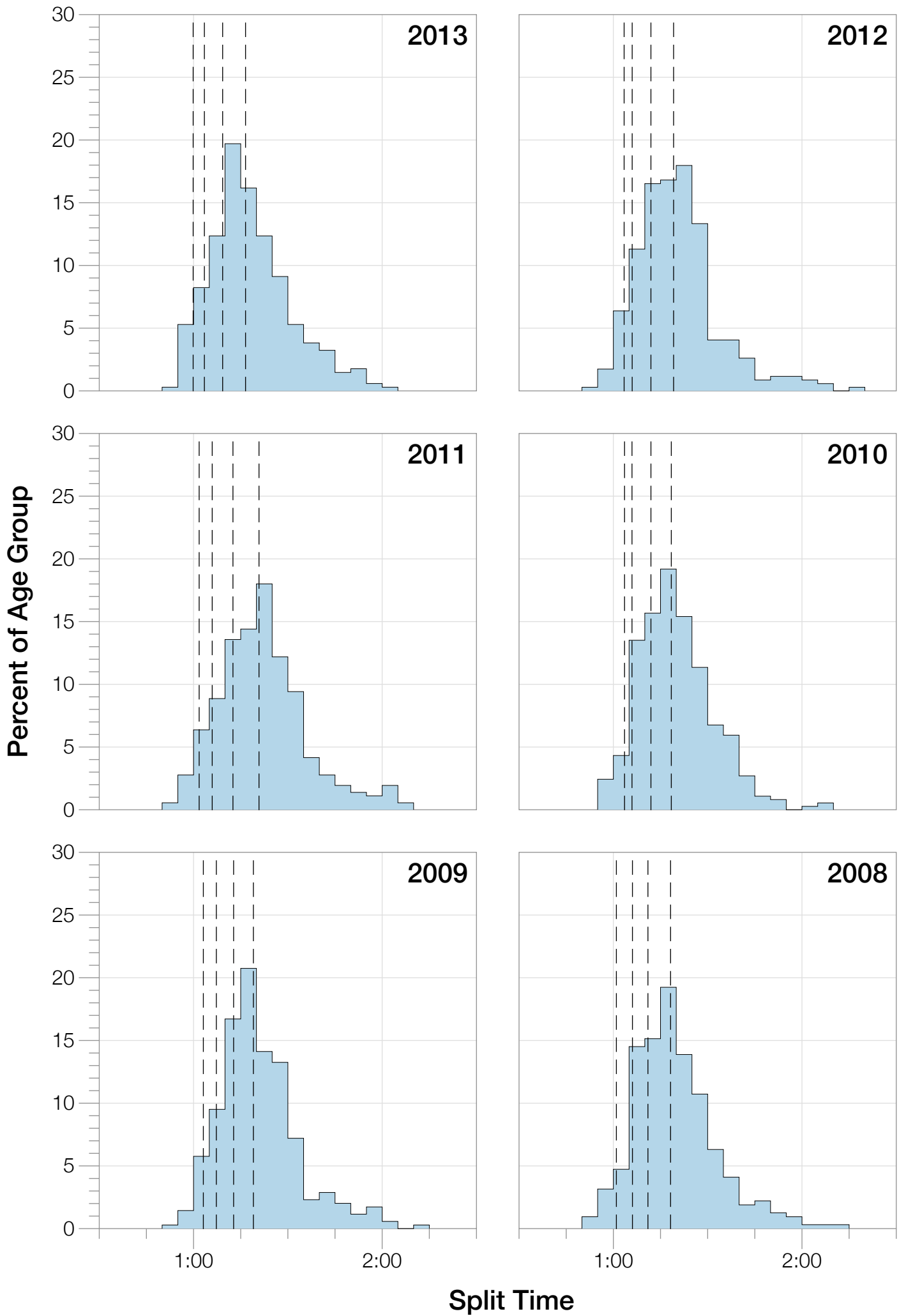


Ironman Coeur d'Alene M40-44 Stats

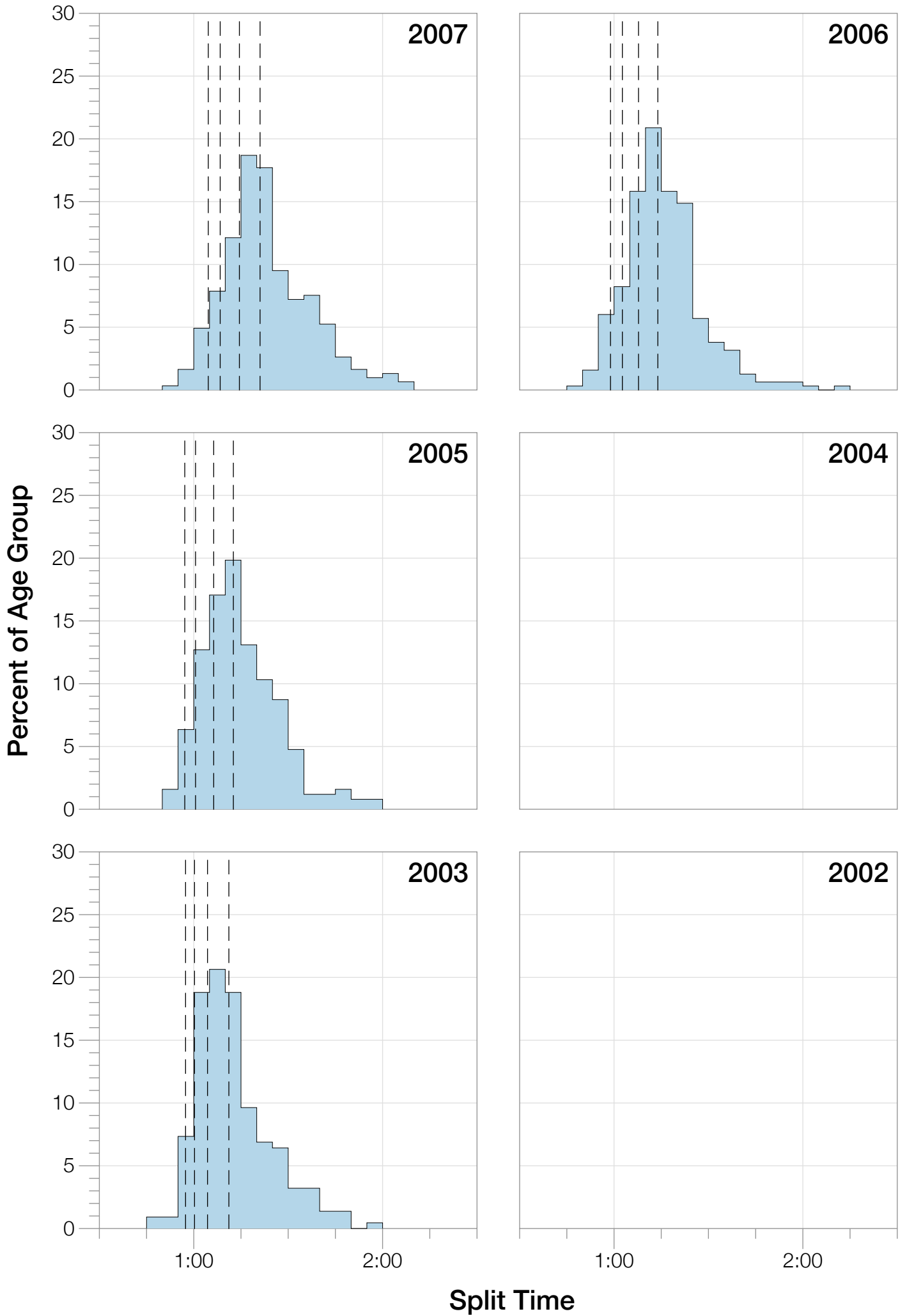
M40-44 Summary Statistics

Year	Finishers	M40-44 Finishers	Male Winner's Time	Female Winner's Time	M40-44 Winner's Time
2003	1341	218	8:40:59	9:42:08	10:08:03
2005	1654	252	8:23:29	9:59:08	9:28:52
2006	1940	316	9:07:05	9:31:07	9:25:34
2007	2085	306	8:33:32	10:27:55	9:30:43
2008	1942	317	8:34:22	9:38:58	9:21:19
2009	2031	347	8:32:12	9:23:21	9:37:22
2010	2096	377	8:24:40	9:17:54	9:37:11
2011	2185	374	8:19:48	9:16:40	9:25:11
2012	2145	345	8:32:29	9:21:44	9:20:03
2013	2121	341	8:17:31	9:16:02	9:29:53
Average	1954	319	8:32:36	9:35:29	8:40:22

