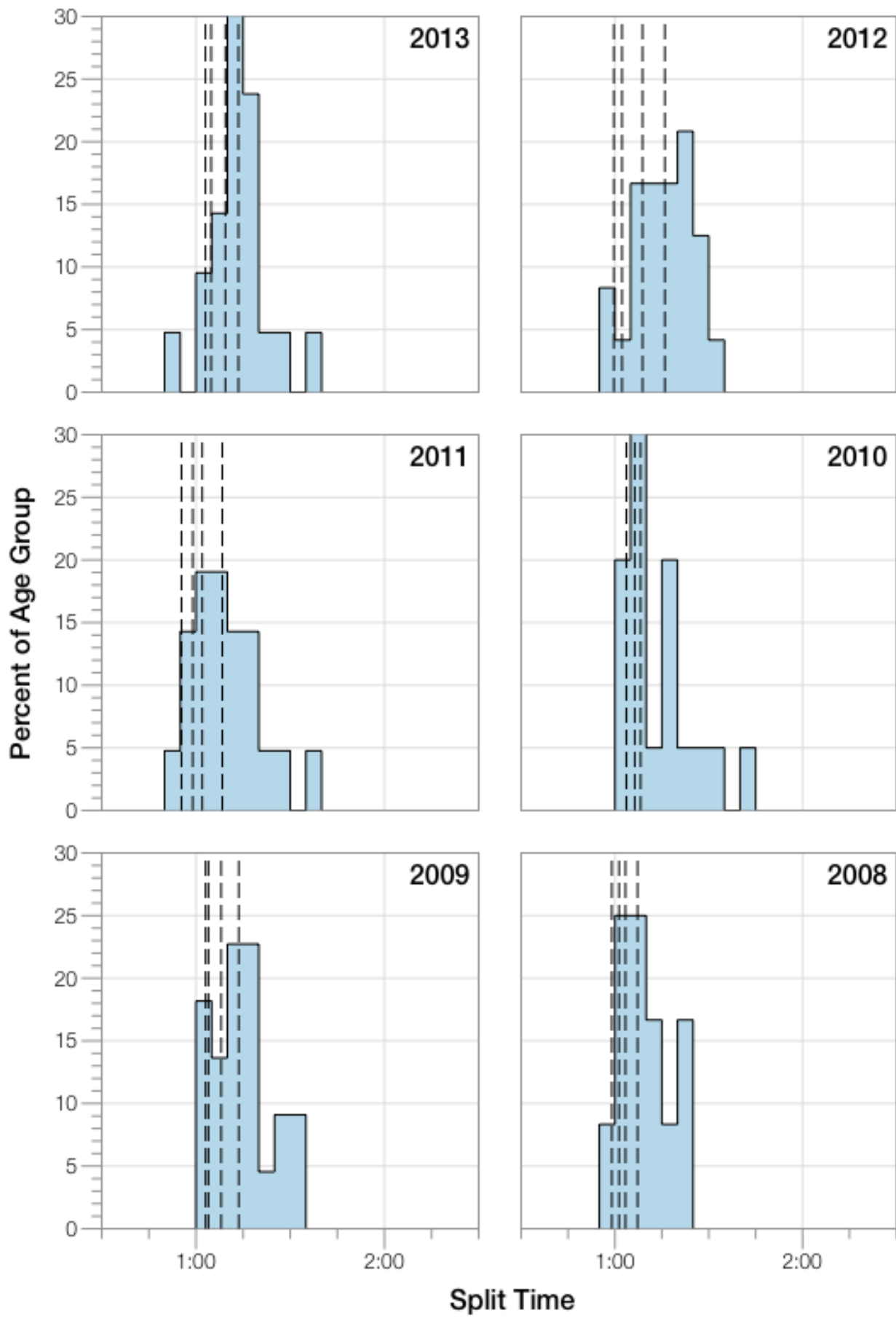


Ironman Lanzarote F30-34 Stats

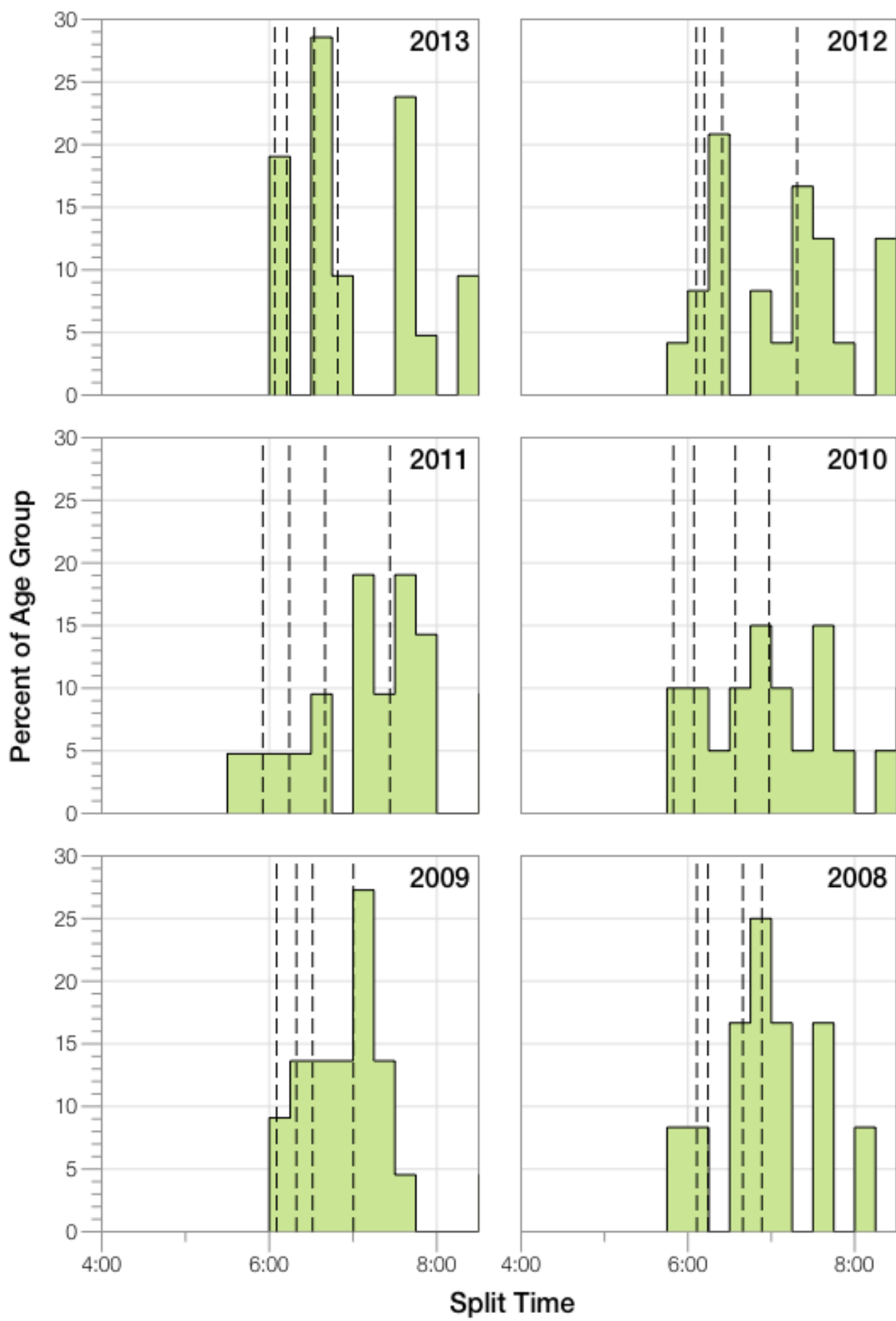
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2008	1117	12	8:59:37	10:02:27	11:01:22
2009	1149	22	8:54:03	9:54:57	10:45:31
2010	1287	20	8:37:42	10:03:52	10:20:48
2011	1200	21	8:30:34	9:43:39	10:34:04
2012	1447	24	8:44:39	9:58:06	10:25:12
2013	1646	21	8:42:40	9:37:34	10:28:45
Average	1308	20	8:44:52	9:53:25	10:35:57

