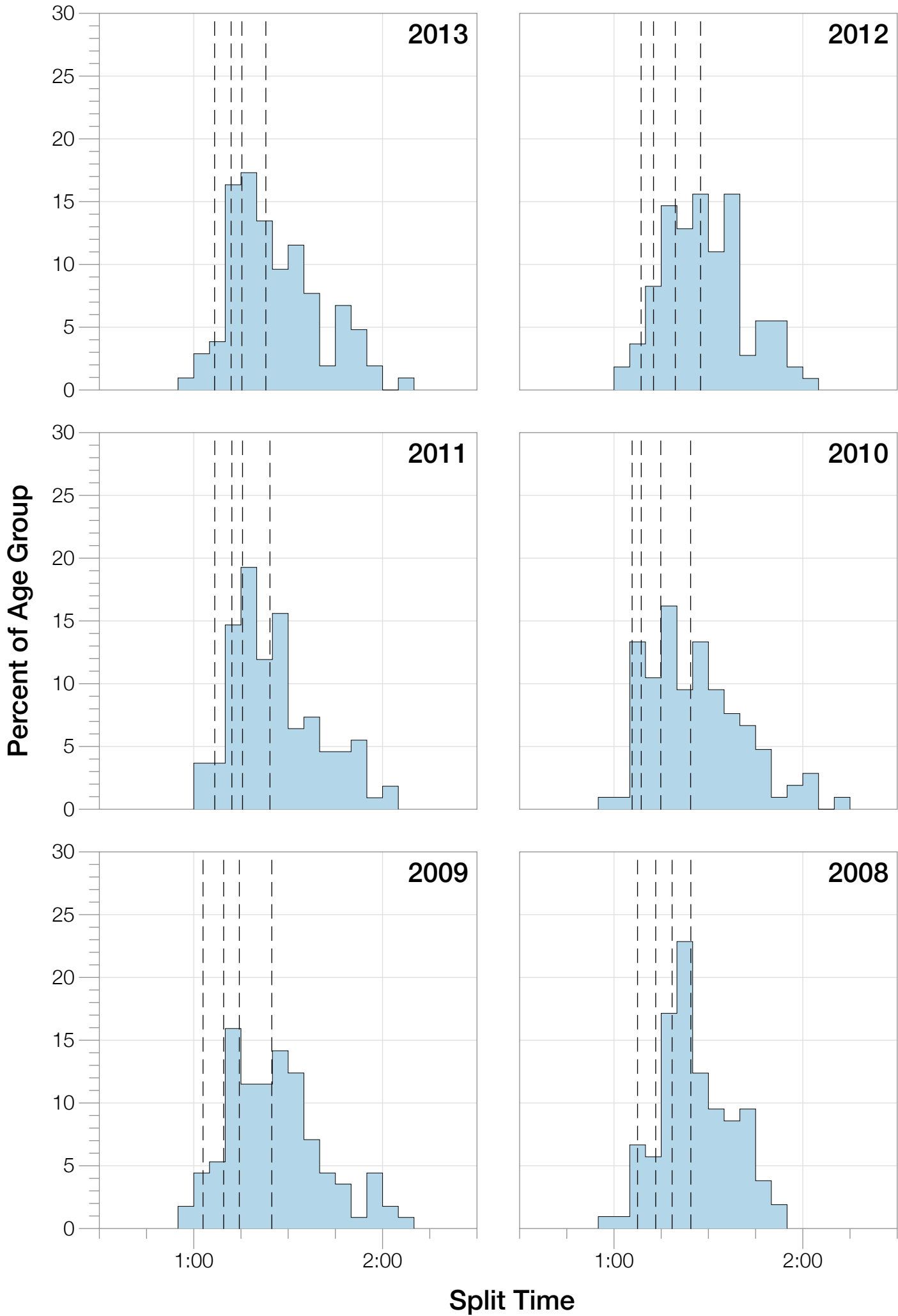


Ironman Coeur d'Alene F40-44 Stats

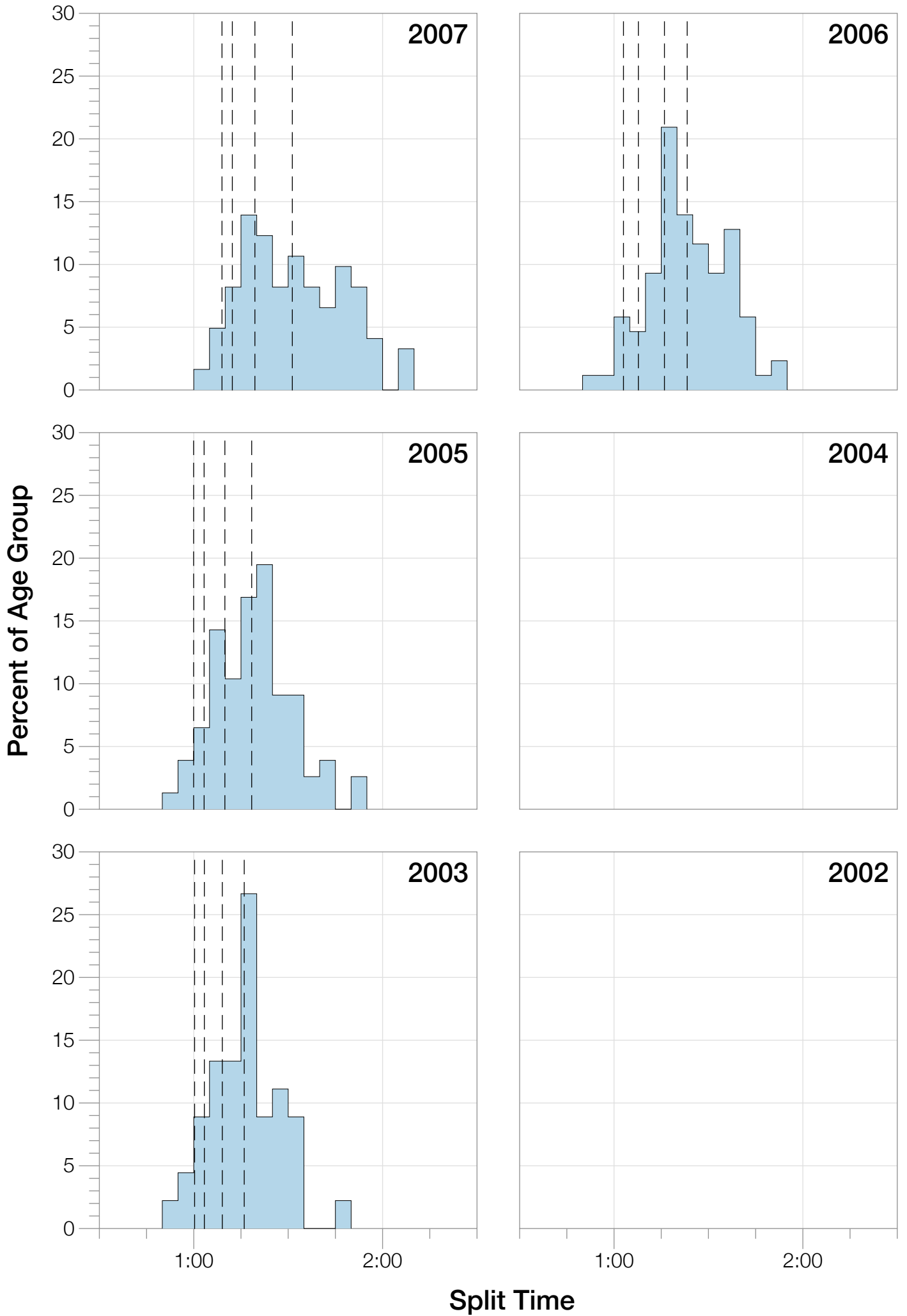
F40-44 Summary Statistics

Year	Finishers	F40-44 Finishers	Male Winner's Time	Female Winner's Time	F40-44 Winner's Time
2003	1341	45	8:40:59	9:42:08	11:03:28
2005	1654	77	8:23:29	9:59:08	10:40:04
2006	1940	86	9:07:05	9:31:07	10:25:17
2007	2085	123	8:33:32	10:27:55	11:22:38
2008	1942	105	8:34:22	9:38:58	10:51:38
2009	2031	113	8:32:12	9:23:21	10:36:08
2010	2096	105	8:24:40	9:17:54	10:10:09
2011	2185	109	8:19:48	9:16:40	10:52:30
2012	2145	109	8:32:29	9:21:44	10:41:19
2013	2121	104	8:17:31	9:16:02	11:07:30
Average	1954	98	8:32:36	9:35:29	9:48:14

