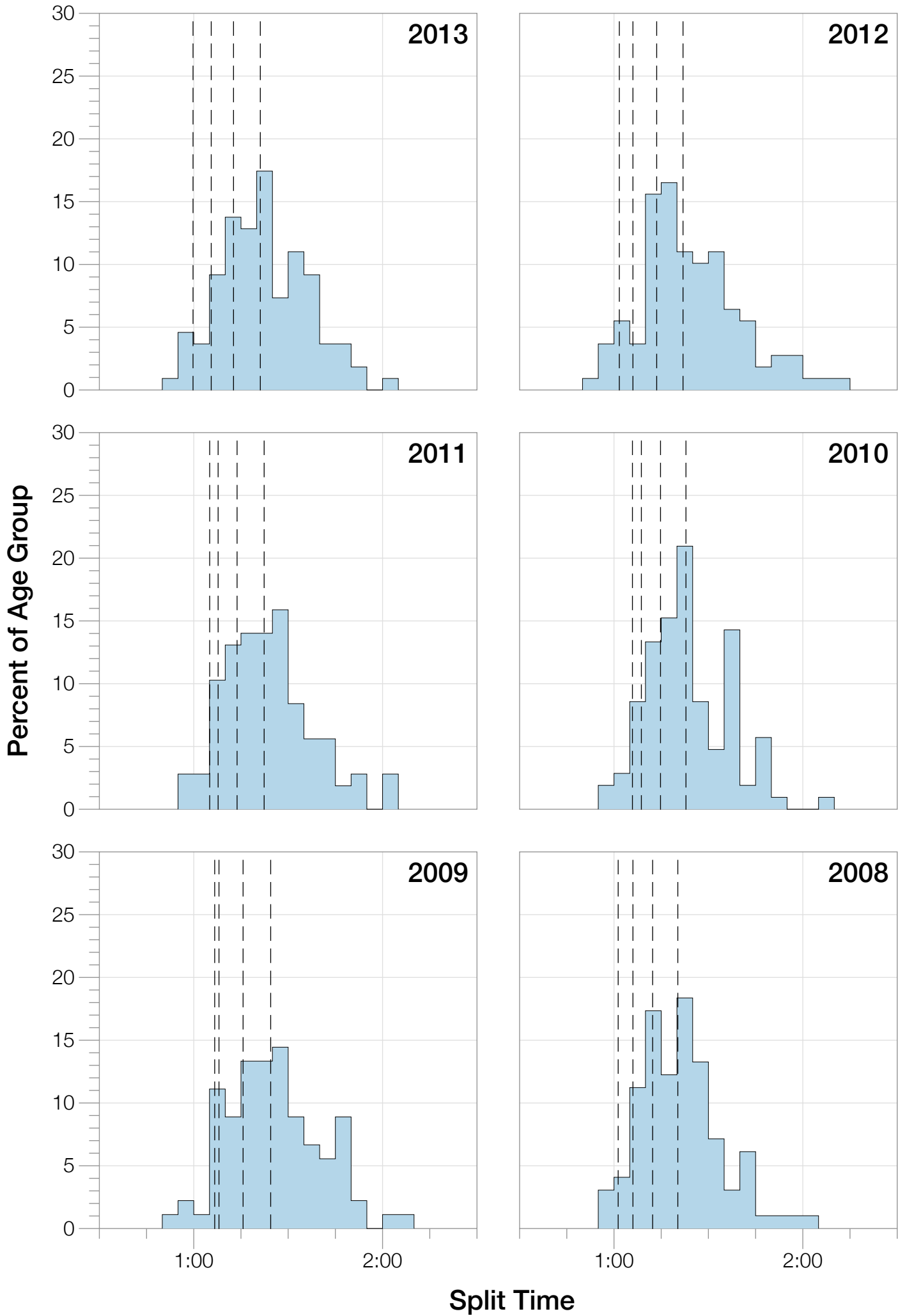


Ironman Coeur d'Alene F30-34 Stats

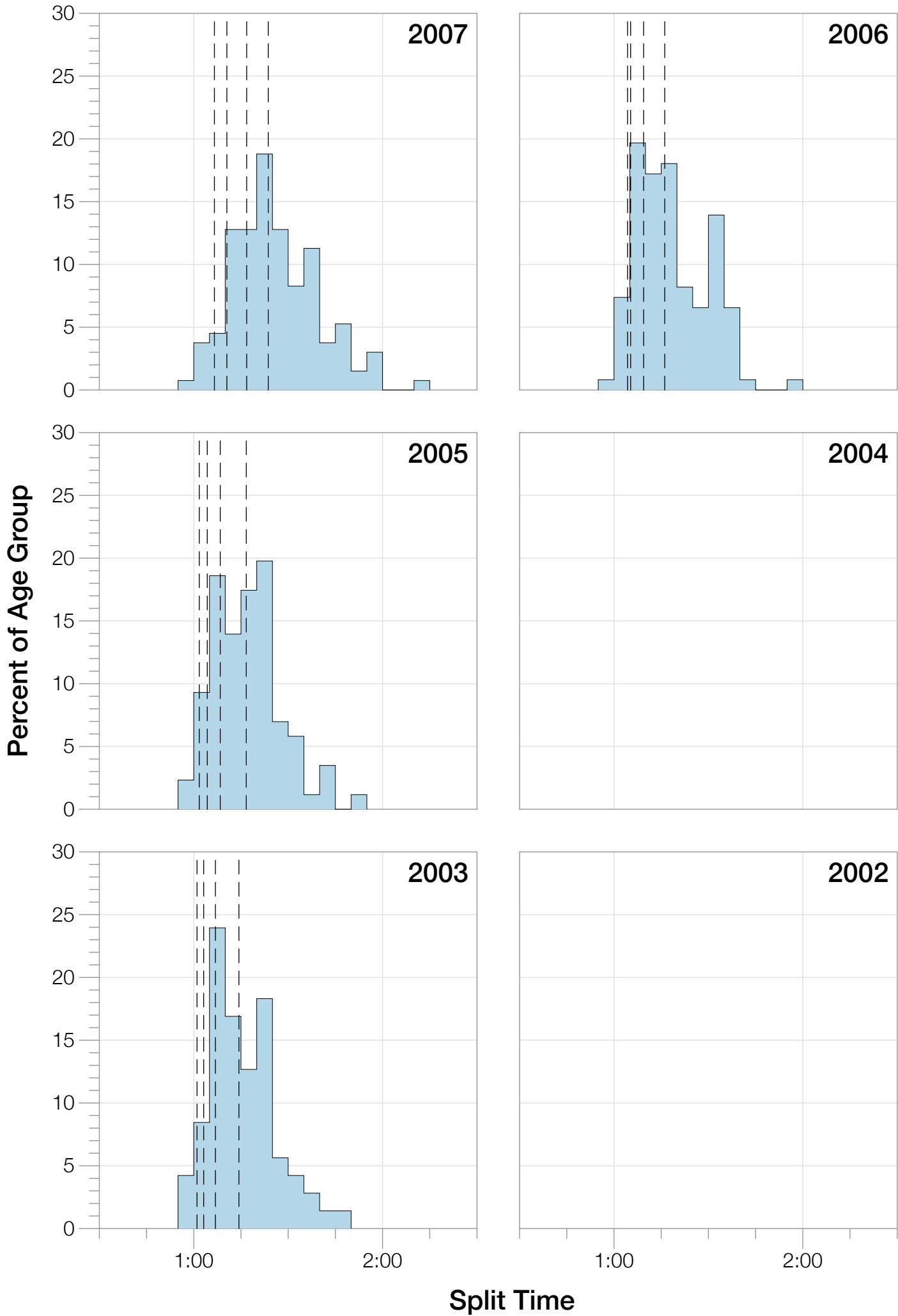
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2003	1341	71	8:40:59	9:42:08	10:52:31
2005	1654	86	8:23:29	9:59:08	9:59:08
2006	1940	122	9:07:05	9:31:07	10:35:34
2007	2085	134	8:33:32	10:27:55	10:27:55
2008	1942	98	8:34:22	9:38:58	10:13:27
2009	2031	90	8:32:12	9:23:21	10:00:51
2010	2096	105	8:24:40	9:17:54	10:14:54
2011	2185	107	8:19:48	9:16:40	10:03:37
2012	2145	111	8:32:29	9:21:44	10:09:19
2013	2121	110	8:17:31	9:16:02	10:16:48
Average	1954	103	8:32:36	9:35:29	9:21:16

