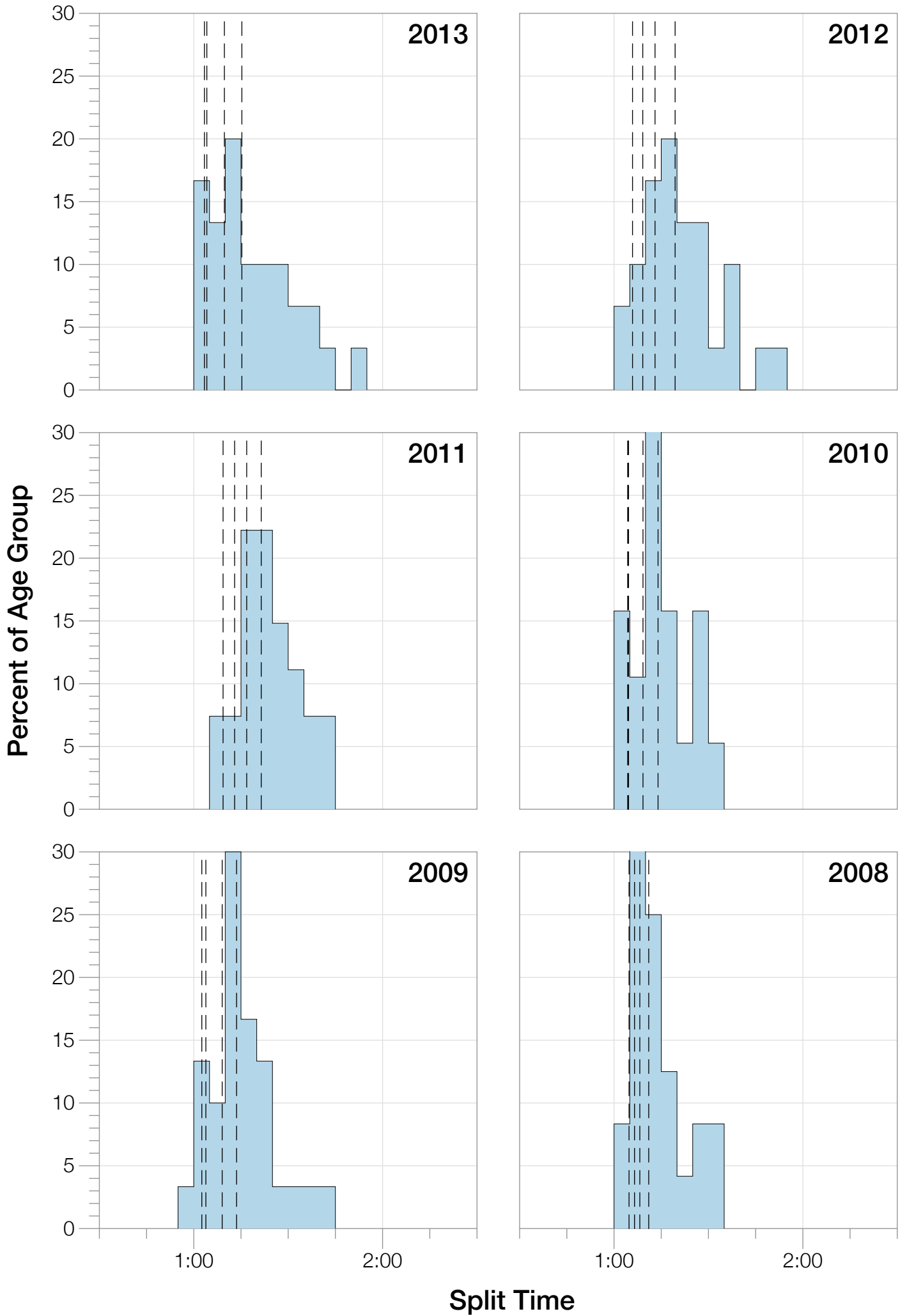


# Ironman Western Australia F45-49 Stats

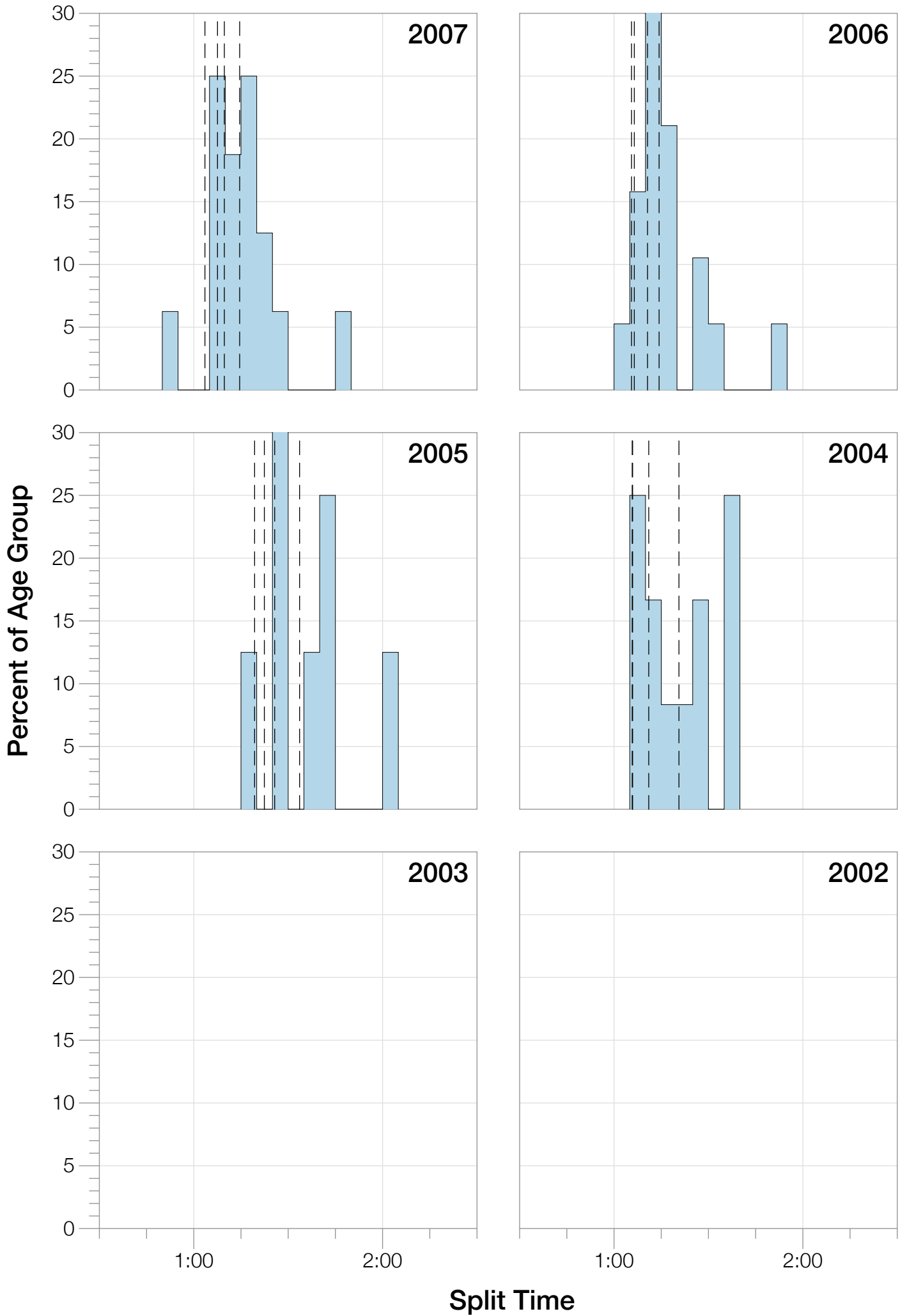
## F45-49 Summary Statistics

Year	Finishers	F45-49 Finishers	Male Winner's Time	Female Winner's Time	F45-49 Winner's Time
2004	779	12	8:16:00	9:03:37	11:05:16
2005	588	8	8:27:36	9:31:32	12:50:43
2006	768	19	8:08:57	9:10:01	11:01:04
2007	901	17	8:06:00	9:00:55	10:04:59
2008	1029	24	8:07:06	8:59:24	10:20:08
2009	1124	30	8:13:59	9:16:52	10:44:12
2010	998	19	8:14:01	9:19:44	10:33:30
2011	1180	27	8:12:39	9:25:38	10:46:10
2012	1240	30	8:29:06	9:13:00	10:21:04
2013	1330	31	8:08:16	8:59:44	10:42:58
<b>Average</b>	<b>994</b>	<b>22</b>	<b>8:14:22</b>	<b>9:12:02</b>	<b>10:51:00</b>

