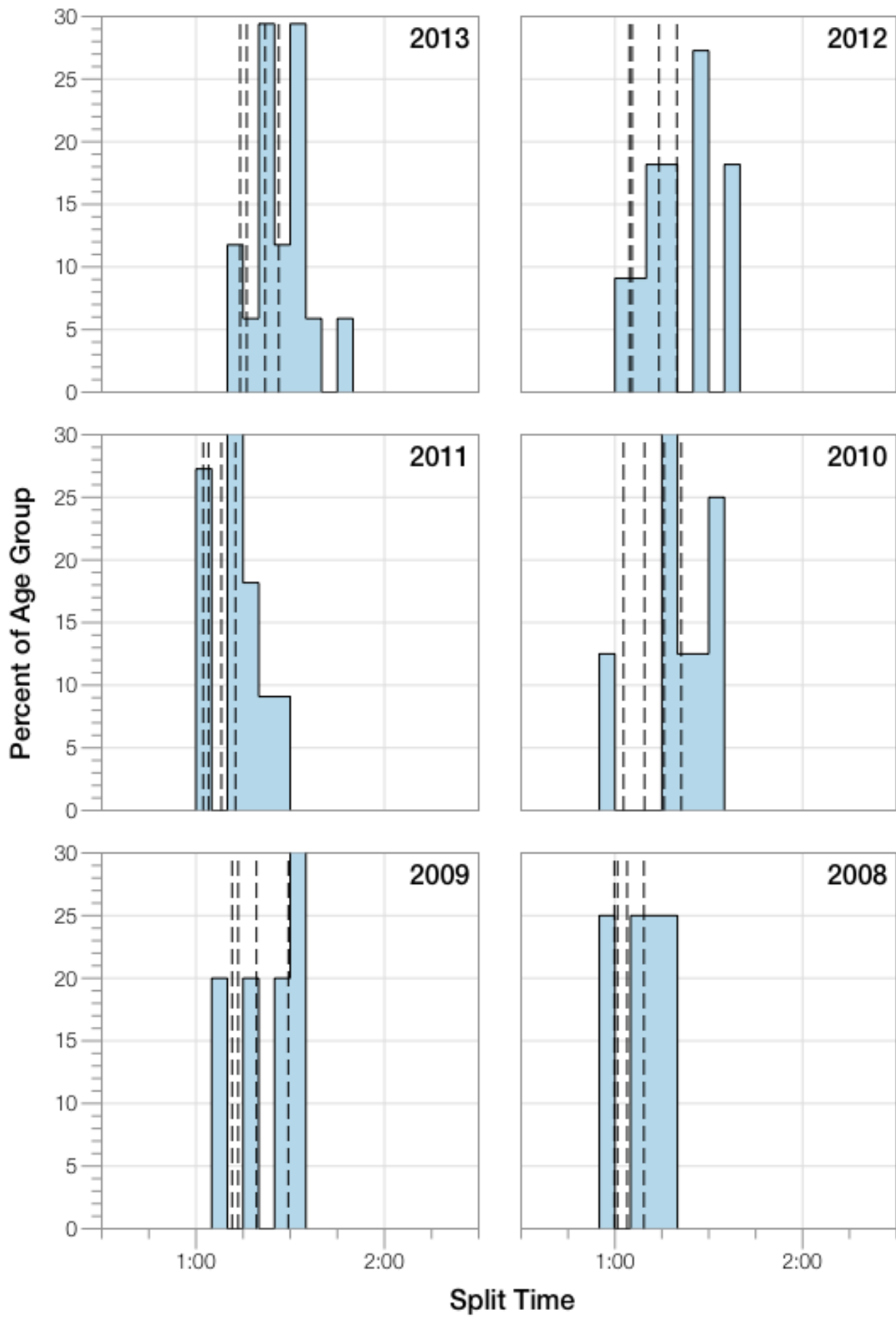


Ironman Lanzarote F50-54 Stats

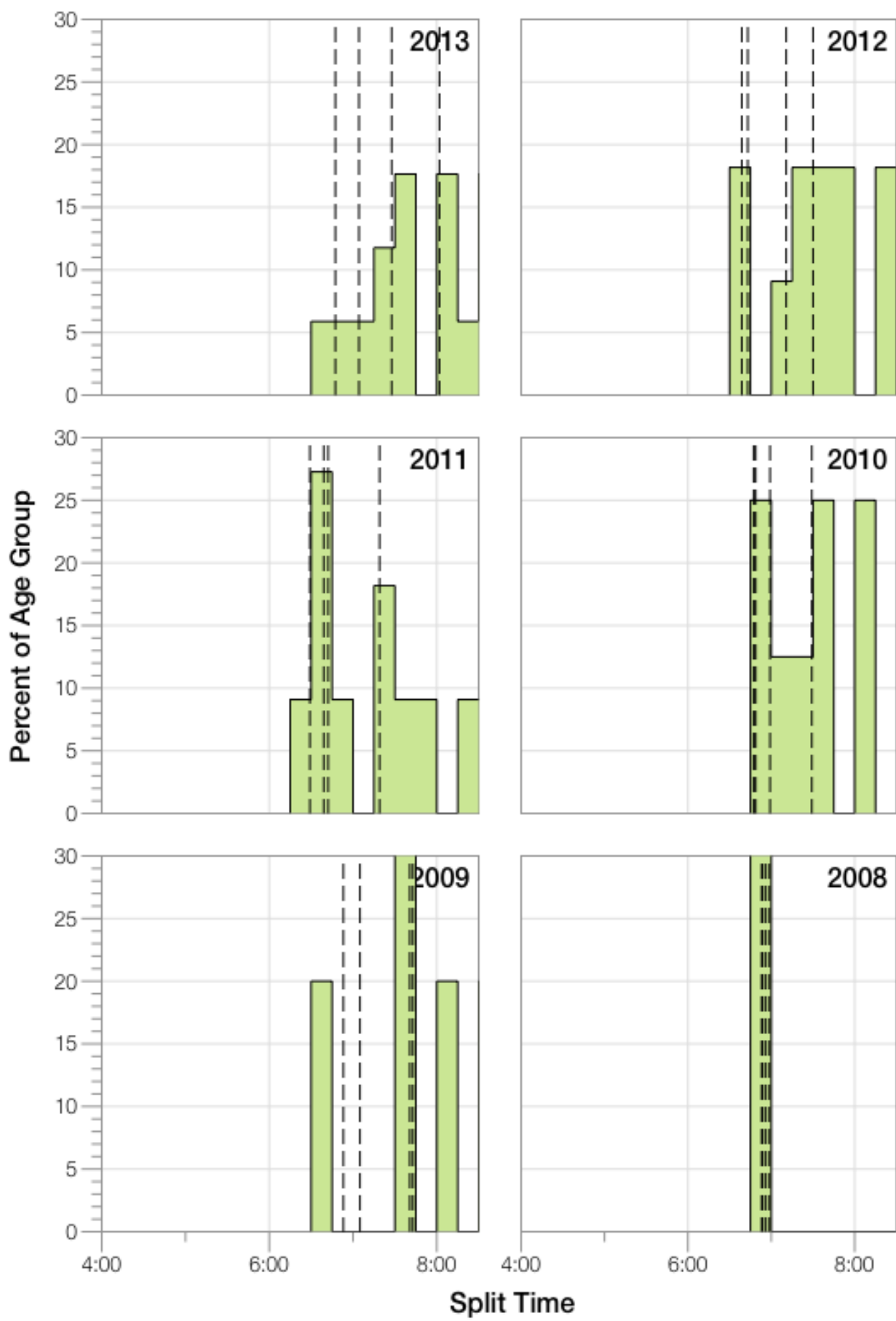
F50-54 Summary Statistics

Year	Finishers	F50-54 Finishers	Male Winner's Time	Female Winner's Time	F50-54 Winner's Time
2008	1117	4	8:59:37	10:02:27	10:48:07
2009	1149	5	8:54:03	9:54:57	12:11:53
2010	1287	8	8:37:42	10:03:52	12:46:17
2011	1200	11	8:30:34	9:43:39	11:38:01
2012	1447	11	8:44:39	9:58:06	12:03:51
2013	1646	17	8:42:40	9:37:34	11:56:31
Average	1308	9	8:44:52	9:53:25	11:54:06

