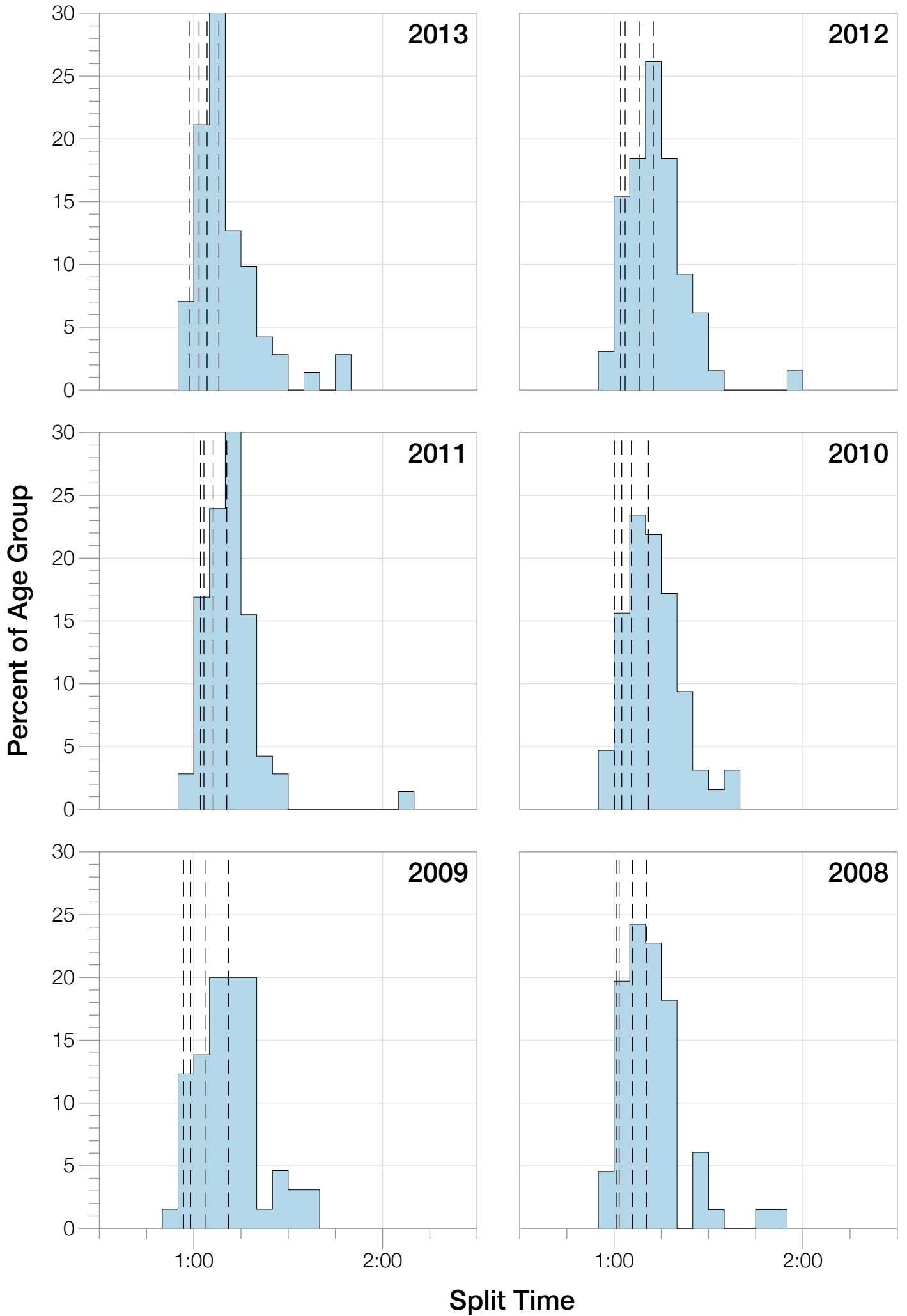


# Ironman World Championship F30-34 Stats

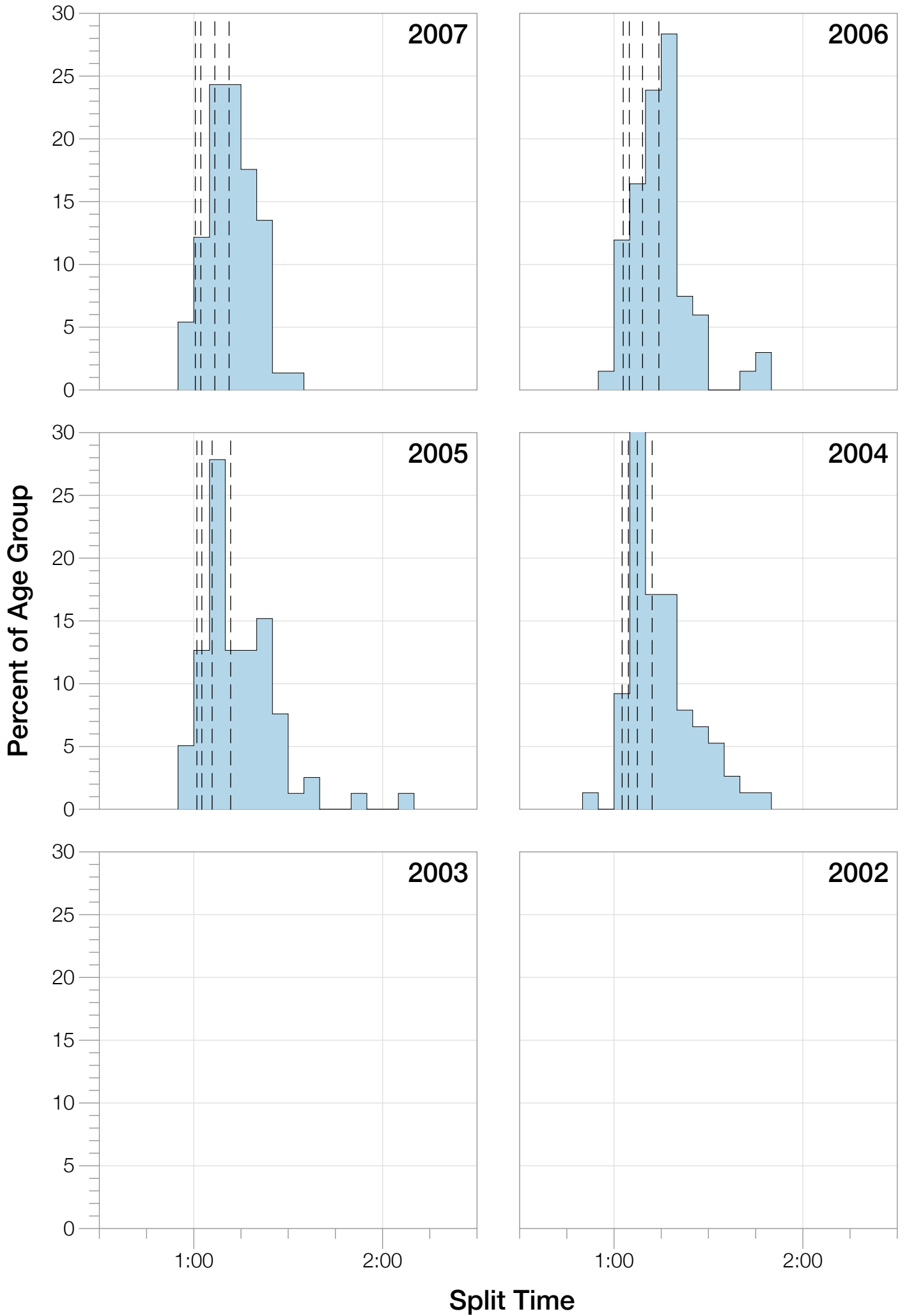
## F30-34 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F30-34 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F30-34 Winner's Time</b>
2004	1578	76	8:33:29	9:50:04	10:55:01
2005	1688	79	8:14:17	9:09:30	10:07:05
2006	1624	67	8:11:56	9:18:31	10:05:58
2007	1684	74	8:15:34	9:08:45	9:56:21
2008	1637	66	8:17:45	9:06:23	9:55:52
2009	1652	65	8:20:21	8:54:02	9:46:26
2010	1770	64	8:10:37	8:58:36	9:55:19
2011	1774	71	8:03:56	8:55:08	9:37:09
2012	1887	65	8:18:37	9:15:54	9:53:50
2013	1976	71	8:12:29	8:52:14	9:40:15
<b>Average</b>	<b>1727</b>	<b>70</b>	<b>8:15:54</b>	<b>9:08:54</b>	<b>9:59:19</b>

