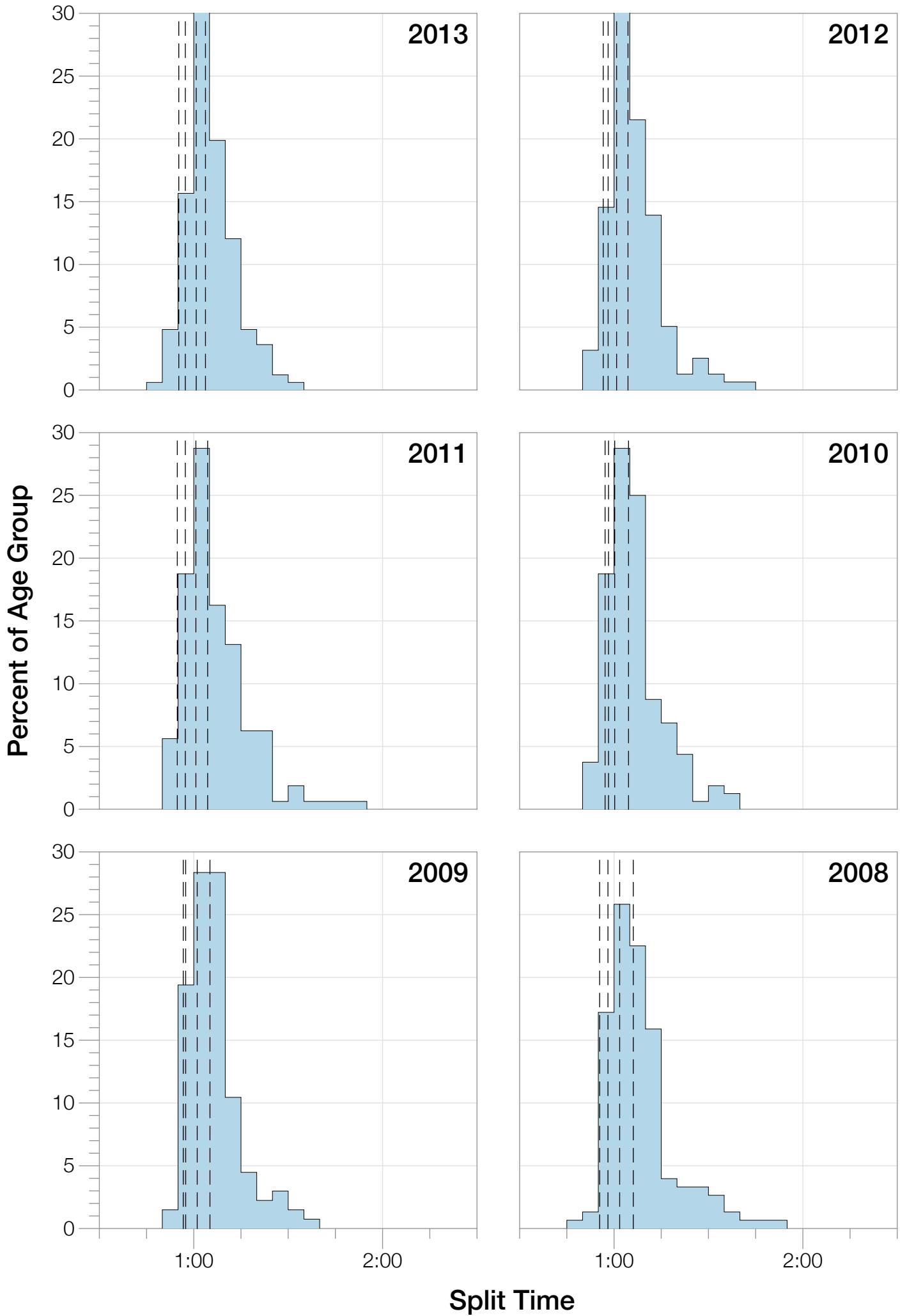


Ironman World Championship M30-34 Stats

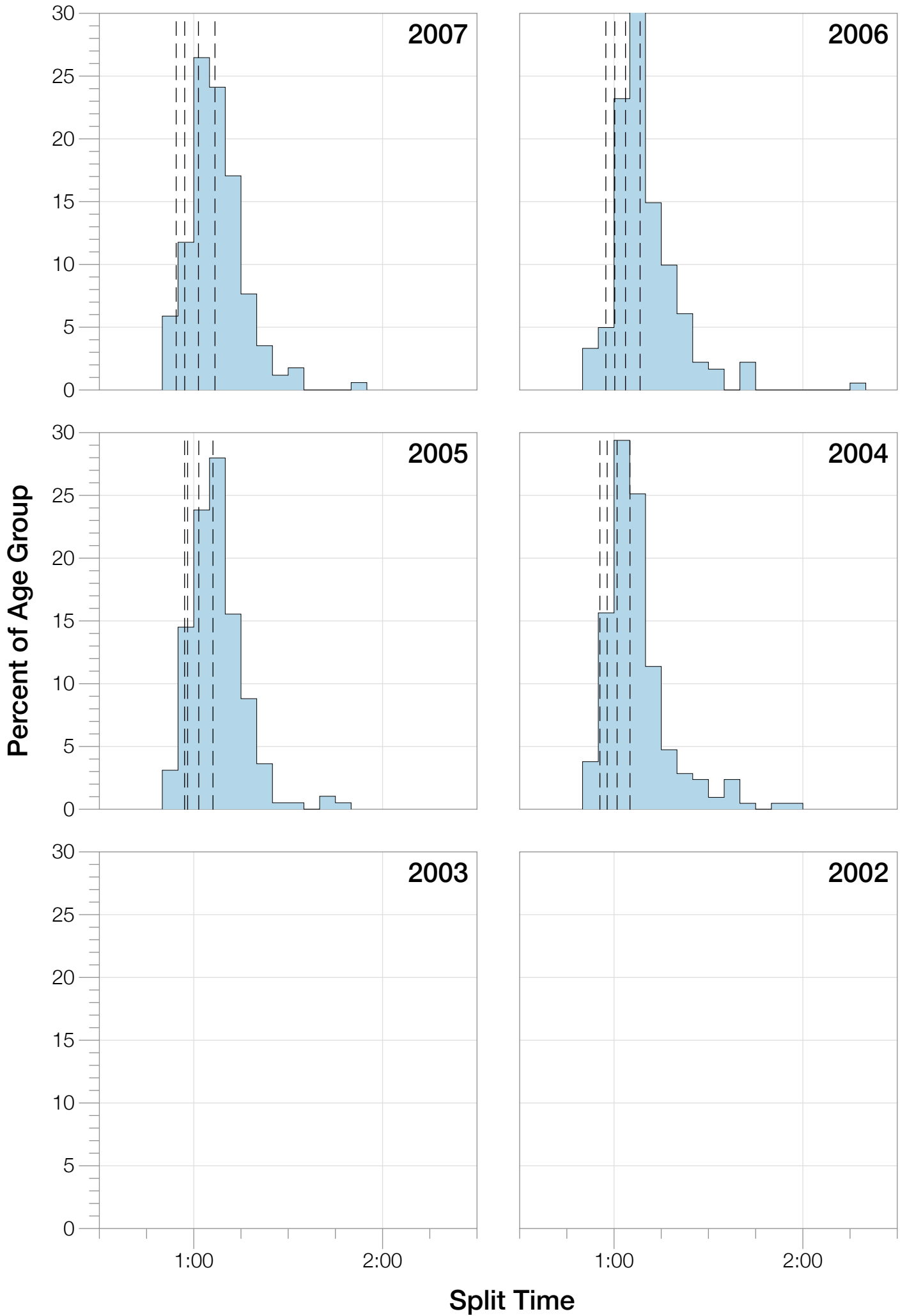
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2004	1578	211	8:33:29	9:50:04	9:24:51
2005	1688	193	8:14:17	9:09:30	8:51:18
2006	1624	181	8:11:56	9:18:31	8:57:10
2007	1684	170	8:15:34	9:08:45	9:05:06
2008	1637	151	8:17:45	9:06:23	8:52:36
2009	1652	134	8:20:21	8:54:02	9:04:03
2010	1770	160	8:10:37	8:58:36	8:54:13
2011	1774	160	8:03:56	8:55:08	8:48:44
2012	1887	158	8:18:37	9:15:54	9:09:02
2013	1976	166	8:12:29	8:52:14	8:37:26
Average	1727	168	8:15:54	9:08:54	8:58:26

