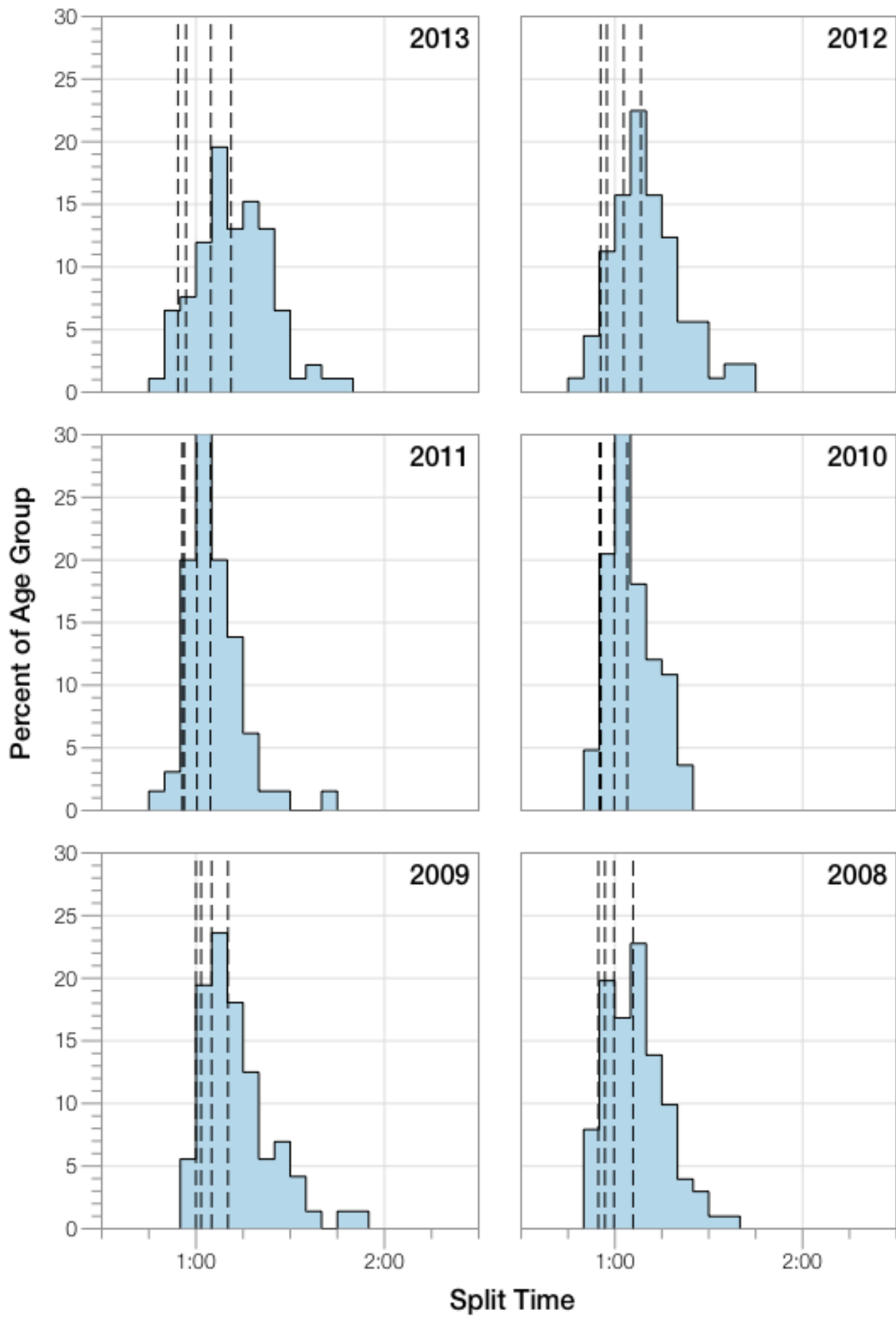


Ironman Lanzarote M25-29 Stats

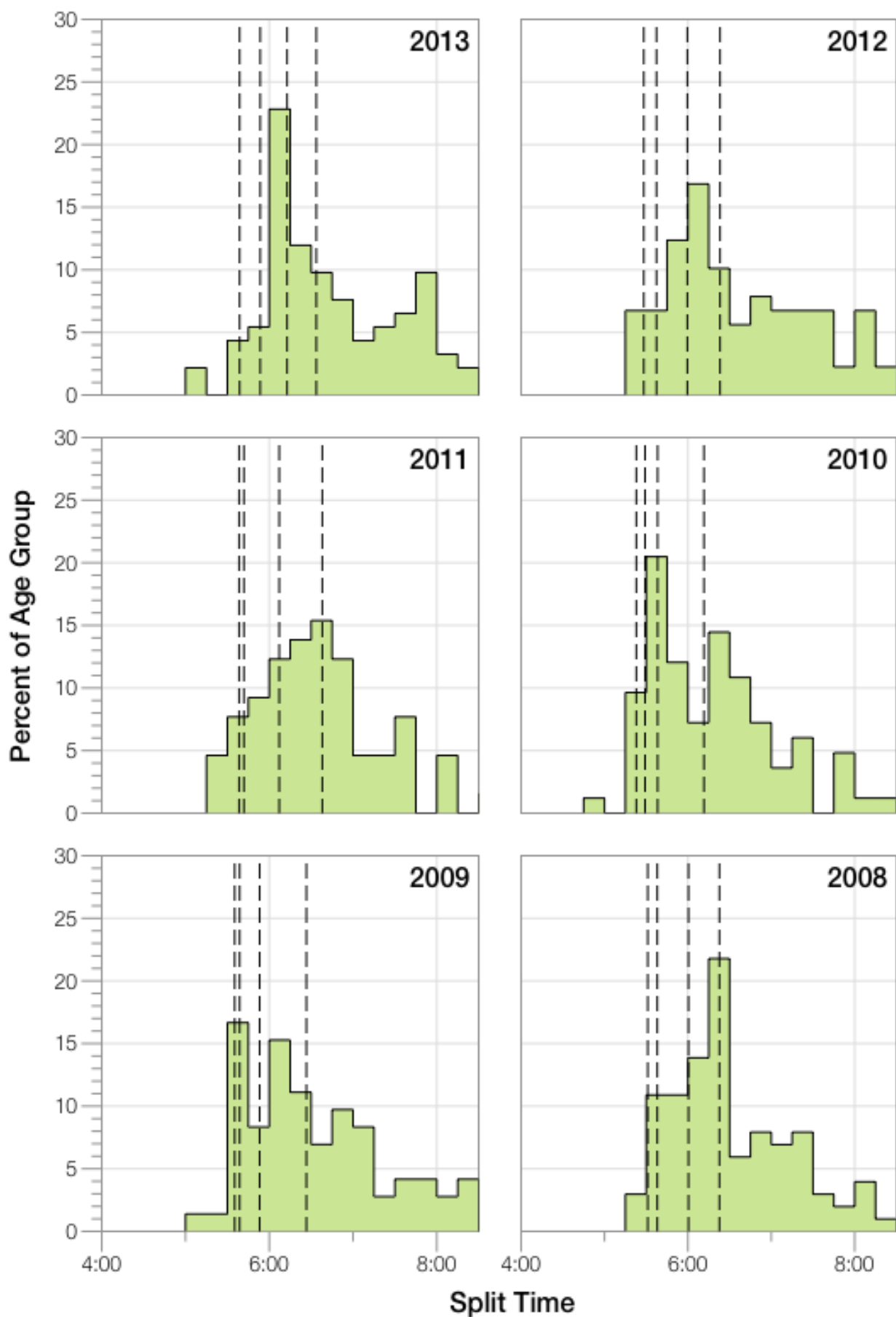
M25-29 Summary Statistics

Year	Finishers	M25-29 Finishers	Male Winner's Time	Female Winner's Time	M25-29 Winner's Time
2008	1117	101	8:59:37	10:02:27	9:27:59
2009	1149	72	8:54:03	9:54:57	9:43:21
2010	1287	83	8:37:42	10:03:52	9:23:58
2011	1200	65	8:30:34	9:43:39	9:44:07
2012	1447	89	8:44:39	9:58:06	9:29:18
2013	1646	92	8:42:40	9:37:34	9:22:04
Average	1308	84	8:44:52	9:53:25	9:31:47