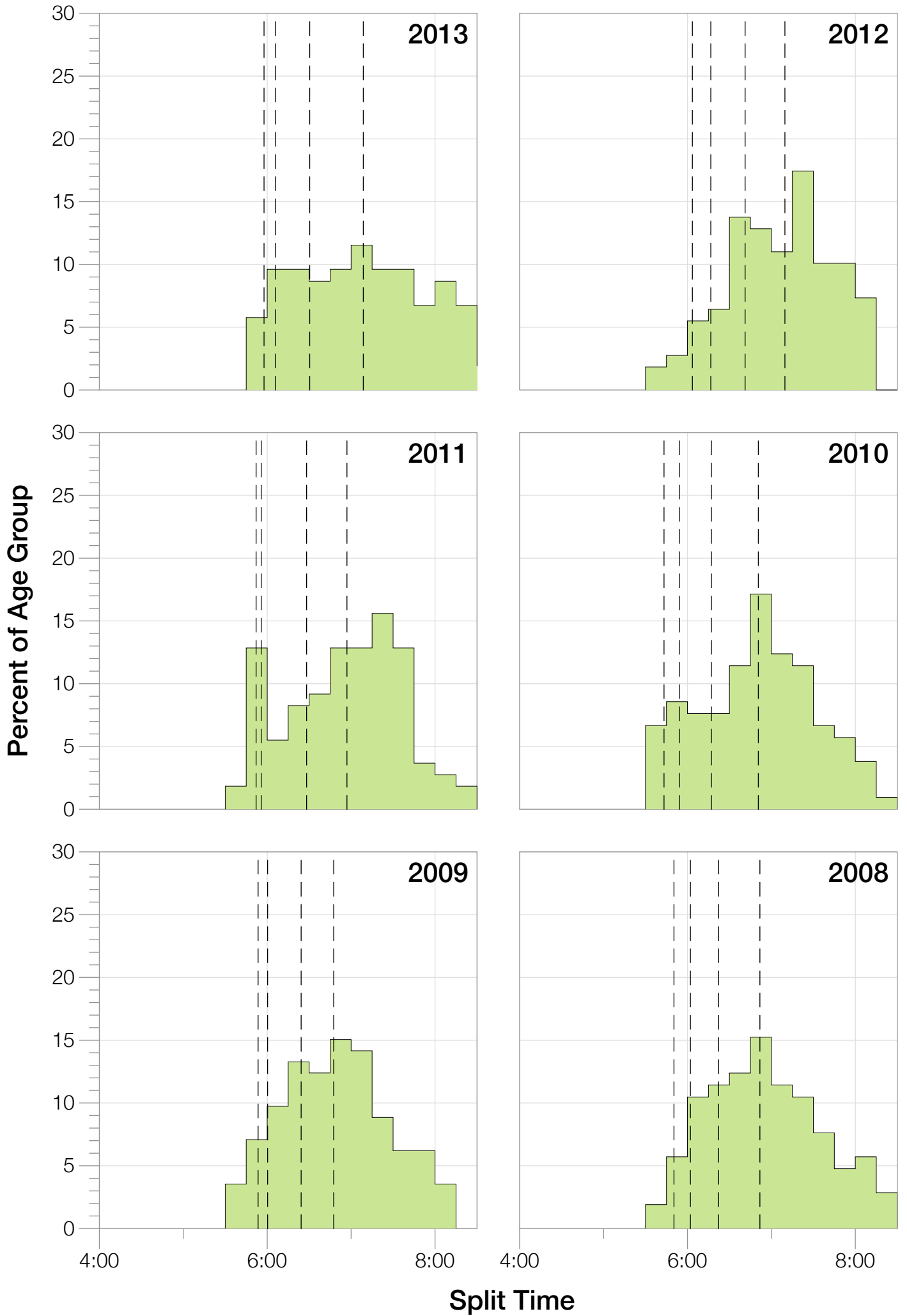
F40-44 Swim



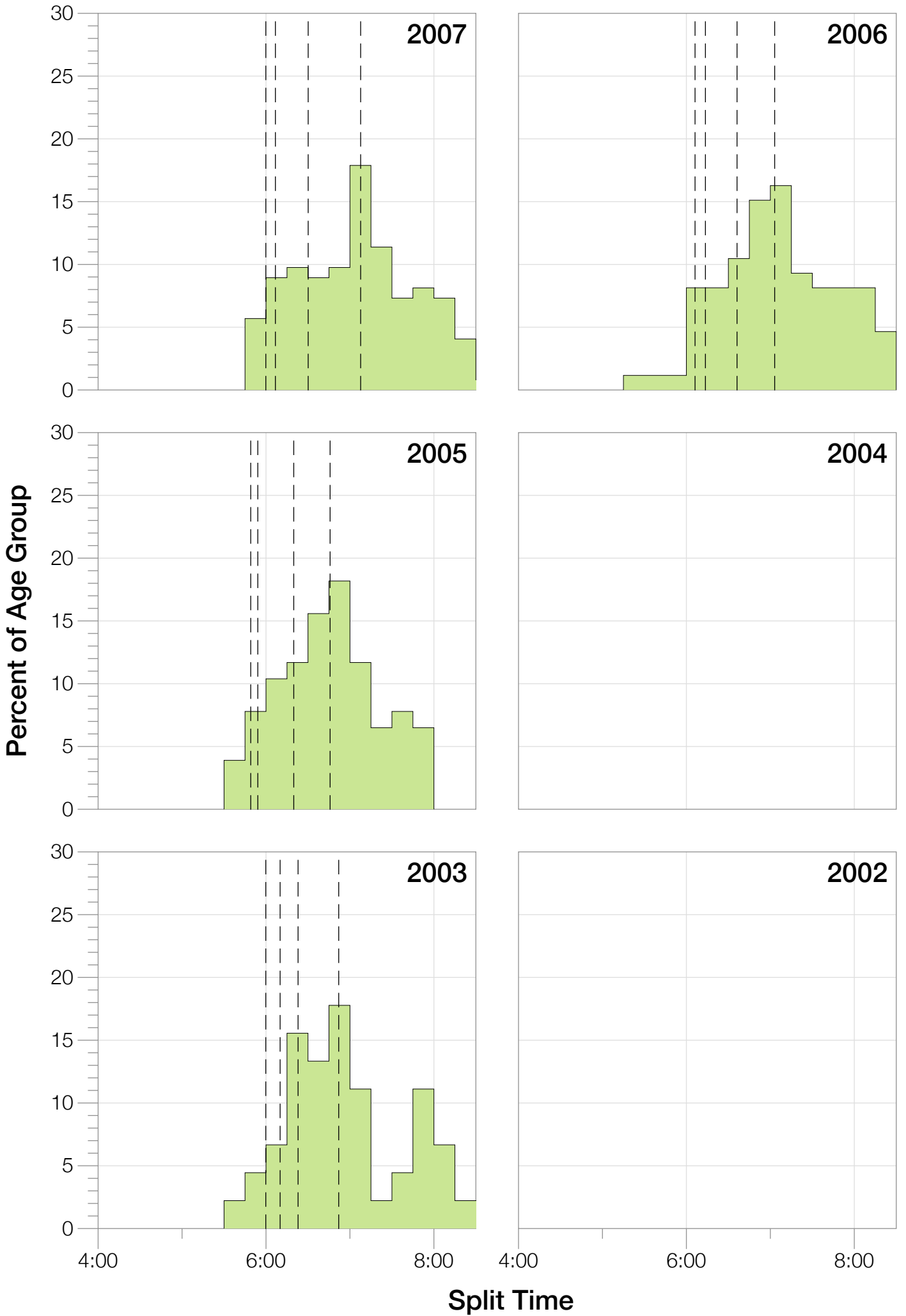
F40-44 Swim



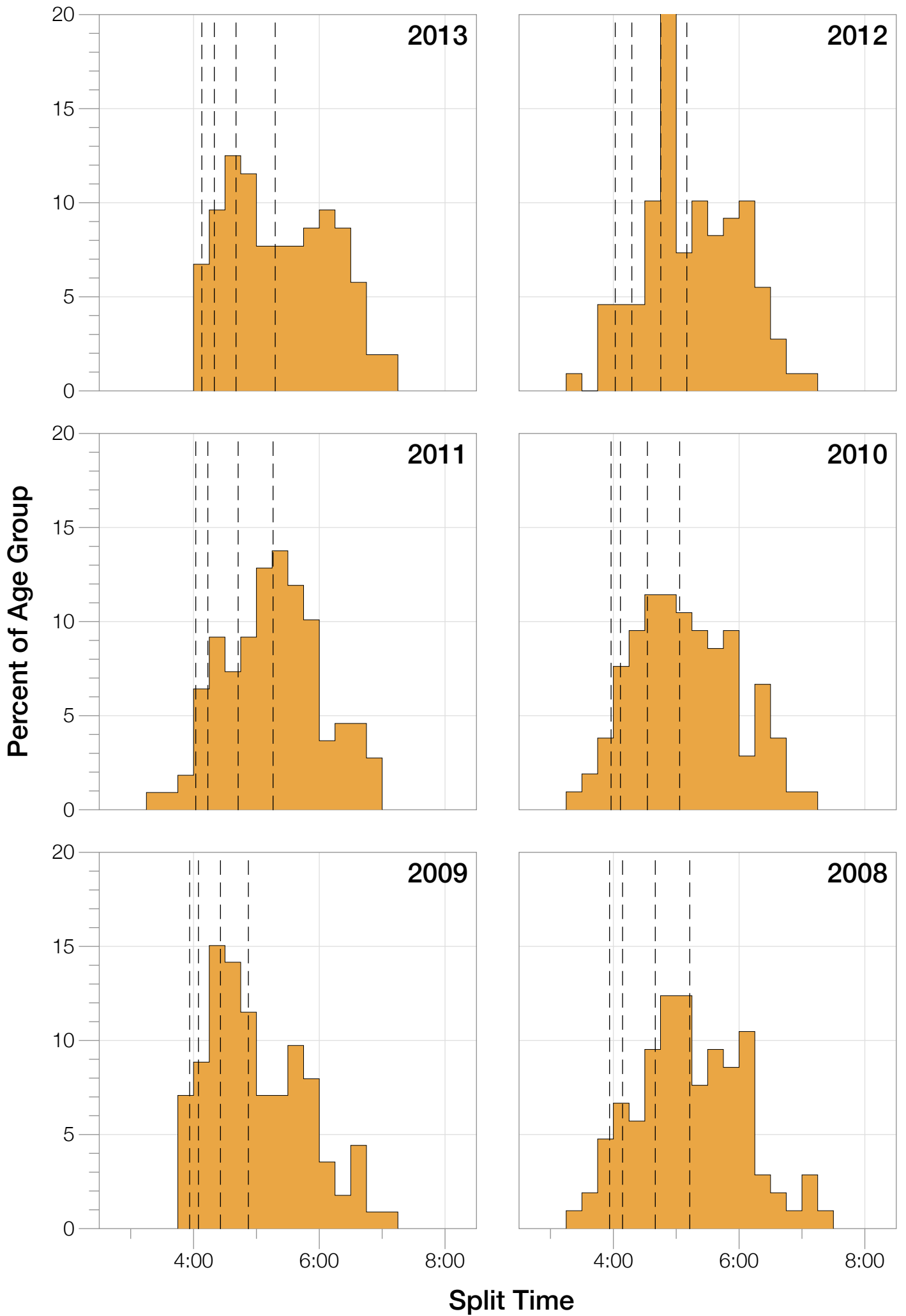
F40-44 Bike



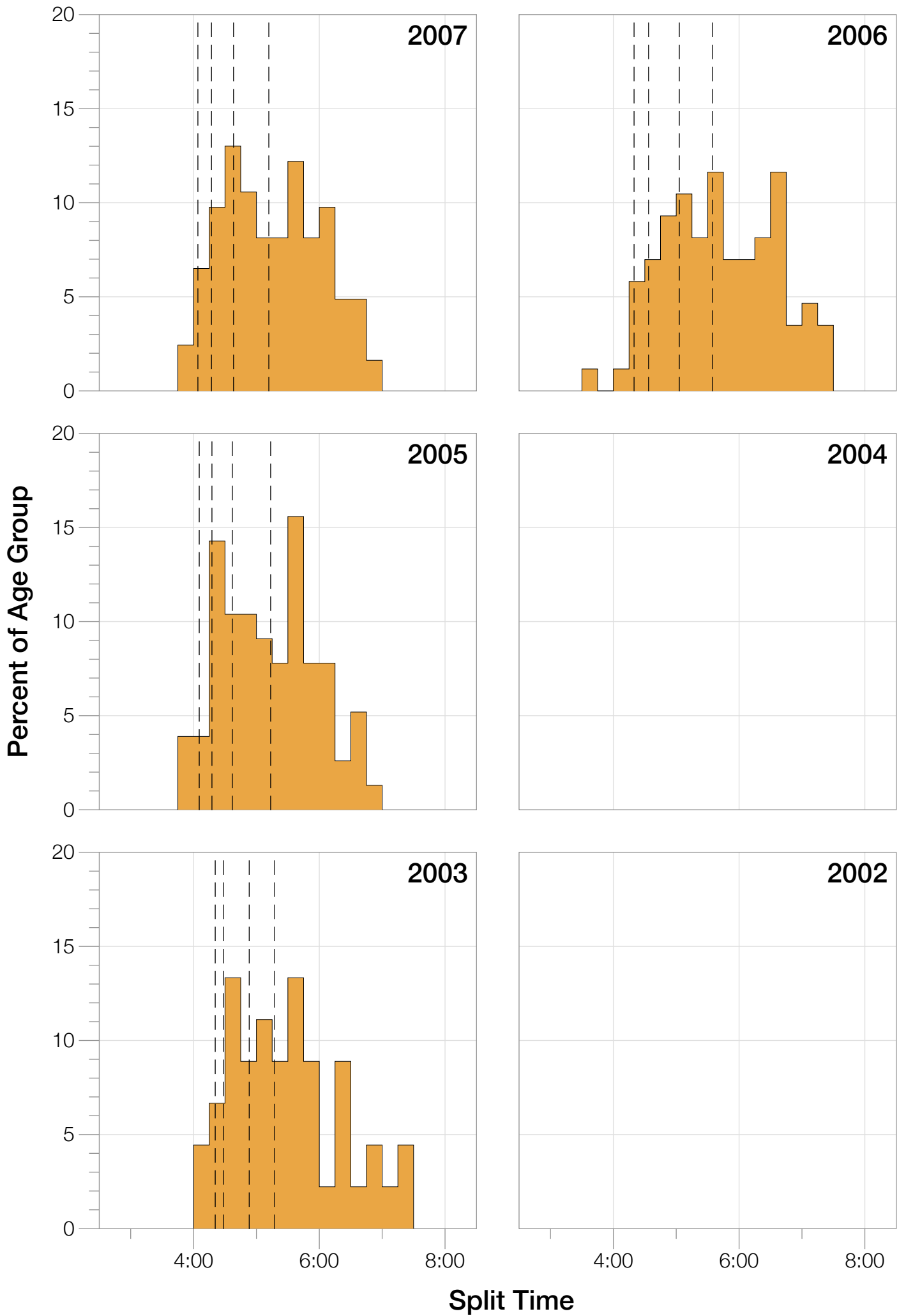
F40-44 Bike



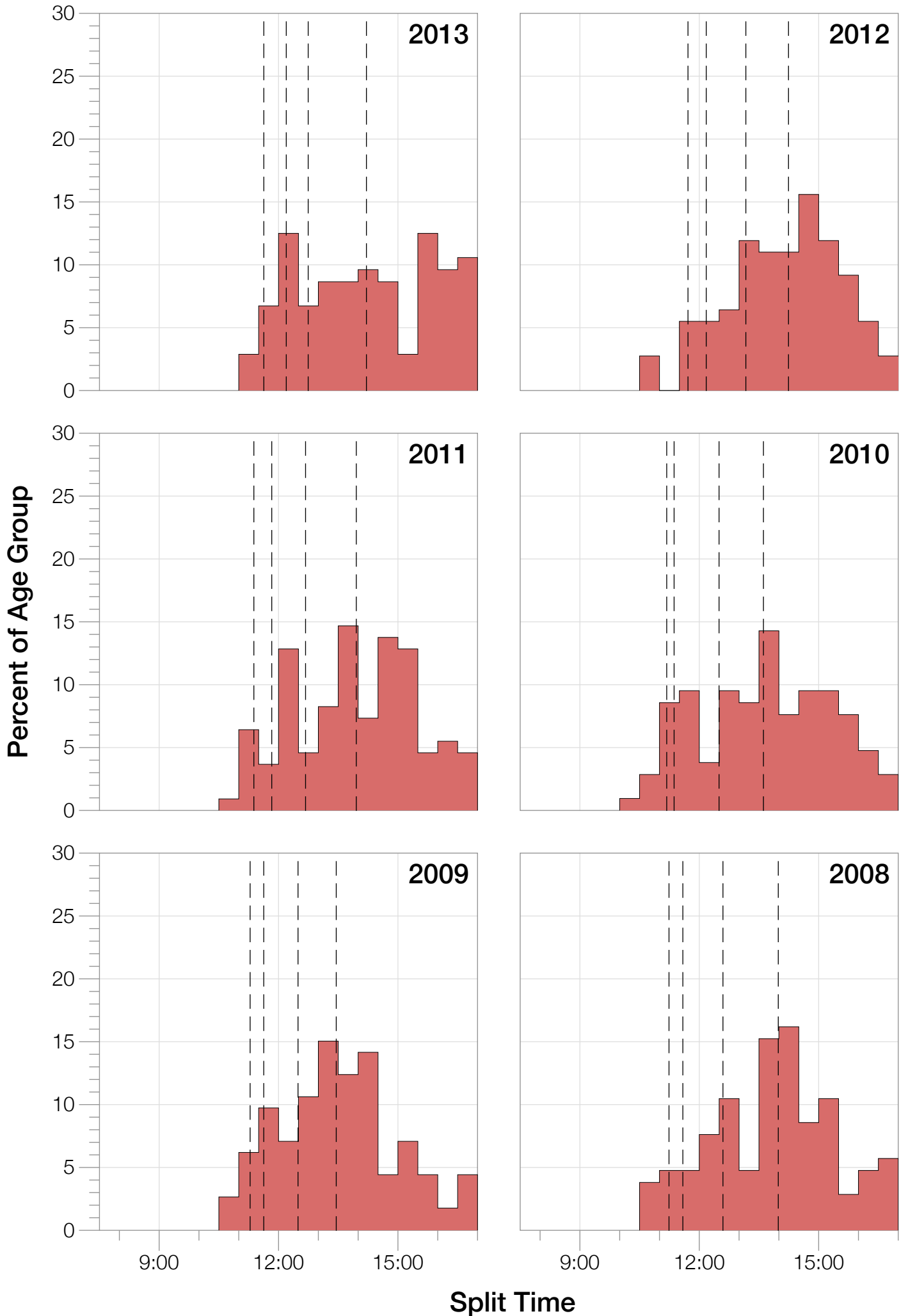
F40-44 Run



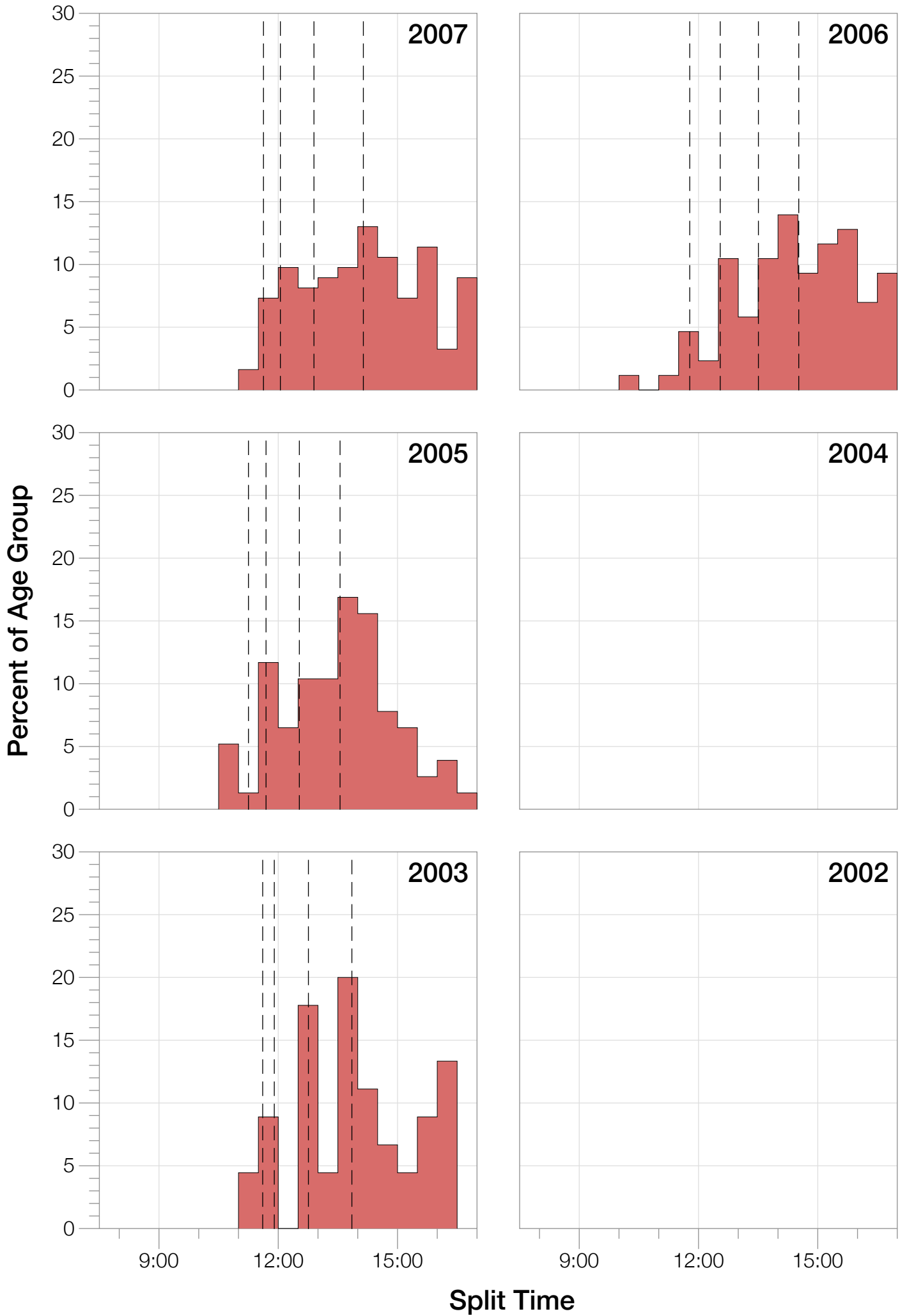
F40-44 Run



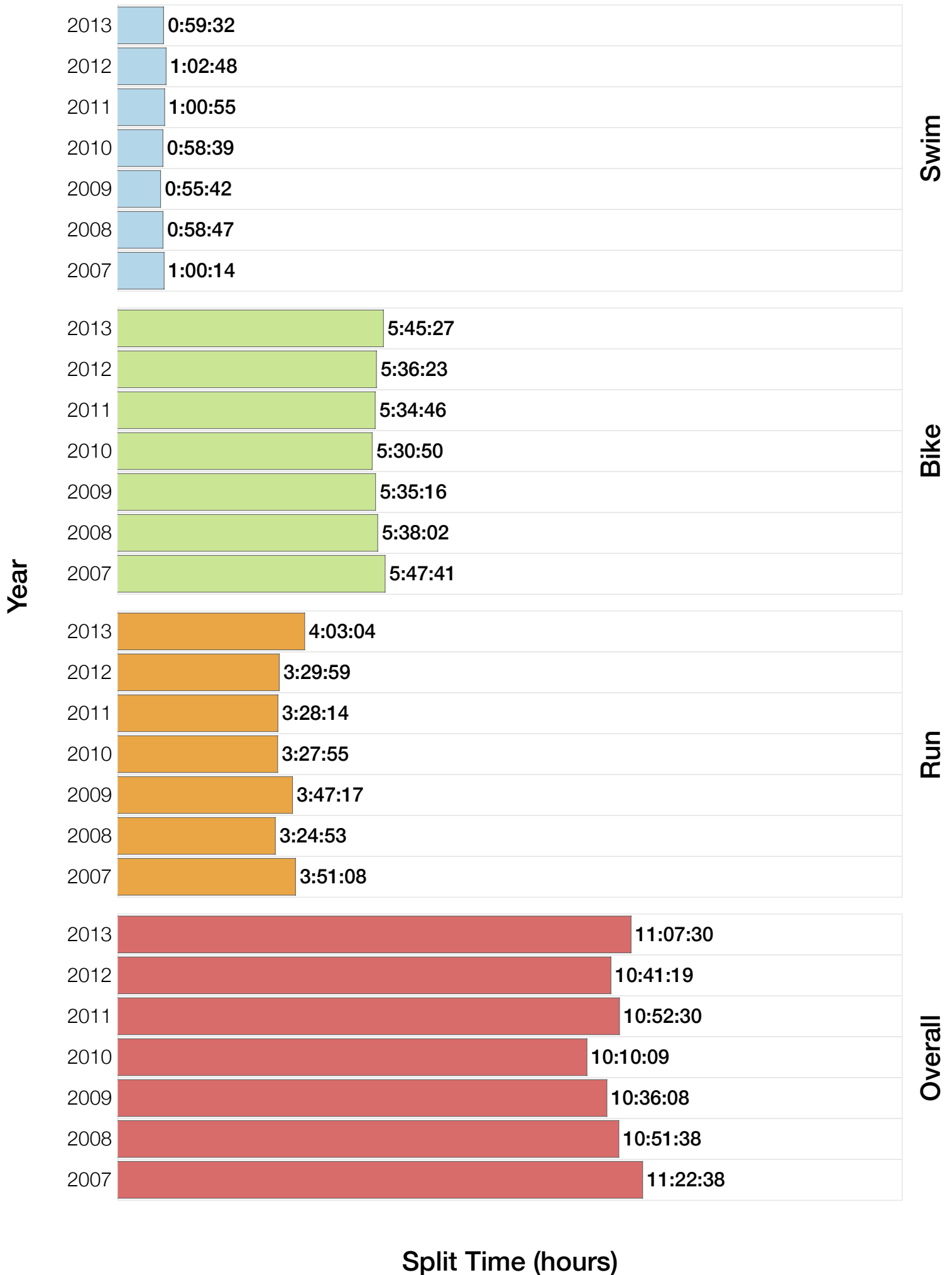
F40-44 Overall



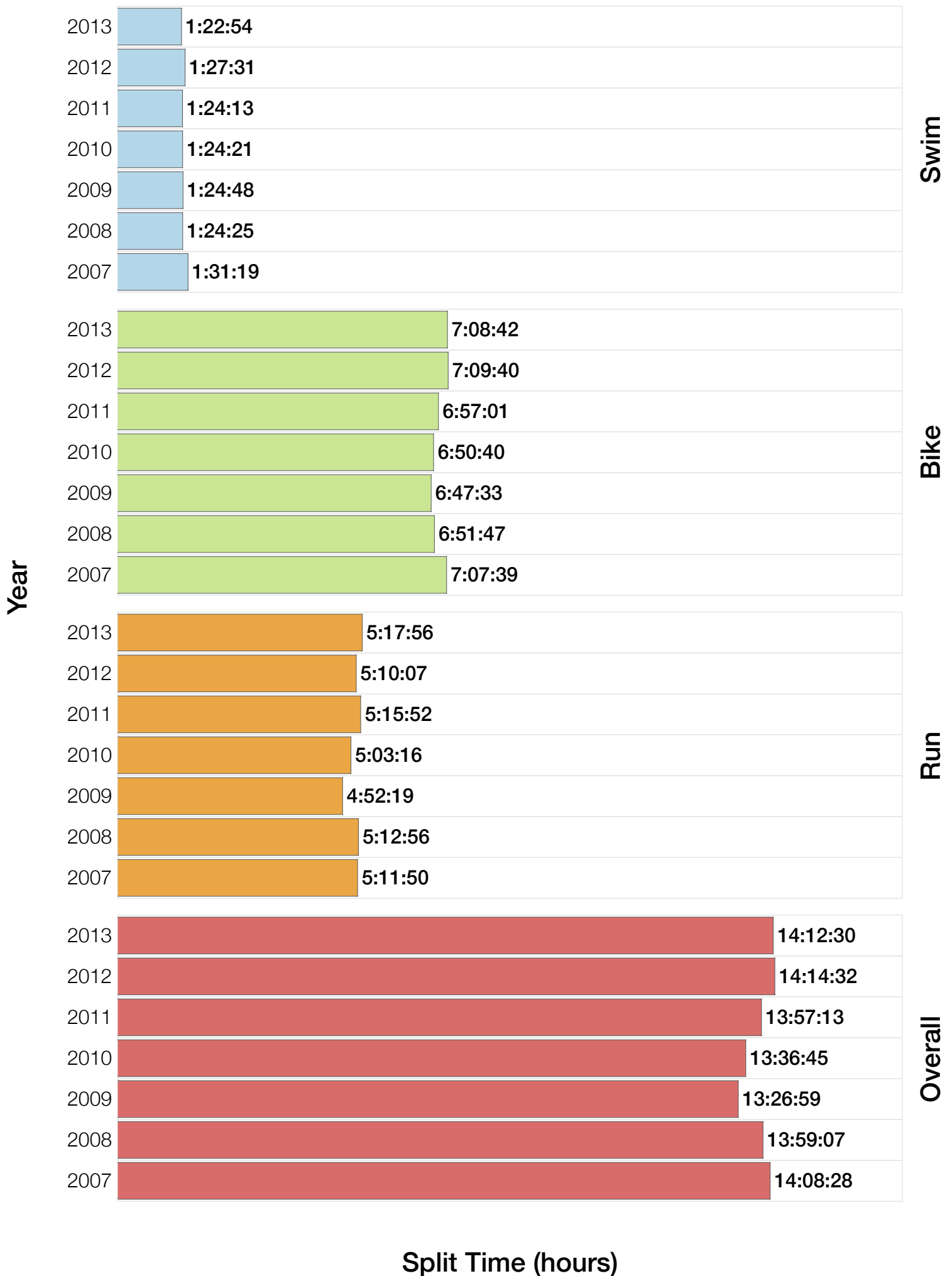
F40-44 Overall



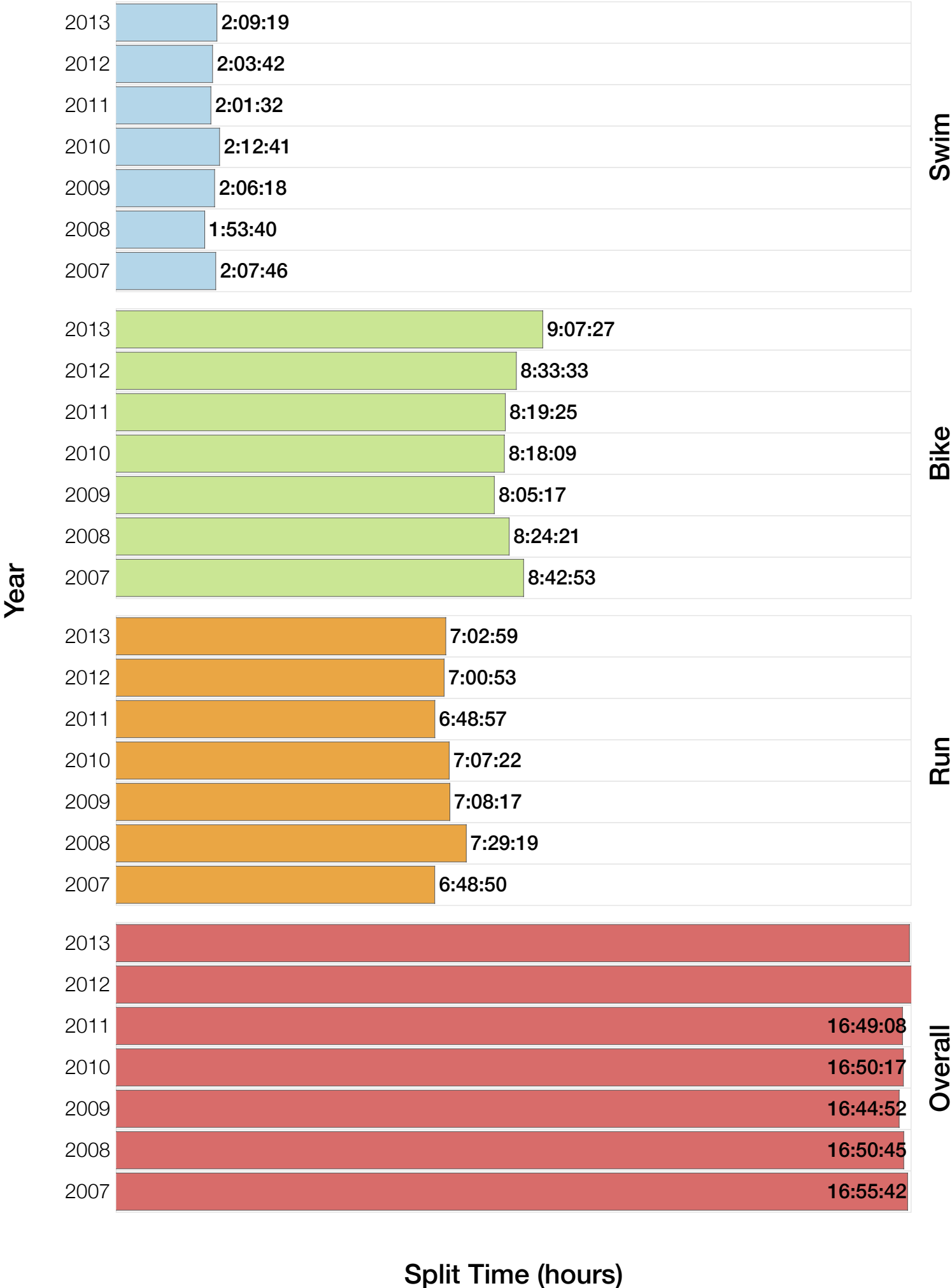
F40-44 Fastest Splits



F40-44 Median Splits



