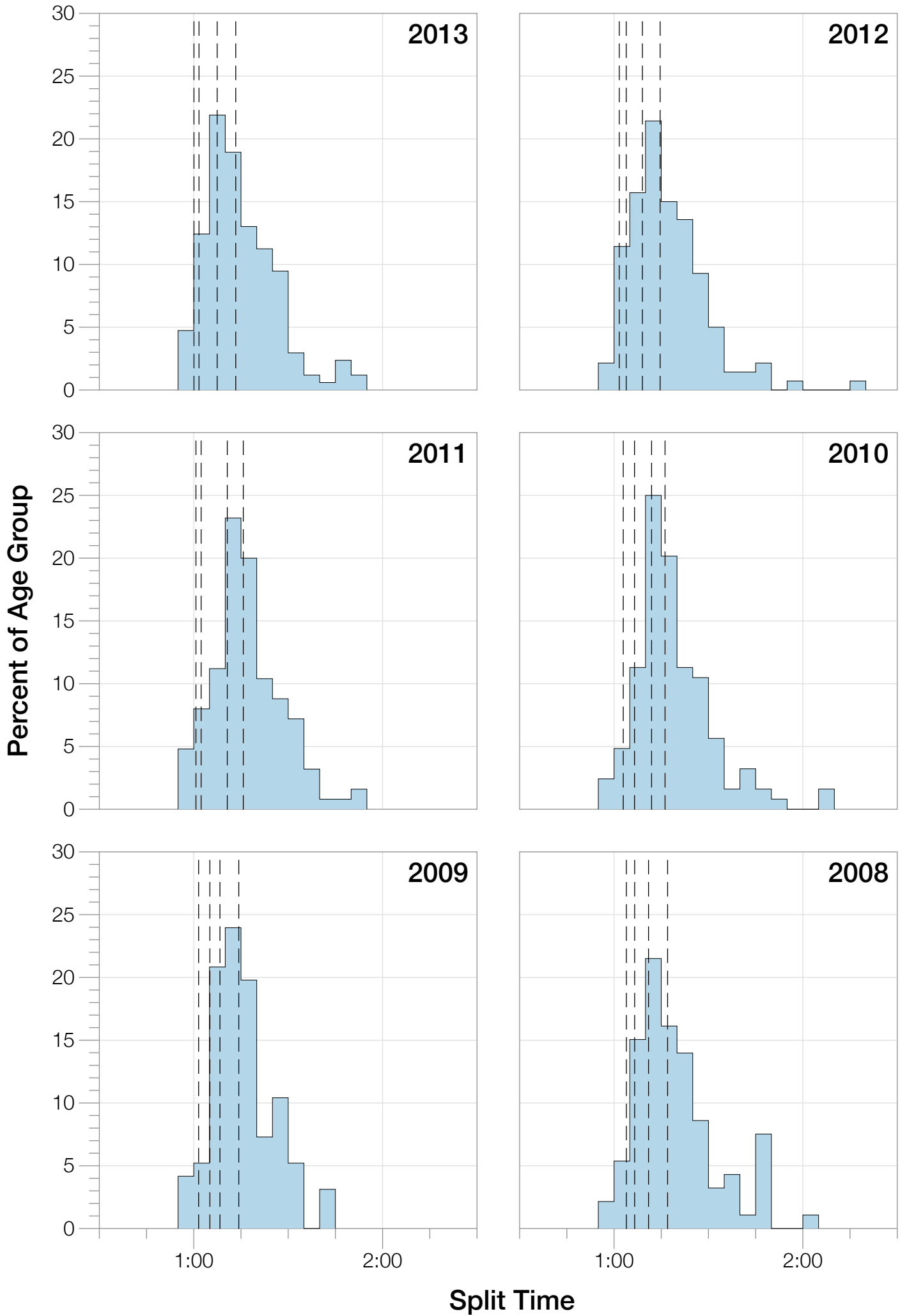


Ironman World Championship M50-54 Stats

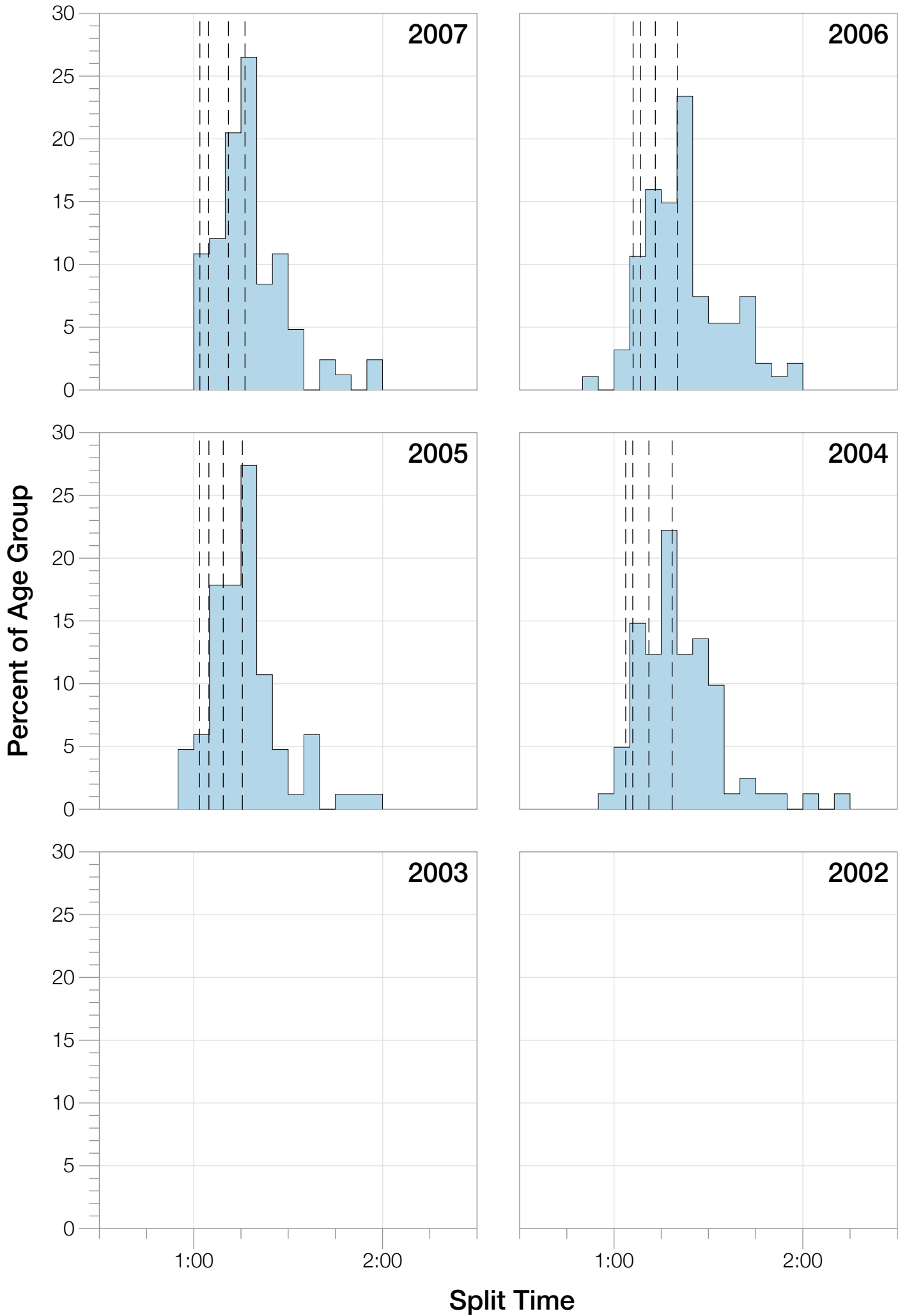
M50-54 Summary Statistics

Year	Finishers	M50-54 Finishers	Male Winner's Time	Female Winner's Time	M50-54 Winner's Time
2004	1578	81	8:33:29	9:50:04	10:12:33
2005	1688	84	8:14:17	9:09:30	9:33:06
2006	1624	94	8:11:56	9:18:31	9:26:23
2007	1684	83	8:15:34	9:08:45	9:46:36
2008	1637	93	8:17:45	9:06:23	9:38:47
2009	1652	96	8:20:21	8:54:02	9:33:09
2010	1770	124	8:10:37	8:58:36	9:48:48
2011	1774	125	8:03:56	8:55:08	9:42:38
2012	1887	141	8:18:37	9:15:54	9:31:50
2013	1976	169	8:12:29	8:52:14	9:16:38
Average	1727	109	8:15:54	9:08:54	9:39:02