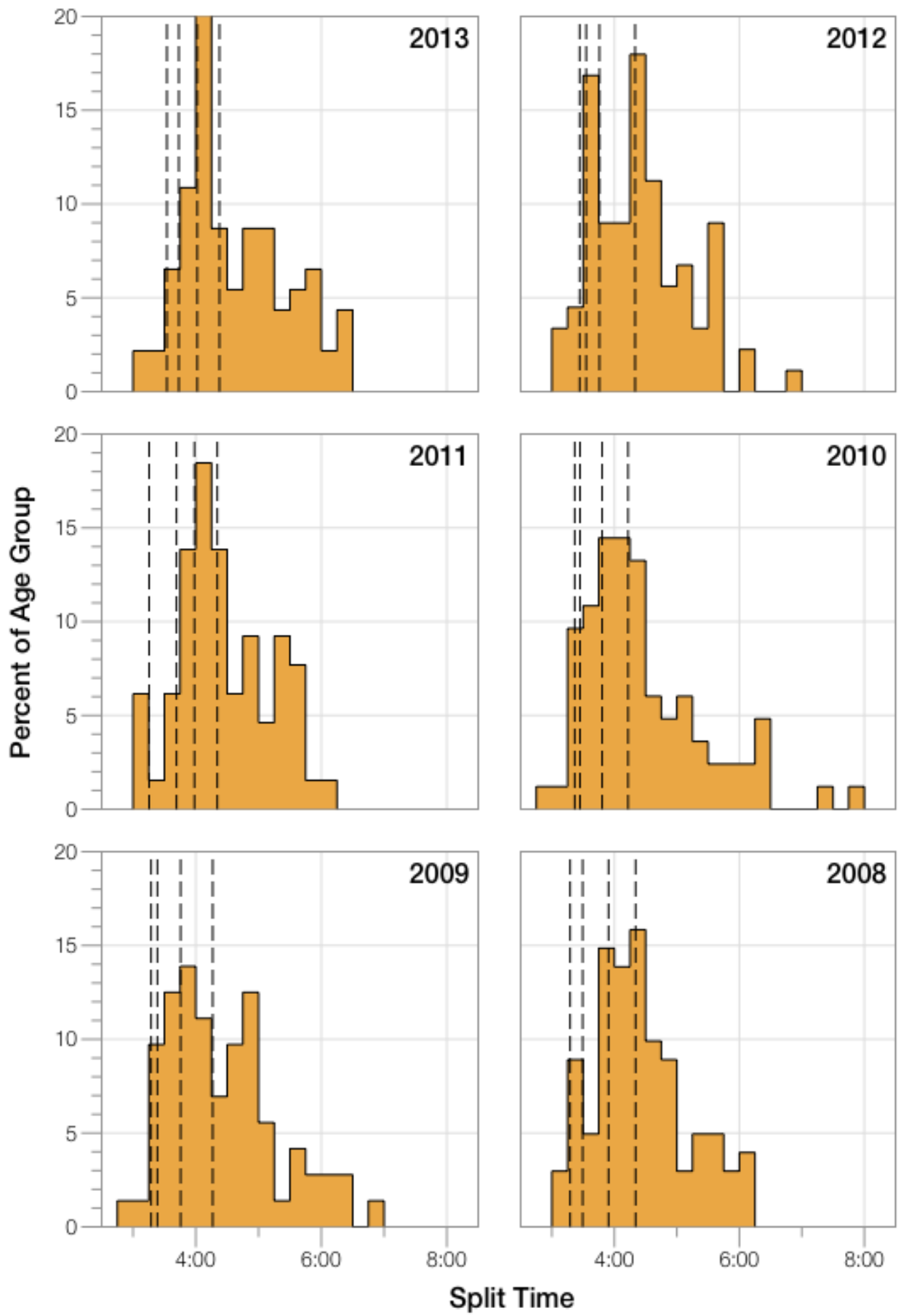
M25-29 Swim



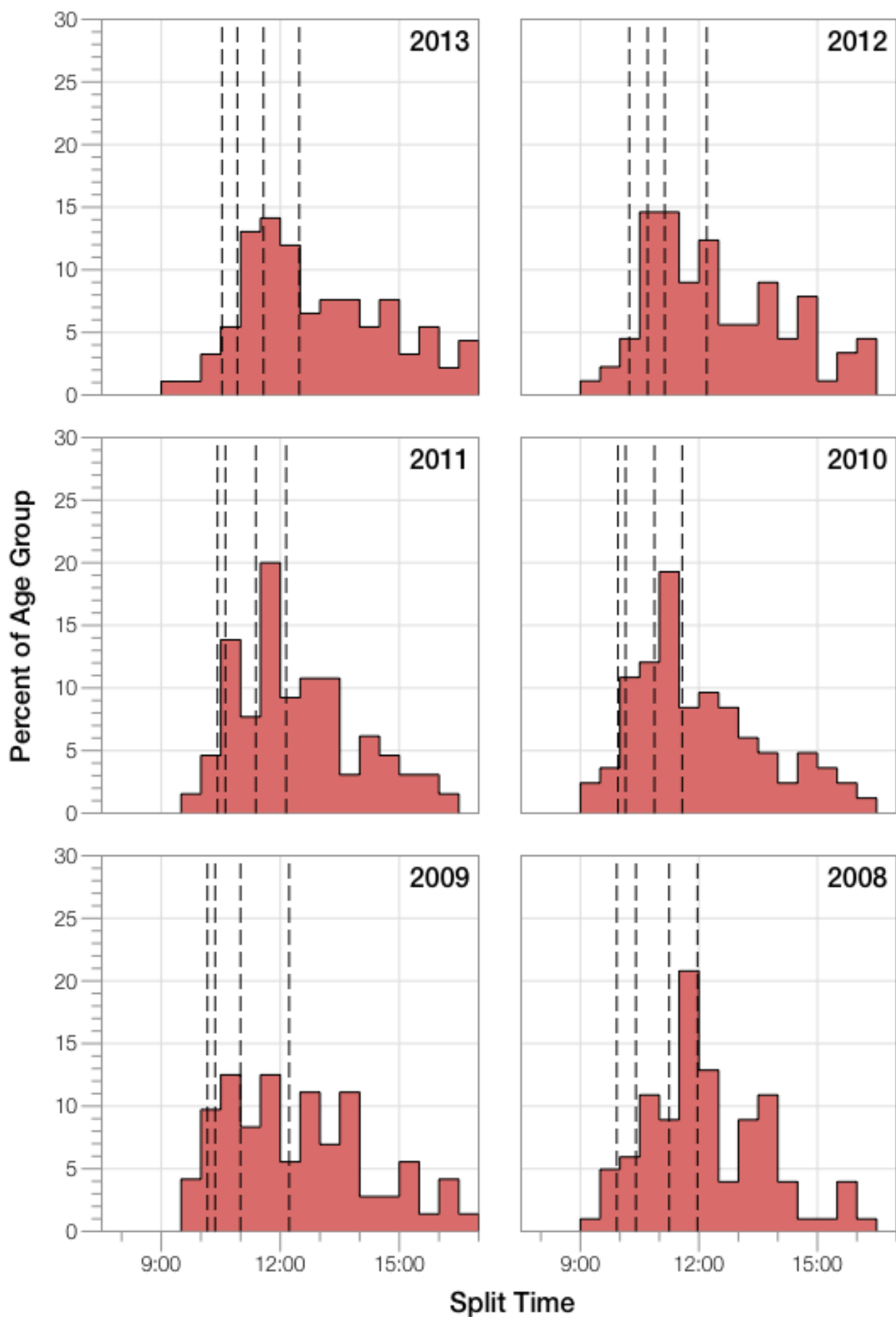
M25-29 Bike



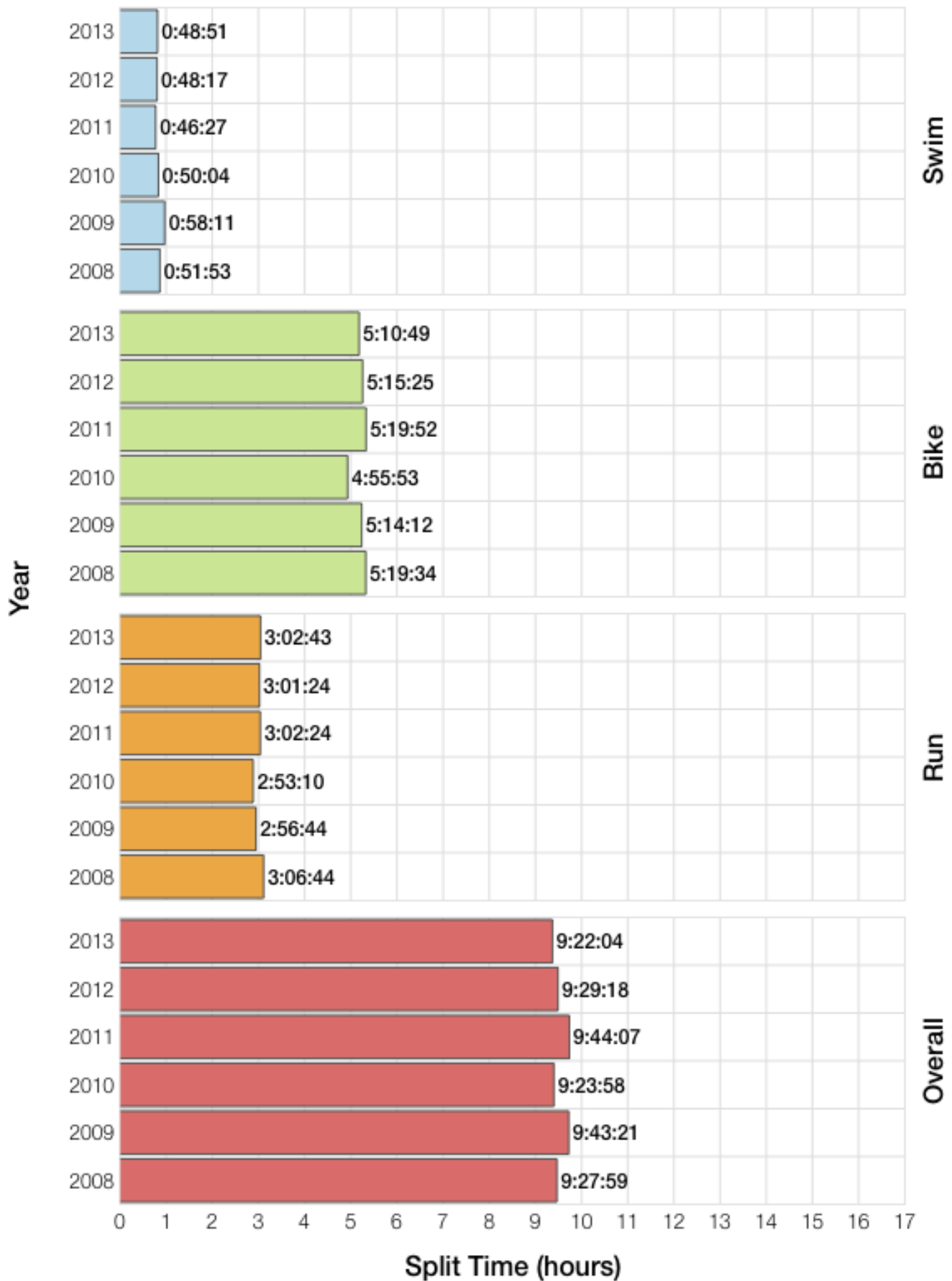
M25-29 Run



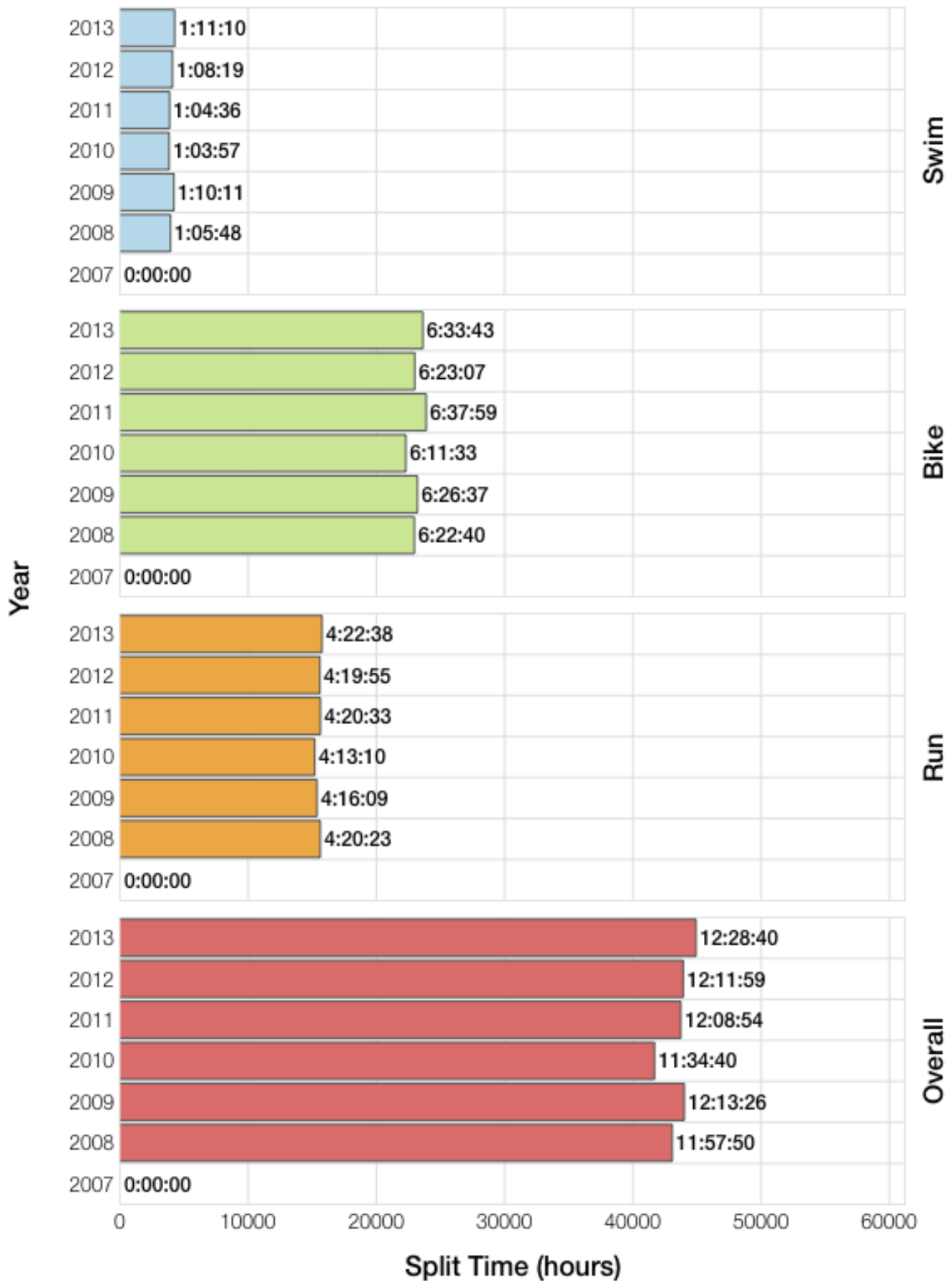
M25-29 Overall



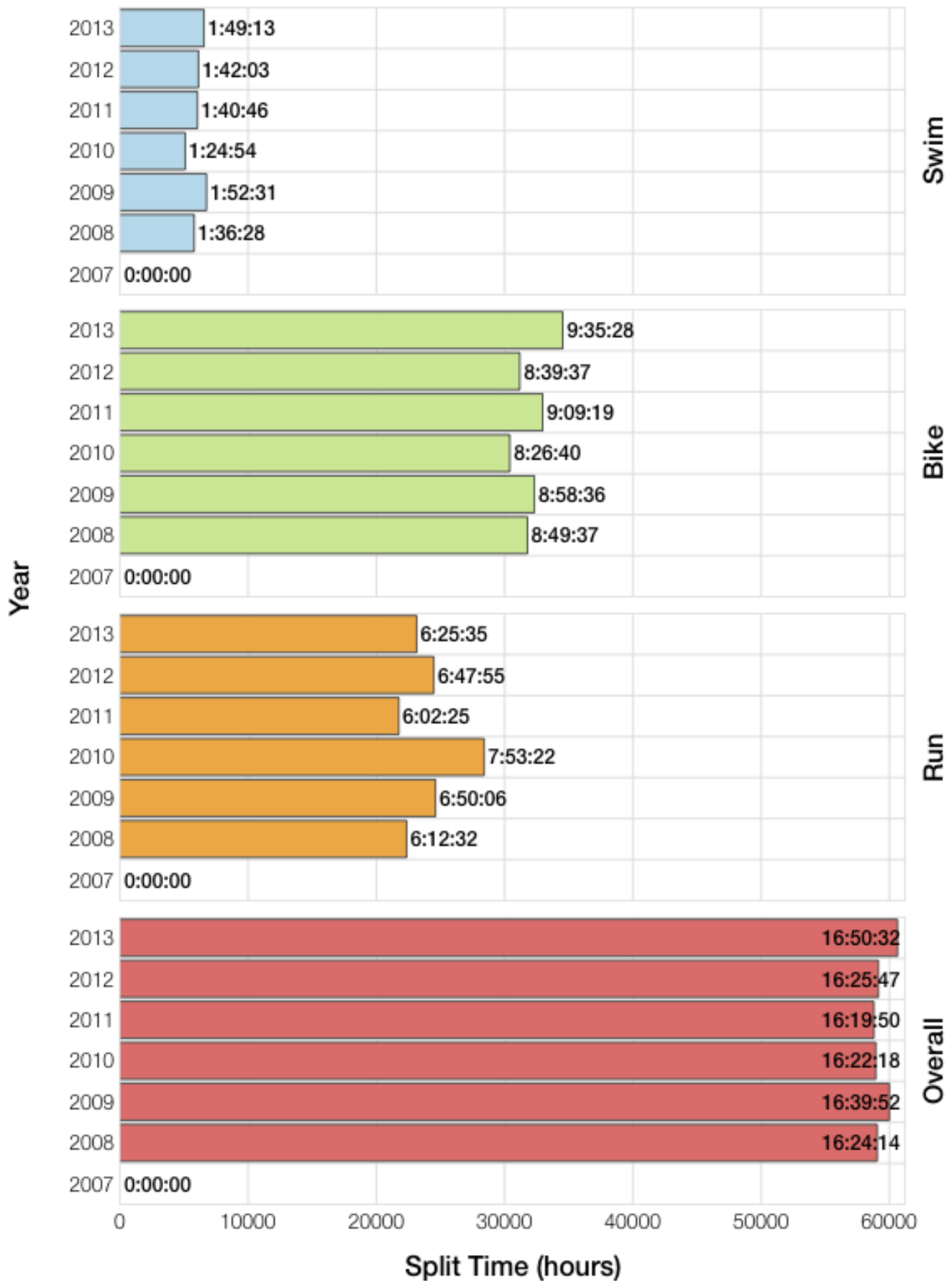
M25-29 Fastest Splits



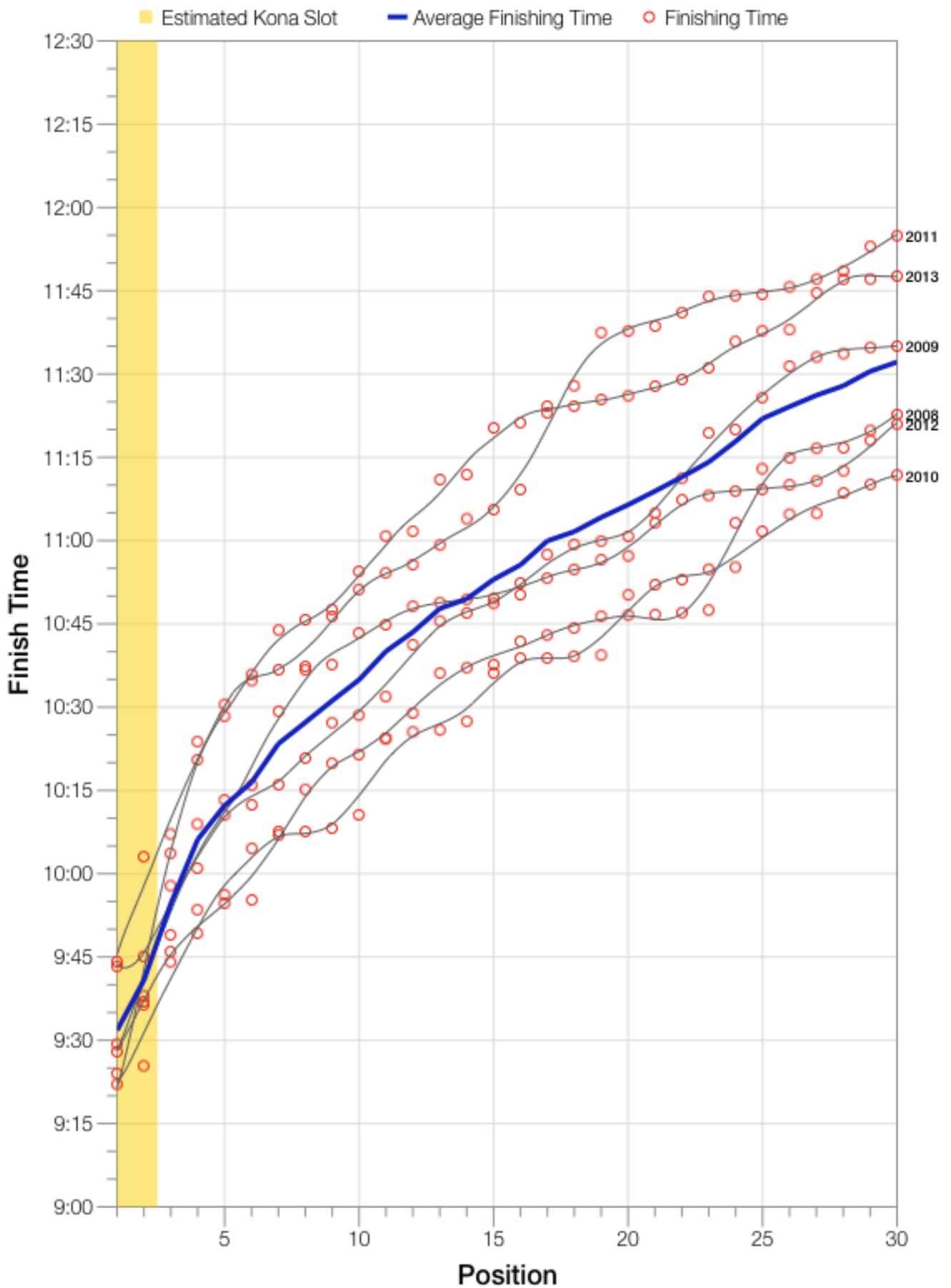
M25-29 Median Splits



