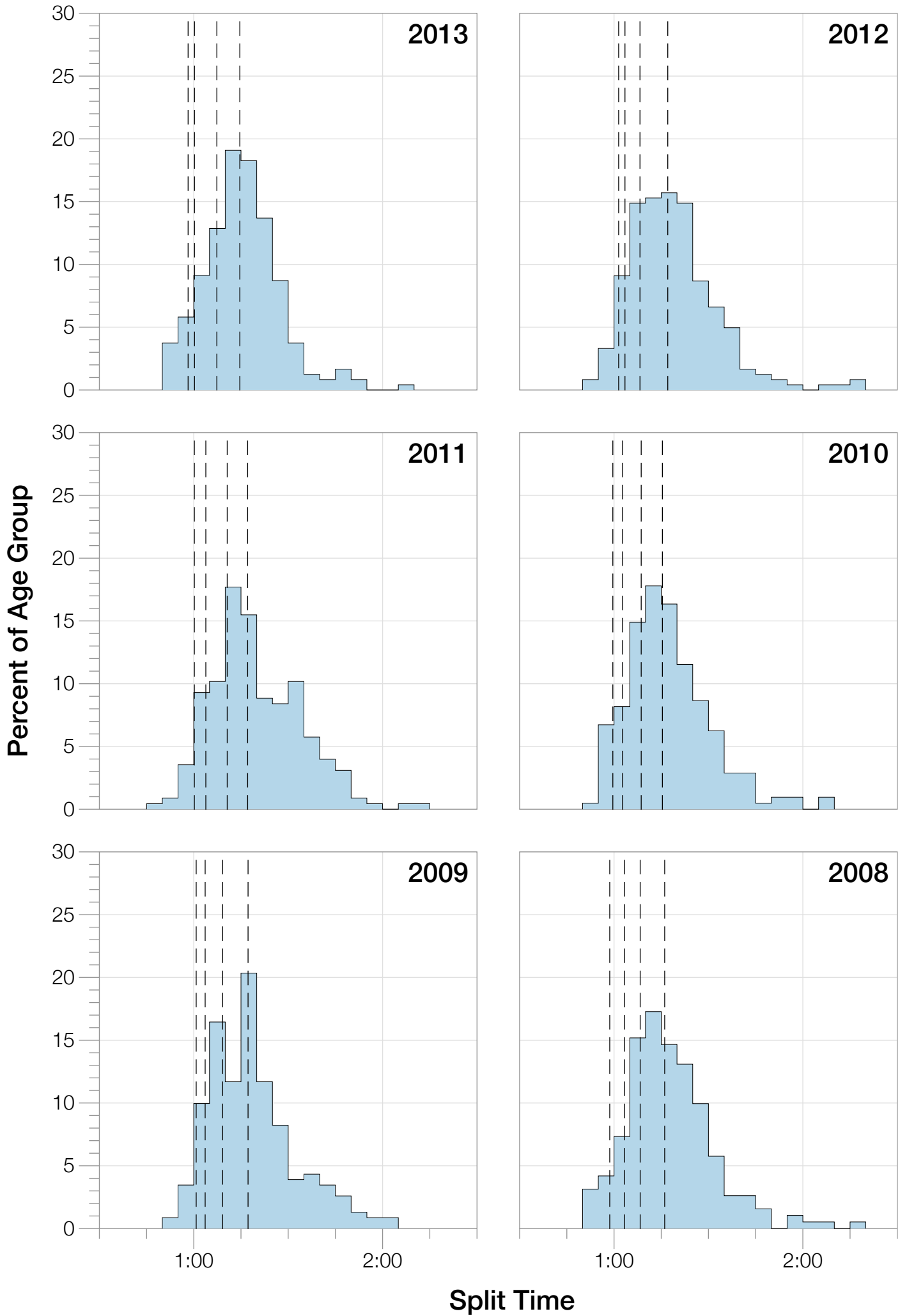


# Ironman Coeur d'Alene M30-34 Stats

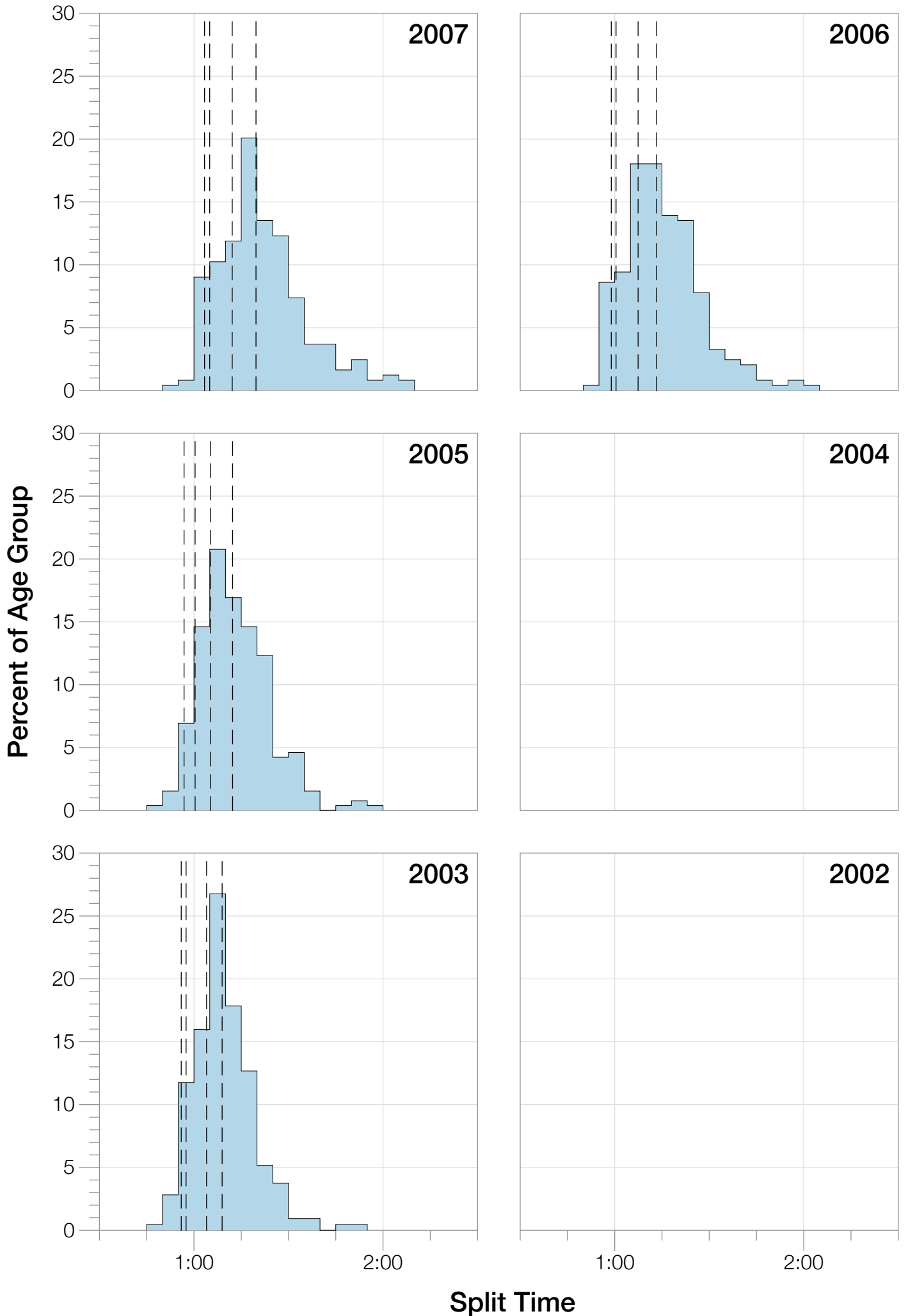
## M30-34 Summary Statistics

| <b>Year</b>    | <b>Finishers</b> | <b>M30-34 Finishers</b> | <b>Male Winner's Time</b> | <b>Female Winner's Time</b> | <b>M30-34 Winner's Time</b> |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2003           | 1341             | 213                     | 8:40:59                   | 9:42:08                     | 9:52:24                     |
| 2005           | 1654             | 260                     | 8:23:29                   | 9:59:08                     | 9:22:04                     |
| 2006           | 1940             | 244                     | 9:07:05                   | 9:31:07                     | 9:36:57                     |
| 2007           | 2085             | 244                     | 8:33:32                   | 10:27:55                    | 9:35:00                     |
| 2008           | 1942             | 192                     | 8:34:22                   | 9:38:58                     | 9:22:15                     |
| 2009           | 2031             | 231                     | 8:32:12                   | 9:23:21                     | 9:10:58                     |
| 2010           | 2096             | 208                     | 8:24:40                   | 9:17:54                     | 9:05:31                     |
| 2011           | 2185             | 227                     | 8:19:48                   | 9:16:40                     | 9:19:09                     |
| 2012           | 2145             | 243                     | 8:32:29                   | 9:21:44                     | 9:28:44                     |
| 2013           | 2121             | 241                     | 8:17:31                   | 9:16:02                     | 8:53:00                     |
| <b>Average</b> | <b>1954</b>      | <b>230</b>              | <b>8:32:36</b>            | <b>9:35:29</b>              | <b>8:31:27</b>              |

