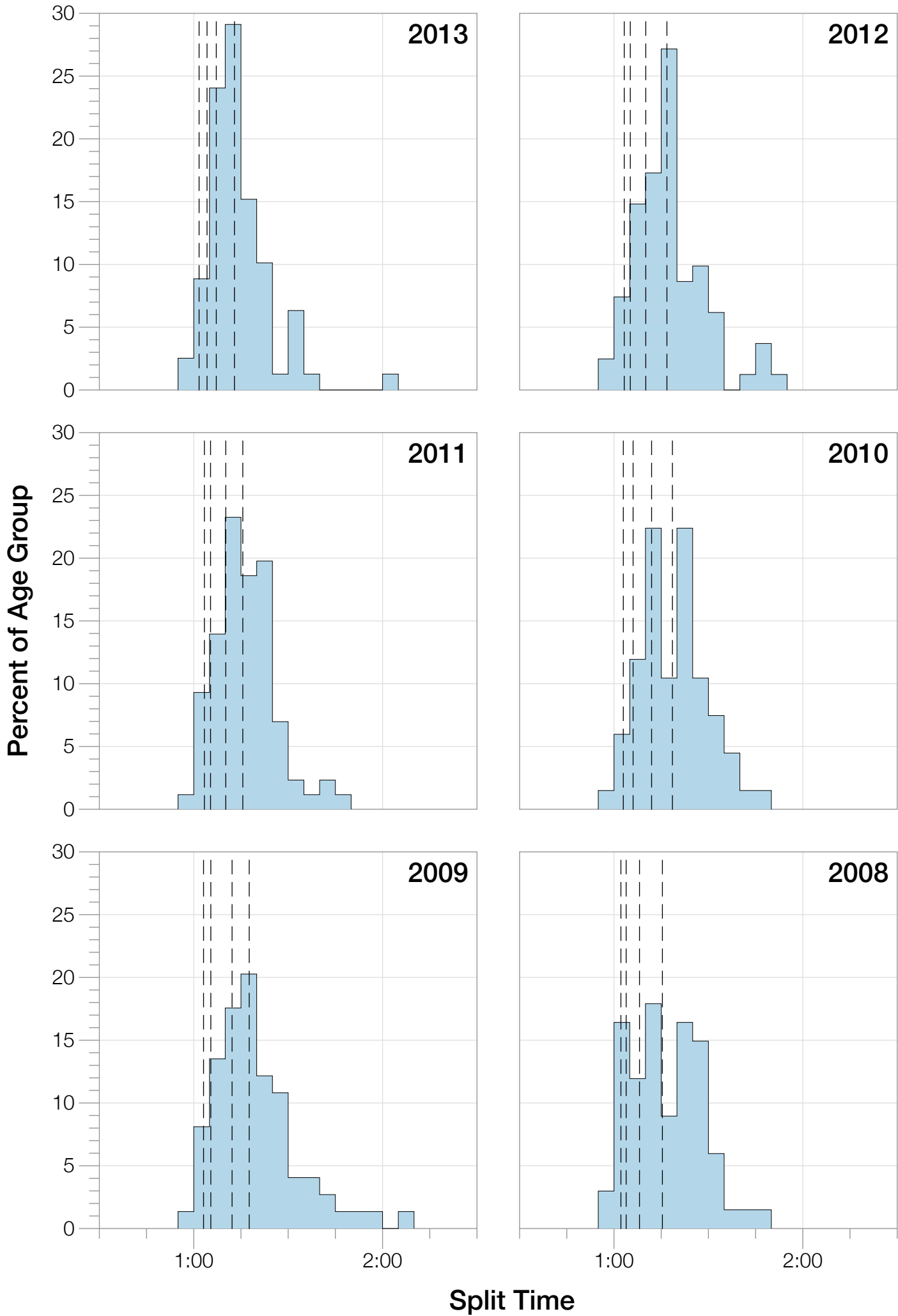


Ironman World Championship F40-44 Stats

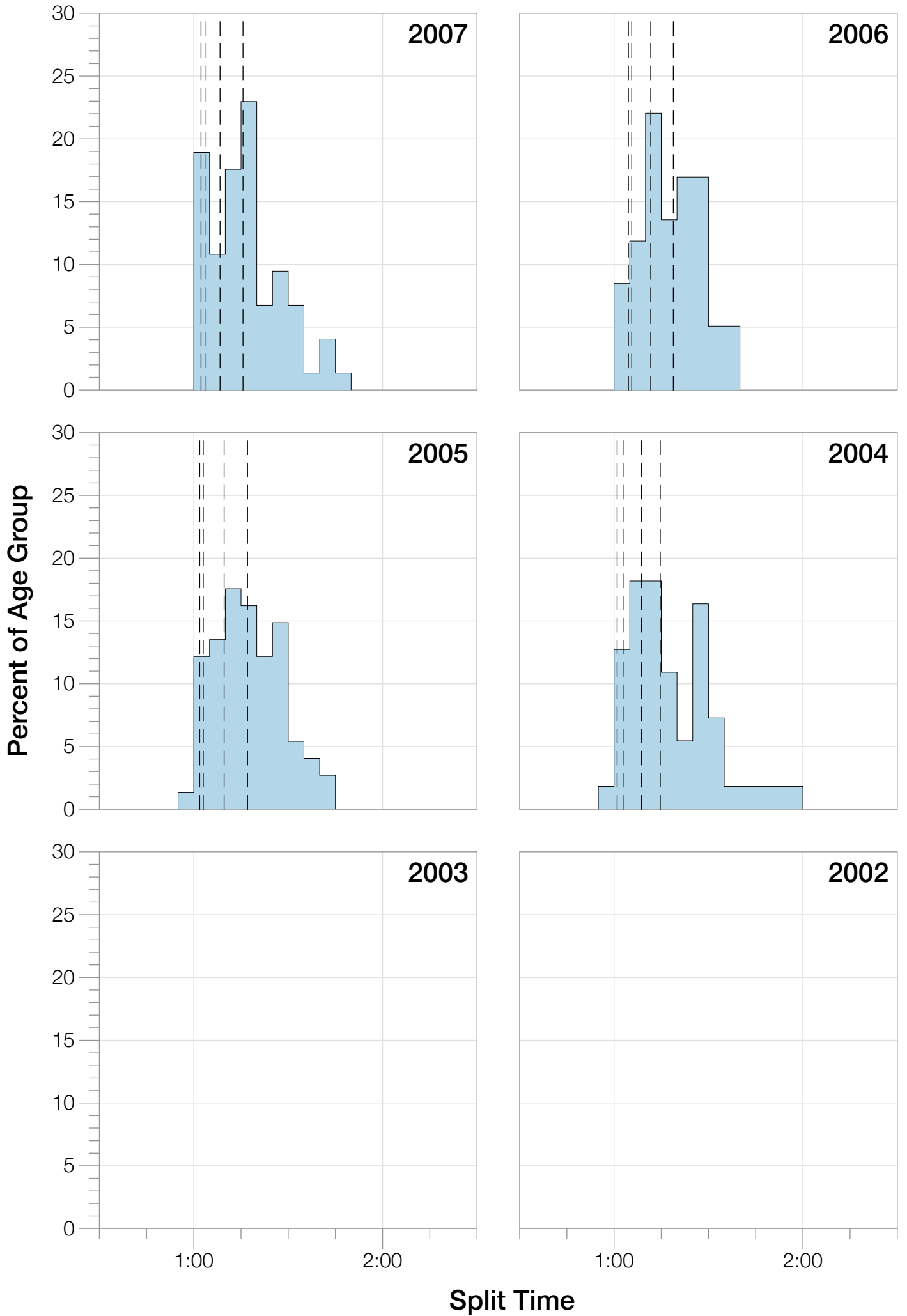
F40-44 Summary Statistics

| Year | Finishers | F40-44 Finishers | Male Winner's Time | Female Winner's Time | F40-44 Winner's Time |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2004 | 1578 | 55 | 8:33:29 | 9:50:04 | 10:47:29 |
| 2005 | 1688 | 74 | 8:14:17 | 9:09:30 | 10:12:00 |
| 2006 | 1624 | 59 | 8:11:56 | 9:18:31 | 10:03:06 |
| 2007 | 1684 | 74 | 8:15:34 | 9:08:45 | 10:29:30 |
| 2008 | 1637 | 67 | 8:17:45 | 9:06:23 | 10:20:36 |
| 2009 | 1652 | 74 | 8:20:21 | 8:54:02 | 10:15:05 |
| 2010 | 1770 | 67 | 8:10:37 | 8:58:36 | 10:02:35 |
| 2011 | 1774 | 86 | 8:03:56 | 8:55:08 | 9:32:05 |
| 2012 | 1887 | 81 | 8:18:37 | 9:15:54 | 10:13:42 |
| 2013 | 1976 | 79 | 8:12:29 | 8:52:14 | 9:41:40 |
| Average | 1727 | 72 | 8:15:54 | 9:08:54 | 10:09:46 |

