COACHCOX

Ironman Lanzarote
M50-54 Stats

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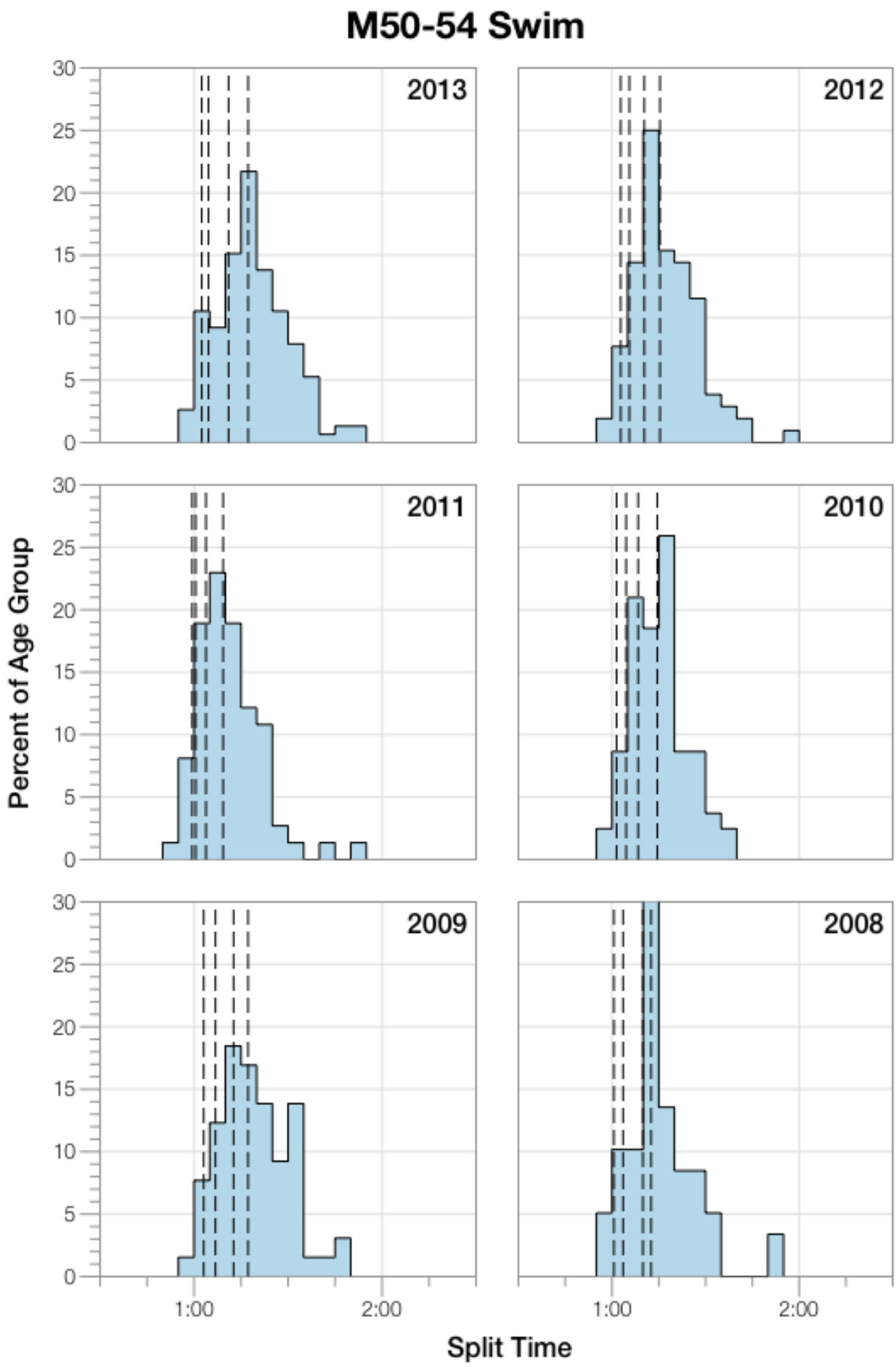
