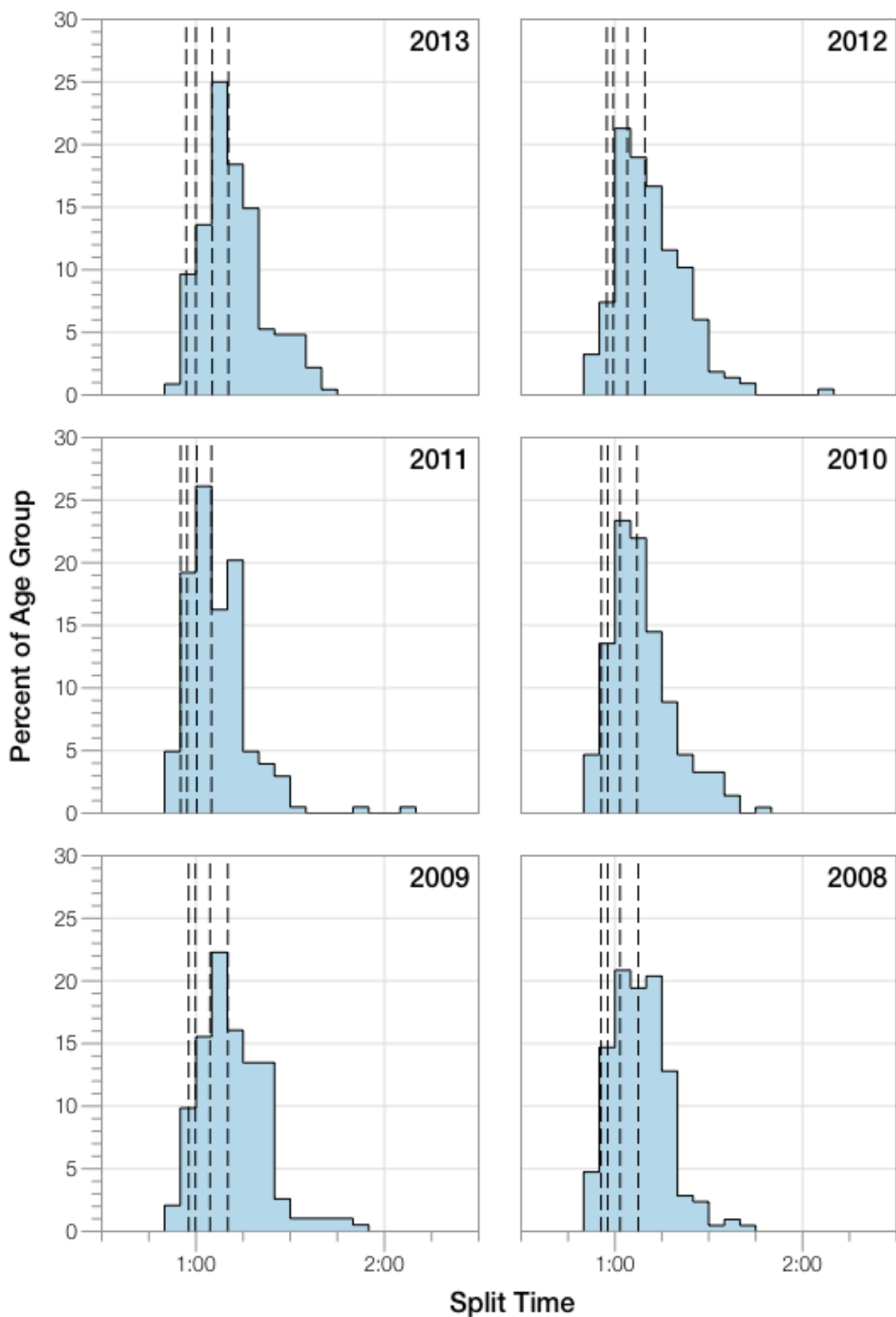


Ironman Lanzarote M30-34 Stats

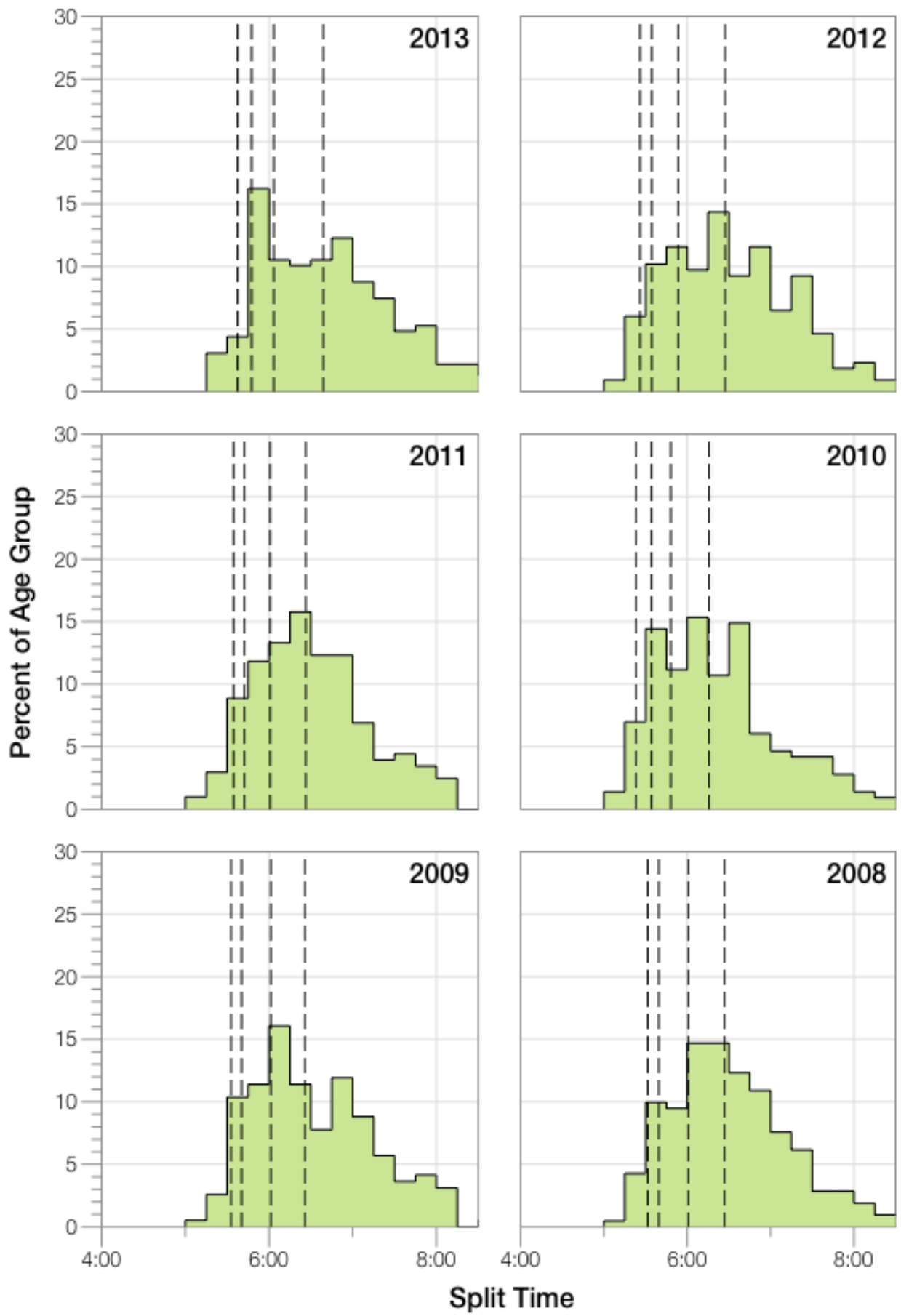
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2008	1117	211	8:59:37	10:02:27	9:43:04
2009	1149	193	8:54:03	9:54:57	9:32:42
2010	1287	215	8:37:42	10:03:52	9:21:30
2011	1200	203	8:30:34	9:43:39	9:22:54
2012	1447	216	8:44:39	9:58:06	9:20:56
2013	1646	228	8:42:40	9:37:34	9:25:05
Average	1308	211	8:44:52	9:53:25	9:27:41

