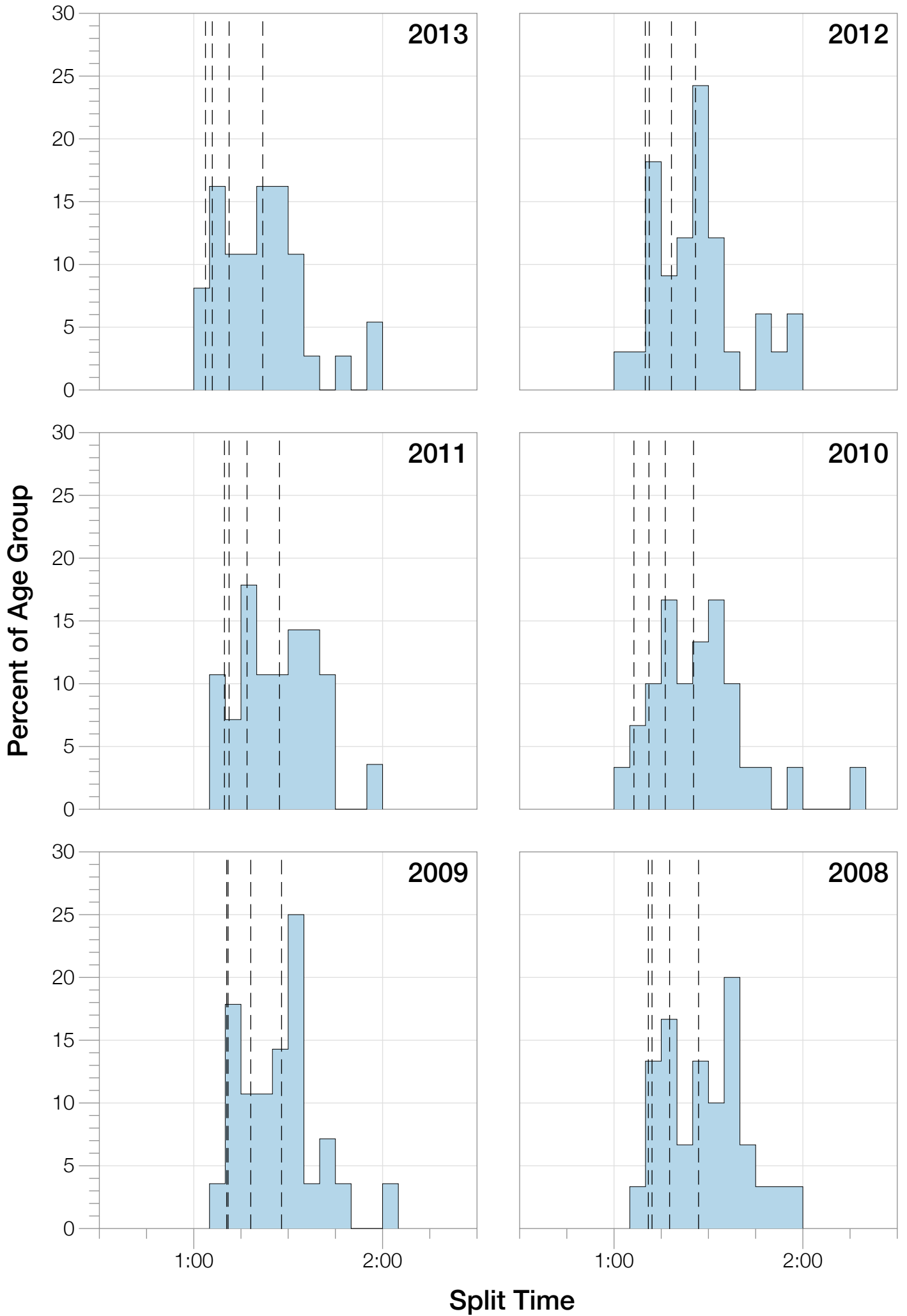


Ironman World Championship F55-59 Stats

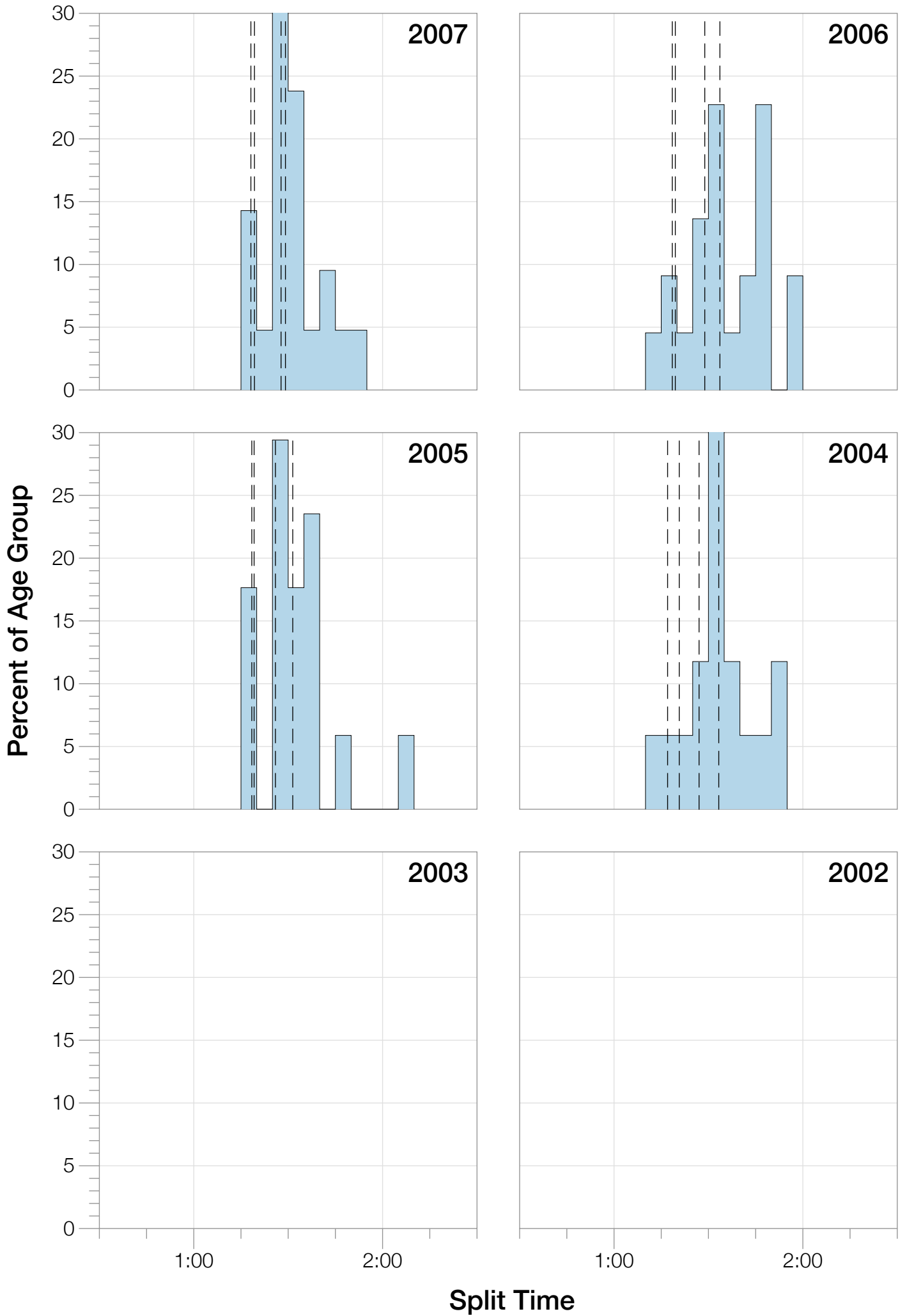
F55-59 Summary Statistics

Year	Finishers	F55-59 Finishers	Male Winner's Time	Female Winner's Time	F55-59 Winner's Time
2004	1578	17	8:33:29	9:50:04	12:24:04
2005	1688	17	8:14:17	9:09:30	11:43:33
2006	1624	22	8:11:56	9:18:31	12:21:47
2007	1684	21	8:15:34	9:08:45	12:28:14
2008	1637	30	8:17:45	9:06:23	11:52:10
2009	1652	28	8:20:21	8:54:02	11:49:34
2010	1770	30	8:10:37	8:58:36	10:51:43
2011	1774	28	8:03:56	8:55:08	10:45:35
2012	1887	33	8:18:37	9:15:54	11:09:30
2013	1976	37	8:12:29	8:52:14	10:33:10
Average	1727	26	8:15:54	9:08:54	11:35:56

