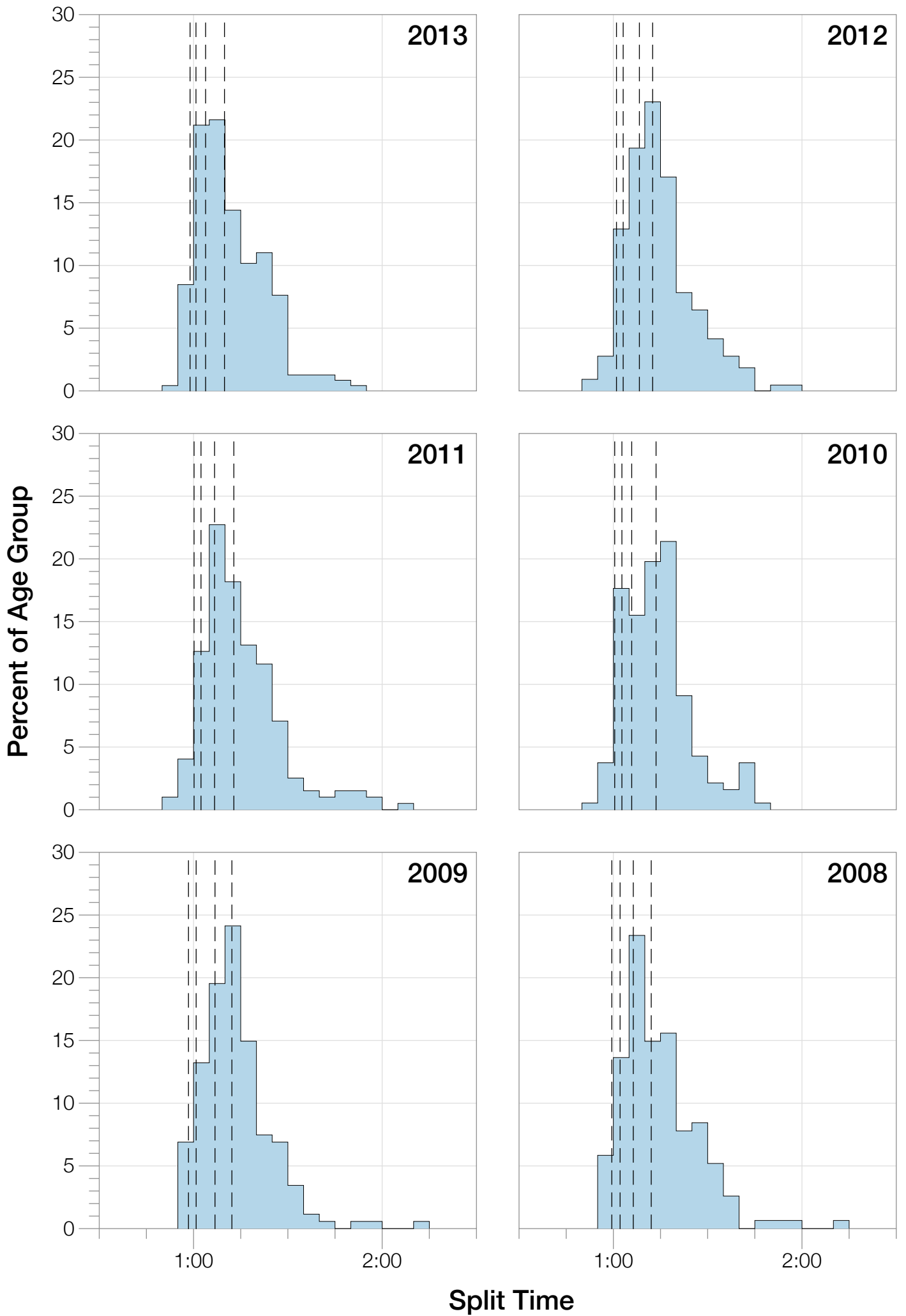


Ironman World Championship M45-49 Stats

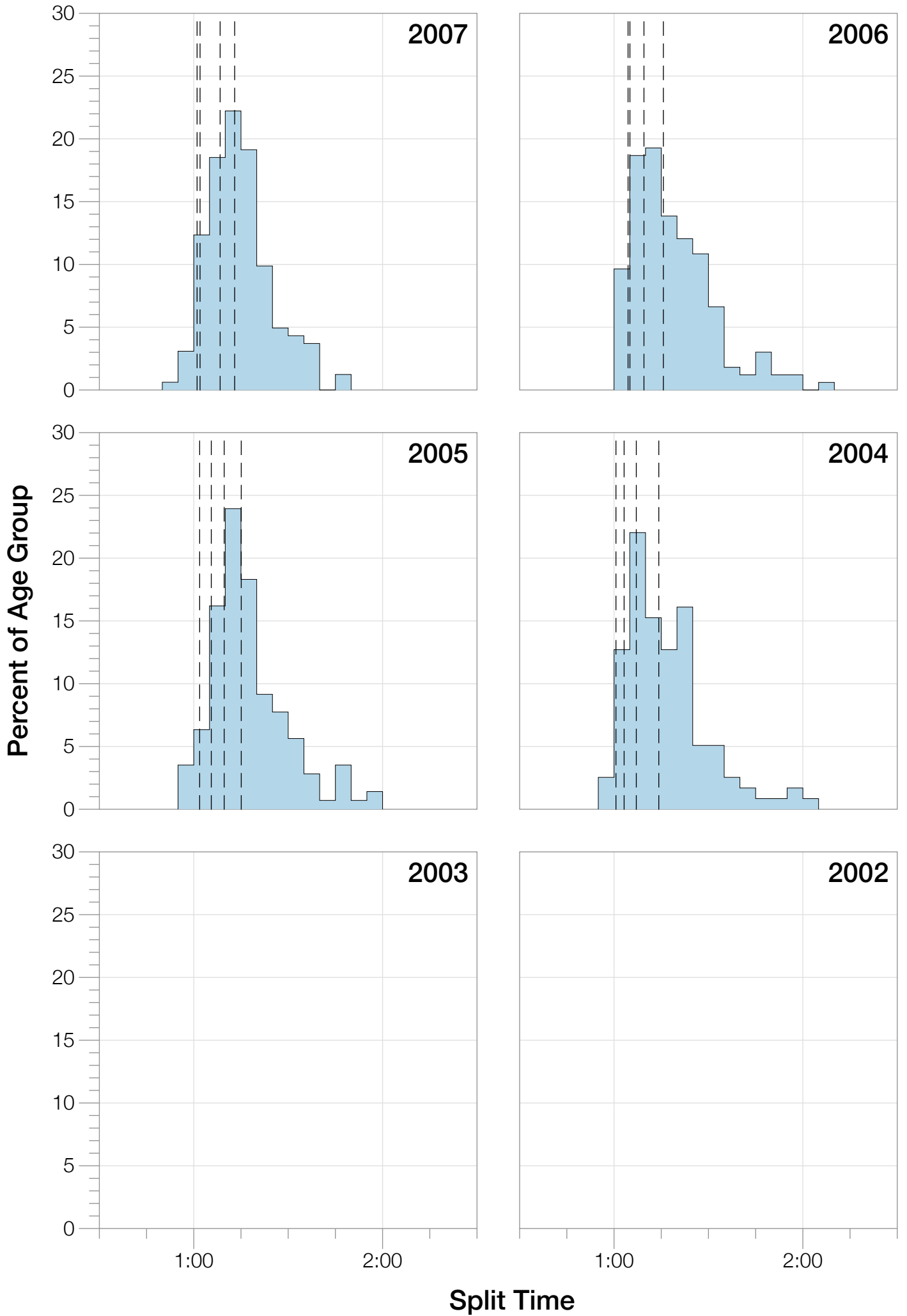
M45-49 Summary Statistics

Year	Finishers	M45-49 Finishers	Male Winner's Time	Female Winner's Time	M45-49 Winner's Time
2004	1578	118	8:33:29	9:50:04	9:49:42
2005	1688	142	8:14:17	9:09:30	9:11:56
2006	1624	166	8:11:56	9:18:31	9:14:15
2007	1684	162	8:15:34	9:08:45	9:19:02
2008	1637	154	8:17:45	9:06:23	9:33:06
2009	1652	174	8:20:21	8:54:02	9:11:24
2010	1770	187	8:10:37	8:58:36	9:18:21
2011	1774	198	8:03:56	8:55:08	9:12:43
2012	1887	217	8:18:37	9:15:54	9:17:22
2013	1976	237	8:12:29	8:52:14	9:02:51
Average	1727	176	8:15:54	9:08:54	9:19:04

