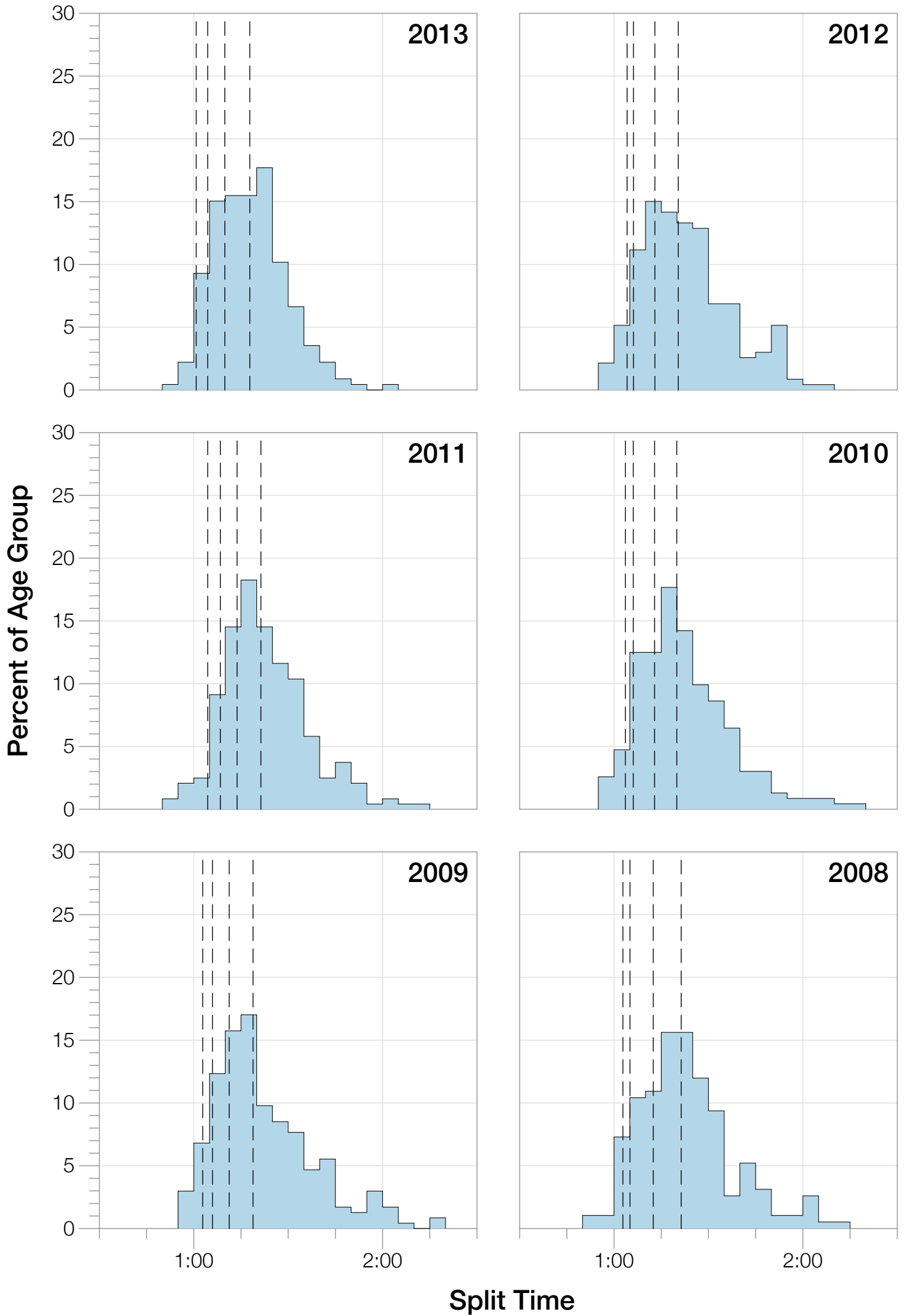


Ironman Coeur d'Alene M45-49 Stats

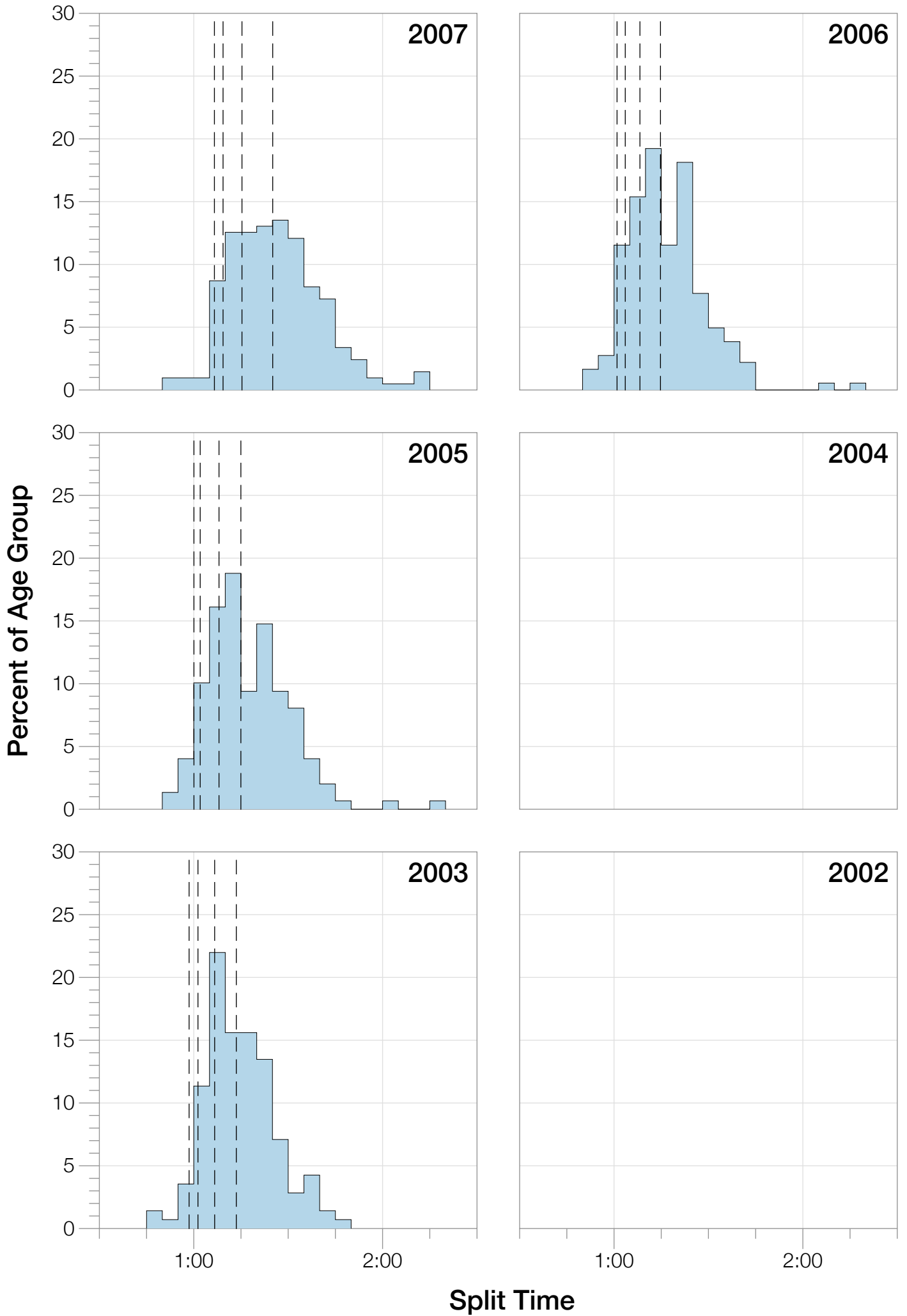
M45-49 Summary Statistics

Year	Finishers	M45-49 Finishers	Male Winner's Time	Female Winner's Time	M45-49 Winner's Time
2003	1341	141	8:40:59	9:42:08	10:09:38
2005	1654	149	8:23:29	9:59:08	9:33:33
2006	1940	182	9:07:05	9:31:07	10:26:35
2007	2085	207	8:33:32	10:27:55	10:09:00
2008	1942	192	8:34:22	9:38:58	9:36:13
2009	2031	235	8:32:12	9:23:21	9:36:26
2010	2096	232	8:24:40	9:17:54	9:42:34
2011	2185	241	8:19:48	9:16:40	9:36:48
2012	2145	234	8:32:29	9:21:44	10:00:17
2013	2121	226	8:17:31	9:16:02	9:43:09
Average	1954	204	8:32:36	9:35:29	8:57:39

