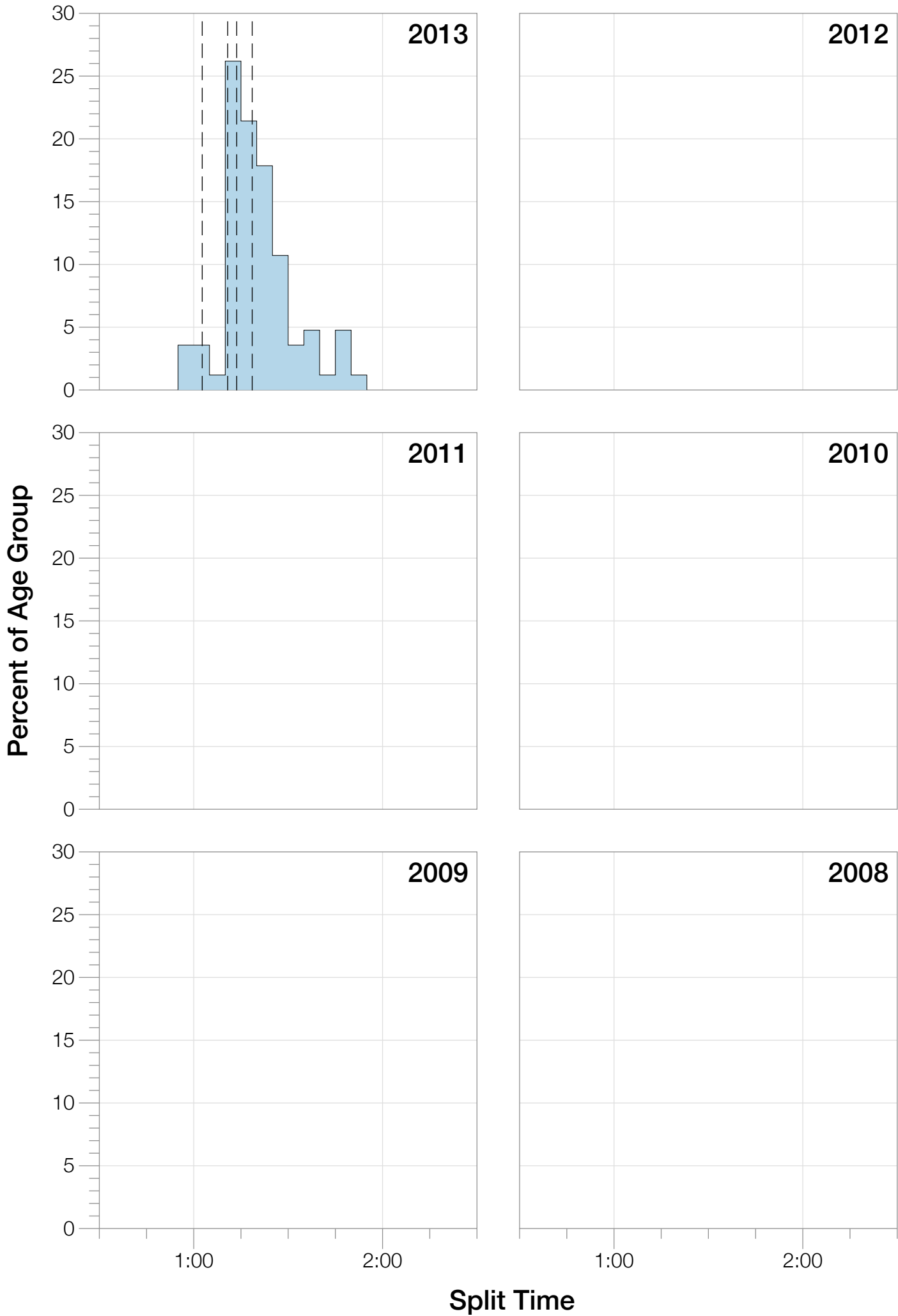


Ironman Canada F30-34 Stats

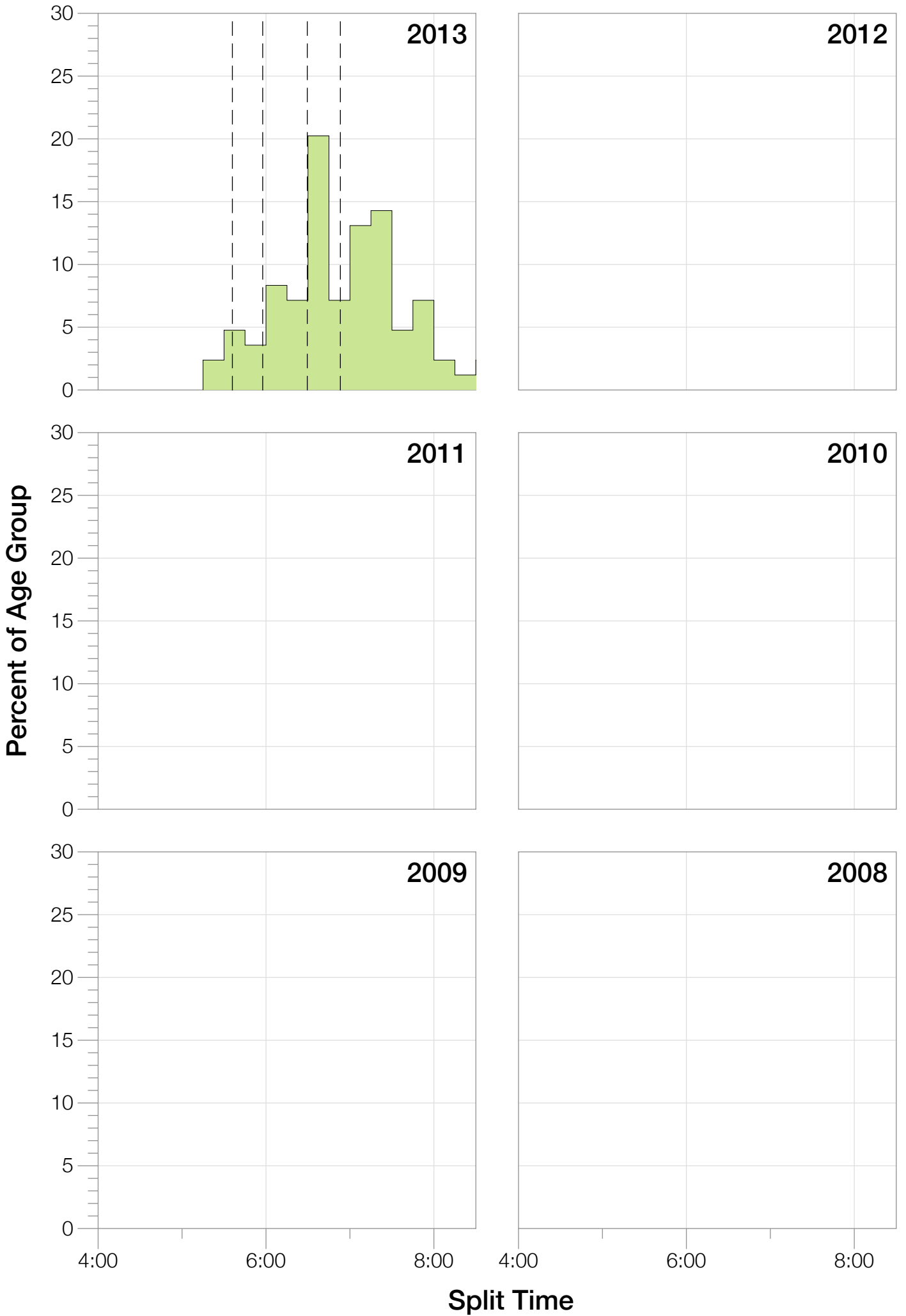
