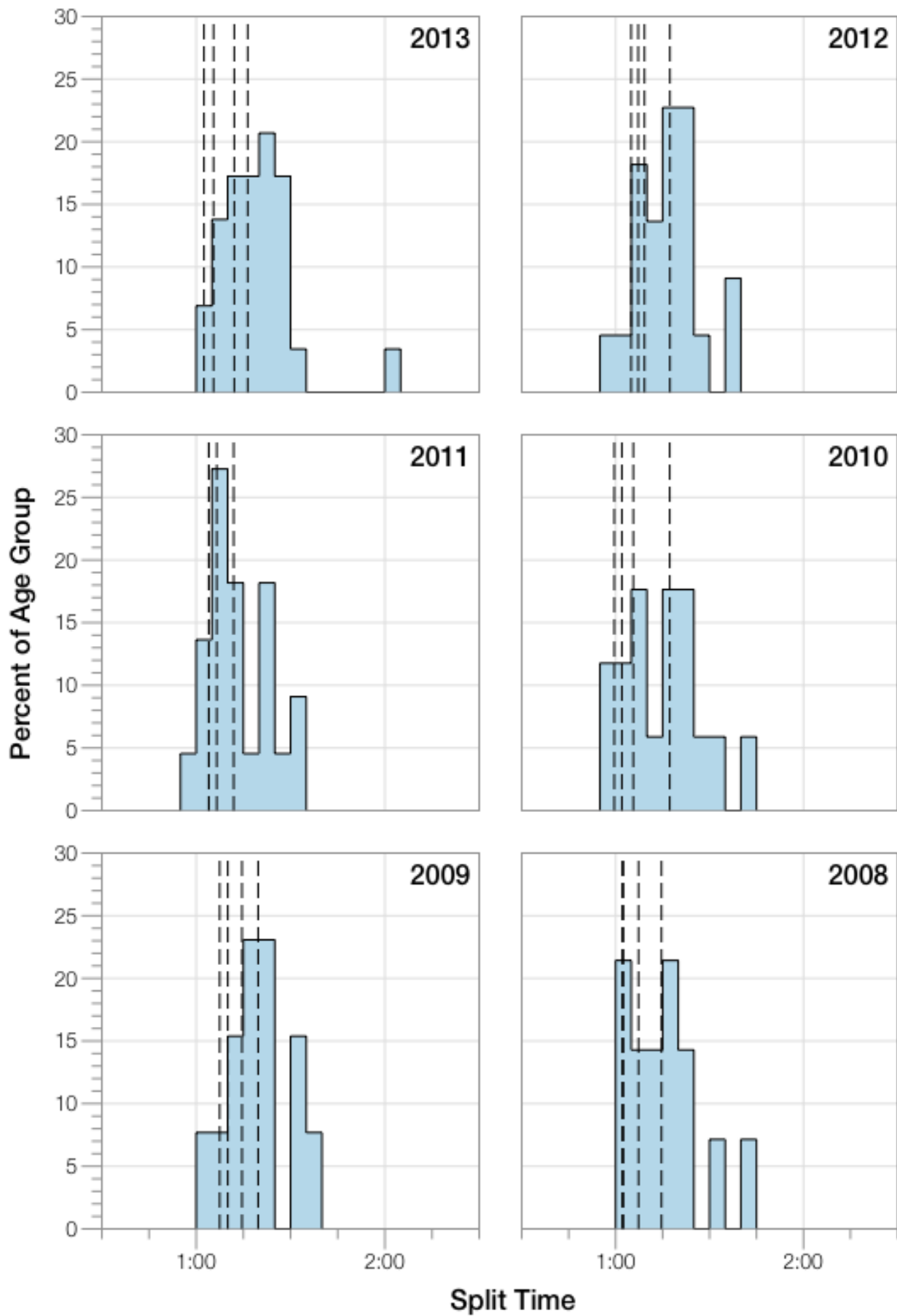


# Ironman Lanzarote F35-39 Stats

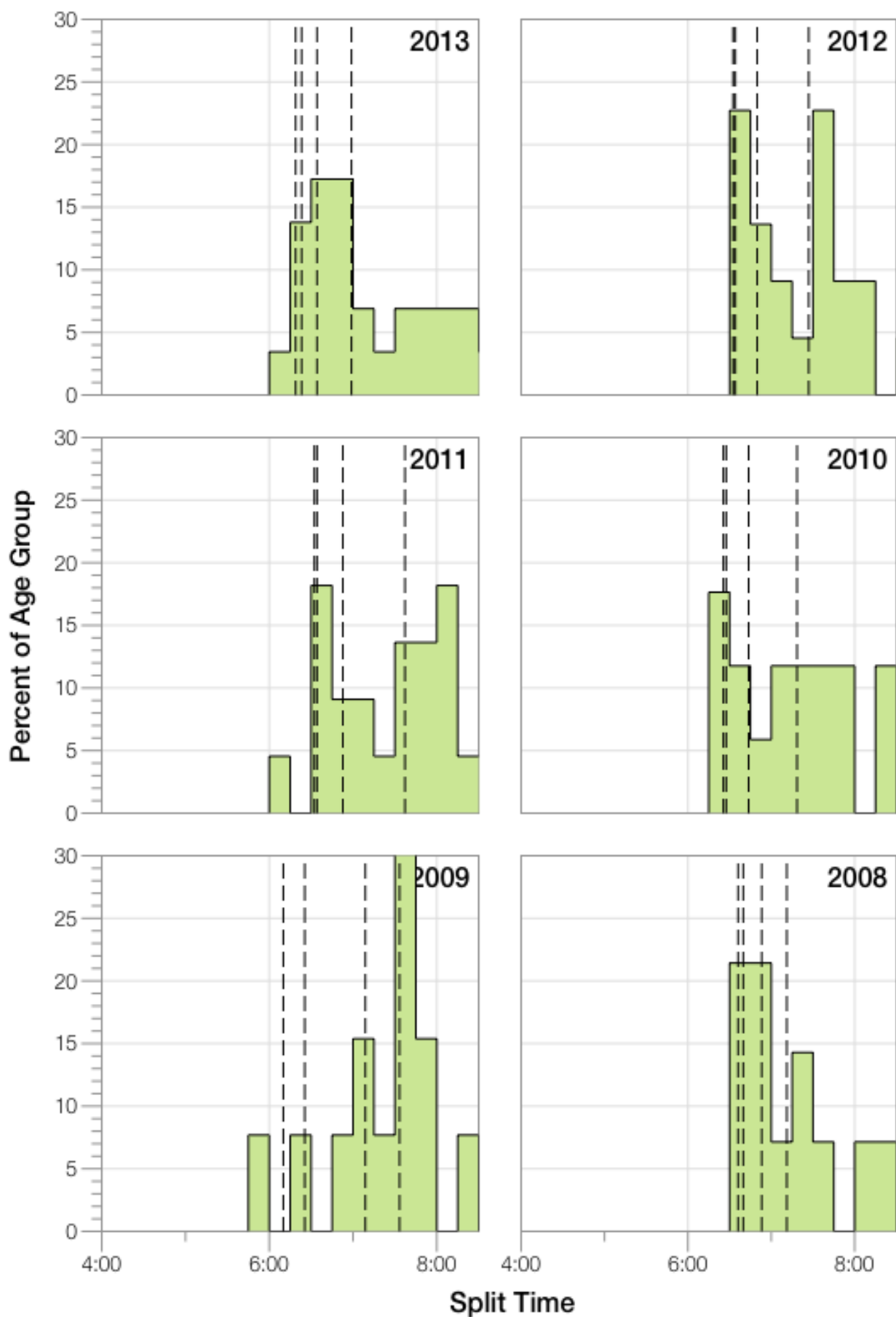
## F35-39 Summary Statistics

Year	Finishers	F35-39 Finishers	Male Winner's Time	Female Winner's Time	F35-39 Winner's Time
2008	1117	14	8:59:37	10:02:27	11:56:14
2009	1149	13	8:54:03	9:54:57	11:25:23
2010	1287	17	8:37:42	10:03:52	11:28:23
2011	1200	22	8:30:34	9:43:39	10:52:28
2012	1447	22	8:44:39	9:58:06	11:47:06
2013	1646	29	8:42:40	9:37:34	11:05:41
<b>Average</b>	<b>1308</b>	<b>20</b>	<b>8:44:52</b>	<b>9:53:25</b>	<b>11:25:52</b>