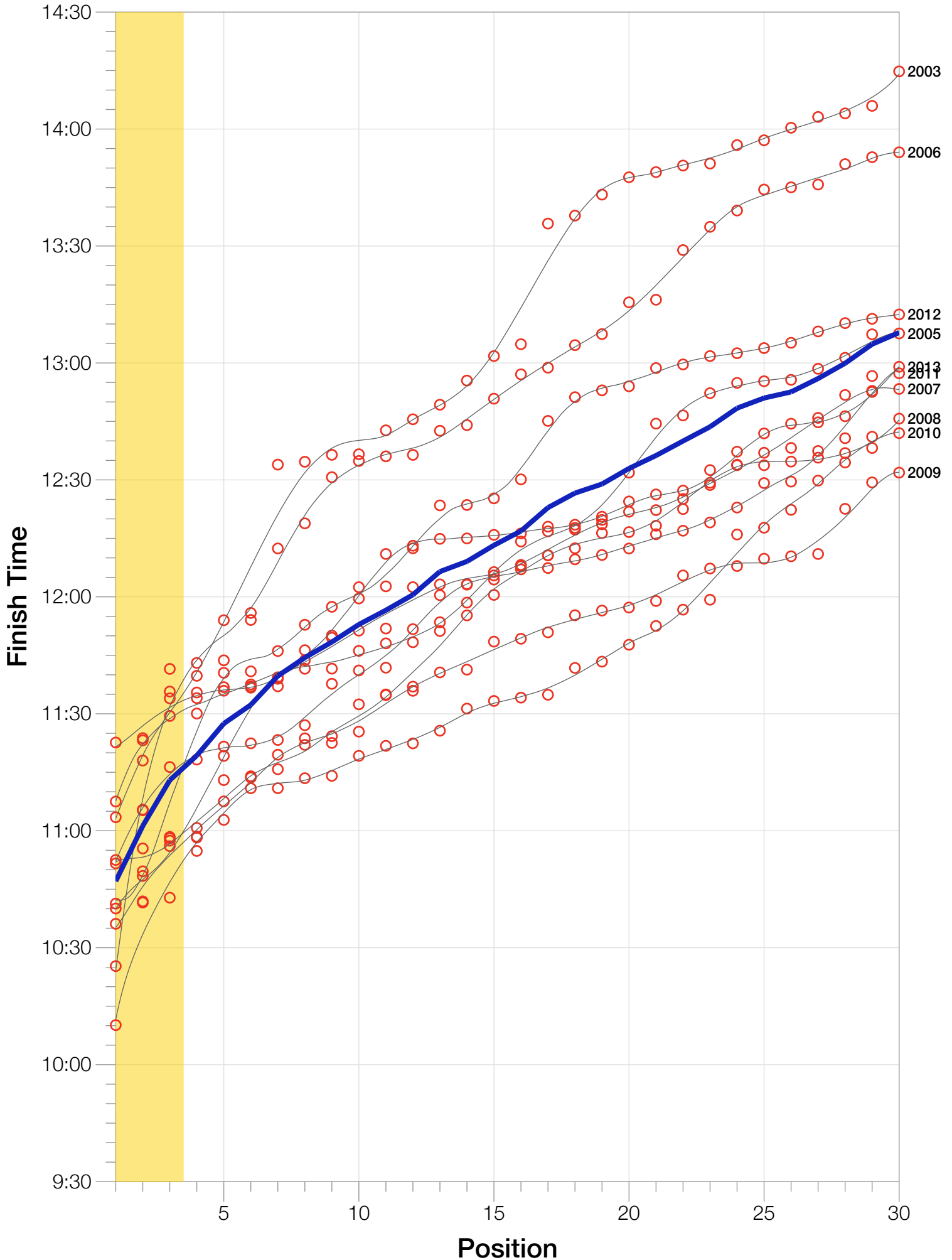
F40-44 Slowest Splits



Split Time (hours)

F40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F40-44 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	1:06:03	5:42:43	3:51:39	10:47:04
Average 2nd Age Grouper	1:10:06	5:49:10	3:54:10	11:01:15
Average 3rd Age Grouper	1:07:55	5:52:24	4:05:08	11:12:58
Average 4th Age Grouper	1:12:59	5:57:38	4:00:02	11:19:17
Average 5th Age Grouper	1:10:02	5:56:27	4:11:20	11:27:30
Average 6th Age Grouper	1:07:55	6:06:15	4:08:42	11:32:18
Average 7th Age Grouper	1:08:56	6:01:47	4:19:40	11:39:43