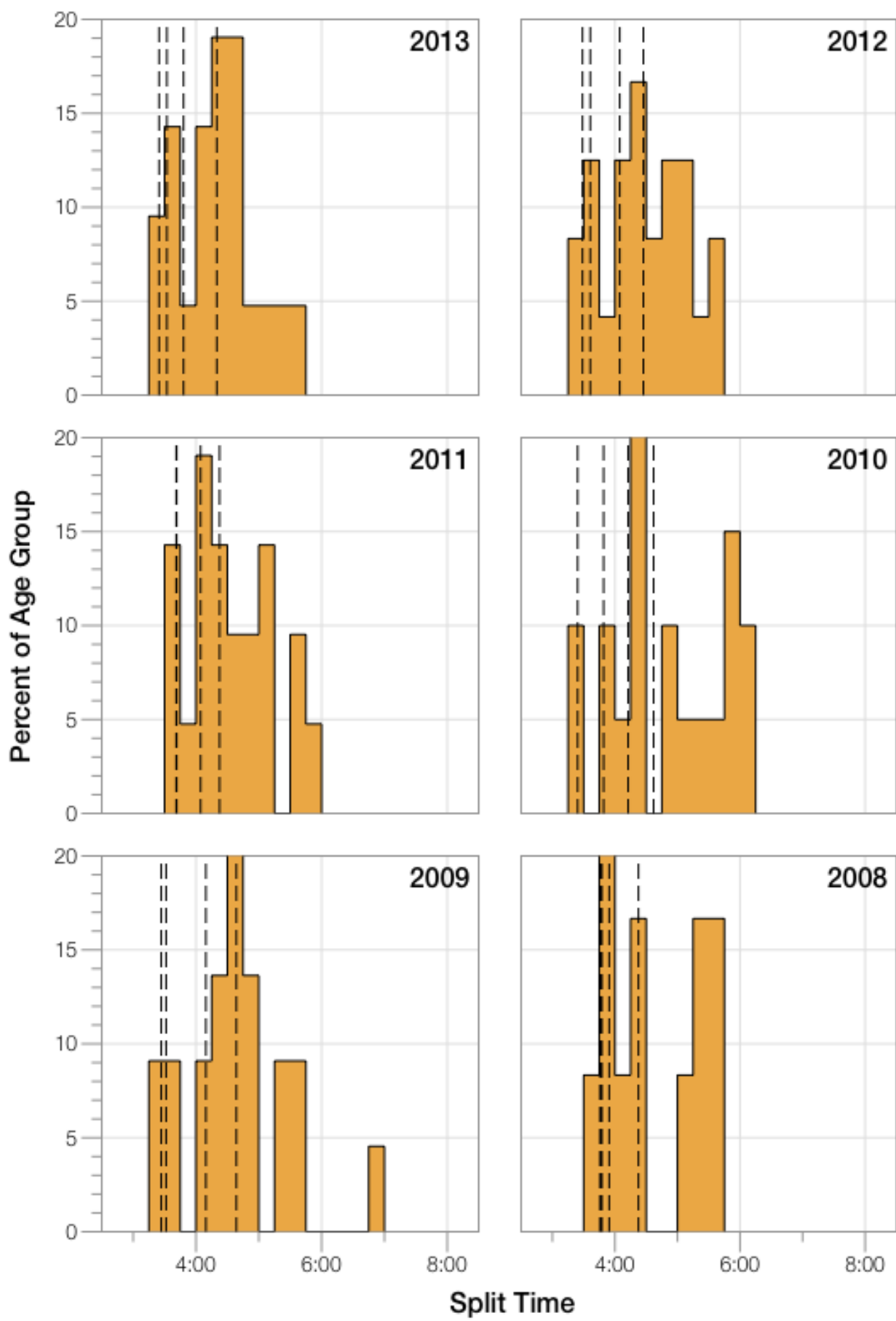
F30-34 Swim



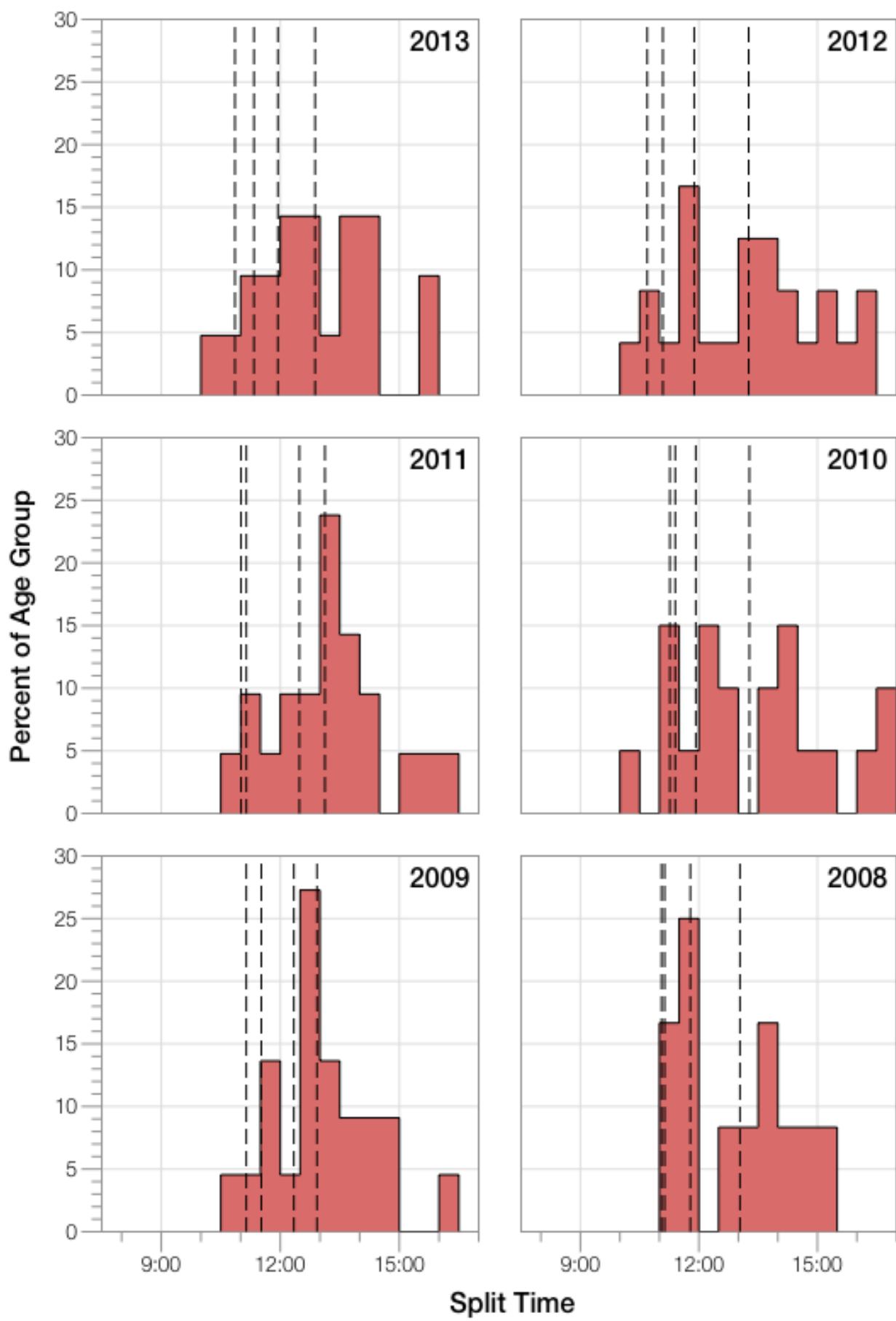
F30-34 Bike



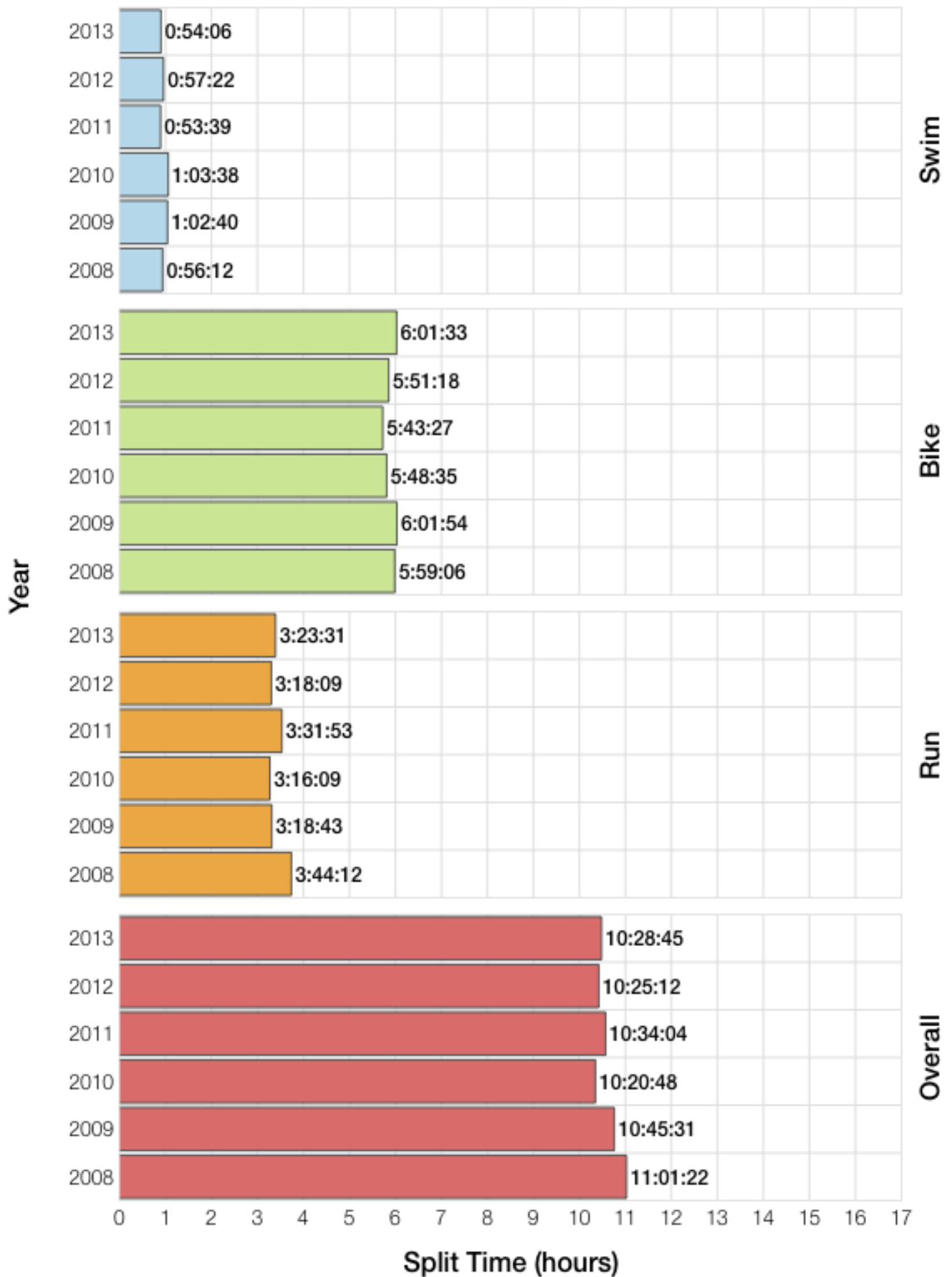
F30-34 Run



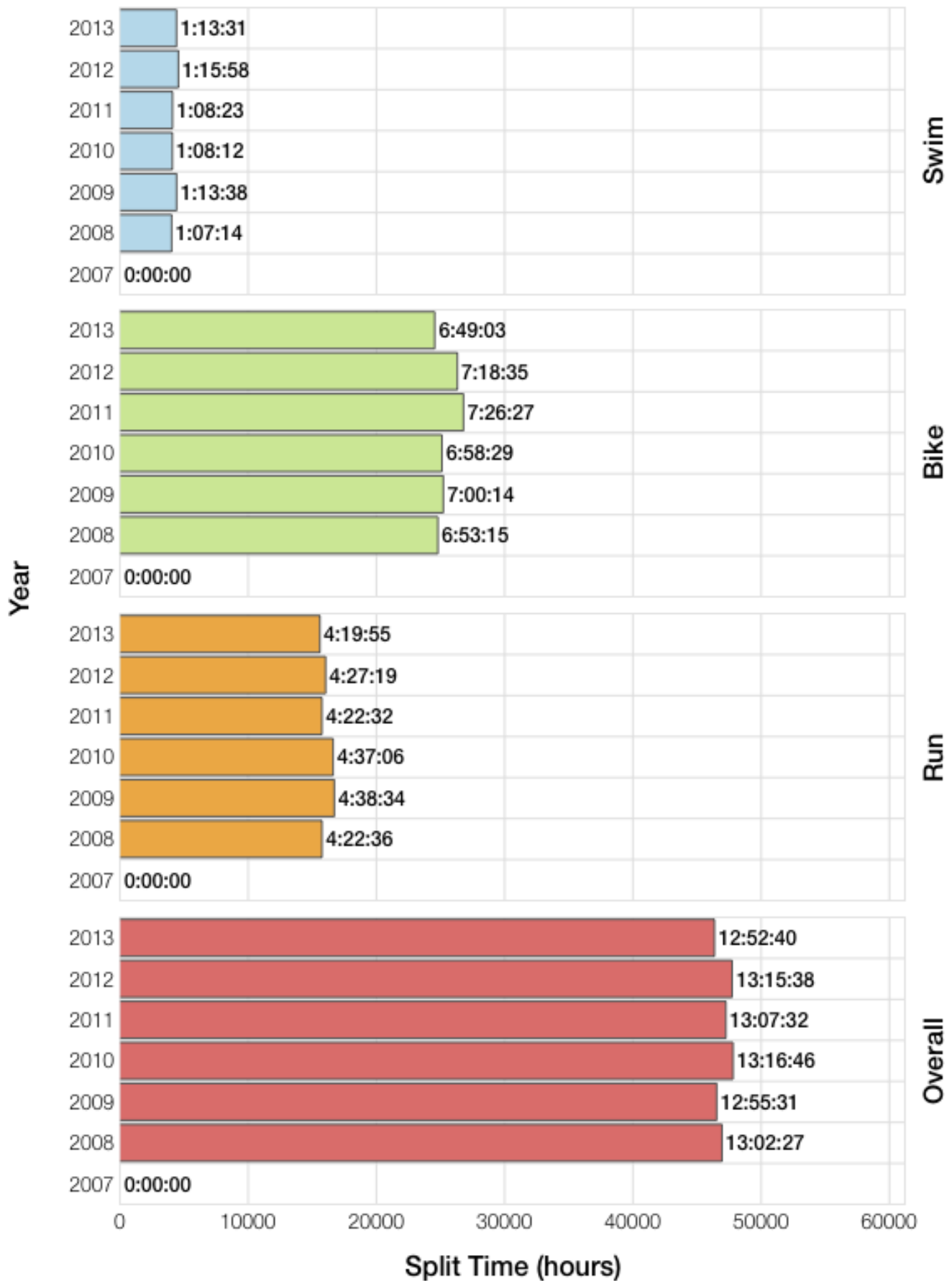
F30-34 Overall



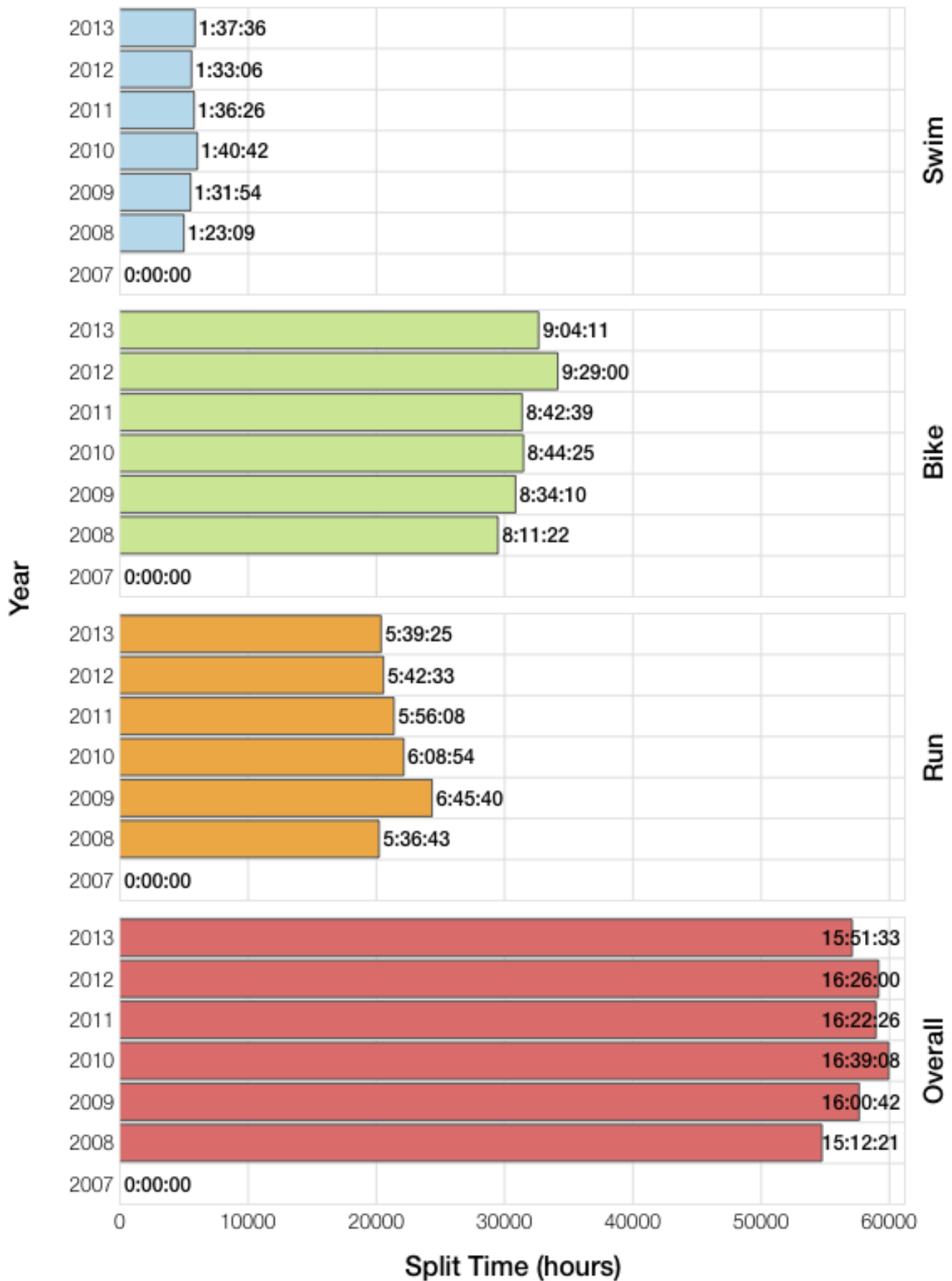
F30-34 Fastest Splits



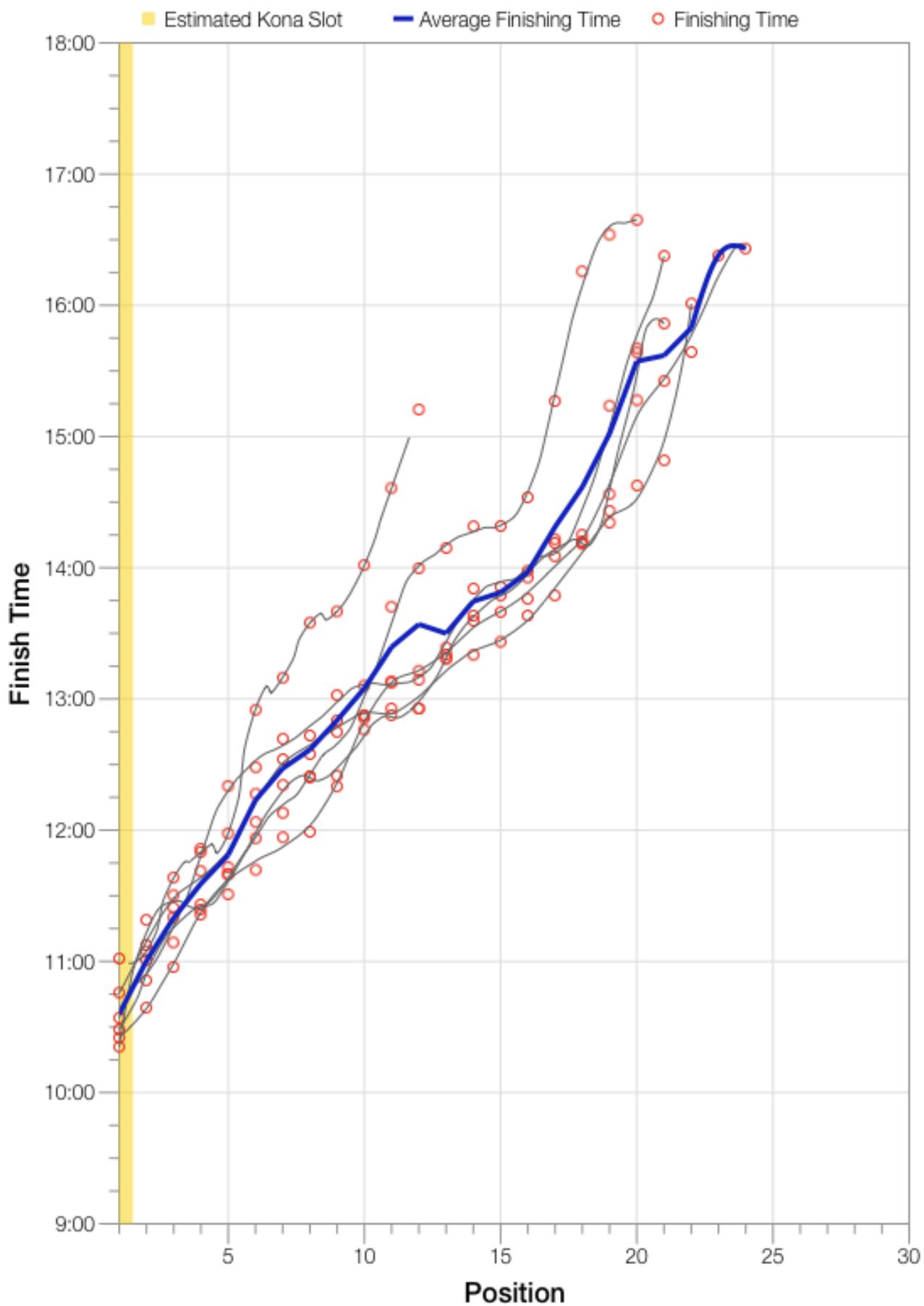
F30-34 Median Splits