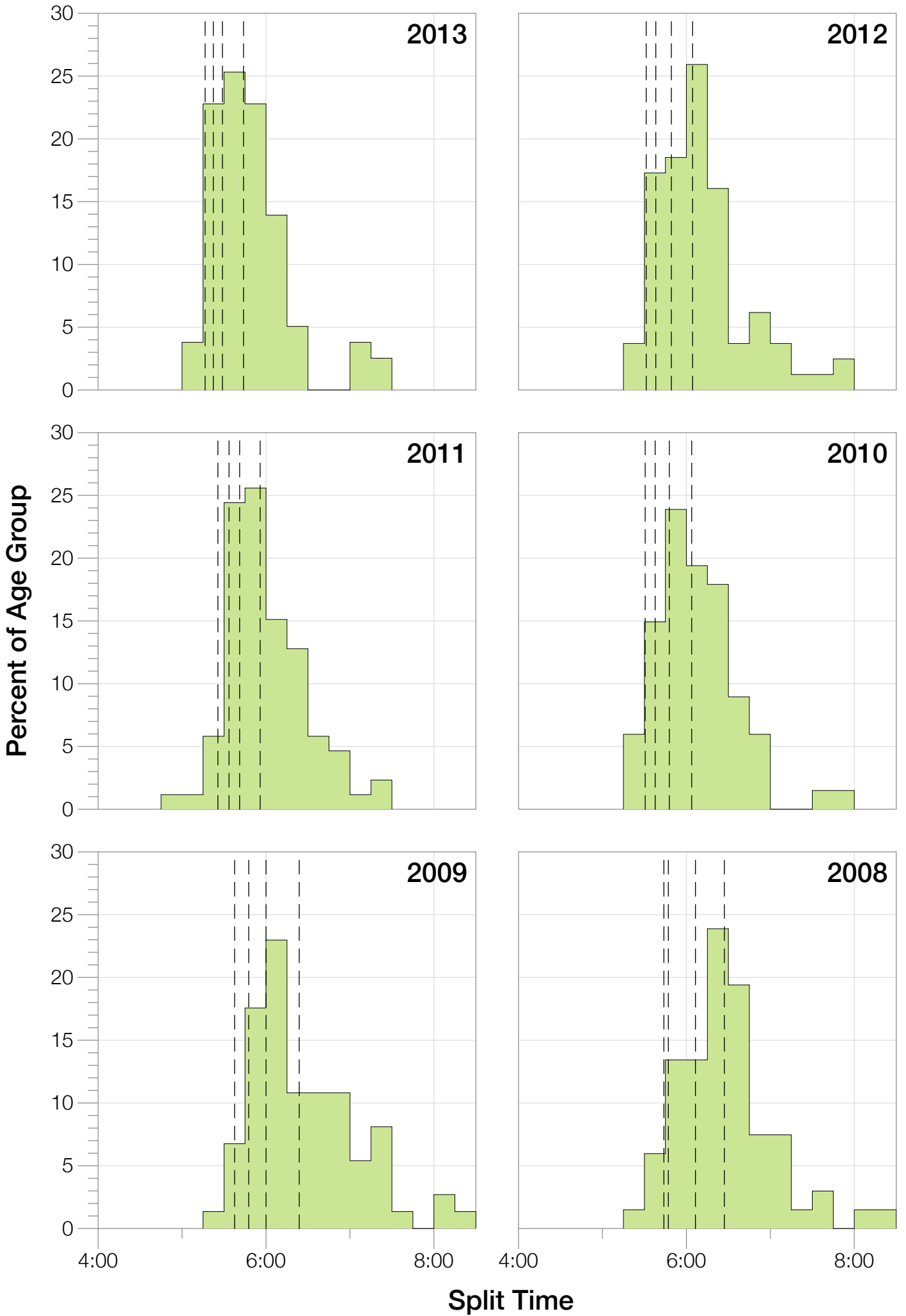
F40-44 Swim



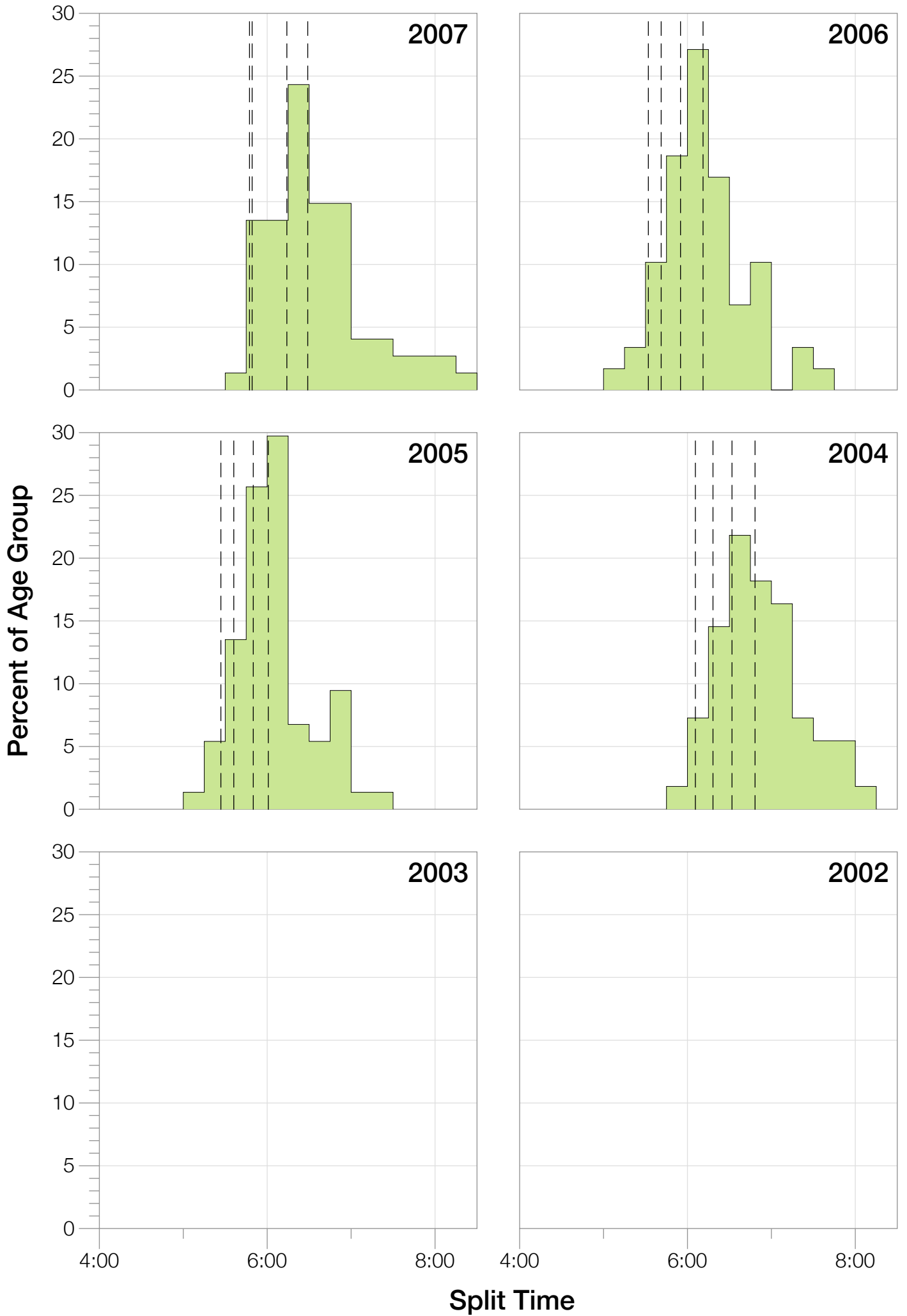
F40-44 Swim



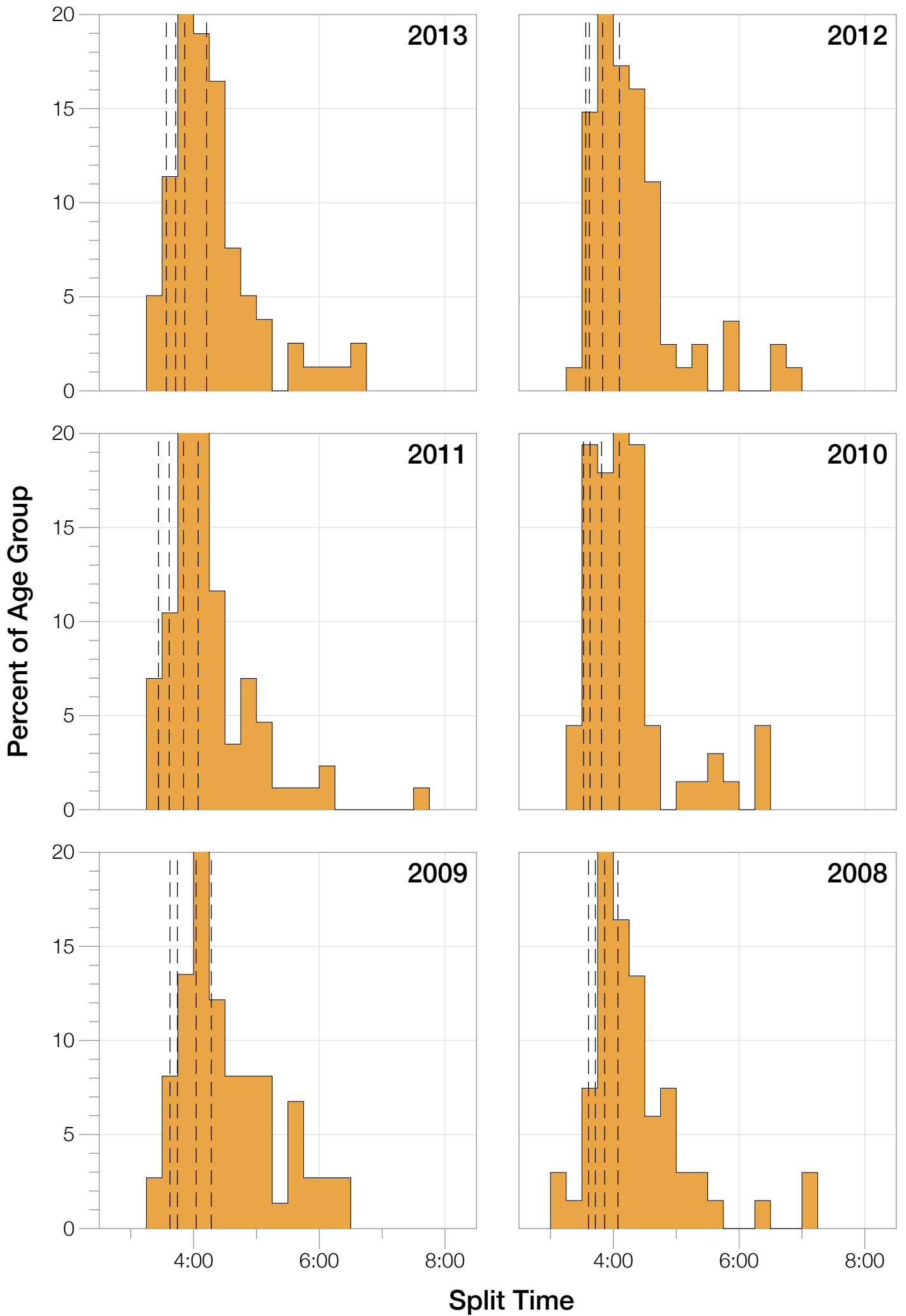