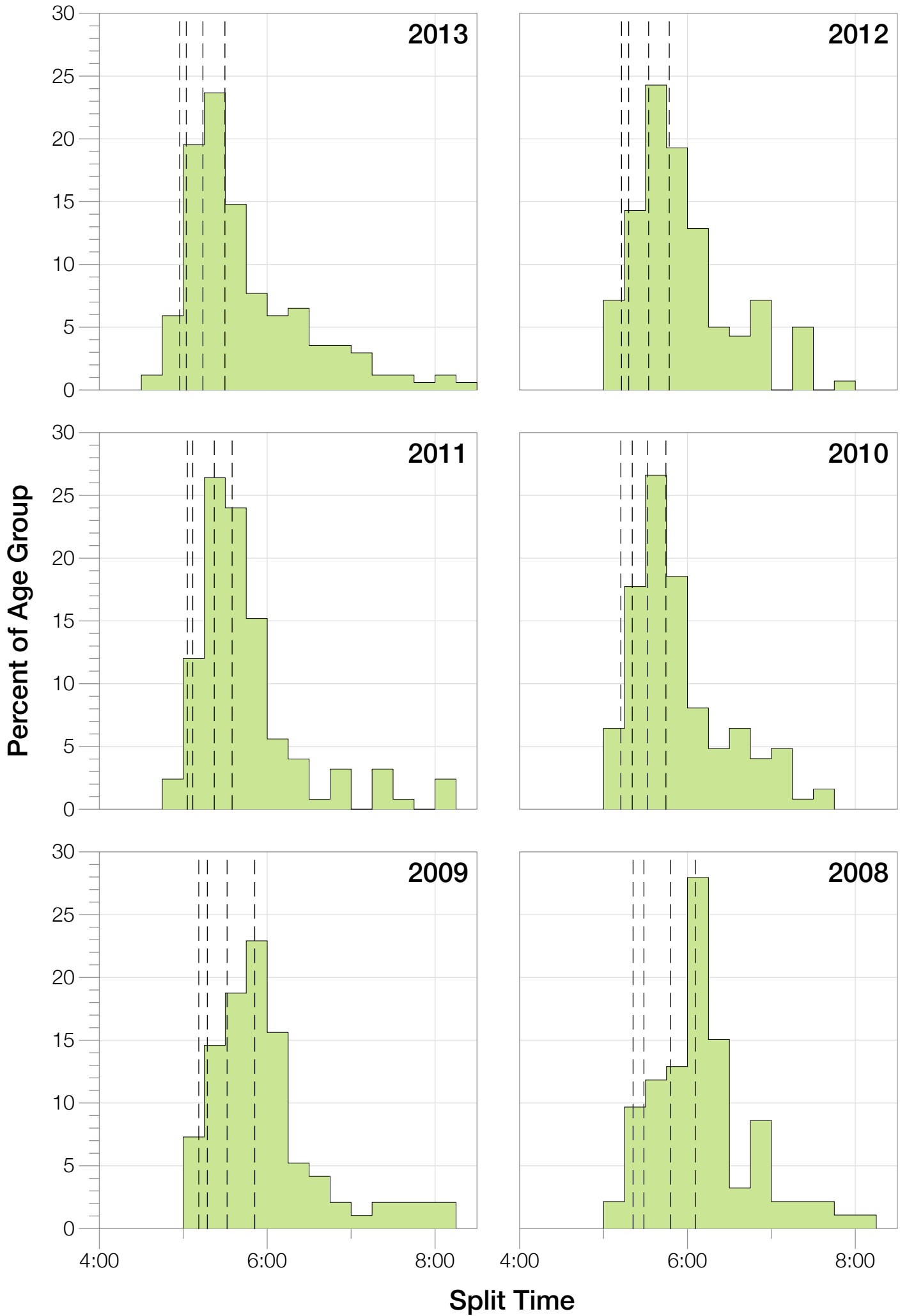
M50-54 Swim



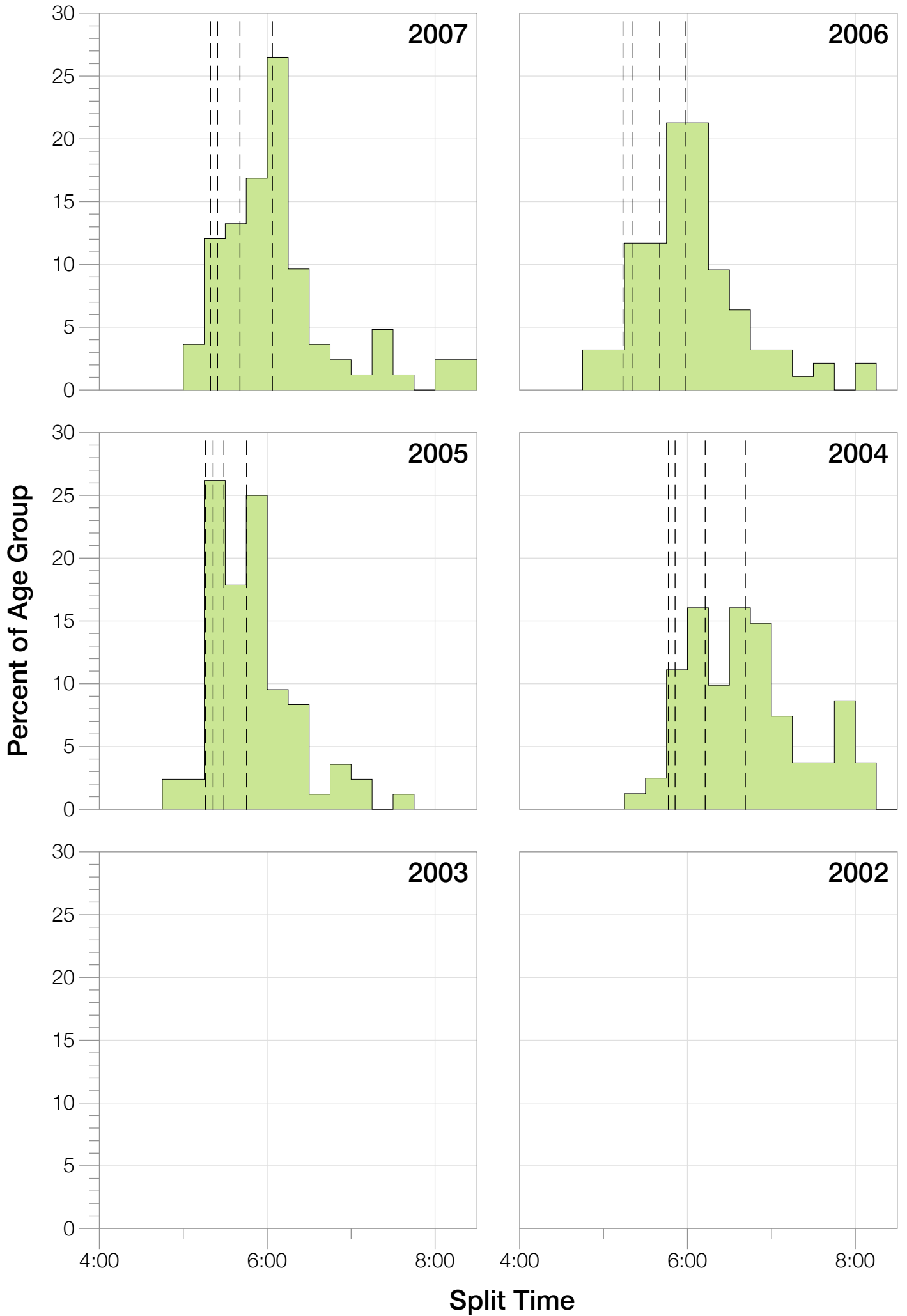
M50-54 Swim



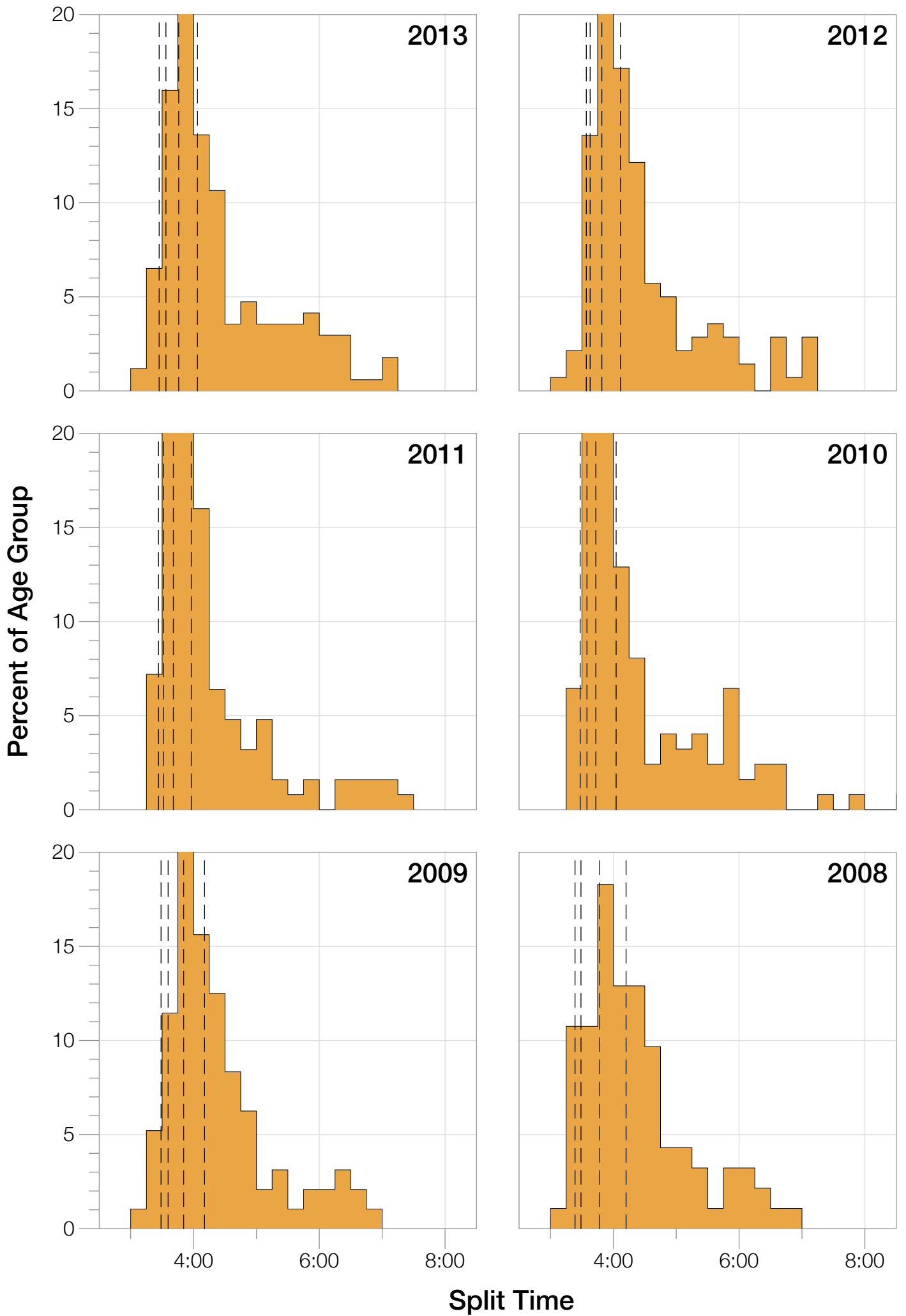