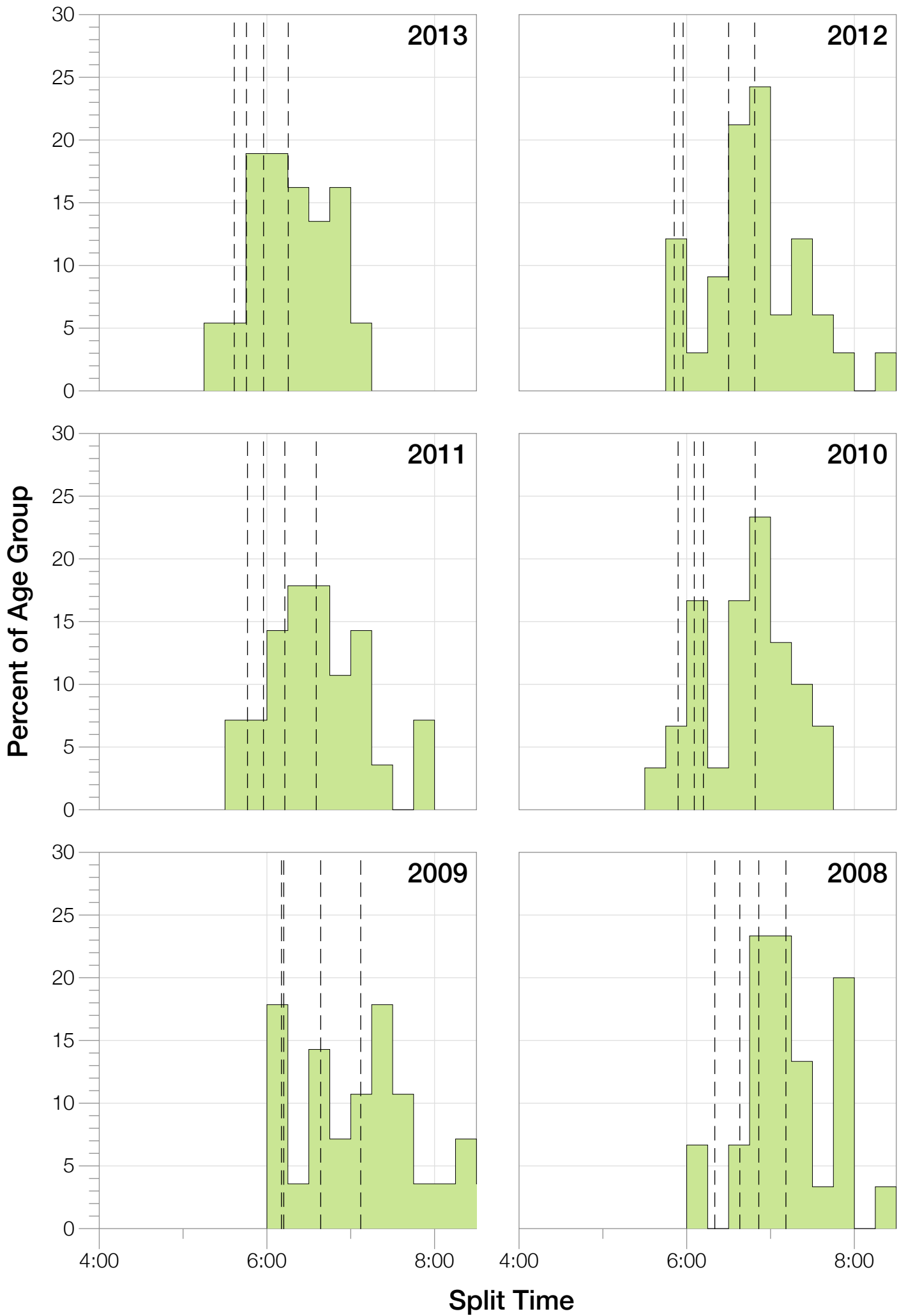
F55-59 Swim



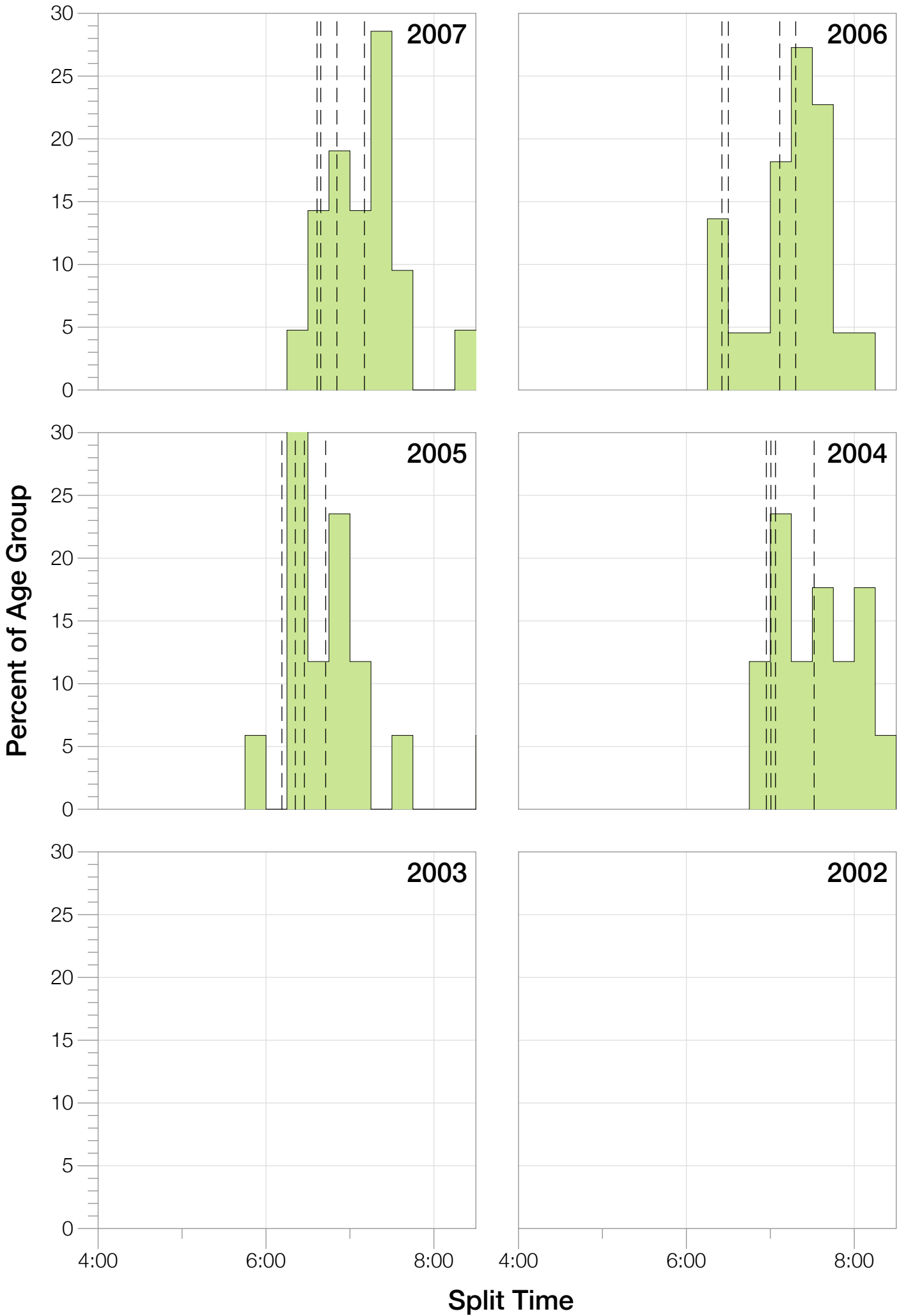
F55-59 Swim



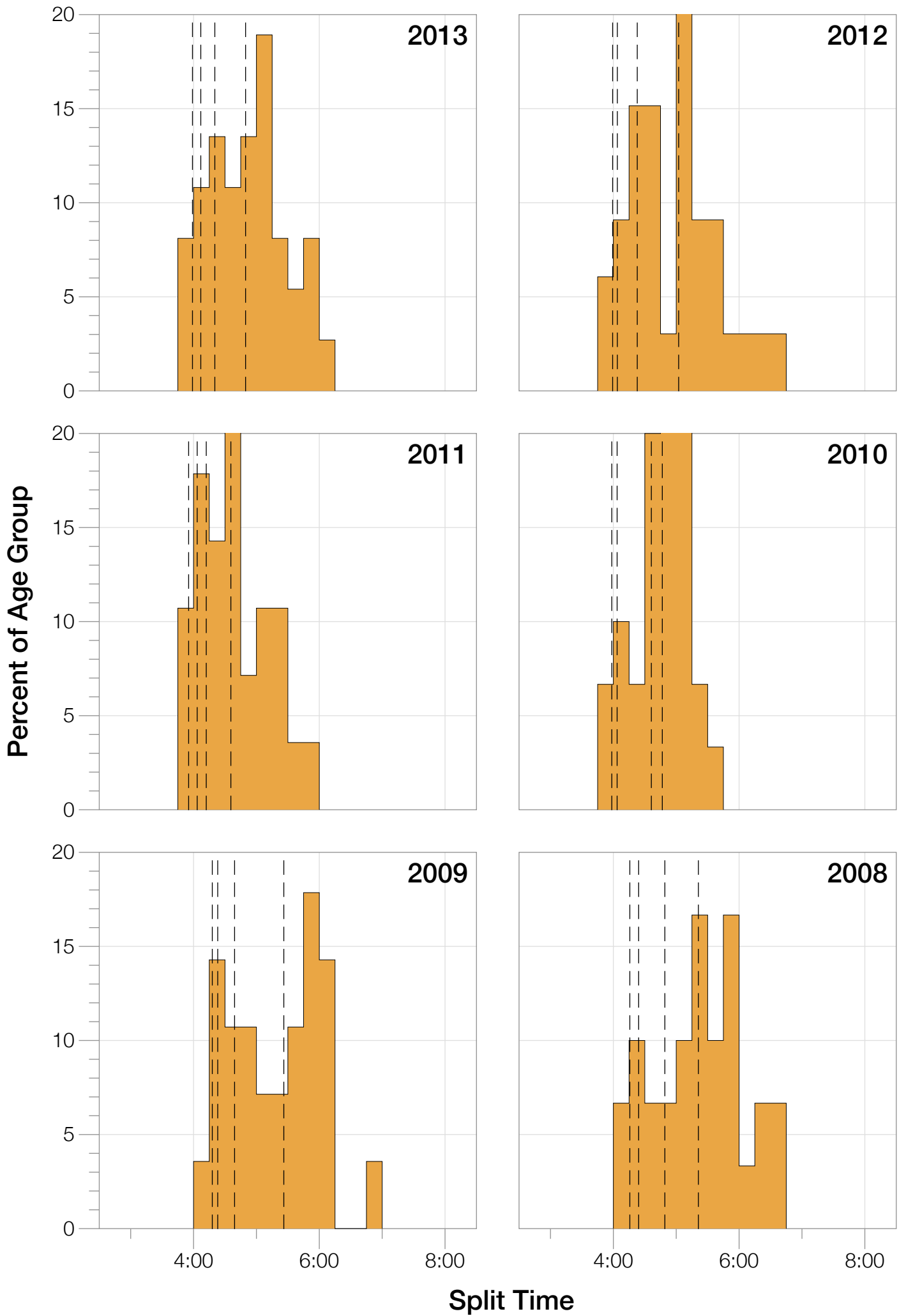
F55-59 Bike



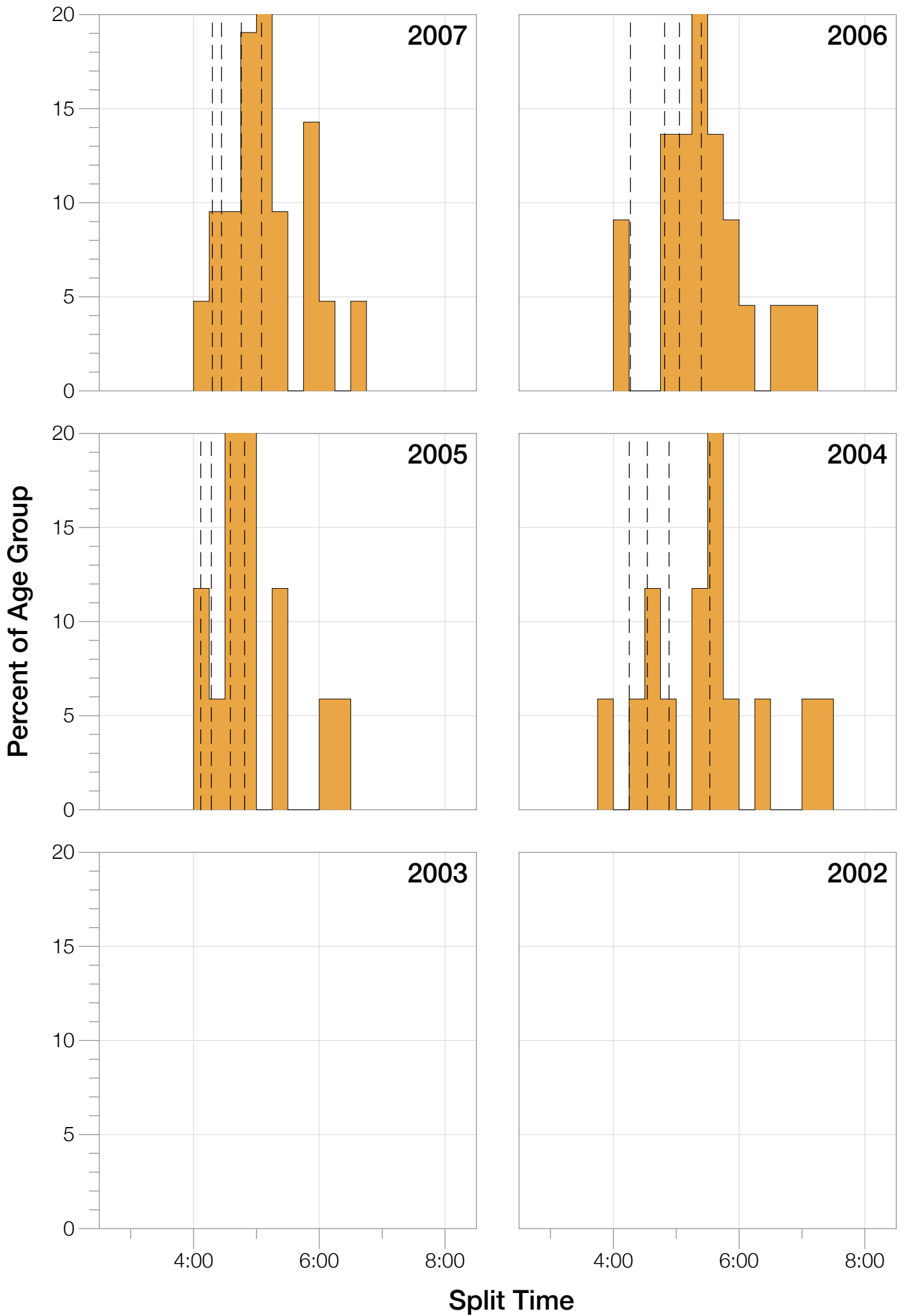
F55-59 Bike



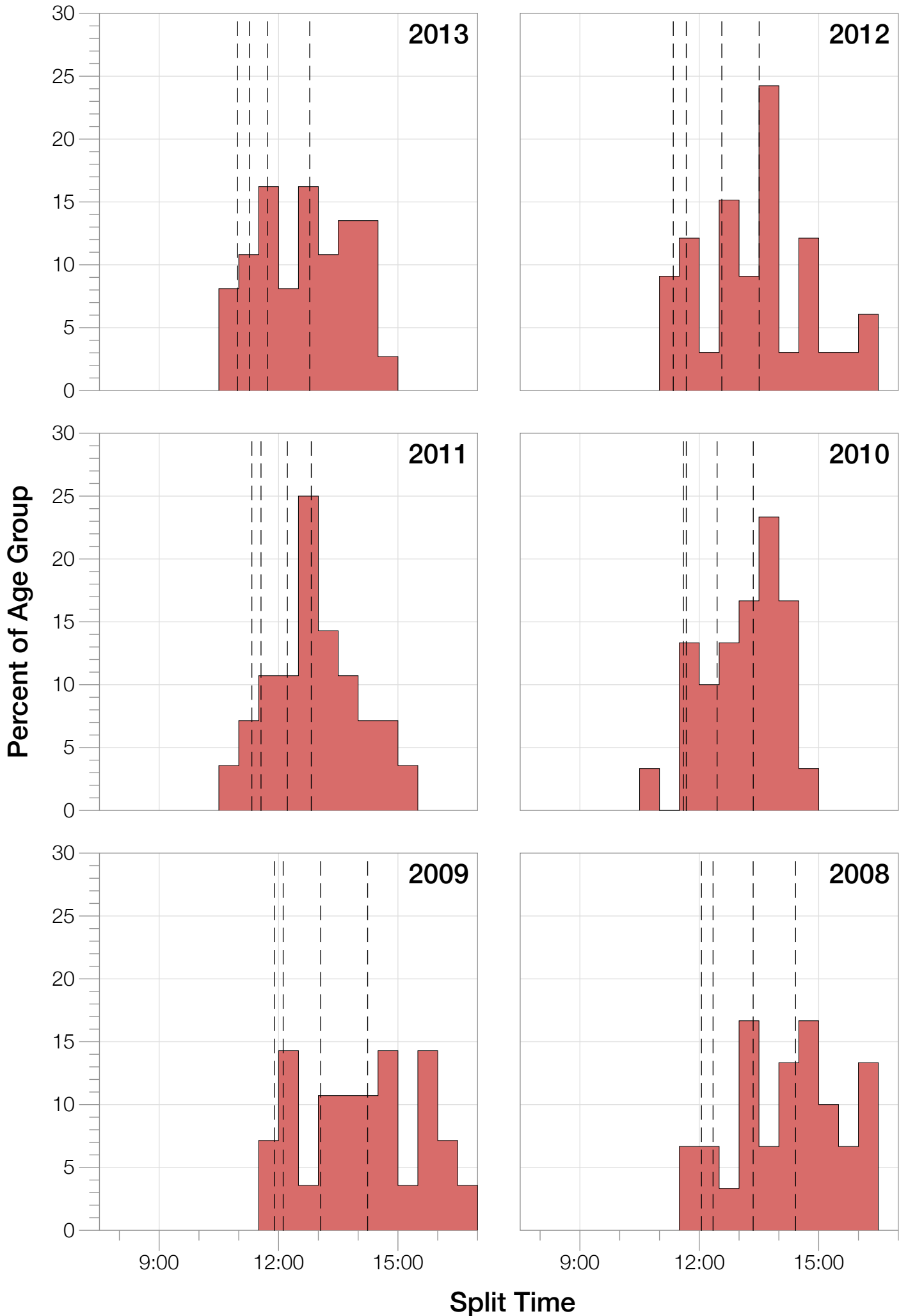
F55-59 Run



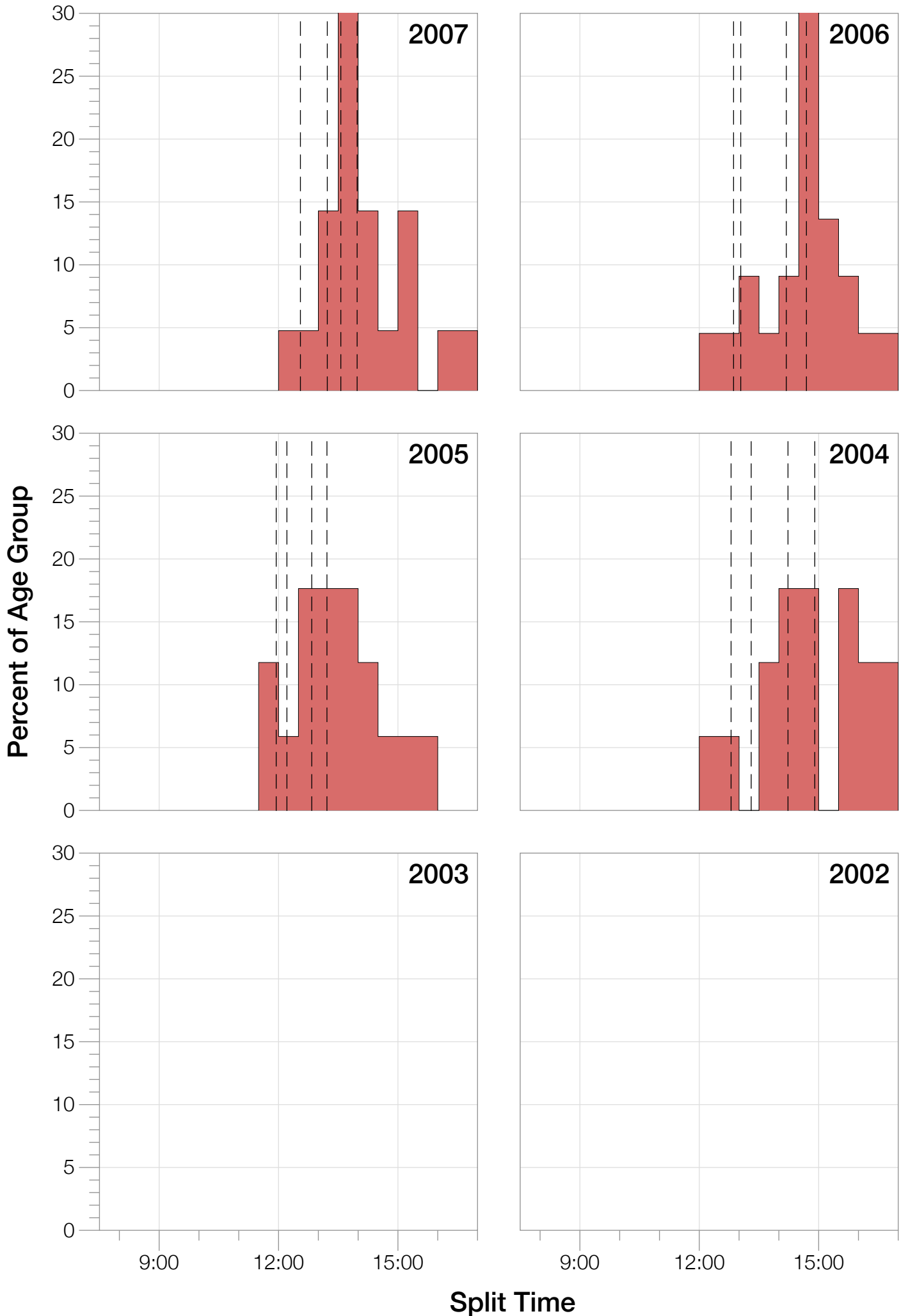
F55-59 Run



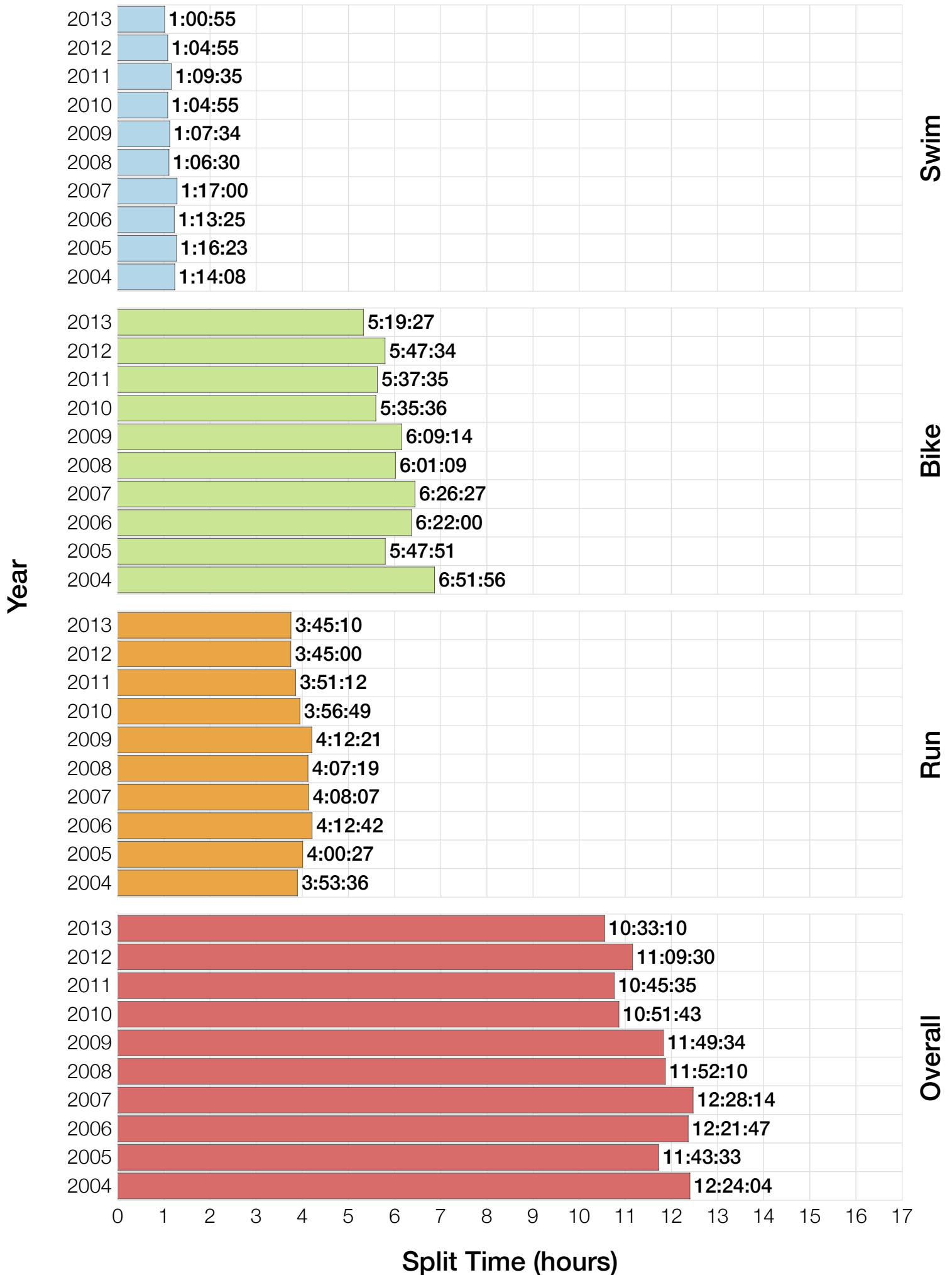
F55-59 Overall



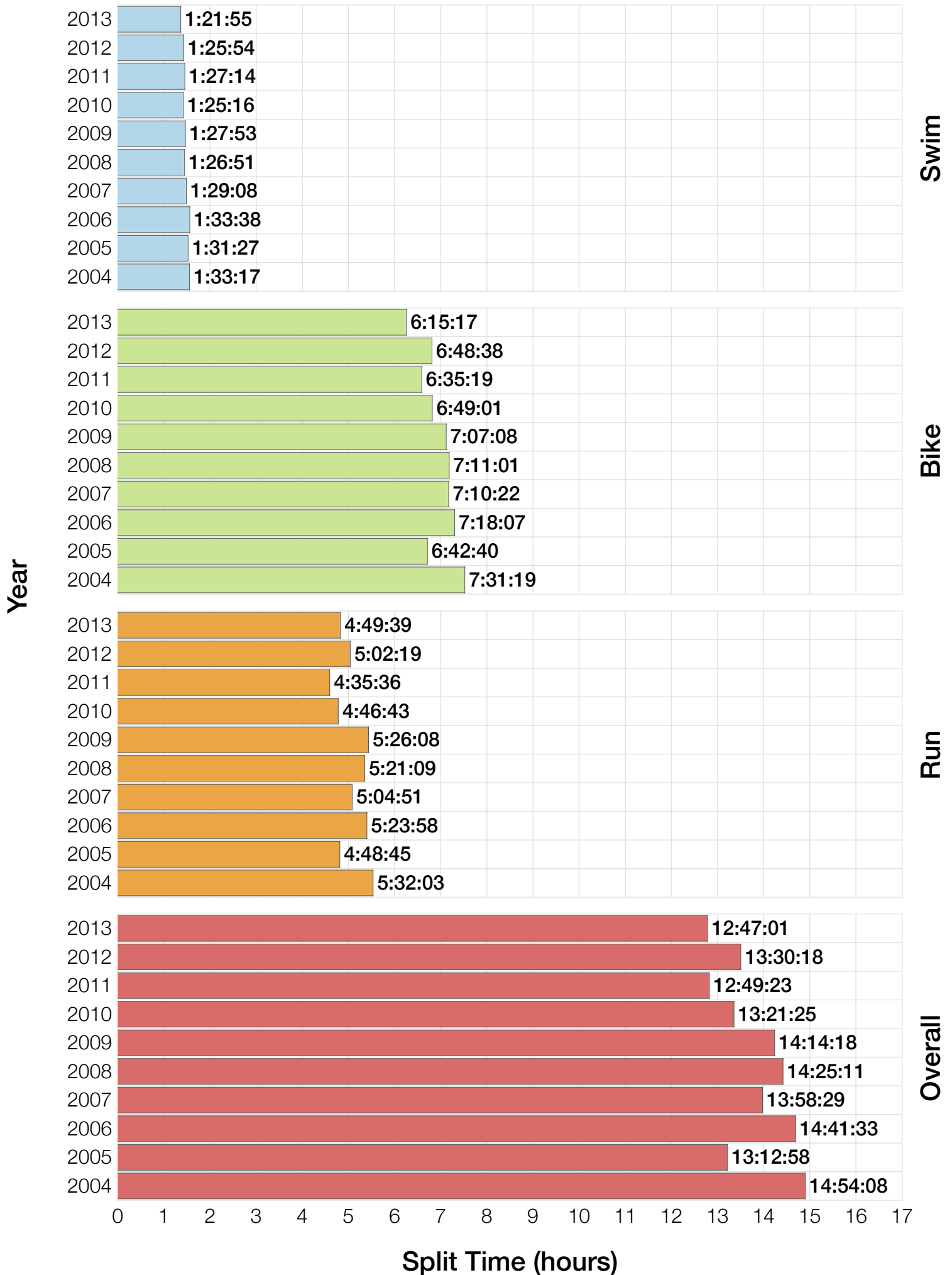
F55-59 Overall



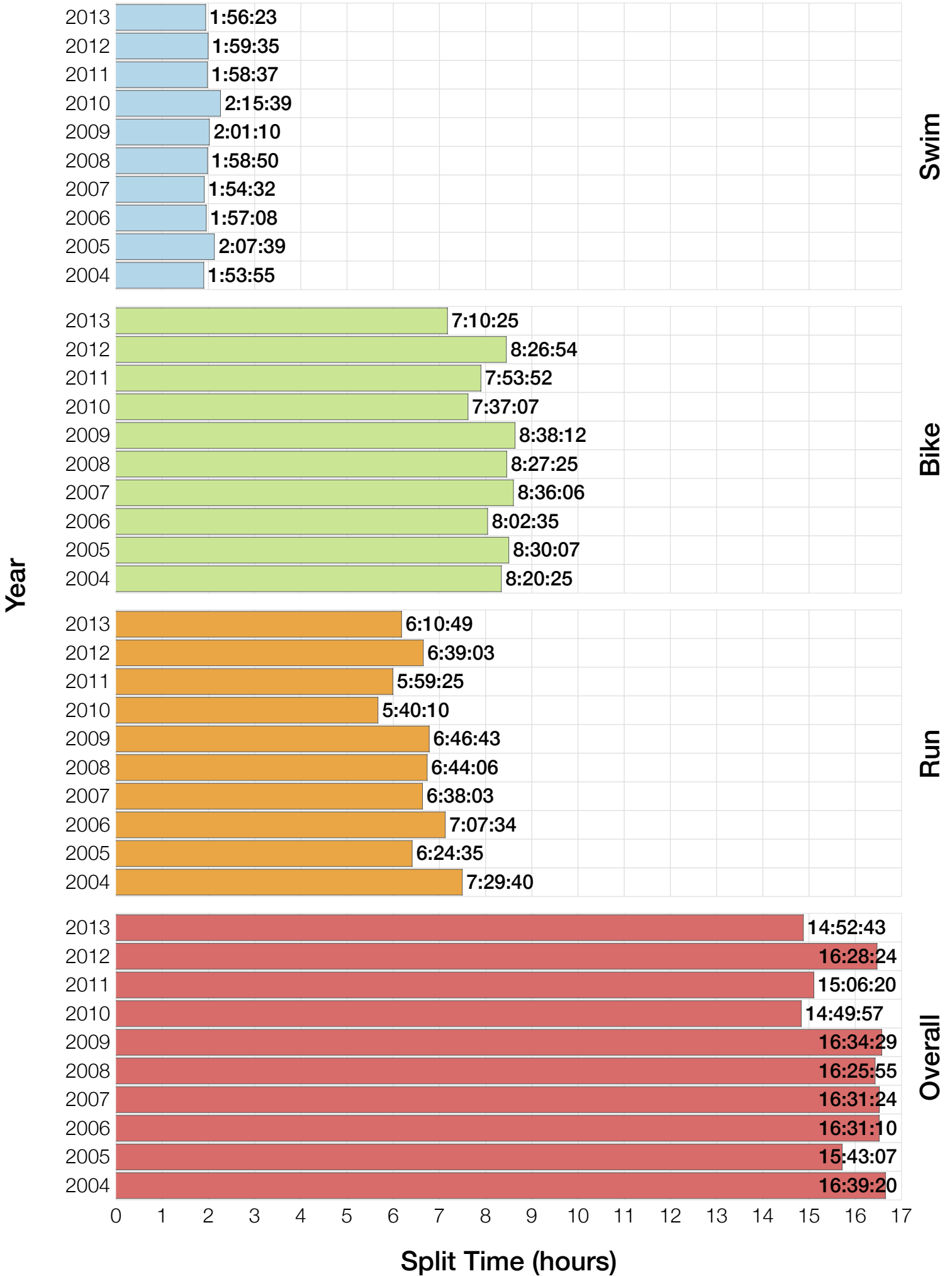
F55-59 Fastest Splits



F55-59 Median Splits