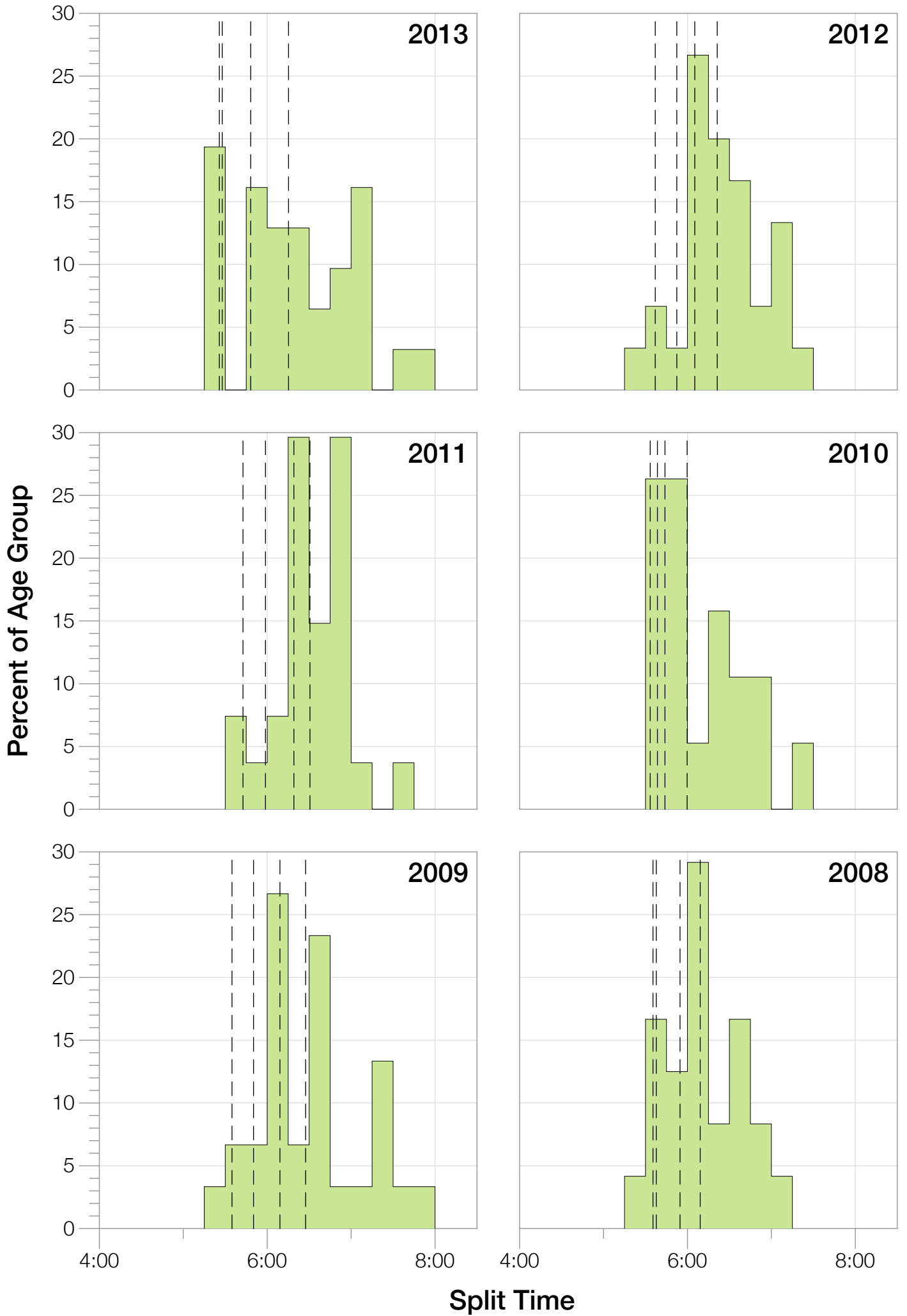
# F45-49 Swim



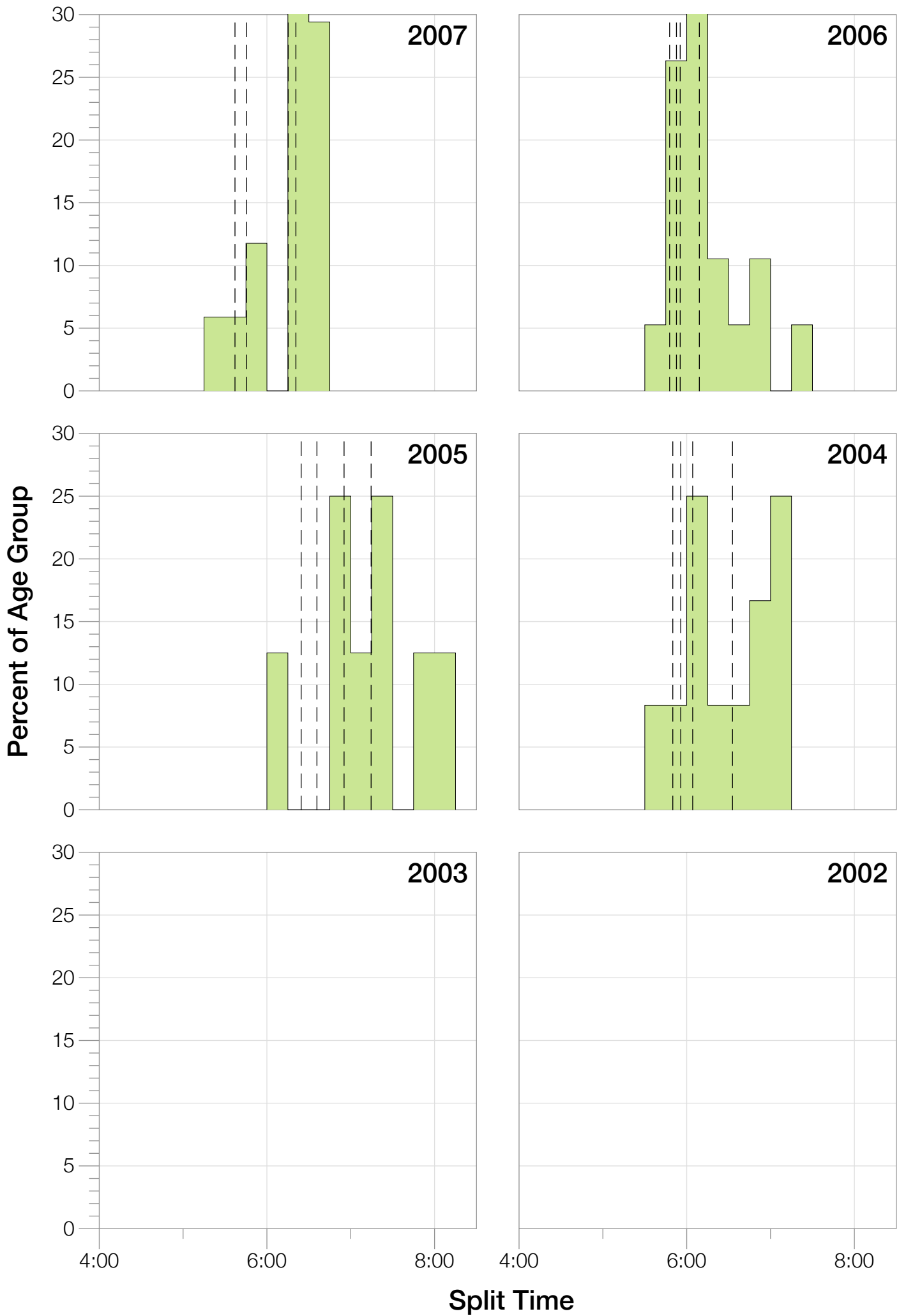
# F45-49 Swim