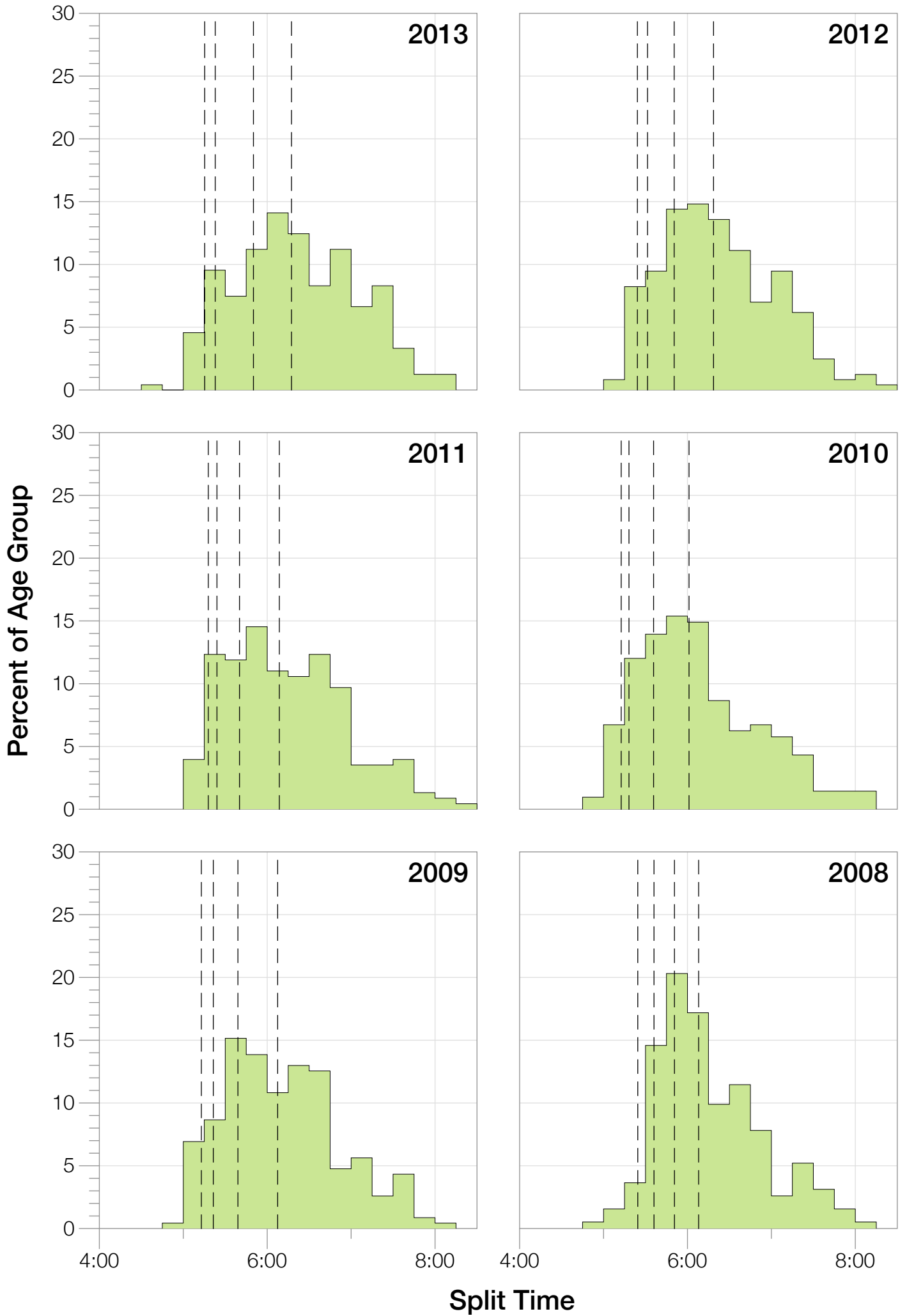
# M30-34 Swim



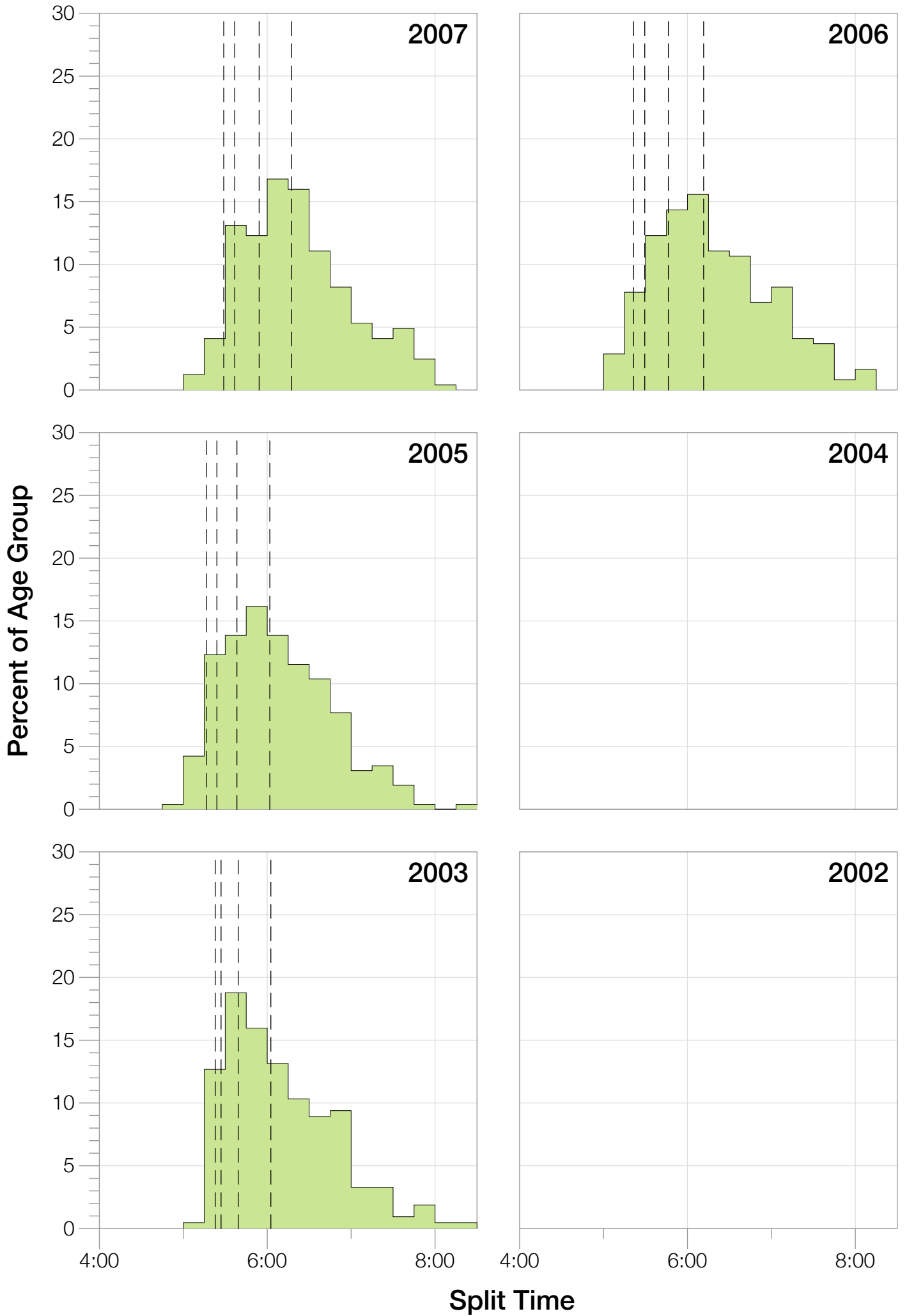
# M30-34 Swim



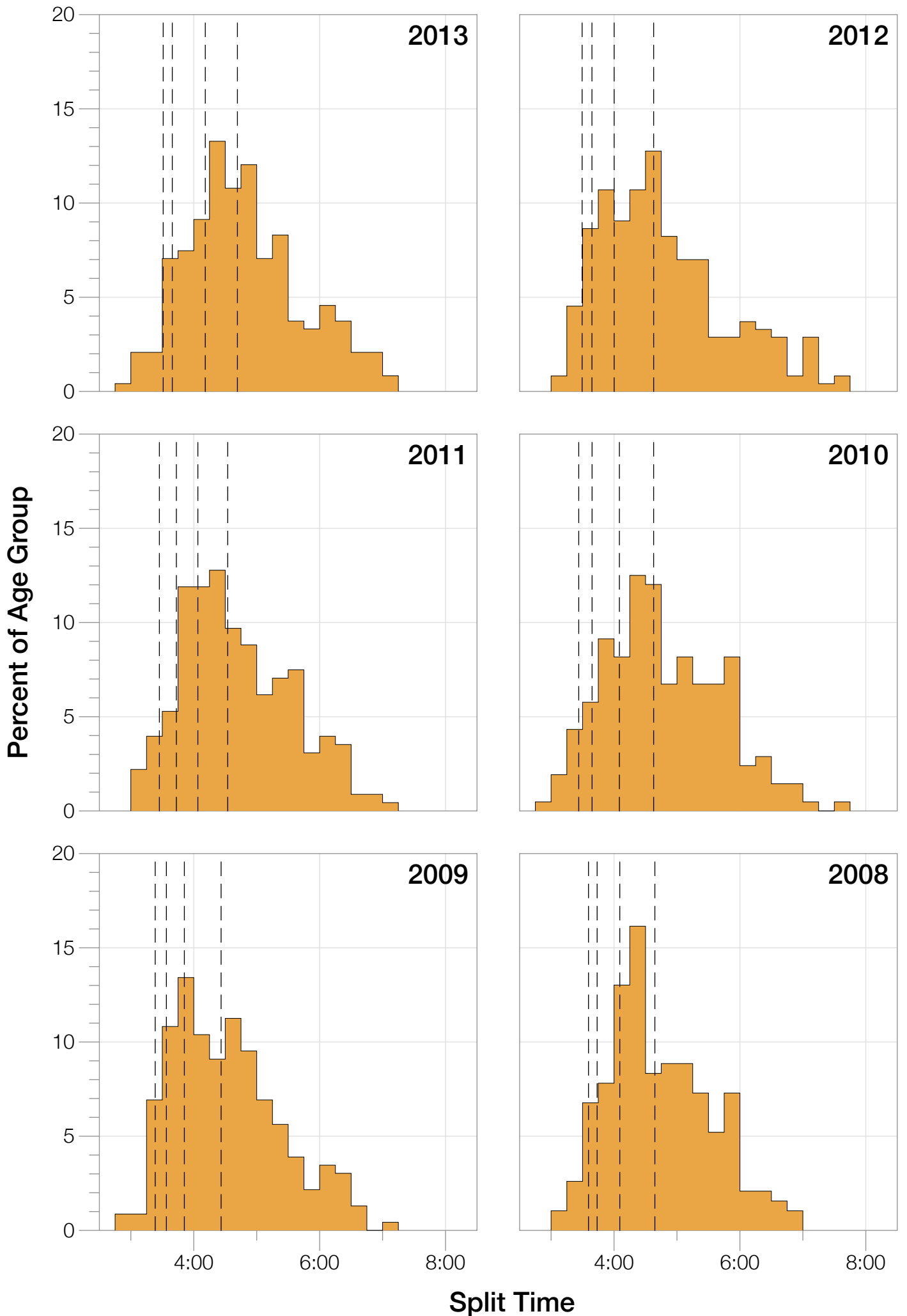
