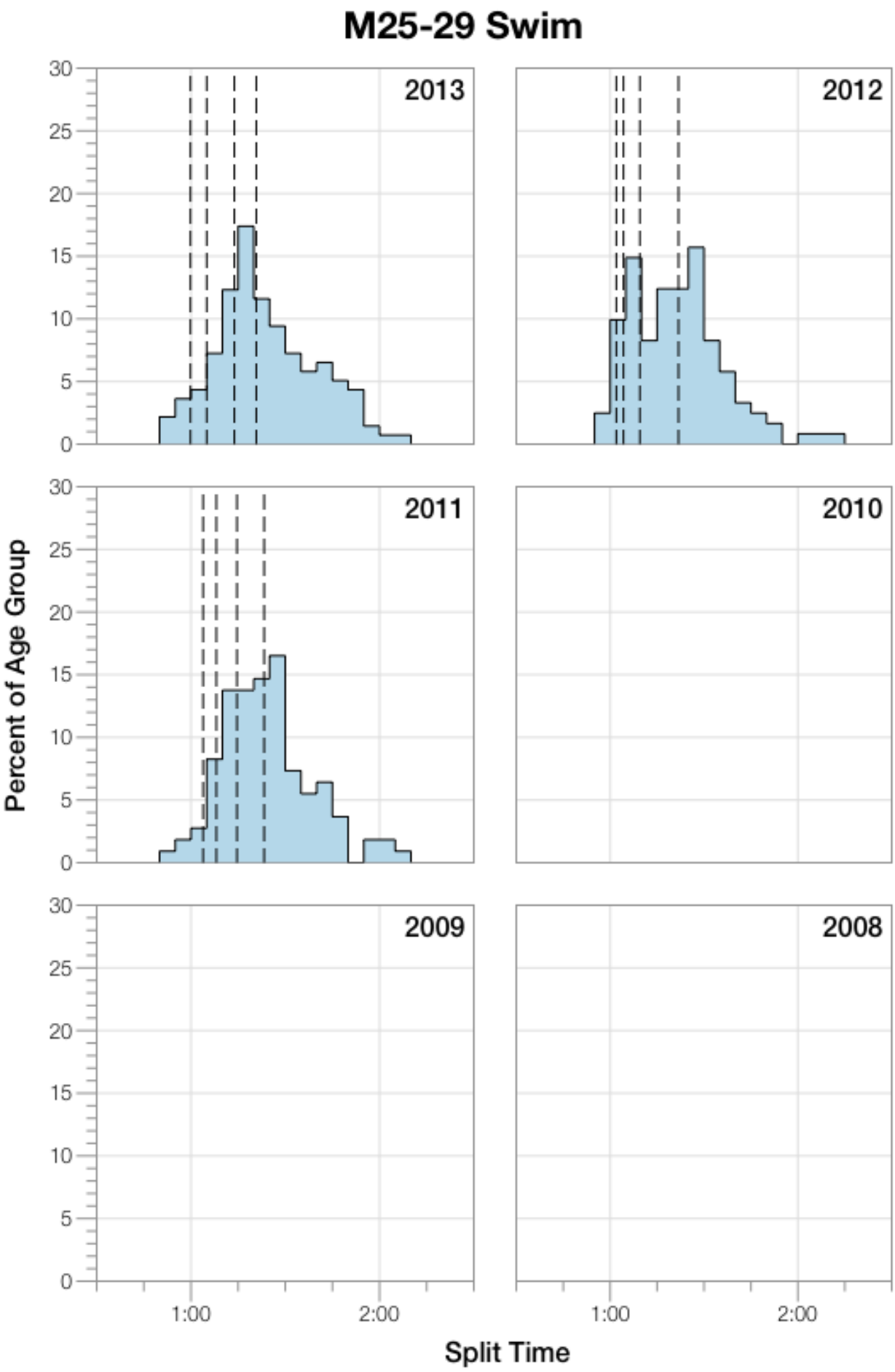
COACHCOX

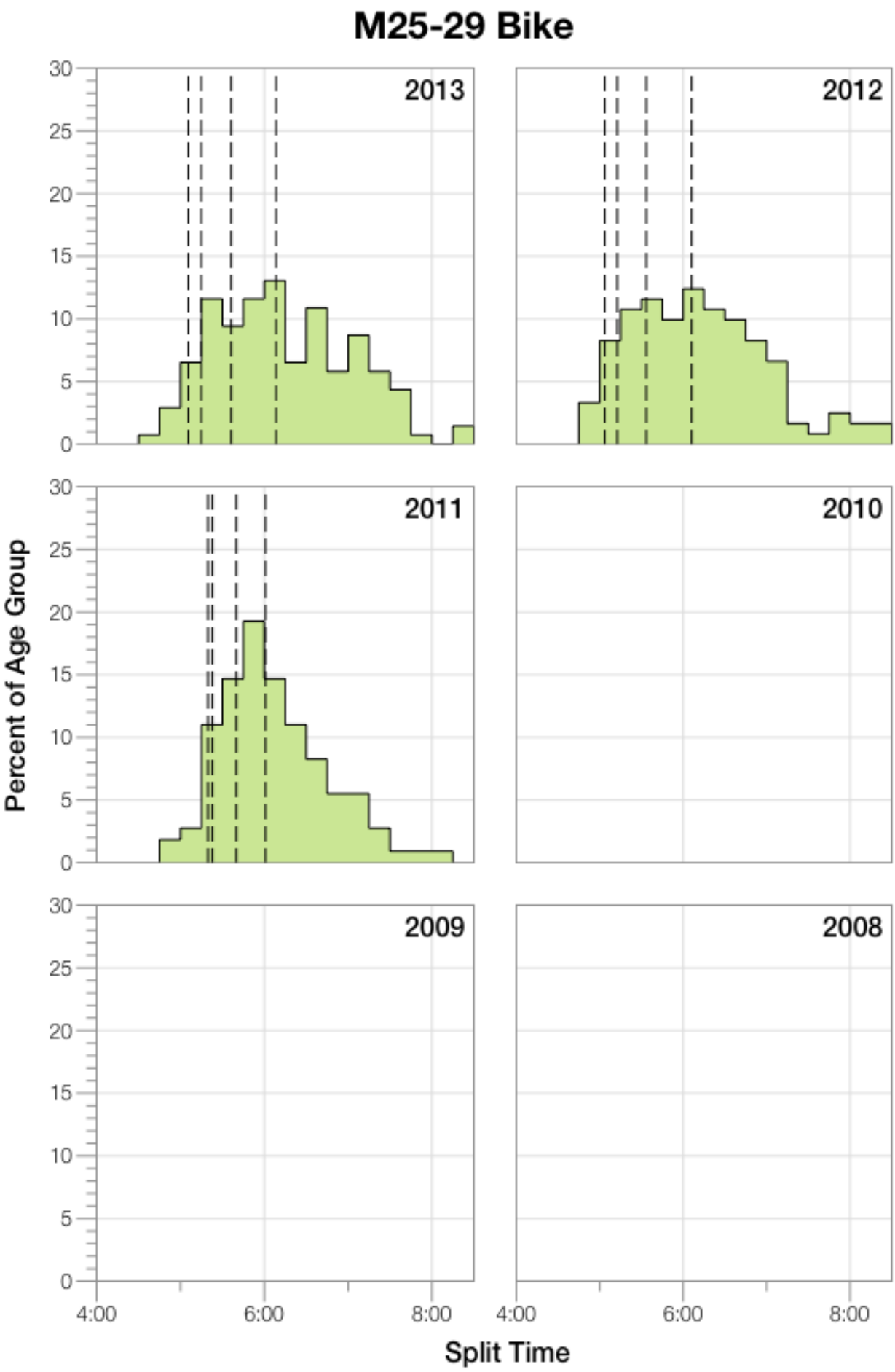
Ironman Texas