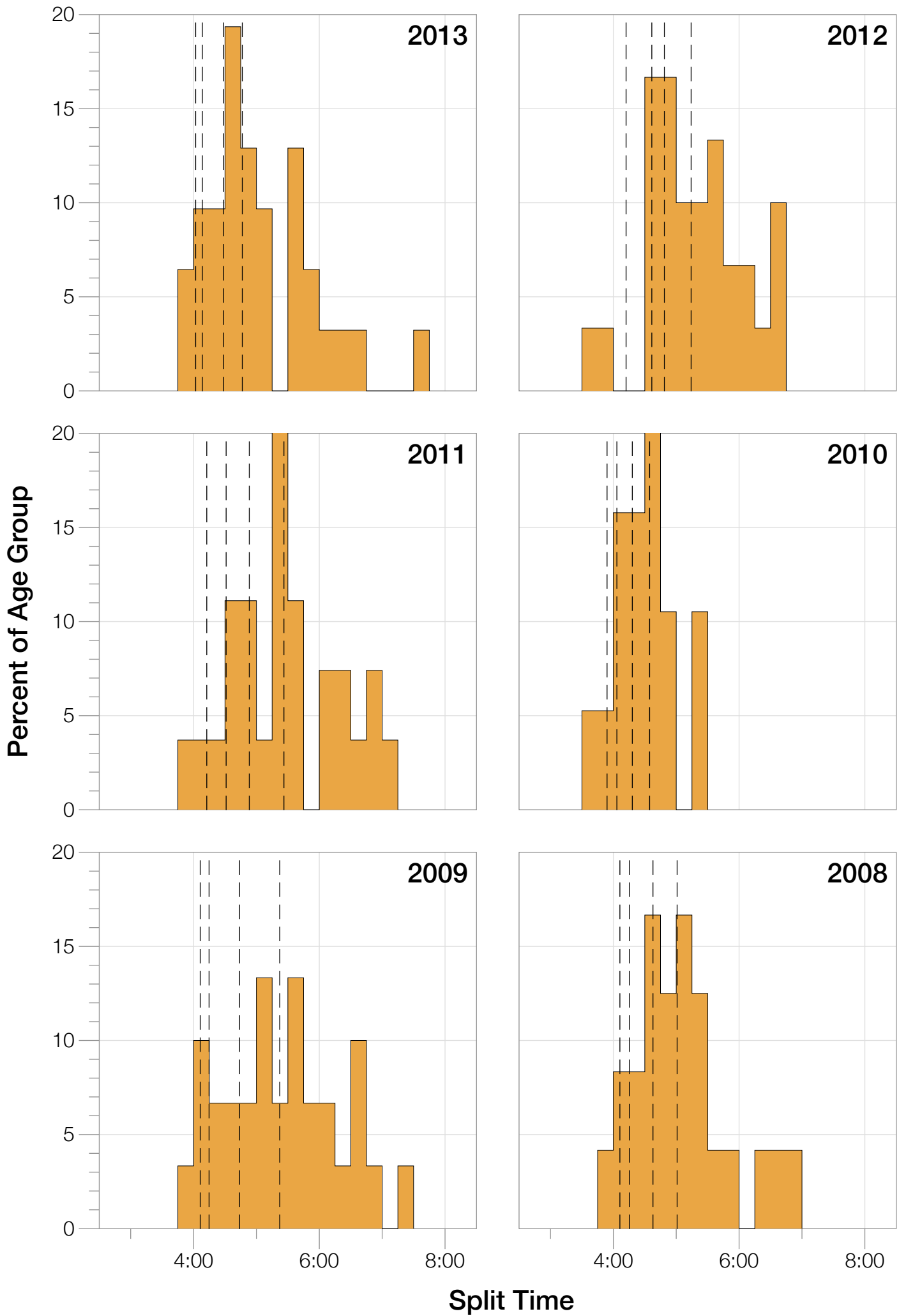
# F45-49 Bike



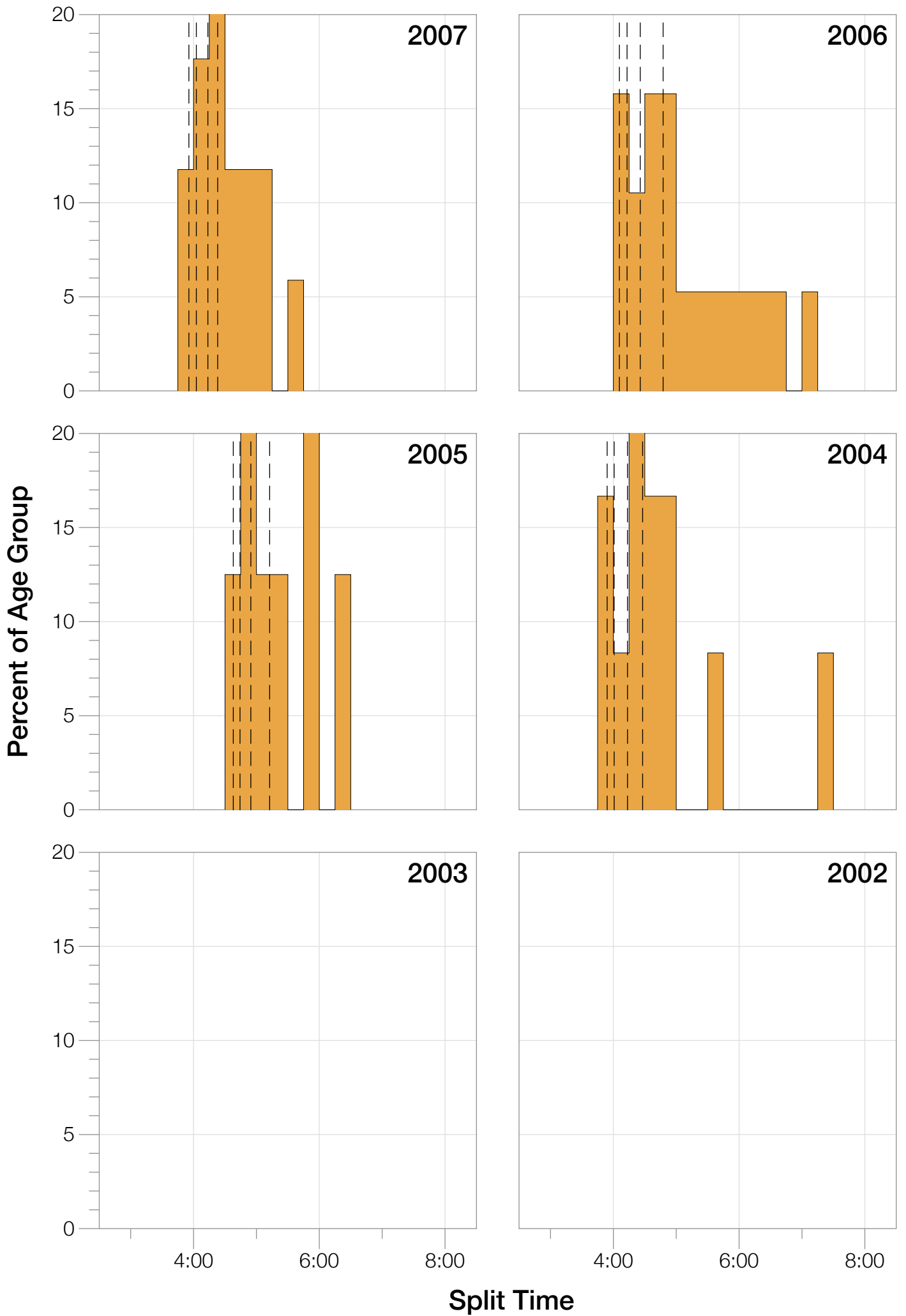
# F45-49 Bike



# F45-49 Run

