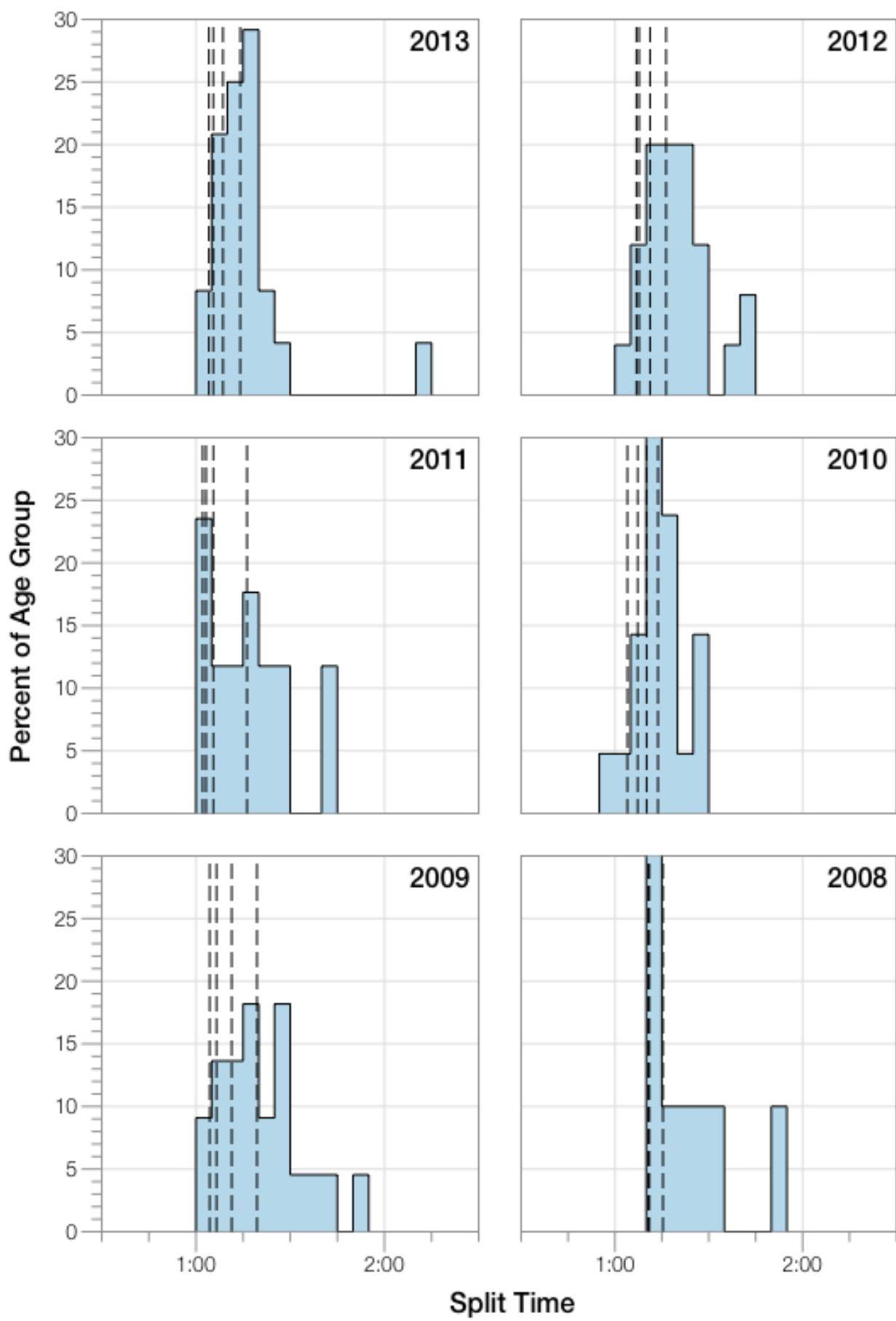


Ironman Lanzarote F40-44 Stats

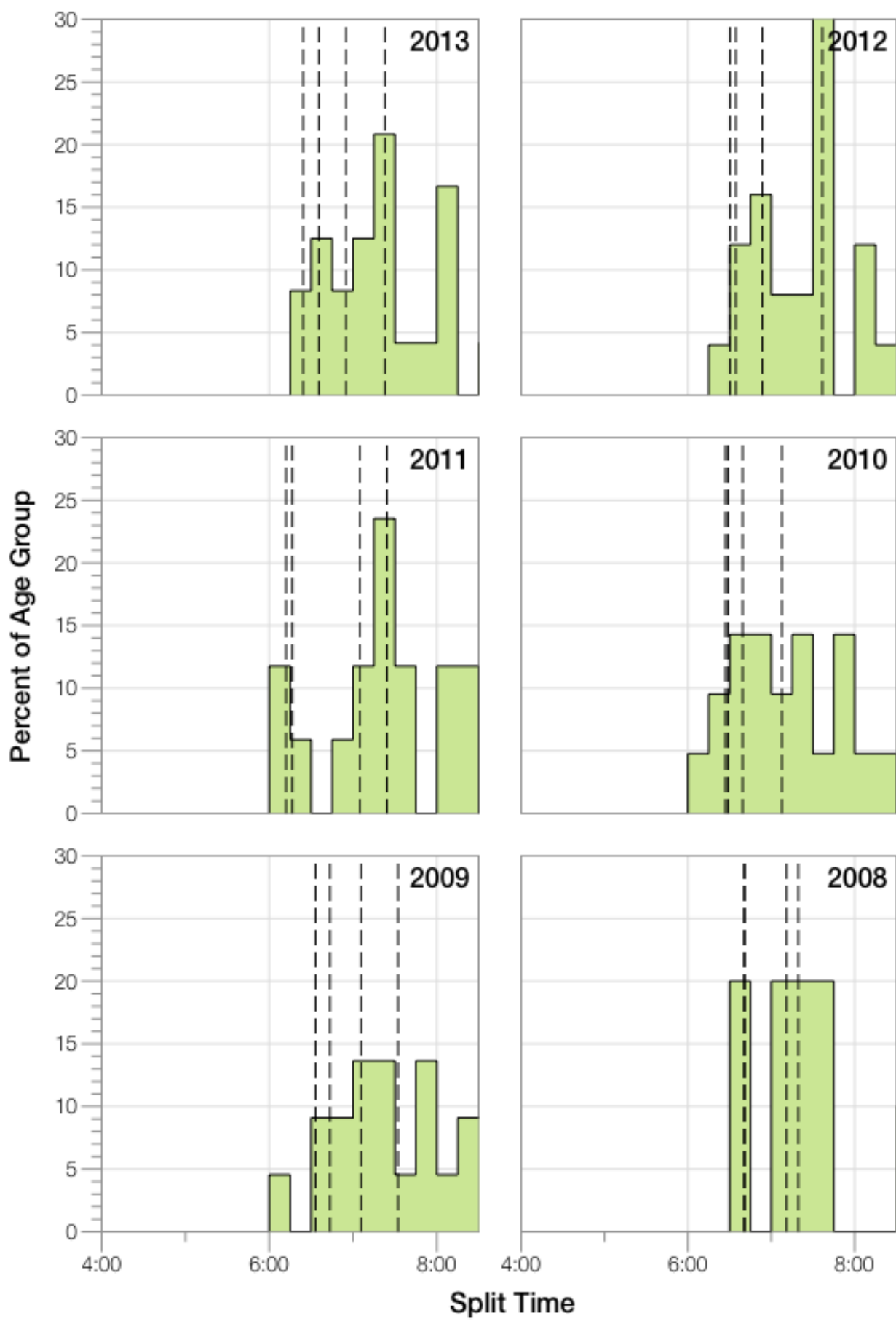
F40-44 Summary Statistics

Year	Finishers	F40-44 Finishers	Male Winner's Time	Female Winner's Time	F40-44 Winner's Time
2008	1117	10	8:59:37	10:02:27	12:09:39
2009	1149	22	8:54:03	9:54:57	11:28:39
2010	1287	21	8:37:42	10:03:52	11:12:07
2011	1200	17	8:30:34	9:43:39	10:45:56
2012	1447	25	8:44:39	9:58:06	11:21:59
2013	1646	24	8:42:40	9:37:34	11:21:06
Average	1308	20	8:44:52	9:53:25	11:23:14