M50-54 Bike



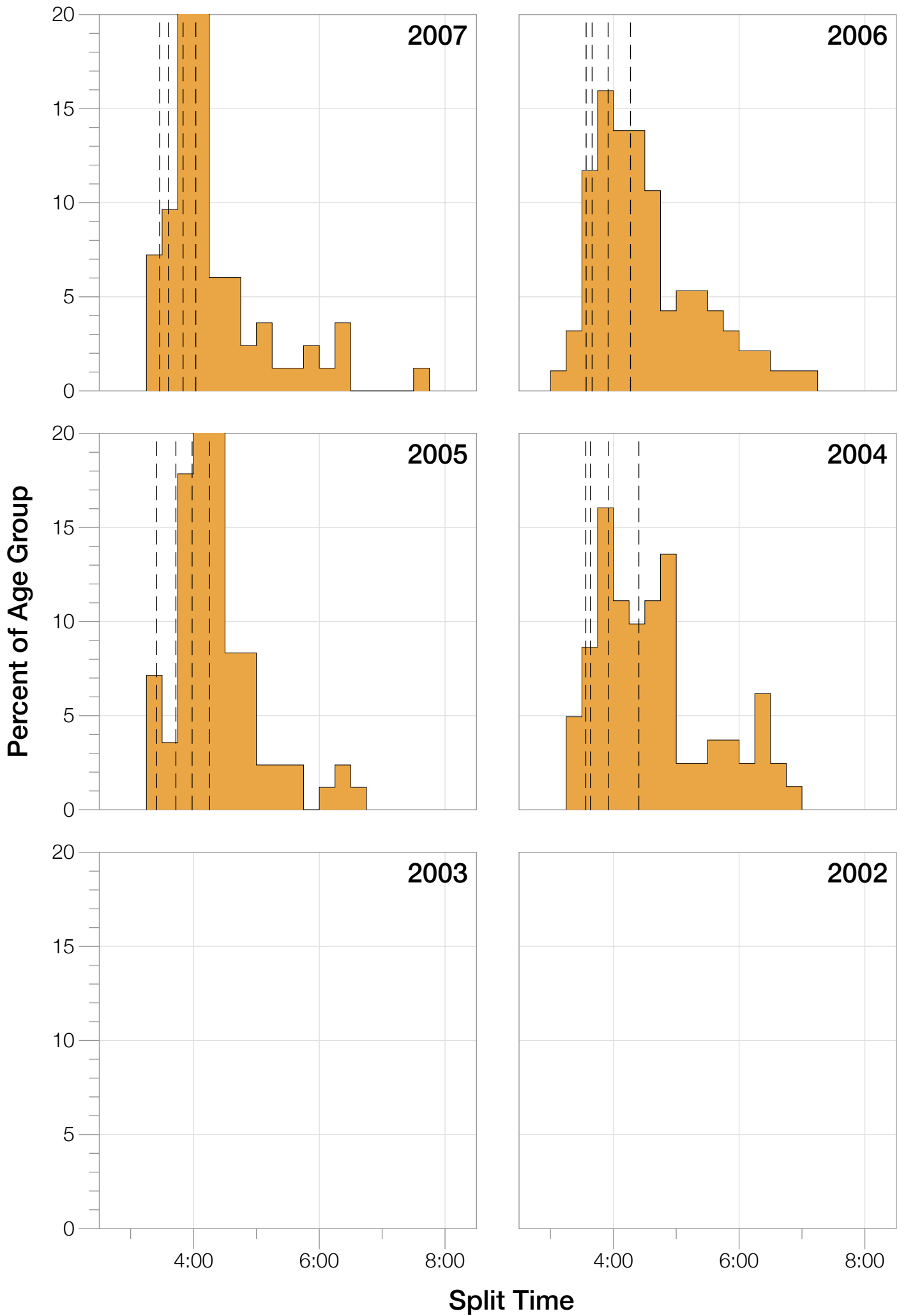
M50-54 Bike



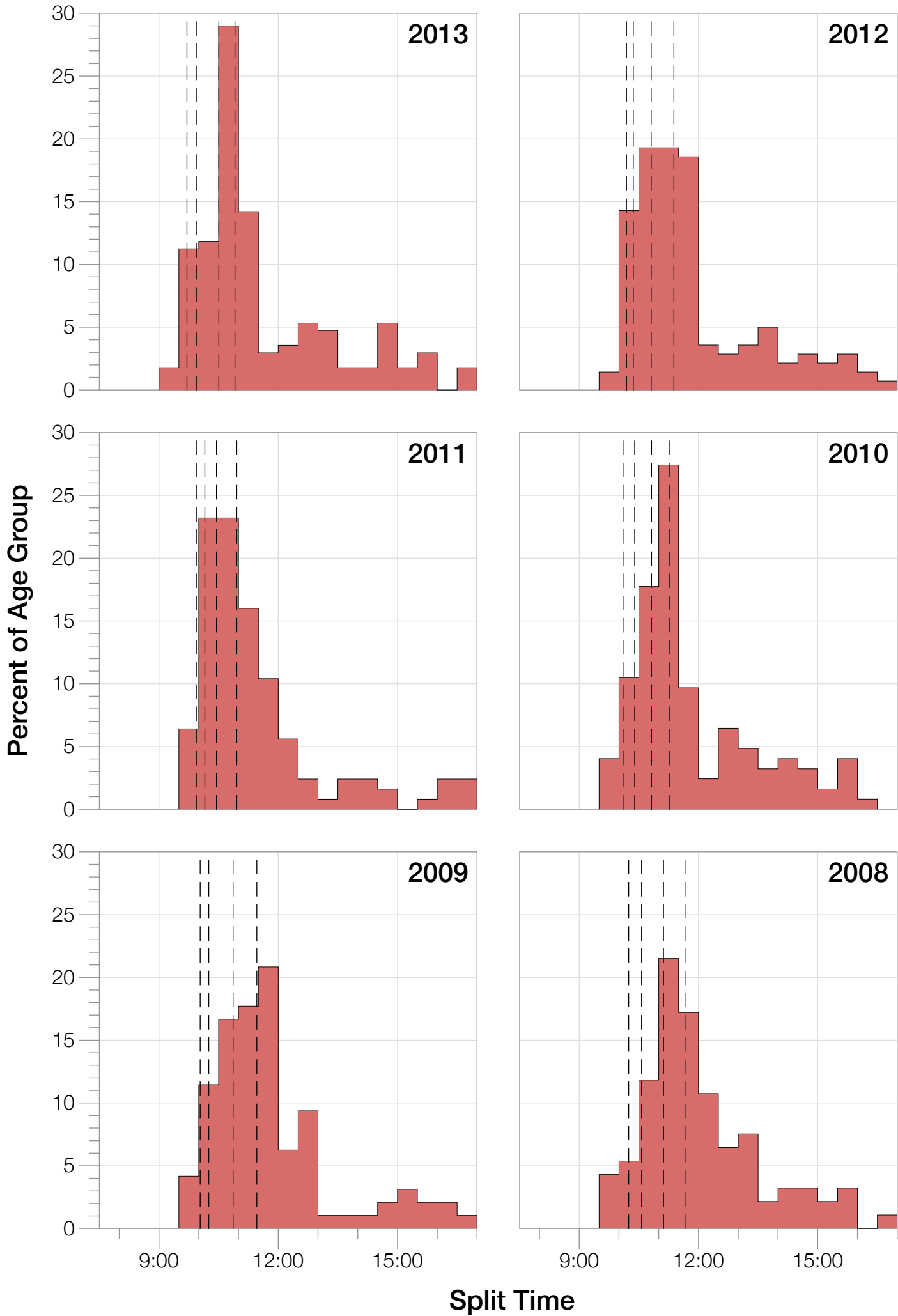
M50-54 Run



