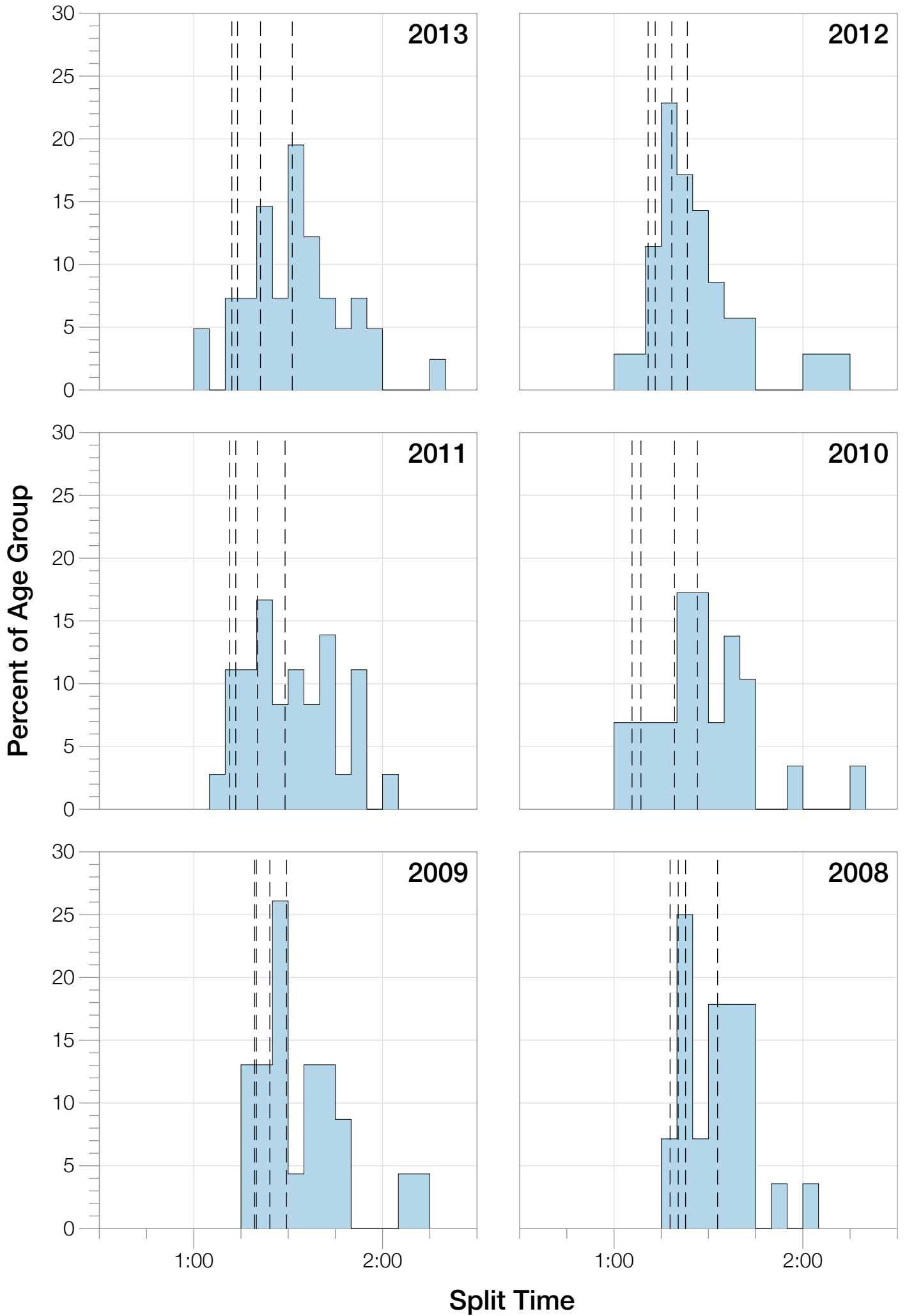


Ironman Coeur d'Alene F50-54 Stats

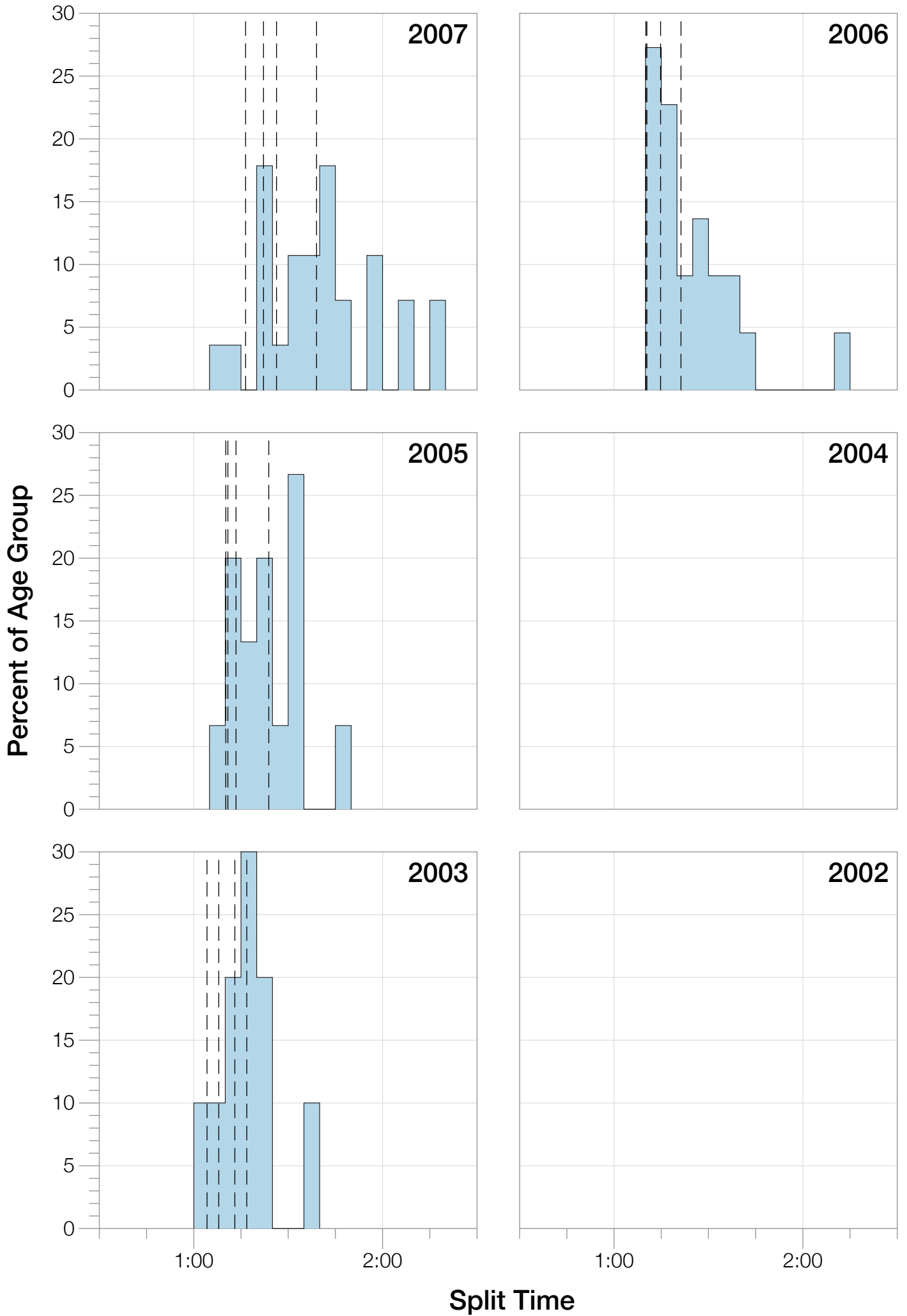
F50-54 Summary Statistics

Year	Finishers	F50-54 Finishers	Male Winner's Time	Female Winner's Time	F50-54 Winner's Time
2003	1341	10	8:40:59	9:42:08	12:07:46
2005	1654	15	8:23:29	9:59:08	12:24:14
2006	1940	22	9:07:05	9:31:07	12:09:36
2007	2085	28	8:33:32	10:27:55	11:49:54
2008	1942	28	8:34:22	9:38:58	12:19:06
2009	2031	23	8:32:12	9:23:21	11:59:13
2010	2096	29	8:24:40	9:17:54	11:29:19
2011	2185	36	8:19:48	9:16:40	11:15:22
2012	2145	35	8:32:29	9:21:44	11:48:09
2013	2121	41	8:17:31	9:16:02	10:57:20
Average	1954	27	8:32:36	9:35:29	10:45:27

