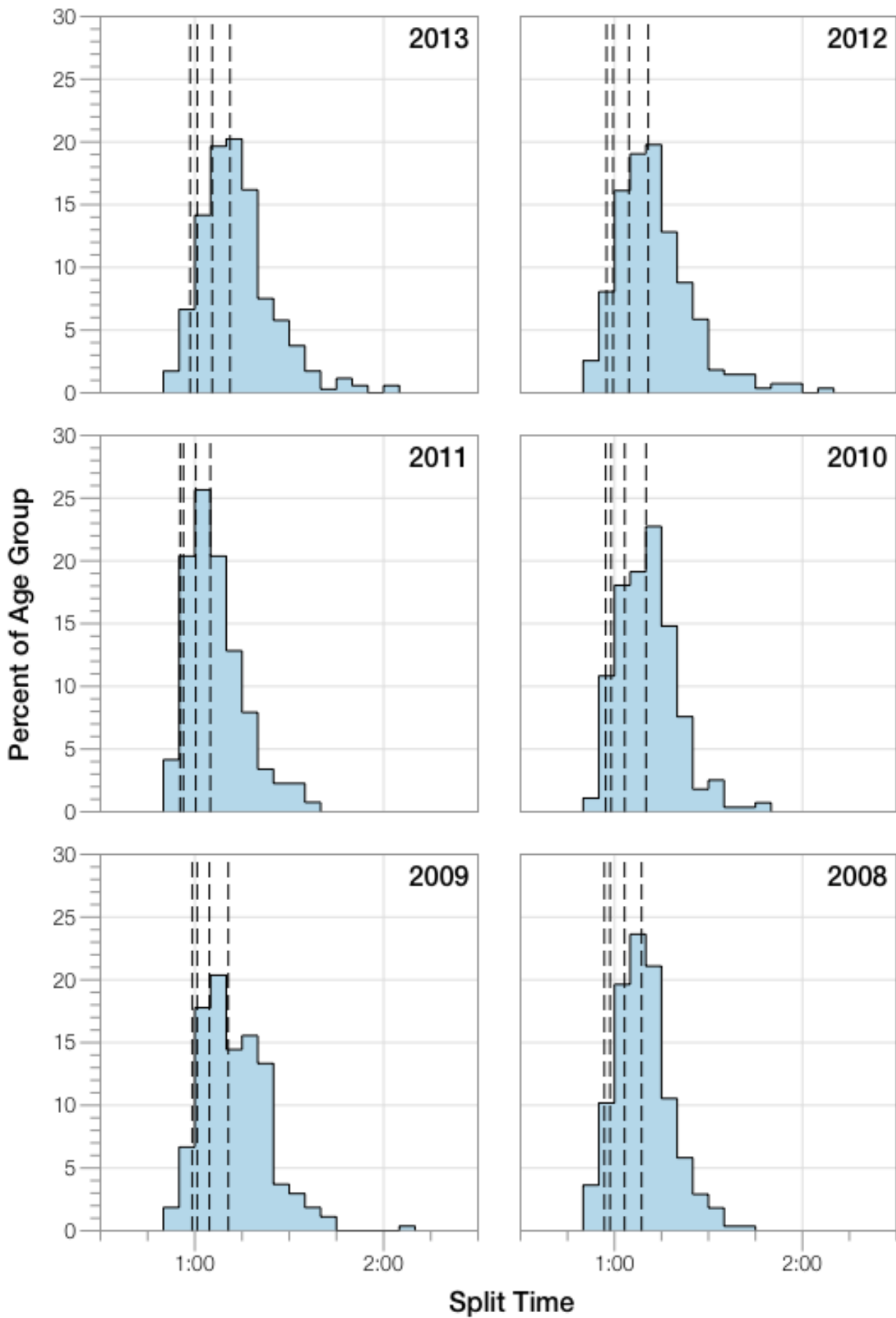


# Ironman Lanzarote M35-39 Stats

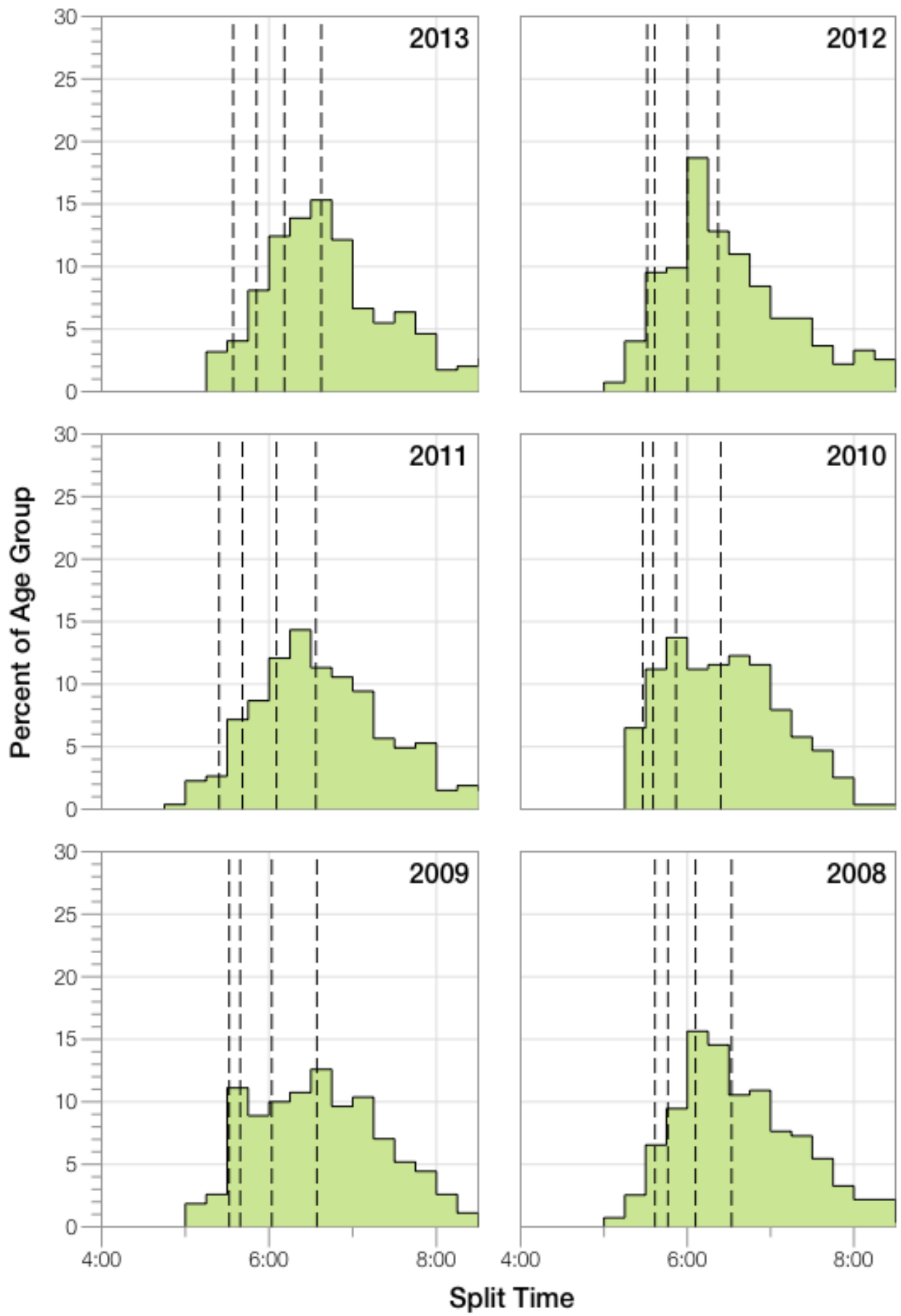
## M35-39 Summary Statistics

Year	Finishers	M35-39 Finishers	Male Winner's Time	Female Winner's Time	M35-39 Winner's Time
2008	1117	275	8:59:37	10:02:27	9:35:31
2009	1149	270	8:54:03	9:54:57	9:29:46
2010	1287	277	8:37:42	10:03:52	9:01:43
2011	1200	265	8:30:34	9:43:39	9:13:44
2012	1447	273	8:44:39	9:58:06	9:15:24
2013	1646	346	8:42:40	9:37:34	9:28:26
<b>Average</b>	<b>1308</b>	<b>284</b>	<b>8:44:52</b>	<b>9:53:25</b>	<b>9:20:45</b>