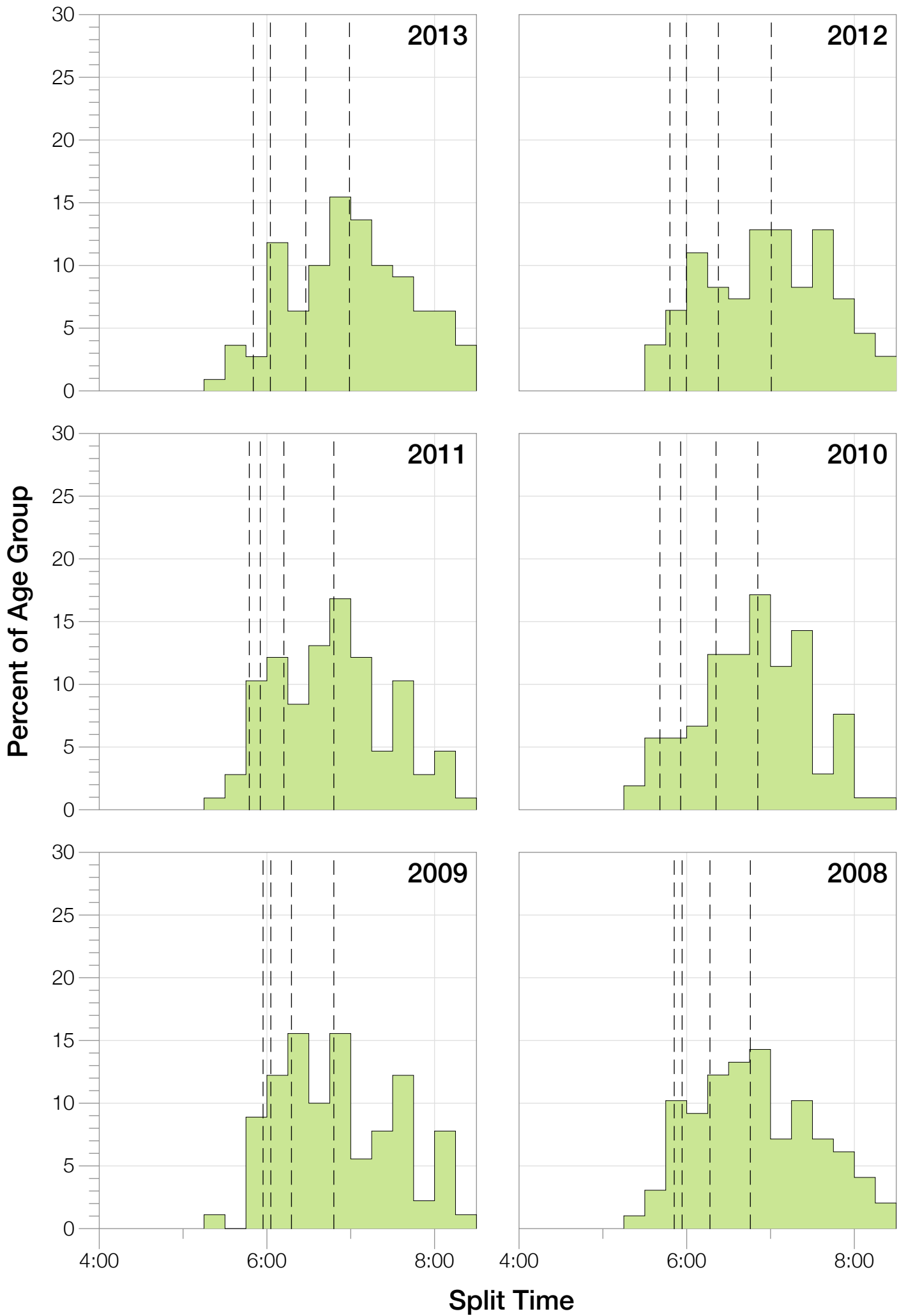
F30-34 Swim



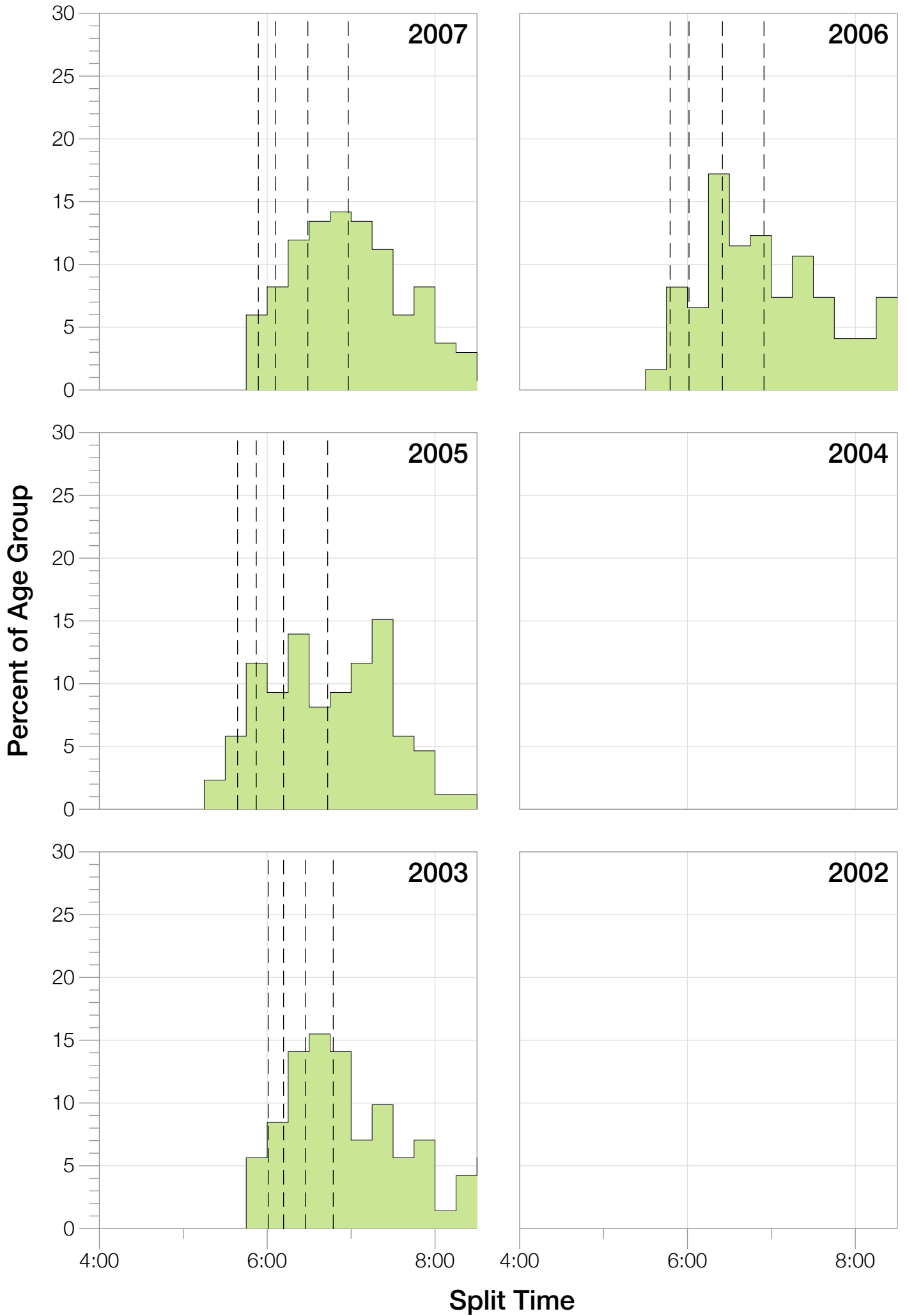
F30-34 Swim



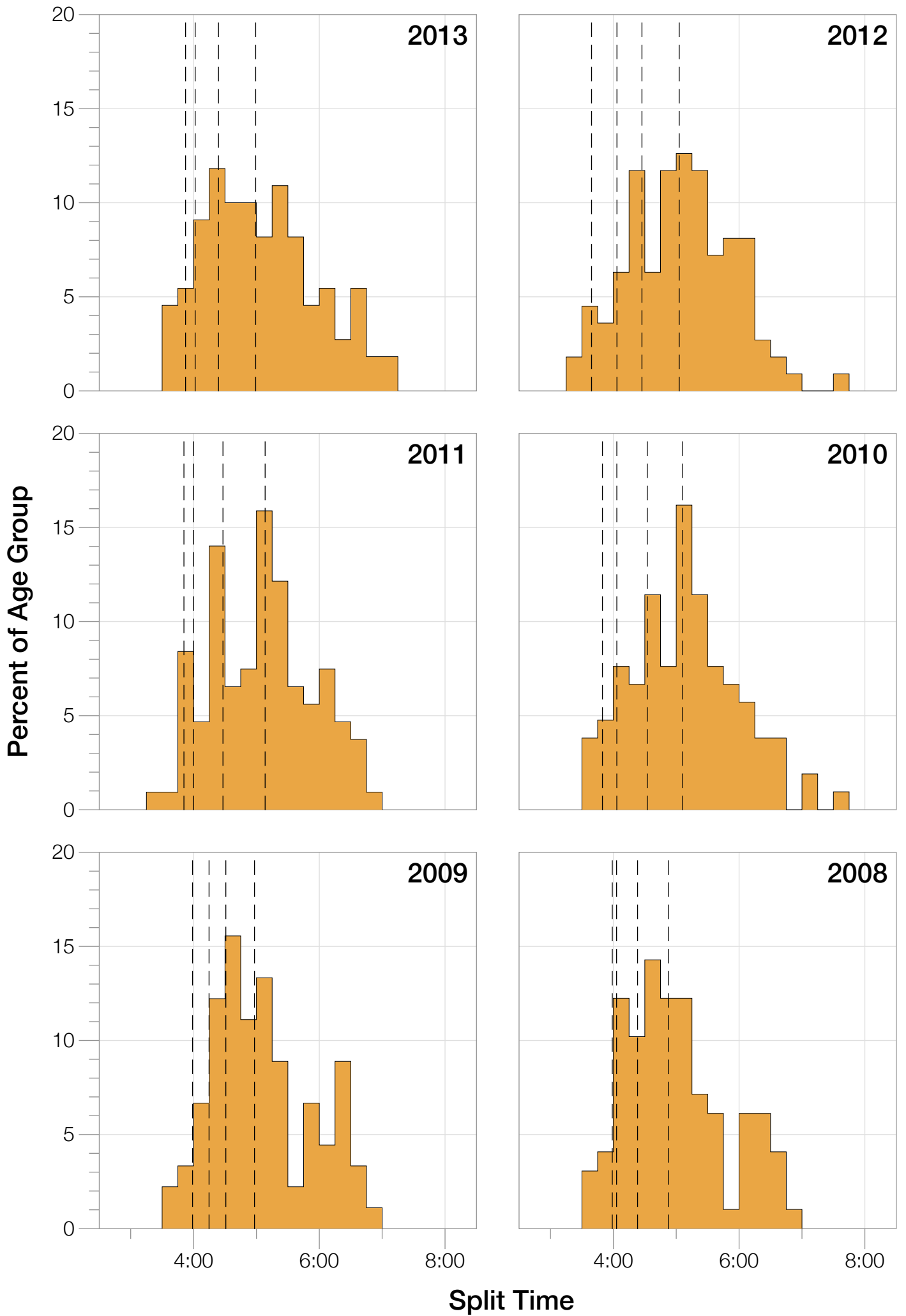
F30-34 Bike



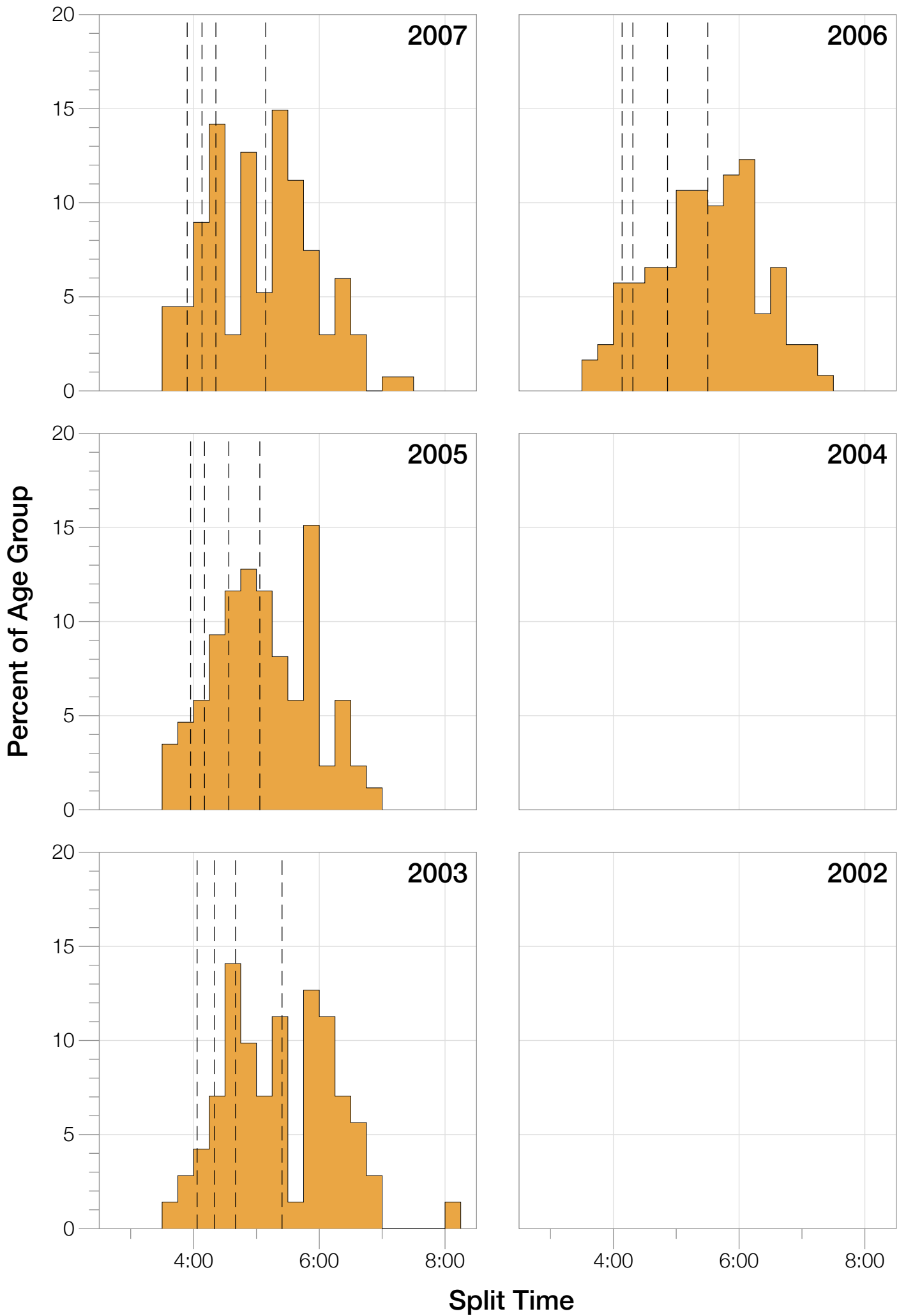
F30-34 Bike