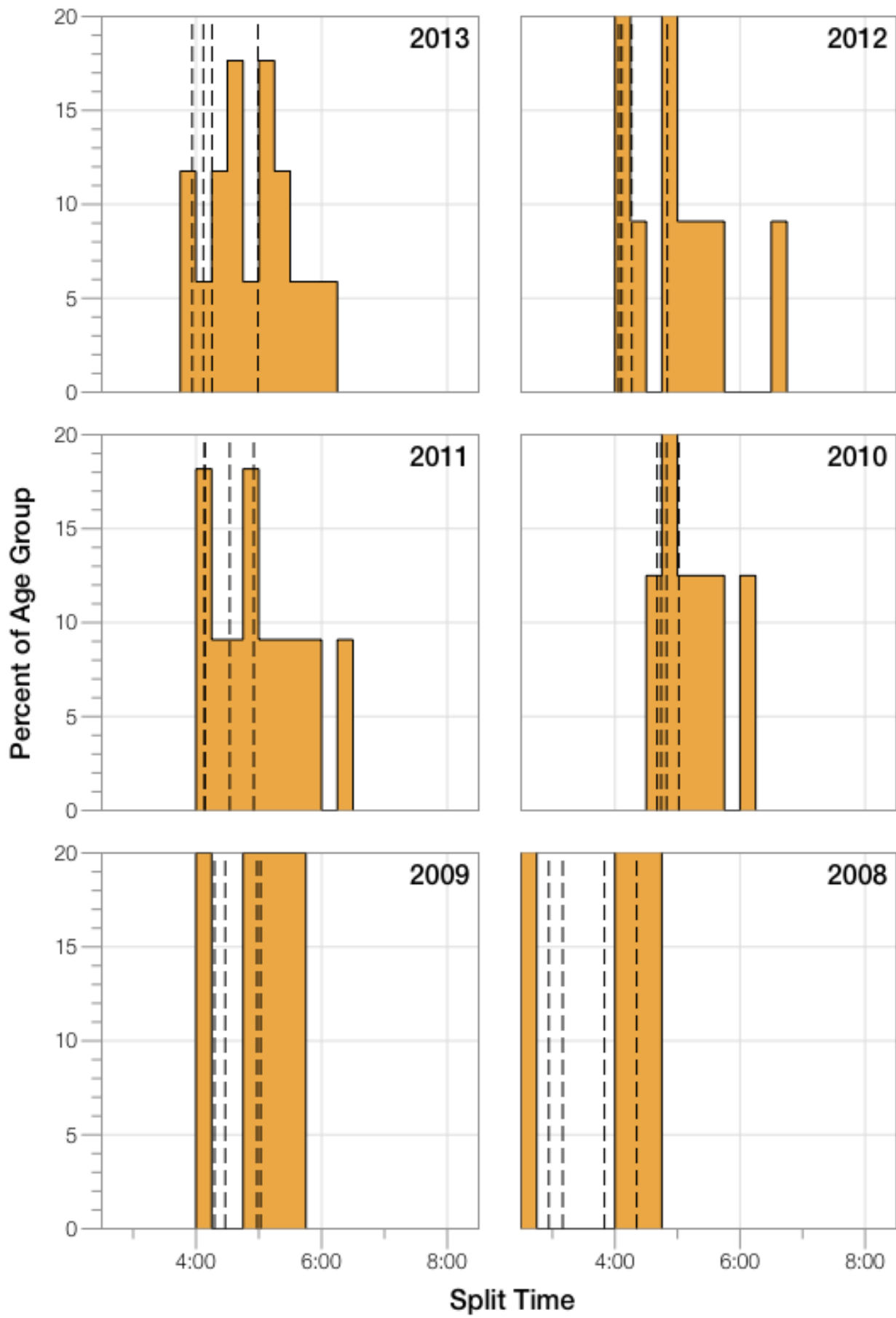
F50-54 Swim



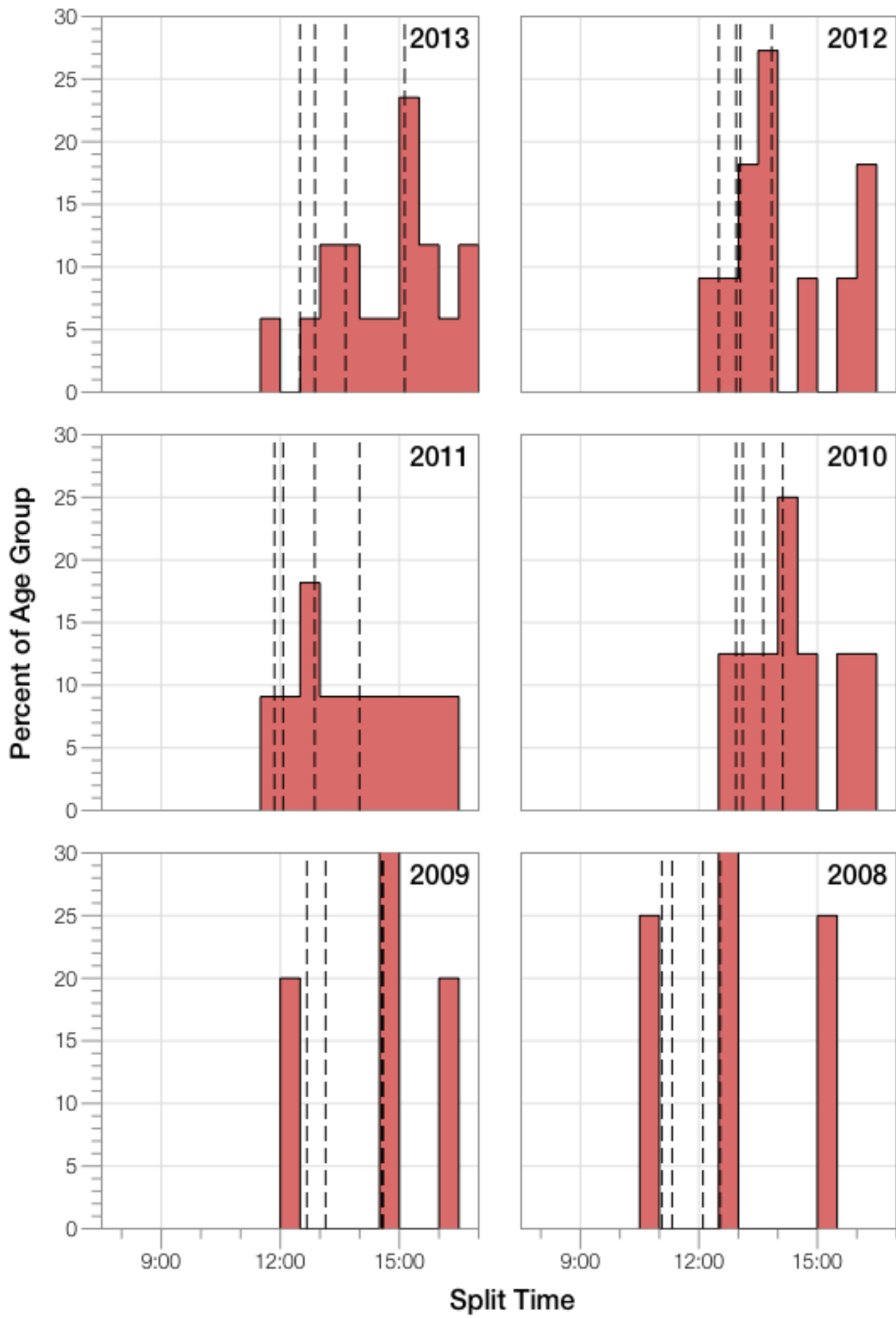
F50-54 Bike



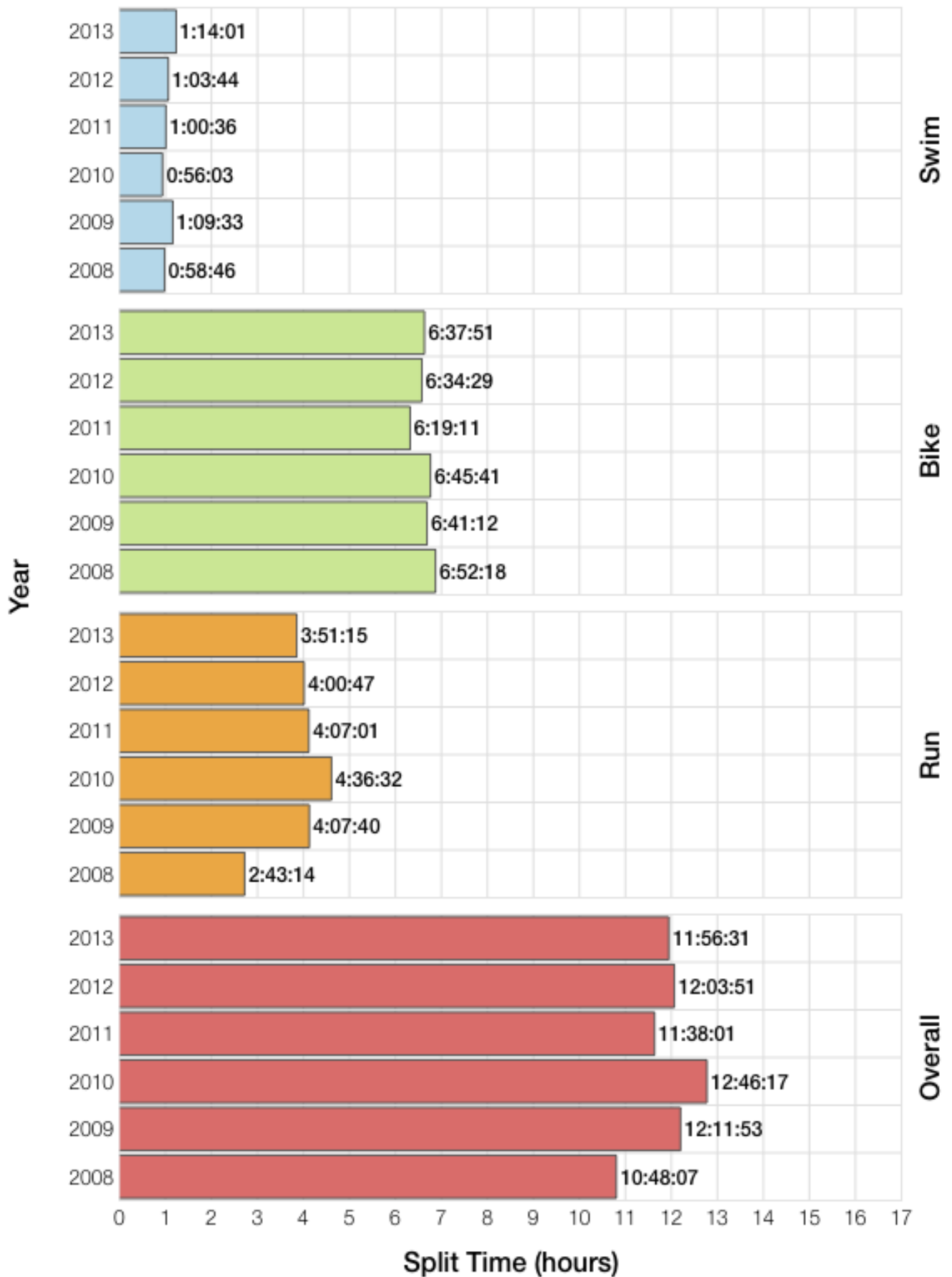
F50-54 Run



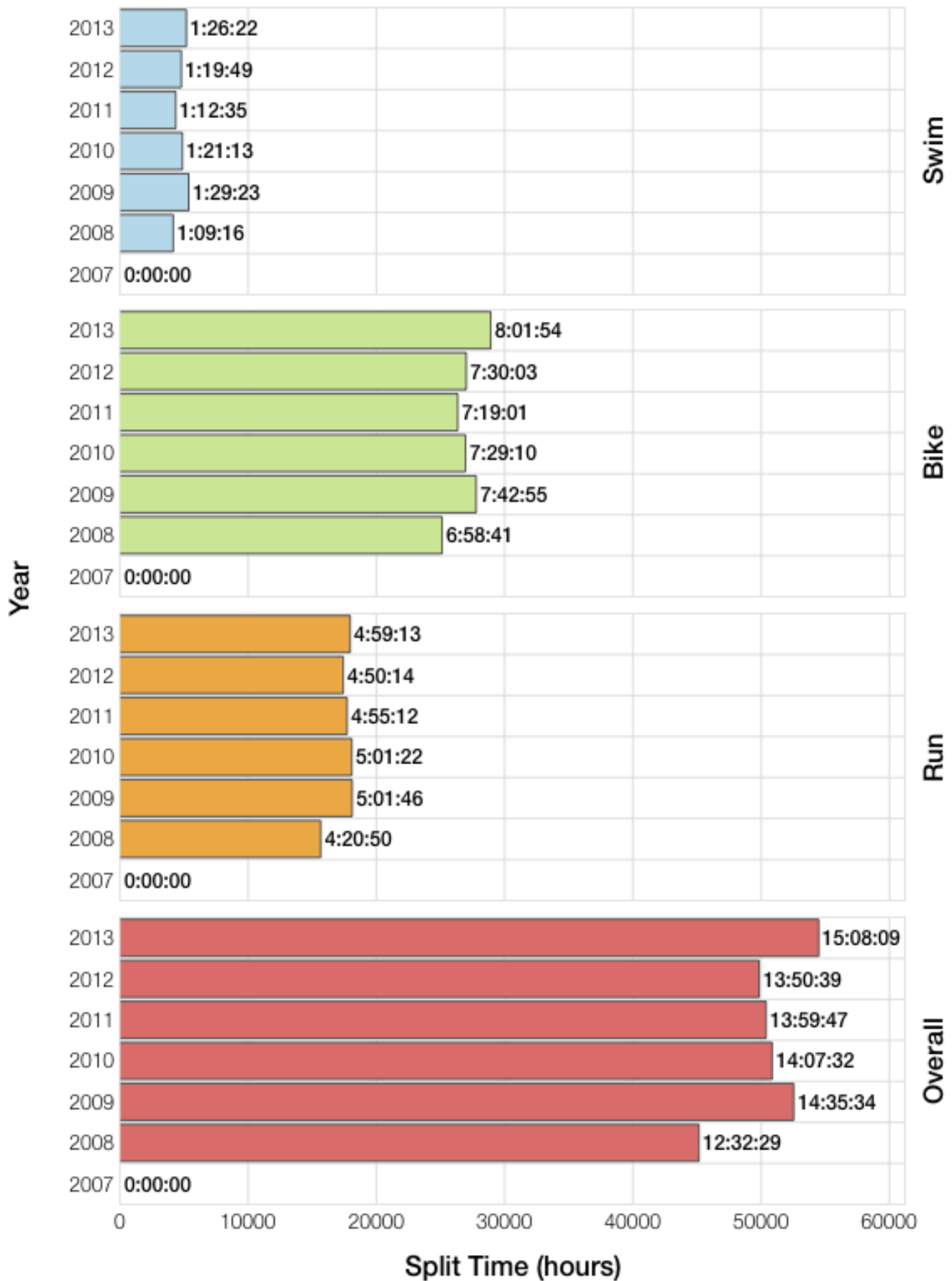
F50-54 Overall