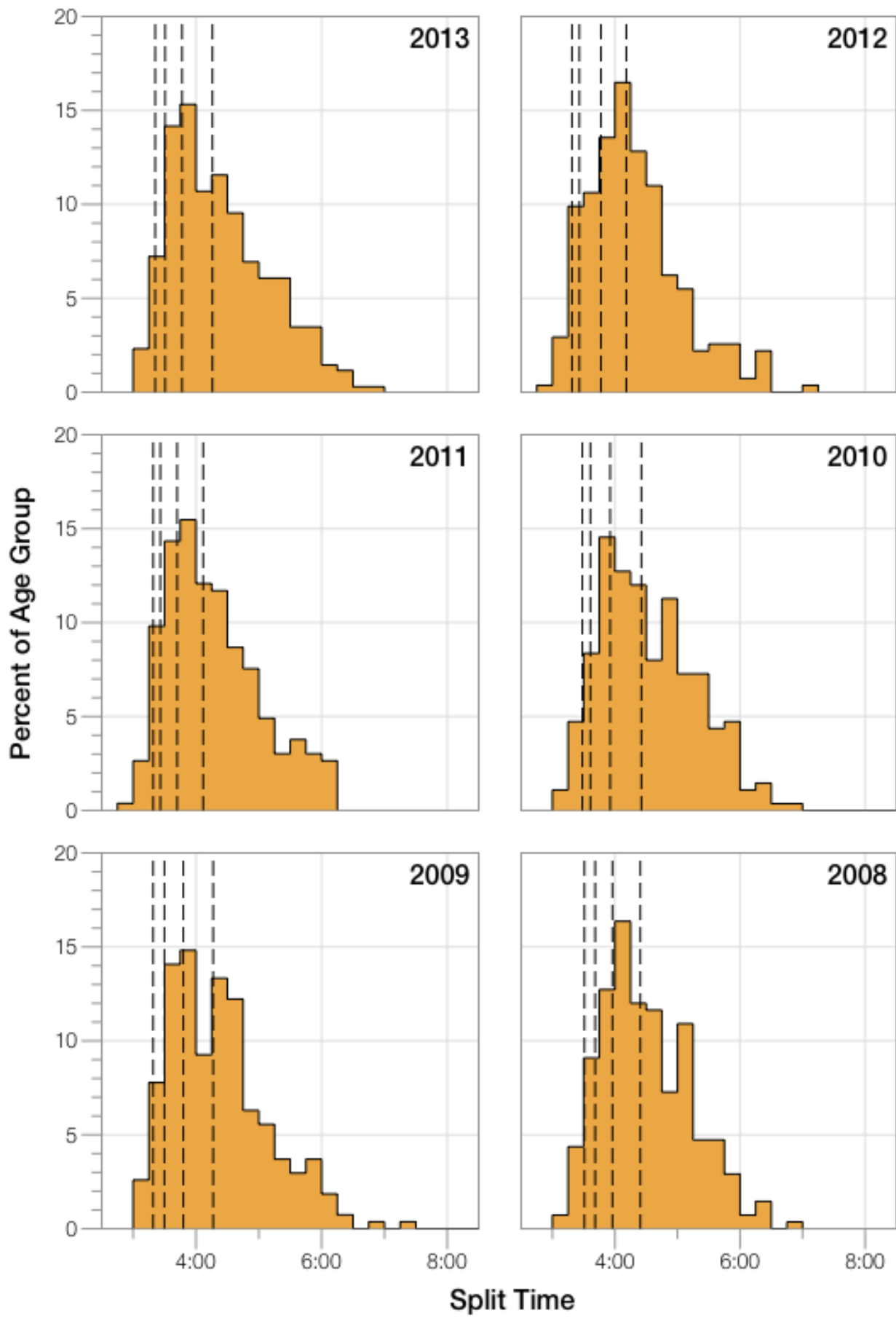
# M35-39 Swim



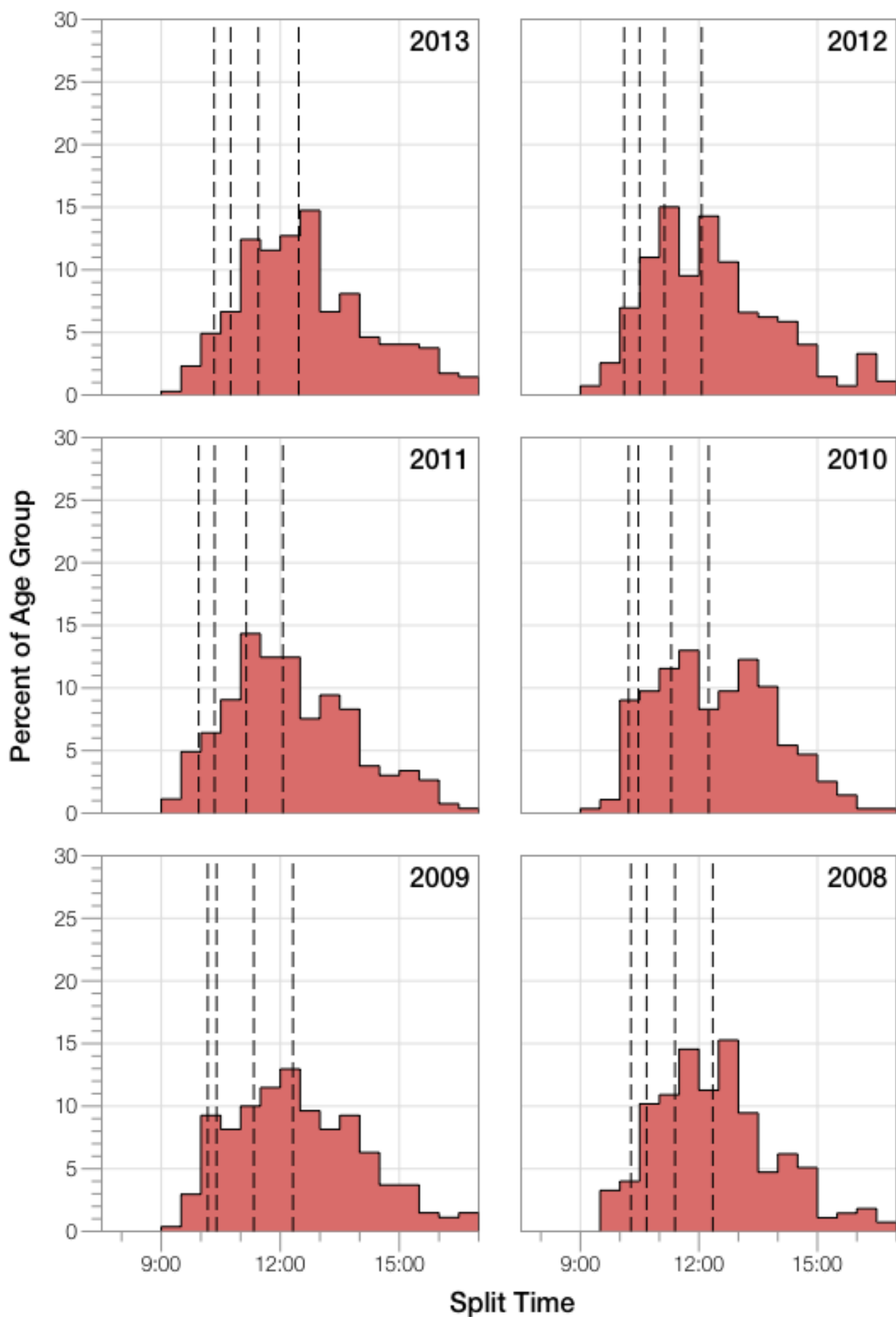
# M35-39 Bike



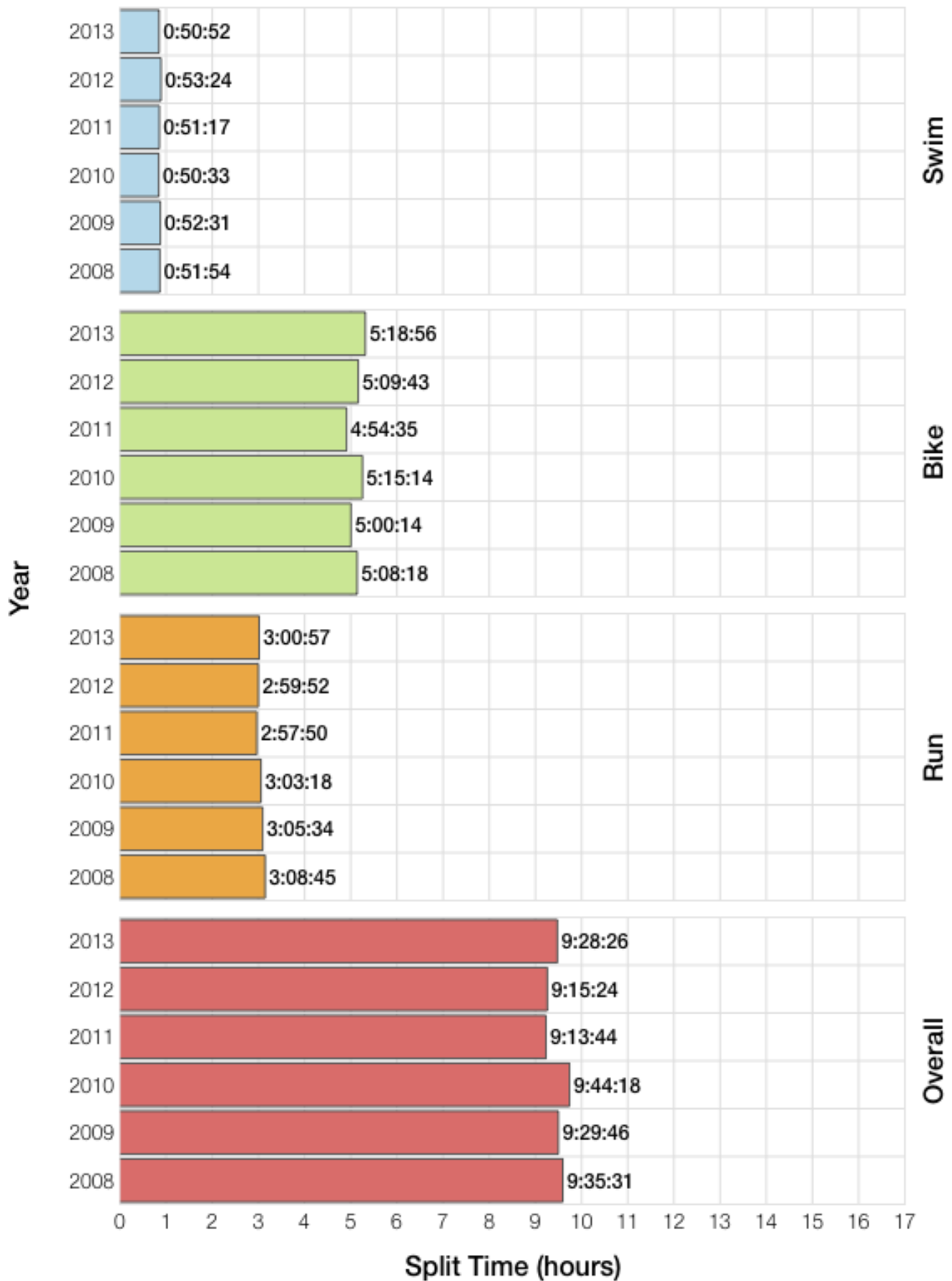
# M35-39 Run



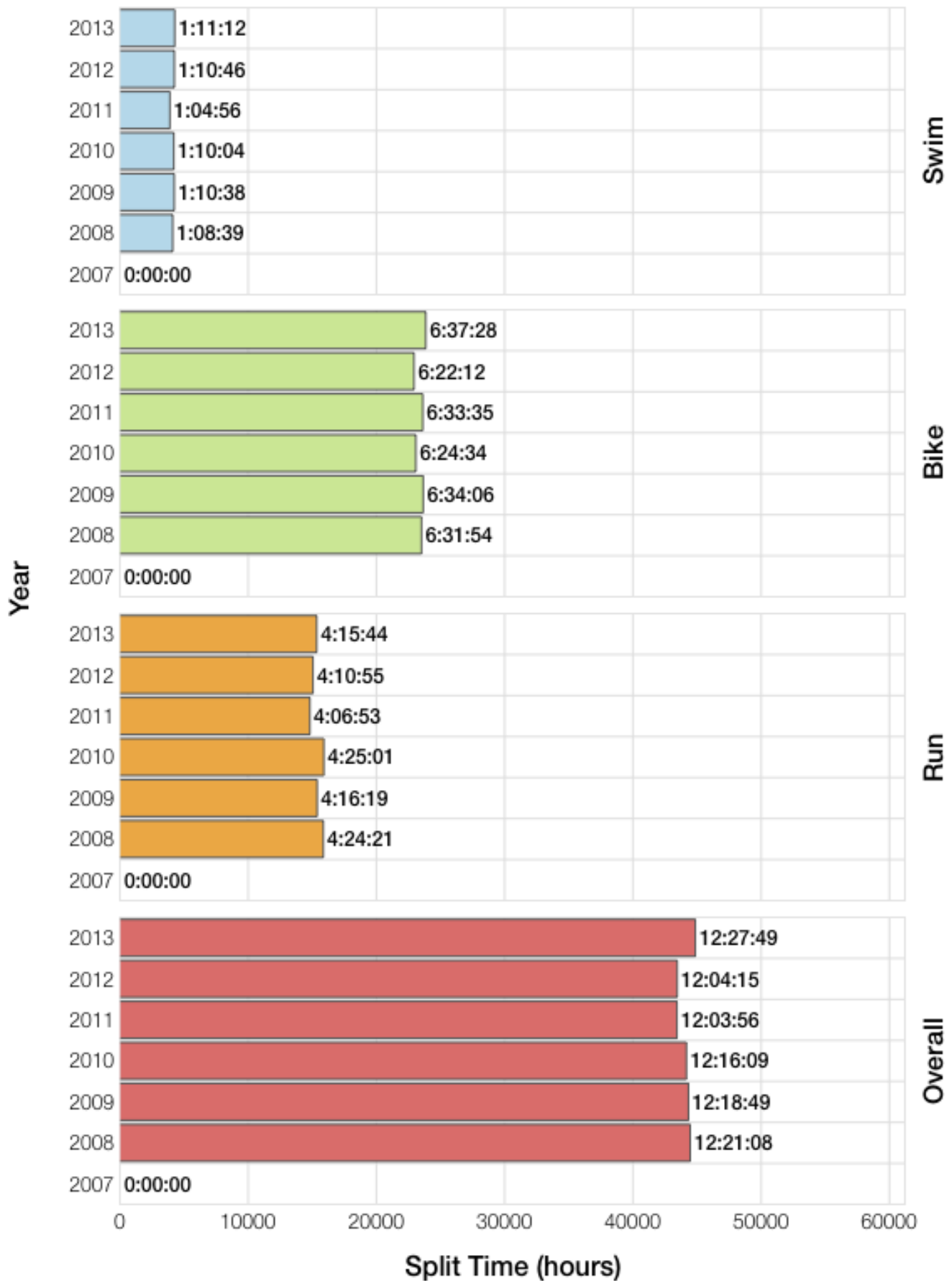
# M35-39 Overall



## M35-39 Fastest Splits

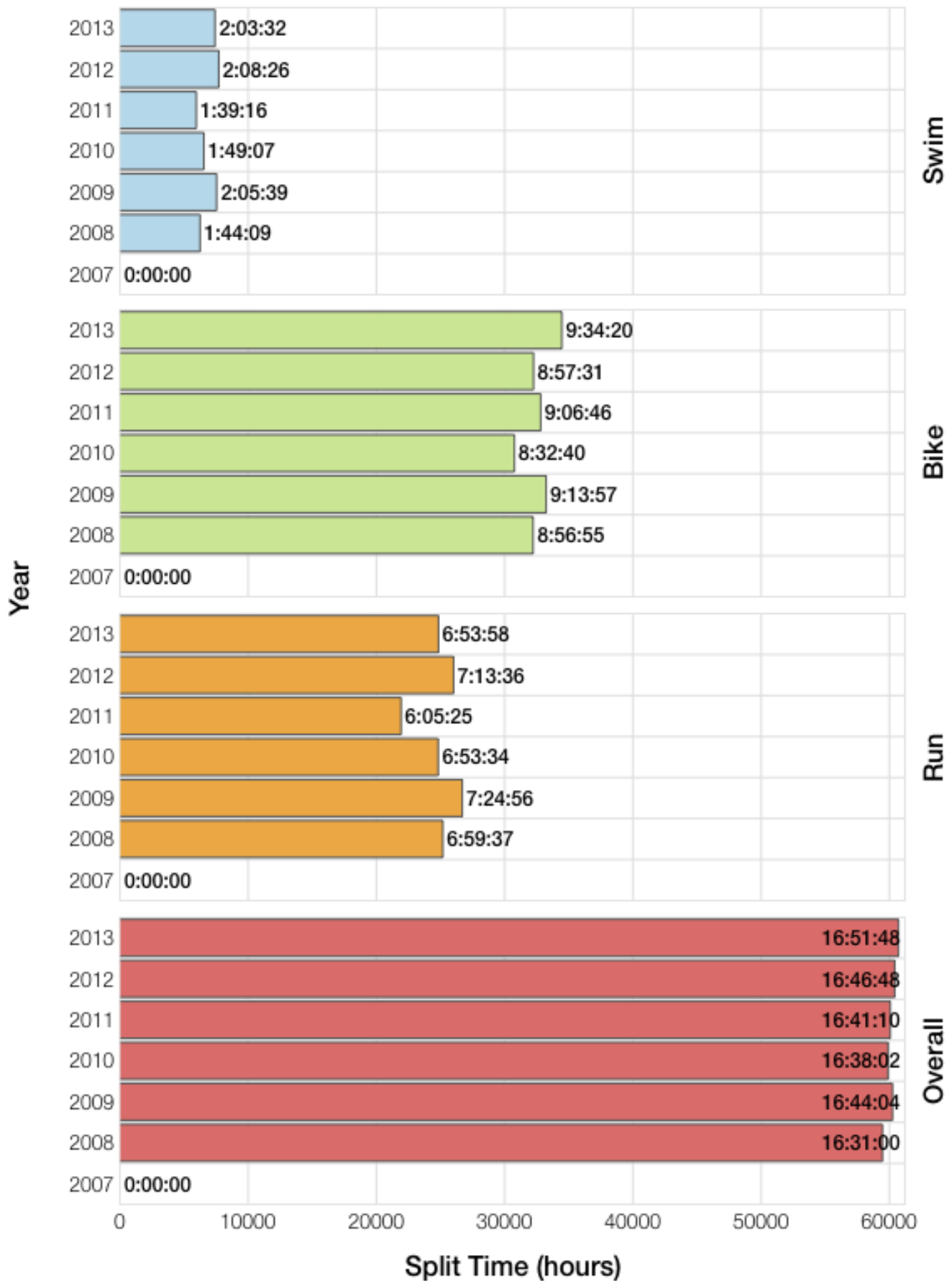


## M35-39 Median Splits

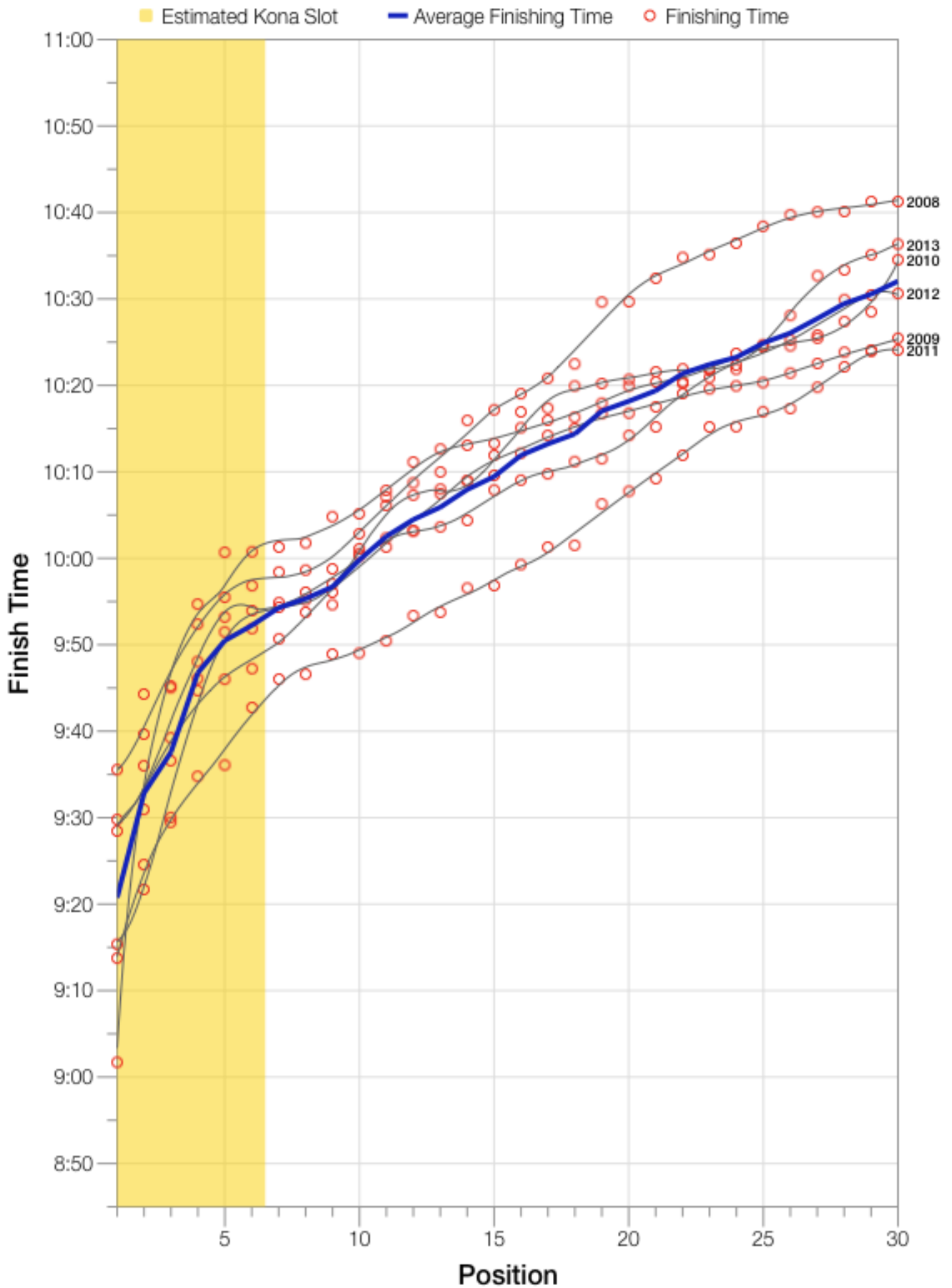