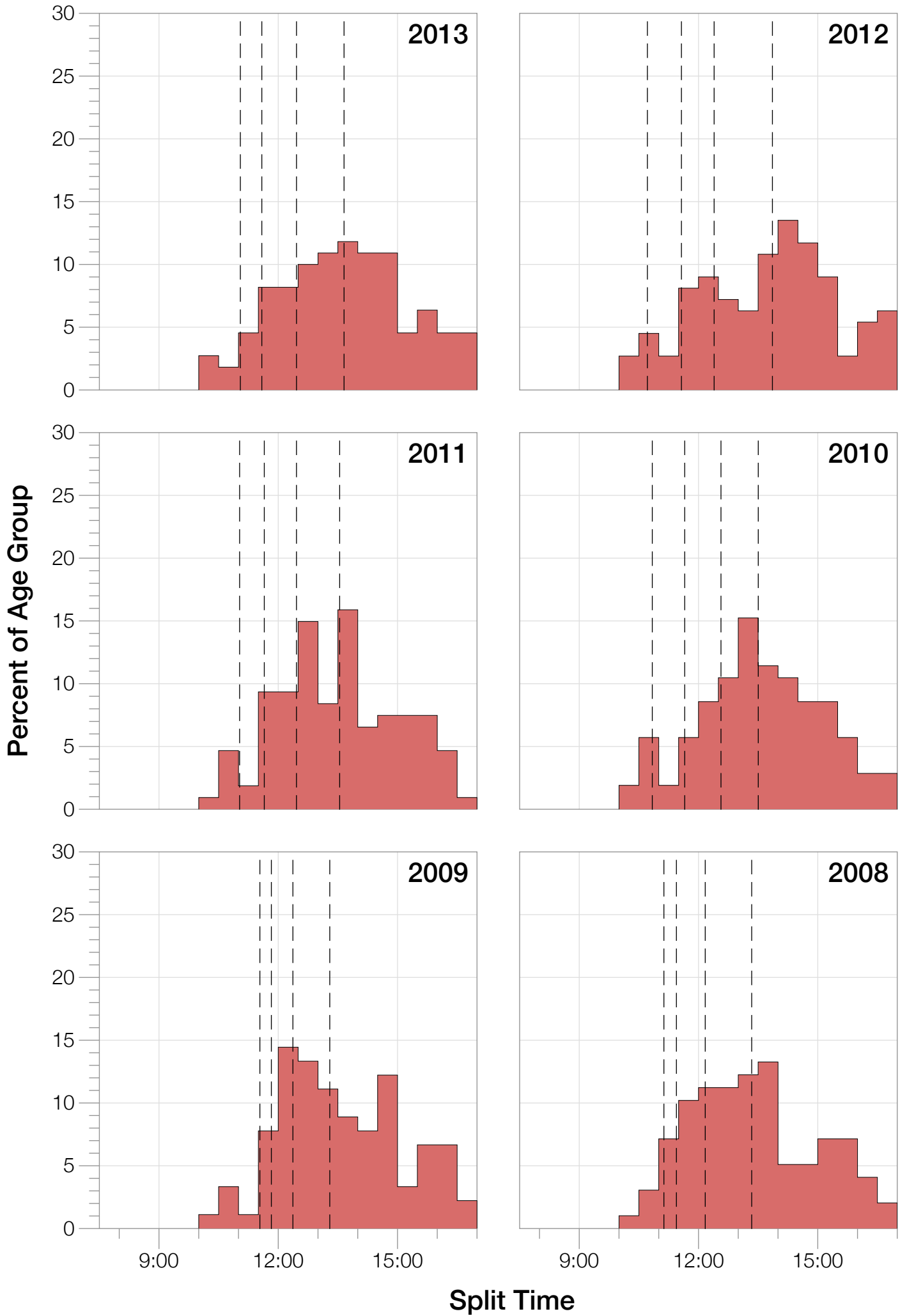
F30-34 Run



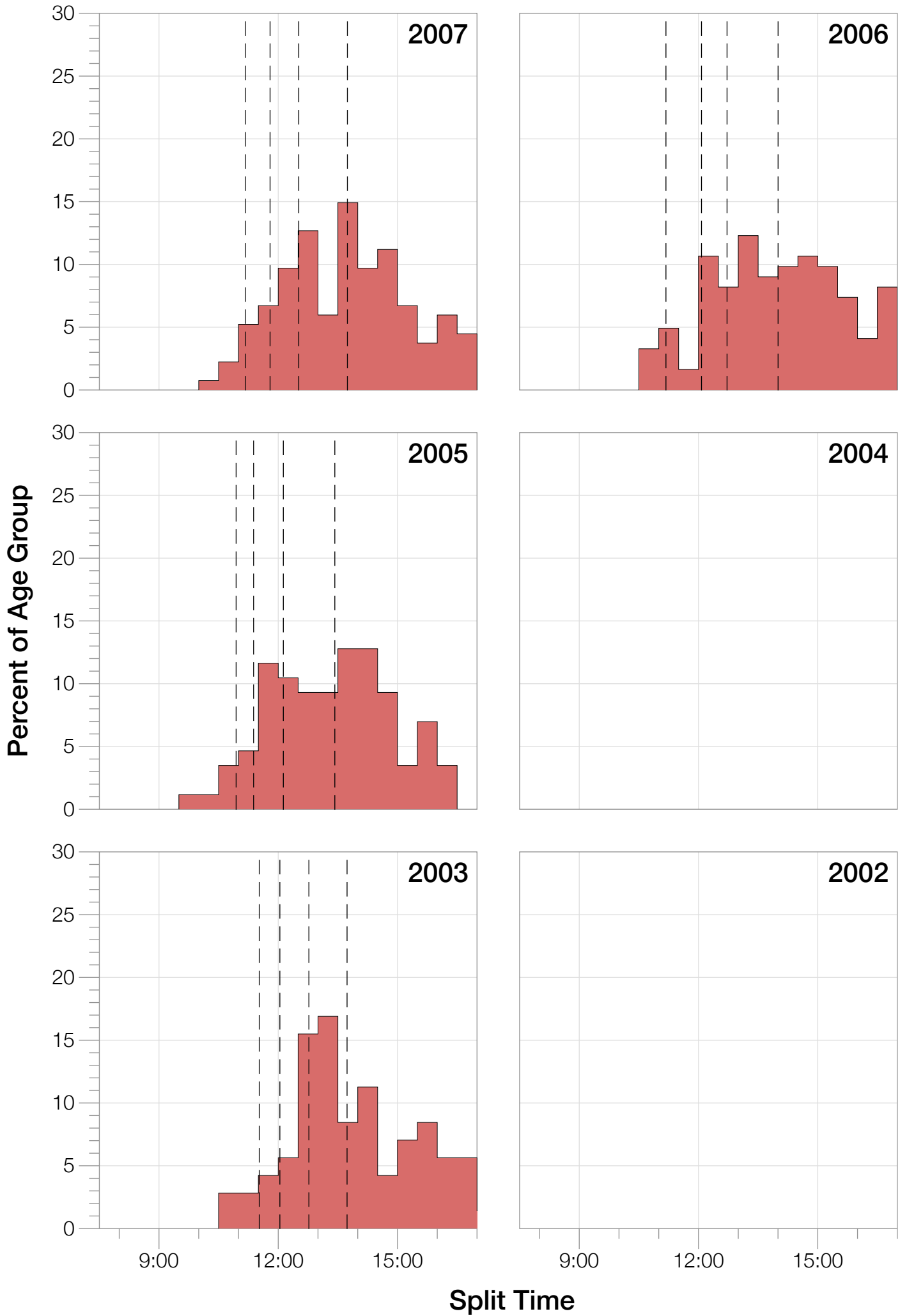
F30-34 Run



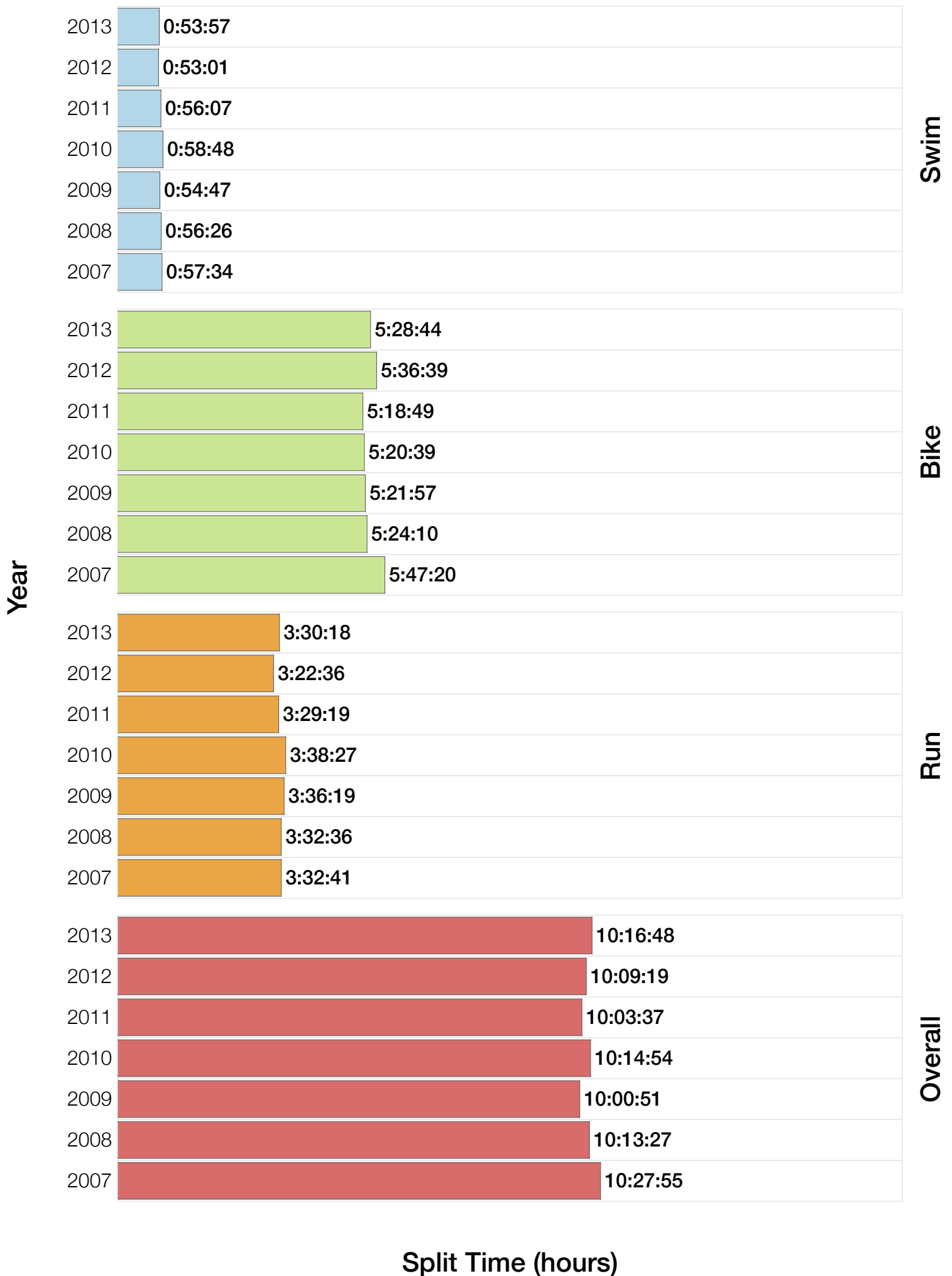
F30-34 Overall



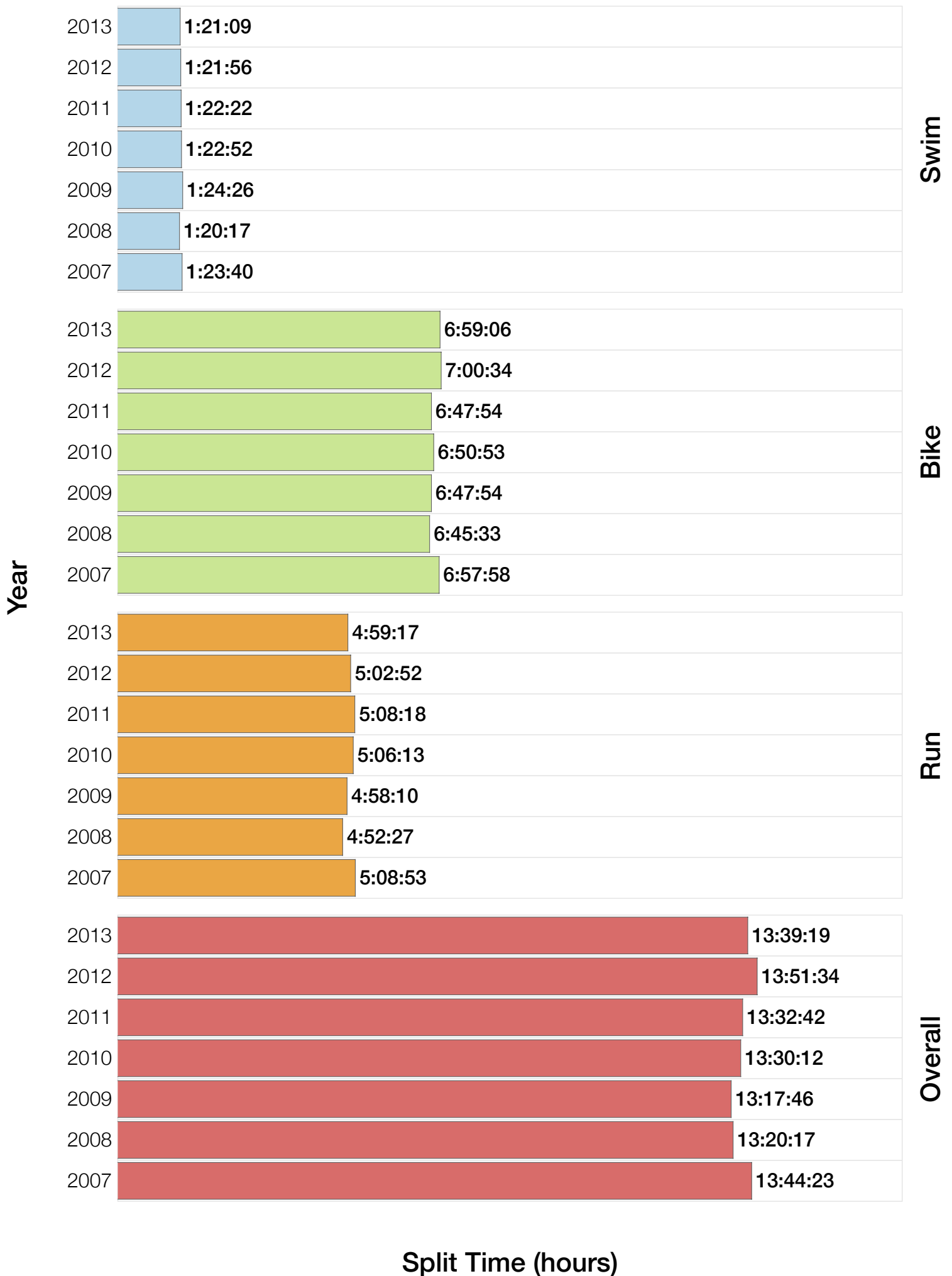
F30-34 Overall



