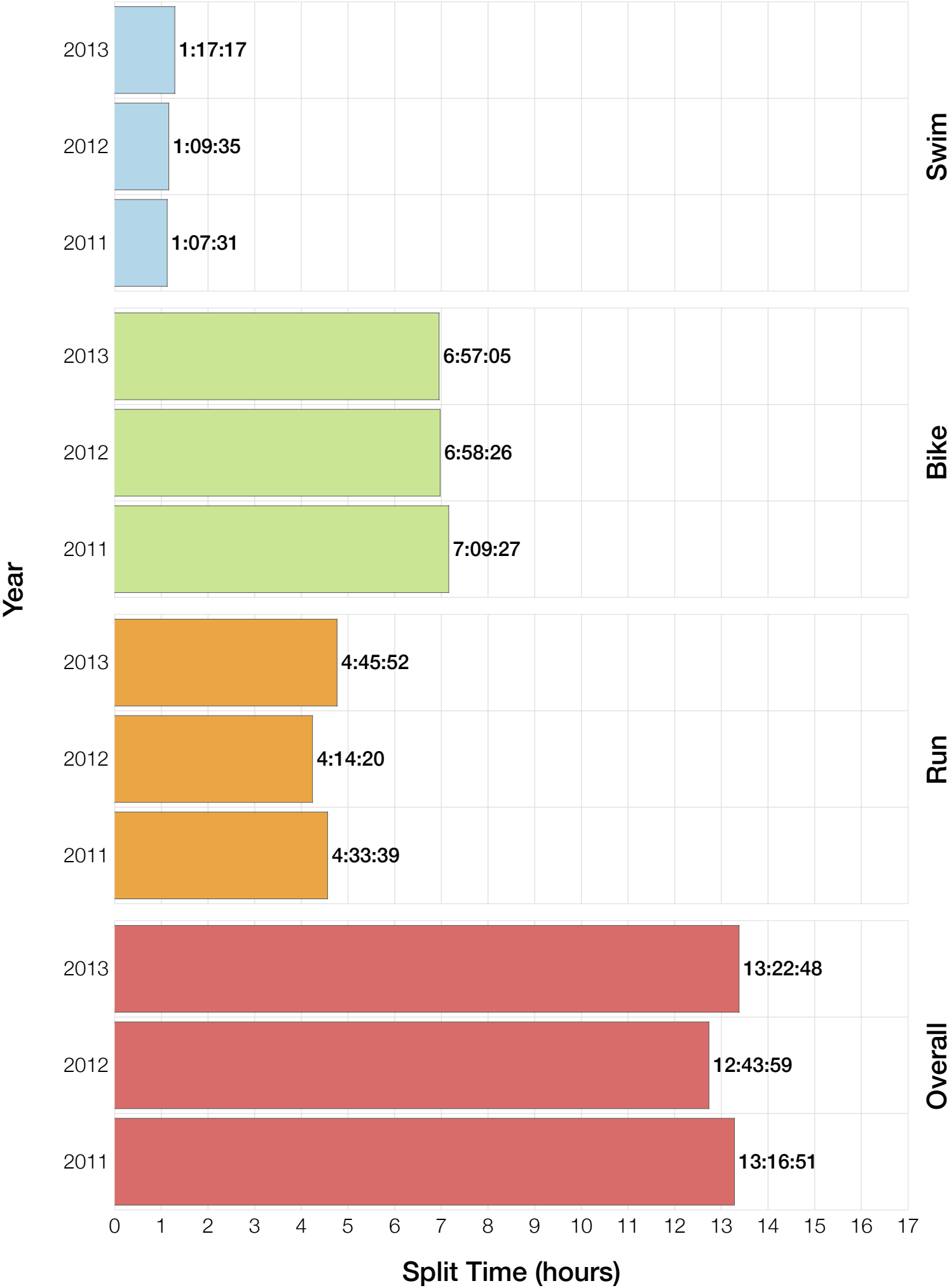
M45-49 Overall



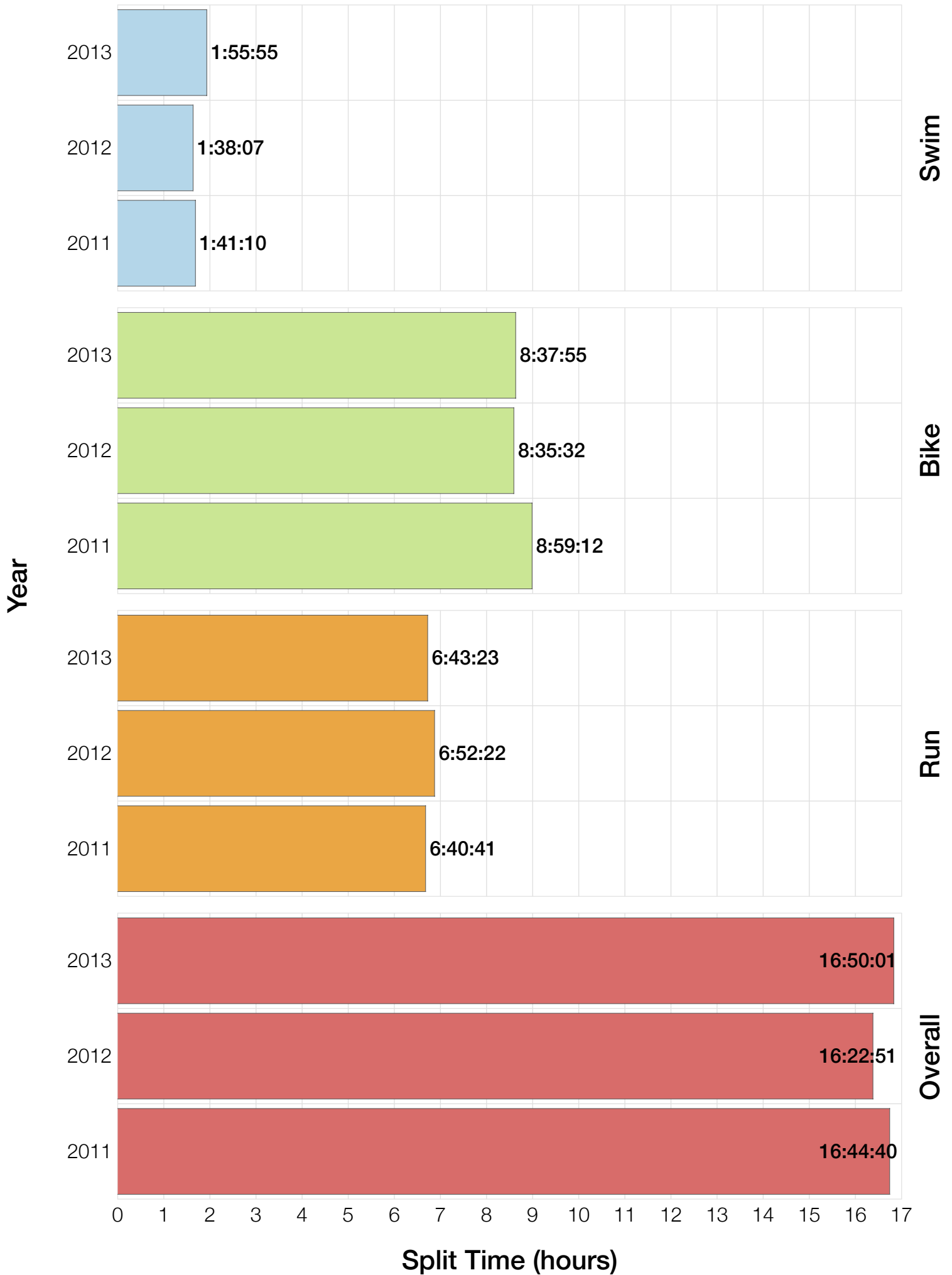
M45-49 Fastest Splits



M45-49 Median Splits

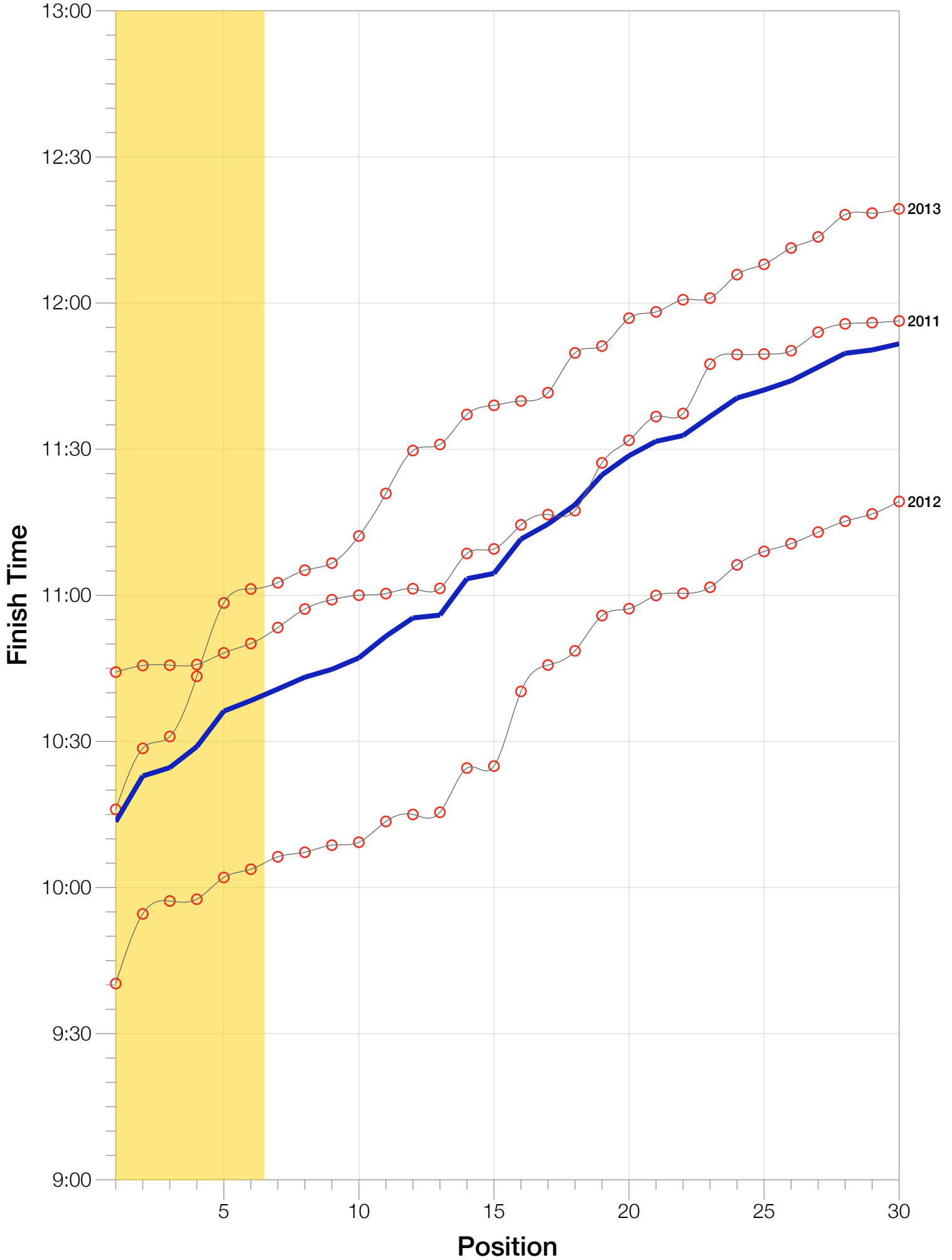


M45-49 Slowest Splits



M45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M45-49 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	0:59:53	5:39:32	3:20:59	10:13:31
Average 2nd Age Grouper	1:03:51	5:47:51	3:18:11	10:22:54
Average 3rd Age Grouper	0:59:55	5:48:42	3:21:59	10:24:37
Average 4th Age Grouper	0:58:39	5:50:42	3:28:02	10:28:55
Average 5th Age Grouper	1:06:36	5:53:59	3:21:48	10:36:13