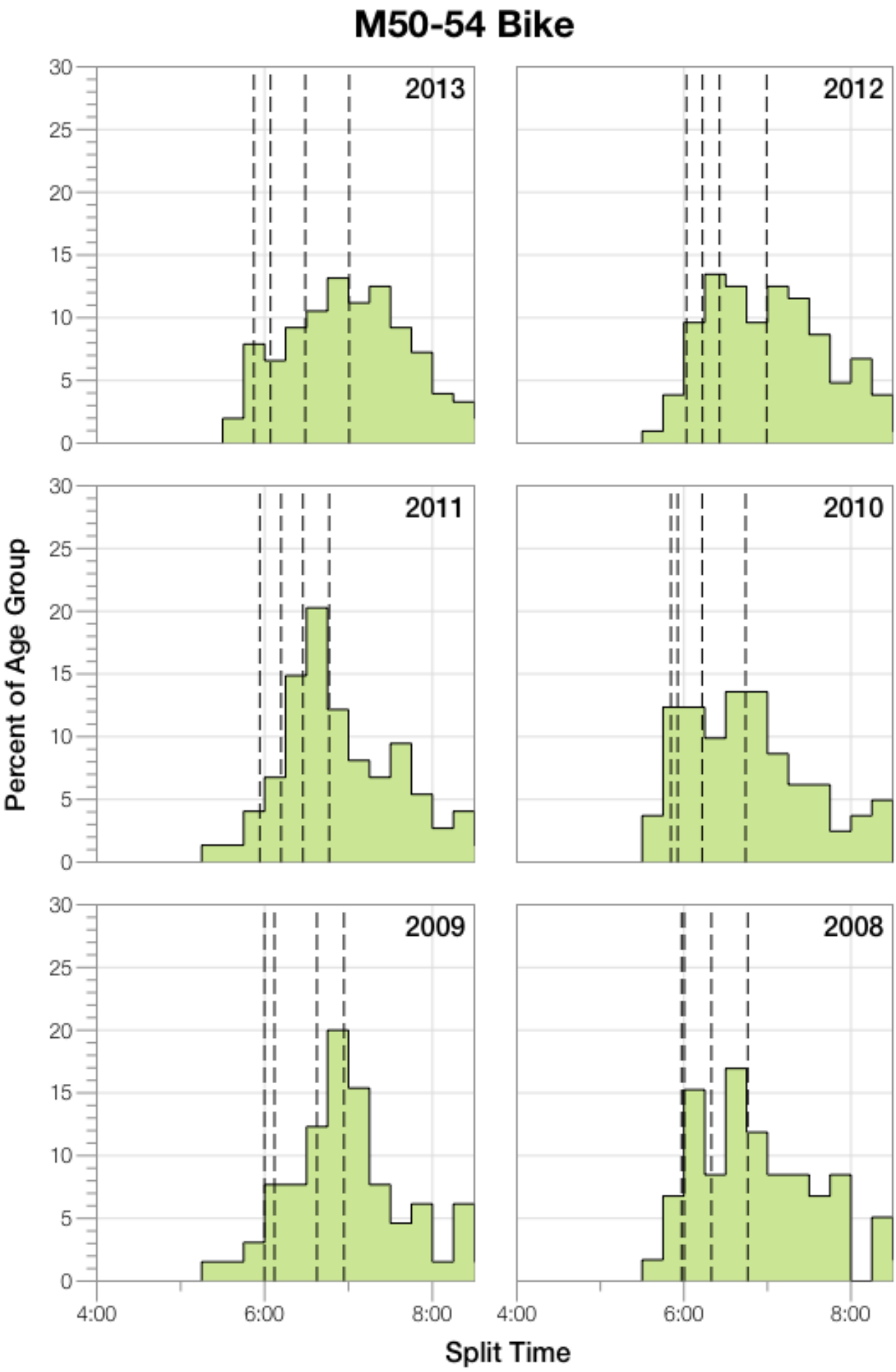
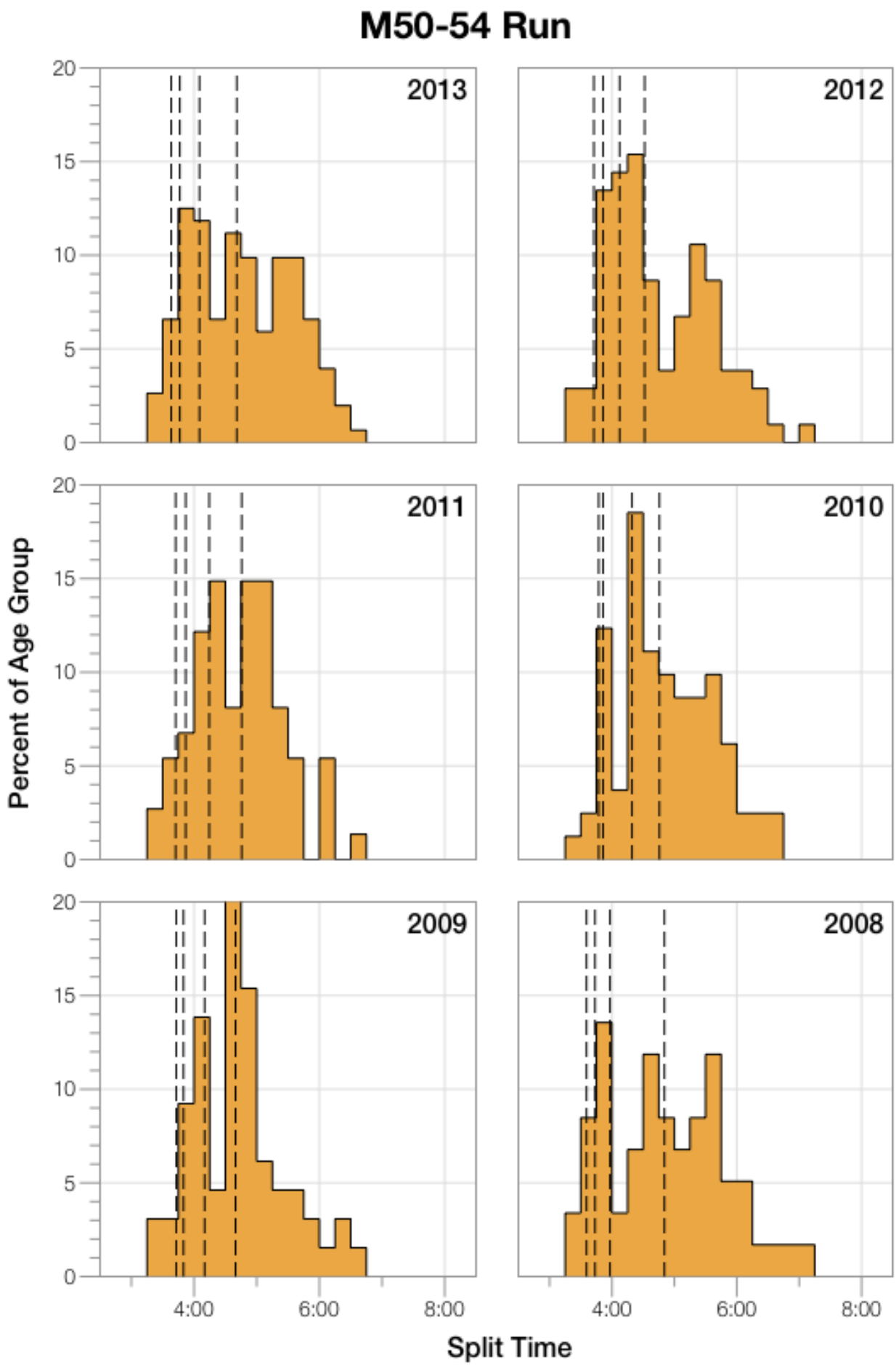
M50-54 Summary Statistics

