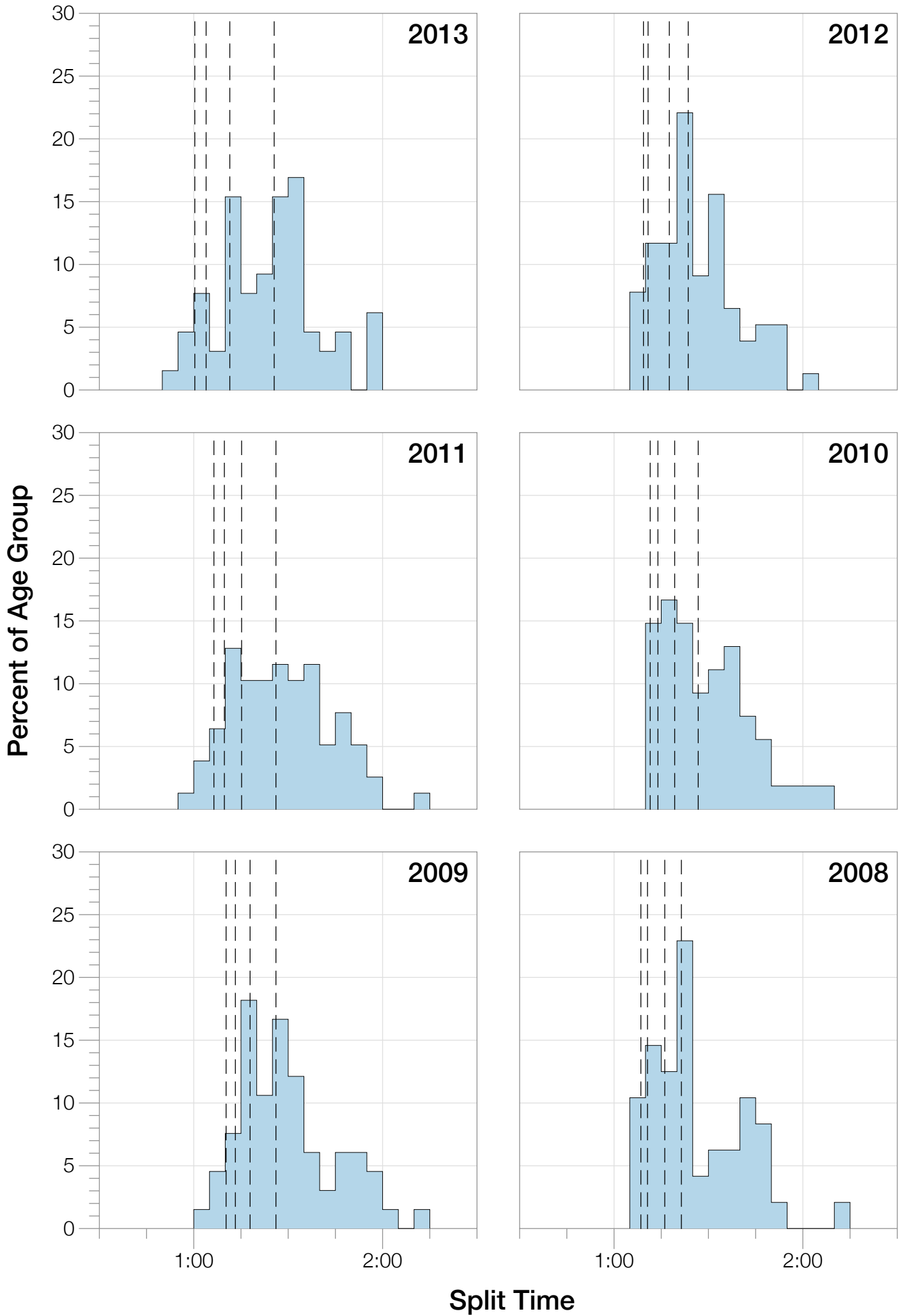


# Ironman Coeur d'Alene M55-59 Stats

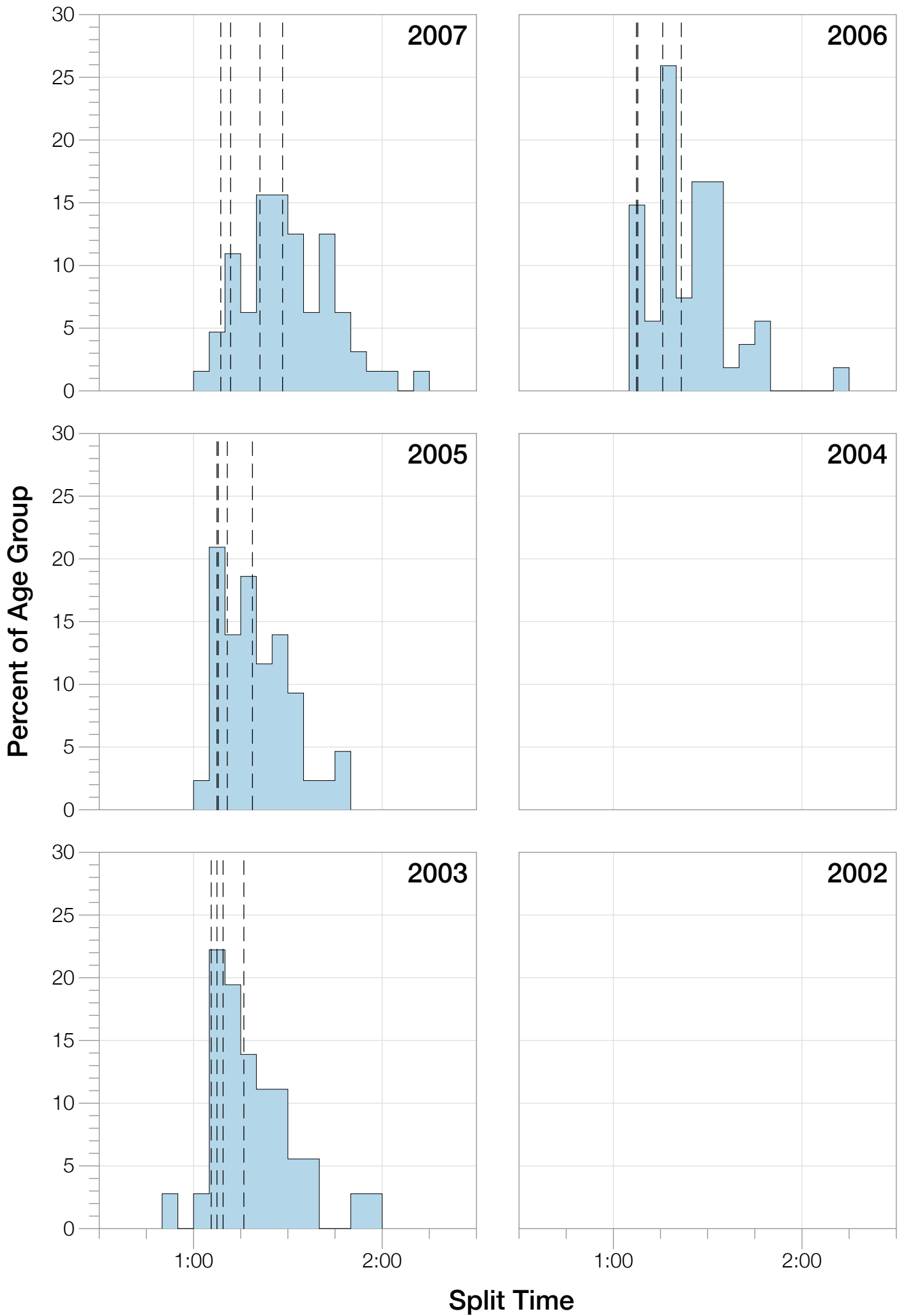
## M55-59 Summary Statistics

| <b>Year</b>    | <b>Finishers</b> | <b>M55-59 Finishers</b> | <b>Male Winner's Time</b> | <b>Female Winner's Time</b> | <b>M55-59 Winner's Time</b> |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2003           | 1341             | 36                      | 8:40:59                   | 9:42:08                     | 11:10:04                    |
| 2005           | 1654             | 43                      | 8:23:29                   | 9:59:08                     | 10:35:53                    |
| 2006           | 1940             | 54                      | 9:07:05                   | 9:31:07                     | 11:56:02                    |
| 2007           | 2085             | 65                      | 8:33:32                   | 10:27:55                    | 11:06:01                    |
| 2008           | 1942             | 48                      | 8:34:22                   | 9:38:58                     | 10:51:00                    |
| 2009           | 2031             | 66                      | 8:32:12                   | 9:23:21                     | 10:22:40                    |
| 2010           | 2096             | 55                      | 8:24:40                   | 9:17:54                     | 11:12:31                    |
| 2011           | 2185             | 78                      | 8:19:48                   | 9:16:40                     | 10:57:12                    |
| 2012           | 2145             | 77                      | 8:32:29                   | 9:21:44                     | 10:46:23                    |
| 2013           | 2121             | 66                      | 8:17:31                   | 9:16:02                     | 10:42:37                    |
| <b>Average</b> | <b>1954</b>      | <b>59</b>               | <b>8:32:36</b>            | <b>9:35:29</b>              | <b>9:58:13</b>              |

