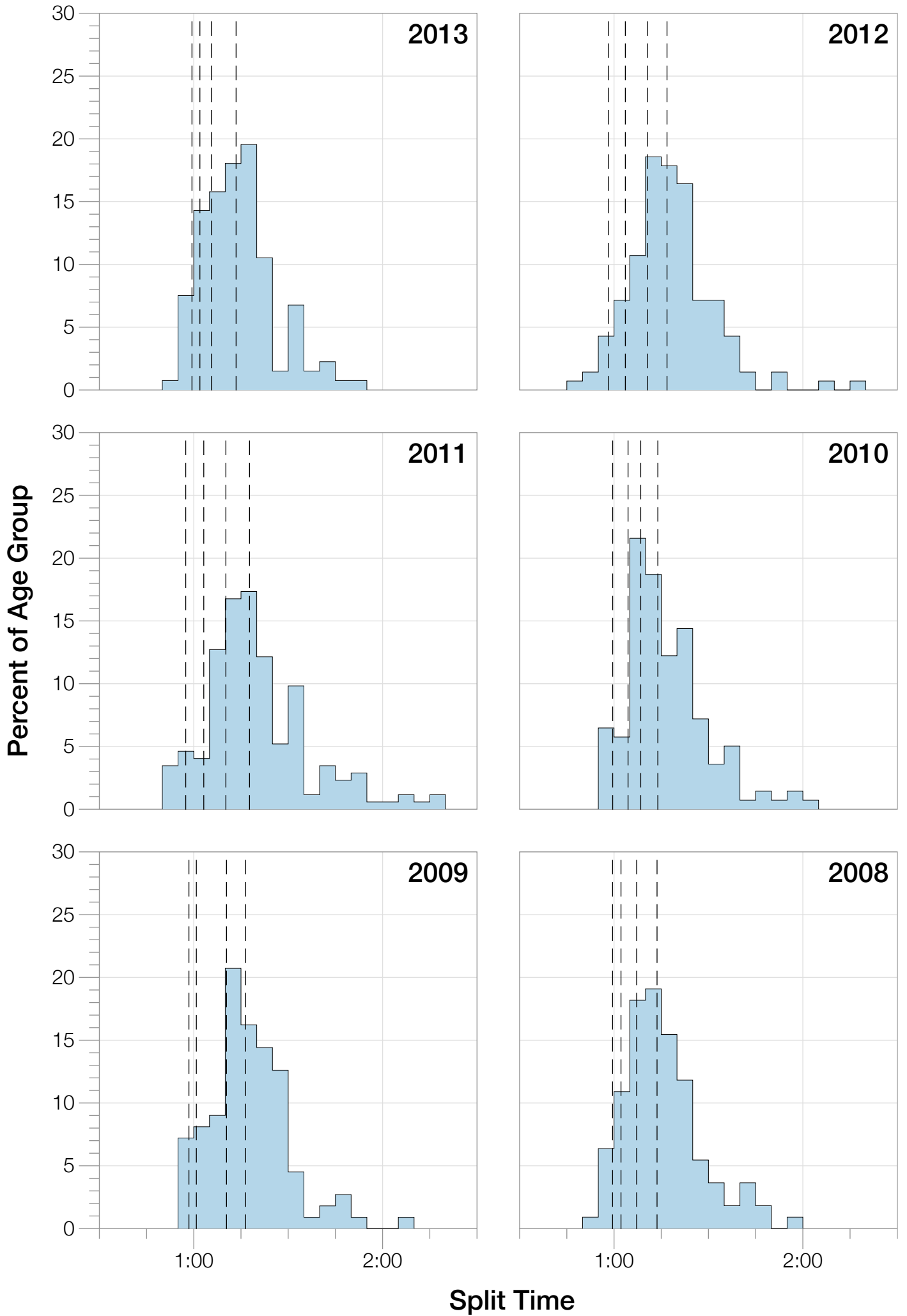


# Ironman Coeur d'Alene M25-29 Stats

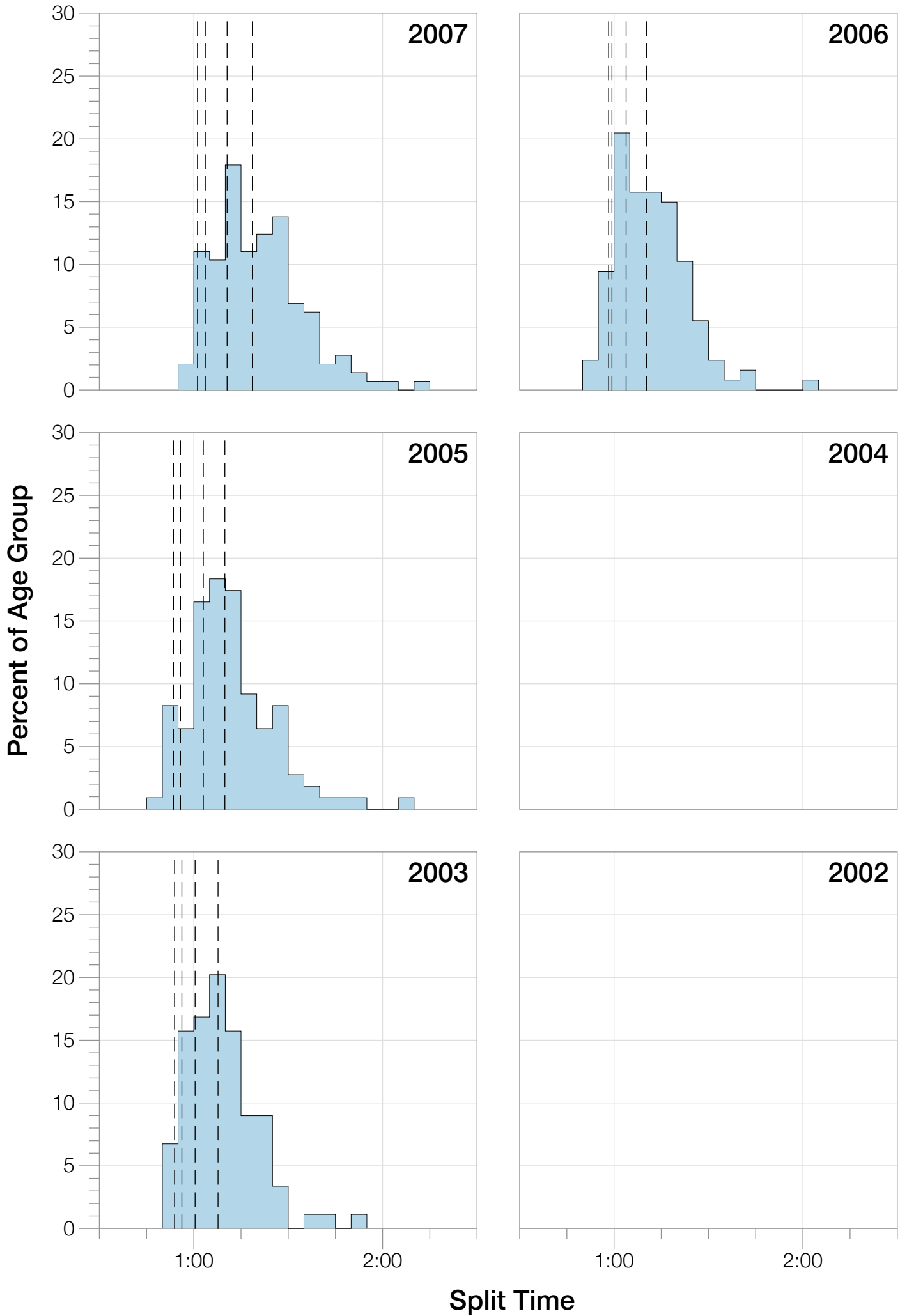
## M25-29 Summary Statistics

Year	Finishers	M25-29 Finishers	Male Winner's Time	Female Winner's Time	M25-29 Winner's Time
2003	1341	89	8:40:59	9:42:08	9:40:00
2005	1654	109	8:23:29	9:59:08	9:25:49
2006	1940	127	9:07:05	9:31:07	9:20:52
2007	2085	145	8:33:32	10:27:55	9:24:31
2008	1942	110	8:34:22	9:38:58	9:21:05
2009	2031	111	8:32:12	9:23:21	9:20:07
2010	2096	139	8:24:40	9:17:54	9:43:06
2011	2185	173	8:19:48	9:16:40	9:25:19
2012	2145	140	8:32:29	9:21:44	9:41:54
2013	2121	133	8:17:31	9:16:02	9:20:49
<b>Average</b>	<b>1954</b>	<b>128</b>	<b>8:32:36</b>	<b>9:35:29</b>	<b>8:36:41</b>