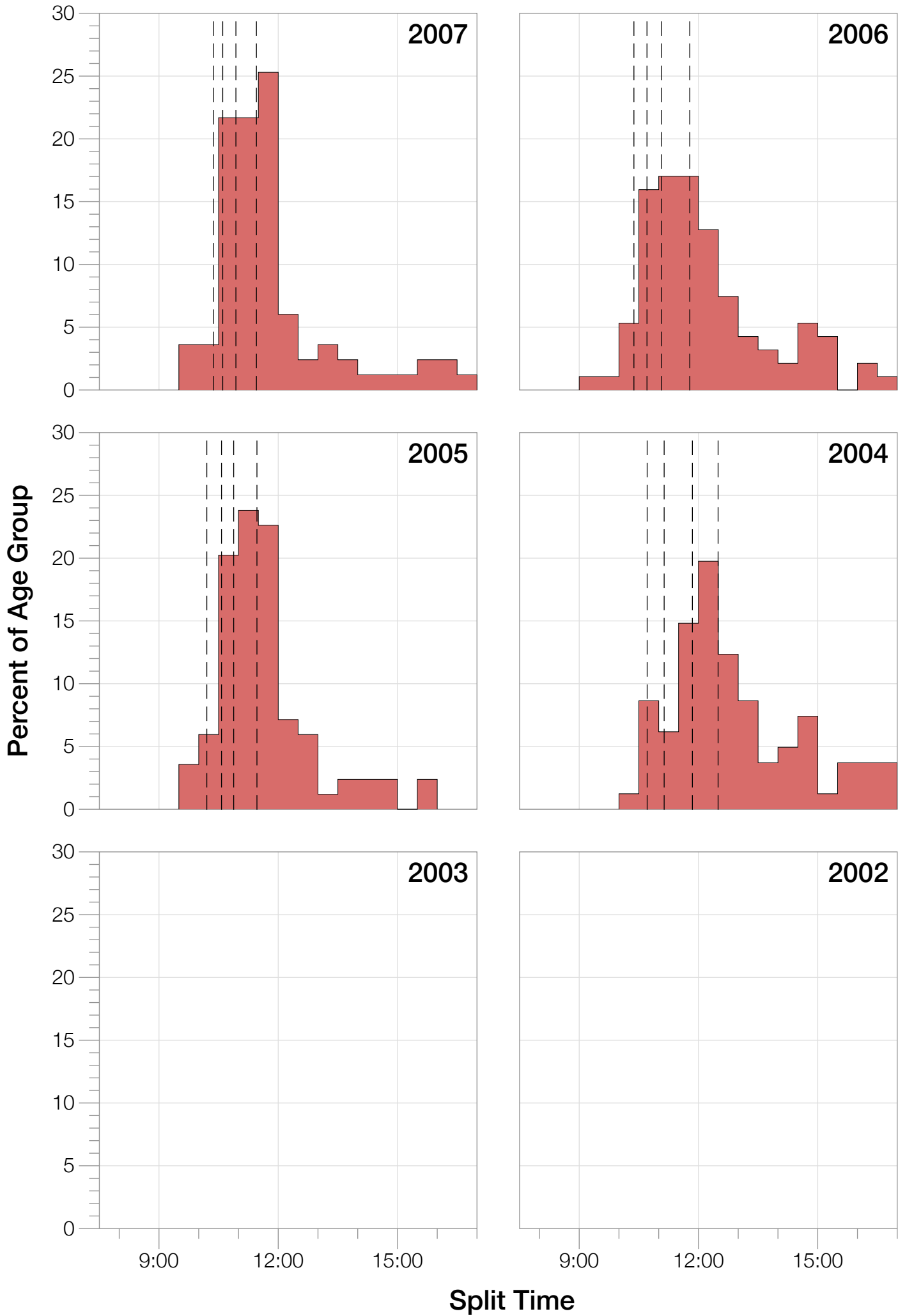
M50-54 Run



M50-54 Overall



M50-54 Overall



M50-54 Fastest Splits

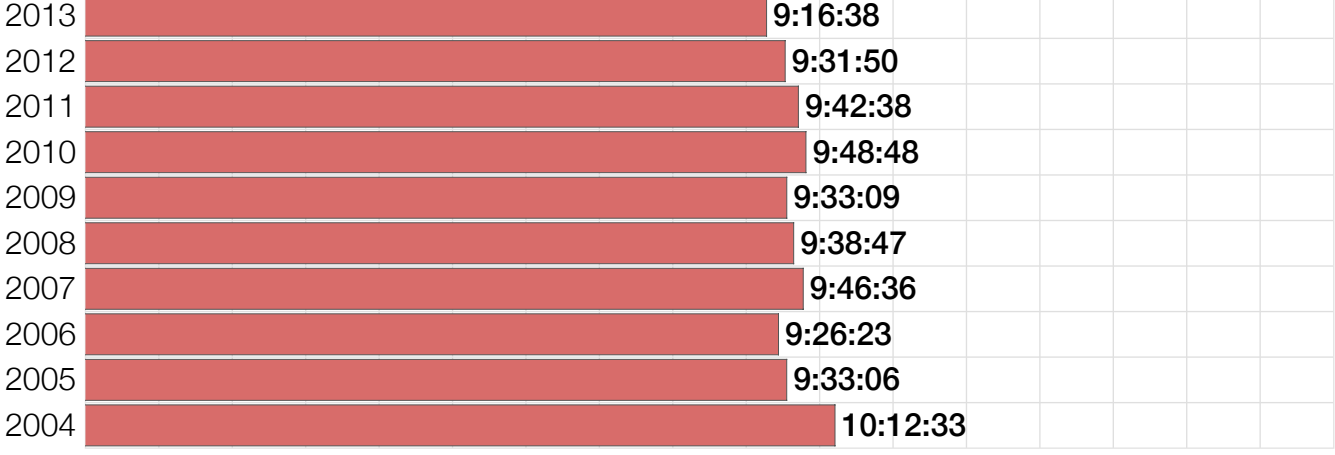