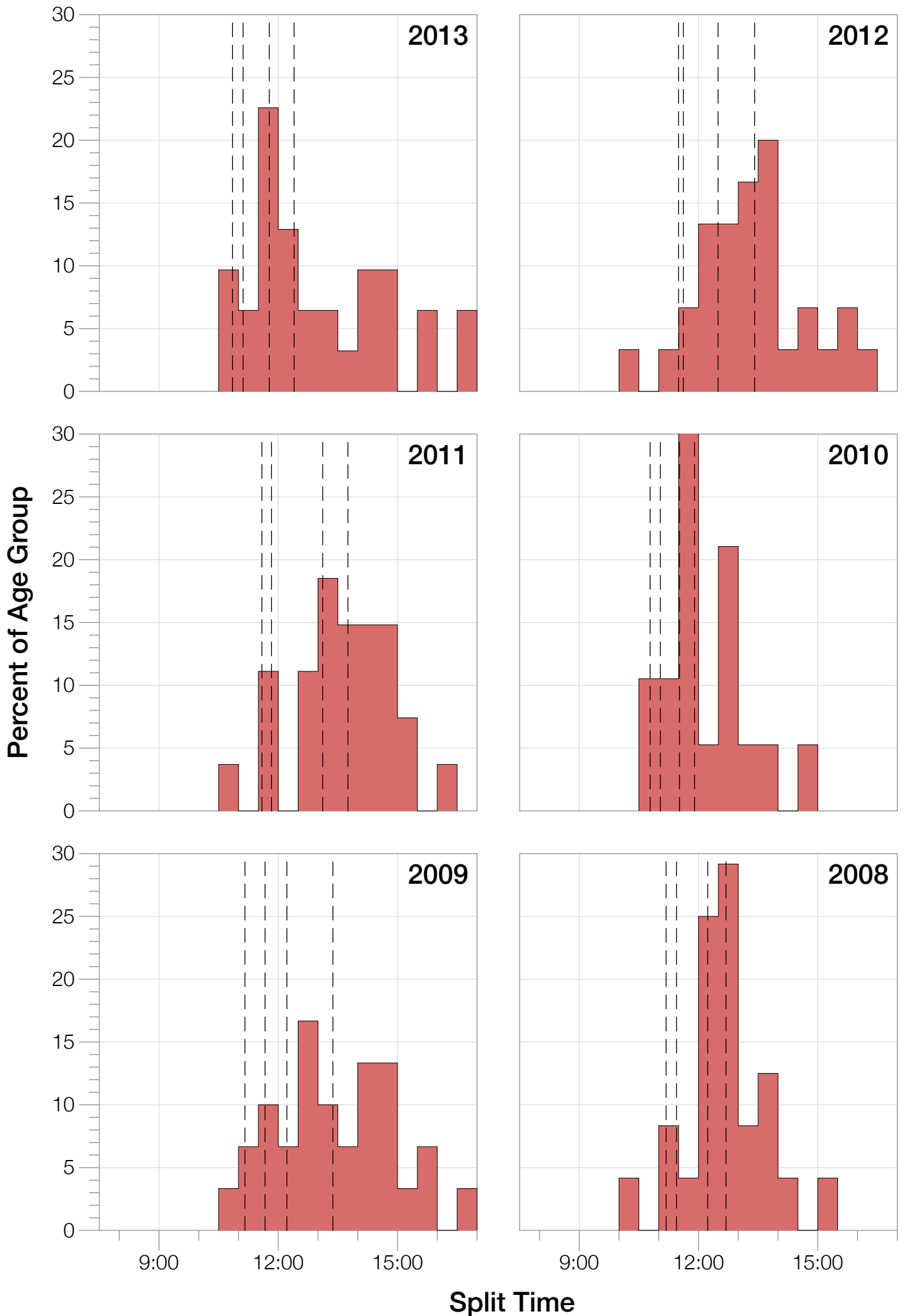


# F45-49 Run

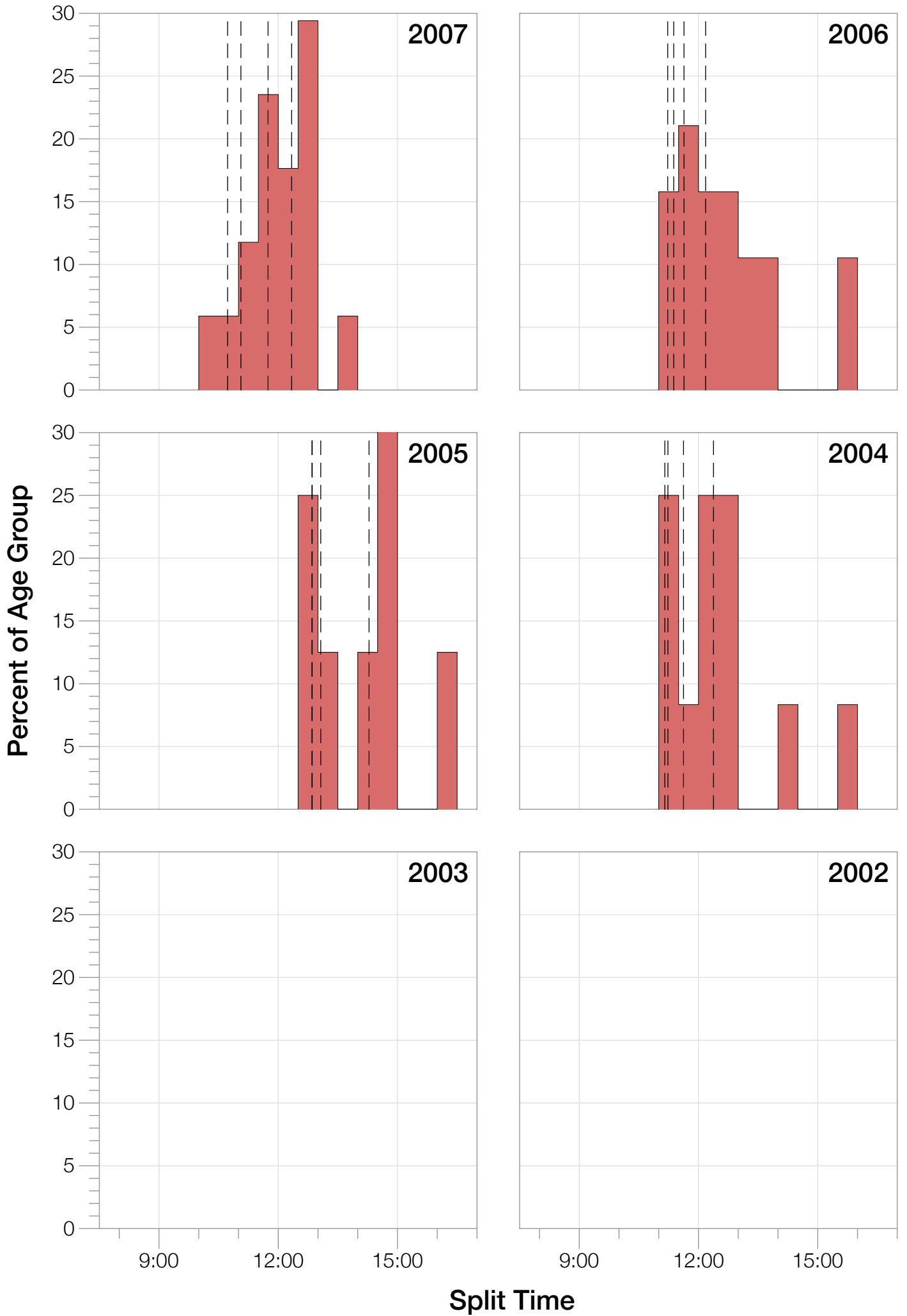




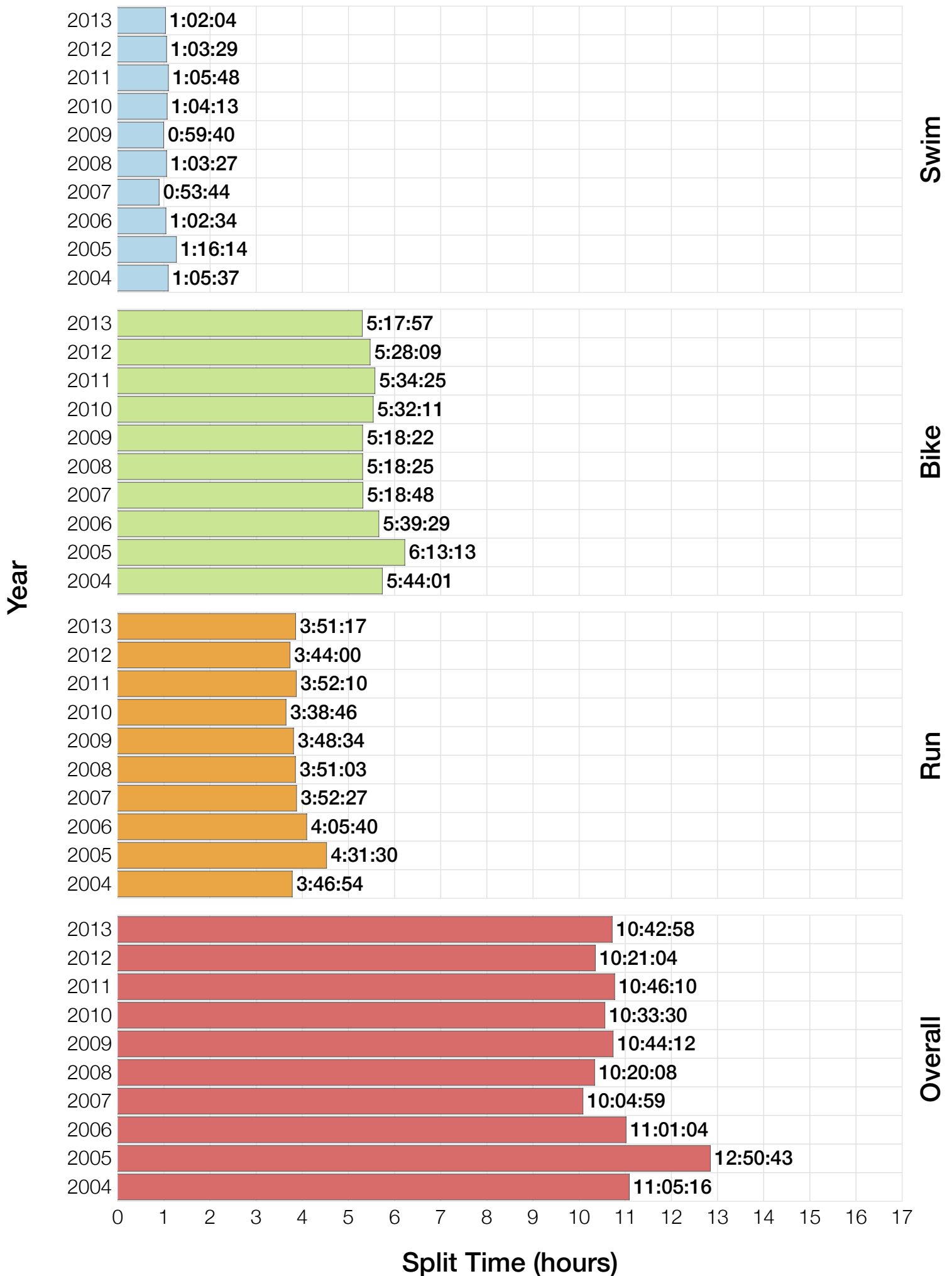