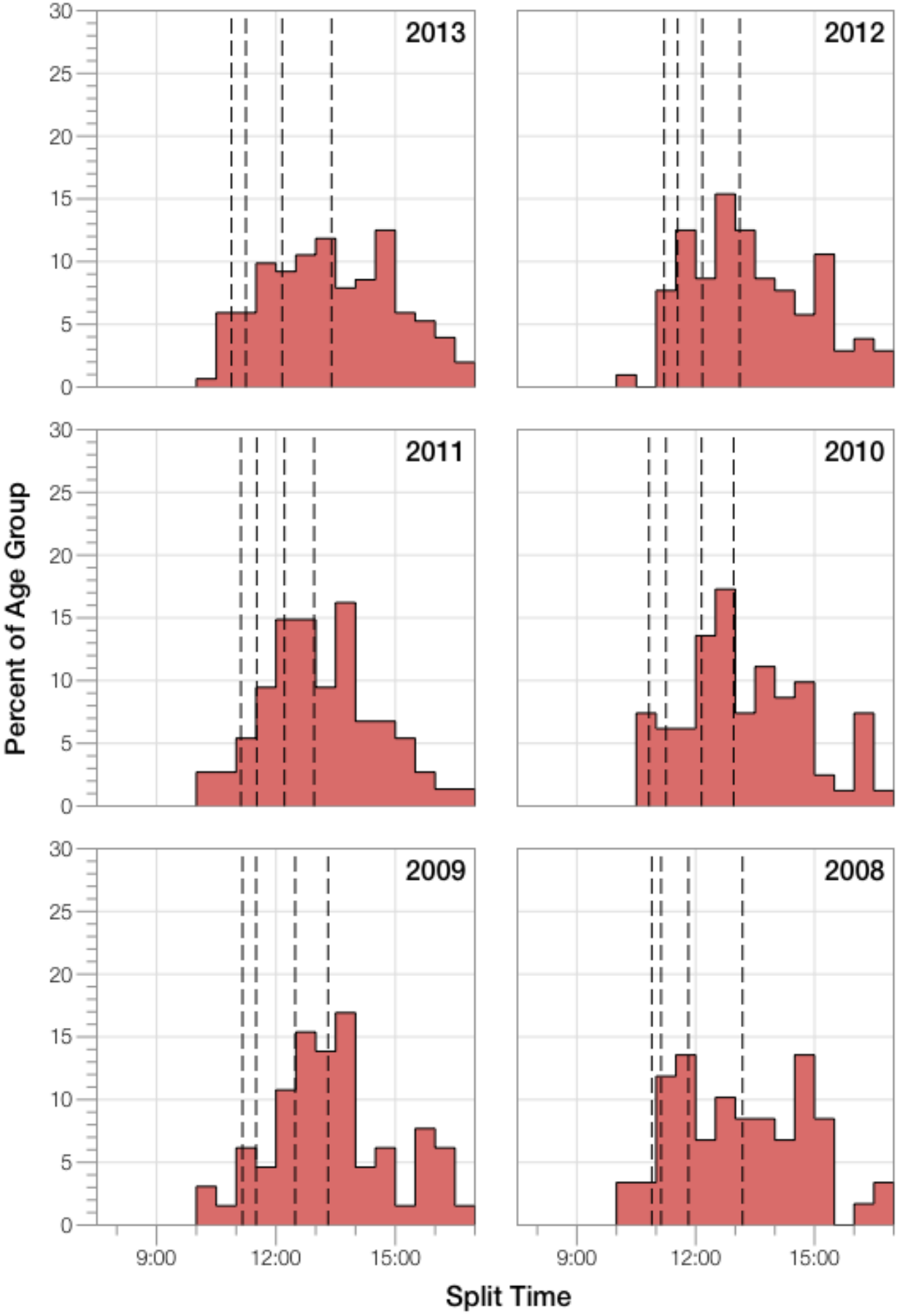
Year	Finishers	M50-54 Finishers	Male Winner's Time	Female Winner's Time	M50-54 Winner's Time
2008	1117	59	8:59:37	10:02:27	10:11:13
2009	1149	65	8:54:03	9:54:57	10:19:46
2010	1287	81	8:37:42	10:03:52	10:34:57
2011	1200	74	8:30:34	9:43:39	10:12:46
2012	1447	104	8:44:39	9:58:06	10:05:08
2013	1646	152	8:42:40	9:37:34	10:20:57
Average	**1308**	**89**	**8:44:52**	**9:53:25**	**10:17:27**