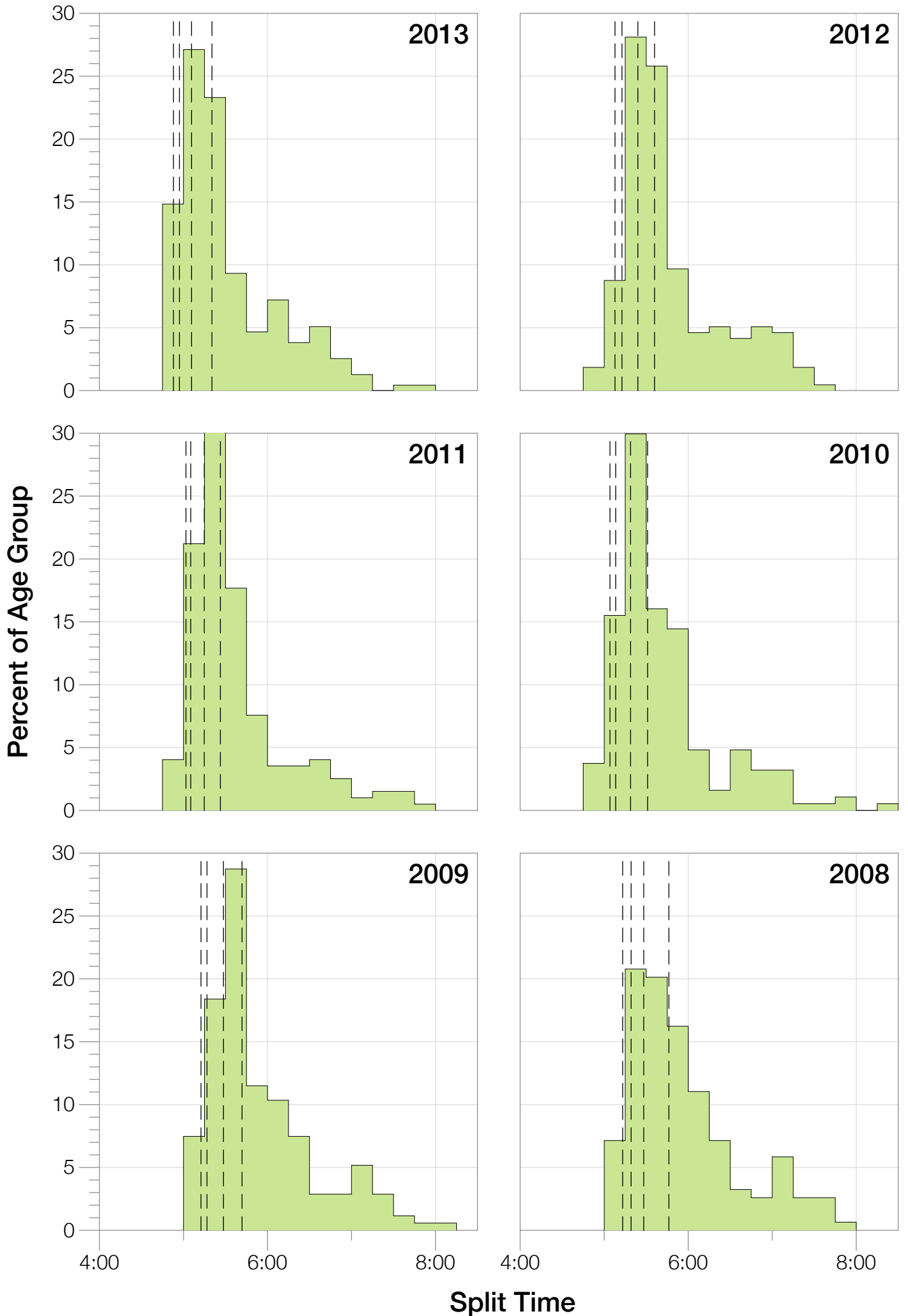
M45-49 Swim



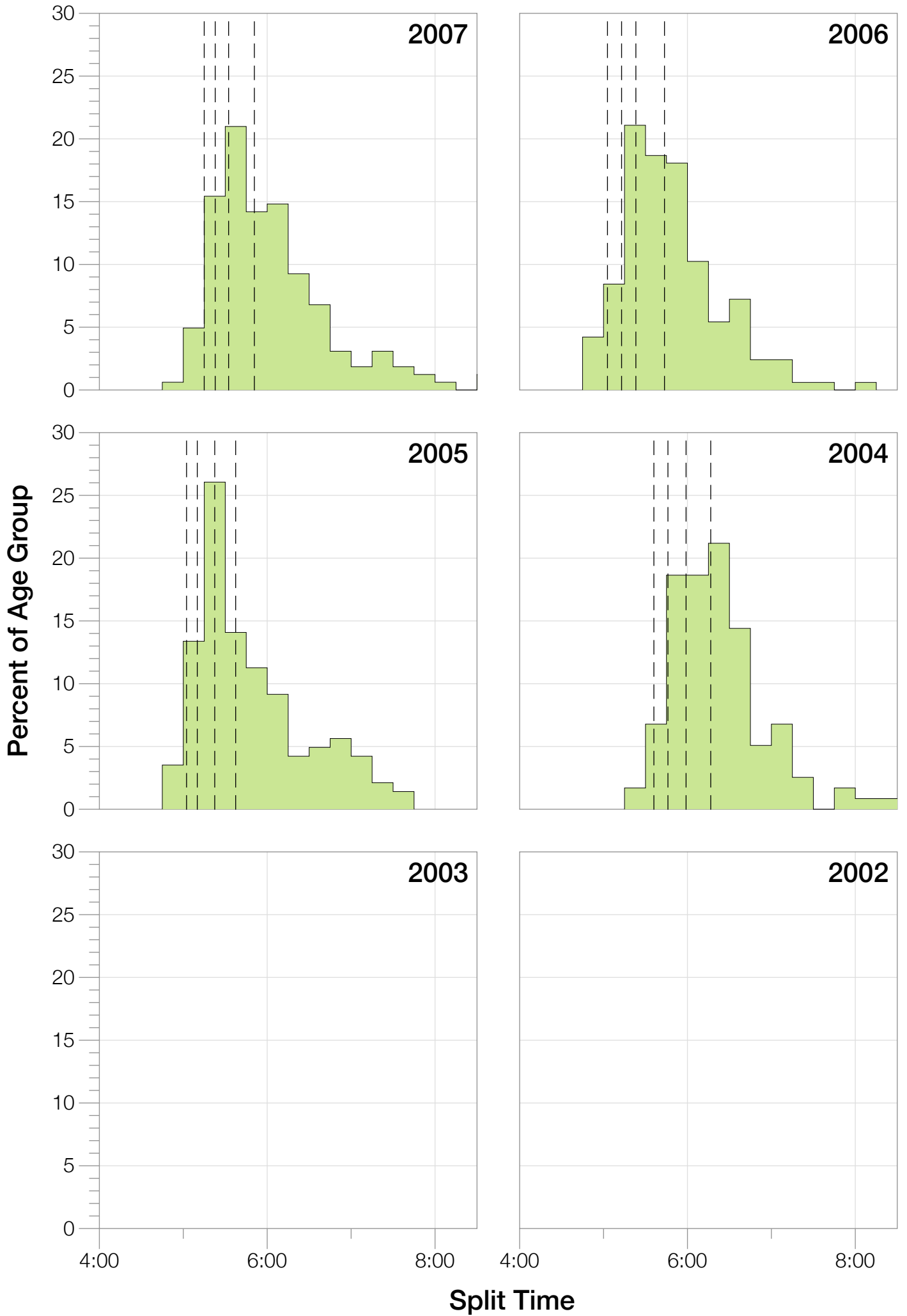
M45-49 Swim



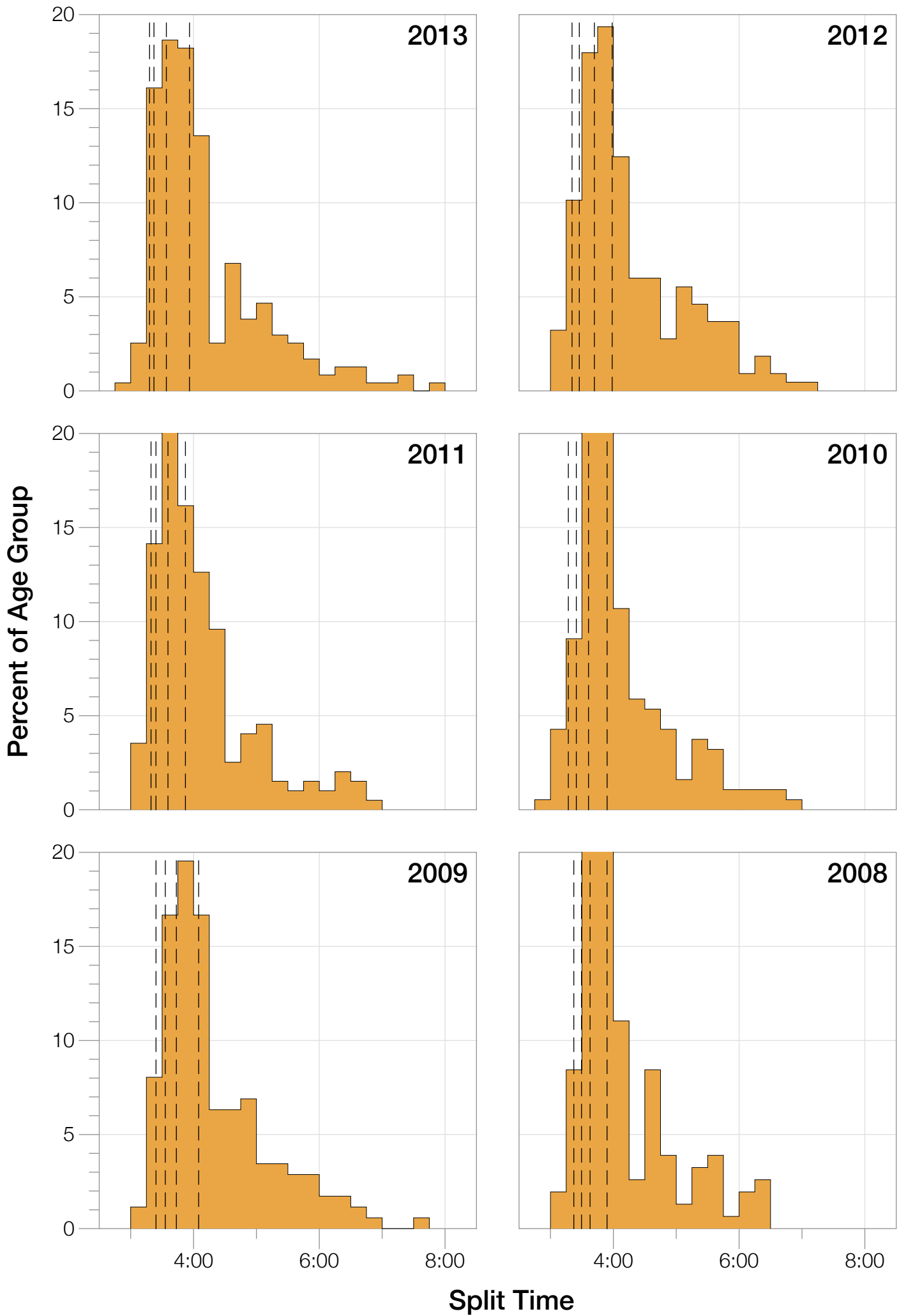