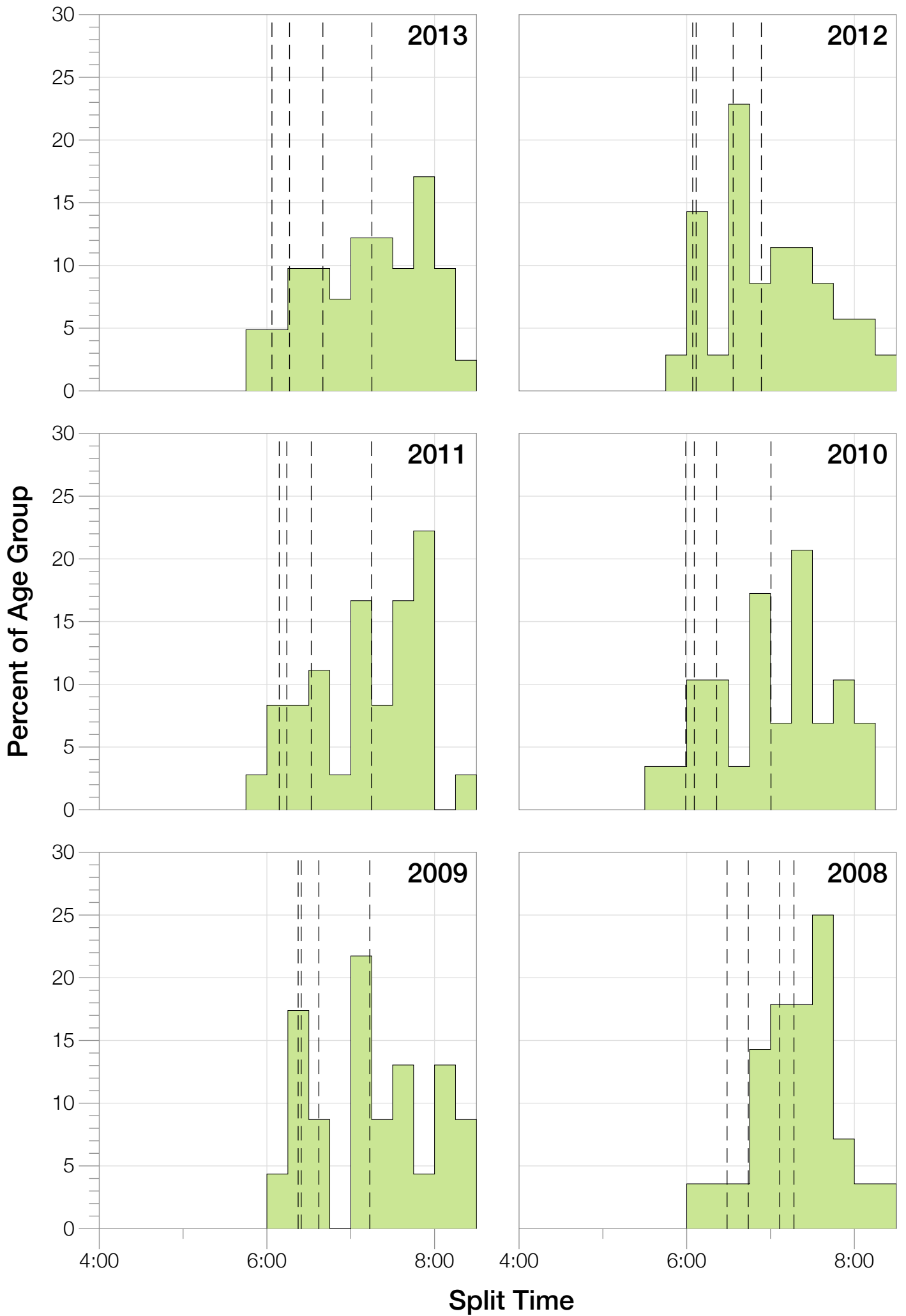
F50-54 Swim



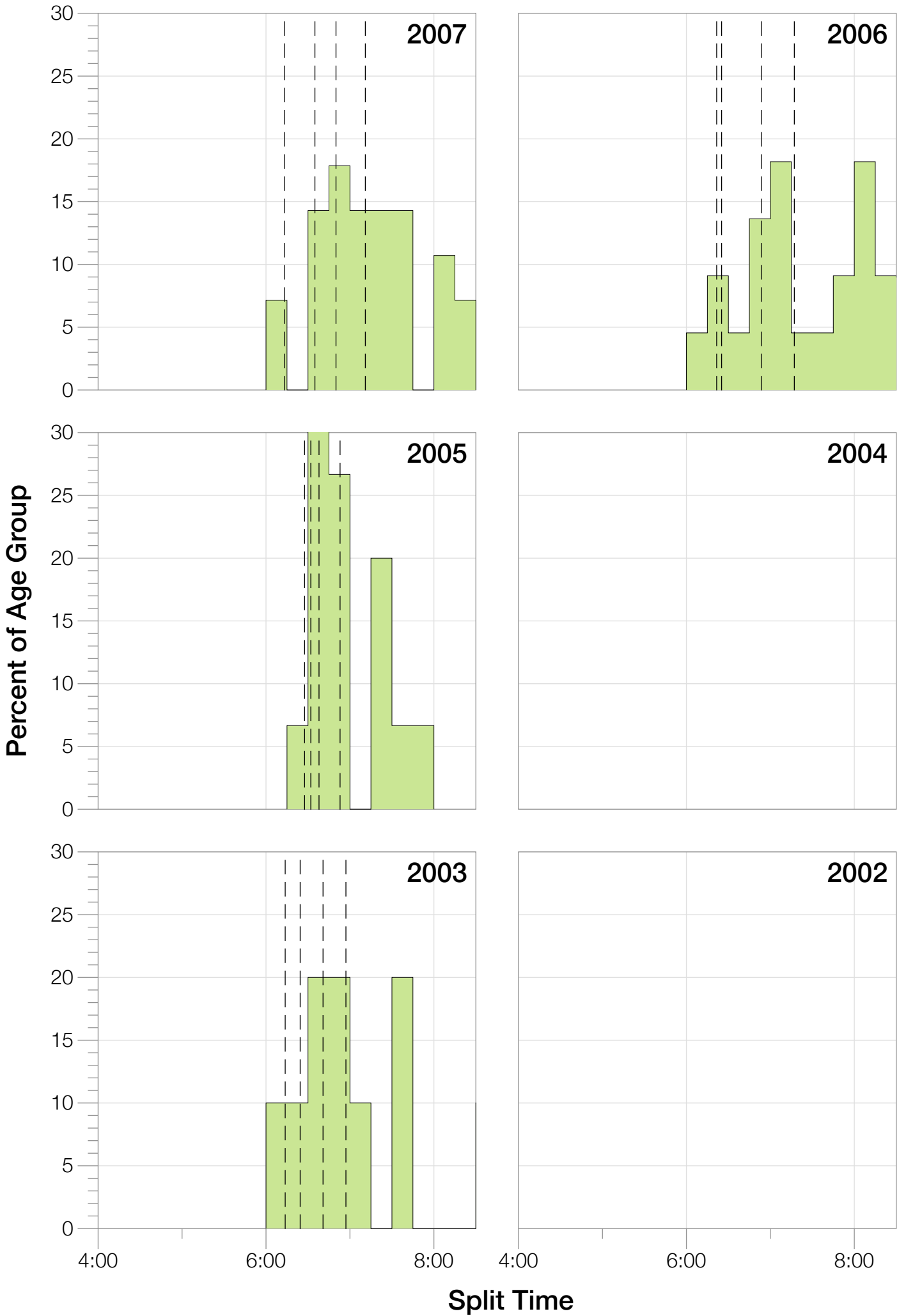
F50-54 Swim



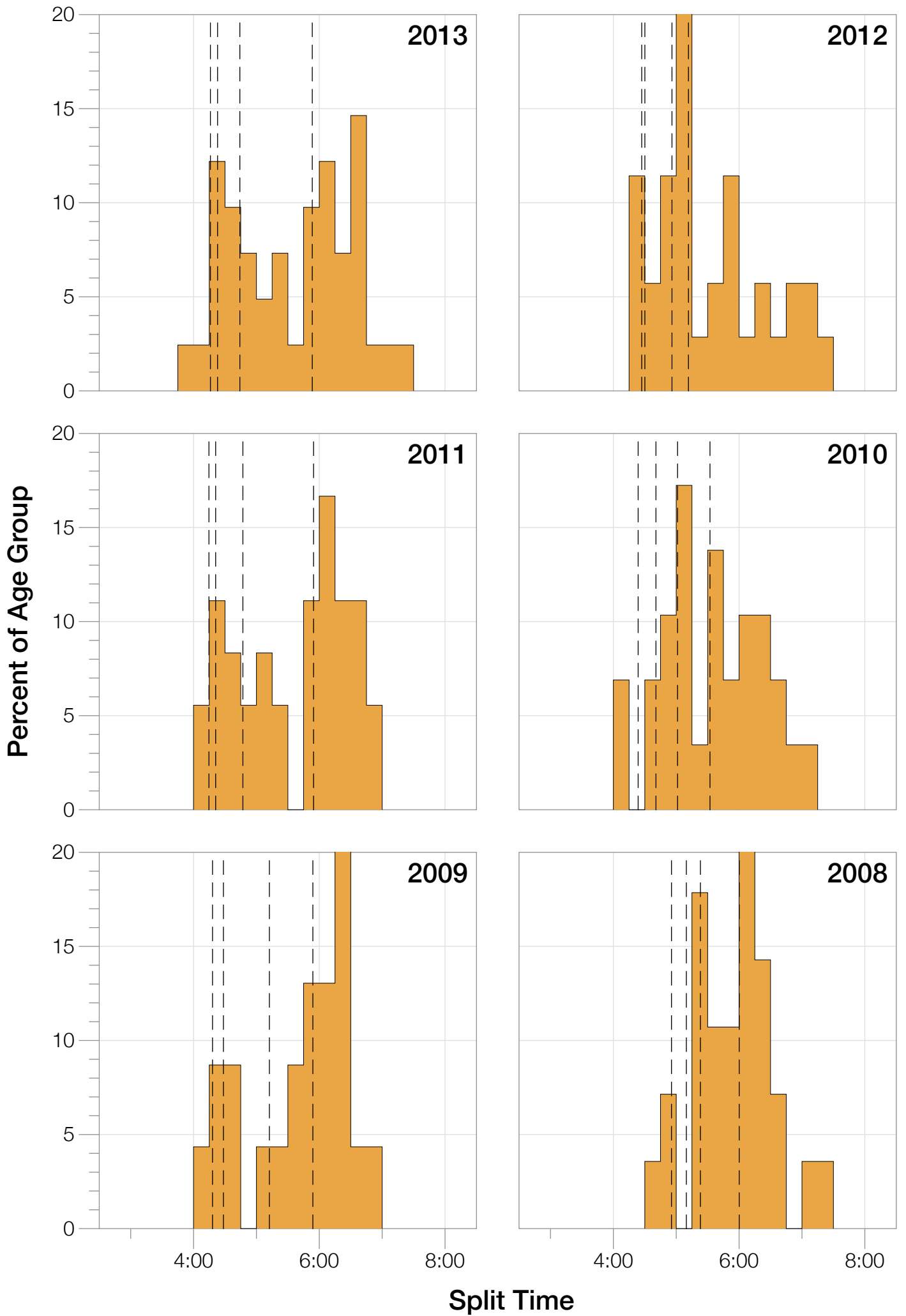
F50-54 Bike



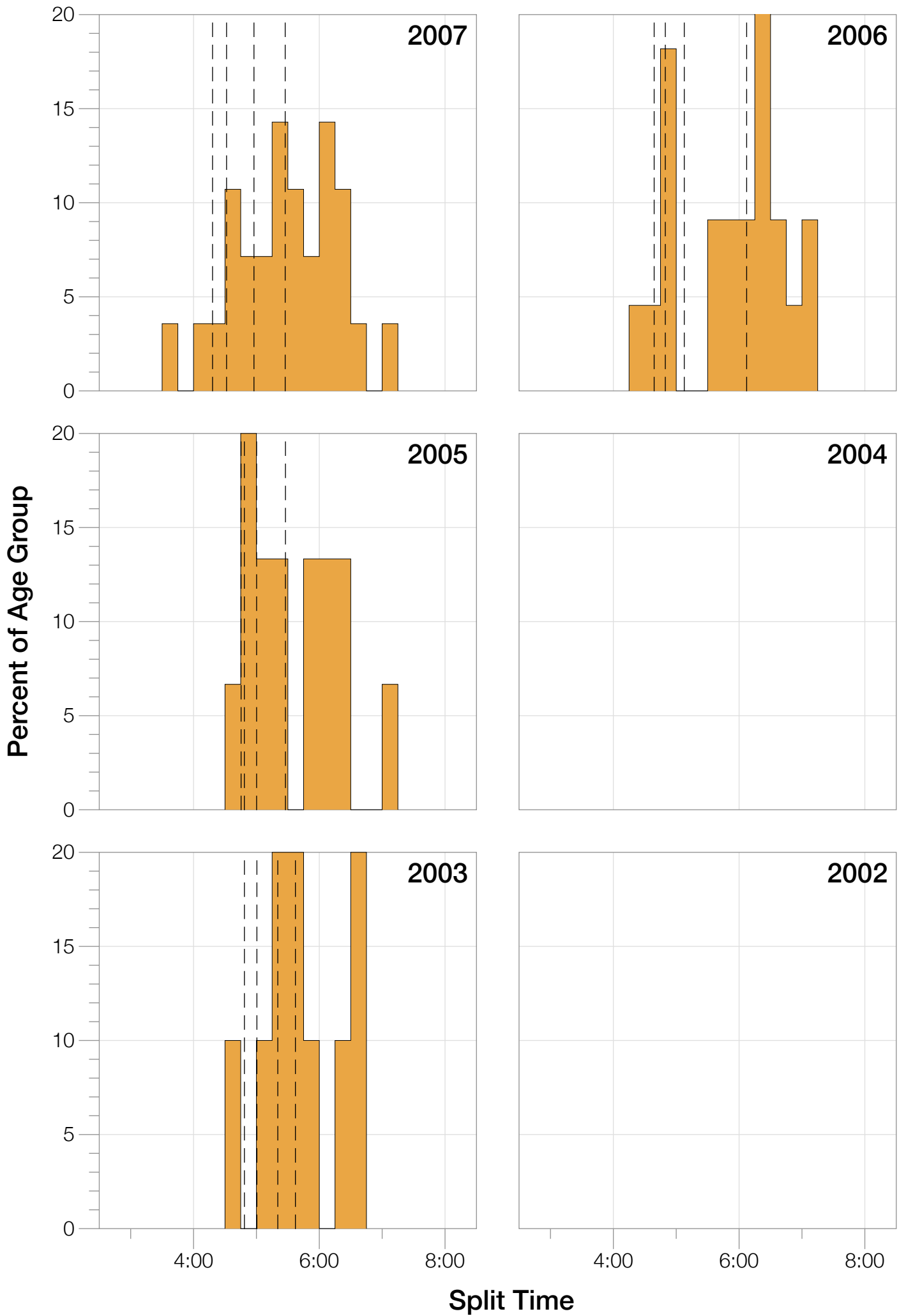
F50-54 Bike



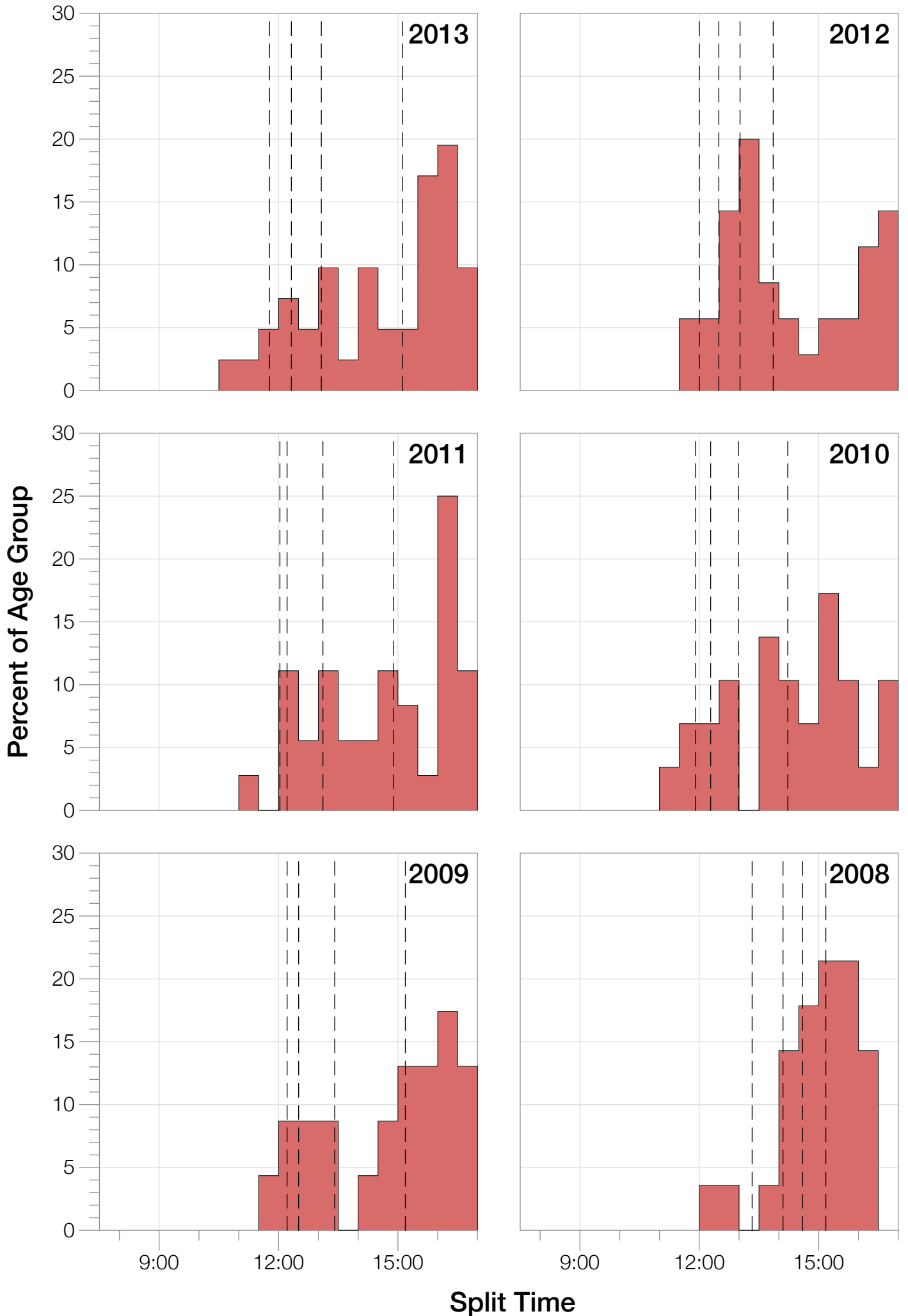
F50-54 Run



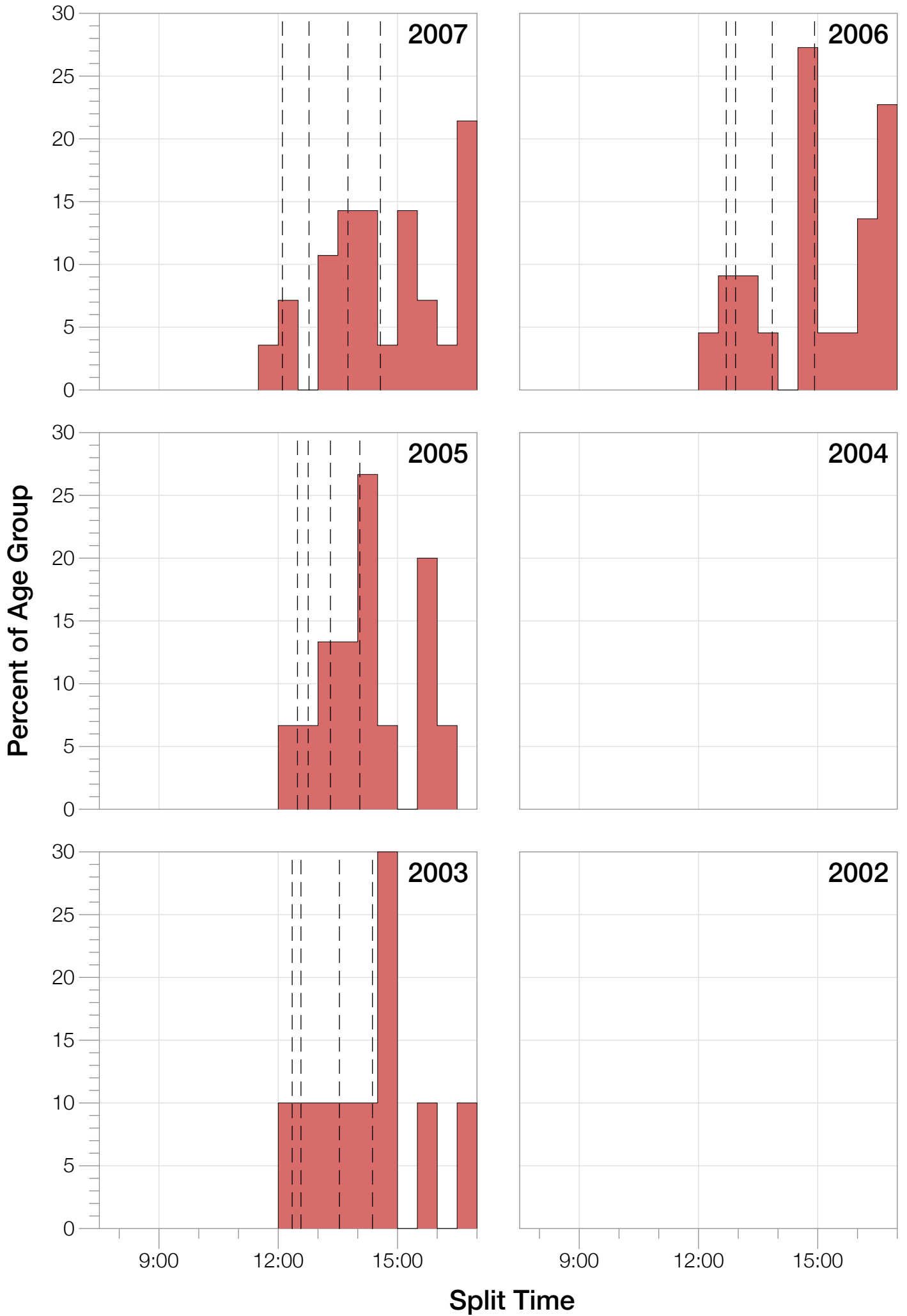
F50-54 Run



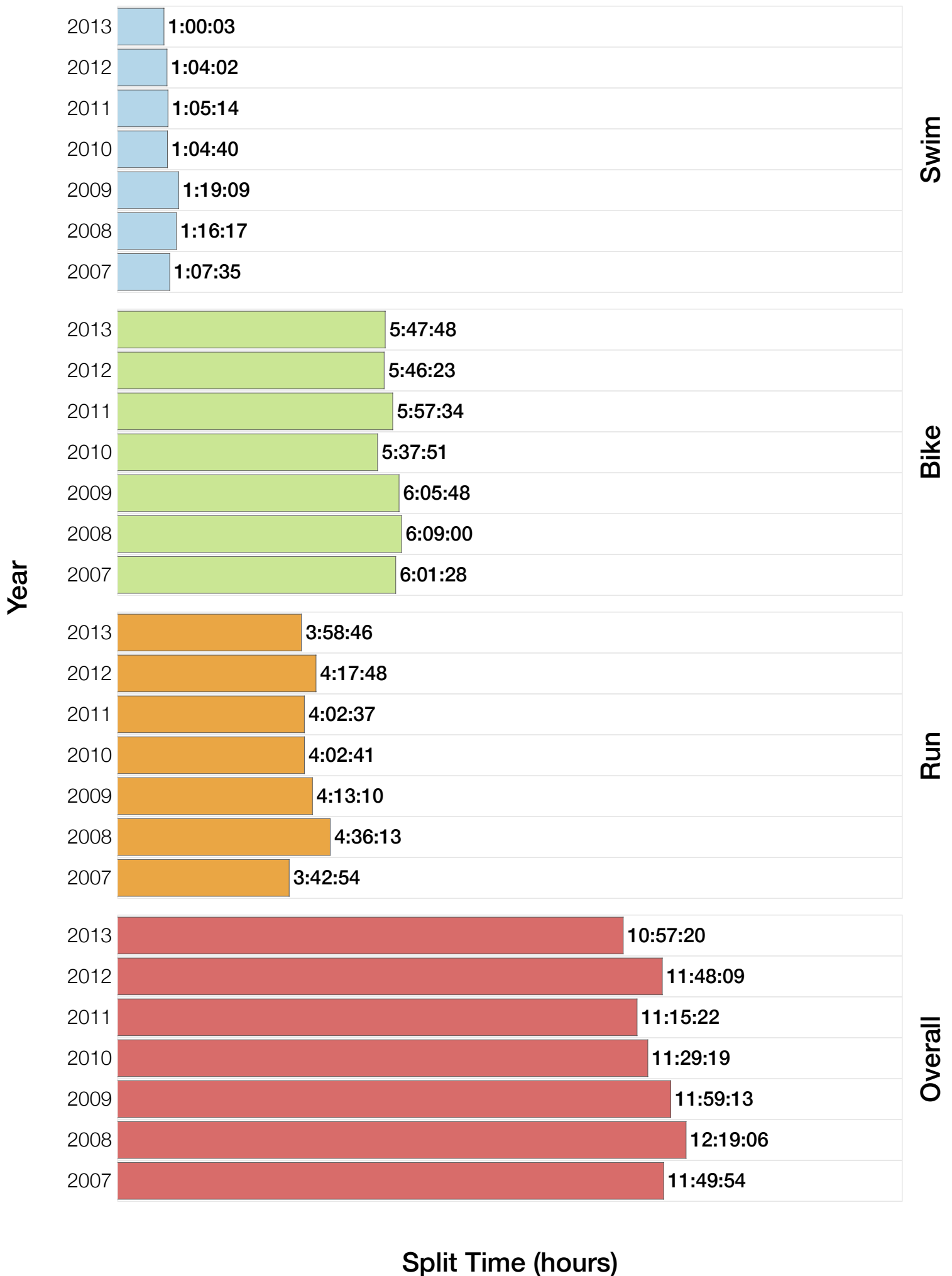
F50-54 Overall



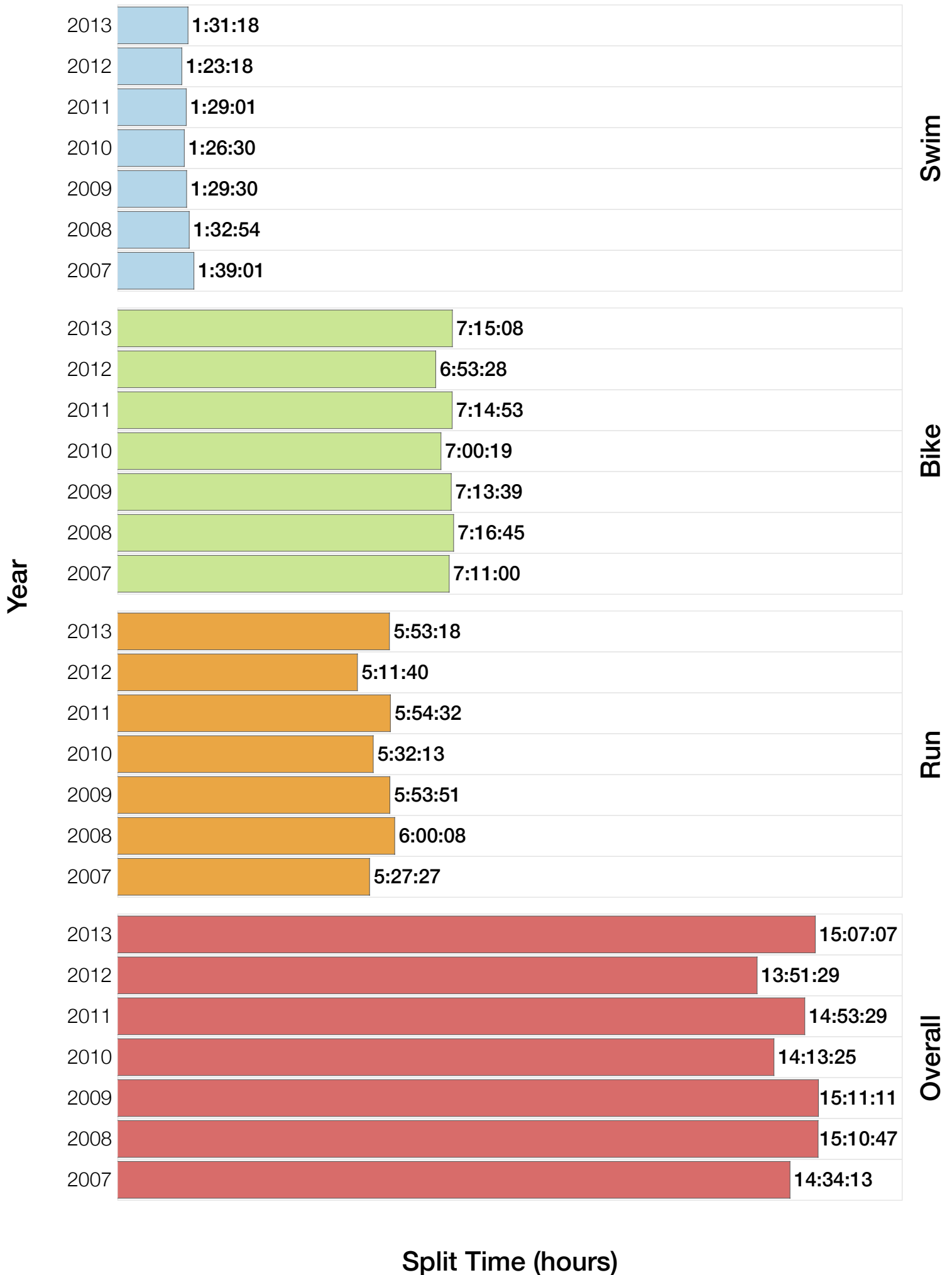
F50-54 Overall



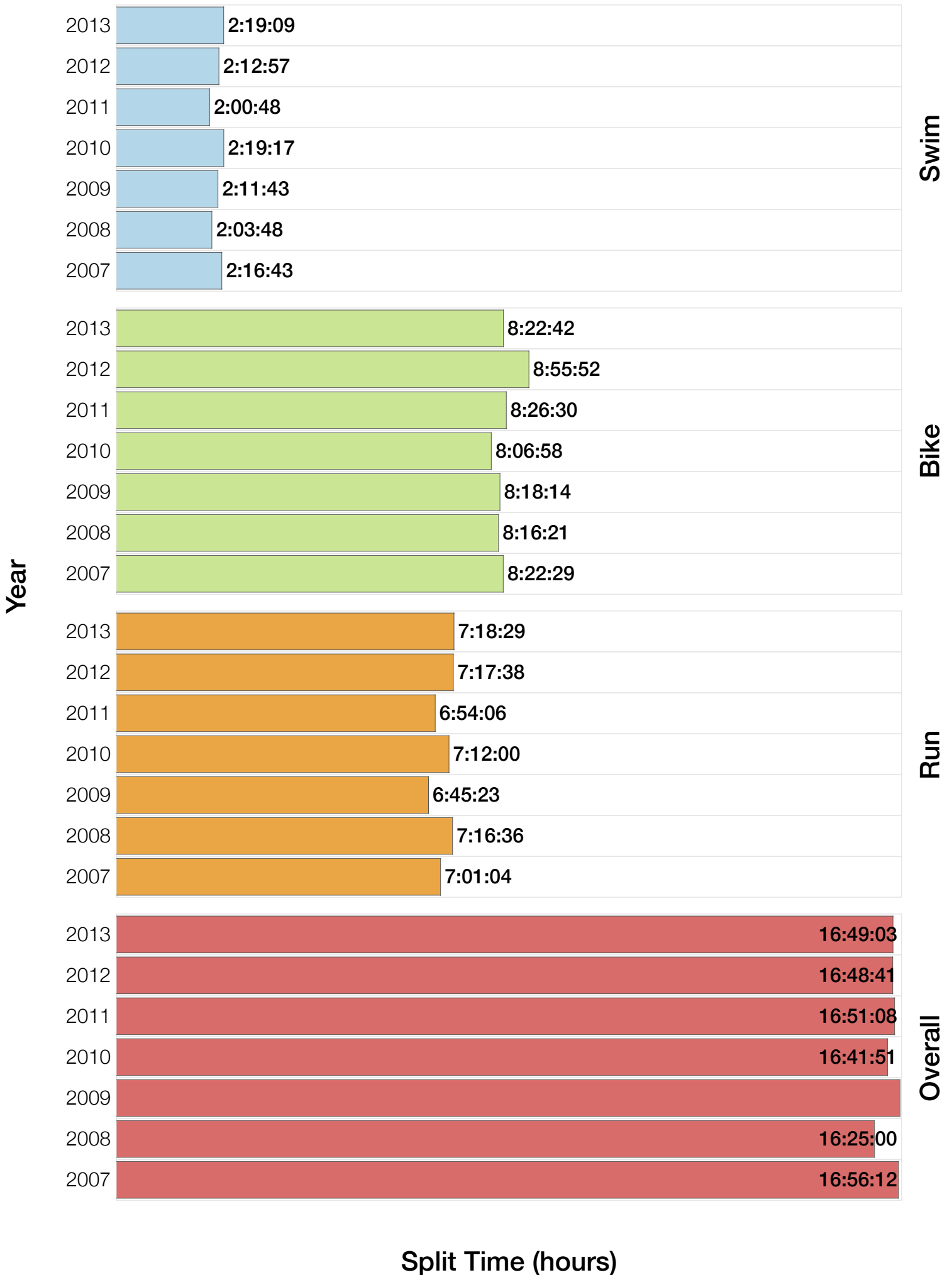
F50-54 Fastest Splits



F50-54 Median Splits