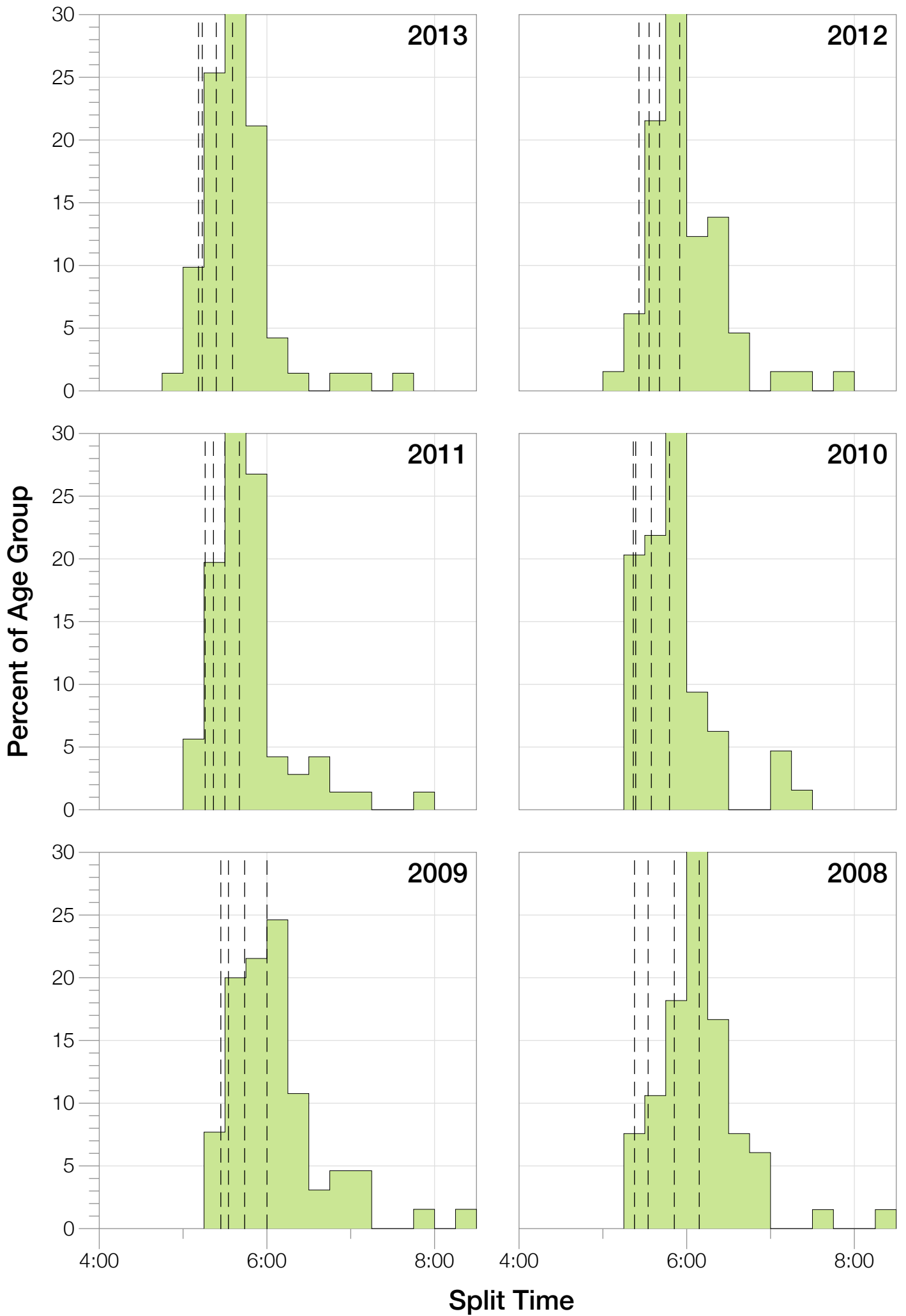
# F30-34 Swim



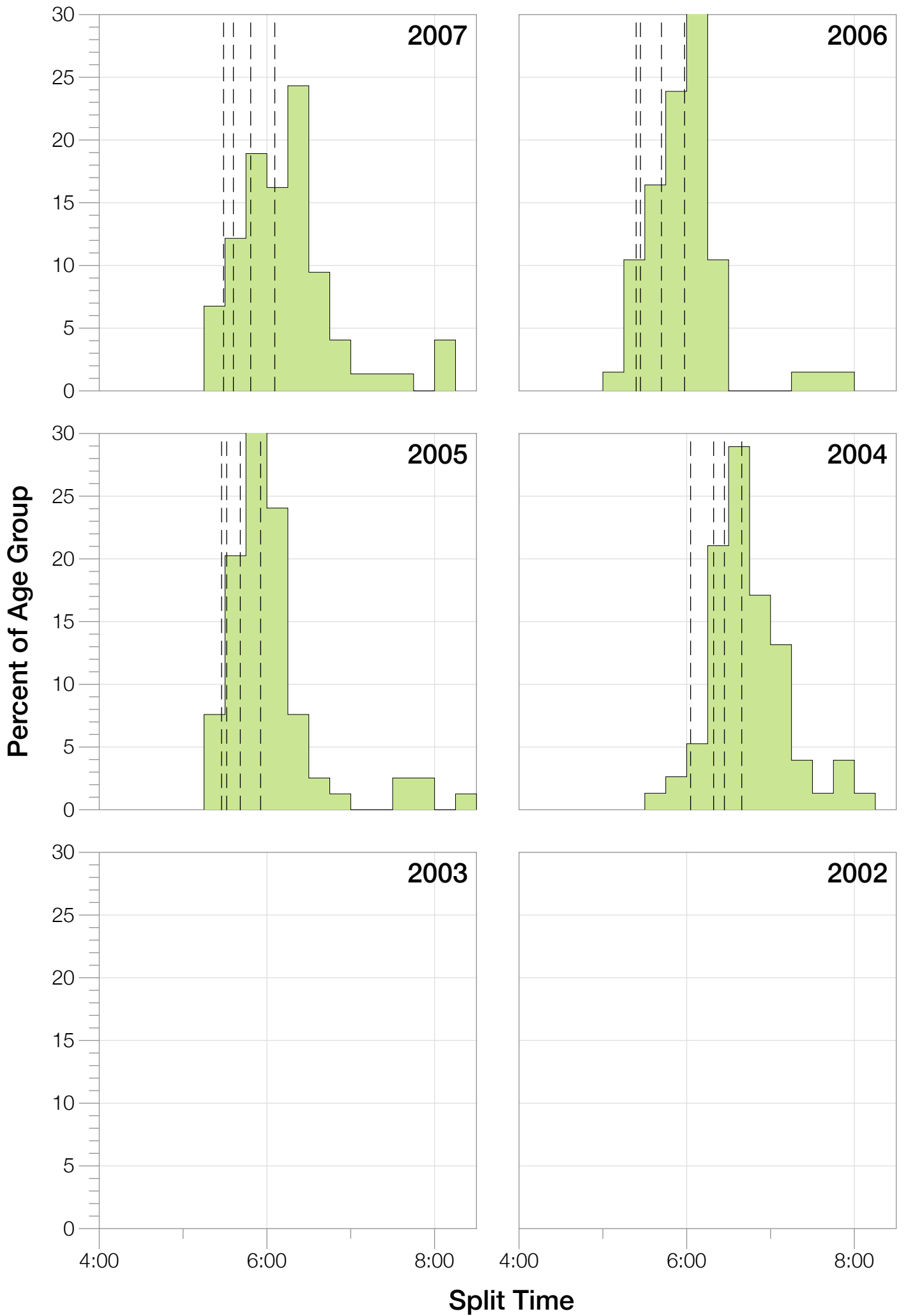
# F30-34 Swim



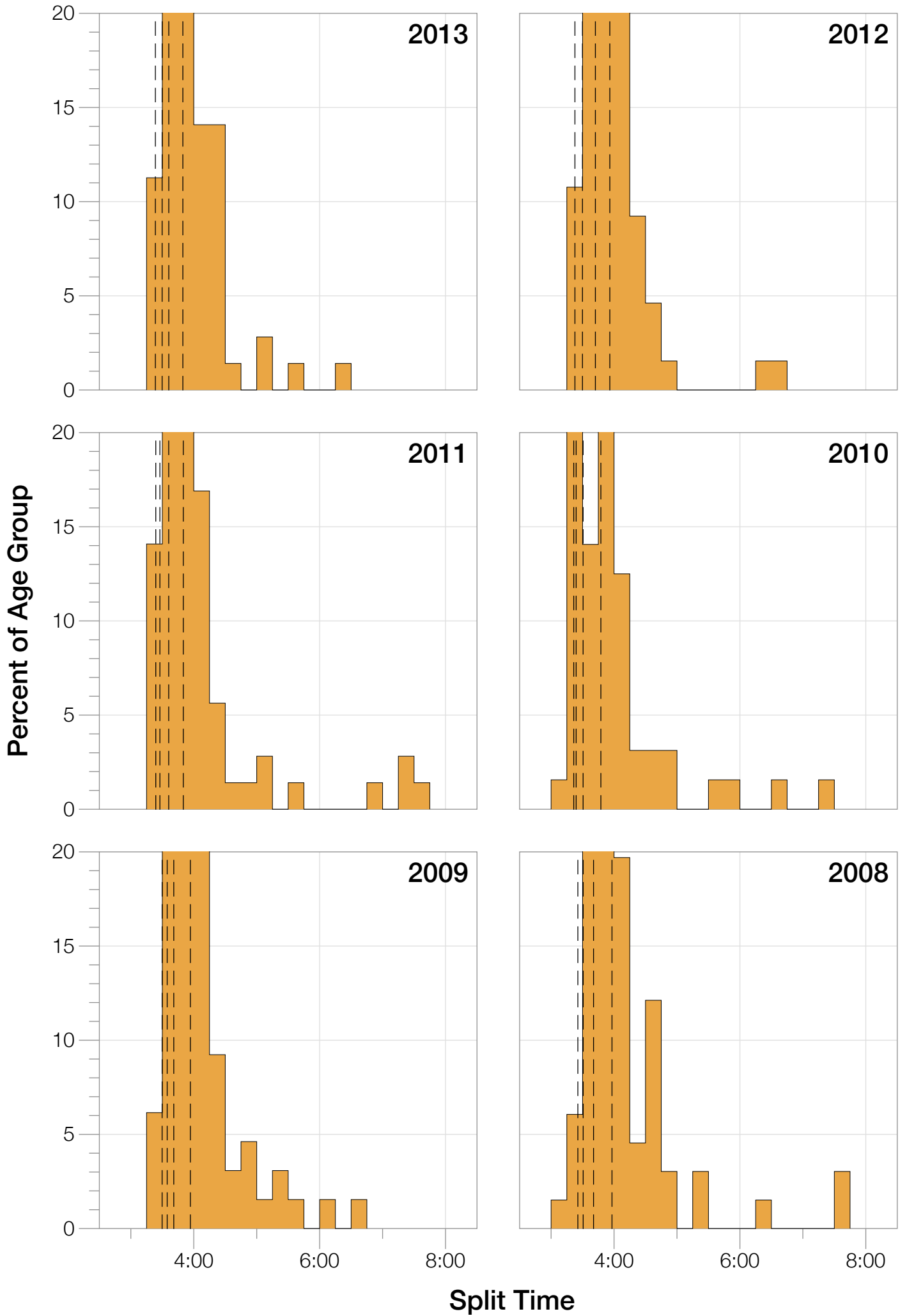
# F30-34 Bike



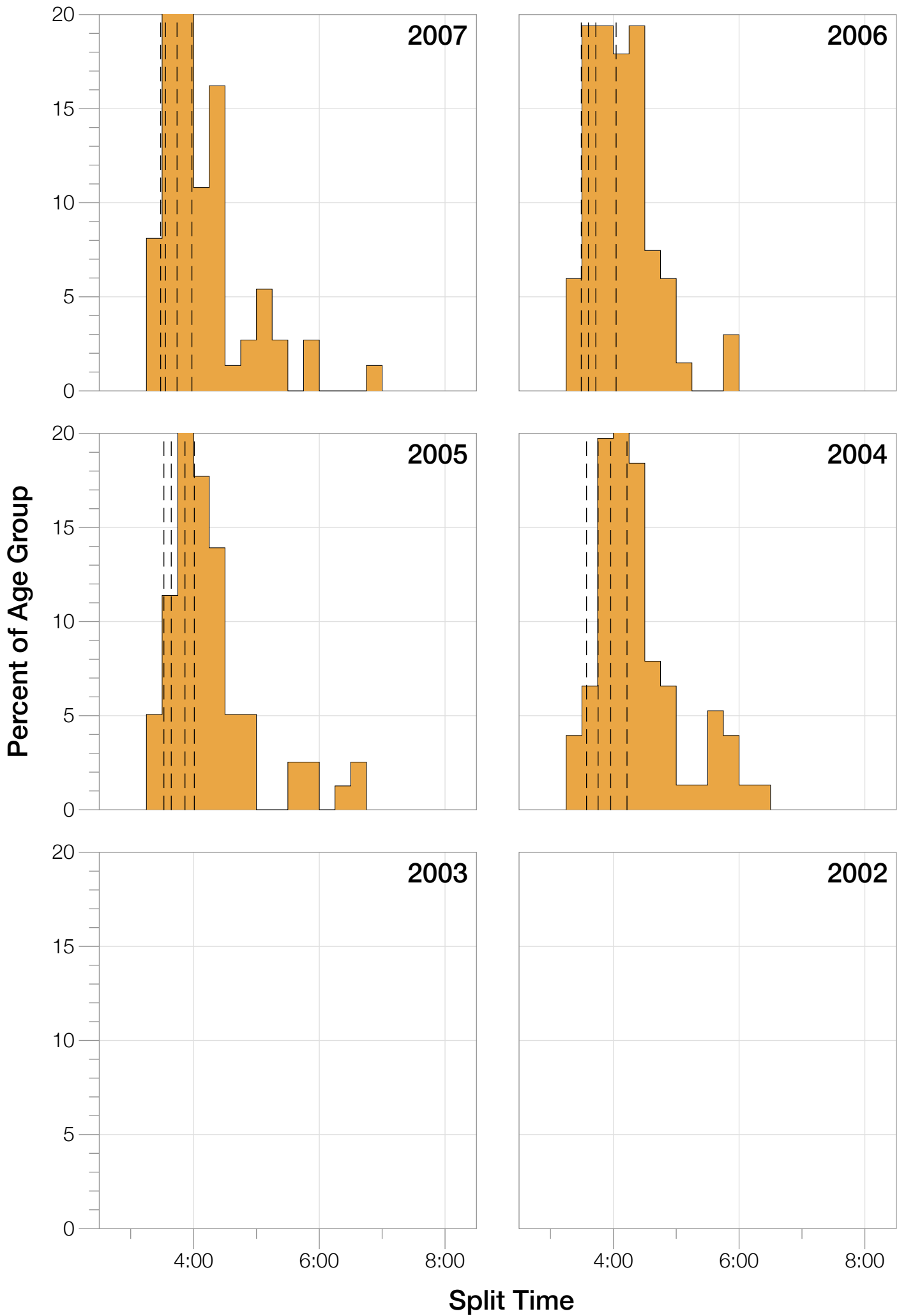
# F30-34 Bike



# F30-34 Run

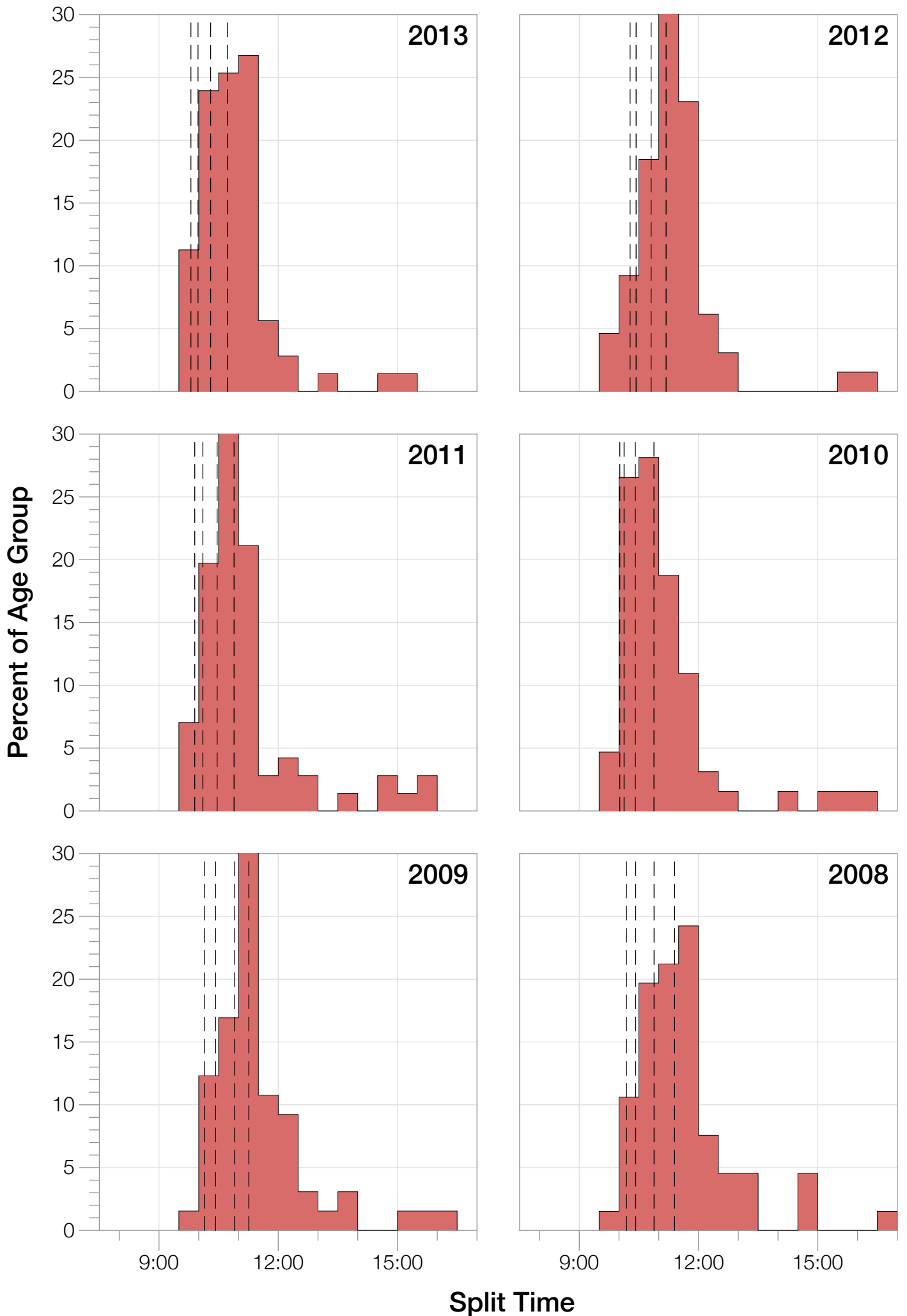


# F30-34 Run

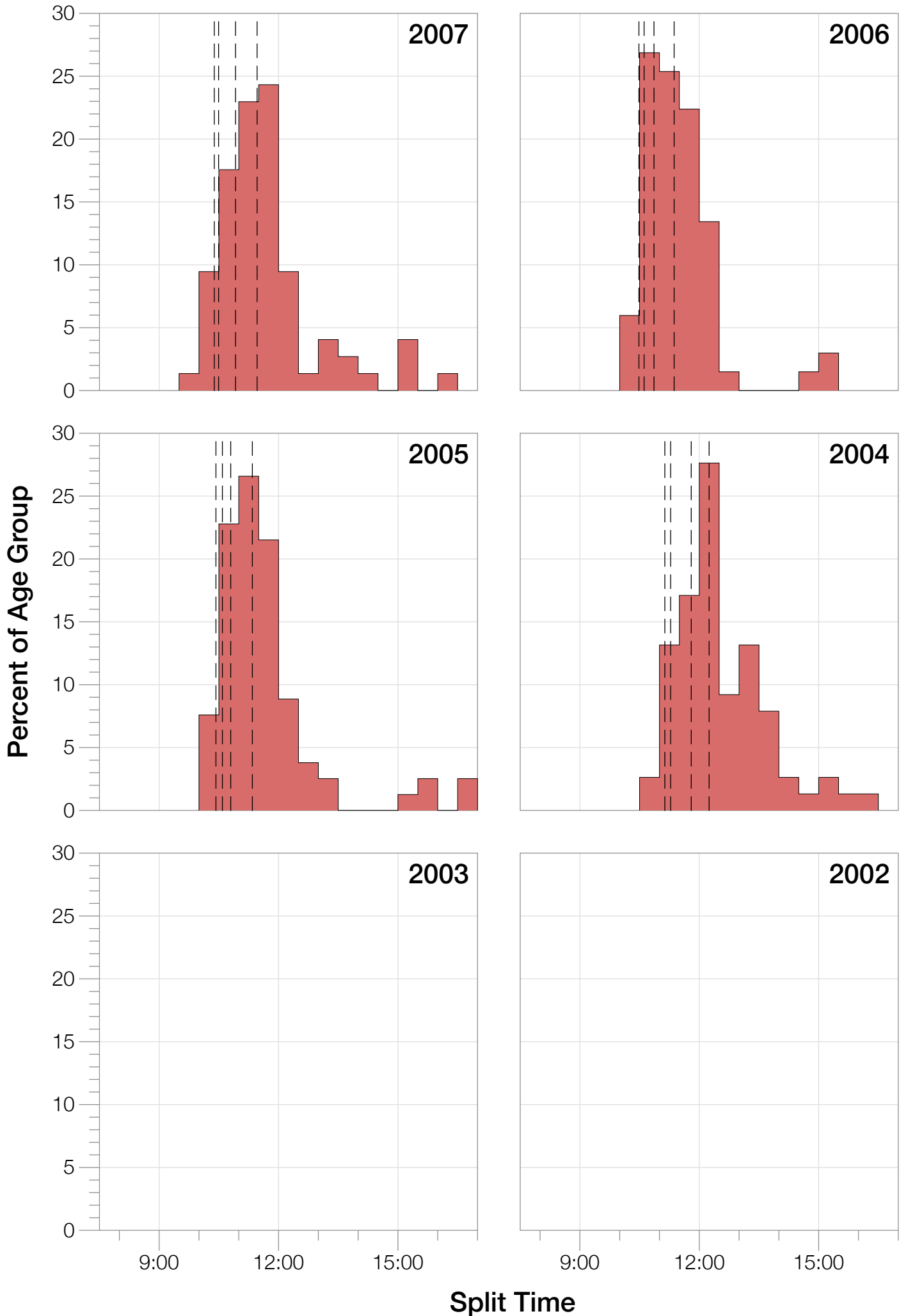




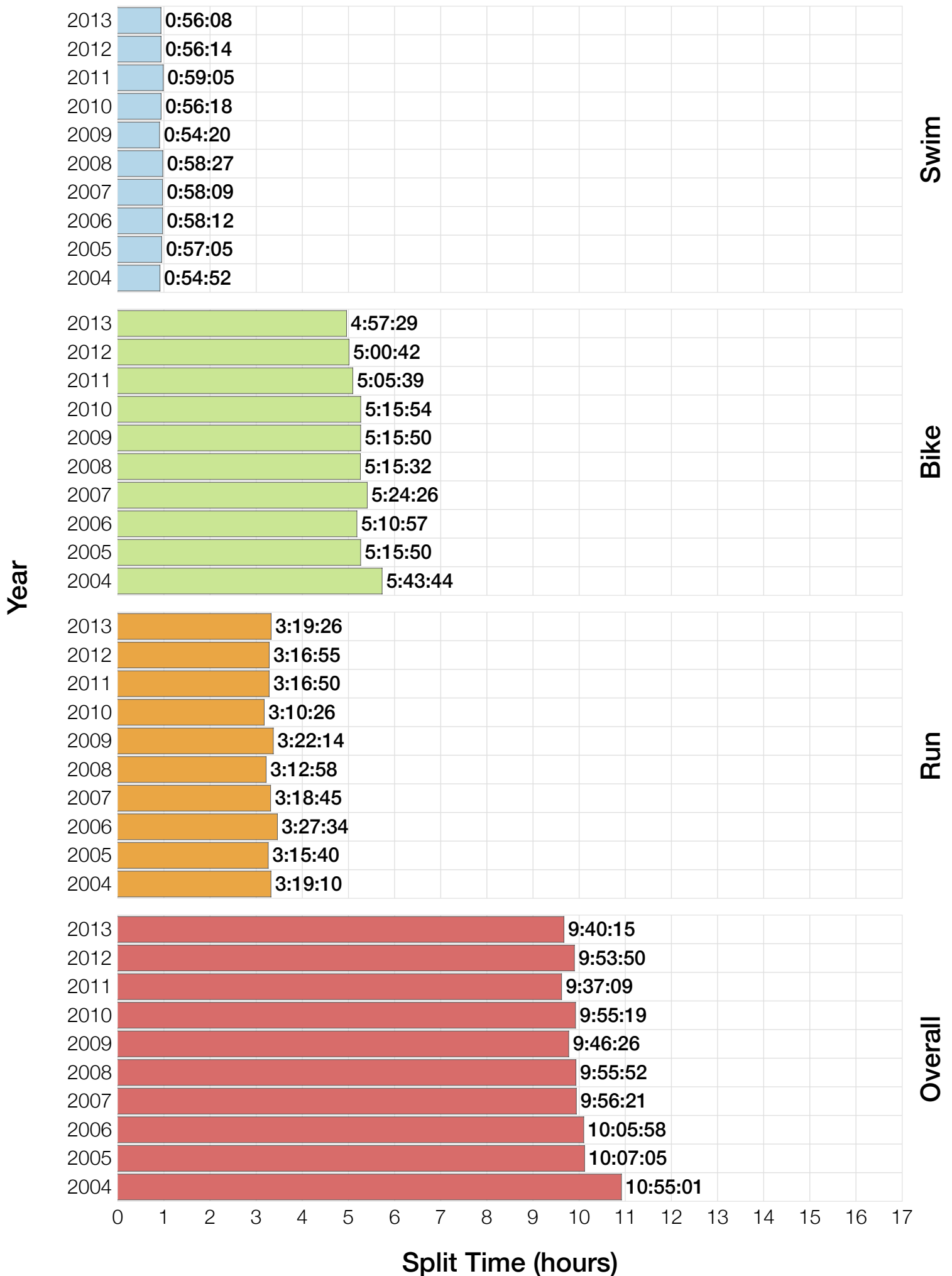
# F30-34 Overall



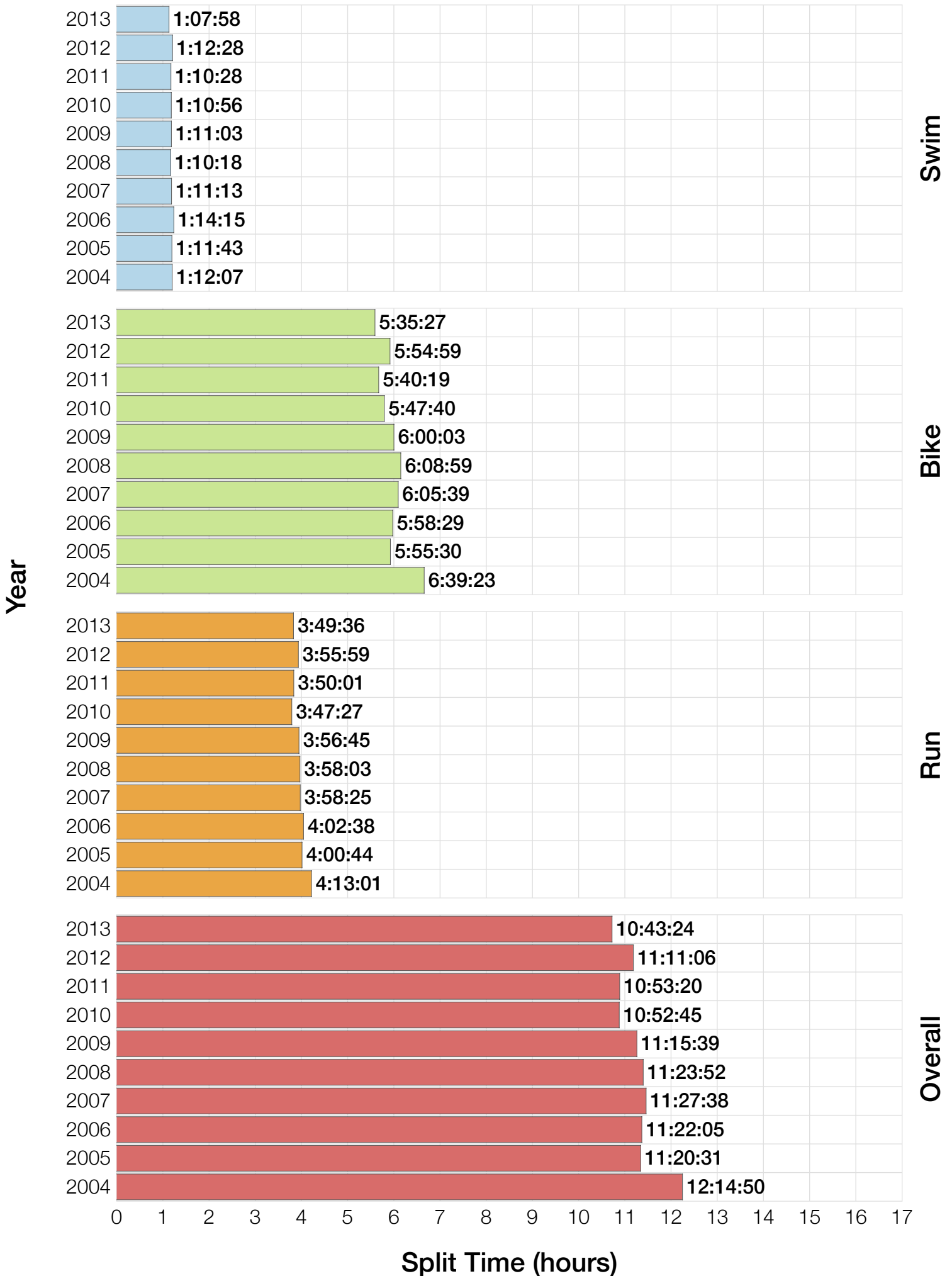
# F30-34 Overall



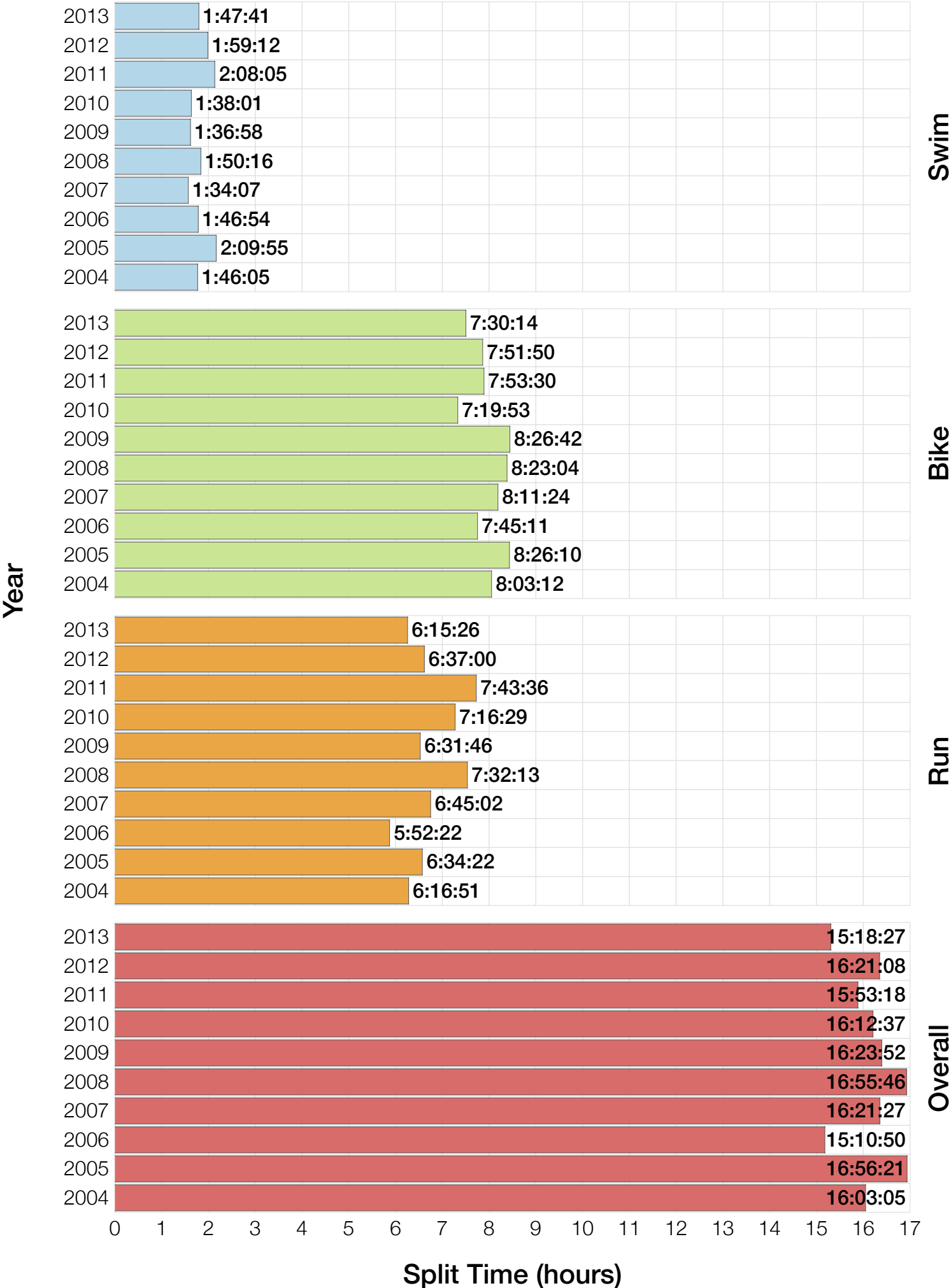
# F30-34 Fastest Splits



# F30-34 Median Splits

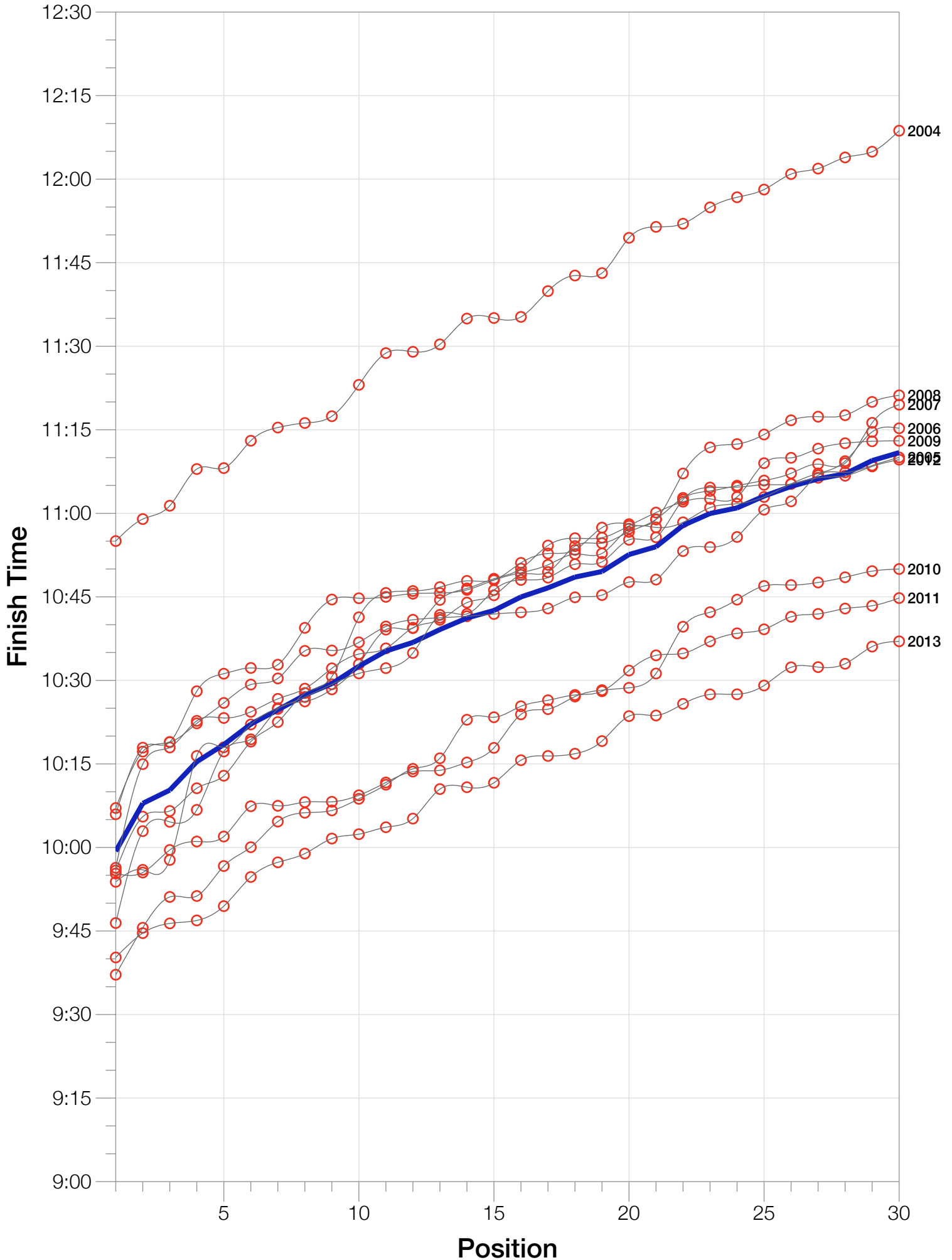


# F30-34 Slowest Splits



# F30-34 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# F30-34 Top 10 and Kona Times and