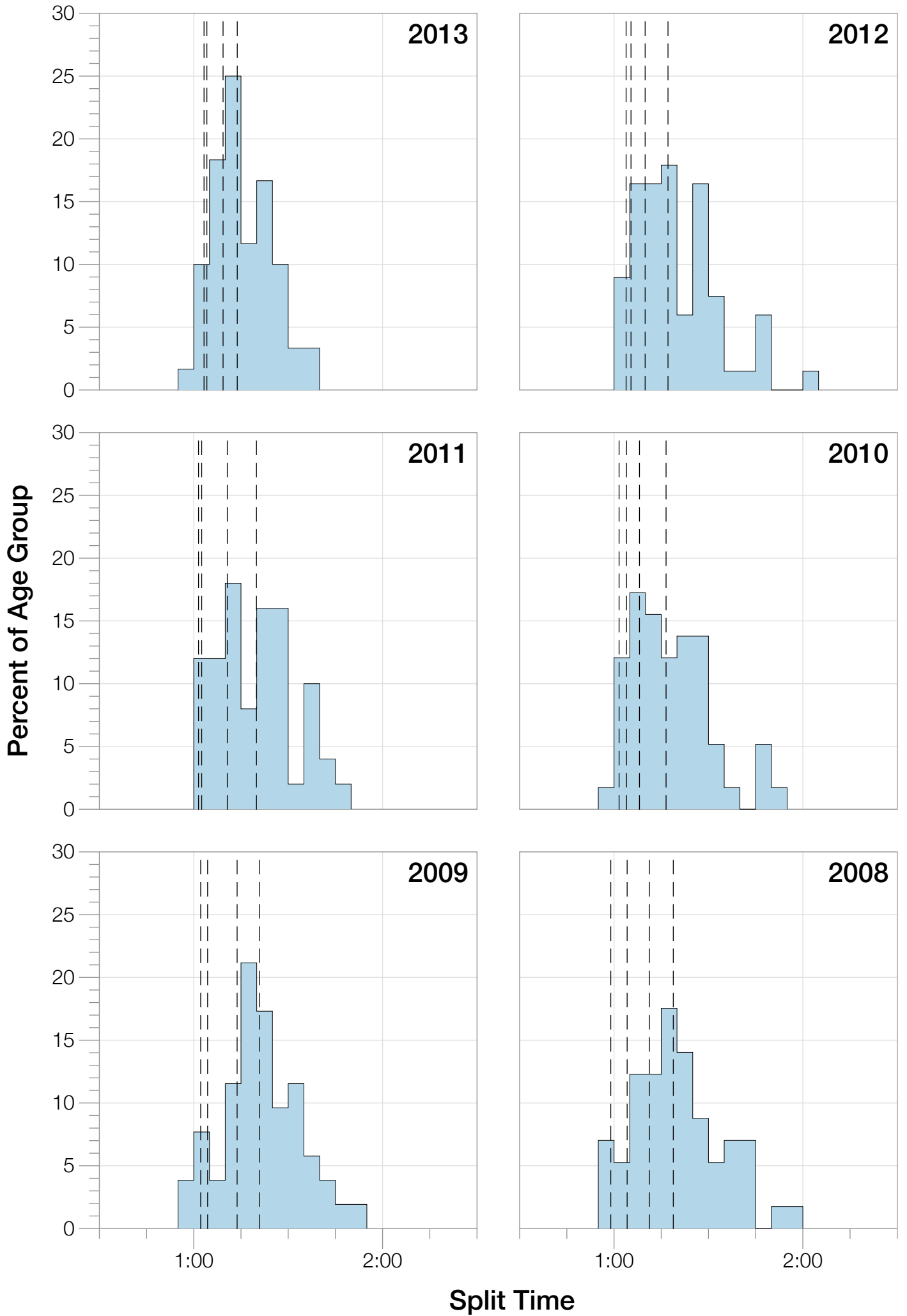


# Ironman World Championship F45-49 Stats

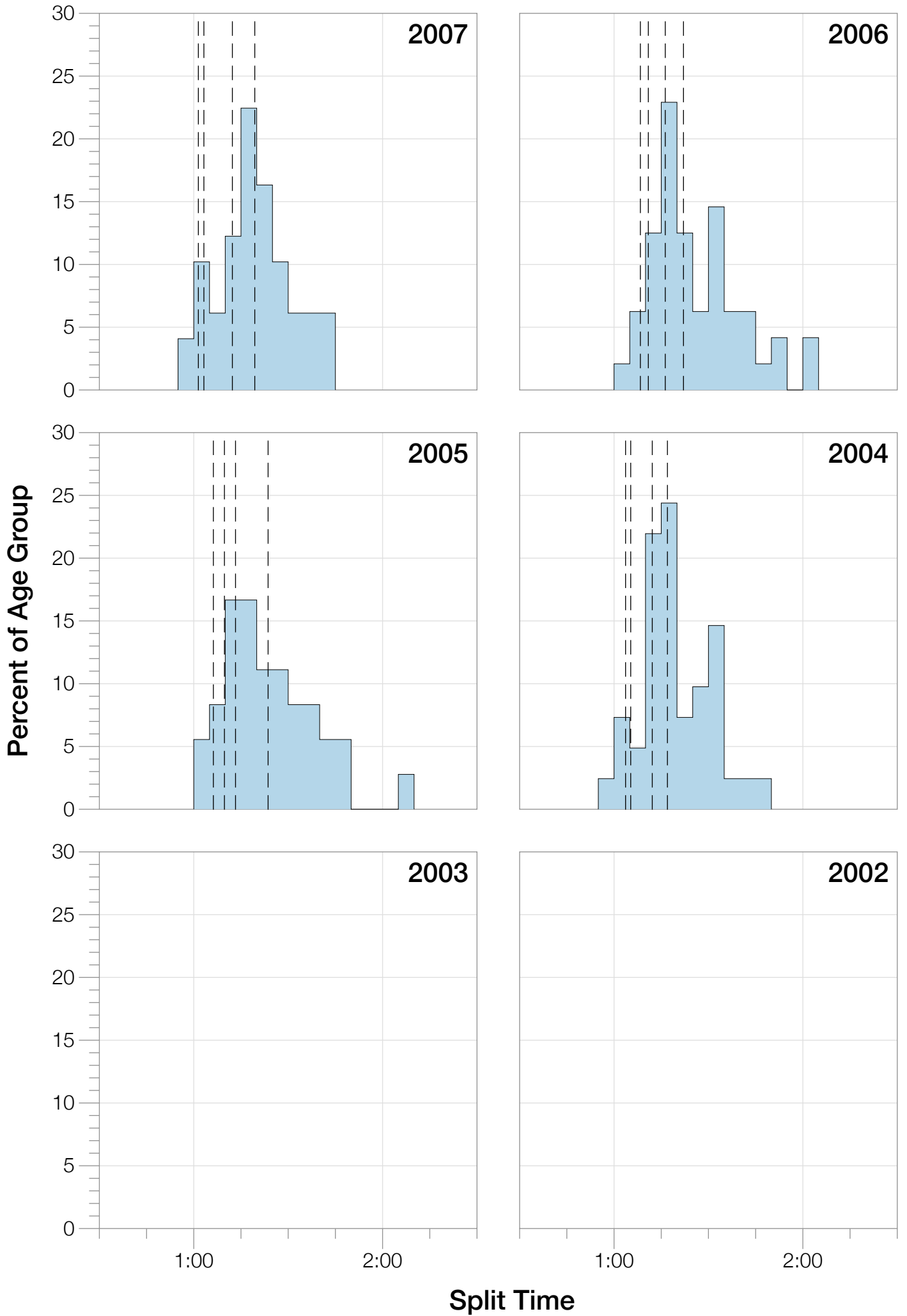
## F45-49 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F45-49 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F45-49 Winner's Time</b>
2004	1578	41	8:33:29	9:50:04	11:10:41
2005	1688	36	8:14:17	9:09:30	10:26:22
2006	1624	48	8:11:56	9:18:31	10:38:27
2007	1684	49	8:15:34	9:08:45	10:31:22
2008	1637	57	8:17:45	9:06:23	10:31:37
2009	1652	52	8:20:21	8:54:02	10:57:19
2010	1770	58	8:10:37	8:58:36	10:01:30
2011	1774	50	8:03:56	8:55:08	10:15:14
2012	1887	67	8:18:37	9:15:54	10:37:36
2013	1976	61	8:12:29	8:52:14	10:03:26
<b>Average</b>	<b>1727</b>	<b>52</b>	<b>8:15:54</b>	<b>9:08:54</b>	<b>10:31:21</b>