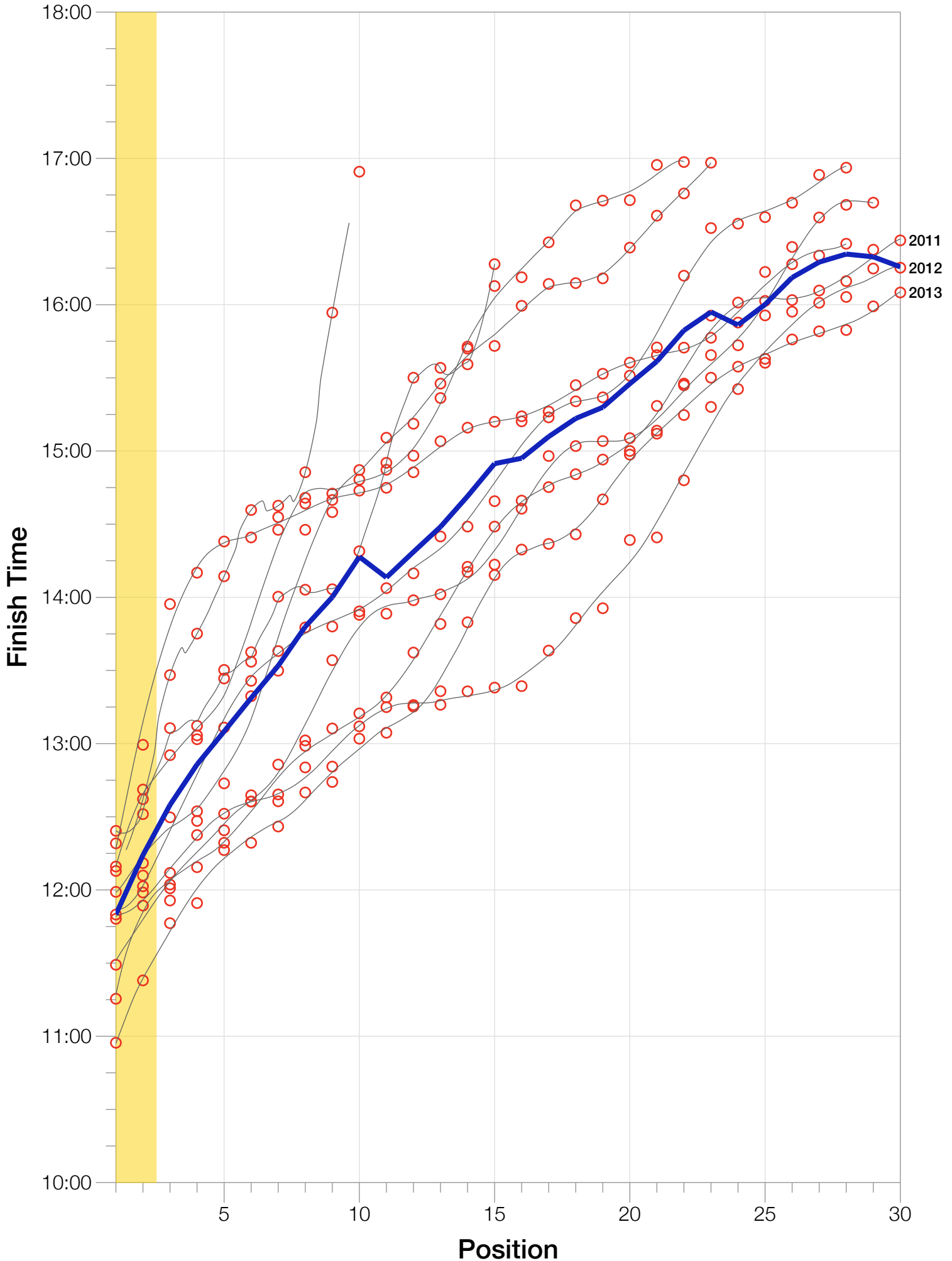


F50-54 Slowest Splits



F50-54 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F50-54 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	1:13:22	6:00:11	4:26:37	11:49:59
Average 2nd Age Grouper	1:17:06	6:18:40	4:28:09	12:14:17
Average 3rd Age Grouper	1:18:01	6:28:40	4:37:02	12:34:52
Average 4th Age Grouper	1:20:57	6:30:32	4:47:39	12:51:28
Average 5th Age Grouper	1:19:48	6:45:02	4:48:30	13:05:00
Average 6th Age Grouper	1:21:39	6:39:42	5:04:22	13:18:43
Average 7th Age Grouper	1:25:02	6:43:20	5:07:14	13:31:55
