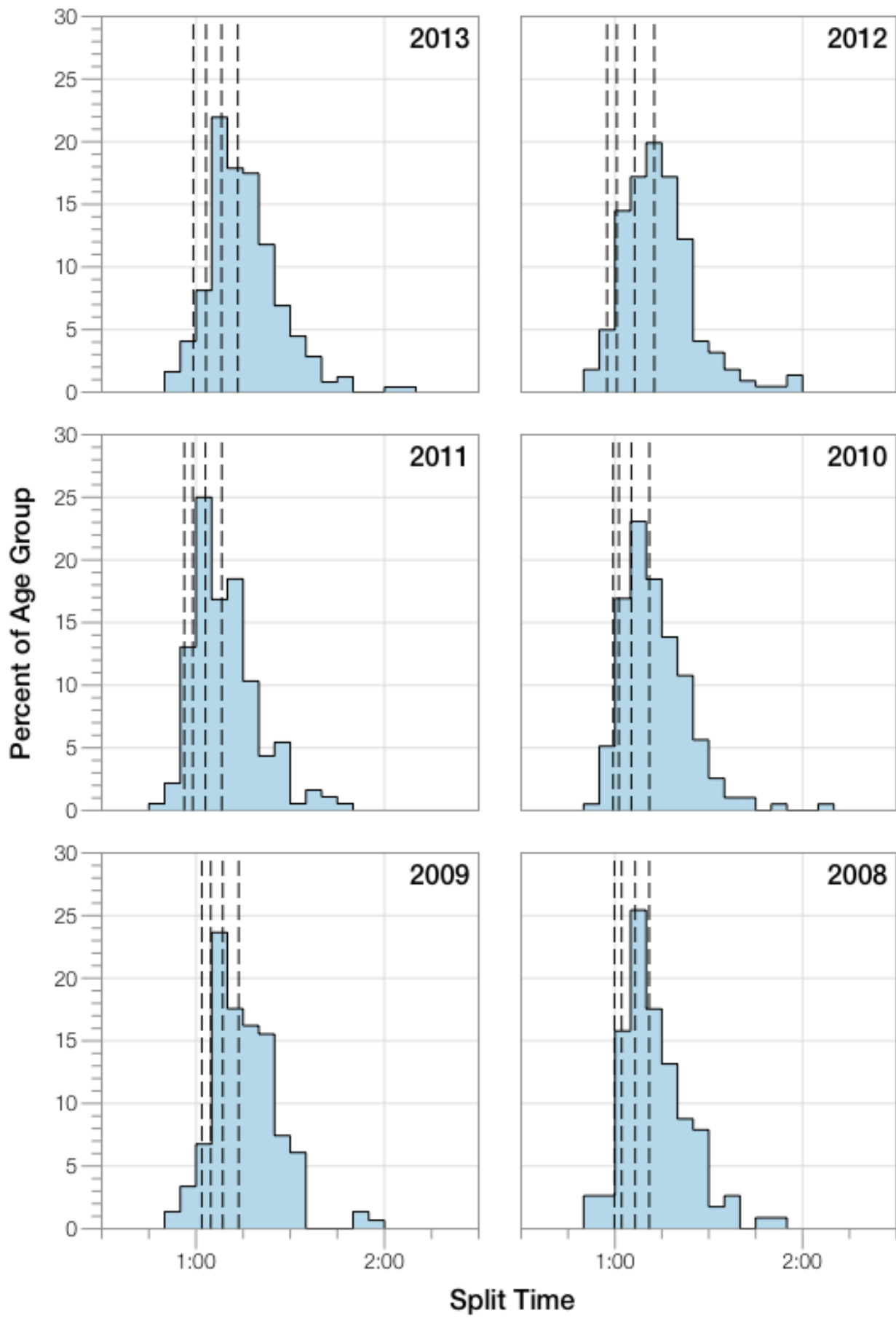


# Ironman Lanzarote M45-49 Stats

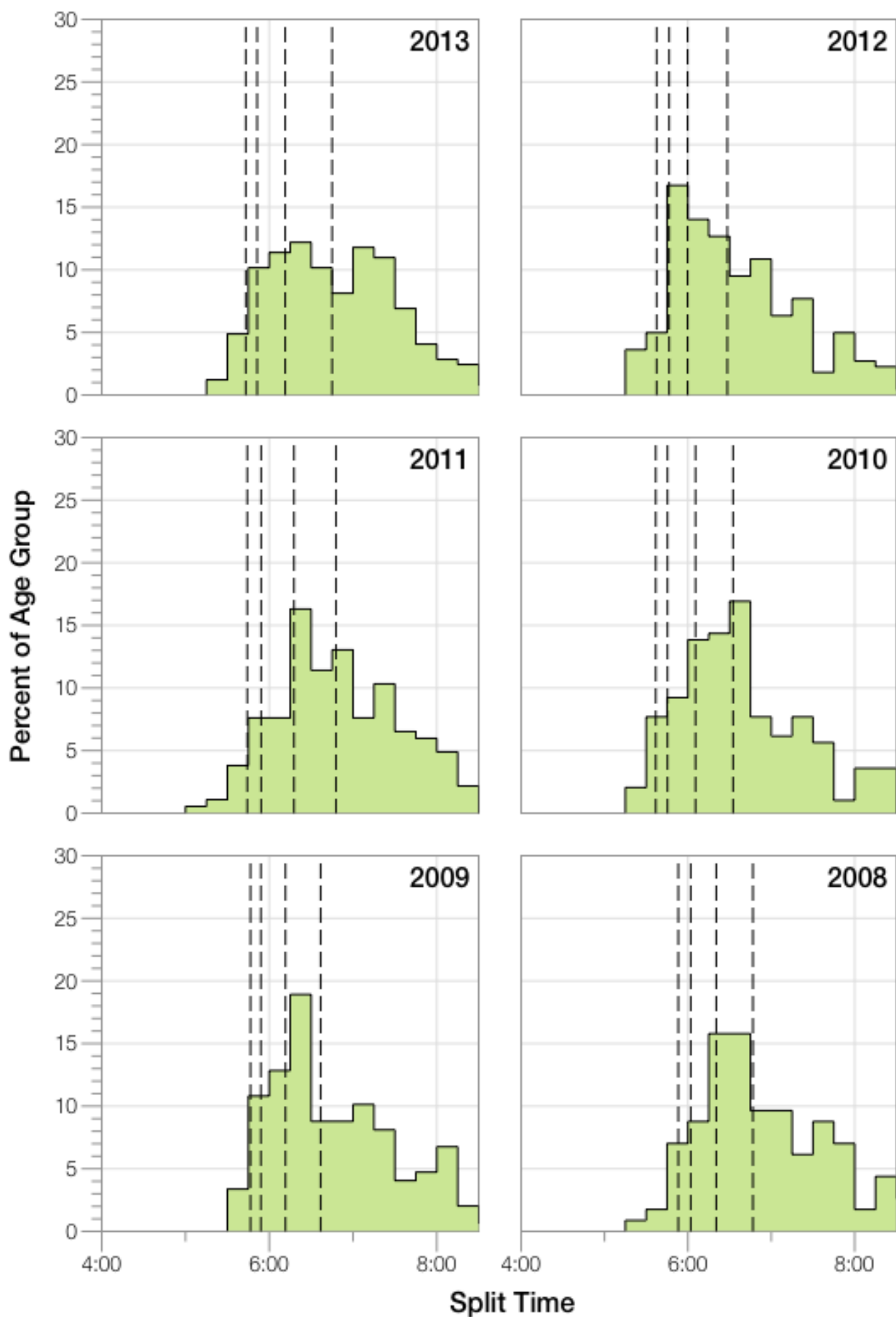
## M45-49 Summary Statistics

| Year           | Finishers   | M45-49 Finishers | Male Winner's Time | Female Winner's Time | M45-49 Winner's Time |
|----------------|-------------|------------------|--------------------|----------------------|----------------------|
| 2008           | 1117        | 114              | 8:59:37            | 10:02:27             | 10:16:29             |
| 2009           | 1149        | 148              | 8:54:03            | 9:54:57              | 9:46:26              |
| 2010           | 1287        | 195              | 8:37:42            | 10:03:52             | 9:47:09              |
| 2011           | 1200        | 184              | 8:30:34            | 9:43:39              | 9:38:10              |
| 2012           | 1447        | 222              | 8:44:39            | 9:58:06              | 9:30:34              |
| 2013           | 1646        | 246              | 8:42:40            | 9:37:34              | 9:42:35              |
| <b>Average</b> | <b>1308</b> | <b>185</b>       | <b>8:44:52</b>     | <b>9:53:25</b>       | <b>9:46:53</b>       |

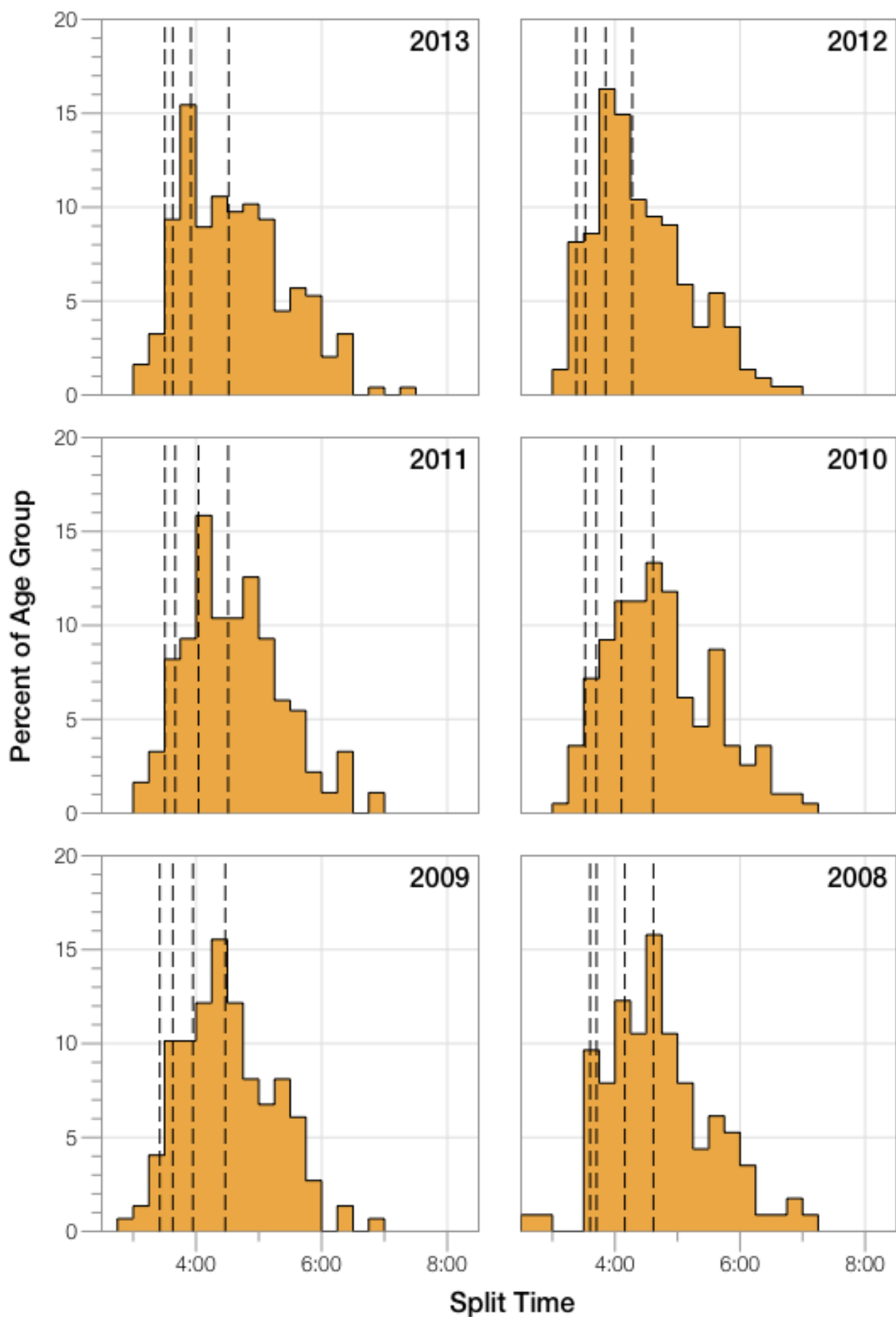
# M45-49 Swim



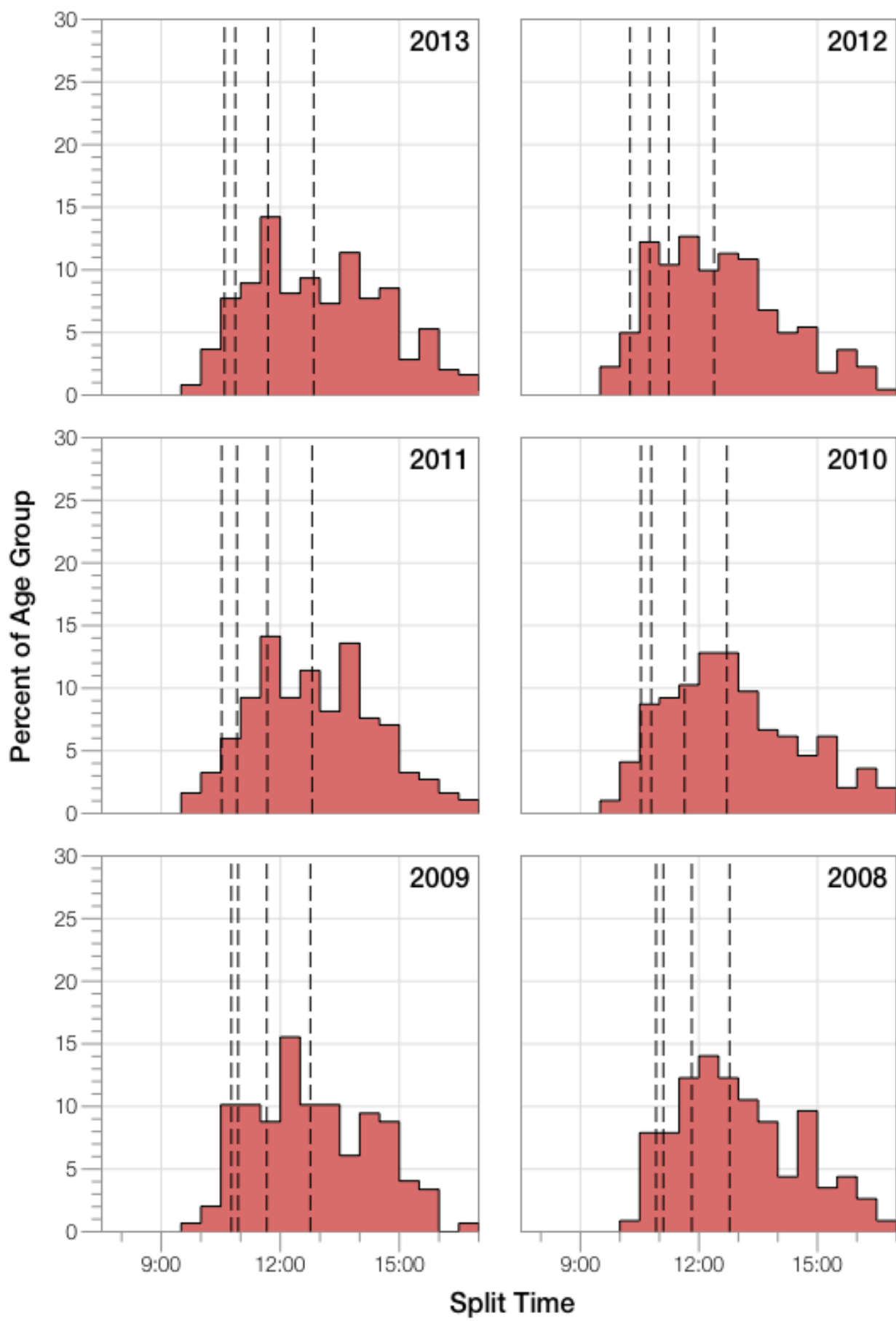
# M45-49 Bike



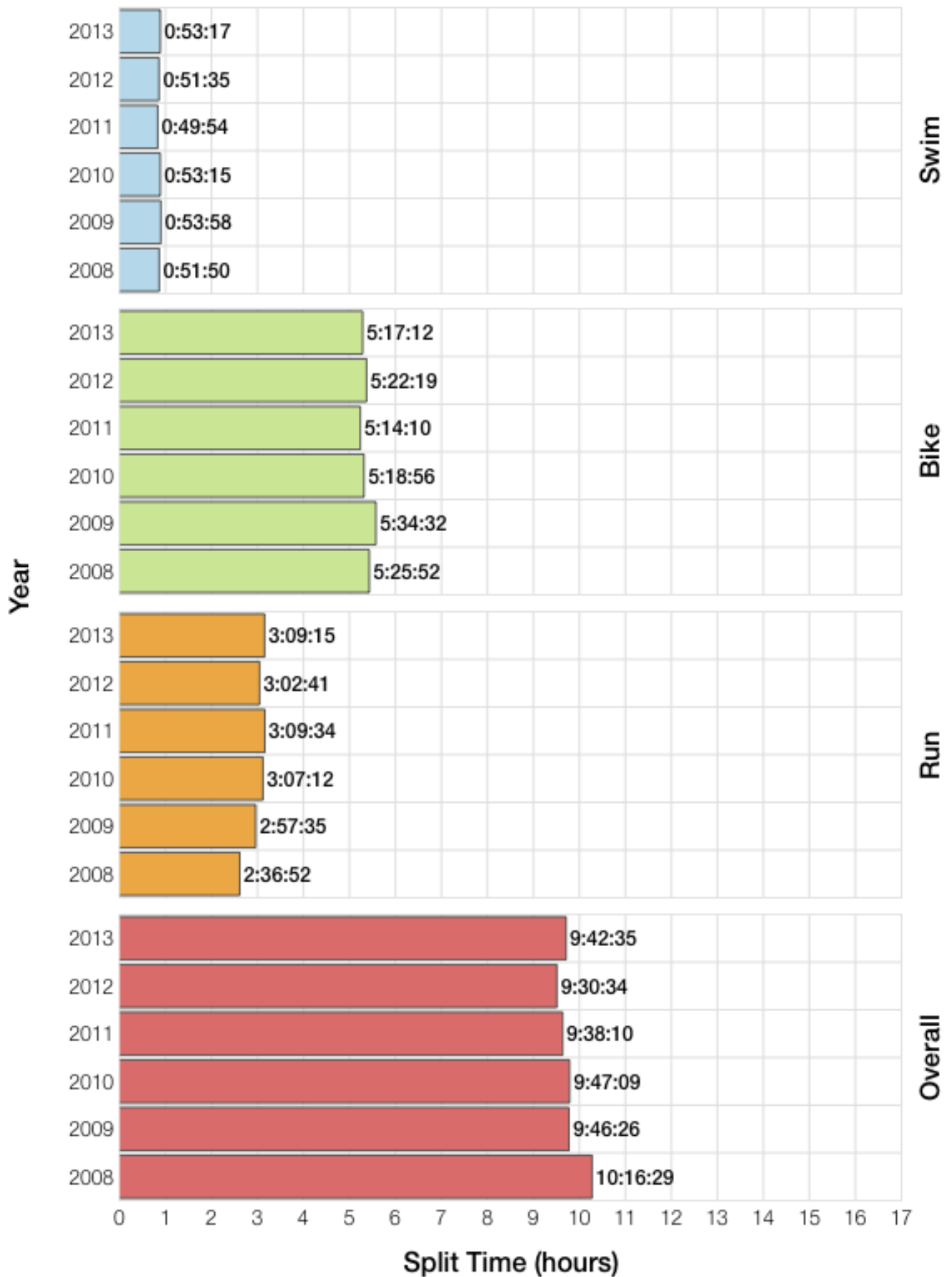