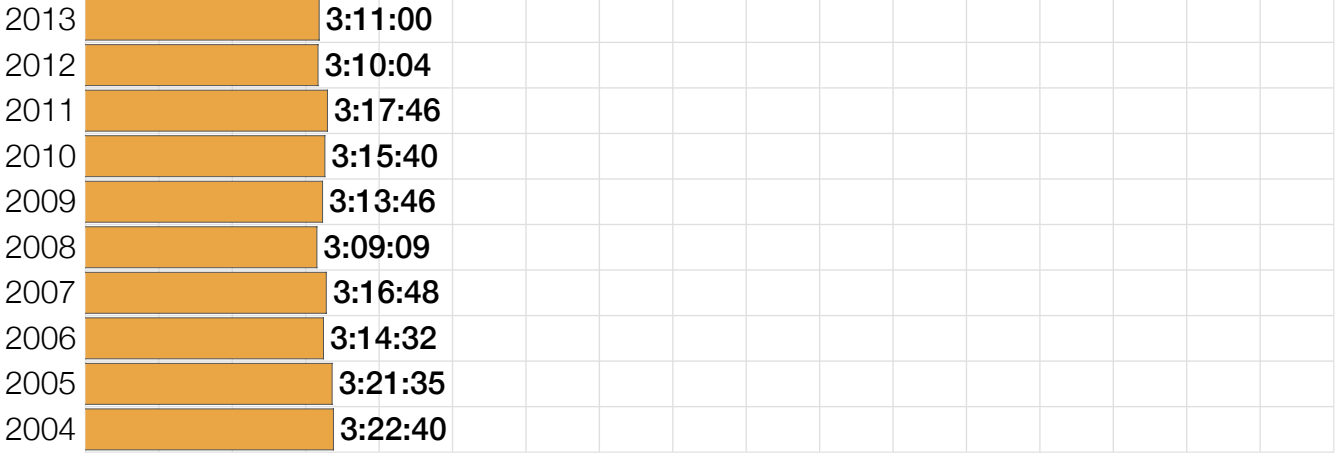
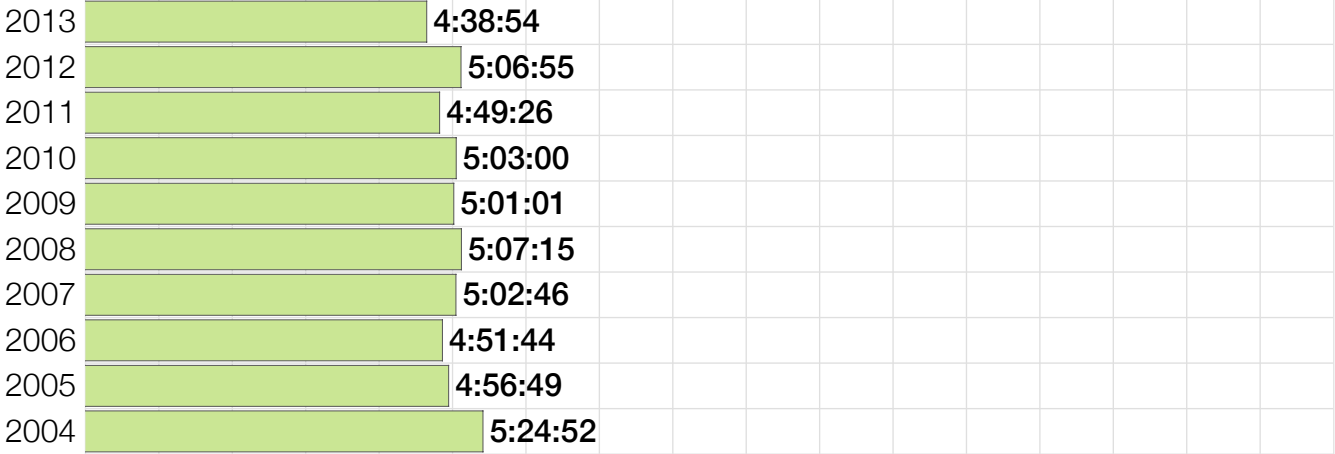
Year

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)