M25-29 Slowest Splits



M25-29 Top 30 Finishing Splits



M25-29 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	0:58:59	5:13:47	2:39:26	9:31:47
Average 2nd Age Grouper	0:57:18	5:27:38	2:35:42	9:40:49
Average 3rd Age Grouper	0:59:50	5:32:18	2:43:22	9:54:36
Average 4th Age Grouper	0:59:02	5:35:05	2:49:01	10:06:10
Average 5th Age Grouper	0:57:06	5:32:57	3:01:13	10:12:16
Average 6th Age Grouper	1:00:35	5:39:16	2:55:28	10:16:27
Average 7th Age Grouper	1:05:20	5:34:27	2:56:20	10:23:25
Average 8th Age Grouper	1:00:37	5:48:56	2:55:41	10:27:15
Average 9th Age Grouper	1:01:14	5:40:54	3:05:23	10:31:10
Average 10th Age Grouper	1:03:01	5:48:25	3:00:24	10:34:56
Kona Qualifier Average	0:58:09	5:20:43	2:37:34	9:36:18
Top 10 Age Grouper Average	1:00:18	5:35:22	2:52:12	10:09:53

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	1:00:34	5:10:49	3:02:43	9:22:04
2nd Age Grouper	1:03:23	5:13:56	3:12:03	9:38:00
3rd Age Grouper	0:48:51	5:35:51	3:33:54	10:07:09
4th Age Grouper	0:54:03	5:33:46	3:45:42	10:20:33
5th Age Grouper	0:54:22	5:39:29	3:43:35	10:28:24
6th Age Grouper	0:59:18	6:02:21	3:21:22	10:34:46
7th Age Grouper	1:04:13	5:59:01	3:30:36	10:43:50
8th Age Grouper	1:09:47	6:04:23	3:19:22	10:45:47
9th Age Grouper	1:03:52	6:00:03	3:33:53	10:46:24
10th Age Grouper	0:53:26	5:52:08	3:59:19	10:54:25
Kona Qualifier Average	1:01:58	5:12:22	3:07:23	9:30:02
Top 10 Age Grouper Average	0:59:10	5:43:10	3:30:14	10:22:08

