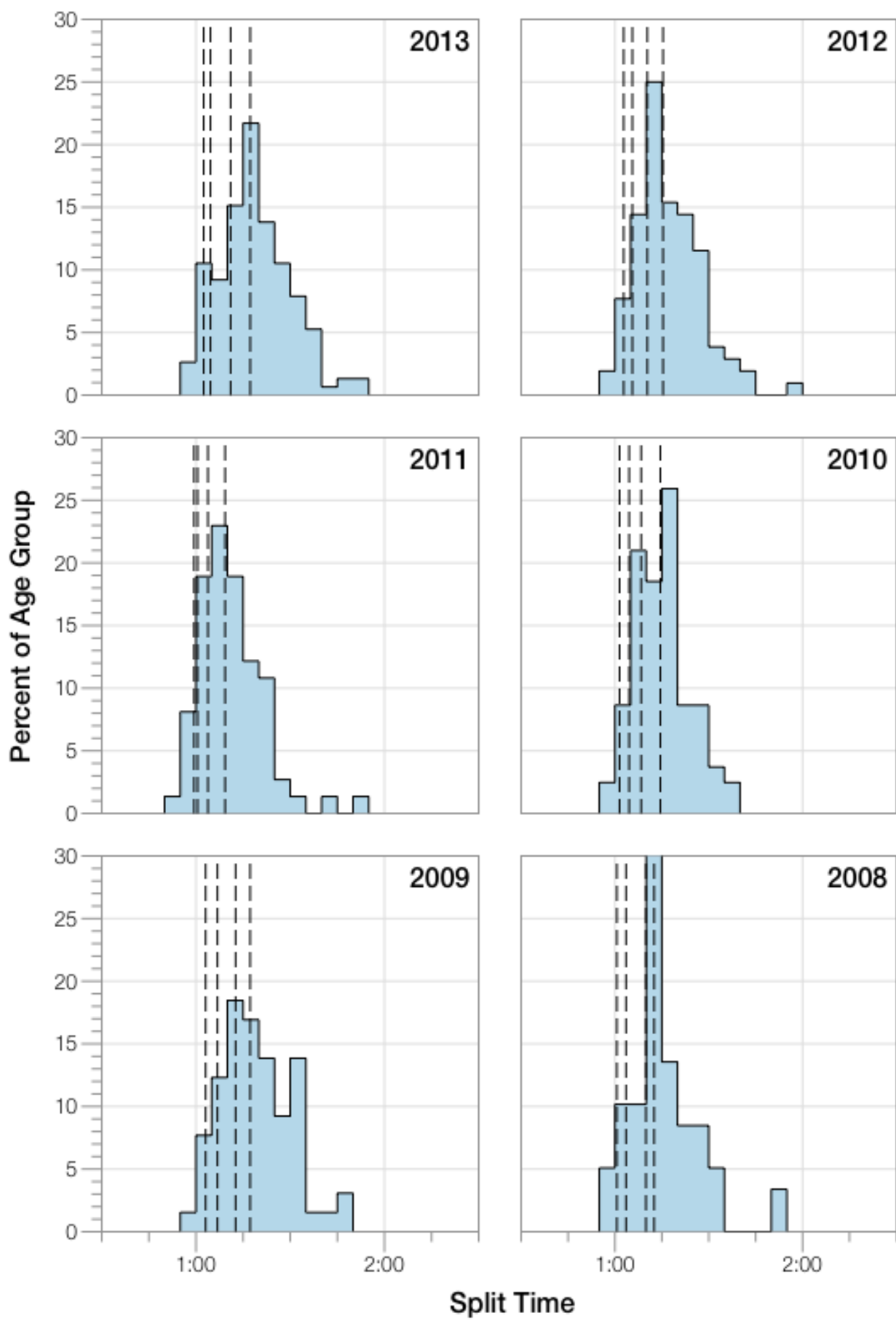


Ironman Lanzarote M55-59 Stats

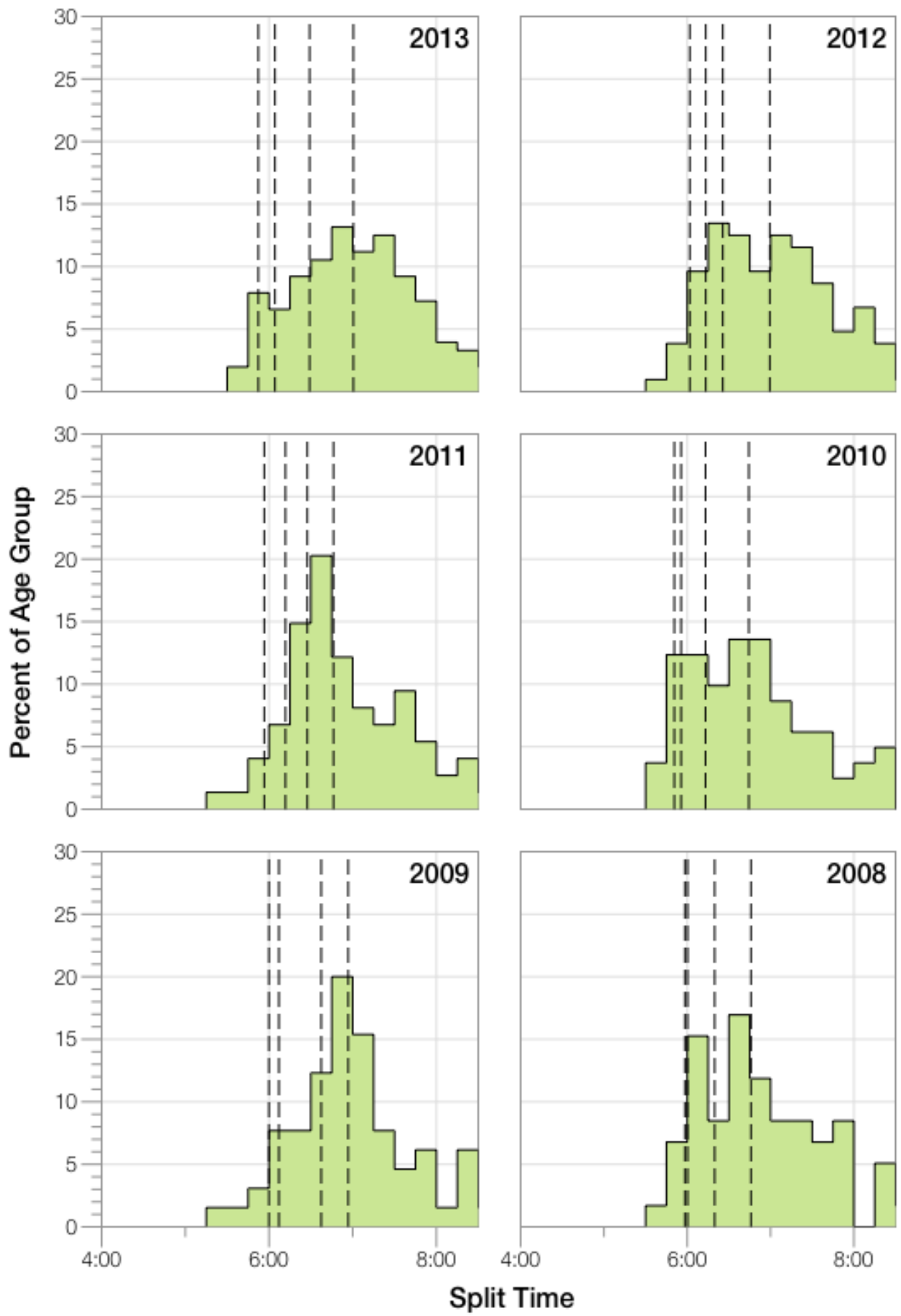
M55-59 Summary Statistics

Year	Finishers	M55-59 Finishers	Male Winner's Time	Female Winner's Time	M55-59 Winner's Time
2008	1117	11	8:59:37	10:02:27	11:11:18
2009	1149	17	8:54:03	9:54:57	10:03:58
2010	1287	25	8:37:42	10:03:52	11:00:58
2011	1200	23	8:30:34	9:43:39	10:59:36
2012	1447	51	8:44:39	9:58:06	11:30:53
2013	1646	60	8:42:40	9:37:34	10:48:04
Average	1308	31	8:44:52	9:53:25	10:55:47

