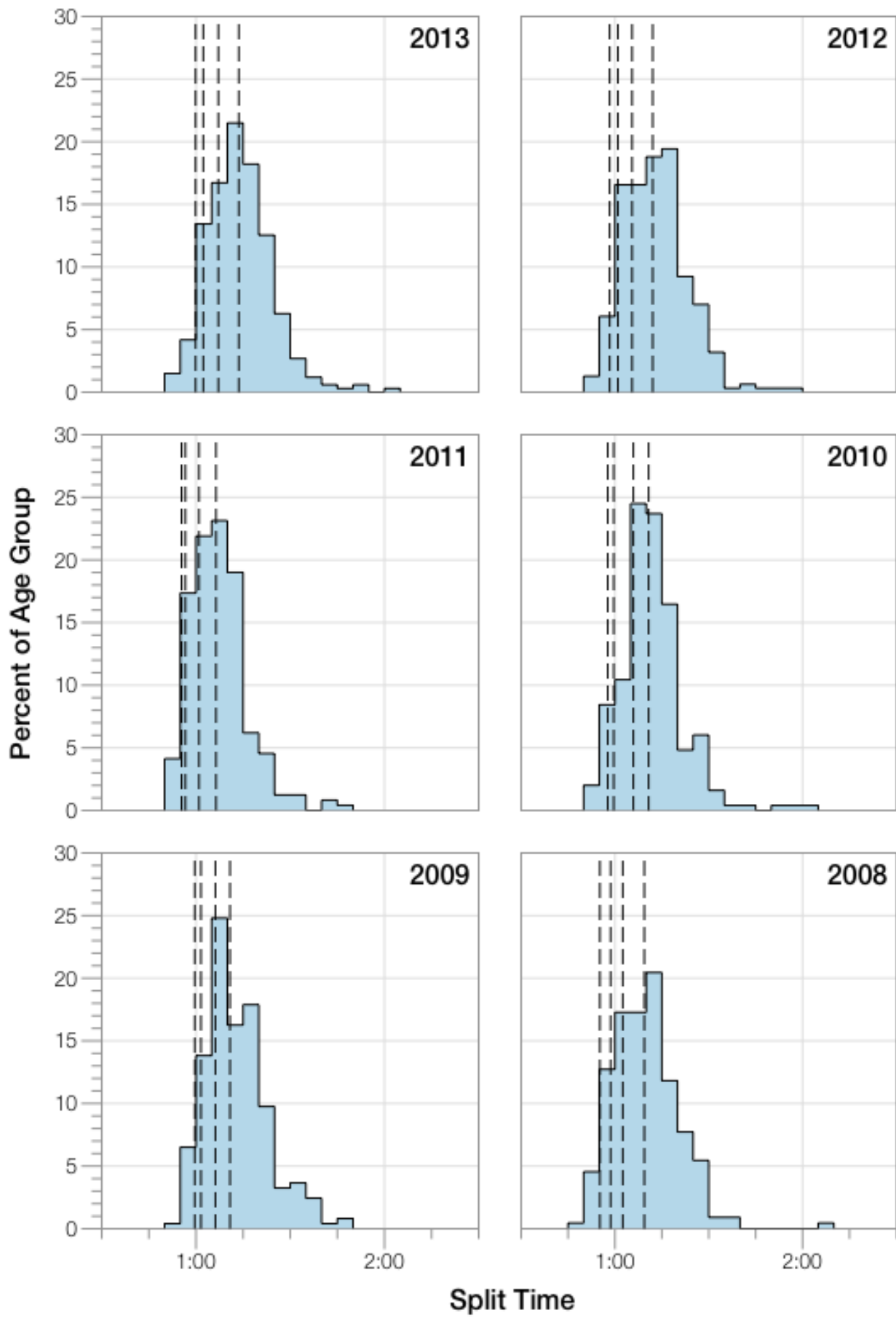


Ironman Lanzarote M40-44 Stats

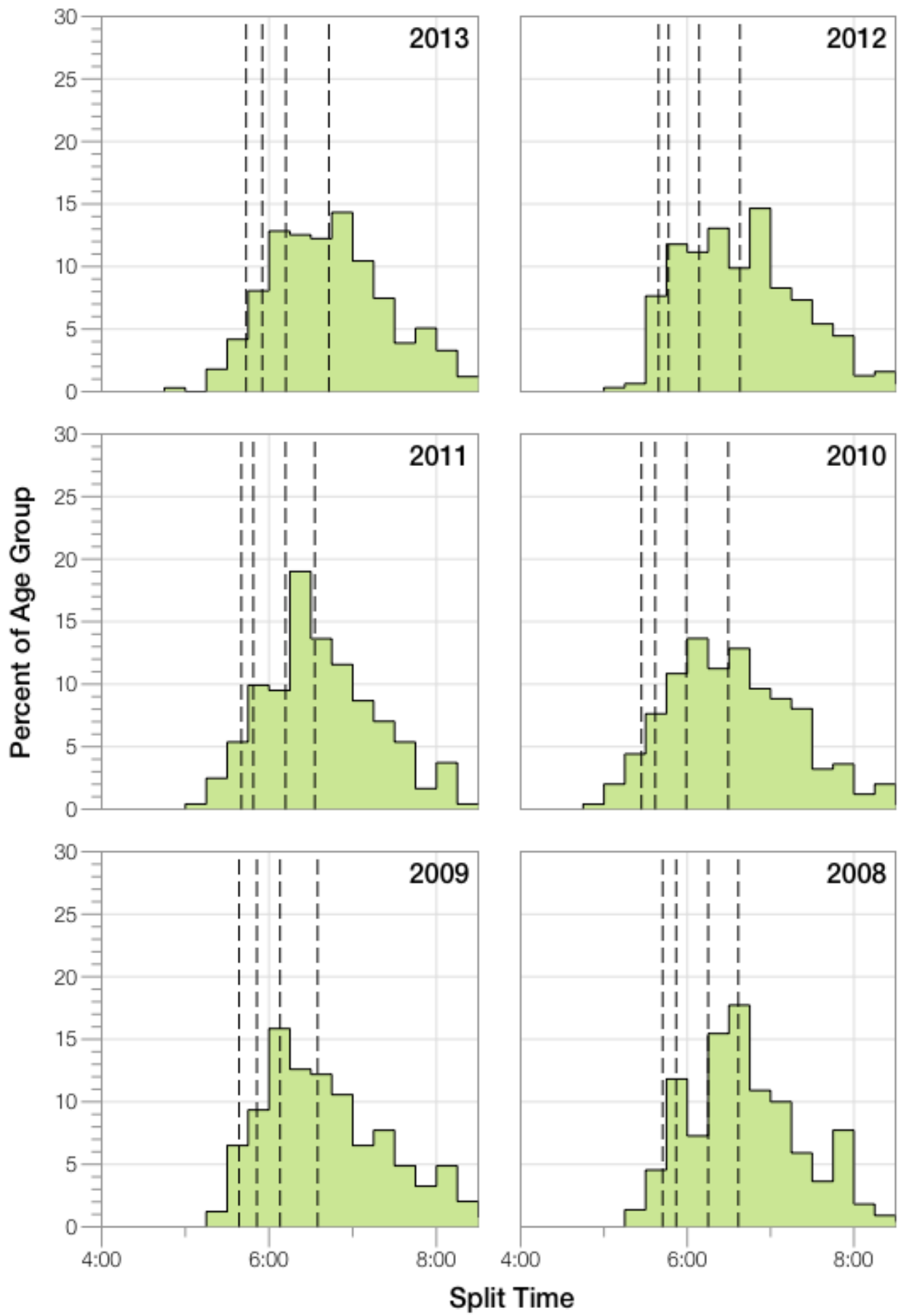
M40-44 Summary Statistics

Year	Finishers	M40-44 Finishers	Male Winner's Time	Female Winner's Time	M40-44 Winner's Time
2008	1117	220	8:59:37	10:02:27	9:37:43
2009	1149	246	8:54:03	9:54:57	9:35:16
2010	1287	249	8:37:42	10:03:52	9:26:13
2011	1200	243	8:30:34	9:43:39	9:34:07
2012	1447	314	8:44:39	9:58:06	9:51:14
2013	1646	335	8:42:40	9:37:34	9:37:35
Average	1308	268	8:44:52	9:53:25	9:37:01

