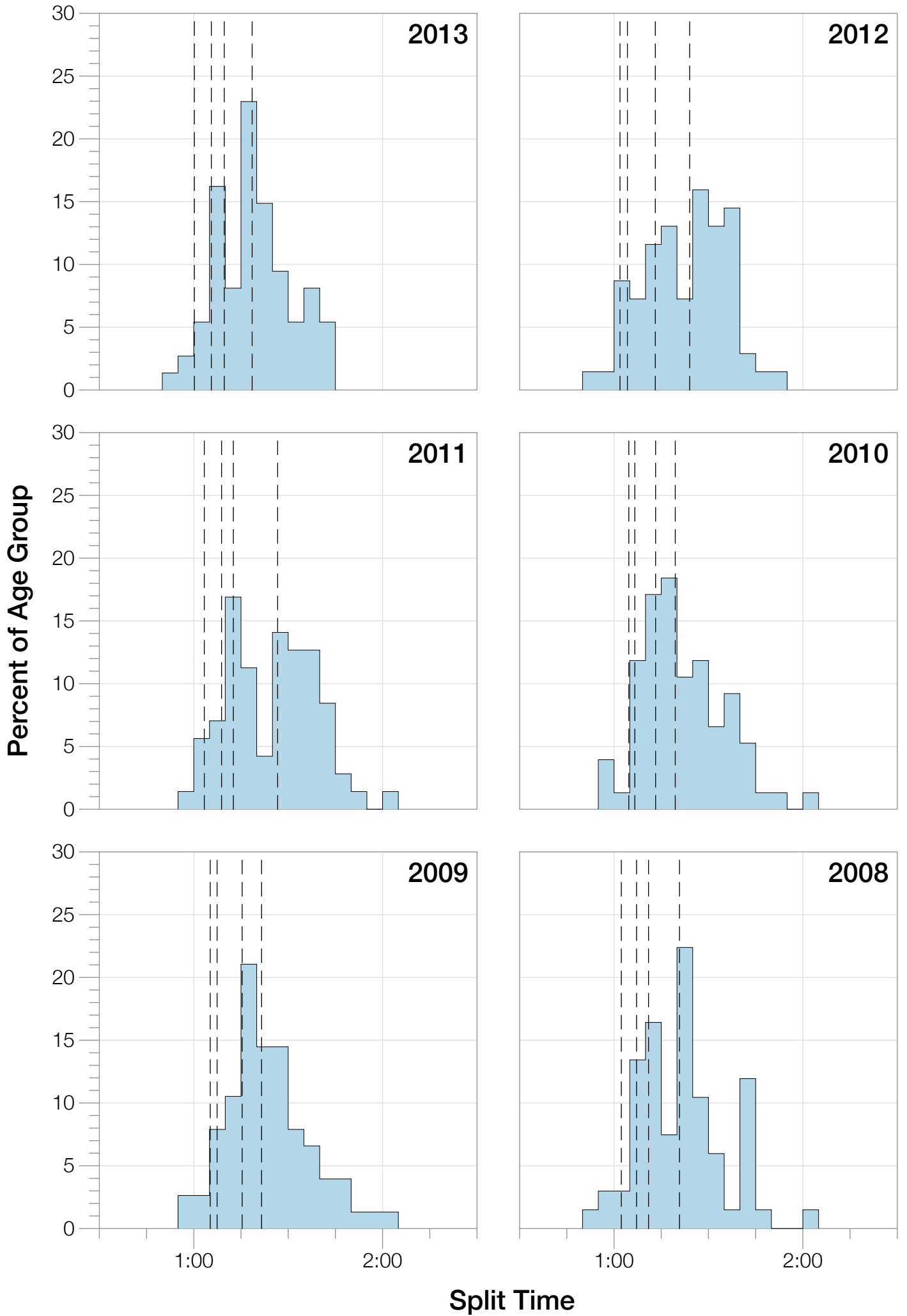


Ironman Coeur d'Alene F25-29 Stats

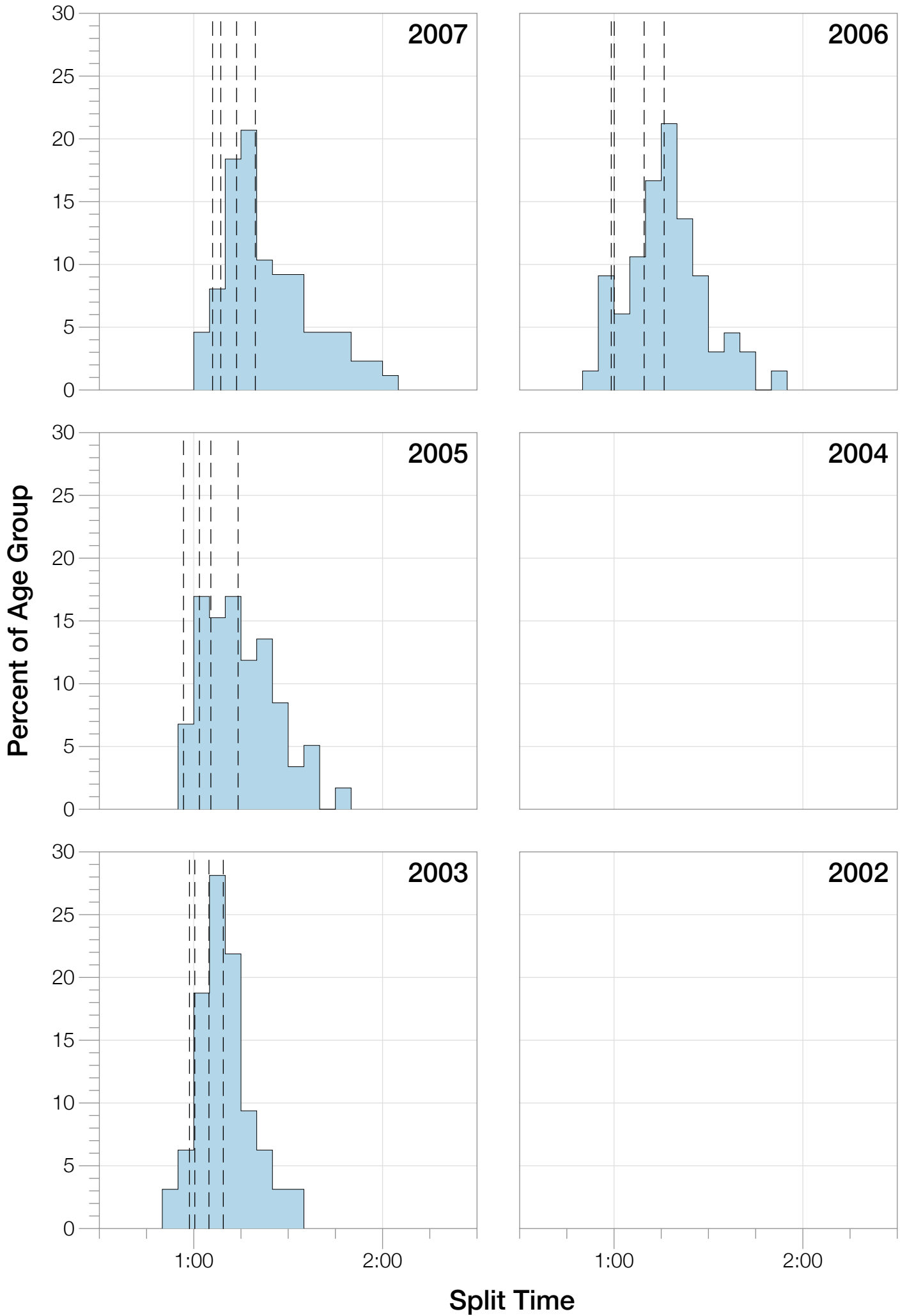
F25-29 Summary Statistics

Year	Finishers	F25-29 Finishers	Male Winner's Time	Female Winner's Time	F25-29 Winner's Time
2003	1341	32	8:40:59	9:42:08	10:27:53
2005	1654	59	8:23:29	9:59:08	10:10:44
2006	1940	66	9:07:05	9:31:07	10:20:29
2007	2085	87	8:33:32	10:27:55	10:42:57
2008	1942	67	8:34:22	9:38:58	10:39:47
2009	2031	76	8:32:12	9:23:21	10:48:44
2010	2096	76	8:24:40	9:17:54	10:42:03
2011	2185	73	8:19:48	9:16:40	10:16:02
2012	2145	69	8:32:29	9:21:44	10:42:29
2013	2121	75	8:17:31	9:16:02	10:25:34
Average	1954	68	8:32:36	9:35:29	9:34:14