Splits

## Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Average Male Winner</b>	<b>0:51:53</b>	<b>4:31:05</b>	<b>2:48:58</b>	<b>8:15:54</b>
<b>Average Female Winner</b>	<b>0:57:56</b>	<b>5:04:51</b>	<b>3:01:12</b>	<b>9:08:54</b>
<b>Average 1st Age Grouper</b>	<b>1:03:48</b>	<b>5:19:45</b>	<b>3:29:12</b>	<b>9:59:19</b>
Average 2nd Age Grouper	1:04:36	5:25:43	3:31:24	10:07:55
Average 3rd Age Grouper	1:03:50	5:31:30	3:28:52	10:10:18
Average 4th Age Grouper	1:06:15	5:25:02	3:37:23	10:15:24
Average 5th Age Grouper	1:03:58	5:33:01	3:34:23	10:18:28
Average 6th Age Grouper	1:07:30	5:34:04	3:34:33	10:22:09
Average 7th Age Grouper	1:04:02	5:29:53	3:43:35	10:24:42
Average 8th Age Grouper	1:06:12	5:35:17	3:38:16	10:27:22
Average 9th Age Grouper	1:08:39	5:39:28	3:34:02	10:29:25
Average 10th Age Grouper	1:06:54	5:44:08	3:33:43	10:32:32
<b>Kona Qualifier Average</b>	<b>1:03:48</b>	<b>5:19:45</b>	<b>3:29:12</b>	<b>9:59:19</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:34</b>	<b>5:31:47</b>	<b>3:34:32</b>	<b>10:18:45</b>

## World Championship 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:51:02</b>	<b>4:25:35</b>	<b>2:51:18</b>	<b>8:12:29</b>
<b>Female Winner</b>	<b>0:58:50</b>	<b>4:58:20</b>	<b>2:50:38</b>	<b>8:52:14</b>
<b>1st Age Grouper</b>	<b>1:04:02</b>	<b>4:57:29</b>	<b>3:33:47</b>	<b>9:40:15</b>
2nd Age Grouper	1:06:13	5:11:06	3:19:26	9:44:37
3rd Age Grouper	0:56:20	5:13:44	3:29:50	9:46:22
4th Age Grouper	1:05:19	5:13:27	3:22:12	9:46:54