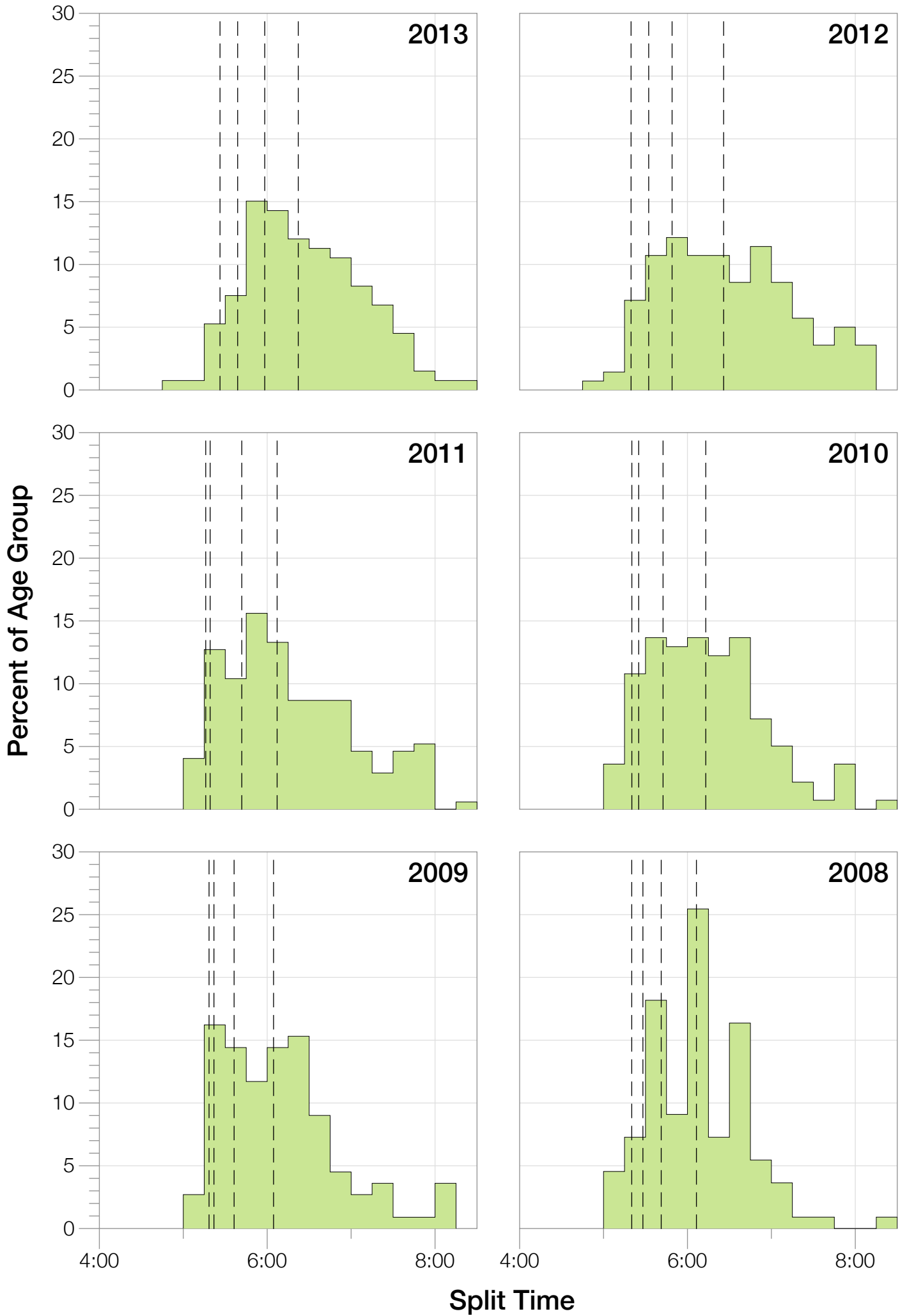
# M25-29 Swim



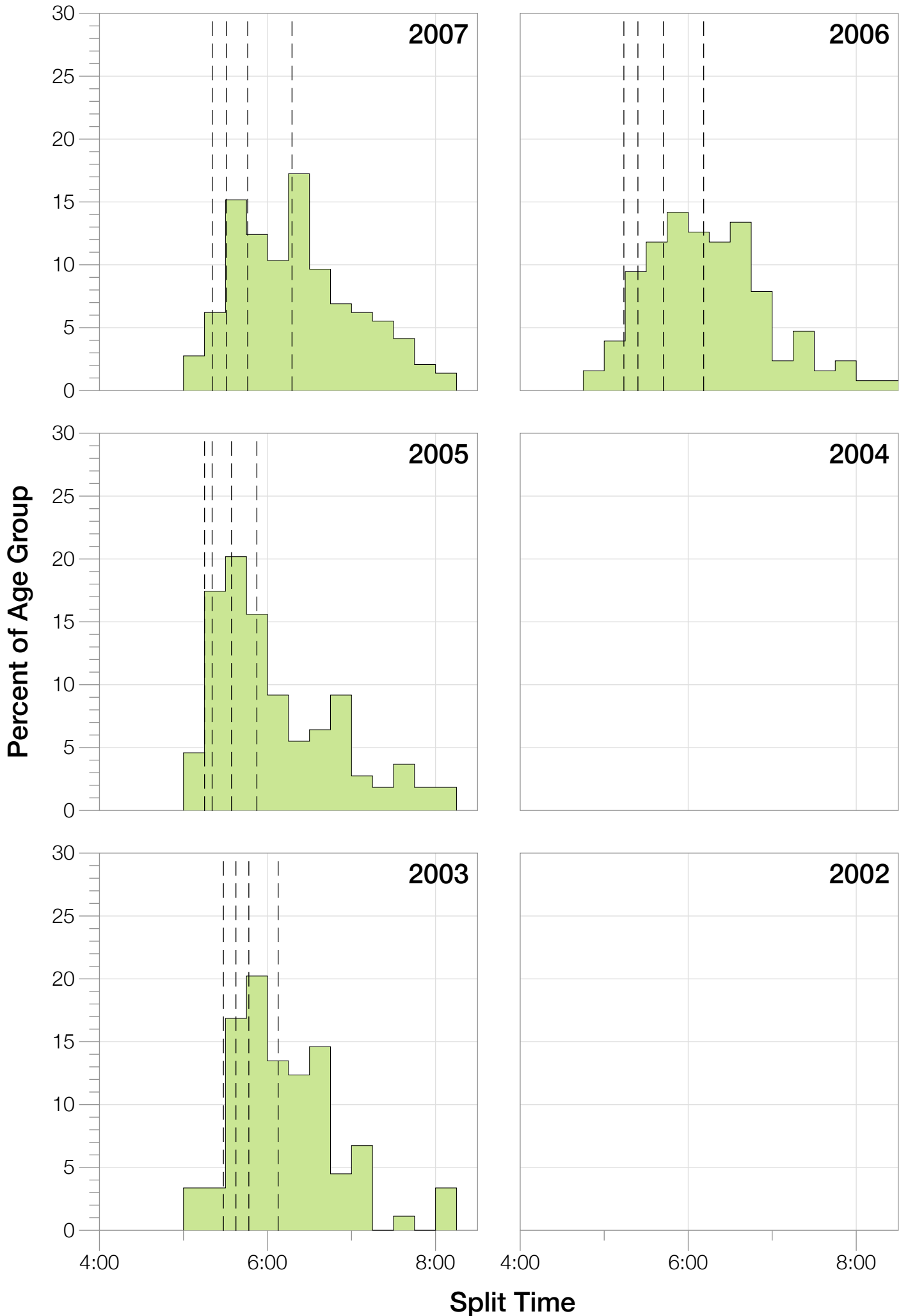
# M25-29 Swim