Average 8th Age Grouper	1:08:37	6:02:30	4:23:41	11:44:25
Average 9th Age Grouper	1:17:53	6:02:35	4:17:49	11:48:25
Average 10th Age Grouper	1:13:27	6:04:57	4:24:56	11:52:55
Kona Qualifier Average	1:08:02	5:48:06	3:56:59	11:00:26
Top 10 Age Grouper Average	1:10:23	5:57:38	4:09:43	11:26:35

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	1:06:23	5:50:40	4:03:04	11:07:30
2nd Age Grouper	1:17:54	5:52:24	4:03:57	11:23:45
3rd Age Grouper	1:12:11	6:00:41	4:07:47	11:29:27
4th Age Grouper	1:17:29	6:00:39	4:04:21	11:30:04
5th Age Grouper	1:13:48	5:48:57	4:24:07	11:36:50
6th Age Grouper	1:10:19	6:12:54	4:03:50	11:37:32
7th Age Grouper	1:15:15	6:11:27	4:04:18	11:39:22
8th Age Grouper	1:14:16	5:45:27	4:31:24	11:46:19
9th Age Grouper	1:13:44	5:57:13	4:31:11	11:50:04
10th Age Grouper	1:12:18	5:56:41	4:39:28	11:59:35
Kona Qualifier Average	1:12:09	5:54:35	4:04:56	11:20:14
Top 10 Age Grouper Average	1:13:21	5:57:42	4:15:20	11:36:02

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	1:02:48	5:36:23	3:54:25	10:41:19
2nd Age Grouper	1:13:26	5:59:20	3:29:59	10:49:36
3rd Age Grouper	1:10:38	5:56:00	3:45:54	10:58:04