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	0:57:17	5:22:23	3:01:24	9:29:18
2nd Age Grouper	0:48:17	5:30:01	3:08:57	9:36:25
3rd Age Grouper	1:06:16	5:29:49	3:13:19	9:57:50
4th Age Grouper	0:54:32	5:31:16	3:26:53	10:00:58
5th Age Grouper	0:58:02	5:26:17	3:39:57	10:13:17
6th Age Grouper	1:02:20	5:37:34	3:27:21	10:15:53
7th Age Grouper	1:06:49	5:36:40	3:35:05	10:29:19
8th Age Grouper	1:03:40	5:55:29	3:26:28	10:36:39
9th Age Grouper	1:02:41	5:27:15	3:56:12	10:37:43
10th Age Grouper	0:58:08	5:59:15	3:37:08	10:43:21
Kona Qualifier Average	0:52:47	5:26:12	3:05:10	9:32:51
Top 10 Age Grouper Average	0:59:48	5:35:35	3:27:16	10:12:04

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	0:56:39	5:19:52	3:20:04	9:44:07
2nd Age Grouper	0:58:56	5:41:22	3:12:02	10:03:00
3rd Age Grouper	0:59:19	5:41:14	3:14:15	10:03:37
4th Age Grouper	1:07:46	5:56:09	3:02:24	10:23:45
5th Age Grouper	1:00:19	5:28:28	3:53:19	10:30:33
6th Age Grouper	1:03:02	5:29:58	3:53:50	10:35:56
7th Age Grouper	0:59:12	5:42:32	3:41:03	10:36:45
8th Age Grouper	0:59:24	5:46:20	3:42:25	10:37:22
9th Age Grouper	0:55:30	5:40:57	4:03:01	10:47:38
10th Age Grouper	1:02:24	5:51:20	3:46:29	10:51:13
Kona Qualifier Average	0:57:47	5:30:37	3:16:03	9:53:33
Top 10 Age Grouper Average	1:00:15	5:39:49	3:34:53	10:25:23

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	1:04:18	4:55:53	3:14:05	9:23:58
2nd Age Grouper	1:01:41	5:21:08	2:53:10	9:25:24
3rd Age Grouper	0:57:45	5:17:42	3:22:03	9:45:56
4th Age Grouper	1:01:23	5:15:22	3:23:14	9:49:18
5th Age Grouper	0:55:07	5:26:27	3:27:32	9:56:16
6th Age Grouper	0:52:35	5:30:04	3:34:46	10:04:32
7th Age Grouper	1:08:35	5:31:48	3:17:34	10:06:55
8th Age Grouper	0:52:37	5:37:51	3:26:49	10:07:38
9th Age Grouper	0:55:41	5:28:58	3:36:01	10:08:13
10th Age Grouper	1:06:57	5:37:52	3:15:49	10:10:38
Kona Qualifier Average	1:02:59	5:08:30	3:03:37	9:24:41
Top 10 Age Grouper Average	0:59:39	5:24:18	3:21:06	9:53:52

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	1:03:11	5:14:12	3:18:23	9:43:21
2nd Age Grouper	0:58:11	5:31:38	3:08:04	9:45:09
3rd Age Grouper	1:04:44	5:38:22	2:56:44	9:49:01
4th Age Grouper	1:01:41	5:41:21	3:15:57	10:08:58
5th Age Grouper	0:59:55	5:39:16	3:22:58	10:10:32
6th Age Grouper	1:09:56	5:37:46	3:15:34	10:12:21
7th Age Grouper	1:16:26	5:17:12	3:33:47	10:16:06
8th Age Grouper	0:59:40	5:34:01	3:39:04	10:20:51
9th Age Grouper	1:07:49	5:47:02	3:23:13	10:27:15
10th Age Grouper	1:09:40	5:43:56	3:23:41	10:28:31
Kona Qualifier Average	1:00:41	5:22:55	3:13:13	9:44:15
Top 10 Age Grouper Average	1:05:07	5:34:28	3:19:44	10:08:12

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	0:51:57	5:19:34		9:27:59
2nd Age Grouper	0:53:25	5:27:48		9:36:58
3rd Age Grouper	1:02:05	5:30:55		9:44:04
4th Age Grouper	0:54:48	5:32:39		9:53:33
5th Age Grouper	0:54:54	5:37:47		9:54:39
6th Age Grouper	0:56:22	5:37:58		9:55:18
7th Age Grouper	0:56:48	5:19:34		10:07:37
8th Age Grouper	0:58:35	5:55:36		10:15:14
9th Age Grouper	1:01:55	5:41:13		10:19:50
10th Age Grouper	1:07:32	5:46:04		10:21:30
Kona Qualifier Average	0:52:41	5:23:41		9:32:28
Top 10 Age Grouper Average	0:57:50	5:34:54		9:57:40