Average 8th Age Grouper	1:19:58	6:48:37	5:26:36	13:47:58
Average 9th Age Grouper	1:26:42	6:50:20	5:27:23	14:00:04
Average 10th Age Grouper	1:25:41	6:57:25	5:39:52	14:16:37
Kona Qualifier Average	1:15:14	6:09:25	4:27:23	12:02:08
Top 10 Age Grouper Average	1:20:50	6:36:15	4:59:20	13:09:05

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	1:03:25	5:47:48	3:58:46	10:57:20
2nd Age Grouper	1:00:03	5:52:00	4:22:55	11:22:54
3rd Age Grouper	1:19:11	6:03:36	4:16:06	11:46:22
4th Age Grouper	1:13:25	6:19:16	4:13:18	11:54:37
5th Age Grouper	1:31:18	6:11:00	4:24:43	12:19:20
6th Age Grouper	1:19:22	6:29:32	4:17:28	12:19:20
7th Age Grouper	1:12:06	6:16:12	4:46:18	12:26:01
8th Age Grouper	1:21:16	6:33:03	4:31:26	12:39:58
9th Age Grouper	1:13:54	6:33:19	4:44:11	12:44:17
10th Age Grouper	1:27:14	6:16:20	5:05:38	13:02:02
Kona Qualifier Average	1:01:44	5:49:54	4:10:50	11:10:07
Top 10 Age Grouper Average	1:16:07	6:14:12	4:28:04	12:09:13

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	1:18:54	5:46:23	4:29:56	11:48:09
2nd Age Grouper	1:21:37	6:11:49	4:17:48	11:58:57
3rd Age Grouper	1:15:41	6:05:28	4:31:22	12:00:41