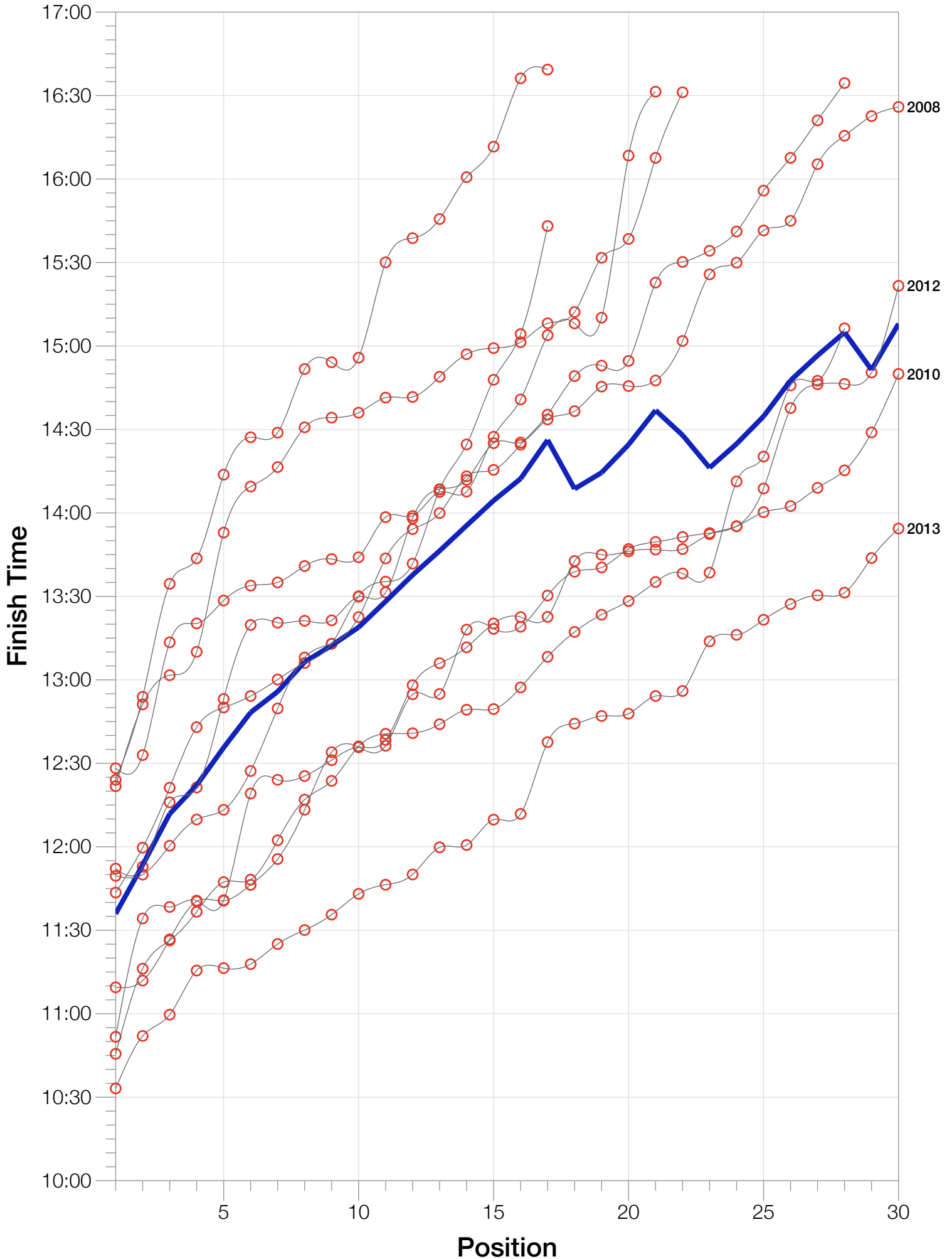


F55-59 Slowest Splits



F55-59 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F55-59 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	1:17:49	6:01:31	4:07:38	11:35:56
Average 2nd Age Grouper	1:19:14	6:14:27	4:10:40	11:53:29
Average 3rd Age Grouper	1:17:14	6:16:56	4:27:34	12:11:50
Average 4th Age Grouper	1:20:41	6:20:48	4:29:38	12:22:08
Average 5th Age Grouper	1:20:24	6:30:43	4:34:01	12:35:40
Average 6th Age Grouper	1:28:41	6:42:32	4:26:04	12:48:18
Average 7th Age Grouper	1:24:56	6:39:53	4:39:07	12:55:46