# F45-49 Overall



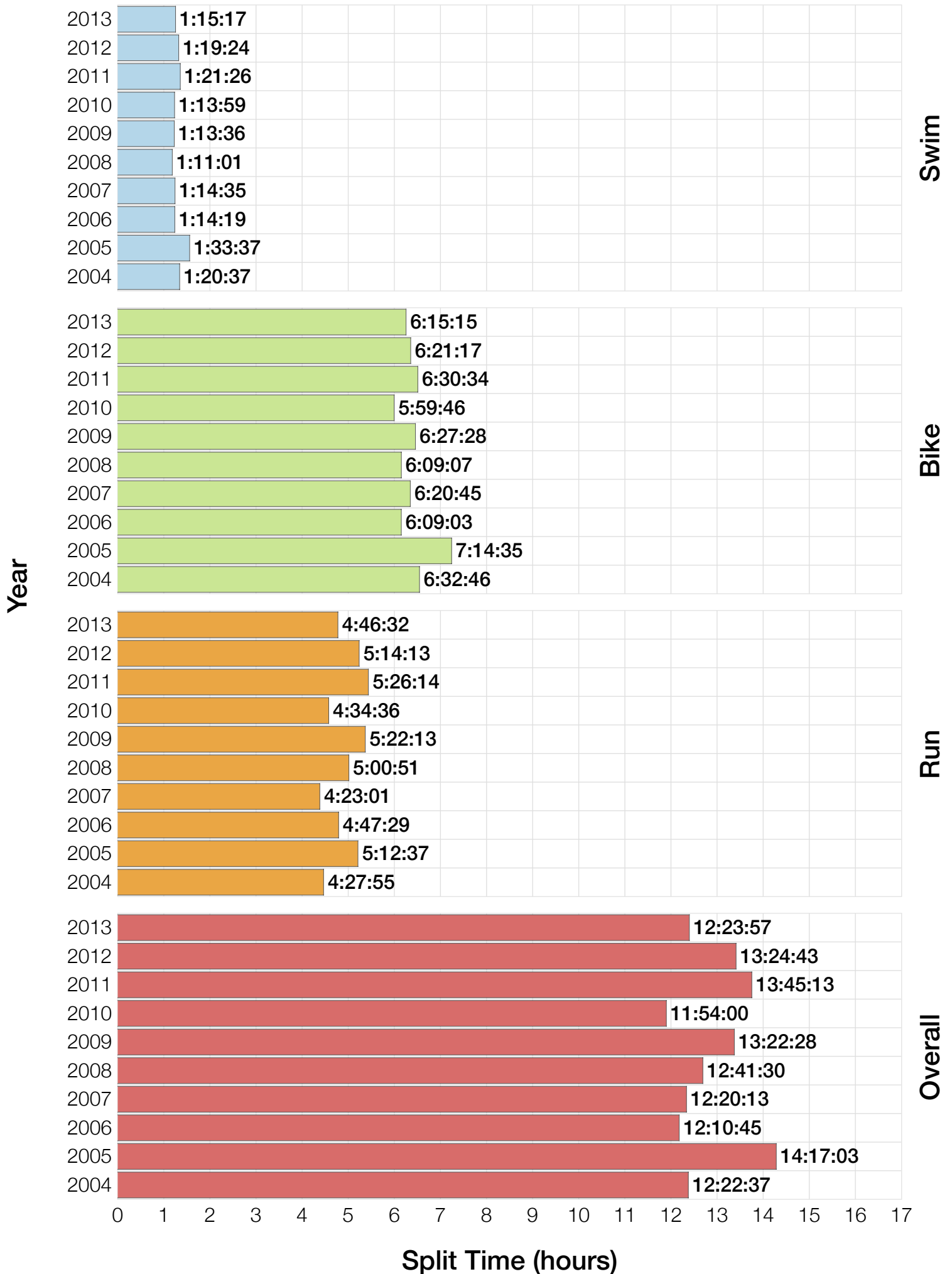
# F45-49 Overall



# F45-49 Fastest Splits



# F45-49 