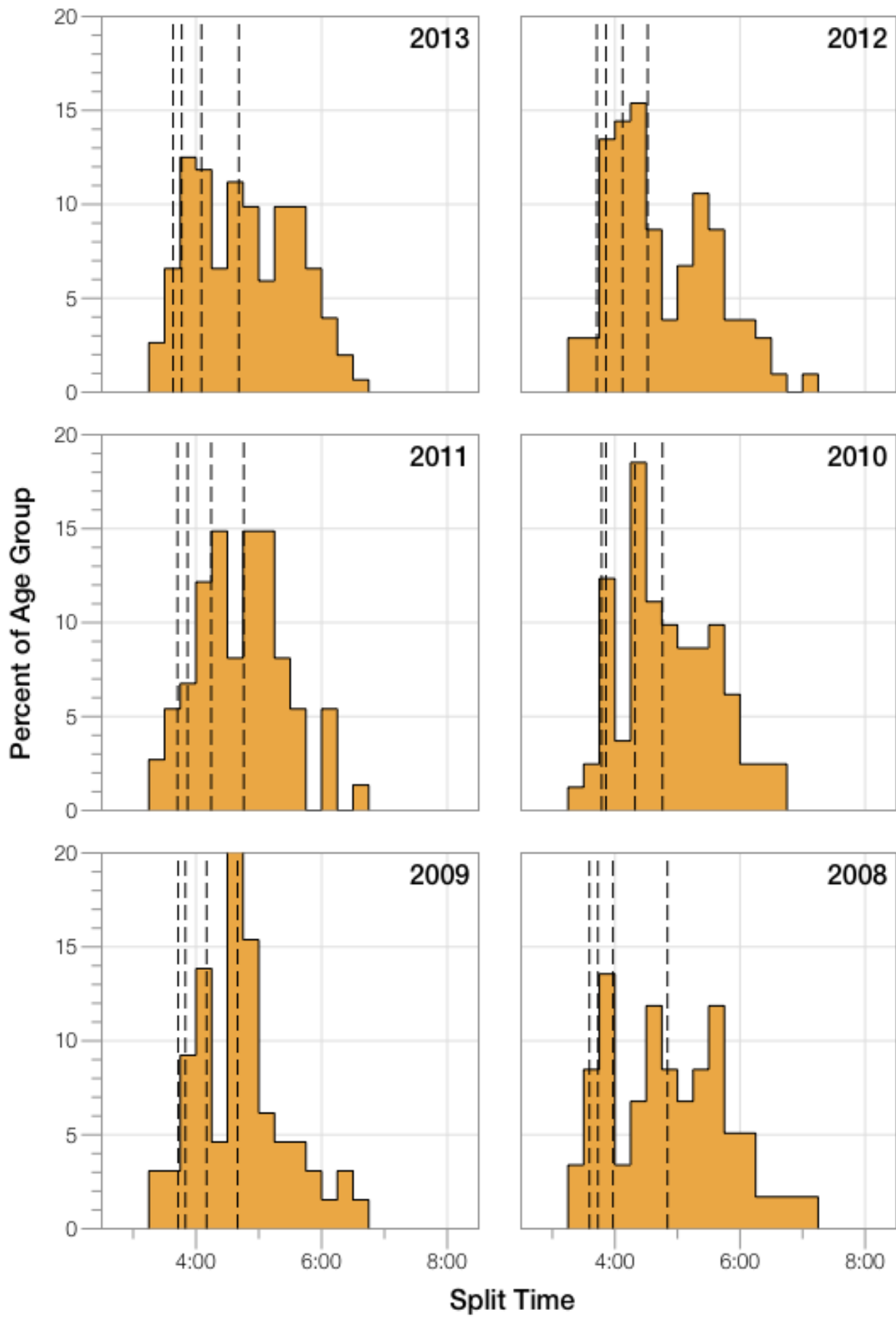
M55-59 Swim



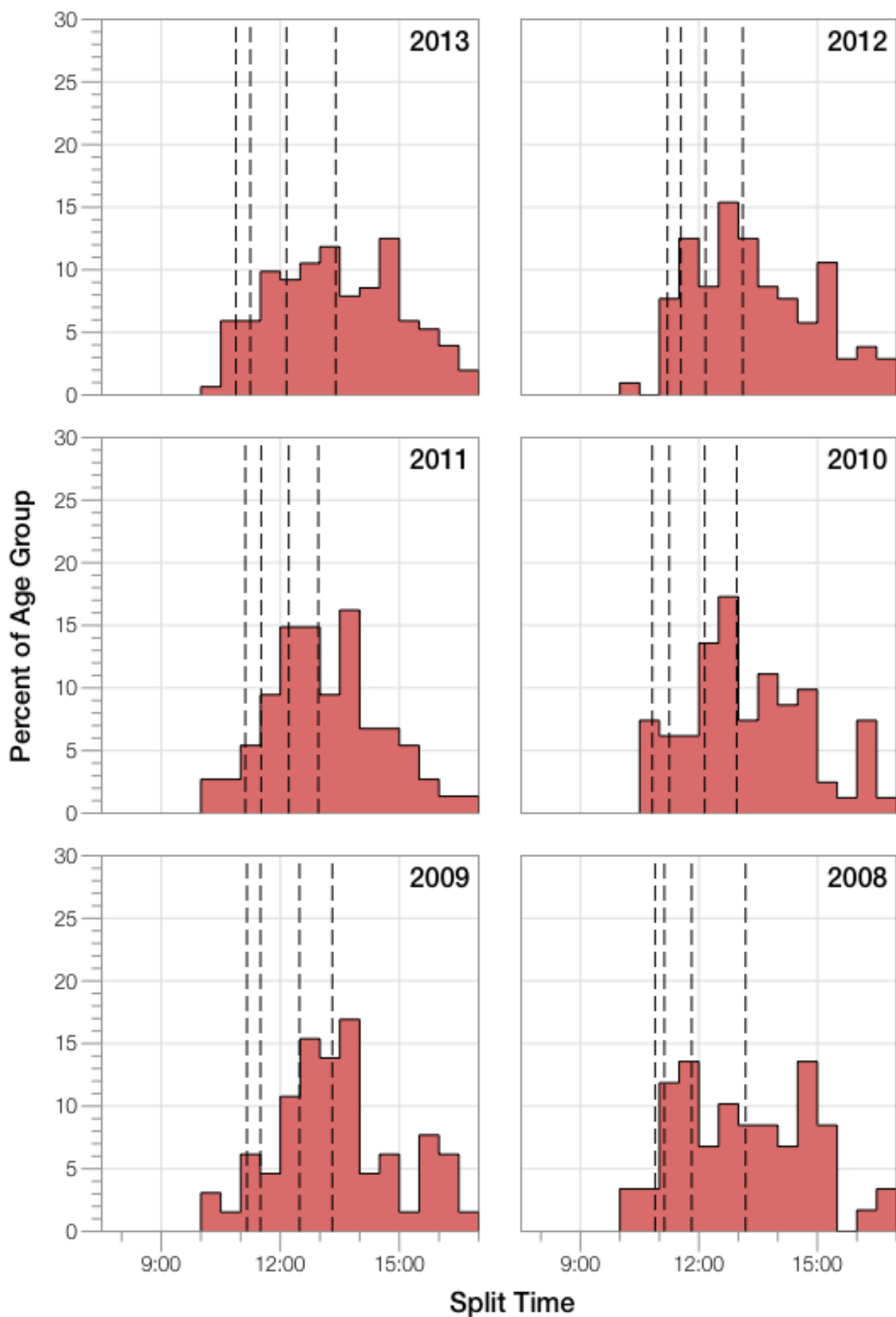
M55-59 Bike



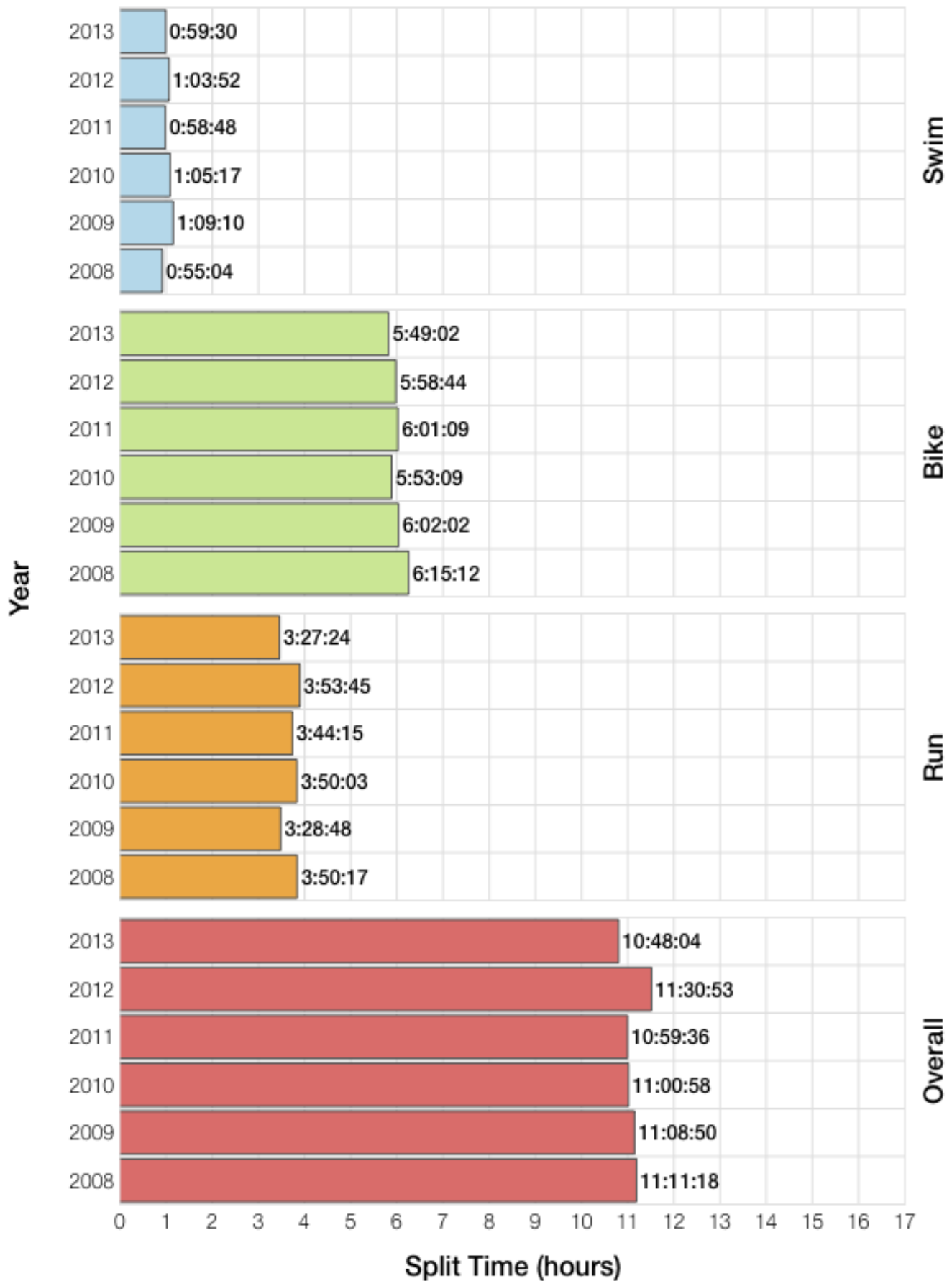
M55-59 Run



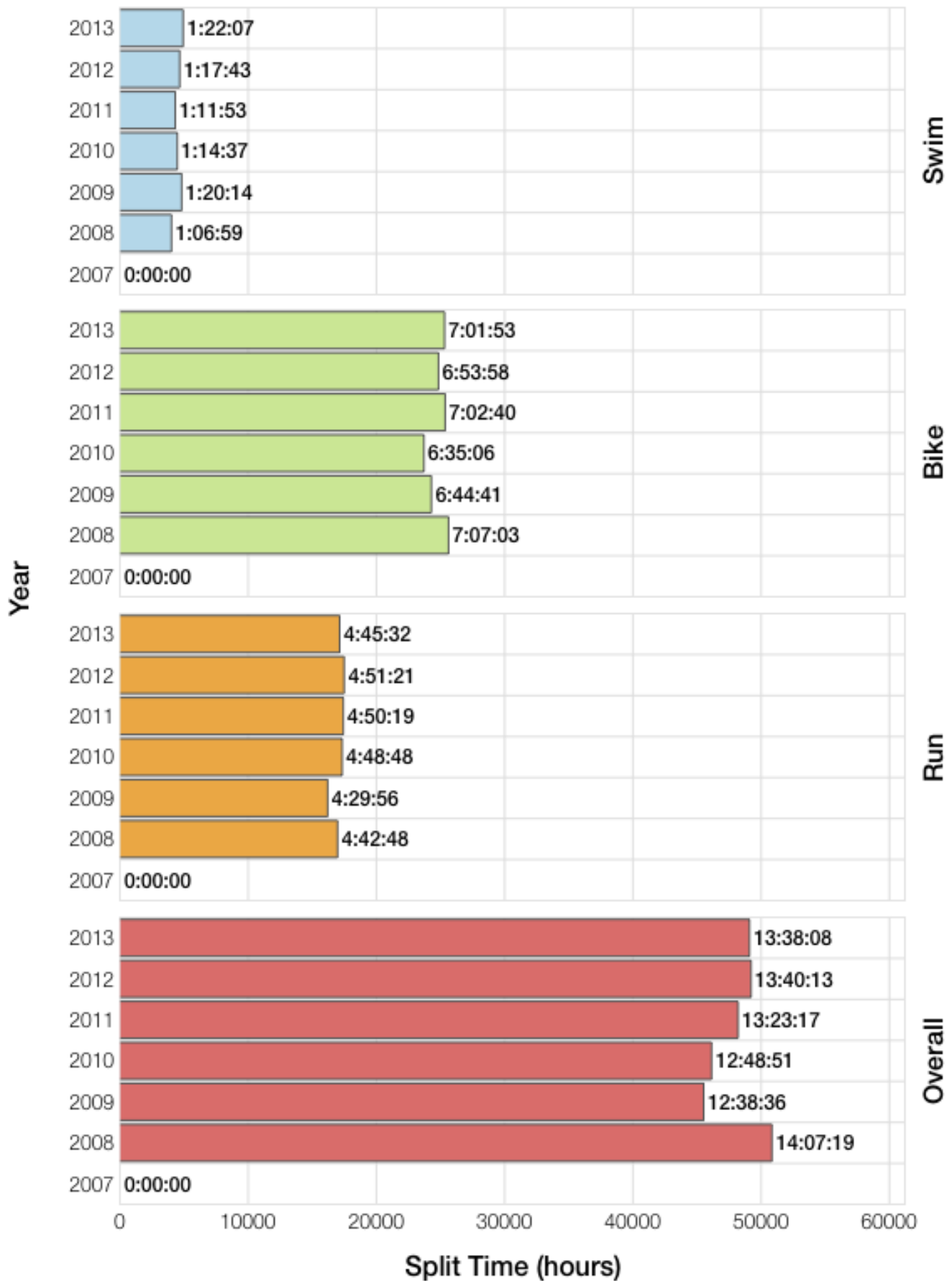
M55-59 Overall



