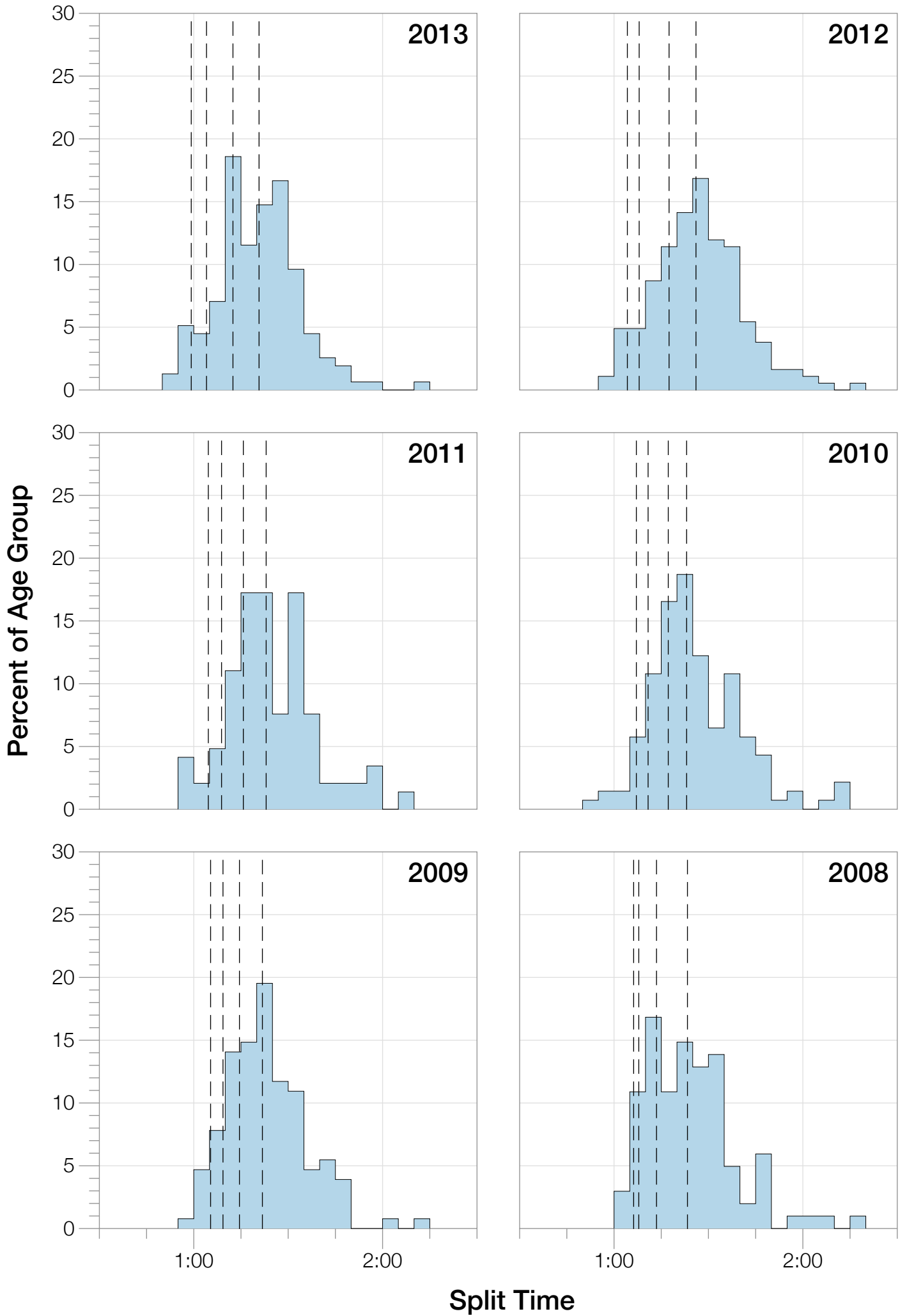


Ironman Coeur d'Alene M50-54 Stats

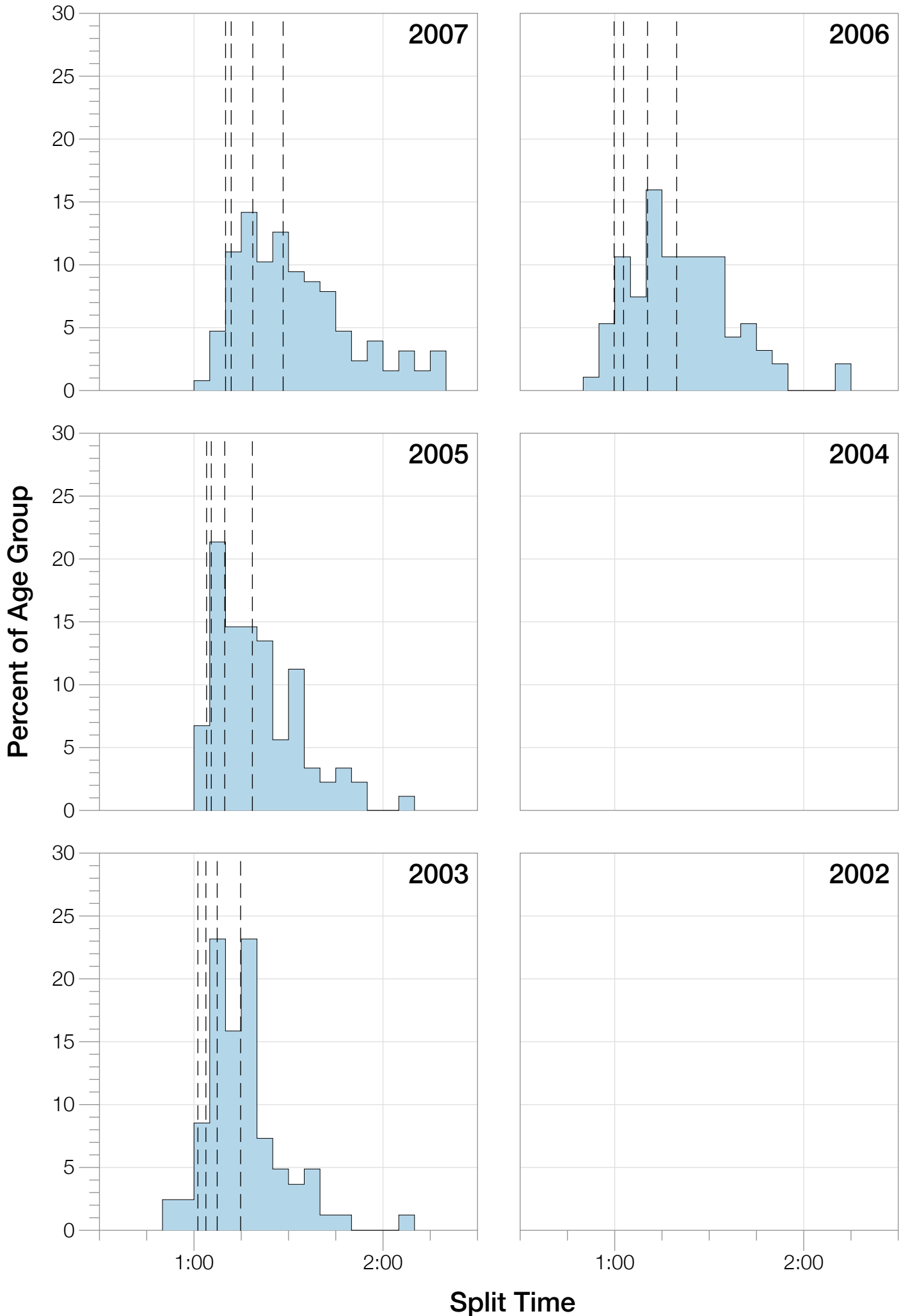
M50-54 Summary Statistics

Year	Finishers	M50-54 Finishers	Male Winner's Time	Female Winner's Time	M50-54 Winner's Time
2003	1341	82	8:40:59	9:42:08	10:54:52
2005	1654	89	8:23:29	9:59:08	10:06:12
2006	1940	94	9:07:05	9:31:07	9:55:12
2007	2085	127	8:33:32	10:27:55	10:39:33
2008	1942	101	8:34:22	9:38:58	10:29:54
2009	2031	128	8:32:12	9:23:21	9:56:52
2010	2096	139	8:24:40	9:17:54	10:15:38
2011	2185	146	8:19:48	9:16:40	10:12:25
2012	2145	184	8:32:29	9:21:44	10:20:35
2013	2121	156	8:17:31	9:16:02	9:38:09
Average	1954	125	8:32:36	9:35:29	9:19:02