# M45-49 Run



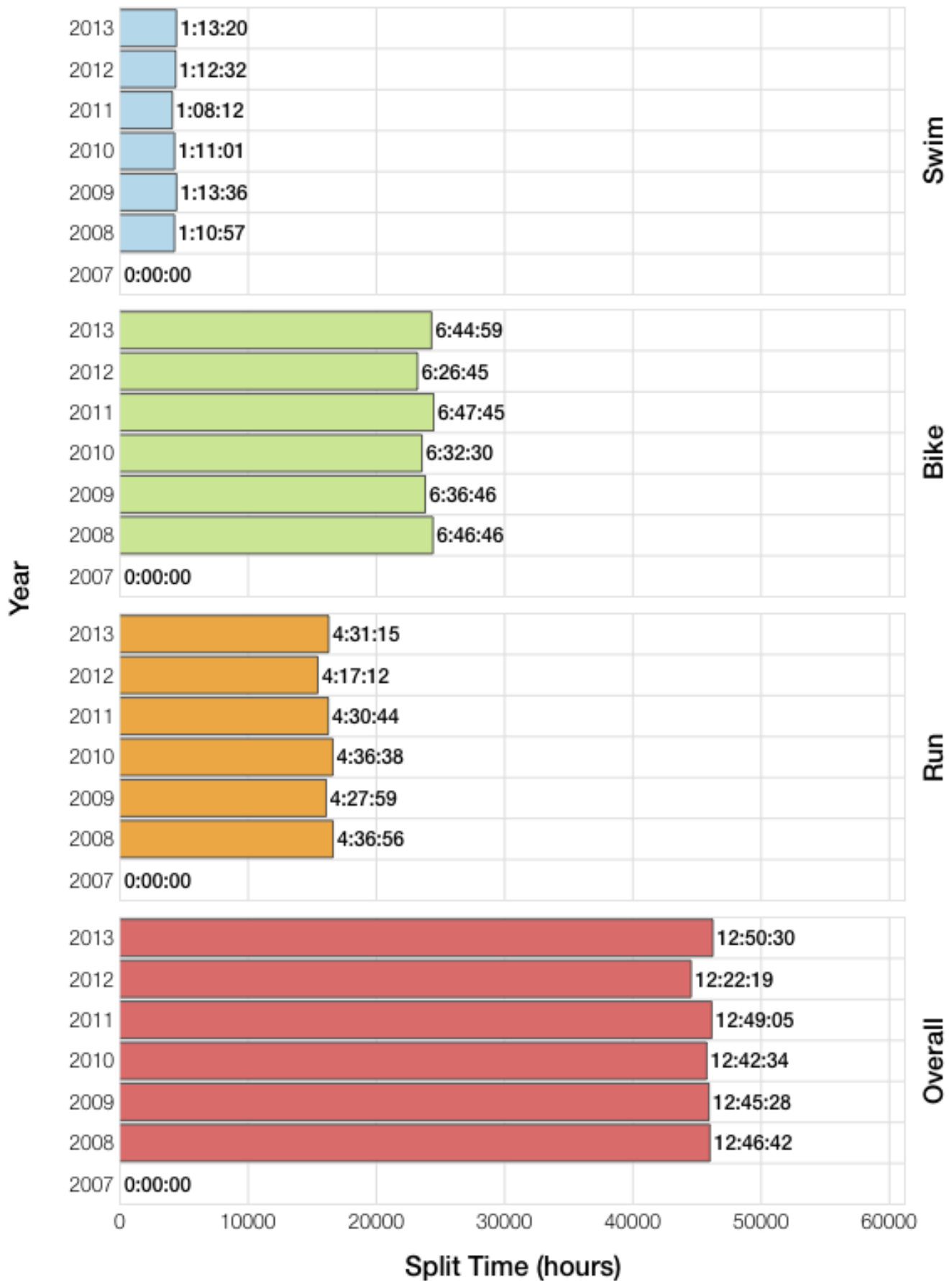
# M45-49 Overall



## M45-49 Fastest Splits

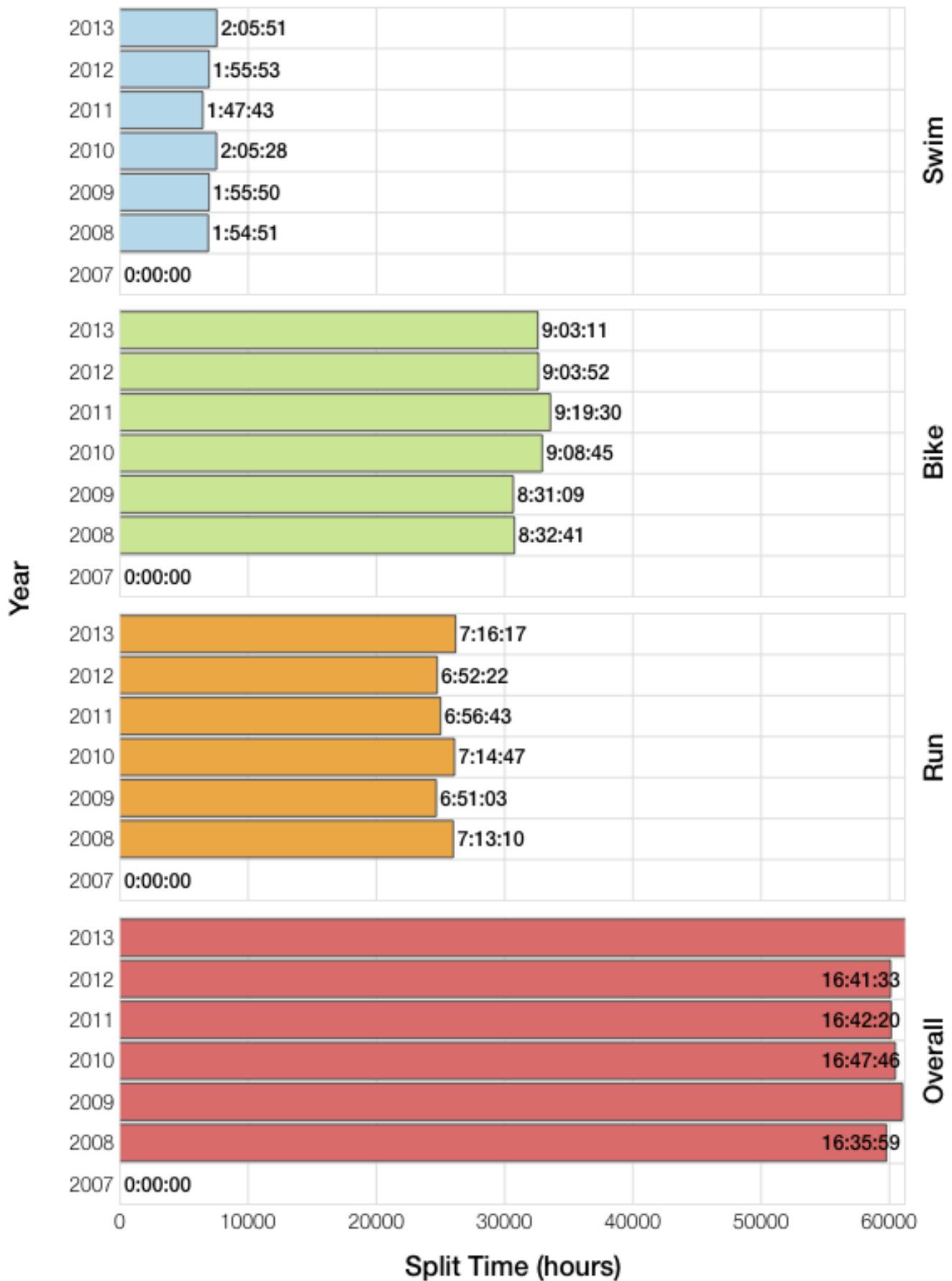


## M45-49 Median Splits

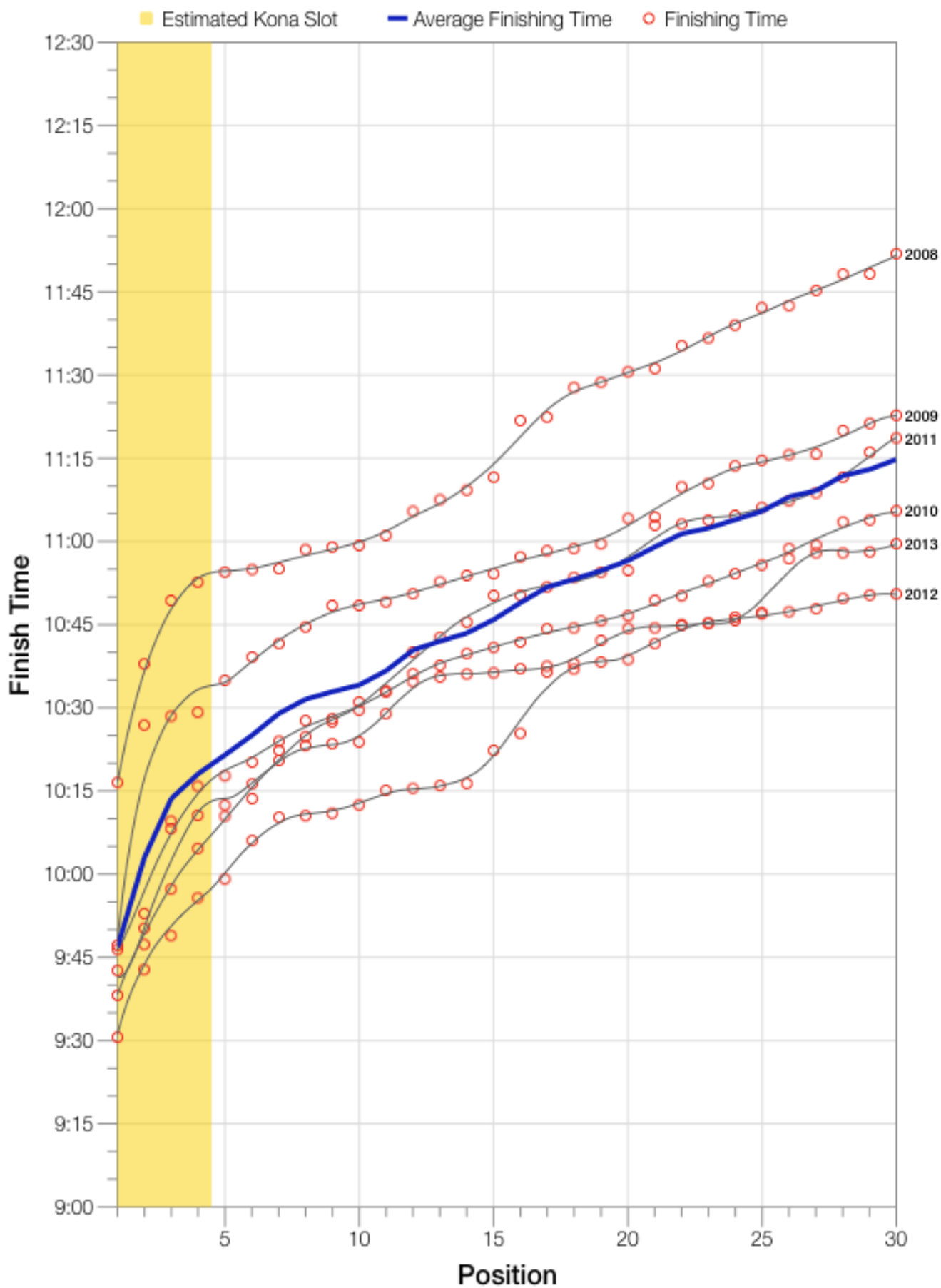




## M45-49 Slowest Splits



# M45-49 Top 30 Finishing Splits



# M45-49 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           | 0:56:01        | 5:28:19        | 2:37:00        | 9:46:53         |
| Average 2nd Age Grouper           | 1:04:09        | 5:27:40        | 2:47:30        | 10:03:01        |
| Average 3rd Age Grouper           | 0:59:54        | 5:36:57        | 2:49:15        | 10:13:37        |
| Average 4th Age Grouper           | 0:59:59        | 5:35:51        | 2:53:40        | 10:18:06        |
| Average 5th Age Grouper           | 1:02:26        | 5:43:44        | 2:48:46        | 10:21:30        |
| Average 6th Age Grouper           | 1:07:04        | 5:41:01        | 2:51:24        | 10:25:01        |
| Average 7th Age Grouper           | 1:04:57        | 5:44:02        | 2:51:39        | 10:28:57        |
| Average 8th Age Grouper           | 1:04:11        | 5:40:24        | 2:57:17        | 10:31:32        |
| Average 9th Age Grouper           | 1:02:53        | 5:41:54        | 3:00:08        | 10:32:54        |