4th Age Grouper	1:17:49	6:08:23	3:59:29	11:34:02
5th Age Grouper	1:19:00	5:36:43	4:32:05	11:40:31
6th Age Grouper	1:22:22	6:06:58	3:58:31	11:40:53
7th Age Grouper	1:13:41	6:14:51	4:05:16	11:46:06
8th Age Grouper	1:10:43	6:24:47	4:08:38	11:52:50
9th Age Grouper	1:16:39	6:13:37	4:12:37	11:57:27
10th Age Grouper	1:19:55	6:01:12	4:32:44	12:02:29
Kona Qualifier Average	1:08:57	5:50:34	3:43:26	10:49:39
Top 10 Age Grouper Average	1:14:42	6:01:49	4:03:57	11:30:19

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	1:17:16	5:57:42	3:28:14	10:52:30
2nd Age Grouper	1:10:21	5:44:24	4:02:57	11:05:15
3rd Age Grouper	1:06:37	5:34:46	4:28:04	11:16:21
4th Age Grouper	1:20:22	5:55:56	3:51:46	11:18:16
5th Age Grouper	1:09:22	6:18:20	3:41:52	11:21:36
6th Age Grouper	1:03:36	6:07:44	4:03:26	11:22:26
7th Age Grouper	1:15:55	5:54:36	4:01:32	11:23:17
8th Age Grouper	1:10:15	5:58:32	4:07:54	11:27:05
9th Age Grouper	1:15:30	5:49:52	4:21:58	11:37:42
10th Age Grouper	1:17:51	5:53:09	4:15:04	11:41:07
Kona Qualifier Average	1:11:24	5:45:37	3:59:45	11:04:42
Top 10 Age Grouper Average	1:12:42	5:55:30	4:02:16	11:20:33