5th Age Grouper	0:58:12	5:10:59	3:34:24	9:49:28
6th Age Grouper	1:07:12	5:09:05	3:32:42	9:54:42
7th Age Grouper	1:03:30	5:06:58	3:40:30	9:57:20
8th Age Grouper	1:01:38	5:16:31	3:35:23	9:58:54
9th Age Grouper	1:05:14	5:30:16	3:20:14	10:01:36
10th Age Grouper	1:09:08	5:23:02	3:21:31	10:02:23
<b>Kona Qualifier Average</b>	<b>1:04:02</b>	<b>4:57:29</b>	<b>3:33:47</b>	<b>9:40:15</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:40</b>	<b>5:13:15</b>	<b>3:28:59</b>	<b>9:52:15</b>

## World Championship 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:51:28</b>	<b>4:35:15</b>	<b>2:48:05</b>	<b>8:18:37</b>
<b>Female Winner</b>	<b>0:56:03</b>	<b>5:12:06</b>	<b>3:03:13</b>	<b>9:15:54</b>
<b>1st Age Grouper</b>	<b>1:03:36</b>	<b>5:00:42</b>	<b>3:42:37</b>	<b>9:53:50</b>
2nd Age Grouper	1:07:59	5:25:25	3:17:38	9:55:59
3rd Age Grouper	0:56:14	5:25:21	3:31:03	9:57:45
4th Age Grouper	1:03:25	5:39:30	3:27:14	10:16:26
5th Age Grouper	1:06:00	5:45:32	3:16:55	10:17:59
6th Age Grouper	1:04:52	5:38:44	3:32:24	10:22:05
7th Age Grouper	1:04:51	5:32:38	3:38:01	10:25:01
8th Age Grouper	1:14:24	5:37:36	3:29:20	10:27:01
9th Age Grouper	1:14:17	5:38:25	3:29:26	10:29:18
10th Age Grouper	1:11:10	5:40:32	3:32:03	10:31:15
<b>Kona Qualifier Average</b>	<b>1:03:36</b>	<b>5:00:42</b>	<b>3:42:37</b>	<b>9:53:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:40</b>	<b>5:32:26</b>	<b>3:29:40</b>	<b>10:15:39</b>

### World Championship 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:56	4:24:05	2:44:02	8:03:56
Female Winner	1:01:03	4:56:53	2:52:41	8:55:08
1st Age Grouper	1:04:25	5:05:39	3:21:44	9:37:09
2nd Age Grouper	0:59:05	5:20:25	3:20:32	9:45:35
3rd Age Grouper	1:03:13	5:10:50	3:29:05	9:51:07
4th Age Grouper	1:06:15	5:11:38	3:27:18	9:51:17
5th Age Grouper	1:06:04	5:19:29	3:24:47	9:56:40
6th Age Grouper	1:10:07	5:12:27	3:32:44	10:00:03
7th Age Grouper	1:04:18	5:21:45	3:29:24	10:04:39
8th Age Grouper	1:05:21	5:21:48	3:33:14	10:06:14
9th Age Grouper	1:04:37	5:22:35	3:32:47	10:06:39
10th Age Grouper	1:06:42	5:26:36	3:30:16	10:08:44
Kona Qualifier Average	1:04:25	5:05:39	3:21:44	9:37:09
Top 10 Age Grouper Average	1:05:00	5:17:19	3:28:11	9:56:48