# M30-34 Bike



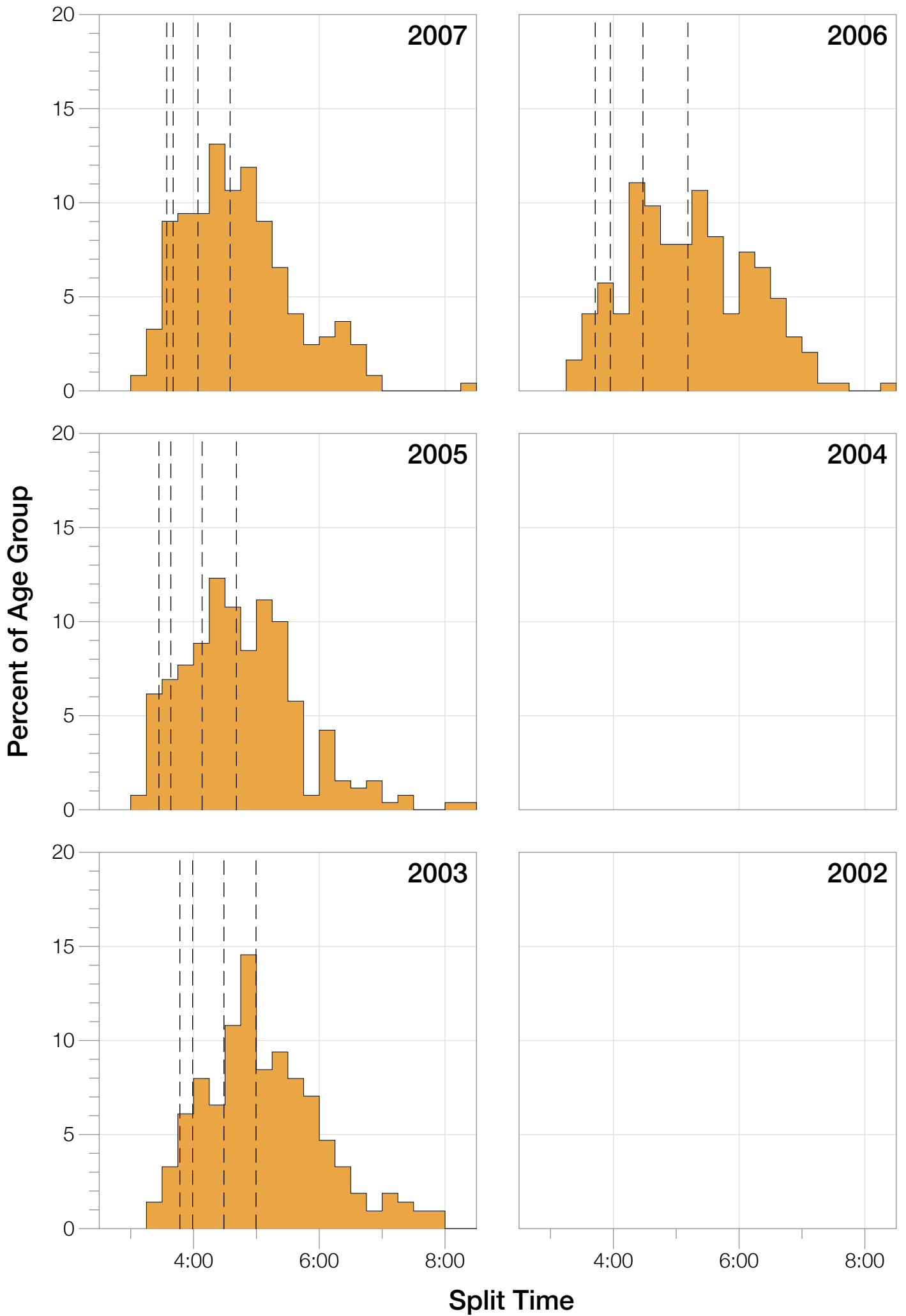
# M30-34 Bike



# M30-34 Run

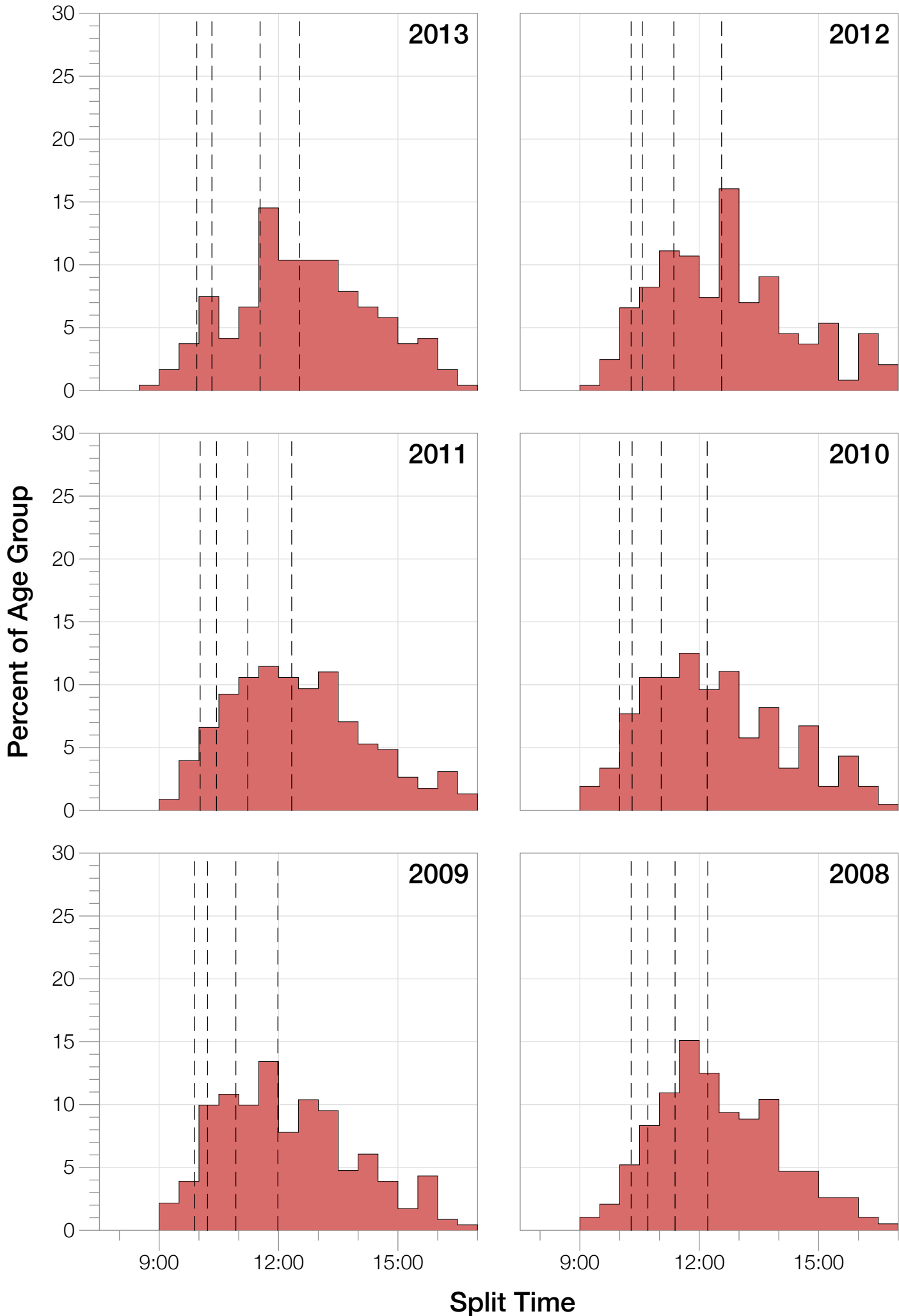