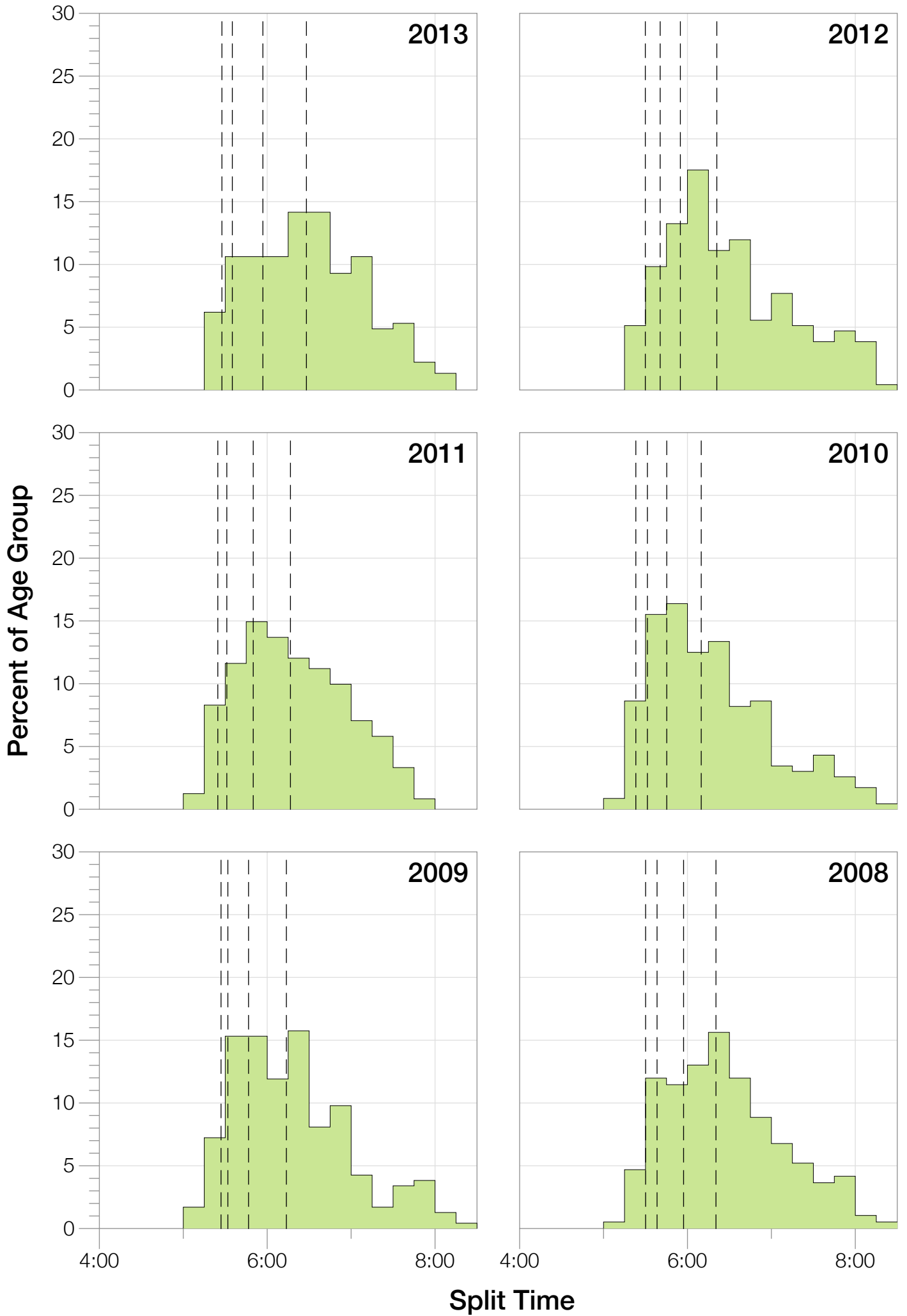
M45-49 Swim



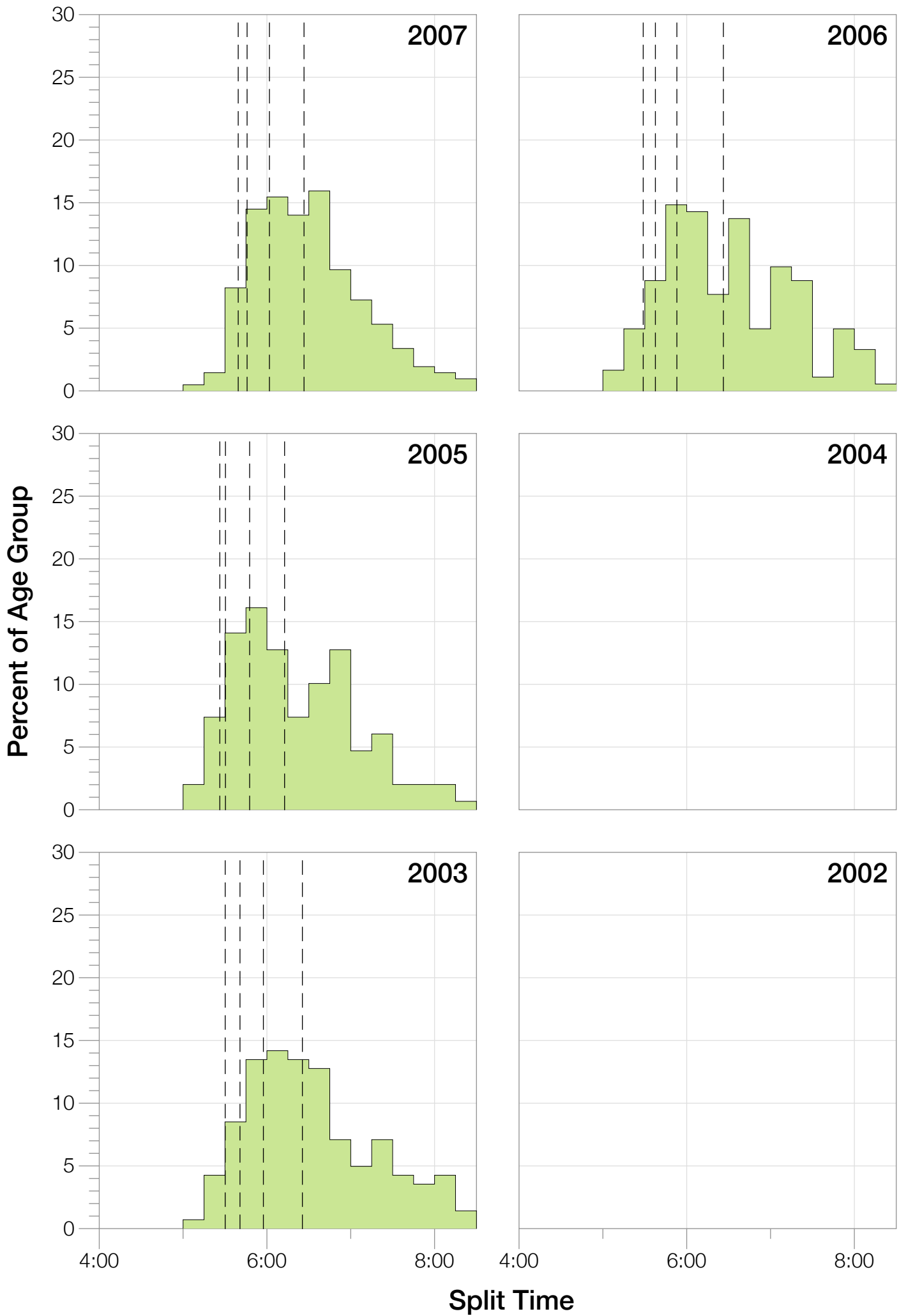