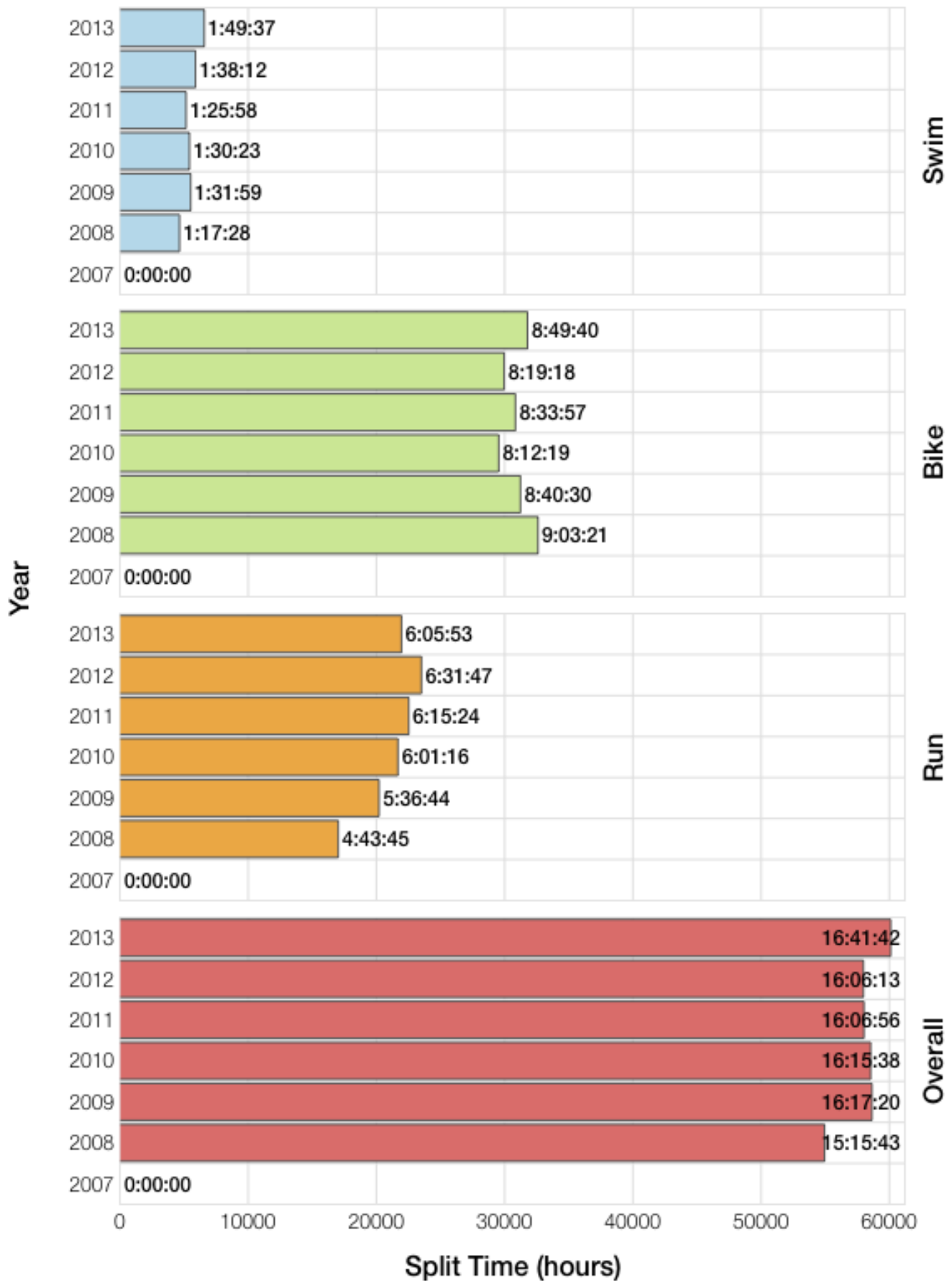
F50-54 Fastest Splits



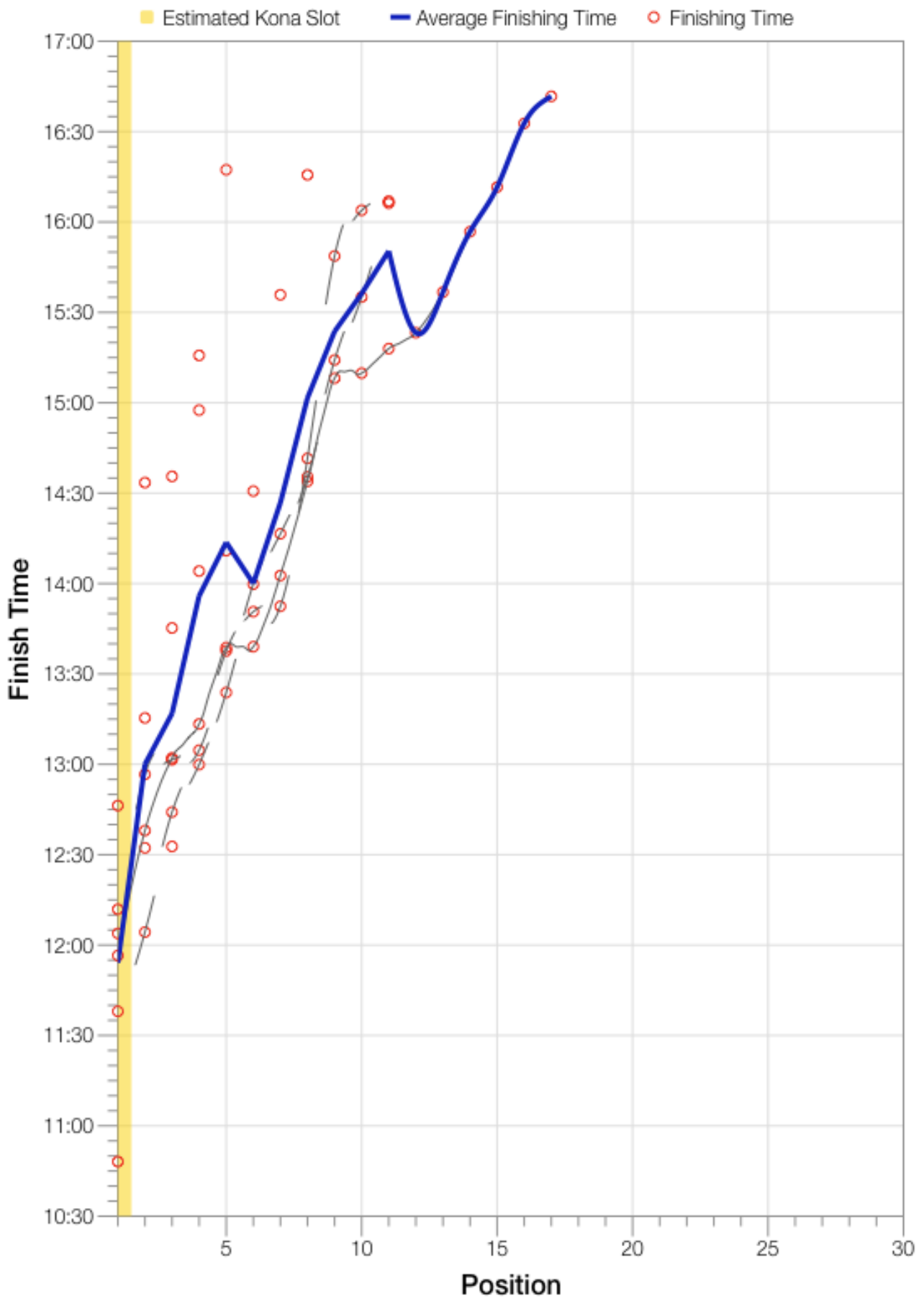
F50-54 Median Splits



F50-54 Slowest Splits



F50-54 Top 30 Finishing Splits



F50-54 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	1:07:10	6:41:10	3:27:12	11:54:06
Average 2nd Age Grouper	1:15:59	7:04:33	3:42:02	13:00:01
Average 3rd Age Grouper	1:13:38	7:07:36	3:54:49	13:16:52
Average 4th Age Grouper	1:19:59	6:07:14	3:54:03	13:55:53
Average 5th Age Grouper	1:25:19	7:30:08	4:59:01	14:13:41
Average 6th Age Grouper	1:21:53	7:33:45	4:43:43	14:00:02
Average 7th Age Grouper	1:14:28	7:35:12	5:16:14	14:26:51
Average 8th Age Grouper	1:27:48	7:46:29	3:52:39	15:01:37
Average 9th Age Grouper	1:26:14	8:23:58	5:05:03	15:23:41
Average 10th Age Grouper	1:25:42	8:01:22	3:37:48	15:36:16
Kona Qualifier Average	1:07:10	6:41:10	3:27:12	11:54:06
Top 10 Age Grouper Average	1:18:43	7:14:43	4:10:42	13:50:43