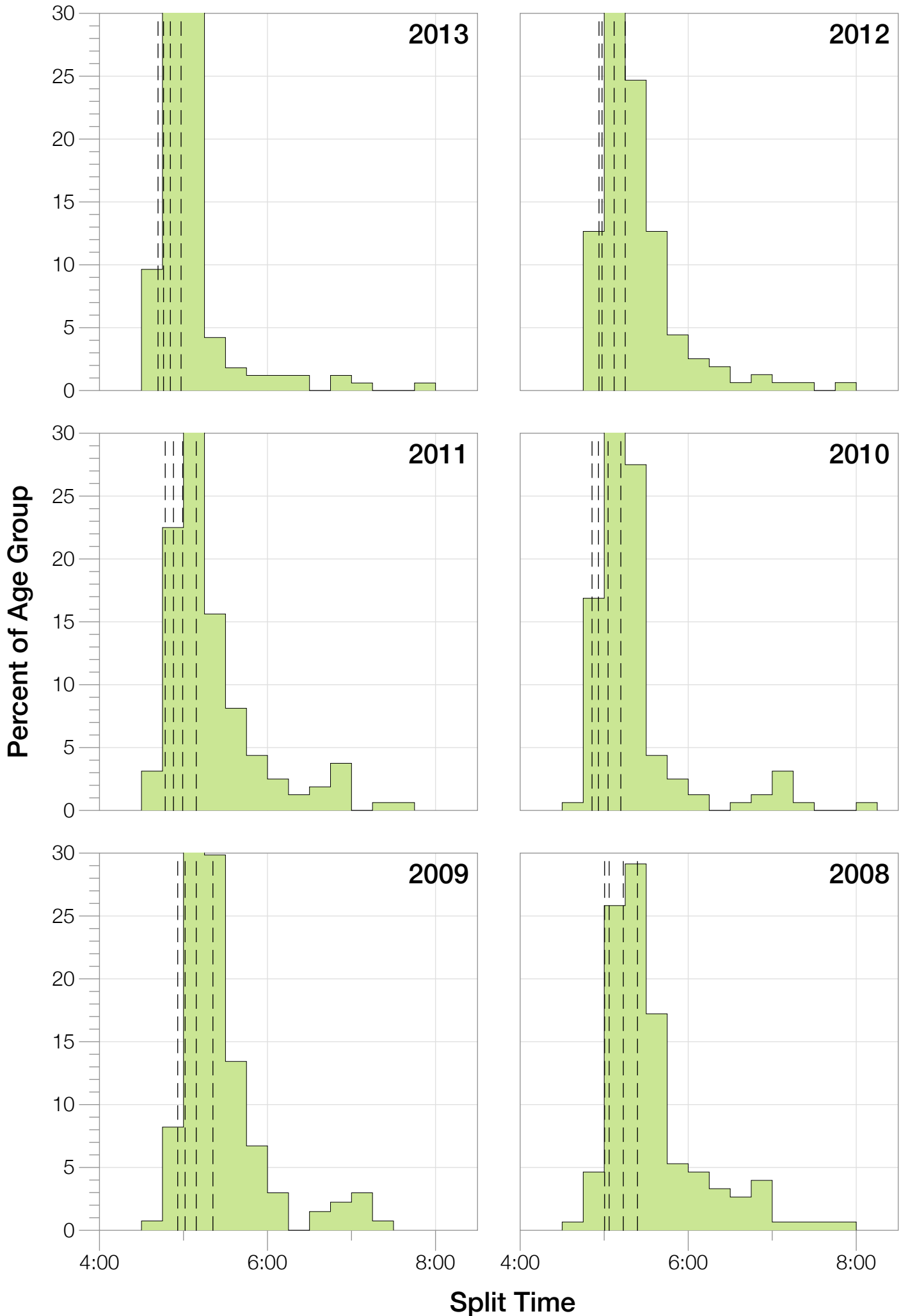
M30-34 Swim



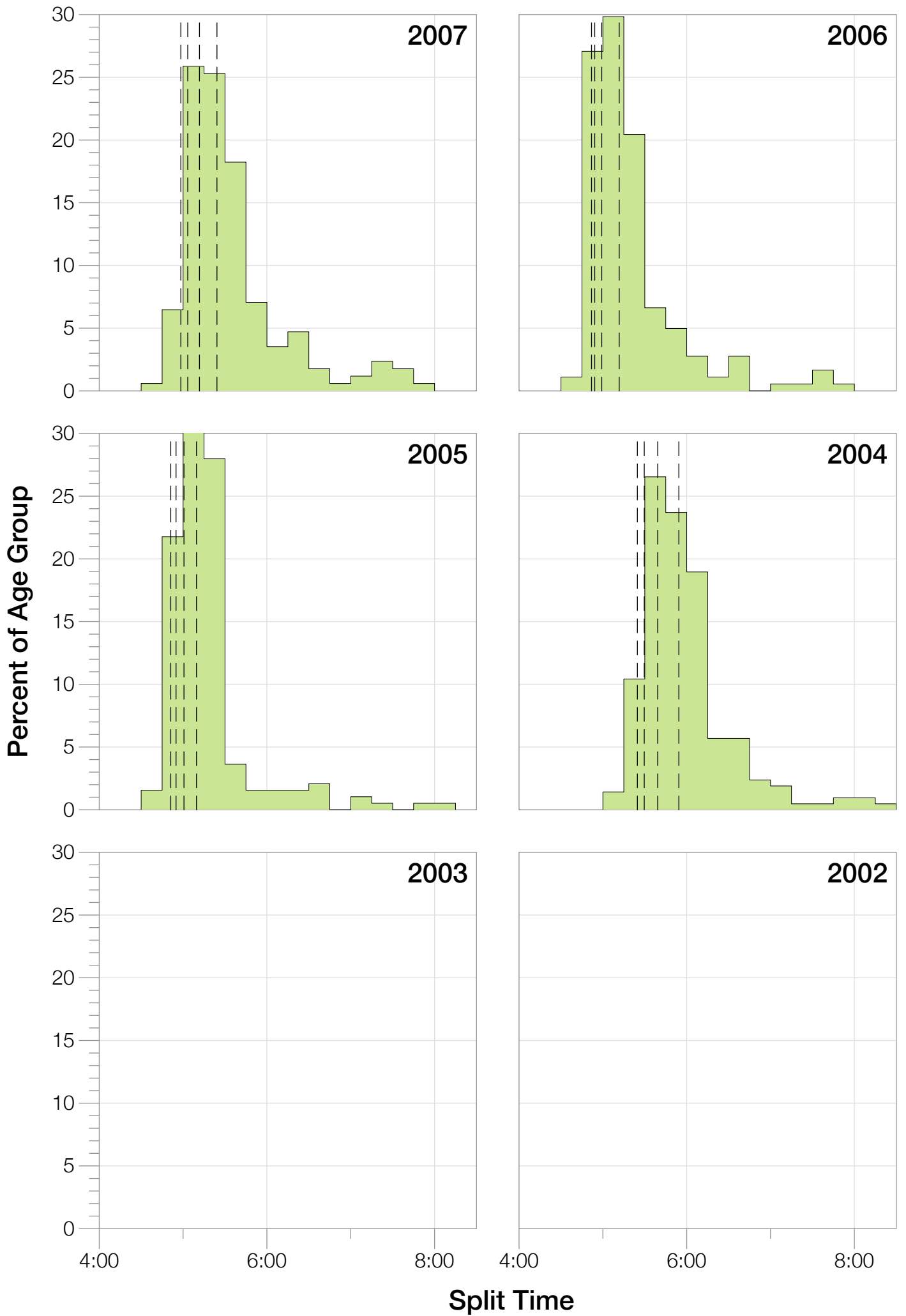
M30-34 Swim



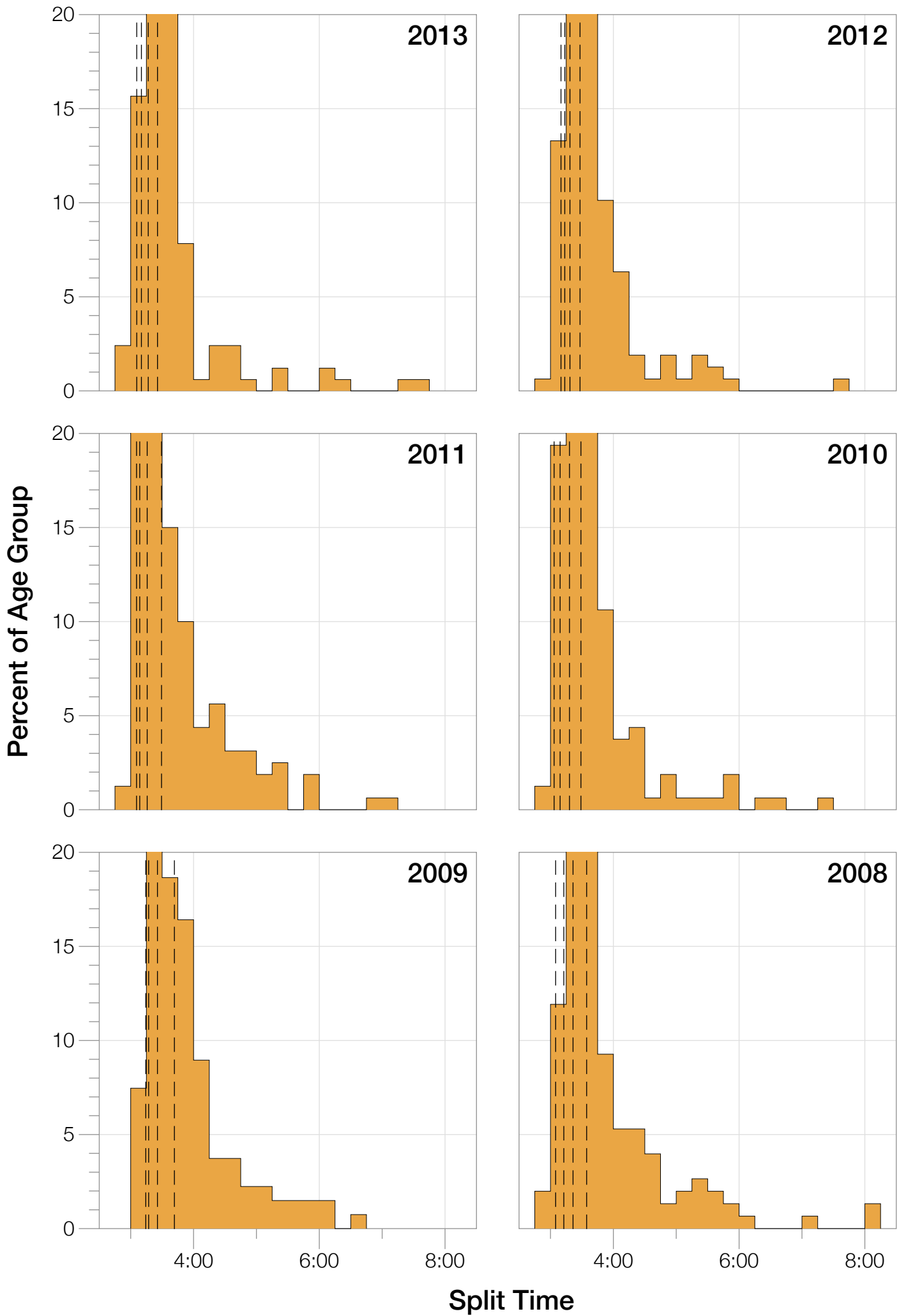