# M30-34 Run

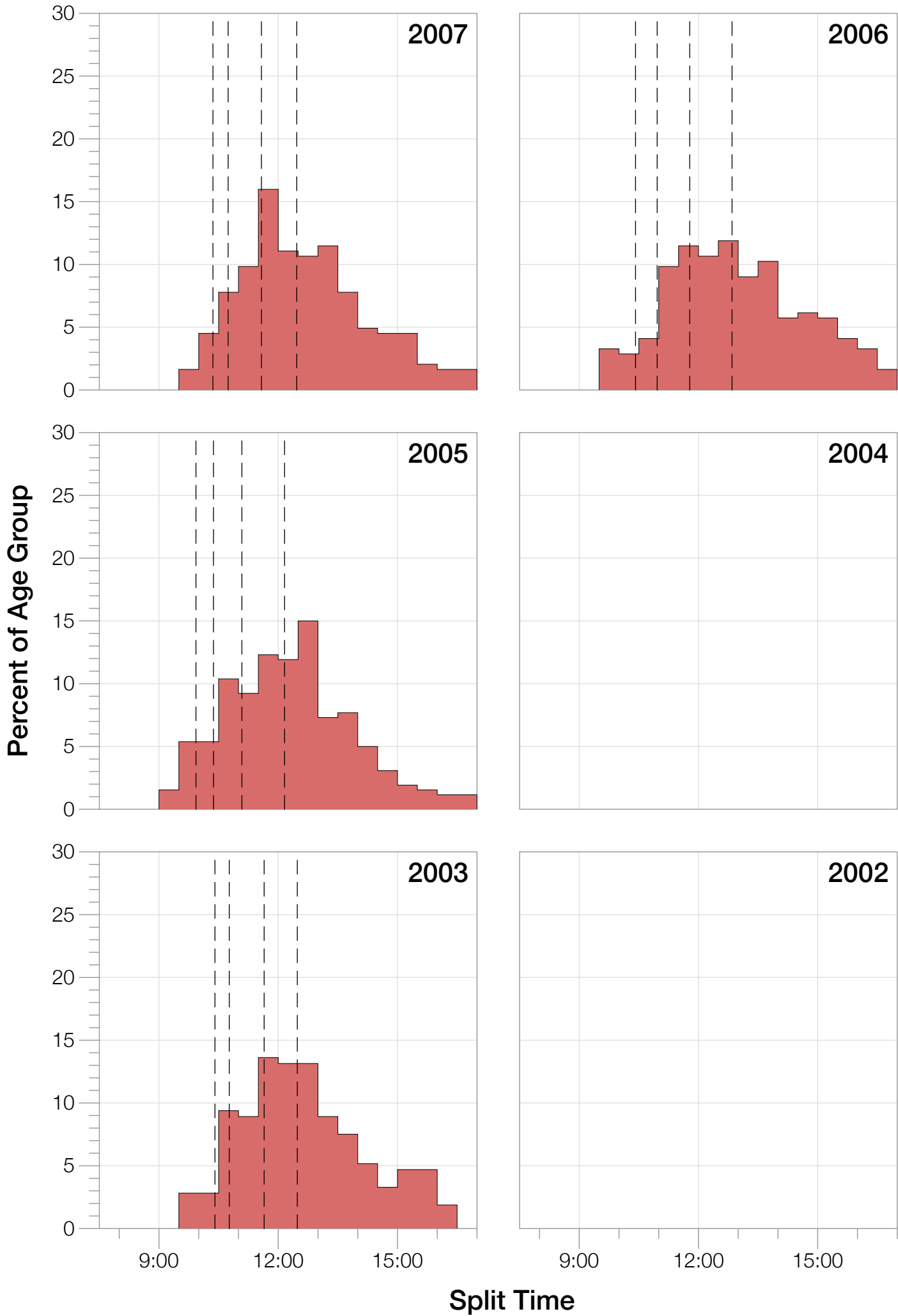




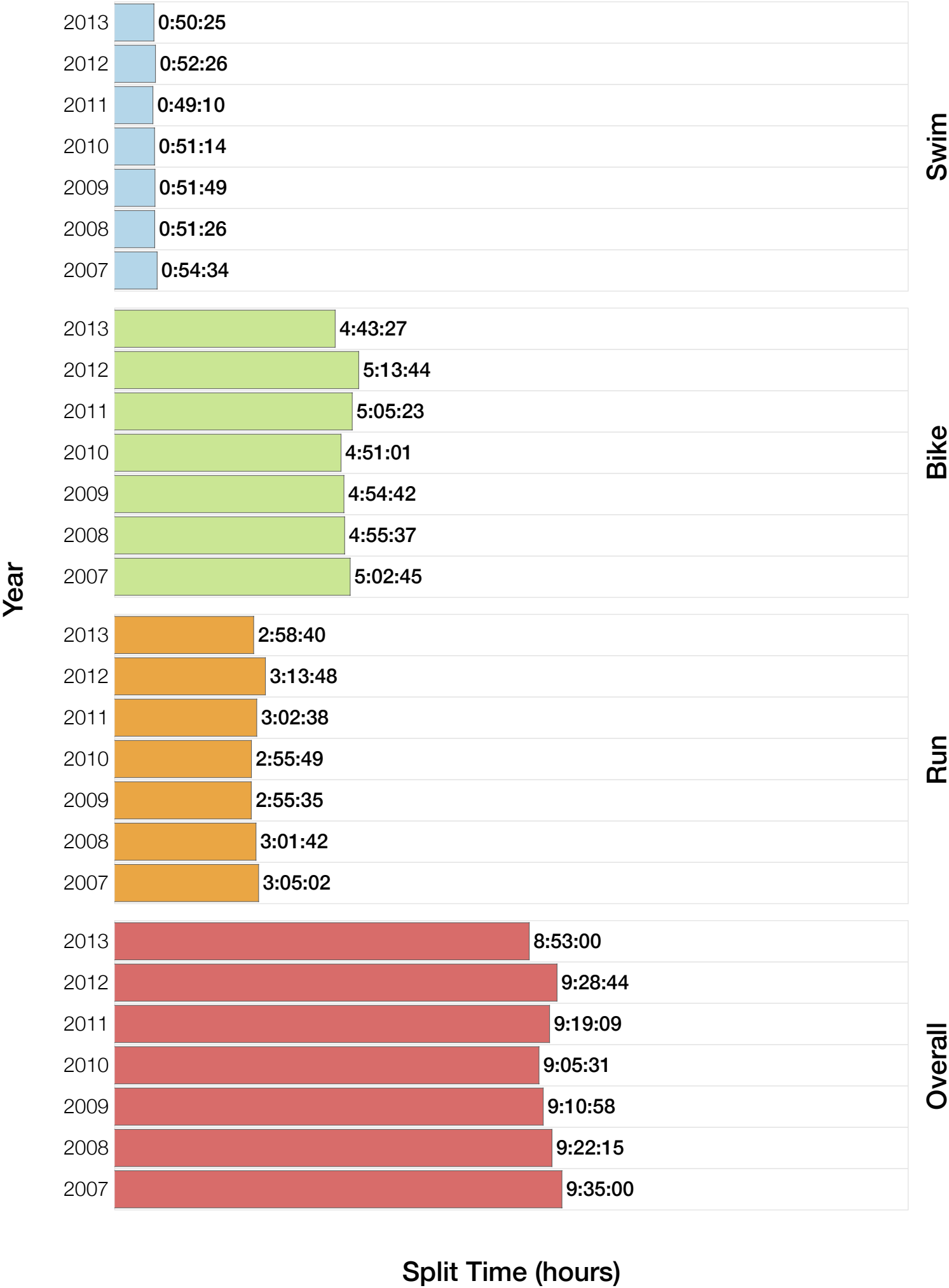
# M30-34 Overall



# M30-34 