| Average 10th Age Grouper          | 1:09:32        | 5:49:52        | 2:50:03        | 10:34:06        |
| <b>Kona Qualifier Average</b>     | <b>1:00:01</b> | <b>5:32:12</b> | <b>2:46:51</b> | <b>10:05:24</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:03:06</b> | <b>5:38:58</b> | <b>2:50:40</b> | <b>10:19:34</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                   | 0:53:17        | 5:27:22        | 3:12:28        | 9:42:35         |
| 2nd Age Grouper                   | 0:58:36        | 5:22:21        | 3:13:42        | 9:42:48         |
| 3rd Age Grouper                   | 0:54:02        | 5:17:12        | 3:46:12        | 10:08:12        |
| 4th Age Grouper                   | 1:05:08        | 5:43:20        | 3:11:50        | 10:10:38        |
| 5th Age Grouper                   | 1:07:52        | 5:40:45        | 3:15:39        | 10:12:28        |
| 6th Age Grouper                   | 1:13:19        | 5:43:09        | 3:09:15        | 10:16:14        |
| 7th Age Grouper                   | 1:08:16        | 5:35:26        | 3:26:33        | 10:20:34        |
| 8th Age Grouper                   | 1:05:58        | 5:52:10        | 3:15:08        | 10:23:08        |
| 9th Age Grouper                   | 0:58:09        | 5:39:49        | 3:36:59        | 10:23:34        |
| 10th Age Grouper                  | 1:08:25        | 5:46:41        | 3:19:18        | 10:23:48        |