M50-54 Median Splits

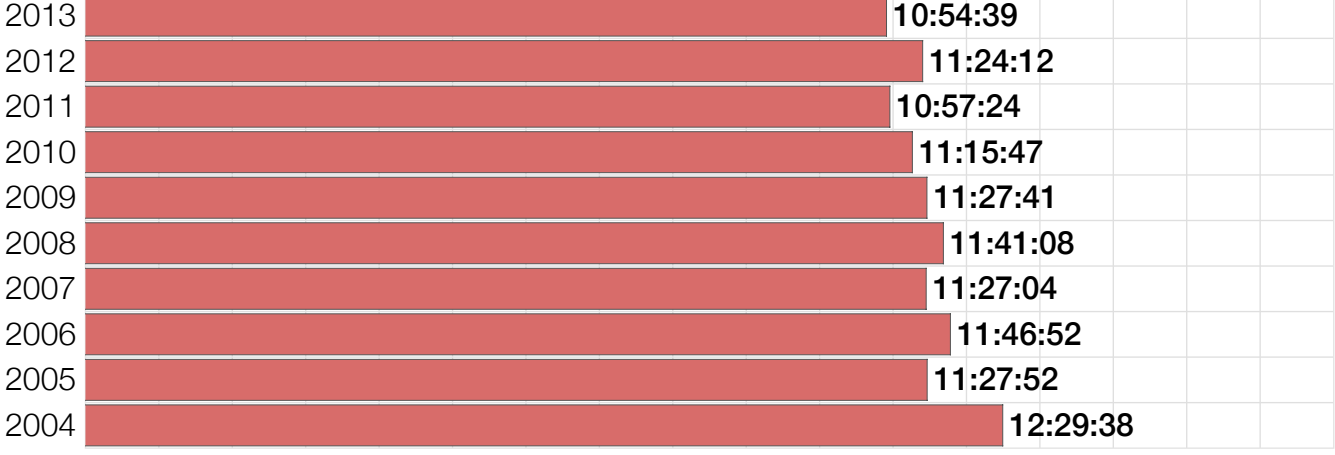
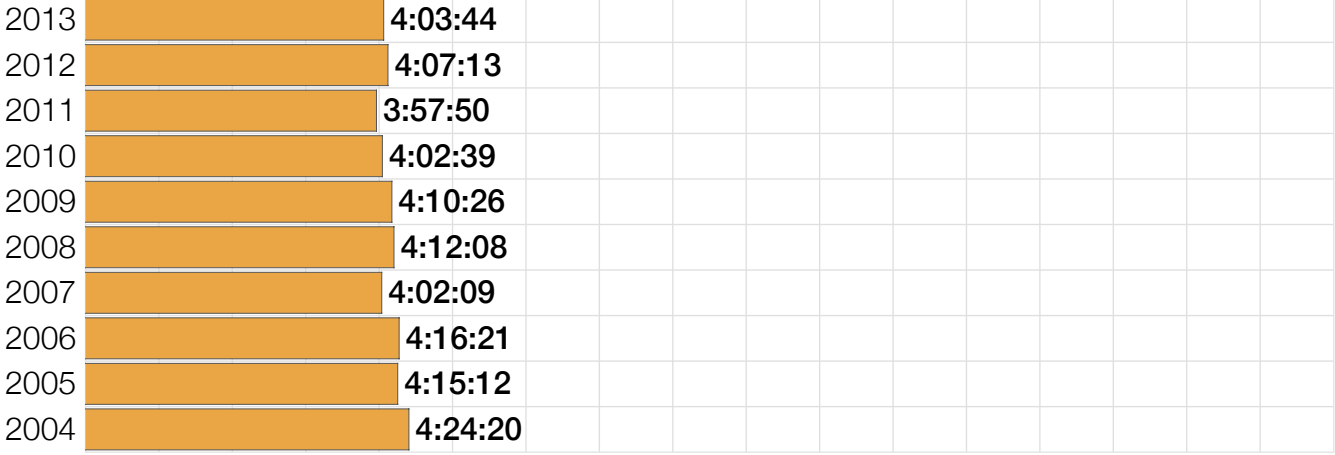
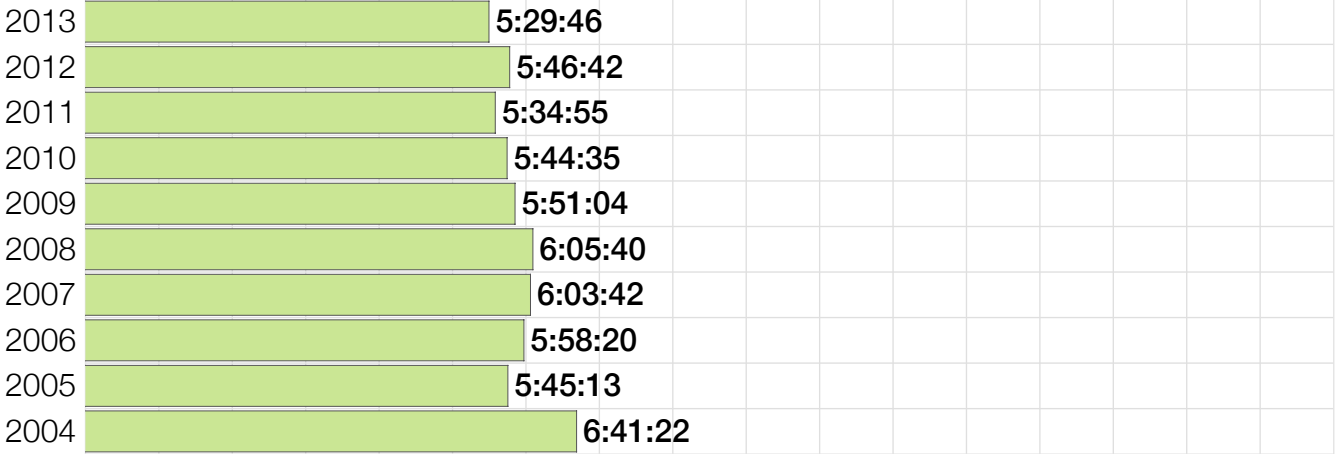
Year