M45-49 Bike



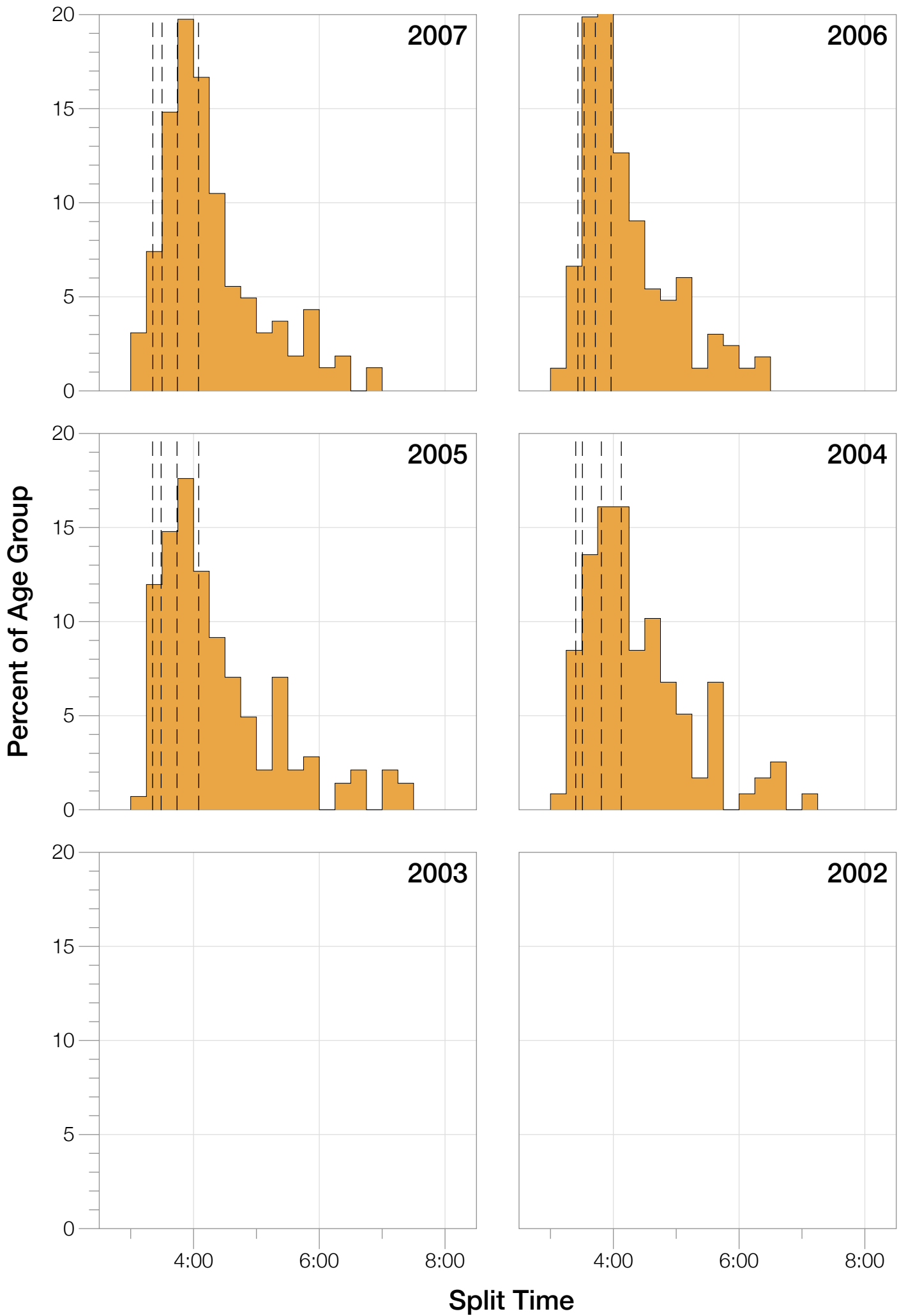
M45-49 Bike



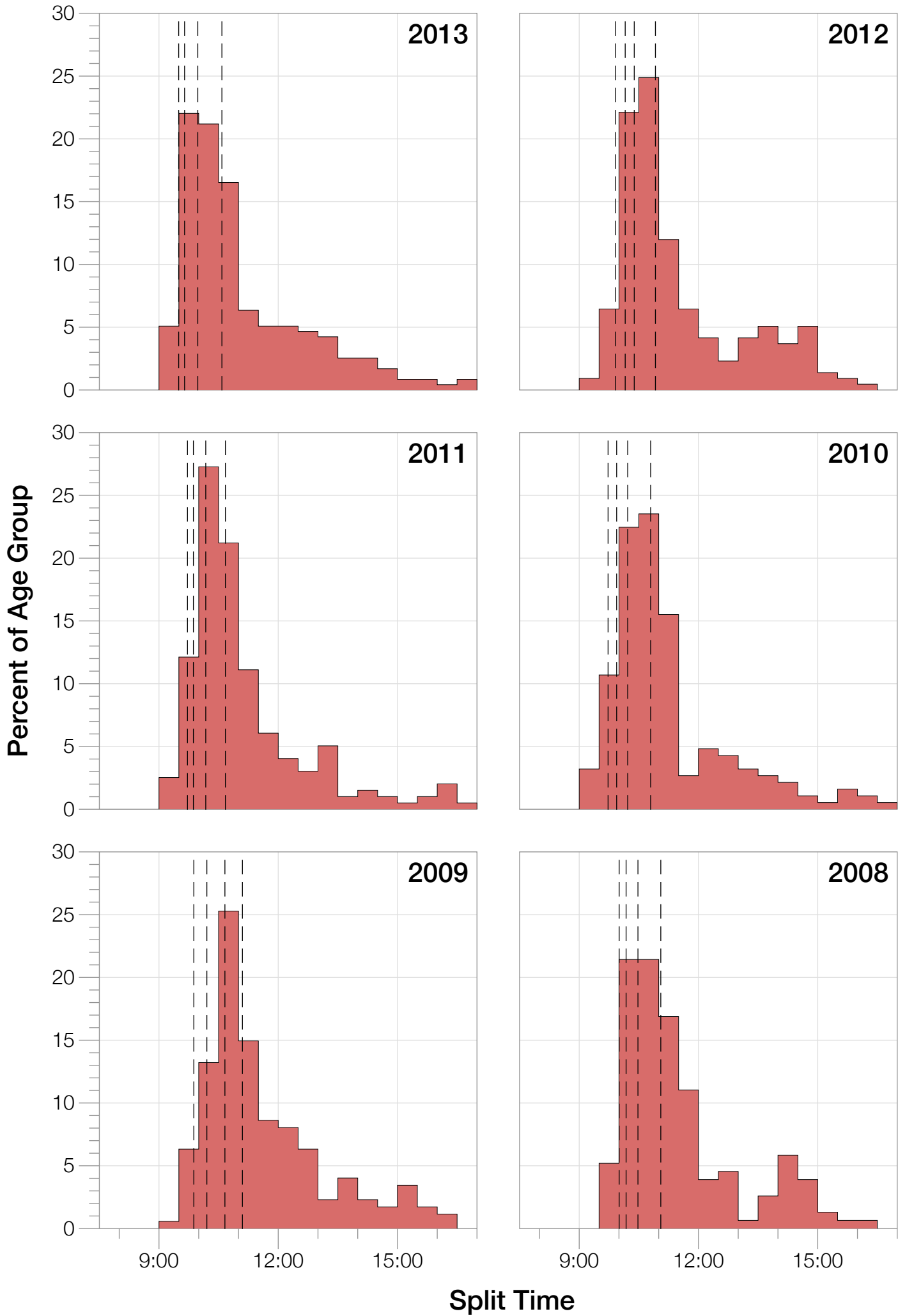