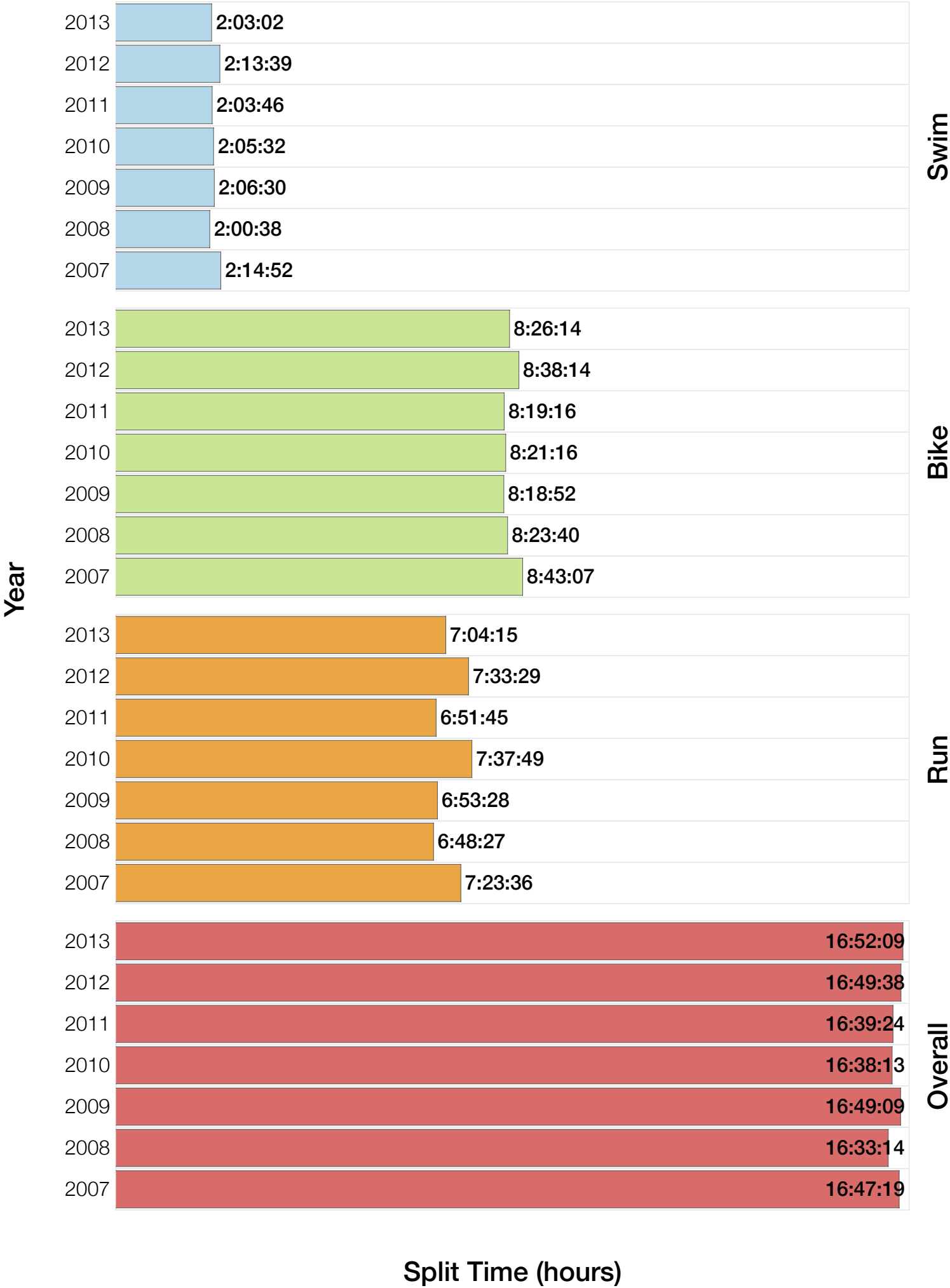
F30-34 Fastest Splits



F30-34 Median Splits

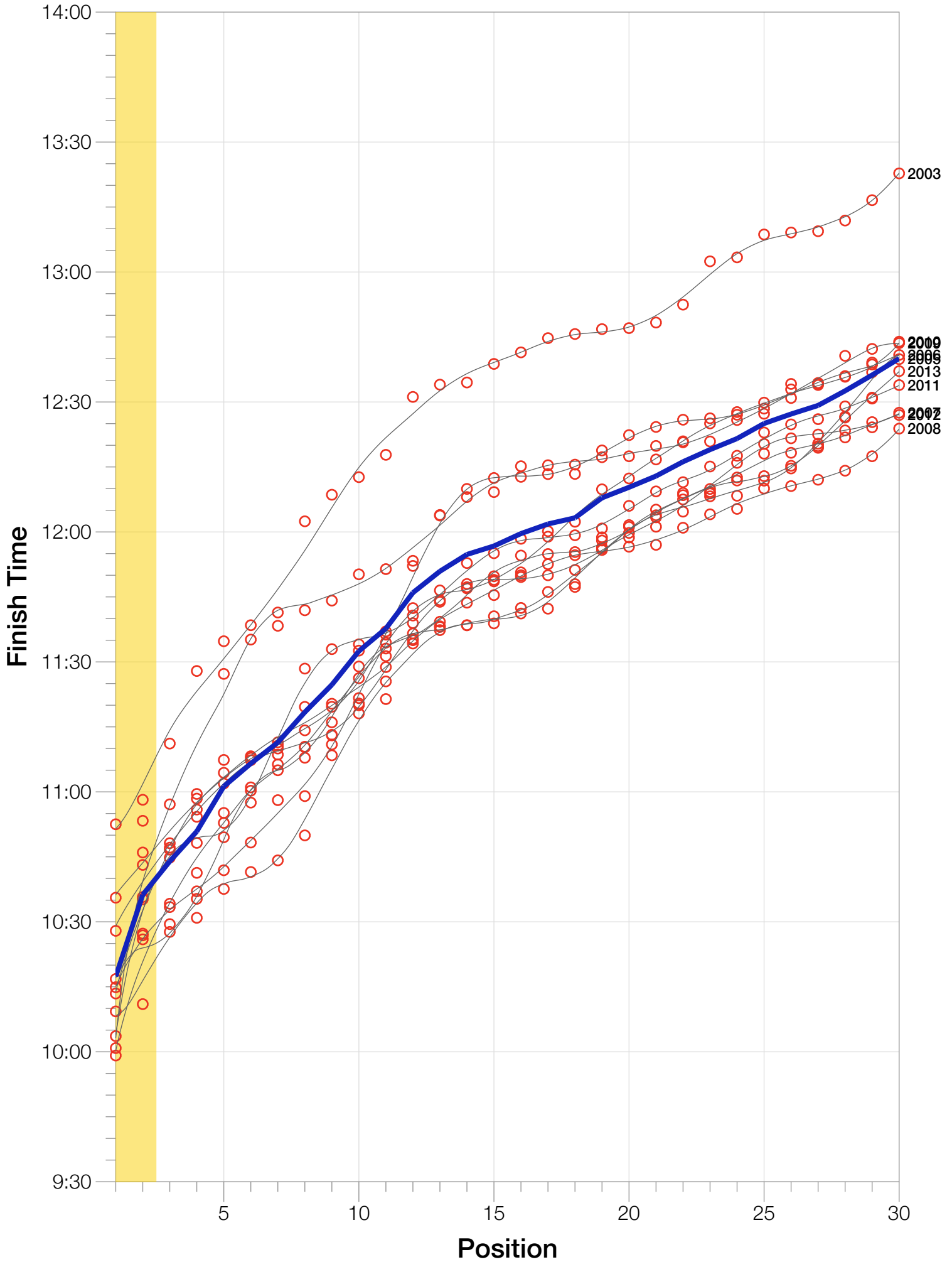


F30-34 Slowest Splits



F30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F30-34 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	1:02:48	5:33:14	3:35:37	10:17:24
Average 2nd Age Grouper	1:03:45	5:43:46	3:42:06	10:36:15
Average 3rd Age Grouper	1:06:51	5:46:11	3:44:48	10:43:58
Average 4th Age Grouper	1:06:42	5:51:07	3:46:33	10:50:52
Average 5th Age Grouper	1:11:54	5:48:41	3:53:06	11:01:15
Average 6th Age Grouper	1:11:35	5:51:56	3:55:50	11:06:33
Average 7th Age Grouper	1:04:35	5:51:16	4:08:41	11:11:24
Average 8th Age Grouper	1:09:57	6:01:18	3:59:07	11:18:24
Average 9th Age Grouper	1:09:42	6:02:07	4:03:48	11:24:43
Average 10th Age Grouper	1:10:22	6:02:16	4:11:29	11:32:29
Kona Qualifier Average	1:03:16	5:38:30	3:38:52	10:26:50
Top 10 Age Grouper Average	1:07:49	5:51:11	3:54:06	11:00:20

