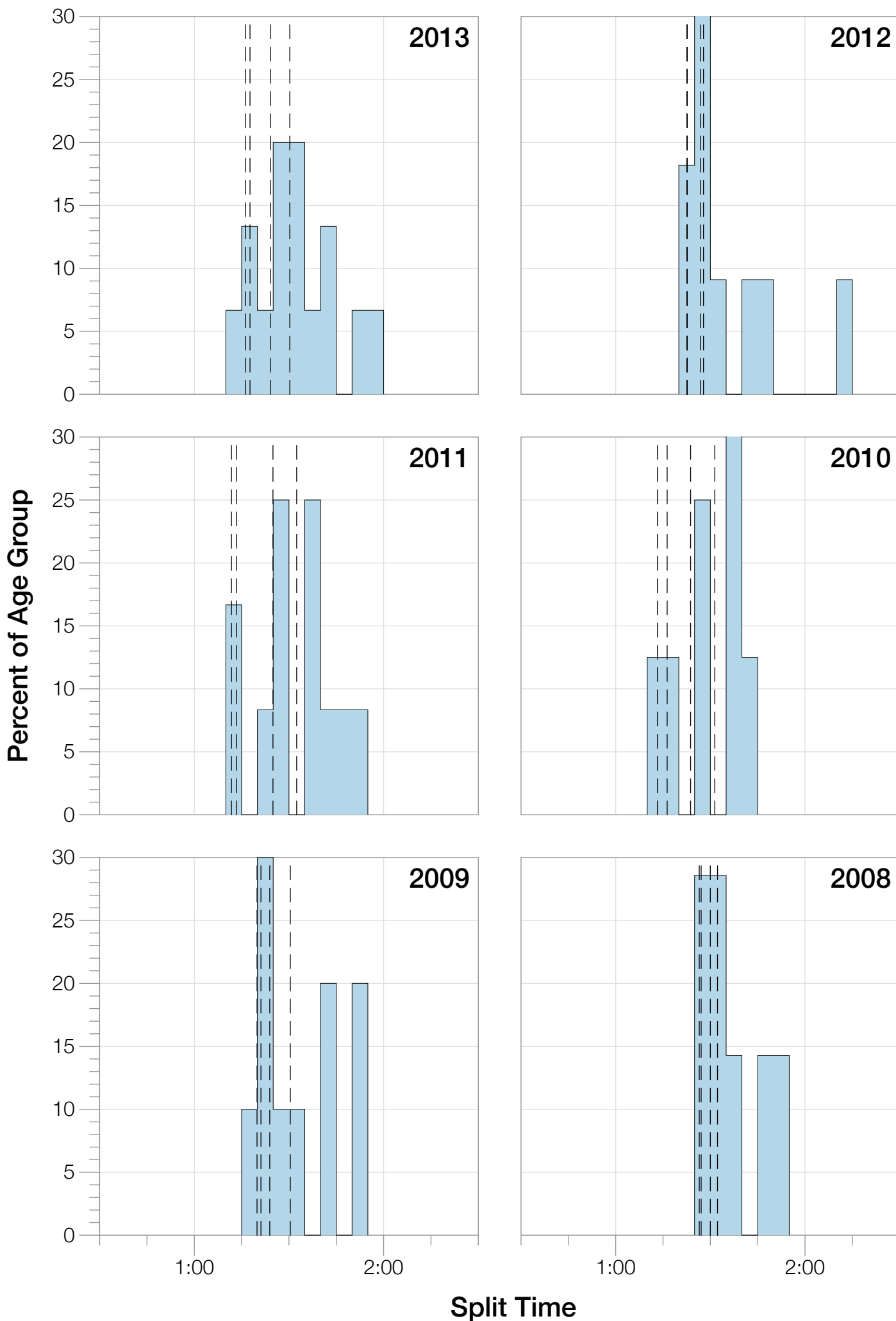


Ironman Coeur d'Alene F55-59 Stats

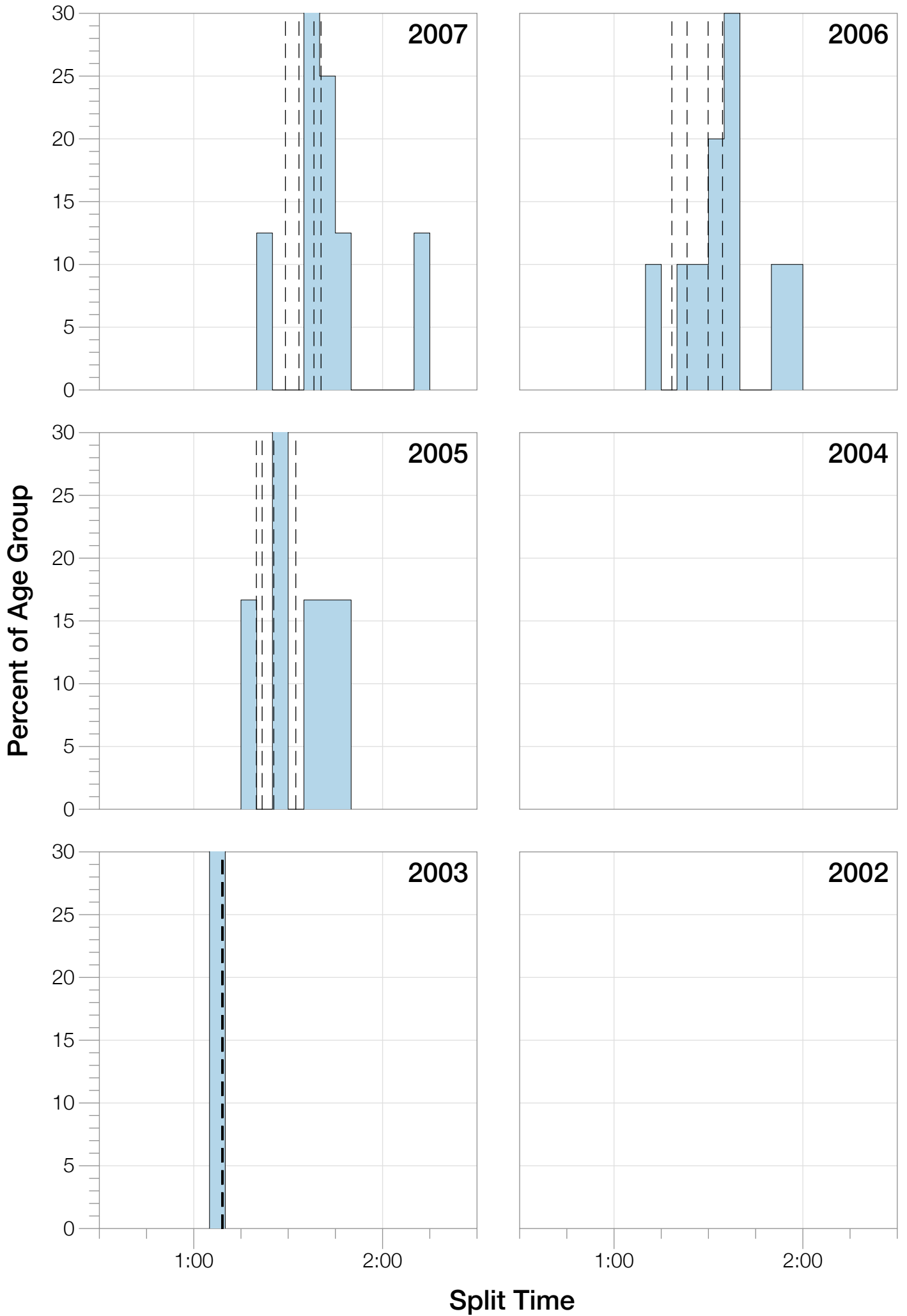
F55-59 Summary Statistics

Year	Finishers	F55-59 Finishers	Male Winner's Time	Female Winner's Time	F55-59 Winner's Time
2003	1341	2	8:40:59	9:42:08	14:13:19
2005	1654	6	8:23:29	9:59:08	12:09:36
2006	1940	10	9:07:05	9:31:07	13:59:43
2007	2085	8	8:33:32	10:27:55	14:07:43
2008	1942	7	8:34:22	9:38:58	13:54:11
2009	2031	10	8:32:12	9:23:21	12:16:40
2010	2096	8	8:24:40	9:17:54	12:29:26
2011	2185	12	8:19:48	9:16:40	12:32:29
2012	2145	11	8:32:29	9:21:44	13:02:31
2013	2121	15	8:17:31	9:16:02	12:04:57
Average	1954	9	8:32:36	9:35:29	11:53:41