M30-34 Bike



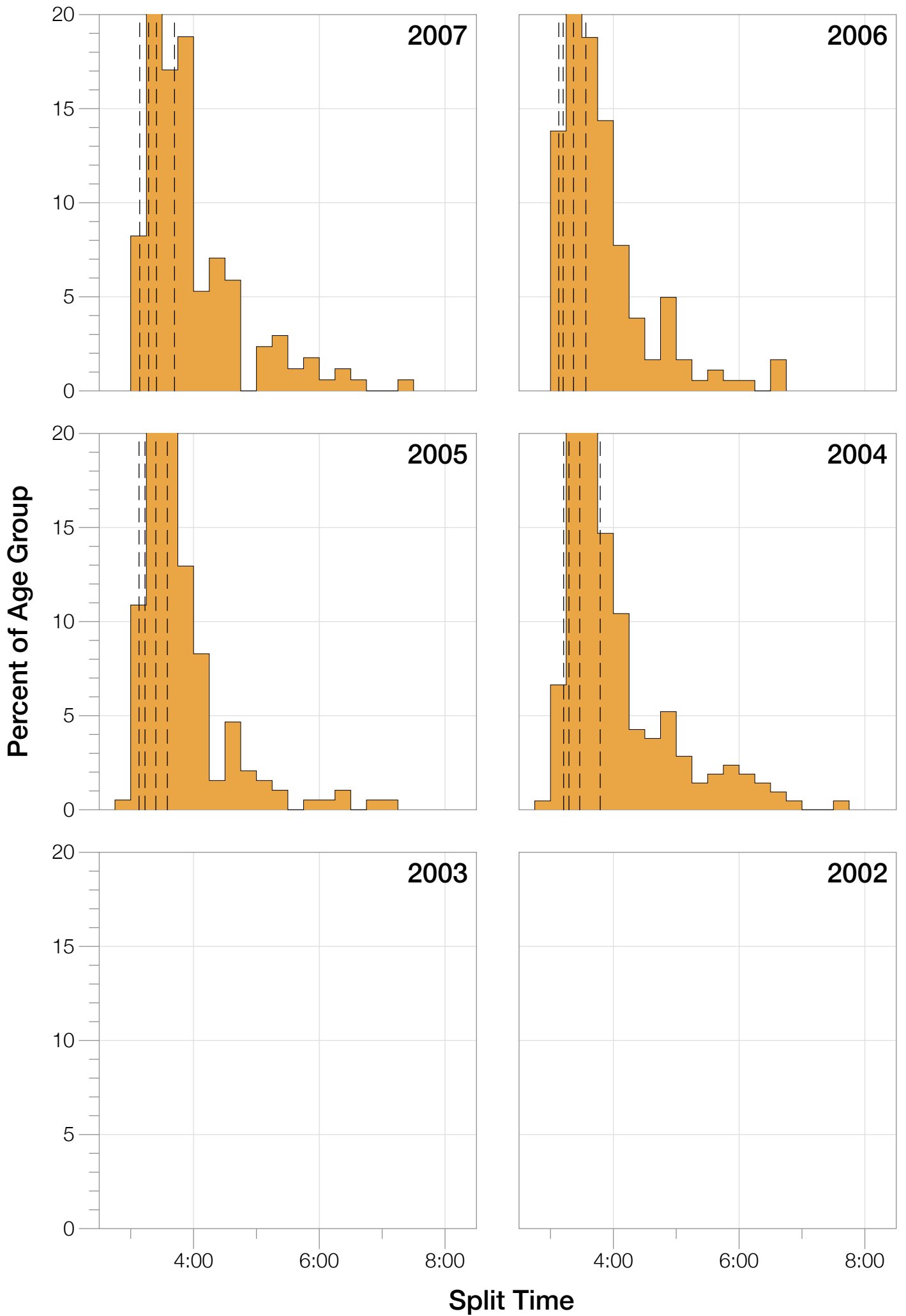
M30-34 Bike



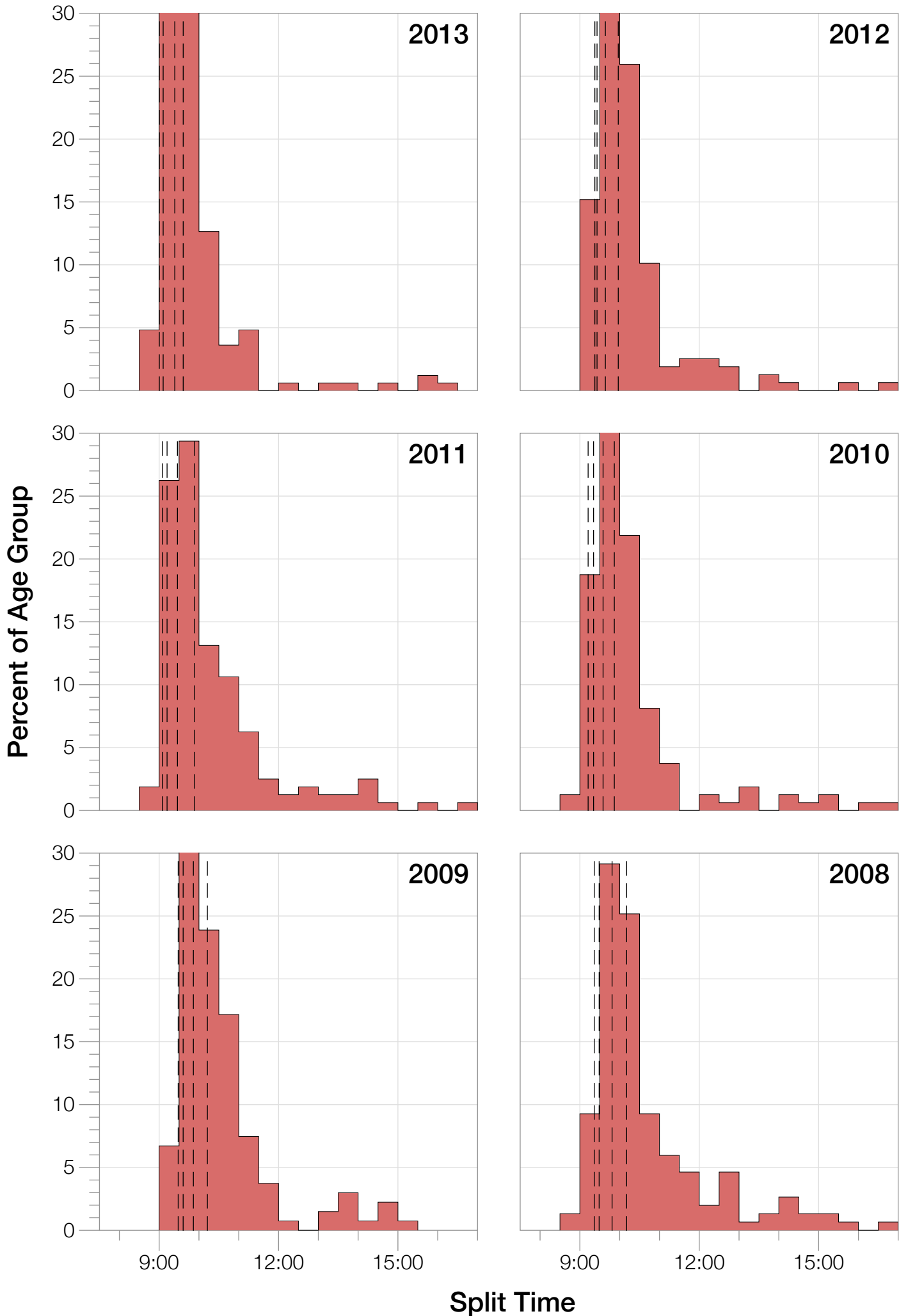
M30-34 Run