Overall

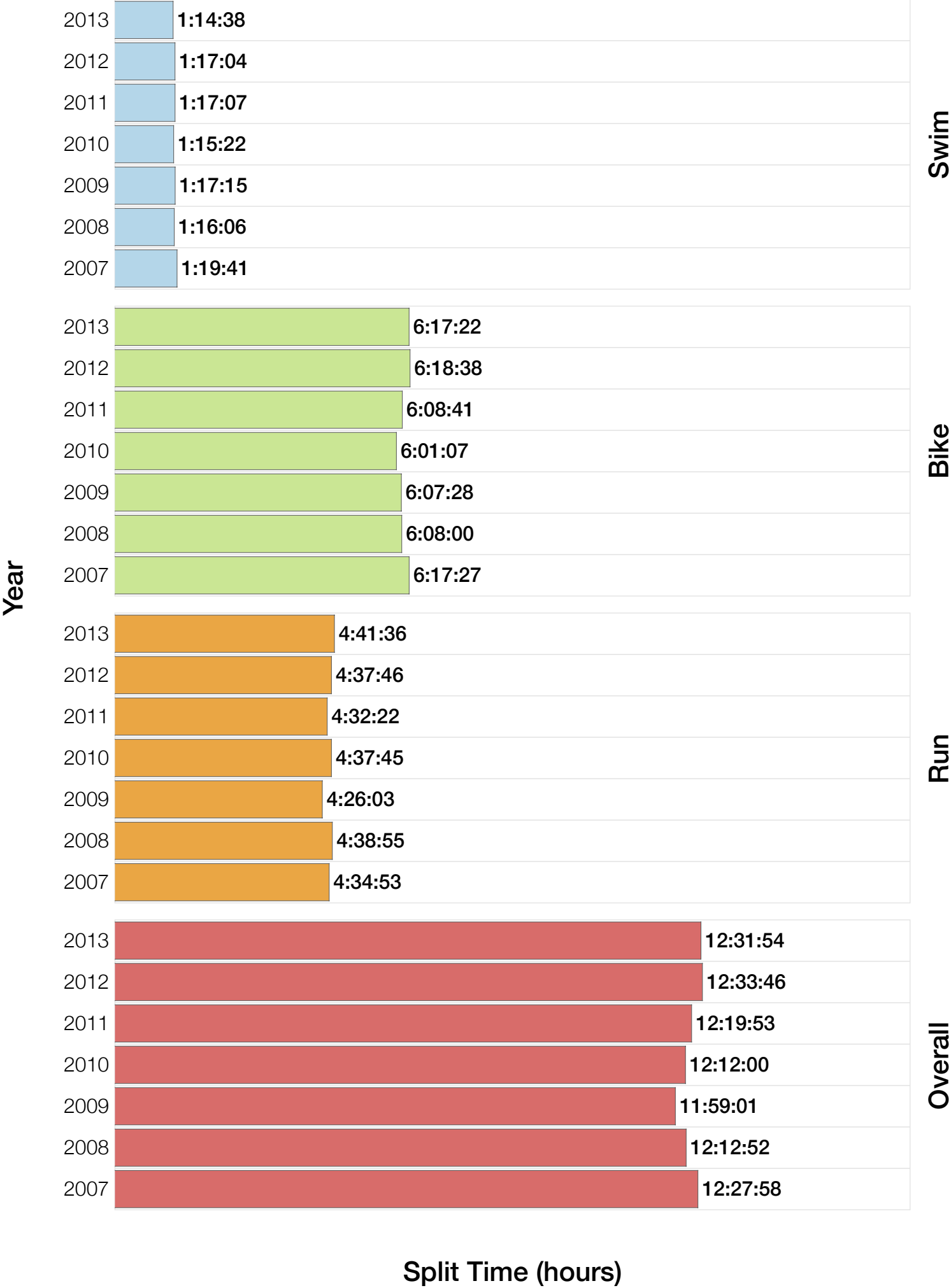


# M30-34 Fastest Splits

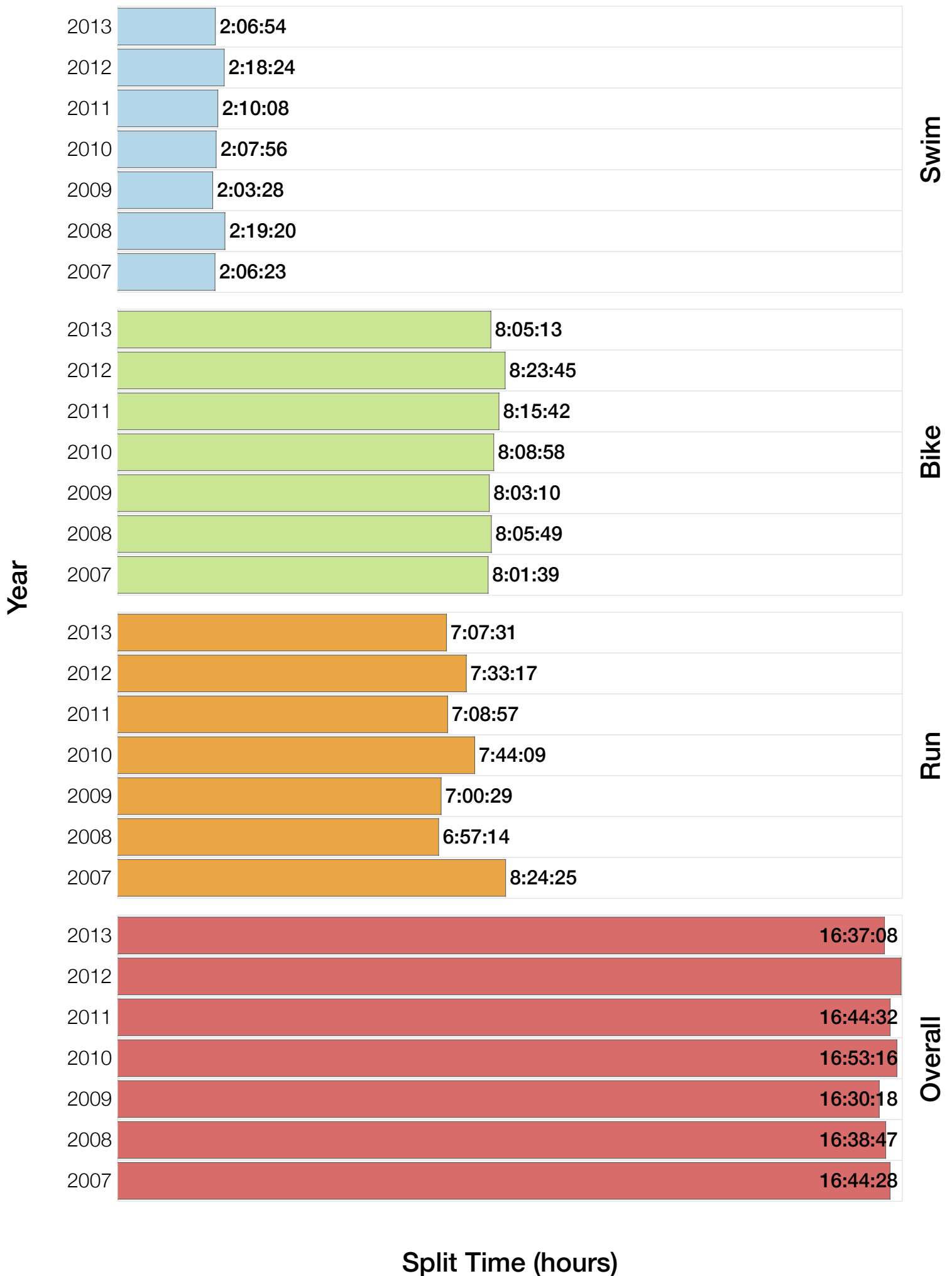


Split Time (hours)