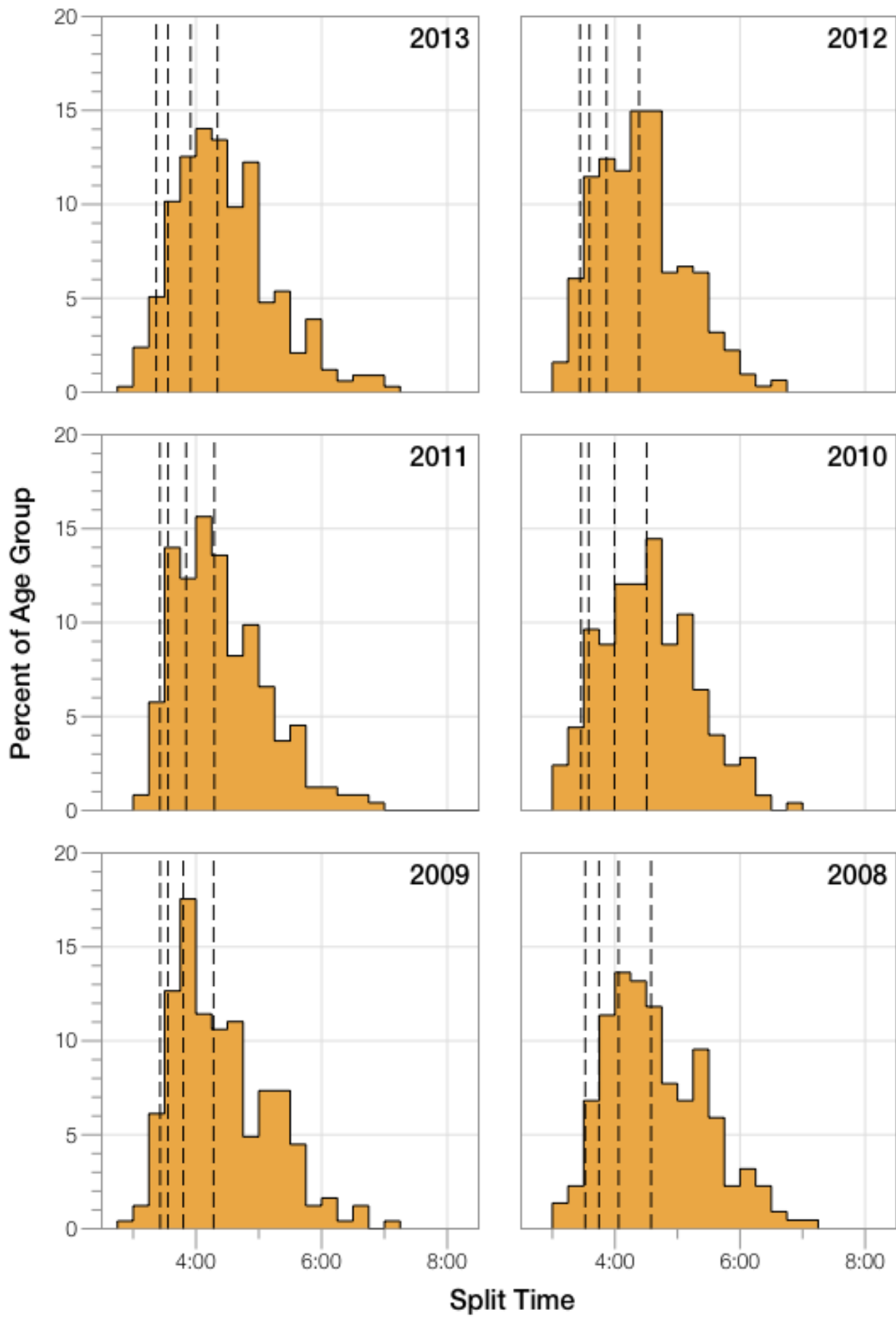
M40-44 Swim



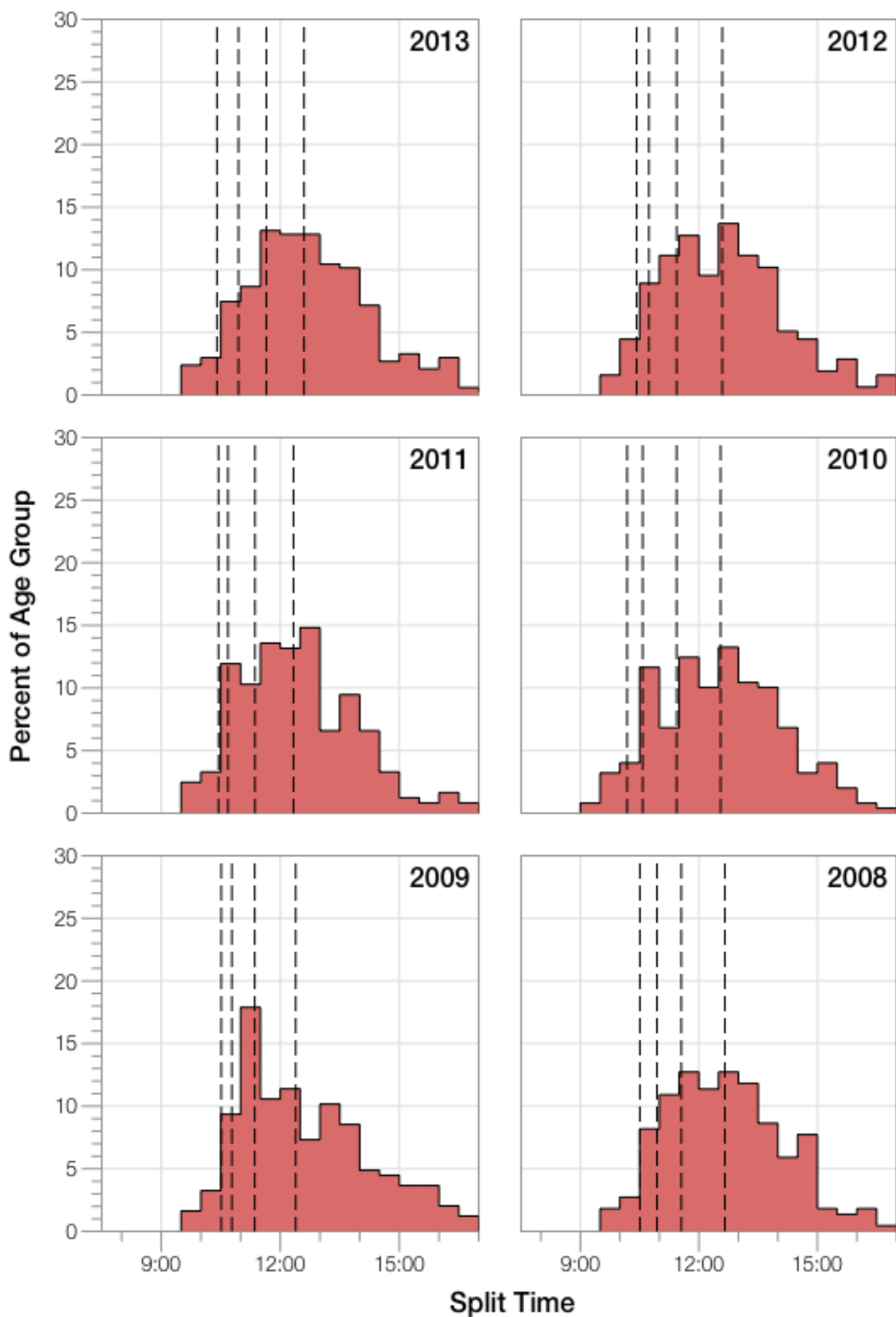
M40-44 Bike



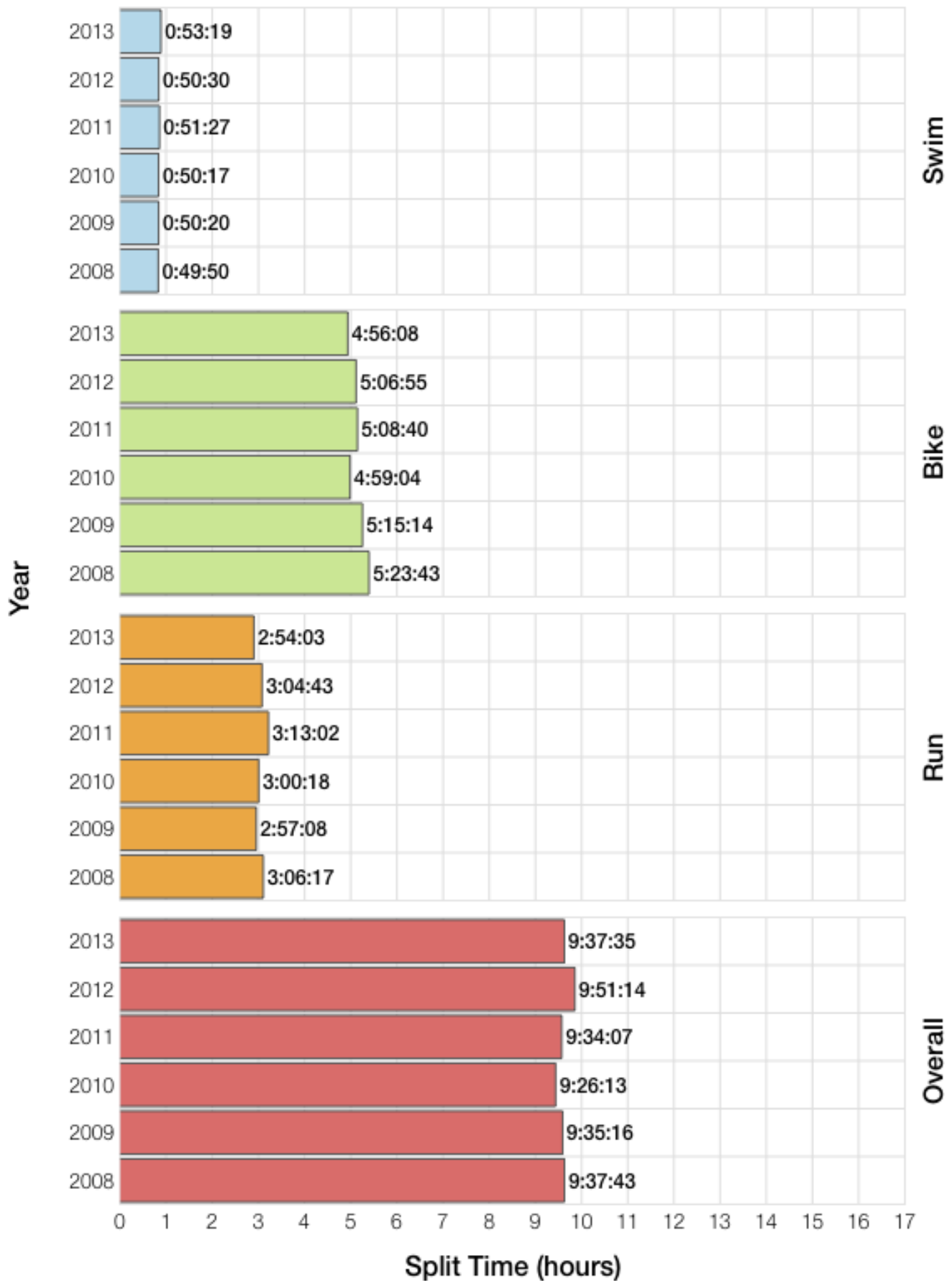
M40-44 Run



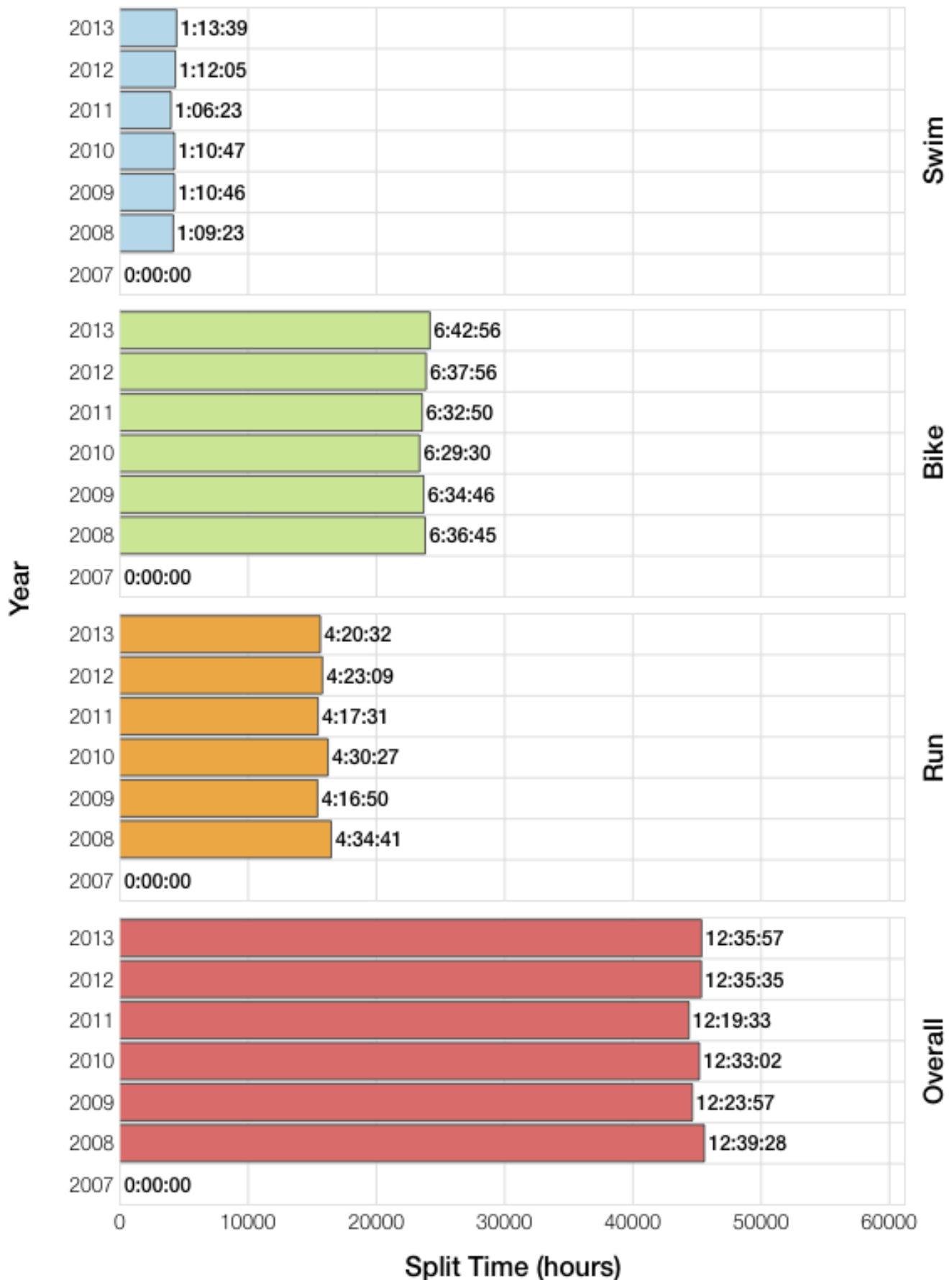
M40-44 Overall



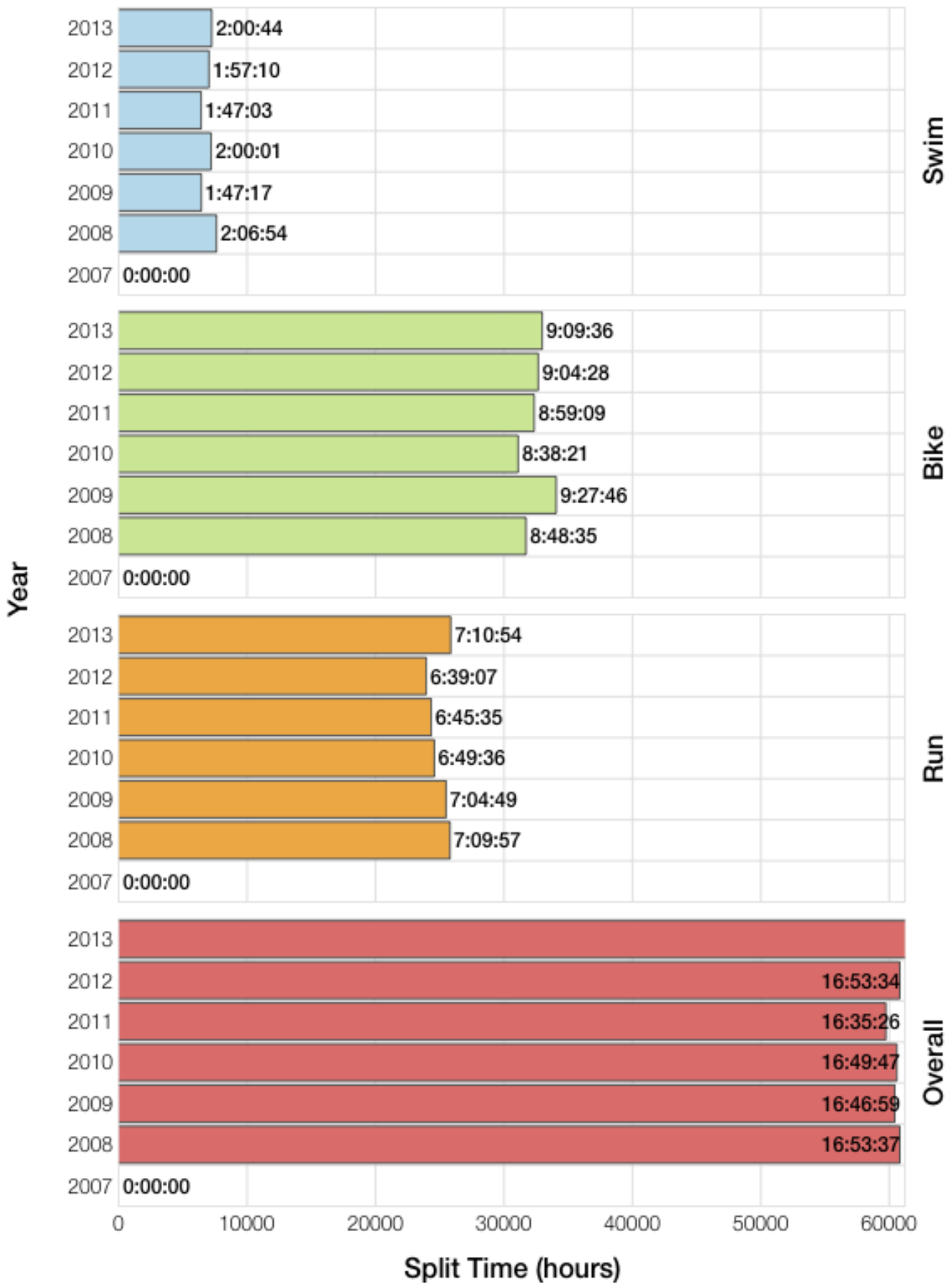
M40-44 Fastest Splits



M40-44 Median Splits

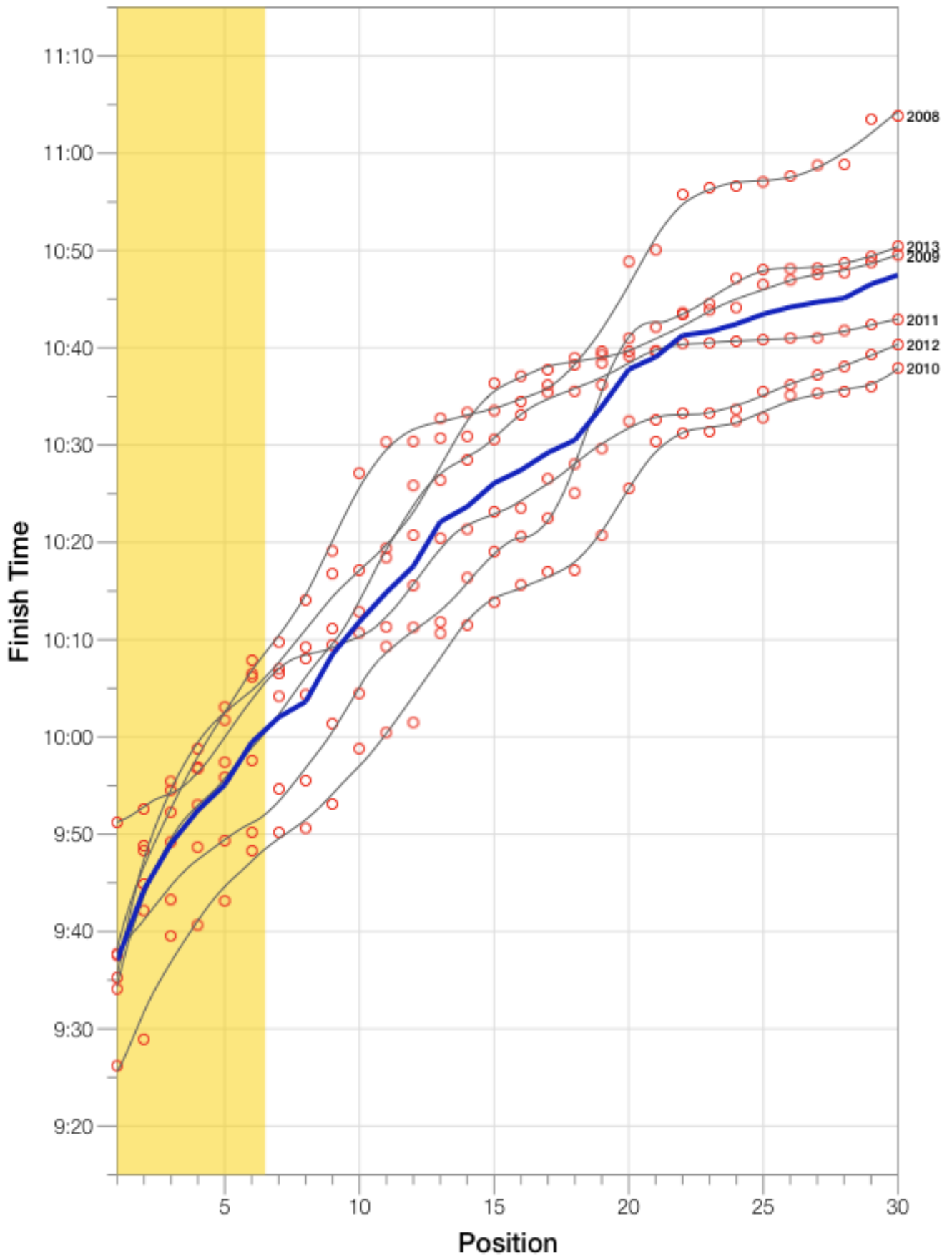