| <b>Kona Qualifier Average</b>     | <b>0:57:45</b> | <b>5:27:33</b> | <b>3:21:03</b> | <b>9:56:03</b>  |
| <b>Top 10 Age Grouper Average</b> | <b>1:03:18</b> | <b>5:36:49</b> | <b>3:20:42</b> | <b>10:10:23</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                   | 0:54:21        | 5:25:42        | 3:02:41        | 9:30:34        |
| 2nd Age Grouper                   | 1:00:34        | 5:22:19        | 3:16:37        | 9:47:18        |
| 3rd Age Grouper                   | 0:56:48        | 5:26:22        | 3:17:07        | 9:48:51        |
| 4th Age Grouper                   | 0:53:33        | 5:26:45        | 3:25:48        | 9:55:44        |
| 5th Age Grouper                   | 1:04:01        | 5:34:13        | 3:10:42        | 9:59:04        |
| 6th Age Grouper                   | 0:56:43        | 5:37:43        | 3:24:05        | 10:06:01       |
| 7th Age Grouper                   | 1:00:37        | 5:37:31        | 3:19:52        | 10:10:13       |
| 8th Age Grouper                   | 1:02:12        | 5:29:02        | 3:27:38        | 10:10:29       |
| 9th Age Grouper                   | 1:01:31        | 5:27:37        | 3:32:24        | 10:11:00       |
| 10th Age Grouper                  | 1:10:03        | 5:30:01        | 3:24:15        | 10:12:30       |