### World Championship 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:36	4:31:50	2:43:31	8:10:37
Female Winner	0:55:53	5:04:59	2:53:32	8:58:36
1st Age Grouper	0:59:16	5:24:29	3:25:45	9:55:19
2nd Age Grouper	1:09:35	5:21:46	3:19:04	9:55:30
3rd Age Grouper	1:10:11	5:21:47	3:21:33	9:59:33
4th Age Grouper	1:03:48	5:21:38	3:29:30	10:01:04
5th Age Grouper	1:02:41	5:25:15	3:26:05	10:01:58
6th Age Grouper	1:01:25	5:39:24	3:21:46	10:07:24
7th Age Grouper	0:59:35	5:15:54	3:46:34	10:07:29
8th Age Grouper	1:07:31	5:18:57	3:34:19	10:08:09
9th Age Grouper	1:04:48	5:23:27	3:31:18	10:08:12
10th Age Grouper	1:11:14	5:29:20	3:23:05	10:09:22
Kona Qualifier Average	0:59:16	5:24:29	3:25:45	9:55:19
Top 10 Age Grouper Average	1:05:00	5:24:11	3:27:53	10:03:24

### World Championship 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:57	4:37:33	2:48:05	8:20:21
Female Winner	0:54:31	4:52:06	3:03:05	8:54:02
1st Age Grouper	0:59:52	5:16:12	3:23:53	9:46:26
2nd Age Grouper	1:00:42	5:15:50	3:40:56	10:02:56
3rd Age Grouper	1:11:03	5:26:22	3:22:14	10:04:36
4th Age Grouper	1:06:07	5:17:38	3:37:02	10:06:45
5th Age Grouper	1:06:09	5:32:42	3:33:15	10:17:14
6th Age Grouper	1:07:46	5:32:19	3:34:31	10:19:25
7th Age Grouper	0:58:45	5:31:44	3:47:08	10:24:52
8th Age Grouper	1:00:03	5:40:40	3:40:25	10:26:13
9th Age Grouper	1:05:01	5:42:17	3:34:52	10:28:23
10th Age Grouper	0:56:40	5:47:16	3:40:43	10:32:54
Kona Qualifier Average	0:59:52	5:16:12	3:23:53	9:46:26
Top 10 Age Grouper Average	1:03:12	5:30:18	3:35:29	10:14:58



### World Championship 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:43	4:37:19	2:45:00	8:17:45
Female Winner	0:56:20	5:08:15	2:57:44	9:06:23
1st Age Grouper	1:01:18	5:22:08	3:27:12	9:55:52
2nd Age Grouper	1:01:46	5:24:06	3:34:03	10:05:32
3rd Age Grouper	1:04:17	5:35:28	3:21:32	10:06:33
4th Age Grouper	1:08:20	5:17:23	3:37:08	10:10:38
5th Age Grouper	1:01:37	5:39:04	3:24:57	10:12:53
6th Age Grouper	1:16:39	5:43:55	3:12:58	10:19:00
7th Age Grouper	1:04:03	5:15:32	3:56:24	10:22:31
8th Age Grouper	1:04:03	5:33:51	3:41:58	10:27:44
9th Age Grouper	1:14:29	5:30:56	3:37:41	10:30:41
10th Age Grouper	1:02:33	5:30:18	3:56:13	10:41:20
Kona Qualifier Average	1:01:18	5:22:08	3:27:12	9:55:52
Top 10 Age Grouper Average	1:05:54	5:29:16	3:35:00	10:17:16

### World Championship 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:48	4:37:31	2:42:02	8:15:34
Female Winner	0:58:09	5:06:15	2:59:57	9:08:45
1st Age Grouper	1:03:50	5:28:46	3:18:45	9:56:21
2nd Age Grouper	1:06:25	5:29:07	3:33:12	10:14:58
3rd Age Grouper	1:01:37	5:37:00	3:33:44	10:17:57
4th Age Grouper	1:11:49	5:26:12	3:37:24	10:22:44
5th Age Grouper	1:12:19	5:35:36	3:29:06	10:23:15
6th Age Grouper	1:12:02	5:37:28	3:29:03	10:24:21
7th Age Grouper	1:02:02	5:25:00	3:52:08	10:26:41
8th Age Grouper	1:08:25	5:42:43	3:27:46	10:28:31
9th Age Grouper	1:08:36	5:43:58	3:33:13	10:32:10
10th Age Grouper	1:07:13	5:58:25	3:20:48	10:34:44
Kona Qualifier Average	1:03:50	5:28:46	3:18:45	9:56:21
Top 10 Age Grouper Average	1:07:25	5:36:25	3:31:30	10:22:10

### World Championship 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:54:05	4:18:23	2:55:02	8:11:56
Female Winner	0:54:29	5:06:09	3:13:08	9:18:31
1st Age Grouper	1:09:00	5:22:49	3:27:52	10:05:58
2nd Age Grouper	1:08:13	5:35:19	3:27:34	10:17:55
3rd Age Grouper	1:04:47	5:27:30	3:40:52	10:18:57
4th Age Grouper	1:16:48	5:26:01	3:35:52	10:28:03
5th Age Grouper	1:09:14	5:23:33	3:50:37	10:31:12
6th Age Grouper	1:05:01	5:19:02	3:59:49	10:32:14
7th Age Grouper	1:15:03	5:32:45	3:37:45	10:32:49
8th Age Grouper	1:13:47	5:39:52	3:36:42	10:39:26
9th Age Grouper	0:58:12	5:25:39	4:13:20	10:44:31
10th Age Grouper	1:11:26	5:38:11	3:46:29	10:44:45
Kona Qualifier Average	1:09:00	5:22:49	3:27:52	10:05:58
Top 10 Age Grouper Average	1:09:09	5:29:04	3:43:41	10:29:35

## World Championship 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:54	4:25:22	2:54:51	8:14:17
Female Winner	1:02:30	4:51:58	3:06:24	9:09:30
1st Age Grouper	1:06:29	5:22:10	3:32:07	10:07:05
2nd Age Grouper	1:05:48	5:15:50	3:48:48	10:17:13
3rd Age Grouper	1:01:06	5:30:42	3:39:43	10:18:54
4th Age Grouper	1:05:52	5:33:18	3:36:25	10:22:17
5th Age Grouper	0:57:05	5:35:00	3:45:46	10:25:57
6th Age Grouper	1:02:00	5:27:33	3:53:17	10:29:15
7th Age Grouper	1:04:16	5:54:56	3:24:21	10:30:21
8th Age Grouper	0:59:44	5:29:15	3:57:09	10:35:18
9th Age Grouper	1:09:36	5:50:04	3:27:47	10:35:22
10th Age Grouper	1:05:53	6:08:27	3:15:40	10:36:50
Kona Qualifier Average	1:06:29	5:22:10	3:32:07	10:07:05
Top 10 Age Grouper Average	1:03:46	5:36:43	3:38:06	10:25:51

## World Championship 2004

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:54:27	4:37:58	2:57:52	8:33:29
Female Winner	1:01:36	5:31:37	3:11:45	9:50:04
1st Age Grouper	1:06:20	5:57:09	3:38:25	10:55:01
2nd Age Grouper	1:00:14	5:58:16	3:52:55	10:58:58
3rd Age Grouper	1:09:41	6:26:19	3:19:10	11:01:22
4th Age Grouper	0:54:52	5:43:44	4:23:49	11:07:57
5th Age Grouper	1:00:28	6:03:07	3:57:58	11:08:07
6th Age Grouper	1:08:04	6:20:52	3:36:21	11:13:02
7th Age Grouper	1:04:00	6:01:46	4:03:38	11:15:24
8th Age Grouper	1:07:11	6:11:40	3:46:29	11:16:13
9th Age Grouper	1:21:45	6:27:07	3:19:47	11:17:26
10th Age Grouper	1:07:06	6:19:15	3:50:30	11:23:04
Kona Qualifier Average	1:06:20	5:57:09	3:38:25	10:55:01
Top 10 Age Grouper Average	1:05:58	6:08:55	3:46:54	11:09:39