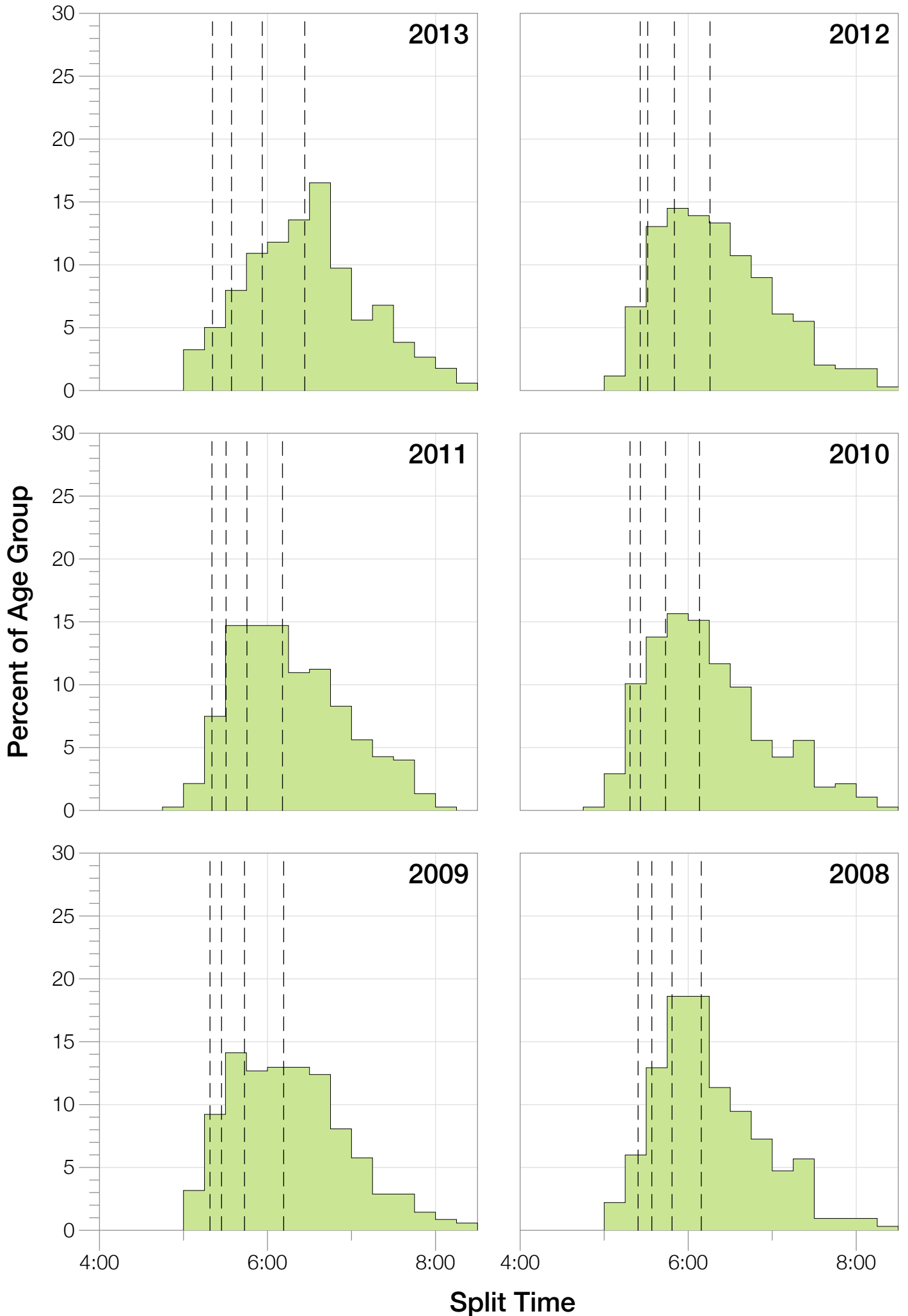
M40-44 Swim



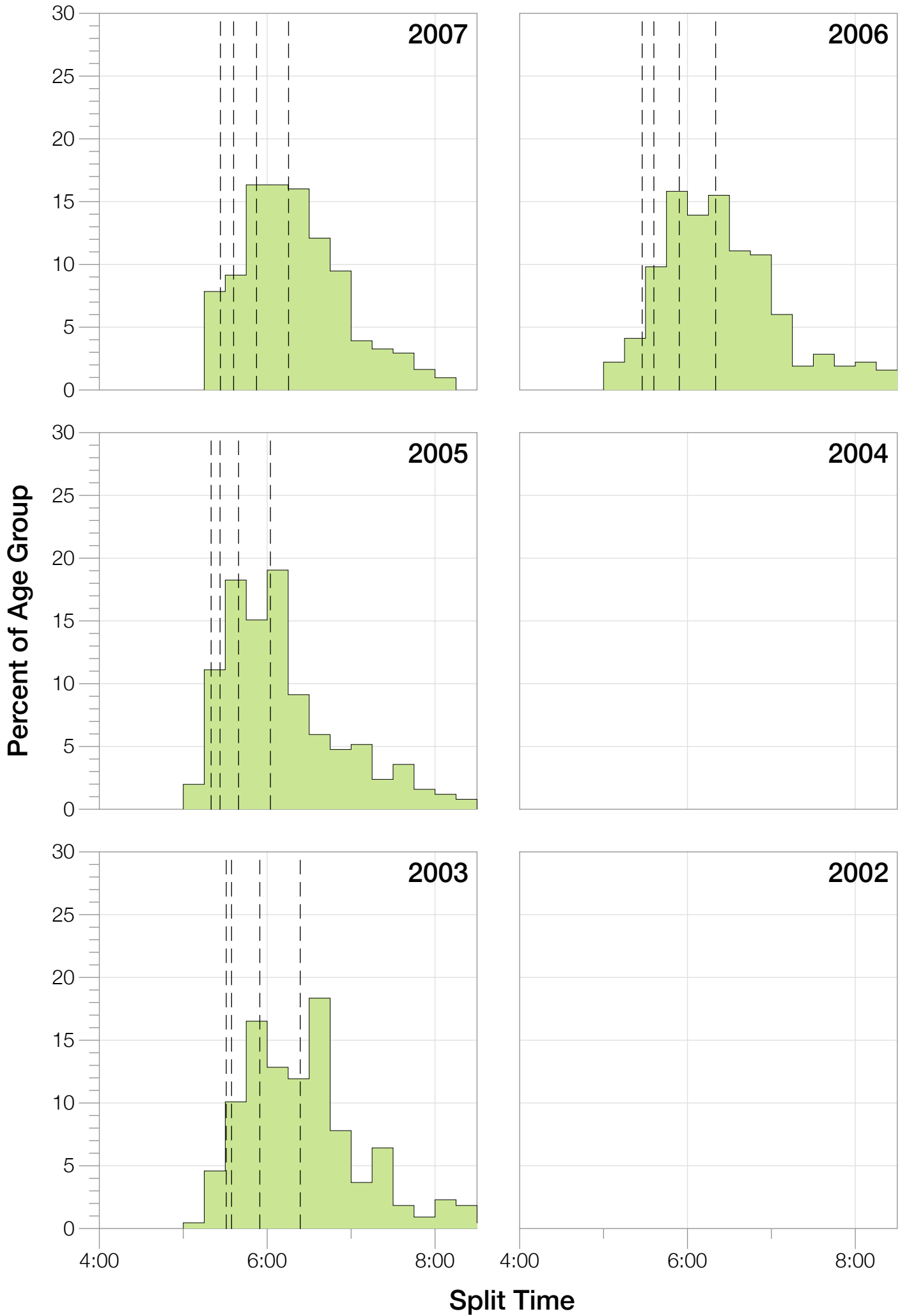
M40-44 Swim



