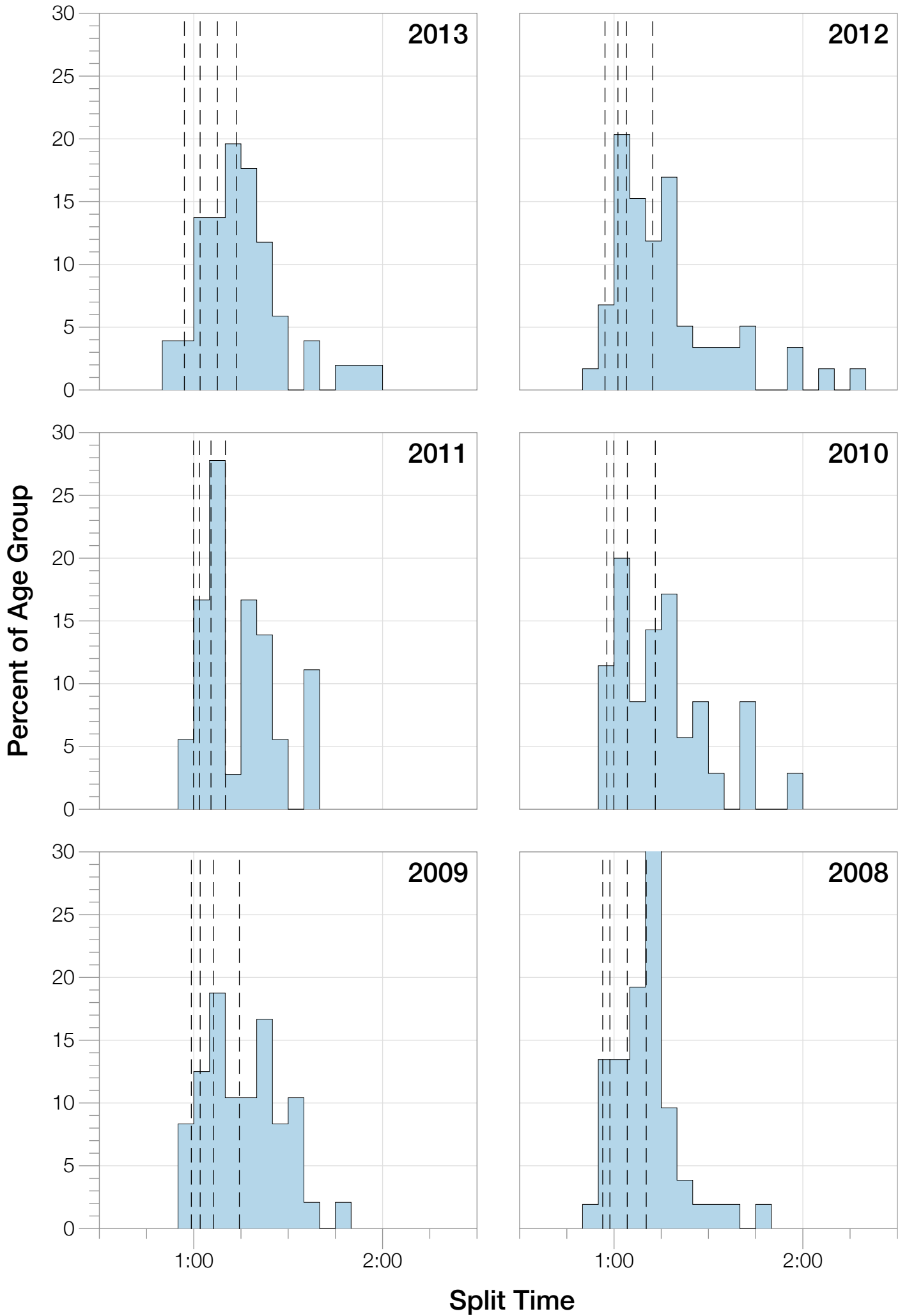


Ironman Western Australia F30-34 Stats

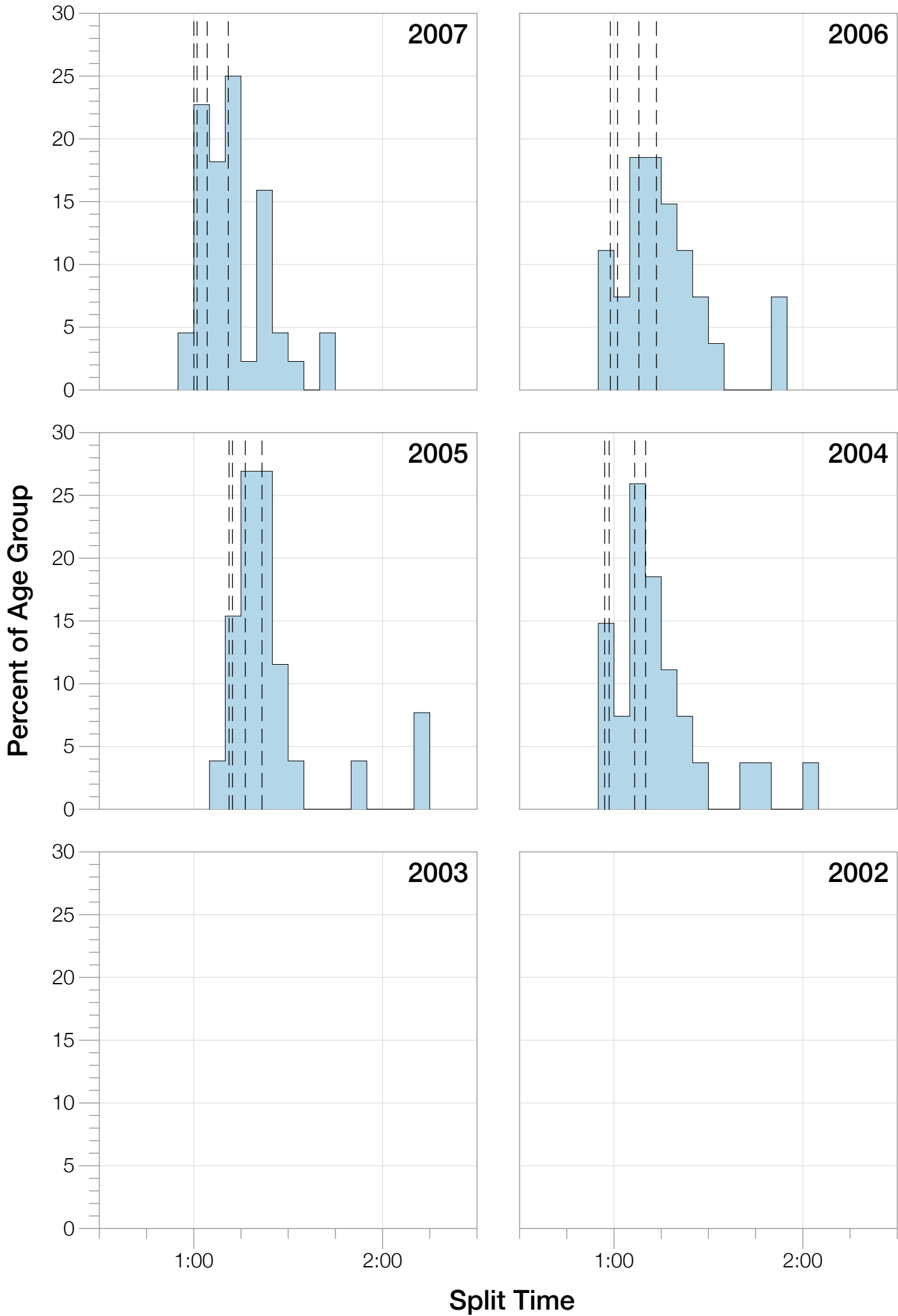
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2004	779	27	8:16:00	9:03:37	9:46:23
2005	588	26	8:27:36	9:31:32	10:55:30
2006	768	27	8:08:57	9:10:01	10:30:16
2007	901	44	8:06:00	9:00:55	9:45:55
2008	1029	52	8:07:06	8:59:24	9:55:30
2009	1124	48	8:13:59	9:16:52	9:57:01
2010	998	35	8:14:01	9:19:44	10:21:05
2011	1180	36	8:12:39	9:25:38	10:19:18
2012	1240	59	8:29:06	9:13:00	9:50:51
2013	1330	51	8:08:16	8:59:44	9:30:26
Average	994	41	8:14:22	9:12:02	10:05:13