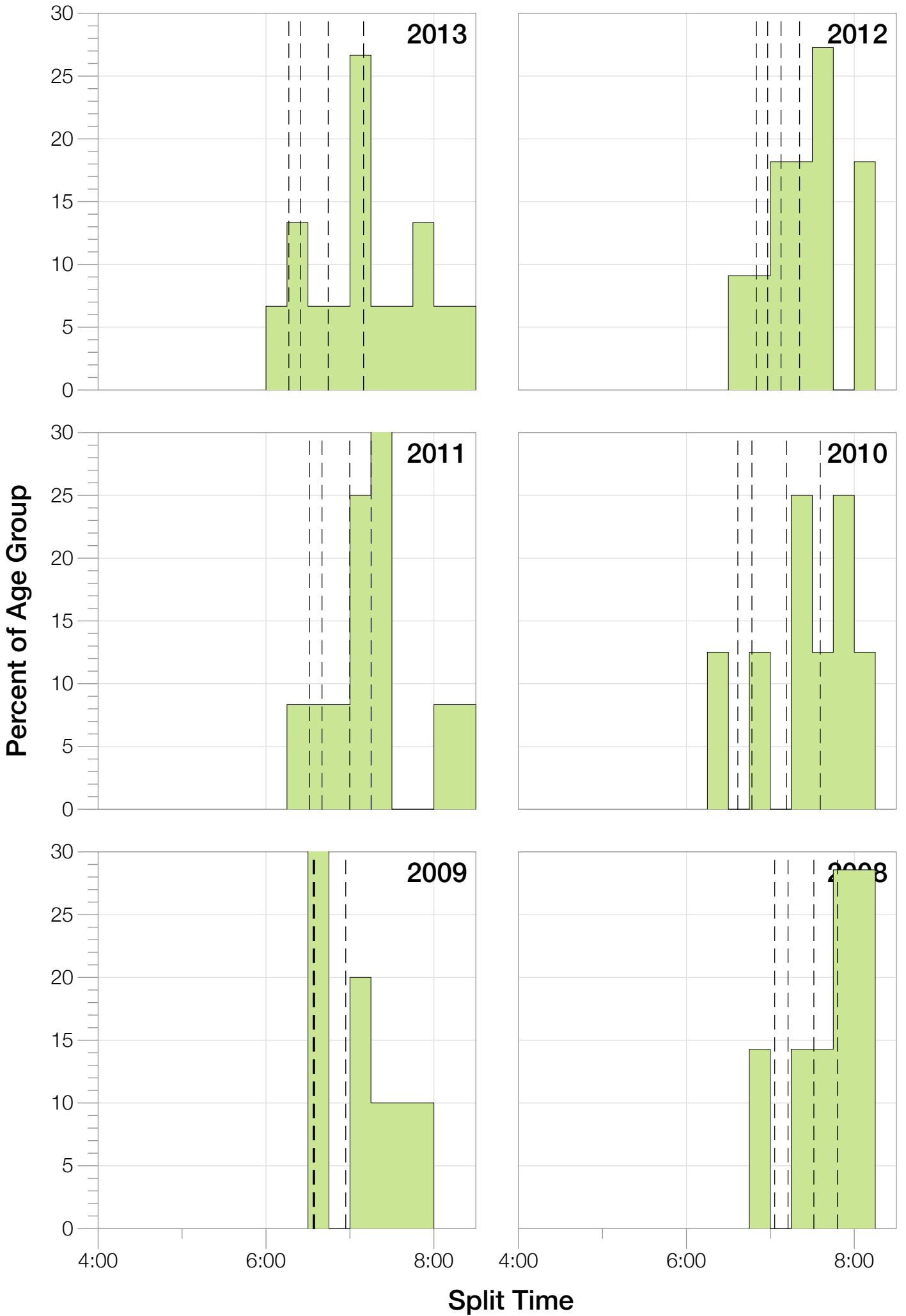
F55-59 Swim



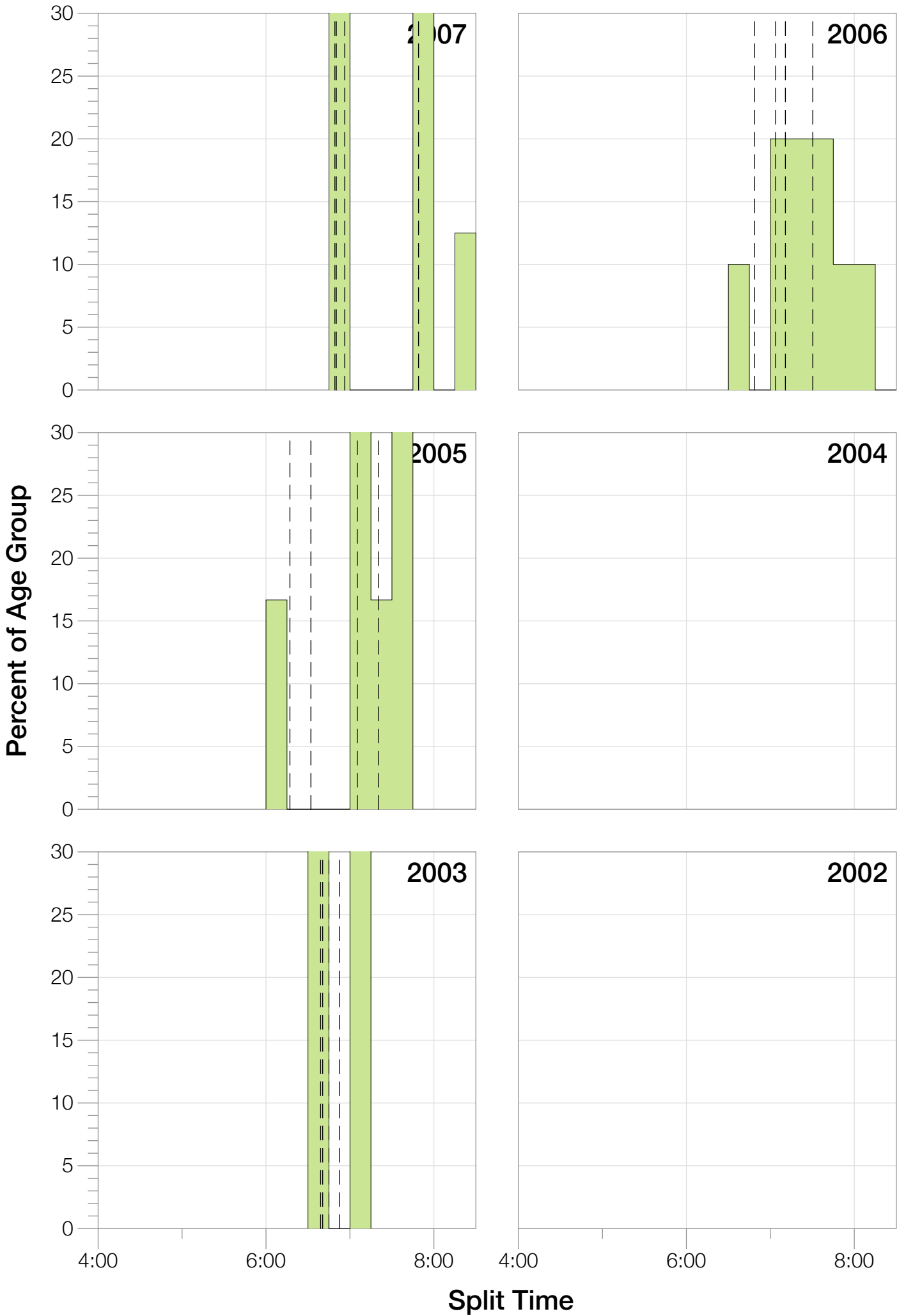
F55-59 Swim



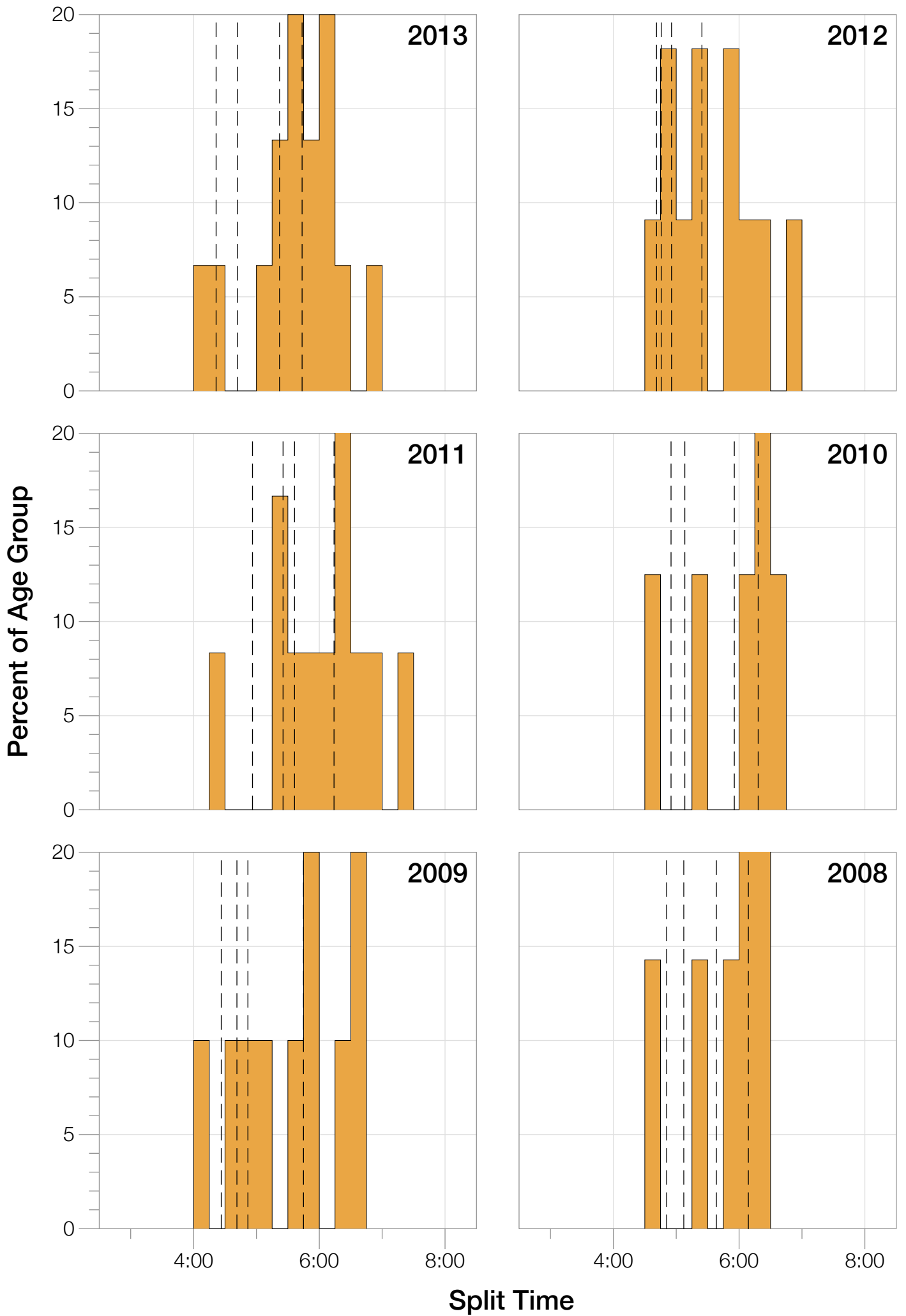
F55-59 Bike



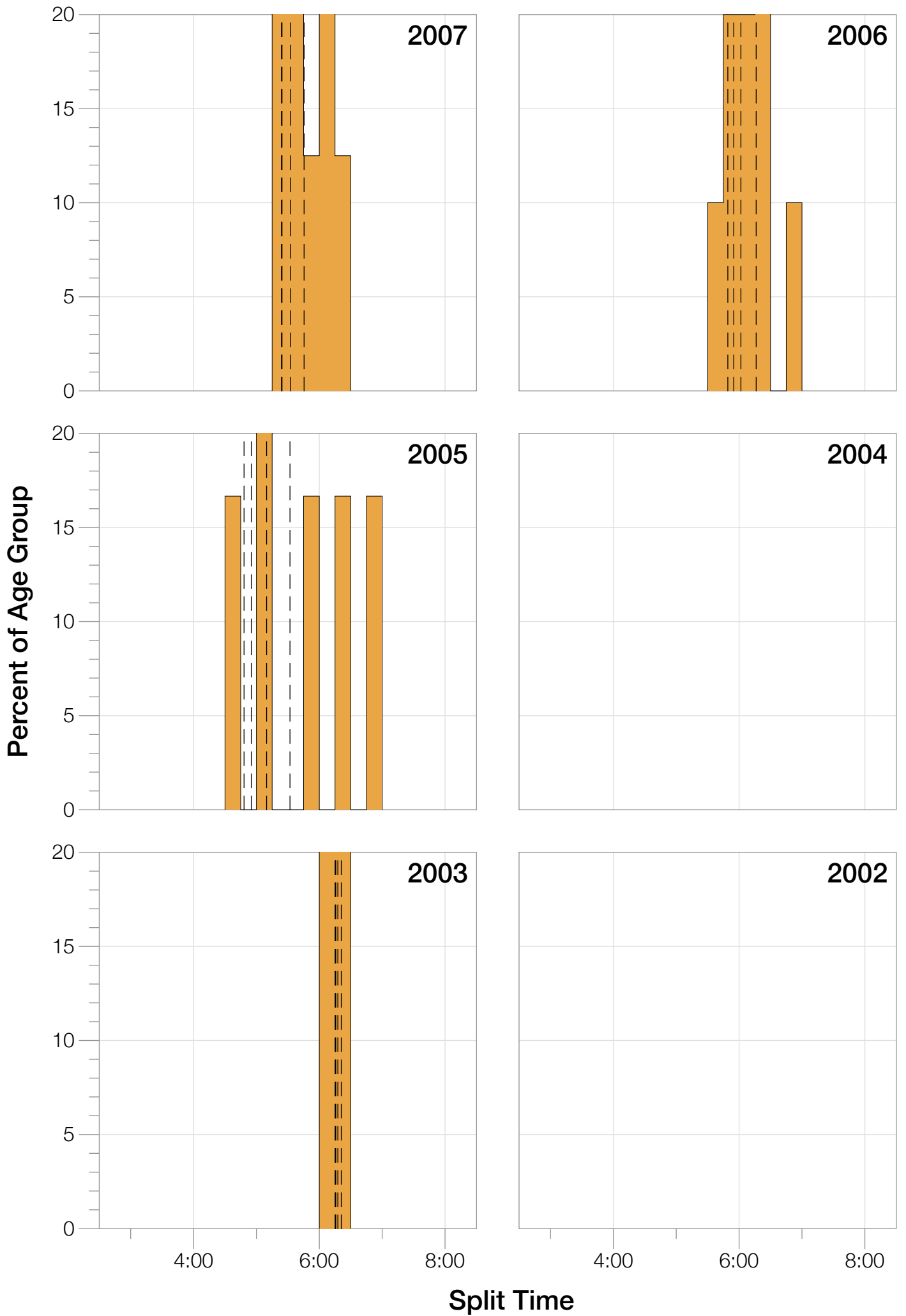
F55-59 Bike



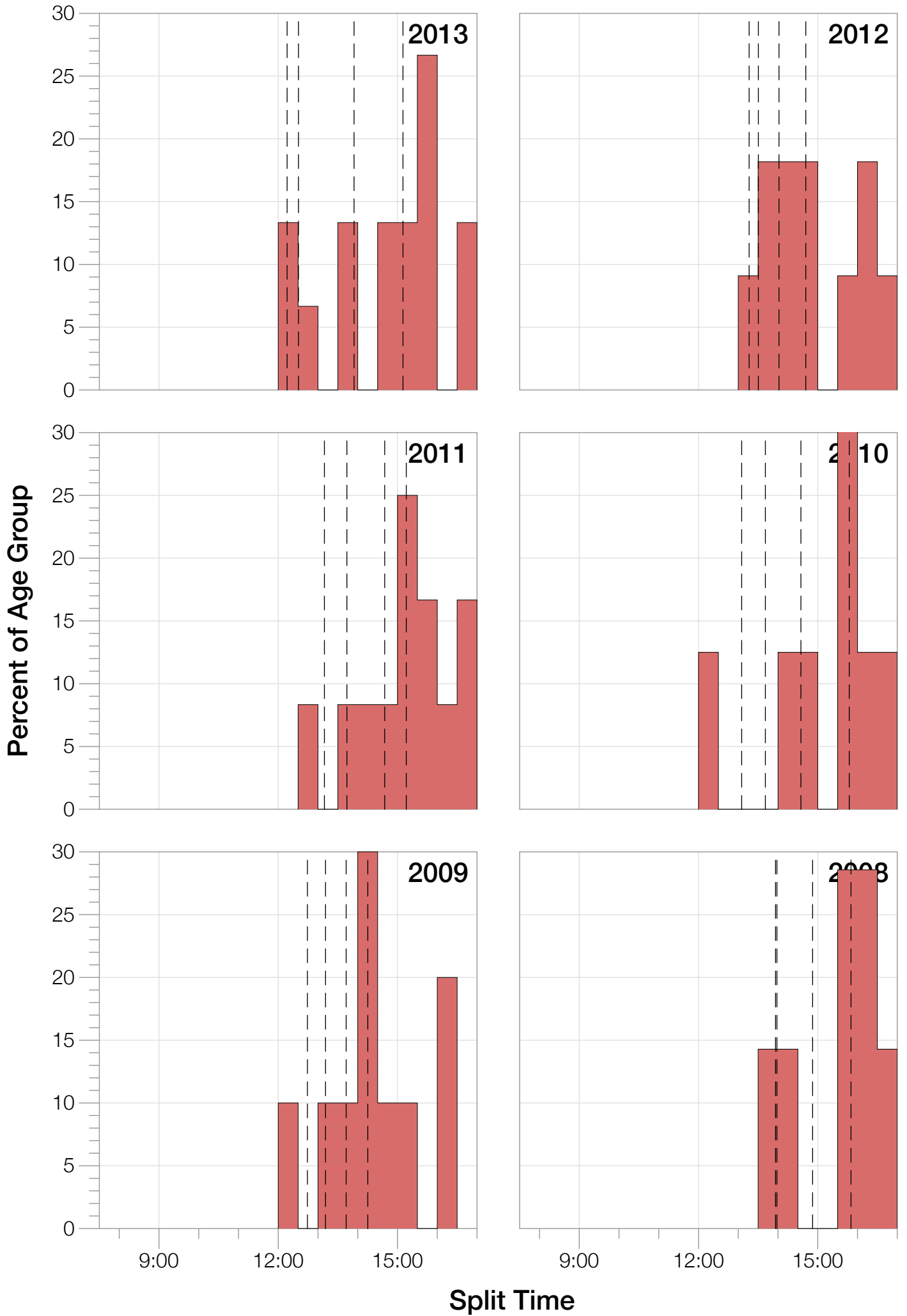
F55-59 Run



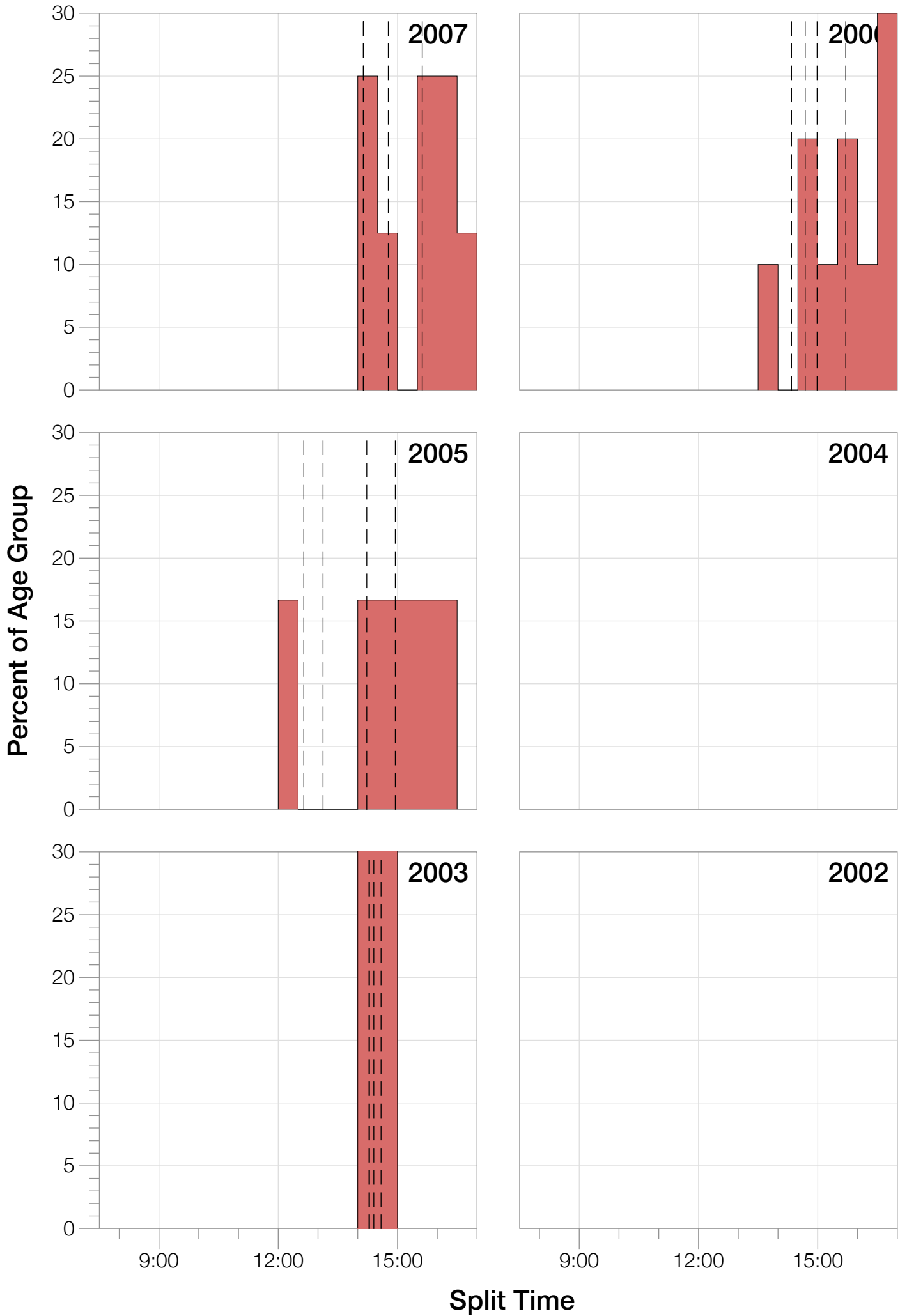
F55-59 Run