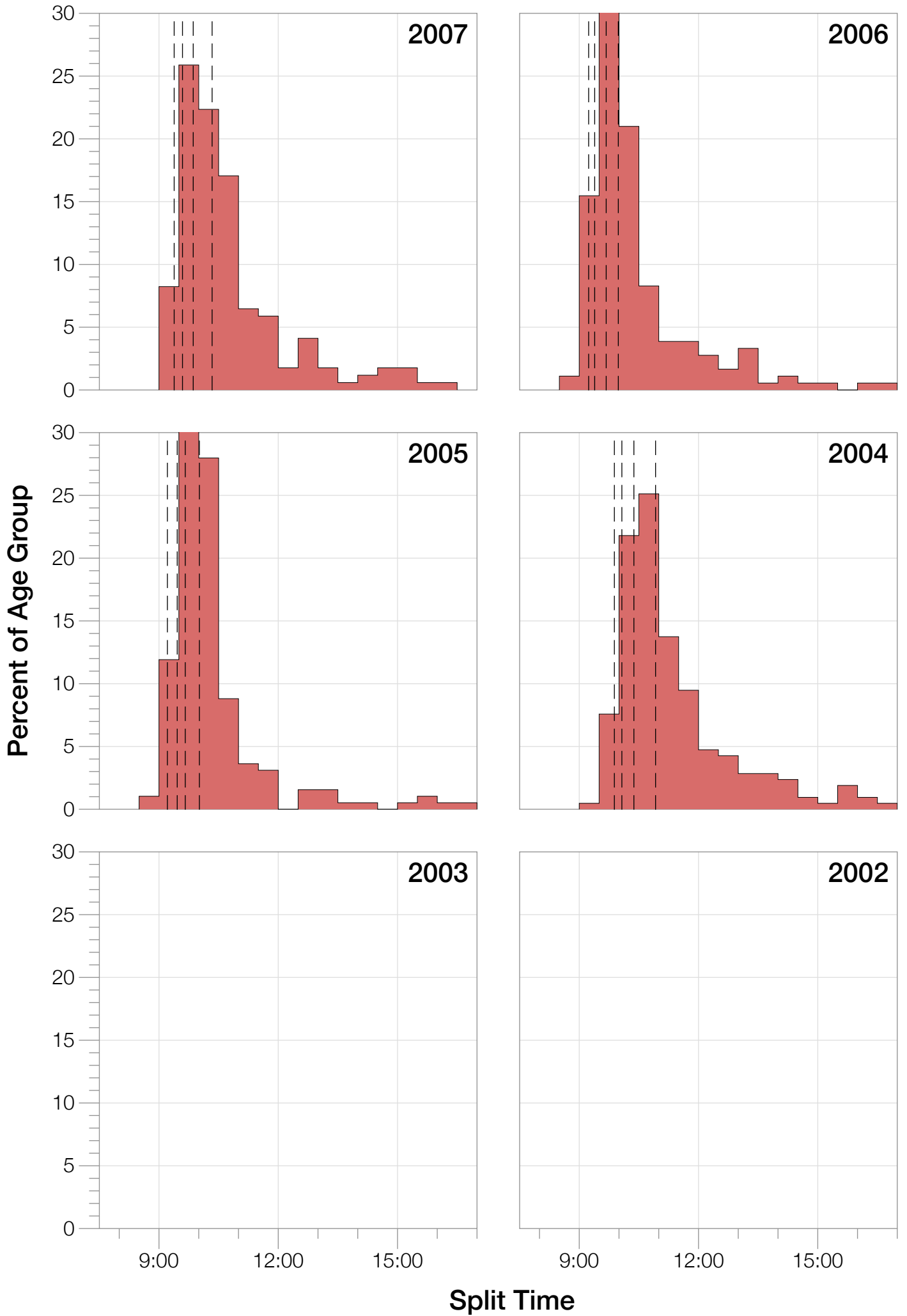
M30-34 Run



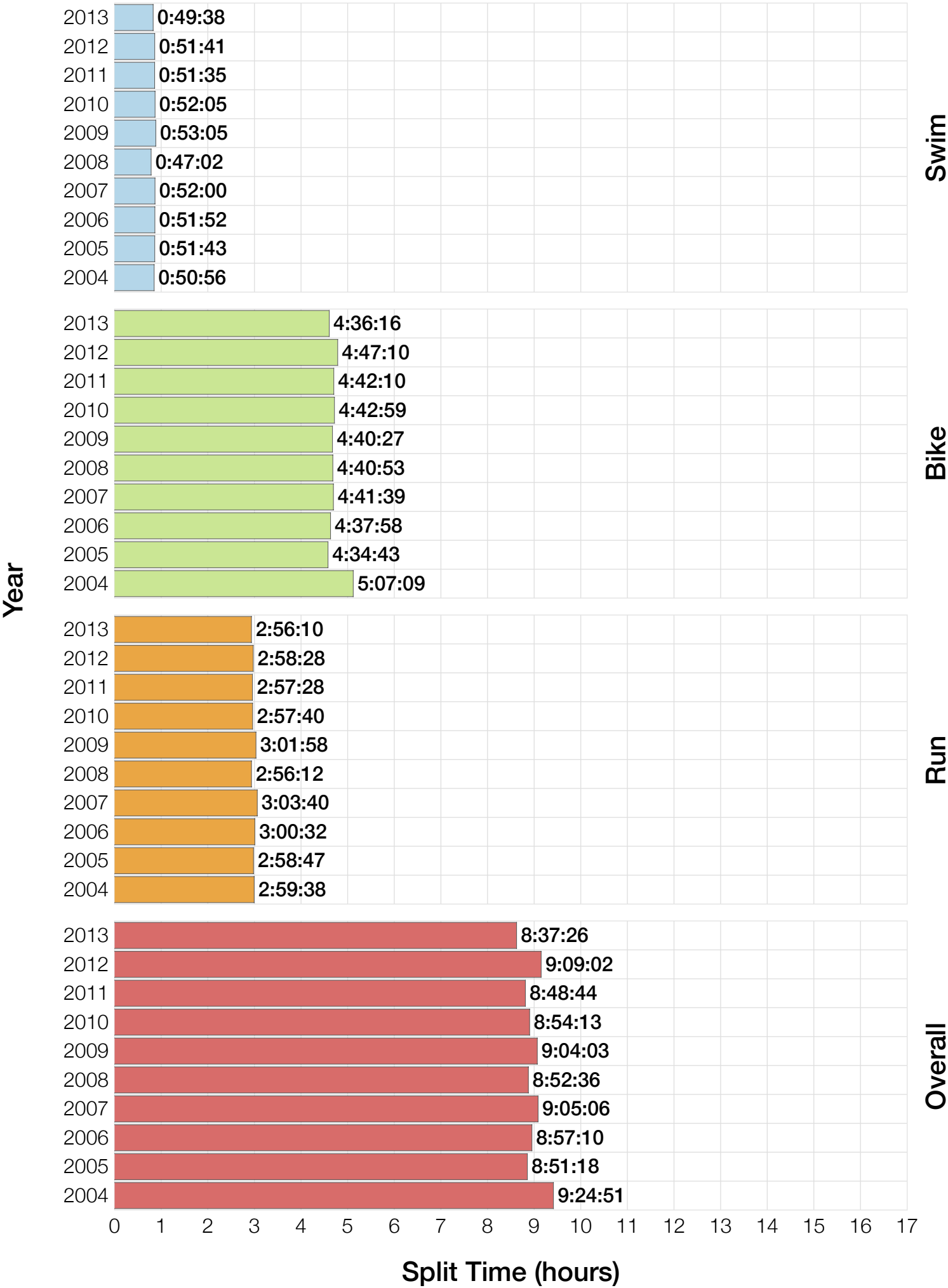
M30-34 Overall



M30-34 Overall



M30-34 Fastest Splits