Median Splits



# F45-49 Slowest Splits

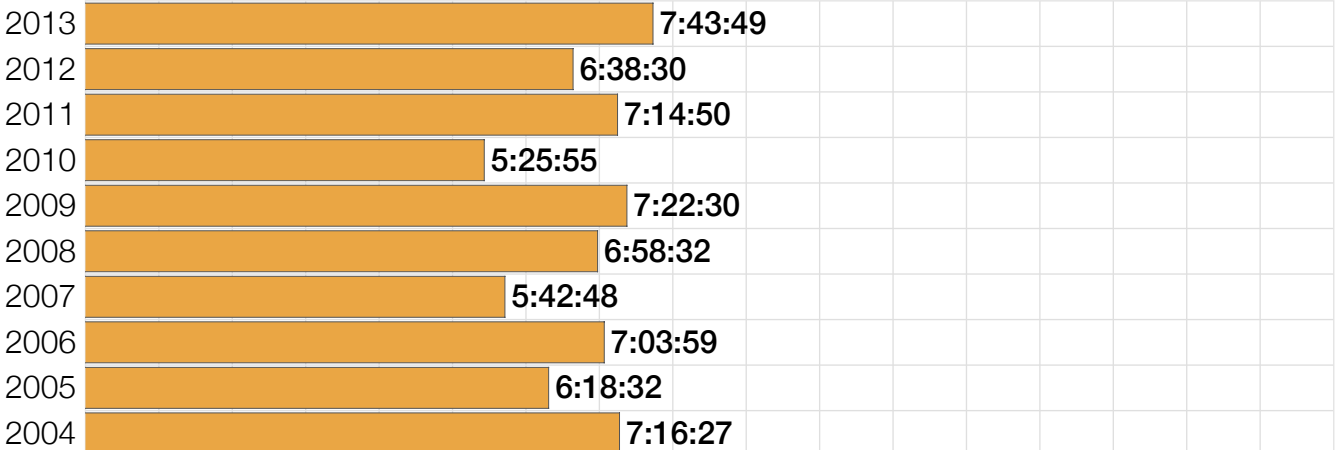
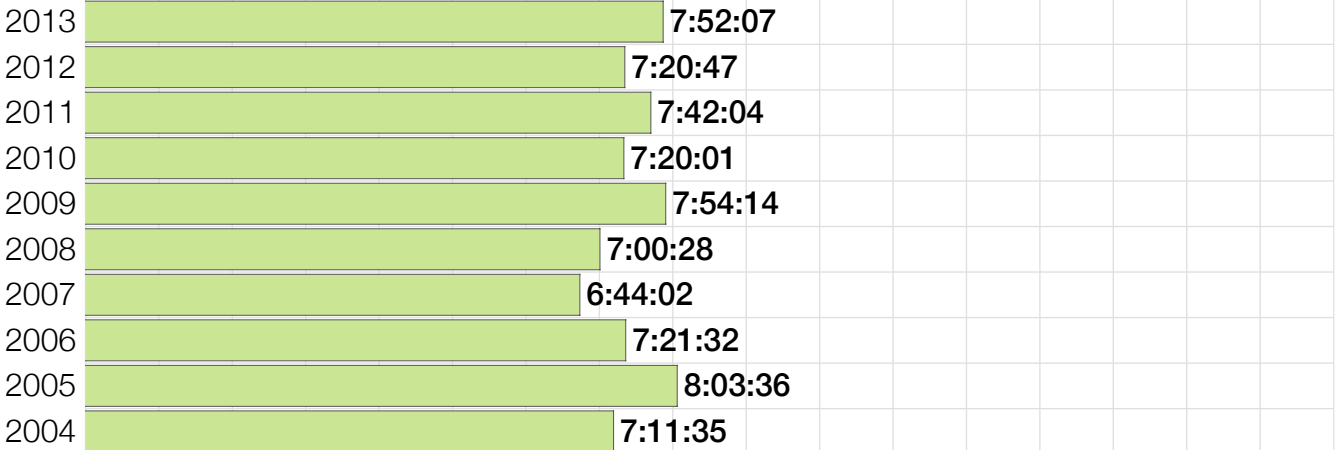
Year