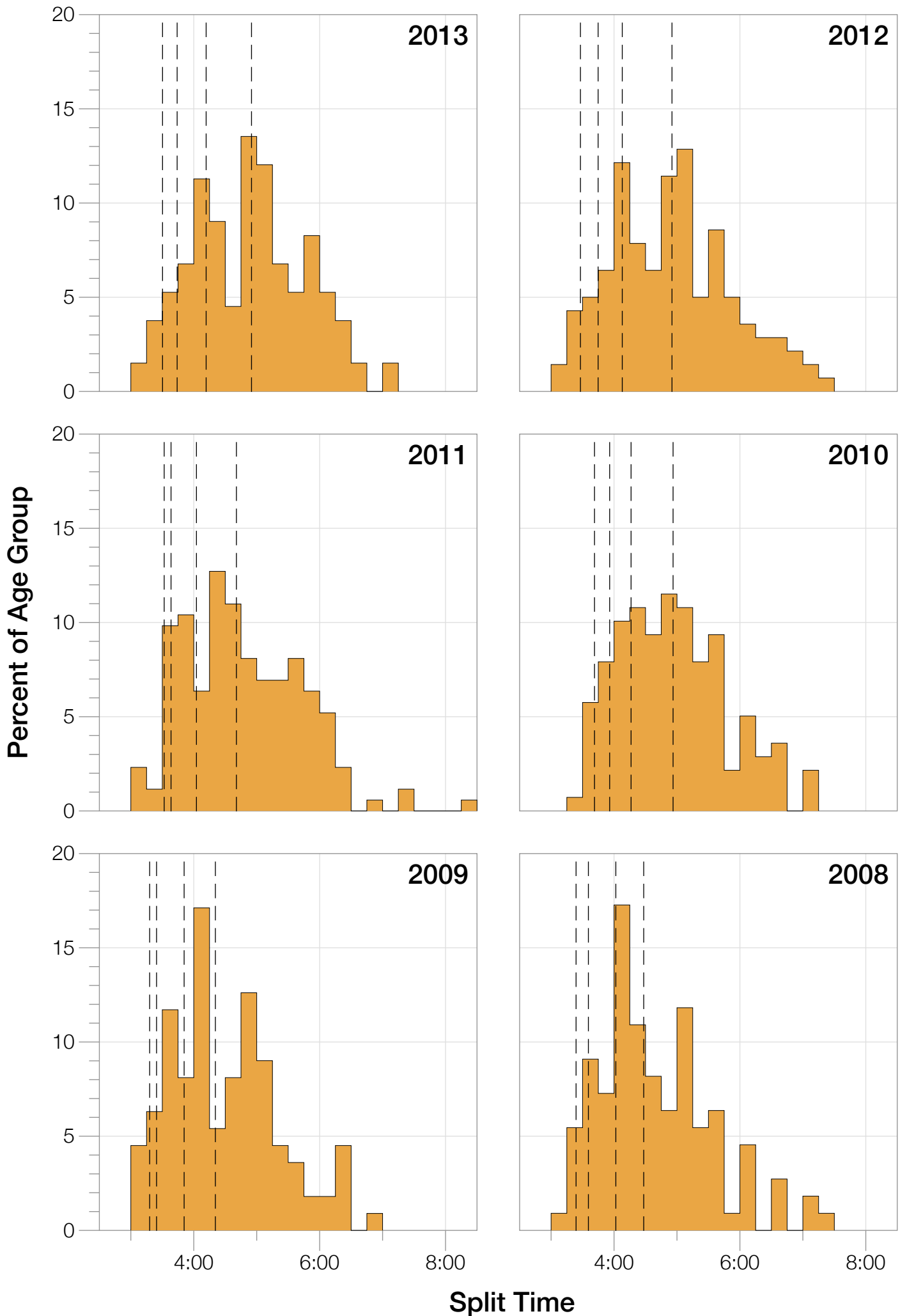
# M25-29 Bike



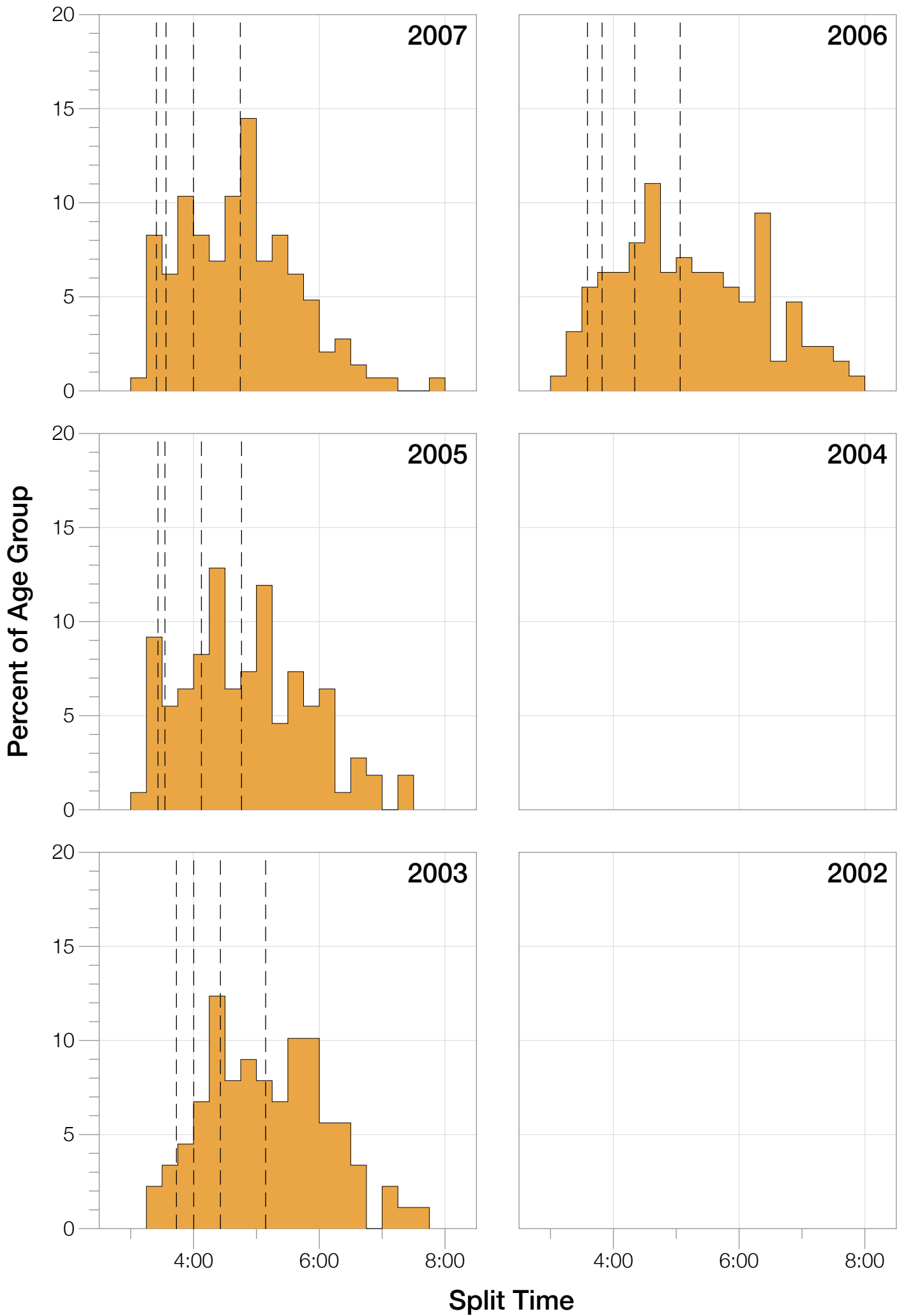
# M25-29 Bike



# M25-29 Run