Average 8th Age Grouper	1:22:55	6:46:13	4:44:57	13:06:26
Average 9th Age Grouper	1:25:27	6:42:25	4:53:35	13:12:21
Average 10th Age Grouper	1:24:01	6:48:11	4:53:56	13:18:54
Kona Qualifier Average	1:17:49	6:01:31	4:07:38	11:35:56
Top 10 Age Grouper Average	1:22:08	6:30:22	4:32:43	12:36:05

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	1:06:12	5:19:27	3:57:57	10:33:10
2nd Age Grouper	1:15:30	5:44:09	3:45:10	10:52:01
3rd Age Grouper	1:03:38	5:25:27	4:20:16	10:59:41
4th Age Grouper	1:13:29	5:46:11	4:06:31	11:15:32
5th Age Grouper	1:11:17	5:57:37	3:59:14	11:16:23
6th Age Grouper	1:08:19	5:47:39	4:14:22	11:17:50
7th Age Grouper	1:21:16	5:47:09	4:07:09	11:25:04
8th Age Grouper	1:11:14	5:54:00	4:16:08	11:30:05
9th Age Grouper	1:03:45	5:39:27	4:43:40	11:35:37
10th Age Grouper	1:00:55	6:00:42	4:32:59	11:43:05
Kona Qualifier Average	1:06:12	5:19:27	3:57:57	10:33:10
Top 10 Age Grouper Average	1:09:33	5:44:10	4:12:20	11:14:50

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	1:11:06	5:47:34	4:02:13	11:09:30
2nd Age Grouper	1:13:50	5:50:44	4:00:33	11:11:55
3rd Age Grouper	1:11:35	6:09:33	3:57:27	11:26:44