F30-34 Slowest Splits



F30-34 Top 30 Finishing Splits



F30-34 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	1:02:11	5:56:52	2:50:04	10:35:57
Average 2nd Age Grouper	1:04:51	6:07:27	3:01:58	11:00:17
Average 3rd Age Grouper	1:04:01	6:12:32	3:15:02	11:19:54
Average 4th Age Grouper	1:05:05	6:32:34	3:06:49	11:35:34
Average 5th Age Grouper	1:09:37	6:41:36	3:08:36	11:48:40
Average 6th Age Grouper	1:10:13	6:35:49	3:29:33	12:13:44
Average 7th Age Grouper	1:08:15	6:55:00	3:31:07	12:28:12
Average 8th Age Grouper	1:08:05	6:46:51	3:33:02	12:36:48
Average 9th Age Grouper	1:15:36	6:41:20	3:47:27	12:50:16
Average 10th Age Grouper	1:15:14	6:55:01	3:42:21	13:04:51
Kona Qualifier Average	1:02:11	5:56:52	2:50:04	10:35:57
Top 10 Age Grouper Average	1:08:19	6:32:30	3:20:36	11:57:25

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	0:54:06	6:03:57	3:23:31	10:28:45
2nd Age Grouper	1:16:13	6:01:33	3:24:47	10:51:28
3rd Age Grouper	1:13:31	6:12:35	3:43:02	11:20:13
4th Age Grouper	1:06:54	6:32:09	3:32:15	11:21:15
5th Age Grouper	1:03:01	6:12:54	4:13:06	11:39:50
6th Age Grouper	1:18:15	6:43:53	3:43:22	11:56:24
7th Age Grouper	1:11:16	6:38:05	4:19:55	12:20:33
8th Age Grouper	1:09:22	6:41:35	4:15:40	12:24:09
9th Age Grouper	1:12:22	6:32:15	4:29:20	12:25:00
10th Age Grouper	1:07:09	6:49:03	4:37:19	12:45:59
Kona Qualifier Average	0:54:06	6:03:57	3:23:31	10:28:45
Top 10 Age Grouper Average	1:09:12	6:26:47	3:58:13	11:45:21