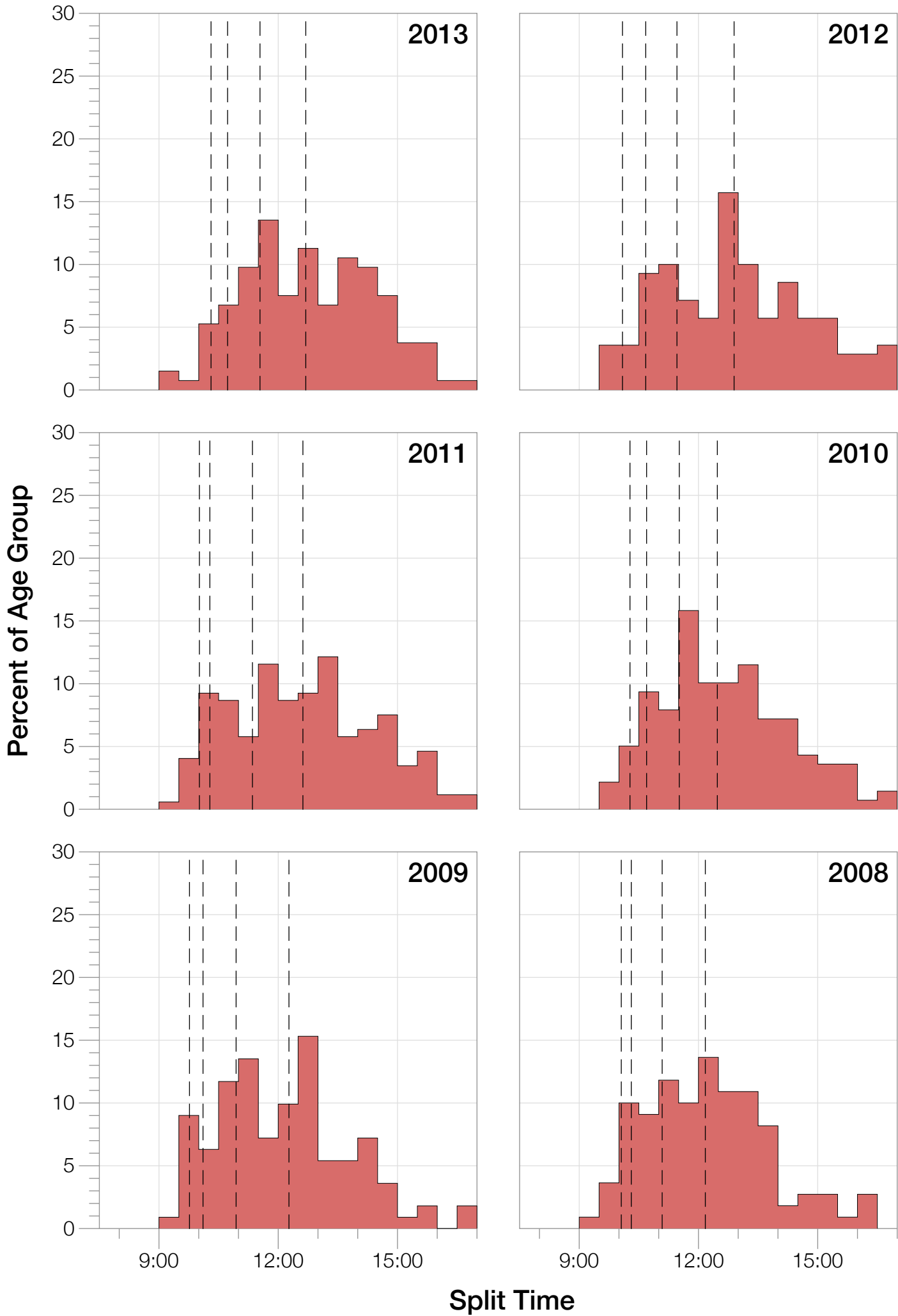


# M25-29 Run

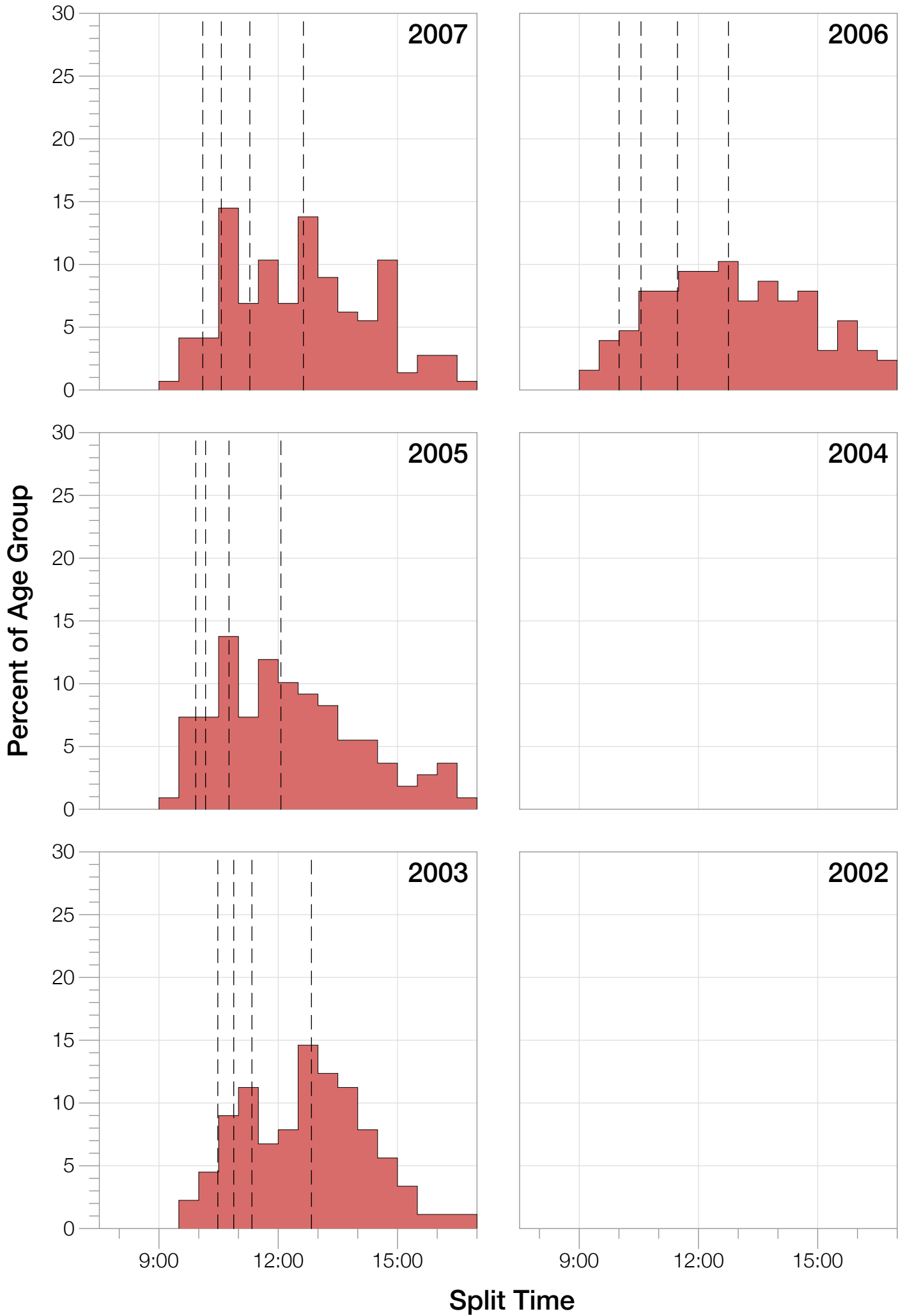




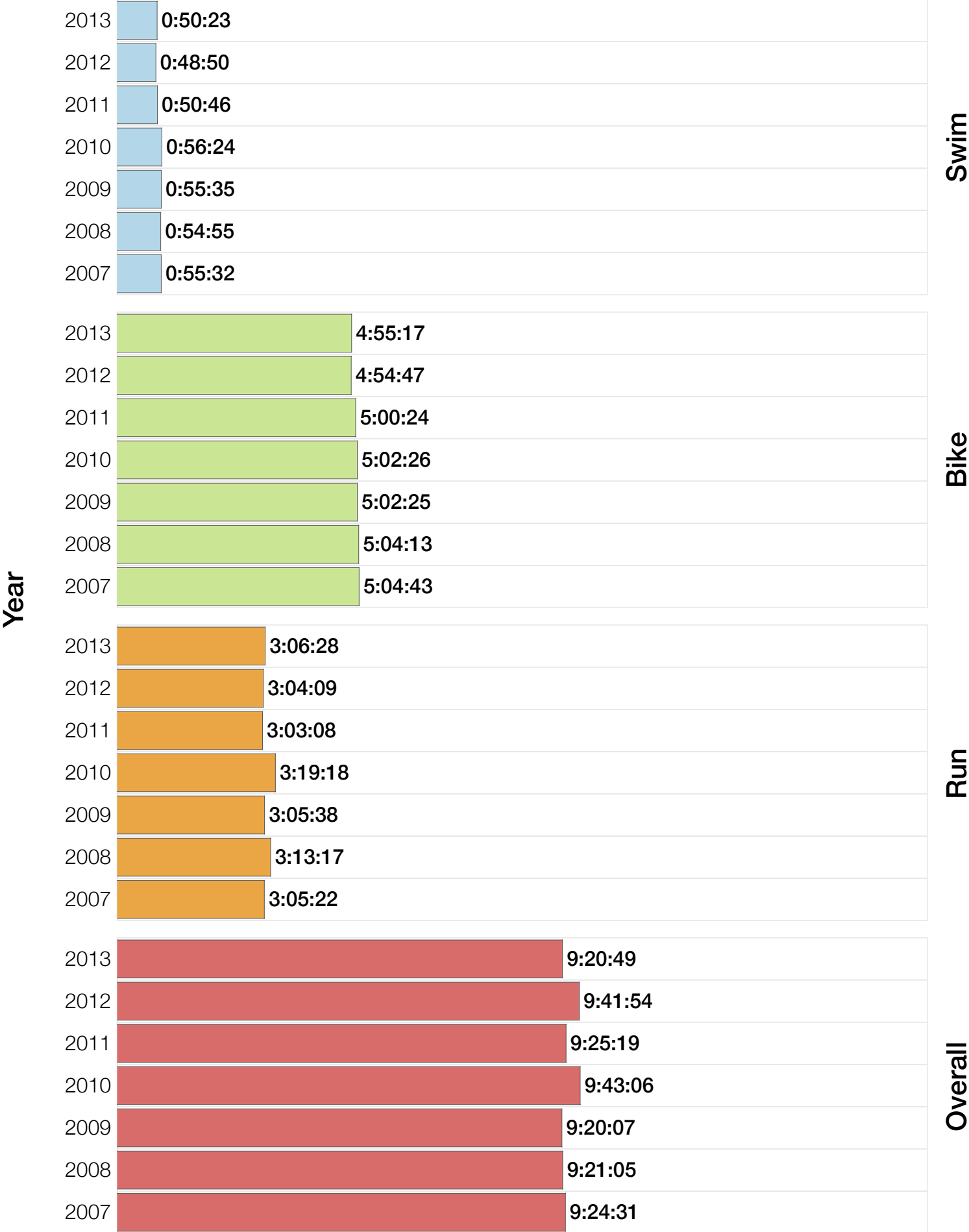