F40-44 Bike



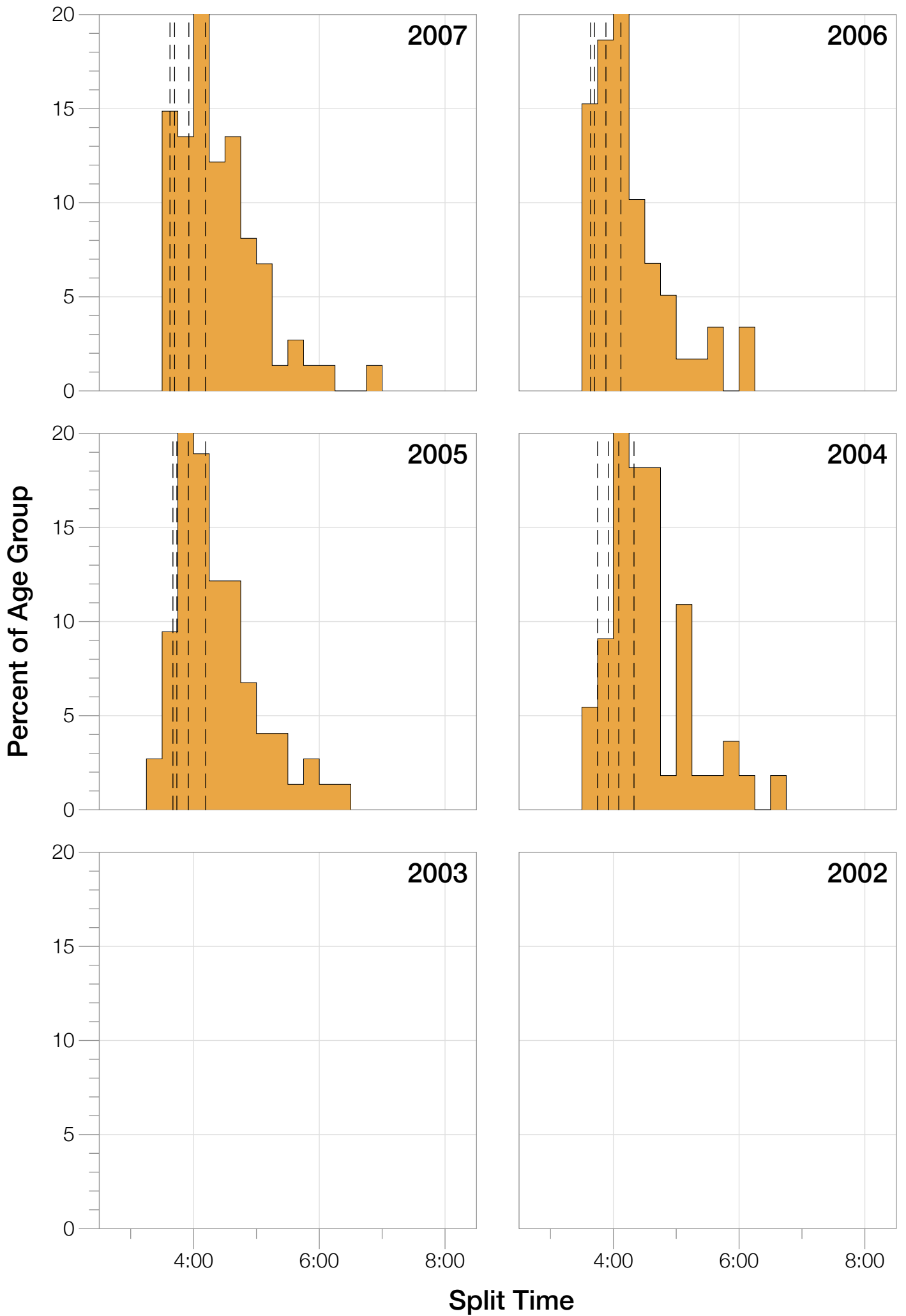
F40-44 Bike



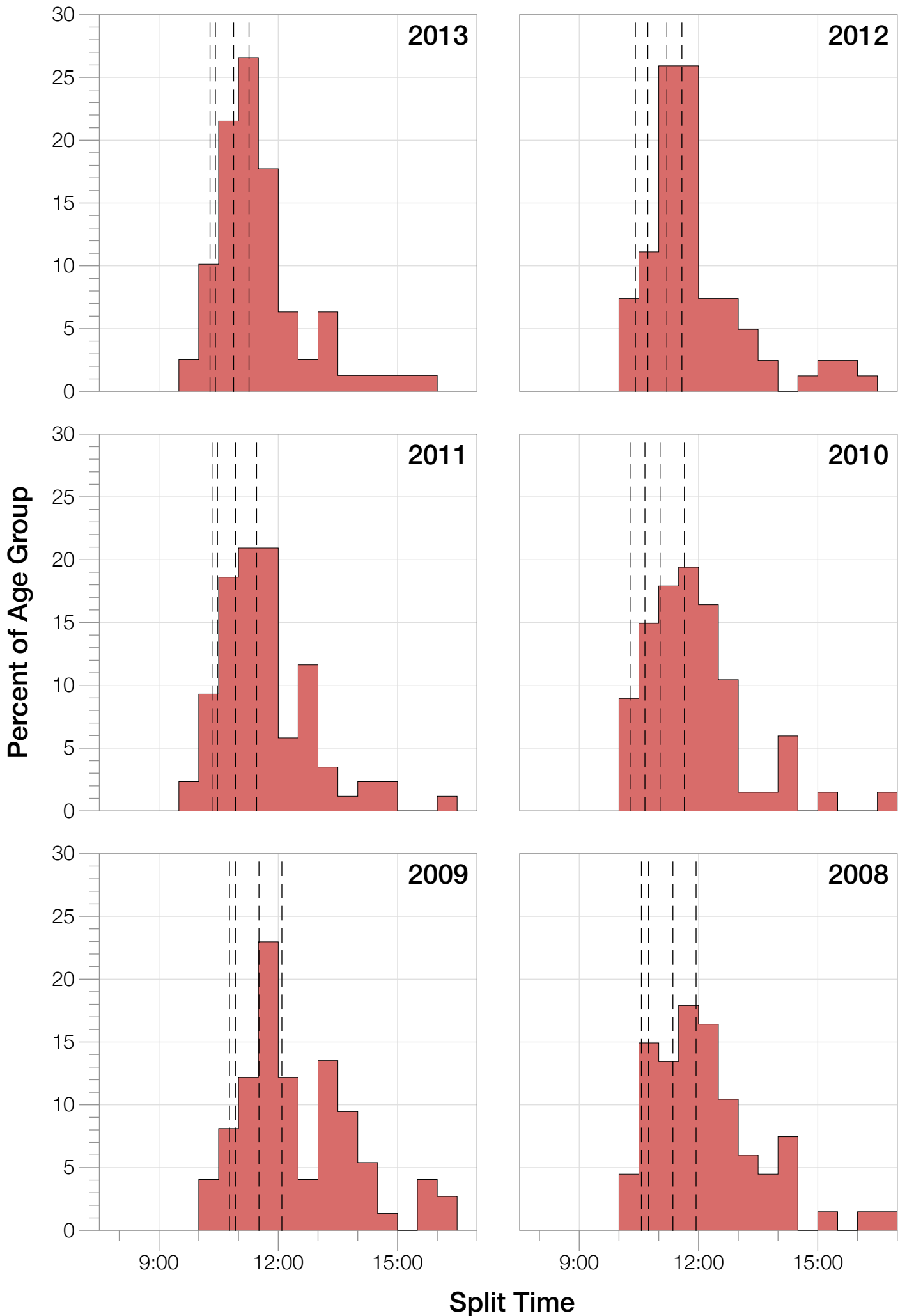
F40-44 Run