M40-44 Slowest Splits



M40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M40-44 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	0:57:44	5:18:23	2:41:12	9:37:01
Average 2nd Age Grouper	0:57:30	5:24:37	2:43:17	9:44:18
Average 3rd Age Grouper	1:00:10	5:26:42	2:41:59	9:49:03
Average 4th Age Grouper	0:59:26	5:27:59	2:42:02	9:52:28
Average 5th Age Grouper	0:58:46	5:26:10	2:47:37	9:55:06
Average 6th Age Grouper	0:58:22	5:30:16	2:46:43	9:59:26
Average 7th Age Grouper	0:57:34	5:38:38	2:42:23	10:02:02
Average 8th Age Grouper	0:58:56	5:32:29	2:47:22	10:03:38
Average 9th Age Grouper	0:57:22	5:34:39	2:54:52	10:08:30
Average 10th Age Grouper	1:03:27	5:34:53	2:50:03	10:11:51
Kona Qualifier Average	0:58:40	5:25:41	2:43:48	9:49:34
Top 10 Age Grouper Average	0:58:56	5:29:29	2:45:45	9:56:20

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	0:58:10	5:27:34	3:04:15	9:37:35
2nd Age Grouper	0:54:23	5:31:04	3:07:51	9:42:11
3rd Age Grouper	1:03:39	5:23:34	3:09:19	9:43:16
4th Age Grouper	1:02:30	4:56:08	3:40:19	9:48:42
5th Age Grouper	1:08:30	5:37:03	2:54:03	9:49:21
6th Age Grouper	1:03:20	5:27:04	3:10:32	9:50:12
7th Age Grouper	0:53:19	5:41:27	3:12:28	9:54:39
8th Age Grouper	1:02:12	5:20:55	3:23:37	9:55:30
9th Age Grouper	0:58:20	5:52:28	3:00:11	10:01:24
10th Age Grouper	1:00:50	5:38:44	3:16:50	10:04:30
Kona Qualifier Average	1:01:45	5:23:44	3:11:03	9:45:12
Top 10 Age Grouper Average	1:00:31	5:29:36	3:11:56	9:50:44