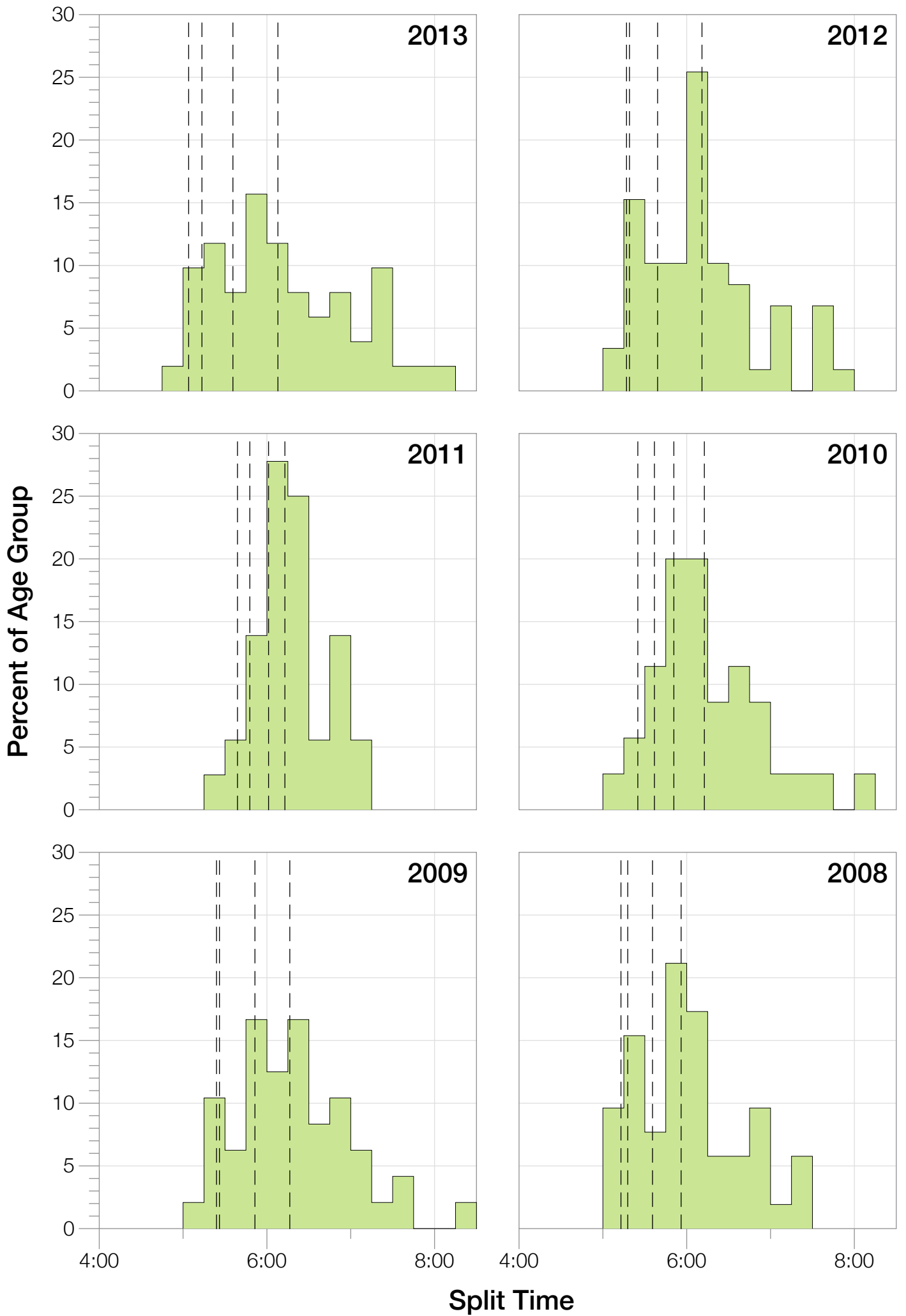
F30-34 Swim



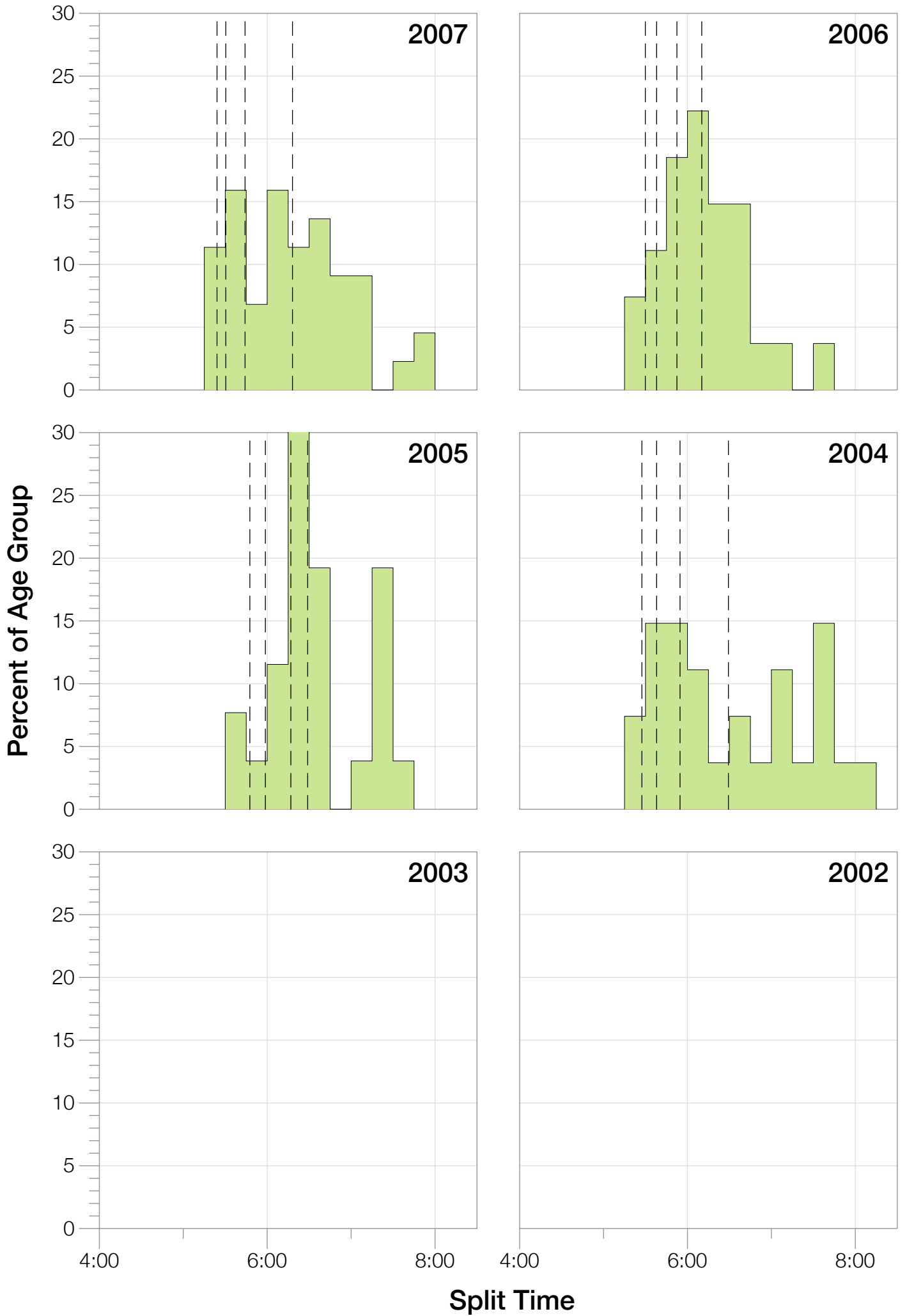
F30-34 Swim



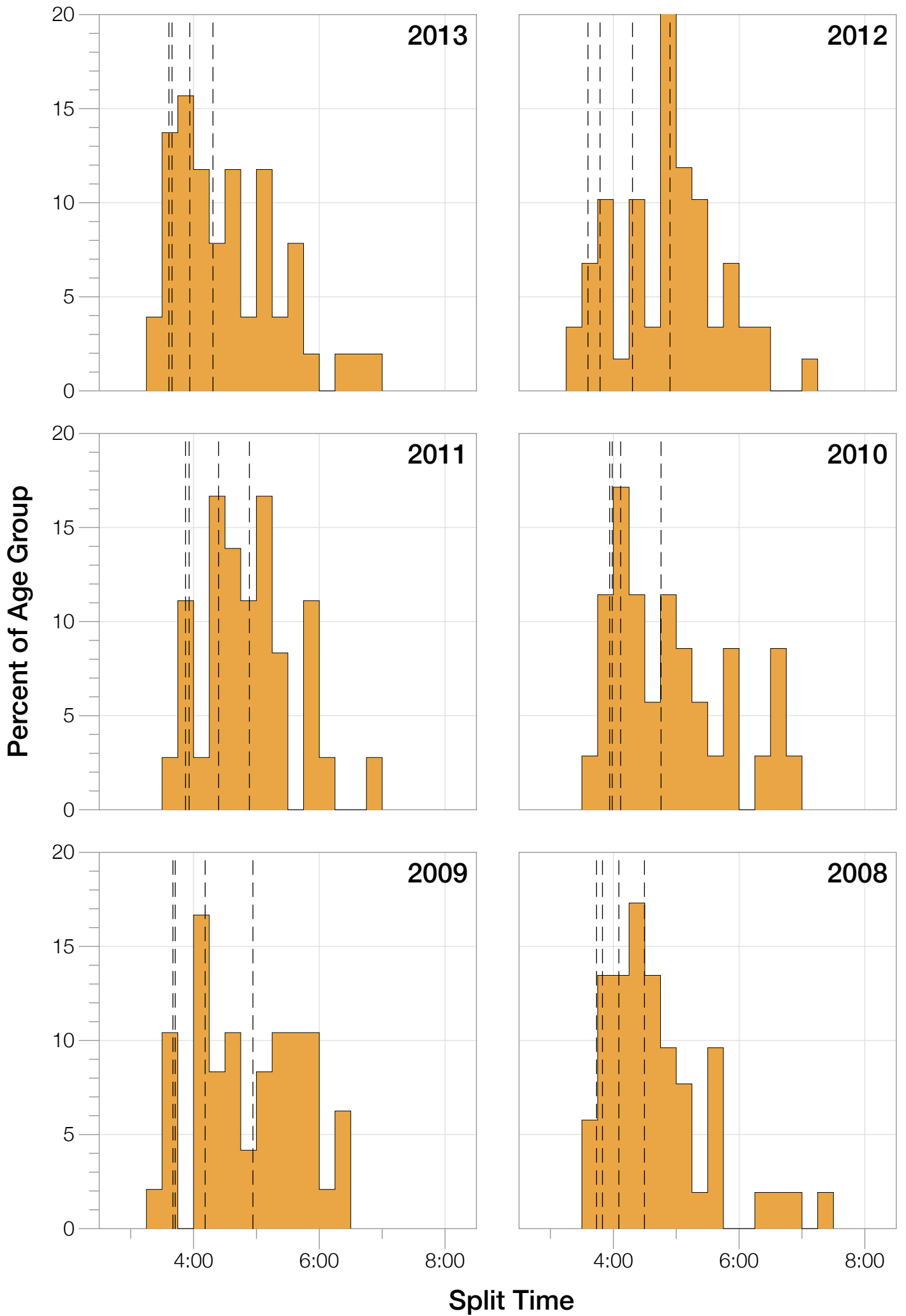
F30-34 Bike



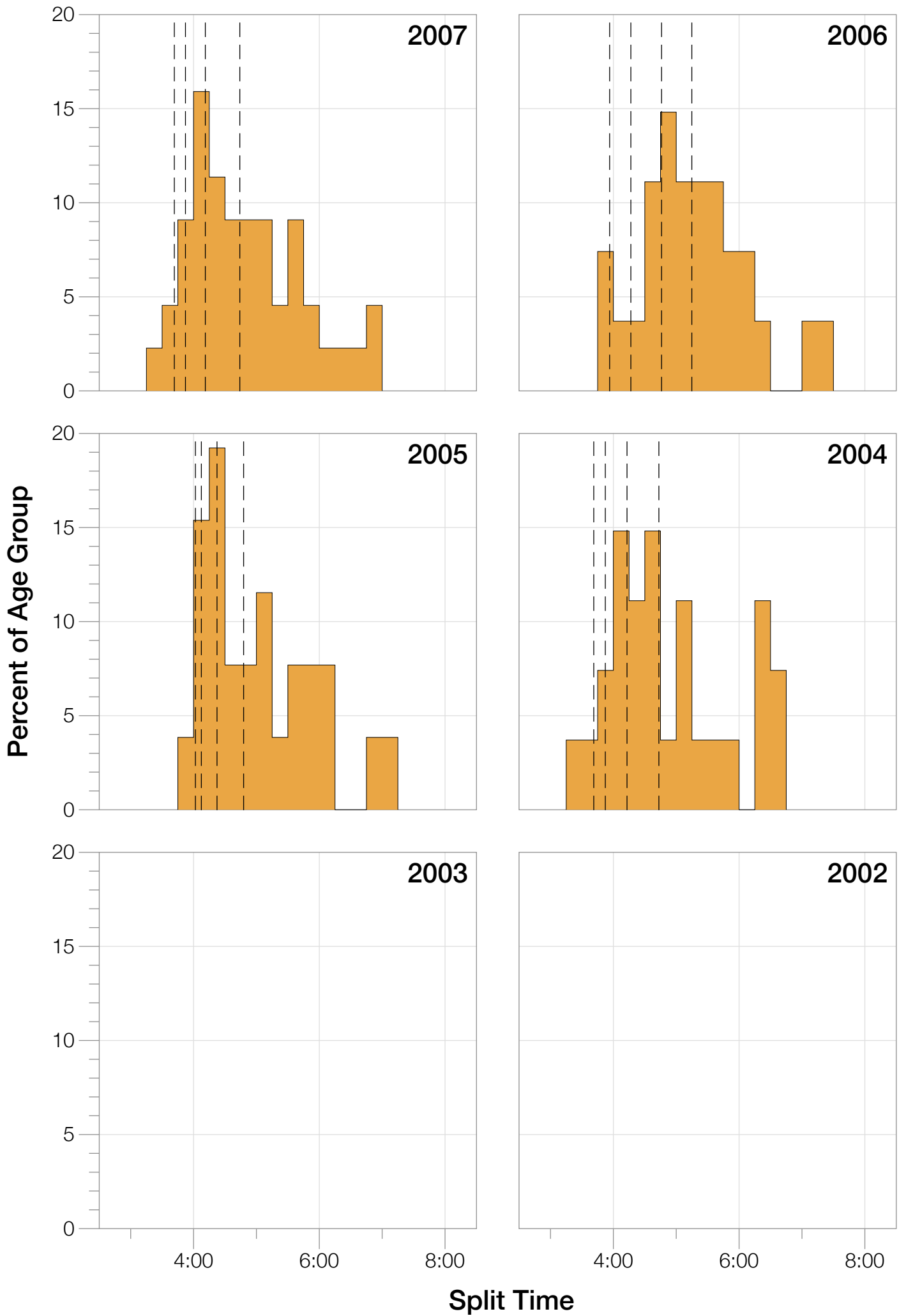
F30-34 Bike



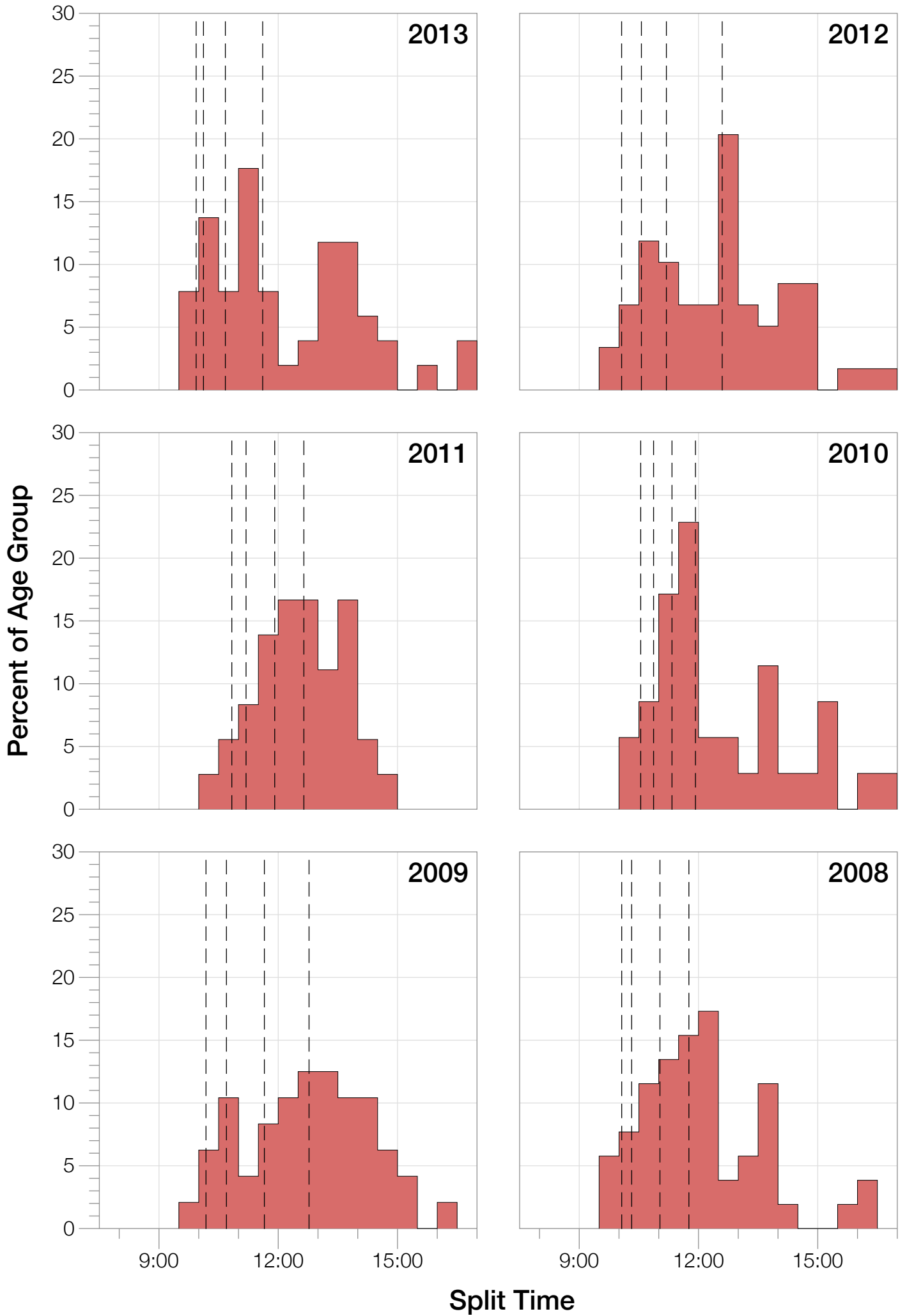
F30-34 Run



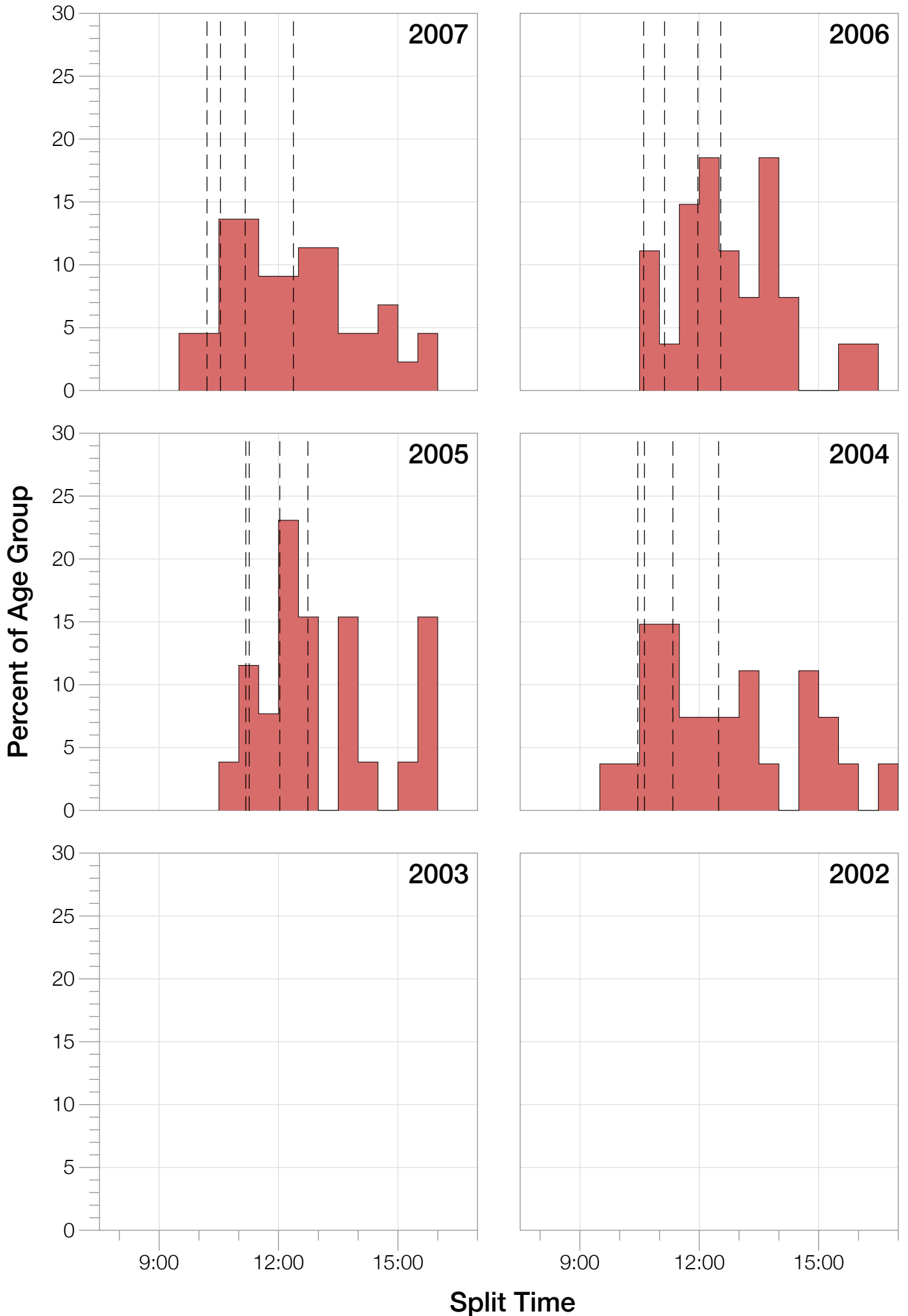
F30-34 Run



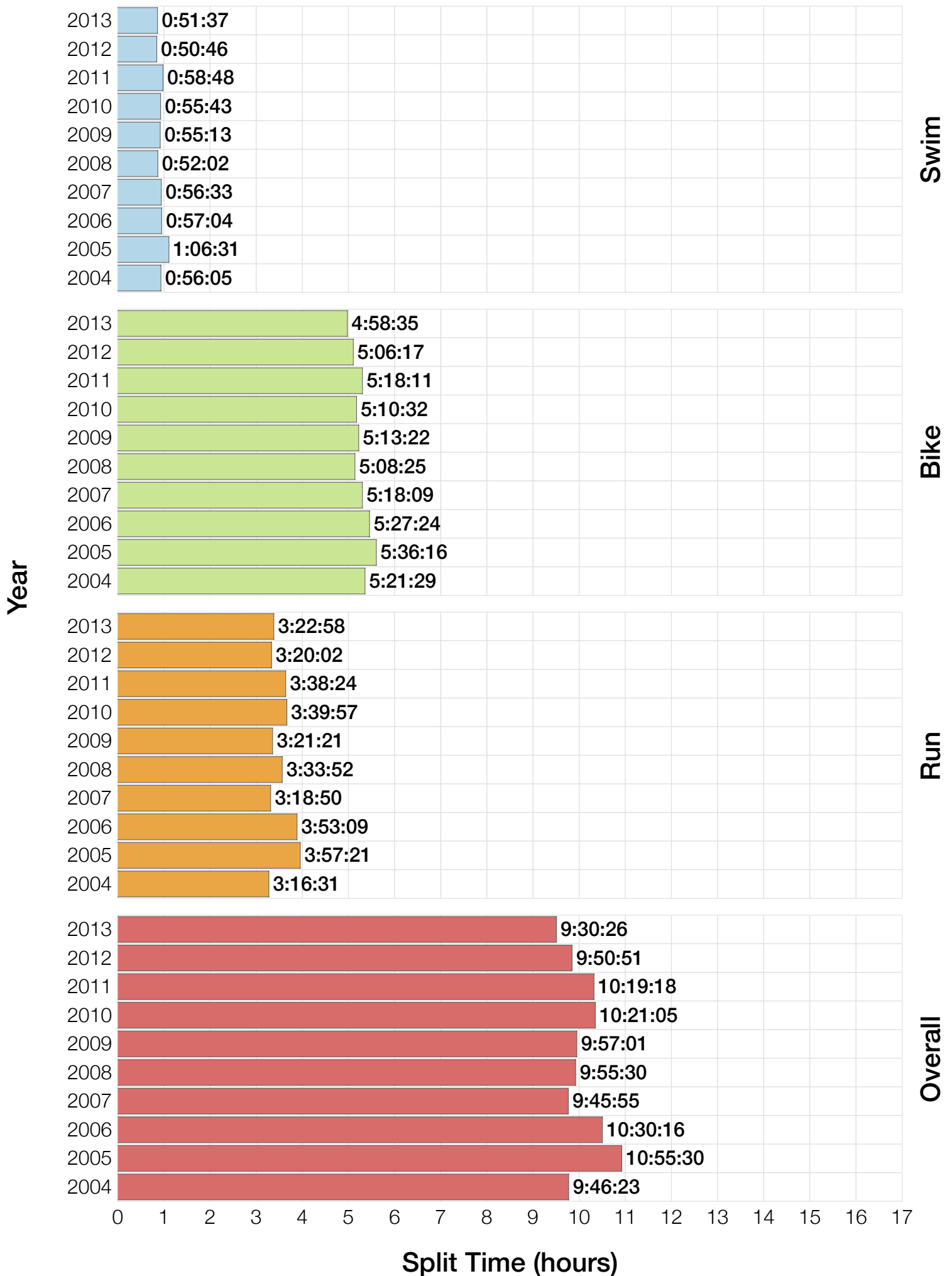
F30-34 Overall



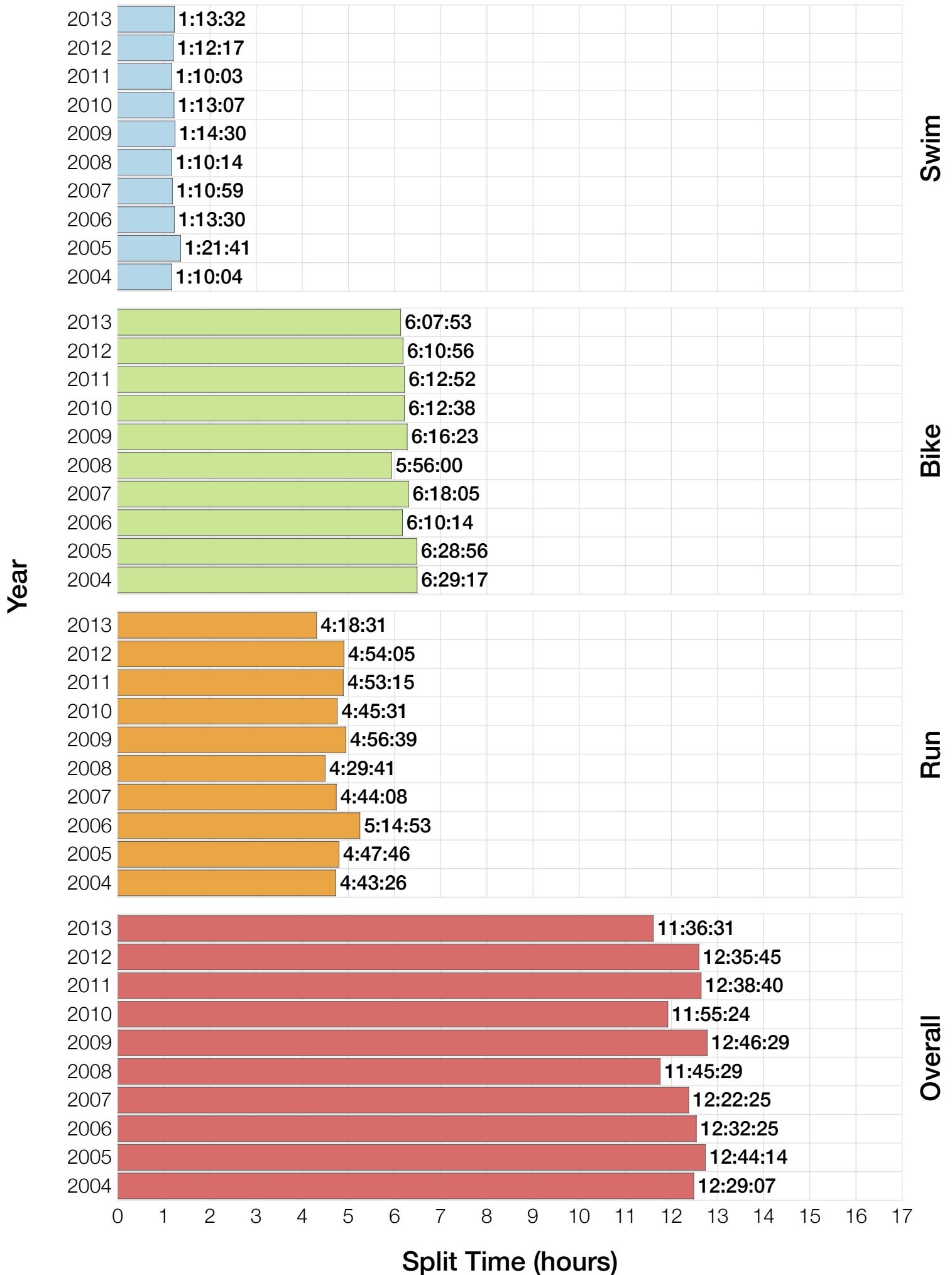
F30-34 Overall



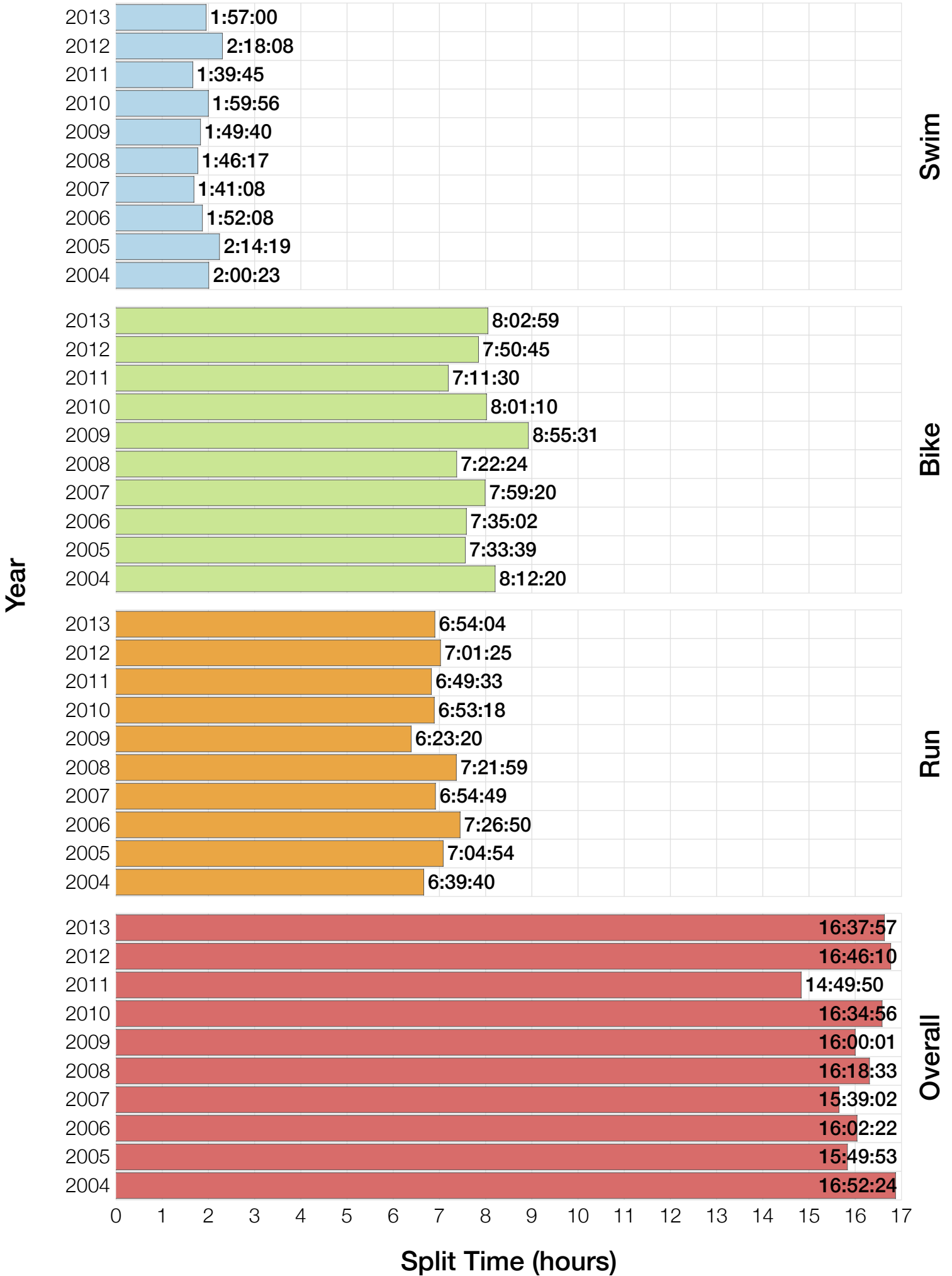
F30-34 Fastest Splits



F30-34 Median Splits

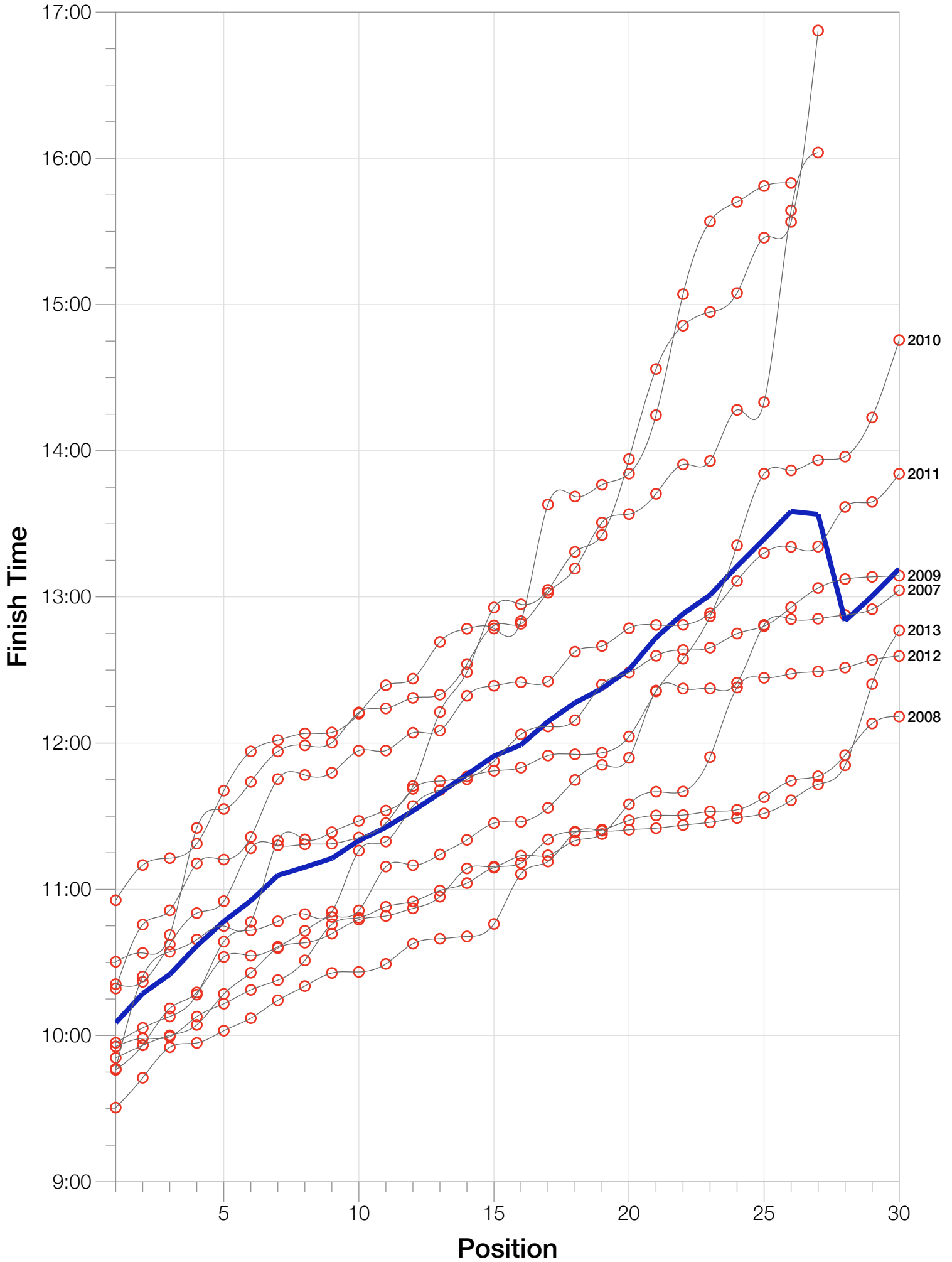


F30-34 Slowest Splits