M25-29 Stats

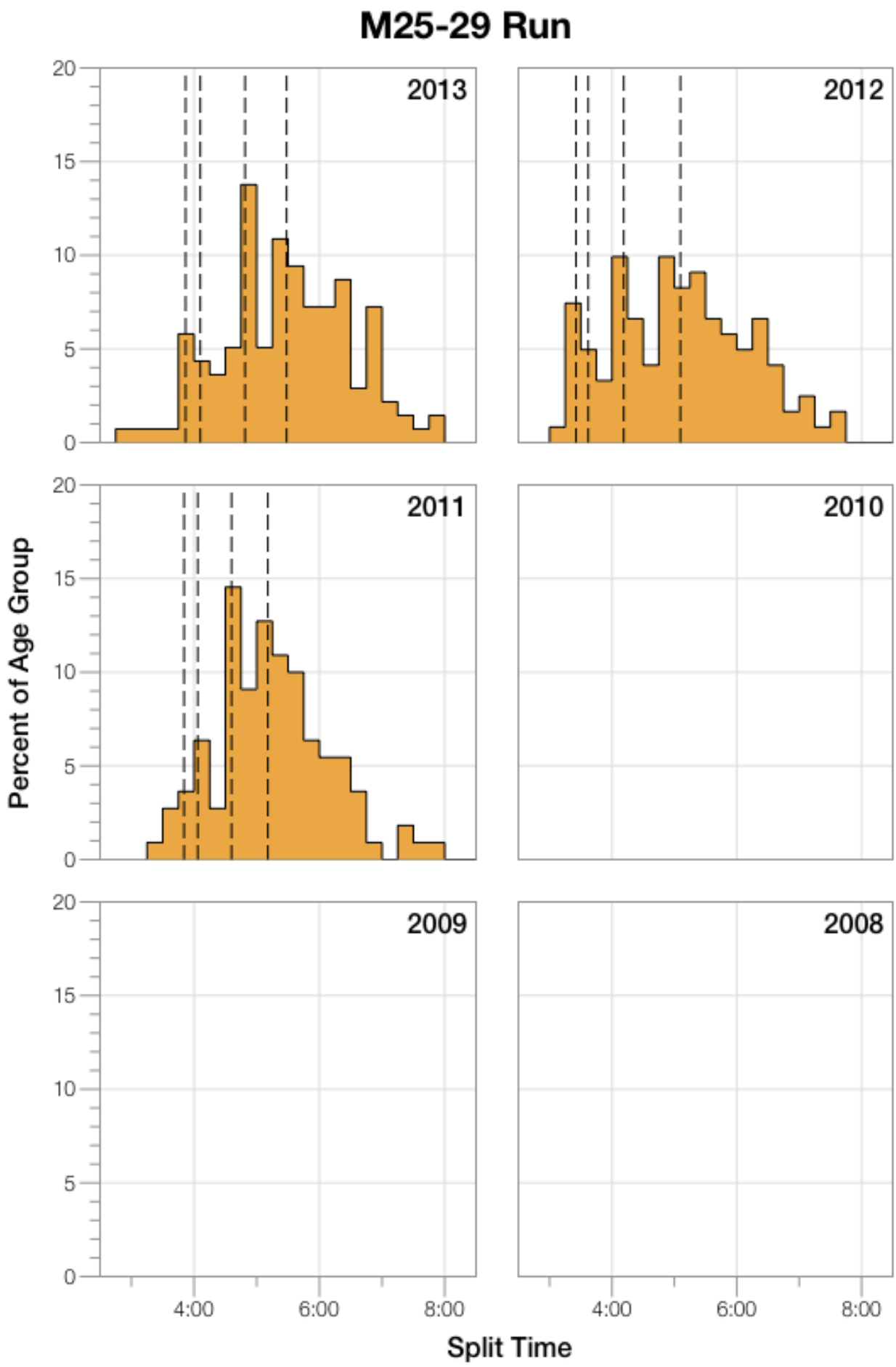
Russell Cox (russell.m.cox@gmail.com)

