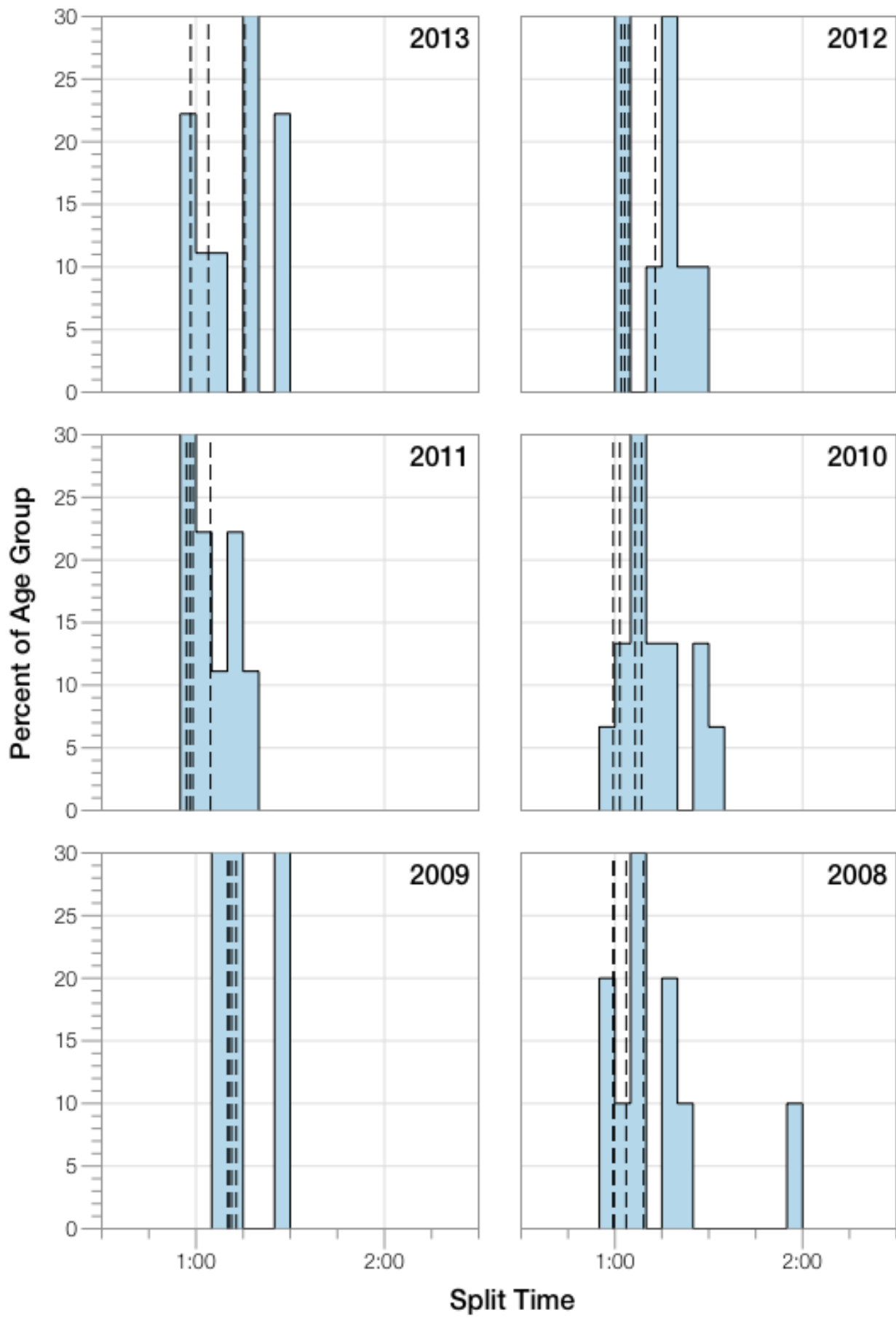


Ironman Lanzarote F25-29 Stats

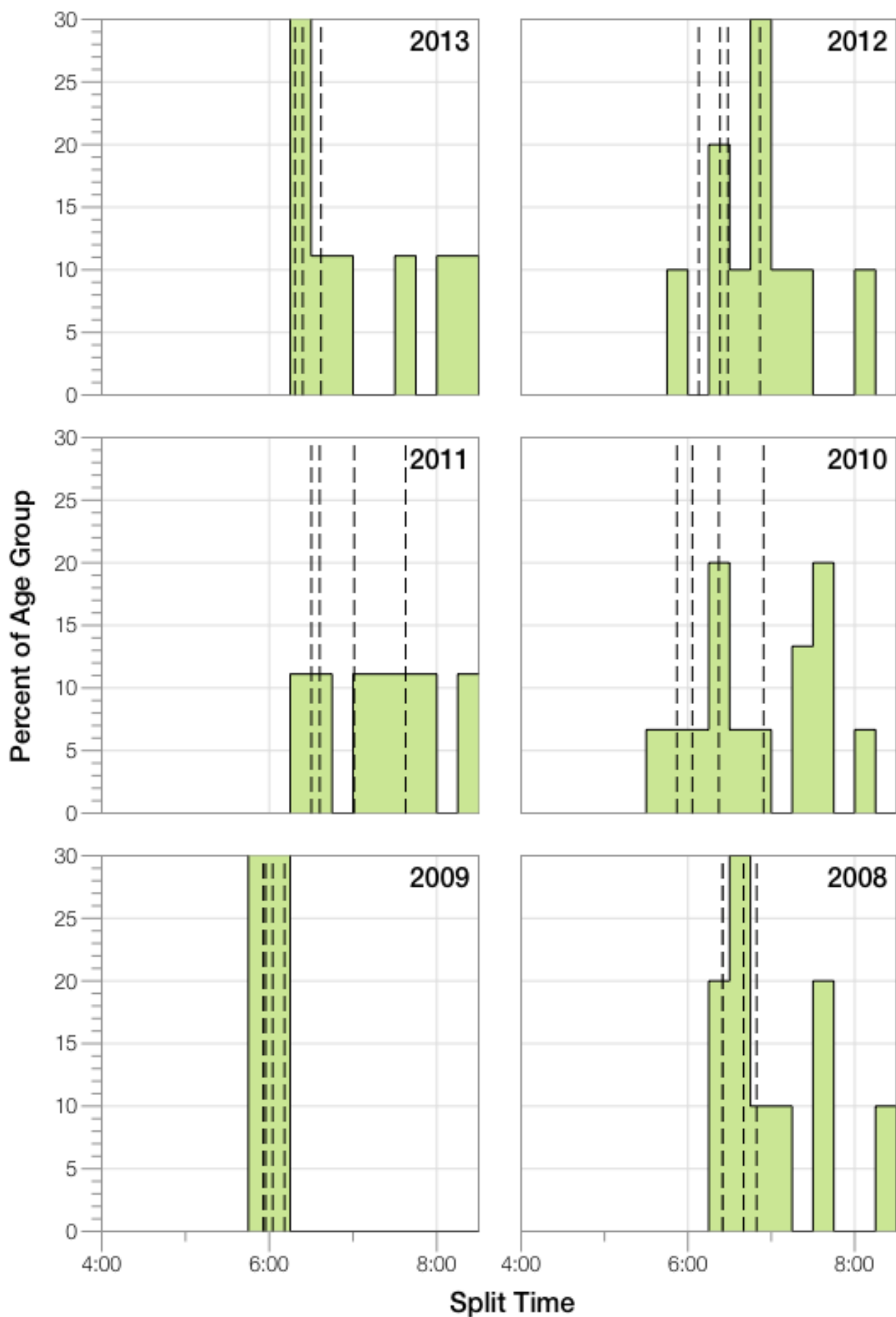
F25-29 Summary Statistics

Year	Finishers	F25-29 Finishers	Male Winner's Time	Female Winner's Time	F25-29 Winner's Time
2008	1117	10	8:59:37	10:02:27	11:29:59
2009	1149	3	8:54:03	9:54:57	11:03:56
2010	1287	15	8:37:42	10:03:52	10:05:20
2011	1200	9	8:30:34	9:43:39	11:44:29
2012	1447	10	8:44:39	9:58:06	10:48:41
2013	1646	9	8:42:40	9:37:34	11:12:12
Average	1308	9	8:44:52	9:53:25	11:04:06