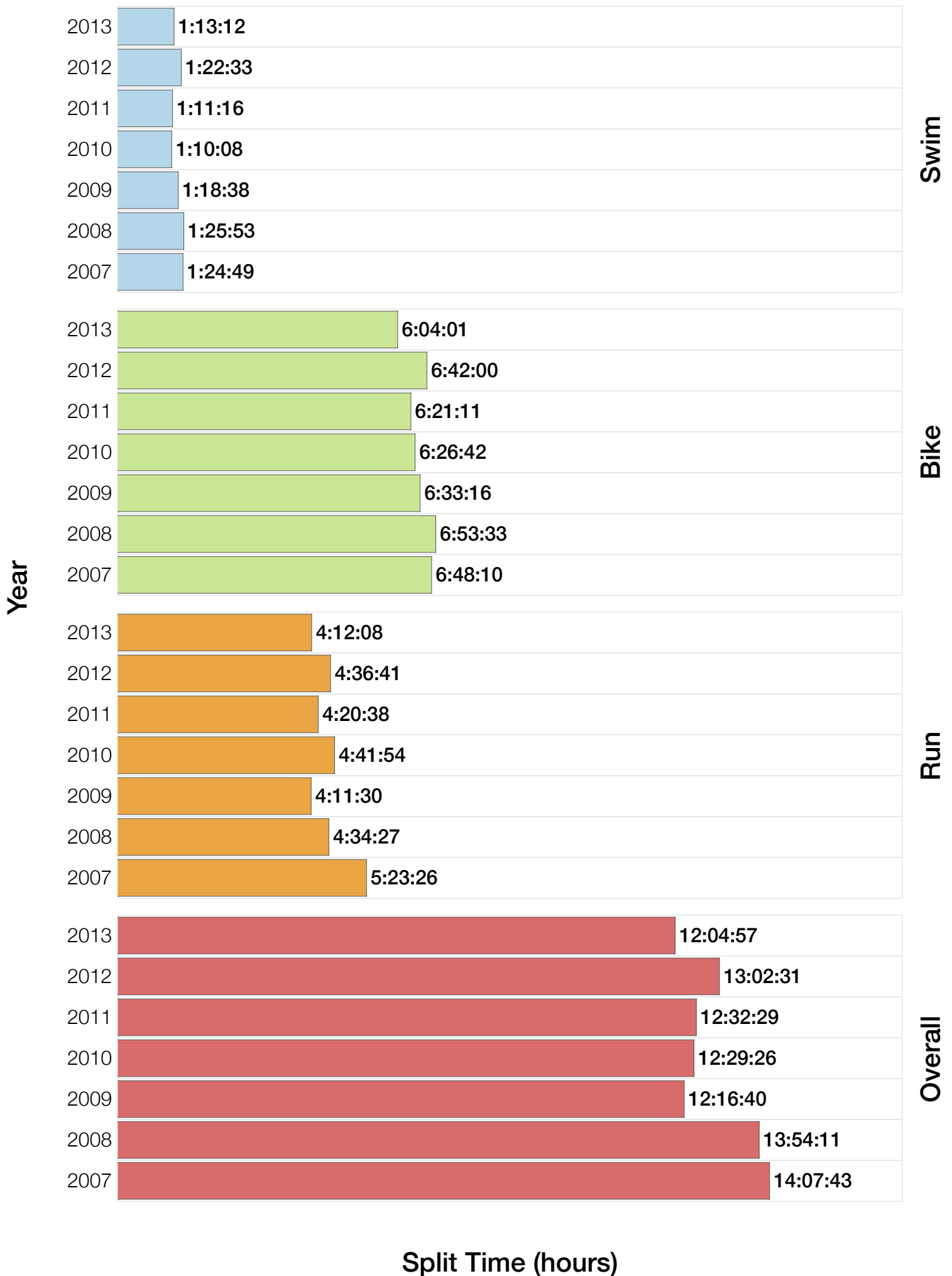
F55-59 Overall



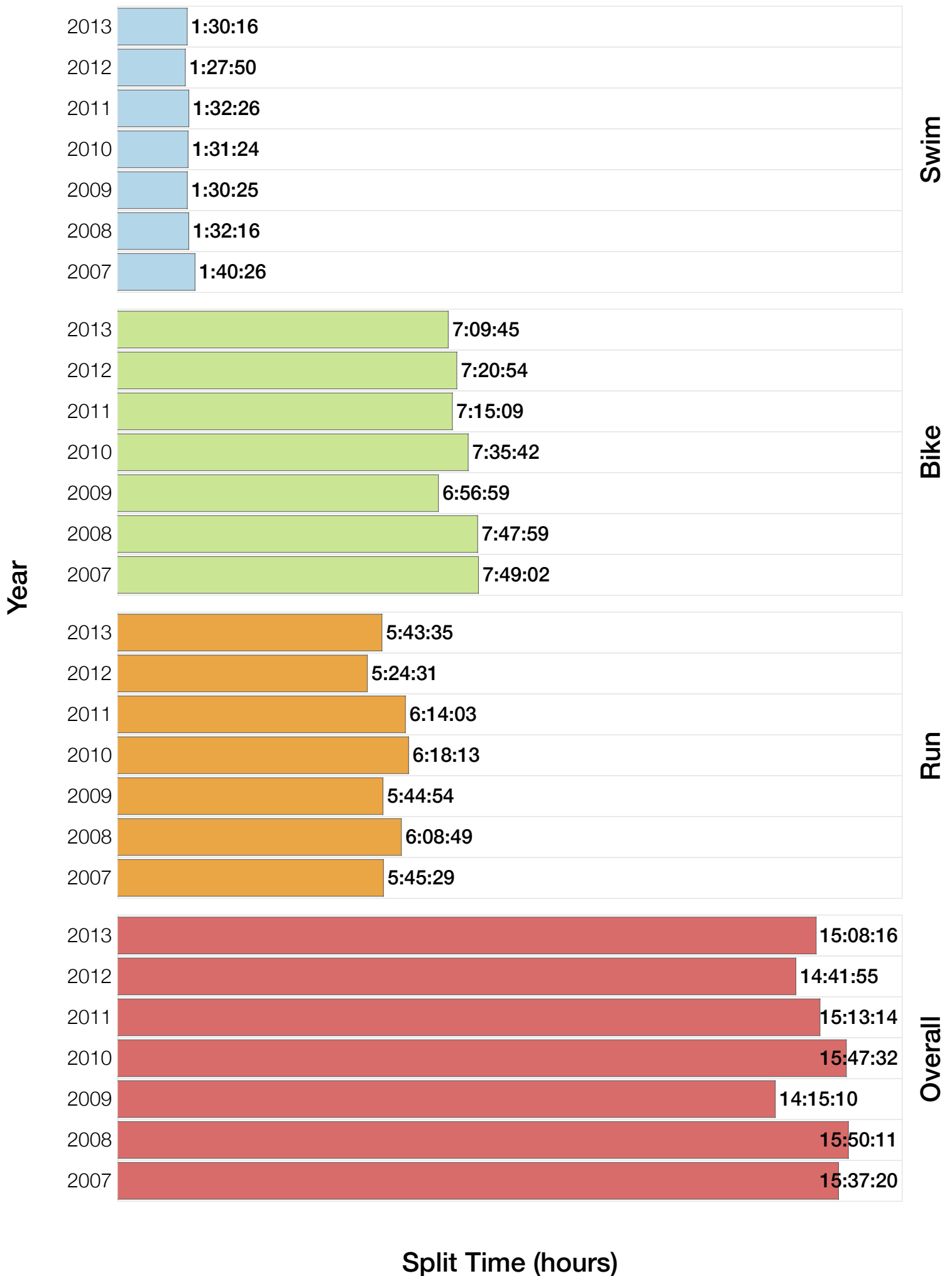
F55-59 Overall



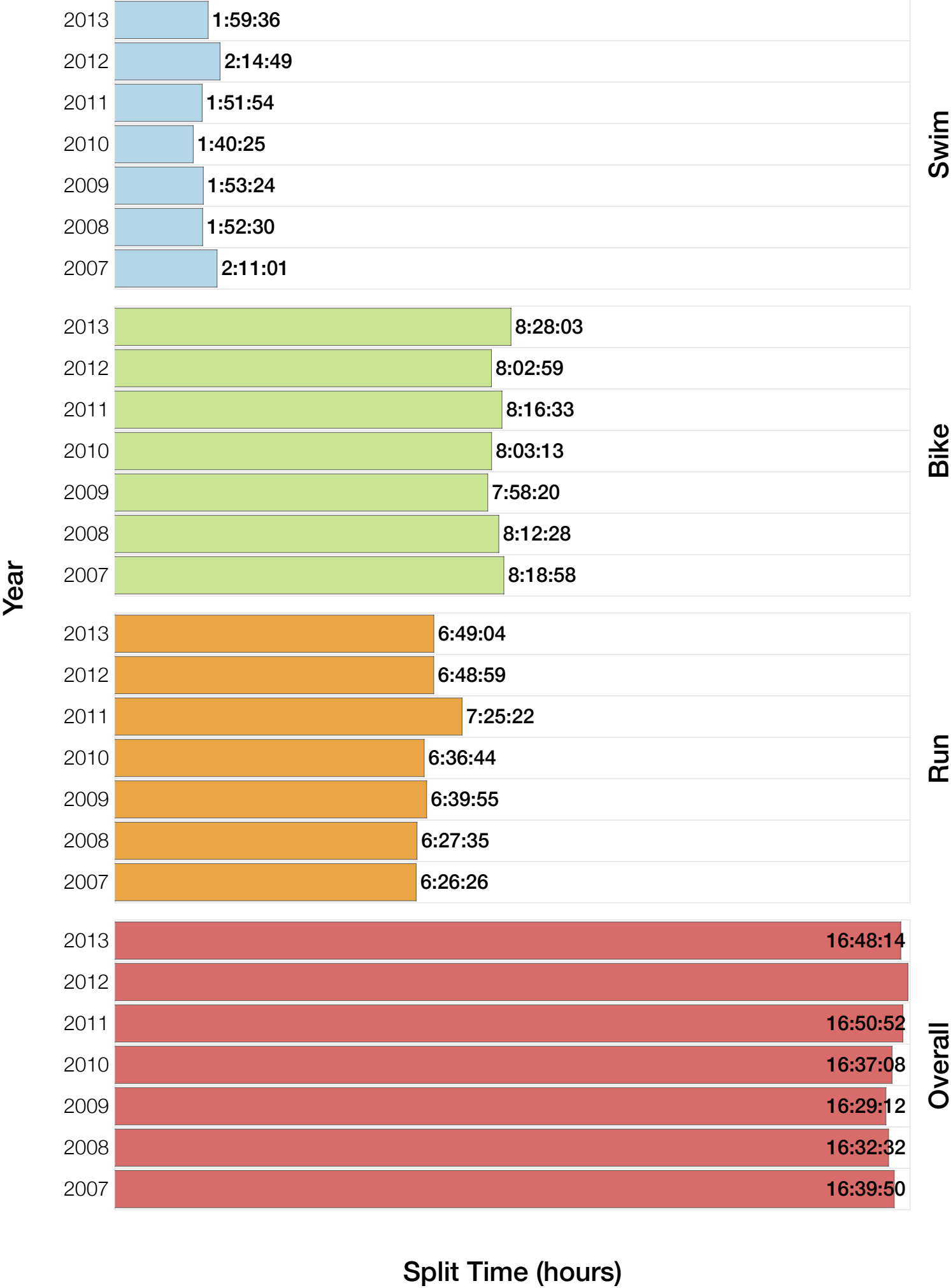
F55-59 Fastest Splits



F55-59 Median Splits

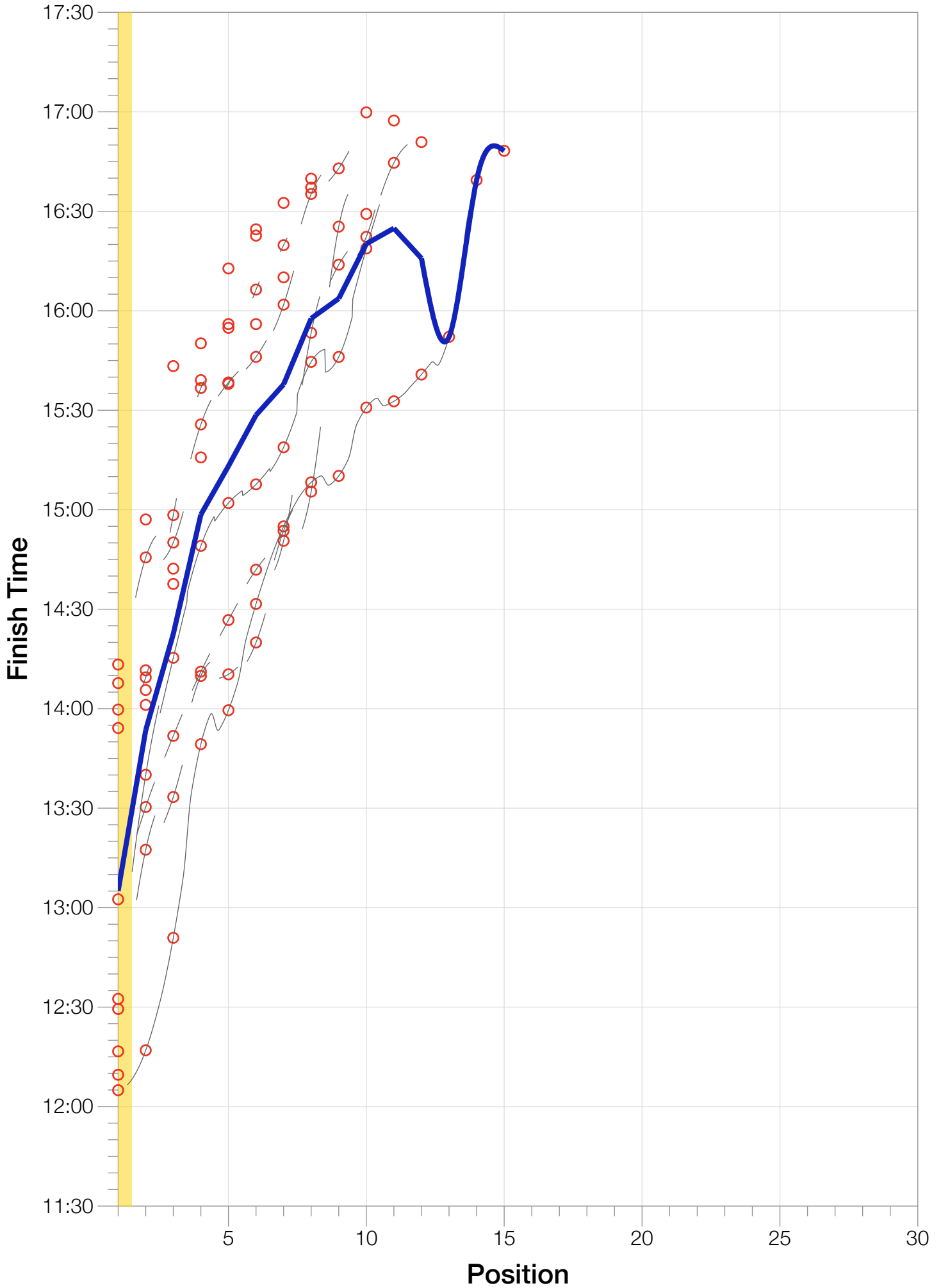


F55-59 Slowest Splits



F55-59 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F55-59 