Swim

Bike

Run

Overall

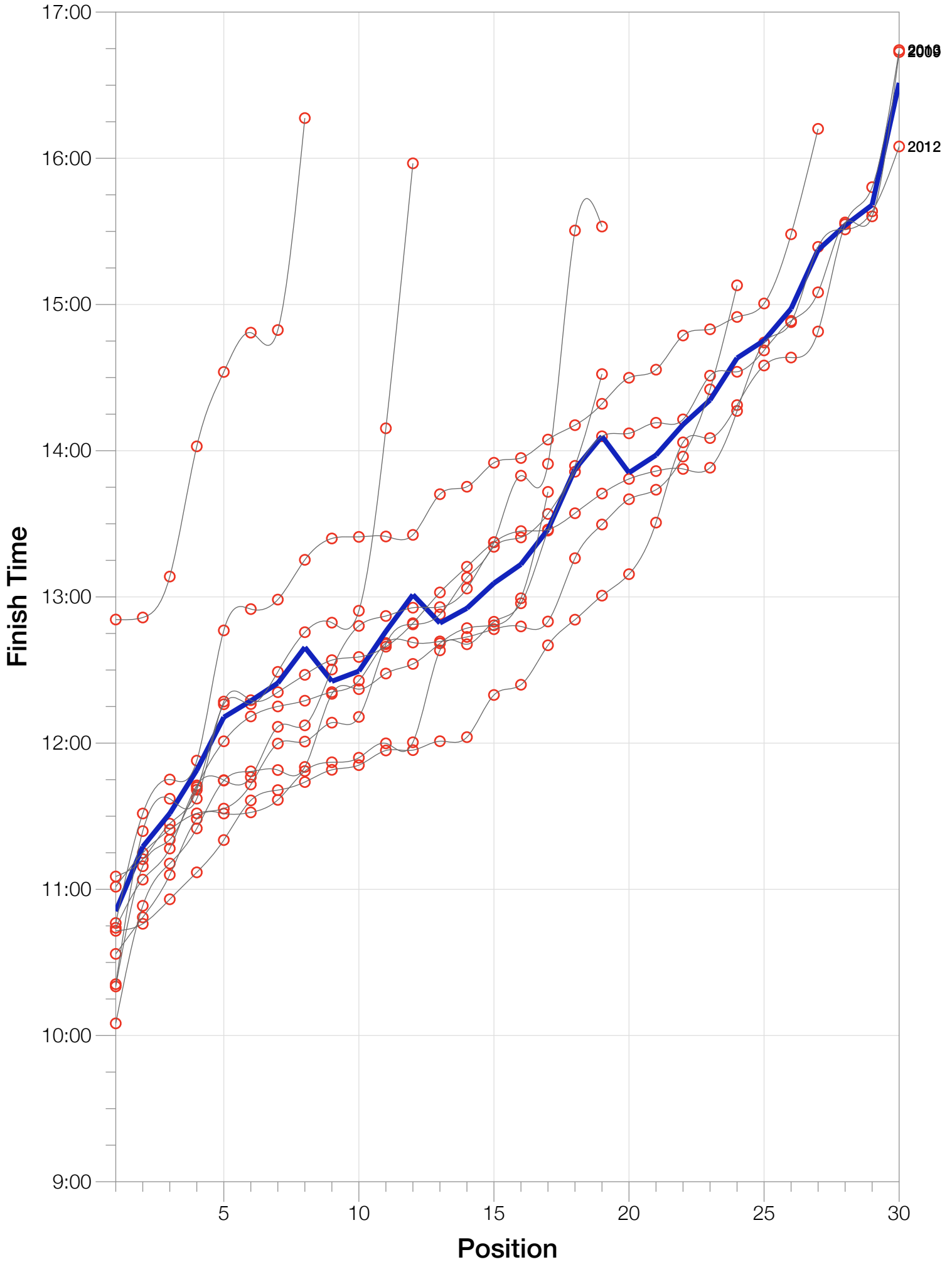


0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

# F45-49 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# F45-49 Top 10 and Kona Times and Splits

## Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Average Male Winner</b>	<b>0:50:17</b>	<b>4:31:44</b>	<b>2:50:22</b>	<b>8:14:22</b>
<b>Average Female Winner</b>	<b>0:55:43</b>	<b>4:59:46</b>	<b>3:14:15</b>	<b>9:12:02</b>
<b>Average 1st Age Grouper</b>	<b>1:08:47</b>	<b>5:34:15</b>	<b>4:03:57</b>	<b>10:51:00</b>
<b>Average 2nd Age Grouper</b>	<b>1:09:17</b>	<b>5:52:00</b>	<b>4:10:34</b>	<b>11:17:29</b>
Average 3rd Age Grouper	1:16:27	5:51:18	4:17:49	11:31:09
Average 4th Age Grouper	1:15:18	6:02:17	4:25:03	11:48:55
Average 5th Age Grouper	1:16:03	6:05:50	4:41:27	12:10:37
Average 6th Age Grouper	1:15:38	6:17:20	4:37:48	12:17:21
Average 7th Age Grouper	1:13:36	6:20:21	4:44:06	12:24:38
Average 8th Age Grouper	1:19:33	6:23:45	4:48:58	12:39:20
Average 9th Age Grouper	1:17:58	6:15:23	4:44:38	12:25:22
Average 10th Age Grouper	1:14:39	6:15:59	4:51:35	12:29:32
<b>Kona Qualifier Average</b>	<b>1:09:02</b>	<b>5:43:08</b>	<b>4:07:16</b>	<b>11:04:14</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:42</b>	<b>6:05:39</b>	<b>4:32:17</b>	<b>11:58:58</b>

## Western Australia 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:47:03</b>	<b>4:29:17</b>	<b>2:48:18</b>	<b>8:08:16</b>
<b>Female Winner</b>	<b>0:57:11</b>	<b>4:58:21</b>	<b>3:00:37</b>	<b>8:59:44</b>
<b>1st Age Grouper</b>	<b>1:03:08</b>	<b>5:24:57</b>	<b>4:08:51</b>	<b>10:42:58</b>
<b>2nd Age Grouper</b>	<b>1:12:20</b>	<b>5:29:18</b>	<b>3:56:46</b>	<b>10:45:51</b>
3rd Age Grouper	1:14:07	5:28:23	4:07:15	10:55:55
4th Age Grouper	1:08:15	5:26:36	4:25:10	11:06:58
5th Age Grouper	1:14:09	5:17:57	4:38:07	11:20:13
6th Age Grouper	1:22:06	6:11:29	3:51:17	11:36:29
7th Age Grouper	1:09:42	5:51:23	4:30:22	11:40:43
8th Age Grouper	1:21:16	5:27:50	4:42:31	11:44:01
9th Age Grouper	1:04:45	5:46:00	4:45:08	11:49:02
10th Age Grouper	1:08:52	5:47:06	4:42:05	11:50:58
<b>Kona Qualifier Average</b>	<b>1:07:44</b>	<b>5:27:07</b>	<b>4:02:48</b>	<b>10:44:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:52</b>	<b>5:37:05</b>	<b>4:22:45</b>	<b>11:21:18</b>

## Western Australia 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:51:51</b>	<b>4:38:38</b>	<b>2:54:42</b>	<b>8:29:06</b>
<b>Female Winner</b>	<b>1:02:13</b>	<b>5:00:11</b>	<b>3:06:10</b>	<b>9:13:00</b>
<b>1st Age Grouper</b>	<b>1:03:29</b>	<b>5:28:09</b>	<b>3:44:00</b>	<b>10:21:04</b>
<b>2nd Age Grouper</b>	<b>1:09:58</b>	<b>6:04:34</b>	<b>3:54:39</b>	<b>11:23:53</b>
3rd Age Grouper	1:04:07	5:34:27	4:50:55	11:37:10
4th Age Grouper	1:15:44	5:40:03	4:33:31	11:37:13
5th Age Grouper	1:12:37	6:07:13	4:48:16	12:17:03
6th Age Grouper	1:24:20	6:04:04	4:37:33	12:17:36
7th Age Grouper	1:09:15	6:15:37	4:41:38	12:20:54
8th Age Grouper	1:12:38	6:04:25	4:59:20	12:28:01
9th Age Grouper	1:17:56	6:28:53	4:37:03	12:34:03
10th Age Grouper	1:08:02	6:01:49	5:15:38	12:35:21
<b>Kona Qualifier Average</b>	<b>1:06:43</b>	<b>5:46:21</b>	<b>3:49:19</b>	<b>10:52:28</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:48</b>	<b>5:58:55</b>	<b>4:36:15</b>	<b>11:57:13</b>

### 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	1:11:59	5:34:25	3:52:10	10:46:10
2nd Age Grouper	1:08:10	5:40:16	4:33:17	11:31:06
3rd Age Grouper	1:17:39	5:48:20	4:27:49	11:45:04
4th Age Grouper	1:05:48	6:27:06	4:06:05	11:52:49
5th Age Grouper	1:20:26	6:19:54	4:52:51	12:46:15
6th Age Grouper	1:17:44	6:43:07	4:38:57	12:55:00
7th Age Grouper	1:13:39	6:05:43	5:24:40	12:58:54
8th Age Grouper	1:23:27	6:55:26	4:43:24	13:15:13
9th Age Grouper	1:21:08	6:23:42	5:24:18	13:23:59
10th Age Grouper	1:29:48	6:16:16	5:24:26	13:24:38
Kona Qualifier Average	1:10:04	5:37:20	4:12:43	11:08:38
Top 10 Age Grouper Average	1:16:58	6:13:25	4:44:47	12:27:54