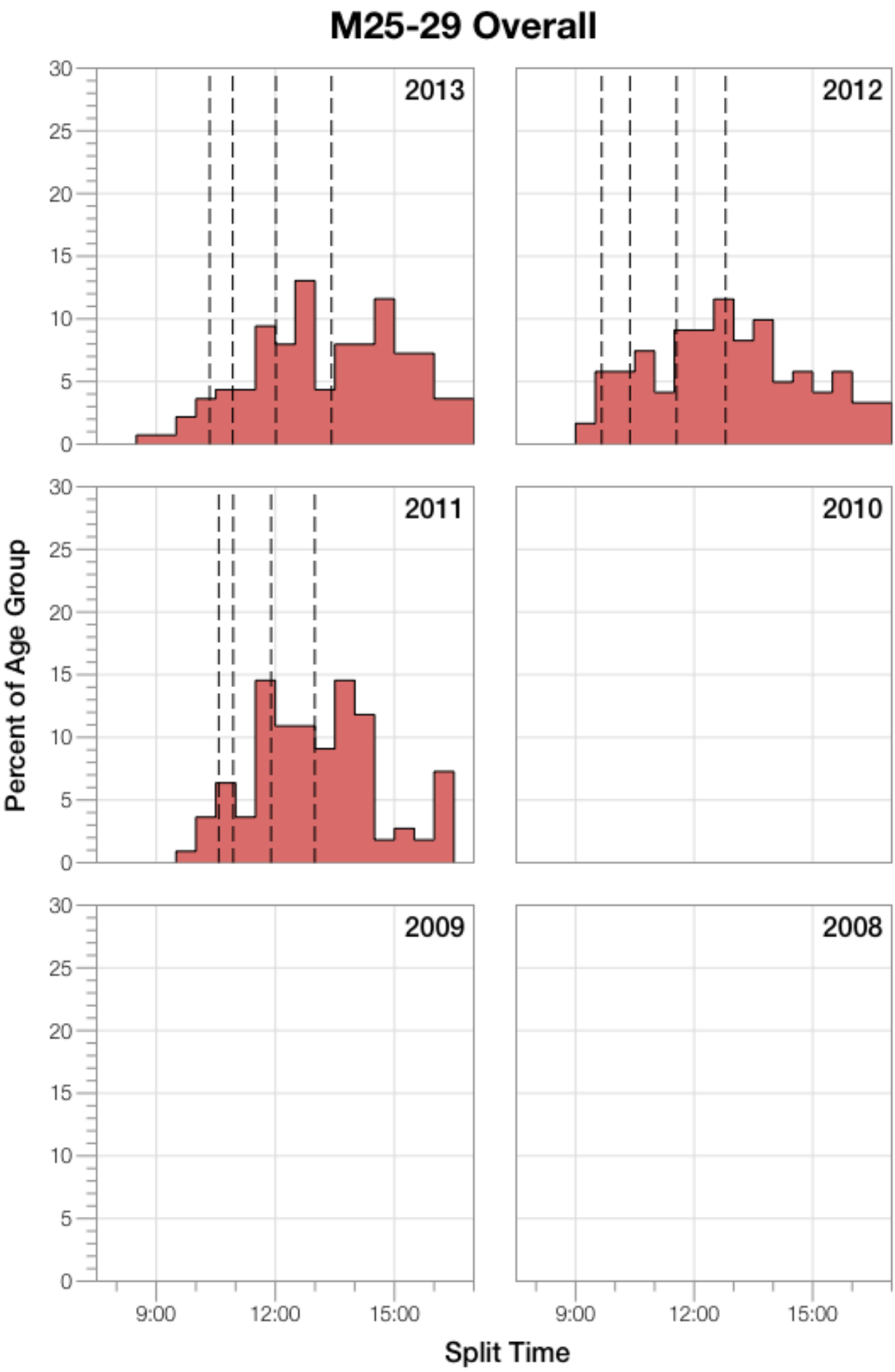
M25-29 Summary Statistics

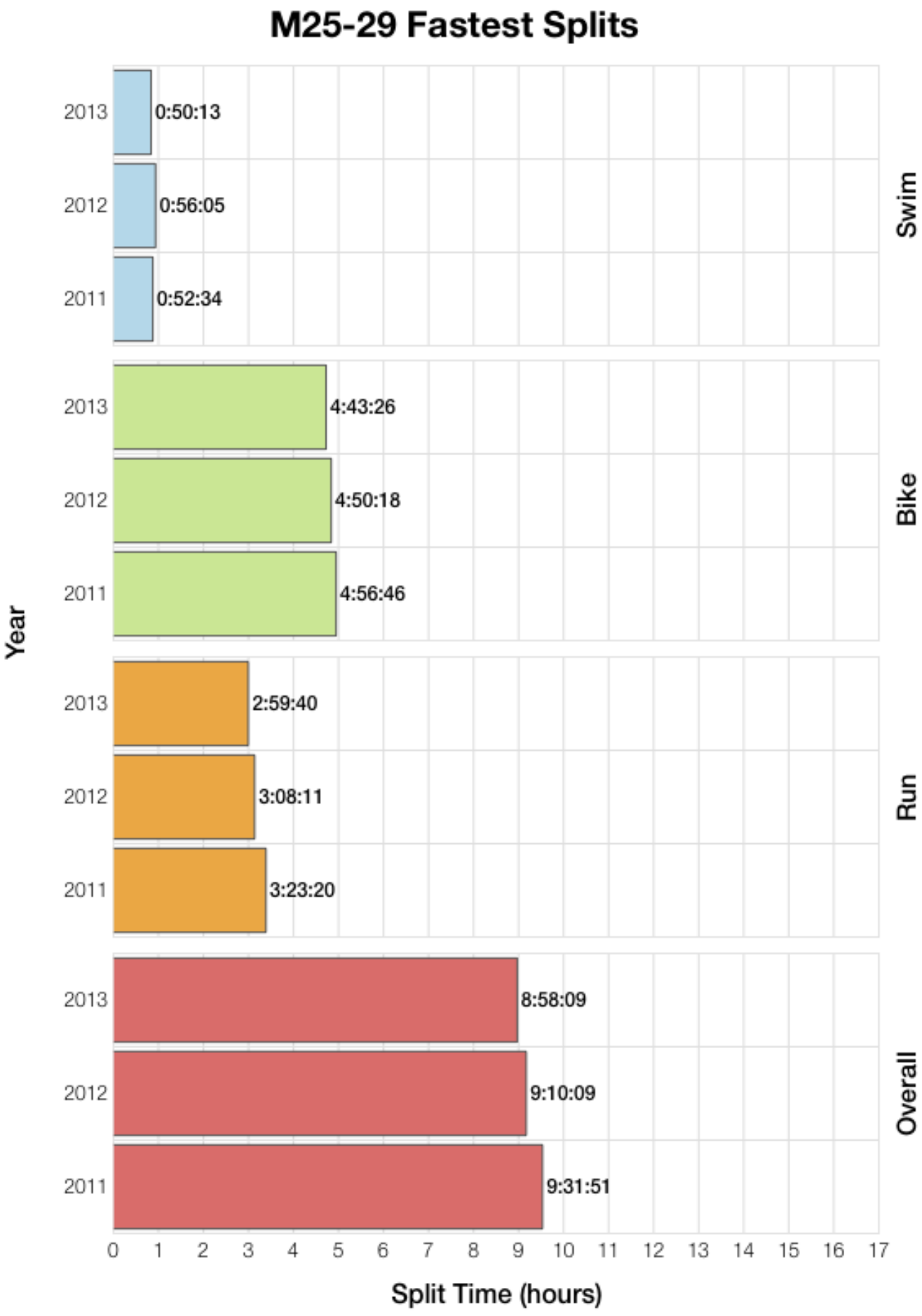
Year	Finishers	M25-29 Finishers	Male Winner's Time	Female Winner's Time	M25-29 Winner's Time
2011	2004	110	8:08:20	8:57:51	9:31:51
2012	2022	121	8:10:44	8:54:58	9:10:09
2013	2055	138	8:25:06	8:49:14	8:58:09
Average	**2027**	**123**	**8:14:43**	**8:54:01**	**9:13:23**