Swim

Bike

Run

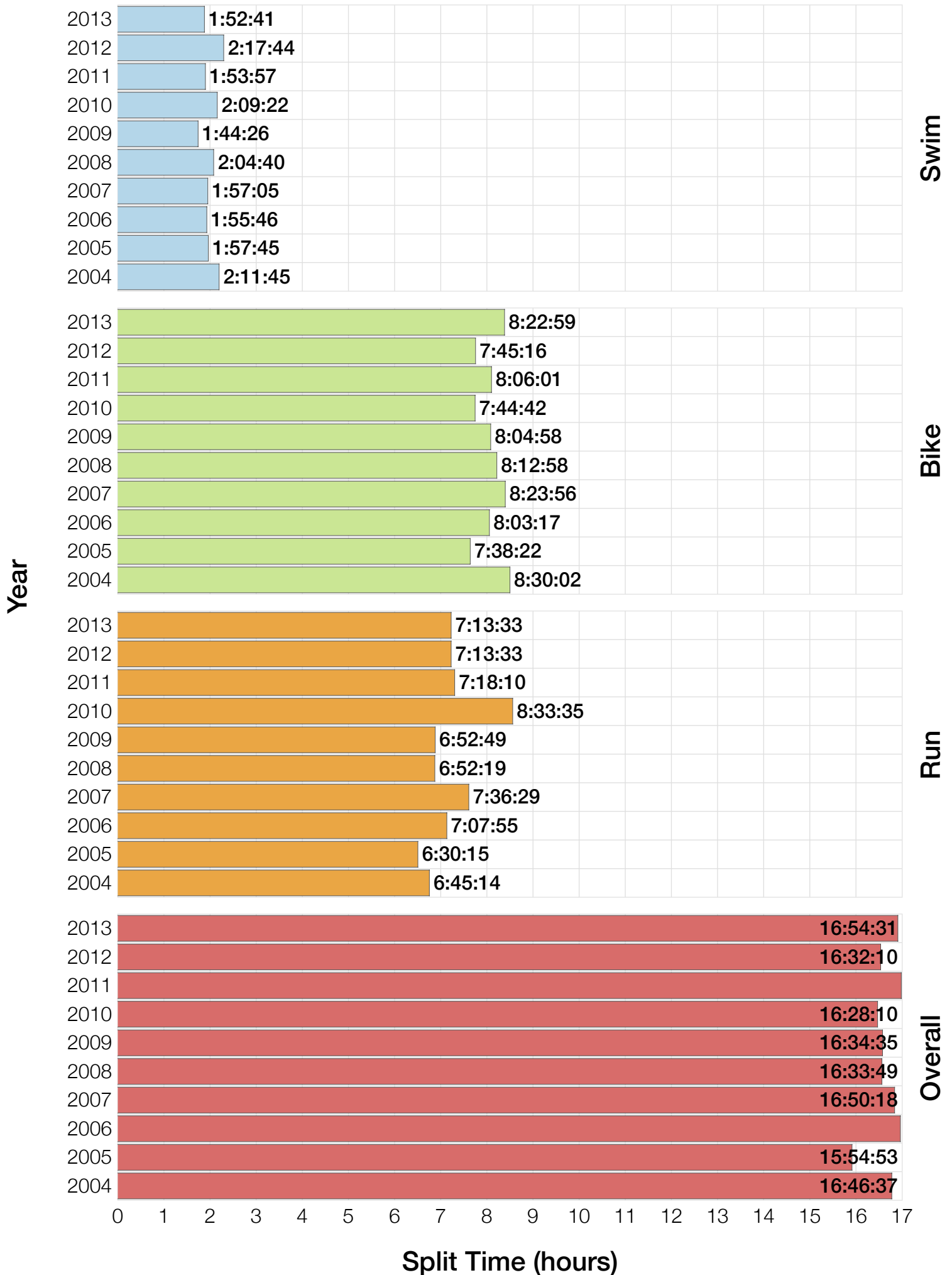
Overall



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

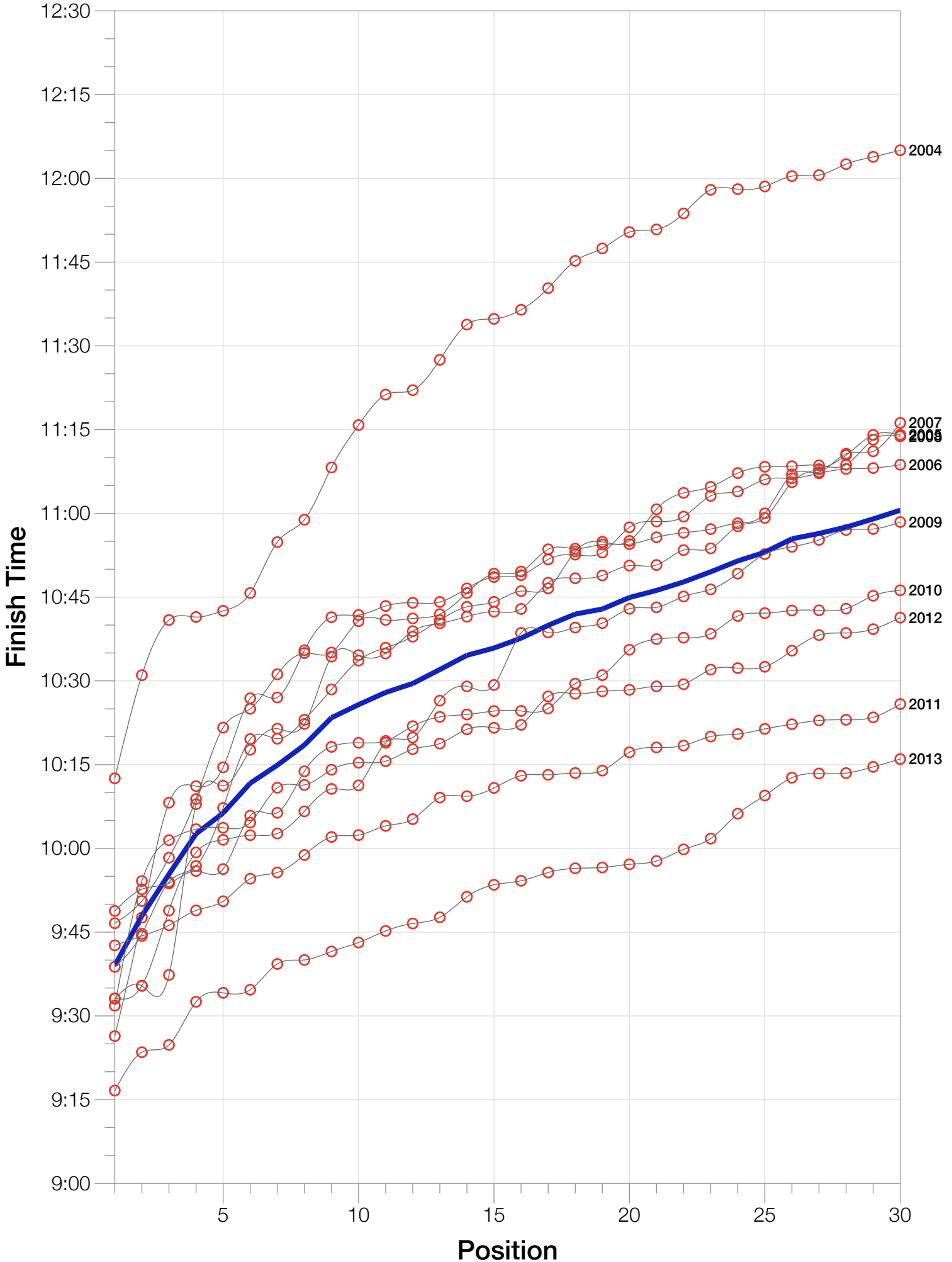
Split Time (hours)

M50-54 Slowest Splits



M50-54 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M50-54 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	1:06:36	5:04:34	3:21:03	9:39:02
Average 2nd Age Grouper	1:08:53	5:06:04	3:26:38	9:47:56
Average 3rd Age Grouper	1:04:21	5:13:10	3:30:26	9:55:23
Average 4th Age Grouper	1:09:14	5:11:11	3:35:04	10:02:37
Average 5th Age Grouper	1:09:30	5:17:38	3:31:03	10:06:20
Average 6th Age Grouper	1:08:07	5:21:41	3:33:42	10:11:41
Average 7th Age Grouper	1:09:04	5:19:27	3:39:19	10:14:54
Average 8th Age Grouper	1:11:58	5:19:58	3:39:20	10:18:31
Average 9th Age Grouper	1:10:32	5:24:36	3:40:40	10:23:24
Average 10th Age Grouper	1:13:29	5:25:14	3:38:15	10:25:45
Kona Qualifier Average	1:06:36	5:04:34	3:21:03	9:39:02
Top 10 Age Grouper Average	1:09:10	5:16:21	3:33:33	10:06:33

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	1:05:20	4:54:10	3:11:00	9:16:38
2nd Age Grouper	1:01:20	4:55:20	3:21:02	9:23:30
3rd Age Grouper	1:05:46	4:38:54	3:32:14	9:24:48
4th Age Grouper	1:06:41	4:52:10	3:28:18	9:32:32
5th Age Grouper	0:58:31	5:06:34	3:21:08	9:34:08
6th Age Grouper	1:04:37	5:10:11	3:13:32	9:34:41
7th Age Grouper	0:56:51	4:57:12	3:38:38	9:39:18
8th Age Grouper	1:01:00	5:08:21	3:25:19	9:40:01
9th Age Grouper	1:07:16	5:00:05	3:27:23	9:41:32
10th Age Grouper	1:09:07	5:04:18	3:22:34	9:43:09
Kona Qualifier Average	1:05:20	4:54:10	3:11:00	9:16:38
Top 10 Age Grouper Average	1:03:38	4:58:43	3:24:06	9:33:01