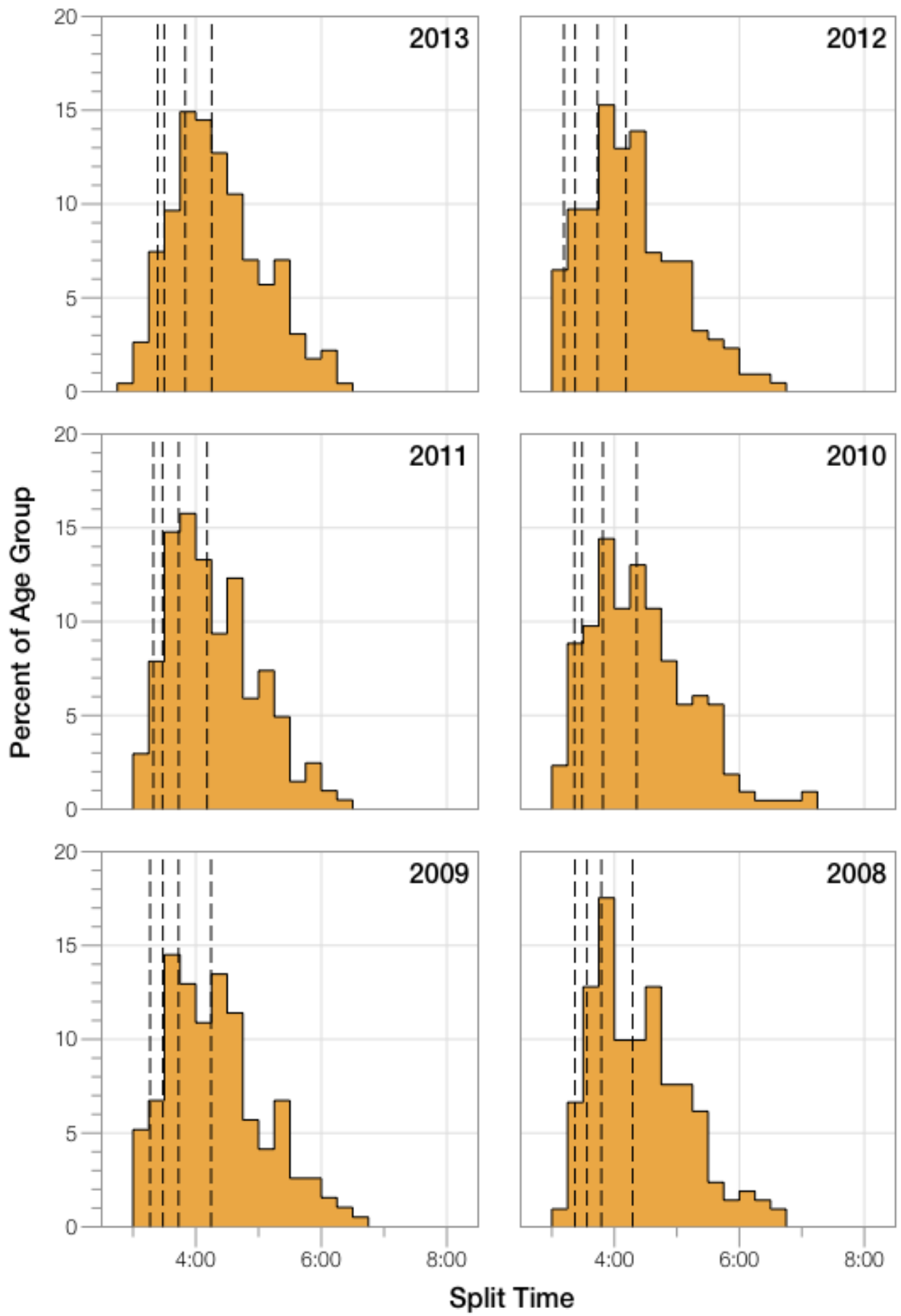
M30-34 Swim



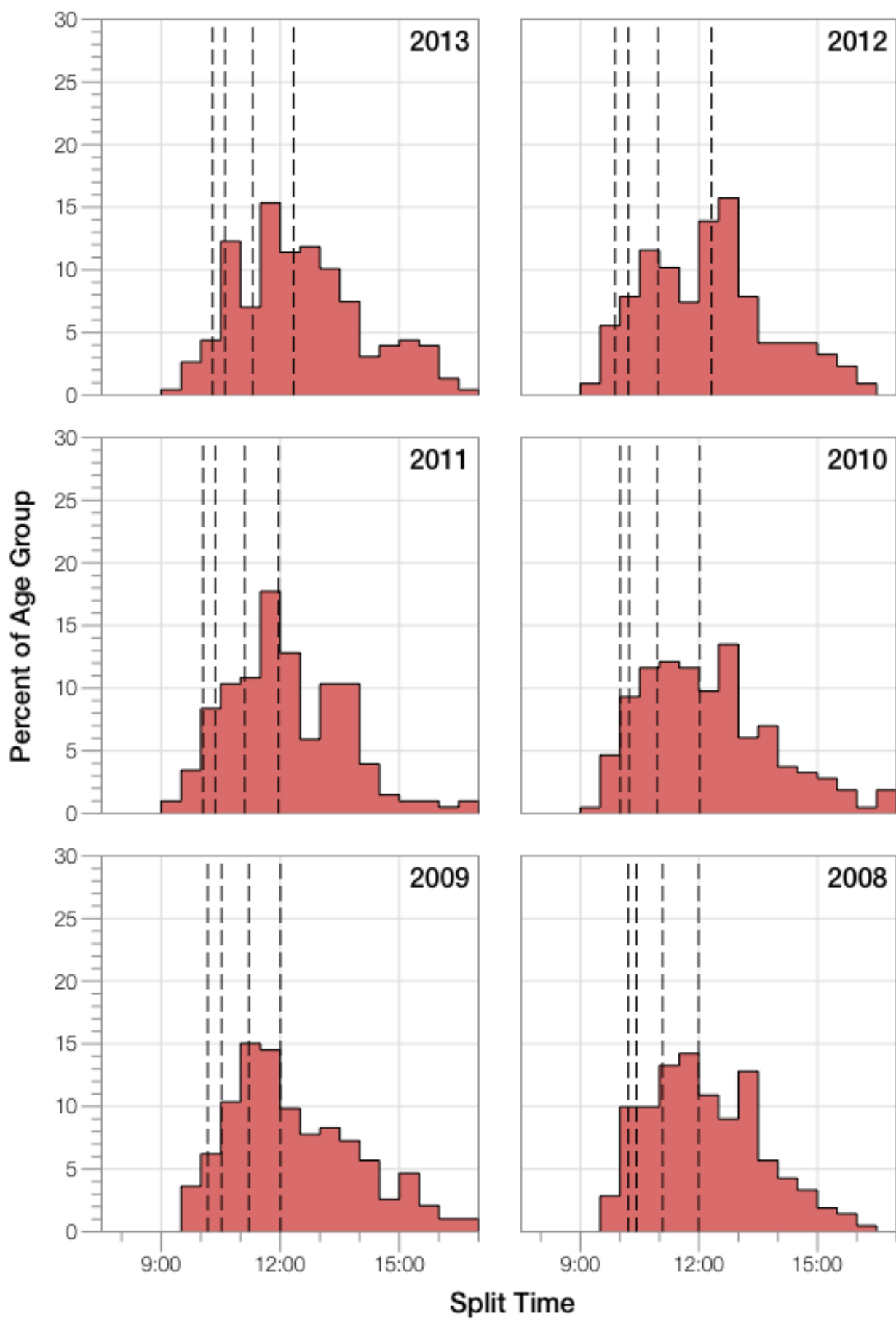
M30-34 Bike



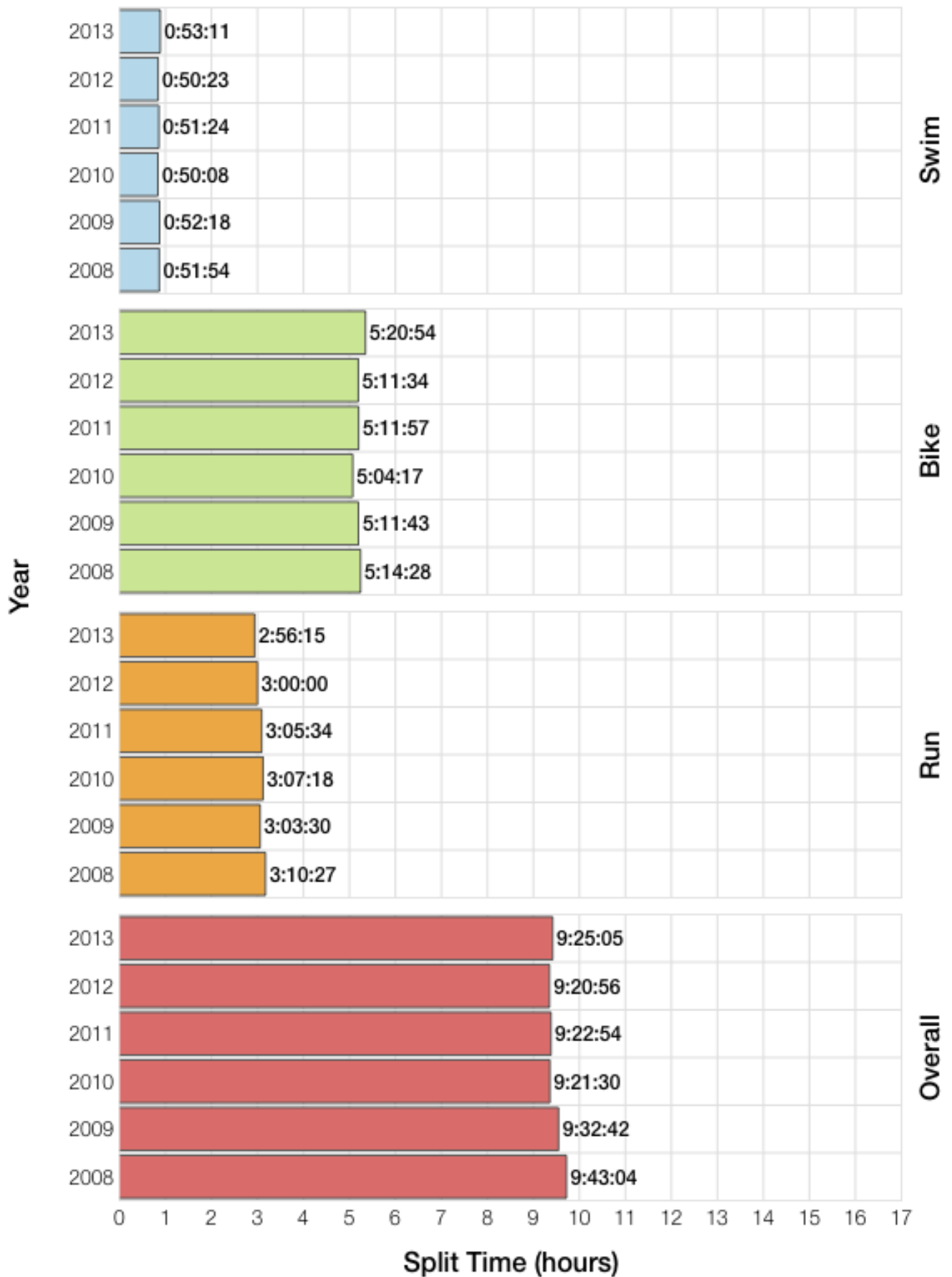
M30-34 Run



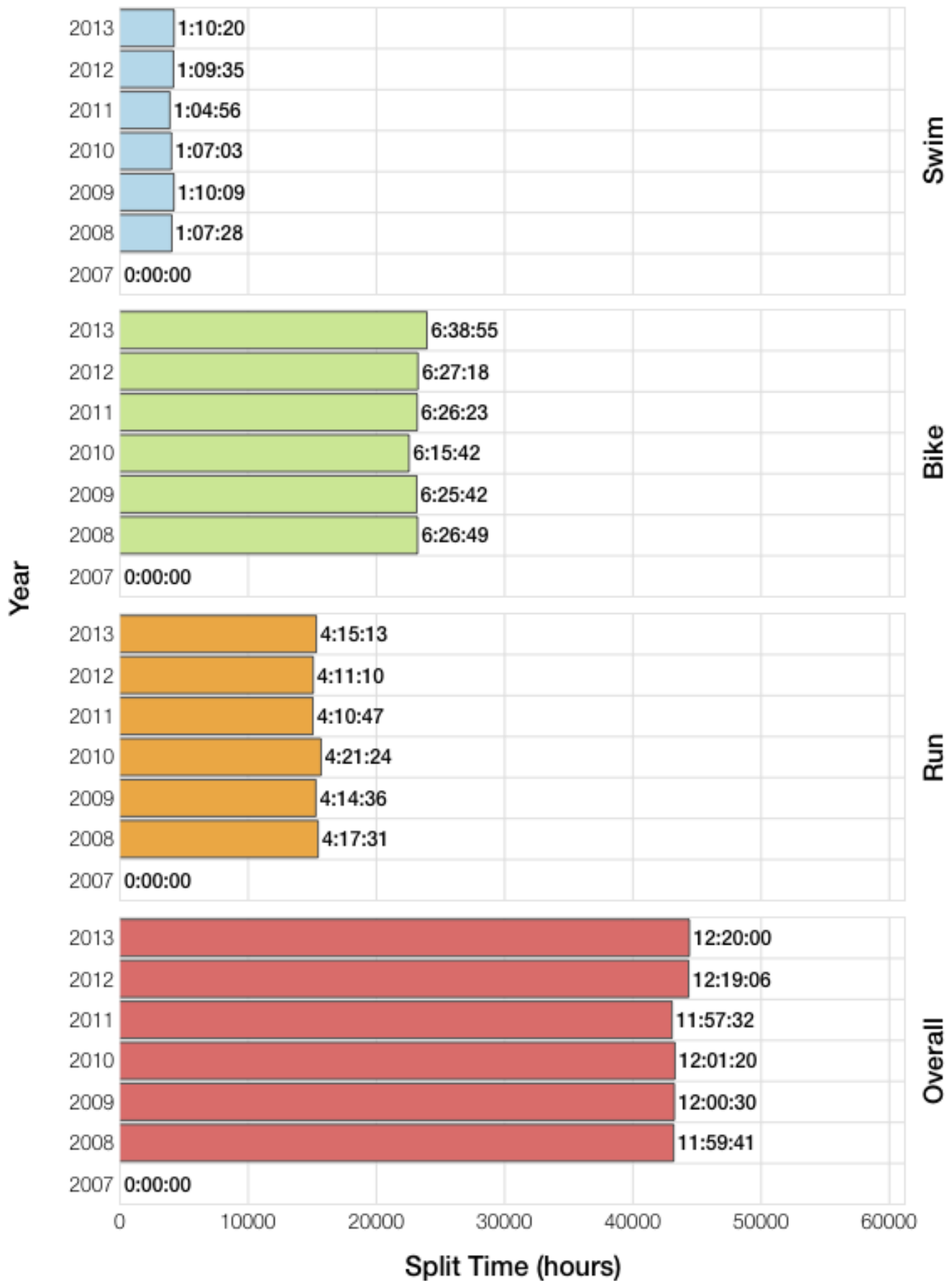
M30-34 Overall



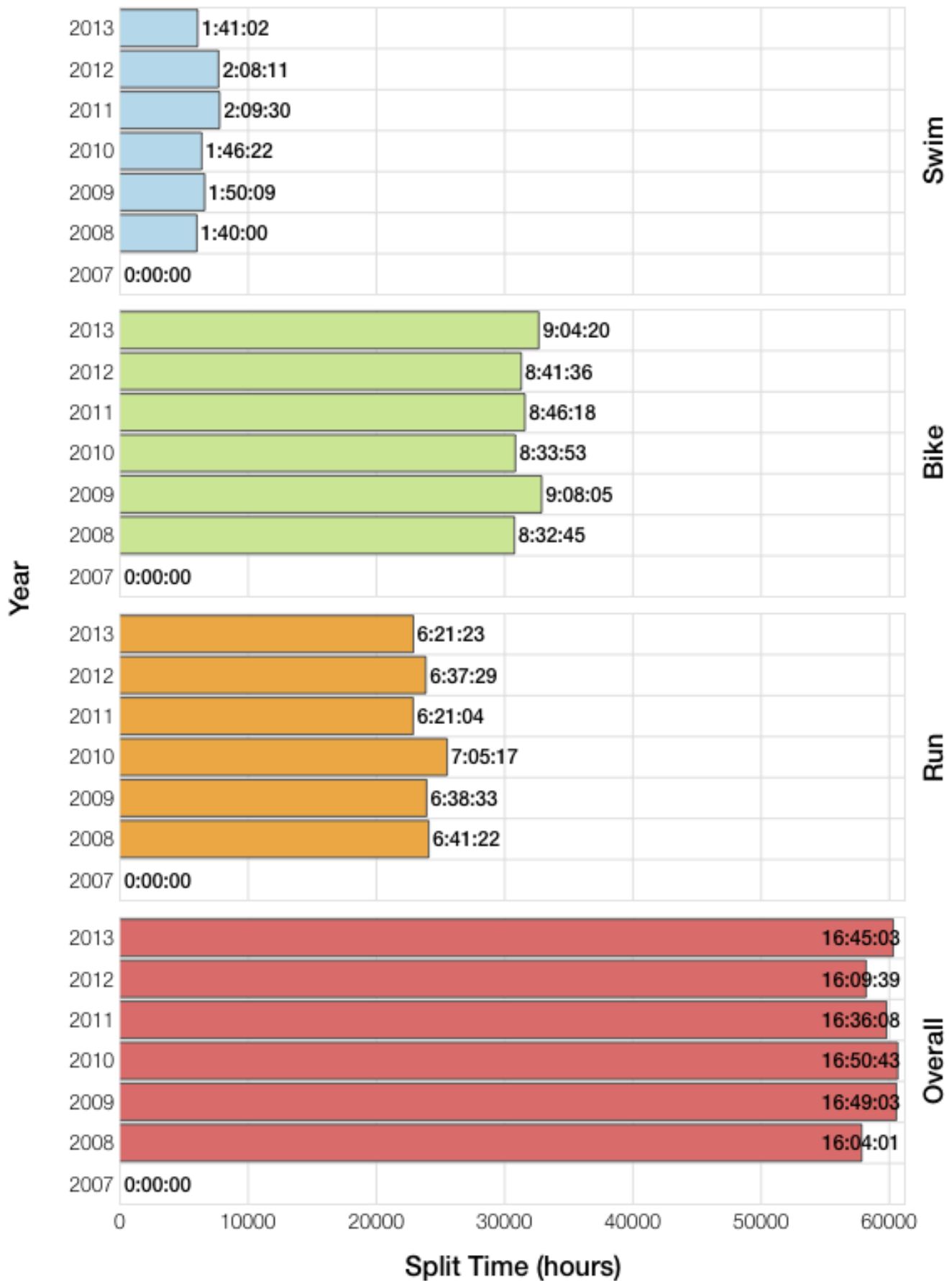
M30-34 Fastest Splits



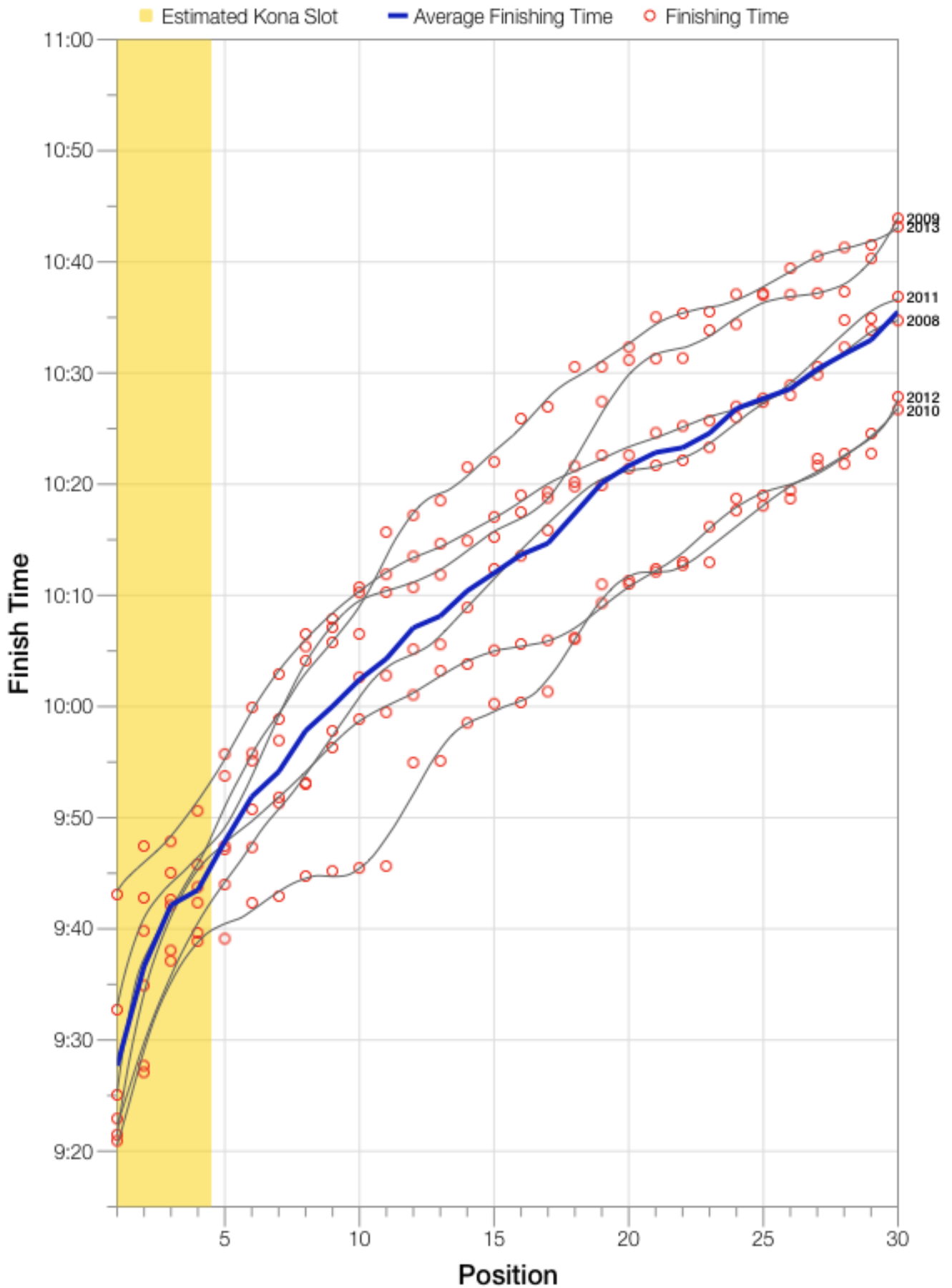
M30-34 Median Splits