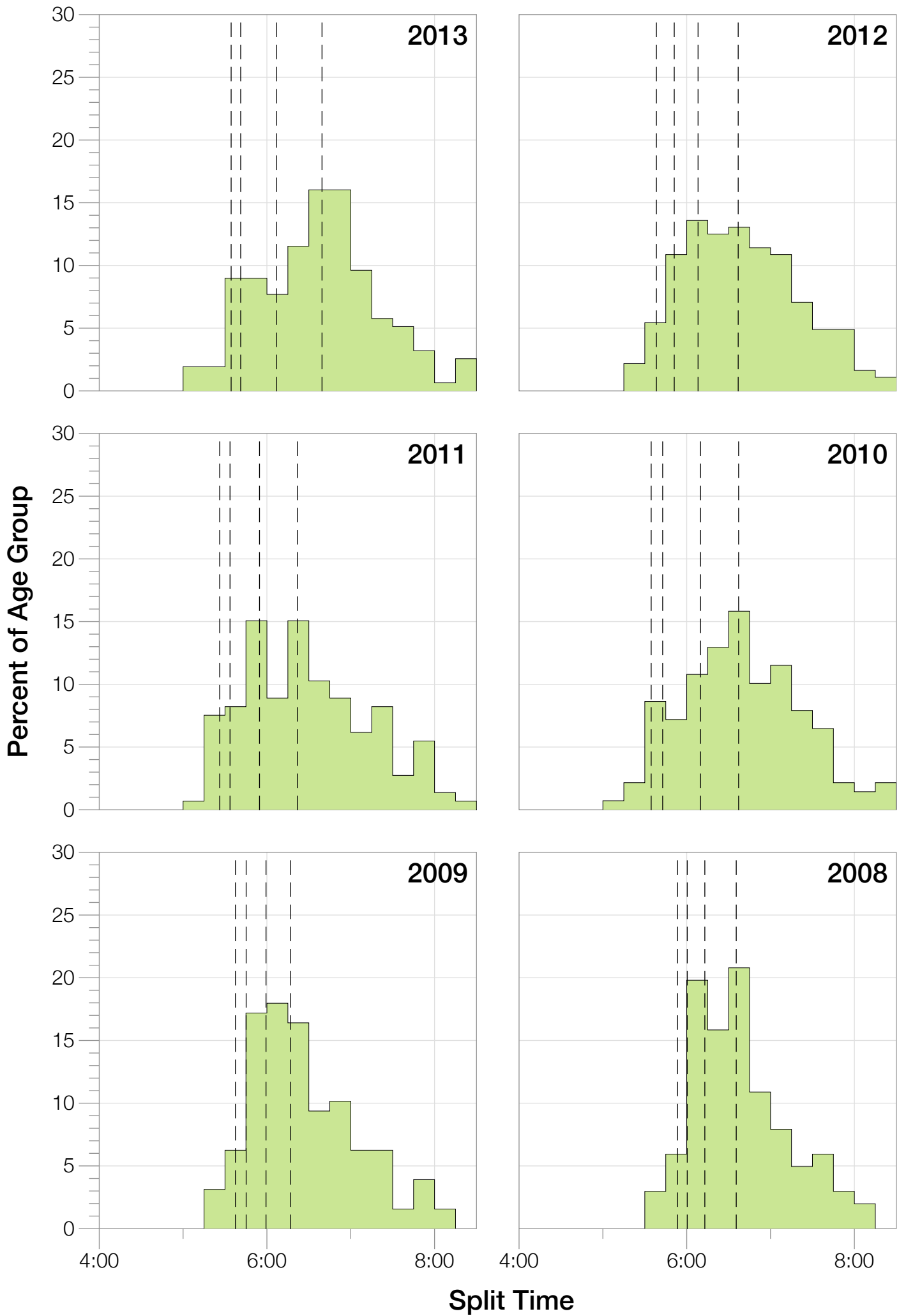
M50-54 Swim



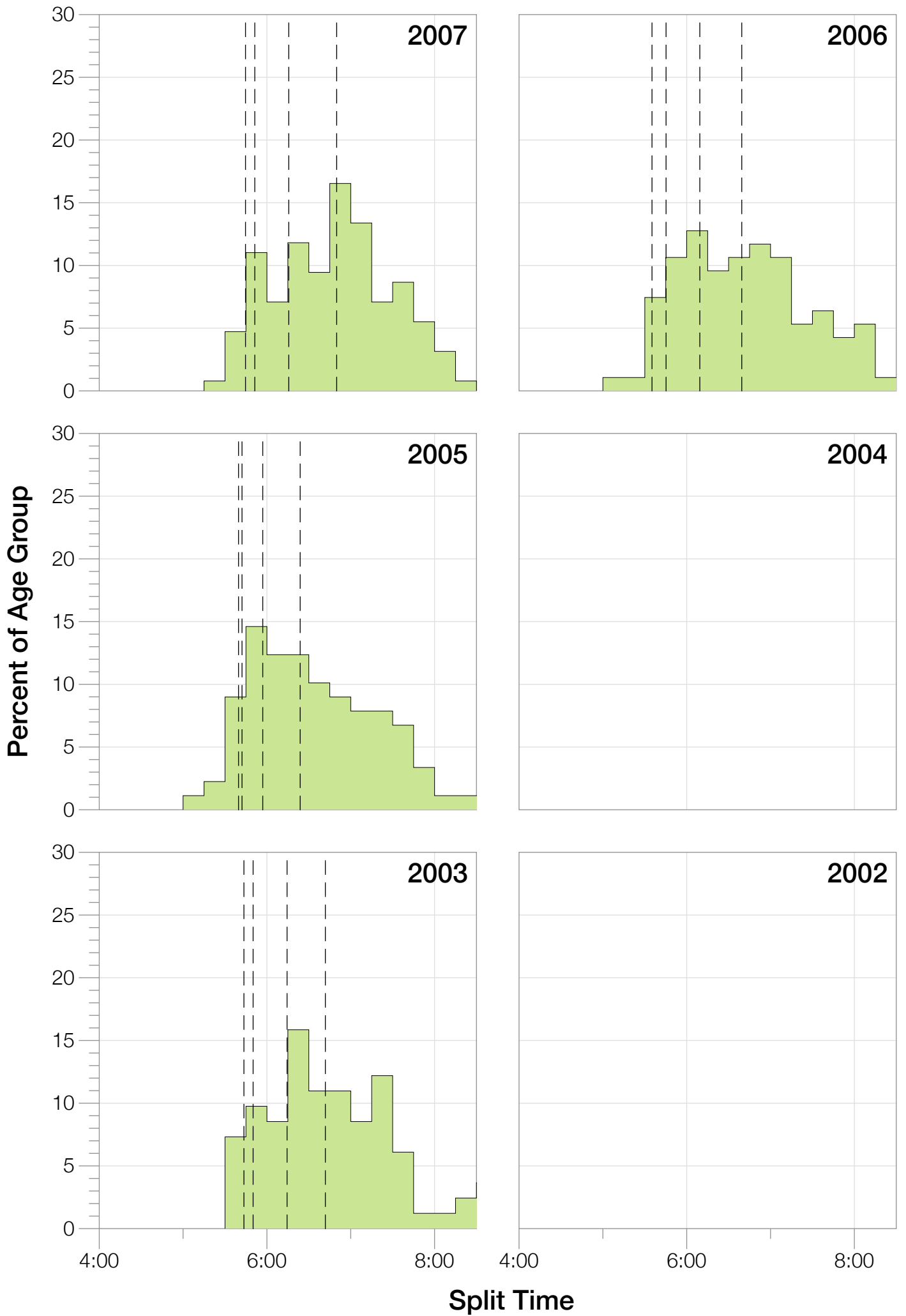
M50-54 Swim



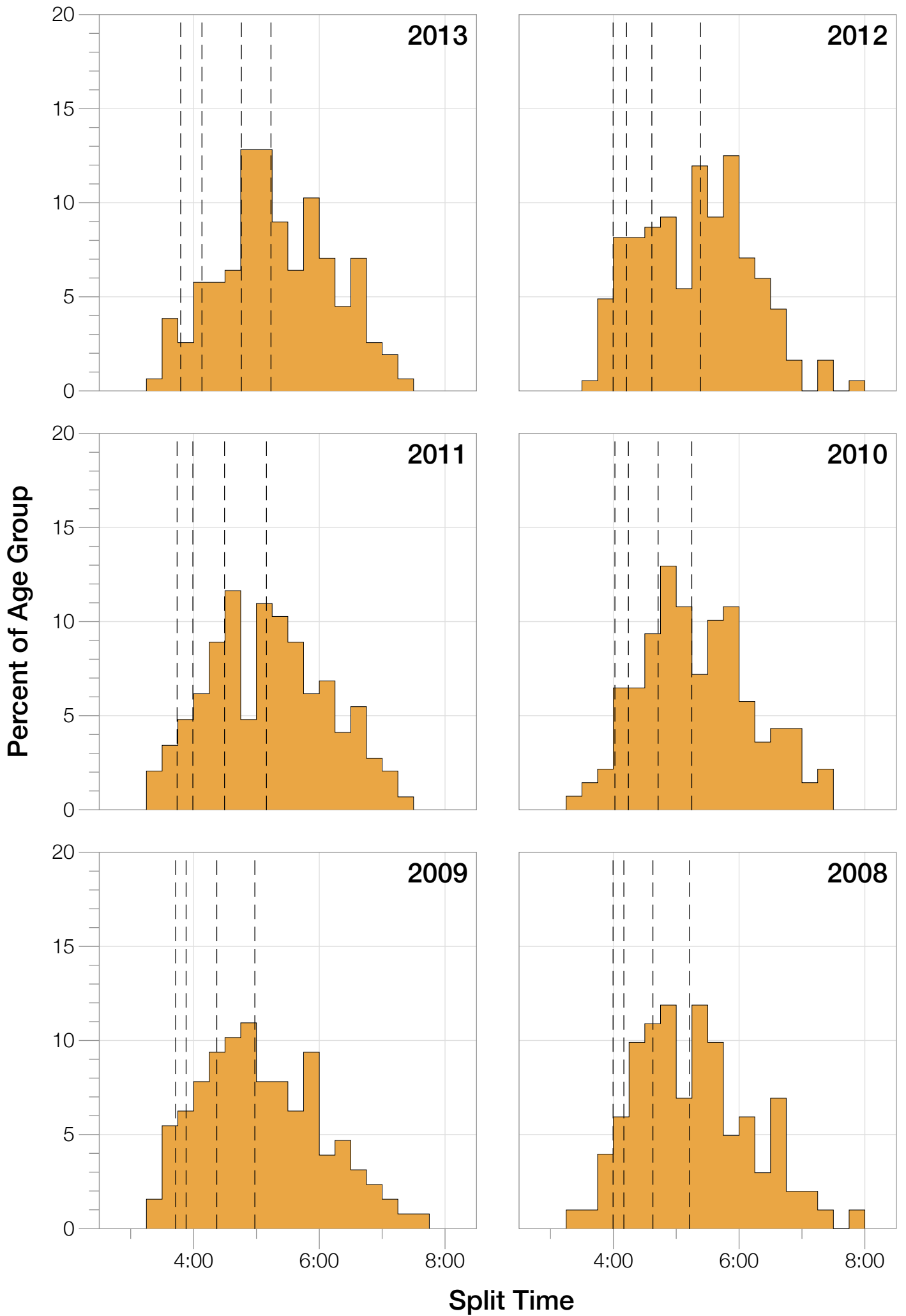
M50-54 Bike



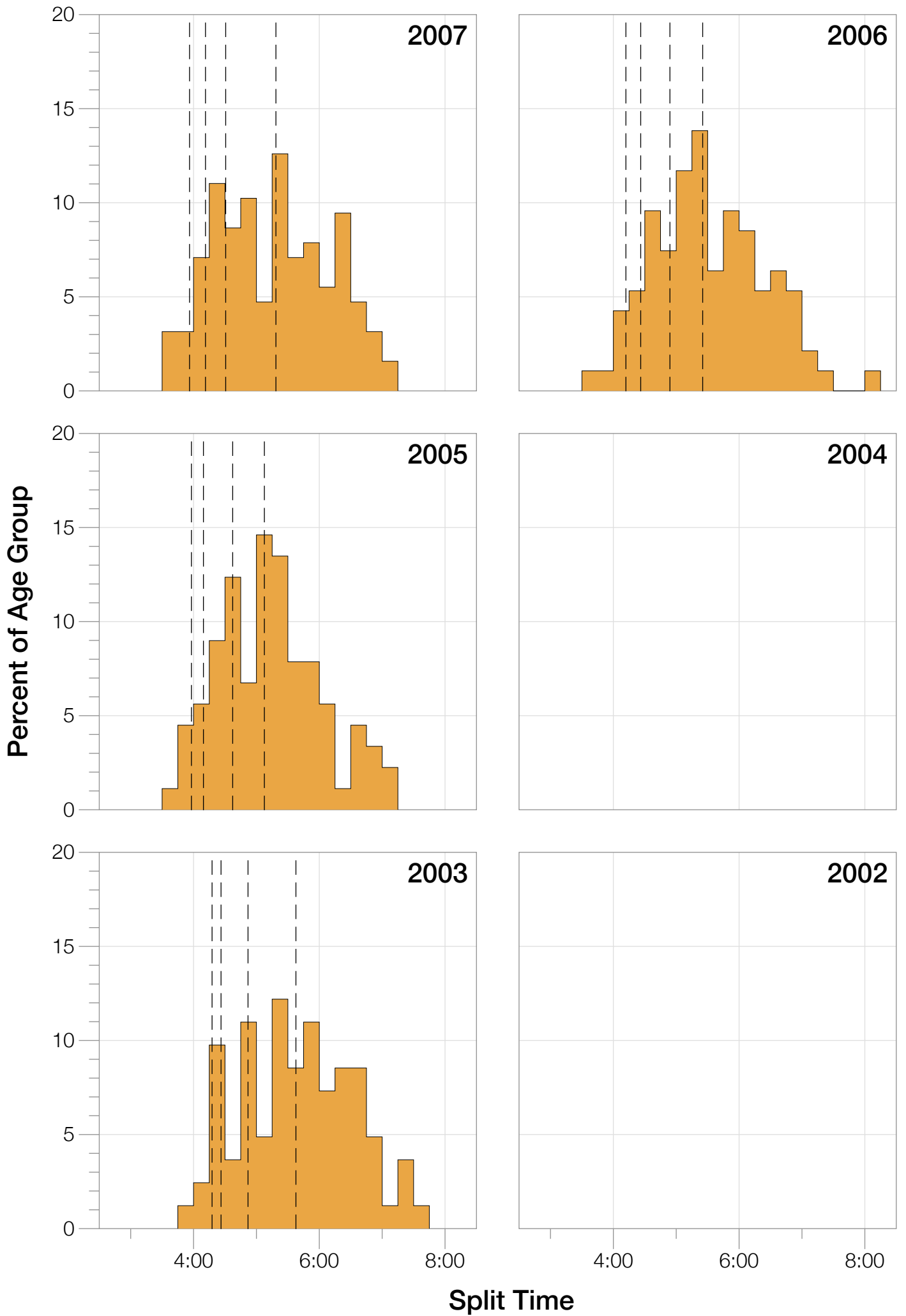
M50-54 Bike



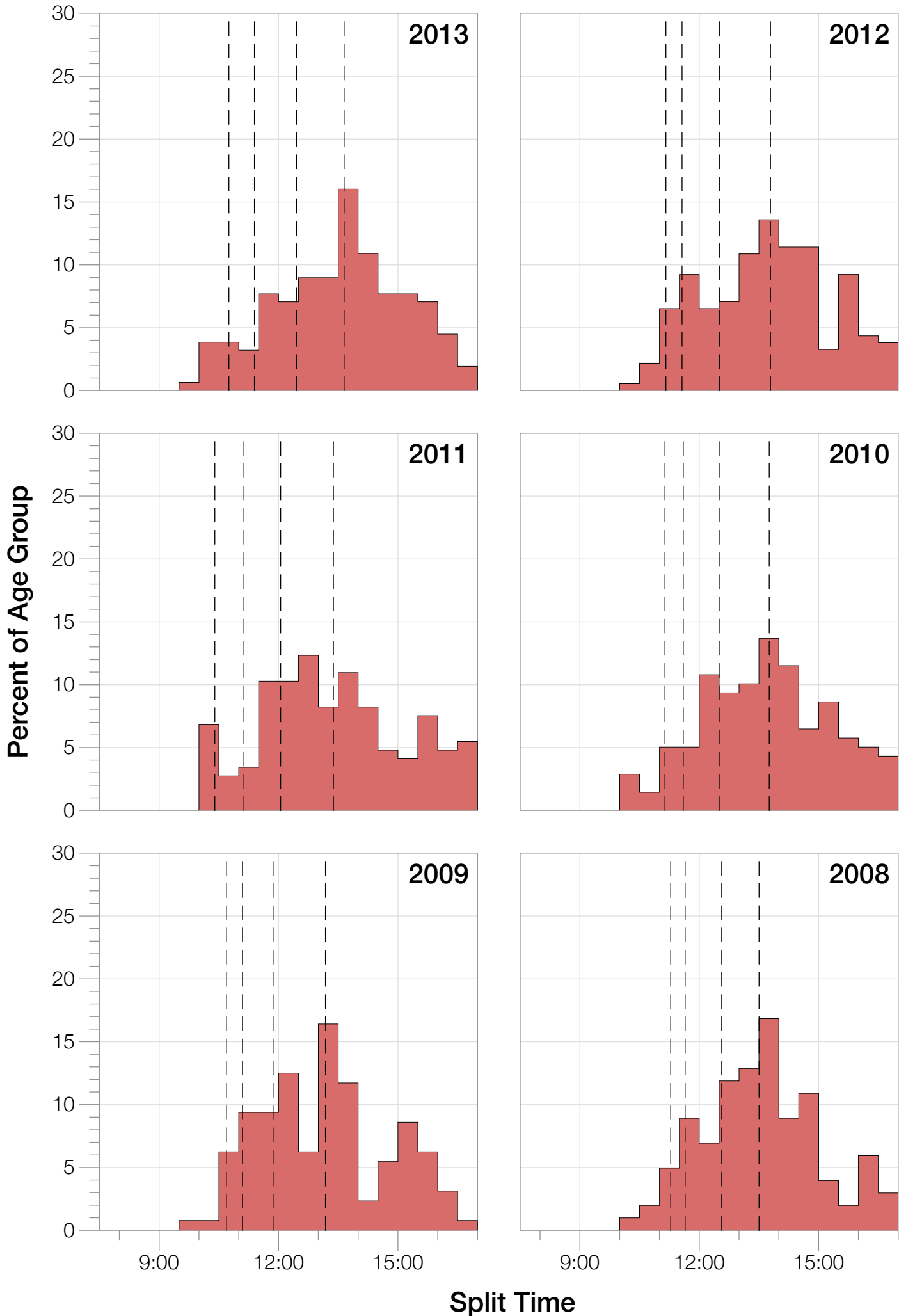
M50-54 Run



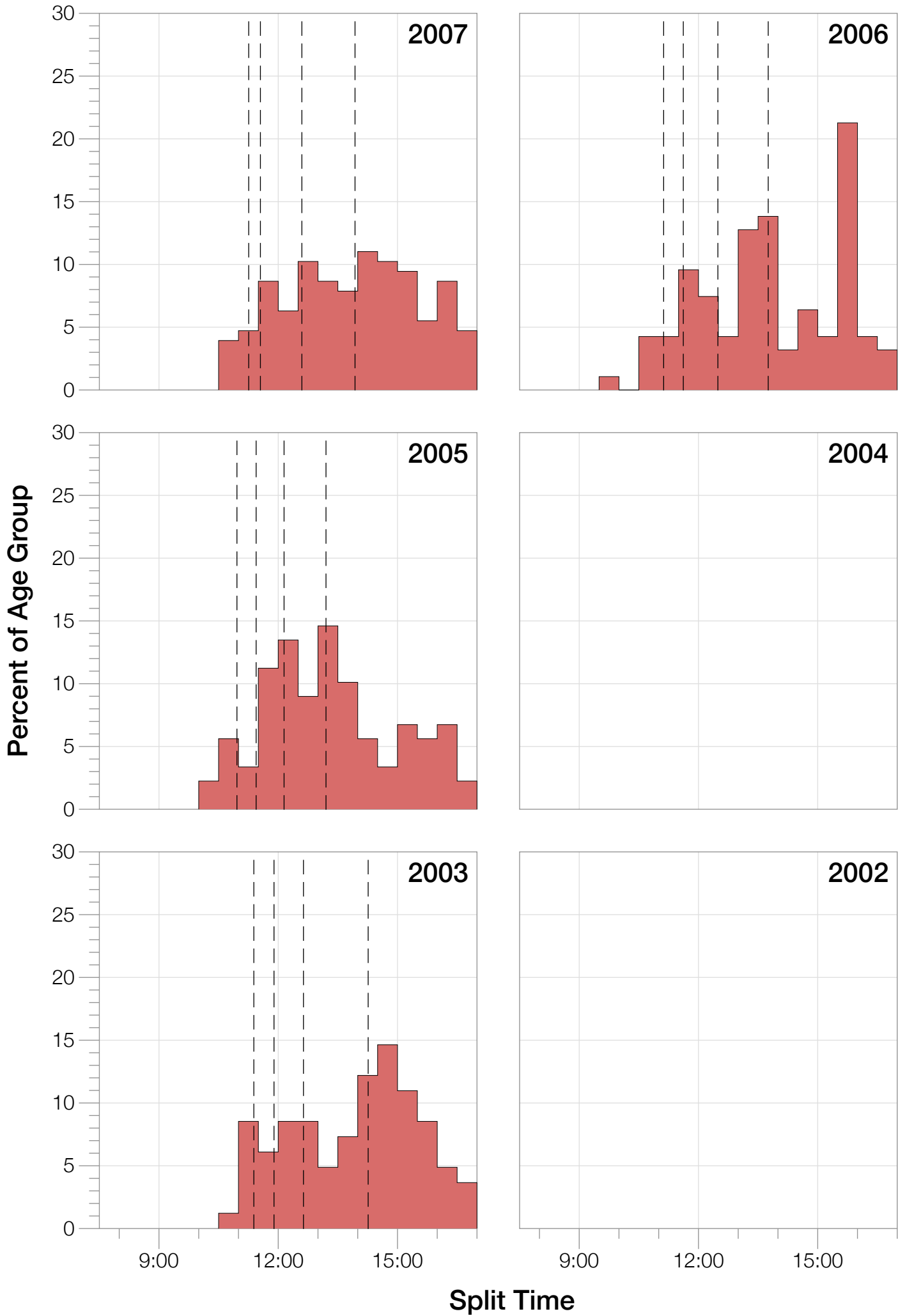
M50-54 Run