# M30-34 Median Splits

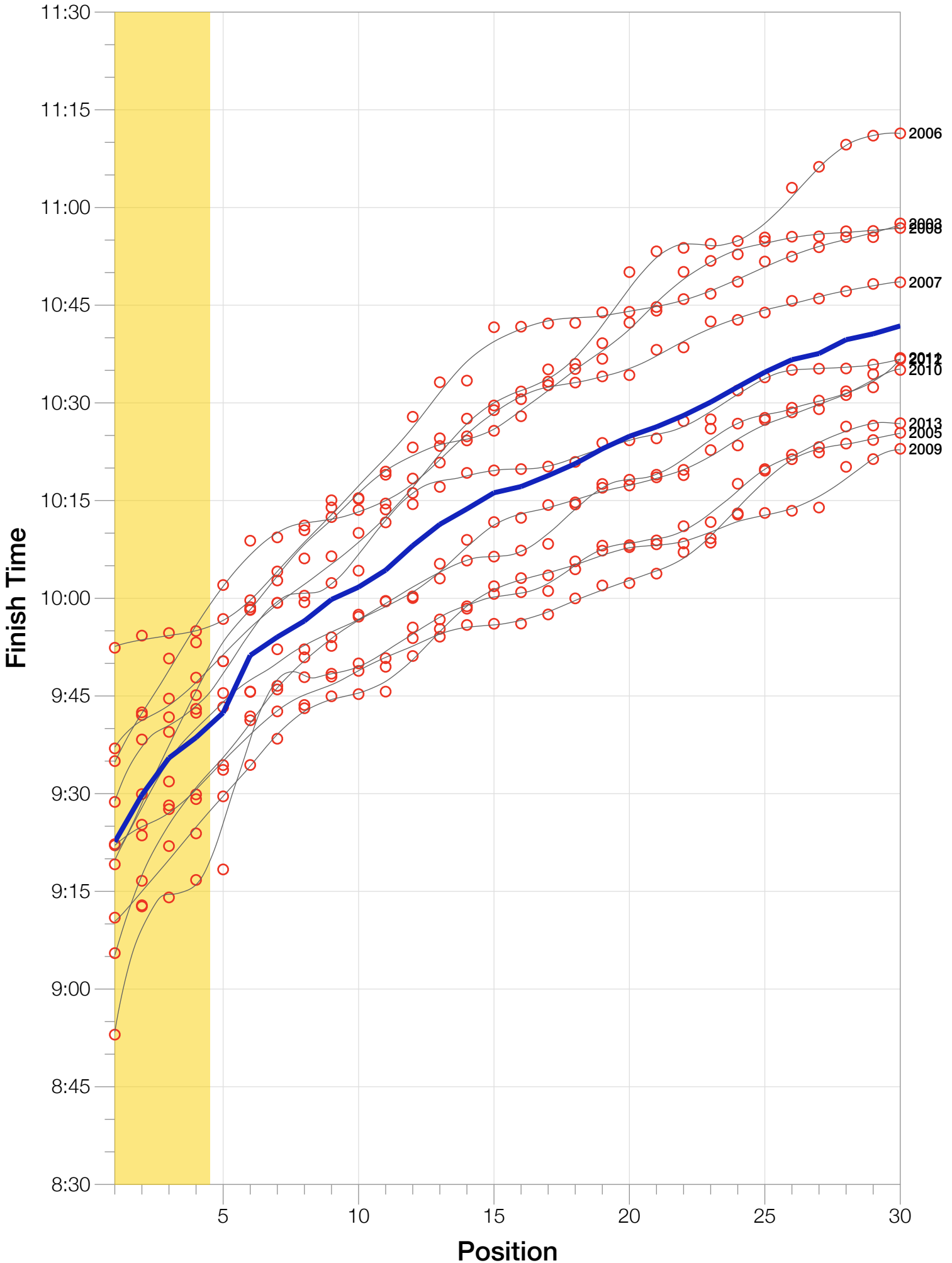


# M30-34 Slowest Splits



# M30-34 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# M30-34 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           | 0:59:23        | 5:05:14        | 3:11:48        | 9:22:36        |
| Average 2nd Age Grouper           | 1:01:16        | 5:12:35        | 3:10:45        | 9:29:48        |
| Average 3rd Age Grouper           | 1:01:10        | 5:15:39        | 3:19:59        | 9:35:29        |
| Average 4th Age Grouper           | 1:03:41        | 5:10:09        | 3:18:56        | 9:38:37        |
| Average 5th Age Grouper           | 1:03:13        | 5:13:18        | 3:20:18        | 9:42:25        |
| Average 6th Age Grouper           | 1:02:11        | 5:17:26        | 3:26:06        | 9:51:14        |
| Average 7th Age Grouper           | 1:04:04        | 5:17:24        | 3:26:06        | 9:54:03        |
| Average 8th Age Grouper           | 1:03:31        | 5:15:17        | 3:32:20        | 9:56:31        |
| Average 9th Age Grouper           | 1:02:38        | 5:18:17        | 3:32:23        | 9:59:49        |
| Average 10th Age Grouper          | 1:02:53        | 5:19:27        | 3:32:47        | 10:01:43       |
| <b>Kona Qualifier Average</b>     | <b>1:01:23</b> | <b>5:10:54</b> | <b>3:15:22</b> | <b>9:31:37</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:02:25</b> | <b>5:14:28</b> | <b>3:23:09</b> | <b>9:45:14</b> |

## 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                   | 1:02:16        | 4:43:27        | 3:02:00        | 8:53:00        |
| 2nd Age Grouper                   | 0:52:03        | 5:03:28        | 3:12:23        | 9:12:41        |
| 3rd Age Grouper                   | 1:10:45        | 5:00:25        | 2:58:40        | 9:14:04        |
| 4th Age Grouper                   | 0:53:41        | 5:03:23        | 3:14:02        | 9:16:45        |
| 5th Age Grouper                   | 1:06:09        | 5:00:59        | 3:05:53        | 9:18:22        |
| 6th Age Grouper                   | 0:52:03        | 5:26:28        | 3:20:41        | 9:45:37        |
| 7th Age Grouper                   | 0:55:42        | 5:09:59        | 3:33:50        | 9:46:00        |
| 8th Age Grouper                   | 1:02:04        | 5:10:36        | 3:30:51        | 9:47:53        |
| 9th Age Grouper                   | 1:00:06        | 5:26:51        | 3:14:39        | 9:47:58        |
| 10th Age Grouper                  | 0:55:40        | 5:22:50        | 3:24:12        | 9:50:00        |
| <b>Kona Qualifier Average</b>     | <b>0:59:41</b> | <b>4:57:40</b> | <b>3:06:46</b> | <b>9:09:07</b> |
| <b>Top 10 Age Grouper Average</b> | <b>0:59:02</b> | <b>5:08:50</b> | <b>3:15:43</b> | <b>9:29:14</b> |

