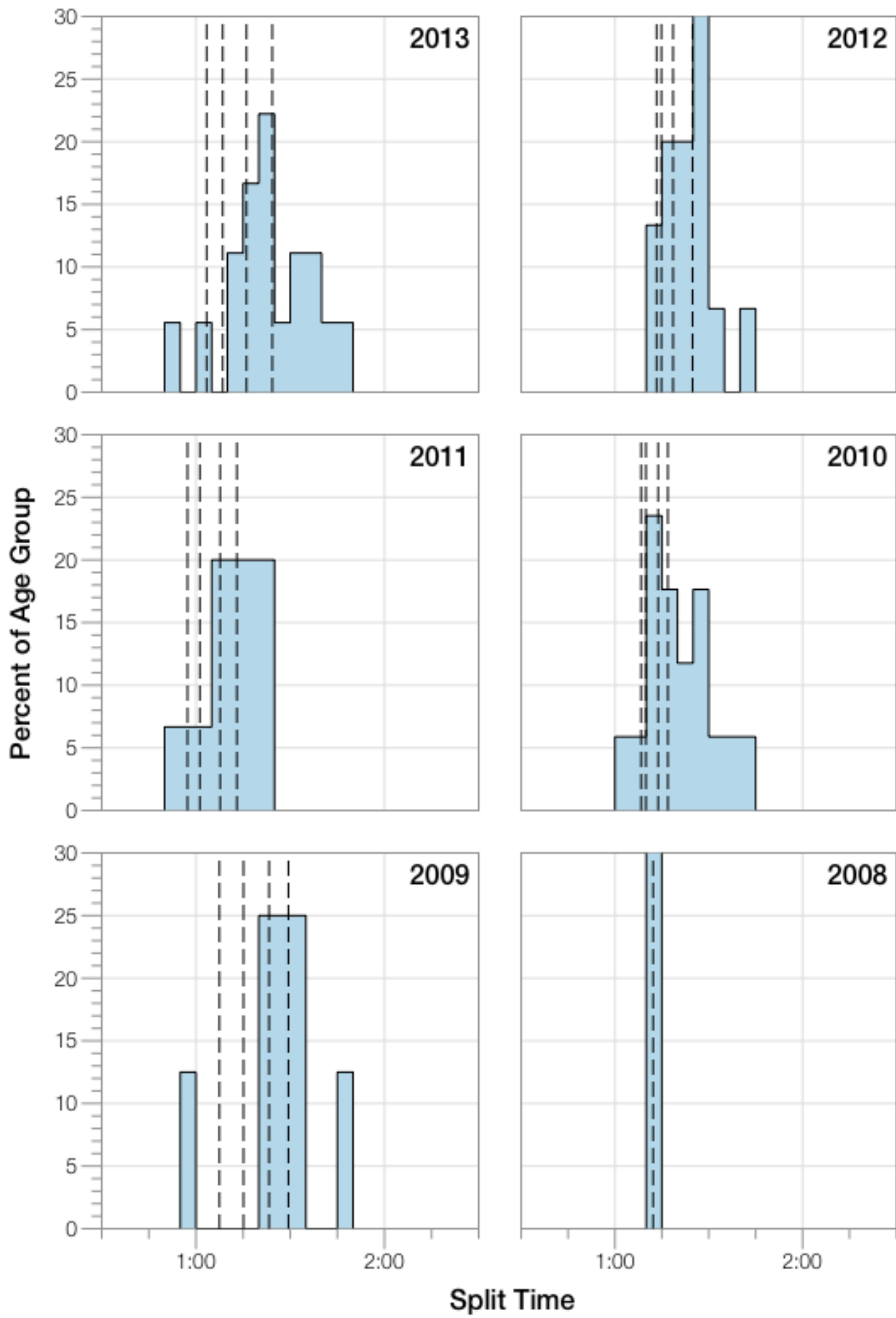


Ironman Lanzarote F45-49 Stats

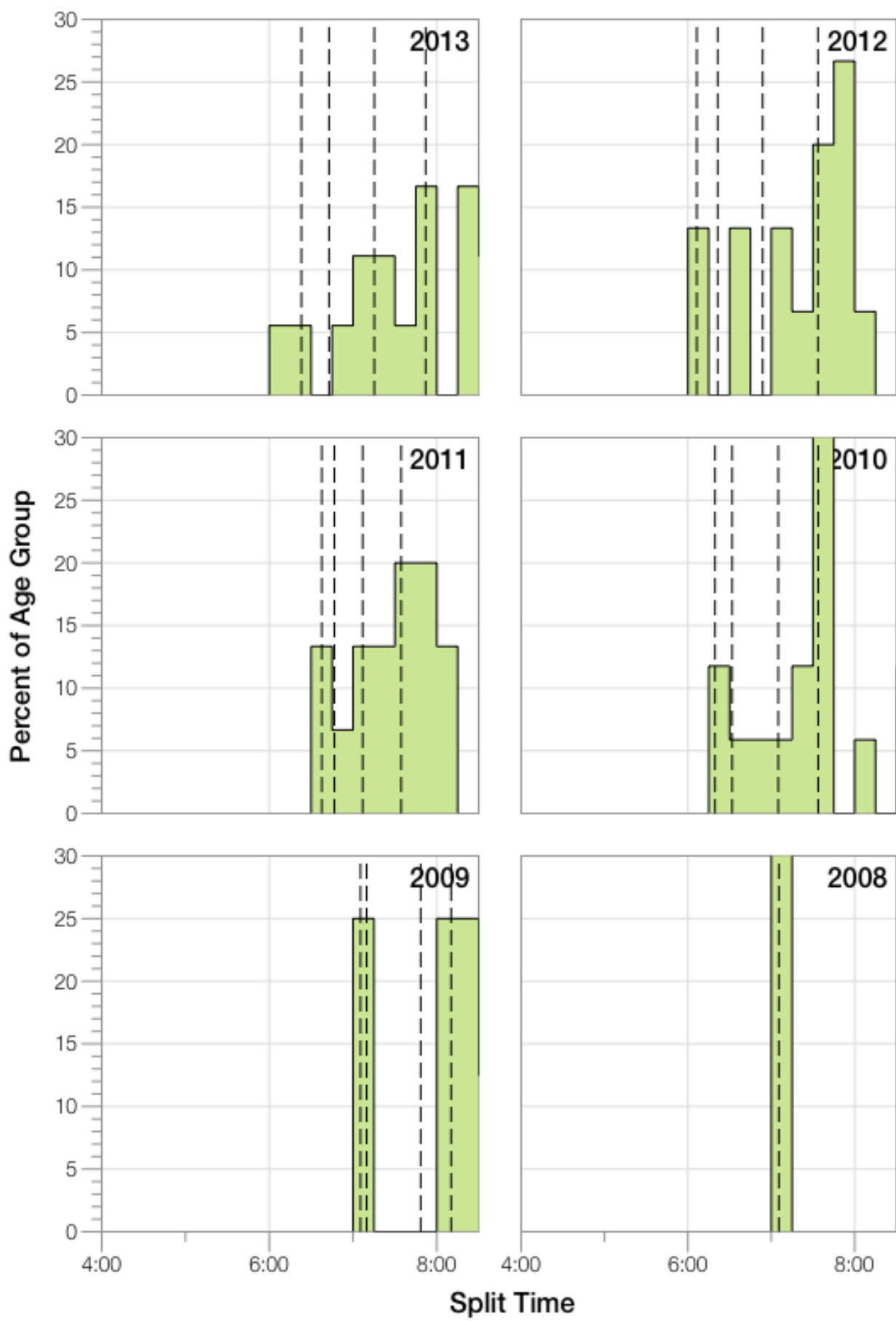
F45-49 Summary Statistics

| Year | Finishers | F45-49 Finishers | Male Winner's Time | Female Winner's Time | F45-49 Winner's Time |
|----------------|-------------|------------------|--------------------|----------------------|----------------------|
| 2008 | 1117 | 1 | 8:59:37 | 10:02:27 | 13:20:31 |
| 2009 | 1149 | 8 | 8:54:03 | 9:54:57 | 12:59:25 |
| 2010 | 1287 | 17 | 8:37:42 | 10:03:52 | 12:06:48 |
| 2011 | 1200 | 15 | 8:30:34 | 9:43:39 | 11:28:54 |
| 2012 | 1447 | 16 | 8:44:39 | 9:58:06 | 11:04:49 |
| 2013 | 1646 | 18 | 8:42:40 | 9:37:34 | 11:18:54 |
| Average | 1308 | 13 | 8:44:52 | 9:53:25 | 12:03:13 |