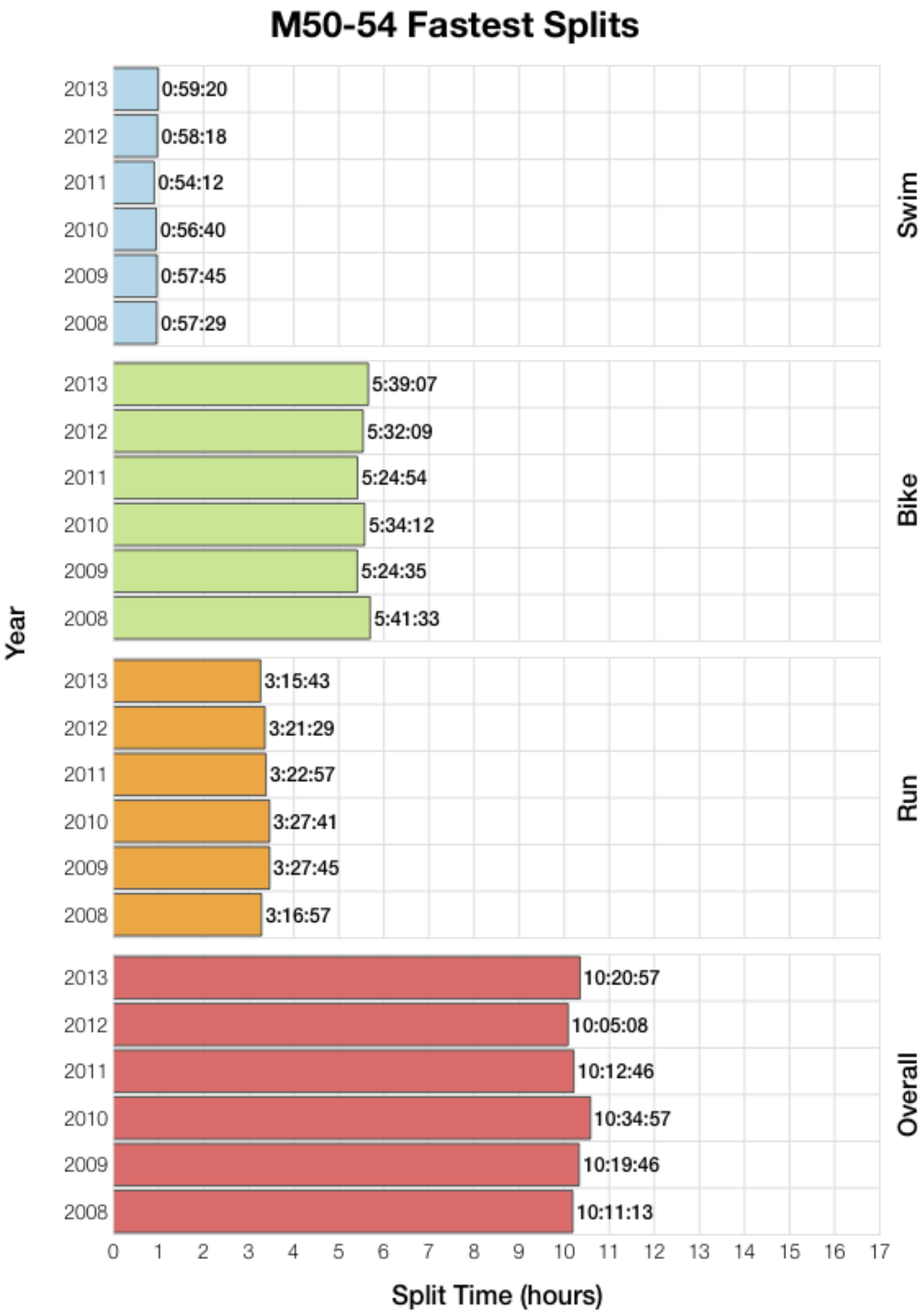

M50-54 Swim
2013
2012
2011
2010
2009
2008
Percent of Age Group
0
5
10
15
20
25
30
1:00
2:00
Split Time