| <b>Kona Qualifier Average</b>     | <b>0:56:19</b> | <b>5:25:17</b> | <b>3:15:33</b> | <b>9:45:36</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:00:02</b> | <b>5:29:43</b> | <b>3:20:06</b> | <b>9:59:10</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                   | 0:51:12        | 5:25:52        | 3:12:42        | 9:38:10         |
| 2nd Age Grouper                   | 1:04:11        | 5:20:29        | 3:18:18        | 9:50:18         |
| 3rd Age Grouper                   | 0:55:27        | 5:39:02        | 3:13:28        | 9:57:17         |
| 4th Age Grouper                   | 0:57:59        | 5:14:10        | 3:42:33        | 10:04:39        |
| 5th Age Grouper                   | 1:02:51        | 5:48:41        | 3:09:34        | 10:10:28        |
| 6th Age Grouper                   | 1:04:41        | 5:35:54        | 3:24:22        | 10:13:37        |
| 7th Age Grouper                   | 0:53:46        | 5:49:03        | 3:30:34        | 10:22:22        |
| 8th Age Grouper                   | 0:59:23        | 5:37:07        | 3:39:34        | 10:24:49        |
| 9th Age Grouper                   | 1:00:28        | 5:37:35        | 3:40:06        | 10:27:30        |
| 10th Age Grouper                  | 1:05:48        | 5:42:50        | 3:30:22        | 10:31:02        |