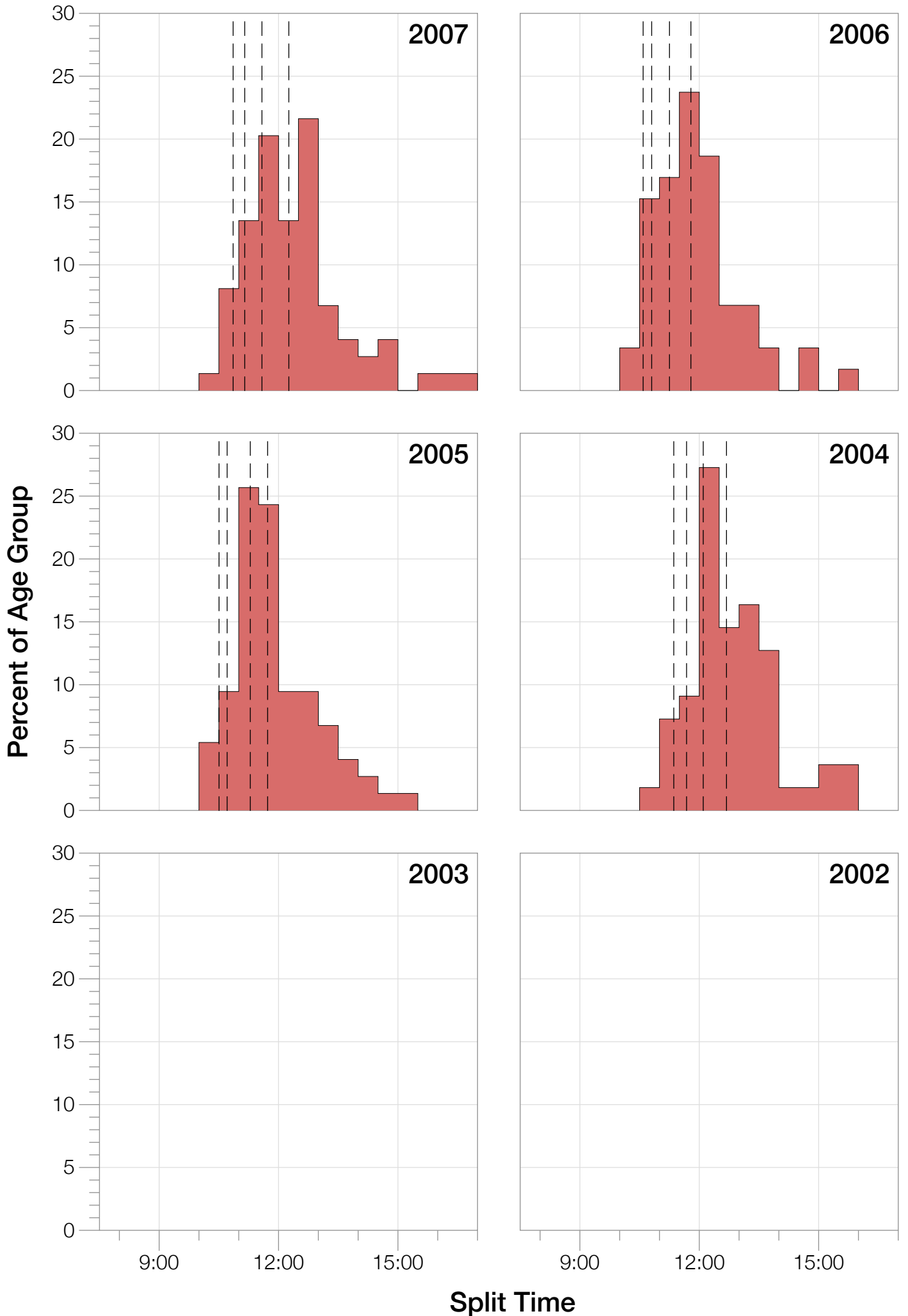
F40-44 Run



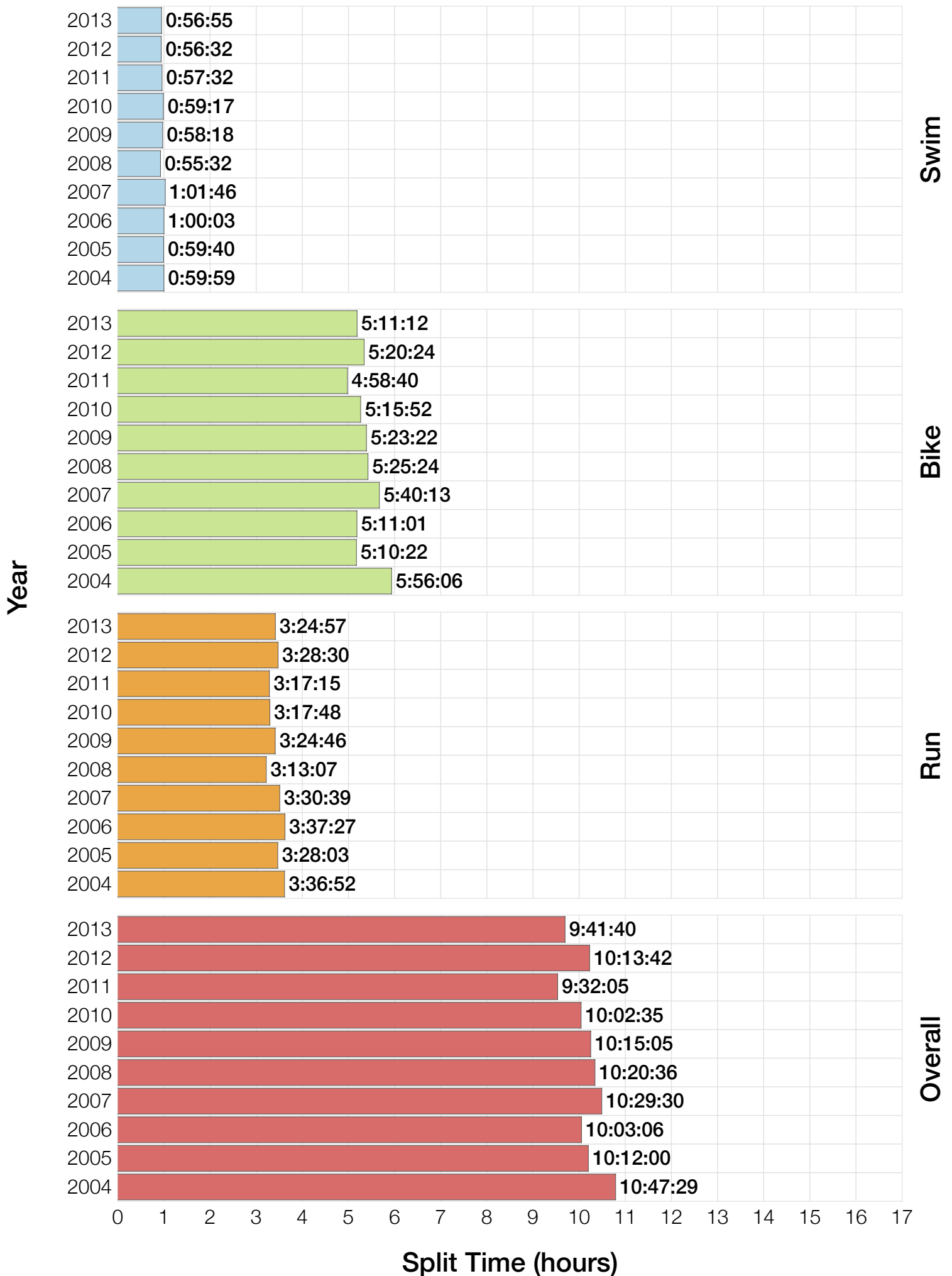
F40-44 Overall



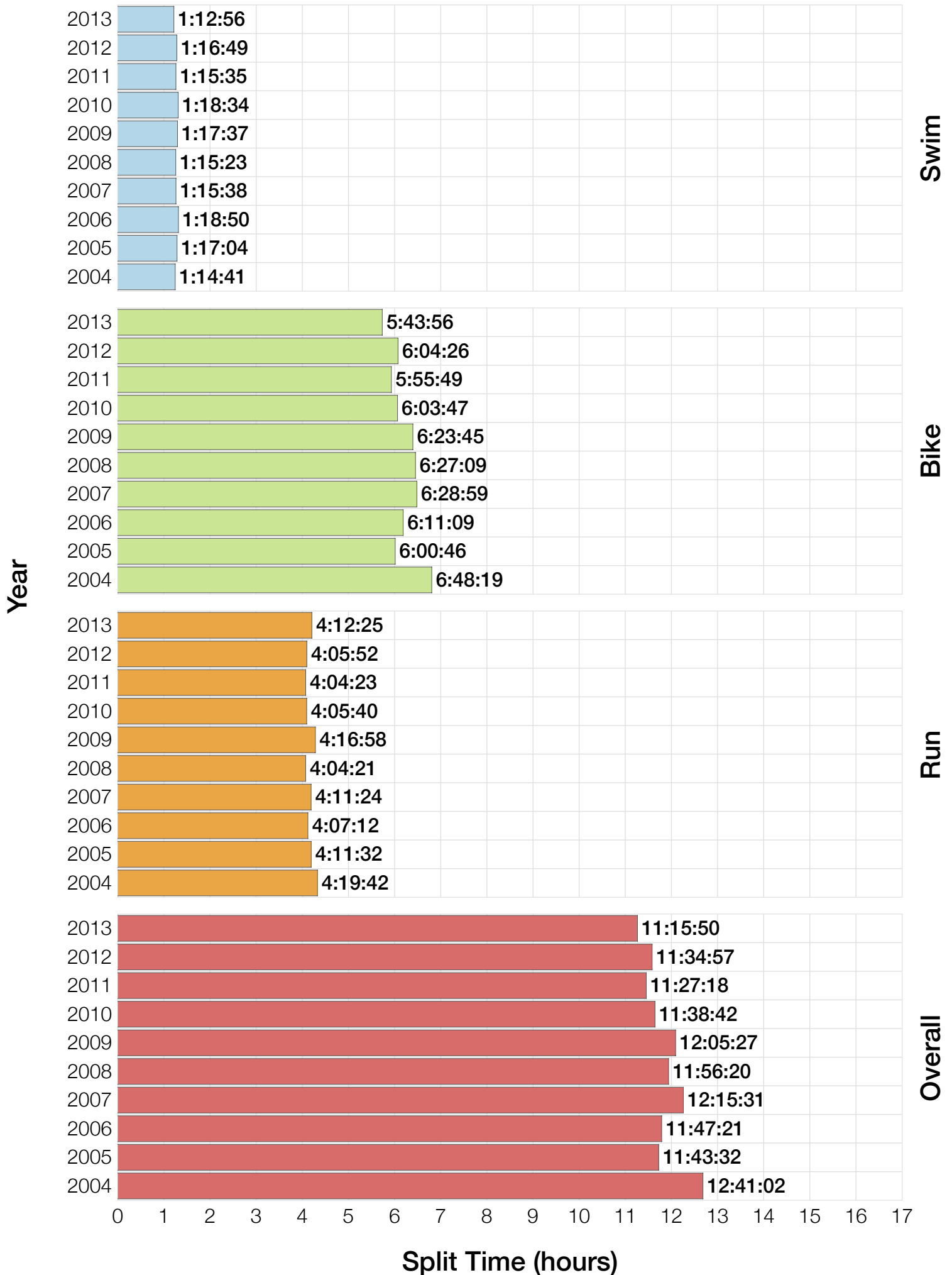