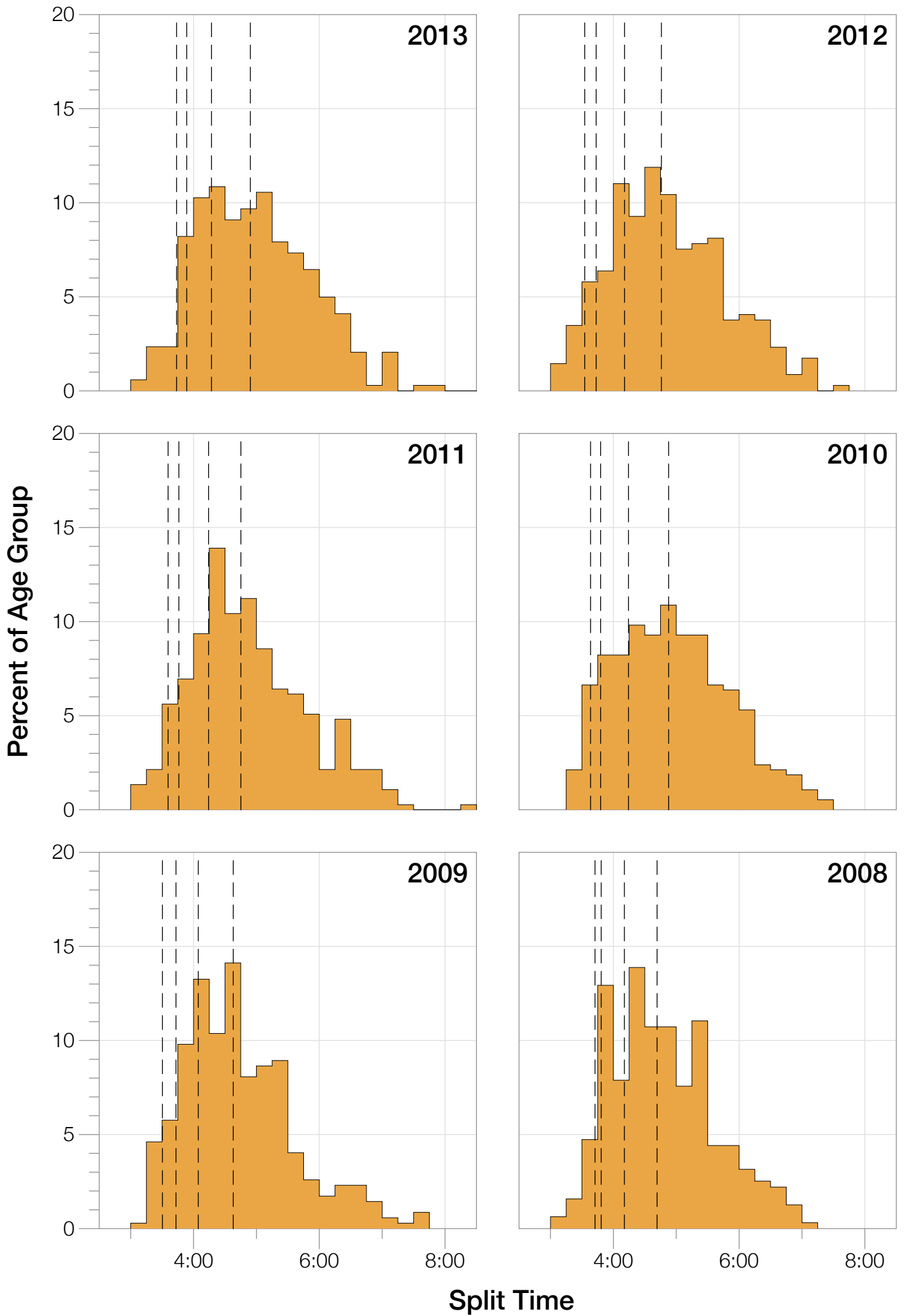
M40-44 Bike



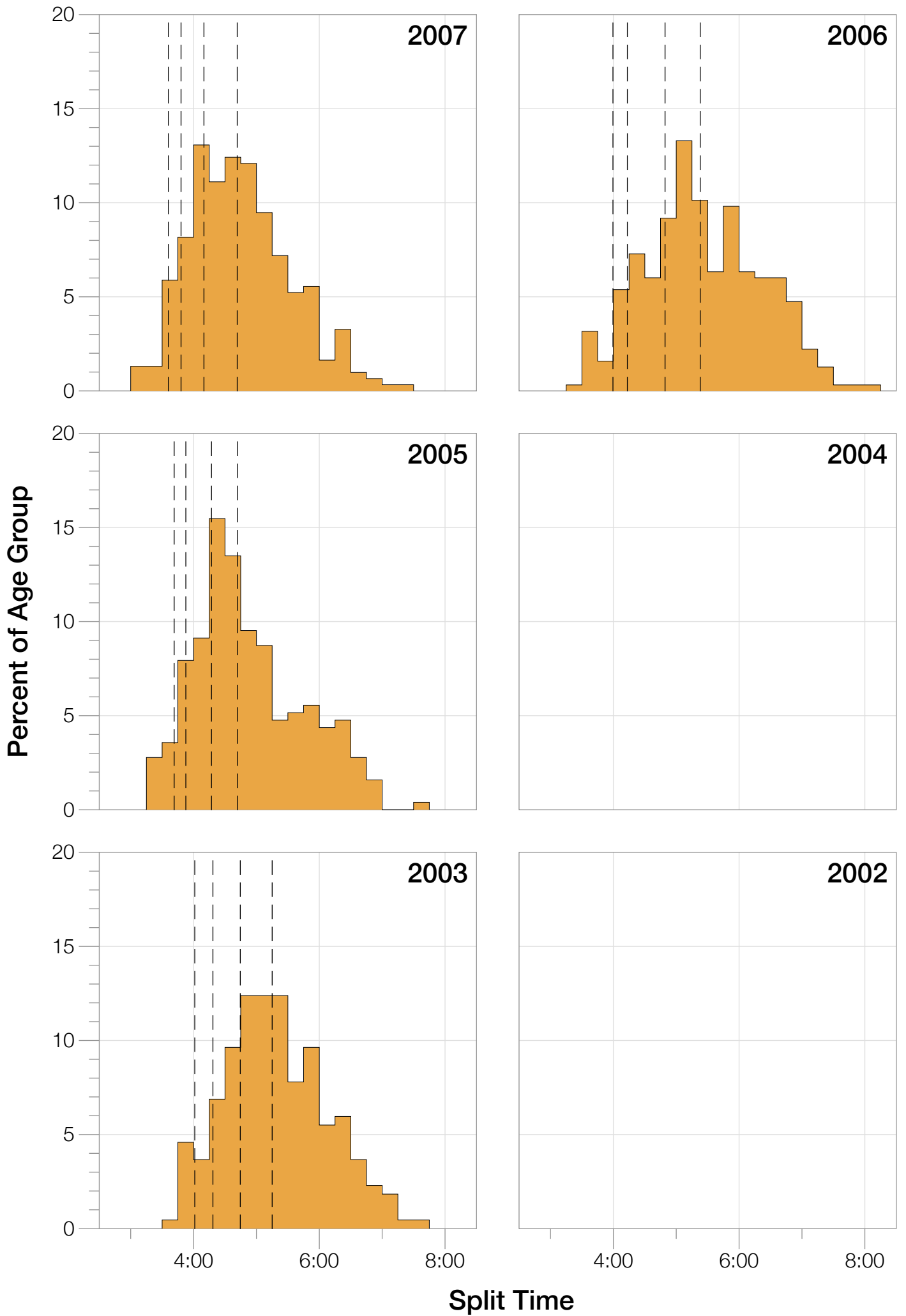