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	1:05:45	5:10:19	3:10:04	9:31:50
2nd Age Grouper	1:10:11	5:08:20	3:29:23	9:54:09
3rd Age Grouper	1:03:26	5:16:29	3:35:10	10:01:28
4th Age Grouper	1:16:14	5:10:28	3:29:39	10:03:26
5th Age Grouper	0:56:22	5:09:41	3:48:02	10:03:42
6th Age Grouper	1:04:51	5:12:52	3:37:27	10:04:37
7th Age Grouper	1:08:53	5:17:48	3:37:28	10:10:52
8th Age Grouper	1:25:06	5:12:19	3:26:03	10:11:22
9th Age Grouper	1:08:41	5:13:47	3:45:17	10:14:05
10th Age Grouper	1:04:18	5:17:41	3:45:06	10:15:21
Kona Qualifier Average	1:05:45	5:10:19	3:10:04	9:31:50
Top 10 Age Grouper Average	1:08:22	5:12:58	3:34:21	10:03:05

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	1:11:49	5:01:13	3:21:40	9:42:38
2nd Age Grouper	1:16:59	4:51:36	3:28:10	9:44:19
3rd Age Grouper	1:05:45	5:01:39	3:30:55	9:46:14
4th Age Grouper	0:57:55	5:02:42	3:40:43	9:48:53
5th Age Grouper	1:05:43	4:58:19	3:38:19	9:50:32
6th Age Grouper	1:16:08	5:07:47	3:23:24	9:54:34
7th Age Grouper	1:08:43	5:05:50	3:35:50	9:55:41
8th Age Grouper	1:14:35	5:01:10	3:35:06	9:58:49
9th Age Grouper	1:16:28	5:12:15	3:26:05	10:02:03
10th Age Grouper	1:06:32	4:49:26	3:58:30	10:02:23
Kona Qualifier Average	1:11:49	5:01:13	3:21:40	9:42:38
Top 10 Age Grouper Average	1:10:03	5:01:11	3:33:52	9:52:36

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	1:12:51	5:03:00	3:25:20	9:48:48
2nd Age Grouper	1:16:24	5:08:27	3:22:40	9:52:41
3rd Age Grouper	1:05:27	5:06:12	3:34:52	9:53:44
4th Age Grouper	1:11:52	5:04:54	3:33:08	9:55:57
5th Age Grouper	1:10:00	5:23:50	3:15:40	9:56:18
6th Age Grouper	1:15:07	5:12:07	3:31:10	10:05:52
7th Age Grouper	1:13:50	5:09:50	3:34:46	10:06:23
8th Age Grouper	0:59:28	5:28:08	3:34:59	10:13:48
9th Age Grouper	1:14:26	5:15:42	3:37:53	10:18:11
10th Age Grouper	1:13:21	5:13:50	3:43:14	10:18:55
Kona Qualifier Average	1:12:51	5:03:00	3:25:20	9:48:48
Top 10 Age Grouper Average	1:11:16	5:12:36	3:31:22	10:03:03

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	0:58:20	5:01:01	3:28:59	9:33:09
2nd Age Grouper	1:13:27	5:01:42	3:13:46	9:35:25
3rd Age Grouper	0:58:51	5:14:35	3:28:35	9:48:52
4th Age Grouper	1:09:53	5:03:30	3:38:55	9:59:17
5th Age Grouper	1:01:42	5:17:16	3:35:15	10:01:32
6th Age Grouper	1:05:10	5:11:27	3:38:52	10:02:22
7th Age Grouper	1:06:01	5:01:46	3:47:35	10:02:40
8th Age Grouper	1:18:17	5:22:13	3:21:15	10:06:38
9th Age Grouper	1:01:06	5:31:36	3:27:19	10:10:39
10th Age Grouper	1:16:53	5:15:22	3:31:21	10:11:17
Kona Qualifier Average	0:58:20	5:01:01	3:28:59	9:33:09
Top 10 Age Grouper Average	1:06:58	5:12:02	3:31:11	9:57:11

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	1:12:40	5:10:05	3:09:09	9:38:47
2nd Age Grouper	0:56:42	5:20:20	3:21:08	9:44:43
3rd Age Grouper	1:07:11	5:21:38	3:17:50	9:54:00
4th Age Grouper	1:13:29	5:19:43	3:16:55	9:56:52
5th Age Grouper	1:12:15	5:07:15	3:40:49	10:07:15
6th Age Grouper	1:04:05	5:34:04	3:32:44	10:19:35
7th Age Grouper	1:07:20	5:38:37	3:28:09	10:19:39
8th Age Grouper	1:09:24	5:28:56	3:38:54	10:23:02
9th Age Grouper	0:57:07	5:39:55	3:43:36	10:28:28
10th Age Grouper	1:14:42	5:27:00	3:45:25	10:33:38
Kona Qualifier Average	1:12:40	5:10:05	3:09:09	9:38:47
Top 10 Age Grouper Average	1:07:29	5:24:45	3:29:27	10:08:35

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	1:05:14	5:02:46	3:32:22	9:46:36
2nd Age Grouper	1:05:16	5:19:04	3:20:49	9:50:35
3rd Age Grouper	1:00:33	5:12:53	3:35:55	9:58:20
4th Age Grouper	1:01:53	5:10:53	3:50:12	10:08:50
5th Age Grouper	1:23:12	5:23:25	3:26:56	10:21:38
6th Age Grouper	1:12:25	5:42:10	3:24:14	10:25:00
7th Age Grouper	1:17:59	5:36:46	3:27:36	10:31:11
8th Age Grouper	1:02:01	5:33:15	3:50:53	10:34:59
9th Age Grouper	1:16:37	5:16:34	3:55:09	10:35:05
10th Age Grouper	1:27:30	5:46:21	3:16:48	10:40:42
Kona Qualifier Average	1:05:14	5:02:46	3:32:22	9:46:36
Top 10 Age Grouper Average	1:11:16	5:24:24	3:34:05	10:17:17

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	1:03:32	4:51:44	3:24:51	9:26:23
2nd Age Grouper	1:08:22	4:52:33	3:40:01	9:47:36
3rd Age Grouper	1:06:28	5:27:13	3:26:37	10:08:11
4th Age Grouper	1:04:34	5:08:10	3:48:22	10:11:09
5th Age Grouper	1:24:37	5:20:02	3:22:07	10:14:31
6th Age Grouper	1:09:14	5:14:33	3:55:18	10:26:53
7th Age Grouper	1:20:02	5:20:21	3:41:16	10:27:02
8th Age Grouper	1:09:00	4:57:15	4:21:53	10:35:29
9th Age Grouper	1:10:55	5:25:51	3:59:15	10:41:24
10th Age Grouper	1:12:01	5:12:35	4:09:38	10:41:48
Kona Qualifier Average	1:03:32	4:51:44	3:24:51	9:26:23
Top 10 Age Grouper Average	1:10:52	5:11:01	3:46:55	10:16:02

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	1:05:32	4:56:49	3:24:28	9:33:06
2nd Age Grouper	1:07:53	4:58:32	3:22:46	9:35:23
3rd Age Grouper	1:02:36	5:05:47	3:22:27	9:37:20
4th Age Grouper	1:15:10	5:17:22	3:26:35	10:07:55
5th Age Grouper	1:06:25	5:19:49	3:34:26	10:11:13
6th Age Grouper	1:01:43	5:25:44	3:42:16	10:17:39
7th Age Grouper	0:59:57	5:17:32	3:54:19	10:21:26
8th Age Grouper	1:14:54	5:15:43	3:45:21	10:22:17
9th Age Grouper	1:17:07	5:32:01	3:36:55	10:34:21
10th Age Grouper	1:14:01	5:47:26	3:21:35	10:34:36
Kona Qualifier Average	1:05:32	4:56:49	3:24:28	9:33:06
Top 10 Age Grouper Average	1:08:31	5:17:40	3:33:06	10:07:31

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