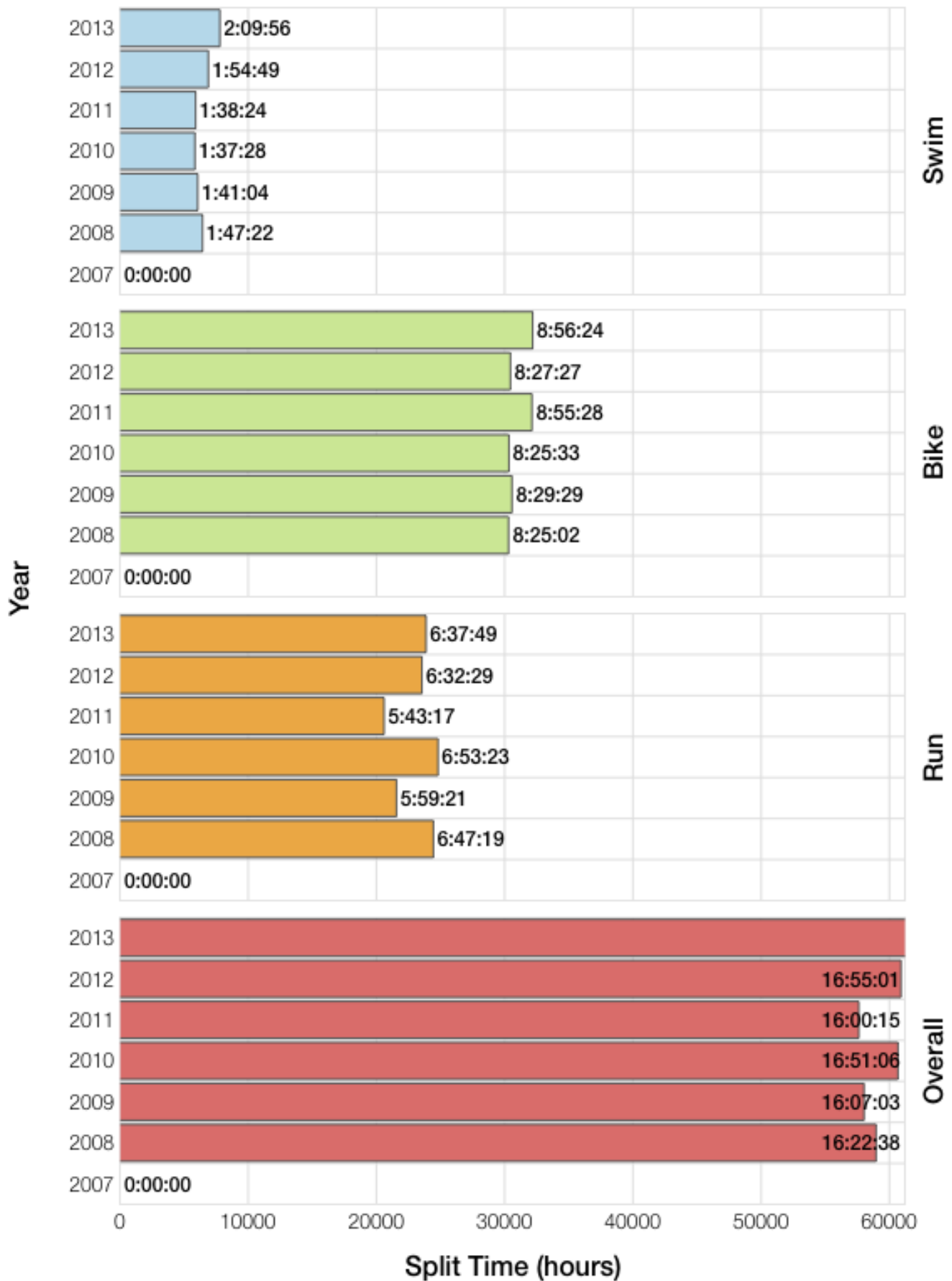
M55-59 Fastest Splits



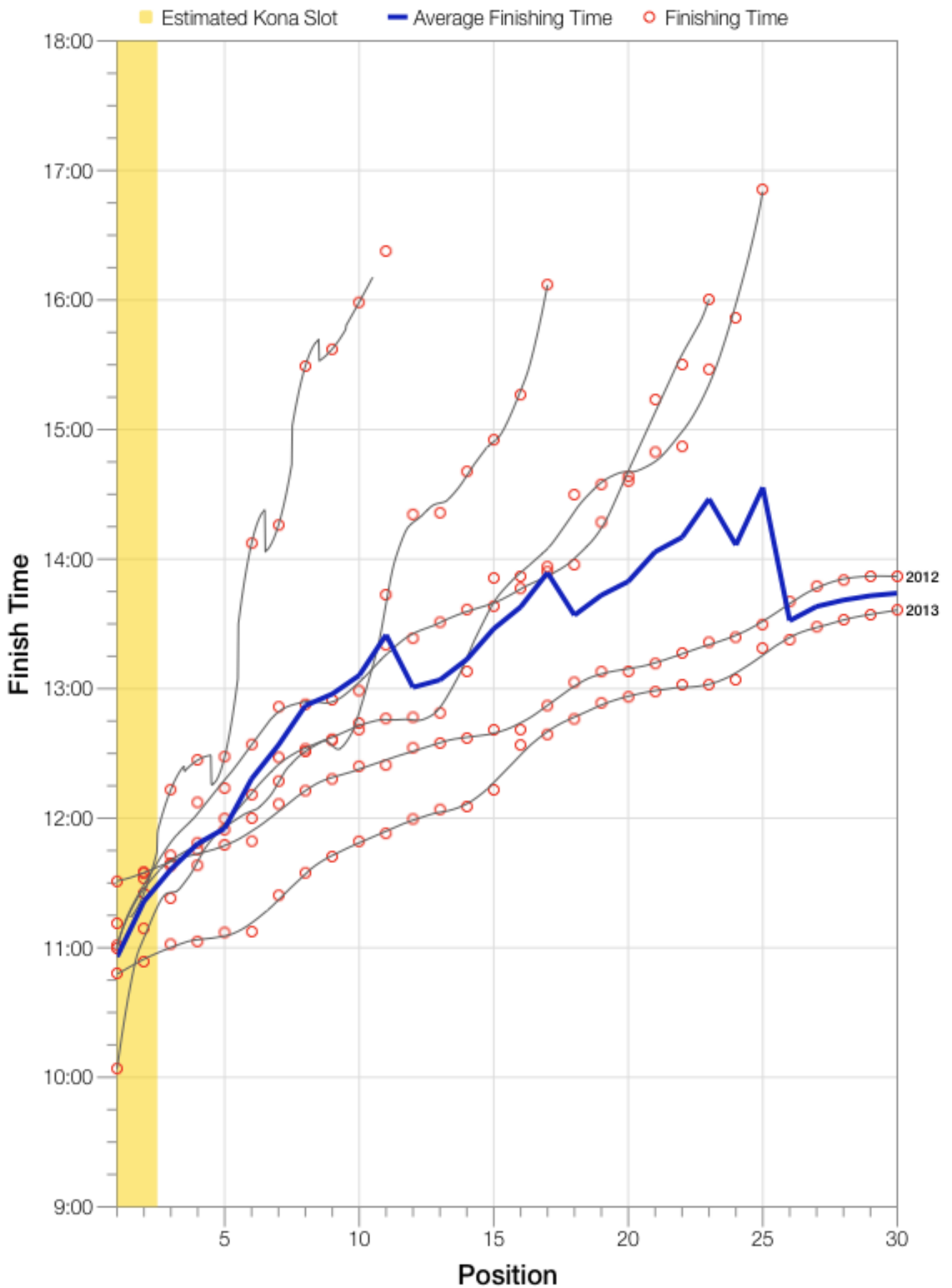
M55-59 Median Splits



M55-59 Slowest Splits



M55-59 Top 30 Finishing Splits



M55-59 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	1:04:38	6:09:42	2:31:20	10:55:47
Average 2nd Age Grouper	1:11:16	6:06:59	3:13:48	11:21:28
Average 3rd Age Grouper	1:10:12	6:13:38	3:14:27	11:36:17
Average 4th Age Grouper	1:11:03	6:14:27	3:25:38	11:48:15
Average 5th Age Grouper	1:14:37	6:27:19	3:20:13	11:55:15
Average 6th Age Grouper	1:13:39	6:37:00	3:27:27	12:18:13
Average 7th Age Grouper	1:14:59	6:25:13	3:40:09	12:33:54
Average 8th Age Grouper	1:21:07	6:39:35	3:34:44	12:52:09
Average 9th Age Grouper	1:15:38	6:42:15	3:43:06	12:57:32
Average 10th Age Grouper	1:12:13	6:42:05	3:48:06	13:06:08
Kona Qualifier Average	1:07:57	6:08:21	2:52:34	11:08:38
Top 10 Age Grouper Average	1:12:56	6:25:49	3:23:54	12:08:30