M30-34 Slowest Splits



M30-34 Top 30 Finishing Splits



M30-34 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	0:56:22	5:17:54	2:34:09	9:27:41
Average 2nd Age Grouper	0:57:00	5:20:59	2:37:31	9:36:37
Average 3rd Age Grouper	0:58:39	5:22:31	2:39:26	9:42:08
Average 4th Age Grouper	0:58:06	5:25:42	2:38:34	9:43:30
Average 5th Age Grouper	0:57:16	5:24:37	2:42:44	9:47:52
Average 6th Age Grouper	0:59:58	5:24:54	2:44:00	9:51:53
Average 7th Age Grouper	1:04:09	5:29:30	2:39:17	9:54:08
Average 8th Age Grouper	0:59:29	5:24:20	2:52:29	9:57:49
Average 9th Age Grouper	1:01:05	5:30:02	2:44:45	10:00:01
Average 10th Age Grouper	1:00:19	5:35:07	2:45:30	10:02:25
Kona Qualifier Average	0:57:32	5:21:47	2:37:25	9:37:29
Top 10 Age Grouper Average	0:59:14	5:25:34	2:41:50	9:48:24

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	0:56:32	5:25:35	2:56:15	9:25:05
2nd Age Grouper	0:56:59	5:28:35	3:05:17	9:39:50
3rd Age Grouper	1:07:00	5:23:57	3:03:15	9:42:07
4th Age Grouper	0:56:50	5:23:40	3:13:33	9:42:23
5th Age Grouper	0:59:05	5:20:54	3:26:07	9:53:47
6th Age Grouper	1:11:45	5:23:32	3:12:01	9:55:47
7th Age Grouper	1:11:12	5:37:51	3:00:04	9:56:58
8th Age Grouper	0:54:32	5:25:25	3:34:19	10:05:24
9th Age Grouper	1:07:00	5:45:55	3:03:46	10:05:48
10th Age Grouper	0:53:11	5:44:54	3:18:37	10:06:33
Kona Qualifier Average	0:59:20	5:25:26	3:04:35	9:37:21
Top 10 Age Grouper Average	1:01:24	5:30:01	3:11:19	9:51:22