# M25-29 Overall



# M25-29 Overall

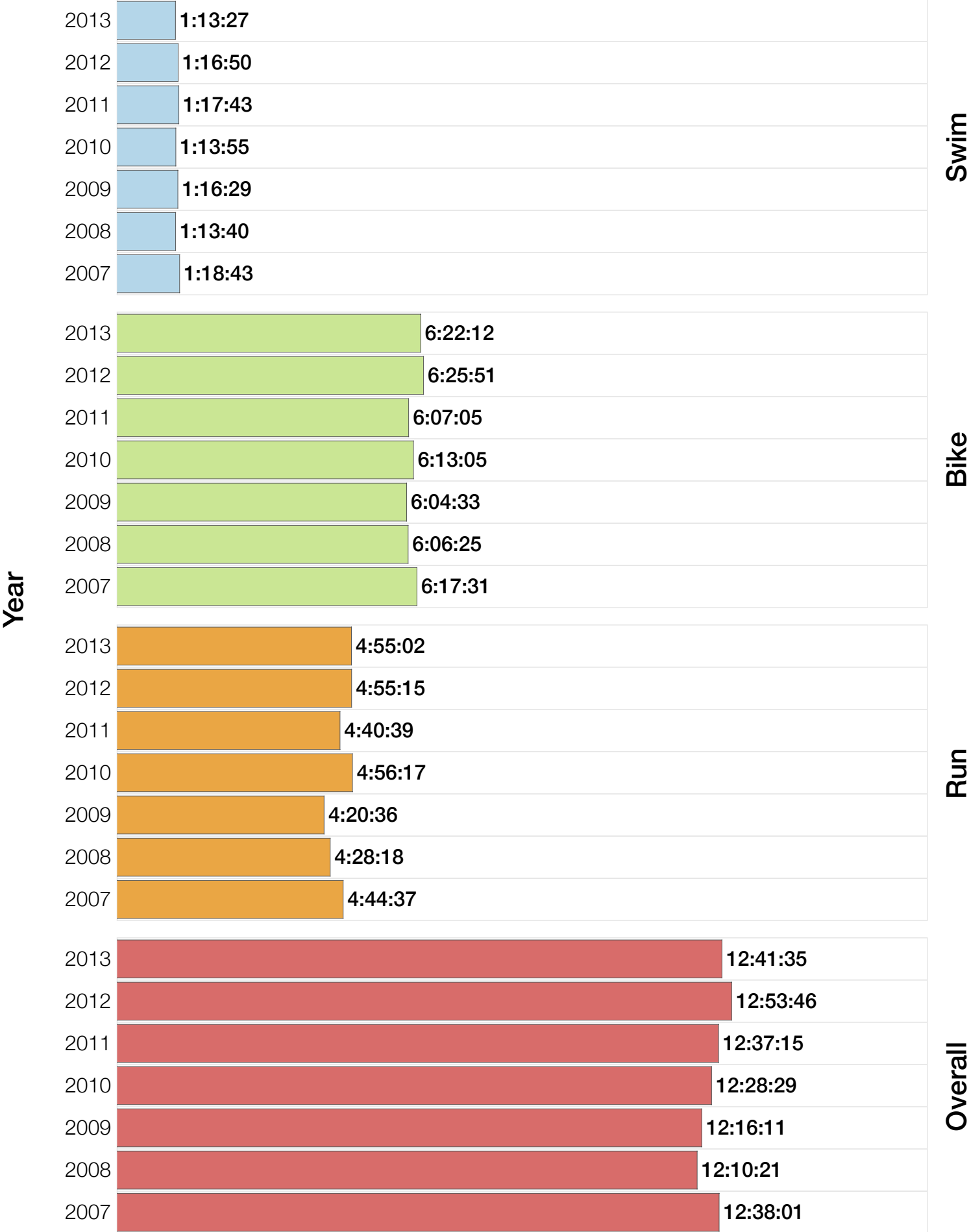


# M25-29 Fastest Splits