M45-49 Swim



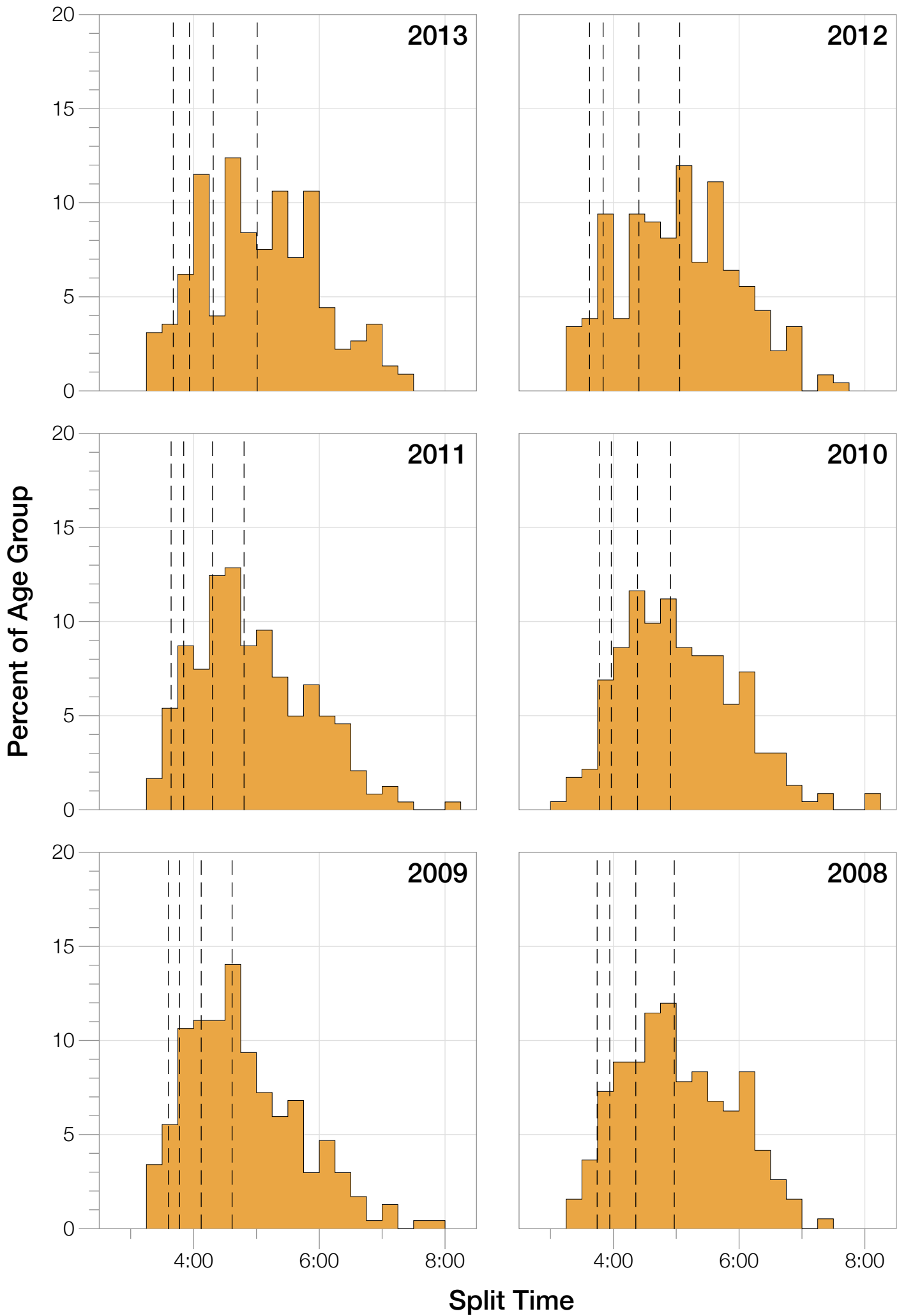
M45-49 Bike



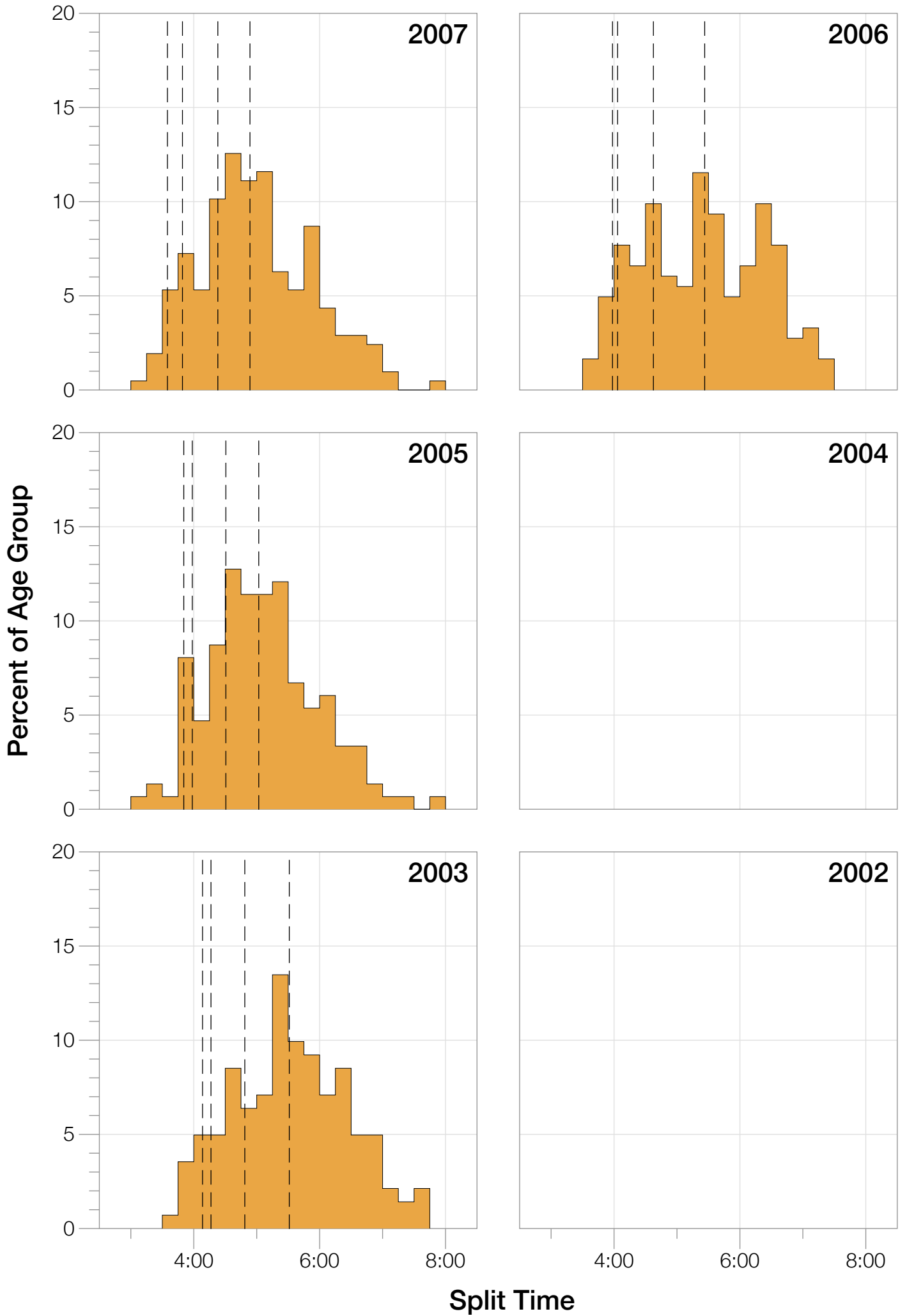