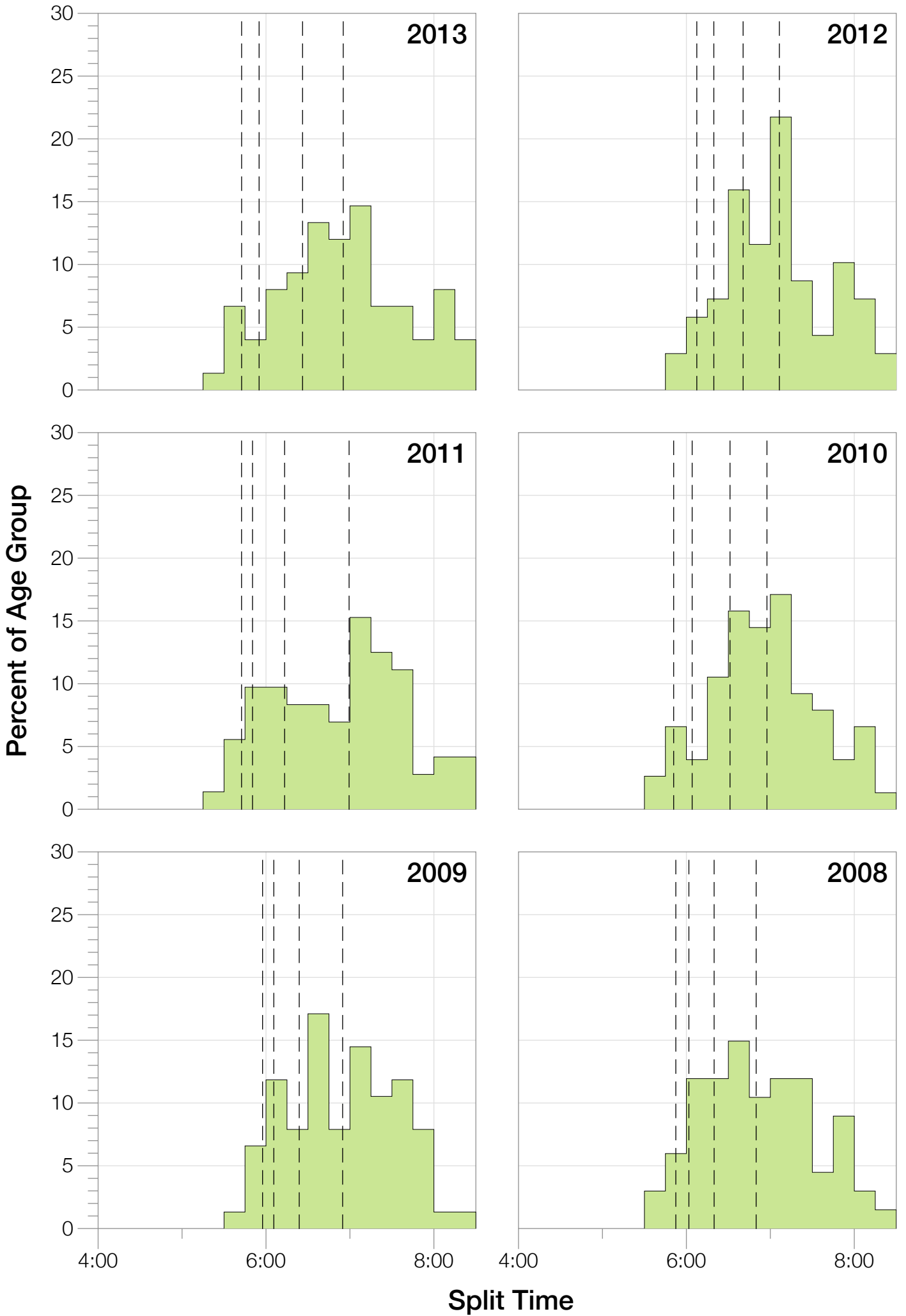
F25-29 Swim



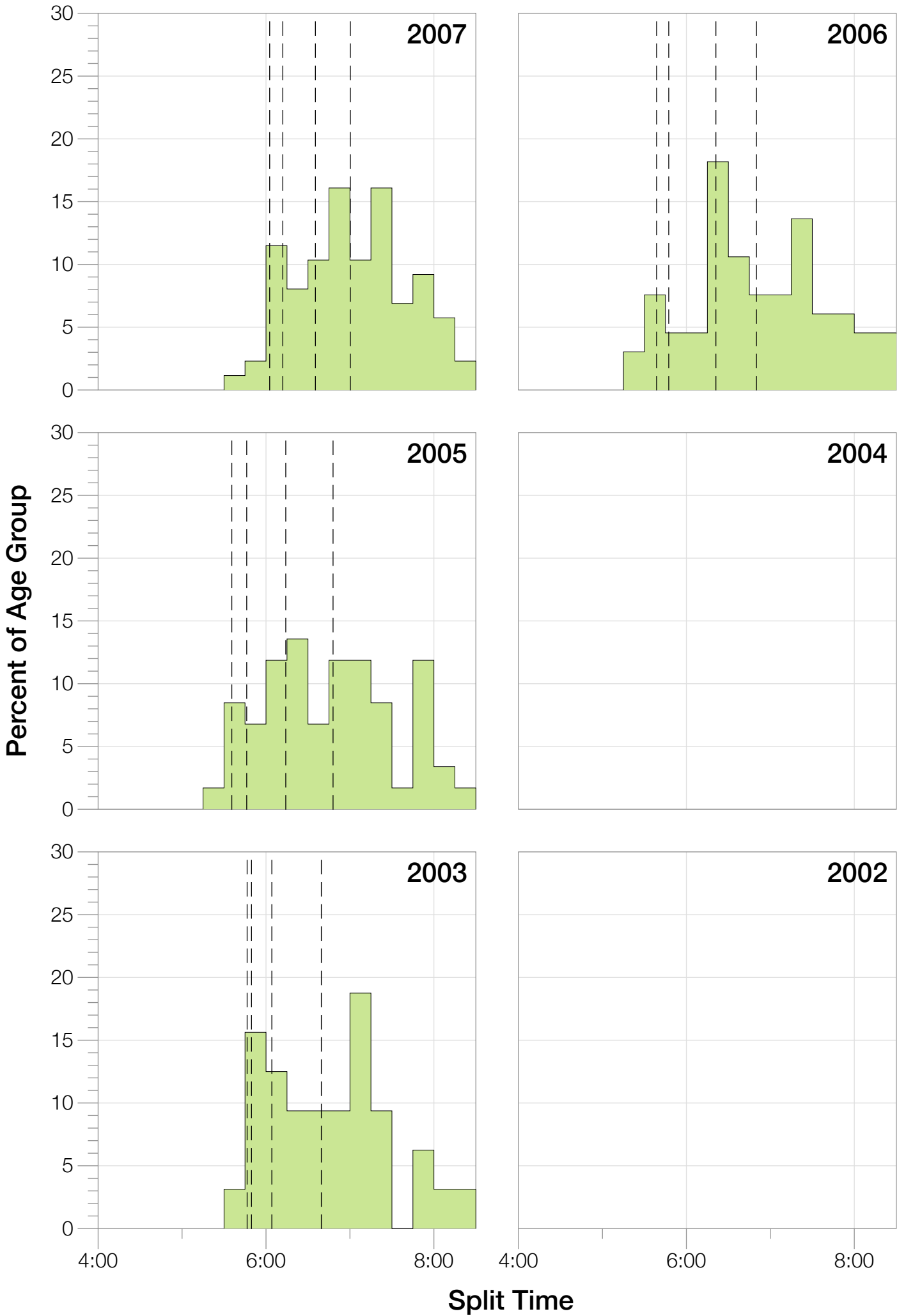
F25-29 Swim



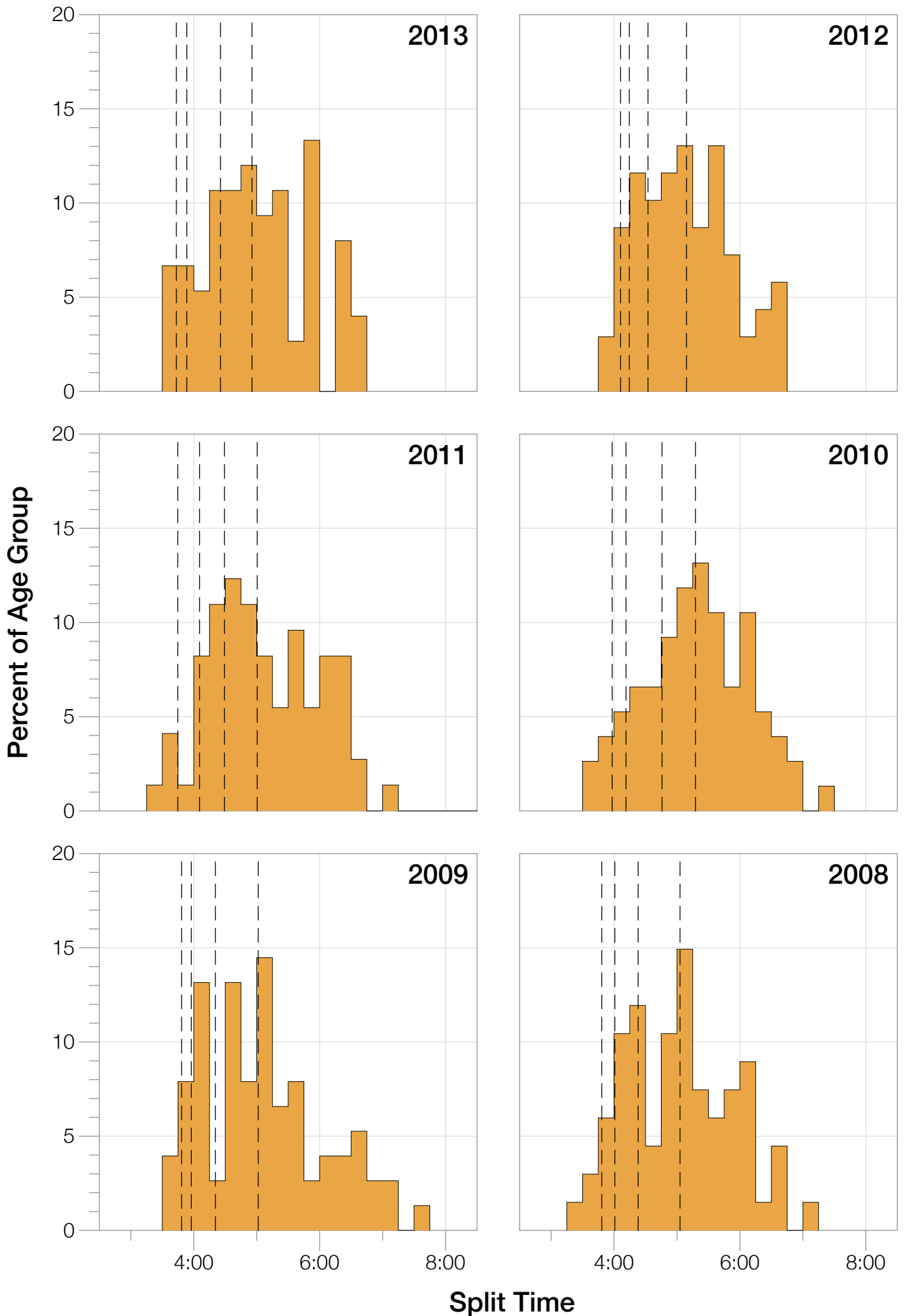
F25-29 Bike



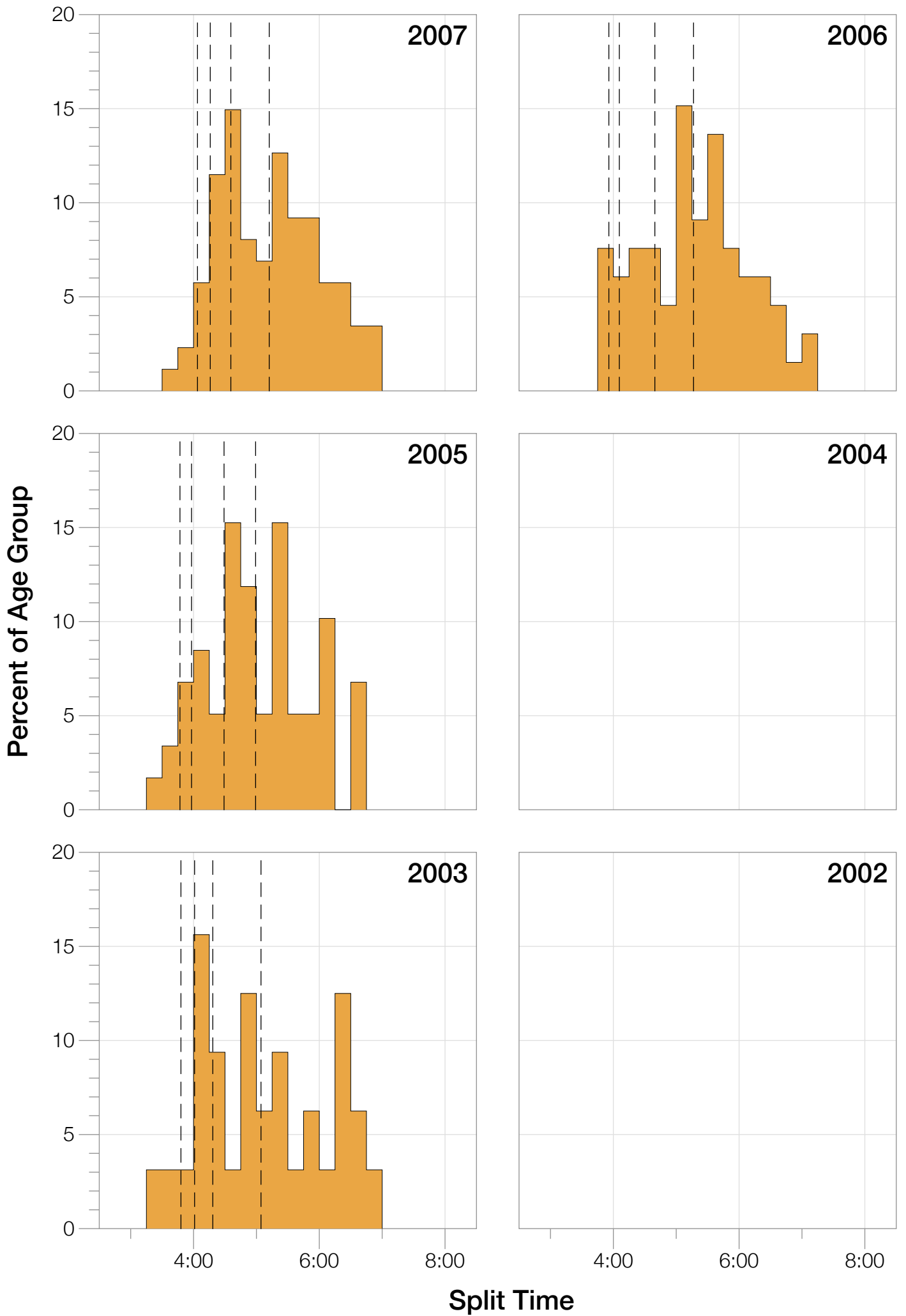
F25-29 Bike



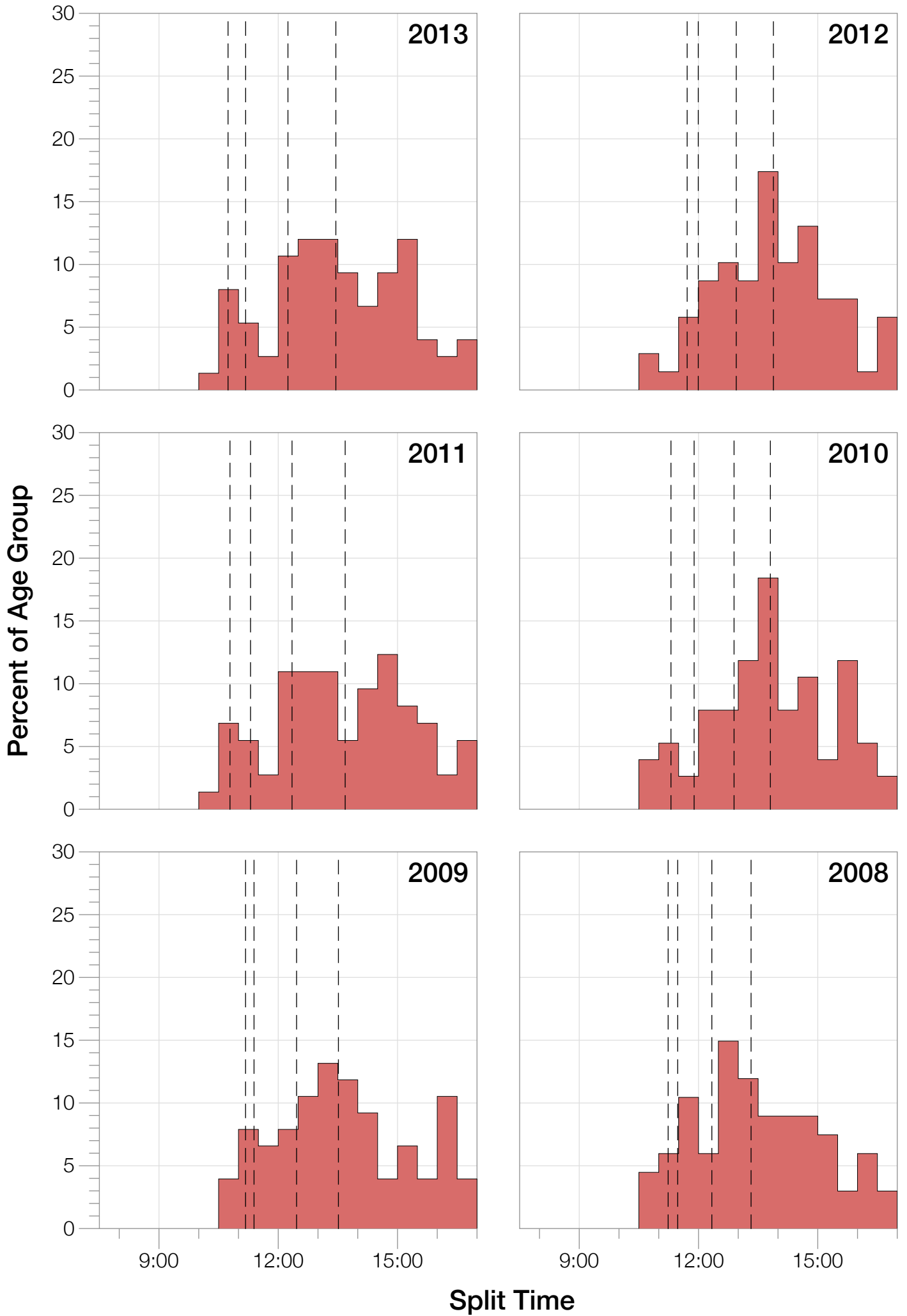
F25-29 Run



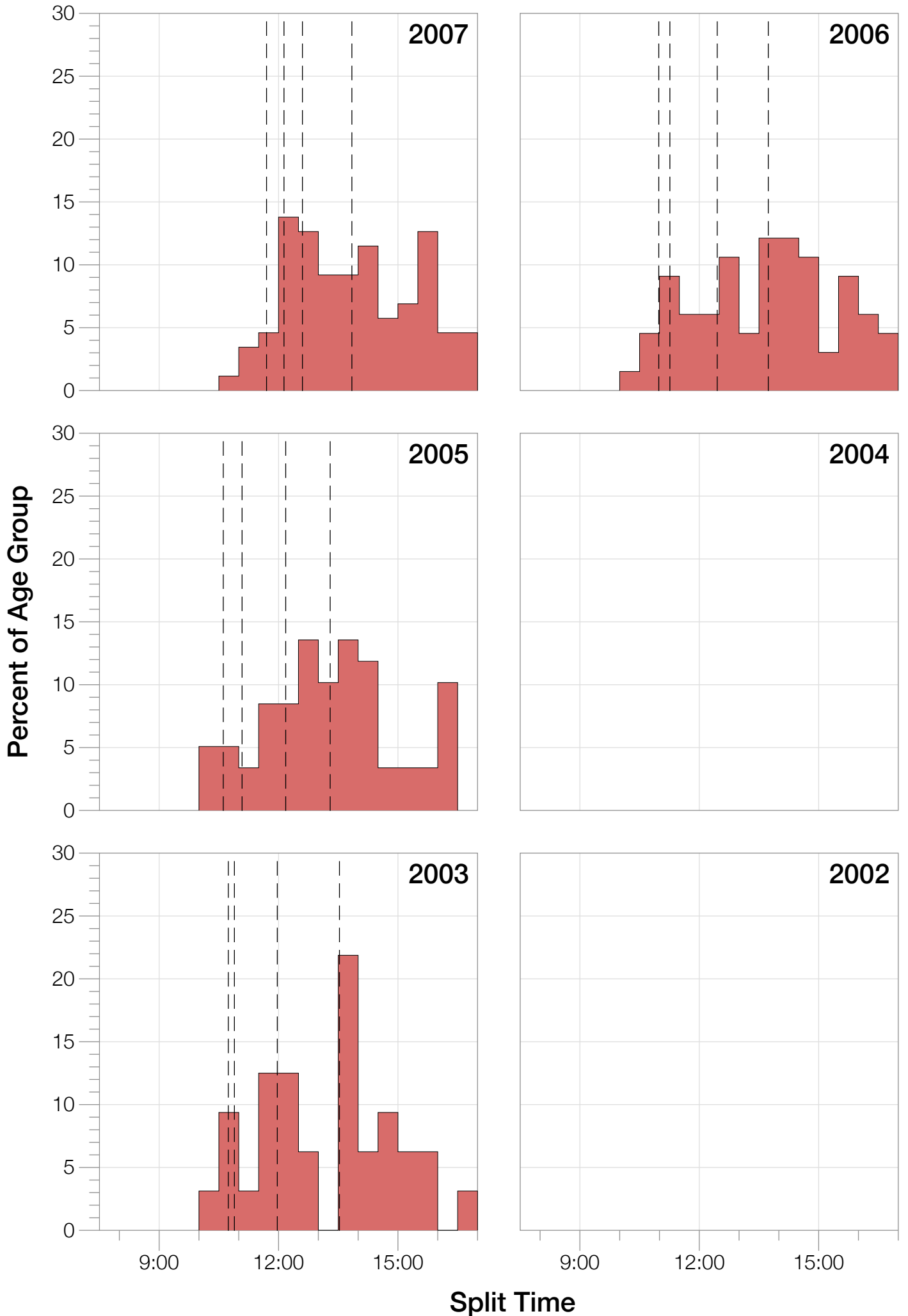
F25-29 Run



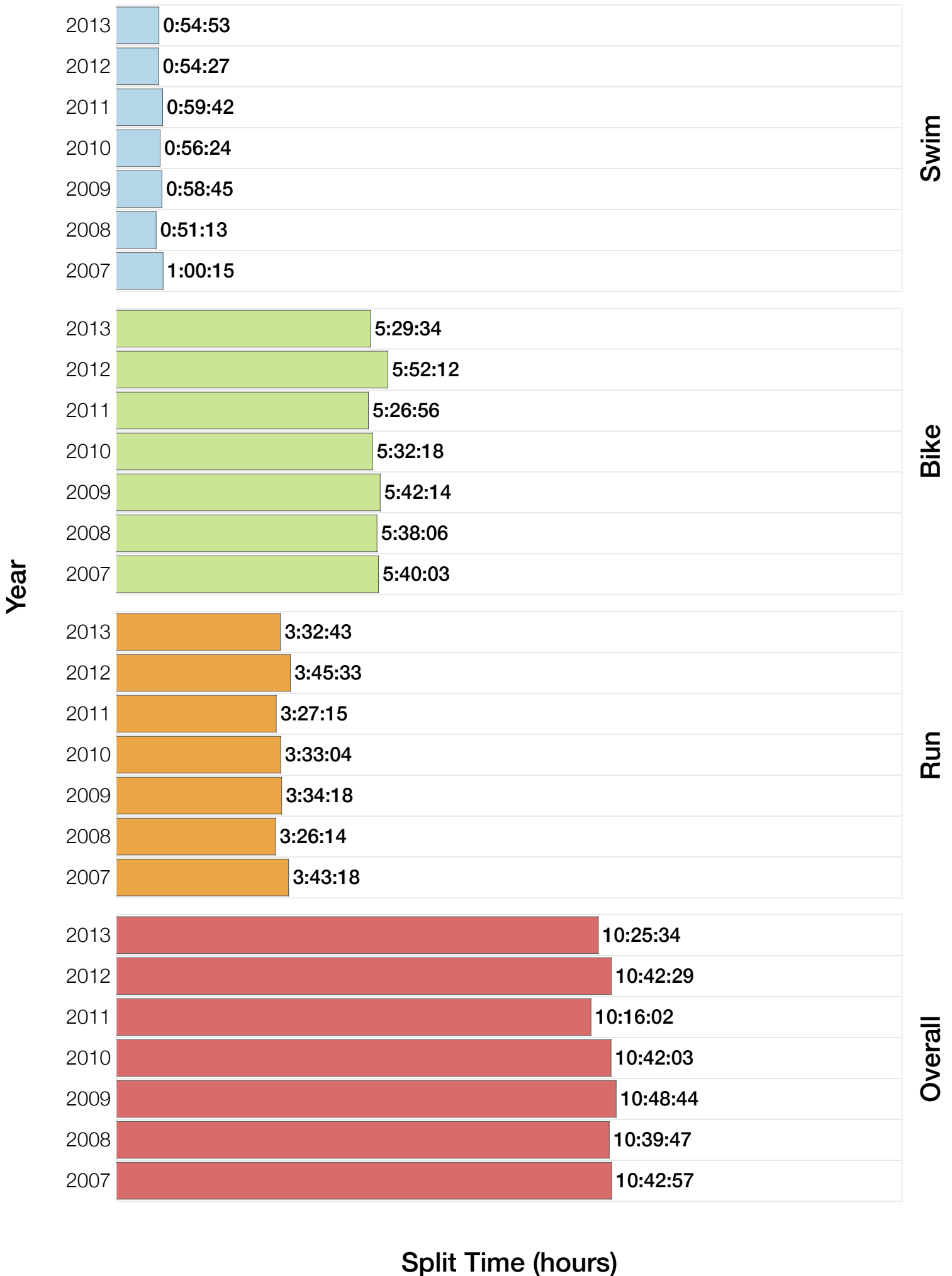
F25-29 Overall



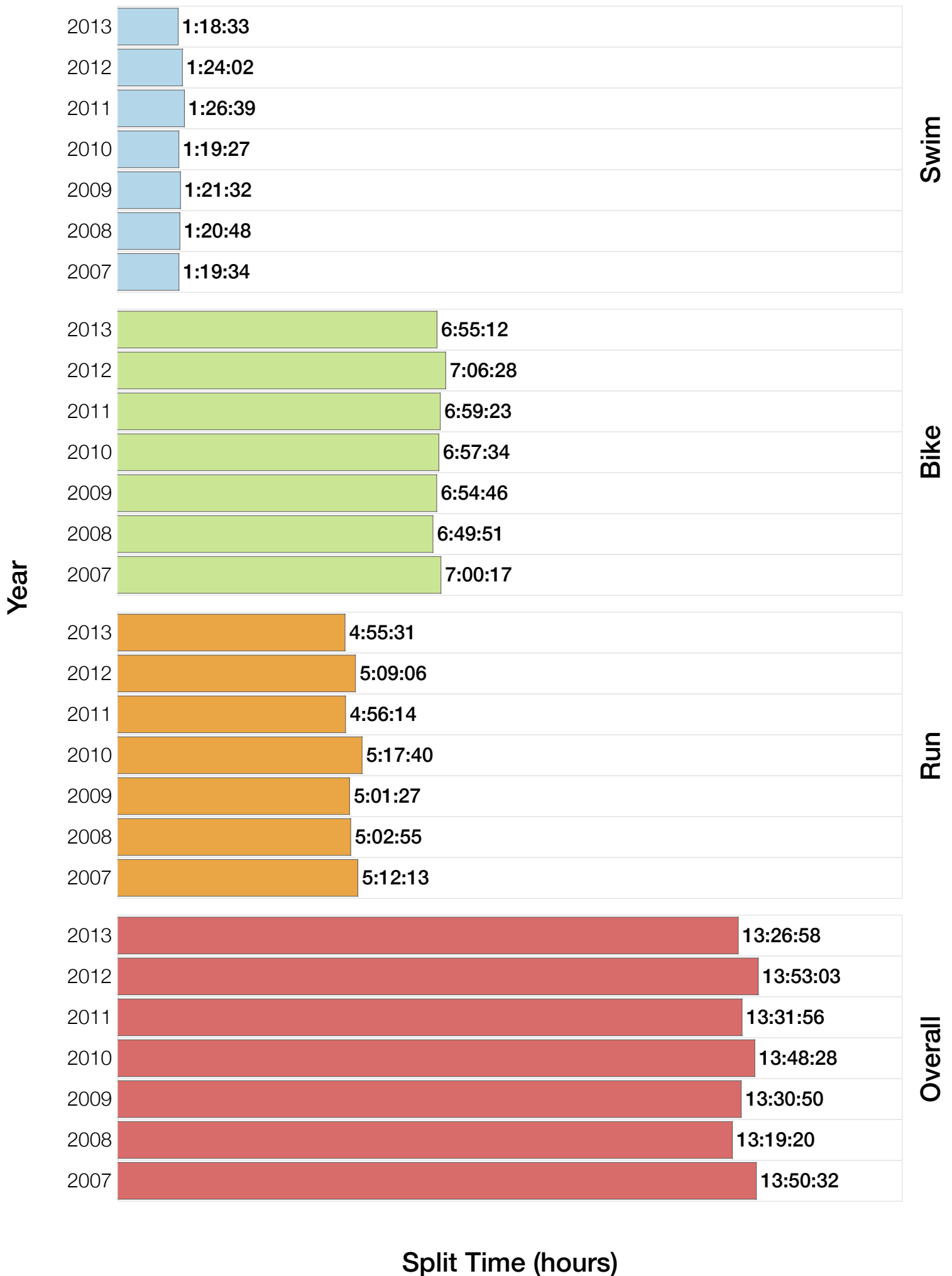
F25-29 Overall



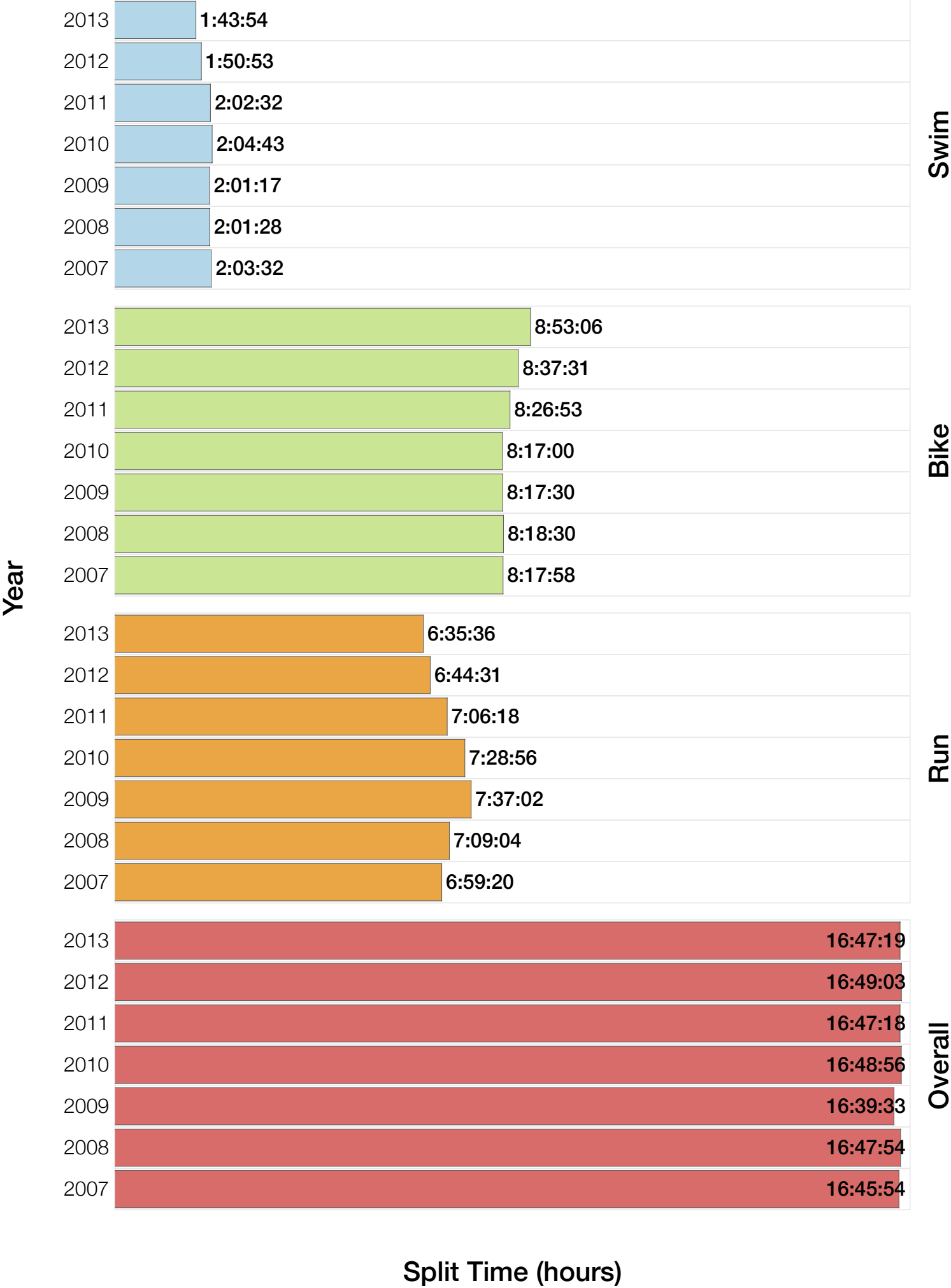
F25-29 Fastest Splits



F25-29 Median Splits



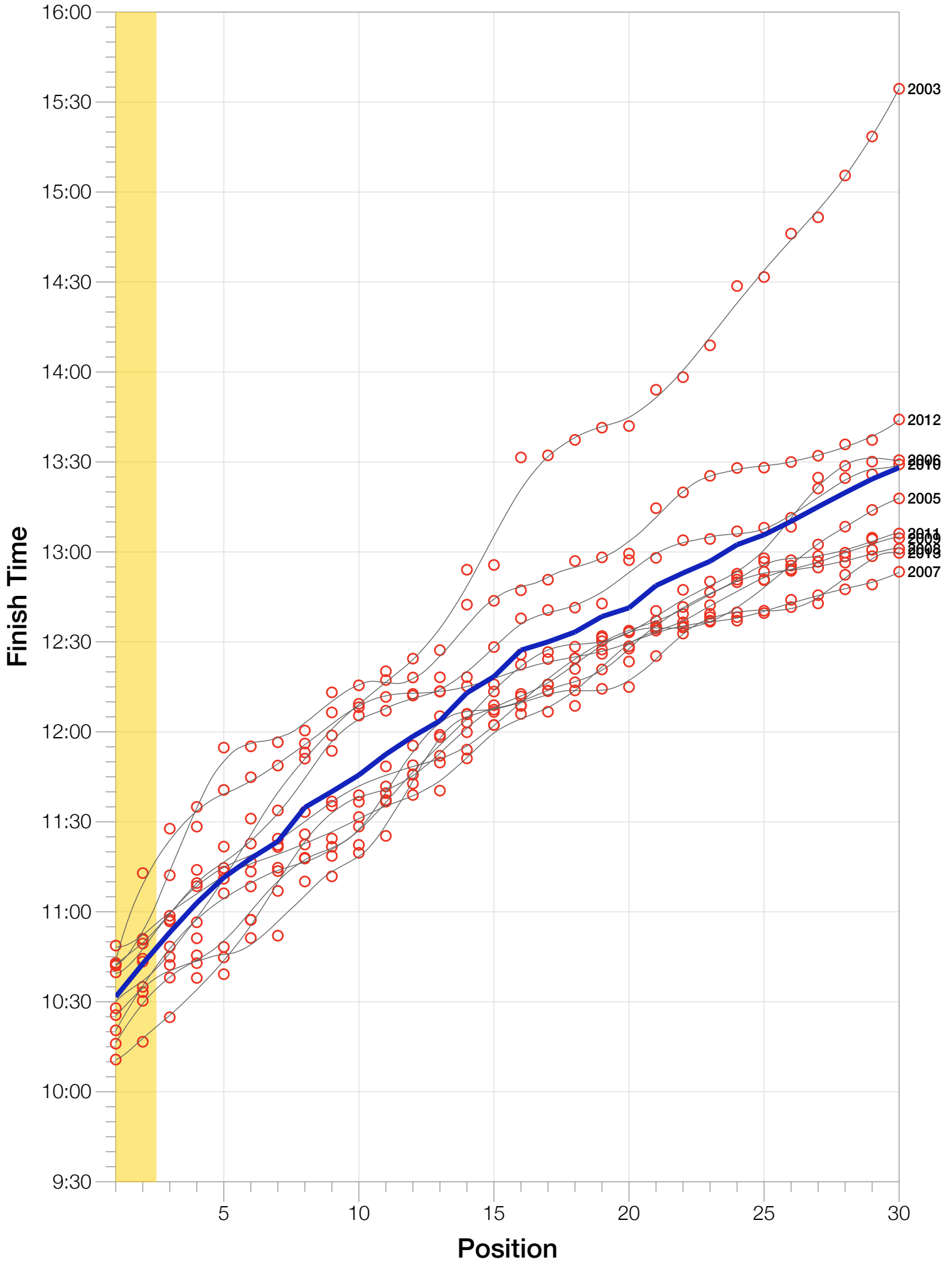
F25-29 Slowest Splits