| <b>Kona Qualifier Average</b>     | <b>0:57:12</b> | <b>5:24:53</b> | <b>3:21:45</b> | <b>9:52:36</b>  |
| <b>Top 10 Age Grouper Average</b> | <b>0:59:34</b> | <b>5:35:04</b> | <b>3:26:09</b> | <b>10:10:01</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                   | 1:00:49        | 5:30:38        | 3:07:12        | 9:47:09         |
| 2nd Age Grouper                   | 0:53:15        | 5:18:56        | 3:33:10        | 9:52:58         |
| 3rd Age Grouper                   | 1:01:24        | 5:33:14        | 3:26:40        | 10:09:33        |
| 4th Age Grouper                   | 0:58:46        | 5:26:43        | 3:38:29        | 10:15:52        |
| 5th Age Grouper                   | 1:04:55        | 5:24:41        | 3:38:48        | 10:17:42        |
| 6th Age Grouper                   | 0:55:54        | 5:38:12        | 3:34:11        | 10:20:14        |
| 7th Age Grouper                   | 1:09:04        | 5:41:51        | 3:24:41        | 10:23:58        |
| 8th Age Grouper                   | 1:02:35        | 5:32:35        | 3:41:40        | 10:27:40        |
| 9th Age Grouper                   | 0:57:40        | 5:47:12        | 3:31:59        | 10:28:00        |
| 10th Age Grouper                  | 1:18:20        | 5:37:55        | 3:24:14        | 10:29:36        |