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	1:14:04	6:37:51	3:51:15	11:56:31
2nd Age Grouper	1:29:57	6:49:45	3:57:44	12:38:01
3rd Age Grouper	1:14:01	7:13:56	4:15:21	13:02:06
4th Age Grouper	1:22:51	7:22:10	4:13:12	13:13:22
5th Age Grouper	1:17:35	7:31:09	4:34:06	13:38:45
6th Age Grouper	1:24:16	7:42:15	4:15:10	13:39:02
7th Age Grouper	1:22:00	7:27:41	4:59:13	14:02:39
8th Age Grouper	1:30:07	7:30:19	5:02:47	14:33:55
9th Age Grouper	1:26:22	8:33:59	4:35:40	15:08:09
10th Age Grouper	1:31:59	8:01:54	5:11:24	15:09:49
Kona Qualifier Average	1:14:04	6:37:51	3:51:15	11:56:31
Top 10 Age Grouper Average	1:23:19	7:29:05	4:29:35	13:42:13

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	1:17:07	6:34:29	4:00:47	12:03:51
2nd Age Grouper	1:03:44	7:30:03	4:06:29	12:56:40
3rd Age Grouper	1:14:45	7:02:24	4:25:00	13:01:30
4th Age Grouper	1:19:49	7:19:02	4:07:14	13:04:41
5th Age Grouper	1:38:12	6:43:05	5:01:23	13:37:37
6th Age Grouper	1:13:26	7:19:21	4:50:14	13:50:39
7th Age Grouper	1:05:30	7:31:40	4:56:24	13:52:27
8th Age Grouper	1:38:09	7:57:09	4:47:57	14:41:33
9th Age Grouper	1:26:24	8:19:18	5:29:32	15:48:43
10th Age Grouper	1:28:04	8:17:52	5:42:00	16:03:53
Kona Qualifier Average	1:17:07	6:34:29	4:00:47	12:03:51
Top 10 Age Grouper Average	1:20:31	7:27:26	4:44:42	13:54:09

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	1:00:36	6:19:11	4:07:01	11:38:01
2nd Age Grouper	1:03:59	6:39:01	4:08:49	12:04:18
3rd Age Grouper	1:04:57	6:41:03	4:44:58	12:44:08
4th Age Grouper	1:12:37	6:43:20	4:50:09	12:59:54
5th Age Grouper	1:16:47	6:55:52	4:55:12	13:23:50
6th Age Grouper	1:23:36	7:53:18	4:19:32	13:59:47
7th Age Grouper	1:11:13	7:19:01	5:24:32	14:16:31
8th Age Grouper	1:12:35	7:26:11	5:39:54	14:35:25
9th Age Grouper	1:25:58	8:18:37	5:09:58	15:14:12
10th Age Grouper	1:17:03	7:44:22		15:35:06
Kona Qualifier Average	1:00:36	6:19:11	4:07:01	11:38:01
Top 10 Age Grouper Average	1:12:56	7:11:59	4:20:00	13:39:07

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	0:56:03	7:02:04	4:36:32	12:46:17
2nd Age Grouper	1:15:58	6:45:41	4:57:25	13:15:23
3rd Age Grouper	1:30:06	6:50:09	5:05:19	13:45:15
4th Age Grouper	1:15:12	7:38:14	4:50:11	14:04:08
5th Age Grouper	1:23:15	7:40:04	4:47:44	14:10:56
6th Age Grouper	1:26:17	7:20:07	5:29:59	14:30:41
7th Age Grouper	1:19:11	8:02:27	5:44:48	15:35:50
8th Age Grouper	1:30:23	8:12:19		16:15:38
Kona Qualifier Average	0:56:03	7:02:04	4:36:32	12:46:17
Top 10 Age Grouper Average	1:19:33	7:26:23	4:26:29	14:18:01

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	1:09:33	6:41:12	4:07:40	12:11:53
2nd Age Grouper	1:29:23	7:42:55	5:01:46	14:33:30
3rd Age Grouper	1:19:16	8:00:40	4:58:21	14:35:34
4th Age Grouper	1:31:59	7:40:39	5:23:34	14:57:33
5th Age Grouper	1:30:48	8:40:30	5:36:44	16:17:20
Kona Qualifier Average	1:09:33	6:41:12	4:07:40	12:11:53
Top 10 Age Grouper Average	1:24:11	7:45:11	5:01:37	14:31:10

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	1:05:38	6:52:18		10:48:07
2nd Age Grouper	1:12:55	6:59:58		12:32:15
3rd Age Grouper	0:58:46	6:57:24		12:32:44
4th Age Grouper	1:17:28			15:15:43
Kona Qualifier Average	1:05:38	6:52:18		10:48:07
Top 10 Age Grouper Average	1:08:41	5:12:25		12:47:12