M40-44 Bike



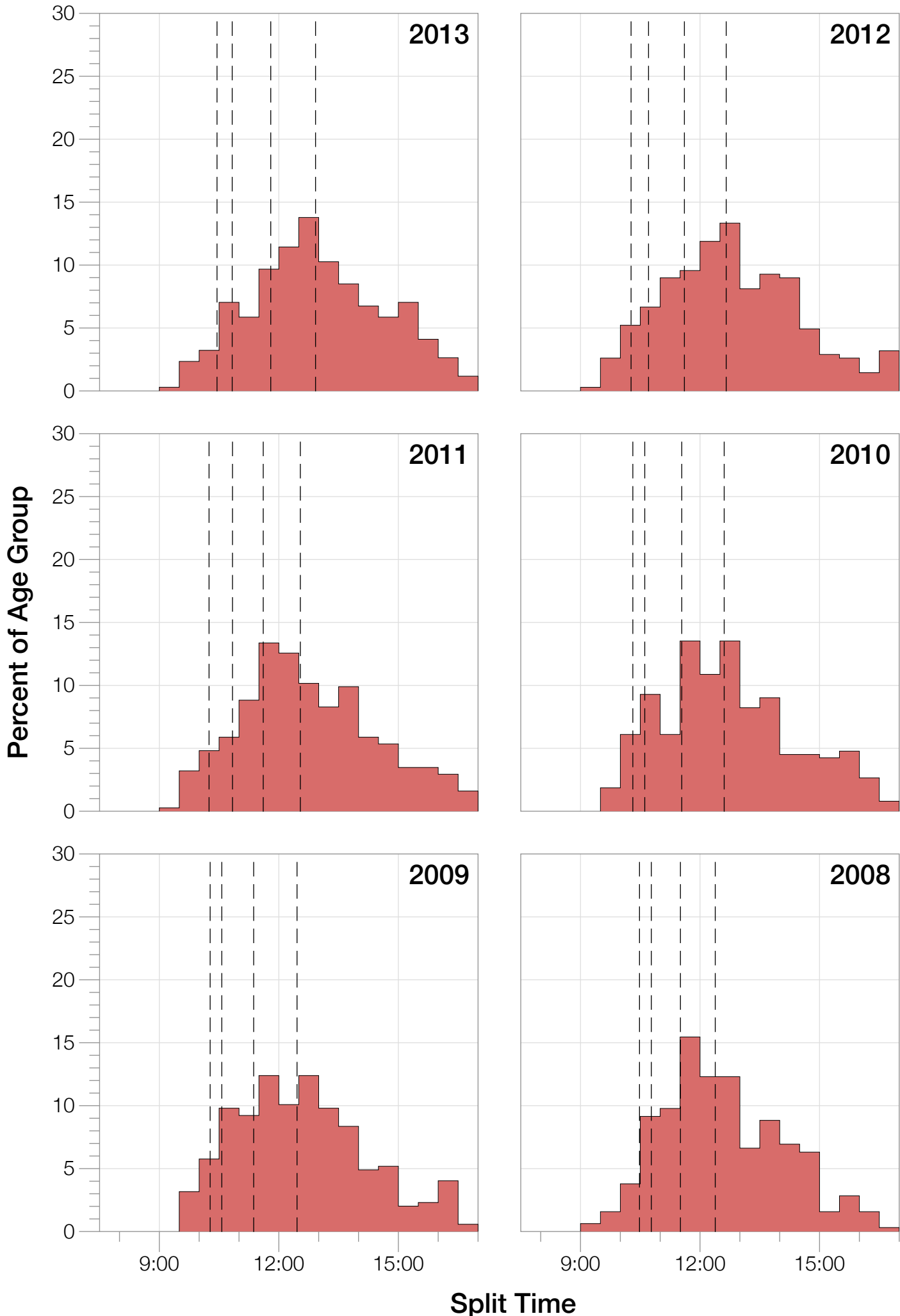
M40-44 Run



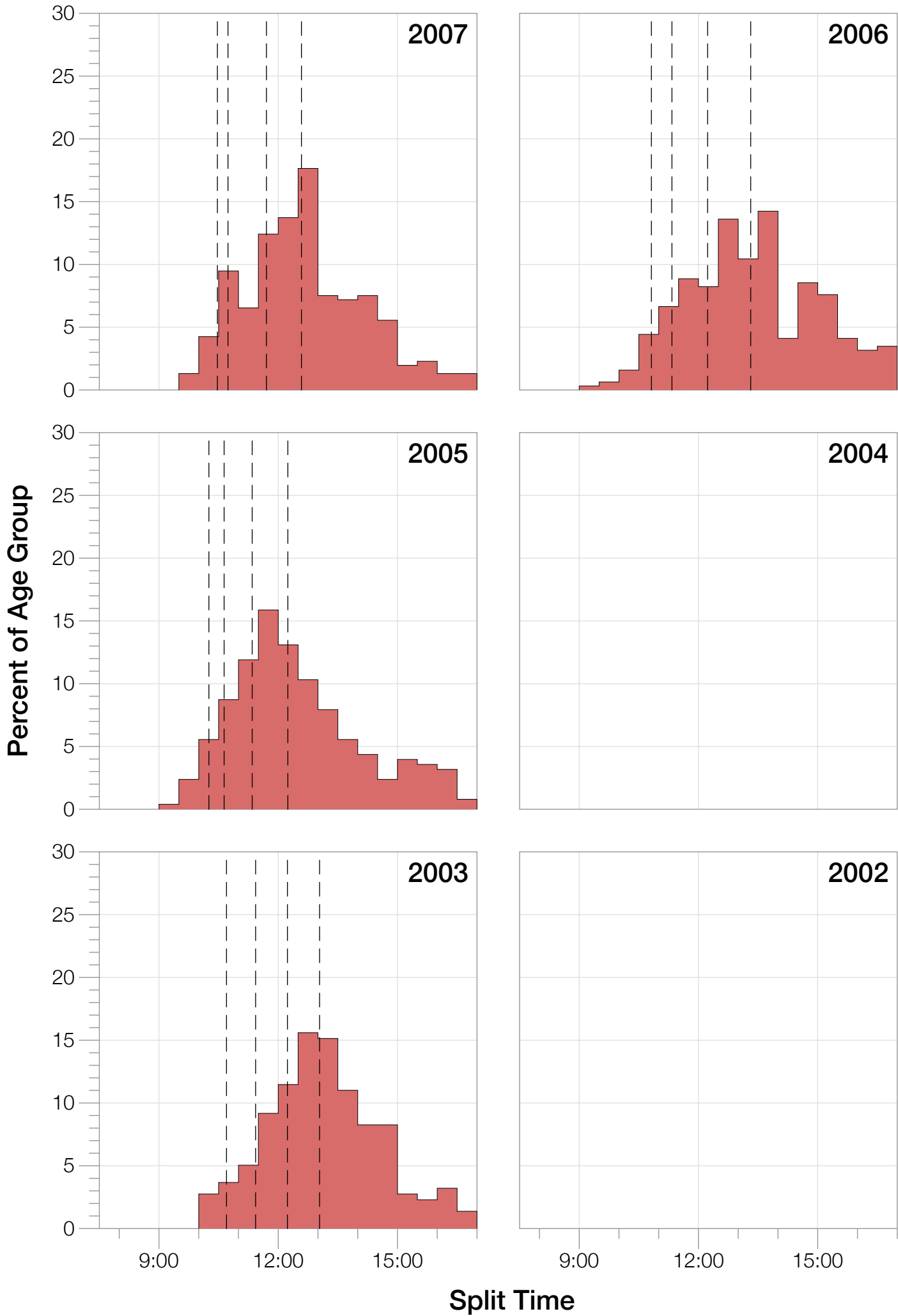