F40-44 Overall



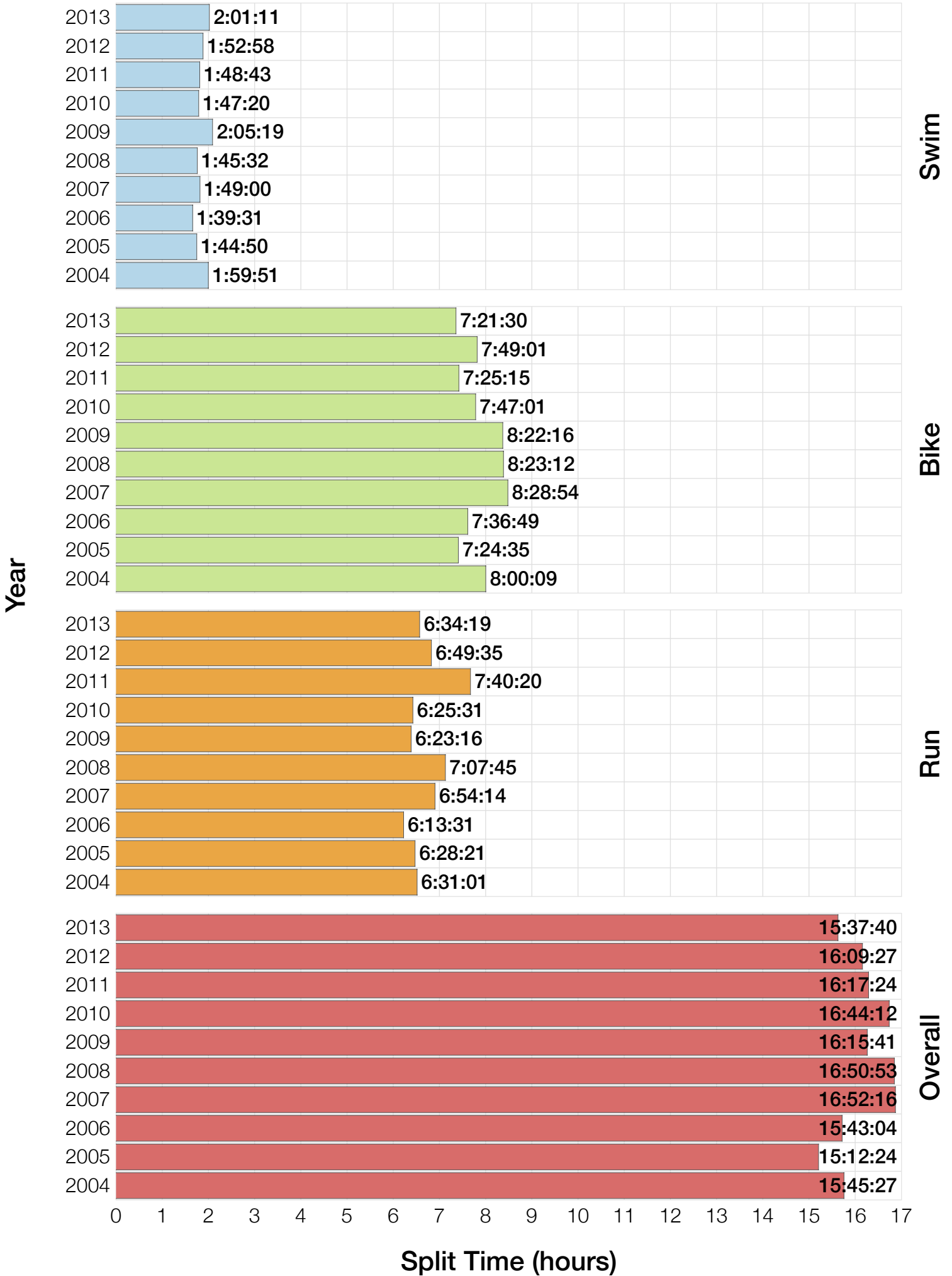
F40-44 Fastest Splits



F40-44 Median Splits

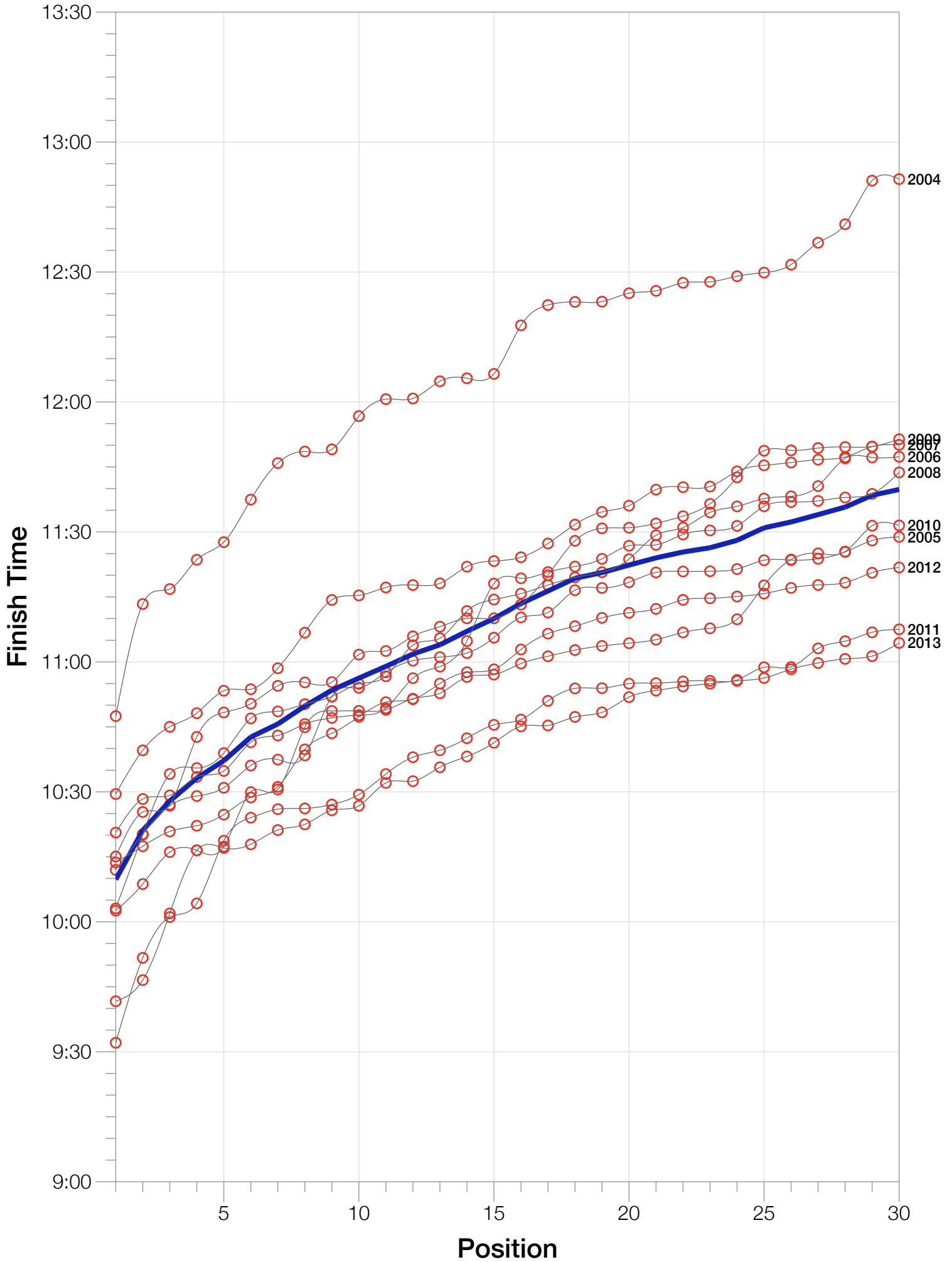


F40-44 Slowest Splits



F40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F40-44 Top 10 and Kona Times and Splits