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	1:21:45	6:35:35	4:54:28	13:05:03
Average 2nd Age Grouper	1:25:14	6:54:18	5:19:51	13:53:32
Average 3rd Age Grouper	1:26:01	7:05:13	5:34:35	14:22:33
Average 4th Age Grouper	1:34:38	7:15:15	5:48:22	14:58:33
Average 5th Age Grouper	1:38:39	7:27:22	5:47:55	15:13:10
Average 6th Age Grouper	1:35:27	7:33:01	5:59:18	15:28:32
Average 7th Age Grouper	1:33:27	7:26:50	6:17:32	15:37:47
Average 8th Age Grouper	1:36:38	7:46:36	6:09:44	15:57:41
Average 9th Age Grouper	1:38:37	7:45:27	6:23:28	16:03:41
Average 10th Age Grouper	1:54:05	7:31:50	6:30:27	16:20:11
Kona Qualifier Average	1:21:45	6:35:35	4:54:28	13:05:03
Top 10 Age Grouper Average	1:32:58	7:16:43	5:47:19	14:55:31

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	1:17:50	6:21:35	4:12:08	12:04:57
2nd Age Grouper	1:13:12	6:29:23	4:25:33	12:16:59
3rd Age Grouper	1:28:40	6:04:01	5:06:12	12:50:54
4th Age Grouper	1:26:43	6:45:26	5:16:11	13:49:18
5th Age Grouper	1:21:30	6:43:35	5:43:35	13:59:32
6th Age Grouper	1:17:32	7:13:23	5:35:31	14:31:36
7th Age Grouper	1:38:45	7:03:20	5:58:54	14:54:59
8th Age Grouper	1:34:58	7:43:26	5:30:14	15:08:16
9th Age Grouper	1:28:40	7:09:45	6:12:37	15:10:12
10th Age Grouper	1:59:36	7:09:00	6:02:52	15:30:49
Kona Qualifier Average	1:17:50	6:21:35	4:12:08	12:04:57
Top 10 Age Grouper Average	1:28:44	6:52:17	5:24:22	14:01:45