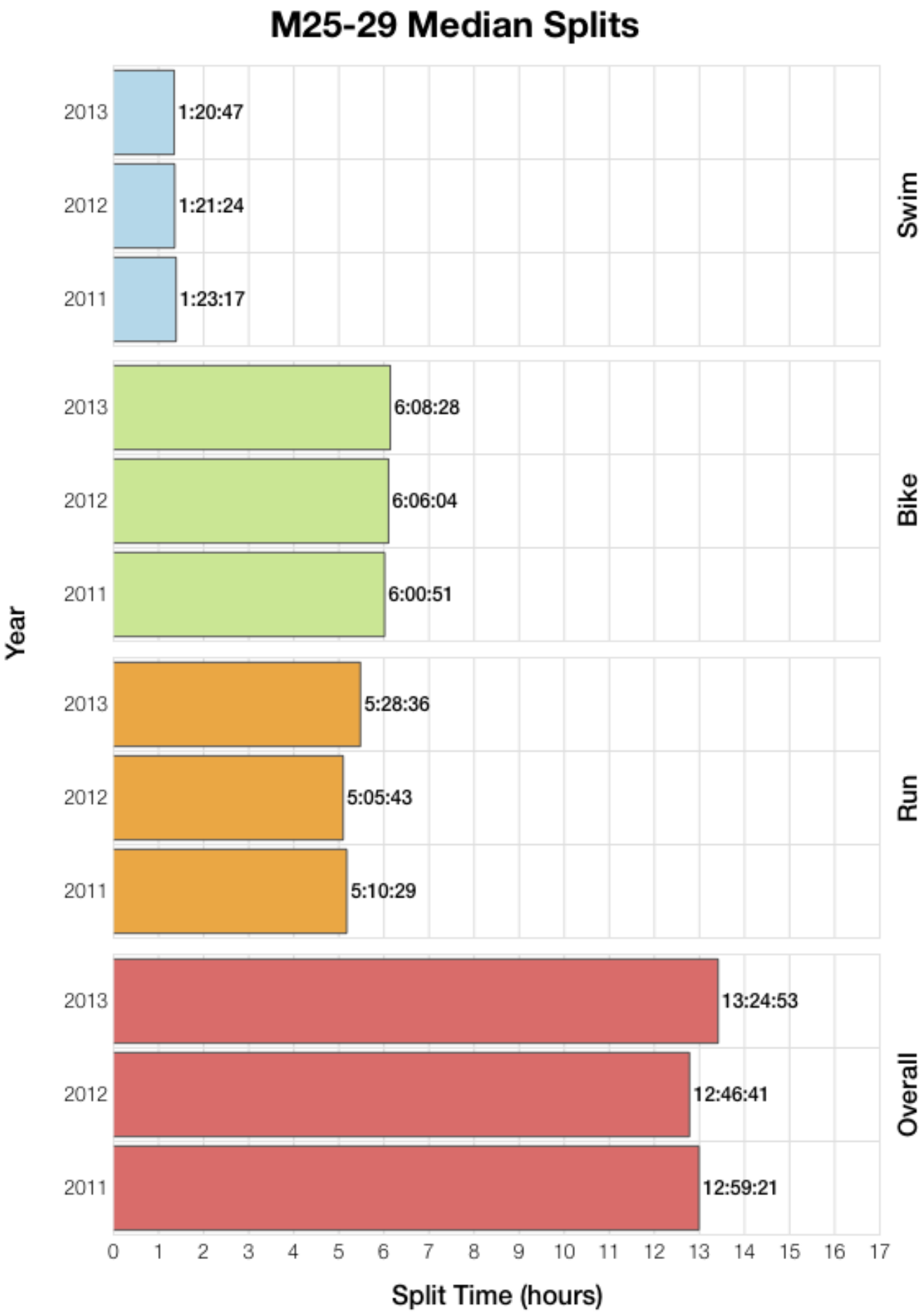

M25-29 Swim
2013
2012
2011
2010
2009
2008
Percent of Age Group
0
5
10
15
20
25
30
1:00
2:00
Split Time