Average 6th Age Grouper	1:03:46	6:00:52	3:22:03	10:38:23
Average 7th Age Grouper	1:05:11	5:54:53	3:25:59	10:40:45
Average 8th Age Grouper	1:05:30	5:52:45	3:31:19	10:43:11
Average 9th Age Grouper	1:00:27	5:51:13	3:40:17	10:44:48
Average 10th Age Grouper	1:06:30	5:47:02	3:39:30	10:47:09
Kona Qualifier Average	1:02:06	5:50:16	3:22:10	10:27:25
Top 10 Age Grouper Average	1:03:02	5:50:45	3:27:01	10:34:02

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

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	1:01:59	5:22:17	3:04:33	9:40:17
2nd Age Grouper	0:58:40	5:29:20	3:13:38	9:54:35
3rd Age Grouper	1:04:45	5:34:14	3:05:43	9:57:14
4th Age Grouper	0:48:27	5:39:15	3:18:52	9:57:36
5th Age Grouper	0:58:26	5:39:41	3:13:25	10:02:04
6th Age Grouper	1:06:14	5:37:25	3:09:14	10:03:45
7th Age Grouper	0:51:33	5:43:56	3:19:05	10:06:19
8th Age Grouper	0:59:14	5:38:26	3:17:42	10:07:14
9th Age Grouper	1:05:24	5:43:03	3:08:39	10:08:42
10th Age Grouper	1:01:27	5:38:40	3:19:49	10:09:18
Kona Qualifier Average	0:59:45	5:33:42	3:10:54	9:55:55
Top 10 Age Grouper Average	0:59:36	5:36:37	3:13:04	10:00:42

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