M45-49 Bike



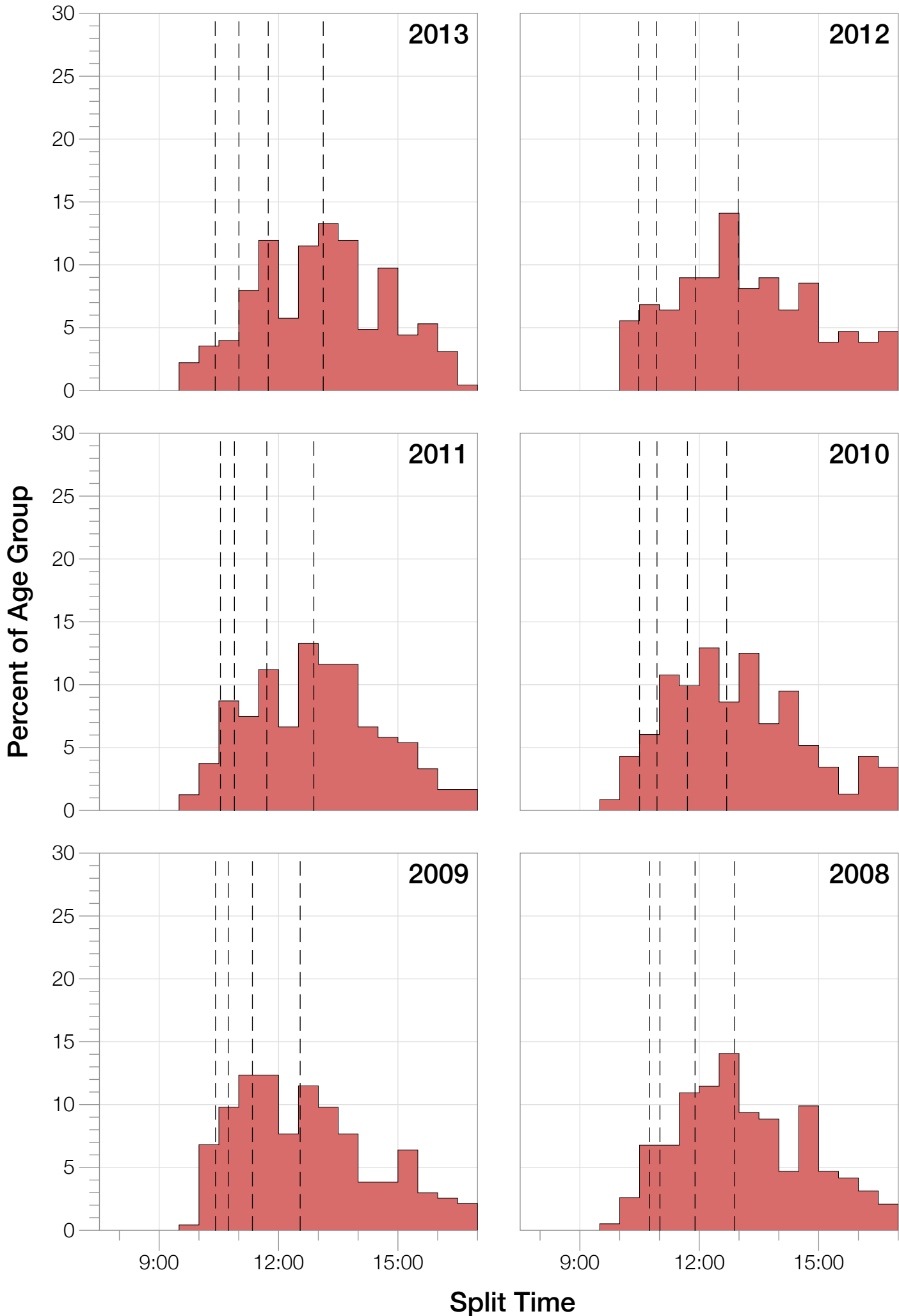
M45-49 Run



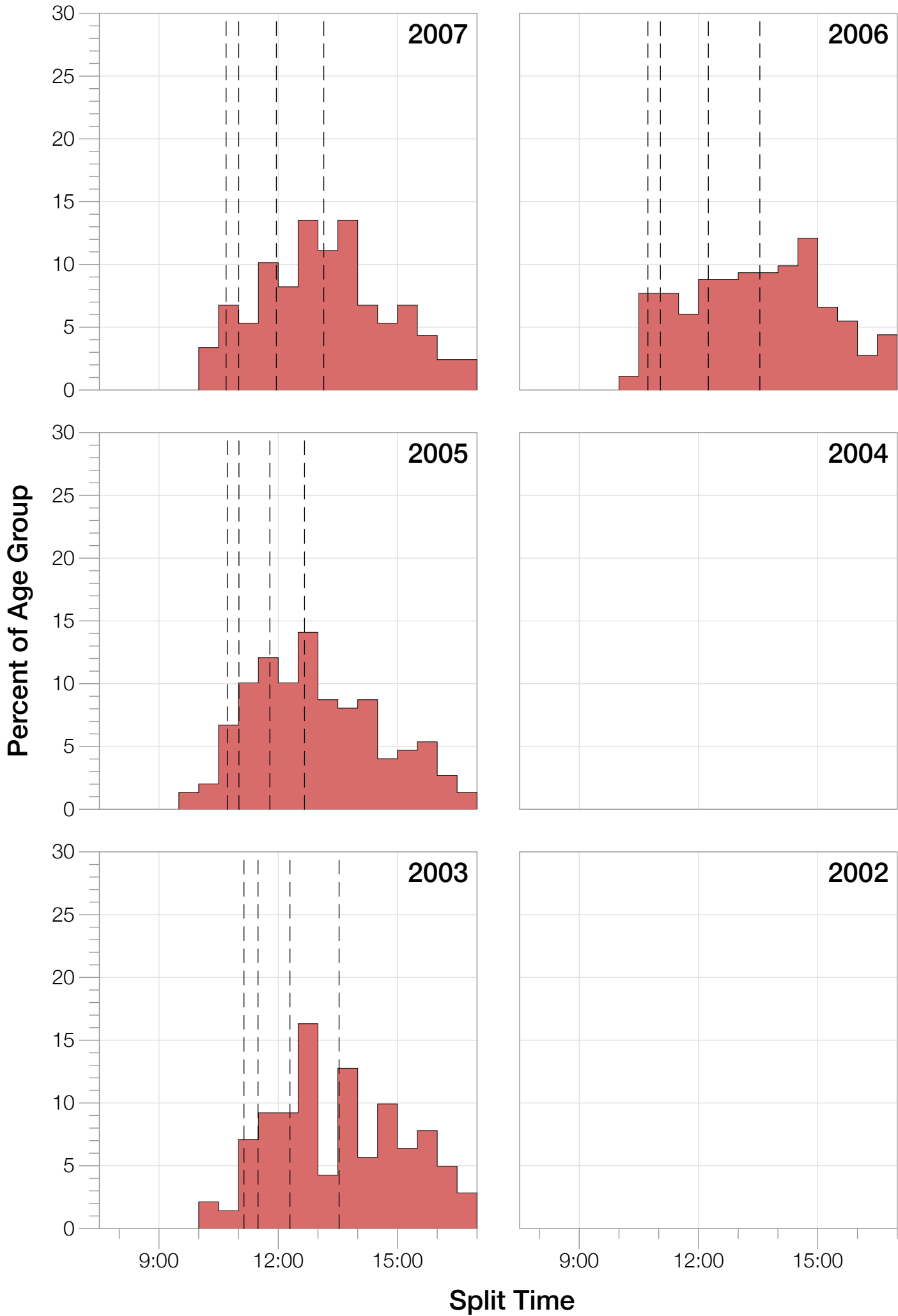
