Ironman World Championship

F30-34
2019 Qualification Stats

If you find these statistics useful, please consider supporting them: PayPal.Me/RussellCox
<table>
<thead>
<tr>
<th>Slots</th>
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<th>Last Qualifier Bike</th>
<th>Last Qualifier Run</th>
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# Kona Qualification Summary

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# Splits for Division Placings

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## Kona Qualification Summary

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## Splits for Division Placings

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### Kona Qualifier Average

- Average Swim: 27:34
- Average Bike: 2:36:40
- Average Run: 1:42:34
- Average Finish: 4:55:21

### Division Top 10 Average

- Average Swim: 39:29
- Average Bike: 3:02:51
- Average Run: 2:04:26
- Average Finish: 6:02:37

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### Splits for Division Placings

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Splits for Division Placings

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Kona Qualifier Average: 1:03:45, 5:21:17, 3:36:47, 10:08:35

Splits for Previous Races

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Average: 8:06:34, 10:08:57, 1:04:08, 5:20:39, 3:37:17
# Kona Qualification Summary

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## Kona Qualifier Average

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## Division Top 10 Average

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**Kona Qualifier Average**

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**Division Top 10 Average**

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<tr>
<td>Division 3rd</td>
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<td>Division 7th</td>
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<tr>
<td>Division 8th</td>
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<td>Division 10th</td>
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| Kona Qualifier Average     | 1:05:00      | 5:00:28      | 3:27:15     | 9:39:31        |
| Division Top 10 Average    | 1:08:29      | 5:20:53      | 3:50:40     | 10:33:37       |

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**Kona Qualifier Average**

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**Average**


---

**F30-34 - Ironman Cozumel**

**2019 Qualifier**

Kona Slots

**18 November 2018**

Average Swim | Average Bike | Average Run | Average Finish
Race Winner   | 47:27        | 4:30:42      | 2:53:12 | 8:07:59
Last Qualifier (1st) | 58:28        | 5:24:32      | 3:32:43 | 10:02:24

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**Splits for Division Placings**

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<th>Average Run</th>
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**Kona Qualifier Average**: 58:28, 5:24:32, 3:32:43, 10:02:24

**Division Top 10 Average**: 1:00:36, 5:46:43, 4:02:29, 10:54:35
Kona Qualification Summary

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Splits for Division Placings

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Kona Qualifier Average

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<th>Last Qualifier Swim</th>
<th>Last Qualifier Bike</th>
<th>Last Qualifier Run</th>
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Average | 8:20:47 | 9:57:00 | 9:57:00 | 58:36 | 5:15:33 | 3:35:02 |
## Kona Qualification Summary

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## Splits for Division Placings

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### Kona Qualifier Average

- Average Swim: 1:03:22
- Average Bike: 5:39:50
- Average Run: 3:31:11
- Average Finish: 10:23:18

### Division Top 10 Average

- Average Swim: 1:06:47
- Average Bike: 6:04:44
- Average Run: 3:59:37
- Average Finish: 11:29:43

## Splits for Previous Races

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Kona Qualification Summary

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Kona Qualifier Average

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#### Kona Qualifier Average

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#### Division Top 10 Average

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### Splits for Previous Races

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<th>Last Qualifier Bike</th>
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**Division Top 10 Average** | 1:03:02 | 5:31:50 | 3:51:00 | 10:37:47

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Kona Qualifier Average 58:08

Division Top 10 Average 1:03:02

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**Splits for Division Placings**

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**Kona Qualifier Average**

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**Division Top 10 Average**

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**Kona Qualifier Average**
- Average Swim: 1:00:02
- Average Bike: 5:44:18
- Average Run: 4:05:00
- Average Finish: 10:56:15

**Division Top 10 Average**
- Average Swim: 1:17:58
- Average Bike: 6:32:37
- Average Run: 4:47:50
- Average Finish: 12:50:02

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- Division Winner: 10:56:15
- Last Qualifier (1st): 10:56:15
- Last Qualifier Swim: 1:00:02
- Last Qualifier Bike: 5:44:18
- Last Qualifier Run: 4:05:00
Kona Qualification Summary

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Splits for Previous Races

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Splits for Division Placings

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## Splits for Previous Races

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### Kona Qualifier Average
- Average Swim: 1:04:53
- Average Bike: 5:42:55
- Average Run: 3:49:38
- Average Finish: 10:44:51

### Division Top 10 Average
- Average Swim: 1:08:56
- Average Bike: 6:01:08
- Average Run: 4:03:53
- Average Finish: 11:23:20

### Splits for Previous Races

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Average: 8:14:16 | 10:21:26 | 11:07:33 | 1:07:33 | 5:50:54 | 4:00:48
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**Kona Qualifier Average**  
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**Division Top 10 Average**  
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**Average**  
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**Average**

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Kona Qualification Summary

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Splits for Division Placings

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**Kona Qualifier Average**

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**Average**

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## Average

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- Average Run: 1:05:07
- Average Finish: 5:43:05

Average: 3:44:01
F30-34 - Ironman World Championship

Kona Qualification Summary

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<td>10:17:12</td>
</tr>
<tr>
<td>Division 8th</td>
<td>1:06:07</td>
<td>5:34:53</td>
<td>3:38:08</td>
<td>10:26:36</td>
</tr>
<tr>
<td>Division 10th</td>
<td>1:06:01</td>
<td>5:42:22</td>
<td>3:35:44</td>
<td>10:31:28</td>
</tr>
</tbody>
</table>

Kona Qualifier Average

<table>
<thead>
<tr>
<th></th>
<th>Average Swim</th>
<th>Average Bike</th>
<th>Average Run</th>
<th>Average Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Qualifier</td>
<td>1:04:46</td>
<td>5:17:21</td>
<td>3:28:46</td>
<td>9:57:00</td>
</tr>
<tr>
<td>Division Top 10 Average</td>
<td>1:06:00</td>
<td>5:31:05</td>
<td>3:33:32</td>
<td>10:17:28</td>
</tr>
</tbody>
</table>

Splits for Previous Races

<table>
<thead>
<tr>
<th>Race Winner</th>
<th>Division Winner</th>
<th>Last Qualifier (1st)</th>
<th>Last Qualifier Swim</th>
<th>Last Qualifier Bike</th>
<th>Last Qualifier Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average</td>
<td>8:12:35</td>
<td>9:57:00</td>
<td>9:57:00</td>
<td>1:04:46</td>
<td>5:17:21</td>
</tr>
</tbody>
</table>