## M35-39 Slowest Splits



# M35-39 Top 30 Finishing Splits



## M35-39 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	0:58:32	5:20:57	2:02:48	9:20:45
Average 2nd Age Grouper	0:59:33	5:16:11	2:36:10	9:32:51
Average 3rd Age Grouper	0:56:33	5:19:25	2:42:08	9:37:35
Average 4th Age Grouper	0:58:14	5:22:33	2:45:09	9:46:46
Average 5th Age Grouper	0:58:39	5:24:11	2:45:16	9:50:29
Average 6th Age Grouper	0:59:26	5:23:45	2:45:24	9:52:14
Average 7th Age Grouper	1:00:13	5:30:20	2:44:15	9:54:16
Average 8th Age Grouper	1:01:20	5:26:52	2:44:48	9:55:20
Average 9th Age Grouper	0:59:57	5:27:42	2:46:07	9:56:42
Average 10th Age Grouper	1:01:47	5:25:02	2:46:42	9:59:49
<b>Kona Qualifier Average</b>	<b>0:58:30</b>	<b>5:21:10</b>	<b>2:36:09</b>	<b>9:40:07</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:25</b>	<b>5:23:42</b>	<b>2:39:53</b>	<b>9:46:41</b>

### 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	0:54:24	5:19:26	3:07:06	9:28:26
2nd Age Grouper	0:54:02	5:27:24	3:06:30	9:36:02
3rd Age Grouper	0:56:22	5:29:16	3:03:14	9:36:37
4th Age Grouper	0:54:05	5:31:23	3:18:02	9:52:22
5th Age Grouper	0:59:42	5:27:53	3:16:20	9:53:14
6th Age Grouper	0:58:49	5:26:37	3:20:15	9:53:58
7th Age Grouper	0:59:27	5:29:48	3:17:16	9:54:19
8th Age Grouper	1:03:15	5:24:10	3:19:25	9:55:12
9th Age Grouper	1:04:52	5:30:37	3:11:52	9:56:04
10th Age Grouper	1:04:10	5:46:25	3:00:57	10:00:34
<b>Kona Qualifier Average</b>	<b>0:56:14</b>	<b>5:26:59</b>	<b>3:11:54</b>	<b>9:43:26</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:54</b>	<b>5:29:17</b>	<b>3:12:05</b>	<b>9:48:40</b>