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	1:07:42	5:51:18	3:18:09	10:25:12
2nd Age Grouper	0:57:22	6:05:45	3:27:46	10:38:44
3rd Age Grouper	0:59:29	6:08:01	3:40:19	10:57:28
4th Age Grouper	1:10:33	6:25:26	3:35:20	11:23:36
5th Age Grouper	1:22:19	6:25:21	3:38:39	11:39:35
6th Age Grouper	1:11:52	6:22:45	3:55:12	11:41:51
7th Age Grouper	1:00:39	6:20:39	4:24:57	11:56:35
8th Age Grouper	1:09:02	6:20:41	4:18:57	11:59:16
9th Age Grouper	1:08:14	6:46:46	4:11:24	12:19:56
10th Age Grouper	1:15:48	6:45:43	4:29:32	12:52:12
Kona Qualifier Average	1:07:42	5:51:18	3:18:09	10:25:12
Top 10 Age Grouper Average	1:08:18	6:21:14	3:54:01	11:35:26

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	0:58:58	5:55:23	3:31:53	10:34:04
2nd Age Grouper	0:55:23	6:14:22	3:41:34	11:00:40
3rd Age Grouper	0:53:39	5:43:27	4:21:42	11:08:40
4th Age Grouper	1:02:48	6:33:45	4:04:26	11:51:31
5th Age Grouper	1:01:59	7:26:27	3:41:08	12:20:15
6th Age Grouper	1:08:07	6:39:57	4:22:32	12:28:54
7th Age Grouper	1:09:44	7:28:17	3:52:07	12:41:54
8th Age Grouper	0:59:42	7:06:43	4:13:59	12:43:18
9th Age Grouper	1:18:45	6:18:38	5:09:16	13:01:39
10th Age Grouper	1:07:53	7:40:17	4:01:43	13:06:01
Kona Qualifier Average	0:58:58	5:55:23	3:31:53	10:34:04
Top 10 Age Grouper Average	1:03:41	6:42:43	4:06:02	12:05:41

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	1:07:11	5:49:37	3:16:09	10:20:48
2nd Age Grouper	1:03:38	6:06:00	3:59:47	11:18:49
3rd Age Grouper	1:07:01	5:48:35	4:18:33	11:24:41
4th Age Grouper	1:03:41	6:50:02	3:24:39	11:25:57
5th Age Grouper	1:06:42	6:14:14	4:00:02	11:30:38
6th Age Grouper	1:05:19	6:17:00	4:28:56	12:03:37
7th Age Grouper	1:15:40	6:50:25	3:51:51	12:08:00
8th Age Grouper	1:07:26	6:39:47	4:26:50	12:24:36
9th Age Grouper	1:18:47	6:45:10	4:20:00	12:44:58
10th Age Grouper	1:26:23	6:44:34	4:16:53	12:51:18
Kona Qualifier Average	1:07:11	5:49:37	3:16:09	10:20:48
Top 10 Age Grouper Average	1:10:10	6:24:32	4:02:22	11:49:20

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	1:03:56	6:01:54	3:30:45	10:45:31
2nd Age Grouper	1:15:01	6:04:34	3:37:57	11:07:26
3rd Age Grouper	1:14:16	6:33:42	3:26:39	11:30:13
4th Age Grouper	1:02:40	6:22:27	4:04:19	11:41:12
5th Age Grouper	1:05:42	7:08:30	3:18:43	11:43:09
6th Age Grouper	1:12:22	6:19:09	4:27:18	12:16:34
7th Age Grouper	1:04:16	6:38:29	4:37:53	12:32:27
8th Age Grouper	1:16:30	7:00:53	4:02:49	12:34:43
9th Age Grouper	1:12:20	6:50:12	4:34:42	12:50:04
10th Age Grouper	1:19:18	6:28:27	4:48:40	12:52:32
Kona Qualifier Average	1:03:56	6:01:54	3:30:45	10:45:31
Top 10 Age Grouper Average	1:10:38	6:32:49	4:02:58	11:59:23

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	1:01:18	5:59:06		11:01:22
2nd Age Grouper	1:01:29	6:12:32		11:04:40
3rd Age Grouper	0:56:12	6:48:54		11:38:12
4th Age Grouper	1:03:59	6:31:39		11:49:58
5th Age Grouper	1:17:59	6:42:10		11:58:38
6th Age Grouper	1:05:27	7:12:11		12:55:06
7th Age Grouper	1:07:57	7:34:07		13:09:48
8th Age Grouper	1:06:32	6:51:28		13:34:46
9th Age Grouper	1:23:09	6:55:02		13:40:01
10th Age Grouper	1:14:58	7:02:04		14:01:04
Kona Qualifier Average	1:01:18	5:59:06		11:01:22
Top 10 Age Grouper Average	1:07:54	6:46:55		12:29:21