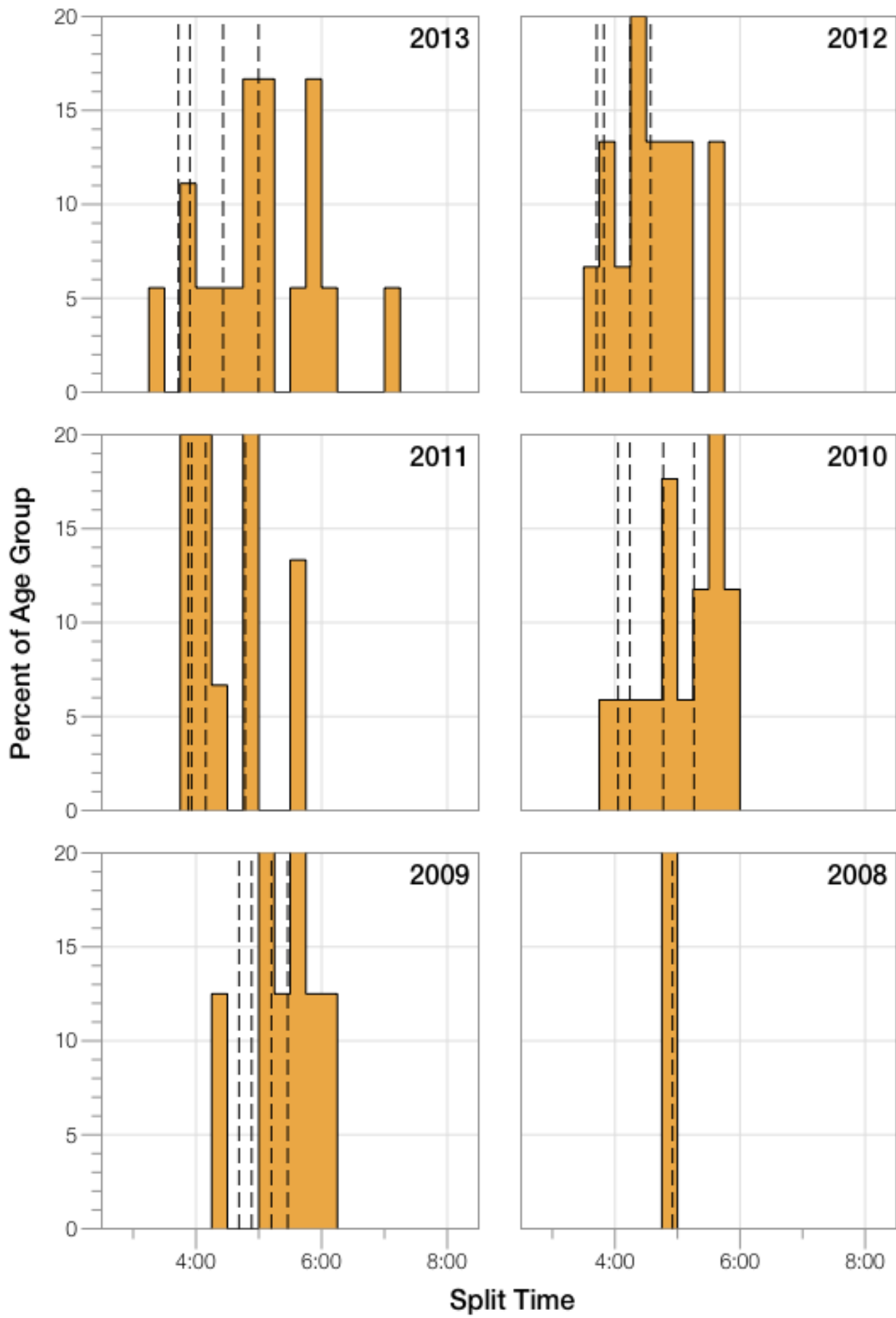
F45-49 Swim



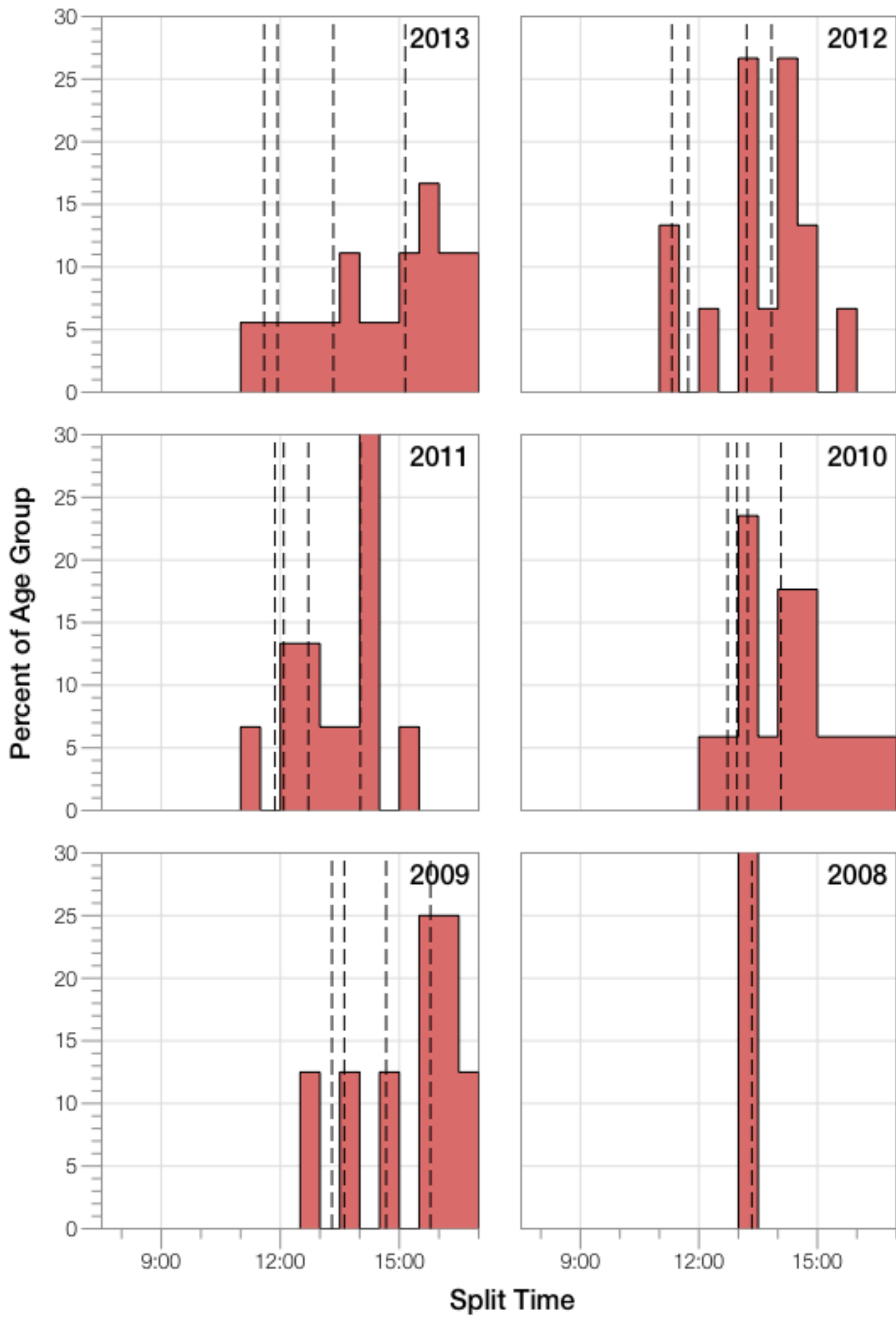
F45-49 Bike



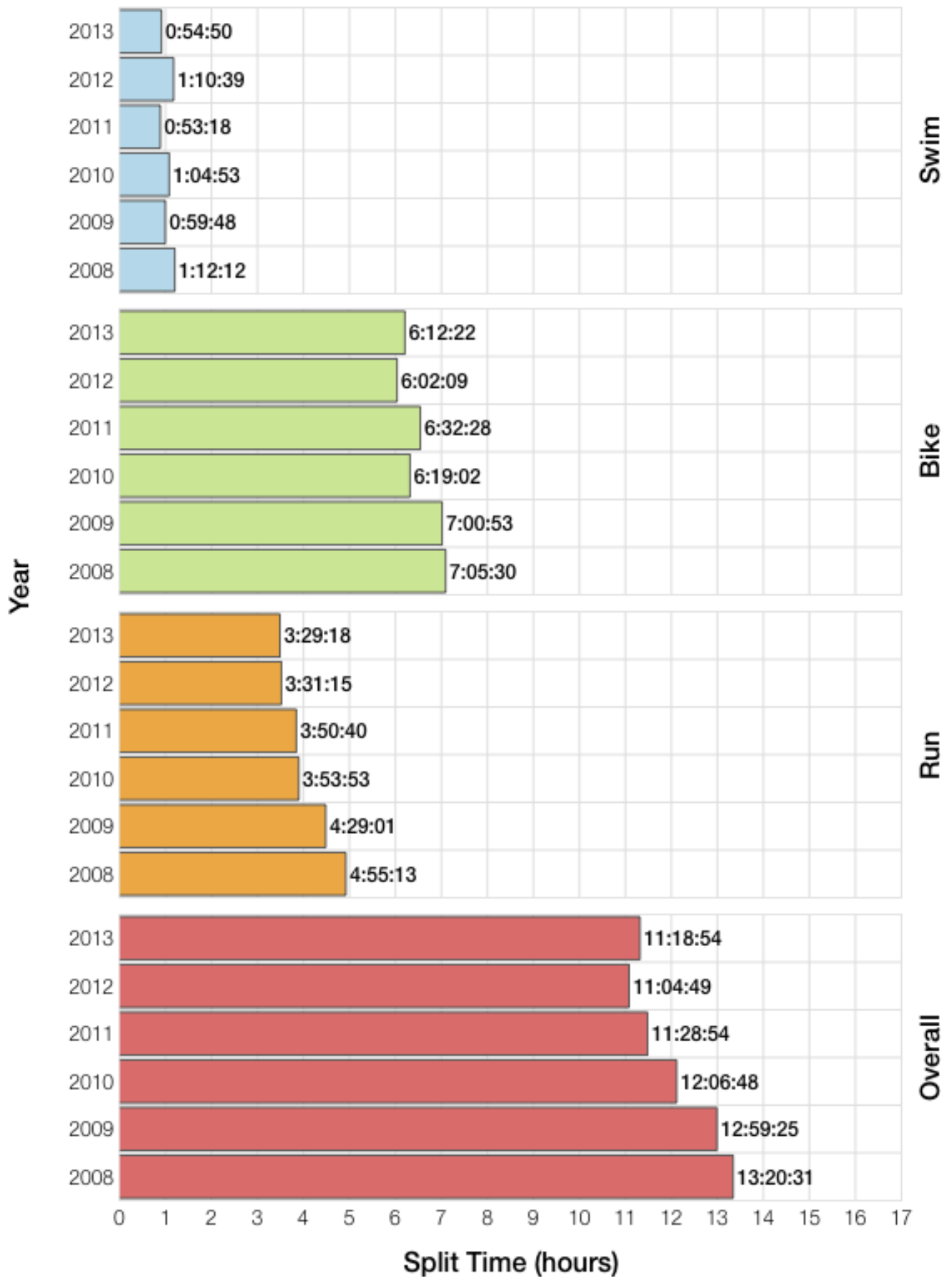
F45-49 Run



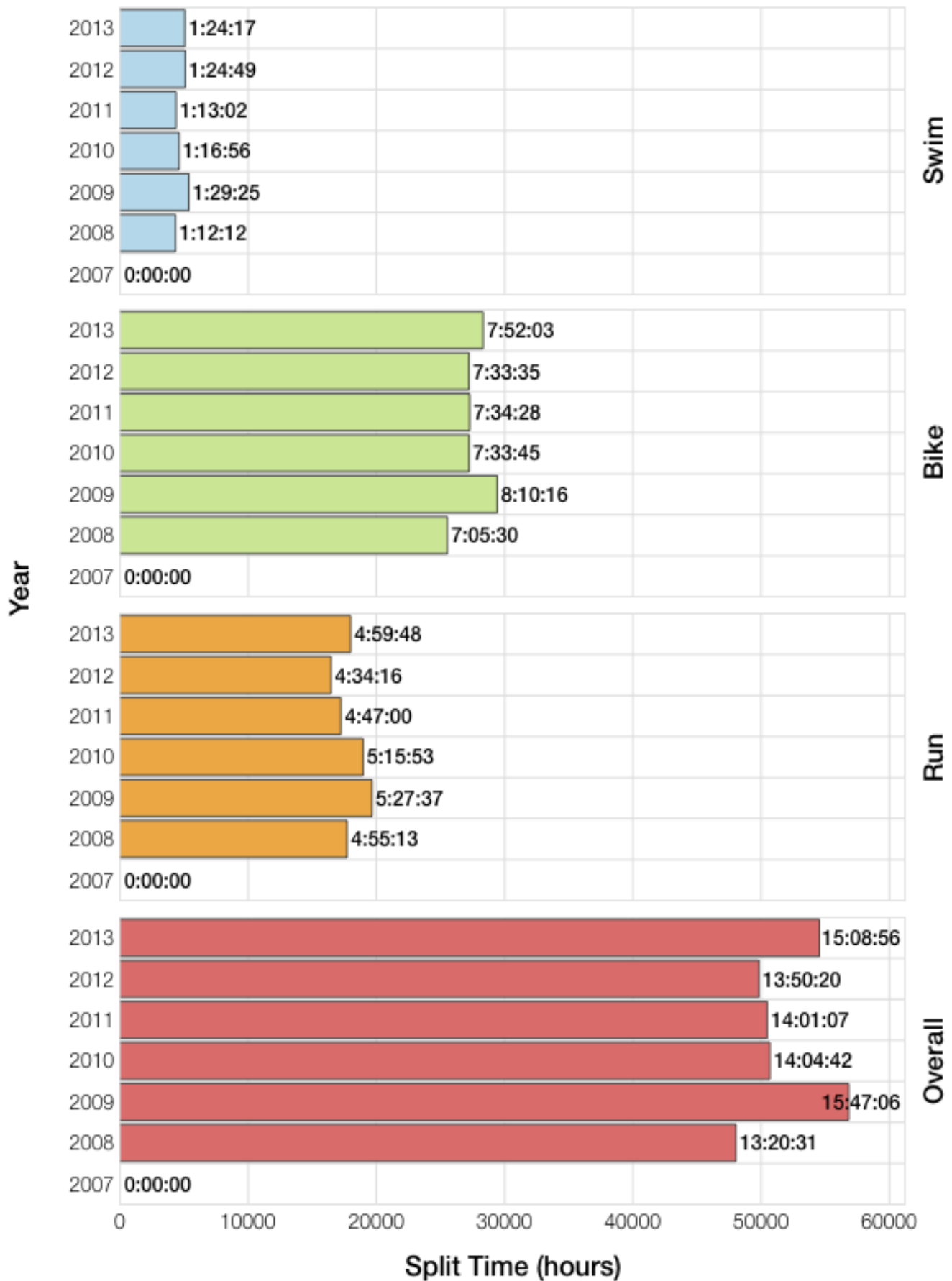
F45-49 Overall



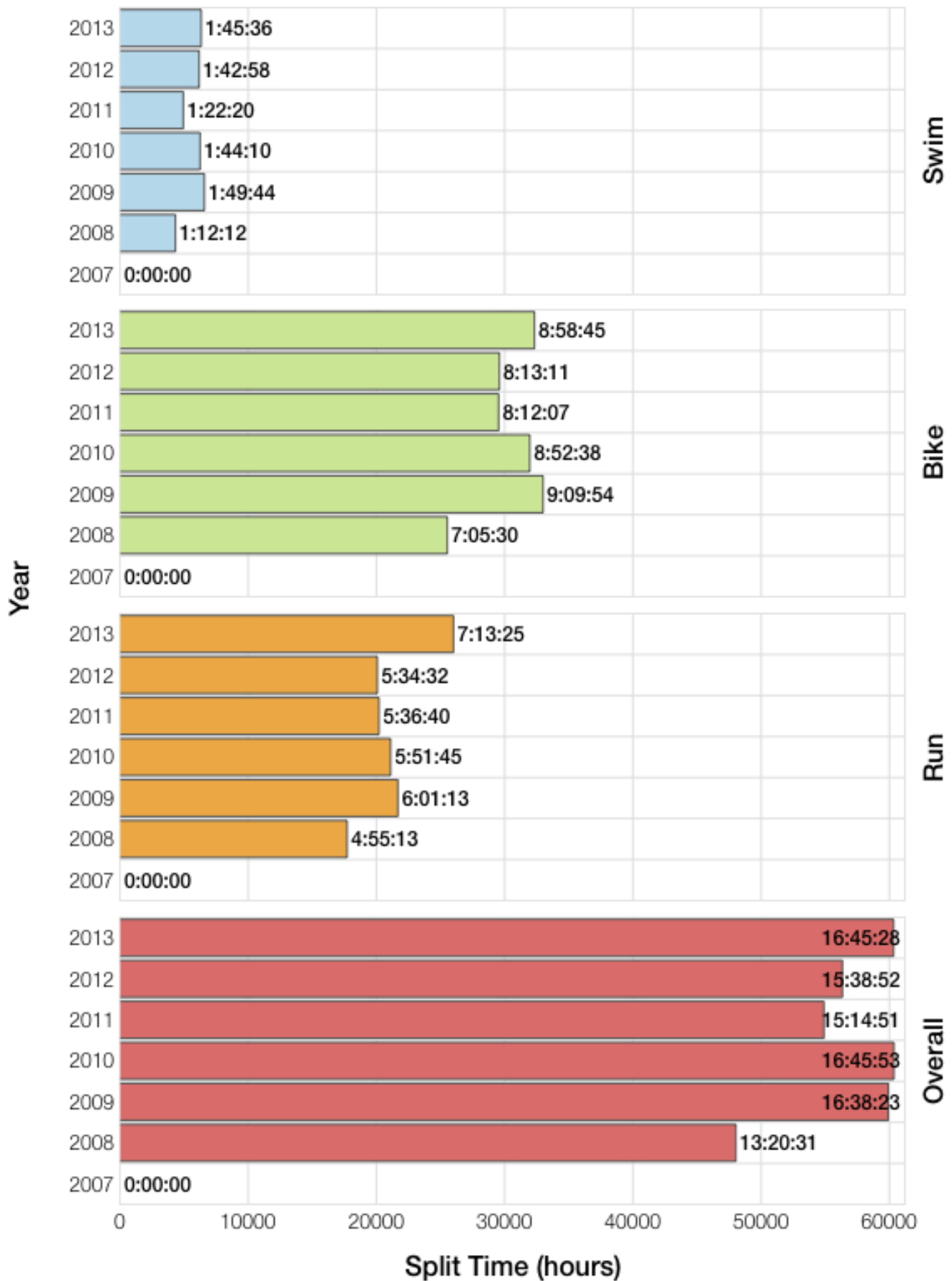
F45-49 Fastest Splits



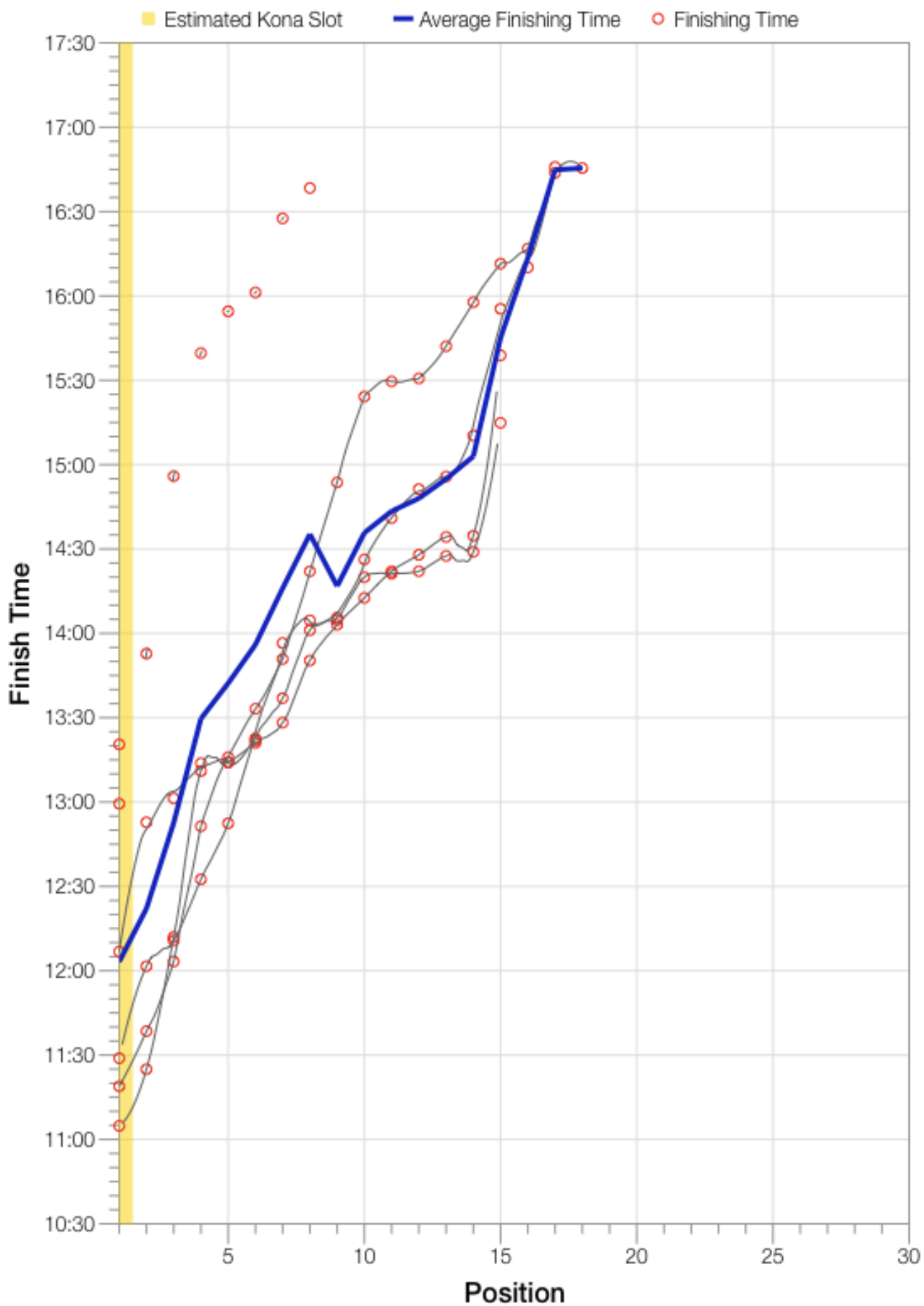
F45-49 Median Splits



F45-49 Slowest Splits



F45-49 Top 30 Finishing Splits