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	1:02:07	5:23:24	3:17:40	9:51:14
2nd Age Grouper	1:01:48	5:06:55	3:36:34	9:52:37
3rd Age Grouper	1:00:43	5:31:29	3:14:36	9:54:33
4th Age Grouper	0:56:06	5:44:04	3:05:30	9:56:54
5th Age Grouper	0:57:57	5:39:44	3:12:03	9:57:26
6th Age Grouper	0:56:24	5:32:23	3:29:41	10:06:28
7th Age Grouper	0:56:34	5:45:46	3:14:13	10:06:30
8th Age Grouper	0:51:50	5:37:45	3:29:57	10:08:02
9th Age Grouper	0:50:30	5:30:09	3:38:54	10:09:29
10th Age Grouper	0:59:24	5:44:20	3:17:11	10:10:42
Kona Qualifier Average	0:59:10	5:29:39	3:19:20	9:56:32
Top 10 Age Grouper Average	0:57:20	5:33:35	3:21:37	10:01:23

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	0:52:56	5:08:40	3:22:16	9:34:07
2nd Age Grouper	0:56:30	5:23:26	3:16:26	9:44:54
3rd Age Grouper	0:56:22	5:24:43	3:18:54	9:49:14
4th Age Grouper	0:55:18	5:32:02	3:18:11	9:53:01
5th Age Grouper	0:53:13	5:18:17	3:35:24	9:55:50
6th Age Grouper	0:55:35	5:27:07	3:25:30	9:57:35
7th Age Grouper	0:55:25	5:35:36	3:23:58	10:04:11
8th Age Grouper	0:53:39	5:48:44	3:13:02	10:04:22
9th Age Grouper	1:01:32	5:29:12	3:31:15	10:11:09
10th Age Grouper	1:03:08	5:40:10	3:20:45	10:12:54
Kona Qualifier Average	0:54:59	5:22:22	3:22:46	9:49:06
Top 10 Age Grouper Average	0:56:21	5:28:47	3:22:34	9:56:43

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	0:57:36	5:11:19	3:08:05	9:26:13
2nd Age Grouper	0:57:19	5:01:25	3:21:45	9:28:57
3rd Age Grouper	1:08:52	5:09:41	3:11:41	9:39:34
4th Age Grouper	1:01:08	5:30:20	3:00:18	9:40:40
5th Age Grouper	0:52:40	5:13:56	3:27:13	9:43:11
6th Age Grouper	0:55:10	5:26:33	3:14:27	9:48:19
7th Age Grouper	0:59:26	5:29:59	3:13:48	9:50:13
8th Age Grouper	1:05:54	5:22:37	3:12:12	9:50:37
9th Age Grouper	0:52:30	5:20:30	3:32:46	9:53:06
10th Age Grouper	1:05:11	4:59:04	3:42:18	9:58:49
Kona Qualifier Average	0:58:47	5:15:32	3:13:54	9:37:49
Top 10 Age Grouper Average	0:59:34	5:16:32	3:18:27	9:43:57

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	0:57:23	5:15:14	3:14:56	9:35:16
2nd Age Grouper	1:03:11	5:38:42	2:57:08	9:48:21
3rd Age Grouper	0:56:37	5:32:26	3:17:26	9:55:26
4th Age Grouper	1:07:11	5:32:44	3:07:57	9:58:48
5th Age Grouper	1:00:57	5:17:20	3:37:02	10:01:46
6th Age Grouper	1:05:19	5:31:41	3:20:13	10:06:11
7th Age Grouper	0:59:43	5:45:57	3:09:51	10:06:57
8th Age Grouper	0:55:58	5:39:09	3:25:26	10:09:12
9th Age Grouper	0:55:57	5:25:02	3:46:09	10:16:45
10th Age Grouper	1:08:26	5:35:17	3:23:17	10:17:07
Kona Qualifier Average	1:01:46	5:28:01	3:15:47	9:54:18
Top 10 Age Grouper Average	1:01:04	5:31:21	3:19:56	10:01:34

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	0:58:14	5:24:09		9:37:43
2nd Age Grouper	0:51:54	5:46:15		9:48:51
3rd Age Grouper	0:54:51	5:38:24		9:52:18
4th Age Grouper	0:54:24	5:32:38		9:56:46
5th Age Grouper	0:59:23	5:30:45		10:03:07
6th Age Grouper	0:54:26	5:36:49		10:07:51
7th Age Grouper	1:01:01	5:33:03		10:09:43
8th Age Grouper	1:04:03	5:25:44		10:14:06
9th Age Grouper	1:05:24	5:50:38		10:19:07
10th Age Grouper	1:03:45	5:51:45		10:27:09
Kona Qualifier Average	0:55:32	5:34:50		9:54:26
Top 10 Age Grouper Average	0:58:44	5:37:01		10:03:40