M30-34 Median Splits

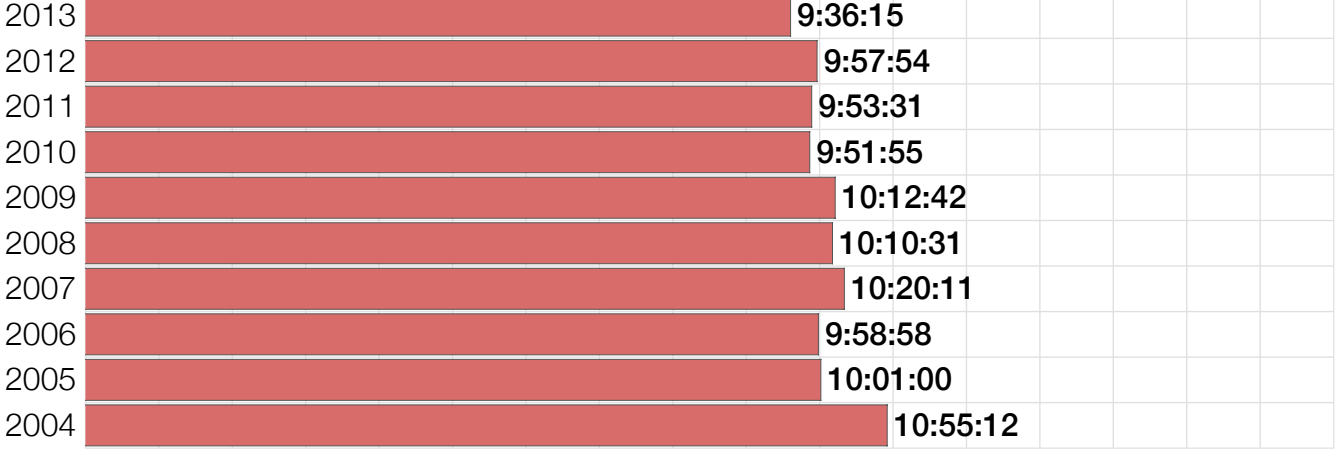
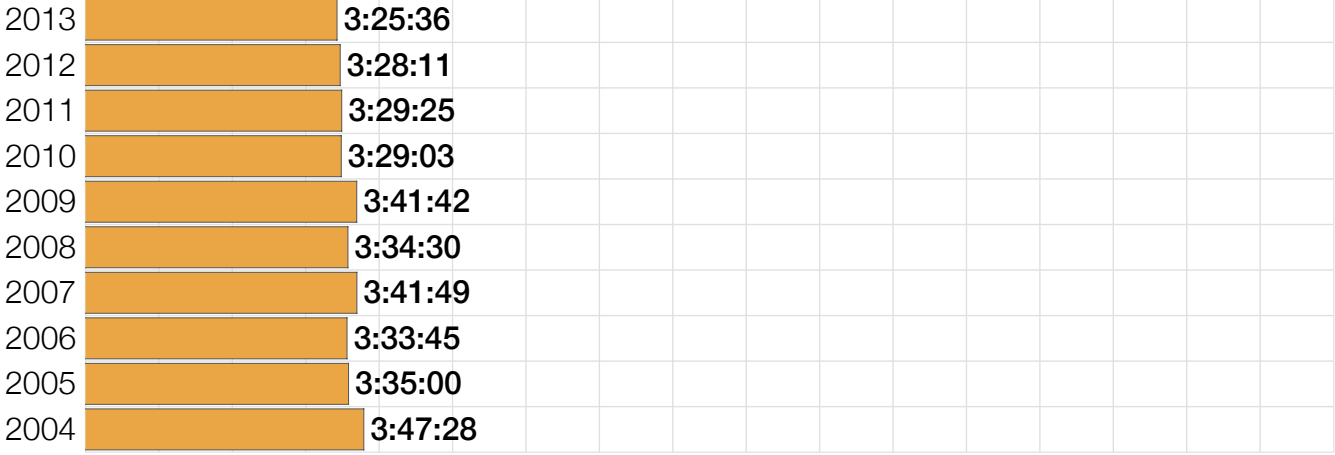
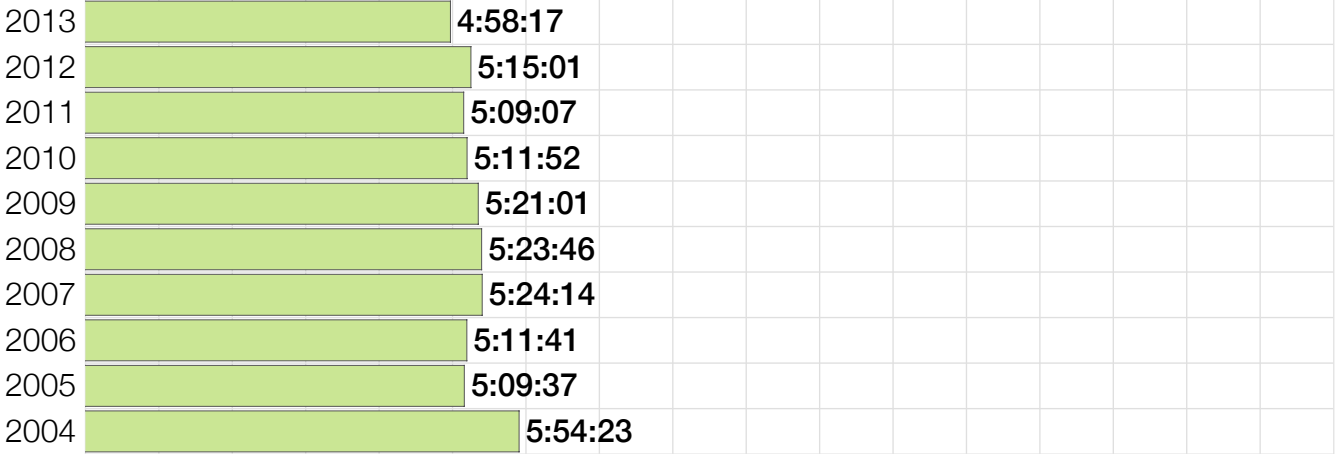
Year

