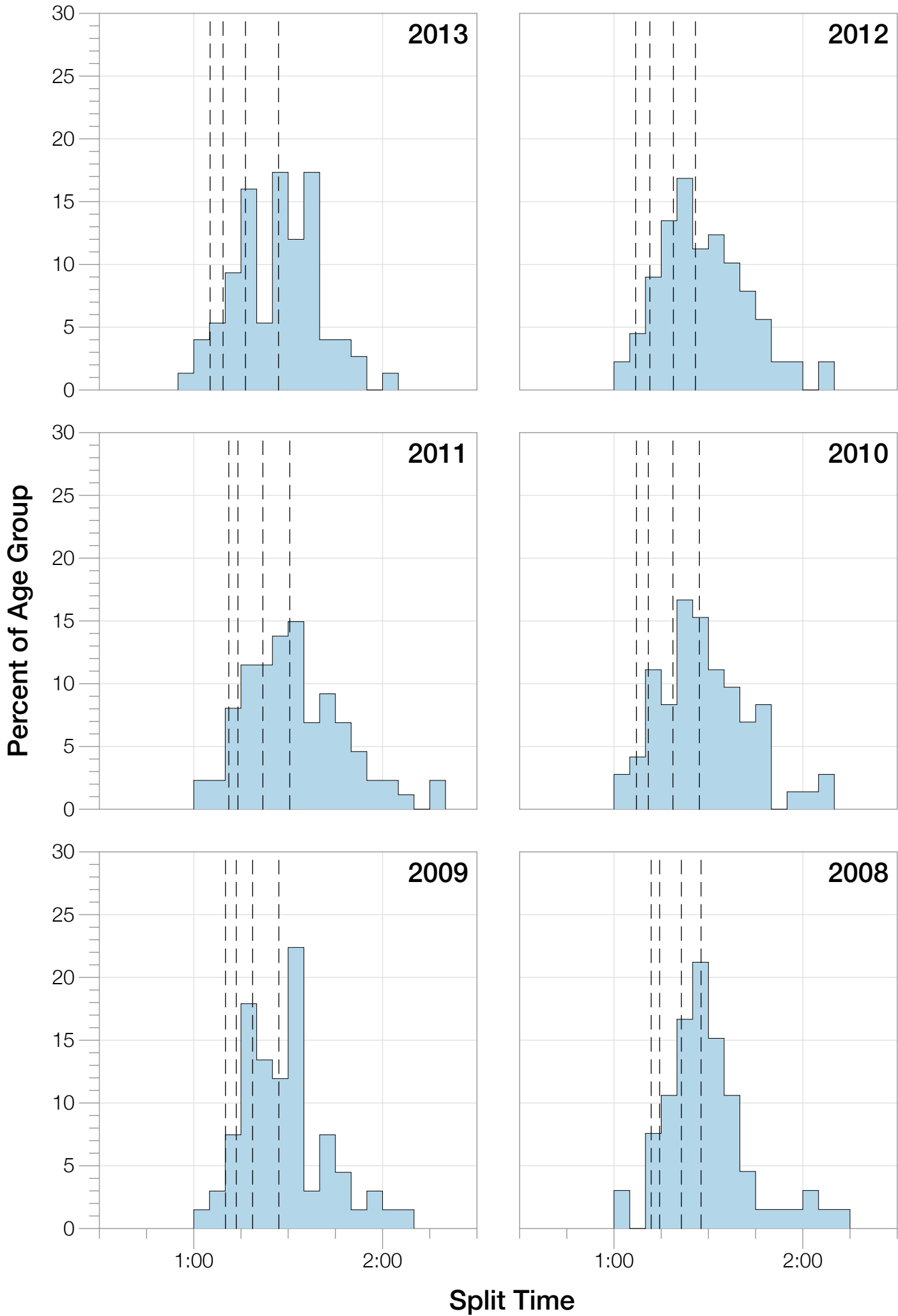


Ironman Coeur d'Alene F45-49 Stats

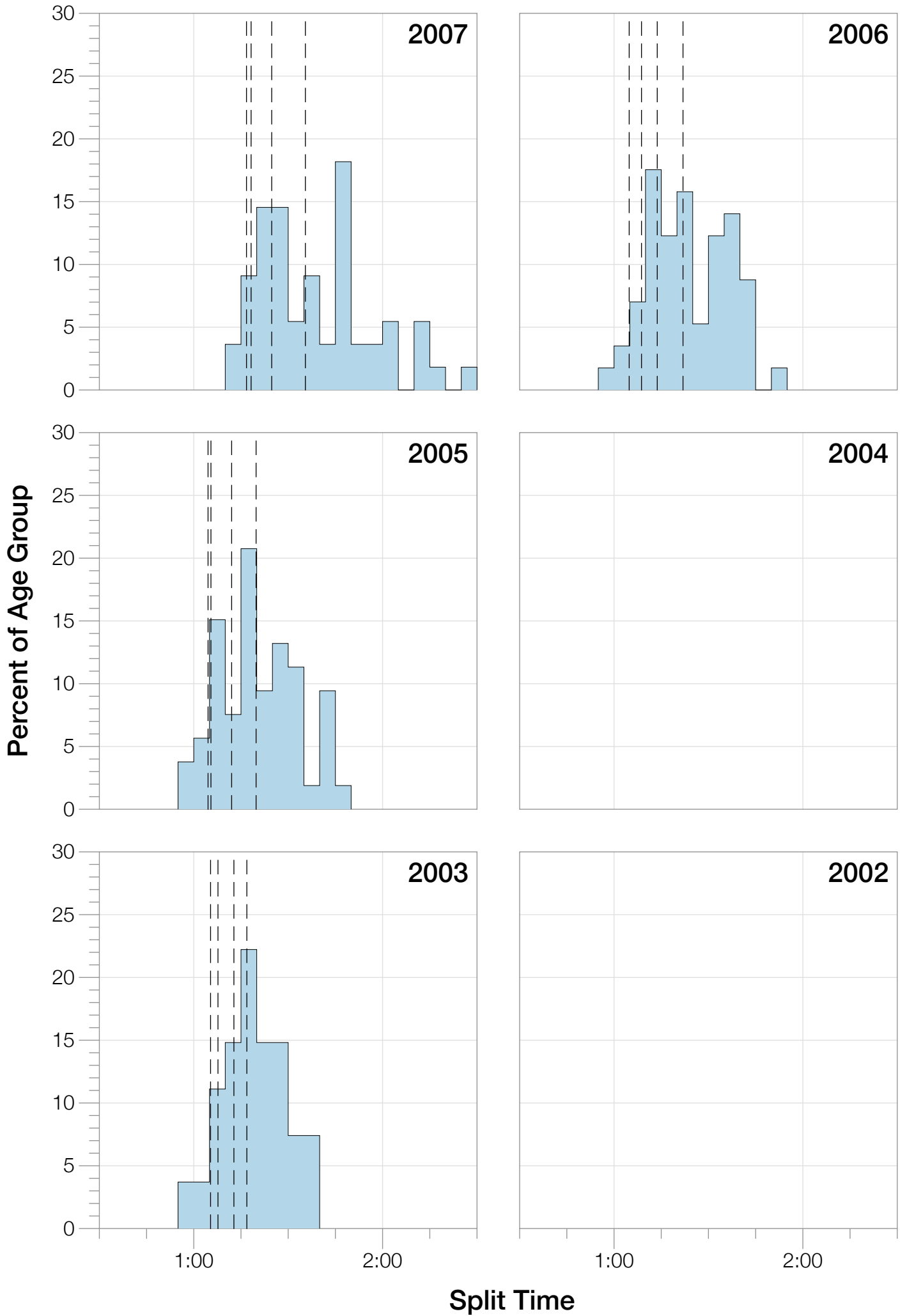
F45-49 Summary Statistics

Year	Finishers	F45-49 Finishers	Male Winner's Time	Female Winner's Time	F45-49 Winner's Time
2003	1341	27	8:40:59	9:42:08	11:50:14
2005	1654	53	8:23:29	9:59:08	10:19:37
2006	1940	57	9:07:05	9:31:07	11:15:33
2007	2085	55	8:33:32	10:27:55	11:39:10
2008	1942	66	8:34:22	9:38:58	11:24:20
2009	2031	67	8:32:12	9:23:21	11:26:38
2010	2096	72	8:24:40	9:17:54	11:12:40
2011	2185	87	8:19:48	9:16:40	10:52:06
2012	2145	89	8:32:29	9:21:44	11:04:45
2013	2121	75	8:17:31	9:16:02	11:17:41
Average	1954	65	8:32:36	9:35:29	10:12:58