M40-44 Run



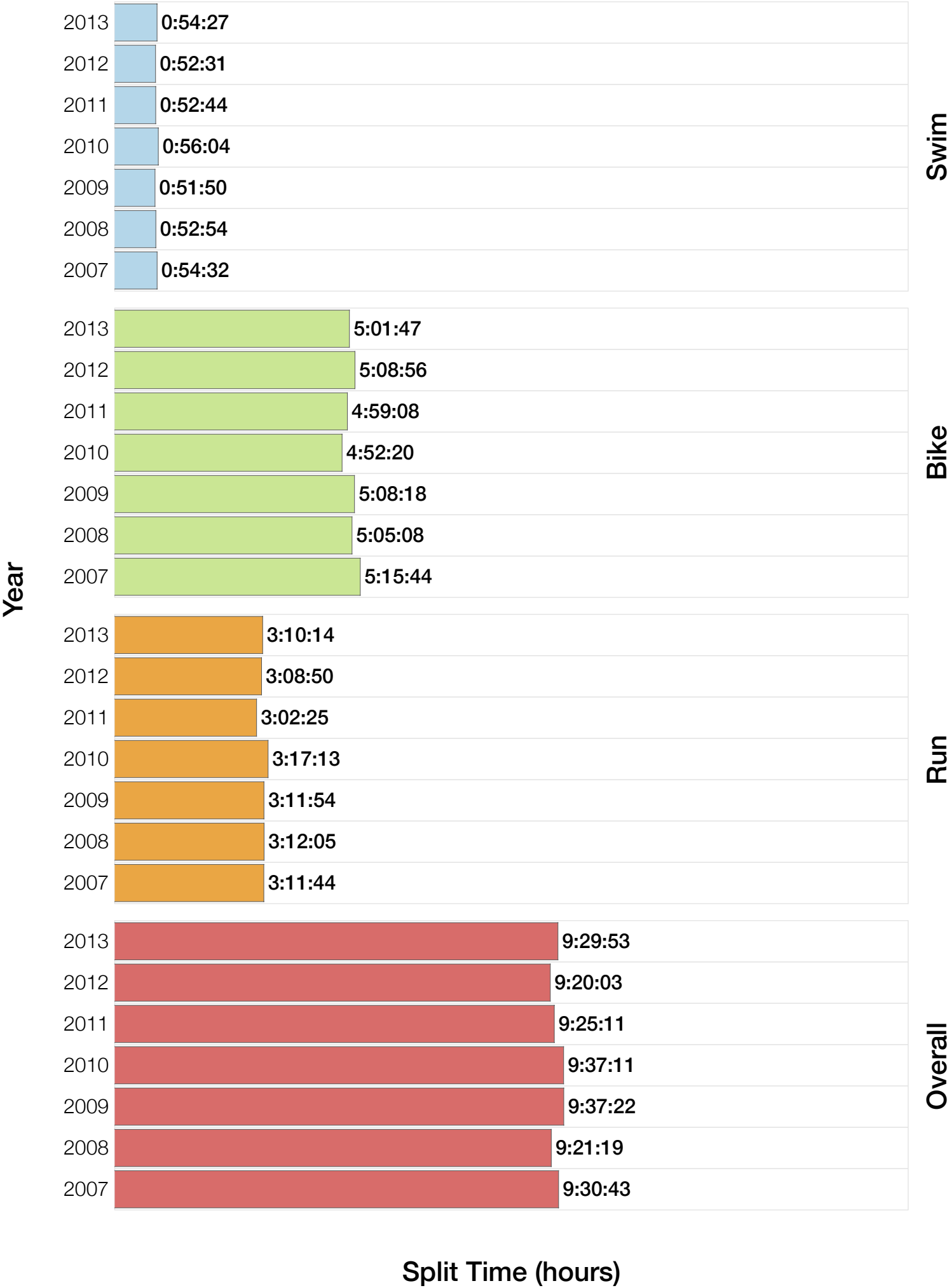
M40-44 Overall



M40-44 Overall

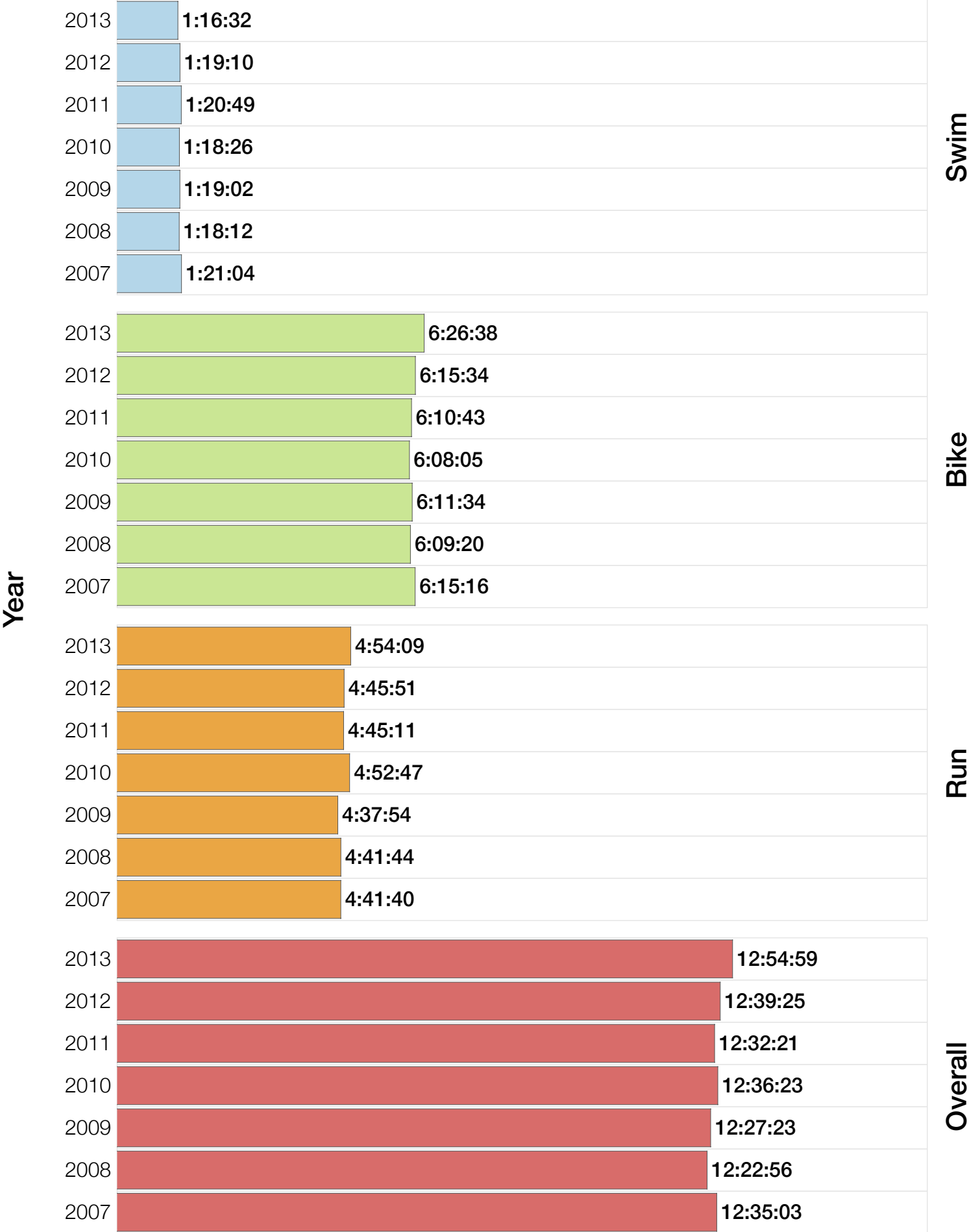