| <b>Kona Qualifier Average</b>     | <b>0:58:33</b> | <b>5:27:22</b> | <b>3:26:22</b> | <b>10:01:23</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:02:16</b> | <b>5:33:11</b> | <b>3:30:06</b> | <b>10:15:16</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                   | 0:53:58        | 5:34:32        | 3:07:02        | 9:46:26         |
| 2nd Age Grouper                   | 1:06:37        | 5:46:29        | 3:23:16        | 10:26:56        |
| 3rd Age Grouper                   | 1:05:16        | 6:01:06        | 3:12:07        | 10:28:29        |
| 4th Age Grouper                   | 1:04:27        | 5:51:30        | 3:23:21        | 10:29:10        |
| 5th Age Grouper                   | 0:57:27        | 5:51:26        | 3:37:56        | 10:34:55        |
| 6th Age Grouper                   | 1:12:40        | 5:37:50        | 3:36:34        | 10:39:09        |
| 7th Age Grouper                   | 1:08:22        | 5:53:37        | 3:28:19        | 10:41:37        |
| 8th Age Grouper                   | 1:15:49        | 5:37:57        | 3:39:43        | 10:44:37        |
| 9th Age Grouper                   | 1:09:06        | 5:46:37        | 3:39:25        | 10:48:25        |
| 10th Age Grouper                  | 1:04:51        | 6:10:05        | 3:22:12        | 10:48:26        |