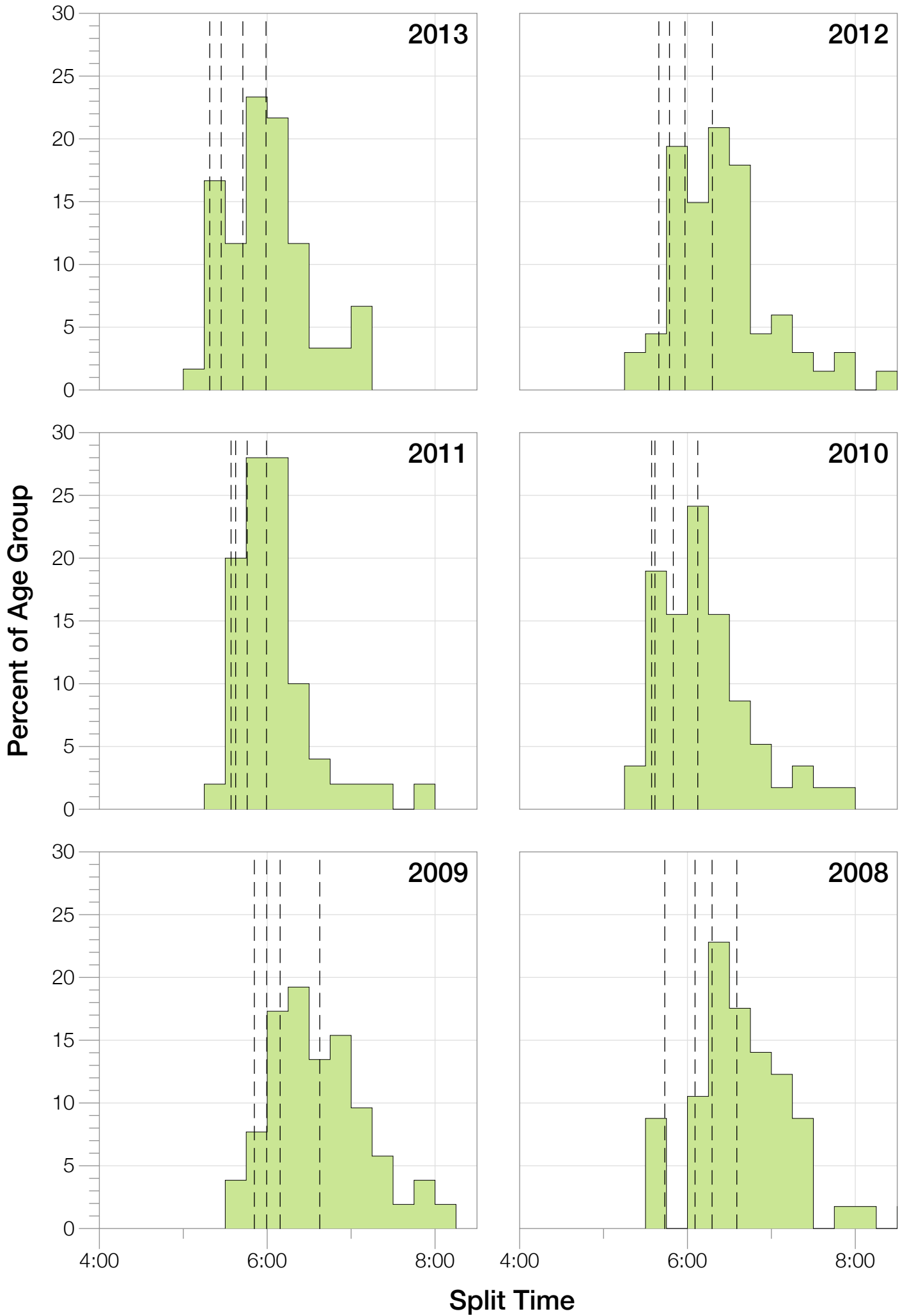
# F45-49 Swim



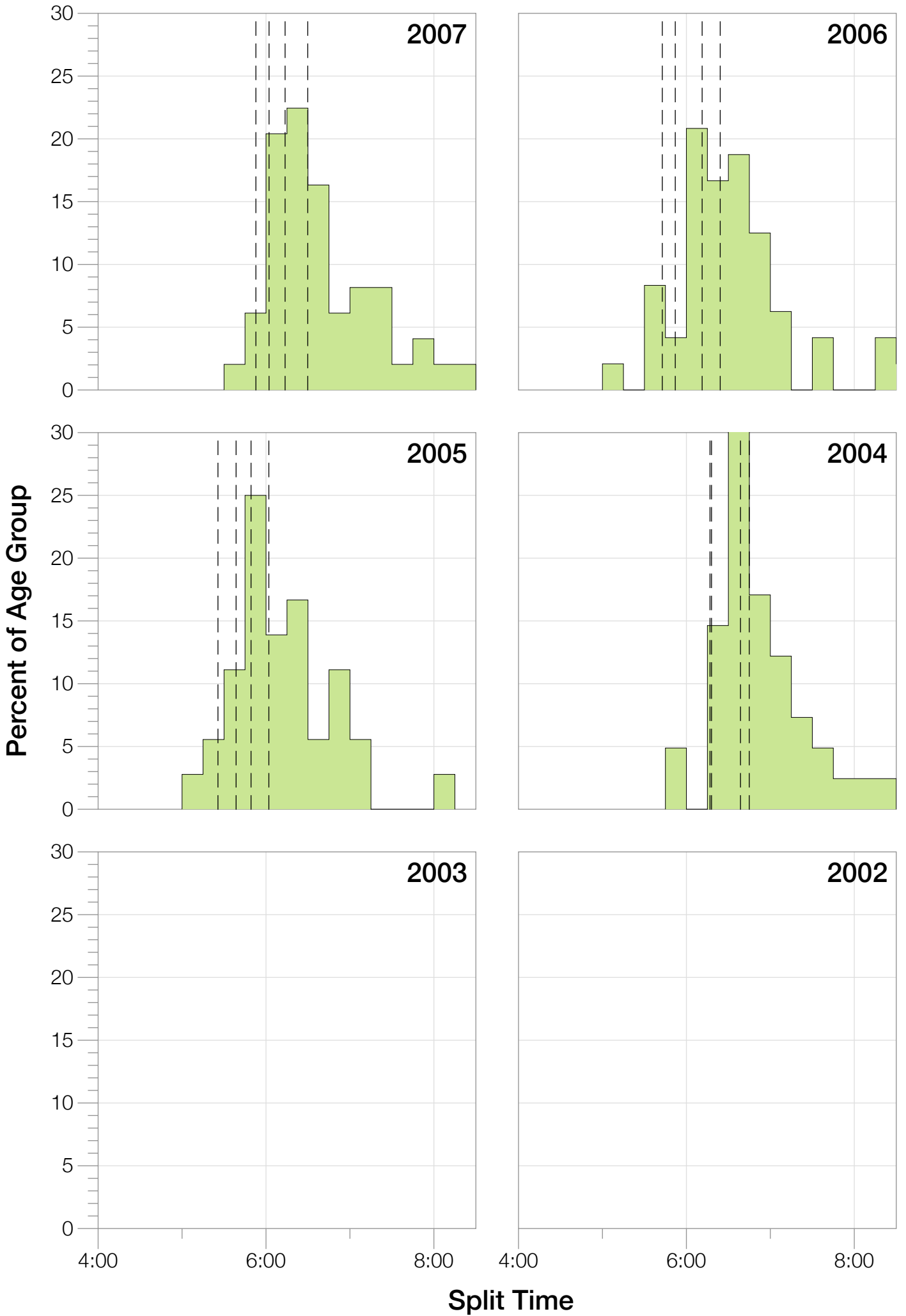
# F45-49 Swim