### 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	0:57:10	5:09:43	3:00:53	9:15:24
2nd Age Grouper	0:54:36	5:16:20	3:03:45	9:21:43
3rd Age Grouper	0:54:32	5:28:34	2:59:52	9:30:03
4th Age Grouper	0:57:08	5:12:56	3:27:56	9:46:06
5th Age Grouper	1:11:53	5:20:41	3:10:58	9:51:31
6th Age Grouper	1:01:26	5:35:40	3:05:44	9:51:54
7th Age Grouper	1:05:07	5:24:11	3:16:30	9:54:51
8th Age Grouper	0:58:20	5:40:07	3:09:23	9:56:03
9th Age Grouper	1:04:03	5:21:41	3:21:30	9:57:00
10th Age Grouper	0:54:34	5:35:24	3:19:36	10:00:14
<b>Kona Qualifier Average</b>	<b>0:59:27</b>	<b>5:20:39</b>	<b>3:08:11</b>	<b>9:36:06</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:52</b>	<b>5:24:31</b>	<b>3:11:36</b>	<b>9:44:28</b>

### 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	1:01:23	5:06:36	2:57:50	9:13:44
2nd Age Grouper	0:51:17	5:14:57	3:10:56	9:24:33
3rd Age Grouper	0:55:48	5:05:07	3:22:01	9:29:30
4th Age Grouper	0:55:22	5:22:38	3:08:35	9:34:45
5th Age Grouper	0:55:40	4:54:35	3:36:46	9:36:05
6th Age Grouper	1:02:04	5:15:33	3:16:27	9:42:45
7th Age Grouper	0:55:18	5:32:06	3:11:20	9:46:00
8th Age Grouper	1:03:27	5:13:14	3:20:05	9:46:33
9th Age Grouper	0:58:40	5:40:59	3:01:47	9:48:55
10th Age Grouper	0:51:49	5:08:52	3:40:38	9:49:01
<b>Kona Qualifier Average</b>	<b>0:56:55</b>	<b>5:09:54</b>	<b>3:15:25</b>	<b>9:30:13</b>
<b>Top 10 Age Grouper Average</b>	<b>0:57:04</b>	<b>5:15:27</b>	<b>3:16:38</b>	<b>9:37:11</b>

### 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	1:02:46	6:01:39		9:01:43
2nd Age Grouper	1:01:36	5:29:58	3:03:18	9:44:18
3rd Age Grouper	1:01:58	5:15:14	3:19:43	9:44:59
4th Age Grouper	1:04:29	5:19:19	3:14:42	9:48:03
5th Age Grouper	0:57:49	5:45:04	3:09:41	10:00:40
6th Age Grouper	0:58:54	5:33:39	3:20:37	10:00:47
7th Age Grouper	1:03:35	5:18:36	3:28:14	10:01:19
8th Age Grouper	0:52:36	5:27:59	3:31:24	10:01:46
9th Age Grouper	0:57:48	5:23:10	3:35:43	10:04:50
10th Age Grouper	1:04:50	5:15:36	3:33:04	10:05:11
<b>Kona Qualifier Average</b>	<b>1:01:15</b>	<b>5:34:08</b>	<b>2:41:20</b>	<b>9:43:25</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:38</b>	<b>5:29:01</b>	<b>3:01:38</b>	<b>9:51:21</b>

### 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	0:58:54	5:10:31	3:11:02	9:29:46
2nd Age Grouper	1:07:28	5:00:14	3:12:31	9:30:55
3rd Age Grouper	0:52:31	5:10:49	3:28:02	9:39:12
4th Age Grouper	1:05:15	5:09:17	3:21:43	9:44:43
5th Age Grouper	0:53:19	5:26:10	3:17:55	9:45:59
6th Age Grouper	1:03:31	5:03:22	3:29:25	9:47:16
7th Age Grouper	1:03:17	5:27:07	3:12:10	9:50:43
8th Age Grouper	1:03:48	5:33:17	3:08:34	9:53:46
9th Age Grouper	0:57:28	5:22:51	3:25:50	9:54:38
10th Age Grouper	1:14:41	5:32:30	3:06:02	10:01:06
<b>Kona Qualifier Average</b>	<b>1:00:09</b>	<b>5:10:03</b>	<b>3:20:06</b>	<b>9:39:38</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:01</b>	<b>5:17:36</b>	<b>3:17:19</b>	<b>9:45:48</b>

## 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	0:56:35	5:17:47		9:35:31
2nd Age Grouper	1:08:24	5:08:18		9:39:39
3rd Age Grouper	0:58:12	5:27:34		9:45:12
4th Age Grouper	0:53:08	5:39:46		9:54:41
5th Age Grouper	0:53:34	5:30:45		9:55:29
6th Age Grouper	0:51:54	5:27:40		9:56:48
7th Age Grouper	0:54:35	5:50:13		9:58:26
8th Age Grouper	1:06:34	5:22:29		9:58:40
9th Age Grouper	0:56:51	5:26:57		9:58:48
10th Age Grouper	1:00:39	5:11:30		10:02:49
<b>Kona Qualifier Average</b>	<b>0:56:57</b>	<b>5:25:18</b>		<b>9:47:53</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:02</b>	<b>5:26:17</b>		<b>9:52:36</b>