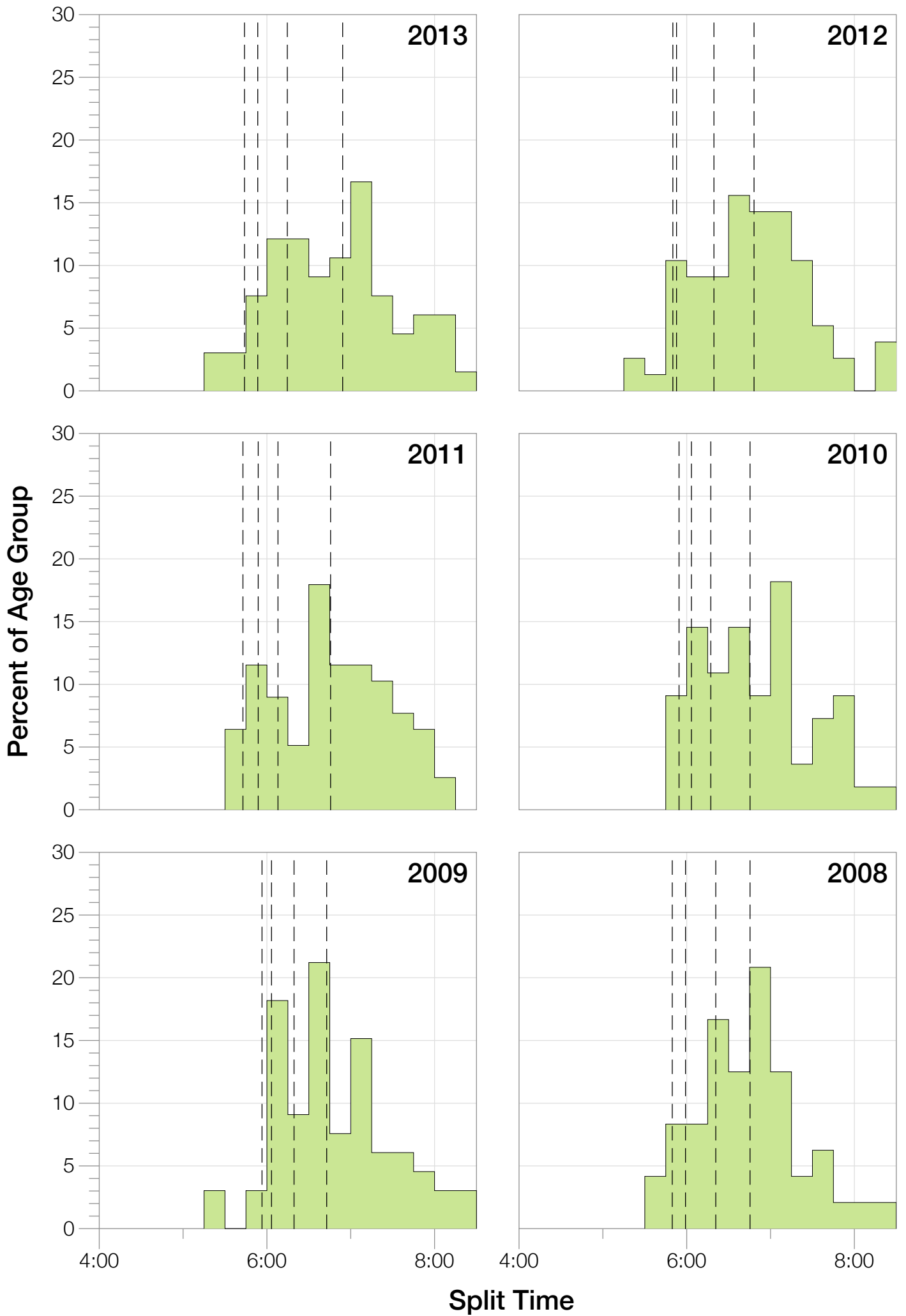
# M55-59 Swim



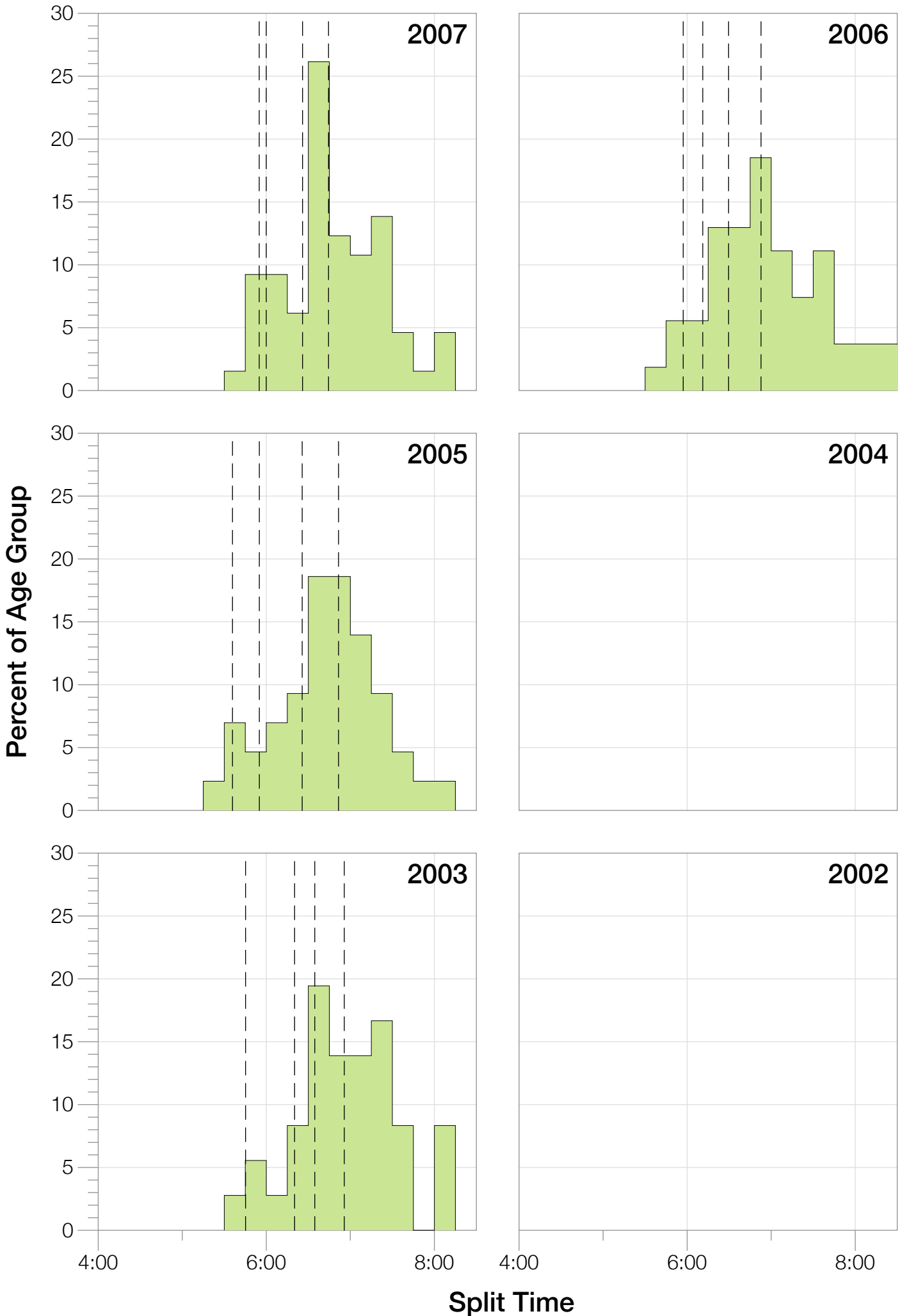
# M55-59 Swim