M45-49 Run



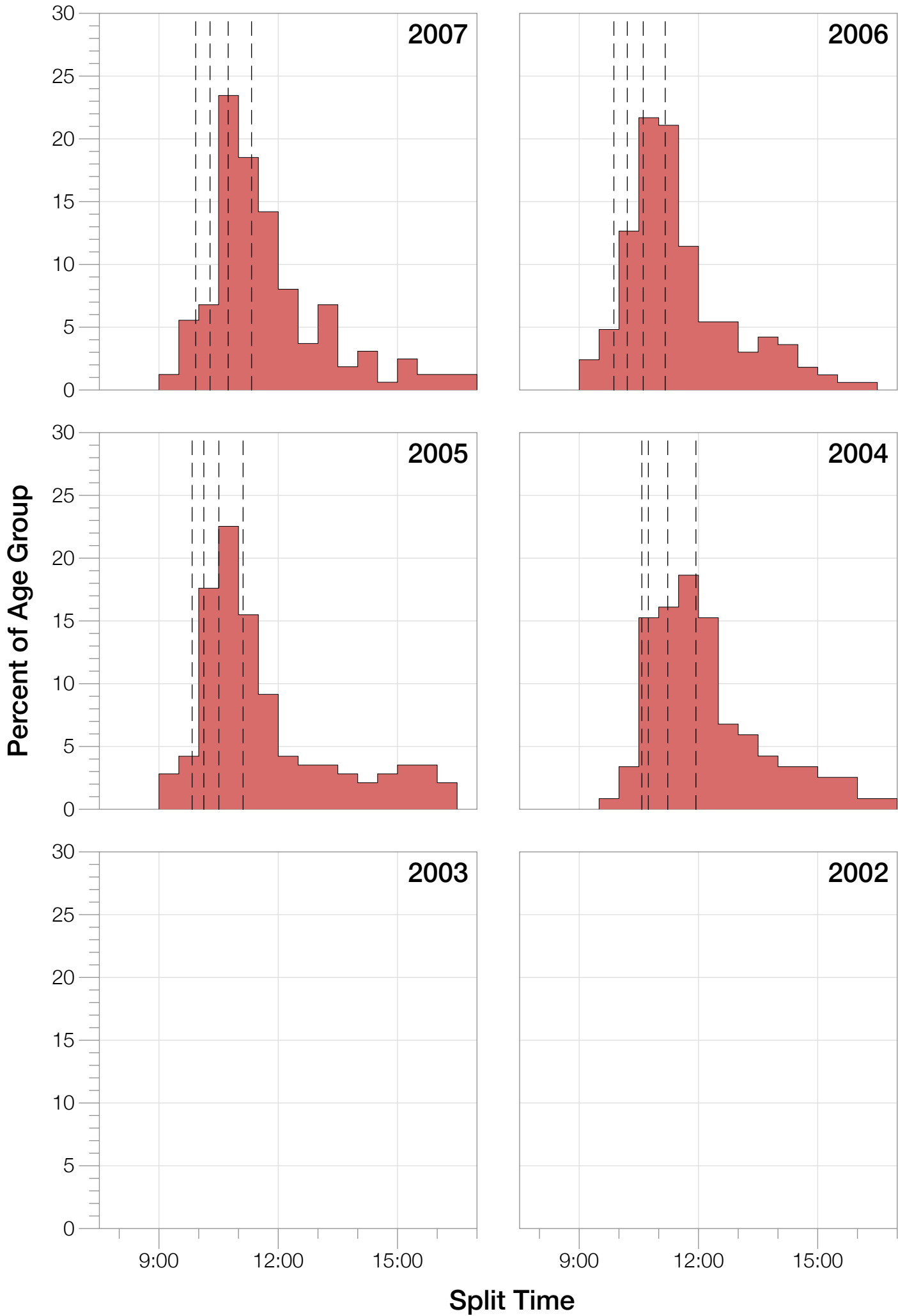
M45-49 Run



M45-49 Overall



M45-49 Overall



M45-49 Fastest Splits