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	1:22:33	6:42:00	4:45:41	13:02:31
2nd Age Grouper	1:22:41	7:05:01	4:46:50	13:30:21
3rd Age Grouper	1:28:03	7:15:22	4:36:41	13:51:48
4th Age Grouper	1:27:25	6:58:05	5:20:01	14:11:11
5th Age Grouper	1:33:13	7:10:15	5:24:31	14:26:44
6th Age Grouper	1:43:11	7:39:09	5:04:16	14:41:55
7th Age Grouper	1:27:13	7:20:54	5:47:20	14:50:38
8th Age Grouper	1:26:40	8:02:59	5:47:35	15:53:21
9th Age Grouper	1:47:52	8:01:01	6:09:47	16:13:54
10th Age Grouper	2:14:49	7:32:39	6:17:42	16:22:18
Kona Qualifier Average	1:22:33	6:42:00	4:45:41	13:02:31
Top 10 Age Grouper Average	1:35:22	7:22:44	5:24:02	14:42:28

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	1:29:21	6:21:11	4:20:38	12:32:29
2nd Age Grouper	1:25:31	6:39:07	5:25:25	13:40:05
3rd Age Grouper	1:11:16	6:48:09	6:03:43	14:15:21
4th Age Grouper	1:39:47	7:24:23	5:25:25	14:49:06
5th Age Grouper	1:51:54	7:10:25	5:40:00	15:02:02
6th Age Grouper	1:25:23	7:20:13	5:46:31	15:07:39
7th Age Grouper	1:12:11	7:21:52	6:24:24	15:18:50
8th Age Grouper	1:36:04	7:17:39	6:29:15	15:44:36
9th Age Grouper	1:43:15	7:03:46	6:46:21	15:46:05
10th Age Grouper	1:23:34	7:12:39	7:25:22	16:18:48
Kona Qualifier Average	1:29:21	6:21:11	4:20:38	12:32:29
Top 10 Age Grouper Average	1:29:49	7:03:56	5:58:42	14:51:30

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	1:10:08	6:26:42	4:41:54	12:29:26
2nd Age Grouper	1:18:57	7:16:56	5:19:28	14:11:35
3rd Age Grouper	1:27:29	6:55:27	6:07:24	14:42:14
4th Age Grouper	1:37:33	7:26:55	6:19:10	15:39:05
5th Age Grouper	1:25:20	7:45:45	6:24:59	15:55:59
6th Age Grouper	1:35:20	7:49:45	6:17:16	15:55:59
7th Age Grouper	1:38:12	7:44:30	6:28:38	16:10:05
8th Age Grouper	1:40:25	8:03:13	6:36:44	16:37:08
Kona Qualifier Average	1:10:08	6:26:42	4:41:54	12:29:26
Top 10 Age Grouper Average	1:29:10	7:26:09	6:01:56	15:12:41

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	1:21:24	6:34:27	4:11:30	12:16:40
2nd Age Grouper	1:24:08	6:34:14	5:07:17	13:17:28
3rd Age Grouper	1:26:47	7:09:19	4:44:42	13:33:22
4th Age Grouper	1:34:04	6:35:49	5:42:55	14:09:53
5th Age Grouper	1:51:55	7:16:28	4:46:43	14:10:22
6th Age Grouper	1:18:38	6:44:40	5:59:48	14:19:58
7th Age Grouper	1:23:51	6:33:16	6:39:55	14:53:40
8th Age Grouper	1:42:19	7:12:35	5:46:53	15:05:28
9th Age Grouper	1:40:42	7:58:20	6:30:25	16:25:22
10th Age Grouper	1:53:24	7:36:36	6:19:12	16:29:12
Kona Qualifier Average	1:21:24	6:34:27	4:11:30	12:16:40
Top 10 Age Grouper Average	1:33:43	7:01:34	5:34:56	14:28:08

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	1:35:01	7:25:23	4:34:27	13:54:11
2nd Age Grouper	1:27:52	6:53:33	5:29:04	14:01:09
3rd Age Grouper	1:32:16	7:47:59	6:10:13	15:43:19
4th Age Grouper	1:25:53	7:36:49	6:27:35	15:50:11
5th Age Grouper	1:52:30	7:59:50	5:47:34	16:12:46
6th Age Grouper	1:32:06	8:12:28	6:19:31	16:24:34
7th Age Grouper	1:46:36	8:06:33	6:08:49	16:32:32
Kona Qualifier Average	1:35:01	7:25:23	4:34:27	13:54:11
Top 10 Age Grouper Average	1:36:02	7:43:13	5:51:01	15:31:14

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	1:40:55	6:51:12	5:23:26	14:07:43
2nd Age Grouper	1:39:58	6:48:10	5:24:49	14:09:26
3rd Age Grouper	1:24:49	6:57:58	6:14:20	14:58:23
4th Age Grouper	1:37:07	7:54:01	5:43:10	15:36:43
5th Age Grouper	1:46:01	7:58:06	5:34:55	15:37:57
6th Age Grouper	2:11:01	7:46:59	5:47:49	16:06:23
7th Age Grouper	1:44:32	7:51:05	6:26:26	16:19:47
8th Age Grouper	1:38:33	8:18:58	6:07:12	16:39:50
Kona Qualifier Average	1:40:55	6:51:12	5:23:26	14:07:43
Top 10 Age Grouper Average	1:42:52	7:33:18	5:50:15	15:27:01

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	1:13:33	6:33:43	5:59:24	13:59:43
2nd Age Grouper	1:30:56	7:07:19	5:43:33	14:45:37
3rd Age Grouper	1:29:33	7:07:07	5:56:12	14:50:07
4th Age Grouper	1:37:17	7:21:06	6:08:42	15:25:43
5th Age Grouper	1:24:17	7:35:42	6:25:15	15:38:23
6th Age Grouper	1:50:22	7:27:25	6:14:25	15:46:06
7th Age Grouper	1:36:20	7:33:15	6:25:53	16:01:51
8th Age Grouper	1:37:29	7:47:23	6:50:16	16:35:14
9th Age Grouper	1:32:38	8:34:23	6:18:11	16:42:56
10th Age Grouper	1:59:02	8:08:18	6:27:09	16:59:50
Kona Qualifier Average	1:13:33	6:33:43	5:59:24	13:59:43
Top 10 Age Grouper Average	1:35:08	7:31:34	6:14:54	15:40:33

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	1:18:04	6:02:06	4:41:15	12:09:36
2nd Age Grouper	1:39:17	7:02:04	5:09:00	14:05:38
3rd Age Grouper	1:25:23	7:41:43	5:11:49	14:37:37
4th Age Grouper	1:45:58	7:14:47	5:52:13	15:15:47
5th Age Grouper	1:41:17	7:26:17	6:23:44	15:54:51
6th Age Grouper	1:25:34	7:43:08	6:48:39	16:22:40
Kona Qualifier Average	1:18:04	6:02:06	4:41:15	12:09:36
Top 10 Age Grouper Average	1:32:35	7:11:40	5:41:06	14:44:21

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	1:08:50	6:37:31	6:14:25	14:13:19
2nd Age Grouper	1:09:55	7:07:21	6:27:35	14:57:04
Kona Qualifier Average	1:08:50	6:37:31	6:14:25	14:13:19
Top 10 Age Grouper Average	1:09:22	6:52:26	6:21:00	14:35:11