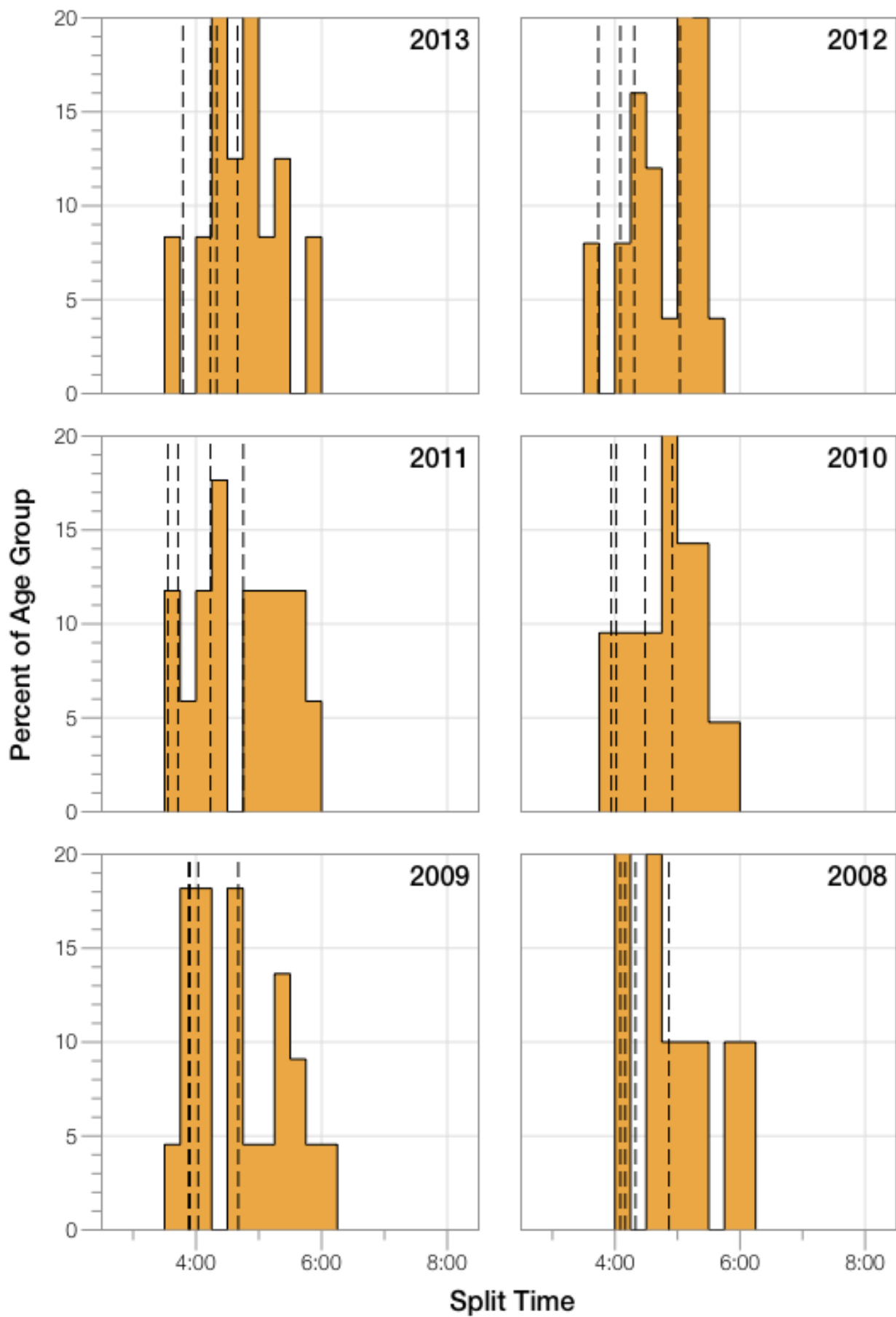
F40-44 Swim



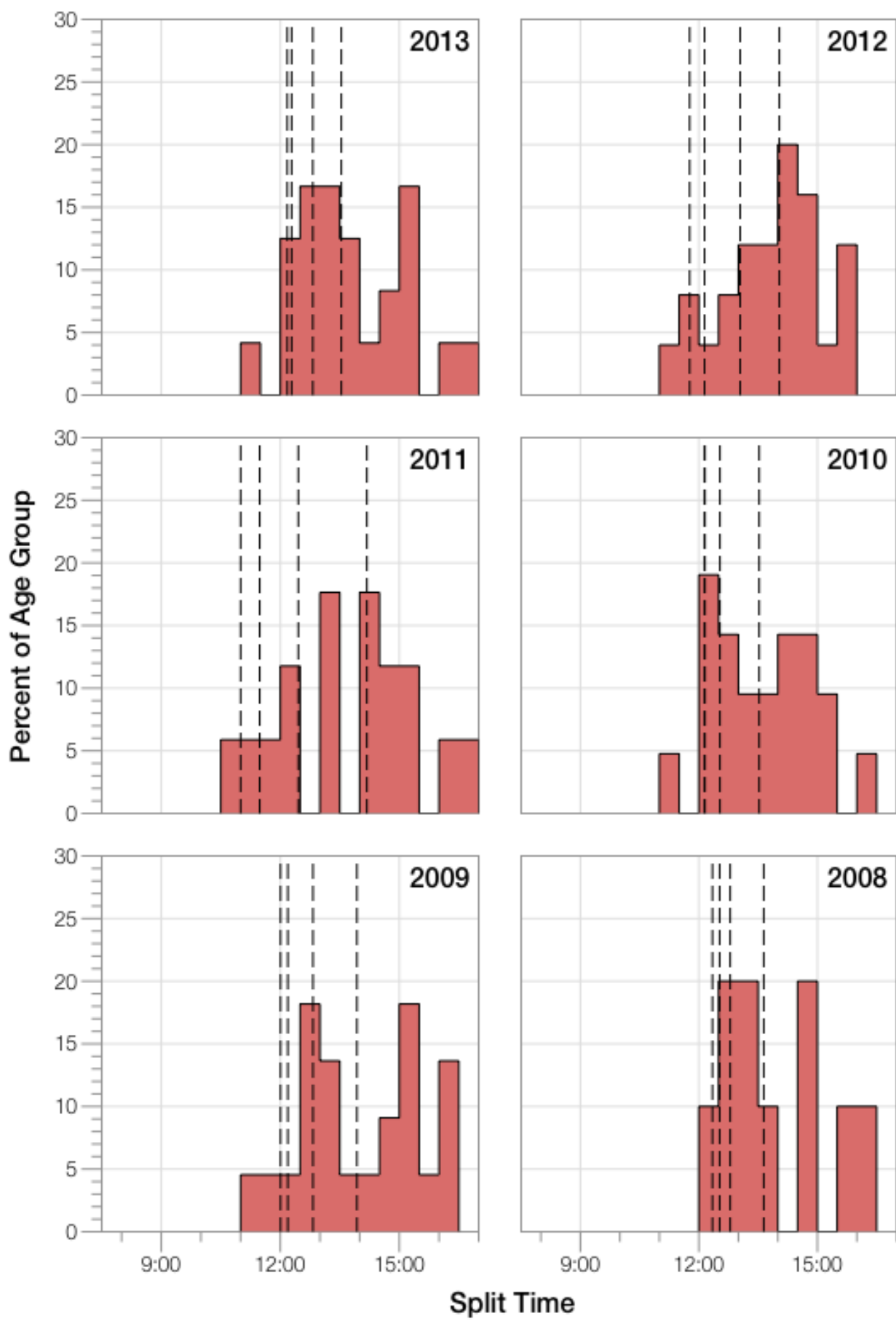
F40-44 Bike



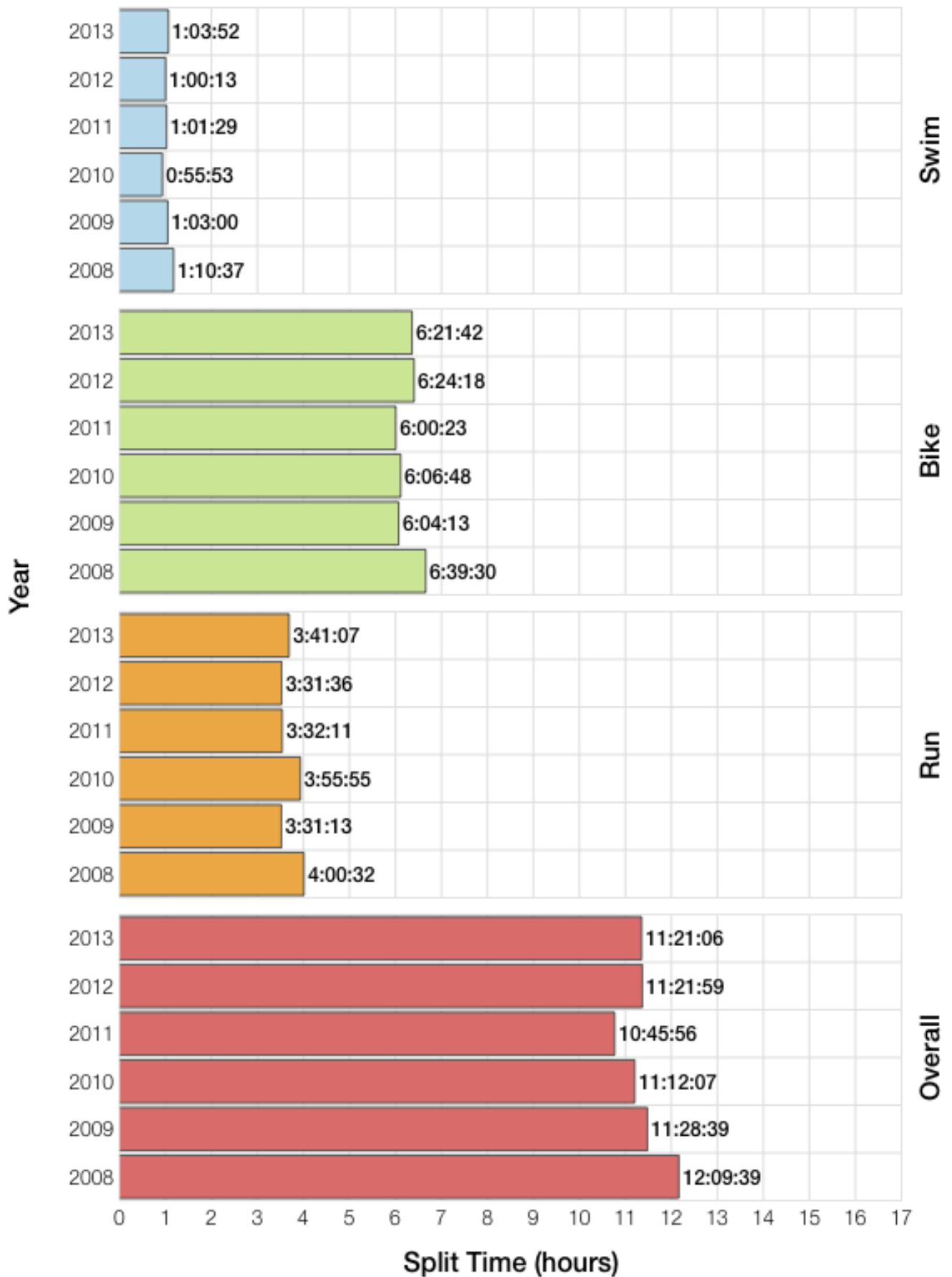
F40-44 Run



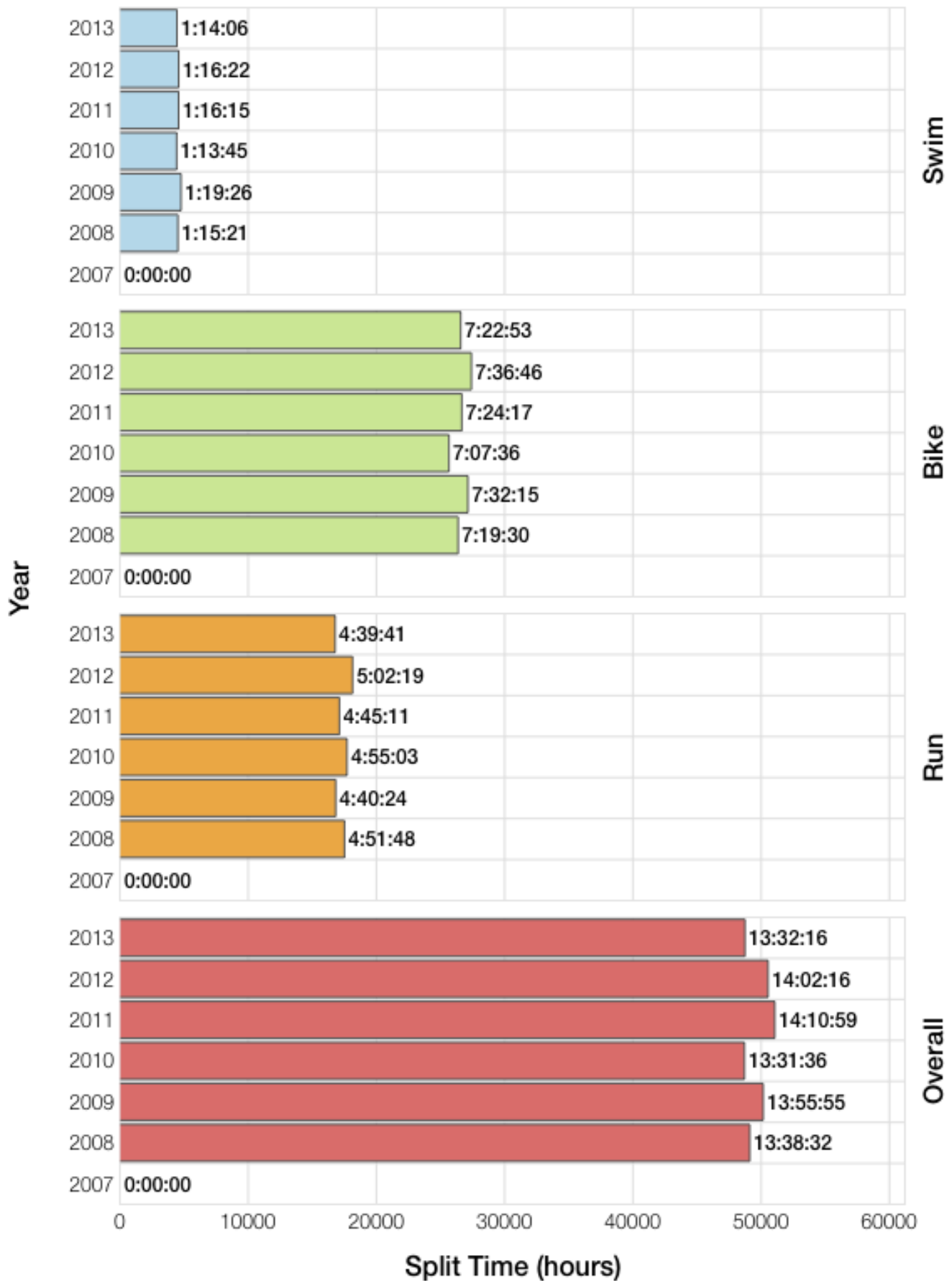
F40-44 Overall



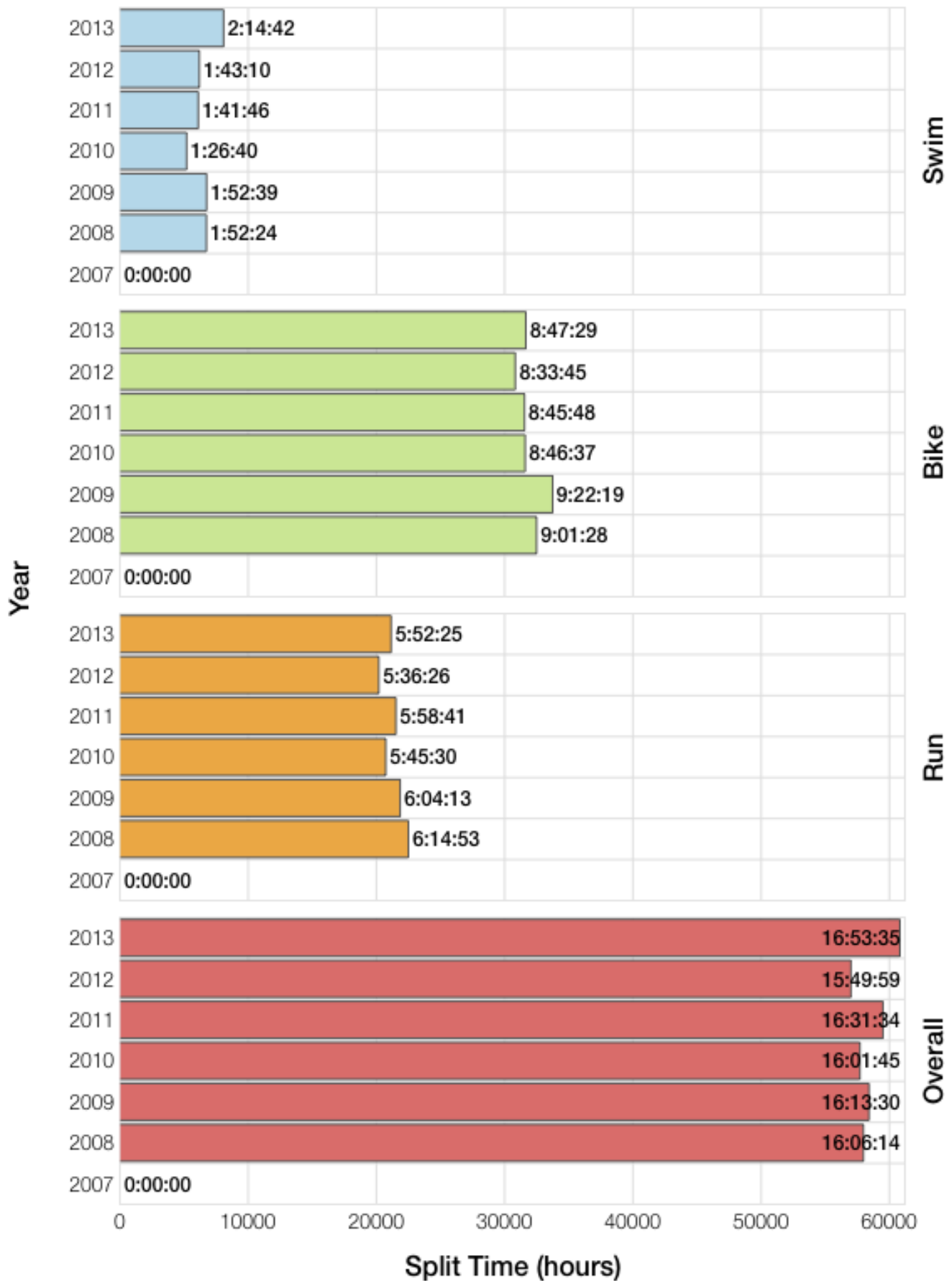
F40-44 Fastest Splits



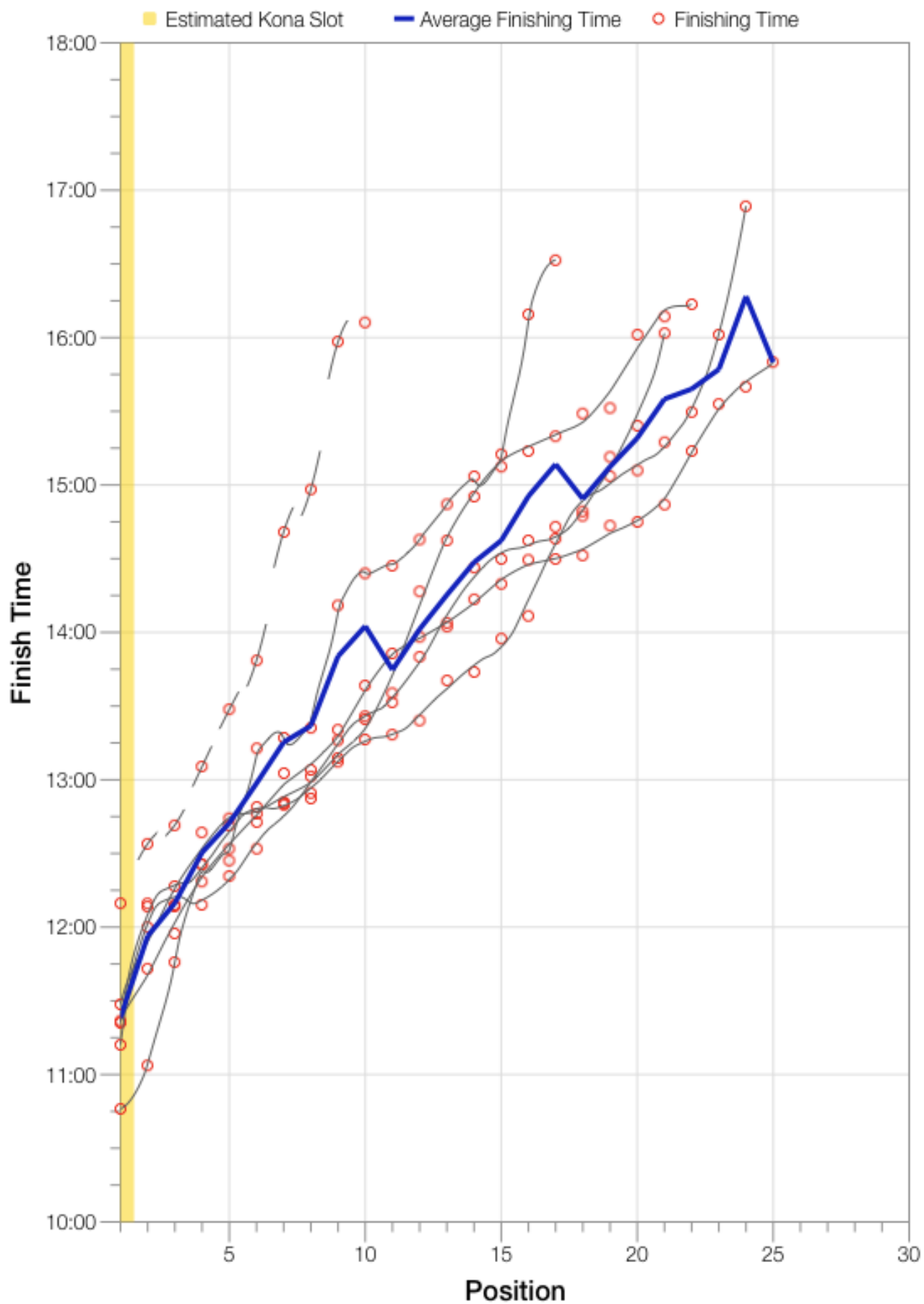
F40-44 Median Splits