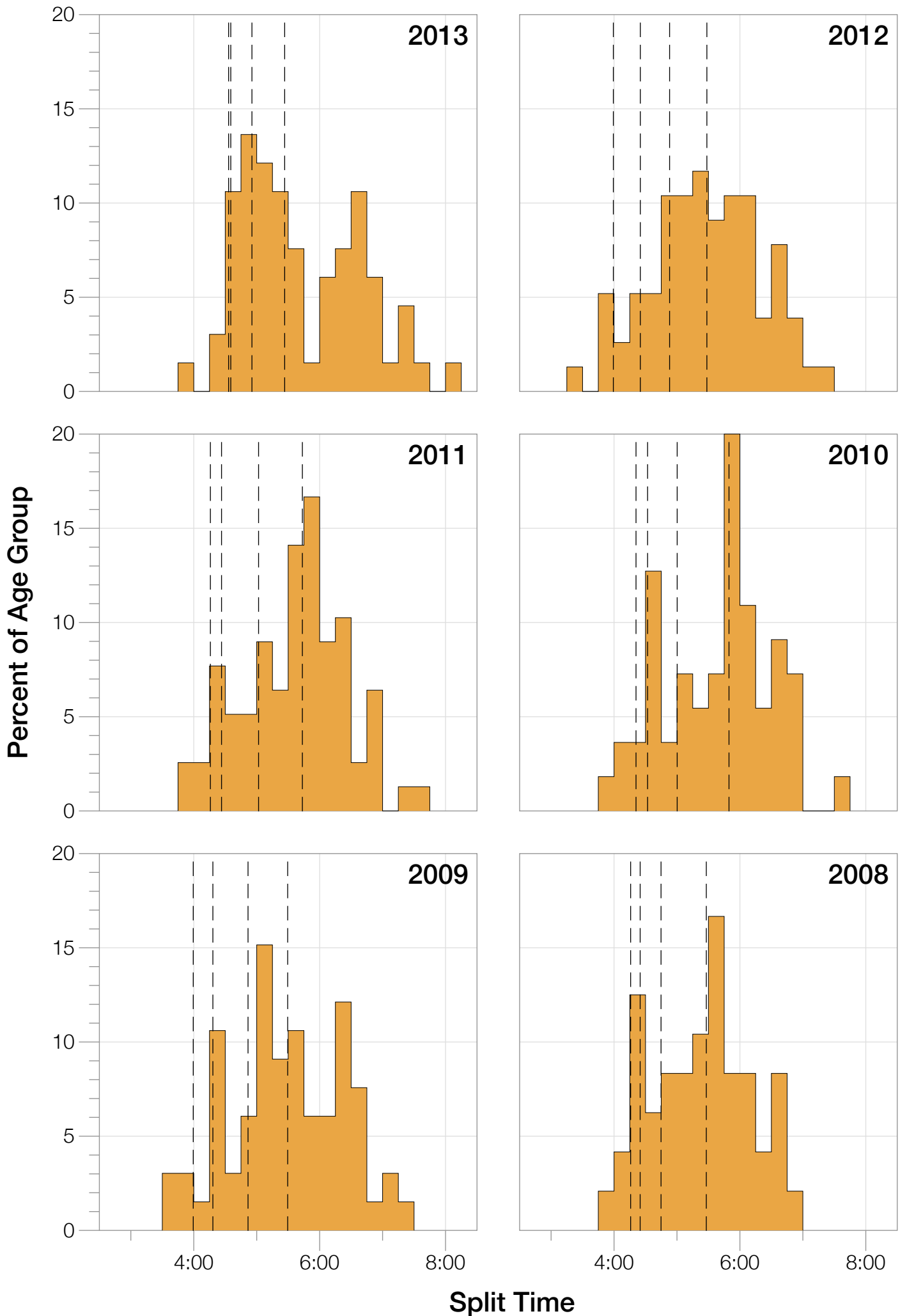
# M55-59 Bike



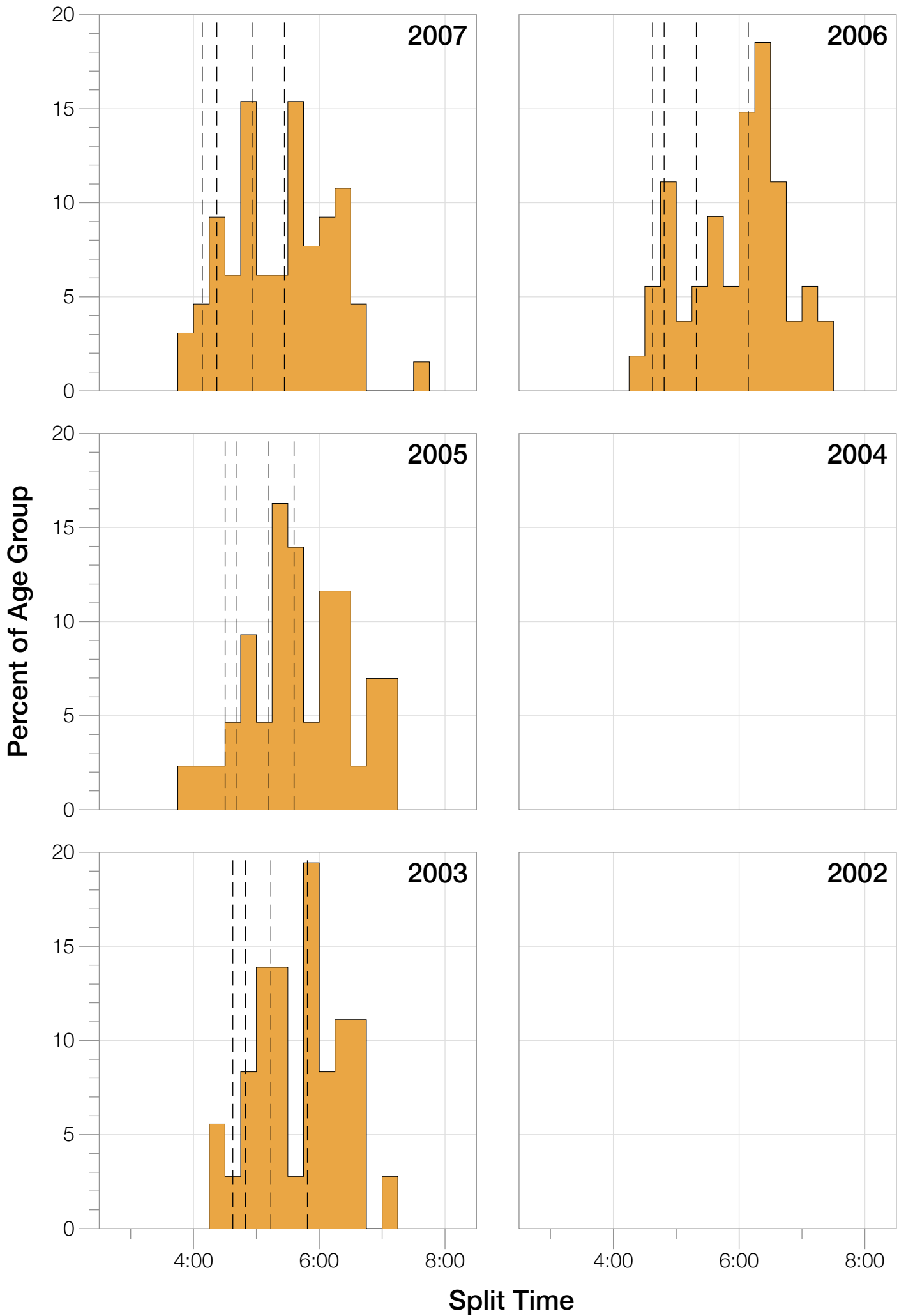
# M55-59 Bike



# M55-59 Run