4th Age Grouper	1:04:55	5:51:19	4:35:10	11:40:23
5th Age Grouper	1:09:34	5:54:25	4:28:59	11:40:36
6th Age Grouper	1:21:16	6:33:15	3:45:00	11:46:19
7th Age Grouper	1:12:55	6:19:06	4:16:11	11:55:35
8th Age Grouper	1:22:18	6:19:19	4:20:55	12:13:19
9th Age Grouper	1:34:34	6:23:54	4:22:49	12:34:00
10th Age Grouper	1:18:15	6:30:01	4:35:30	12:35:49
Kona Qualifier Average	1:11:06	5:47:34	4:02:13	11:09:30
Top 10 Age Grouper Average	1:16:01	6:09:55	4:14:28	11:49:25

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	1:09:46	5:37:35	3:51:12	10:45:35
2nd Age Grouper	1:09:35	5:52:21	4:06:21	11:16:12
3rd Age Grouper	1:23:28	5:59:45	3:54:30	11:26:21
4th Age Grouper	1:09:44	5:42:43	4:31:15	11:36:38
5th Age Grouper	1:23:58	6:17:34	3:56:46	11:47:18
6th Age Grouper	1:16:51	6:11:07	4:11:41	11:48:11
7th Age Grouper	1:14:13	6:13:24	4:24:41	12:02:20
8th Age Grouper	1:32:02	6:21:14	4:10:36	12:16:57
9th Age Grouper	1:37:26	6:17:23	4:20:09	12:23:41
10th Age Grouper	1:37:19	6:11:01	4:40:15	12:36:05
Kona Qualifier Average	1:09:46	5:37:35	3:51:12	10:45:35
Top 10 Age Grouper Average	1:21:26	6:04:24	4:12:44	11:47:55