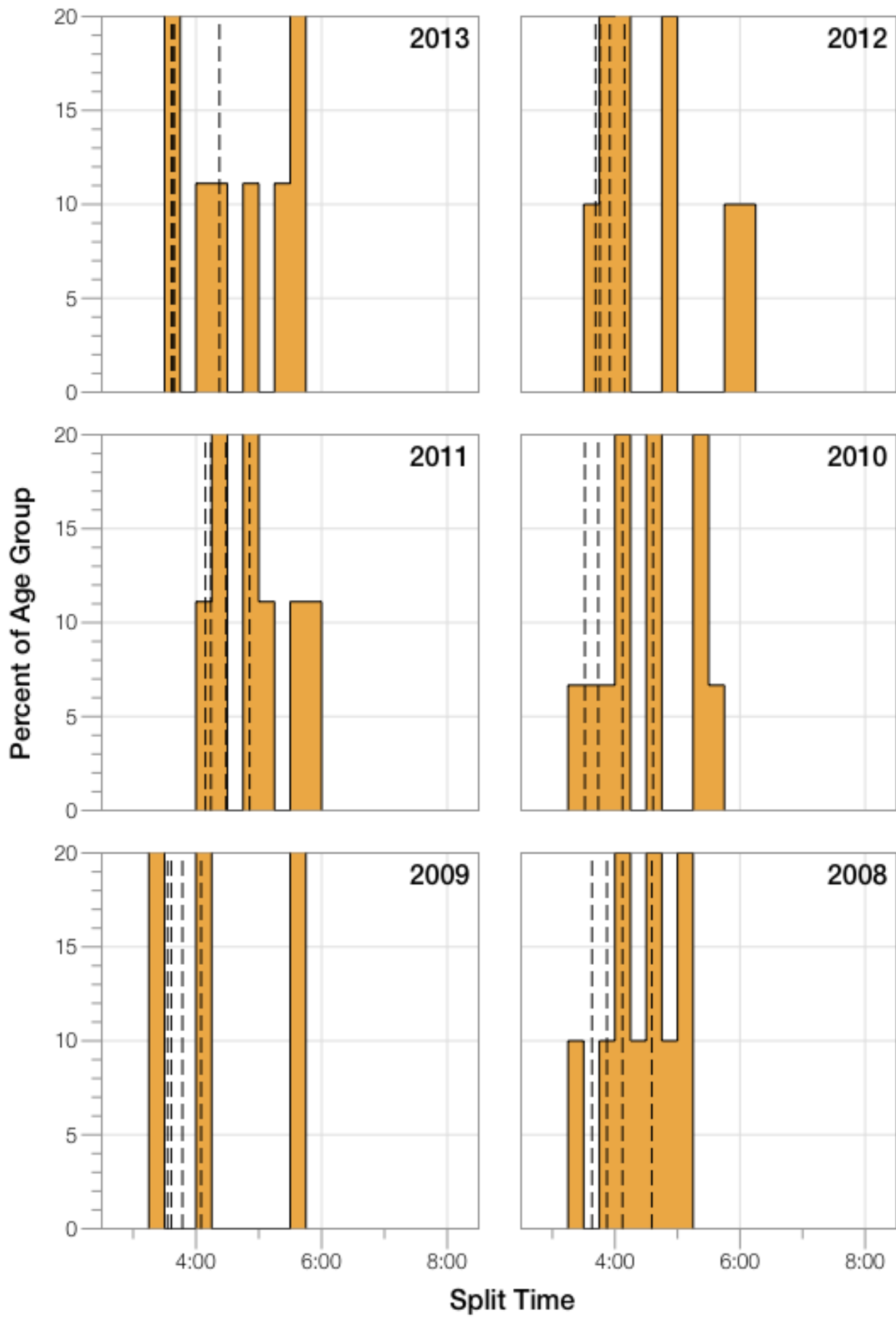
F25-29 Swim



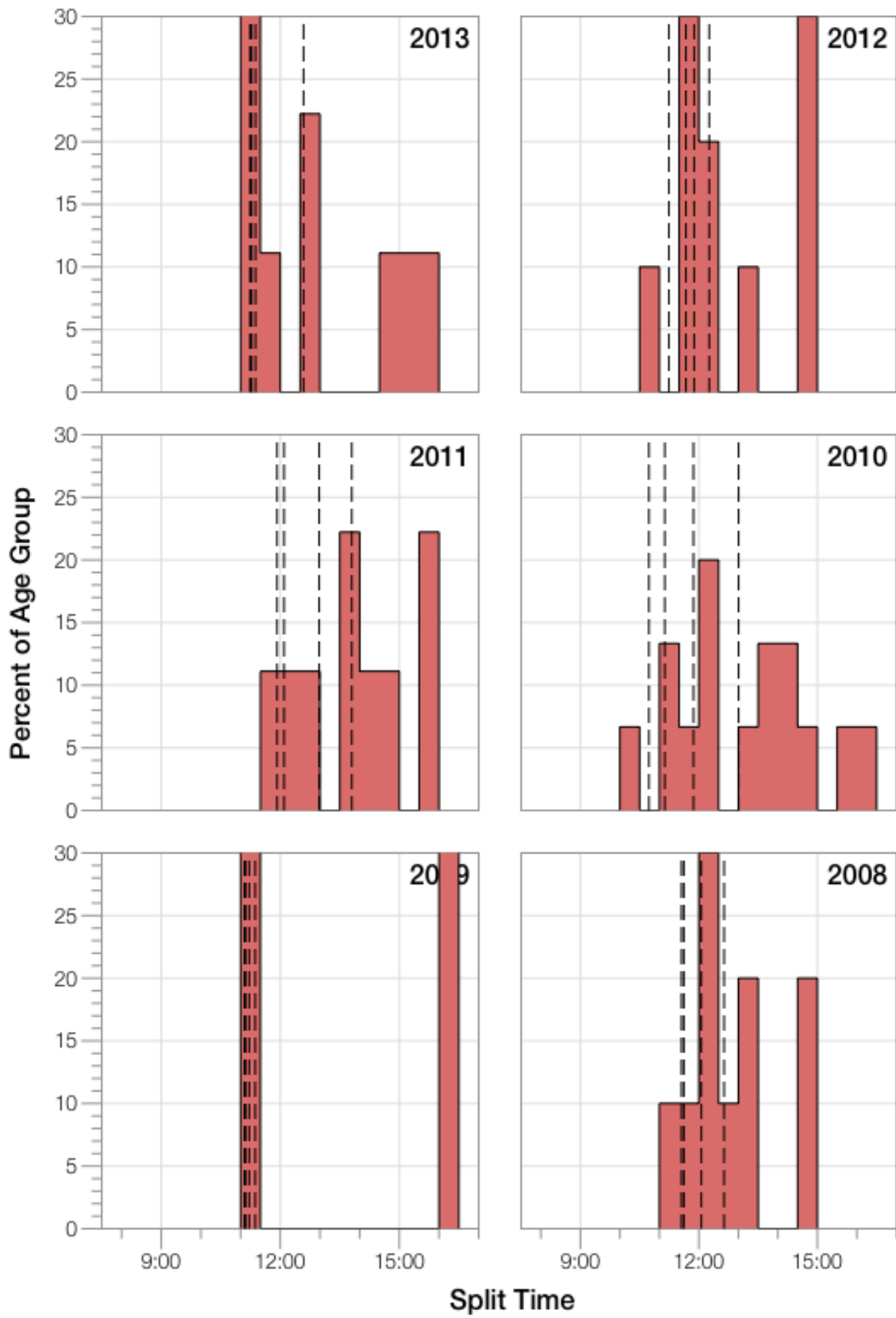
F25-29 Bike



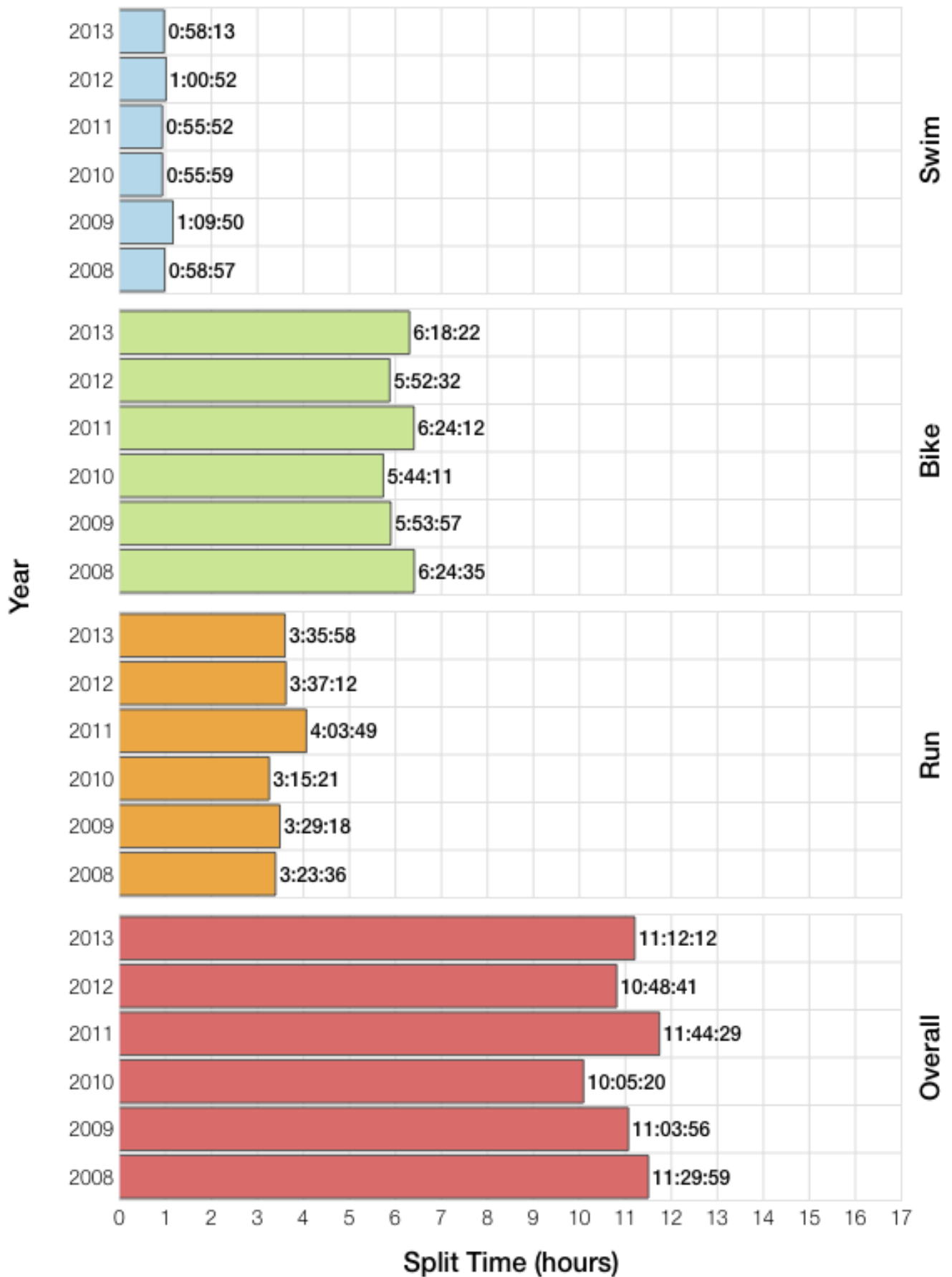
F25-29 Run



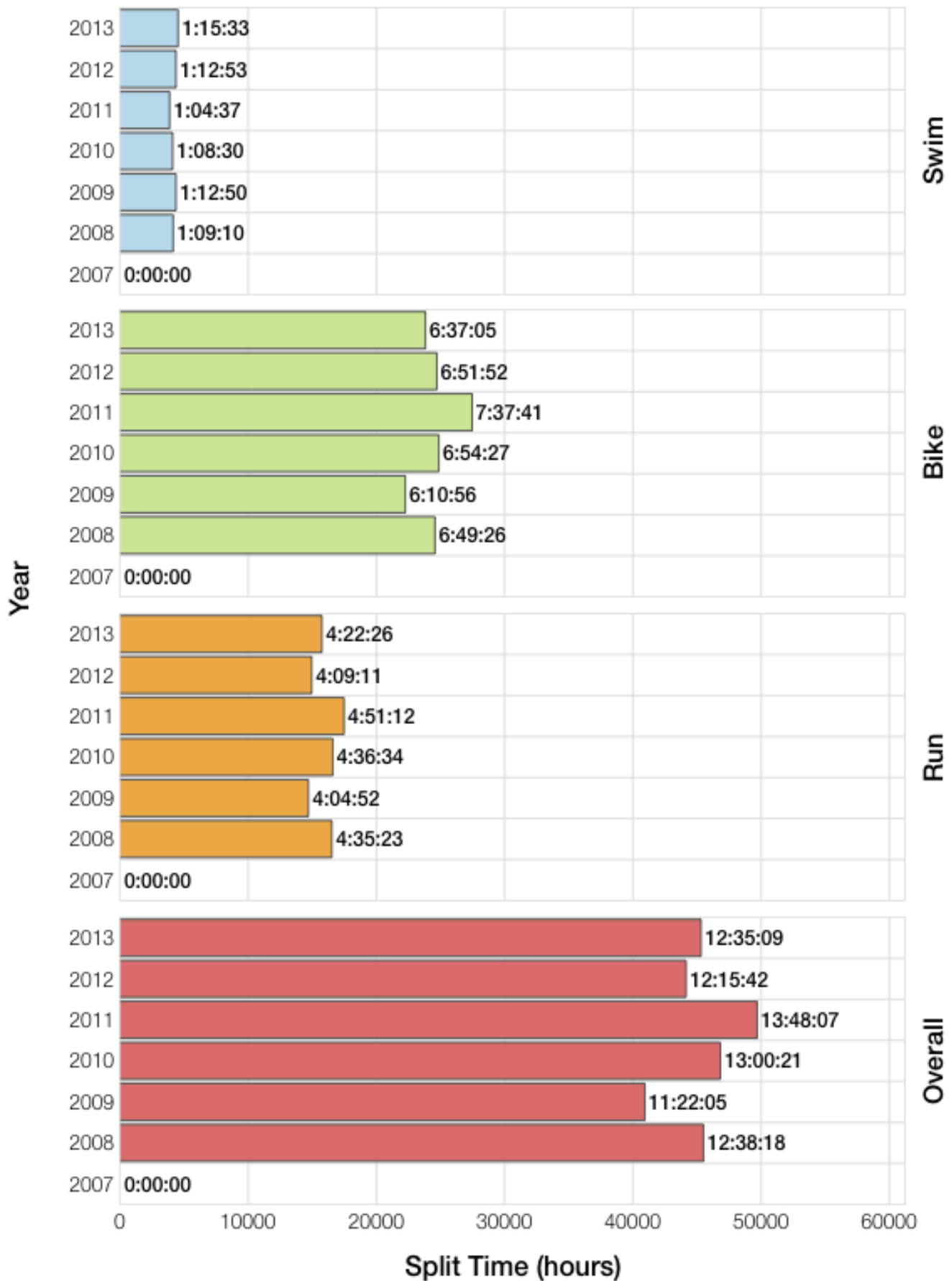
F25-29 Overall



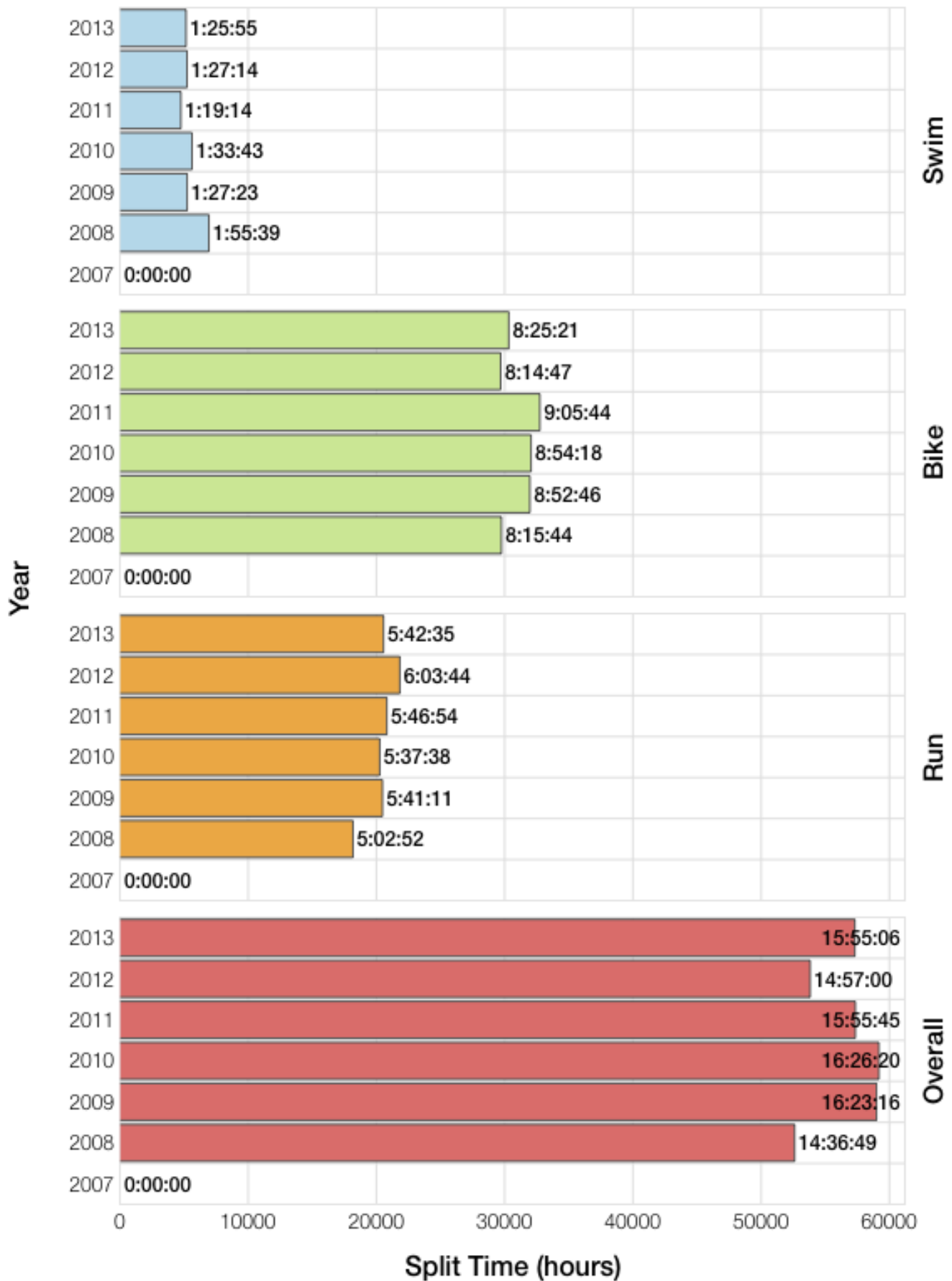