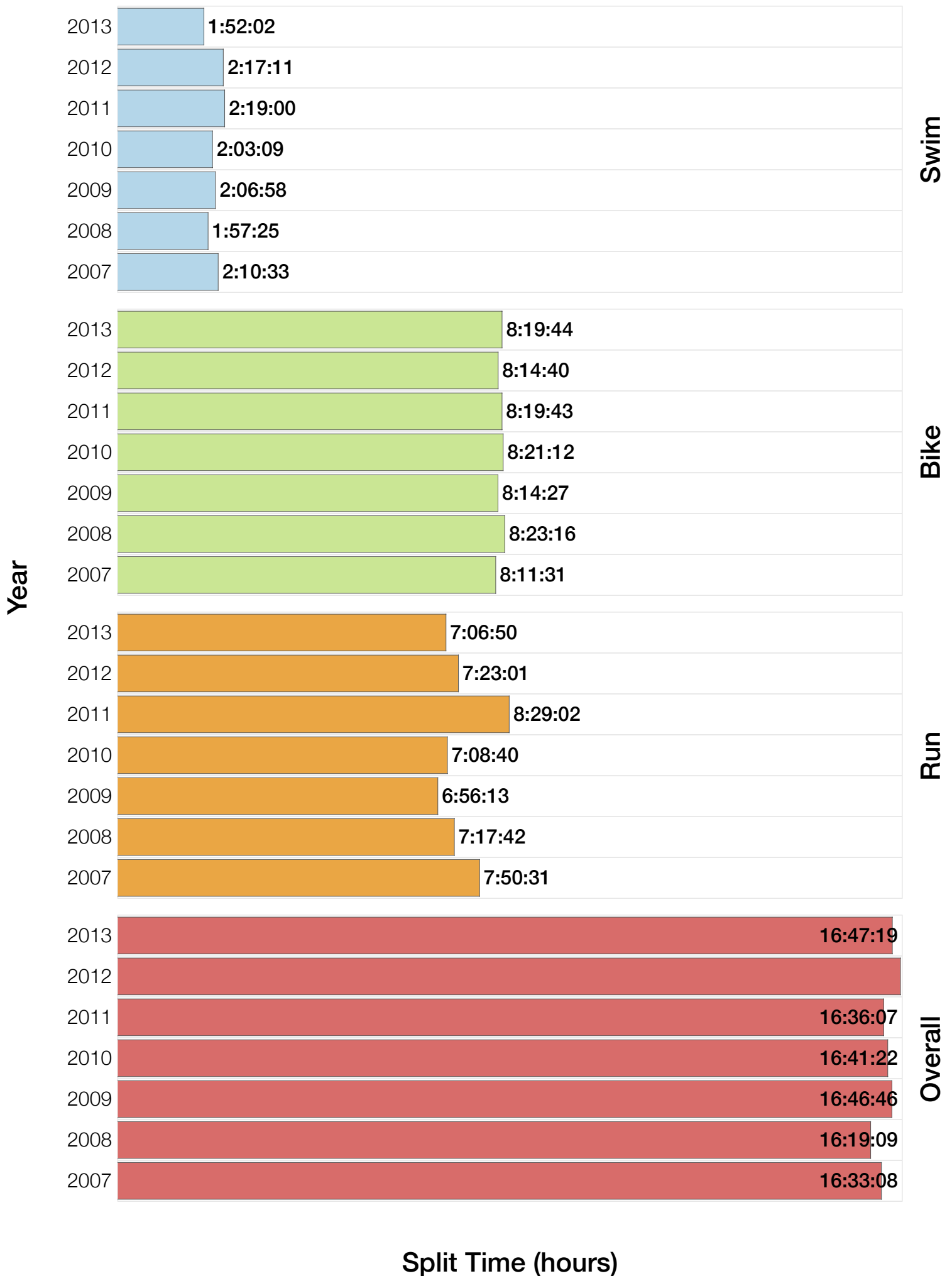
Split Time (hours)

# M25-29 Median Splits



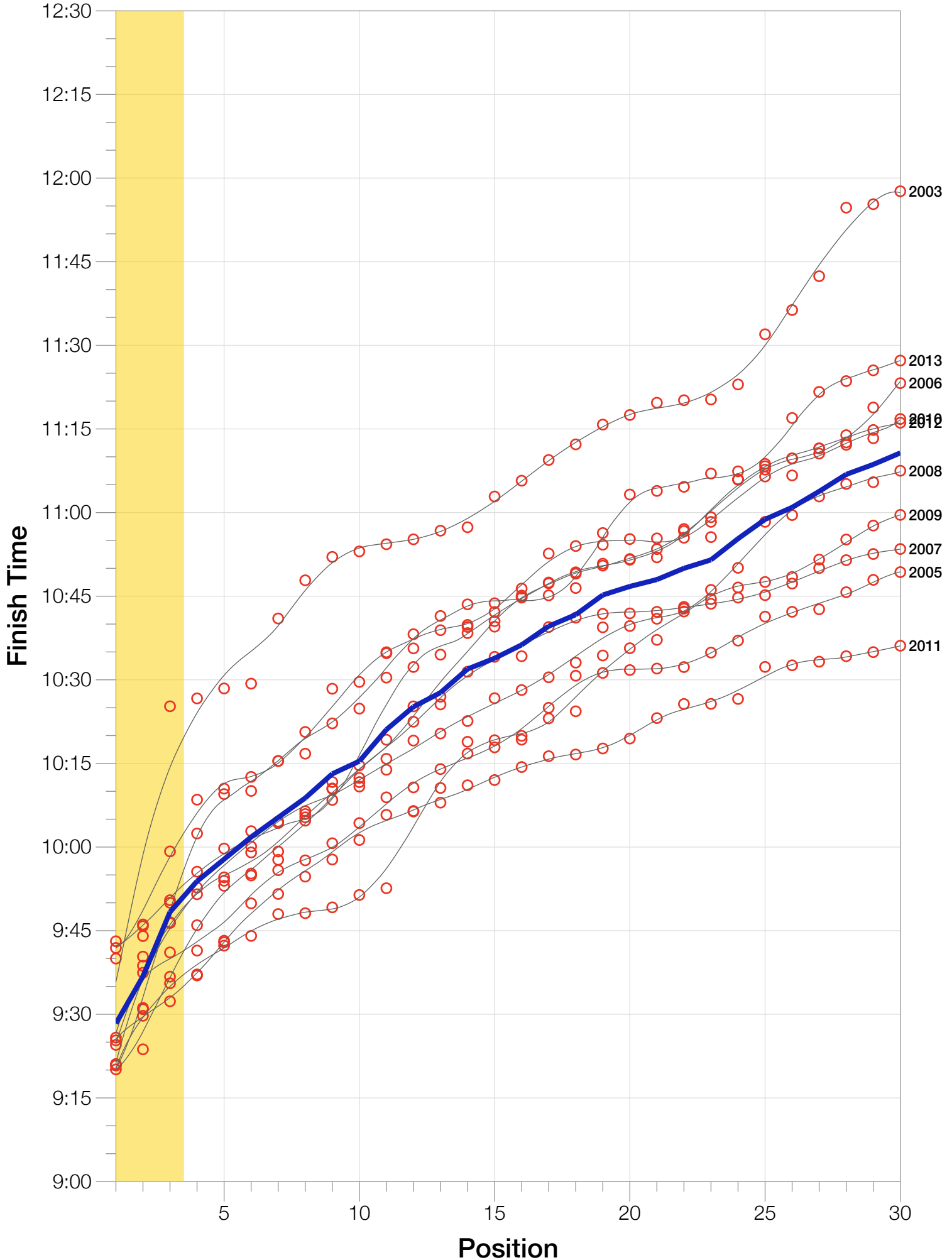
Split Time (hours)