F40-44 Slowest Splits



F40-44 Top 30 Finishing Splits



F40-44 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	1:07:22	6:17:25	3:05:54	11:23:14
Average 2nd Age Grouper	1:08:55	6:41:01	3:14:28	11:56:23
Average 3rd Age Grouper	1:09:46	6:37:44	3:28:47	12:09:49
Average 4th Age Grouper	1:14:58	6:59:12	3:15:12	12:30:23
Average 5th Age Grouper	1:11:52	6:56:27	3:34:26	12:42:21
Average 6th Age Grouper	1:09:33	6:57:21	3:45:14	12:58:31
Average 7th Age Grouper	1:16:41	7:14:48	3:36:02	13:15:16
Average 8th Age Grouper	1:15:35	7:11:03	3:38:27	13:21:58
Average 9th Age Grouper	1:13:56	5:58:10	3:55:47	13:50:17
Average 10th Age Grouper	1:17:55	7:18:34	4:09:32	14:02:33
Kona Qualifier Average	1:07:22	6:17:25	3:05:54	11:23:14
Top 10 Age Grouper Average	1:12:39	6:49:11	3:34:23	12:49:04

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	1:06:05	6:21:42	3:41:07	11:21:06
2nd Age Grouper	1:08:53	6:33:04	4:16:24	12:09:30
3rd Age Grouper	1:03:54	6:41:11	4:20:58	12:16:40
4th Age Grouper	1:13:37	7:09:20	3:42:57	12:18:26
5th Age Grouper	1:19:28	6:52:30	4:15:20	12:44:21
6th Age Grouper	1:05:17	7:12:46	4:13:37	12:46:05
7th Age Grouper	1:11:18	6:42:08	4:30:11	12:50:16
8th Age Grouper	1:10:23	7:21:04	4:13:49	12:54:43
9th Age Grouper	1:06:04	7:13:32	4:28:10	13:08:51
10th Age Grouper	1:13:06	6:22:39	5:21:42	13:16:16
Kona Qualifier Average	1:06:05	6:21:42	3:41:07	11:21:06
Top 10 Age Grouper Average	1:09:48	6:50:59	4:18:25	12:34:37