Swim

Bike

Run

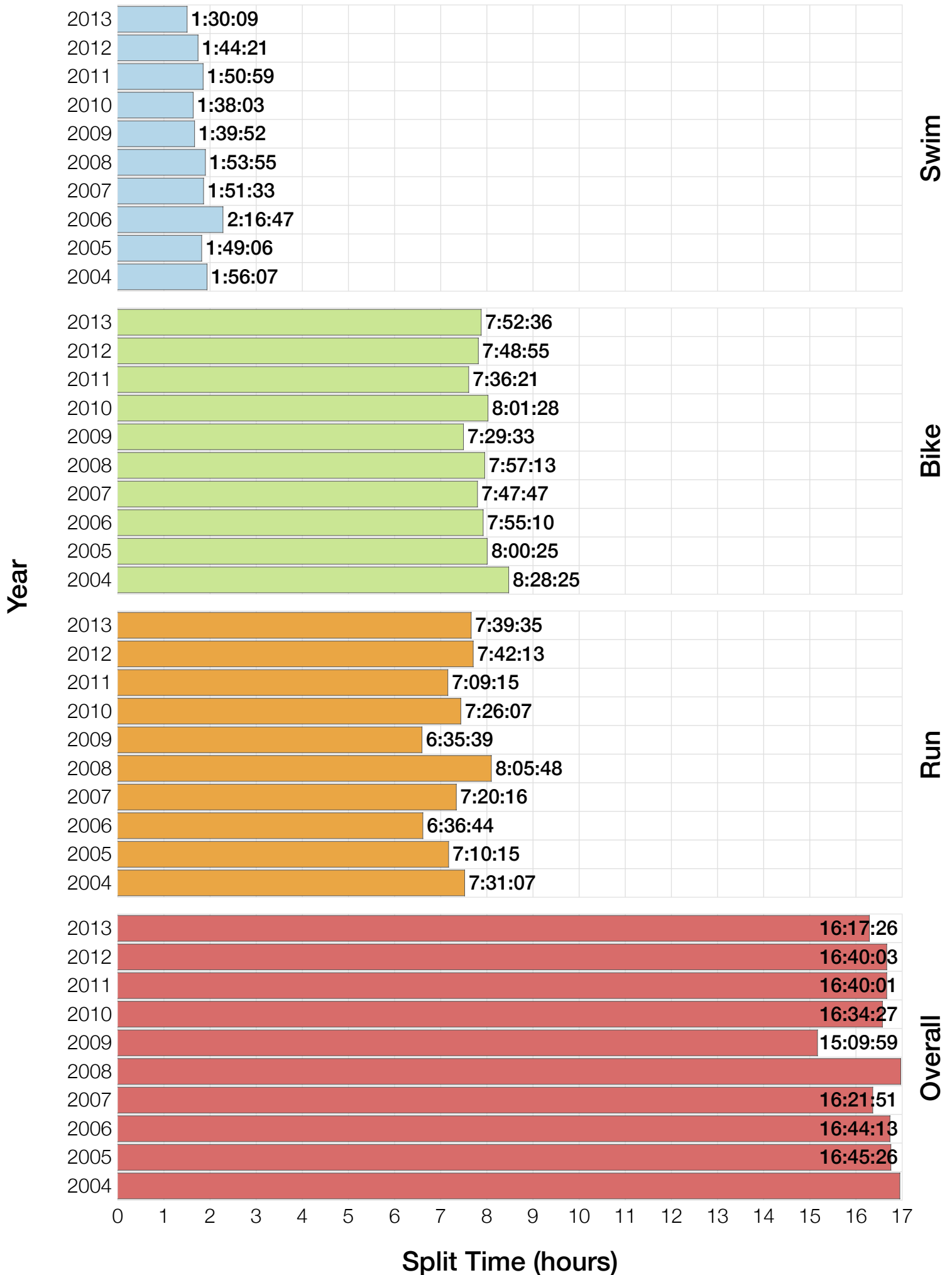
Overall



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

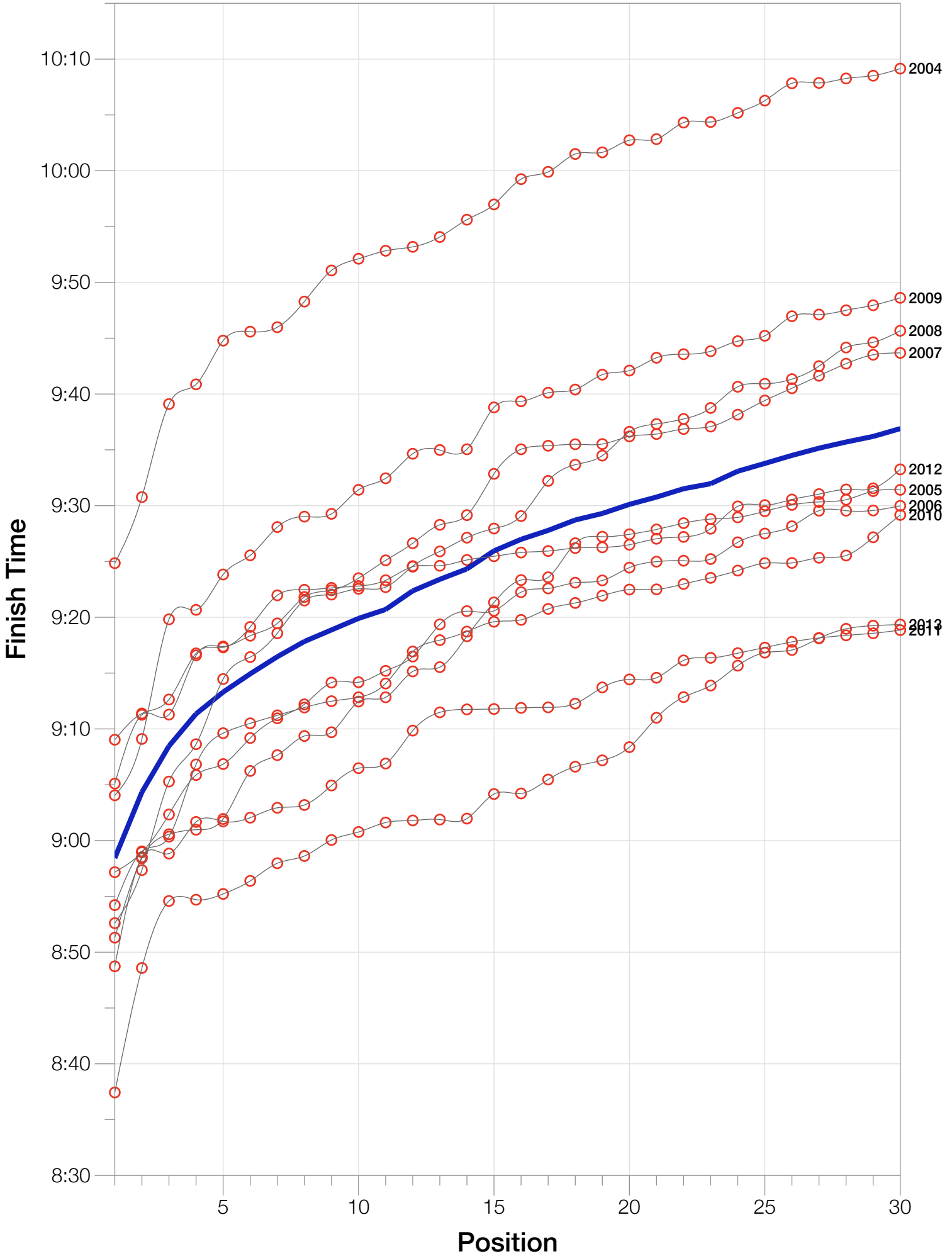
Split Time (hours)

M30-34 Slowest Splits



M30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M30-34 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	0:59:24	4:48:47	3:05:08	8:58:26
Average 2nd Age Grouper	1:00:30	4:54:15	3:03:43	9:04:20
Average 3rd Age Grouper	0:57:48	4:56:02	3:09:06	9:08:28
Average 4th Age Grouper	1:00:55	4:58:35	3:06:24	9:11:21
Average 5th Age Grouper	1:02:07	4:55:47	3:09:20	9:13:18
Average 6th Age Grouper	1:00:06	4:56:27	3:12:55	9:14:56
Average 7th Age Grouper	1:01:34	4:58:51	3:09:24	9:16:28
Average 8th Age Grouper	1:00:11	5:02:22	3:09:51	9:17:50
Average 9th Age Grouper	1:01:52	4:59:40	3:11:20	9:18:52
Average 10th Age Grouper	0:59:27	5:02:21	3:11:57	9:19:54
Kona Qualifier Average	0:59:24	4:48:47	3:05:08	8:58:26
Top 10 Age Grouper Average	1:00:23	4:57:19	3:08:55	9:12:23

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	0:56:09	4:40:07	2:56:50	8:37:26
2nd Age Grouper	1:01:04	4:45:52	2:57:04	8:48:35