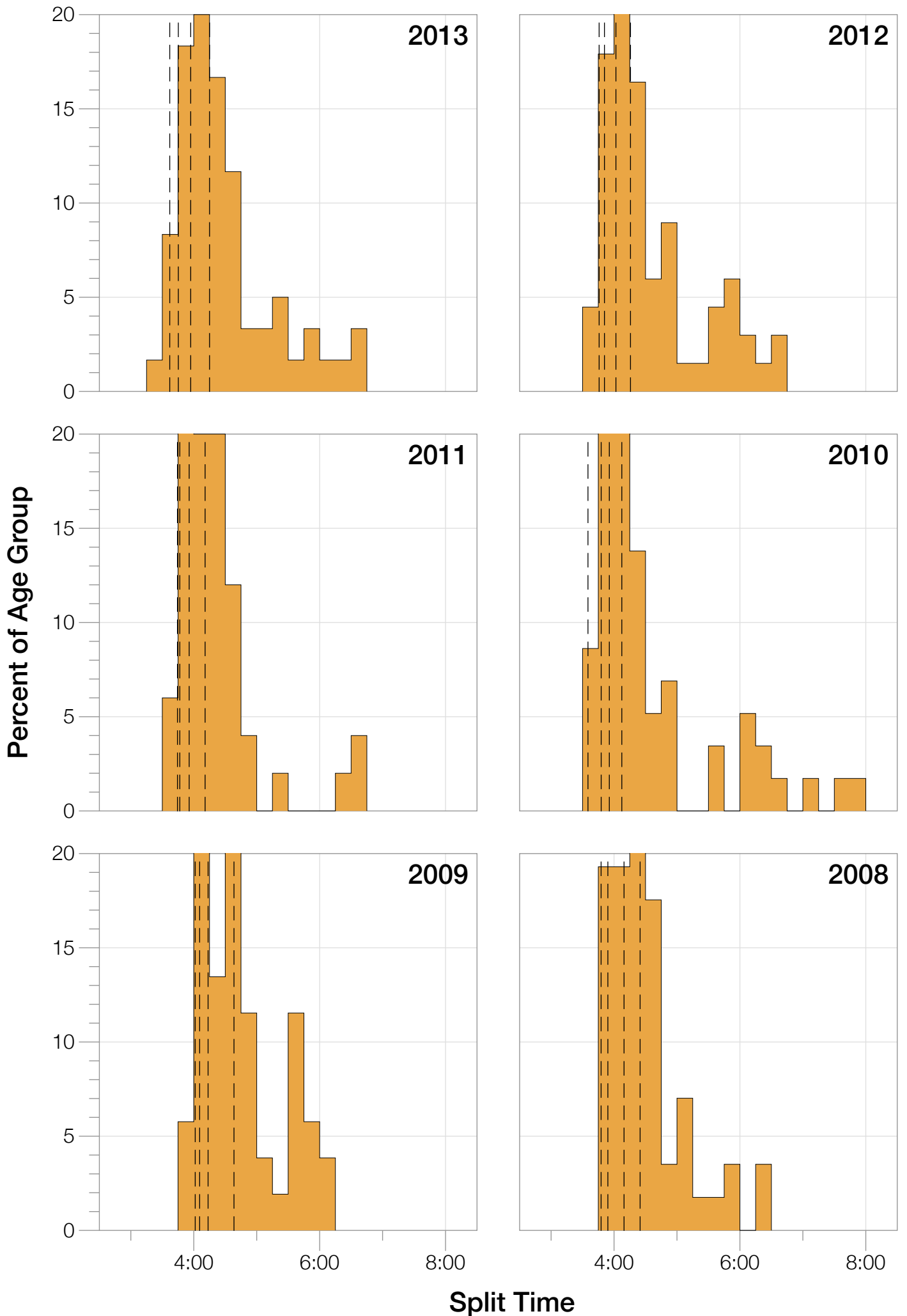
# F45-49 Bike



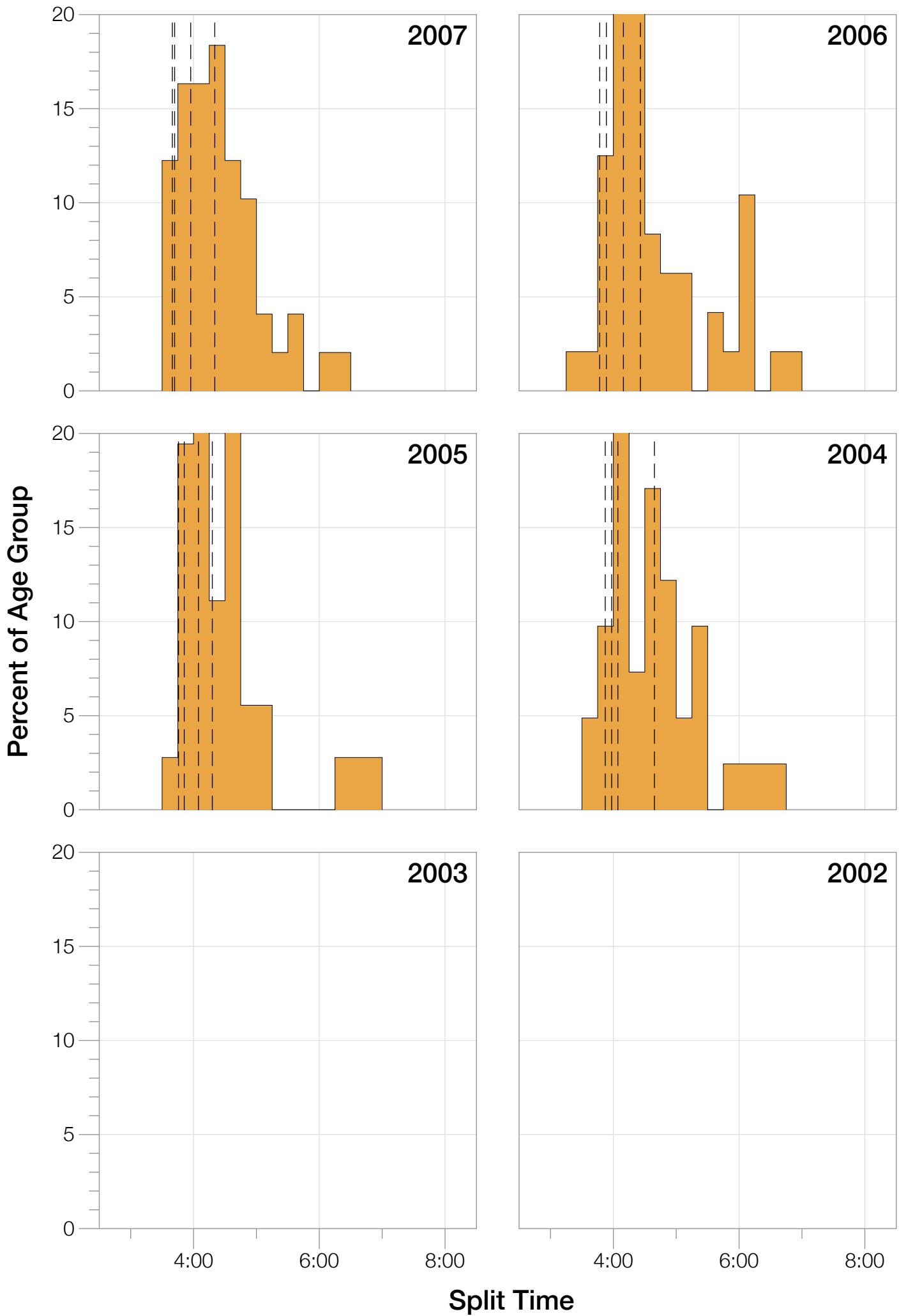
# F45-49 Bike



# F45-49 Run

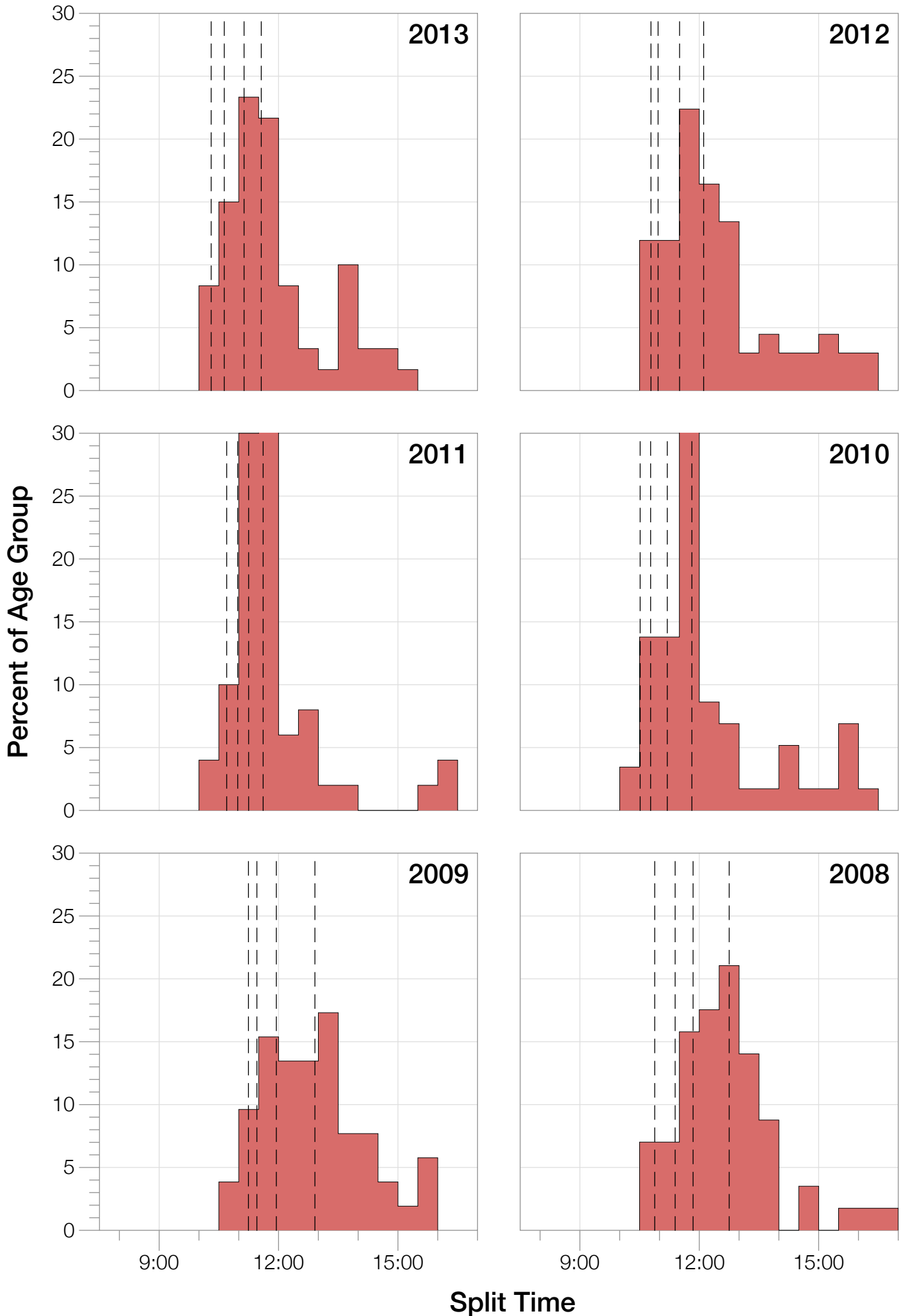