F45-49 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 | 1:09:50 | 6:37:40 | 3:14:42 | 12:03:13 |
| Average 2nd Age Grouper | 1:08:00 | 6:45:23 | 4:15:31 | 12:22:08 |
| Average 3rd Age Grouper | 1:16:37 | 6:58:07 | 4:20:37 | 12:52:38 |
| Average 4th Age Grouper | 1:01:08 | 5:49:13 | 3:47:11 | 13:22:27 |
| Average 5th Age Grouper | 1:20:01 | 7:15:45 | 4:49:06 | 13:41:37 |
| Average 6th Age Grouper | 1:21:07 | 7:28:53 | 3:35:03 | 13:54:38 |
| Average 7th Age Grouper | 1:24:53 | 7:28:00 | 4:59:40 | 14:14:35 |
| Average 8th Age Grouper | 1:24:59 | 6:22:15 | 4:33:49 | 14:30:53 |
| Average 9th Age Grouper | 1:16:55 | 7:45:23 | 4:50:32 | 14:13:35 |
| Average 10th Age Grouper | 1:18:35 | 7:37:40 | 5:19:10 | 14:33:21 |
| Kona Qualifier Average | 1:09:50 | 6:37:40 | 3:14:42 | 12:03:13 |
| Top 10 Age Grouper Average | 1:16:01 | 6:58:42 | 4:19:25 | 13:31:03 |

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 | 1:24:32 | 6:12:22 | 3:29:18 | 11:18:54 |
| 2nd Age Grouper | 0:54:50 | 6:24:53 | 4:08:01 | 11:38:31 |
| 3rd Age Grouper | 1:11:29 | 6:50:32 | 3:45:43 | 12:03:17 |
| 4th Age Grouper | 1:16:46 | 7:19:41 | 3:57:48 | 12:51:24 |
| 5th Age Grouper | 1:10:04 | 7:11:33 | 4:37:23 | 13:15:58 |
| 6th Age Grouper | 1:04:55 | 7:27:37 | 4:45:31 | 13:33:10 |
| 7th Age Grouper | 1:15:58 | 7:13:47 | 5:00:09 | 13:50:52 |
| 8th Age Grouper | 1:23:05 | 8:18:42 | 4:22:06 | 14:22:03 |
| 9th Age Grouper | 1:24:03 | 7:53:24 | 5:11:42 | 14:53:41 |
| 10th Age Grouper | 1:42:12 | 8:17:23 | 5:08:42 | 15:24:11 |
| Kona Qualifier Average | 1:24:32 | 6:12:22 | 3:29:18 | 11:18:54 |
| Top 10 Age Grouper Average | 1:16:47 | 7:18:59 | 4:26:38 | 13:19:12 |