4th Age Grouper	1:38:54	6:08:43	4:28:09	12:28:18
5th Age Grouper	1:18:54	6:04:29	4:56:44	12:31:15
6th Age Grouper	1:29:08	6:03:54	4:51:30	12:36:13
7th Age Grouper	1:28:05	6:23:10	4:24:35	12:36:21
8th Age Grouper	1:20:08	6:30:10	4:45:57	12:50:15
9th Age Grouper	1:16:15	6:44:57	4:30:15	12:50:35
10th Age Grouper	1:09:25	6:40:13	5:09:07	13:12:23
Kona Qualifier Average	1:20:15	5:59:06	4:23:52	11:53:33
Top 10 Age Grouper Average	1:21:42	6:15:55	4:38:32	12:29:18

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	1:05:14	5:57:34	4:06:50	11:15:22
2nd Age Grouper	1:23:09	6:12:07	4:17:17	12:01:30
3rd Age Grouper	1:19:23	6:21:14	4:02:37	12:02:13
4th Age Grouper	1:21:07	6:06:39	4:28:43	12:09:20
5th Age Grouper	1:11:21	6:31:54	4:17:40	12:16:19
6th Age Grouper	1:17:41	6:30:05	4:36:10	12:38:50
7th Age Grouper	1:22:07	6:19:33	4:41:52	12:39:10
8th Age Grouper	1:13:06	7:01:46	4:24:31	13:01:19
9th Age Grouper	1:13:35	6:38:05	4:48:49	13:06:13
10th Age Grouper	1:17:34	6:16:24	5:22:18	13:07:05
Kona Qualifier Average	1:14:11	6:04:50	4:12:03	11:38:26
Top 10 Age Grouper Average	1:16:25	6:23:32	4:30:40	12:25:44