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	1:07:07	5:28:44	3:35:40	10:16:48
2nd Age Grouper	1:01:16	5:39:37	3:39:25	10:26:52
3rd Age Grouper	1:13:54	5:33:28	3:31:47	10:27:40
4th Age Grouper	0:53:57	5:37:53	3:52:52	10:30:55
5th Age Grouper	1:13:57	6:02:40	3:30:18	10:52:50
6th Age Grouper	1:33:32	5:40:12	3:39:53	11:01:02
7th Age Grouper	0:58:46	5:53:26	4:05:32	11:04:59
8th Age Grouper	1:05:33	6:00:49	3:53:05	11:07:52
9th Age Grouper	1:06:40	5:52:42	4:07:43	11:16:03
10th Age Grouper	1:18:30	6:03:14	3:57:25	11:28:56
Kona Qualifier Average	1:04:11	5:34:10	3:37:32	10:21:50
Top 10 Age Grouper Average	1:09:19	5:47:16	3:47:22	10:51:23

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	1:04:27	5:36:39	3:22:36	10:09:19
2nd Age Grouper	0:53:01	5:46:44	3:27:08	10:11:00
3rd Age Grouper	1:08:47	5:44:25	3:31:29	10:29:28
4th Age Grouper	1:12:31	5:40:40	3:34:32	10:35:18
5th Age Grouper	1:10:37	5:37:19	3:43:51	10:37:35
6th Age Grouper	1:13:34	5:49:53	3:32:22	10:41:30
7th Age Grouper	0:57:08	5:50:58	3:51:06	10:44:11
8th Age Grouper	1:04:08	6:03:23	3:32:30	10:49:57
9th Age Grouper	1:07:19	6:00:26	3:52:46	11:08:26
10th Age Grouper	1:11:50	5:51:18	4:09:06	11:18:06
Kona Qualifier Average	0:58:44	5:41:41	3:24:52	10:10:09
Top 10 Age Grouper Average	1:06:20	5:48:10	3:39:44	10:40:29

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	1:07:39	5:18:49	3:29:19	10:03:37
2nd Age Grouper	1:05:54	5:34:25	3:48:11	10:35:43
3rd Age Grouper	1:08:43	5:47:31	3:44:43	10:47:07
4th Age Grouper	1:10:39	5:45:22	3:46:42	10:48:13
5th Age Grouper	1:09:53	5:47:22	3:45:23	10:49:31
6th Age Grouper	1:16:58	5:37:26	3:57:04	10:57:31
7th Age Grouper	0:56:07	6:06:26	3:57:52	11:11:26
8th Age Grouper	1:19:16	6:09:45	3:50:41	11:28:27
9th Age Grouper	1:08:59	6:12:25	4:03:05	11:32:57
10th Age Grouper	1:16:08	5:55:34	4:12:08	11:34:03
Kona Qualifier Average	1:06:46	5:26:37	3:38:45	10:19:40
Top 10 Age Grouper Average	1:10:01	5:49:30	3:51:30	10:58:51

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	1:08:55	5:20:39	3:40:29	10:14:54
2nd Age Grouper	1:05:45	5:28:13	3:45:57	10:27:17
3rd Age Grouper	1:02:36	5:43:21	3:42:02	10:33:24
4th Age Grouper	1:07:19	5:45:07	3:39:10	10:37:02
5th Age Grouper	1:14:38	5:39:36	3:38:27	10:41:54
6th Age Grouper	0:58:48	5:55:21	3:47:38	10:48:18
7th Age Grouper	1:09:14	5:40:18	4:02:35	10:58:05
8th Age Grouper	1:20:31	5:33:17	3:57:21	10:59:01
9th Age Grouper	1:14:17	5:36:40	4:11:36	11:10:56
10th Age Grouper	1:04:37	5:58:23	4:10:51	11:20:24
Kona Qualifier Average	1:07:20	5:24:26	3:43:13	10:21:05
Top 10 Age Grouper Average	1:08:40	5:40:05	3:51:36	10:47:07

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

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	1:05:18	5:24:10	3:38:48	10:13:27
2nd Age Grouper	1:06:08	5:52:07	3:32:36	10:35:13
3rd Age Grouper	0:58:00	5:40:26	4:02:54	10:46:39
4th Age Grouper	1:09:26	6:04:07	3:34:40	10:54:14
5th Age Grouper	1:13:31	5:43:03	4:03:08	11:07:22
6th Age Grouper	1:22:04	5:35:52	4:03:42	11:07:50
7th Age Grouper	1:08:47	5:45:08	4:08:17	11:08:35
8th Age Grouper	1:12:16	5:54:40	4:04:58	11:19:37
9th Age Grouper	1:05:45	6:00:23	3:59:17	11:20:20
10th Age Grouper	1:08:25	6:02:04	3:59:27	11:21:39
Kona Qualifier Average	1:05:43	5:38:08	3:35:42	10:24:20
Top 10 Age Grouper Average	1:08:58	5:48:12	3:54:46	10:59:29

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	0:57:34	5:52:15	3:32:41	10:27:55
2nd Age Grouper	1:04:25	5:48:04	3:43:35	10:43:08
3rd Age Grouper	1:11:59	5:52:23	3:35:05	10:44:48
4th Age Grouper	1:06:51	6:07:34	3:34:45	10:55:55
5th Age Grouper	1:06:41	5:51:27	3:57:42	11:01:55
6th Age Grouper	1:08:53	6:05:32	3:46:57	11:08:13
7th Age Grouper	1:15:58	5:47:20	3:58:03	11:10:00
8th Age Grouper	1:06:26	5:49:52	4:07:34	11:10:25
9th Age Grouper	1:11:37	6:08:53	3:43:04	11:13:10
10th Age Grouper	1:10:20	6:01:33	3:58:47	11:20:00
Kona Qualifier Average	1:00:59	5:50:09	3:38:08	10:35:31
Top 10 Age Grouper Average	1:08:04	5:56:29	3:47:49	10:59:32

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

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

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	0:56:00	5:57:11	3:52:53	10:52:31
2nd Age Grouper	1:05:44	6:02:13	3:43:47	10:58:10
3rd Age Grouper	1:06:06	5:55:42	4:03:11	11:11:09
4th Age Grouper	0:57:24	5:59:13	4:24:43	11:27:54
5th Age Grouper	1:10:15	6:09:49	4:03:36	11:34:46
6th Age Grouper	0:59:35	6:12:37	4:14:50	11:35:09
7th Age Grouper	1:07:28	5:52:45	4:32:31	11:38:20
8th Age Grouper	1:09:33	6:24:06	4:18:15	12:02:27
9th Age Grouper	1:23:33	6:36:19	3:59:14	12:08:35
10th Age Grouper	1:09:05	6:21:33	4:33:48	12:12:39
Kona Qualifier Average	1:00:52	5:59:42	3:48:20	10:55:20
Top 10 Age Grouper Average	1:06:28	6:09:08	4:10:40	11:34:10