F30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:17	4:31:44	2:50:22	8:14:22
Average Female Winner	0:55:43	4:59:46	3:14:15	9:12:02
Average 1st Age Grouper	1:05:08	5:19:57	3:36:41	10:05:13
Average 2nd Age Grouper	1:01:20	5:26:01	3:46:07	10:17:14
Average 3rd Age Grouper	1:04:54	5:26:47	3:48:33	10:25:05
Average 4th Age Grouper	1:06:02	5:27:58	3:59:02	10:36:46
Average 5th Age Grouper	1:06:43	5:45:58	3:50:03	10:46:51
Average 6th Age Grouper	1:05:45	5:40:45	4:04:21	10:55:19
Average 7th Age Grouper	1:05:05	5:43:16	4:12:24	11:05:43
Average 8th Age Grouper	1:07:54	5:45:58	4:10:30	11:09:05
Average 9th Age Grouper	1:05:57	5:38:58	4:22:58	11:12:43
Average 10th Age Grouper	1:08:36	5:47:26	4:19:30	11:20:00
Kona Qualifier Average	1:03:14	5:22:59	3:41:24	10:11:14
Top 10 Age Grouper Average	1:05:44	5:36:18	4:01:01	10:47:24

Western Australia 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:03	4:29:17	2:48:18	8:08:16
Female Winner	0:57:11	4:58:21	3:00:37	8:59:44
1st Age Grouper	1:04:05	4:58:35	3:22:58	9:30:26
2nd Age Grouper	0:53:56	5:03:54	3:39:53	9:42:41
3rd Age Grouper	1:06:51	5:04:03	3:39:07	9:55:12
4th Age Grouper	0:51:37	5:02:18	3:56:44	9:56:58
5th Age Grouper	1:04:15	5:24:00	3:26:54	10:01:59