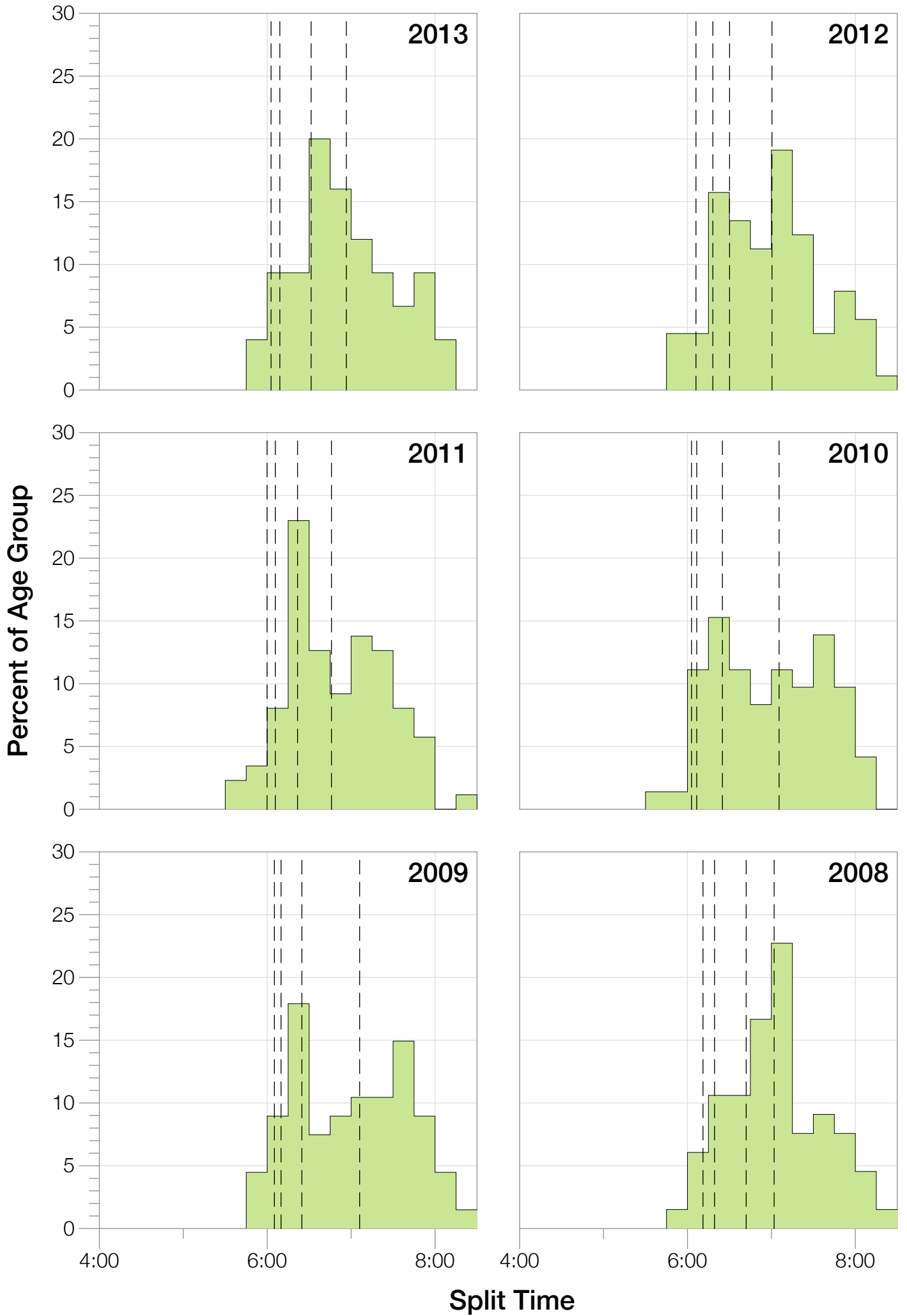
F45-49 Swim



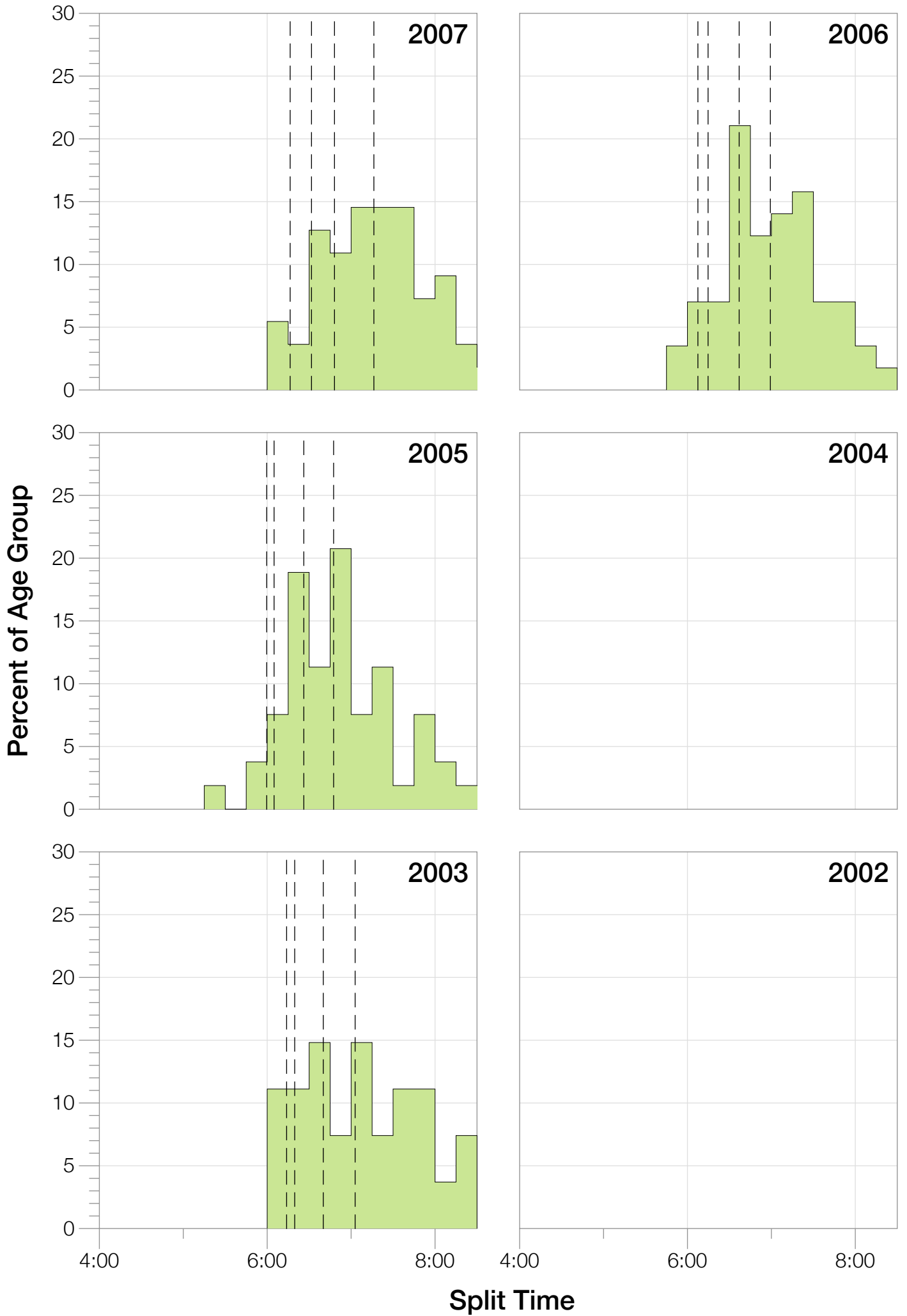
F45-49 Swim



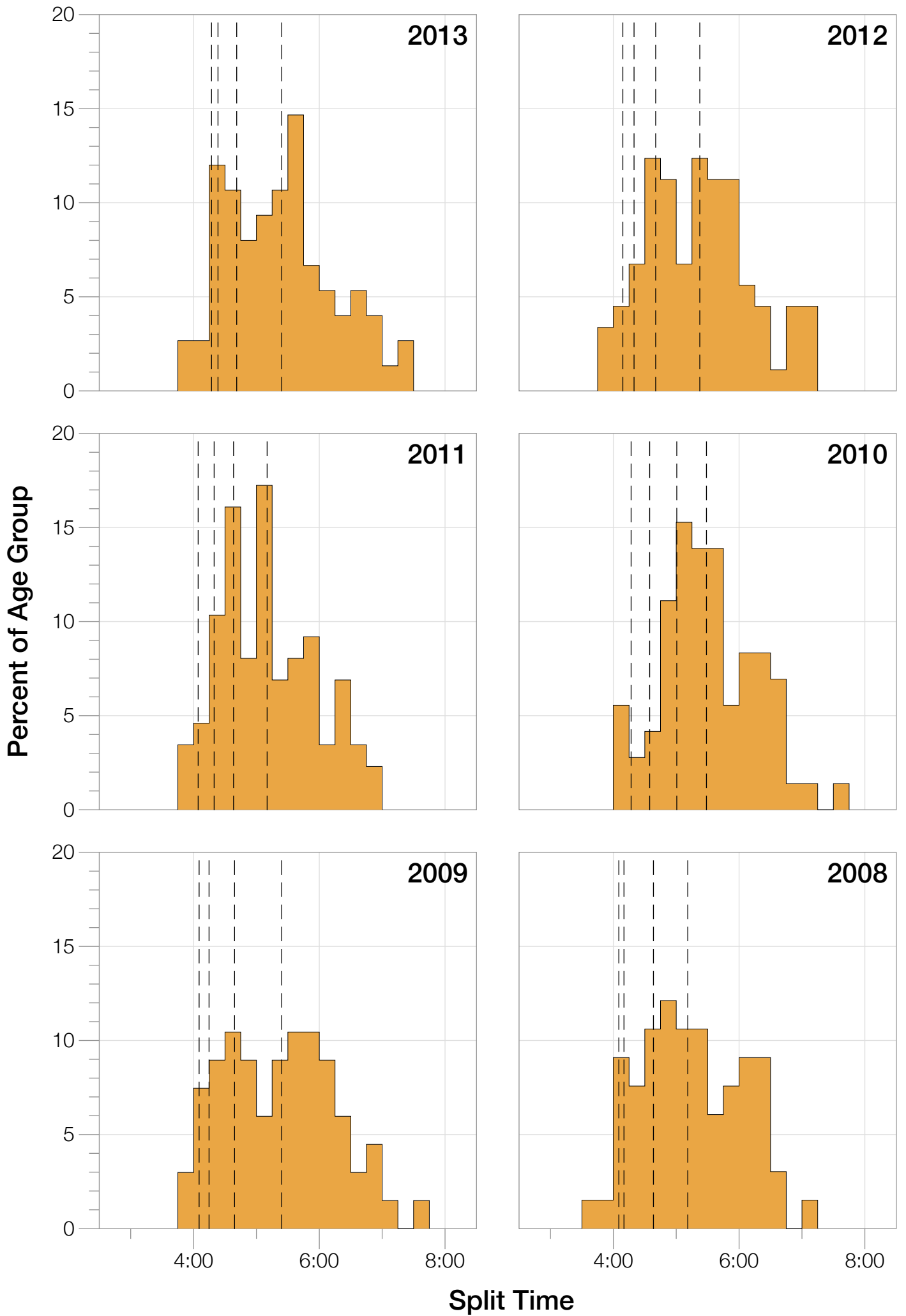
F45-49 Bike



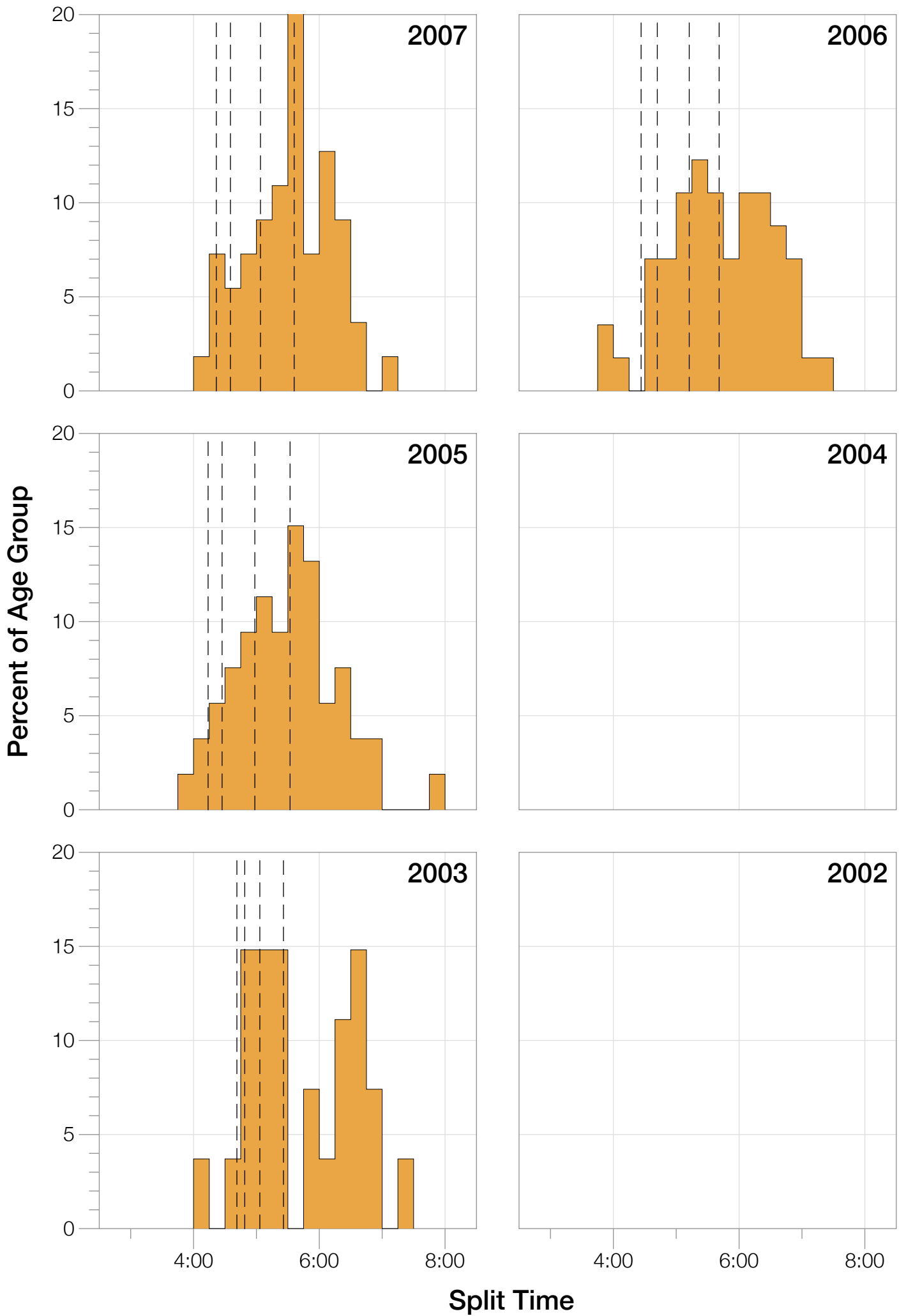
F45-49 Bike



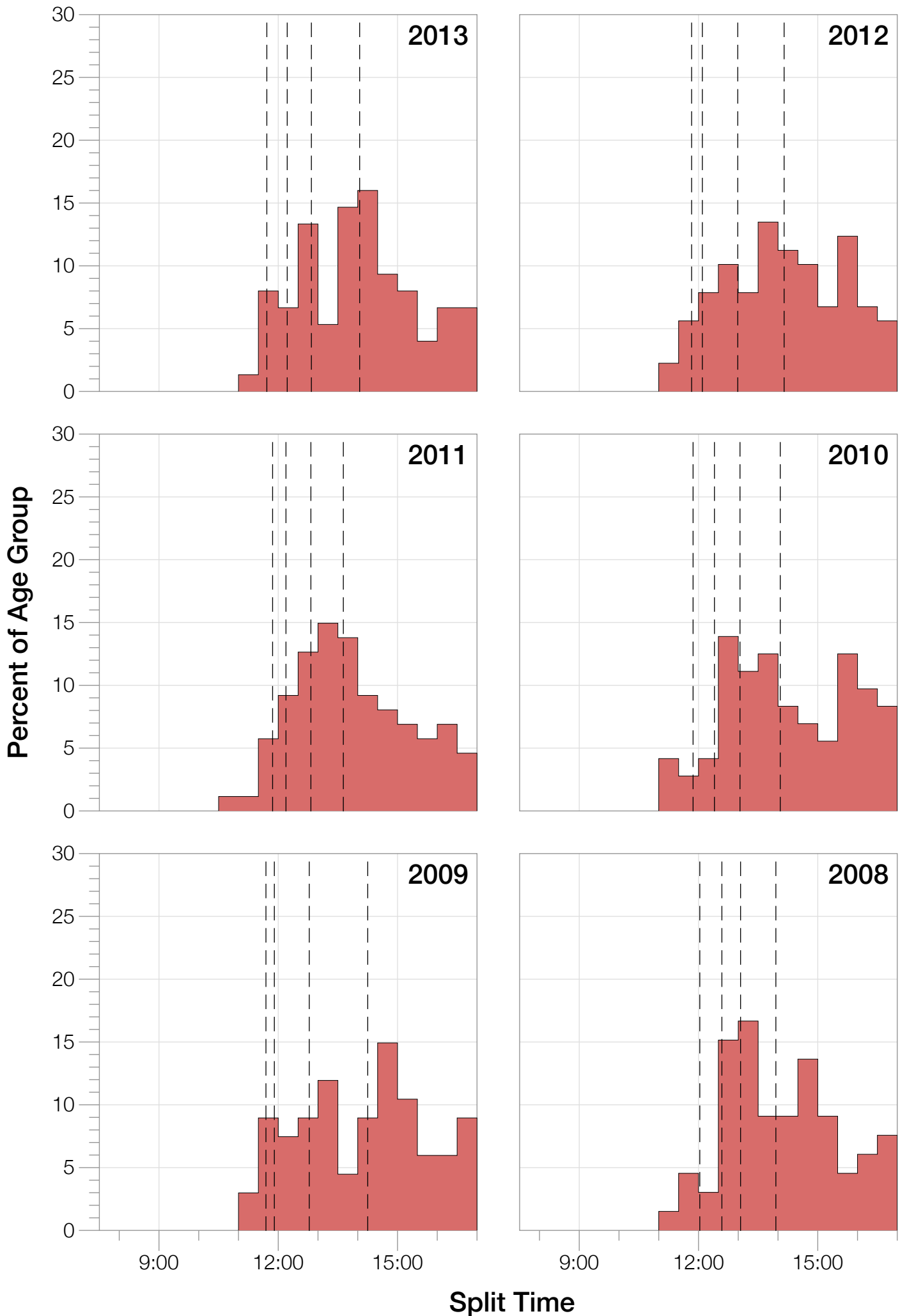
F45-49 Run



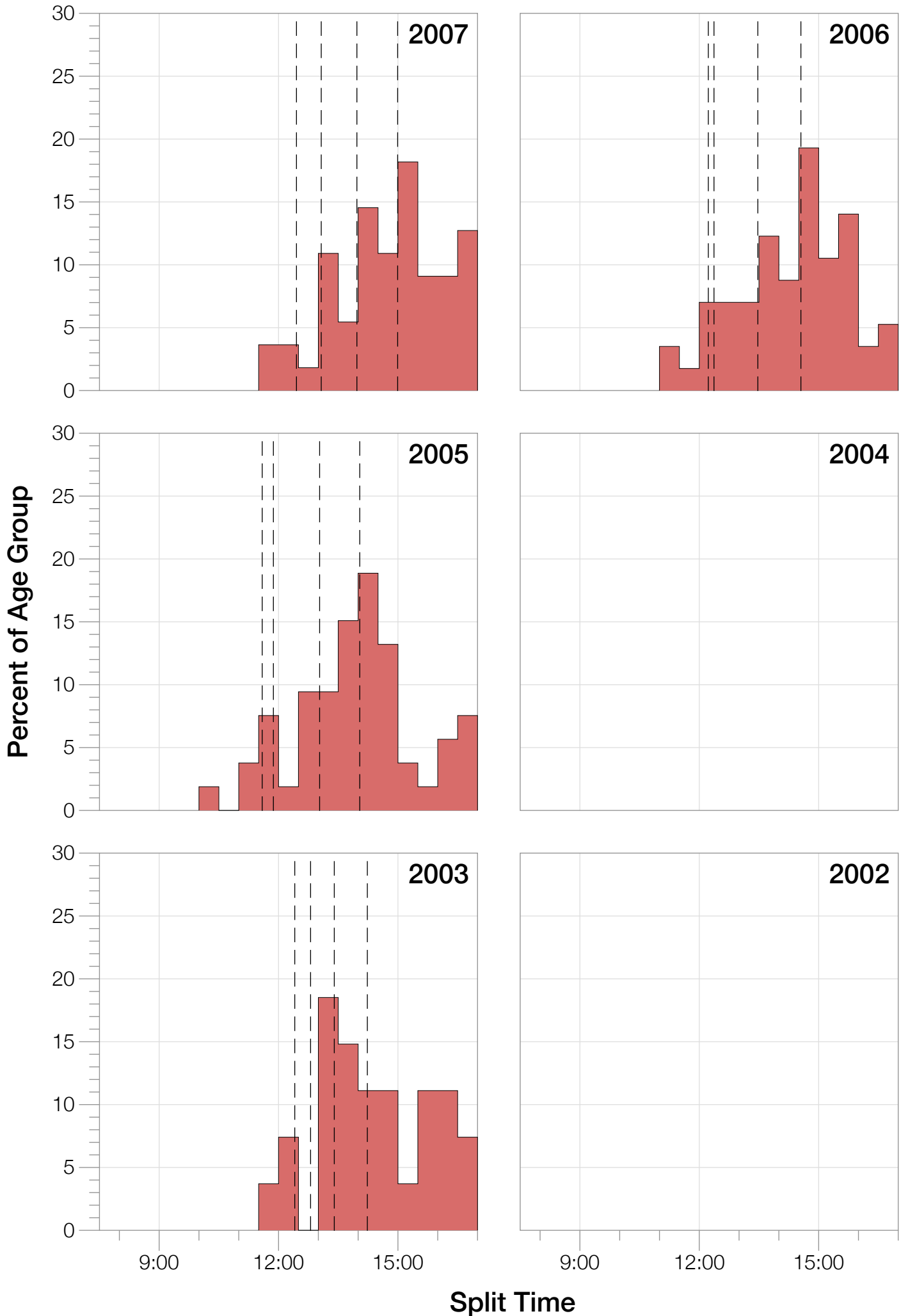
F45-49 Run



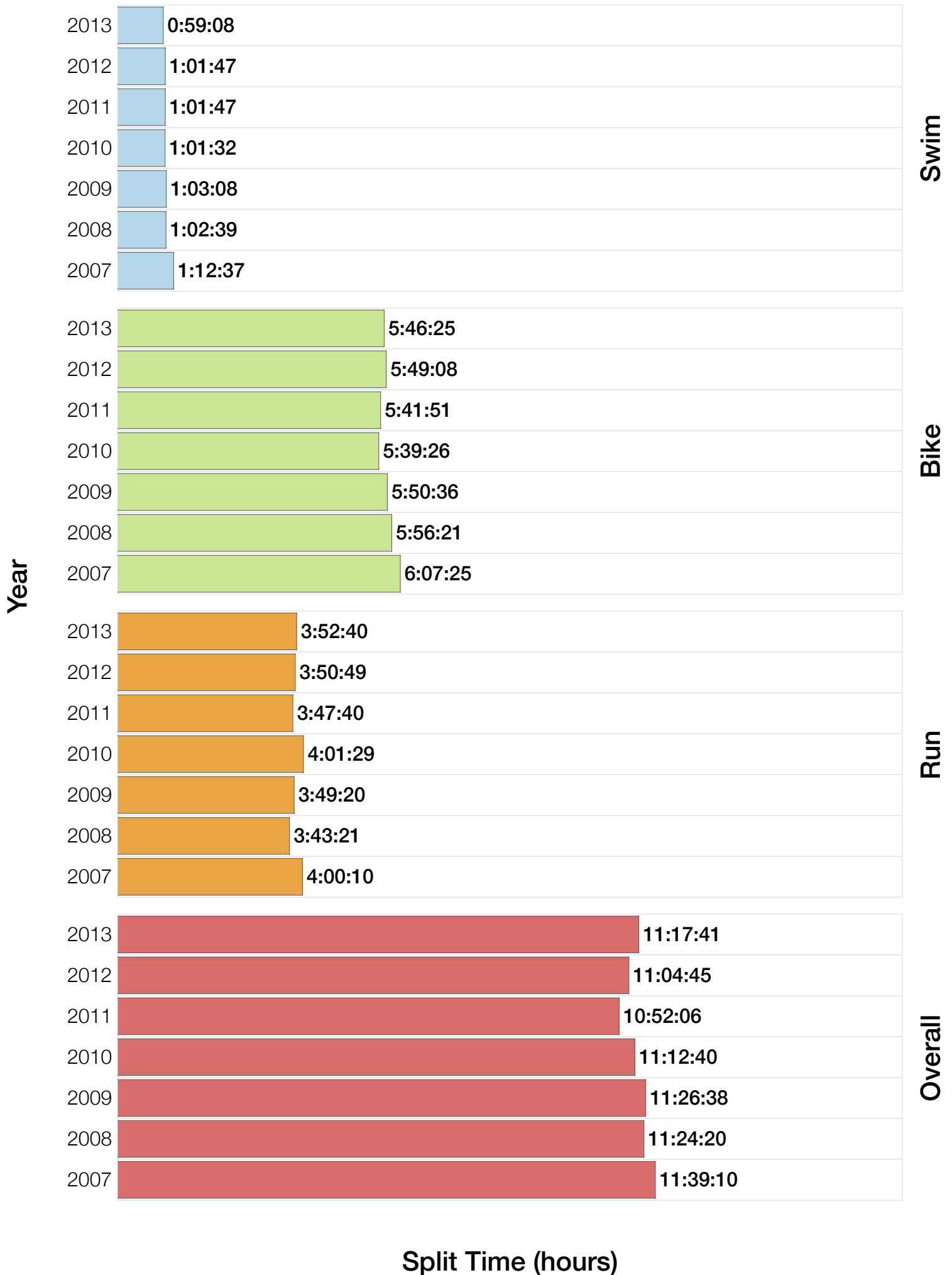
F45-49 Overall



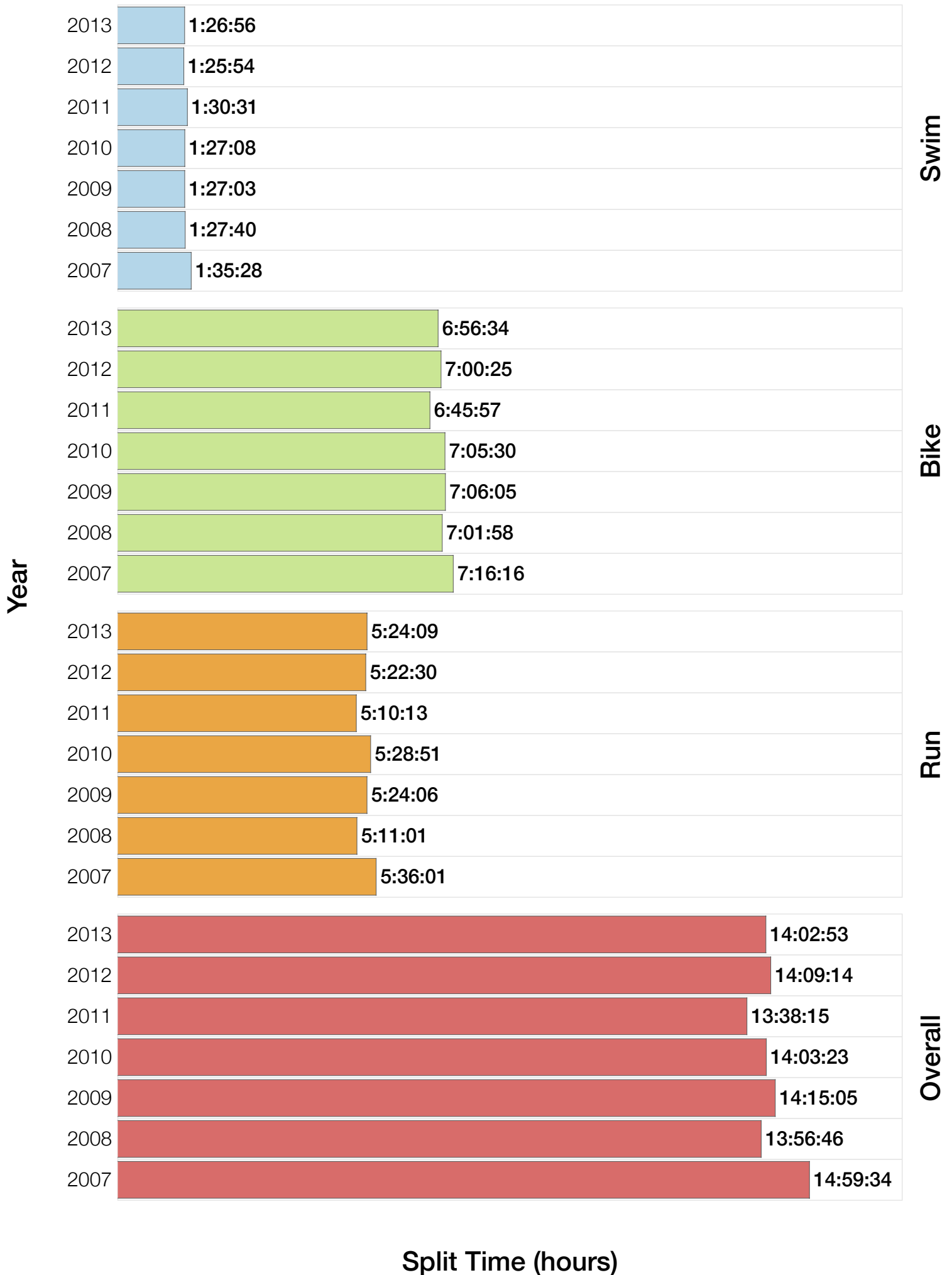
F45-49 Overall



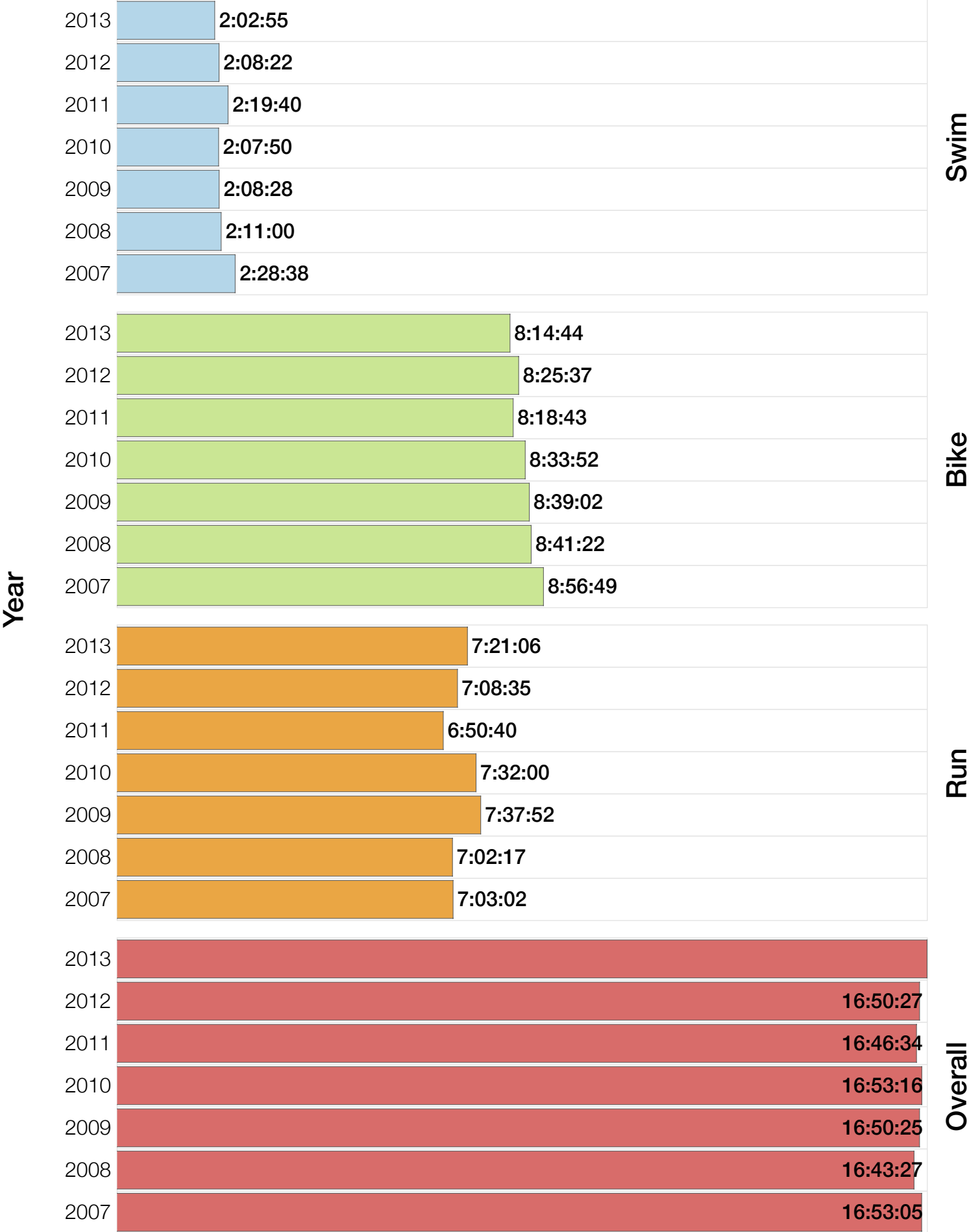
F45-49 Fastest Splits



F45-49 Median Splits