# M25-29 Slowest Splits



# M25-29 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



## M25-29 Top 10 and Kona Times and Splits

### Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Average Male Winner</b>	<b>0:50:23</b>	<b>4:44:26</b>	<b>2:54:14</b>	<b>8:32:36</b>
<b>Average Female Winner</b>	<b>0:56:10</b>	<b>5:15:07</b>	<b>3:19:50</b>	<b>9:35:29</b>
<b>Average 1st Age Grouper</b>	<b>1:01:45</b>	<b>5:09:26</b>	<b>3:11:35</b>	<b>9:28:21</b>
<b>Average 2nd Age Grouper</b>	<b>1:00:19</b>	<b>5:11:35</b>	<b>3:19:32</b>	<b>9:36:48</b>
<b>Average 3rd Age Grouper</b>	<b>1:02:02</b>	<b>5:12:00</b>	<b>3:27:37</b>	<b>9:48:21</b>
Average 4th Age Grouper	1:00:41	5:18:15	3:29:39	9:53:53
Average 5th Age Grouper	1:01:11	5:24:51	3:25:41	9:57:49
Average 6th Age Grouper	1:04:48	5:27:07	3:22:57	10:01:48
Average 7th Age Grouper	1:04:46	5:22:14	3:31:50	10:05:18
Average 8th Age Grouper	1:04:21	5:28:07	3:31:01	10:08:48
Average 9th Age Grouper	1:03:26	5:17:08	3:45:53	10:13:08
Average 10th Age Grouper	1:00:45	5:29:28	3:39:02	10:15:24
<b>Kona Qualifier Average</b>	<b>1:01:22</b>	<b>5:11:00</b>	<b>3:19:35</b>	<b>9:37:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:24</b>	<b>5:20:01</b>	<b>3:28:29</b>	<b>9:56:58</b>

### Coeur d'Alene 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:50:24</b>	<b>4:30:47</b>	<b>2:52:54</b>	<b>8:17:31</b>
<b>Female Winner</b>	<b>0:55:40</b>	<b>5:07:03</b>	<b>3:09:01</b>	<b>9:16:02</b>
<b>1st Age Grouper</b>	<b>0:59:05</b>	<b>4:55:17</b>	<b>3:21:12</b>	<b>9:20:49</b>
<b>2nd Age Grouper</b>	<b>0:59:38</b>	<b>5:14:38</b>	<b>3:08:01</b>	<b>9:29:44</b>
<b>3rd Age Grouper</b>	<b>1:02:59</b>	<b>5:16:19</b>	<b>3:25:34</b>	<b>9:50:01</b>
4th Age Grouper	0:55:57	5:25:55	3:32:20	10:02:26
5th Age Grouper	0:56:00	5:48:28	3:16:12	10:09:30
6th Age Grouper	1:03:17	5:51:21	3:06:28	10:10:04
7th Age Grouper	1:00:22	5:17:21	3:51:55	10:15:27
8th Age Grouper	1:03:29	5:47:07	3:22:01	10:20:39
9th Age Grouper	0:59:18	5:18:39	3:56:17	10:22:11
10th Age Grouper	0:59:31	5:31:27	3:48:14	10:24:50
<b>Kona Qualifier Average</b>	<b>1:00:34</b>	<b>5:08:44</b>	<b>3:18:15</b>	<b>9:33:31</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:57</b>	<b>5:26:39</b>	<b>3:28:49</b>	<b>10:02:34</b>

### Coeur d'Alene 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:51:56</b>	<b>4:47:55</b>	<b>2:49:37</b>	<b>8:32:29</b>
<b>Female Winner</b>	<b>0:51:53</b>	<b>5:13:16</b>	<b>3:12:04</b>	<b>9:21:44</b>
<b>1st Age Grouper</b>	<b>1:16:15</b>	<b>5:15:51</b>	<b>3:04:09</b>	<b>9:41:54</b>
<b>2nd Age Grouper</b>	<b>0:55:30</b>	<b>5:37:19</b>	<b>3:08:06</b>	<b>9:45:49</b>
<b>3rd Age Grouper</b>	<b>1:03:39</b>	<b>5:19:12</b>	<b>3:19:02</b>	<b>9:50:28</b>
4th Age Grouper	0:57:32	5:32:17	3:21:40	9:55:35
5th Age Grouper	0:56:59	5:29:39	3:27:59	9:59:44
6th Age Grouper	1:01:23	5:14:45	3:38:58	10:00:06
7th Age Grouper	1:12:21	5:19:42	3:27:44	10:04:35
8th Age Grouper	1:03:09	5:29:50	3:27:52	10:05:20
9th Age Grouper	1:14:47	4:54:47	3:52:33	10:08:27
10th Age Grouper	0:53:02	5:34:54	3:39:07	10:12:24
<b>Kona Qualifier Average</b>	<b>1:05:08</b>	<b>5:24:07</b>	<b>3:10:25</b>	<b>9:46:03</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:27</b>	<b>5:22:49</b>	<b>3:26:43</b>	<b>9:58:26</b>

### 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	0:57:55	5:15:33	3:04:51	9:25:19
2nd Age Grouper	1:03:10	5:01:42	3:19:24	9:30:55
3rd Age Grouper	0:56:43	5:00:24	3:31:12	9:32:20
4th Age Grouper	1:05:50	5:17:20	3:07:36	9:37:09
5th Age Grouper	1:02:21	5:27:16	3:05:44	9:42:19
6th Age Grouper	1:03:13	5:34:55	3:03:08	9:49:54
7th Age Grouper	1:07:25	5:14:25	3:21:33	9:51:35
8th Age Grouper	1:09:28	5:07:39	3:32:10	9:54:42
9th Age Grouper	0:52:28	5:20:33	3:37:21	10:00:41
10th Age Grouper	1:00:44	5:21:23	3:31:49	10:01:16
<b>Kona Qualifier Average</b>	<b>0:59:16</b>	<b>5:05:53</b>	<b>3:18:29</b>	<b>9:29:31</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:55</b>	<b>5:16:07</b>	<b>3:19:28</b>	<b>9:44:37</b>