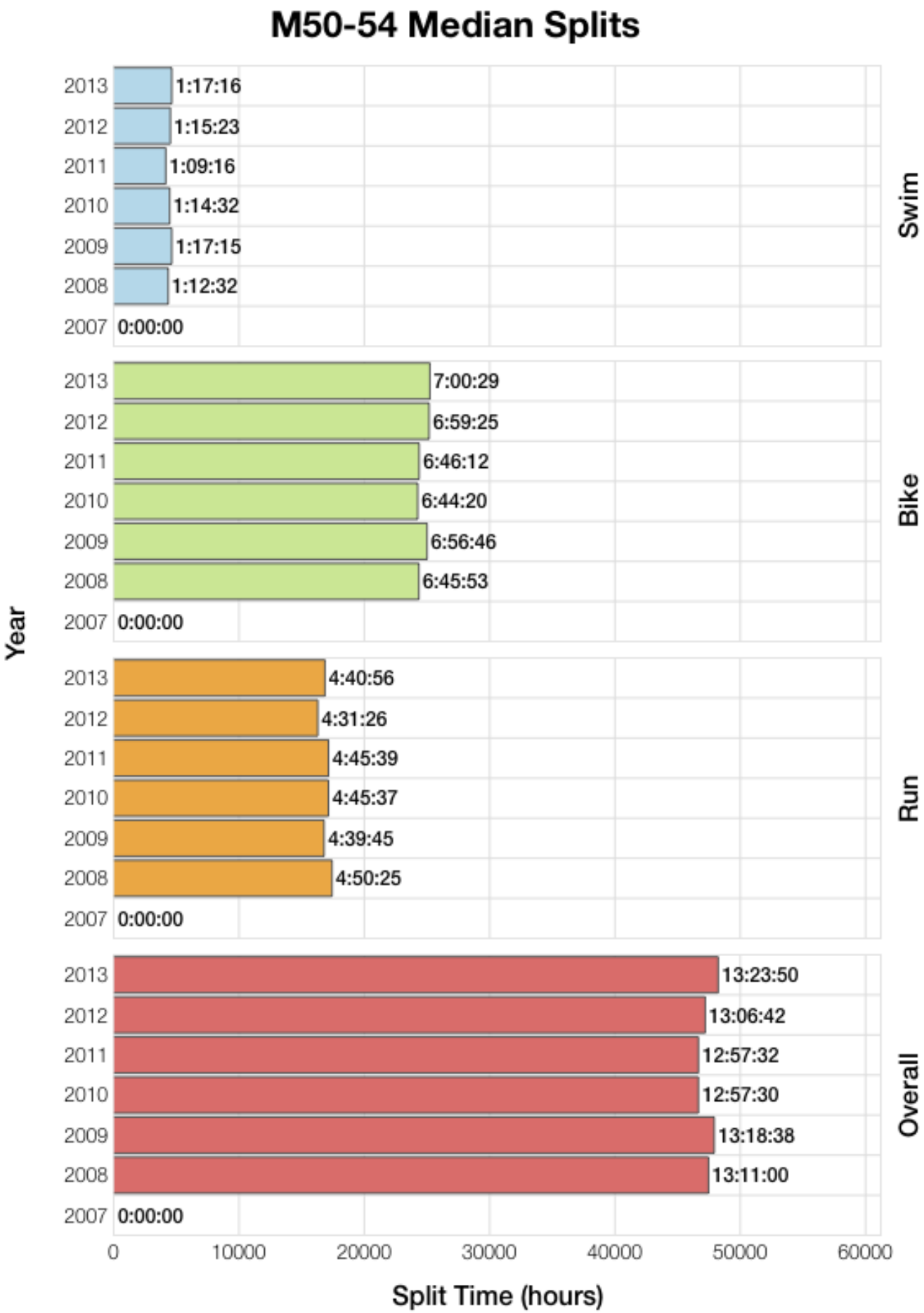

M50-54 Bike
2013
2012
2011
2010
2009
2008
Percent of Age Group
Split Time
0
5
10
15
20
25
30
4:00
6:00
8:00