# F45-49 Run

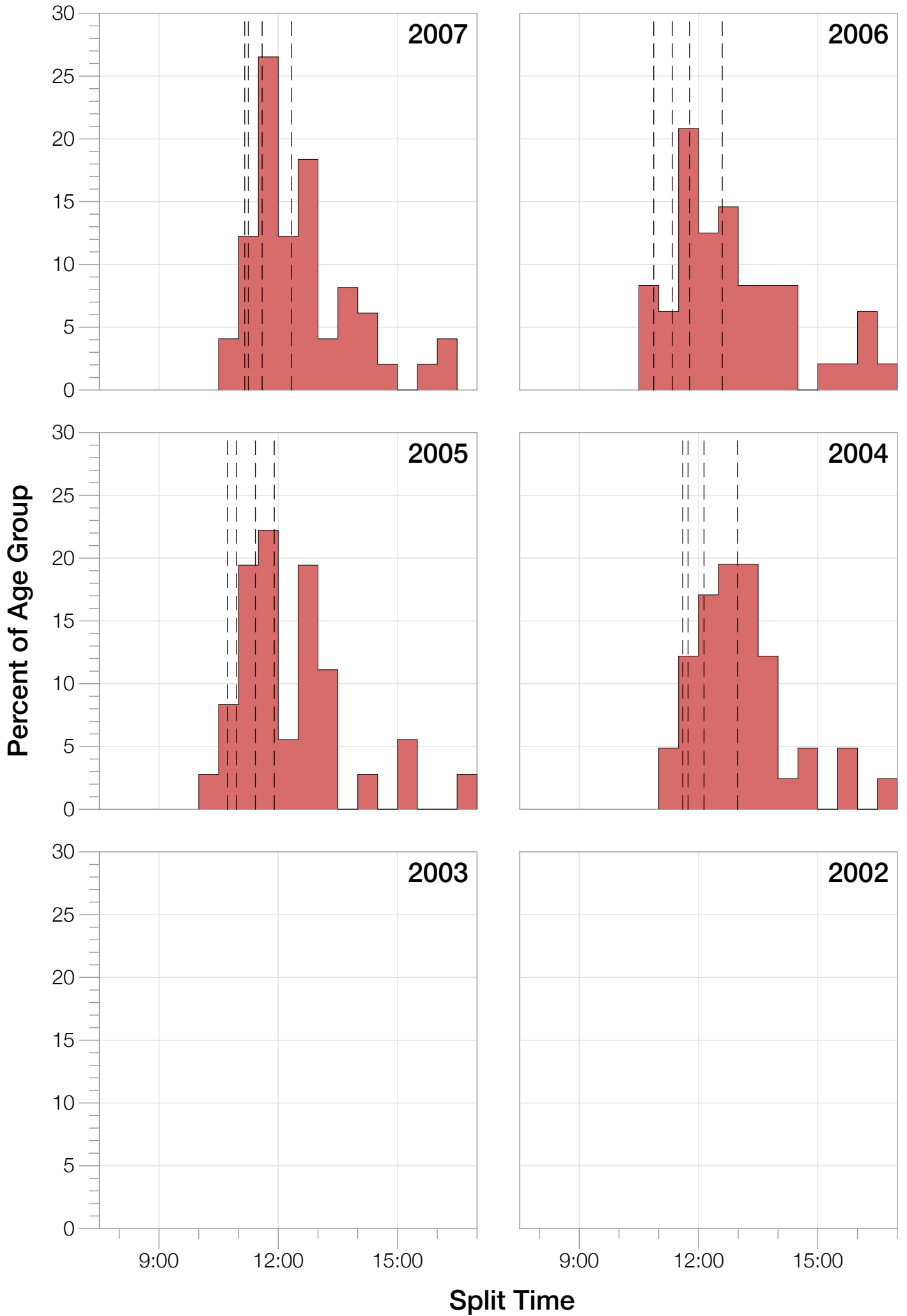




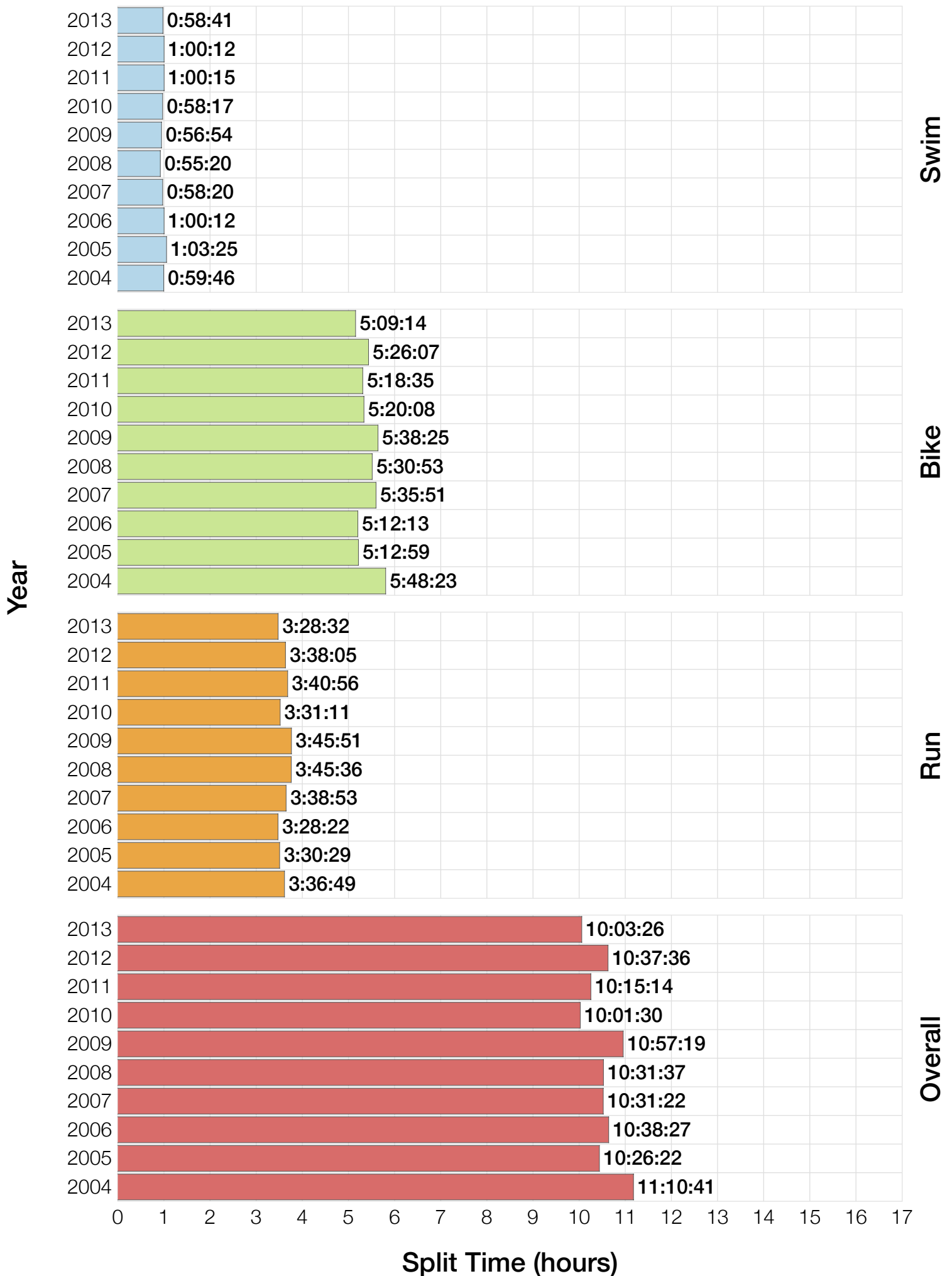