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	1:10:04	6:30:08	3:31:36	11:21:59
2nd Age Grouper	1:11:14	6:40:33	3:39:15	11:43:10
3rd Age Grouper	1:16:22	6:24:18	4:08:01	11:57:26
4th Age Grouper	1:15:29	6:53:33	4:03:20	12:25:28
5th Age Grouper	1:00:13	6:50:43	4:25:38	12:32:01
6th Age Grouper	1:12:19	6:46:41	4:17:44	12:42:51
7th Age Grouper	1:07:21	7:24:59	4:17:11	13:02:41
8th Age Grouper	1:23:19	7:08:08	4:18:38	13:03:58
9th Age Grouper	1:06:44	6:30:26	5:23:03	13:16:02
10th Age Grouper	1:10:16	6:58:19	5:13:23	13:38:23
Kona Qualifier Average	1:10:04	6:30:08	3:31:36	11:21:59
Top 10 Age Grouper Average	1:11:20	6:48:46	4:19:46	12:34:23

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	1:02:17	6:00:23	3:33:27	10:45:56
2nd Age Grouper	1:03:50	6:17:33	3:32:11	11:03:34
3rd Age Grouper	1:09:56	6:14:54	4:10:51	11:45:46
4th Age Grouper	1:01:29	7:22:01	3:49:09	12:25:23
5th Age Grouper	1:05:32	6:46:24	4:23:55	12:27:14
6th Age Grouper	1:04:38	7:04:55	4:45:11	13:12:43
7th Age Grouper	1:12:41	7:27:36	4:20:33	13:17:04
8th Age Grouper	1:22:30	7:24:17	4:13:50	13:21:04
9th Age Grouper	1:14:49	7:24:17	5:16:22	14:10:59
10th Age Grouper	1:29:23	7:32:50	4:53:24	14:24:03
Kona Qualifier Average	1:02:17	6:00:23	3:33:27	10:45:56
Top 10 Age Grouper Average	1:10:42	6:57:31	4:17:53	12:41:22

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	0:55:53	6:06:48	3:56:27	11:12:07
2nd Age Grouper	1:08:48	6:47:49	3:55:55	12:08:14
3rd Age Grouper	1:14:45	6:27:09	4:14:10	12:09:07
4th Age Grouper	1:13:21	6:39:24	4:01:19	12:09:11
5th Age Grouper	1:12:54	6:36:04	4:19:58	12:20:43
6th Age Grouper	1:08:08	6:39:06	4:30:10	12:32:00
7th Age Grouper	1:10:08	6:46:33	4:34:02	12:49:53
8th Age Grouper	1:13:45	6:28:53	4:51:32	12:52:23
9th Age Grouper	1:07:17	7:04:34	4:55:58	13:20:18
10th Age Grouper	1:19:39	7:16:20	4:28:57	13:24:40
Kona Qualifier Average	0:55:53	6:06:48	3:56:27	11:12:07
Top 10 Age Grouper Average	1:10:27	6:41:16	4:22:50	12:29:51

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	1:19:19	6:04:13	3:52:52	11:28:39
2nd Age Grouper	1:09:56	6:32:39	4:03:04	11:59:55
3rd Age Grouper	1:03:00	6:49:13	3:58:42	12:08:22
4th Age Grouper	1:17:17	7:11:27	3:54:29	12:38:29
5th Age Grouper	1:21:50	6:59:26	4:01:48	12:41:15
6th Age Grouper	1:08:57	6:42:48	4:44:42	12:49:00
7th Age Grouper	1:06:17	7:28:18	3:54:18	12:50:50
8th Age Grouper	1:10:55	7:22:53	4:12:53	13:01:28
9th Age Grouper	1:28:01	7:36:13	3:31:13	13:07:14
10th Age Grouper	1:04:16	7:08:32	4:59:46	13:25:44
Kona Qualifier Average	1:19:19	6:04:13	3:52:52	11:28:39
Top 10 Age Grouper Average	1:12:58	6:59:34	4:07:22	12:37:05

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	1:10:37	6:41:21		12:09:39
2nd Age Grouper	1:10:52	7:14:28		12:33:58
3rd Age Grouper	1:10:44	7:09:44		12:41:35
4th Age Grouper	1:28:38	6:39:30		13:05:25
5th Age Grouper	1:11:20	7:33:36		13:28:36
6th Age Grouper	1:18:02	7:17:52		13:48:29
7th Age Grouper	1:52:24	7:39:19		14:40:55
8th Age Grouper	1:12:40	7:21:08		14:58:15
9th Age Grouper	1:20:44			15:58:18
10th Age Grouper	1:30:50	8:32:46		16:06:14
Kona Qualifier Average	1:10:37	6:41:21		12:09:39
Top 10 Age Grouper Average	1:20:41	6:36:58		13:57:08