M40-44 Fastest Splits



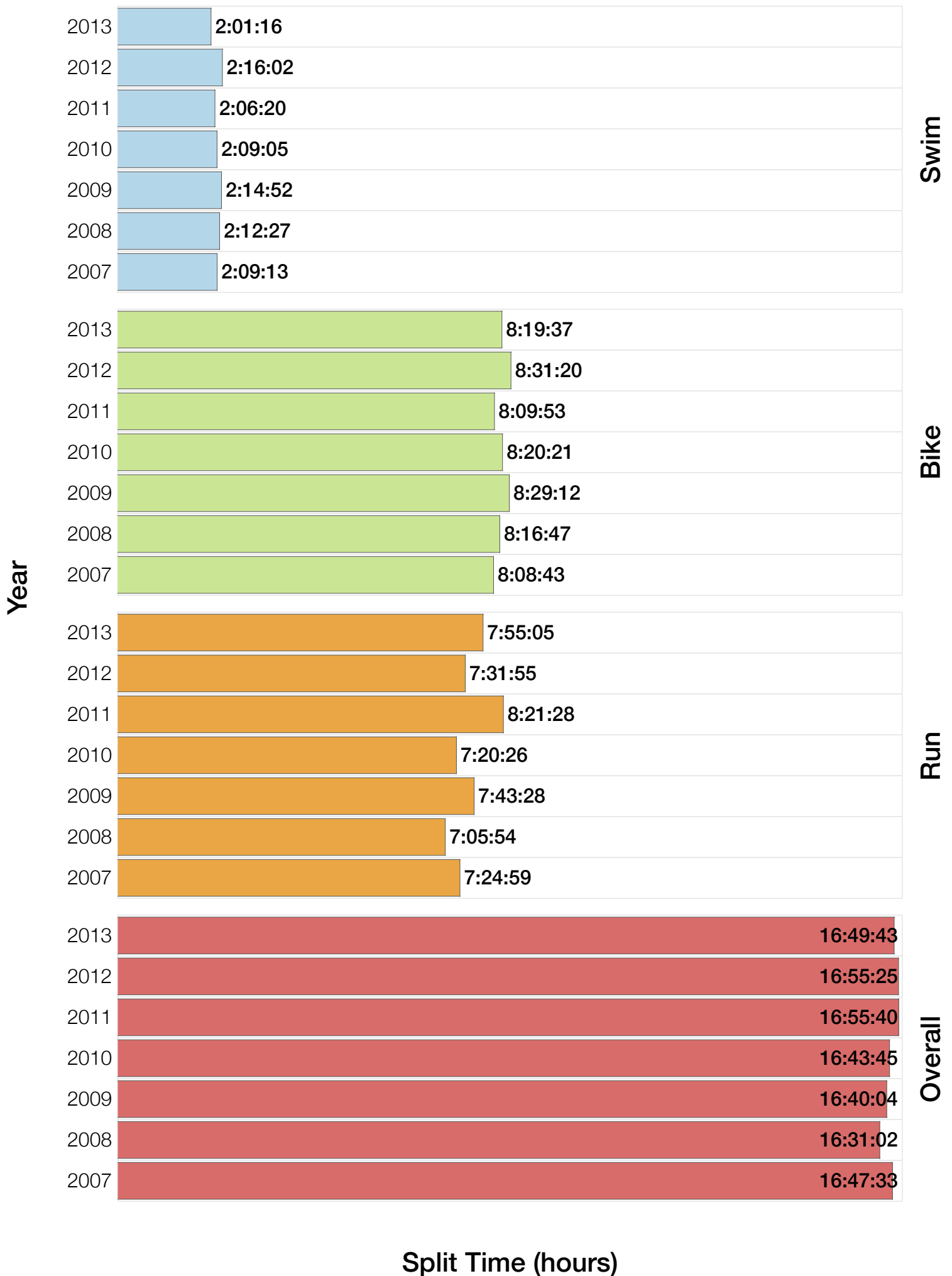
Split Time (hours)