Split Time (hours)

F25-29 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:23	4:44:26	2:54:14	8:32:36
Average Female Winner	0:56:10	5:15:07	3:19:50	9:35:29
Average 1st Age Grouper	1:07:36	5:36:47	3:41:21	10:31:40
Average 2nd Age Grouper	1:04:34	5:46:56	3:44:38	10:42:41
Average 3rd Age Grouper	1:07:03	5:52:33	3:46:41	10:53:08
Average 4th Age Grouper	1:08:19	5:54:08	3:53:37	11:02:57
Average 5th Age Grouper	1:12:28	5:54:21	3:57:18	11:11:27
Average 6th Age Grouper	1:08:37	5:58:44	4:03:51	11:17:49
Average 7th Age Grouper	1:09:58	5:58:18	4:08:01	11:23:27
Average 8th Age Grouper	1:03:44	6:12:04	4:18:43	11:34:49
Average 9th Age Grouper	1:08:37	6:03:41	4:20:01	11:40:05
Average 10th Age Grouper	1:13:16	6:14:52	4:08:26	11:45:36
Kona Qualifier Average	1:06:05	5:41:51	3:42:59	10:37:11
Top 10 Age Grouper Average	1:08:28	5:57:14	4:00:16	11:12:22

Coeur d'Alene 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:24	4:30:47	2:52:54	8:17:31
Female Winner	0:55:40	5:07:03	3:09:01	9:16:02
1st Age Grouper	1:00:17	5:35:24	3:43:03	10:25:34
2nd Age Grouper	1:10:44	5:29:34	3:47:38	10:33:13
3rd Age Grouper	1:06:38	5:57:04	3:32:43	10:42:16
4th Age Grouper	0:55:43	5:42:46	3:58:05	10:42:53
5th Age Grouper	1:18:00	5:42:05	3:38:33	10:44:49
