

Ironman: place / year	AK		swim	T1	bike	T2	run	total
Frankfurt / 2008	M45		1:26:35	6:43	5:53:44	4:26	3:52:37	11:24:05
Frankfurt / 2010	M50	no neo	1:30:54	5:40	5:26:41	2:16	3:34:35	10:40:06
Lanzarote / 2012	M50		1:27:30	7:55	6:09:42	6:08	3:25:38	11:16:51
Frankfurt / 2012	M50	bike longer	1:20:44	6:34	5:38:54	3:16	3:47:58	10:57:26
Lanzarote / 2014	M55		1:24:53	6:39	6:08:13	6:46	3:28:27	11:15:00
Hawai'i / 2014	M55	no neo	1:45:48	6:44	6:18:28	6:46	3:28:30	11:46:16
Mallorca / 2015	M55		1:16:02	4:40	5:24:19	5:41	3:29:39	10:20:21
Nizza / 2016	M55	bike shorter	1:22:22	5:33	5:41:44	7:13	3:21:52	10:38:44
Roth / 2017	M55	flat tire	1:30:41	4:33	5:32:08	2:35	3:25:30	10:35:25
Lanzarote / 2019	M60	bike noise	1:27:51	7:57	6:34:47	5:48	3:31:48	11:48:11
Zürich / 2019	M60		1:29:02	4:33	5:36:25	4:36	3:32:29	10:47:02
Hawai'i 2019	M60	no neo	1:35:49	5:20	5:54:08	6:39	3:39:19	11:21:15