| <b>Kona Qualifier Average</b>     | <b>1:02:34</b> | <b>5:48:24</b> | <b>3:16:26</b> | <b>10:17:45</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:05:51</b> | <b>5:49:06</b> | <b>3:26:59</b> | <b>10:32:49</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                   | 1:02:31        | 5:25:52        |          | 10:16:29        |
| 2nd Age Grouper                   | 1:21:42        | 5:35:30        |          | 10:37:51        |
| 3rd Age Grouper                   | 1:06:30        | 5:44:46        |          | 10:49:22        |
| 4th Age Grouper                   | 1:00:01        | 5:52:42        |          | 10:52:38        |
| 5th Age Grouper                   | 0:57:35        | 6:02:43        |          | 10:54:25        |
| 6th Age Grouper                   | 1:19:09        | 5:53:18        |          | 10:54:55        |
| 7th Age Grouper                   | 1:09:37        | 5:46:45        |          | 10:55:02        |
| 8th Age Grouper                   | 0:59:09        | 5:53:36        |          | 10:58:31        |
| 9th Age Grouper                   | 1:10:24        | 5:52:34        |          | 10:58:57        |
| 10th Age Grouper                  | 1:09:48        | 6:11:40        |          | 10:59:15        |
| <b>Kona Qualifier Average</b>     | <b>1:07:41</b> | <b>5:39:42</b> |          | <b>10:39:05</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:07:38</b> | <b>5:49:56</b> |          | <b>10:49:44</b> |