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	0:50:23	5:22:22	3:00:54	9:20:56
2nd Age Grouper	0:58:03	5:21:21	3:00:00	9:27:05
3rd Age Grouper	0:57:49	5:20:47	3:10:47	9:37:08
4th Age Grouper	1:01:09	5:11:34	3:16:22	9:38:53
5th Age Grouper	0:53:48	5:32:14	3:05:51	9:39:07
6th Age Grouper	1:04:04	5:18:12	3:11:43	9:42:21
7th Age Grouper	1:10:39	5:23:25	3:00:41	9:42:58
8th Age Grouper	0:54:44	5:12:29	3:29:57	9:44:45
9th Age Grouper	0:56:12	5:21:16	3:14:46	9:45:14
10th Age Grouper	0:57:26	5:36:49	3:02:16	9:45:27
Kona Qualifier Average	0:56:51	5:19:01	3:07:00	9:31:00
Top 10 Age Grouper Average	0:58:25	5:22:02	3:09:19	9:38:23

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	0:51:37	5:18:08	3:05:34	9:22:54
2nd Age Grouper	0:51:50	5:14:21	3:13:55	9:27:42
3rd Age Grouper	0:56:44	5:15:54	3:17:25	9:38:04
4th Age Grouper	0:52:05	5:34:31	3:05:52	9:39:39
5th Age Grouper	1:00:28	5:11:57	3:23:12	9:44:01
6th Age Grouper	0:52:12	5:31:22	3:15:43	9:47:21
7th Age Grouper	1:01:27	5:29:02	3:09:46	9:51:50
8th Age Grouper	0:59:27	5:20:26	3:24:28	9:53:07
9th Age Grouper	0:53:14	5:36:45	3:19:25	9:56:18
10th Age Grouper	0:59:28	5:29:57	3:22:58	10:02:39
Kona Qualifier Average	0:53:04	5:20:43	3:10:41	9:32:04
Top 10 Age Grouper Average	0:55:51	5:24:14	3:15:49	9:44:21

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	1:01:45	5:05:13	3:07:18	9:21:30
2nd Age Grouper	0:58:39	5:17:23	3:11:35	9:34:54
3rd Age Grouper	0:55:55	5:22:00	3:15:51	9:42:39
4th Age Grouper	1:00:47	5:22:42	3:12:11	9:43:46
5th Age Grouper	0:55:45	5:34:39	3:07:33	9:47:27
6th Age Grouper	1:02:25	5:16:46	3:24:19	9:50:45
7th Age Grouper	0:57:39	5:21:34	3:23:41	9:51:18
8th Age Grouper	1:02:28	5:04:17	3:36:51	9:53:01
9th Age Grouper	1:00:32	5:19:29	3:28:45	9:57:47
10th Age Grouper	1:00:29	5:23:10	3:27:30	9:58:52
Kona Qualifier Average	0:59:16	5:16:49	3:11:43	9:35:42
Top 10 Age Grouper Average	0:59:38	5:18:43	3:19:33	9:46:11

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	0:56:17	5:11:43	3:14:57	9:32:42
2nd Age Grouper	1:01:48	5:16:52	3:14:22	9:42:46
3rd Age Grouper	0:59:21	5:26:29	3:09:22	9:45:03
4th Age Grouper	0:59:34	5:33:43	3:03:30	9:45:45
5th Age Grouper	0:52:20	5:33:31	3:13:41	9:47:08
6th Age Grouper	0:57:32	5:27:58	3:20:15	9:55:09
7th Age Grouper	1:02:55	5:25:51	3:21:32	9:58:51
8th Age Grouper	1:03:58	5:41:33	3:09:22	10:04:08
9th Age Grouper	1:04:02	5:28:55	3:21:53	10:07:08
10th Age Grouper	0:59:21	5:40:33	3:21:41	10:10:15
Kona Qualifier Average	0:59:15	5:22:11	3:10:32	9:41:34
Top 10 Age Grouper Average	0:59:42	5:28:42	3:15:03	9:52:53

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	1:01:39	5:24:28		9:43:04
2nd Age Grouper	0:54:43	5:27:25		9:47:27
3rd Age Grouper	0:55:07	5:26:01		9:47:51
4th Age Grouper	0:58:15	5:28:06		9:50:38
5th Age Grouper	1:02:15	5:14:28		9:55:45
6th Age Grouper	0:51:54	5:31:39		9:59:56
7th Age Grouper	1:01:04	5:39:22		10:02:55
8th Age Grouper	1:01:50	5:41:51		10:06:31
9th Age Grouper	1:05:30	5:27:55		10:07:51
10th Age Grouper	1:11:59	5:35:21		10:10:45
Kona Qualifier Average	0:57:26	5:26:30		9:47:15
Top 10 Age Grouper Average	1:00:25	5:29:39		9:57:16