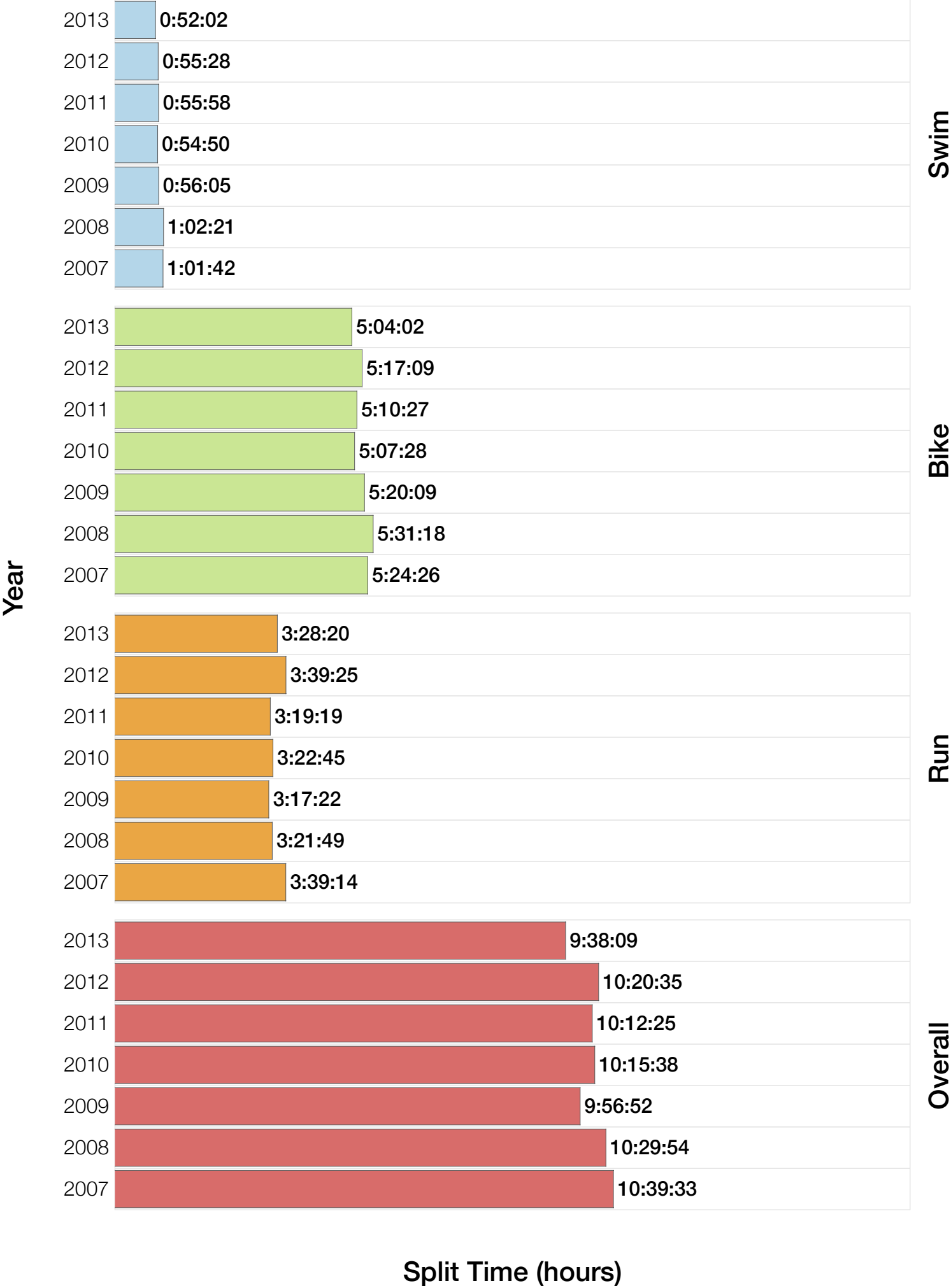
M50-54 Overall



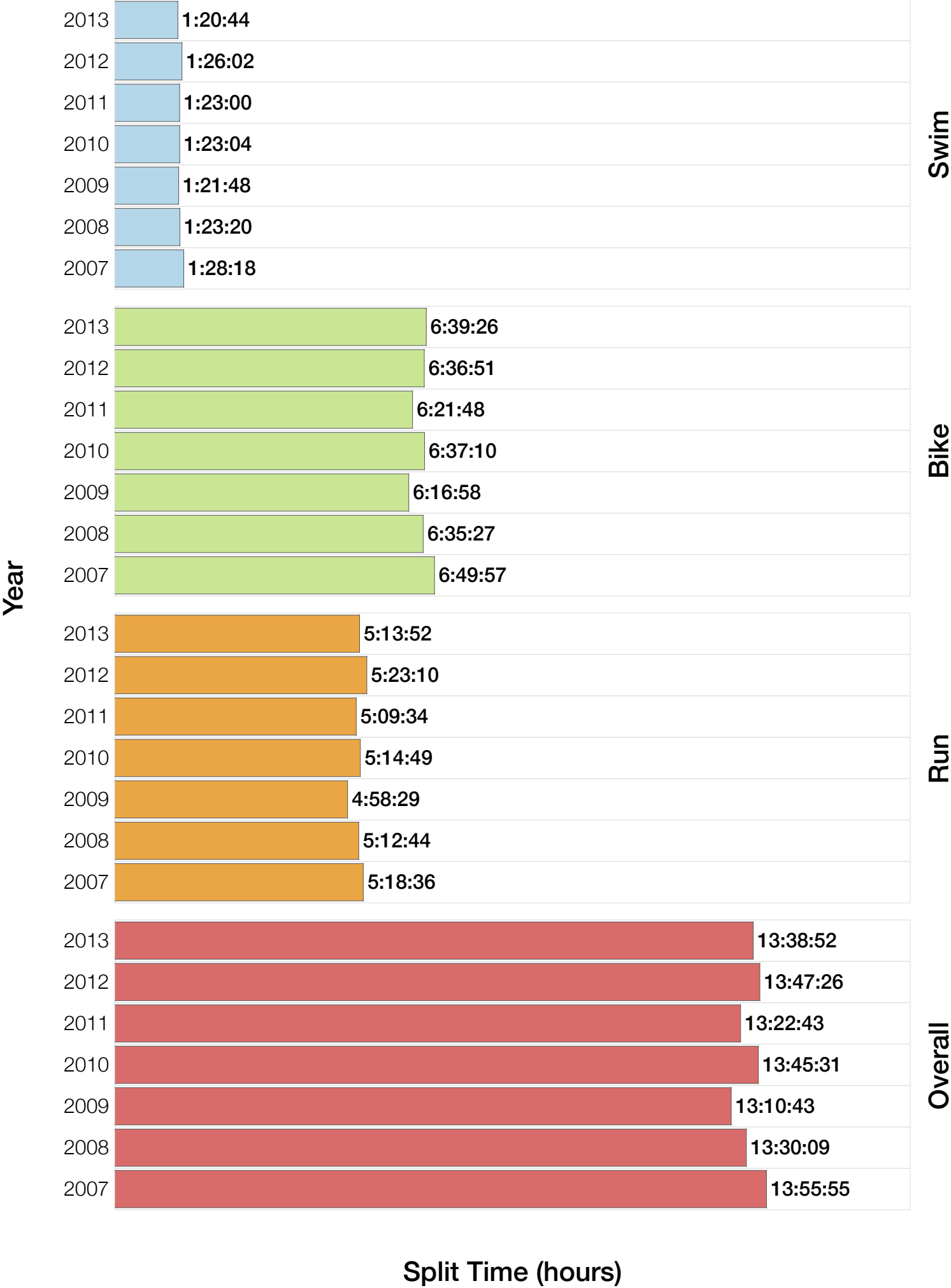
M50-54 Overall



M50-54 Fastest Splits

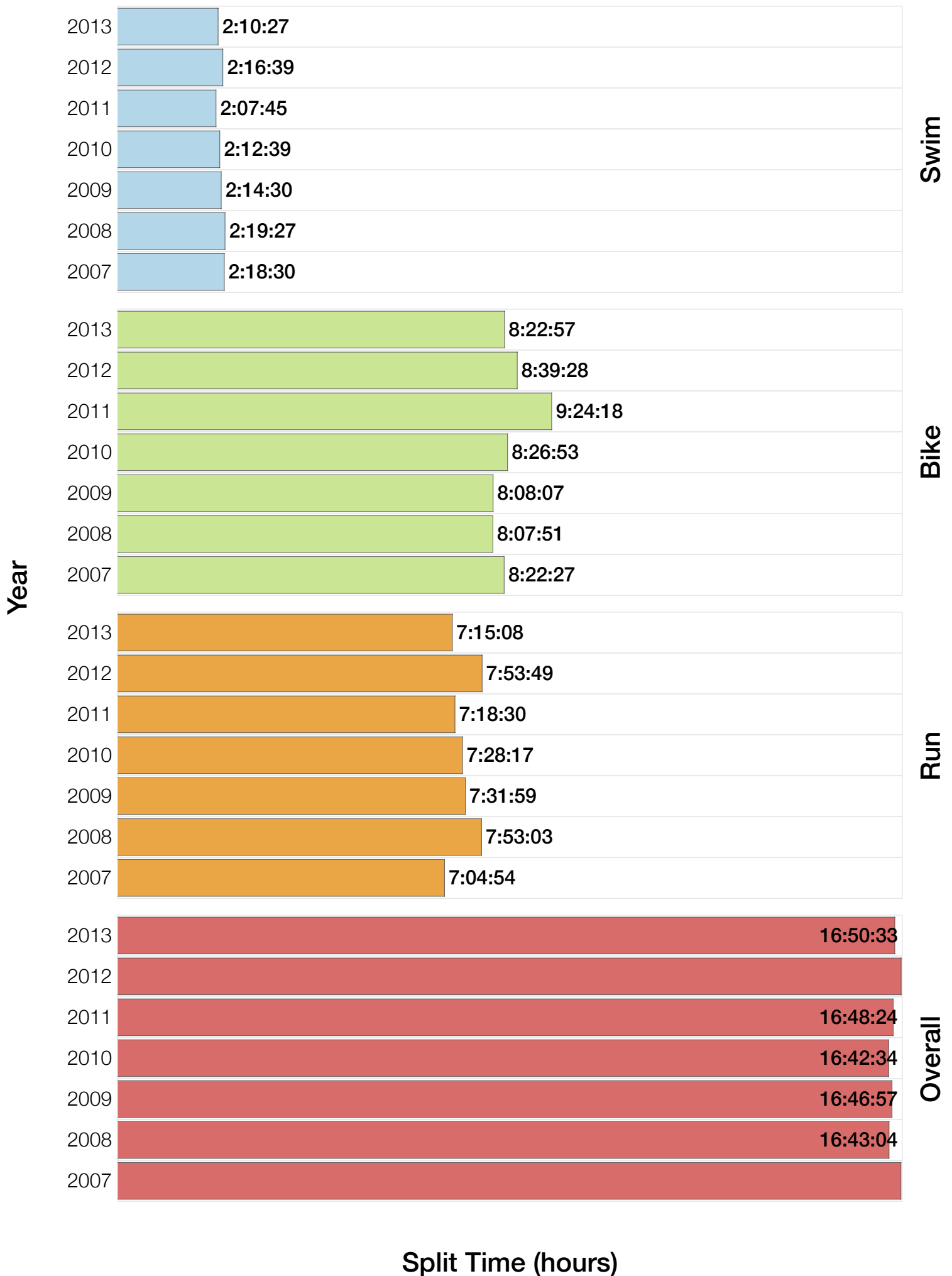


M50-54 Median Splits



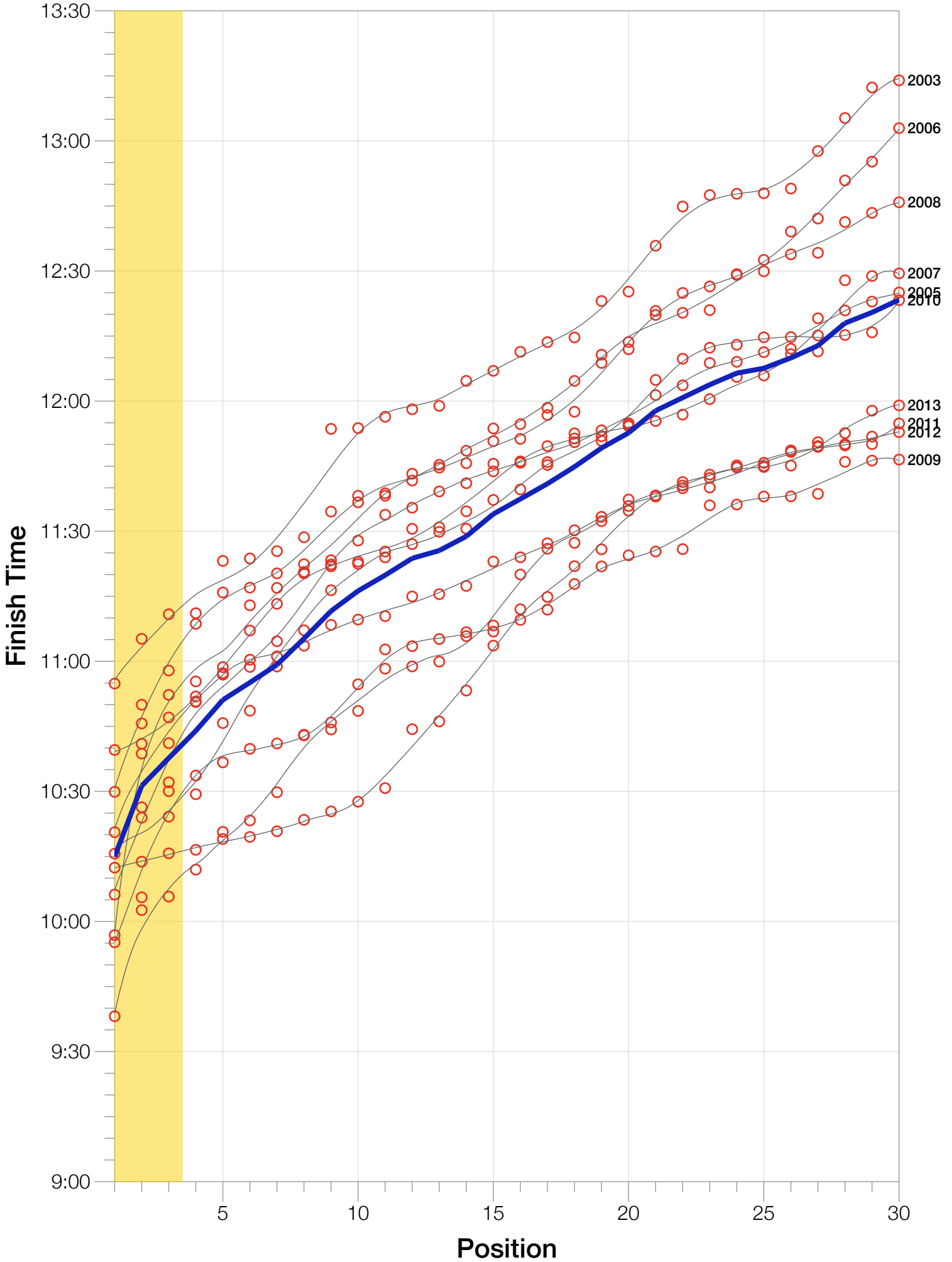
Split Time (hours)

M50-54 Slowest Splits



M50-54 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M50-54 