# F45-49 Overall



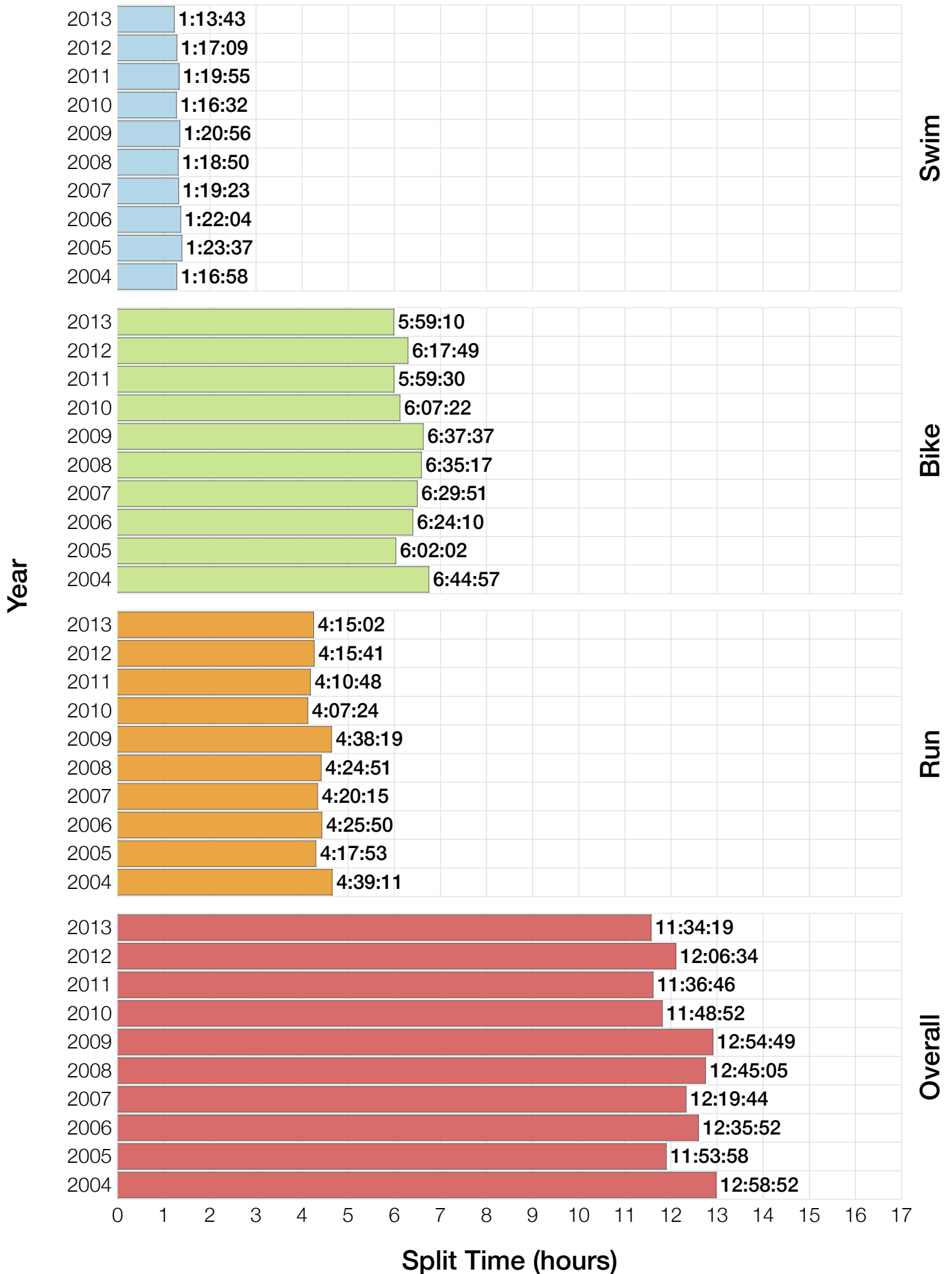
# F45-49 Overall



# F45-49 Fastest Splits



# F45-49 Median Splits



# F45-49 Slowest