M45-49 Run



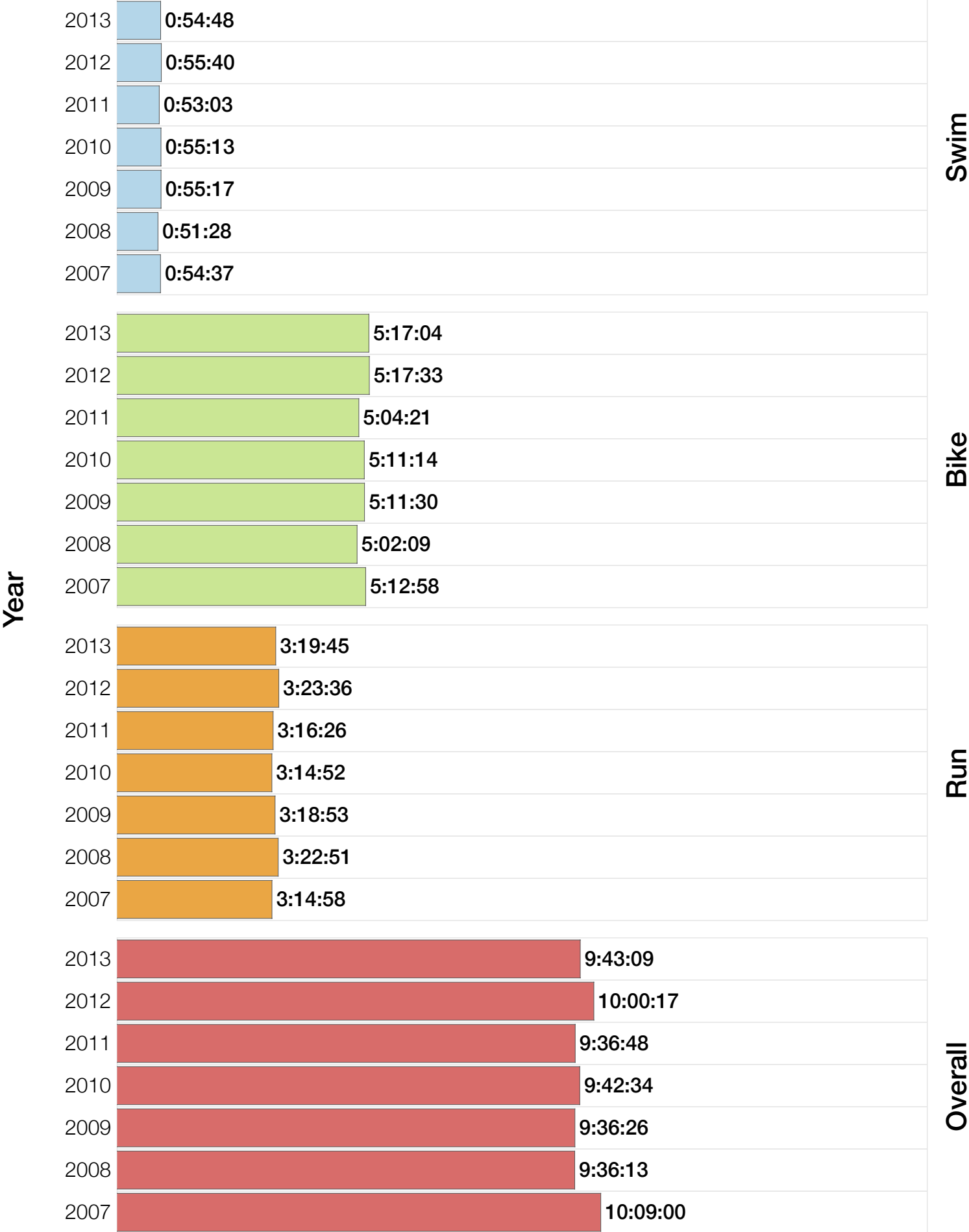
M45-49 Overall



M45-49 Overall