6th Age Grouper	1:02:01	5:20:59	3:38:02	10:07:08
7th Age Grouper	1:05:52	5:12:30	3:48:15	10:14:27
8th Age Grouper	0:55:34	5:24:18	3:53:51	10:20:17
9th Age Grouper	1:11:59	5:25:14	3:39:28	10:25:40
10th Age Grouper	1:04:12	5:20:14	3:56:10	10:26:06
Kona Qualifier Average	0:59:00	5:01:14	3:31:25	9:36:33
Top 10 Age Grouper Average	1:02:02	5:13:36	3:42:08	10:04:05

Western Australia 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:51	4:38:38	2:54:42	8:29:06
Female Winner	1:02:13	5:00:11	3:06:10	9:13:00
1st Age Grouper	1:05:16	5:19:09	3:20:02	9:50:51
2nd Age Grouper	0:57:06	5:16:02	3:35:04	9:55:59
3rd Age Grouper	1:04:53	5:13:09	3:35:51	10:00:04
4th Age Grouper	1:09:49	5:06:17	3:42:36	10:04:22
5th Age Grouper	1:06:20	5:38:33	3:25:16	10:17:05
6th Age Grouper	1:03:44	5:26:41	3:48:30	10:25:45
7th Age Grouper	1:11:15	5:19:46	3:58:30	10:35:52
8th Age Grouper	0:57:08	5:17:01	4:17:56	10:38:05
9th Age Grouper	0:57:26	5:20:08	4:18:34	10:41:48
10th Age Grouper	1:22:52	5:28:47	3:51:02	10:47:33
Kona Qualifier Average	1:01:11	5:17:35	3:27:33	9:53:25
Top 10 Age Grouper Average	1:05:34	5:20:33	3:47:20	10:19:44

Western Australia 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:43	4:30:17	2:48:42	8:12:39
Female Winner	0:58:16	5:00:37	3:22:22	9:25:38
1st Age Grouper	1:16:16	5:18:11	3:38:24	10:19:18
2nd Age Grouper	1:05:46	5:37:47	3:52:37	10:45:31
3rd Age Grouper	1:00:03	5:45:56	3:56:01	10:51:22
4th Age Grouper	1:04:05	6:03:20	3:55:31	11:10:38
5th Age Grouper	1:23:36	5:49:38	3:51:24	11:12:13
6th Age Grouper	1:09:45	5:39:20	4:22:55	11:21:27
7th Age Grouper	1:05:35	6:02:13	4:25:54	11:45:15
8th Age Grouper	1:04:13	5:56:58	4:33:06	11:46:54
9th Age Grouper	1:08:50	5:55:57	4:35:36	11:47:53
10th Age Grouper	1:05:08	6:00:40	4:39:52	11:56:55
Kona Qualifier Average	1:11:01	5:27:59	3:45:30	10:32:24
Top 10 Age Grouper Average	1:08:19	5:49:00	4:11:08	11:17:44