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	1:06:18	5:35:36	4:00:08	10:51:43
2nd Age Grouper	1:21:36	5:59:44	4:03:58	11:34:15
3rd Age Grouper	1:04:55	5:49:02	4:34:49	11:38:22
4th Age Grouper	1:25:06	6:08:09	3:57:10	11:40:39
5th Age Grouper	1:11:37	6:06:04	4:14:18	11:40:49
6th Age Grouper	1:34:35	6:36:32	3:56:49	12:19:09
7th Age Grouper	1:13:36	6:10:13	4:46:15	12:24:04
8th Age Grouper	1:18:38	6:38:26	4:17:52	12:25:26
9th Age Grouper	1:23:37	6:17:08	4:43:09	12:31:08
10th Age Grouper	1:30:55	6:35:07	4:20:21	12:35:48
Kona Qualifier Average	1:06:18	5:35:36	4:00:08	10:51:43
Top 10 Age Grouper Average	1:19:05	6:11:36	4:17:28	11:58:08

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	1:07:34	6:09:49	4:21:08	11:49:34
2nd Age Grouper	1:10:57	6:12:51	4:16:08	11:50:00
3rd Age Grouper	1:13:29	6:09:14	4:26:43	12:00:23
4th Age Grouper	1:22:05	6:11:35	4:23:53	12:09:49
5th Age Grouper	1:12:46	6:12:16	4:37:38	12:13:18
6th Age Grouper	1:27:12	6:39:40	4:12:21	12:27:14
7th Age Grouper	1:25:08	6:18:07	4:57:56	12:49:43
8th Age Grouper	1:18:31	7:06:55	4:31:01	13:08:01
9th Age Grouper	1:28:35	6:43:19	4:50:34	13:12:59
10th Age Grouper	1:18:20	6:59:09	4:52:51	13:22:33
Kona Qualifier Average	1:07:34	6:09:49	4:21:08	11:49:34
Top 10 Age Grouper Average	1:18:27	6:28:17	4:33:01	12:30:21

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	1:22:14	6:01:09	4:16:49	11:52:10
2nd Age Grouper	1:15:03	6:11:22	4:14:49	11:52:50
3rd Age Grouper	1:10:01	6:30:48	4:24:57	12:16:00
4th Age Grouper	1:25:46	6:38:49	4:07:19	12:21:19
5th Age Grouper	1:17:59	6:49:16	4:35:21	12:53:07
6th Age Grouper	1:35:20	7:02:04	4:29:39	13:19:43
7th Age Grouper	1:18:08	7:12:18	4:38:12	13:20:33
8th Age Grouper	1:32:01	6:49:29	4:47:01	13:21:13
9th Age Grouper	1:06:30	6:49:45	5:15:18	13:21:23
10th Age Grouper	1:12:05	7:09:44	4:55:34	13:29:53
Kona Qualifier Average	1:22:14	6:01:09	4:16:49	11:52:10
Top 10 Age Grouper Average	1:19:30	6:43:28	4:34:29	12:48:49

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	1:21:47	6:39:07	4:17:55	12:28:14
2nd Age Grouper	1:28:42	6:44:34	4:08:07	12:32:58
3rd Age Grouper	1:19:17	6:47:58	4:53:21	13:13:29
4th Age Grouper	1:34:17	6:52:32	4:40:55	13:20:17
5th Age Grouper	1:18:09	6:36:29	5:23:50	13:28:31
6th Age Grouper	1:45:28	6:50:40	4:44:43	13:33:53
7th Age Grouper	1:28:14	7:22:46	4:26:40	13:35:01
8th Age Grouper	1:27:44	7:10:22	4:45:35	13:40:54
9th Age Grouper	1:17:00	6:53:56	5:20:12	13:43:25
10th Age Grouper	1:27:47	7:04:09	4:58:36	13:44:03
Kona Qualifier Average	1:21:47	6:39:07	4:17:55	12:28:14
Top 10 Age Grouper Average	1:26:50	6:54:15	4:45:59	13:20:04

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	1:36:28	6:25:11	4:12:42	12:21:47
2nd Age Grouper	1:28:37	6:22:00	4:50:38	12:51:10
3rd Age Grouper	1:18:29	6:29:08	5:02:05	13:01:40
4th Age Grouper	1:24:47	6:37:50	4:56:17	13:10:04
5th Age Grouper	1:18:53	7:15:47	5:07:37	13:52:55
6th Age Grouper	1:45:15	7:52:50	4:14:37	14:09:28
7th Age Grouper	1:44:28	7:29:29	4:48:41	14:16:28
8th Age Grouper	1:13:25	7:19:56	5:46:37	14:30:46
9th Age Grouper	1:56:50	7:21:06	5:06:12	14:34:15
10th Age Grouper	1:27:33	7:10:19	5:40:13	14:36:01
Kona Qualifier Average	1:36:28	6:25:11	4:12:42	12:21:47
Top 10 Age Grouper Average	1:31:28	7:02:21	4:58:33	13:44:27

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	1:25:14	5:47:51	4:22:40	11:43:33
2nd Age Grouper	1:25:57	6:24:22	4:00:27	11:59:41
3rd Age Grouper	1:35:26	6:30:05	4:08:29	12:21:14
4th Age Grouper	1:16:23	6:17:14	4:57:39	12:43:00
5th Age Grouper	1:29:35	6:28:11	4:33:10	12:50:04
6th Age Grouper	1:19:19	6:23:25	4:59:33	12:54:11
7th Age Grouper	1:28:57	6:42:40	4:36:00	13:00:07
8th Age Grouper	1:26:22	6:28:12	4:57:28	13:06:04
9th Age Grouper	1:32:14	6:48:28	4:35:06	13:12:58
10th Age Grouper	1:33:46	6:50:26	4:52:28	13:30:03
Kona Qualifier Average	1:25:14	5:47:51	4:22:40	11:43:33
Top 10 Age Grouper Average	1:27:19	6:28:05	4:36:18	12:44:05

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	1:31:38	6:51:56	3:53:36	12:24:04
2nd Age Grouper	1:22:42	7:02:30	4:20:33	12:53:54
3rd Age Grouper	1:32:08	6:58:25	4:53:11	13:34:31
4th Age Grouper	1:30:20	7:21:41	4:40:19	13:43:40
5th Age Grouper	1:50:15	7:29:40	4:43:18	14:13:45
6th Age Grouper	1:33:17	7:08:17	5:32:03	14:27:11
7th Age Grouper	1:42:34	7:03:41	5:29:30	14:28:51
8th Age Grouper	1:26:56	7:34:22	5:36:25	14:51:42
9th Age Grouper	1:14:08	7:49:44	5:38:44	14:54:08
10th Age Grouper	1:33:20	7:31:19	5:30:41	14:55:47
Kona Qualifier Average	1:31:38	6:51:56	3:53:36	12:24:04
Top 10 Age Grouper Average	1:31:43	7:17:09	5:01:50	14:02:45