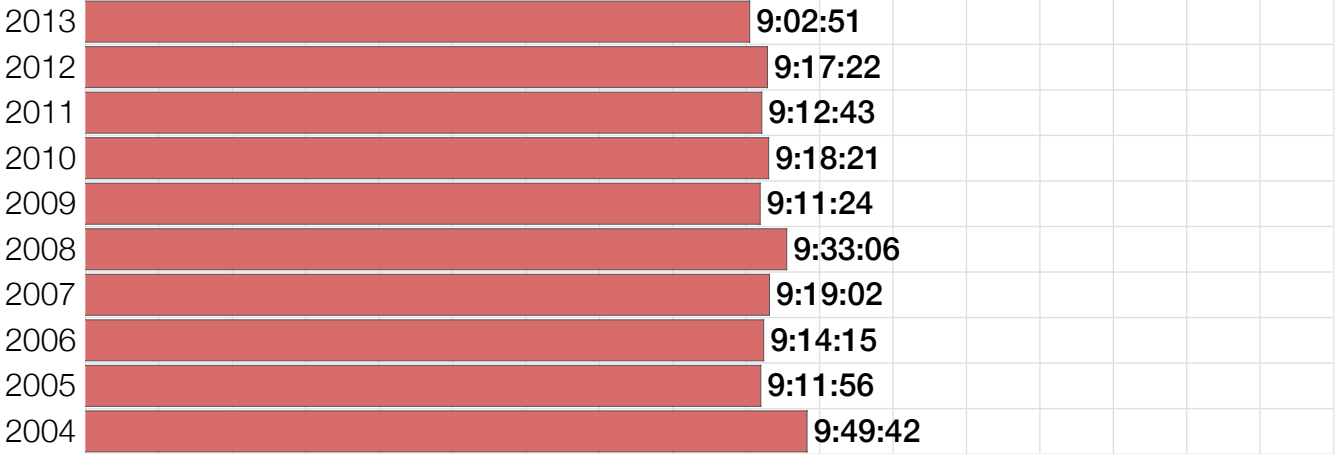
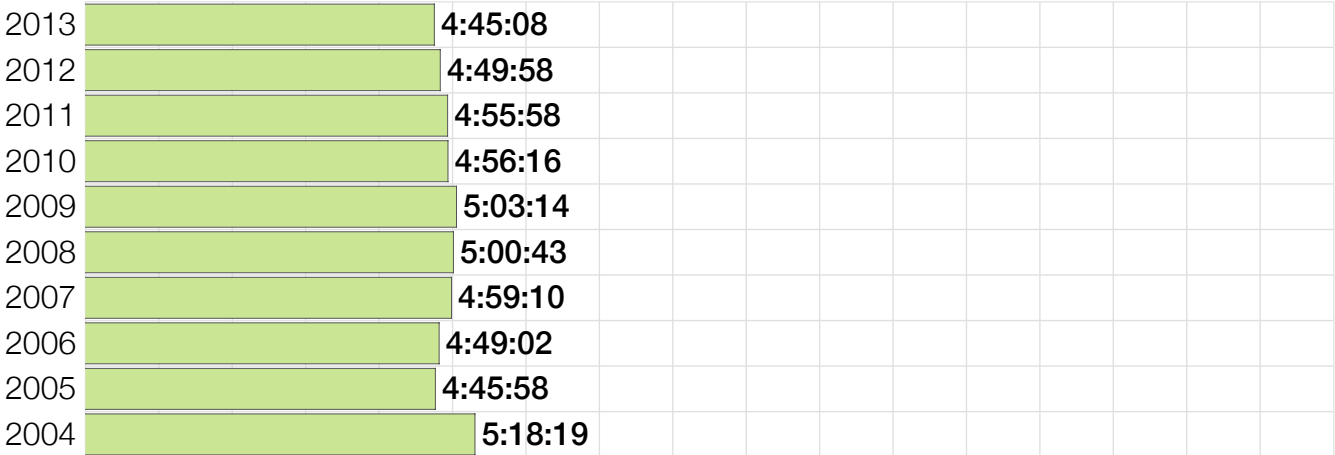
Year

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)