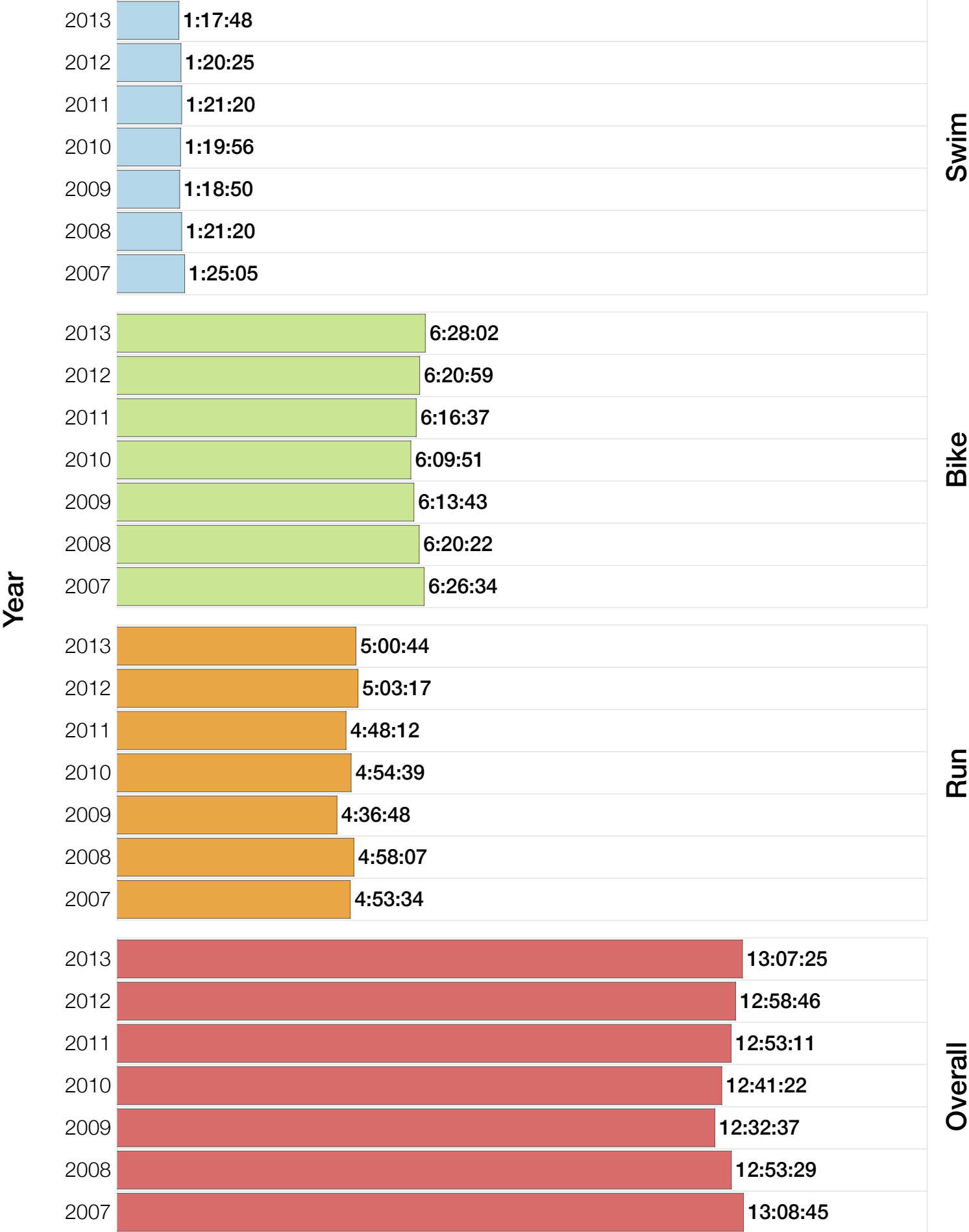


M45-49 Fastest Splits



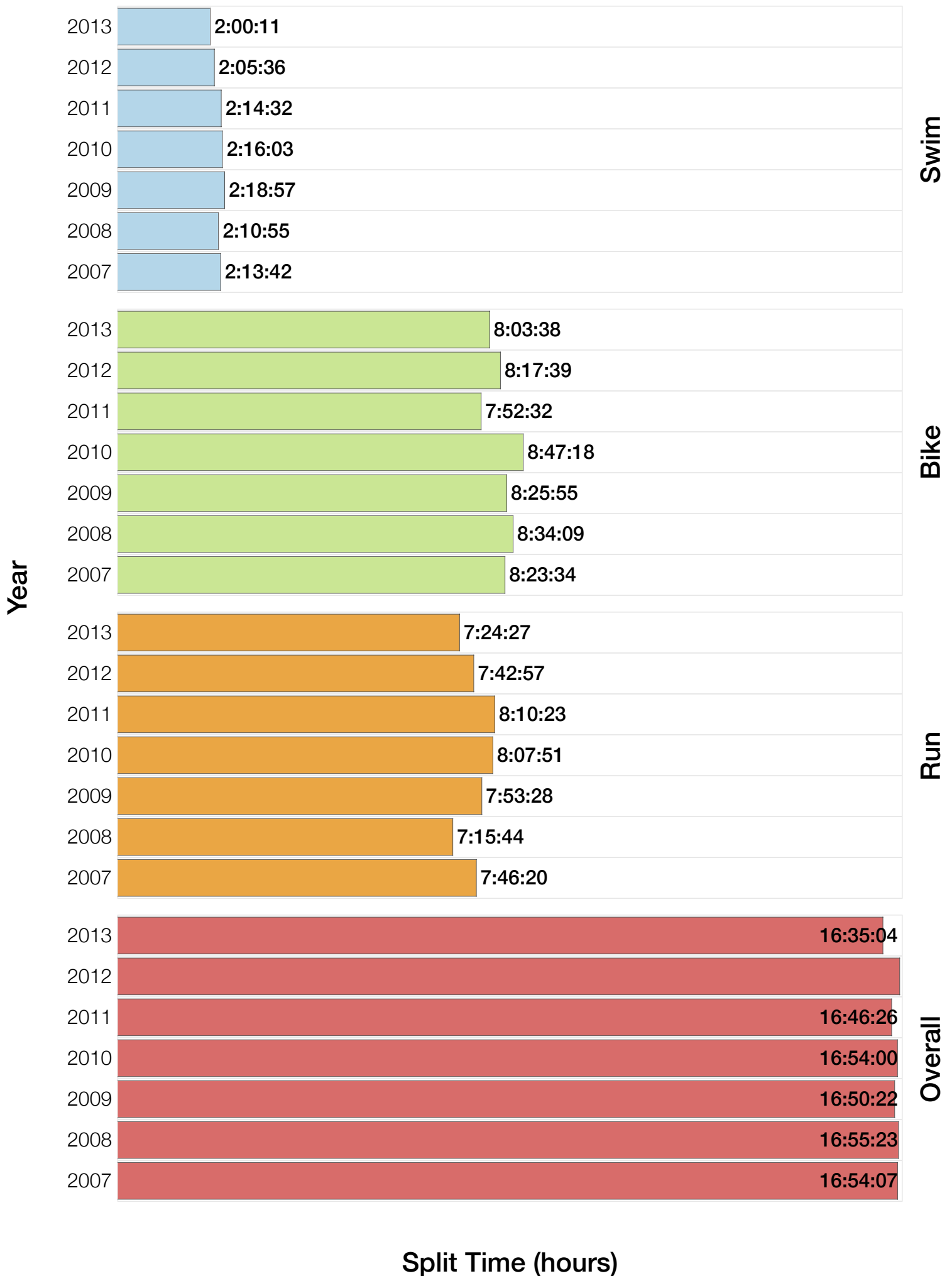