F45-49 Slowest Splits



Split Time (hours)

F45-49 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	1:09:50	5:57:37	3:59:03	11:14:16
Average 2nd Age Grouper	1:13:25	6:00:55	4:12:53	11:34:41
Average 3rd Age Grouper	1:11:05	6:06:20	4:23:18	11:49:48
Average 4th Age Grouper	1:17:52	6:14:16	4:18:22	12:01:00
Average 5th Age Grouper	1:20:58	6:17:25	4:19:23	12:07:41
Average 6th Age Grouper	1:17:25	6:20:07	4:26:15	12:15:08
Average 7th Age Grouper	1:17:04	6:18:45	4:32:23	12:20:27
Average 8th Age Grouper	1:14:26	6:18:20	4:41:37	12:27:13
Average 9th Age Grouper	1:21:49	6:15:49	4:46:03	12:33:56
Average 10th Age Grouper	1:16:40	6:29:01	4:43:12	12:41:19
Kona Qualifier Average	1:11:38	5:59:16	4:05:58	11:24:29
Top 10 Age Grouper Average	1:16:04	6:13:52	4:26:15	12:06:33

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	1:15:48	6:01:38	3:52:40	11:17:41
2nd Age Grouper	1:14:49	6:03:15	4:07:02	11:37:00
3rd Age Grouper	1:10:52	5:46:25	4:35:04	11:40:07
4th Age Grouper	1:02:58	6:17:52	4:14:08	11:41:13
5th Age Grouper	1:11:03	5:59:03	4:23:15	11:43:26
6th Age Grouper	1:15:19	6:12:05	4:18:24	11:56:33