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	1:09:14	5:49:02	3:39:57	10:48:04
2nd Age Grouper	1:10:34	6:03:53	3:27:24	10:53:26
3rd Age Grouper	1:05:37	6:03:43	3:41:47	11:01:41
4th Age Grouper	1:04:57	6:02:54	3:44:17	11:03:02
5th Age Grouper	1:06:57	6:15:48	3:32:08	11:07:06
6th Age Grouper	1:19:37	5:54:02	3:40:33	11:07:27
7th Age Grouper	1:27:57	5:57:01	3:48:24	11:24:11
8th Age Grouper	1:03:15	6:12:07	4:07:13	11:34:50
9th Age Grouper	0:59:30	6:14:58	4:15:12	11:42:13
10th Age Grouper	1:00:22	6:07:48	4:28:30	11:49:22
Kona Qualifier Average	1:09:54	5:56:27	3:33:40	10:50:45
Top 10 Age Grouper Average	1:08:48	6:04:07	3:50:32	11:15:08

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	1:03:52	6:19:30	3:53:45	11:30:53
2nd Age Grouper	1:25:30	5:58:44	4:00:34	11:34:21
3rd Age Grouper	1:11:41	6:09:45	4:04:36	11:39:08
4th Age Grouper	1:14:40	6:02:47	4:17:52	11:45:31
5th Age Grouper	1:09:40	6:25:06	4:00:13	11:47:34
6th Age Grouper	1:14:00	6:09:59	4:09:48	11:49:27
7th Age Grouper	1:10:55	6:10:20	4:32:32	12:06:34
8th Age Grouper	1:11:17	6:25:55	4:24:31	12:12:47
9th Age Grouper	1:09:11	6:23:48	4:33:14	12:18:08
10th Age Grouper	1:15:32	6:20:44	4:32:02	12:24:10
Kona Qualifier Average	1:14:41	6:09:07	3:57:09	11:32:37
Top 10 Age Grouper Average	1:12:37	6:14:39	4:14:54	11:54:51

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

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	1:07:28	5:53:09	3:50:03	11:00:58
2nd Age Grouper	1:05:29	5:54:55	4:20:39	11:31:59
3rd Age Grouper	1:19:20	5:56:33	4:08:35	11:37:58
4th Age Grouper	1:11:34	5:59:00	4:28:33	11:48:40
5th Age Grouper	1:05:17	6:27:53	4:10:18	11:54:48
6th Age Grouper	1:10:11	6:27:48	4:19:38	12:10:58
7th Age Grouper	1:14:23	6:25:15	4:26:35	12:28:10
8th Age Grouper	1:15:51	6:39:57	4:16:30	12:31:00
9th Age Grouper	1:18:25	6:34:36	4:30:23	12:36:34
10th Age Grouper	1:17:47	6:20:14	4:40:11	12:44:05
Kona Qualifier Average	1:06:28	5:54:02	4:05:21	11:16:28
Top 10 Age Grouper Average	1:12:34	6:15:56	4:19:08	12:02:31

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	1:09:59	6:39:26		10:03:58
2nd Age Grouper	1:09:10	6:02:02	3:44:38	11:08:50
3rd Age Grouper	1:12:28	6:24:58	3:28:48	11:22:58
4th Age Grouper	1:24:37	6:18:55	3:41:06	11:38:06
5th Age Grouper	1:22:27	6:26:57	3:55:28	11:59:43
6th Age Grouper	1:12:03	6:39:08	3:54:50	11:59:52
7th Age Grouper	1:22:43	6:40:59	3:58:03	12:17:20
8th Age Grouper	1:22:09	6:25:34	4:31:58	12:32:03
9th Age Grouper	1:13:58	6:16:47	4:54:43	12:36:04
10th Age Grouper	1:21:29	6:48:23	4:17:37	12:41:08
Kona Qualifier Average	1:09:34	6:20:44	1:52:19	10:36:24
Top 10 Age Grouper Average	1:17:06	6:28:18	3:38:43	11:50:00

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	0:55:04	6:15:12		11:11:18
2nd Age Grouper	1:06:18	6:22:24		11:25:15
3rd Age Grouper	1:06:59	6:26:13		12:13:17
4th Age Grouper	1:03:49	6:35:52		12:26:55
5th Age Grouper	1:11:19	7:07:03		12:28:22
6th Age Grouper	1:27:17	7:45:36		14:07:19
7th Age Grouper	1:02:04	7:04:59		14:15:42
8th Age Grouper	1:47:22	7:07:24		15:29:29
9th Age Grouper	1:35:42	7:27:37		15:37:19
10th Age Grouper	1:06:32	7:54:18		15:58:58
Kona Qualifier Average	1:00:41	6:18:48		11:18:16
Top 10 Age Grouper Average	1:14:14	7:00:39		13:31:23