3rd Age Grouper	1:06:11	4:46:21	2:56:10	8:54:35
4th Age Grouper	1:06:14	4:36:56	3:05:35	8:54:42
5th Age Grouper	1:00:55	4:41:22	3:05:32	8:55:13
6th Age Grouper	1:01:57	4:45:39	3:04:07	8:56:23
7th Age Grouper	1:04:19	4:41:34	3:07:40	8:57:58
8th Age Grouper	0:56:46	4:48:39	3:06:54	8:58:37
9th Age Grouper	0:57:27	4:40:52	3:16:12	9:00:03
10th Age Grouper	0:59:36	4:43:38	3:12:52	9:00:46
Kona Qualifier Average	0:56:09	4:40:07	2:56:50	8:37:26
Top 10 Age Grouper Average	1:01:03	4:43:06	3:04:53	8:54:25

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	0:59:12	4:53:52	3:10:32	9:09:02
2nd Age Grouper	1:07:04	4:53:07	3:04:32	9:11:23
3rd Age Grouper	1:00:02	5:08:43	2:58:28	9:12:38
4th Age Grouper	0:56:51	5:04:59	3:09:24	9:16:46
5th Age Grouper	1:07:16	4:55:37	3:08:31	9:17:18
6th Age Grouper	1:02:42	4:57:14	3:13:49	9:19:08
7th Age Grouper	1:01:44	4:58:35	3:16:18	9:21:58
8th Age Grouper	0:54:27	5:08:43	3:14:02	9:22:28
9th Age Grouper	1:01:22	5:03:15	3:12:32	9:22:38
10th Age Grouper	1:04:51	4:56:29	3:15:58	9:22:48
Kona Qualifier Average	0:59:12	4:53:52	3:10:32	9:09:02
Top 10 Age Grouper Average	1:01:33	5:00:03	3:10:24	9:17:36