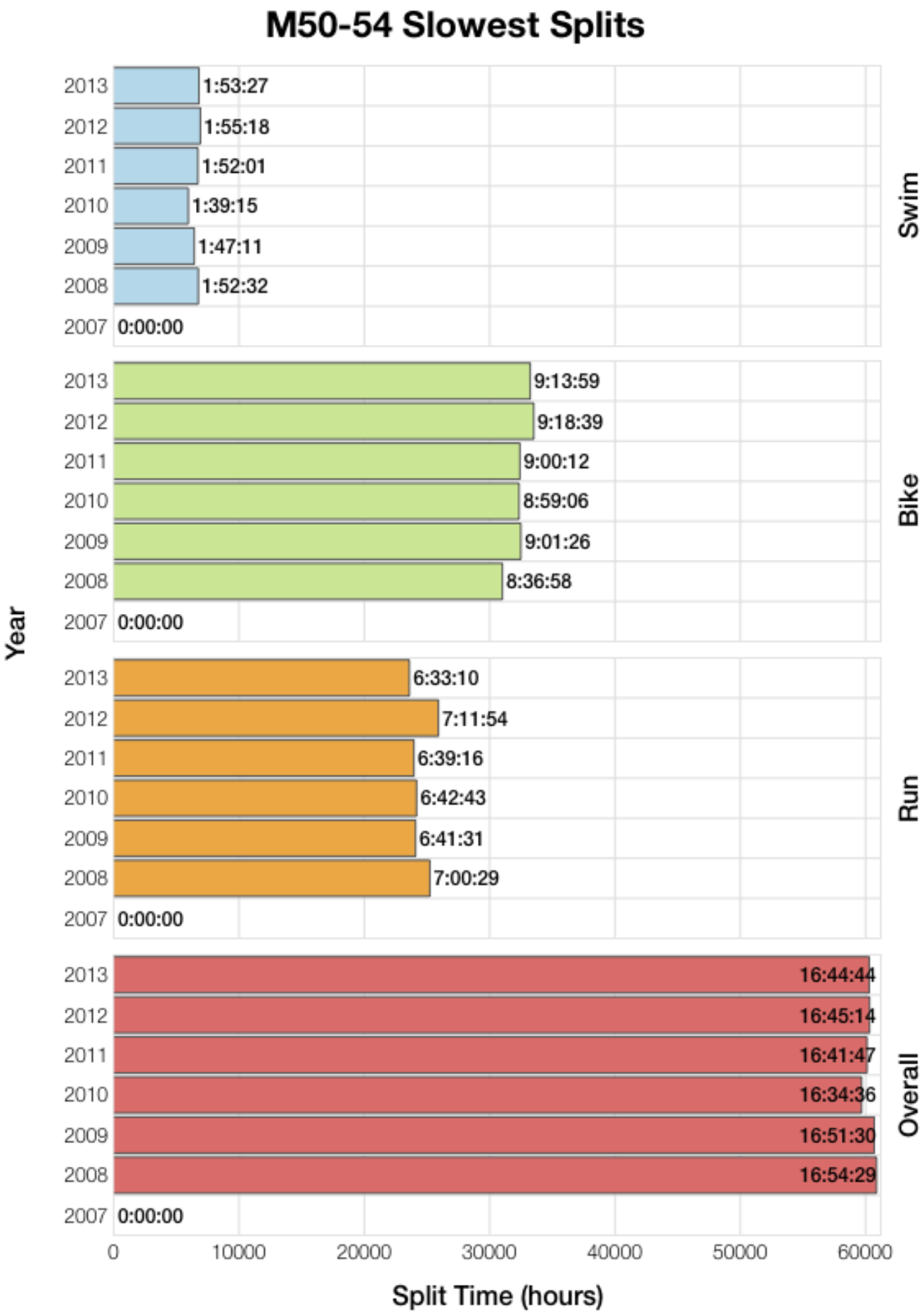

M50-54 Run
2013
2012
2011
2010
2009
2008
Percent of Age Group
0
5
10
15
20
4:00
6:00
8:00
Split Time