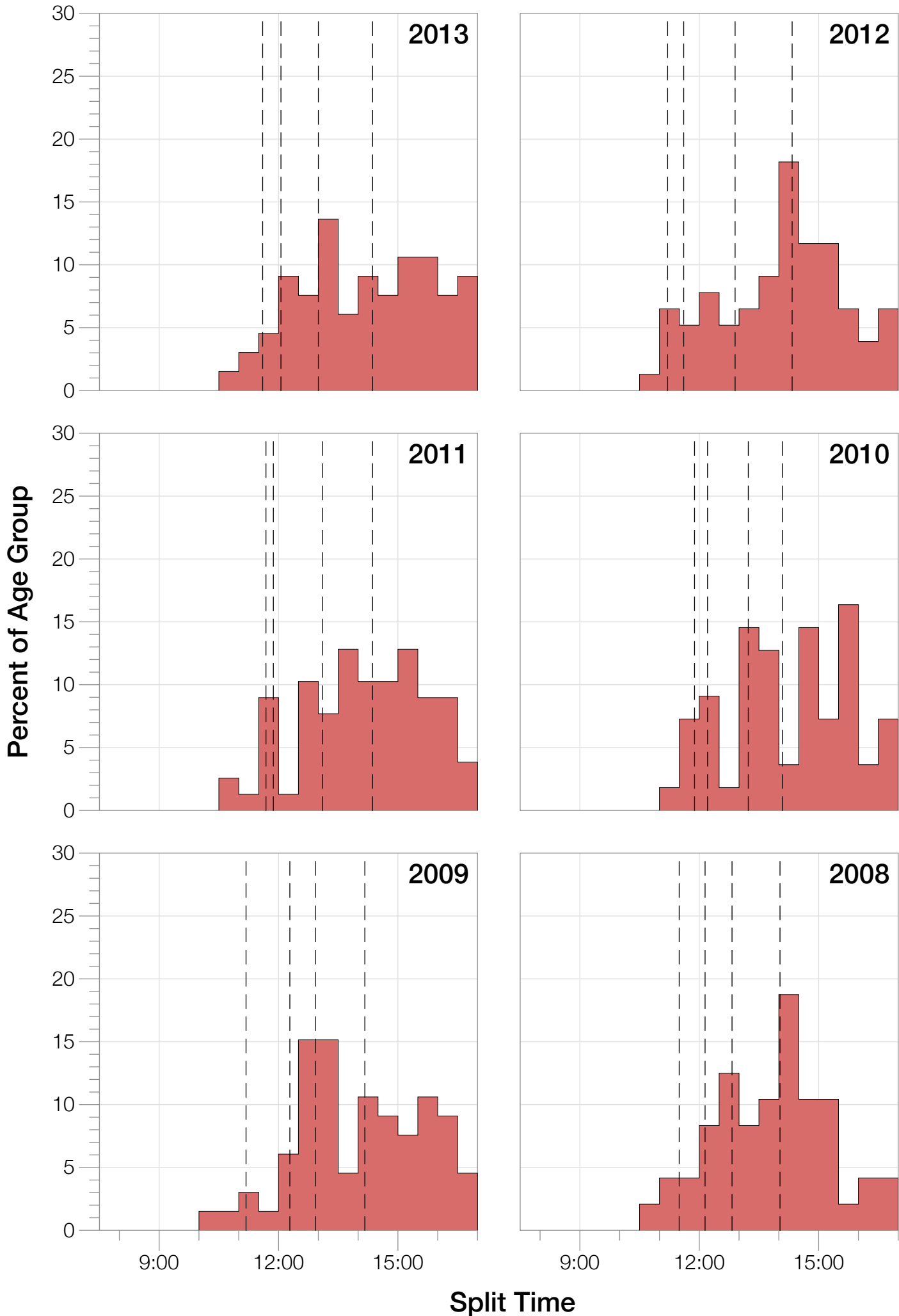


# M55-59 Run

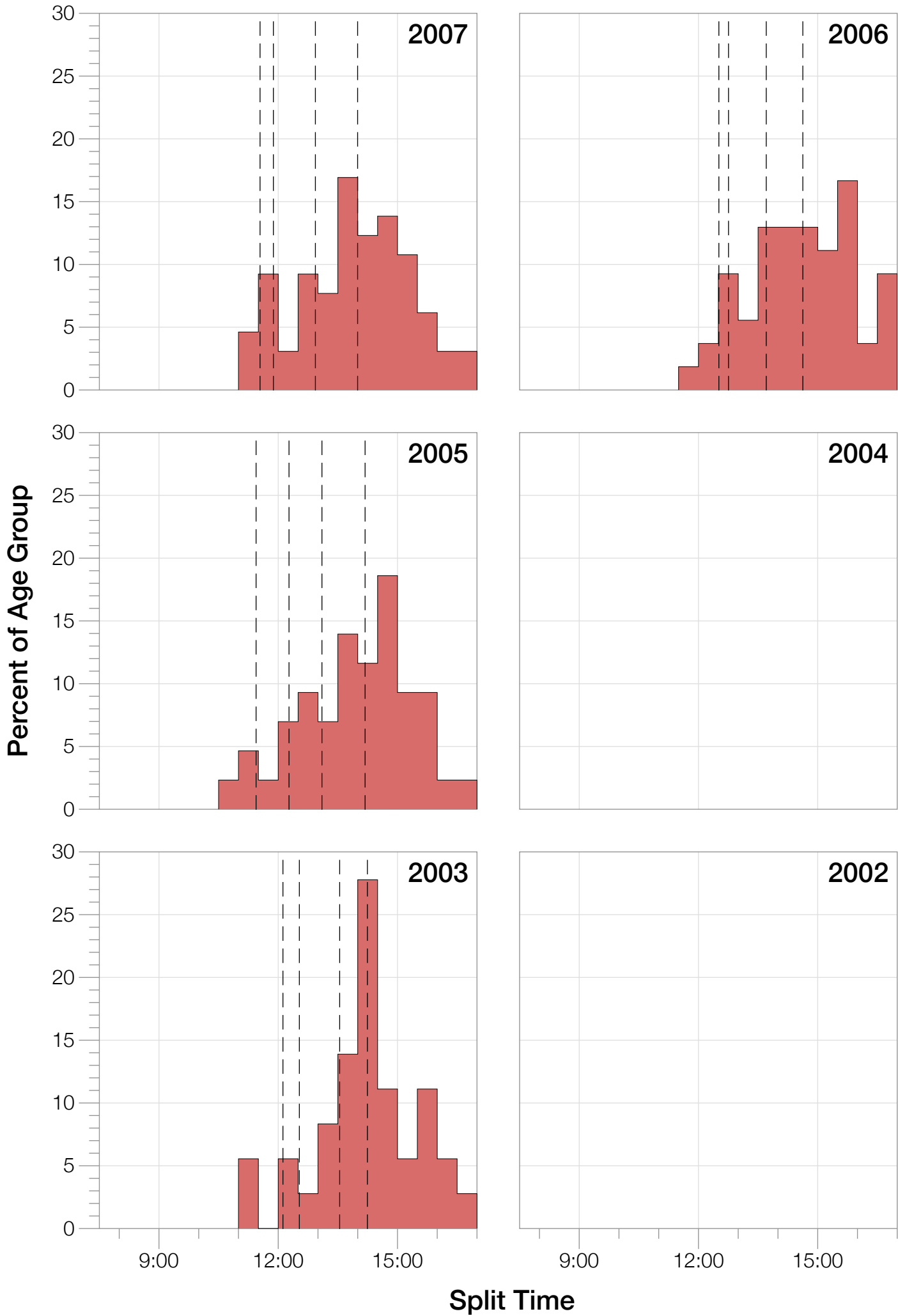




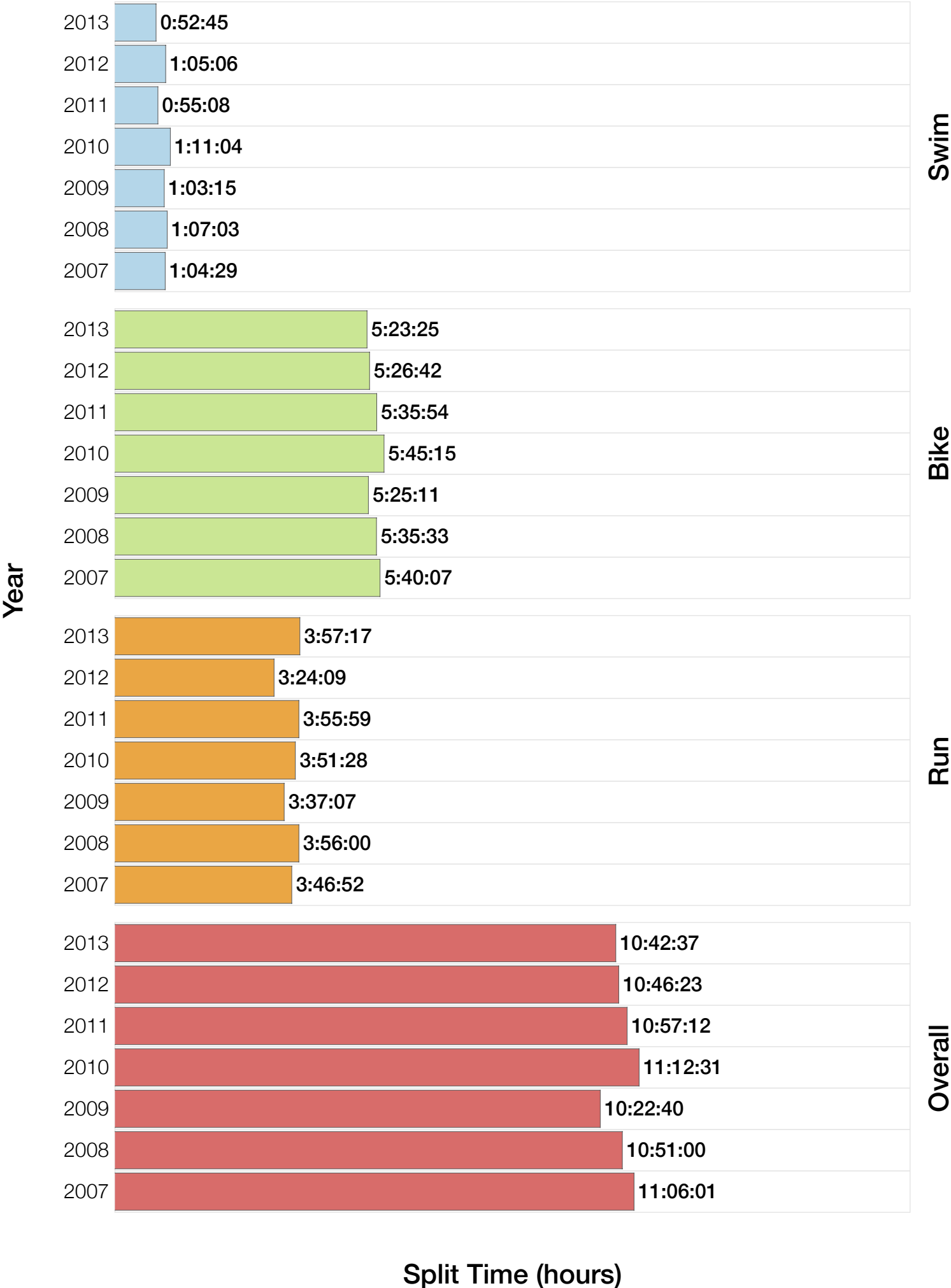