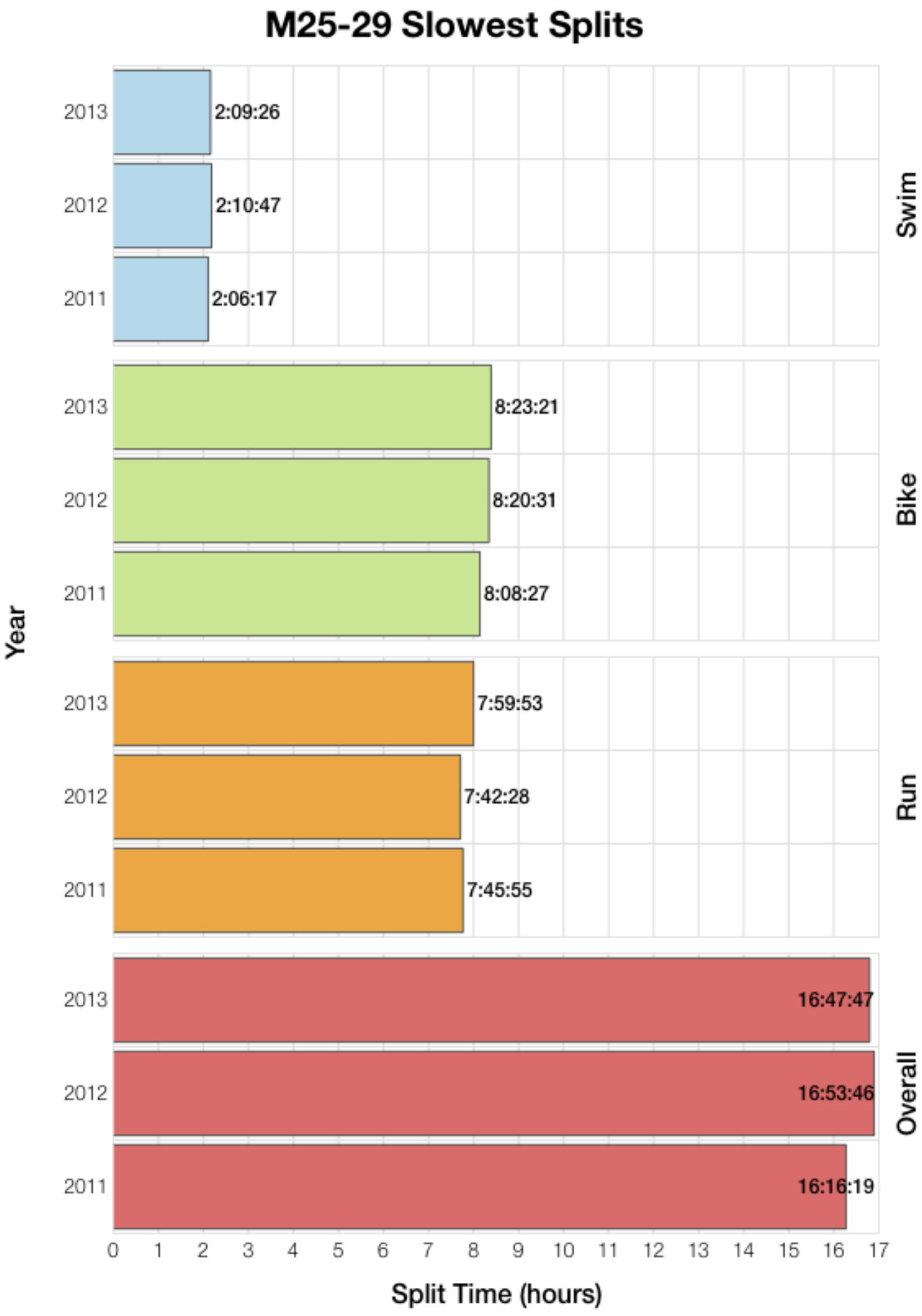

M25-29 Bike
2013
2012
2011
2010
2009
2008
Percent of Age Group
Split Time
0
5
10
15
20
25
30
4:00
6:00
8:00