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	1:04:46	5:37:51	4:41:01	11:29:19
2nd Age Grouper	1:19:13	6:10:08	4:13:18	11:53:35
3rd Age Grouper	1:23:07	6:21:26	4:02:41	11:55:40
4th Age Grouper	1:16:30	5:57:23	5:01:17	12:22:32
5th Age Grouper	1:08:54	6:16:08	4:48:05	12:24:28
6th Age Grouper	1:07:09	6:06:16	5:14:29	12:36:16
7th Age Grouper	1:29:26	6:21:06	4:46:43	12:51:25
8th Age Grouper	1:13:59	6:40:27	4:53:44	12:59:04
9th Age Grouper	1:23:33	6:02:12	5:53:01	13:34:13
10th Age Grouper	1:37:51	7:21:47	4:39:11	13:52:49
Kona Qualifier Average	1:11:59	5:53:59	4:27:09	11:41:27
Top 10 Age Grouper Average	1:18:26	6:17:28	4:49:21	12:35:56

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	1:19:17	6:05:48	4:27:17	11:59:13
2nd Age Grouper	1:22:00	6:22:13	4:17:04	12:11:01
3rd Age Grouper	1:19:09	6:23:35	4:37:45	12:29:47
4th Age Grouper	1:19:21	6:28:56	4:33:22	12:32:16
5th Age Grouper	1:22:33	7:00:58	4:13:10	12:43:42
6th Age Grouper	1:27:06	6:31:50	5:06:37	13:19:27
7th Age Grouper	1:26:08	6:28:16	5:18:08	13:29:55
8th Age Grouper	1:35:49	7:05:21	5:32:07	14:27:42
9th Age Grouper	1:22:23	6:42:32	6:15:55	14:34:56
10th Age Grouper	1:44:48	7:03:11	5:48:53	14:52:13
Kona Qualifier Average	1:20:38	6:14:00	4:22:10	12:05:07
Top 10 Age Grouper Average	1:25:51	6:37:16	5:01:01	13:16:01

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	1:20:15	6:09:00	4:36:13	12:19:06
2nd Age Grouper	1:23:47	6:25:03	4:57:05	12:59:31
3rd Age Grouper	1:16:17	7:26:55	4:54:37	13:57:14
4th Age Grouper	1:20:27	6:47:31	5:45:50	14:10:06
5th Age Grouper	1:32:31	7:12:05	5:23:26	14:22:54
6th Age Grouper	1:43:09	7:11:16	5:15:21	14:24:34
7th Age Grouper	1:27:09	6:58:10	5:36:47	14:27:41
8th Age Grouper	1:21:28	6:52:18	6:12:25	14:38:29
9th Age Grouper	1:54:28	7:11:11	5:22:04	14:39:55
10th Age Grouper	1:20:37	6:36:01	6:31:53	14:43:45
Kona Qualifier Average	1:22:01	6:17:01	4:46:39	12:39:18
Top 10 Age Grouper Average	1:28:00	6:52:57	5:27:34	14:04:19

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	1:22:12	6:03:48	4:12:41	11:49:54
2nd Age Grouper	1:37:52	6:31:01	3:42:54	12:05:55
3rd Age Grouper	1:24:44	6:01:28	4:28:13	12:06:59
4th Age Grouper	1:30:55	6:37:34	4:33:26	13:03:23
5th Age Grouper	1:34:00	6:50:52	4:32:54	13:06:35
6th Age Grouper	1:22:04	6:47:57	4:58:01	13:25:45
7th Age Grouper	1:23:04	6:39:36	5:22:51	13:37:57
8th Age Grouper	1:07:35	6:36:39	5:52:47	13:47:39
9th Age Grouper	1:26:49	7:20:49	4:44:48	13:48:02
10th Age Grouper	1:23:07	7:02:00	5:18:37	13:54:14
Kona Qualifier Average	1:30:02	6:17:24	3:57:47	11:57:54
Top 10 Age Grouper Average	1:25:14	6:39:10	4:46:43	13:04:38

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	1:12:12	6:13:27	4:28:39	12:09:36
2nd Age Grouper	1:11:49	6:23:35	4:51:36	12:41:10
3rd Age Grouper	1:17:49	6:39:20	4:49:22	12:55:16
4th Age Grouper	1:23:08	6:47:35	4:38:23	13:01:48
5th Age Grouper	1:10:06	7:11:35	4:56:59	13:26:43
6th Age Grouper	1:25:52	6:21:33	5:41:37	13:37:31
7th Age Grouper	1:27:44	7:49:41	4:58:50	14:32:53
8th Age Grouper	1:19:25	7:34:50	5:34:15	14:40:49
9th Age Grouper	1:36:38	6:52:50	6:00:10	14:42:33
10th Age Grouper	1:23:24	6:55:33	6:18:19	14:48:16
Kona Qualifier Average	1:12:00	6:18:31	4:40:07	12:25:23
Top 10 Age Grouper Average	1:20:48	6:52:59	5:13:49	13:39:39

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	1:08:55	6:17:17	4:48:15	12:24:14
2nd Age Grouper	1:11:08	6:31:59	4:38:36	12:31:06
3rd Age Grouper	1:11:03	6:39:22	5:06:16	13:06:22
4th Age Grouper	1:10:42	6:53:09	4:54:03	13:07:19
5th Age Grouper	1:15:43	7:15:42	4:48:50	13:30:14
6th Age Grouper	1:16:18	6:52:56	5:10:44	13:33:35
7th Age Grouper	1:33:58	6:52:33	5:16:40	14:00:15
8th Age Grouper	1:23:50	6:32:06	6:00:35	14:03:07
9th Age Grouper	1:24:33	6:36:24	5:49:05	14:03:19
10th Age Grouper	1:33:11	6:41:51	5:51:14	14:18:55
Kona Qualifier Average	1:10:01	6:24:38	4:43:25	12:27:40
Top 10 Age Grouper Average	1:18:56	6:43:19	5:14:25	13:27:50

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	1:18:37	6:03:00	4:36:37	12:07:46
2nd Age Grouper	1:00:29	6:26:48	5:03:06	12:37:15
3rd Age Grouper	1:13:49	6:44:25	5:21:30	13:28:07
4th Age Grouper	1:15:04	6:58:38	5:20:01	13:45:07
5th Age Grouper	1:12:48	6:55:37	5:42:37	14:08:38
6th Age Grouper	1:08:46	7:41:49	5:31:48	14:35:48
7th Age Grouper	1:20:42	7:05:06	5:59:37	14:37:35
8th Age Grouper	1:23:04	6:39:33	6:38:16	14:51:18
9th Age Grouper	1:35:01	7:41:10	6:25:35	15:56:45
10th Age Grouper	1:19:44	8:40:55	6:33:31	16:54:33
Kona Qualifier Average	1:09:33	6:14:54	4:49:51	12:22:30
Top 10 Age Grouper Average	1:16:48	7:05:42	5:43:15	14:18:17