7th Age Grouper	1:11:45	6:04:42	4:29:59	11:59:27
8th Age Grouper	0:59:08	6:06:47	4:53:39	12:11:46
9th Age Grouper	1:07:29	6:23:33	4:33:44	12:16:12
10th Age Grouper	1:02:44	6:41:51	4:21:08	12:17:50
Kona Qualifier Average	1:15:18	6:02:26	3:59:51	11:27:20
Top 10 Age Grouper Average	1:09:11	6:09:43	4:22:54	11:52:07

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	1:06:15	5:58:33	3:50:49	11:04:45
2nd Age Grouper	1:06:12	5:56:09	4:09:33	11:16:20
3rd Age Grouper	1:25:54	6:15:39	3:53:34	11:44:39
4th Age Grouper	1:38:06	5:56:08	3:53:38	11:44:55
5th Age Grouper	1:19:36	6:02:09	4:15:26	11:47:36
6th Age Grouper	1:06:39	6:24:50	4:08:42	11:52:33
7th Age Grouper	1:20:43	5:49:08	4:34:34	11:56:15
8th Age Grouper	1:17:08	6:11:58	4:23:34	12:01:33
9th Age Grouper	1:17:20	6:24:21	4:10:08	12:02:58
10th Age Grouper	1:18:44	6:18:47	4:17:32	12:06:31
Kona Qualifier Average	1:06:13	5:57:21	4:00:11	11:10:32
Top 10 Age Grouper Average	1:17:39	6:07:46	4:09:45	11:45:48

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	1:14:19	5:41:51	3:48:38	10:52:06
2nd Age Grouper	1:23:27	5:50:02	3:56:15	11:18:04
3rd Age Grouper	1:09:59	6:07:30	4:16:21	11:40:58
4th Age Grouper	1:09:24	6:24:15	4:02:55	11:46:14
5th Age Grouper	1:22:30	6:14:30	4:02:57	11:50:49
6th Age Grouper	1:15:16	5:48:48	4:37:16	11:53:01
7th Age Grouper	1:11:47	6:18:01	4:20:04	11:59:24
8th Age Grouper	1:19:09	6:28:51	3:47:40	12:06:15
9th Age Grouper	1:18:46	5:59:47	4:38:17	12:08:09
10th Age Grouper	1:10:52	6:23:57	4:28:49	12:14:00
Kona Qualifier Average	1:18:53	5:45:56	3:52:26	11:05:05
Top 10 Age Grouper Average	1:15:32	6:07:45	4:11:55	11:46:54