F25-29 Fastest Splits



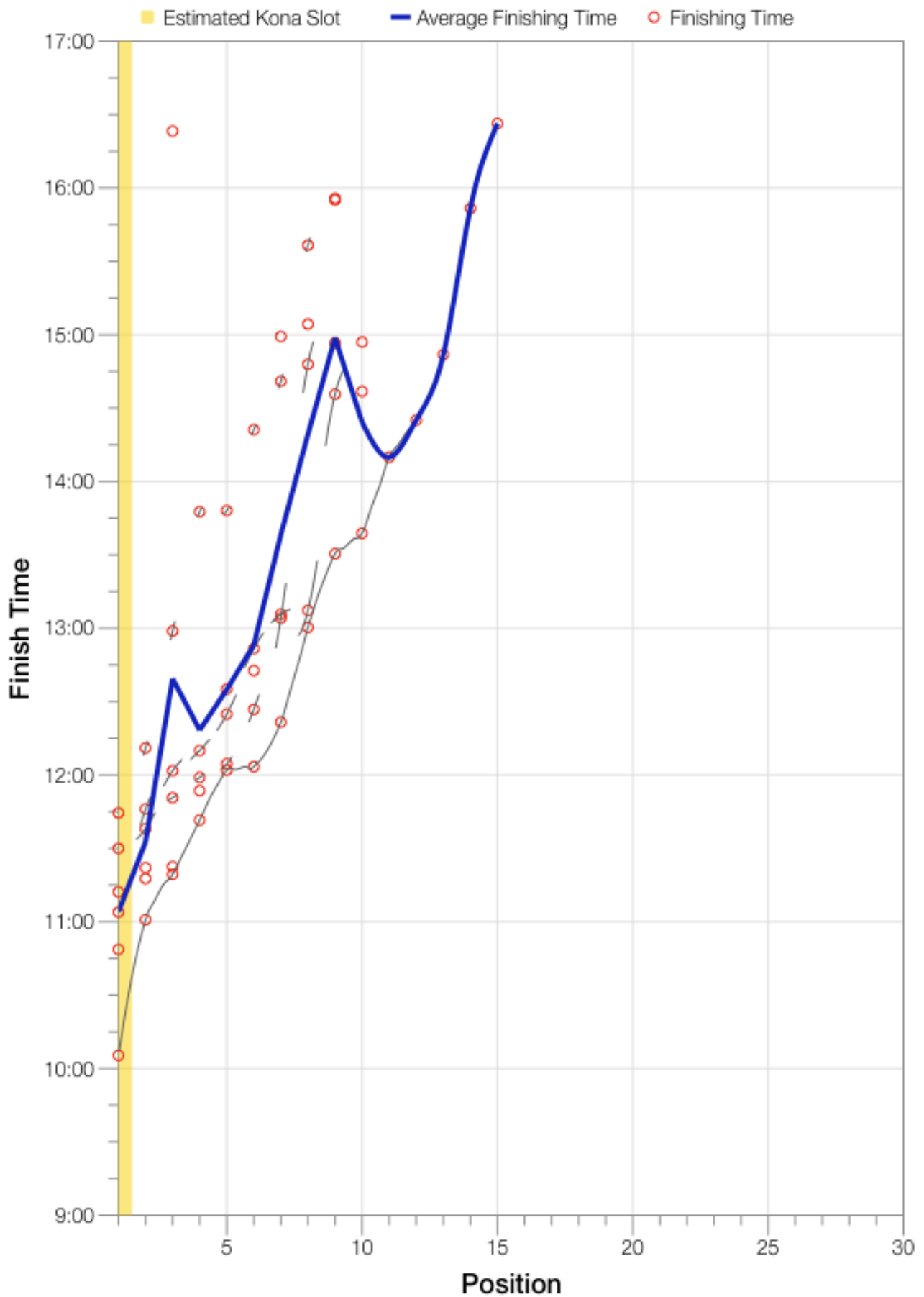
F25-29 Median Splits



F25-29 Slowest Splits



F25-29 Top 30 Finishing Splits



F25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:31	4:55:46	3:53:13	8:44:52
Average Female Winner	0:55:39	5:41:50	4:16:50	9:53:25
Average 1st Age Grouper	1:05:30	6:14:15	3:00:16	11:04:06
Average 2nd Age Grouper	1:08:08	6:18:35	3:16:46	11:32:38
Average 3rd Age Grouper	1:10:10	6:56:22	3:38:35	12:39:25
Average 4th Age Grouper	1:01:27	6:42:23	3:28:29	12:18:20
Average 5th Age Grouper	1:10:47	6:55:25	3:21:19	12:34:56
Average 6th Age Grouper	1:03:28	7:03:01	3:36:42	12:53:09
Average 7th Age Grouper	1:12:31	7:12:39	4:07:44	13:38:21
Average 8th Age Grouper	1:18:06	5:49:26	4:08:39	14:19:18
Average 9th Age Grouper	1:21:11	8:09:29	4:11:53	14:58:44
Average 10th Age Grouper	1:26:56	7:25:33	1:34:51	14:24:13
Kona Qualifier Average	1:05:30	6:14:15	3:00:16	11:04:06
Top 10 Age Grouper Average	1:11:00	6:50:04	3:30:26	12:54:34