# M55-59 Overall



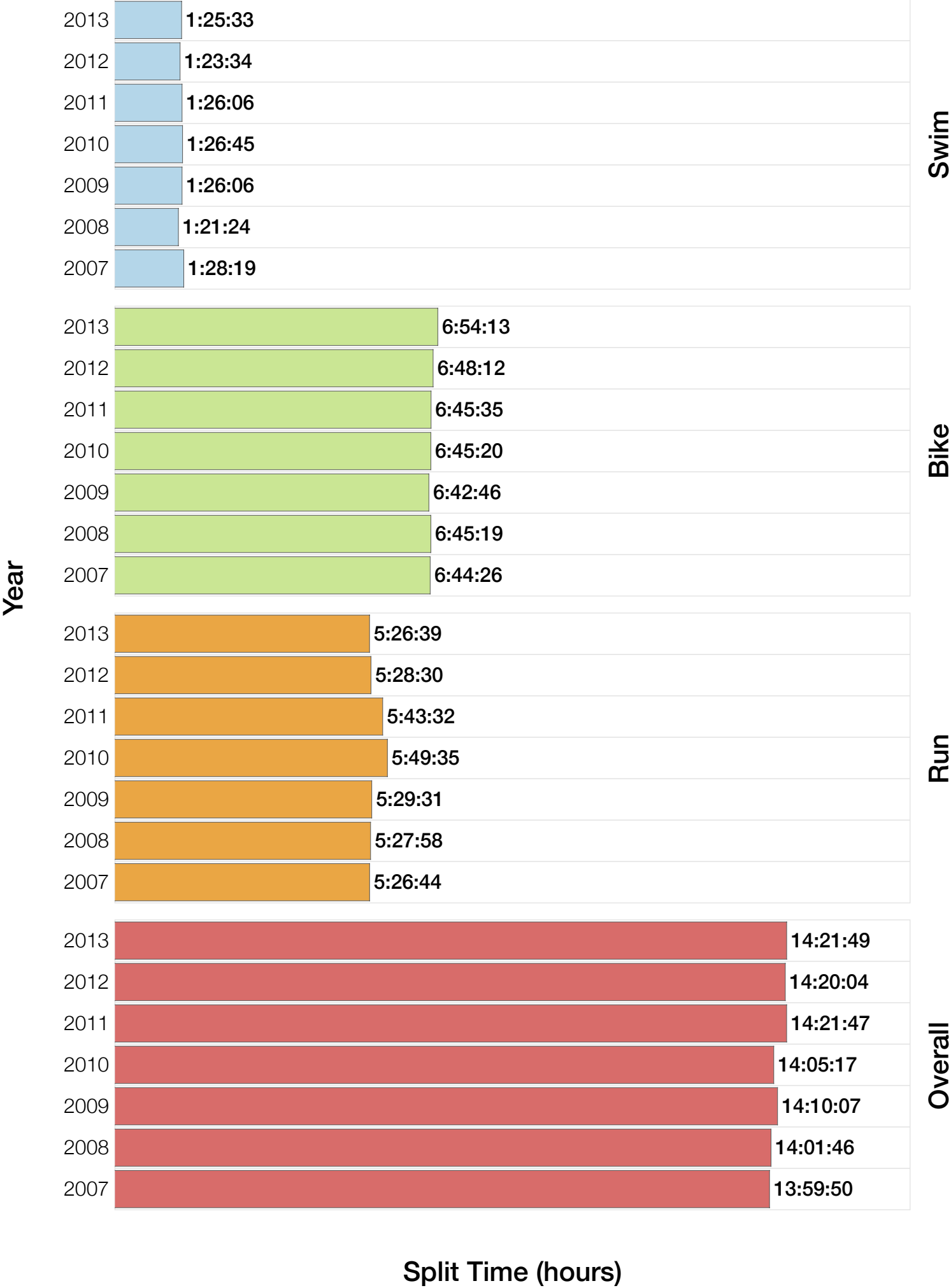
# M55-59 Overall



# M55-59 Fastest Splits