## 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                   | 0:56:58        | 5:13:44        | 3:13:48        | 9:28:44        |
| 2nd Age Grouper                   | 0:54:34        | 5:25:06        | 3:14:35        | 9:38:19        |
| 3rd Age Grouper                   | 0:56:48        | 5:20:13        | 3:19:49        | 9:41:45        |
| 4th Age Grouper                   | 1:01:15        | 5:14:11        | 3:21:23        | 9:42:25        |
| 5th Age Grouper                   | 1:03:39        | 5:15:44        | 3:17:50        | 9:45:27        |
| 6th Age Grouper                   | 1:03:07        | 5:26:44        | 3:23:22        | 9:58:12        |
| 7th Age Grouper                   | 1:05:14        | 5:19:57        | 3:26:26        | 9:59:18        |
| 8th Age Grouper                   | 1:06:16        | 5:16:27        | 3:33:13        | 10:00:24       |
| 9th Age Grouper                   | 1:05:20        | 5:17:56        | 3:31:41        | 10:02:21       |
| 10th Age Grouper                  | 1:05:41        | 5:18:39        | 3:34:22        | 10:04:14       |
| <b>Kona Qualifier Average</b>     | <b>0:57:23</b> | <b>5:18:18</b> | <b>3:17:23</b> | <b>9:37:48</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:01:53</b> | <b>5:18:52</b> | <b>3:23:38</b> | <b>9:50:06</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                   | 1:03:18        | 5:05:45        | 3:02:38        | 9:19:09        |
| 2nd Age Grouper                   | 1:00:31        | 5:08:49        | 3:13:50        | 9:29:56        |
| 3rd Age Grouper                   |                | 6:27:21        | 3:03:03        | 9:31:52        |
| 4th Age Grouper                   | 1:06:04        | 5:10:13        | 3:20:35        | 9:43:01        |
| 5th Age Grouper                   | 1:03:51        | 5:11:52        | 3:22:03        | 9:43:17        |
| 6th Age Grouper                   | 1:11:19        | 5:18:42        | 3:09:06        | 9:45:41        |
| 7th Age Grouper                   | 1:04:16        | 5:25:58        | 3:13:54        | 9:52:10        |
| 8th Age Grouper                   | 1:05:09        | 5:14:10        | 3:26:42        | 9:52:10        |
| 9th Age Grouper                   | 1:04:58        | 5:05:23        | 3:37:08        | 9:54:01        |
| 10th Age Grouper                  | 0:56:10        | 5:17:40        | 3:38:09        | 9:57:29        |
| <b>Kona Qualifier Average</b>     | <b>1:03:17</b> | <b>5:28:02</b> | <b>3:10:01</b> | <b>9:30:59</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:03:57</b> | <b>5:20:35</b> | <b>3:18:42</b> | <b>9:42:52</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                   | 0:59:42        | 4:51:01        | 3:07:57        | 9:05:31        |
| 2nd Age Grouper                   | 1:07:38        | 5:09:15        | 2:55:49        | 9:16:37        |
| 3rd Age Grouper                   | 1:08:04        | 5:06:43        | 3:05:20        | 9:27:37        |
| 4th Age Grouper                   | 0:51:14        | 5:17:07        | 3:17:00        | 9:29:53        |
| 5th Age Grouper                   | 1:11:07        | 5:07:28        | 3:11:53        | 9:34:23        |
| 6th Age Grouper                   | 0:56:50        | 5:16:50        | 3:23:16        | 9:41:16        |
| 7th Age Grouper                   | 1:14:33        | 5:10:42        | 3:14:34        | 9:46:33        |
| 8th Age Grouper                   | 1:10:58        | 5:14:04        | 3:21:18        | 9:50:56        |
| 9th Age Grouper                   | 1:07:19        | 5:06:45        | 3:32:27        | 9:52:41        |
| 10th Age Grouper                  | 1:15:10        | 4:59:56        | 3:34:20        | 9:57:10        |
| <b>Kona Qualifier Average</b>     | <b>1:01:39</b> | <b>5:06:01</b> | <b>3:06:31</b> | <b>9:19:54</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:06:15</b> | <b>5:07:59</b> | <b>3:16:23</b> | <b>9:36:15</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                   | 1:00:08        | 4:54:42        | 3:07:51        | 9:10:58        |
| 2nd Age Grouper                   | 0:59:55        | 5:12:54        | 2:55:35        | 9:12:52        |
| 3rd Age Grouper                   | 0:56:24        | 5:03:36        | 3:17:07        | 9:21:57        |
| 4th Age Grouper                   | 0:58:23        | 5:08:23        | 3:12:04        | 9:23:54        |
| 5th Age Grouper                   | 1:03:44        | 5:01:07        | 3:16:14        | 9:29:35        |
| 6th Age Grouper                   | 1:03:35        | 5:27:01        | 2:57:56        | 9:34:24        |
| 7th Age Grouper                   | 1:00:39        | 5:13:06        | 3:16:41        | 9:38:26        |
| 8th Age Grouper                   | 0:59:24        | 5:12:56        | 3:24:12        | 9:43:37        |
| 9th Age Grouper                   | 0:51:49        | 5:20:34        | 3:26:36        | 9:44:57        |
| 10th Age Grouper                  | 1:07:28        | 5:05:20        | 3:24:55        | 9:45:17        |
| <b>Kona Qualifier Average</b>     | <b>0:58:42</b> | <b>5:04:53</b> | <b>3:08:09</b> | <b>9:17:25</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:00:08</b> | <b>5:09:57</b> | <b>3:13:55</b> | <b>9:30:35</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                   | 0:58:24        | 5:15:36        | 3:01:42        | 9:22:15        |
| 2nd Age Grouper                   | 0:54:56        | 5:11:59        | 3:12:32        | 9:23:35        |
| 3rd Age Grouper                   | 1:02:12        | 4:55:37        | 3:35:59        | 9:39:29        |
| 4th Age Grouper                   | 1:16:06        | 5:07:12        | 3:18:46        | 9:47:49        |
| 5th Age Grouper                   | 0:56:33        | 5:30:13        | 3:18:06        | 9:50:20        |
| 6th Age Grouper                   | 1:11:30        | 5:03:43        | 3:39:02        | 9:59:42        |