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	1:08:16	5:22:31	3:37:06	10:14:56
Average 2nd Age Grouper	1:06:05	5:29:22	3:48:43	10:31:16
Average 3rd Age Grouper	1:06:58	5:35:07	3:46:44	10:37:41
Average 4th Age Grouper	1:07:22	5:37:02	3:52:33	10:43:58
Average 5th Age Grouper	1:04:26	5:40:41	3:57:50	10:51:06
Average 6th Age Grouper	1:06:12	5:38:14	4:02:50	10:55:06
Average 7th Age Grouper	1:09:51	5:42:34	3:58:57	10:59:12
Average 8th Age Grouper	1:10:14	5:41:34	4:05:09	11:05:15
Average 9th Age Grouper	1:14:47	5:43:59	4:03:35	11:11:35
Average 10th Age Grouper	1:10:48	5:47:53	4:09:13	11:16:14
Kona Qualifier Average	1:07:06	5:29:00	3:44:11	10:27:58
Top 10 Age Grouper Average	1:08:30	5:37:54	3:56:16	10:50:38

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	0:55:40	5:07:23	3:28:20	9:38:09
2nd Age Grouper	0:56:31	5:24:52	3:35:23	10:02:37
3rd Age Grouper	1:07:36	5:04:02	3:42:27	10:05:44
4th Age Grouper	0:54:45	5:20:56	3:48:32	10:11:57
5th Age Grouper	0:52:02	5:14:40	4:07:35	10:20:40
6th Age Grouper	0:57:50	5:40:16	3:35:19	10:23:18
7th Age Grouper	1:14:15	5:36:46	3:31:29	10:29:48
8th Age Grouper	1:05:12	5:50:56	3:39:55	10:42:54
9th Age Grouper	1:12:28	5:40:46	3:44:02	10:45:53
10th Age Grouper	1:12:09	5:42:33	3:45:22	10:48:33
Kona Qualifier Average	0:59:55	5:12:05	3:35:23	9:55:30
Top 10 Age Grouper Average	1:02:50	5:28:19	3:41:50	10:20:57