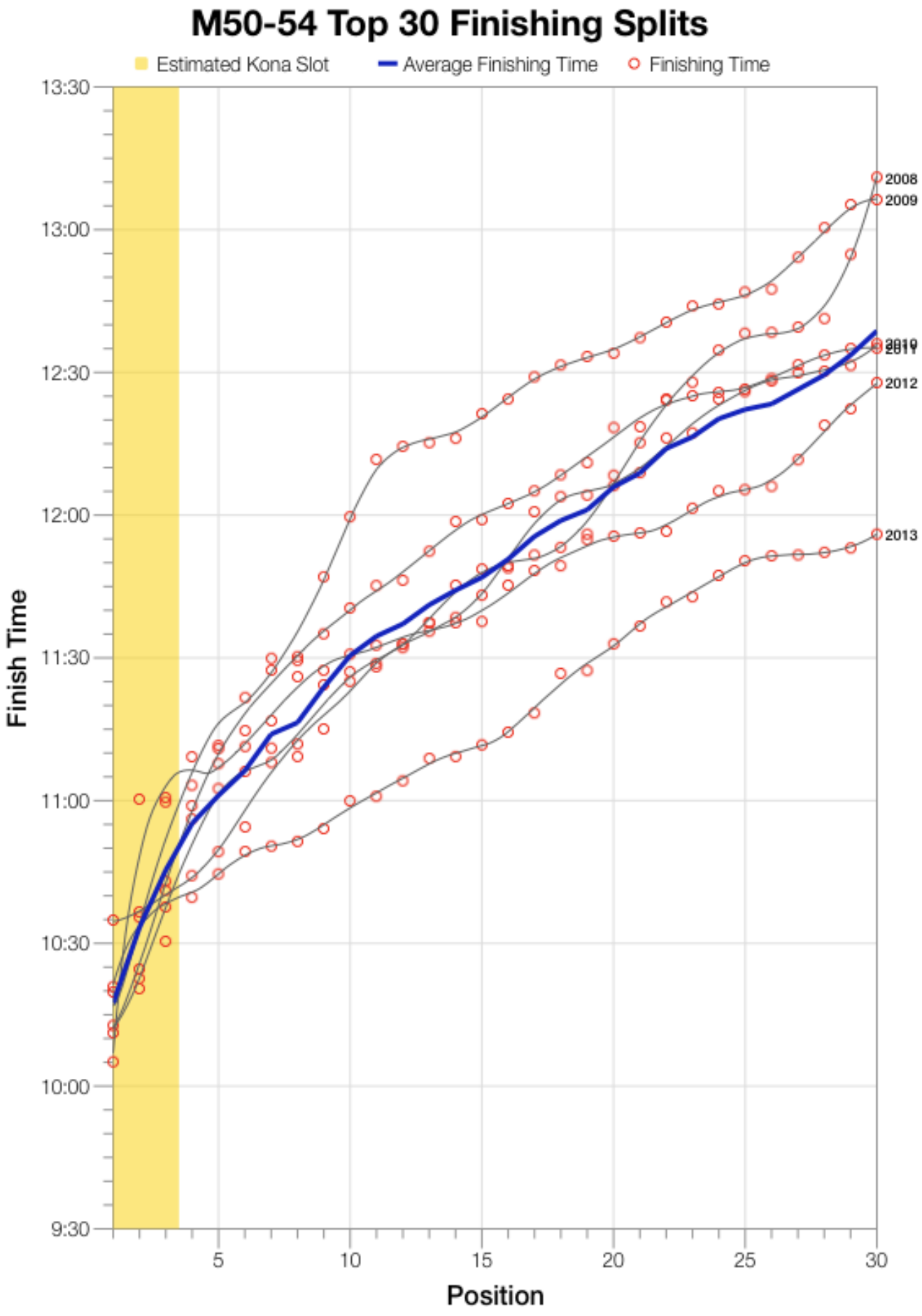
M50-54 Overall




M50-54 Fastest Splits
Year
2013
2012
2011
2010
2009
2008
0:59:20
0:58:18
0:54:12
0:56:40
0:57:45
0:57:29
Swim
5:39:07
5:32:09
5:24:54
5:34:12
5:24:35
5:41:33
Bike
3:15:43
3:21:29
3:22:57
3:27:41
3:27:45
3:16:57
Run
10:20:57
10:05:08
10:12:46
10:34:57
10:19:46
10:11:13
Overall
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
Split Time (hours)


M50-54 Median Splits
Year
2013
2012
2011
2010
2009
2008
2007
1:17:16
1:15:23
1:09:16
1:14:32
1:17:15
1:12:32
0:00:00
Swim
7:00:29
6:59:25
6:46:12
6:44:20
6:56:46
6:45:53
0:00:00
Bike
4:40:56
4:31:26
4:45:39
4:45:37
4:39:45
4:50:25
0:00:00
Run
13:23:50
13:06:42
12:57:32
12:57:30
13:18:38
13:11:00
0:00:00
Overall
0
10000
20000
30000
40000
50000
60000
Split Time (hours)


M50-54 Slowest Splits
Year
2013
2012
2011
2010
2009
2008
2007
1:53:27
1:55:18
1:52:01
1:39:15
1:47:11
1:52:32
0:00:00
Swim
9:13:59
9:18:39
9:00:12
8:59:06
9:01:26
8:36:58
0:00:00
Bike
6:33:10
7:11:54
6:39:16
6:42:43
6:41:31
7:00:29
0:00:00
Run
16:44:44
16:45:14
16:41:47
16:34:36
16:51:30
16:54:29
0:00:00
Overall
0
10000
20000
30000
40000
50000
60000
Split Time (hours)


M50-54 Top 30 Finishing Splits
Estimated Kona Slot
Average Finishing Time
Finishing Time
13:30
13:00
12:30
12:00
11:30
11:00
10:30
10:00
9:30
Finish Time
5
10
15
20
25
30
Position
2008
2009
2012
2013

M50-54 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	**0:59:37**	**5:36:32**	**2:58:49**	**10:17:27**
Average 2nd Age Grouper	**1:03:58**	**5:43:10**	**3:00:43**	**10:33:20**
Average 3rd Age Grouper	**1:09:45**	**5:52:48**	**2:59:17**	**10:45:25**
Average 4th Age Grouper	1:06:35	5:53:40	3:09:03	10:55:14
Average 5th Age Grouper	1:12:02	6:02:49	2:57:54	11:01:05
Average 6th Age Grouper	1:03:18	6:04:56	3:08:56	11:06:18
Average 7th Age Grouper	1:09:17	5:58:50	3:15:10	11:13:58
Average 8th Age Grouper	1:08:10	6:05:44	3:12:31	11:16:23
Average 9th Age Grouper	1:08:40	6:06:35	3:18:30	11:23:50
Average 10th Age Grouper	1:13:24	6:08:28	3:17:00	11:30:30
Kona Qualifier Average	**1:04:27**	**5:44:10**	**2:59:37**	**10:32:04**
Top 10 Age Grouper Average	**1:07:29**	**5:57:21**	**3:07:47**	**11:00:21**