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 | 1:19:56 | 6:02:09 | 3:31:15 | 11:04:49 |
| 2nd Age Grouper | 1:10:39 | 6:08:16 | 3:52:29 | 11:24:59 |
| 3rd Age Grouper | 1:28:40 | 6:43:25 | 3:47:16 | 12:11:59 |
| 4th Age Grouper | | | | 12:34:54 |
| 5th Age Grouper | 1:22:03 | 6:41:18 | 4:46:06 | 13:11:01 |
| 6th Age Grouper | 1:24:49 | 7:17:11 | 4:17:25 | 13:14:11 |
| 7th Age Grouper | 1:26:03 | 7:04:11 | 4:34:16 | 13:21:00 |
| 8th Age Grouper | 1:25:00 | 7:35:08 | 4:11:48 | 13:28:15 |
| 9th Age Grouper | 1:15:27 | 7:46:41 | 4:29:15 | 13:50:20 |
| 10th Age Grouper | 1:17:14 | 7:33:35 | 4:56:39 | 14:03:03 |
| Kona Qualifier Average | 1:19:56 | 6:02:09 | 3:31:15 | 11:04:49 |
| Top 10 Age Grouper Average | 1:12:59 | 6:17:11 | 3:50:38 | 12:50:27 |

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 | 0:53:18 | 6:32:28 | 3:53:22 | 11:28:54 |
| 2nd Age Grouper | 0:59:01 | 6:39:52 | 4:08:22 | 12:01:37 |
| 3rd Age Grouper | 1:08:17 | 6:56:50 | 3:50:40 | 12:10:43 |
| 4th Age Grouper | 1:13:02 | 7:07:05 | 3:59:24 | 12:32:31 |
| 5th Age Grouper | 1:20:21 | 7:06:45 | 4:13:54 | 12:52:27 |
| 6th Age Grouper | 1:22:10 | 7:34:28 | 4:10:24 | 13:22:39 |
| 7th Age Grouper | 1:07:34 | 7:21:58 | 4:47:00 | 13:36:56 |
| 8th Age Grouper | 1:22:20 | 7:56:41 | 4:17:22 | 14:01:07 |
| 9th Age Grouper | 1:12:36 | 7:40:34 | 4:53:11 | 14:05:38 |
| 10th Age Grouper | 1:04:34 | 7:19:54 | 5:36:40 | 14:19:57 |
| Kona Qualifier Average | 0:53:18 | 6:32:28 | 3:53:22 | 11:28:54 |
| Top 10 Age Grouper Average | 1:10:19 | 7:13:39 | 4:23:01 | 13:03:14 |

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 | 1:09:14 | 6:39:58 | 4:05:19 | 12:06:48 |
| 2nd Age Grouper | 1:13:49 | 7:33:03 | 3:53:53 | 12:52:49 |
| 3rd Age Grouper | 1:10:53 | 6:19:02 | 5:15:53 | 13:01:18 |
| 4th Age Grouper | 1:04:53 | 6:19:37 | 5:36:23 | 13:13:49 |
| 5th Age Grouper | 1:14:40 | 6:45:35 | 4:55:15 | 13:14:08 |
| 6th Age Grouper | 1:24:02 | 7:05:02 | 4:41:58 | 13:21:55 |
| 7th Age Grouper | 1:25:06 | 7:19:18 | 4:46:20 | 13:56:34 |
| 8th Age Grouper | 1:25:23 | 8:00:45 | 4:20:23 | 14:04:37 |
| 9th Age Grouper | 1:15:37 | 7:40:55 | 4:48:02 | 14:04:42 |
| 10th Age Grouper | 1:10:22 | 7:19:49 | 5:34:42 | 14:26:16 |
| Kona Qualifier Average | 1:09:14 | 6:39:58 | 4:05:19 | 12:06:48 |
| Top 10 Age Grouper Average | 1:15:23 | 7:06:18 | 4:47:48 | 13:26:17 |

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 | 0:59:48 | 7:13:34 | 4:29:01 | 12:59:25 |
| 2nd Age Grouper | 1:21:42 | 7:00:53 | 5:14:51 | 13:52:47 |
| 3rd Age Grouper | 1:23:48 | 8:00:46 | 5:03:33 | 14:55:55 |
| 4th Age Grouper | 1:31:01 | 8:19:46 | 5:22:21 | 15:39:41 |
| 5th Age Grouper | 1:32:58 | 8:33:34 | 5:32:54 | 15:54:32 |
| 6th Age Grouper | 1:29:42 | 8:00:07 | | 16:01:15 |
| 7th Age Grouper | 1:49:44 | 8:20:47 | 5:50:37 | 16:27:34 |
| 8th Age Grouper | 1:29:09 | | 5:37:30 | 16:38:23 |
| Kona Qualifier Average | 0:59:48 | 7:13:34 | 4:29:01 | 12:59:25 |
| Top 10 Age Grouper Average | 1:27:14 | 6:56:10 | 4:38:50 | 15:18:41 |

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 | 1:12:12 | 7:05:30 | | 13:20:31 |
| Kona Qualifier Average | 1:12:12 | 7:05:30 | | 13:20:31 |