### 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	0:56:24	5:20:50	3:19:18	9:43:06
2nd Age Grouper	0:59:38	5:08:50	3:30:29	9:44:02
3rd Age Grouper	1:09:23	5:09:59	3:30:02	9:59:13
4th Age Grouper	0:58:44	5:12:34	3:53:14	10:08:30
5th Age Grouper	1:06:11	5:15:30	3:43:58	10:10:29
6th Age Grouper	1:05:17	5:22:45	3:36:42	10:12:35
7th Age Grouper	1:08:44	5:21:05	3:37:35	10:15:25
8th Age Grouper	1:13:53	5:20:31	3:37:50	10:16:45
9th Age Grouper	1:02:30	5:05:54	4:13:27	10:28:24
10th Age Grouper	1:09:03	5:27:44	3:47:11	10:29:37
<b>Kona Qualifier Average</b>	<b>1:01:48</b>	<b>5:13:13</b>	<b>3:26:36</b>	<b>9:48:47</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:58</b>	<b>5:16:34</b>	<b>3:40:58</b>	<b>10:08:48</b>

### 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	0:56:33	5:05:16	3:12:08	9:20:07
2nd Age Grouper	1:00:00	5:02:25	3:24:11	9:31:09
3rd Age Grouper	0:56:25	5:15:39	3:15:49	9:35:34
4th Age Grouper	1:11:12	5:08:59	3:11:54	9:36:58
5th Age Grouper	0:55:35	5:19:53	3:23:04	9:43:12
6th Age Grouper	1:10:29	5:19:54	3:05:38	9:44:04
7th Age Grouper	1:11:02	5:18:53	3:11:35	9:47:59
8th Age Grouper	0:59:58	5:22:01	3:20:04	9:48:08
9th Age Grouper	1:04:29	5:20:27	3:20:24	9:49:11
10th Age Grouper	1:02:58	5:18:09	3:24:01	9:51:24
<b>Kona Qualifier Average</b>	<b>0:57:39</b>	<b>5:07:46</b>	<b>3:17:22</b>	<b>9:28:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:52</b>	<b>5:15:09</b>	<b>3:16:52</b>	<b>9:40:46</b>



### 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	0:54:55	5:08:51	3:13:17	9:21:05
2nd Age Grouper	1:00:08	5:12:52	3:19:42	9:37:27
3rd Age Grouper	0:59:28	5:06:52	3:34:07	9:46:31
4th Age Grouper	0:59:38	5:25:20	3:22:50	9:51:32
5th Age Grouper	1:07:14	5:04:13	3:37:24	9:54:34
6th Age Grouper	1:03:18	5:37:04	3:16:20	10:02:51
7th Age Grouper	1:02:22	5:34:42	3:21:36	10:04:18
8th Age Grouper	1:05:08	5:22:19	3:33:34	10:06:26
9th Age Grouper	1:20:06	5:26:08	3:18:02	10:10:26
10th Age Grouper	0:58:59	5:34:35	3:32:53	10:11:39
<b>Kona Qualifier Average</b>	<b>0:58:10</b>	<b>5:09:31</b>	<b>3:22:22</b>	<b>9:35:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:07</b>	<b>5:21:17</b>	<b>3:24:58</b>	<b>9:54:40</b>

### 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	1:10:35	5:04:43	3:05:22	9:24:31
2nd Age Grouper	1:00:21	5:07:26	3:26:42	9:38:43
3rd Age Grouper	1:01:29	5:13:38	3:24:46	9:46:23
4th Age Grouper	1:04:54	5:17:15	3:23:57	9:52:44
5th Age Grouper	1:07:26	5:20:32	3:20:11	9:53:03
6th Age Grouper	1:08:01	5:19:43	3:24:29	9:59:02
7th Age Grouper	1:00:06	5:23:51	3:29:55	9:59:12
8th Age Grouper	1:04:24	5:35:24	3:20:39	10:04:44
9th Age Grouper	1:09:11	5:20:08	3:36:08	10:11:40
10th Age Grouper	1:03:06	5:25:22	3:40:28	10:14:39
<b>Kona Qualifier Average</b>	<b>1:04:08</b>	<b>5:08:35</b>	<b>3:18:56</b>	<b>9:36:32</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:57</b>	<b>5:18:48</b>	<b>3:25:15</b>	<b>9:54:28</b>

### 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	0:59:32	5:08:32	3:07:34	9:20:52
2nd Age Grouper	0:54:36	5:08:57	3:15:49	9:23:43
3rd Age Grouper	1:03:58	4:53:25	3:33:45	9:36:45
4th Age Grouper	1:02:45	5:16:04	3:21:30	9:45:59
5th Age Grouper	1:03:41	5:13:10	3:29:34	9:53:57
6th Age Grouper	1:00:56	5:04:17	3:44:25	9:54:54
7th Age Grouper	0:56:53	5:11:09	3:41:53	9:57:43
8th Age Grouper	1:07:43	5:23:30	3:29:00	10:05:55
9th Age Grouper	1:02:48	4:59:04	4:03:30	10:10:31
10th Age Grouper	1:03:53	5:17:38	3:42:54	10:10:51
<b>Kona Qualifier Average</b>	<b>0:59:22</b>	<b>5:03:38</b>	<b>3:19:02</b>	<b>9:27:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:40</b>	<b>5:09:34</b>	<b>3:32:59</b>	<b>9:50:07</b>

### 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	1:03:43	5:11:57	3:05:47	9:25:49
2nd Age Grouper	1:05:12	5:03:39	3:25:40	9:40:21
3rd Age Grouper	1:05:20	5:06:13	3:21:03	9:41:06
4th Age Grouper	0:53:34	5:12:49	3:29:48	9:41:26
5th Age Grouper	1:00:26	5:22:11	3:15:22	9:42:55
6th Age Grouper	1:03:01	5:30:03	3:17:09	9:55:15
7th Age Grouper	1:04:20	5:18:34	3:26:49	9:55:51
8th Age Grouper	1:00:14	5:26:13	3:26:37	9:57:37
9th Age Grouper	0:55:38	5:28:07	3:27:55	9:57:46
10th Age Grouper	0:56:49	5:36:07	3:24:40	10:04:18
<b>Kona Qualifier Average</b>	<b>1:04:45</b>	<b>5:07:16</b>	<b>3:17:30</b>	<b>9:35:45</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:49</b>	<b>5:19:35</b>	<b>3:22:05</b>	<b>9:48:14</b>

### 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	1:02:39	5:07:33	3:22:16	9:40:00
2nd Age Grouper	1:05:06	5:18:10	3:17:17	9:46:07
3rd Age Grouper	1:00:57	5:38:20	3:40:56	10:25:15
4th Age Grouper	0:56:50	5:14:04	4:11:44	10:26:40
5th Age Grouper	0:56:04	5:47:46	3:37:26	10:28:27
6th Age Grouper	1:09:12	5:36:31	3:36:19	10:29:19
7th Age Grouper	1:04:08	5:42:45	3:47:52	10:41:00
8th Age Grouper	0:56:06	5:46:40	4:00:24	10:47:51
9th Age Grouper	0:53:11	5:37:41	4:13:18	10:52:03
10th Age Grouper	0:59:31	5:47:26	3:59:12	10:53:02
<b>Kona Qualifier Average</b>	<b>1:02:54</b>	<b>5:21:21</b>	<b>3:26:49</b>	<b>9:57:07</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:22</b>	<b>5:33:41</b>	<b>3:46:40</b>	<b>10:26:58</b>