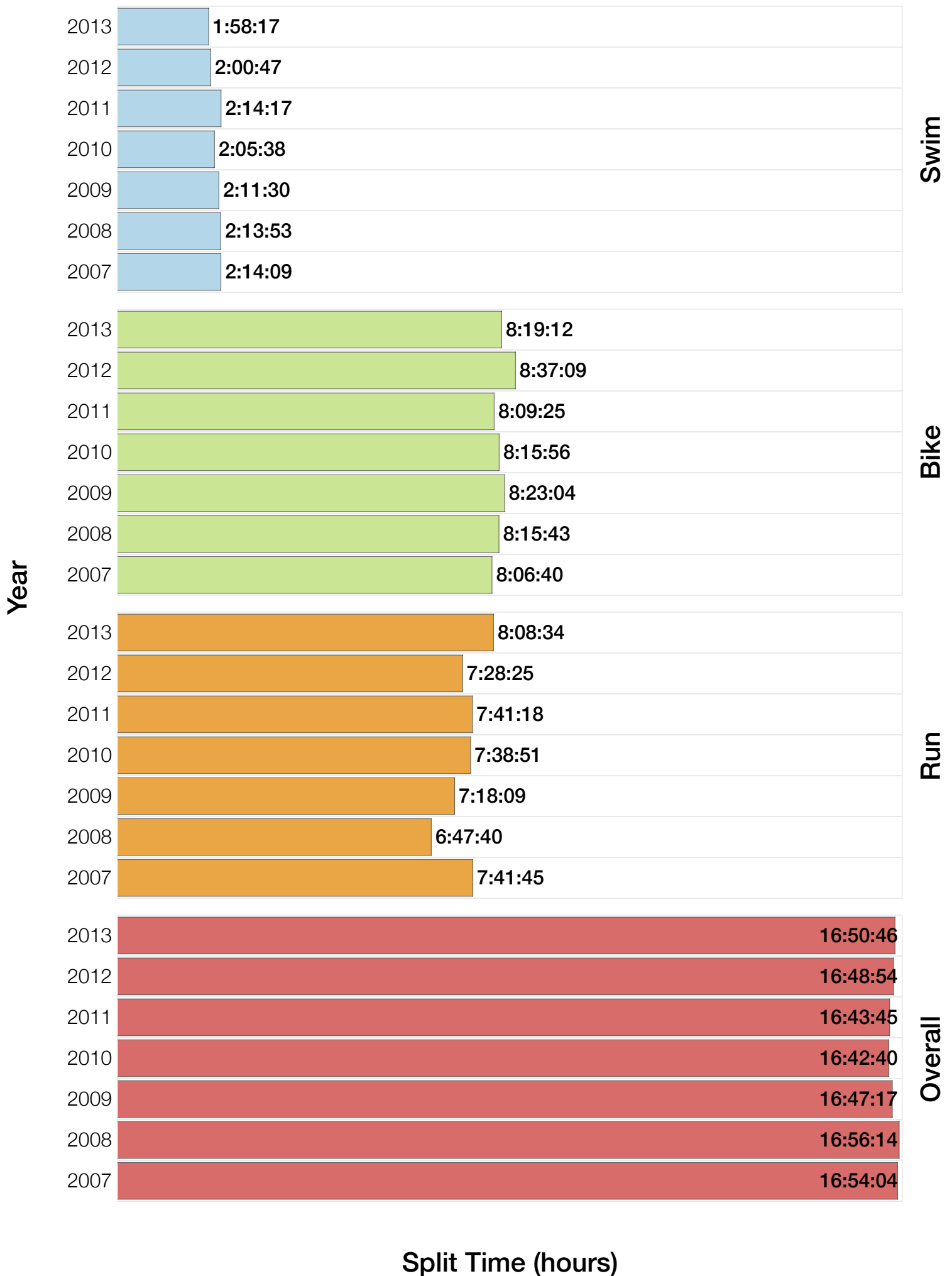


# M55-59 Median Splits



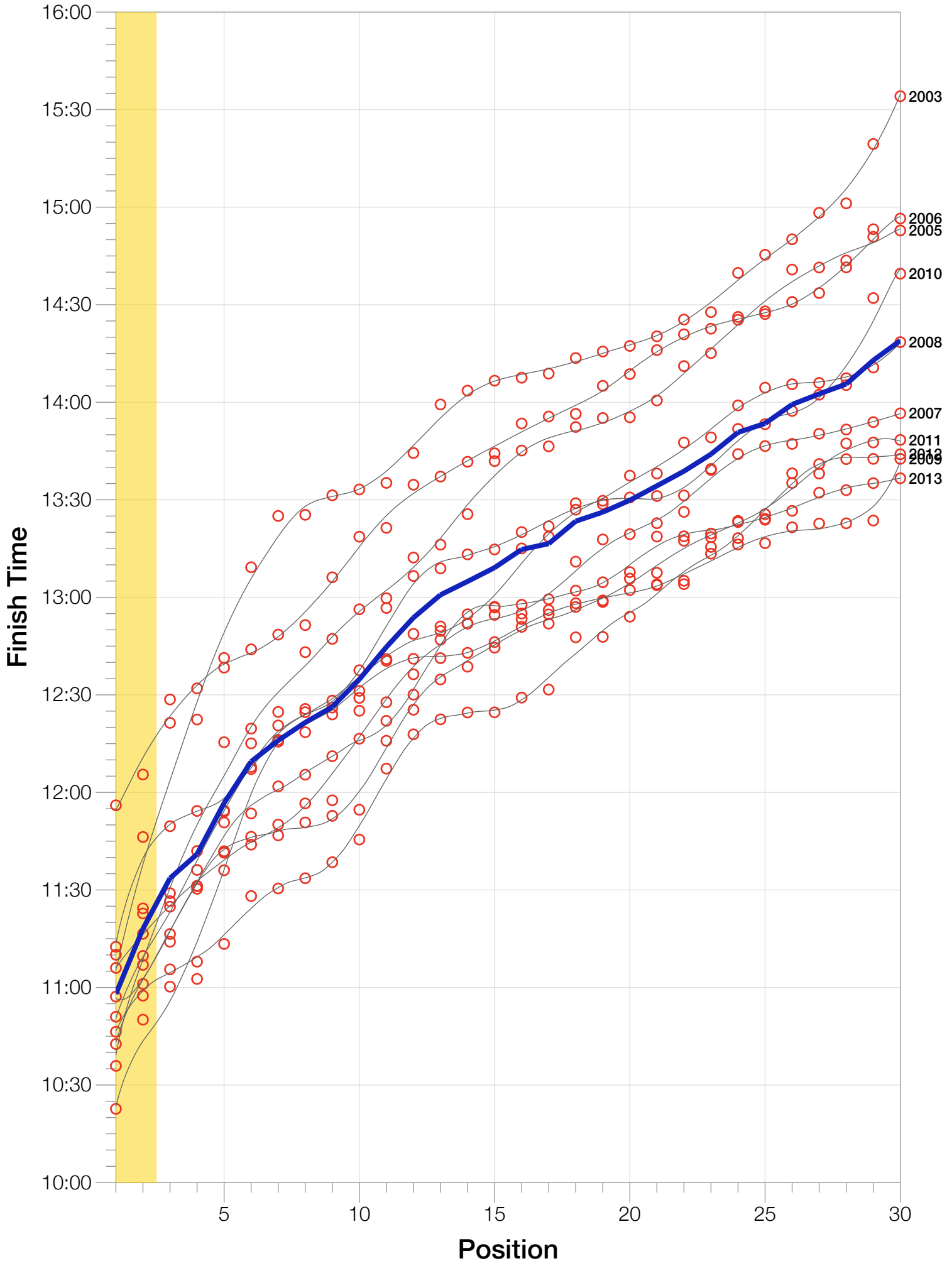
Split Time (hours)