Split Time (hours)

M45-49 Median Splits



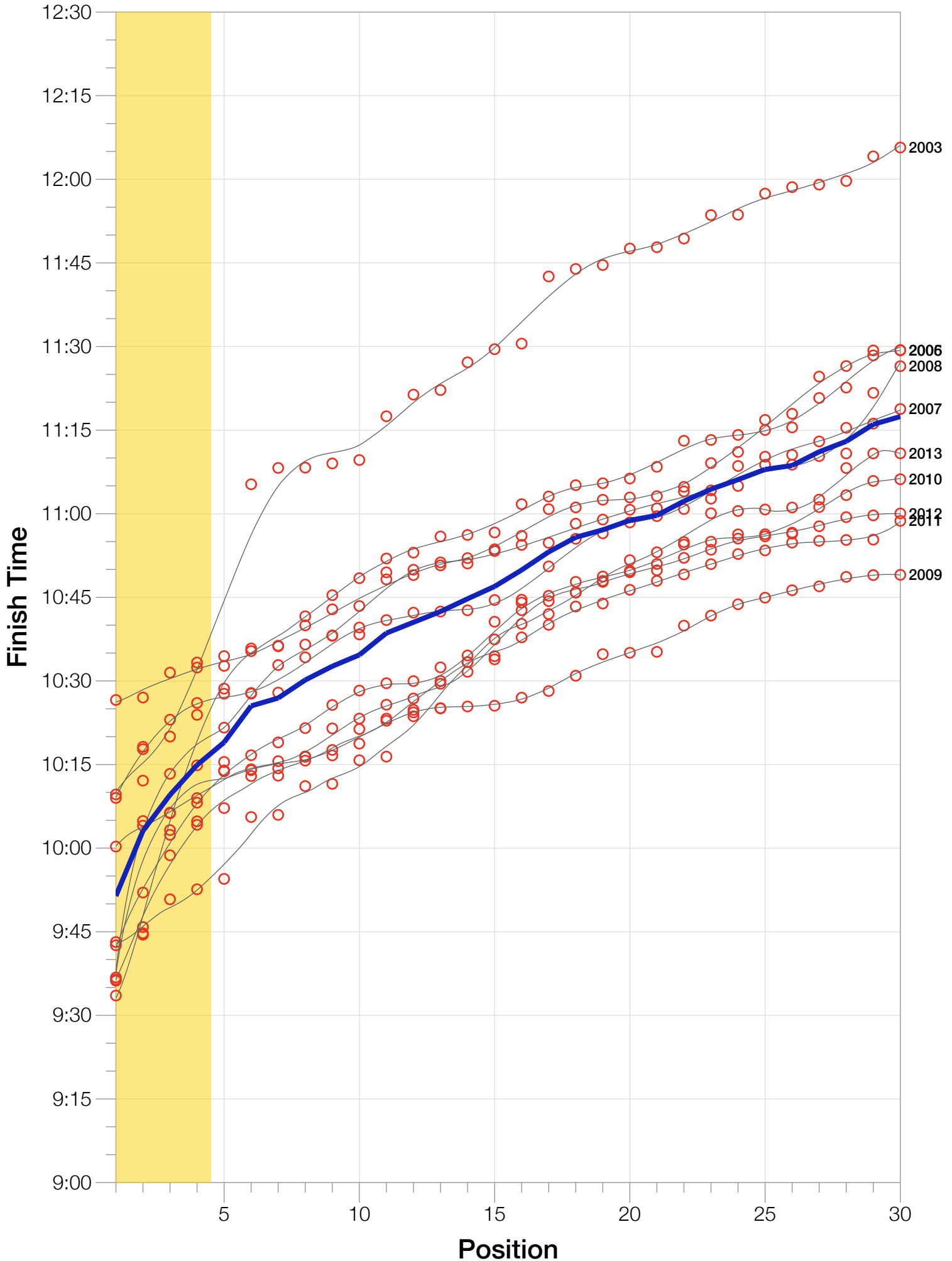
Split Time (hours)

