Ironman: place / year	AK		swim	T1	bike	T2	run	total	AK place	AK %	Kona time
Frankfurt / 2008	M45		1:26:35	6:43	5:53:44	4:26	3:52:37	**11:24:05**	178 of 325	55	10:43:06
Frankfurt / 2010	M50	no neo	1:30:54	5:40	5:26:41	2:16	3:34:35	**10:40:06**	14 of 170	8	09:36:11
Lanzarote / 2012	M50		1:27:30	7:55	6:09:42	6:08	3:25:38	**11:16:51**	7 of 104	7	10:09:18
Frankfurt / 2012	M50	bike longer	1:20:44	6:34	5:38:54	3:16	3:47:58	**10:57:26**	57 of 240	24	09:51:49
Lanzarote / 2014	M55		1:24:53	6:39	6:08:13	6:46	3:28:27	**11:15:00**	3 of 54	6	09:45:01
Hawai'i / 2014	M55	no neo	1:45:48	6:44	6:18:28	6:46	3:28:30	**11:46:16**	39 of 107	36	10:12:07
Mallorca / 2015	M55		1:16:02	4:40	5:24:19	5:41	3:29:39	**10:20:21**	8 of 59	14	08:57:39
Nizza / 2016	M55	bike shorter	1:22:22	5:33	5:41:44	7:13	3:21:52	**10:38:44**	9 of 93	10	09:13:35
Roth / 2017	M55	flat tire	1:30:41	4:33	5:32:08	2:35	3:25:30	**10:35:25**	10 of 137	7	09:10:42
Lanzarote / 2019	M60	bike noise	1:27:51	7:57	6:34:47	5:48	3:31:48	**11:48:11**	3 of 25	12	09:45:06
Zürich / 2019	M60		1:29:02	4:33	5:36:25	4:36	3:32:29	**10:47:02**	2 of 31	6	08:54:34
Hawai'i / 2019	M60	no neo	1:35:49	5:20	5:54:08	6:39	3:39:19	**11:21:15**	16 of 53	30	09:22:50
Frankfurt /2023	M60		1:28:58	6:28	5:45:32	5:58	3:40:50	**11:07:46**	7 of 75	9	09:11:42
Lanzarote / 2024	M65	flat tyre	1:25:36	6:30	7:00:09	6:15	3:48:33	**12:27:00**	2 of 11	18	09:24:08
Vitoria-Gasteiz / 2024	M65		1:28:59	6:44	5:38:48	5:46	3:58:26	**11:18:41**	2 of 9	22	08:32:32
Emilia-Romagna / 2025	M65		1:24:16	6:47	5:24:40	7:50	3:58:12	**11:01:45**	3 of 18	17	08:19:45
Hawai'i / 2026	M65	very humid	1:51:39	6:05	6:13:34	11:01	4:14:07	**12:36:24**	19 of 70	27	09:31:13