# M55-59 Slowest Splits



# M55-59 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# M55-59 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>1:08:54</b> | <b>5:41:53</b> | <b>3:58:57</b> | <b>10:58:02</b> |
| <b>Average 2nd Age Grouper</b>    | <b>1:11:42</b> | <b>5:49:43</b> | <b>4:07:20</b> | <b>11:18:04</b> |
| Average 3rd Age Grouper           | 1:11:42        | 5:52:07        | 4:20:16        | 11:33:37        |
| Average 4th Age Grouper           | 1:11:04        | 5:48:26        | 4:31:49        | 11:41:00        |
| Average 5th Age Grouper           | 1:15:33        | 6:00:46        | 4:30:44        | 11:56:43        |
| Average 6th Age Grouper           | 1:12:45        | 6:03:46        | 4:41:03        | 12:09:29        |
| Average 7th Age Grouper           | 1:15:06        | 6:08:41        | 4:40:11        | 12:15:59        |
| Average 8th Age Grouper           | 1:21:14        | 6:08:41        | 4:38:21        | 12:21:31        |
| Average 9th Age Grouper           | 1:15:02        | 6:22:08        | 4:33:55        | 12:26:18        |
| Average 10th Age Grouper          | 1:15:40        | 6:14:26        | 4:51:47        | 12:34:46        |
| <b>Kona Qualifier Average</b>     | <b>1:10:18</b> | <b>5:45:48</b> | <b>4:03:09</b> | <b>11:08:03</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:13:52</b> | <b>6:01:04</b> | <b>4:29:26</b> | <b>11:55:33</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>0:58:34</b> | <b>5:41:11</b> | <b>3:57:17</b> | <b>10:42:37</b> |
| <b>2nd Age Grouper</b>            | <b>0:57:43</b> | <b>5:23:25</b> | <b>4:35:29</b> | <b>11:06:57</b> |
| 3rd Age Grouper                   | 1:02:50        | 5:23:53        | 4:37:38        | 11:14:04        |
| 4th Age Grouper                   | 1:04:11        | 5:54:10        | 4:21:03        | 11:31:08        |
| 5th Age Grouper                   | 1:14:17        | 5:52:19        | 4:35:04        | 11:50:45        |
| 6th Age Grouper                   | 1:04:16        | 5:53:05        | 4:48:22        | 11:53:31        |
| 7th Age Grouper                   | 1:03:45        | 6:12:23        | 4:34:53        | 12:01:51        |
| 8th Age Grouper                   | 1:25:49        | 6:00:24        | 4:26:03        | 12:05:27        |
| 9th Age Grouper                   | 0:59:50        | 6:02:20        | 4:57:05        | 12:11:08        |
| 10th Age Grouper                  | 1:08:24        | 6:13:12        | 4:40:40        | 12:16:31        |
| <b>Kona Qualifier Average</b>     | <b>0:58:08</b> | <b>5:32:18</b> | <b>4:16:23</b> | <b>10:54:47</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:05:57</b> | <b>5:51:38</b> | <b>4:33:21</b> | <b>11:41:23</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>1:21:35</b> | <b>5:52:19</b> | <b>3:24:09</b> | <b>10:46:23</b> |
| <b>2nd Age Grouper</b>            | <b>1:11:10</b> | <b>5:39:26</b> | <b>3:59:59</b> | <b>11:01:05</b> |
| 3rd Age Grouper                   | 1:11:05        | 5:52:48        | 3:52:47        | 11:05:35        |
| 4th Age Grouper                   | 1:10:20        | 5:29:11        | 4:20:31        | 11:07:56        |
| 5th Age Grouper                   | 1:17:24        | 5:50:17        | 3:56:48        | 11:13:24        |
| 6th Age Grouper                   | 1:18:38        | 5:50:12        | 4:08:11        | 11:28:07        |
| 7th Age Grouper                   | 1:20:44        | 5:49:36        | 4:06:02        | 11:30:28        |
| 8th Age Grouper                   | 1:07:34        | 5:26:42        | 4:45:42        | 11:33:36        |
| 9th Age Grouper                   | 1:08:37        | 6:24:58        | 3:52:14        | 11:38:32        |
| 10th Age Grouper                  | 1:11:18        | 5:52:55        | 4:31:38        | 11:45:30        |
| <b>Kona Qualifier Average</b>     | <b>1:16:22</b> | <b>5:45:52</b> | <b>3:42:04</b> | <b>10:53:44</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:13:50</b> | <b>5:48:50</b> | <b>4:05:48</b> | <b>11:19:03</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                   | 1:12:19        | 5:39:47        | 3:57:47        | 10:57:12        |
| 2nd Age Grouper                   | 1:02:41        | 5:52:33        | 3:55:59        | 10:57:29        |
| 3rd Age Grouper                   | 1:15:21        | 5:46:58        | 4:01:58        | 11:16:27        |
| 4th Age Grouper                   | 1:23:54        | 5:39:39        | 4:21:07        | 11:36:09        |
| 5th Age Grouper                   | 1:25:41        | 5:54:25        | 4:04:34        | 11:41:54        |
| 6th Age Grouper                   | 1:11:32        | 5:54:19        | 4:31:50        | 11:46:21        |
| 7th Age Grouper                   | 1:12:22        | 5:54:51        | 4:27:10        | 11:46:47        |
| 8th Age Grouper                   | 1:18:18        | 5:54:33        | 4:28:47        | 11:50:45        |
| 9th Age Grouper                   | 1:07:42        | 5:43:09        | 4:52:32        | 11:52:48        |
| 10th Age Grouper                  | 0:55:08        | 5:48:13        | 5:01:14        | 11:54:40        |
| <b>Kona Qualifier Average</b>     | <b>1:07:30</b> | <b>5:46:10</b> | <b>3:56:53</b> | <b>10:57:20</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:12:29</b> | <b>5:48:50</b> | <b>4:22:17</b> | <b>11:34:03</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                   | 1:11:23        | 5:48:56        | 4:03:18        | 11:12:31        |
| 2nd Age Grouper                   | 1:20:40        | 6:18:19        | 3:51:28        | 11:46:17        |
| 3rd Age Grouper                   | 1:22:39        | 5:48:29        | 4:27:43        | 11:49:36        |
| 4th Age Grouper                   | 1:11:04        | 6:01:01        | 4:35:24        | 11:54:18        |
| 5th Age Grouper                   | 1:24:07        | 6:11:23        | 4:09:19        | 11:54:27        |
| 6th Age Grouper                   | 1:13:51        | 5:45:15        | 4:52:26        | 12:07:10        |
| 7th Age Grouper                   | 1:29:59        | 5:56:54        | 4:38:19        | 12:20:35        |
| 8th Age Grouper                   | 1:17:12        | 6:13:52        | 4:43:18        | 12:25:40        |
| 9th Age Grouper                   | 1:35:17        | 6:14:50        | 4:25:56        | 12:28:13        |
| 10th Age Grouper                  | 1:22:25        | 6:14:48        | 4:38:03        | 12:29:04        |
| <b>Kona Qualifier Average</b>     | <b>1:16:01</b> | <b>6:03:37</b> | <b>3:57:23</b> | <b>11:29:24</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:20:51</b> | <b>6:03:22</b> | <b>4:26:31</b> | <b>12:02:47</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                   | 1:09:39        | 5:25:11        | 3:37:34        | 10:22:40        |
| 2nd Age Grouper                   | 1:18:33        | 5:26:47        | 3:55:59        | 10:50:06        |
| 3rd Age Grouper                   | 1:15:18        | 6:01:48        | 3:37:07        | 11:00:15        |
| 4th Age Grouper                   | 1:03:15        | 5:55:00        | 3:53:42        | 11:02:38        |
| 5th Age Grouper                   | 1:13:17        | 6:05:36        | 4:10:01        | 11:36:04        |
| 6th Age Grouper                   | 1:15:50        | 6:07:42        | 4:27:07        | 12:07:50        |