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	1:04:10	5:29:57	3:39:25	10:20:35
2nd Age Grouper	1:03:16	5:37:41	3:50:06	10:38:43
3rd Age Grouper	1:01:31	5:33:23	4:00:00	10:41:07
4th Age Grouper	1:14:01	5:36:14	3:52:45	10:50:36
5th Age Grouper	1:07:42	5:28:17	4:12:14	10:58:39
6th Age Grouper	1:05:13	5:35:13	4:13:53	11:00:22
7th Age Grouper	1:08:40	5:50:01	3:53:01	11:01:08
8th Age Grouper	1:05:26	5:42:31	4:08:08	11:03:36
9th Age Grouper	1:28:53	5:17:09	4:13:17	11:08:24
10th Age Grouper	1:06:02	5:52:22	4:03:55	11:09:37
Kona Qualifier Average	1:02:59	5:33:40	3:49:50	10:33:28
Top 10 Age Grouper Average	1:08:29	5:36:16	4:00:40	10:53:16

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	1:11:06	5:24:30	3:26:25	10:12:25
2nd Age Grouper	1:11:24	5:10:27	3:43:25	10:13:48
3rd Age Grouper	0:59:57	5:27:31	3:38:30	10:15:43
4th Age Grouper	0:59:47	5:23:39	3:47:30	10:16:31
5th Age Grouper	1:17:33	5:22:47	3:29:14	10:19:01
6th Age Grouper	1:12:16	5:27:13	3:32:03	10:19:30
7th Age Grouper	1:06:13	5:30:21	3:37:51	10:20:48
8th Age Grouper	1:10:10	5:31:46	3:32:05	10:23:27
9th Age Grouper	1:18:27	5:39:58	3:19:19	10:25:23
10th Age Grouper	1:04:35	5:26:07	3:48:25	10:27:37
Kona Qualifier Average	1:07:29	5:20:49	3:36:06	10:13:58
Top 10 Age Grouper Average	1:09:08	5:26:25	3:35:28	10:19:25

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	1:10:52	5:07:28	3:51:31	10:15:38
2nd Age Grouper	1:03:22	5:29:42	3:42:44	10:23:56
3rd Age Grouper	1:07:03	5:39:54	3:22:45	10:24:10
4th Age Grouper	1:11:06	5:30:11	3:43:12	10:29:21
5th Age Grouper	0:56:26	5:41:30	3:57:34	10:45:45
6th Age Grouper	1:09:50	5:17:33	4:13:36	10:48:36
7th Age Grouper	1:12:30	5:39:56	4:04:07	11:04:37
8th Age Grouper	1:20:53	5:27:04	4:10:39	11:07:09
9th Age Grouper	1:23:02	5:41:48	4:03:56	11:16:23
10th Age Grouper	1:17:22	5:42:57	4:13:57	11:22:27
Kona Qualifier Average	1:07:05	5:25:41	3:39:00	10:21:14
Top 10 Age Grouper Average	1:11:14	5:31:48	3:56:24	10:47:48

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

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	1:20:51	5:41:30	3:21:49	10:29:54
2nd Age Grouper	1:06:55	5:45:54	3:50:08	10:49:59
3rd Age Grouper	1:13:26	5:31:18	4:03:44	10:57:52
4th Age Grouper	1:14:29	6:05:01	3:43:15	11:08:38
5th Age Grouper	1:06:16	6:10:22	3:52:27	11:15:52
6th Age Grouper	1:05:22	5:40:42	4:26:03	11:16:59
7th Age Grouper	1:13:35	6:05:50	3:53:19	11:20:17
8th Age Grouper	1:11:12	5:56:48	4:06:54	11:22:23
9th Age Grouper	1:26:30	5:53:27	3:59:44	11:34:31
10th Age Grouper	1:17:56	6:02:54	4:05:15	11:38:10
Kona Qualifier Average	1:13:44	5:39:34	3:45:13	10:45:55
Top 10 Age Grouper Average	1:13:39	5:53:22	3:56:15	11:11:27

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

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	1:03:31	5:14:04	3:31:01	9:55:12
2nd Age Grouper	1:00:50	5:18:25	4:20:44	10:45:40
3rd Age Grouper	0:55:55	5:51:34	3:58:04	10:52:15
4th Age Grouper	1:04:02	5:37:12	4:03:40	10:55:21
5th Age Grouper	1:07:44	5:30:58	4:12:13	10:57:16
6th Age Grouper	0:59:26	5:45:14	4:16:10	11:12:55
7th Age Grouper	1:14:11	5:44:32	4:05:16	11:16:56
8th Age Grouper	1:06:11	5:30:25	4:36:06	11:20:33
9th Age Grouper	1:02:54	5:45:13	4:24:28	11:23:19
10th Age Grouper	1:02:46	5:33:09	4:54:57	11:36:40
Kona Qualifier Average	1:00:05	5:28:01	3:56:36	10:31:02
Top 10 Age Grouper Average	1:03:45	5:35:04	4:14:15	11:01:36

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	1:05:31	5:13:18	3:41:32	10:06:12
2nd Age Grouper	1:02:13	5:26:16	3:52:18	10:26:20
3rd Age Grouper	1:01:47	5:31:50	3:51:31	10:32:05
4th Age Grouper	1:07:39	5:39:58	3:55:12	10:50:45
5th Age Grouper	1:08:15	5:45:55	3:54:51	10:57:00
6th Age Grouper	1:07:11	5:41:06	4:02:06	10:58:42
7th Age Grouper	1:05:19	5:39:31	4:08:33	10:58:48
8th Age Grouper	1:07:26	5:41:07	4:23:54	11:20:17
9th Age Grouper	1:06:22	5:43:04	4:22:35	11:21:54
10th Age Grouper	1:15:25	6:00:46	4:04:38	11:27:50
Kona Qualifier Average	1:03:10	5:23:48	3:48:27	10:21:32
Top 10 Age Grouper Average	1:06:42	5:38:17	4:01:43	10:53:59

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	1:06:02	5:35:03	4:07:34	10:54:52
2nd Age Grouper	1:04:20	5:36:52	4:13:27	11:05:11
3rd Age Grouper	1:19:06	5:48:56	3:56:46	11:10:51
4th Age Grouper	1:03:47	5:43:30	4:17:33	11:11:05
5th Age Grouper	0:54:30	6:02:28	4:19:46	11:23:09
6th Age Grouper	1:09:46	5:44:24	4:21:21	11:23:43
7th Age Grouper	0:56:46	5:36:56	4:45:54	11:25:24
8th Age Grouper	1:09:21	5:45:13	4:25:55	11:28:36
9th Age Grouper	1:01:09	6:26:23	4:16:06	11:53:36
10th Age Grouper	1:03:15	5:55:08	4:47:37	11:53:46
Kona Qualifier Average	1:09:49	5:40:17	4:05:55	11:03:38
Top 10 Age Grouper Average	1:04:48	5:49:29	4:21:11	11:23:01