Splits

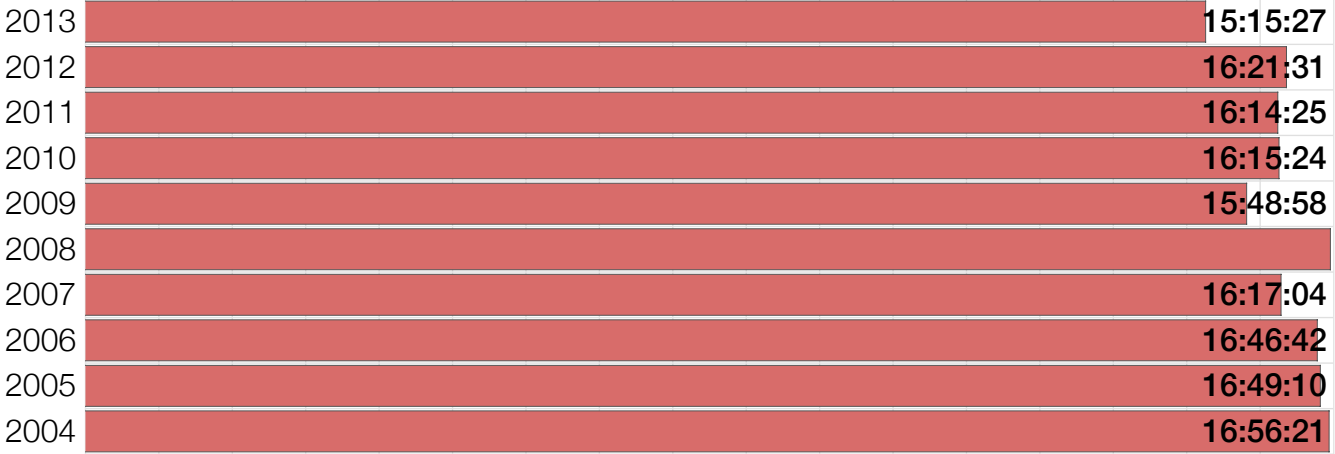
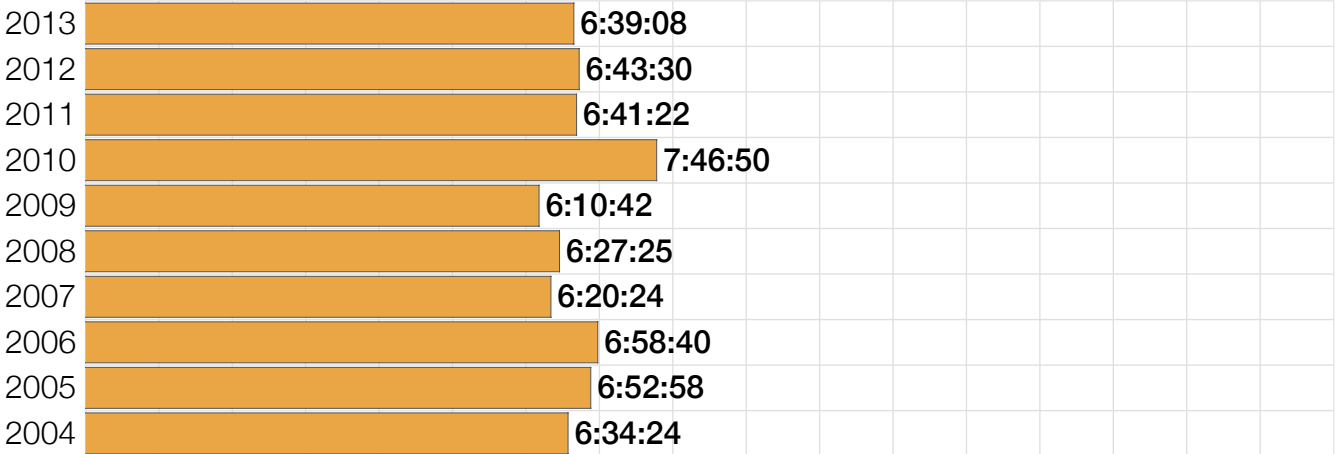
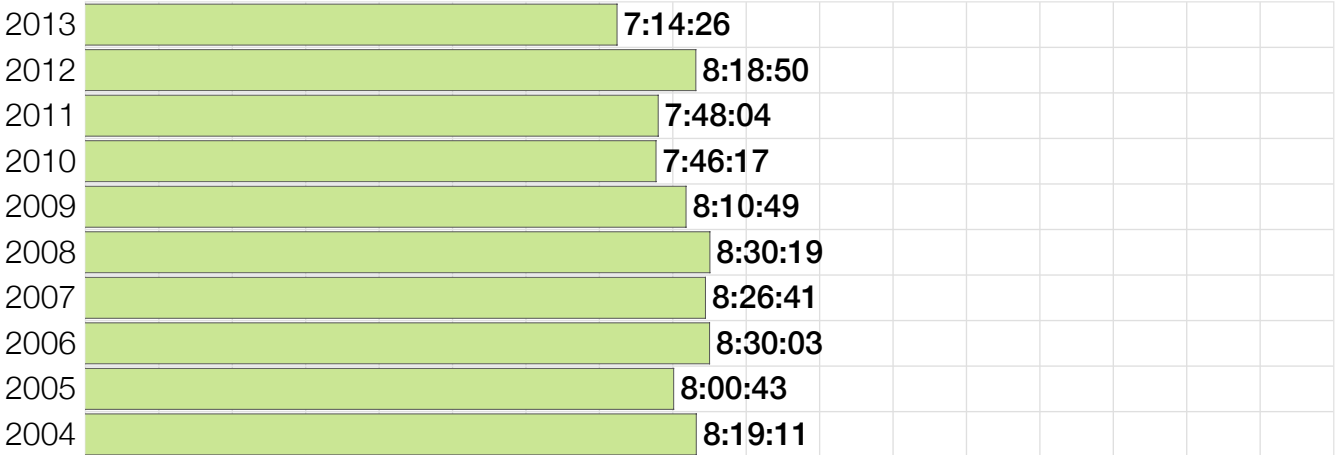
Year