M45-49 Median Splits

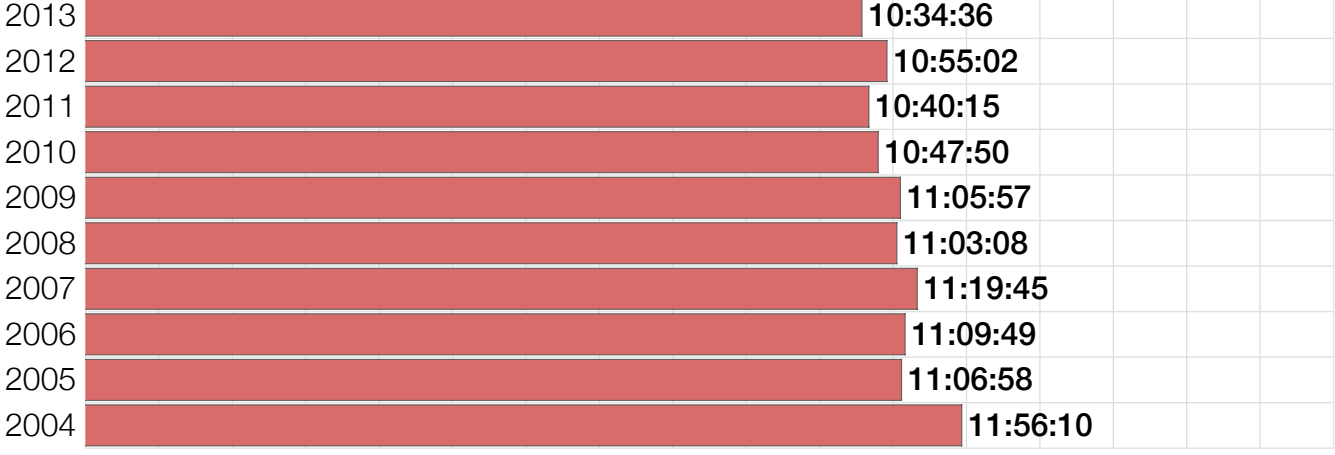
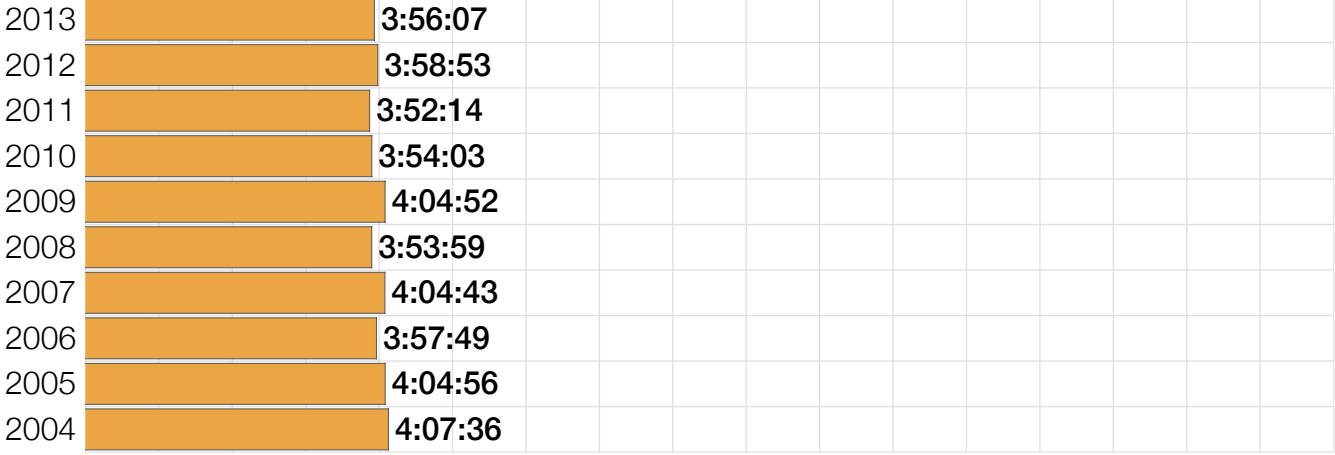
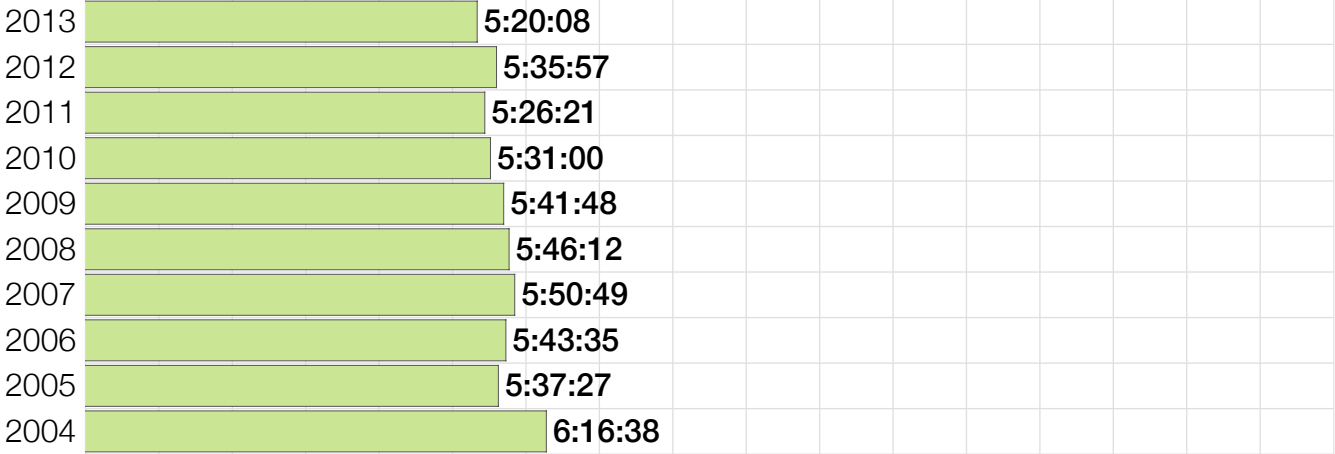
Year