6th Age Grouper	1:13:52	5:39:22	3:52:10	10:51:16
7th Age Grouper	1:00:02	5:49:58	3:55:11	10:52:03
8th Age Grouper	1:07:10	5:44:10	4:11:08	11:10:06
9th Age Grouper	0:54:53	5:53:44	4:16:23	11:11:49
10th Age Grouper	1:06:39	6:21:44	3:38:58	11:19:40
Kona Qualifier Average	1:05:30	5:32:29	3:45:20	10:29:23
Top 10 Age Grouper Average	1:05:23	5:47:35	3:51:23	10:51:21

Coeur d'Alene 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:56	4:47:55	2:49:37	8:32:29
Female Winner	0:51:53	5:13:16	3:12:04	9:21:44
1st Age Grouper	0:57:37	5:52:12	3:46:36	10:42:29
2nd Age Grouper	1:04:22	5:55:37	3:45:33	10:50:44
3rd Age Grouper	1:02:51	6:01:56	4:01:27	11:12:11
4th Age Grouper	1:01:16	6:05:29	4:22:08	11:34:59
5th Age Grouper	1:06:35	6:10:22	4:28:24	11:54:45
6th Age Grouper	1:17:13	6:13:08	4:16:40	11:55:10
7th Age Grouper	1:14:35	6:20:11	4:11:41	11:56:32
8th Age Grouper	0:54:27	6:17:20	4:41:25	12:00:26
9th Age Grouper	1:13:07	6:34:09	4:19:39	12:13:10
10th Age Grouper	1:16:29	6:40:32	4:10:12	12:15:31
Kona Qualifier Average	1:00:59	5:53:54	3:46:04	10:46:36
Top 10 Age Grouper Average	1:06:51	6:13:05	4:12:22	11:39:35

Coeur d'Alene 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:46	4:38:44	2:46:54	8:19:48
Female Winner	0:52:36	4:52:18	3:27:09	9:16:40
1st Age Grouper	1:10:49	5:26:56	3:34:14	10:16:02
2nd Age Grouper	1:13:28	5:43:30	3:27:15	10:30:19
3rd Age Grouper	1:03:19	5:45:50	3:42:37	10:38:04
4th Age Grouper	1:10:01	5:47:26	3:41:34	10:45:29
5th Age Grouper	1:17:42	5:38:38	3:46:09	10:48:17
6th Age Grouper	1:10:45	5:36:30	4:02:39	10:57:23
7th Age Grouper	1:12:45	5:41:19	4:16:02	11:14:42
8th Age Grouper		7:09:48	4:05:25	11:18:02
9th Age Grouper	1:12:24	5:53:47	4:06:12	11:18:39
10th Age Grouper	1:09:38	5:49:59	4:20:37	11:28:26
Kona Qualifier Average	1:12:08	5:35:13	3:30:44	10:23:10
Top 10 Age Grouper Average	1:11:12	5:51:22	3:54:16	10:55:32