Summary Statistics

| Position | Swim Time | Bike Time | Run Time | Overall Time |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Average Male Winner | 0:51:53 | 4:31:05 | 2:48:58 | 8:15:54 |
| Average Female Winner | 0:57:56 | 5:04:51 | 3:01:12 | 9:08:54 |
| Average 1st Age Grouper | 1:06:47 | 5:27:20 | 3:29:38 | 10:09:46 |
| Average 2nd Age Grouper | 1:05:34 | 5:32:38 | 3:35:44 | 10:21:08 |
| Average 3rd Age Grouper | 1:04:55 | 5:33:39 | 3:41:49 | 10:27:53 |
| Average 4th Age Grouper | 1:08:57 | 5:37:57 | 3:38:41 | 10:33:11 |
| Average 5th Age Grouper | 1:09:27 | 5:36:54 | 3:43:10 | 10:37:11 |
| Average 6th Age Grouper | 1:09:03 | 5:44:28 | 3:41:45 | 10:42:39 |
| Average 7th Age Grouper | 1:05:45 | 5:44:49 | 3:48:07 | 10:45:40 |
| Average 8th Age Grouper | 1:12:21 | 5:43:32 | 3:46:22 | 10:49:49 |
| Average 9th Age Grouper | 1:07:50 | 5:50:56 | 3:47:25 | 10:53:28 |
| Average 10th Age Grouper | 1:08:16 | 5:50:18 | 3:51:05 | 10:56:15 |
| Kona Qualifier Average | 1:06:47 | 5:27:20 | 3:29:38 | 10:09:46 |
| Top 10 Age Grouper Average | 1:07:53 | 5:40:15 | 3:42:22 | 10:37:42 |

World Championship 2013

| Position | Swim Time | Bike Time | Run Time | Overall Time |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Male Winner | 0:51:02 | 4:25:35 | 2:51:18 | 8:12:29 |
| Female Winner | 0:58:50 | 4:58:20 | 2:50:38 | 8:52:14 |
| 1st Age Grouper | 0:58:30 | 5:11:44 | 3:25:32 | 9:41:40 |
| 2nd Age Grouper | 1:01:42 | 5:12:41 | 3:25:11 | 9:46:33 |
| 3rd Age Grouper | 1:10:07 | 5:11:12 | 3:34:36 | 10:01:56 |
| 4th Age Grouper | 1:16:36 | 5:16:01 | 3:35:26 | 10:16:30 |
| 5th Age Grouper | 1:13:52 | 5:28:11 | 3:28:41 | 10:17:03 |
| 6th Age Grouper | 1:08:23 | 5:17:30 | 3:45:25 | 10:17:53 |
| 7th Age Grouper | 1:07:04 | 5:16:32 | 3:51:44 | 10:21:11 |
| 8th Age Grouper | 1:09:47 | 5:22:26 | 3:43:27 | 10:22:30 |
| 9th Age Grouper | 1:00:51 | 5:32:26 | 3:44:21 | 10:25:45 |
| 10th Age Grouper | 1:11:35 | 5:27:17 | 3:39:45 | 10:26:47 |
| Kona Qualifier Average | 0:58:30 | 5:11:44 | 3:25:32 | 9:41:40 |
| Top 10 Age Grouper Average | 1:07:50 | 5:19:36 | 3:37:24 | 10:11:46 |

World Championship 2012

| Position | Swim Time | Bike Time | Run Time | Overall Time |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Male Winner | 0:51:28 | 4:35:15 | 2:48:05 | 8:18:37 |
| Female Winner | 0:56:03 | 5:12:06 | 3:03:13 | 9:15:54 |
| 1st Age Grouper | 1:07:28 | 5:31:16 | 3:28:30 | 10:13:42 |
| 2nd Age Grouper | 1:15:11 | 5:22:33 | 3:33:41 | 10:17:27 |
| 3rd Age Grouper | 1:10:07 | 5:33:07 | 3:31:30 | 10:20:51 |
| 4th Age Grouper | 1:10:41 | 5:31:04 | 3:34:04 | 10:22:11 |
| 5th Age Grouper | 1:19:08 | 5:20:24 | 3:39:06 | 10:24:45 |
| 6th Age Grouper | 1:10:44 | 5:39:03 | 3:31:57 | 10:28:42 |
| 7th Age Grouper | 0:56:32 | 5:38:23 | 3:49:46 | 10:31:09 |
| 8th Age Grouper | 1:16:10 | 5:40:58 | 3:35:52 | 10:39:48 |
| 9th Age Grouper | 1:13:53 | 5:50:57 | 3:32:44 | 10:43:31 |
| 10th Age Grouper | 1:05:11 | 5:46:03 | 3:49:44 | 10:47:20 |
| Kona Qualifier Average | 1:07:28 | 5:31:16 | 3:28:30 | 10:13:42 |
| Top 10 Age Grouper Average | 1:10:30 | 5:35:22 | 3:36:41 | 10:28:56 |

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 | 1:09:26 | 4:58:40 | 3:18:45 | 9:32:05 |
| 2nd Age Grouper | 1:00:32 | 5:27:42 | 3:17:15 | 9:51:41 |
| 3rd Age Grouper | 0:57:32 | 5:20:01 | 3:34:56 | 10:01:06 |
| 4th Age Grouper | 1:07:56 | 5:28:37 | 3:21:19 | 10:04:15 |
| 5th Age Grouper | 1:06:41 | 5:09:39 | 3:56:30 | 10:18:43 |
| 6th Age Grouper | 1:15:33 | 5:24:55 | 3:36:43 | 10:24:02 |
| 7th Age Grouper | 1:04:41 | 5:37:15 | 3:34:57 | 10:26:00 |
| 8th Age Grouper | 1:08:08 | 5:21:08 | 3:51:25 | 10:26:10 |
| 9th Age Grouper | 1:04:39 | 5:31:33 | 3:42:00 | 10:27:05 |
| 10th Age Grouper | 1:16:17 | 5:36:59 | 3:29:02 | 10:29:22 |
| Kona Qualifier Average | 1:09:26 | 4:58:40 | 3:18:45 | 9:32:05 |
| Top 10 Age Grouper Average | 1:07:08 | 5:23:38 | 3:34:17 | 10:12:02 |

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 | 1:13:52 | 5:25:00 | 3:17:48 | 10:02:35 |
| 2nd Age Grouper | 1:06:05 | 5:37:59 | 3:18:20 | 10:08:43 |
| 3rd Age Grouper | 1:06:03 | 5:37:44 | 3:24:44 | 10:16:06 |
| 4th Age Grouper | 1:11:36 | 5:22:11 | 3:37:33 | 10:16:30 |
| 5th Age Grouper | 1:06:33 | 5:15:52 | 3:48:14 | 10:17:22 |
| 6th Age Grouper | 1:04:09 | 5:27:54 | 3:49:20 | 10:29:57 |
| 7th Age Grouper | 0:59:17 | 5:41:52 | 3:41:52 | 10:30:33 |
| 8th Age Grouper | 1:22:12 | 5:36:45 | 3:38:43 | 10:44:55 |
| 9th Age Grouper | 1:01:07 | 5:45:16 | 3:57:04 | 10:48:41 |
| 10th Age Grouper | 1:11:50 | 5:51:20 | 3:39:56 | 10:48:42 |
| Kona Qualifier Average | 1:13:52 | 5:25:00 | 3:17:48 | 10:02:35 |
| Top 10 Age Grouper Average | 1:08:16 | 5:34:11 | 3:37:21 | 10:26:24 |