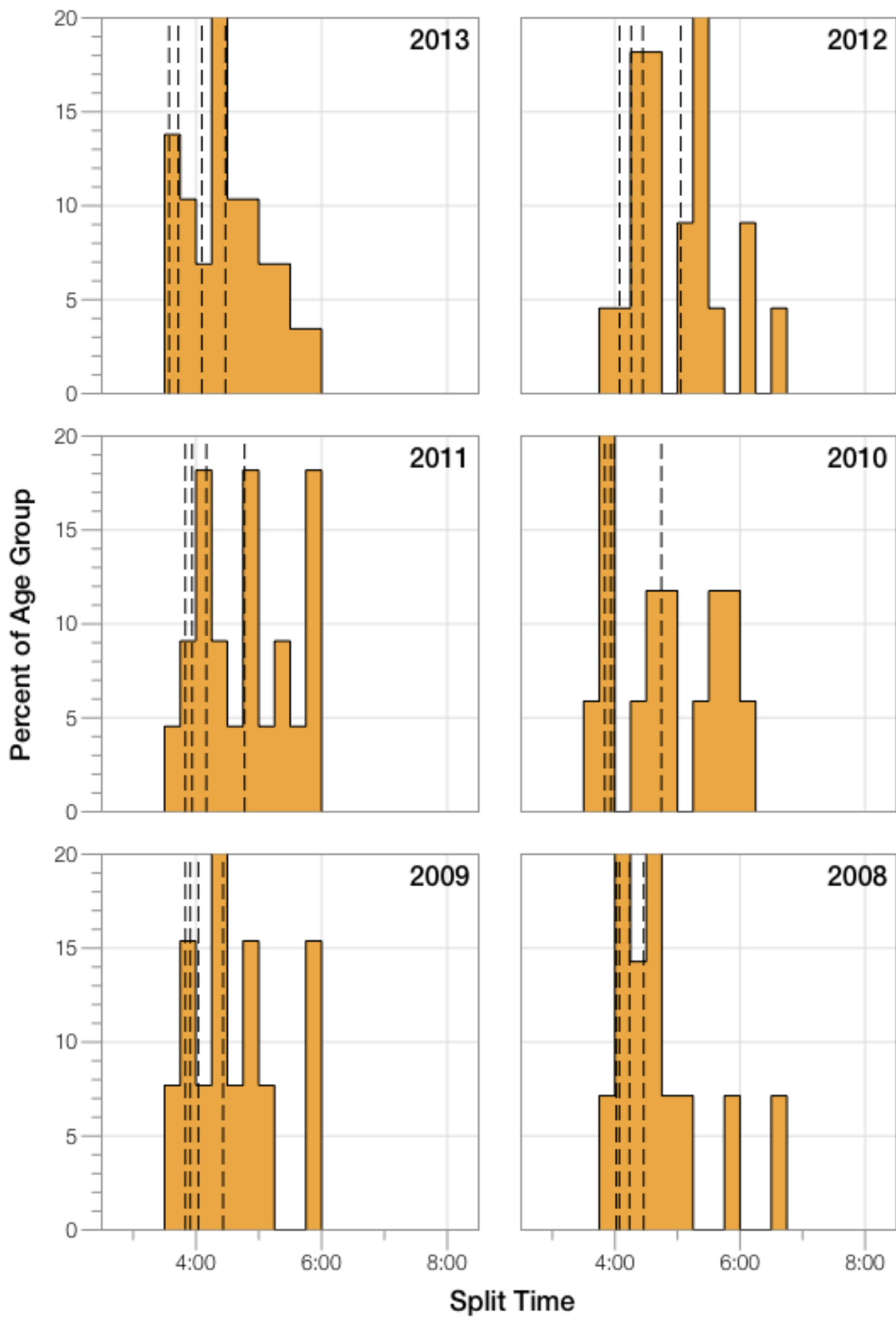
## F35-39 Swim



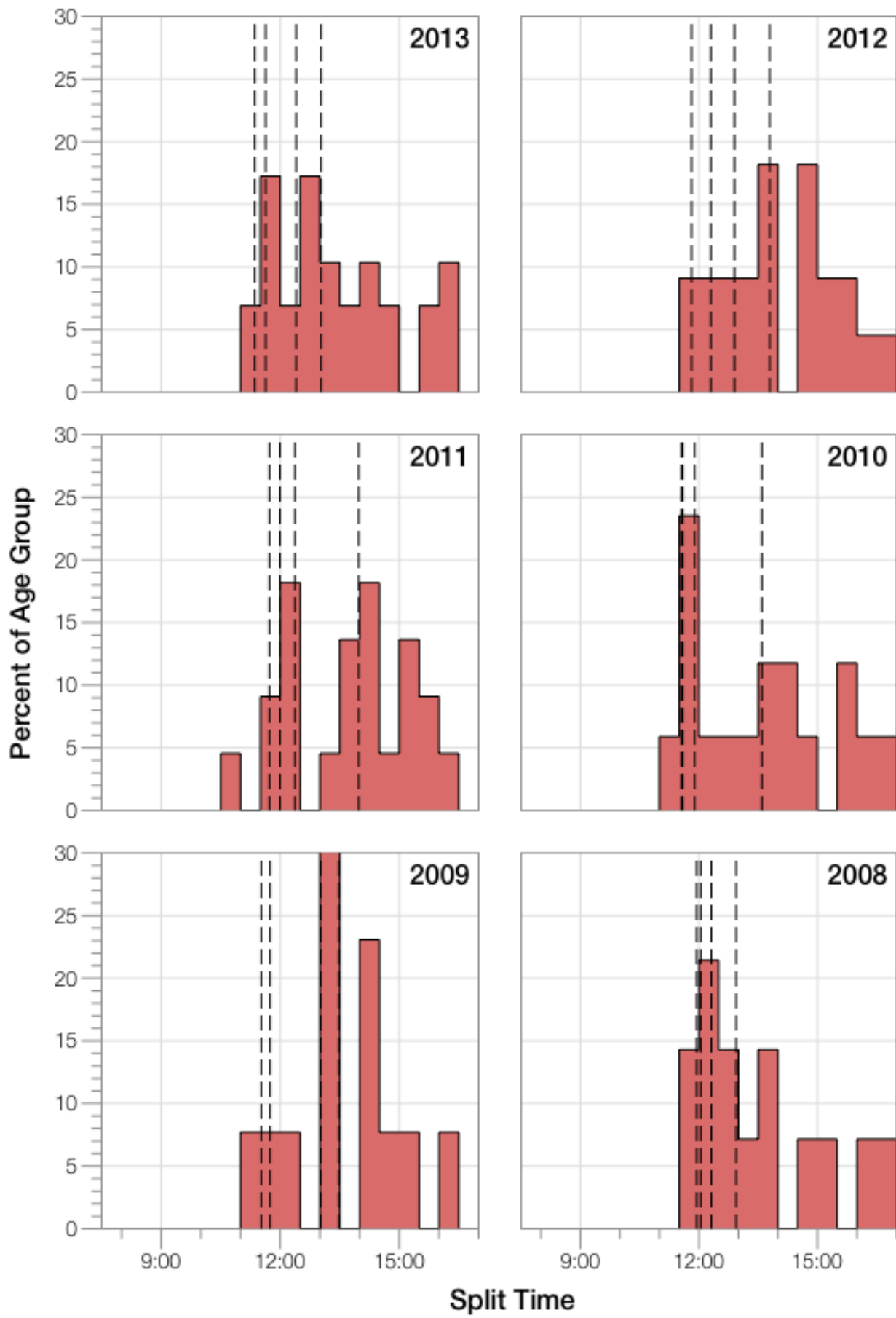
## F35-39 Bike



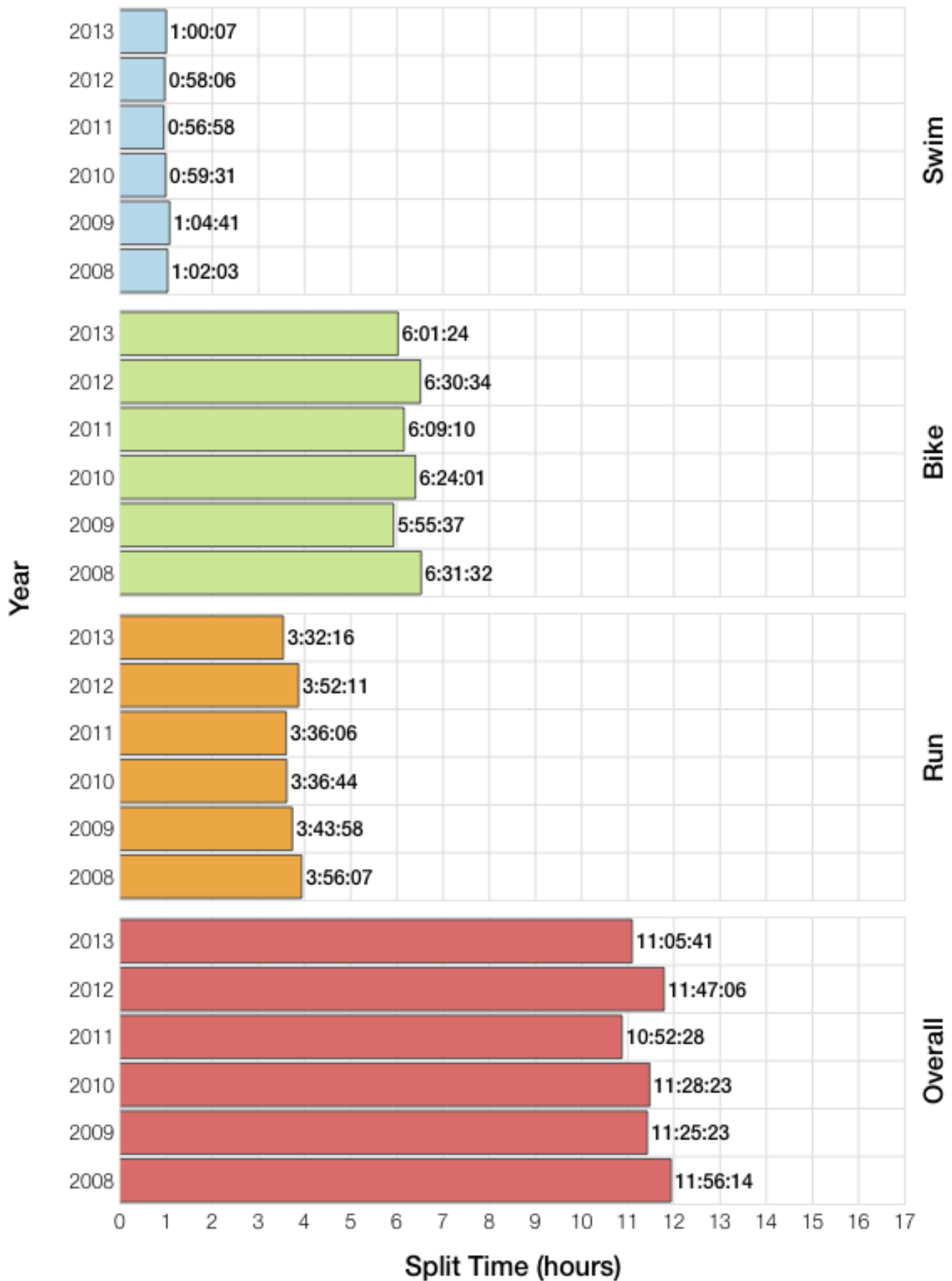
## F35-39 Run



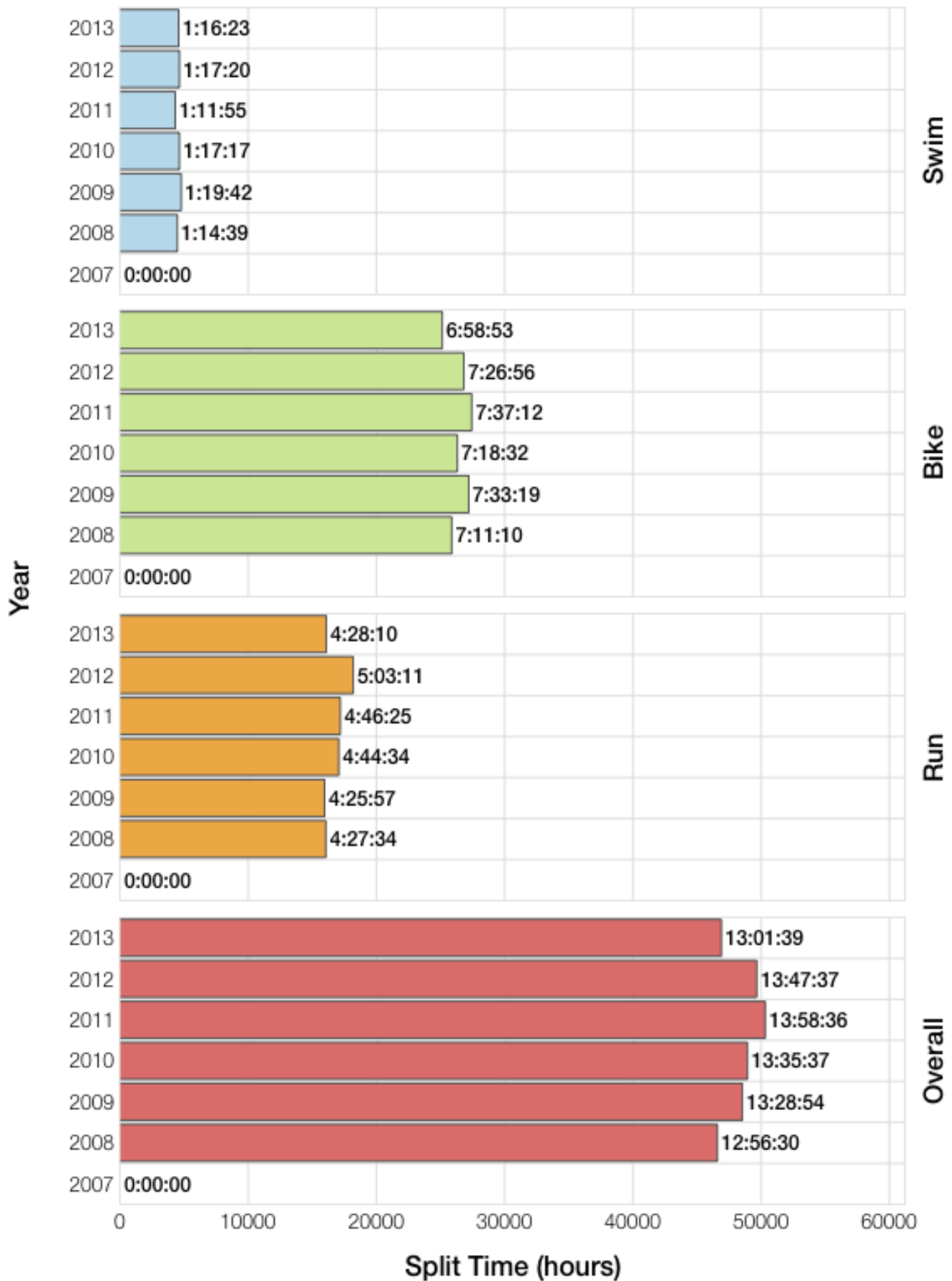
## F35-39 Overall



## F35-39 Fastest Splits

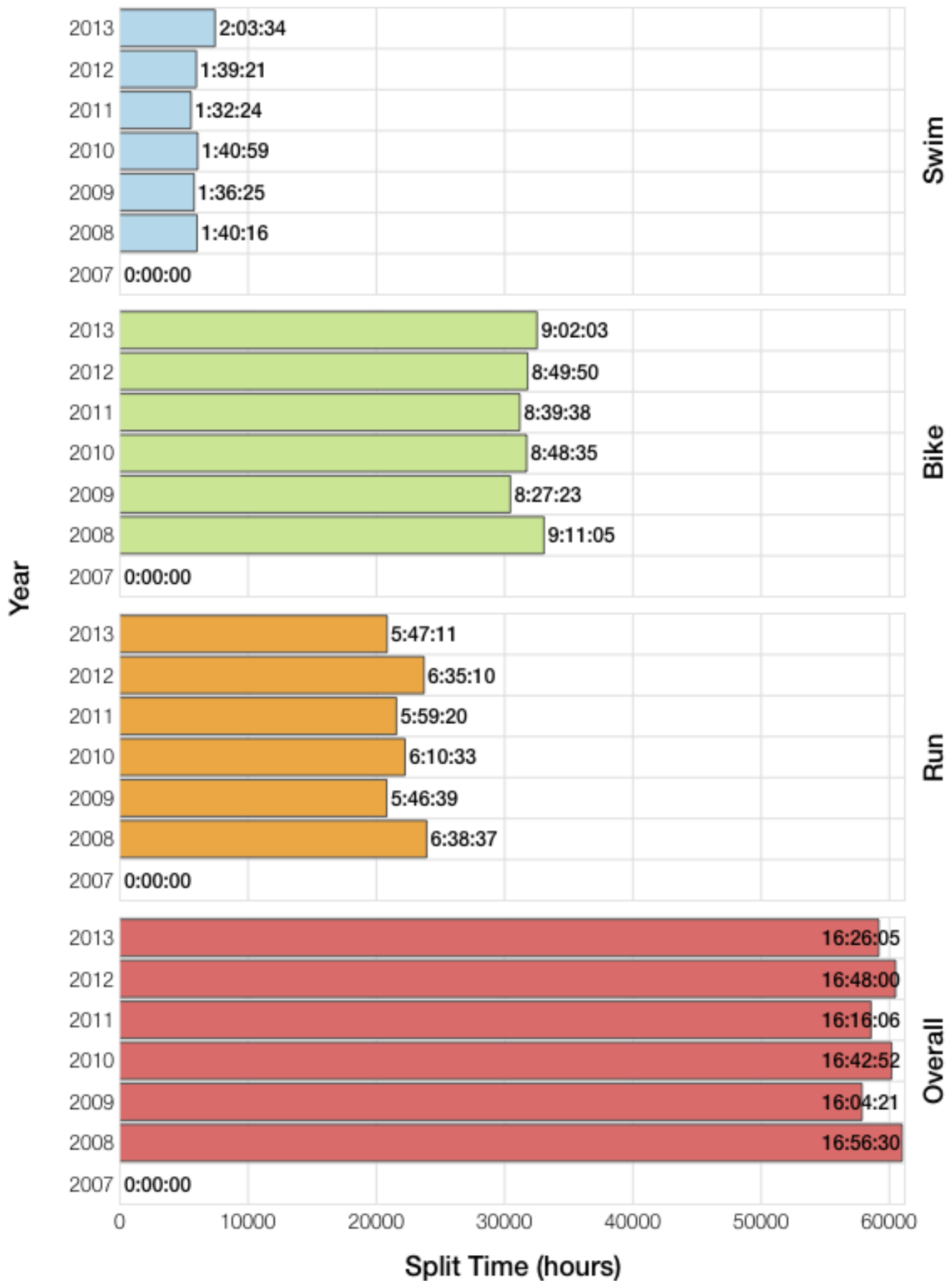


## F35-39 Median Splits

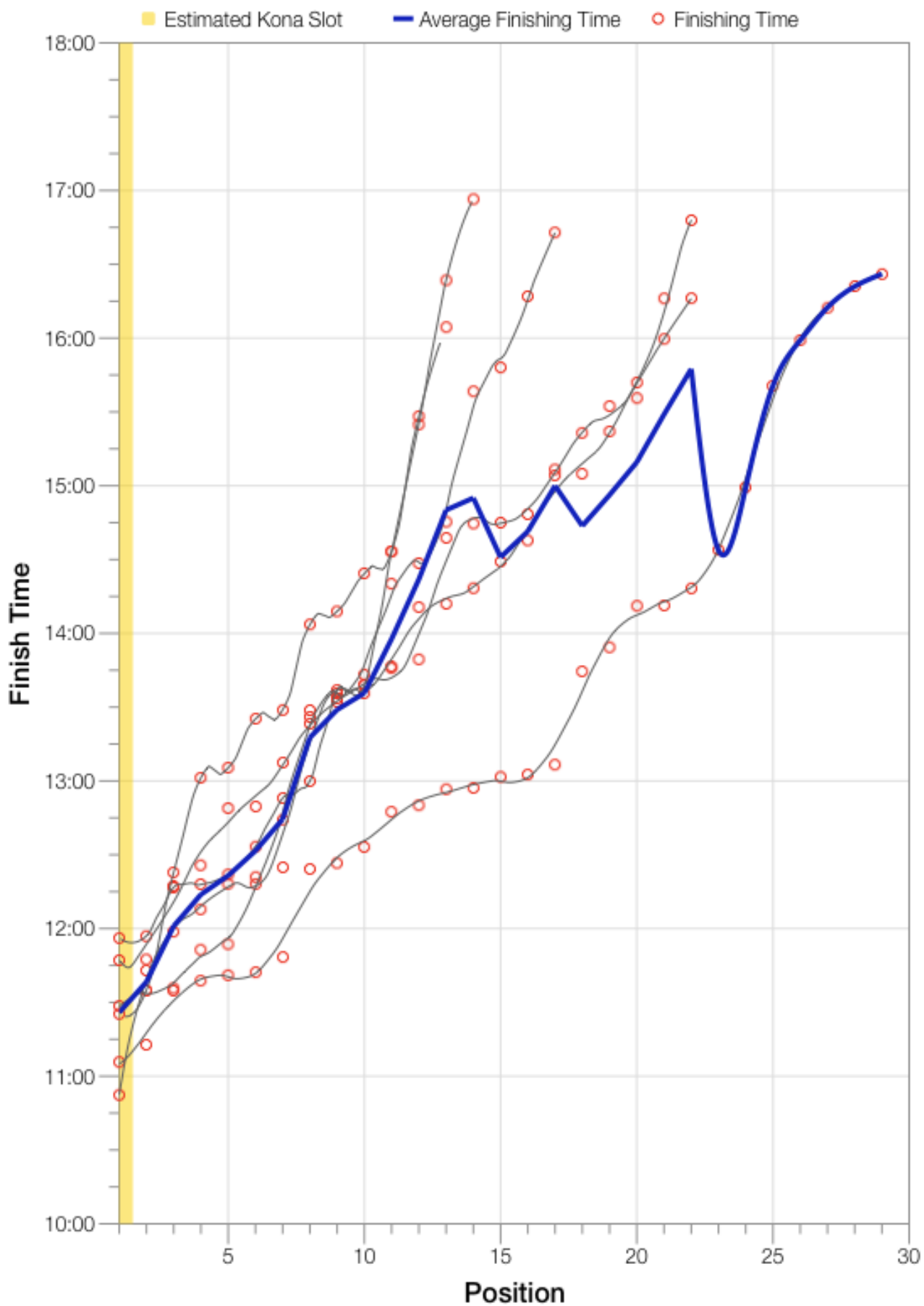




## F35-39 Slowest Splits



# F35-39 Top 30 Finishing Splits



# F35-39 Top 10 and Kona Times and Splits

## Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Average Male Winner</b>	<b>0:49:31</b>	<b>4:55:46</b>	<b>3:53:13</b>	<b>8:44:52</b>
<b>Average Female Winner</b>	<b>0:55:39</b>	<b>5:41:50</b>	<b>4:16:50</b>	<b>9:53:25</b>
<b>Average 1st Age Grouper</b>	<b>1:09:03</b>	<b>6:15:58</b>	<b>3:07:25</b>	<b>11:25:52</b>
Average 2nd Age Grouper	1:05:05	6:33:14	3:10:34	11:38:19
Average 3rd Age Grouper	1:06:11	6:43:05	3:18:25	12:01:01
Average 4th Age Grouper	1:08:18	6:44:49	3:27:38	12:13:52
Average 5th Age Grouper	1:09:22	6:39:21	3:38:45	12:21:30
Average 6th Age Grouper	1:14:41	6:51:51	3:24:28	12:31:35
Average 7th Age Grouper	1:11:03	7:01:40	3:28:50	12:44:29
Average 8th Age Grouper	1:12:33	7:05:57	4:02:49	13:17:38
Average 9th Age Grouper	1:16:16	7:23:04	3:49:23	13:28:58
Average 10th Age Grouper	1:18:05	7:29:00	3:45:23	13:35:43
<b>Kona Qualifier Average</b>	<b>1:09:03</b>	<b>6:15:58</b>	<b>3:07:25</b>	<b>11:25:52</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:04</b>	<b>6:52:48</b>	<b>3:31:22</b>	<b>12:31:54</b>

## Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:47:48</b>	<b>4:53:03</b>	<b>2:55:03</b>	<b>8:42:40</b>
<b>Female Winner</b>	<b>1:00:03</b>	<b>5:31:47</b>	<b>2:58:37</b>	<b>9:37:34</b>
<b>1st Age Grouper</b>	<b>1:15:10</b>	<b>6:01:24</b>	<b>3:37:18</b>	<b>11:05:41</b>
2nd Age Grouper	1:00:27	6:30:31	3:32:16	11:12:41
3rd Age Grouper	1:13:29	6:34:00	3:32:22	11:34:43
4th Age Grouper	1:09:52	6:29:18	3:49:41	11:38:45
5th Age Grouper	1:08:40	6:16:09	4:05:36	11:41:06
6th Age Grouper	1:12:06	6:23:05	3:50:15	11:42:10
7th Age Grouper	1:00:07	6:52:25	3:44:34	11:48:17
8th Age Grouper	1:16:23	6:43:57	4:10:05	12:24:09
9th Age Grouper	1:11:17	6:34:13	4:17:42	12:26:36
10th Age Grouper	1:05:31	6:50:51	4:27:35	12:33:06
<b>Kona Qualifier Average</b>	<b>1:15:10</b>	<b>6:01:24</b>	<b>3:37:18</b>	<b>11:05:41</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:18</b>	<b>6:31:35</b>	<b>3:54:44</b>	<b>11:48:43</b>

## Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:53:35</b>	<b>4:54:31</b>	<b>2:50:09</b>	<b>8:44:39</b>
<b>Female Winner</b>	<b>0:51:43</b>	<b>5:39:25</b>	<b>3:20:16</b>	<b>9:58:06</b>
<b>1st Age Grouper</b>	<b>1:07:03</b>	<b>6:34:07</b>	<b>3:52:11</b>	<b>11:47:06</b>
2nd Age Grouper	0:58:06	6:32:20	4:03:55	11:47:27
3rd Age Grouper	1:13:26	6:34:21	4:15:19	12:17:17
4th Age Grouper	1:08:40	6:40:02	4:23:17	12:25:51
5th Age Grouper	1:08:45	6:53:01	4:32:54	12:48:51
6th Age Grouper	1:17:16	6:52:14	4:18:12	12:49:33
7th Age Grouper	1:10:01	7:06:47	4:34:14	13:07:26
8th Age Grouper	1:08:57	6:30:34	5:28:55	13:23:20
9th Age Grouper	1:04:51	7:31:13	4:39:17	13:32:14
10th Age Grouper	1:18:39	7:22:39	4:35:23	13:39:11
<b>Kona Qualifier Average</b>	<b>1:07:03</b>	<b>6:34:07</b>	<b>3:52:11</b>	<b>11:47:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:34</b>	<b>6:51:43</b>	<b>4:28:21</b>	<b>12:45:49</b>

### 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	0:56:58	6:09:10	3:36:06	10:52:28
2nd Age Grouper	1:06:35	6:35:39	3:49:33	11:42:54
3rd Age Grouper	1:03:59	6:34:08	4:06:12	11:58:39
4th Age Grouper	1:08:26	6:35:17	4:09:47	12:07:54
5th Age Grouper	1:09:36	6:32:13	4:24:00	12:18:15
6th Age Grouper	1:16:09	6:57:25	3:55:13	12:21:01
7th Age Grouper	1:05:44	6:51:07	4:10:27	12:24:58
8th Age Grouper	1:10:15	7:01:06	5:02:53	13:28:45
9th Age Grouper	1:14:38	7:46:45	4:17:11	13:33:39
10th Age Grouper	1:29:36	7:40:16	4:07:55	13:35:39
<b>Kona Qualifier Average</b>	<b>0:56:58</b>	<b>6:09:10</b>	<b>3:36:06</b>	<b>10:52:28</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:11</b>	<b>6:52:18</b>	<b>4:09:55</b>	<b>12:26:25</b>

### 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	1:17:17	6:24:01	3:36:44	11:28:23
2nd Age Grouper	1:03:36	6:28:40	3:53:42	11:34:49
3rd Age Grouper	0:59:31	6:25:56	3:59:11	11:35:50
4th Age Grouper	1:04:34	6:34:43	3:57:18	11:51:29
5th Age Grouper	0:59:35	6:43:41	3:59:28	11:53:37
6th Age Grouper	1:06:12	7:02:29	3:57:25	12:18:14
7th Age Grouper	1:10:49	6:51:39	4:29:56	12:44:23
8th Age Grouper	1:06:35	7:18:32	4:46:05	13:26:03
9th Age Grouper	1:05:39	7:00:12	5:16:16	13:35:37
10th Age Grouper	1:17:40	7:31:39	4:39:31	13:43:20
<b>Kona Qualifier Average</b>	<b>1:17:17</b>	<b>6:24:01</b>	<b>3:36:44</b>	<b>11:28:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:08</b>	<b>6:50:09</b>	<b>4:15:33</b>	<b>12:25:10</b>

### 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	1:14:34	5:55:37	4:02:15	11:25:23
2nd Age Grouper	1:19:42	6:19:41	3:43:58	11:35:01
3rd Age Grouper	1:04:41	7:08:49	3:57:31	12:22:54
4th Age Grouper	1:09:20	7:12:36	4:25:48	13:01:21
5th Age Grouper	1:12:56	6:48:23	4:50:32	13:05:18
6th Age Grouper	1:18:33	7:17:22	4:25:47	13:25:12
7th Age Grouper	1:32:56	7:33:19	3:53:52	13:28:54
8th Age Grouper	1:17:21	7:40:35	4:48:58	14:03:30
9th Age Grouper	1:30:13	7:57:12	4:25:57	14:08:55
10th Age Grouper	1:23:39	7:54:31	4:41:55	14:24:16
<b>Kona Qualifier Average</b>	<b>1:14:34</b>	<b>5:55:37</b>	<b>4:02:15</b>	<b>11:25:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:23</b>	<b>7:10:48</b>	<b>4:19:39</b>	<b>13:06:04</b>

## 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	1:03:17	6:31:32		11:56:14
2nd Age Grouper	1:02:09	6:52:34		11:57:02
3rd Age Grouper	1:02:03	7:01:18		12:16:45
4th Age Grouper	1:09:01	6:57:03		12:17:55
5th Age Grouper	1:16:42	6:42:42		12:21:55
6th Age Grouper	1:17:51	6:38:34		12:33:21
7th Age Grouper	1:06:45	6:54:43		12:52:59
8th Age Grouper	1:15:52	7:21:02		13:00:01
9th Age Grouper	1:31:02	7:28:52		13:36:49
10th Age Grouper	1:13:26	7:34:07		13:38:50
<b>Kona Qualifier Average</b>	<b>1:03:17</b>	<b>6:31:32</b>		<b>11:56:14</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:48</b>	<b>7:00:14</b>		<b>12:39:11</b>