Swim

Bike

Run

Overall



0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)



# F45-49 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>1:09:09</b>	<b>5:30:53</b>	<b>3:44:24</b>	<b>10:31:21</b>
Average 2nd Age Grouper	1:11:01	5:34:51	3:48:20	10:41:29
Average 3rd Age Grouper	1:07:33	5:45:09	3:49:18	10:49:32
Average 4th Age Grouper	1:07:22	5:41:09	3:59:04	10:55:18
Average 5th Age Grouper	1:12:29	5:52:19	3:51:31	11:04:07
Average 6th Age Grouper	1:10:07	5:55:35	3:56:28	11:10:14
Average 7th Age Grouper	1:09:37	5:58:11	3:56:45	11:13:25
Average 8th Age Grouper	1:10:45	6:03:06	3:54:37	11:17:26
Average 9th Age Grouper	1:10:29	5:57:35	4:03:17	11:19:58
Average 10th Age Grouper	1:11:23	5:57:27	4:07:15	11:23:05
<b>Kona Qualifier Average</b>	<b>1:09:09</b>	<b>5:30:53</b>	<b>3:44:24</b>	<b>10:31:21</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:59</b>	<b>5:49:37</b>	<b>3:55:06</b>	<b>11:02:35</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>1:03:17</b>	<b>5:15:48</b>	<b>3:37:12</b>	<b>10:03:26</b>
2nd Age Grouper	1:12:29	5:19:04	3:28:32	10:08:32
3rd Age Grouper	1:05:50	5:09:14	3:51:47	10:14:40
4th Age Grouper	1:09:41	5:28:57	3:33:23	10:18:38
5th Age Grouper	1:05:28	5:29:14	3:44:01	10:24:52
6th Age Grouper	1:04:05	5:24:32	3:55:40	10:31:01
7th Age Grouper	1:05:40	5:42:45	3:44:19	10:38:56
8th Age Grouper	1:02:53	5:34:21	3:56:31	10:39:32
9th Age Grouper	1:04:10	5:29:56	3:56:32	10:40:05
10th Age Grouper	1:11:34	5:15:40	4:08:14	10:43:09
<b>Kona Qualifier Average</b>	<b>1:03:17</b>	<b>5:15:48</b>	<b>3:37:12</b>	<b>10:03:26</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:30</b>	<b>5:24:57</b>	<b>3:47:37</b>	<b>10:26:17</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>1:12:13</b>	<b>5:27:10</b>	<b>3:52:18</b>	<b>10:37:36</b>
2nd Age Grouper	1:07:10	5:32:24	3:52:04	10:38:26
3rd Age Grouper	1:05:24	5:39:12	3:48:01	10:38:37
4th Age Grouper	1:04:42	5:26:07	4:07:51	10:44:47
5th Age Grouper	1:14:39	5:48:00	3:40:08	10:52:48
6th Age Grouper	1:08:03	5:47:11	3:52:26	10:53:55
7th Age Grouper	1:00:48	5:47:25	4:00:25	10:56:20
8th Age Grouper	1:04:51	5:50:34	3:54:40	10:58:57
9th Age Grouper	1:14:36	5:48:19	3:50:05	11:01:15
10th Age Grouper	1:06:05	5:52:47	4:00:53	11:04:55
<b>Kona Qualifier Average</b>	<b>1:12:13</b>	<b>5:27:10</b>	<b>3:52:18</b>	<b>10:37:36</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:51</b>	<b>5:41:54</b>	<b>3:53:53</b>	<b>10:50:45</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	1:06:30	5:18:35	3:43:25	10:15:14
2nd Age Grouper	1:06:33	5:33:50	3:42:38	10:29:34
3rd Age Grouper	1:02:00	5:34:33	3:50:32	10:33:35
4th Age Grouper	1:22:51	5:41:10	3:40:56	10:52:01
5th Age Grouper	1:14:22	5:40:03	3:51:41	10:53:05
6th Age Grouper	1:01:44	5:46:50	4:02:03	10:59:03
7th Age Grouper	1:00:31	5:35:28	4:16:41	10:59:42
8th Age Grouper	1:05:45	6:00:56	3:45:57	11:00:29
9th Age Grouper	1:15:47	5:38:51	3:57:31	11:00:47
10th Age Grouper	1:15:34	5:51:44	3:46:46	11:03:13
Kona Qualifier Average	1:06:30	5:18:35	3:43:25	10:15:14
Top 10 Age Grouper Average	1:09:09	5:40:12	3:51:49	10:48:40