M45-49 Slowest Splits



M45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M45-49 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	1:04:03	5:14:35	3:26:48	9:51:25
Average 2nd Age Grouper	1:01:39	5:22:58	3:31:51	10:03:06
Average 3rd Age Grouper	1:08:12	5:19:49	3:33:36	10:09:33
Average 4th Age Grouper	1:05:49	5:27:15	3:35:16	10:14:55
Average 5th Age Grouper	1:06:14	5:29:35	3:36:20	10:18:59
Average 6th Age Grouper	1:05:06	5:28:02	3:45:03	10:25:31
Average 7th Age Grouper	1:09:53	5:28:55	3:41:04	10:26:56
Average 8th Age Grouper	1:04:44	5:26:25	3:51:35	10:30:10
Average 9th Age Grouper	1:11:55	5:29:55	3:42:54	10:32:38
Average 10th Age Grouper	1:06:46	5:32:37	3:47:40	10:34:40
Kona Qualifier Average	1:04:56	5:21:09	3:31:53	10:04:45
Top 10 Age Grouper Average	1:06:26	5:26:01	3:39:13	10:18:47

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	1:01:04	5:17:04	3:19:45	9:43:09
2nd Age Grouper	0:56:48	5:20:12	3:20:02	9:44:28
3rd Age Grouper	0:54:48	5:26:18	3:21:13	9:50:49
4th Age Grouper	1:00:32	5:19:04	3:25:27	9:52:37
5th Age Grouper	1:05:49	5:19:27	3:23:41	9:54:29
6th Age Grouper	1:04:20	5:18:18	3:33:12	10:05:35
7th Age Grouper	1:03:09	5:26:08	3:29:23	10:05:58
8th Age Grouper	1:00:42	5:21:18	3:43:48	10:11:08
9th Age Grouper	1:16:48	5:18:56	3:24:23	10:11:32
10th Age Grouper	1:00:23	5:27:02	3:39:42	10:15:46
Kona Qualifier Average	0:58:18	5:20:39	3:21:36	9:47:45
Top 10 Age Grouper Average	1:02:26	5:21:22	3:28:03	9:59:33

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	1:10:31	5:19:55	3:24:15	10:00:17
2nd Age Grouper	1:06:15	5:17:33	3:32:52	10:04:52
3rd Age Grouper	1:07:29	5:28:01	3:24:16	10:06:22
4th Age Grouper	1:03:23	5:29:08	3:29:40	10:08:09
5th Age Grouper	1:10:58	5:30:16	3:25:26	10:13:47
6th Age Grouper	1:05:35	5:25:00	3:38:15	10:14:09
7th Age Grouper	1:10:16	5:26:58	3:33:03	10:15:36
8th Age Grouper	1:05:47	5:25:09	3:35:29	10:15:42
9th Age Grouper	1:02:54	5:23:30	3:49:24	10:21:29
10th Age Grouper	1:06:25	5:40:23	3:29:20	10:23:15
Kona Qualifier Average	1:06:54	5:23:39	3:27:45	10:04:55
Top 10 Age Grouper Average	1:06:57	5:26:35	3:32:12	10:12:21

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

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

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

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	1:03:10	5:02:09	3:26:07	9:36:13
2nd Age Grouper	1:04:40	5:31:40	3:28:32	10:12:07
3rd Age Grouper	1:05:22	5:28:31	3:32:02	10:13:20
4th Age Grouper	1:13:18	5:29:53	3:22:51	10:14:51
5th Age Grouper	1:09:59	5:26:14	3:37:00	10:21:37
6th Age Grouper	1:00:01	5:38:59	3:42:02	10:27:50
7th Age Grouper	1:16:39	5:34:48	3:36:15	10:32:51
8th Age Grouper	1:06:51	5:27:00	3:53:39	10:36:32
9th Age Grouper	1:33:25	5:23:40	3:31:26	10:38:10
10th Age Grouper	1:18:22	5:44:40	3:30:54	10:39:35
Kona Qualifier Average	1:06:37	5:23:03	3:27:23	10:04:07
Top 10 Age Grouper Average	1:11:10	5:28:45	3:34:04	10:21:18

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	1:11:23	5:12:58	3:34:36	10:09:00
2nd Age Grouper	1:07:23	5:32:23	3:29:39	10:17:45
3rd Age Grouper	1:19:31	5:21:44	3:31:15	10:23:03
4th Age Grouper	1:19:43	5:43:51	3:14:58	10:26:03
5th Age Grouper	1:09:53	5:48:23	3:19:58	10:27:42
6th Age Grouper	1:06:56	5:30:36	3:44:23	10:27:43
7th Age Grouper	1:08:13	5:21:30	3:50:36	10:27:54
8th Age Grouper	1:06:27	5:26:48	3:54:47	10:34:14
9th Age Grouper	1:15:11	5:47:32	3:26:37	10:38:05
10th Age Grouper	1:11:45	5:34:47	3:43:13	10:38:20
Kona Qualifier Average	1:14:30	5:27:44	3:27:37	10:18:57
Top 10 Age Grouper Average	1:11:38	5:32:03	3:35:00	10:26:58

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	0:59:33	5:33:00	3:48:36	10:26:35
2nd Age Grouper	1:11:46	5:08:59	3:59:10	10:27:01
3rd Age Grouper	1:14:54	5:12:46	3:54:09	10:31:29
4th Age Grouper	1:09:12	5:28:52	3:47:53	10:32:24
5th Age Grouper	1:03:17	5:45:01	3:35:59	10:32:42
6th Age Grouper	1:12:35	5:37:16	3:38:06	10:35:21
7th Age Grouper	1:07:52	5:36:42	3:41:51	10:36:13
8th Age Grouper	0:52:28	5:33:09	4:07:12	10:39:58
9th Age Grouper	1:08:03	5:29:46	3:58:40	10:42:51
10th Age Grouper	1:04:09	5:31:02	4:02:13	10:43:26
Kona Qualifier Average	1:08:51	5:20:54	3:52:27	10:29:22
Top 10 Age Grouper Average	1:06:22	5:29:39	3:51:22	10:34:48

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

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	0:58:21	5:18:02	3:48:15	10:09:38
2nd Age Grouper	1:08:12	5:32:13	3:31:05	10:18:11
3rd Age Grouper	1:13:33	5:09:31	3:49:53	10:20:01
4th Age Grouper	0:45:19	5:27:49	4:14:49	10:33:18
5th Age Grouper	1:08:12	5:21:38	3:59:21	10:34:27
6th Age Grouper	1:03:55	5:46:14	4:08:22	11:05:17
7th Age Grouper	1:11:14	5:31:23	4:15:18	11:08:13
8th Age Grouper	1:06:25	5:41:59	4:12:23	11:08:16
9th Age Grouper	1:16:42	5:52:50	3:51:34	11:09:01
10th Age Grouper	1:00:23	5:24:50	4:34:42	11:09:38
Kona Qualifier Average	1:01:21	5:21:53	3:51:00	10:20:17
Top 10 Age Grouper Average	1:05:13	5:30:38	4:02:34	10:45:36