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	1:10:33	5:49:34	4:05:41	11:12:40
2nd Age Grouper	1:18:59	5:39:26	4:24:38	11:29:17
3rd Age Grouper	1:04:26	6:17:09	4:01:29	11:29:48
4th Age Grouper	1:22:47	6:15:12	4:03:07	11:50:48
5th Age Grouper	1:32:03	6:04:41	4:09:00	11:52:37
6th Age Grouper	1:13:44	6:23:16	4:23:27	12:08:35
7th Age Grouper	1:01:32	6:18:16	4:48:33	12:18:02
8th Age Grouper	1:36:11	6:02:44	4:33:42	12:23:23
9th Age Grouper	1:13:21	6:03:23	5:04:30	12:30:08
10th Age Grouper	1:23:43	6:06:29	4:48:39	12:36:07
Kona Qualifier Average	1:14:46	5:44:30	4:15:09	11:20:58
Top 10 Age Grouper Average	1:17:43	6:06:01	4:26:16	11:59:08

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	1:18:42	5:56:36	4:03:05	11:26:38
2nd Age Grouper	1:22:43	6:09:23	3:49:20	11:28:51
3rd Age Grouper	1:03:08	6:05:10	4:13:32	11:32:09
4th Age Grouper	1:25:37	5:50:36	4:15:29	11:40:19
5th Age Grouper	1:12:26	6:10:13	4:13:44	11:44:01
6th Age Grouper	1:31:04	6:07:23	3:58:44	11:46:35
7th Age Grouper	1:22:27	5:58:42	4:23:10	11:51:42
8th Age Grouper	1:10:09	6:35:08	4:01:00	11:55:43
9th Age Grouper	1:22:53	6:16:55	4:10:27	12:01:49
10th Age Grouper	1:32:06	6:15:24	4:15:55	12:13:17
Kona Qualifier Average	1:20:42	6:02:59	3:56:12	11:27:44
Top 10 Age Grouper Average	1:20:07	6:08:33	4:08:26	11:46:06

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	1:13:04	5:56:21	4:09:07	11:24:20
2nd Age Grouper	1:03:36	6:01:22	4:28:11	11:39:14
3rd Age Grouper	1:21:23	6:10:13	4:04:48	11:52:06
4th Age Grouper	1:21:29	6:43:06	3:43:21	11:58:22
5th Age Grouper	1:39:29	6:37:06	3:45:17	12:12:39
6th Age Grouper	1:10:33	6:04:45	4:58:33	12:24:42
7th Age Grouper	1:21:11	6:49:08	4:04:41	12:34:01
8th Age Grouper	1:18:21	6:16:15	4:50:05	12:36:34
9th Age Grouper	1:33:47	6:27:36	4:25:15	12:36:51
10th Age Grouper	1:16:20	6:29:21	4:48:57	12:43:32
Kona Qualifier Average	1:08:20	5:58:51	4:18:39	11:31:47
Top 10 Age Grouper Average	1:19:55	6:21:31	4:19:49	12:12:14

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	1:16:52	6:08:36	4:00:10	11:39:10
2nd Age Grouper	1:16:43	6:07:25	4:19:25	11:51:58
3rd Age Grouper	1:23:53	6:09:21	4:40:09	12:24:07
4th Age Grouper	1:12:37	6:31:36	4:31:55	12:28:16
5th Age Grouper	1:31:18	6:44:10	4:22:42	12:49:16
6th Age Grouper	1:24:34	6:52:21	4:28:09	13:03:16
7th Age Grouper	1:34:45	6:19:27	4:55:49	13:06:00
8th Age Grouper	1:24:58	6:36:51	4:52:49	13:06:53
9th Age Grouper	1:45:53	6:31:47	4:40:05	13:10:14
10th Age Grouper	1:24:17	6:28:58	5:05:33	13:17:44
Kona Qualifier Average	1:16:47	6:08:00	4:09:47	11:45:34
Top 10 Age Grouper Average	1:25:35	6:27:03	4:35:40	12:41:41

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	0:59:28	6:11:13	3:58:54	11:15:33
2nd Age Grouper	1:11:39	6:08:32	3:59:37	11:27:01
3rd Age Grouper	1:07:34	6:03:11	4:40:25	11:58:53
4th Age Grouper	1:02:33	5:53:09	5:12:57	12:17:20
5th Age Grouper	1:17:02	6:16:15	4:38:34	12:19:56
6th Age Grouper	1:23:03	6:17:25	4:30:52	12:20:01
7th Age Grouper	1:29:09	6:33:53	4:08:57	12:23:38
8th Age Grouper	1:18:06	6:12:28	4:50:00	12:31:26
9th Age Grouper	1:12:40	5:50:12	5:32:04	12:42:02
10th Age Grouper	1:18:29	6:36:58	4:42:56	12:55:08
Kona Qualifier Average	1:05:33	6:09:52	3:59:15	11:21:17
Top 10 Age Grouper Average	1:13:58	6:12:19	4:37:31	12:13:05

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	0:58:44	5:28:50	3:46:37	10:19:37
2nd Age Grouper	1:07:56	5:59:05	4:02:41	11:17:03
3rd Age Grouper	0:56:53	6:00:02	4:21:54	11:25:32
4th Age Grouper	1:26:41	6:02:35	4:05:33	11:41:54
5th Age Grouper	1:08:34	6:00:38	4:32:35	11:51:08
6th Age Grouper	1:04:34	6:14:17	4:19:25	11:51:27
7th Age Grouper	1:04:40	6:17:41	4:25:53	11:55:18
8th Age Grouper	1:05:26	6:18:50	4:36:12	12:11:28
9th Age Grouper	1:20:50	5:56:10	5:09:47	12:34:06
10th Age Grouper	1:07:46	6:43:34	4:35:55	12:38:08
Kona Qualifier Average	1:03:20	5:43:57	3:54:39	10:48:20
Top 10 Age Grouper Average	1:08:12	6:06:10	4:23:39	11:46:34

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	1:04:40	6:23:01	4:14:53	11:50:14
2nd Age Grouper	1:08:13	6:14:38	4:52:12	12:22:10
3rd Age Grouper	1:06:54	6:08:42	5:05:48	12:29:44
4th Age Grouper	1:16:37	6:28:19	5:00:41	13:00:40
5th Age Grouper	1:15:46	6:45:28	4:50:20	13:05:22
6th Age Grouper	1:29:28	6:56:05	4:39:04	13:14:39
7th Age Grouper	1:12:50	6:38:39	5:12:19	13:20:51
8th Age Grouper	0:55:46	6:13:33	6:07:31	13:27:13
9th Age Grouper	1:25:16	6:44:33	5:16:14	13:36:52
10th Age Grouper	1:11:46	6:44:54	5:46:43	13:50:59
Kona Qualifier Average	1:06:26	6:18:49	4:33:32	12:06:12
Top 10 Age Grouper Average	1:12:43	6:31:47	5:06:34	13:01:52