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 | 1:03:10 | 5:23:22 | 3:42:15 | 10:15:05 |
| 2nd Age Grouper | 1:12:48 | 5:37:54 | 3:29:15 | 10:25:21 |
| 3rd Age Grouper | 1:07:29 | 5:31:54 | 3:40:43 | 10:27:03 |
| 4th Age Grouper | 1:06:12 | 5:30:30 | 3:58:24 | 10:42:41 |
| 5th Age Grouper | 1:03:01 | 5:53:08 | 3:46:30 | 10:48:20 |
| 6th Age Grouper | 1:17:31 | 6:00:50 | 3:24:46 | 10:50:21 |
| 7th Age Grouper | 1:05:56 | 5:38:34 | 4:05:25 | 10:54:28 |
| 8th Age Grouper | 1:05:59 | 5:50:59 | 3:48:14 | 10:55:16 |
| 9th Age Grouper | 1:04:41 | 6:12:55 | 3:30:45 | 10:55:20 |
| 10th Age Grouper | 1:01:15 | 5:53:40 | 3:58:32 | 11:01:41 |
| Kona Qualifier Average | 1:03:10 | 5:23:22 | 3:42:15 | 10:15:05 |
| Top 10 Age Grouper Average | 1:06:48 | 5:45:22 | 3:44:28 | 10:43:33 |

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 | 1:15:28 | 5:46:28 | 3:13:07 | 10:20:36 |
| 2nd Age Grouper | 1:06:06 | 5:25:24 | 3:49:29 | 10:28:21 |
| 3rd Age Grouper | 0:55:32 | 5:47:33 | 3:39:40 | 10:29:11 |
| 4th Age Grouper | 1:03:48 | 5:55:12 | 3:29:14 | 10:33:26 |
| 5th Age Grouper | 1:04:30 | 5:30:57 | 3:51:56 | 10:34:50 |
| 6th Age Grouper | 1:01:42 | 5:58:02 | 3:36:07 | 10:41:27 |
| 7th Age Grouper | 1:00:23 | 5:47:14 | 3:49:20 | 10:43:01 |
| 8th Age Grouper | 1:05:44 | 6:18:26 | 3:13:07 | 10:45:40 |
| 9th Age Grouper | 0:58:45 | 5:55:21 | 3:46:38 | 10:47:04 |
| 10th Age Grouper | 1:04:50 | 5:34:23 | 4:04:21 | 10:47:43 |
| Kona Qualifier Average | 1:15:28 | 5:46:28 | 3:13:07 | 10:20:36 |
| Top 10 Age Grouper Average | 1:03:40 | 5:47:54 | 3:39:17 | 10:37:07 |

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 | 1:04:34 | 5:40:13 | 3:40:21 | 10:29:30 |
| 2nd Age Grouper | 1:04:16 | 5:46:29 | 3:39:01 | 10:39:35 |
| 3rd Age Grouper | 1:04:37 | 5:47:25 | 3:42:57 | 10:45:01 |
| 4th Age Grouper | 1:01:46 | 6:03:47 | 3:34:08 | 10:48:10 |
| 5th Age Grouper | 1:03:51 | 6:09:45 | 3:31:56 | 10:53:21 |
| 6th Age Grouper | 1:01:54 | 6:02:53 | 3:40:56 | 10:53:42 |
| 7th Age Grouper | 1:18:13 | 5:47:15 | 3:45:57 | 10:58:32 |
| 8th Age Grouper | 1:14:34 | 5:45:29 | 3:58:37 | 11:06:45 |
| 9th Age Grouper | 1:15:53 | 5:49:05 | 4:03:50 | 11:14:18 |
| 10th Age Grouper | 1:12:40 | 6:21:22 | 3:34:41 | 11:15:21 |
| Kona Qualifier Average | 1:04:34 | 5:40:13 | 3:40:21 | 10:29:30 |
| Top 10 Age Grouper Average | 1:08:13 | 5:55:22 | 3:43:14 | 10:54:25 |

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 | 1:04:49 | 5:15:09 | 3:37:27 | 10:03:06 |
| 2nd Age Grouper | 1:03:59 | 5:32:21 | 3:38:23 | 10:20:06 |
| 3rd Age Grouper | 1:11:28 | 5:11:01 | 4:02:37 | 10:34:08 |
| 4th Age Grouper | 1:06:04 | 5:39:29 | 3:43:19 | 10:35:30 |
| 5th Age Grouper | 1:09:32 | 5:44:54 | 3:38:08 | 10:38:57 |
| 6th Age Grouper | 1:13:29 | 5:46:10 | 3:37:39 | 10:46:58 |
| 7th Age Grouper | 1:14:50 | 5:48:28 | 3:38:19 | 10:48:34 |
| 8th Age Grouper | 1:12:28 | 5:39:22 | 3:50:46 | 10:50:15 |
| 9th Age Grouper | 1:13:47 | 5:29:13 | 4:00:21 | 10:51:59 |
| 10th Age Grouper | 1:05:40 | 5:41:38 | 4:00:59 | 10:54:55 |
| Kona Qualifier Average | 1:04:49 | 5:15:09 | 3:37:27 | 10:03:06 |
| Top 10 Age Grouper Average | 1:09:36 | 5:34:46 | 3:46:47 | 10:38:26 |

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 | 1:09:31 | 5:25:23 | 3:29:42 | 10:12:00 |
| 2nd Age Grouper | 1:01:57 | 5:22:59 | 3:47:55 | 10:20:15 |
| 3rd Age Grouper | 1:04:38 | 5:31:04 | 3:44:34 | 10:26:48 |
| 4th Age Grouper | 1:10:46 | 5:10:22 | 3:56:34 | 10:29:02 |
| 5th Age Grouper | 1:03:11 | 5:30:35 | 3:47:19 | 10:30:57 |
| 6th Age Grouper | 1:02:55 | 5:37:01 | 3:48:34 | 10:36:05 |
| 7th Age Grouper | 1:10:43 | 5:41:04 | 3:38:55 | 10:37:27 |
| 8th Age Grouper | 1:25:23 | 5:22:09 | 3:43:50 | 10:38:25 |
| 9th Age Grouper | 1:16:43 | 5:55:43 | 3:33:19 | 10:52:01 |
| 10th Age Grouper | 1:13:23 | 5:35:43 | 3:58:41 | 10:54:01 |
| Kona Qualifier Average | 1:09:31 | 5:25:23 | 3:29:42 | 10:12:00 |
| Top 10 Age Grouper Average | 1:09:55 | 5:31:12 | 3:44:56 | 10:33:42 |

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 | 1:01:10 | 5:56:06 | 3:42:58 | 10:47:29 |
| 2nd Age Grouper | 1:03:08 | 6:00:24 | 3:58:55 | 11:13:22 |
| 3rd Age Grouper | 1:01:45 | 6:05:29 | 4:01:57 | 11:16:49 |
| 4th Age Grouper | 1:14:07 | 6:22:24 | 3:36:52 | 11:23:35 |
| 5th Age Grouper | 1:24:12 | 6:05:44 | 3:43:22 | 11:27:39 |
| 6th Age Grouper | 1:14:14 | 6:10:28 | 4:06:08 | 11:37:28 |
| 7th Age Grouper | 0:59:59 | 6:31:33 | 4:04:58 | 11:45:54 |
| 8th Age Grouper | 1:03:12 | 6:17:40 | 4:19:42 | 11:48:34 |
| 9th Age Grouper | 1:08:01 | 6:26:58 | 4:03:08 | 11:49:04 |
| 10th Age Grouper | 1:00:03 | 6:34:42 | 4:15:15 | 11:56:44 |
| Kona Qualifier Average | 1:01:10 | 5:56:06 | 3:42:58 | 10:47:29 |
| Top 10 Age Grouper Average | 1:06:59 | 6:15:08 | 3:59:19 | 11:30:39 |