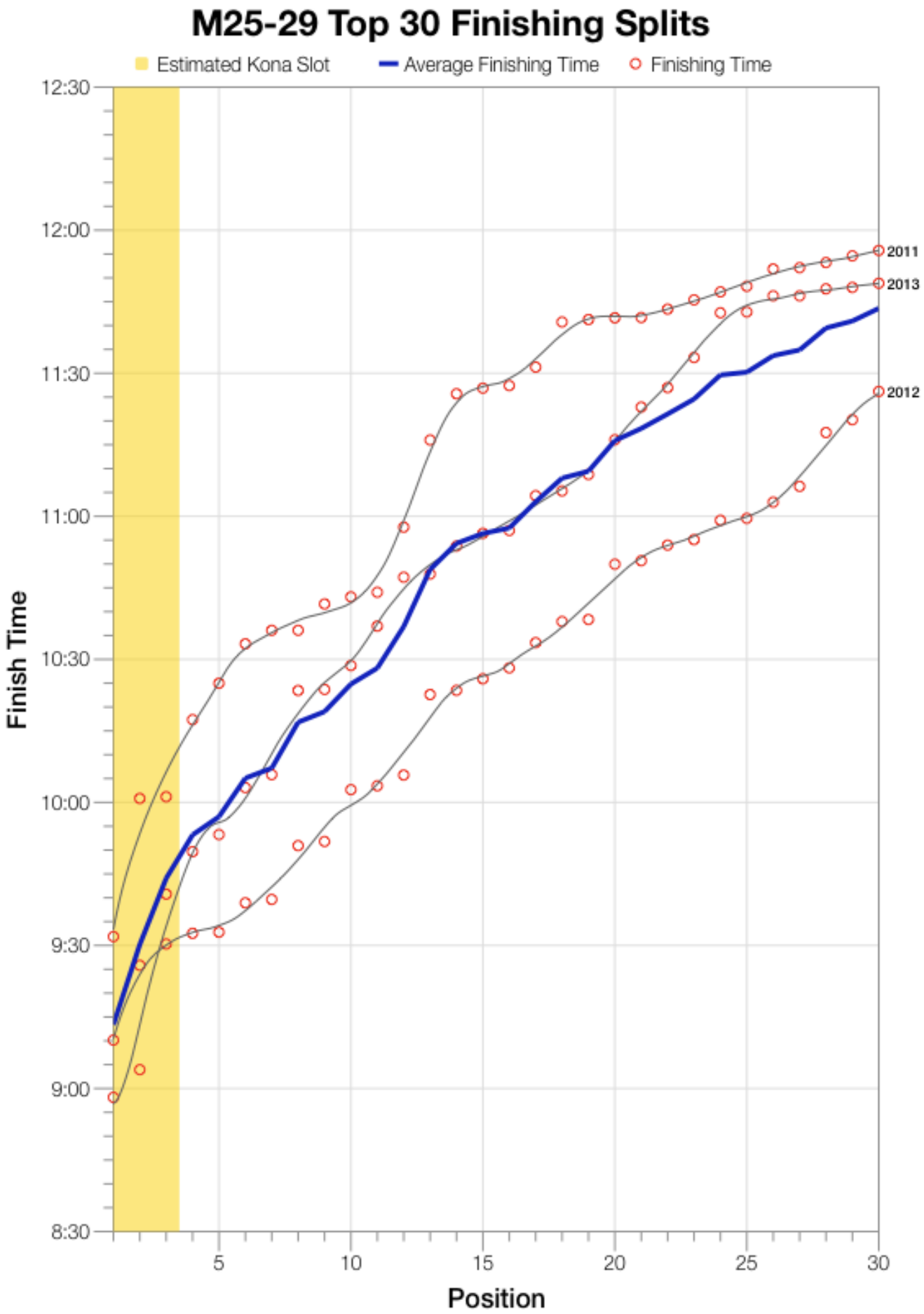

M25-29 Run
2013
2012
2011
2010
2009
2008
Percent of Age Group
0
5
10
15
20
4:00
6:00
8:00
Split Time


M25-29 Overall
2013
2012
2011
2010
2009
2008
Percent of Age Group
0
5
10
15
20
25
30
9:00
12:00
15:00
Split Time


M25-29 Fastest Splits
Swim
2013
0:50:13
2012
0:56:05
2011
0:52:34
Bike
2013
4:43:26
2012
4:50:18
2011
4:56:46
Run
2013
2:59:40
2012
3:08:11
2011
3:23:20
Overall
2013
8:58:09
2012
9:10:09
2011
9:31:51
Year
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
Split Time (hours)


M25-29 Median Splits
Swim
Bike
Run
Overall
2013
2012
2011
1:20:47
1:21:24
1:23:17
6:08:28
6:06:04
6:00:51
5:28:36
5:05:43
5:10:29
13:24:53
12:46:41
12:59:21
Year
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
Split Time (hours)


M25-29 Slowest Splits
Year
2013
2012
2011
2:09:26
2:10:47
2:06:17
Swim
8:23:21
8:20:31
8:08:27
Bike
7:59:53
7:42:28
7:45:55
Run
16:47:47
16:53:46
16:16:19
Overall
0
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
Split Time (hours)


M25-29 Top 30 Finishing Splits
Estimated Kona Slot
Average Finishing Time
Finishing Time
12:30
12:00
11:30
11:00
10:30
10:00
9:30
9:00
8:30
Finish Time
5
10
15
20
25
30
Position
2011
2013
2012