| 7th Age Grouper                   | 1:07:09        | 5:23:52        | 3:26:04        | 10:04:07       |
| 8th Age Grouper                   | 1:07:08        | 5:20:43        | 3:33:18        | 10:06:07       |
| 9th Age Grouper                   | 1:04:34        | 5:38:12        | 3:23:09        | 10:13:57       |
| 10th Age Grouper                  | 1:06:15        | 5:24:57        | 3:36:27        | 10:15:23       |
| <b>Kona Qualifier Average</b>     | <b>1:02:54</b> | <b>5:07:36</b> | <b>3:17:14</b> | <b>9:33:17</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:04:28</b> | <b>5:17:12</b> | <b>3:24:30</b> | <b>9:52:16</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                   | 0:54:34        | 5:02:45        | 3:29:51        | 9:35:00        |
| 2nd Age Grouper                   | 1:16:08        | 5:14:38        | 3:05:21        | 9:42:04        |
| 3rd Age Grouper                   | 0:57:23        | 5:25:12        | 3:24:00        | 9:50:45        |
| 4th Age Grouper                   | 1:07:30        | 5:14:45        | 3:21:36        | 9:53:13        |
| 5th Age Grouper                   | 1:13:09        | 5:27:12        | 3:16:32        | 10:02:02       |
| 6th Age Grouper                   | 1:06:57        | 5:15:37        | 3:40:57        | 10:08:50       |
| 7th Age Grouper                   | 1:04:41        | 5:23:42        | 3:34:59        | 10:09:21       |
| 8th Age Grouper                   | 1:00:03        | 5:24:28        | 3:41:36        | 10:11:11       |
| 9th Age Grouper                   | 1:04:51        | 5:16:51        | 3:45:25        | 10:12:28       |
| 10th Age Grouper                  | 1:04:58        | 5:33:56        | 3:27:29        | 10:13:33       |
| <b>Kona Qualifier Average</b>     | <b>1:03:53</b> | <b>5:14:20</b> | <b>3:20:12</b> | <b>9:45:15</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:05:01</b> | <b>5:19:54</b> | <b>3:28:46</b> | <b>9:59:50</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                   | 0:59:12        | 5:16:41        | 3:16:10        | 9:36:57        |
| 2nd Age Grouper                   | 1:03:45        | 5:03:57        | 3:28:33        | 9:42:29        |
| 3rd Age Grouper                   | 0:59:37        | 5:02:56        | 3:37:09        | 9:44:36        |
| 4th Age Grouper                   | 1:13:51        | 5:03:08        | 3:21:39        | 9:45:08        |
| 5th Age Grouper                   | 0:57:02        | 5:28:40        | 3:20:06        | 9:50:20        |
| 6th Age Grouper                   | 1:03:35        | 5:10:38        | 3:37:40        | 9:58:17        |
| 7th Age Grouper                   | 0:59:28        | 5:13:19        | 3:41:03        | 9:59:18        |
| 8th Age Grouper                   | 0:56:43        | 5:15:13        | 3:42:15        | 9:59:23        |
| 9th Age Grouper                   | 1:00:25        | 5:16:13        | 3:42:27        | 10:06:27       |
| 10th Age Grouper                  | 1:05:21        | 5:21:28        | 3:36:11        | 10:10:02       |
| <b>Kona Qualifier Average</b>     | <b>1:04:06</b> | <b>5:06:40</b> | <b>3:25:52</b> | <b>9:42:17</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:01:53</b> | <b>5:13:13</b> | <b>3:32:19</b> | <b>9:53:17</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                   | 0:56:27        | 5:04:12        | 3:16:18        | 9:22:04        |
| 2nd Age Grouper                   | 1:04:10        | 5:08:50        | 3:07:30        | 9:25:14        |
| 3rd Age Grouper                   | 1:03:06        | 4:55:04        | 3:24:53        | 9:28:12        |
| 4th Age Grouper                   | 1:01:54        | 5:03:36        | 3:19:15        | 9:29:10        |
| 5th Age Grouper                   | 1:00:08        | 5:00:15        | 3:28:35        | 9:33:39        |
| 6th Age Grouper                   | 0:57:20        | 5:13:11        | 3:25:39        | 9:41:52        |
| 7th Age Grouper                   | 1:00:11        | 5:16:43        | 3:21:15        | 9:42:38        |
| 8th Age Grouper                   | 1:04:33        | 5:06:50        | 3:27:01        | 9:43:07        |
| 9th Age Grouper                   | 1:06:12        | 5:07:53        | 3:28:17        | 9:48:25        |
| 10th Age Grouper                  | 0:58:29        | 5:22:53        | 3:22:36        | 9:48:51        |
| <b>Kona Qualifier Average</b>     | <b>1:01:24</b> | <b>5:02:55</b> | <b>3:16:59</b> | <b>9:26:10</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:01:15</b> | <b>5:07:56</b> | <b>3:22:07</b> | <b>9:36:19</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                   | 1:02:59        | 5:24:28        | 3:19:51        | 9:52:24         |
| 2nd Age Grouper                   | 0:59:07        | 5:26:59        | 3:21:29        | 9:54:16         |
| 3rd Age Grouper                   | 0:56:16        | 5:19:26        | 3:33:56        | 9:54:40         |
| 4th Age Grouper                   | 1:07:00        | 5:19:32        | 3:23:02        | 9:54:58         |
| 5th Age Grouper                   | 0:56:52        | 5:09:31        | 3:45:56        | 9:56:49         |
| 6th Age Grouper                   | 0:55:34        | 5:15:30        | 3:43:28        | 9:58:38         |
| 7th Age Grouper                   | 1:08:48        | 5:16:50        | 3:32:14        | 10:02:44        |
| 8th Age Grouper                   | 1:03:01        | 5:17:32        | 3:42:54        | 10:10:27        |
| 9th Age Grouper                   | 1:00:49        | 5:26:13        | 3:42:02        | 10:15:03        |
| 10th Age Grouper                  | 0:53:47        | 5:26:52        | 3:49:15        | 10:15:15        |
| <b>Kona Qualifier Average</b>     | <b>1:01:20</b> | <b>5:22:36</b> | <b>3:24:34</b> | <b>9:54:04</b>  |
| <b>Top 10 Age Grouper Average</b> | <b>1:00:25</b> | <b>5:20:17</b> | <b>3:35:24</b> | <b>10:01:31</b> |