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	0:54:42	4:51:06	2:58:33	8:48:44
2nd Age Grouper	0:59:09	4:47:38	3:05:38	8:58:31
3rd Age Grouper	0:57:16	4:44:50	3:11:20	8:58:50
4th Age Grouper	1:00:49	4:46:58	3:07:46	9:01:40
5th Age Grouper	1:02:32	4:46:23	3:07:17	9:01:43
6th Age Grouper	0:53:13	4:54:17	3:09:25	9:02:03
7th Age Grouper	0:57:23	4:56:43	3:03:42	9:02:56
8th Age Grouper	0:59:18	4:46:44	3:12:05	9:03:11
9th Age Grouper	1:01:00	5:00:34	2:57:28	9:04:56
10th Age Grouper	0:57:24	4:55:52	3:07:33	9:06:29
Kona Qualifier Average	0:54:42	4:51:06	2:58:33	8:48:44
Top 10 Age Grouper Average	0:58:16	4:51:06	3:06:04	9:00:54

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	0:54:55	4:53:54	3:00:16	8:54:13
2nd Age Grouper	1:02:17	4:50:39	3:01:12	8:59:02
3rd Age Grouper	1:00:15	4:48:30	3:05:16	9:00:21
4th Age Grouper	0:54:20	5:08:30	2:57:40	9:06:49
5th Age Grouper	0:59:38	4:56:54	3:04:16	9:09:37
6th Age Grouper	1:01:34	4:51:43	3:11:17	9:10:30
7th Age Grouper	0:56:16	4:55:49	3:14:31	9:11:13
8th Age Grouper	1:00:06	5:06:03	3:00:03	9:11:55
9th Age Grouper	1:01:42	5:01:05	3:03:30	9:12:29
10th Age Grouper	1:03:39	5:02:22	3:00:40	9:12:50
Kona Qualifier Average	0:54:55	4:53:54	3:00:16	8:54:13
Top 10 Age Grouper Average	0:59:28	4:57:32	3:03:52	9:06:53

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	0:57:15	4:40:27	3:21:12	9:04:03
2nd Age Grouper	1:01:45	5:01:07	3:01:58	9:09:06
3rd Age Grouper	0:56:50	4:52:31	3:24:14	9:19:49
4th Age Grouper	0:56:11	5:03:47	3:15:51	9:20:40
5th Age Grouper	0:53:05	5:07:33	3:17:08	9:23:50
6th Age Grouper	0:59:49	4:57:31	3:21:36	9:25:33
7th Age Grouper	1:06:32	4:56:44	3:17:59	9:28:05
8th Age Grouper	1:08:18	5:01:15	3:13:43	9:29:01
9th Age Grouper	1:07:17	4:55:05	3:19:16	9:29:16
10th Age Grouper	1:02:09	5:13:08	3:09:55	9:31:25
Kona Qualifier Average	0:57:15	4:40:27	3:21:12	9:04:03
Top 10 Age Grouper Average	1:00:55	4:58:54	3:16:17	9:22:04

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	0:55:18	4:50:16	3:02:24	8:52:36
2nd Age Grouper	0:53:32	5:03:14	2:56:12	8:57:21
3rd Age Grouper	0:58:04	4:40:53	3:21:35	9:05:17
4th Age Grouper	0:53:25	5:05:04	3:04:41	9:08:38
5th Age Grouper	0:58:56	5:09:08	3:02:11	9:14:28
6th Age Grouper	0:57:21	4:47:09	3:26:53	9:16:26
7th Age Grouper	0:59:02	5:06:22	3:06:36	9:18:34
8th Age Grouper	1:05:45	5:11:13	2:58:23	9:21:30
9th Age Grouper	1:04:17	4:56:39	3:15:37	9:22:02
10th Age Grouper	0:47:02	5:15:03	3:13:50	9:22:33
Kona Qualifier Average	0:55:18	4:50:16	3:02:24	8:52:36
Top 10 Age Grouper Average	0:57:16	5:00:30	3:08:50	9:11:56

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	0:56:28	4:58:20	3:05:18	9:05:06
2nd Age Grouper	1:04:24	4:41:39	3:17:38	9:11:16
3rd Age Grouper	0:53:38	5:04:33	3:08:31	9:11:17
4th Age Grouper	1:05:29	5:01:07	3:04:39	9:16:35
5th Age Grouper	0:56:57	4:50:55	3:24:08	9:17:23
6th Age Grouper	0:59:16	4:55:51	3:17:20	9:18:21
7th Age Grouper	1:04:20	5:00:12	3:06:30	9:19:27
8th Age Grouper	0:53:36	5:19:39	3:03:40	9:21:49
9th Age Grouper	0:58:59	5:03:20	3:14:24	9:22:25
10th Age Grouper	0:59:53	4:53:42	3:24:34	9:23:30
Kona Qualifier Average	0:56:28	4:58:20	3:05:18	9:05:06
Top 10 Age Grouper Average	0:59:18	4:58:55	3:12:40	9:16:42

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	1:06:58	4:37:58	3:06:22	8:57:10
2nd Age Grouper	0:54:47	4:58:24	3:00:32	8:58:57
3rd Age Grouper	0:57:24	4:49:58	3:10:34	9:02:20
4th Age Grouper	1:00:14	4:52:12	3:07:55	9:05:52
5th Age Grouper	1:06:23	4:51:03	3:03:41	9:06:51
6th Age Grouper	0:59:55	4:53:34	3:10:02	9:09:11
7th Age Grouper	1:05:18	4:54:40	3:01:57	9:10:57
8th Age Grouper	1:02:00	4:47:56	3:17:41	9:12:12
9th Age Grouper	1:03:22	4:53:55	3:10:35	9:14:09
10th Age Grouper	0:53:20	4:59:31	3:16:06	9:14:11
Kona Qualifier Average	1:06:58	4:37:58	3:06:22	8:57:10
Top 10 Age Grouper Average	1:00:58	4:51:55	3:08:32	9:07:11

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	1:03:05	4:34:43	3:07:46	8:51:18
2nd Age Grouper	0:57:28	4:47:26	3:08:28	8:58:25
3rd Age Grouper	0:53:27	4:57:23	3:04:39	9:00:34
4th Age Grouper	1:04:30	4:48:48	3:03:12	9:00:58
5th Age Grouper	1:07:47	4:41:59	3:07:58	9:01:56
6th Age Grouper	1:01:29	4:54:15	3:04:52	9:06:14
7th Age Grouper	0:57:06	4:53:24	3:12:13	9:07:39
8th Age Grouper	0:59:55	4:51:24	3:12:03	9:09:22
9th Age Grouper	1:01:55	4:54:57	3:06:58	9:09:42
10th Age Grouper	1:02:43	4:55:01	3:06:36	9:12:27
Kona Qualifier Average	1:03:05	4:34:43	3:07:46	8:51:18
Top 10 Age Grouper Average	1:00:56	4:49:56	3:07:28	9:03:51

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	1:10:01	5:07:09	3:02:08	9:24:51
2nd Age Grouper	1:03:33	5:13:29	3:04:00	9:30:46
3rd Age Grouper	0:55:01	5:26:46	3:10:19	9:39:06
4th Age Grouper	1:11:10	5:17:35	3:07:18	9:40:52
5th Age Grouper	1:07:50	5:16:58	3:12:46	9:44:47
6th Age Grouper	1:03:44	5:27:23	3:09:56	9:45:35
7th Age Grouper	1:03:49	5:24:30	3:06:43	9:45:59
8th Age Grouper	1:01:40	5:22:05	3:19:58	9:48:17
9th Age Grouper	1:01:22	5:27:07	3:16:49	9:51:04
10th Age Grouper	1:04:01	5:28:51	3:11:34	9:52:07
Kona Qualifier Average	1:10:01	5:07:09	3:02:08	9:24:51
Top 10 Age Grouper Average	1:04:13	5:21:11	3:10:09	9:42:20