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	**1:05:36**	**5:46:31**	**3:20:41**	**10:20:57**
2nd Age Grouper	**1:03:09**	**5:39:07**	**3:44:58**	**10:36:33**
3rd Age Grouper	**1:11:40**	**5:52:49**	**3:23:27**	**10:37:38**
4th Age Grouper	1:00:01	5:43:13	3:47:39	10:39:38
5th Age Grouper	1:10:58	5:45:37	3:36:19	10:44:39
6th Age Grouper	1:02:37	5:58:52	3:37:03	10:49:20
7th Age Grouper	0:59:25	5:50:39	3:48:03	10:50:28
8th Age Grouper	1:02:25	5:56:02	3:43:36	10:51:27
9th Age Grouper	0:59:59	5:51:45	3:52:39	10:54:08
10th Age Grouper	1:15:37	6:04:16	3:29:30	10:59:59
Kona Qualifier Average	**1:06:48**	**5:46:09**	**3:29:42**	**10:31:42**
Top 10 Age Grouper Average	**1:05:08**	**5:50:53**	**3:38:23**	**10:44:28**

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	**1:00:45**	**5:32:09**	**3:21:29**	**10:05:08**
2nd Age Grouper	**1:07:37**	**5:52:22**	**3:49:38**	**11:00:19**
3rd Age Grouper	**1:17:56**	**6:01:10**	**3:31:06**	**11:00:35**
4th Age Grouper	1:13:12	5:52:34	3:46:12	11:03:12
5th Age Grouper	1:14:32	6:17:02	3:25:06	11:07:43
6th Age Grouper	1:09:11	5:59:57	3:52:22	11:11:24
7th Age Grouper	1:27:30	6:09:42	3:25:37	11:16:50
8th Age Grouper	1:06:54	6:17:09	3:51:43	11:26:02
9th Age Grouper	1:10:22	6:09:31	3:53:35	11:27:21
10th Age Grouper	1:11:25	6:13:09	3:57:11	11:30:43
Kona Qualifier Average	**1:08:46**	**5:48:33**	**3:34:04**	**10:42:00**
Top 10 Age Grouper Average	**1:11:56**	**6:02:28**	**3:41:23**	**11:06:55**

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	**0:55:23**	**5:24:54**	**3:41:09**	**10:12:46**
2nd Age Grouper	**0:55:36**	**5:52:33**	**3:22:57**	**10:22:40**
3rd Age Grouper	**1:08:00**	**5:40:30**	**3:44:16**	**10:43:00**
4th Age Grouper	0:59:44	5:54:44	3:55:45	10:58:56
5th Age Grouper	1:20:38	6:13:37	3:25:11	11:11:33
6th Age Grouper	1:04:35	6:12:08	3:47:52	11:14:47
7th Age Grouper	1:03:27	5:57:34	4:16:31	11:27:29
8th Age Grouper	1:02:38	6:11:39	4:00:56	11:29:25
9th Age Grouper	1:03:33	6:15:13	4:03:27	11:35:06
10th Age Grouper	1:04:44	6:23:42	3:59:32	11:40:31
Kona Qualifier Average	**0:59:39**	**5:39:19**	**3:36:07**	**10:26:08**
Top 10 Age Grouper Average	**1:03:49**	**6:00:39**	**3:49:45**	**11:05:37**

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	**0:56:40**	**5:41:21**	**3:47:17**	**10:34:57**
2nd Age Grouper	**1:09:57**	**5:34:12**	**3:39:04**	**10:35:27**
3rd Age Grouper	**1:01:10**	**5:44:47**	**3:47:13**	**10:41:13**
4th Age Grouper	1:01:28	5:45:25	3:46:39	10:44:17
5th Age Grouper	1:13:04	5:53:54	3:27:41	10:49:13
6th Age Grouper	1:08:14	5:55:56	3:39:29	10:54:29
7th Age Grouper	1:15:22	5:50:39	3:50:44	11:11:05
8th Age Grouper	1:07:55	5:58:47	3:52:39	11:11:50
9th Age Grouper	1:10:48	5:51:35	4:00:35	11:15:02
10th Age Grouper	1:04:32	5:55:33	4:14:00	11:25:06
Kona Qualifier Average	**1:02:35**	**5:40:06**	**3:44:31**	**10:37:12**
Top 10 Age Grouper Average	**1:06:55**	**5:49:12**	**3:48:32**	**10:56:15**

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

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	**0:58:23**	**5:49:46**		**10:11:13**
2nd Age Grouper	**1:02:45**	**5:41:33**		**10:24:39**
3rd Age Grouper	**0:59:12**	**5:59:00**		**10:30:23**
4th Age Grouper	1:12:27	6:00:31		10:56:06
5th Age Grouper	1:04:47	6:10:52		11:02:31
6th Age Grouper	0:57:29	6:07:34		11:06:05
7th Age Grouper	1:07:29	5:58:53		11:08:02
8th Age Grouper	1:11:50	6:00:20		11:09:20
9th Age Grouper	1:12:06	6:14:52		11:24:18
10th Age Grouper	1:11:16	6:05:36		11:27:08
Kona Qualifier Average	**1:00:06**	**5:50:06**		**10:22:05**
Top 10 Age Grouper Average	**1:05:46**	**6:00:53**		**10:55:58**