Swim

Bike

Run

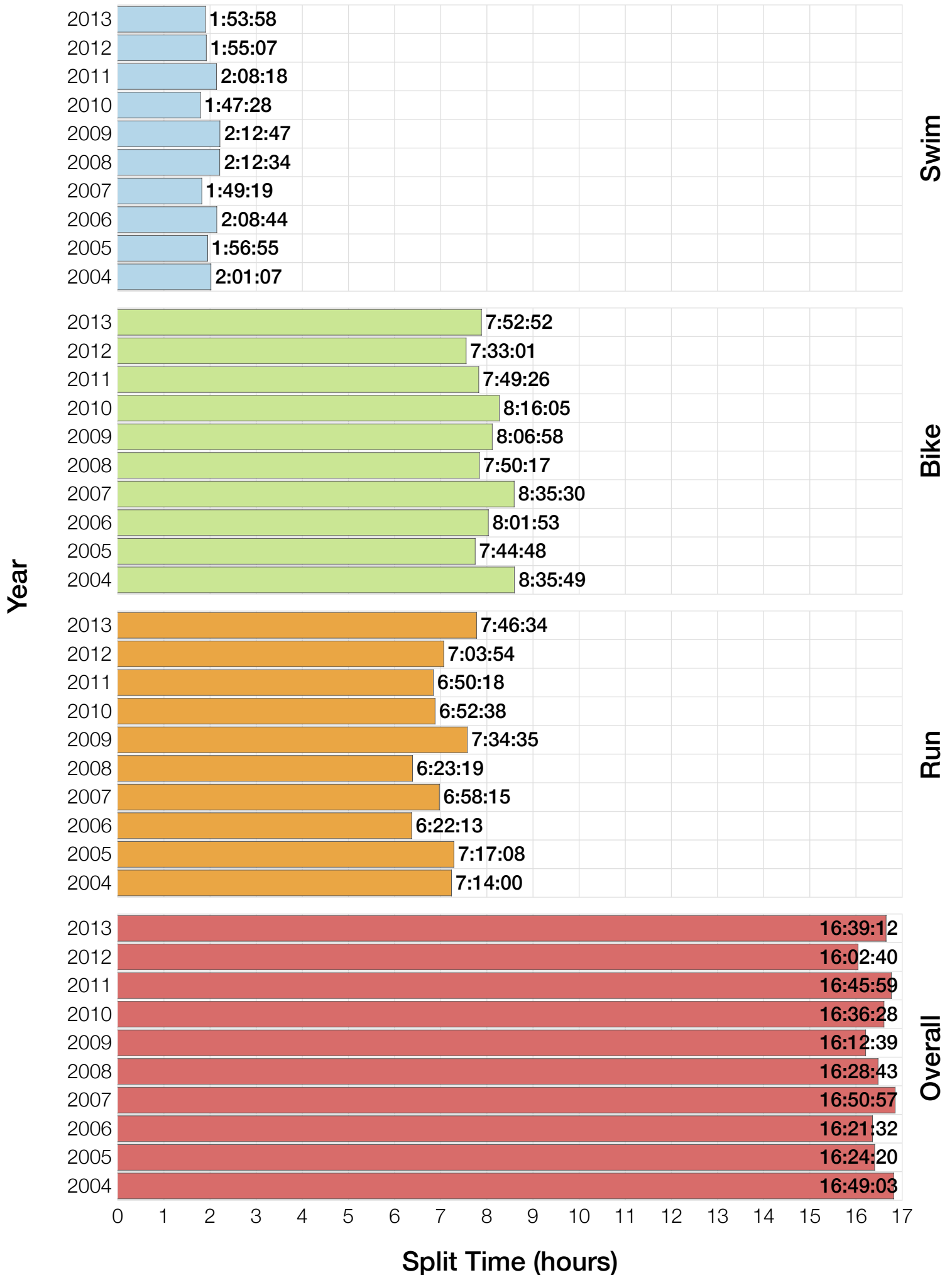
Overall



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

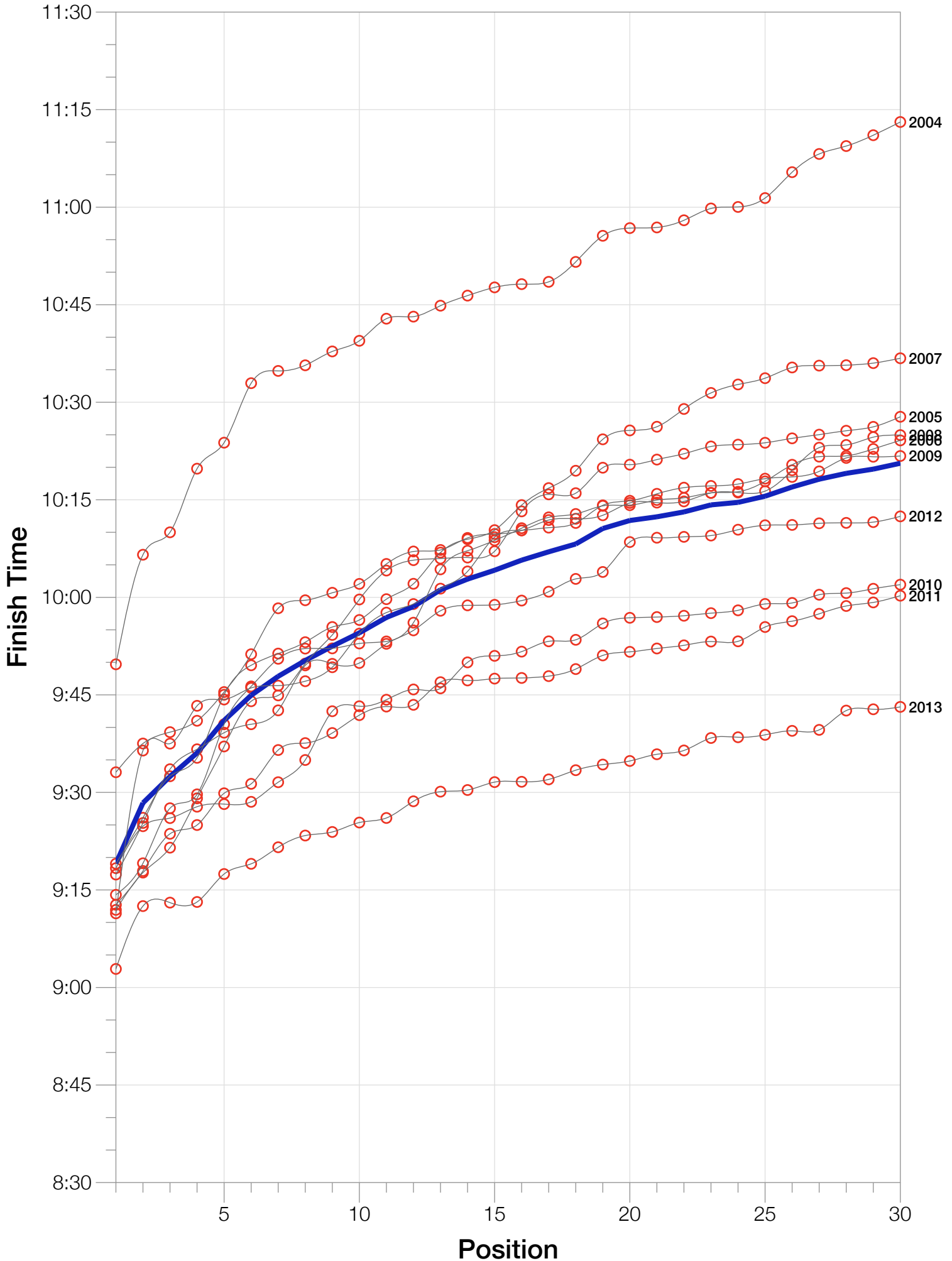
Split Time (hours)

M45-49 Slowest Splits



M45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M45-49 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	1:01:41	5:01:19	3:09:35	9:19:04
Average 2nd Age Grouper	1:01:32	5:00:14	3:20:03	9:28:23
Average 3rd Age Grouper	1:06:43	5:03:57	3:15:08	9:32:27
Average 4th Age Grouper	1:02:09	5:08:50	3:18:45	9:36:04
Average 5th Age Grouper	1:04:06	5:09:30	3:21:07	9:41:04
Average 6th Age Grouper	1:05:12	5:08:29	3:23:38	9:44:56
Average 7th Age Grouper	1:06:30	5:10:41	3:23:07	9:47:51
Average 8th Age Grouper	1:03:58	5:15:45	3:22:56	9:50:17
Average 9th Age Grouper	1:07:41	5:12:51	3:24:52	9:52:29
Average 10th Age Grouper	1:08:25	5:16:18	3:22:27	9:54:32
Kona Qualifier Average	1:01:41	5:01:19	3:09:35	9:19:04
Top 10 Age Grouper Average	1:04:48	5:08:47	3:20:10	9:40:43

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	1:03:12	4:50:49	3:03:15	9:02:51
2nd Age Grouper	0:56:56	4:45:08	3:23:26	9:12:31
3rd Age Grouper	1:03:47	4:45:37	3:17:57	9:13:03
4th Age Grouper	0:58:57	4:51:48	3:16:42	9:13:09
5th Age Grouper	1:04:27	4:52:29	3:14:39	9:17:27
6th Age Grouper	1:06:13	4:45:59	3:18:33	9:19:01
7th Age Grouper	1:02:49	4:53:54	3:18:02	9:21:34
8th Age Grouper	0:59:32	4:54:43	3:21:55	9:23:22
9th Age Grouper	1:05:05	4:50:19	3:21:16	9:23:55
10th Age Grouper	1:11:33	5:09:59	2:56:17	9:25:22
Kona Qualifier Average	1:03:12	4:50:49	3:03:15	9:02:51
Top 10 Age Grouper Average	1:03:15	4:52:04	3:15:12	9:17:13

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	1:01:19	5:01:51	3:07:37	9:17:22
2nd Age Grouper	1:08:26	5:01:05	3:07:47	9:25:18
3rd Age Grouper	1:13:21	5:03:53	3:10:11	9:33:34
4th Age Grouper	1:07:37	5:11:34	3:12:17	9:36:38
5th Age Grouper	1:09:57	4:57:49	3:26:13	9:39:11
6th Age Grouper	1:07:09	5:03:32	3:20:35	9:40:29
7th Age Grouper	1:04:46	5:18:44	3:12:44	9:42:37
8th Age Grouper	1:02:02	5:15:48	3:25:41	9:49:32
9th Age Grouper	1:10:13	5:11:09	3:21:26	9:49:46
10th Age Grouper	1:06:56	4:59:54	3:37:24	9:49:54
Kona Qualifier Average	1:01:19	5:01:51	3:07:37	9:17:22
Top 10 Age Grouper Average	1:07:10	5:06:31	3:18:11	9:38:26