### 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	1:14:16	5:33:30	3:38:46	10:33:30
2nd Age Grouper	1:04:41	5:32:11	4:05:25	10:48:30
3rd Age Grouper	1:04:21	5:39:47	4:11:22	11:05:56
4th Age Grouper	1:08:06	5:46:22	4:24:50	11:28:54
5th Age Grouper	1:19:31	5:59:46	3:55:40	11:31:06
6th Age Grouper	1:12:12	5:42:34	4:26:37	11:31:34
7th Age Grouper	1:04:13	5:42:28	4:41:31	11:36:42
8th Age Grouper	1:07:29	6:23:41	4:05:17	11:48:32
9th Age Grouper	1:16:54	5:45:16	4:43:05	11:52:08
10th Age Grouper	1:12:35	5:56:56	4:34:36	11:54:00
Kona Qualifier Average	1:09:28	5:32:50	3:52:05	10:41:00
Top 10 Age Grouper Average	1:10:25	5:48:15	4:16:42	11:25:05

### 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	1:03:09	5:18:22	4:14:59	10:44:12
2nd Age Grouper	0:59:40	5:32:34	4:23:41	11:03:59
3rd Age Grouper	1:23:22	5:51:37	3:48:34	11:16:44
4th Age Grouper	1:10:52	6:14:32	4:00:47	11:42:39
5th Age Grouper	1:07:42	6:07:59	4:13:08	11:44:48
6th Age Grouper	1:13:33	6:06:43	4:19:15	11:46:03
7th Age Grouper	1:11:09	6:12:43	4:35:11	12:06:42
8th Age Grouper	1:16:15	6:00:25	4:40:05	12:07:18
9th Age Grouper	1:08:25	6:12:28	4:57:29	12:30:13
10th Age Grouper	1:10:57	6:23:47	5:03:22	12:48:06
Kona Qualifier Average	1:01:24	5:25:28	4:19:20	10:54:05
Top 10 Age Grouper Average	1:10:30	6:00:07	4:25:39	11:47:04



### 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	1:04:31	5:18:25	3:51:03	10:20:08
2nd Age Grouper	1:10:17	5:35:49	4:13:12	11:09:28
3rd Age Grouper	1:11:10	5:42:05	4:20:10	11:20:24
4th Age Grouper	1:13:26	5:43:09	4:37:26	11:41:57
5th Age Grouper	1:09:39	5:35:16	5:07:30	12:00:45
6th Age Grouper	1:07:59	5:55:37	4:56:56	12:10:57
7th Age Grouper	1:09:14	6:12:09	4:42:35	12:15:03
8th Age Grouper	1:17:02	6:08:15	4:41:15	12:17:24
9th Age Grouper	1:34:07	6:09:45	4:27:37	12:20:55
10th Age Grouper	1:09:23	6:01:34	5:05:50	12:25:38
<b>Kona Qualifier Average</b>	<b>1:07:24</b>	<b>5:27:07</b>	<b>4:02:07</b>	<b>10:44:48</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:40</b>	<b>5:50:12</b>	<b>4:36:21</b>	<b>11:48:15</b>

### 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	0:53:44	5:18:48	3:52:27	10:04:59
2nd Age Grouper	1:15:11	5:41:44	3:56:19	10:53:14
3rd Age Grouper	1:15:46	5:47:56	4:06:53	11:10:35
4th Age Grouper	1:08:16	5:53:43	4:23:01	11:25:00
5th Age Grouper	1:11:53	6:15:16	4:17:29	11:44:38
6th Age Grouper	1:13:59	6:20:45	4:13:40	11:48:24
7th Age Grouper	1:09:45	6:16:18	4:22:54	11:48:57
8th Age Grouper	1:23:29	6:19:02	4:07:42	11:50:13
9th Age Grouper	1:06:49	6:17:05	4:56:19	12:20:13
10th Age Grouper	1:09:36	6:31:15	4:41:18	12:22:09
<b>Kona Qualifier Average</b>	<b>1:04:27</b>	<b>5:30:16</b>	<b>3:54:23</b>	<b>10:29:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:50</b>	<b>6:04:11</b>	<b>4:17:48</b>	<b>11:32:50</b>

### 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	1:06:35	5:48:42	4:05:47	11:01:04
2nd Age Grouper	1:02:34	6:06:41	4:05:40	11:14:55
3rd Age Grouper	1:29:40	5:39:29	4:15:21	11:24:30
4th Age Grouper	1:17:42	5:53:39	4:19:49	11:31:10
5th Age Grouper	1:14:19	6:03:54	4:14:54	11:33:07
6th Age Grouper	1:05:53	5:55:14	4:41:55	11:43:02
7th Age Grouper	1:10:36	6:02:33	4:46:40	11:59:49
8th Age Grouper	1:06:57	5:54:17	4:59:24	12:00:38
9th Age Grouper	1:14:10	6:11:26	4:42:48	12:08:24
10th Age Grouper	1:19:23	6:19:52	4:31:30	12:10:45
<b>Kona Qualifier Average</b>	<b>1:04:34</b>	<b>5:57:41</b>	<b>4:05:43</b>	<b>11:07:59</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:46</b>	<b>5:59:34</b>	<b>4:28:22</b>	<b>11:40:44</b>

### 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	1:41:14	6:13:13	4:56:16	12:50:43
2nd Age Grouper	1:16:14	6:45:29	4:49:50	12:51:33
3rd Age Grouper	1:38:23	6:58:28	4:31:30	13:08:21
4th Age Grouper	1:28:52	7:12:55	5:20:00	14:01:47
5th Age Grouper	1:25:05	7:16:16	5:50:58	14:32:19
6th Age Grouper	1:25:55	7:29:23	5:53:09	14:48:27
7th Age Grouper	1:40:40	8:03:36	5:05:15	14:49:31
8th Age Grouper	2:01:22	7:56:36	6:18:32	16:16:30
<b>Kona Qualifier Average</b>	<b>1:28:44</b>	<b>6:29:21</b>	<b>4:53:03</b>	<b>12:51:08</b>
<b>Top 10 Age Grouper Average</b>	<b>1:34:43</b>	<b>7:14:29</b>	<b>5:20:41</b>	<b>14:09:53</b>

### 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	1:05:54	5:44:01	4:15:20	11:05:16
2nd Age Grouper	1:13:54	6:11:33	3:46:54	11:12:22
3rd Age Grouper	1:05:58	6:02:31	4:18:27	11:26:57
4th Age Grouper	1:36:00	6:04:53	3:59:58	11:40:52
5th Age Grouper	1:25:15	5:54:58	4:55:43	12:15:57
6th Age Grouper	1:12:43	6:24:31	4:38:47	12:16:01
7th Age Grouper	1:17:53	6:41:02	4:30:19	12:29:14
8th Age Grouper	1:05:37	6:47:38	4:52:14	12:45:31
9th Age Grouper	1:37:28	7:03:57	4:08:00	12:49:26
10th Age Grouper	1:23:22	7:05:24	4:25:32	12:54:19
<b>Kona Qualifier Average</b>	<b>1:09:54</b>	<b>5:57:47</b>	<b>4:01:07</b>	<b>11:08:49</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:24</b>	<b>6:24:02</b>	<b>4:23:07</b>	<b>12:05:35</b>