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	1:06:23	5:31:02	3:27:55	10:10:09
2nd Age Grouper	1:06:54	5:45:39	3:40:53	10:41:35
3rd Age Grouper	1:07:08	5:37:19	3:54:19	10:42:50
4th Age Grouper	1:13:28	5:59:00	3:36:30	10:54:49
5th Age Grouper	1:05:57	5:55:06	3:57:49	11:07:32
6th Age Grouper	0:58:39	6:02:12	4:02:06	11:10:54
7th Age Grouper	1:13:57	5:37:15	4:13:10	11:10:55
8th Age Grouper	1:05:09	5:56:36	4:04:46	11:13:29
9th Age Grouper	1:08:45	5:53:37	4:03:31	11:14:05
10th Age Grouper	1:14:42	5:43:42	4:12:17	11:19:13
Kona Qualifier Average	1:06:48	5:38:00	3:41:02	10:31:31
Top 10 Age Grouper Average	1:08:06	5:48:08	3:55:19	10:58:33

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	1:01:04	5:36:50	3:52:47	10:36:08
2nd Age Grouper	0:59:59	5:43:52	3:52:43	10:41:53
3rd Age Grouper	1:07:29	5:35:16	4:06:46	10:57:27
4th Age Grouper	1:09:50	5:54:09	3:47:17	11:00:44
5th Age Grouper	1:14:48	5:52:29	3:47:48	11:02:47
6th Age Grouper	1:05:21	6:11:13	3:49:27	11:13:38
7th Age Grouper	1:02:47	6:02:33	4:07:14	11:19:30
8th Age Grouper	1:05:32	5:57:13	4:12:52	11:23:43
9th Age Grouper	1:13:58	5:55:30	4:04:59	11:24:16
10th Age Grouper	1:11:35	5:41:57	4:25:08	11:25:26
Kona Qualifier Average	1:02:50	5:38:39	3:57:25	10:45:09
Top 10 Age Grouper Average	1:07:14	5:51:06	4:00:42	11:06:33

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	1:07:16	5:41:46	3:56:19	10:51:38
2nd Age Grouper	1:20:03	5:50:20	3:35:50	10:55:28
3rd Age Grouper	1:13:28	5:38:02	3:56:01	10:56:03
4th Age Grouper	1:16:23	6:08:42	3:24:53	10:58:15
5th Age Grouper	1:09:40	5:46:42	4:11:04	11:13:00
6th Age Grouper	1:19:20	5:55:17	3:49:21	11:13:59
7th Age Grouper	0:58:47	6:02:03	4:08:32	11:15:47
8th Age Grouper	1:17:08	6:09:14	3:44:23	11:22:02
9th Age Grouper	1:17:10	5:48:52	4:07:59	11:22:32
10th Age Grouper	1:06:41	6:22:17	3:56:39	11:32:26
Kona Qualifier Average	1:13:35	5:43:22	3:49:23	10:54:23
Top 10 Age Grouper Average	1:12:35	5:56:19	3:53:06	11:10:07

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	1:00:14	6:15:45	3:59:59	11:22:38
2nd Age Grouper	1:06:57	6:05:15	4:02:01	11:23:12
3rd Age Grouper	1:16:40	6:15:49	3:52:12	11:33:58
4th Age Grouper	1:19:20	5:59:24	4:07:16	11:35:28
5th Age Grouper	1:11:49	5:59:39	4:12:29	11:35:55
6th Age Grouper	1:08:56	5:57:13	4:17:56	11:36:42
7th Age Grouper	1:06:50	6:07:19	4:16:49	11:37:03
8th Age Grouper	1:07:00	5:48:17	4:43:02	11:43:44
9th Age Grouper	1:56:54	5:49:19	3:51:08	11:49:30
10th Age Grouper	1:12:15	6:11:34	4:22:04	11:51:20
Kona Qualifier Average	1:07:57	6:12:16	3:58:04	11:26:36
Top 10 Age Grouper Average	1:14:41	6:02:57	4:10:29	11:36:57

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	1:11:39	5:23:30	3:43:24	10:25:17
2nd Age Grouper	1:03:43	5:44:35	4:10:43	11:05:25
3rd Age Grouper	1:03:07	6:07:31	4:19:31	11:41:31
4th Age Grouper	1:17:12	5:56:22	4:19:30	11:43:03
5th Age Grouper	1:05:59	6:06:10	4:20:30	11:43:43
6th Age Grouper	0:54:38	6:06:38	4:46:38	11:55:52
7th Age Grouper	1:12:59	6:05:45	4:43:44	12:12:25
8th Age Grouper	1:18:27	6:12:30	4:37:21	12:18:51
9th Age Grouper	1:10:12	6:22:34	4:46:09	12:30:42
10th Age Grouper	1:24:29	6:25:43	4:32:07	12:34:51
Kona Qualifier Average	1:06:09	5:45:12	4:04:32	11:04:04
Top 10 Age Grouper Average	1:10:14	6:03:07	4:25:57	11:49:10

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	0:58:49	5:32:26	4:02:22	10:40:04
2nd Age Grouper	1:12:16	5:38:20	3:51:17	10:48:25
3rd Age Grouper	1:05:57	5:51:10	3:55:44	10:58:25
4th Age Grouper	0:58:28	5:33:12	4:18:10	10:58:30
5th Age Grouper	1:04:06	5:46:27	4:18:30	11:19:12
6th Age Grouper	1:06:58	6:06:10	4:16:16	11:37:00
7th Age Grouper	1:05:53	6:02:22	4:21:13	11:38:59
8th Age Grouper	0:54:20	5:55:06	4:42:45	11:41:33
9th Age Grouper	1:07:44	6:04:57	4:21:35	11:41:35
10th Age Grouper	0:58:54	6:13:25	4:20:48	11:46:09
Kona Qualifier Average	1:05:40	5:40:38	3:56:27	10:48:58
Top 10 Age Grouper Average	1:03:20	5:52:21	4:14:52	11:18:59

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	1:08:44	5:41:12	4:08:05	11:03:28
2nd Age Grouper	1:09:36	5:47:40	4:11:26	11:18:01
3rd Age Grouper	0:56:04	6:07:29	4:25:04	11:35:43
4th Age Grouper	0:59:31	6:00:33	4:31:17	11:39:45
5th Age Grouper	1:05:58	6:14:00	4:27:14	11:54:00
6th Age Grouper	1:09:04	6:16:14	4:19:34	11:54:04
7th Age Grouper	1:03:17	5:59:40	5:15:00	12:33:55
8th Age Grouper	1:03:29	6:17:18	5:03:48	12:34:39
9th Age Grouper	1:18:22	6:30:22	4:37:06	12:36:26
10th Age Grouper	1:15:58	6:19:59	4:53:07	12:36:35
Kona Qualifier Average	1:04:48	5:52:07	4:14:51	11:19:04
Top 10 Age Grouper Average	1:07:00	6:07:26	4:35:10	11:58:39