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	0:58:16	4:57:35	3:09:20	9:12:43
2nd Age Grouper	0:53:38	4:59:07	3:20:30	9:17:55
3rd Age Grouper	1:09:26	5:04:32	3:02:19	9:23:38
4th Age Grouper	1:02:22	5:05:28	3:10:43	9:24:59
5th Age Grouper	0:55:22	5:05:56	3:22:24	9:29:52
6th Age Grouper	1:07:01	5:01:15	3:14:33	9:31:19
7th Age Grouper	1:03:42	4:55:58	3:29:56	9:36:31
8th Age Grouper	1:05:40	4:56:55	3:25:48	9:37:35
9th Age Grouper	1:07:45	5:01:54	3:24:11	9:39:08
10th Age Grouper	1:09:38	5:08:42	3:17:07	9:41:53
Kona Qualifier Average	0:58:16	4:57:35	3:09:20	9:12:43
Top 10 Age Grouper Average	1:03:17	5:01:44	3:17:41	9:29:33

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	1:07:05	5:05:28	2:55:48	9:18:21
2nd Age Grouper	1:04:16	4:56:16	3:17:15	9:24:48
3rd Age Grouper	1:01:25	4:58:04	3:20:04	9:26:03
4th Age Grouper	0:59:58	5:20:50	3:00:33	9:27:48
5th Age Grouper	0:54:47	5:12:55	3:14:34	9:28:12
6th Age Grouper	1:05:01	5:04:13	3:12:39	9:28:33
7th Age Grouper	1:01:35	5:10:13	3:13:25	9:31:34
8th Age Grouper	0:57:04	5:19:55	3:09:19	9:34:59
9th Age Grouper	1:15:39	5:08:46	3:11:16	9:42:29
10th Age Grouper	1:06:45	5:17:48	3:11:36	9:43:15
Kona Qualifier Average	1:07:05	5:05:28	2:55:48	9:18:21
Top 10 Age Grouper Average	1:03:21	5:09:26	3:10:38	9:30:36

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	0:56:55	5:04:47	3:04:21	9:11:24
2nd Age Grouper	0:55:20	5:07:43	3:24:14	9:36:26
3rd Age Grouper	1:07:09	5:08:30	3:16:42	9:37:30
4th Age Grouper	1:00:06	5:05:30	3:31:24	9:43:19
5th Age Grouper	1:04:22	5:15:35	3:17:06	9:44:17
6th Age Grouper	1:00:47	5:21:45	3:17:47	9:46:04
7th Age Grouper	1:10:58	5:15:22	3:13:07	9:46:25
8th Age Grouper	1:14:10	5:07:27	3:17:19	9:47:06
9th Age Grouper	1:02:23	5:03:14	3:39:18	9:49:15
10th Age Grouper	1:07:19	5:14:45	3:25:07	9:54:25
Kona Qualifier Average	0:56:55	5:04:47	3:04:21	9:11:24
Top 10 Age Grouper Average	1:03:56	5:10:27	3:20:38	9:41:37

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	1:01:38	5:07:57	3:18:06	9:33:06
2nd Age Grouper	1:03:17	5:05:56	3:20:58	9:37:31
3rd Age Grouper	1:02:04	5:12:58	3:18:08	9:39:16
4th Age Grouper	1:03:05	5:14:49	3:17:24	9:41:01
5th Age Grouper	0:58:48	5:08:21	3:31:25	9:45:26
6th Age Grouper	1:07:48	5:24:46	3:12:06	9:51:15
7th Age Grouper	1:05:27	5:07:51	3:35:19	9:58:19
8th Age Grouper	1:07:46	5:10:22	3:32:40	9:59:33
9th Age Grouper	1:09:04	5:26:25	3:13:53	10:00:42
10th Age Grouper	1:08:50	5:14:35	3:32:19	10:02:04
Kona Qualifier Average	1:01:38	5:07:57	3:18:06	9:33:06
Top 10 Age Grouper Average	1:04:46	5:13:24	3:23:13	9:48:49

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	1:00:09	5:06:08	3:07:17	9:19:02
2nd Age Grouper	1:03:38	4:59:10	3:17:03	9:26:06
3rd Age Grouper	1:04:26	5:11:02	3:10:27	9:32:29
4th Age Grouper	1:01:37	5:05:14	3:23:54	9:35:19
5th Age Grouper	1:08:24	5:24:31	3:05:46	9:45:01
6th Age Grouper	1:03:29	5:10:49	3:27:27	9:49:33
7th Age Grouper	1:10:05	5:14:52	3:17:52	9:51:21
8th Age Grouper	0:55:41	5:29:58	3:20:59	9:53:06
9th Age Grouper	1:01:37	5:17:09	3:30:27	9:55:26
10th Age Grouper	1:08:33	5:10:37	3:29:39	9:56:31
Kona Qualifier Average	1:00:09	5:06:08	3:07:17	9:19:02
Top 10 Age Grouper Average	1:03:45	5:12:57	3:19:05	9:42:23

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	1:05:00	4:49:02	3:14:08	9:14:15
2nd Age Grouper	1:02:04	4:50:43	3:21:25	9:19:06
3rd Age Grouper	1:14:46	4:56:18	3:09:08	9:27:34
4th Age Grouper	1:02:18	4:53:59	3:22:51	9:29:42
5th Age Grouper	1:09:05	4:53:00	3:31:39	9:40:29
6th Age Grouper	1:11:14	4:59:16	3:28:42	9:46:18
7th Age Grouper	1:11:04	5:00:30	3:31:16	9:50:33
8th Age Grouper	1:04:50	5:16:28	3:26:01	9:52:07
9th Age Grouper	1:02:23	5:05:01	3:39:37	9:52:09
10th Age Grouper	1:14:26	5:11:07	3:17:49	9:52:54
Kona Qualifier Average	1:05:00	4:49:02	3:14:08	9:14:15
Top 10 Age Grouper Average	1:07:43	4:59:32	3:24:15	9:38:30

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	1:02:48	4:51:23	3:12:01	9:11:56
2nd Age Grouper	1:09:39	4:45:58	3:15:46	9:17:40
3rd Age Grouper	1:01:21	4:50:02	3:22:43	9:21:30
4th Age Grouper	1:01:50	5:03:01	3:17:46	9:29:05
5th Age Grouper	1:06:18	5:07:12	3:18:04	9:37:04
6th Age Grouper	1:02:32	4:58:29	3:35:39	9:44:01
7th Age Grouper	1:08:11	5:00:20	3:29:02	9:44:55
8th Age Grouper	1:05:34	5:14:58	3:20:49	9:49:49
9th Age Grouper	1:09:37	5:17:08	3:18:29	9:54:13
10th Age Grouper	1:07:03	5:08:13	3:38:17	9:59:40
Kona Qualifier Average	1:02:48	4:51:23	3:12:01	9:11:56
Top 10 Age Grouper Average	1:05:29	5:01:40	3:22:51	9:36:59

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	1:00:34	5:18:19	3:24:01	9:49:42
2nd Age Grouper	0:58:15	5:31:18	3:32:10	10:06:33
3rd Age Grouper	1:09:29	5:28:43	3:23:45	10:10:00
4th Age Grouper	1:03:43	5:36:12	3:33:58	10:19:47
5th Age Grouper	1:09:39	5:37:18	3:29:23	10:23:47
6th Age Grouper	1:00:48	5:34:48	3:48:27	10:32:56
7th Age Grouper	1:06:27	5:49:07	3:30:34	10:34:49
8th Age Grouper	1:07:24	5:50:58	3:28:50	10:35:41
9th Age Grouper	1:13:07	5:47:25	3:28:53	10:37:49
10th Age Grouper	1:03:13	6:07:27	3:19:02	10:39:27
Kona Qualifier Average	1:00:34	5:18:19	3:24:01	9:49:42
Top 10 Age Grouper Average	1:05:15	5:40:09	3:29:54	10:23:03