| 7th Age Grouper                   | 1:12:07        | 6:06:40        | 4:41:39        | 12:15:36        |
| 8th Age Grouper                   | 1:22:38        | 6:26:40        | 4:16:40        | 12:18:31        |
| 9th Age Grouper                   | 1:25:15        | 6:14:53        | 4:28:03        | 12:23:59        |
| 10th Age Grouper                  | 1:48:52        | 6:11:52        | 4:17:46        | 12:31:14        |
| <b>Kona Qualifier Average</b>     | <b>1:14:06</b> | <b>5:25:59</b> | <b>3:46:46</b> | <b>10:36:23</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:18:28</b> | <b>6:00:12</b> | <b>4:08:33</b> | <b>11:38:53</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                   | 1:07:04        | 5:35:33        | 3:56:00        | 10:51:00        |
| 2nd Age Grouper                   | 1:07:03        | 5:43:08        | 4:13:21        | 11:09:42        |
| 3rd Age Grouper                   | 1:12:17        | 5:59:55        | 4:06:48        | 11:29:00        |
| 4th Age Grouper                   | 1:10:57        | 5:48:20        | 4:20:25        | 11:31:16        |
| 5th Age Grouper                   | 1:13:35        | 6:03:20        | 4:27:19        | 11:54:05        |
| 6th Age Grouper                   | 1:08:07        | 6:23:45        | 4:32:22        | 12:15:05        |
| 7th Age Grouper                   | 1:14:08        | 6:20:51        | 4:28:53        | 12:16:09        |
| 8th Age Grouper                   | 1:20:10        | 5:57:21        | 4:54:31        | 12:24:40        |
| 9th Age Grouper                   | 1:18:10        | 6:31:56        | 4:23:35        | 12:26:06        |
| 10th Age Grouper                  | 1:26:45        | 6:13:48        | 4:42:42        | 12:37:34        |
| <b>Kona Qualifier Average</b>     | <b>1:07:03</b> | <b>5:39:20</b> | <b>4:04:40</b> | <b>11:00:21</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:13:49</b> | <b>6:03:47</b> | <b>4:24:35</b> | <b>11:53:27</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                   | 1:11:36        | 5:52:45        | 3:53:29        | 11:06:01        |
| 2nd Age Grouper                   | 1:07:02        | 6:14:47        | 3:46:52        | 11:16:30        |
| 3rd Age Grouper                   | 1:08:24        | 6:01:11        | 4:07:14        | 11:26:33        |
| 4th Age Grouper                   | 1:12:14        | 5:40:07        | 4:31:05        | 11:30:21        |
| 5th Age Grouper                   | 1:22:54        | 5:56:48        | 4:12:47        | 11:41:27        |
| 6th Age Grouper                   | 1:18:04        | 5:54:46        | 4:21:19        | 11:43:56        |
| 7th Age Grouper                   | 1:10:08        | 6:03:44        | 4:26:54        | 11:50:06        |
| 8th Age Grouper                   | 1:13:45        | 6:18:22        | 4:15:18        | 11:56:37        |
| 9th Age Grouper                   | 1:16:54        | 6:02:45        | 4:28:10        | 11:57:34        |
| 10th Age Grouper                  | 1:05:18        | 6:06:39        | 4:58:20        | 12:25:06        |
| <b>Kona Qualifier Average</b>     | <b>1:09:19</b> | <b>6:03:46</b> | <b>3:50:10</b> | <b>11:11:15</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:12:37</b> | <b>6:01:11</b> | <b>4:18:08</b> | <b>11:41:25</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                   | 1:06:22        | 6:02:32        | 4:38:42        | 11:56:02        |
| 2nd Age Grouper                   | 1:15:02        | 6:10:31        | 4:29:39        | 12:05:30        |
| 3rd Age Grouper                   | 1:06:15        | 5:57:15        | 5:11:06        | 12:28:35        |
| 4th Age Grouper                   | 1:09:45        | 5:57:03        | 5:16:02        | 12:32:00        |
| 5th Age Grouper                   | 1:07:52        | 5:52:22        | 5:31:43        | 12:38:23        |
| 6th Age Grouper                   | 1:33:49        | 6:21:10        | 4:33:43        | 12:44:00        |
| 7th Age Grouper                   | 1:12:00        | 6:12:34        | 5:13:42        | 12:48:32        |
| 8th Age Grouper                   | 1:18:03        | 6:24:17        | 4:56:39        | 12:51:28        |
| 9th Age Grouper                   | 1:19:09        | 6:53:07        | 4:35:00        | 13:06:10        |
| 10th Age Grouper                  | 1:07:32        | 6:29:26        | 5:27:00        | 13:18:39        |
| <b>Kona Qualifier Average</b>     | <b>1:10:42</b> | <b>6:06:31</b> | <b>4:34:10</b> | <b>12:00:46</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:13:34</b> | <b>6:14:01</b> | <b>4:59:19</b> | <b>12:38:55</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                   | 1:09:53        | 5:25:19        | 3:54:53        | 10:35:53        |
| 2nd Age Grouper                   | 1:21:18        | 5:43:03        | 4:09:13        | 11:22:46        |
| 3rd Age Grouper                   | 1:04:19        | 5:34:04        | 4:39:08        | 11:24:51        |
| 4th Age Grouper                   | 1:09:00        | 5:54:51        | 4:29:24        | 11:41:58        |
| 5th Age Grouper                   | 1:07:25        | 5:55:47        | 5:03:43        | 12:15:26        |
| 6th Age Grouper                   | 1:08:34        | 5:35:04        | 5:23:18        | 12:19:38        |
| 7th Age Grouper                   | 1:21:57        | 6:04:31        | 4:48:36        | 12:24:45        |
| 8th Age Grouper                   | 1:31:21        | 6:09:31        | 4:46:08        | 12:43:08        |
| 9th Age Grouper                   | 1:07:51        | 6:30:14        | 4:47:57        | 12:47:13        |
| 10th Age Grouper                  | 1:18:00        | 6:27:29        | 4:59:42        | 12:56:19        |
| <b>Kona Qualifier Average</b>     | <b>1:15:35</b> | <b>5:34:11</b> | <b>4:02:03</b> | <b>10:59:19</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:13:57</b> | <b>5:55:59</b> | <b>4:42:12</b> | <b>12:03:11</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                   | 1:00:44        | 5:35:20        | 4:26:25        | 11:10:04        |
| 2nd Age Grouper                   | 1:15:52        | 5:45:14        | 4:15:27        | 11:24:19        |
| 3rd Age Grouper                   | 1:18:36        | 6:14:54        | 4:41:13        | 12:21:23        |
| 4th Age Grouper                   | 1:16:08        | 5:45:05        | 5:09:36        | 12:22:25        |
| 5th Age Grouper                   | 1:09:02        | 6:25:30        | 4:56:06        | 12:41:22        |
| 6th Age Grouper                   | 0:54:58        | 6:52:28        | 5:11:52        | 13:09:15        |
| 7th Age Grouper                   | 1:13:53        | 6:44:55        | 5:15:43        | 13:25:02        |
| 8th Age Grouper                   | 1:37:32        | 6:35:15        | 4:50:27        | 13:25:23        |
| 9th Age Grouper                   | 1:11:37        | 7:03:14        | 4:48:41        | 13:31:23        |
| 10th Age Grouper                  | 1:12:58        | 6:46:07        | 5:20:50        | 13:33:11        |
| <b>Kona Qualifier Average</b>     | <b>1:08:18</b> | <b>5:40:17</b> | <b>4:20:56</b> | <b>11:17:11</b> |
| <b>Top 10 Age Grouper Average</b> | <b>1:13:08</b> | <b>6:22:48</b> | <b>4:53:38</b> | <b>12:42:22</b> |