

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