M40-44 Median Splits



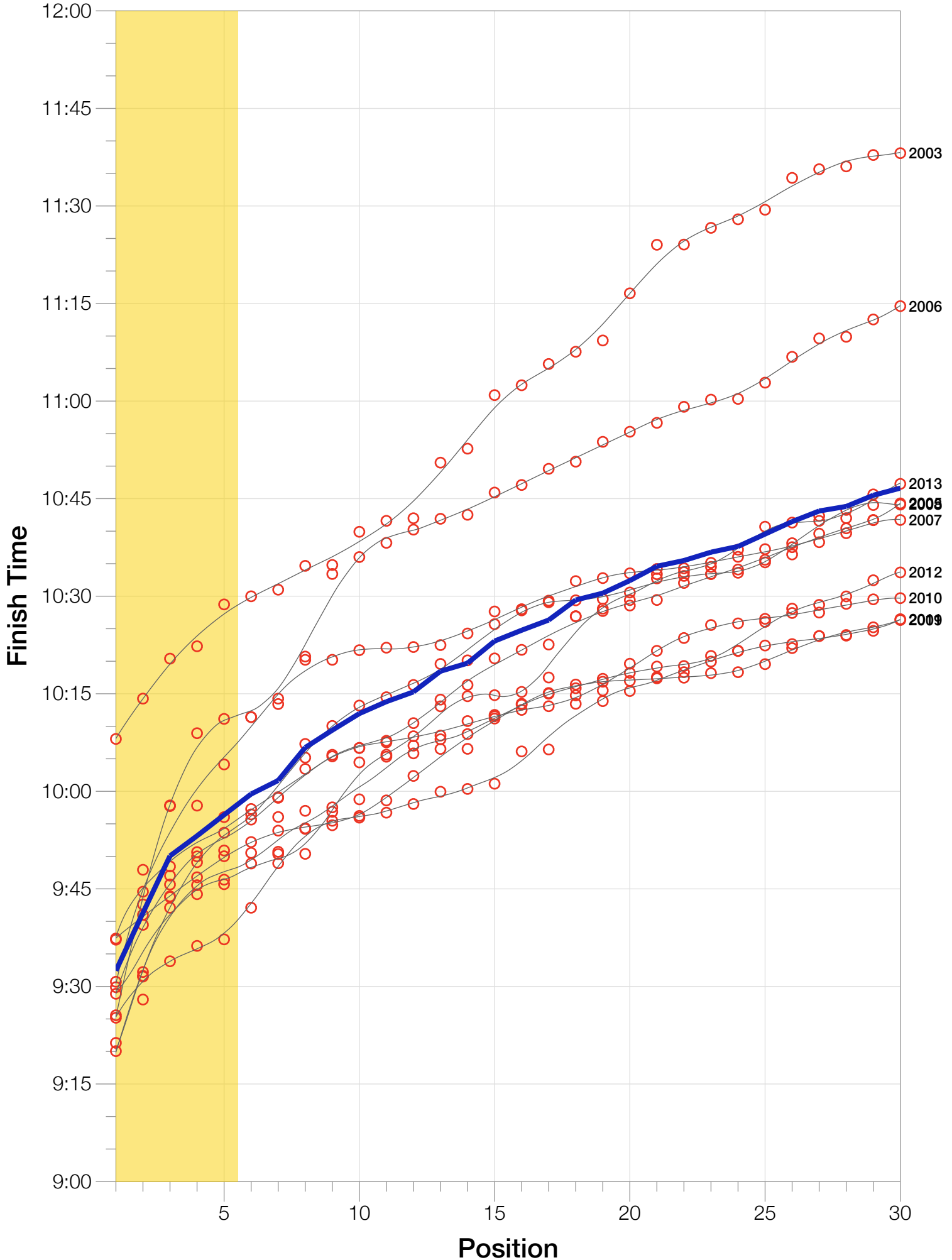
Split Time (hours)

M40-44 Slowest Splits



M40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M40-44 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	0:59:47	5:09:24	3:18:03	9:32:25
Average 2nd Age Grouper	1:02:20	5:13:54	3:19:13	9:41:19
Average 3rd Age Grouper	1:03:19	5:19:21	3:21:31	9:50:04
Average 4th Age Grouper	1:03:28	5:16:57	3:26:26	9:53:09
Average 5th Age Grouper	1:02:58	5:15:33	3:31:33	9:56:23
Average 6th Age Grouper	1:03:30	5:18:50	3:31:09	9:59:35
Average 7th Age Grouper	1:03:05	5:22:30	3:29:56	10:01:40
Average 8th Age Grouper	1:05:11	5:24:07	3:30:27	10:06:44
Average 9th Age Grouper	1:06:47	5:16:38	3:39:07	10:09:24
Average 10th Age Grouper	1:05:32	5:21:05	3:38:37	10:11:57
Kona Qualifier Average	1:02:22	5:15:02	3:23:21	9:46:40
Top 10 Age Grouper Average	1:03:36	5:17:50	3:28:36	9:56:16

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

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	0:52:31	5:12:40	3:09:34	9:20:03
2nd Age Grouper	1:06:05	5:08:56	3:08:50	9:31:38
3rd Age Grouper	1:05:08	5:19:18	3:11:33	9:42:06
4th Age Grouper	1:02:34	5:24:21	3:12:10	9:45:34
5th Age Grouper	1:04:57	5:18:28	3:17:01	9:46:25
6th Age Grouper	1:03:14	5:22:32	3:20:35	9:50:32
7th Age Grouper	1:11:00	5:12:25	3:19:45	9:50:42
8th Age Grouper	1:04:21	5:30:05	3:16:37	9:57:00
9th Age Grouper	1:02:36	5:22:50	3:26:03	9:57:32
10th Age Grouper	1:18:03	5:12:08	3:23:21	9:58:46
Kona Qualifier Average	1:02:15	5:16:44	3:11:49	9:37:09
Top 10 Age Grouper Average	1:05:02	5:18:22	3:16:32	9:46:01

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	1:10:30	4:59:08	3:10:18	9:25:11
2nd Age Grouper	1:02:06	5:09:54	3:14:49	9:31:31
3rd Age Grouper	1:07:03	5:17:35	3:02:25	9:33:52
4th Age Grouper	1:00:00	5:16:51	3:14:09	9:36:14
5th Age Grouper	1:07:22	5:09:40	3:14:48	9:37:14
6th Age Grouper	1:05:53	5:10:00	3:18:40	9:42:06
7th Age Grouper	0:57:53	5:20:57	3:24:41	9:48:56
8th Age Grouper	1:03:34	5:20:41	3:24:38	9:54:13
9th Age Grouper	1:07:35	5:12:58	3:26:59	9:54:47
10th Age Grouper	1:01:59	5:24:01	3:24:31	9:56:13
Kona Qualifier Average	1:05:24	5:10:37	3:11:17	9:32:48
Top 10 Age Grouper Average	1:04:23	5:14:10	3:17:35	9:42:01