Western Australia 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:05	4:28:52	2:52:53	8:14:01
Female Winner	1:01:43	4:53:53	3:20:42	9:19:44
1st Age Grouper	1:03:46	5:10:32	4:02:28	10:21:05
2nd Age Grouper	0:59:47	5:36:54	3:39:57	10:22:02
3rd Age Grouper	1:04:46	5:28:16	3:58:41	10:37:22
4th Age Grouper	1:13:59	5:17:23	4:12:47	10:50:14
5th Age Grouper	1:01:41	5:36:54	4:04:56	10:55:08
6th Age Grouper	1:13:07	5:55:28	3:58:29	11:16:52
7th Age Grouper	0:57:31	5:46:08	4:22:47	11:18:02
8th Age Grouper	1:07:38	5:59:10	4:05:23	11:18:27
9th Age Grouper	1:00:11	5:37:49	4:30:55	11:18:43
10th Age Grouper	1:04:42	5:45:14	4:21:36	11:21:16
Kona Qualifier Average	1:01:46	5:23:43	3:51:12	10:21:33
Top 10 Age Grouper Average	1:04:42	5:37:22	4:07:47	10:57:55

Western Australia 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:33	4:35:06	2:47:48	8:13:59
Female Winner	0:50:10	5:00:30	3:22:17	9:16:52
1st Age Grouper	0:59:21	5:13:22	3:37:48	9:57:01
2nd Age Grouper	1:12:55	5:24:40	3:21:21	10:03:10
3rd Age Grouper	0:59:10	5:18:55	3:40:07	10:07:49
4th Age Grouper	1:06:31	5:23:41	3:40:39	10:16:46
5th Age Grouper	1:05:32	5:46:22	3:41:59	10:38:33
6th Age Grouper	1:02:27	5:31:53	4:02:39	10:43:10
7th Age Grouper	1:06:13	5:26:38	4:07:18	10:46:51
8th Age Grouper	1:08:17	5:50:15	3:42:43	10:49:49
9th Age Grouper	1:06:29	5:32:32	4:01:17	10:50:49
10th Age Grouper	1:02:05	5:51:31	4:15:22	11:15:52
Kona Qualifier Average	1:06:08	5:19:01	3:29:34	10:00:05
Top 10 Age Grouper Average	1:04:54	5:31:58	3:49:07	10:32:59

Western Australia 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:25	4:25:28	2:48:51	8:07:06
Female Winner	0:50:30	4:56:42	3:09:06	8:59:24
1st Age Grouper	0:55:34	5:14:38	3:39:26	9:55:30
2nd Age Grouper	0:52:02	5:23:58	3:37:05	9:58:51
3rd Age Grouper	0:58:35	5:14:39	3:33:52	9:59:31
4th Age Grouper	1:03:14	5:10:52	3:48:09	10:07:46
5th Age Grouper	0:59:41	5:18:43	3:51:11	10:13:03
6th Age Grouper	1:02:00	5:21:19	3:49:24	10:18:43
7th Age Grouper	0:55:06	5:10:37	4:11:36	10:22:43
8th Age Grouper	1:07:17	5:20:20	3:56:16	10:30:50
9th Age Grouper	1:07:25	5:23:21	4:09:17	10:45:40
10th Age Grouper	0:57:06	5:23:50	4:21:08	10:48:20
Kona Qualifier Average	0:53:48	5:19:18	3:38:15	9:57:10
Top 10 Age Grouper Average	0:59:48	5:18:13	3:53:44	10:18:05

Western Australia 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:32	4:29:03	2:48:25	8:06:00
Female Winner	0:54:16	5:01:34	3:05:05	9:00:55
1st Age Grouper	1:08:01	5:19:04	3:18:50	9:45:55
2nd Age Grouper	1:02:14	5:23:46	3:30:08	9:56:08
3rd Age Grouper	1:00:50	5:18:09	3:52:09	10:11:08
4th Age Grouper	0:56:33	5:28:34	3:52:34	10:17:41
5th Age Grouper	1:04:23	5:42:16	3:45:36	10:32:15
6th Age Grouper	1:00:13	5:26:05	4:06:28	10:32:46
7th Age Grouper	1:02:01	5:37:51	3:56:32	10:36:24
8th Age Grouper	1:20:57	5:41:04	3:40:56	10:42:57
9th Age Grouper	1:02:43	5:34:42	4:11:15	10:48:40
10th Age Grouper	1:05:55	5:44:42	4:00:43	10:51:20
Kona Qualifier Average	1:05:07	5:21:25	3:24:29	9:51:01
Top 10 Age Grouper Average	1:04:23	5:31:37	3:49:31	10:25:31

Western Australia 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:05	4:29:52	2:49:00	8:08:57
Female Winner	0:53:31	4:50:49	3:25:41	9:10:01
1st Age Grouper	1:09:43	5:27:24	3:53:09	10:30:16
2nd Age Grouper	0:58:39	5:32:16	4:02:58	10:33:53
3rd Age Grouper	1:05:51	5:41:45	3:53:40	10:41:16
4th Age Grouper	1:08:23	5:28:51	4:47:57	11:25:11
5th Age Grouper	0:57:04	6:10:02	4:25:52	11:32:58
6th Age Grouper	1:13:23	5:51:24	4:39:19	11:44:06
7th Age Grouper	0:59:16	6:05:30	4:51:48	11:56:34
8th Age Grouper	1:22:53	5:52:11	4:44:03	11:59:07
9th Age Grouper	1:03:10	5:42:09	5:14:53	12:00:12
10th Age Grouper	1:16:10	6:14:02	4:42:24	12:12:36
Kona Qualifier Average	1:04:11	5:29:50	3:58:03	10:32:04
Top 10 Age Grouper Average	1:07:27	5:48:33	4:31:36	11:27:36

Western Australia 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:57:11	4:30:41	2:59:44	8:27:36
Female Winner	0:58:40	5:14:32	3:18:20	9:31:32
1st Age Grouper	1:13:18	5:44:51	3:57:21	10:55:30
2nd Age Grouper	1:11:50	5:36:16	4:21:51	11:09:57
3rd Age Grouper	1:11:01	6:01:35	4:00:12	11:12:48
4th Age Grouper	1:16:28	5:55:49	4:06:27	11:18:44
5th Age Grouper	1:18:00	6:13:59	4:08:30	11:40:29
6th Age Grouper	1:06:31	6:33:38	4:16:28	11:56:37
7th Age Grouper	1:21:46	6:31:01	4:08:27	12:01:14
8th Age Grouper	1:17:44	6:20:37	4:25:36	12:03:57
9th Age Grouper	1:24:30	6:15:51	4:24:01	12:04:22
10th Age Grouper	1:19:10	6:05:24	4:47:33	12:12:07
Kona Qualifier Average	1:12:34	5:40:33	4:09:36	11:02:43
Top 10 Age Grouper Average	1:16:01	6:07:54	4:15:38	11:39:34

Western Australia 2004

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:25	4:40:11	2:45:23	8:16:00
Female Winner	0:50:48	5:00:35	3:12:12	9:03:37
1st Age Grouper	0:56:05	5:33:46	3:16:31	9:46:23
2nd Age Grouper	0:59:12	5:24:42	4:00:18	10:24:14
3rd Age Grouper	1:17:00	5:21:29	3:55:51	10:34:21
4th Age Grouper	1:09:41	5:42:41	3:47:01	10:39:24
5th Age Grouper	1:06:44	5:59:17	3:38:52	10:44:55
6th Age Grouper	1:04:28	5:40:45	4:01:22	10:46:36
7th Age Grouper	1:06:24	6:00:32	4:13:00	11:19:57
8th Age Grouper	0:57:22	5:57:53	4:25:14	11:20:29
9th Age Grouper	0:56:54	5:42:06	4:44:26	11:23:26
10th Age Grouper	1:08:48	6:00:04	4:19:11	11:28:04
Kona Qualifier Average	0:57:38	5:29:14	3:38:24	10:05:18
Top 10 Age Grouper Average	1:04:15	5:44:19	4:02:10	10:50:46