M25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	**0:52:39**	**4:26:55**	**2:50:45**	**8:14:43**
Average Female Winner	**0:53:47**	**5:06:32**	**3:07:36**	**8:54:01**
Average 1st Age Grouper	**1:00:52**	**4:53:41**	**3:13:05**	**9:13:23**
Average 2nd Age Grouper	**1:07:35**	**4:58:47**	**3:17:25**	**9:30:12**
Average 3rd Age Grouper	**1:04:57**	**5:00:27**	**3:32:27**	**9:44:05**
Average 4th Age Grouper	1:01:33	5:05:48	3:37:53	9:53:11
Average 5th Age Grouper	1:06:29	5:09:10	3:33:46	9:57:00
Average 6th Age Grouper	1:02:51	5:08:18	3:47:22	10:05:05
Average 7th Age Grouper	1:10:11	5:14:00	3:34:44	10:07:11
Average 8th Age Grouper	1:08:54	5:07:55	3:53:09	10:16:49
Average 9th Age Grouper	1:06:01	5:16:20	3:49:29	10:19:02
Average 10th Age Grouper	1:11:32	5:10:20	3:55:37	10:24:49
Kona Qualifier Average	**1:04:28**	**4:57:38**	**3:20:59**	**9:29:13**
Top 10 Age Grouper Average	**1:06:05**	**5:06:28**	**3:37:30**	**9:57:04**

Texas 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	**0:54:54**	**4:29:07**	**2:56:18**	**8:25:06**
Female Winner	**0:54:02**	**4:42:29**	**3:07:27**	**8:49:14**
1st Age Grouper	**1:00:49**	**4:43:26**	**3:07:45**	**8:58:09**
2nd Age Grouper	**1:04:32**	**4:52:58**	**2:59:40**	**9:03:57**
3rd Age Grouper	**1:00:19**	**5:06:23**	**3:26:14**	**9:40:46**
4th Age Grouper	0:54:51	5:00:31	3:48:21	9:49:40
5th Age Grouper	1:10:14	4:58:46	3:35:26	9:53:15
6th Age Grouper	0:59:59	5:01:34	3:54:33	10:03:06
7th Age Grouper	1:05:59	5:07:31	3:45:09	10:05:49
8th Age Grouper	1:09:35	4:57:24	4:09:28	10:23:28
9th Age Grouper	1:06:45	5:11:04	3:58:42	10:23:41
10th Age Grouper	1:01:51	5:23:20	3:56:39	10:28:42
Kona Qualifier Average	**1:01:53**	**4:54:15**	**3:11:13**	**9:14:17**
Top 10 Age Grouper Average	**1:03:29**	**5:02:17**	**3:40:11**	**9:53:03**

Texas 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	**0:53:36**	**4:25:43**	**2:46:55**	**8:10:44**
Female Winner	**0:53:32**	**4:45:52**	**3:11:09**	**8:54:58**
1st Age Grouper	**0:59:18**	**4:55:50**	**3:08:11**	**9:10:09**
2nd Age Grouper	**1:04:16**	**4:56:57**	**3:18:55**	**9:25:50**
3rd Age Grouper	**1:06:20**	**4:58:14**	**3:21:00**	**9:30:18**
4th Age Grouper	1:06:56	4:50:18	3:24:46	9:32:32
5th Age Grouper	1:08:02	5:02:06	3:16:09	9:32:47
6th Age Grouper	1:03:18	5:04:29	3:24:00	9:38:56
7th Age Grouper	1:02:33	5:03:37	3:25:57	9:39:39
8th Age Grouper	1:08:02	5:04:18	3:31:53	9:50:56
9th Age Grouper	1:05:42	5:11:04	3:28:17	9:51:48
10th Age Grouper	1:01:58	5:08:09	3:46:37	10:02:40
Kona Qualifier Average	**1:03:18**	**4:57:00**	**3:16:02**	**9:22:05**
Top 10 Age Grouper Average	**1:04:38**	**5:01:30**	**3:24:34**	**9:37:33**

Texas 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	**0:49:28**	**4:25:56**	**2:49:04**	**8:08:20**
Female Winner		**5:51:15**	**3:04:14**	**8:57:51**
1st Age Grouper	**1:02:30**	**5:01:47**	**3:23:20**	**9:31:51**
2nd Age Grouper	**1:13:57**	**5:06:28**	**3:33:41**	**10:00:50**
3rd Age Grouper	**1:08:12**	**4:56:46**	**3:50:09**	**10:01:11**
4th Age Grouper	1:02:54	5:26:35	3:40:32	10:17:21
5th Age Grouper	1:01:13	5:26:38	3:49:43	10:24:59
6th Age Grouper	1:05:18	5:18:51	4:03:34	10:33:15
7th Age Grouper	1:22:01	5:30:53	3:33:06	10:36:05
8th Age Grouper	1:09:05	5:22:04	3:58:08	10:36:05
9th Age Grouper	1:05:38	5:26:54	4:01:30	10:41:37
10th Age Grouper	1:30:47	4:59:31	4:03:36	10:43:06
Kona Qualifier Average	**1:08:13**	**5:01:40**	**3:35:43**	**9:51:17**
Top 10 Age Grouper Average	**1:10:09**	**5:15:38**	**3:47:43**	**10:20:38**