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	1:09:06	5:01:25	3:20:35	9:37:11
2nd Age Grouper	1:02:50	5:18:26	3:20:51	9:47:56
3rd Age Grouper	1:07:00	5:09:39	3:26:36	9:48:27
4th Age Grouper	1:05:18	5:13:37	3:25:10	9:50:39
5th Age Grouper	0:59:51	5:15:39	3:35:43	9:56:02
6th Age Grouper	1:08:25	5:14:25	3:27:25	9:56:27
7th Age Grouper	1:04:49	5:13:43	3:32:07	9:59:06
8th Age Grouper	1:00:44	5:19:38	3:36:00	10:03:26
9th Age Grouper	1:18:07	4:52:20	3:49:16	10:05:22
10th Age Grouper	1:06:01	5:29:59	3:25:10	10:06:39
Kona Qualifier Average	1:04:49	5:11:45	3:25:47	9:48:03
Top 10 Age Grouper Average	1:06:13	5:12:53	3:29:53	9:55:07

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	1:02:42	5:12:41	3:16:38	9:37:22
2nd Age Grouper	1:06:30	5:10:59	3:17:05	9:41:00
3rd Age Grouper	1:02:52	5:22:45	3:11:54	9:43:44
4th Age Grouper	1:00:24	5:15:37	3:21:15	9:46:47
5th Age Grouper	1:09:14	5:08:18	3:26:53	9:50:01
6th Age Grouper	1:00:52	5:10:29	3:34:27	9:52:12
7th Age Grouper	1:09:09	5:23:27	3:15:25	9:53:57
8th Age Grouper	1:04:49	5:16:25	3:24:43	9:54:19
9th Age Grouper	1:03:03	5:08:24	3:36:08	9:55:28
10th Age Grouper	1:03:39	5:18:53	3:28:10	9:55:57
Kona Qualifier Average	1:04:20	5:14:04	3:18:45	9:43:46
Top 10 Age Grouper Average	1:04:19	5:14:47	3:23:15	9:49:04

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	0:59:06	5:05:08	3:12:05	9:21:19
2nd Age Grouper	0:52:54	5:13:33	3:17:09	9:27:59
3rd Age Grouper	1:06:01	5:14:37	3:19:15	9:45:40
4th Age Grouper	1:08:14	5:10:58	3:26:15	9:50:00
5th Age Grouper	0:54:37	5:20:21	3:30:57	9:50:54
6th Age Grouper	1:11:47	5:24:43	3:14:11	9:57:17
7th Age Grouper	1:06:59	5:22:52	3:22:44	9:59:00
8th Age Grouper	1:06:50	5:36:00	3:17:21	10:07:17
9th Age Grouper	1:01:00	5:24:27	3:38:51	10:10:03
10th Age Grouper	0:56:25	5:20:10	3:48:29	10:13:11
Kona Qualifier Average	1:00:10	5:12:55	3:21:08	9:39:10
Top 10 Age Grouper Average	1:02:23	5:19:16	3:24:43	9:52:16

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	0:54:32	5:18:40	3:12:23	9:30:43
2nd Age Grouper	1:09:01	5:16:39	3:11:44	9:44:34
3rd Age Grouper	1:10:57	5:26:30	3:14:09	9:57:44
4th Age Grouper	1:06:54	5:28:45	3:14:54	9:57:48
5th Age Grouper	1:10:00	5:21:26	3:24:11	10:04:08
6th Age Grouper	1:08:35	5:20:40	3:35:49	10:11:24
7th Age Grouper	0:59:14	5:22:58	3:46:10	10:13:25
8th Age Grouper	1:17:07	5:26:00	3:30:36	10:20:13
9th Age Grouper	1:16:08	5:26:17	3:29:03	10:20:13
10th Age Grouper	1:19:22	5:26:26	3:22:16	10:21:42
Kona Qualifier Average	1:06:16	5:22:24	3:15:28	9:50:59
Top 10 Age Grouper Average	1:09:11	5:23:26	3:24:07	10:04:11

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	0:52:09	5:08:15	3:20:18	9:25:34
2nd Age Grouper	1:02:39	5:01:45	3:32:08	9:42:36
3rd Age Grouper	0:59:18	5:12:23	3:39:39	9:57:50
4th Age Grouper	1:06:13	5:13:16	3:43:12	10:08:56
5th Age Grouper	0:59:07	5:08:17	3:57:17	10:11:08
6th Age Grouper	0:59:35	5:27:38	3:38:12	10:11:25
7th Age Grouper	0:59:14	5:29:35	3:39:19	10:14:15
8th Age Grouper	1:07:21	5:21:18	3:43:56	10:20:43
9th Age Grouper	1:08:23	5:31:33	3:42:37	10:33:25
10th Age Grouper	1:08:11	5:23:51	3:58:15	10:36:01
Kona Qualifier Average	0:59:53	5:08:47	3:38:30	9:53:12
Top 10 Age Grouper Average	1:02:13	5:17:47	3:41:29	10:08:11

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	0:52:13	5:11:06	3:21:14	9:28:52
2nd Age Grouper	0:57:05	5:15:14	3:21:45	9:39:28
3rd Age Grouper	1:05:26	5:19:55	3:15:20	9:47:02
4th Age Grouper	0:53:36	5:08:53	3:41:39	9:49:06
5th Age Grouper	1:05:22	5:12:45	3:30:03	9:53:38
6th Age Grouper	0:58:41	5:26:36	3:25:53	9:55:39
7th Age Grouper	1:01:49	5:19:38	3:28:23	9:56:03
8th Age Grouper	0:56:20	5:15:52	3:44:27	10:05:11
9th Age Grouper	1:05:25	5:12:46	3:41:46	10:05:37
10th Age Grouper	1:06:16	5:28:44	3:26:13	10:06:41
Kona Qualifier Average	0:58:44	5:13:34	3:26:00	9:43:37
Top 10 Age Grouper Average	1:00:13	5:17:08	3:29:40	9:52:43

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	1:03:27	5:11:50	3:47:15	10:08:03
2nd Age Grouper	1:02:07	5:34:26	3:31:15	10:14:15
3rd Age Grouper	0:49:37	5:33:55	3:52:15	10:20:24
4th Age Grouper	1:02:51	5:24:23	3:49:33	10:22:18
5th Age Grouper	0:56:51	5:32:17	3:50:56	10:28:44
6th Age Grouper	0:59:33	5:17:54	4:05:08	10:29:59
7th Age Grouper	1:02:19	5:34:05	3:49:13	10:31:00
8th Age Grouper	1:03:17	5:32:30	3:52:47	10:34:40
9th Age Grouper	1:00:44	5:33:02	3:54:46	10:34:48
10th Age Grouper	0:49:47	5:21:31	4:21:17	10:39:54
Kona Qualifier Average	0:58:58	5:27:22	3:46:14	10:18:44
Top 10 Age Grouper Average	0:59:03	5:27:35	3:53:26	10:26:24