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:07:54	6:18:22	3:35:58	11:12:12
2nd Age Grouper	1:03:56	6:25:41	3:39:14	11:17:39
3rd Age Grouper	1:17:05	6:18:25	3:37:42	11:22:34
4th Age Grouper	0:58:13	6:24:00	4:22:26	11:53:34
5th Age Grouper	1:15:33	6:59:12	4:08:30	12:35:09
6th Age Grouper	0:58:22	6:37:05	4:55:22	12:42:41
7th Age Grouper	1:16:12	7:40:44	5:36:58	14:59:17
8th Age Grouper	1:25:35	8:02:38	5:19:12	15:04:21
9th Age Grouper	1:25:55	8:25:21	5:42:35	15:55:06
Kona Qualifier Average	1:07:54	6:18:22	3:35:58	11:12:12
Top 10 Age Grouper Average	1:12:05	7:01:16	4:33:06	13:00:17

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:10:31	5:52:32	3:37:12	10:48:41
2nd Age Grouper	1:15:15	6:32:02	3:46:32	11:46:07
3rd Age Grouper	1:00:52	6:26:32	4:09:37	11:50:42
4th Age Grouper	1:03:21	6:50:55	3:52:43	11:59:00
5th Age Grouper	1:19:52	6:27:38	4:02:06	12:04:34
6th Age Grouper	1:04:54	6:52:49	4:08:46	12:26:50
7th Age Grouper	1:04:18	6:55:18	4:51:47	13:04:08
8th Age Grouper	1:17:47	7:27:19	5:45:38	14:47:56
9th Age Grouper	1:27:14	8:14:47	4:53:25	14:56:39
10th Age Grouper	1:24:12	7:08:53		14:57:00
Kona Qualifier Average	1:10:31	5:52:32	3:37:12	10:48:41
Top 10 Age Grouper Average	1:12:49	6:52:52	3:54:46	12:52:09

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:03:42	6:24:12	4:03:49	11:44:29
2nd Age Grouper	1:04:37	6:39:08	4:16:54	12:11:04
3rd Age Grouper	0:58:31	7:00:50	4:45:04	12:58:51
4th Age Grouper	0:58:57	7:37:41	4:59:57	13:47:35
5th Age Grouper	1:07:50	7:53:27	4:28:43	13:48:07
6th Age Grouper	0:55:52	8:15:52	4:51:12	14:21:09
7th Age Grouper	1:14:22	7:27:43	5:36:16	14:41:00
8th Age Grouper	1:13:20		5:01:49	15:36:35
9th Age Grouper	1:19:14	8:30:06	5:46:54	15:55:45
Kona Qualifier Average	1:03:42	6:24:12	4:03:49	11:44:29
Top 10 Age Grouper Average	1:06:16	6:38:46	4:52:17	13:53:50

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	0:55:59	5:44:11	3:15:21	10:05:20
2nd Age Grouper	1:02:33	5:55:29	3:53:09	11:00:50
3rd Age Grouper	1:08:30	6:20:30	3:37:56	11:19:24
4th Age Grouper	1:07:48	6:14:45	4:07:21	11:41:35
5th Age Grouper	1:07:35	6:33:15	4:07:16	12:01:59
6th Age Grouper	1:18:22	6:23:57	4:08:11	12:03:24
7th Age Grouper	1:07:43	6:29:24	4:33:41	12:21:37
8th Age Grouper	1:17:10	6:54:27	4:36:39	13:00:21
9th Age Grouper	1:14:16	7:21:30	4:36:34	13:30:28
10th Age Grouper	1:00:58	7:37:02	4:44:35	13:38:51
Kona Qualifier Average	0:55:59	5:44:11	3:15:21	10:05:20
Top 10 Age Grouper Average	1:08:05	6:33:27	4:10:04	12:04:22

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:09:50	6:10:56	3:29:18	11:03:56
2nd Age Grouper	1:12:50	5:53:57	4:04:52	11:22:05
3rd Age Grouper	1:27:23	8:52:46	5:41:11	16:23:16
Kona Qualifier Average	1:09:50	6:10:56	3:29:18	11:03:56
Top 10 Age Grouper Average	1:16:41	6:59:13	4:25:07	12:56:25

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	8:59:37	8:59:37
Female Winner	0:56:16	5:48:14	10:02:27	10:02:27
1st Age Grouper	1:05:09	6:55:18		11:29:59
2nd Age Grouper	1:09:39	6:25:13		11:38:03
3rd Age Grouper	1:08:41	6:39:10		12:01:43
4th Age Grouper	0:58:57	6:24:35		12:09:57
5th Age Grouper	1:03:05	6:43:34		12:24:54
6th Age Grouper	0:59:52	7:05:22		12:51:42
7th Age Grouper	1:20:02	7:30:10		13:05:45
8th Age Grouper	1:16:38	6:42:49		13:07:17
9th Age Grouper	1:19:17	8:15:44		14:35:42
10th Age Grouper	1:55:39	7:30:45		14:36:49
Kona Qualifier Average	1:05:09	6:55:18		11:29:59
Top 10 Age Grouper Average	1:13:41	7:01:16		12:48:11