Coeur d'Alene 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:28	4:42:04	2:52:47	8:24:40
Female Winner	1:01:40	5:07:44	3:04:36	9:17:54
1st Age Grouper	1:13:37	5:32:18	3:51:08	10:42:03
2nd Age Grouper	1:05:08	5:45:57	3:53:17	10:51:01
3rd Age Grouper	1:12:16	6:02:56	3:33:04	10:57:25
4th Age Grouper	1:05:42	6:09:44	3:43:50	11:08:32
5th Age Grouper	1:21:18	5:44:20	4:06:45	11:21:44
6th Age Grouper	1:17:27	5:56:56	3:59:52	11:22:44
7th Age Grouper	1:22:58	5:48:04	4:07:53	11:24:23
8th Age Grouper	0:59:44	5:56:50	4:49:27	11:53:08
9th Age Grouper	1:12:56	6:16:31	4:15:15	11:53:39
10th Age Grouper	1:12:38	6:23:41	4:20:12	12:05:26
Kona Qualifier Average	1:09:22	5:39:07	3:52:12	10:46:32
Top 10 Age Grouper Average	1:12:22	5:57:43	4:04:04	11:22:00

Coeur d'Alene 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:28	4:40:41	2:57:50	8:32:12
Female Winner	1:04:38	4:59:35	3:15:28	9:23:21
1st Age Grouper	1:16:06	5:50:45	3:34:52	10:48:44
2nd Age Grouper	1:07:32	5:55:27	3:38:16	10:49:25
3rd Age Grouper	1:18:55	5:42:14	3:49:22	10:58:40
4th Age Grouper	1:21:43	6:05:57	3:34:18	11:09:35
5th Age Grouper	1:21:23	5:58:15	3:45:29	11:11:01
6th Age Grouper	1:01:36	6:14:09	3:50:04	11:13:25
7th Age Grouper	1:07:06	6:11:30	3:54:34	11:22:16
8th Age Grouper	1:12:52	5:50:38	4:12:53	11:22:26
9th Age Grouper	1:06:26	5:58:47	4:12:15	11:24:27
10th Age Grouper	1:19:22	6:05:12	3:57:36	11:31:36
Kona Qualifier Average	1:11:49	5:53:06	3:36:34	10:49:04
Top 10 Age Grouper Average	1:13:18	5:59:17	3:50:57	11:11:09

Coeur d'Alene 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:29	4:45:37	2:53:55	8:34:22
Female Winner	0:58:23	5:16:23	3:20:25	9:38:58
1st Age Grouper	1:04:36	5:44:22	3:43:57	10:39:47
2nd Age Grouper	0:56:42	5:55:36	3:43:22	10:44:21
3rd Age Grouper	1:15:43	5:38:06	3:54:22	10:56:48
4th Age Grouper	1:16:25	6:22:36	3:26:14	11:13:59
5th Age Grouper	1:11:29	5:51:05	4:05:57	11:14:37
6th Age Grouper	1:08:50	6:07:37	3:55:24	11:16:38
7th Age Grouper	1:10:22	6:02:55	4:02:52	11:21:35
8th Age Grouper	1:07:23	6:07:58	4:11:42	11:33:17
9th Age Grouper	1:12:58	6:00:05	4:15:05	11:36:48
10th Age Grouper	1:22:57	6:12:37	3:45:44	11:38:52
Kona Qualifier Average	1:00:39	5:49:59	3:43:39	10:42:04
Top 10 Age Grouper Average	1:10:44	6:00:17	3:54:27	11:13:40

Coeur d'Alene 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:54:21	4:48:43	2:47:04	8:33:32
Female Winner	0:57:34	5:52:15	3:32:41	10:27:55
1st Age Grouper	1:12:39	5:40:03	3:43:18	10:42:57
2nd Age Grouper	1:07:38	5:54:58	4:03:23	11:12:55
3rd Age Grouper	1:05:36	6:11:33	4:04:36	11:27:44
4th Age Grouper	1:11:25	6:03:22	4:06:04	11:28:24
5th Age Grouper	1:24:59	6:14:24	3:47:43	11:40:38
6th Age Grouper	1:01:08	6:20:47	4:16:33	11:44:52
7th Age Grouper	1:16:33	6:12:18	4:09:33	11:48:46
8th Age Grouper	1:09:13	5:53:59	4:39:25	11:51:05
9th Age Grouper	1:07:33	6:24:50	4:24:50	12:06:29
10th Age Grouper	1:11:22	6:21:34	4:28:15	12:09:21
Kona Qualifier Average	1:10:08	5:47:30	3:53:20	10:57:56
Top 10 Age Grouper Average	1:10:48	6:07:46	4:10:22	11:37:19

Coeur d'Alene 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:03	4:58:54	3:13:41	9:07:05
Female Winner	0:50:01	5:18:29	3:18:25	9:31:07
1st Age Grouper	0:59:29	5:19:15	3:56:40	10:20:29
2nd Age Grouper	0:58:58	5:44:24	3:47:05	10:34:58
3rd Age Grouper	1:09:39	5:44:11	3:48:28	10:48:25
4th Age Grouper	1:17:40	5:28:57	4:03:00	10:56:31
5th Age Grouper	0:59:41	6:06:33	3:54:37	11:06:10
6th Age Grouper	1:00:33	5:38:14	4:23:48	11:08:27
7th Age Grouper	1:11:41	5:34:19	4:20:38	11:13:35
8th Age Grouper	1:00:27	6:15:26	3:55:23	11:17:45
9th Age Grouper	1:08:15	6:00:49	4:05:10	11:21:41
10th Age Grouper	1:16:08	5:40:08	4:21:07	11:22:19
Kona Qualifier Average	0:59:13	5:31:49	3:51:52	10:27:43
Top 10 Age Grouper Average	1:06:15	5:45:13	4:03:35	11:01:02

Coeur d'Alene 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:50	4:41:53	2:49:15	8:23:29
Female Winner	0:56:24	5:24:30	3:33:34	9:59:08
1st Age Grouper	1:08:50	5:24:47	3:31:17	10:10:44
2nd Age Grouper	0:56:45	5:35:37	3:37:24	10:16:40
3rd Age Grouper	1:04:27	5:44:16	3:28:17	10:24:50
4th Age Grouper	1:03:07	5:30:00	4:00:17	10:37:57
5th Age Grouper	1:04:15	5:34:58	3:53:36	10:39:12
6th Age Grouper	0:56:30	5:56:23	3:58:26	10:57:16
7th Age Grouper	1:01:50	5:58:52	4:00:42	11:06:57
8th Age Grouper	0:56:41	6:26:10	3:56:36	11:25:52
9th Age Grouper	1:14:01	5:46:42	4:26:03	11:35:21
10th Age Grouper	1:08:07	6:21:37	4:01:42	11:36:41
Kona Qualifier Average	1:02:47	5:30:12	3:34:20	10:13:42
Top 10 Age Grouper Average	1:03:27	5:49:56	3:53:26	10:53:09

Coeur d'Alene 2003

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:14	4:49:05	2:58:27	8:40:59
Female Winner	0:52:56	5:19:42	3:25:01	9:42:08
1st Age Grouper	1:12:05	5:41:52	3:28:27	10:27:53
2nd Age Grouper	1:04:24	5:48:45	3:43:08	10:43:23
3rd Age Grouper	0:51:13	5:57:27	3:51:54	10:44:57
4th Age Grouper	1:00:09	5:45:12	4:00:45	10:51:11
5th Age Grouper	0:59:26	6:02:58	4:05:56	11:13:23
6th Age Grouper	1:18:24	6:04:21	4:03:02	11:31:04
7th Age Grouper	1:01:54	6:03:38	4:21:11	11:33:48
8th Age Grouper	1:05:43	6:18:23	4:23:46	11:56:07
9th Age Grouper	1:03:39	5:47:35	4:59:25	11:58:49
10th Age Grouper	1:09:23	6:31:43	4:19:57	12:08:13
Kona Qualifier Average	1:08:14	5:45:18	3:35:47	10:35:38
Top 10 Age Grouper Average	1:04:38	6:00:11	4:07:45	11:18:52