### 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	1:04:03	5:20:08	3:31:11	10:01:30
2nd Age Grouper	1:07:07	5:23:12	3:32:42	10:09:06
3rd Age Grouper	1:01:09	5:34:58	3:47:48	10:30:15
4th Age Grouper	1:08:04	5:38:33	3:38:18	10:30:59
5th Age Grouper	0:58:17	5:38:57	3:49:06	10:32:48
6th Age Grouper	1:02:53	5:40:13	3:54:13	10:43:31
7th Age Grouper	1:25:38	5:41:37	3:35:10	10:47:58
8th Age Grouper	1:03:44	5:35:38	3:59:58	10:49:11
9th Age Grouper	1:13:43	5:36:04	3:53:07	10:49:46
10th Age Grouper	1:01:37	5:31:07	4:14:58	10:53:54
Kona Qualifier Average	1:04:03	5:20:08	3:31:11	10:01:30
Top 10 Age Grouper Average	1:06:37	5:34:02	3:47:39	10:34:53

### 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	1:16:56	5:46:55	3:45:51	10:57:19
2nd Age Grouper	1:04:13	5:38:25	4:08:09	10:58:47
3rd Age Grouper	0:59:48	5:43:48	4:19:52	11:10:24
4th Age Grouper	0:56:54	6:02:37	4:08:18	11:18:07
5th Age Grouper	1:13:36	6:05:48	3:53:22	11:19:20
6th Age Grouper	1:17:34	6:03:59	3:56:48	11:27:11
7th Age Grouper	1:03:18	5:59:19	4:17:59	11:28:49
8th Age Grouper	1:13:38	6:09:55	4:05:07	11:36:27
9th Age Grouper	1:18:15	5:54:00	4:18:09	11:39:13
10th Age Grouper	1:24:49	5:58:28	4:11:29	11:43:02
Kona Qualifier Average	1:16:56	5:46:55	3:45:51	10:57:19
Top 10 Age Grouper Average	1:10:54	5:56:19	4:06:30	11:21:51



### 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	1:05:03	5:30:53	3:45:39	10:31:37
2nd Age Grouper	0:58:31	5:44:19	3:57:32	10:47:14
3rd Age Grouper	1:04:14	5:44:24	3:51:52	10:49:26
4th Age Grouper	0:58:33	5:35:31	4:12:51	10:53:44
5th Age Grouper	1:17:15	6:03:11	3:52:49	11:19:26
6th Age Grouper	1:13:40	6:13:50	3:46:24	11:22:54
7th Age Grouper	1:08:52	6:17:36	3:47:59	11:24:06
8th Age Grouper	1:03:53	6:13:44	3:59:54	11:27:19
9th Age Grouper	0:55:20	6:06:55	4:21:00	11:31:21
10th Age Grouper	1:06:10	6:12:24	4:09:31	11:33:25
Kona Qualifier Average	1:05:03	5:30:53	3:45:39	10:31:37
Top 10 Age Grouper Average	1:05:09	5:58:16	3:58:33	11:10:03

### 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	0:58:20	5:35:51	3:50:49	10:31:22
2nd Age Grouper	1:19:23	5:45:39	3:39:42	10:52:36
3rd Age Grouper	1:14:25	6:06:15	3:39:49	11:07:27
4th Age Grouper	1:01:52	5:49:30	4:10:23	11:12:26
5th Age Grouper	1:12:19	6:13:39	3:38:53	11:12:57
6th Age Grouper	1:08:30	6:02:36	3:57:17	11:15:18
7th Age Grouper	1:04:43	6:03:43	3:56:32	11:15:30
8th Age Grouper	1:17:42	6:17:06	3:41:25	11:26:33
9th Age Grouper	1:20:43	6:10:35	3:53:56	11:32:20
10th Age Grouper	0:58:54	6:00:30	4:27:19	11:33:12
Kona Qualifier Average	0:58:20	5:35:51	3:50:49	10:31:22
Top 10 Age Grouper Average	1:09:41	6:00:32	3:53:36	11:11:58

### 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	1:21:55	5:42:34	3:28:22	10:38:27
2nd Age Grouper	1:19:45	5:12:13	4:07:17	10:46:09
3rd Age Grouper	1:19:23	5:44:33	3:41:06	10:51:06
4th Age Grouper	1:00:12	5:32:52	4:13:55	10:54:57
5th Age Grouper	1:14:15	5:43:09	4:10:08	11:16:16
6th Age Grouper	1:14:56	5:59:38	4:01:10	11:22:13
7th Age Grouper	1:19:25	6:12:07	3:45:59	11:28:25
8th Age Grouper	1:24:18	6:05:57	3:48:49	11:30:04
9th Age Grouper	1:15:27	6:15:00	3:57:41	11:36:00
10th Age Grouper	1:20:38	6:20:53	3:52:34	11:41:45
Kona Qualifier Average	1:21:55	5:42:34	3:28:22	10:38:27
Top 10 Age Grouper Average	1:17:01	5:52:53	3:54:42	11:12:32

### 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	1:11:05	5:22:38	3:45:39	10:26:22
2nd Age Grouper	1:23:21	5:41:54	3:30:29	10:41:55
3rd Age Grouper	1:12:10	5:39:50	3:45:32	10:43:44
4th Age Grouper	1:16:52	5:12:59	4:12:30	10:48:45
5th Age Grouper	1:16:56	5:44:24	3:56:41	11:05:27
6th Age Grouper	1:09:38	5:52:40	3:59:26	11:11:02
7th Age Grouper	1:16:21	5:49:19	3:59:40	11:15:54
8th Age Grouper	1:25:34	5:58:41	3:46:13	11:21:21
9th Age Grouper	1:07:09	5:54:45	4:13:54	11:22:50
10th Age Grouper	1:12:00	5:49:15	4:17:36	11:26:24
<b>Kona Qualifier Average</b>	<b>1:11:05</b>	<b>5:22:38</b>	<b>3:45:39</b>	<b>10:26:22</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:06</b>	<b>5:42:38</b>	<b>3:56:46</b>	<b>11:02:22</b>

### 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	1:12:09	5:48:23	4:03:39	11:10:41
2nd Age Grouper	1:11:46	5:57:31	4:04:19	11:22:39
3rd Age Grouper	1:11:12	6:34:44	3:36:49	11:36:13
4th Age Grouper	1:14:07	6:23:22	3:52:15	11:38:37
5th Age Grouper	1:17:44	6:16:52	3:58:22	11:44:14
6th Age Grouper	1:20:11	6:24:23	3:59:13	11:56:13
7th Age Grouper	1:10:58	6:32:39	4:02:55	11:58:30
8th Age Grouper	1:05:18	6:44:09	4:07:41	12:04:27
9th Age Grouper	0:59:46	6:41:25	4:10:58	12:06:06
10th Age Grouper	1:16:35	6:41:45	4:03:10	12:07:59
<b>Kona Qualifier Average</b>	<b>1:12:09</b>	<b>5:48:23</b>	<b>4:03:39</b>	<b>11:10:41</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:58</b>	<b>6:24:31</b>	<b>3:59:56</b>	<b>11:46:33</b>