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2013	1985	84	8:39:33	9:28:13	10:08:39
Average	1985	84	8:39:33	9:28:13	10:08:39

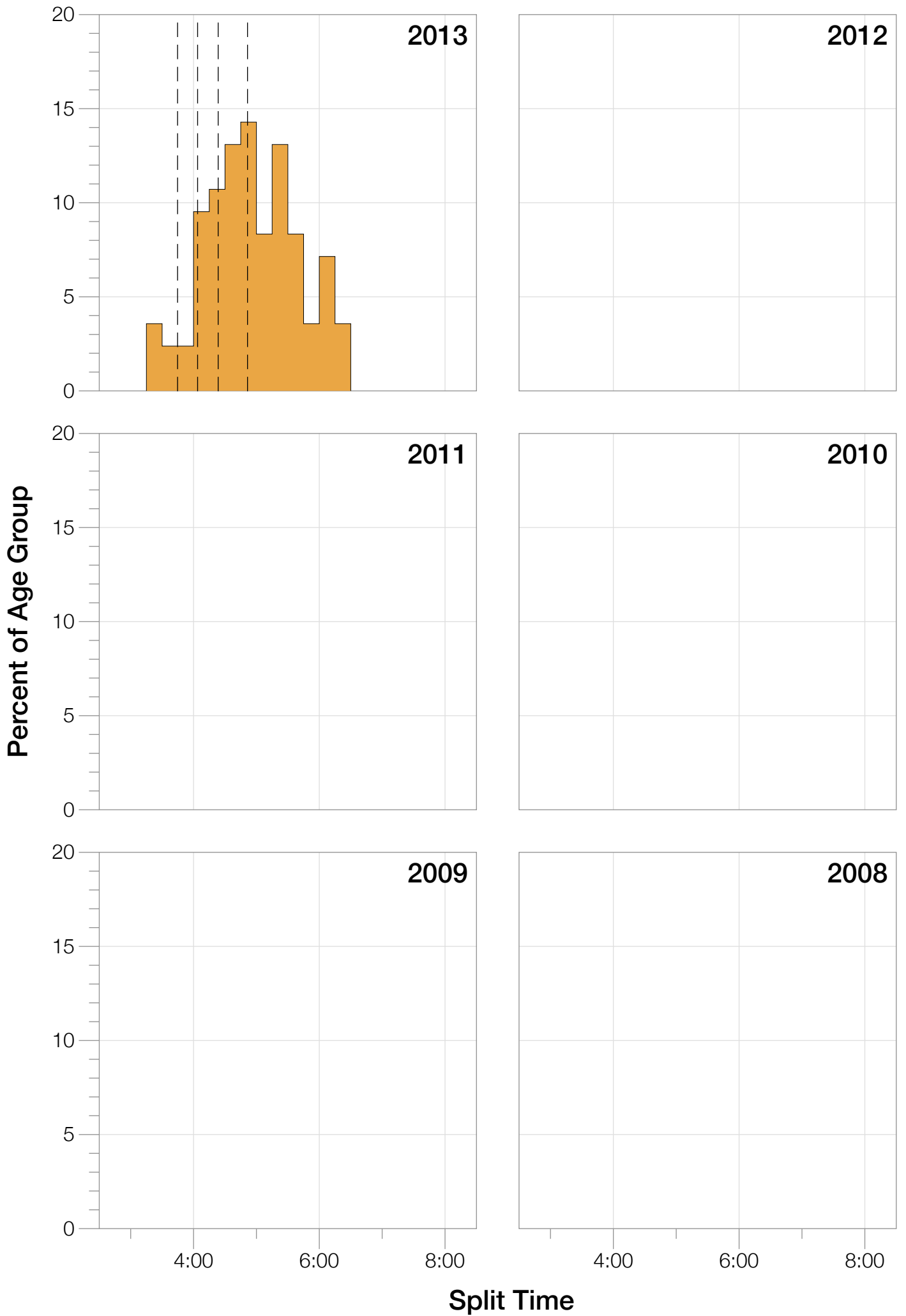
F30-34 Swim



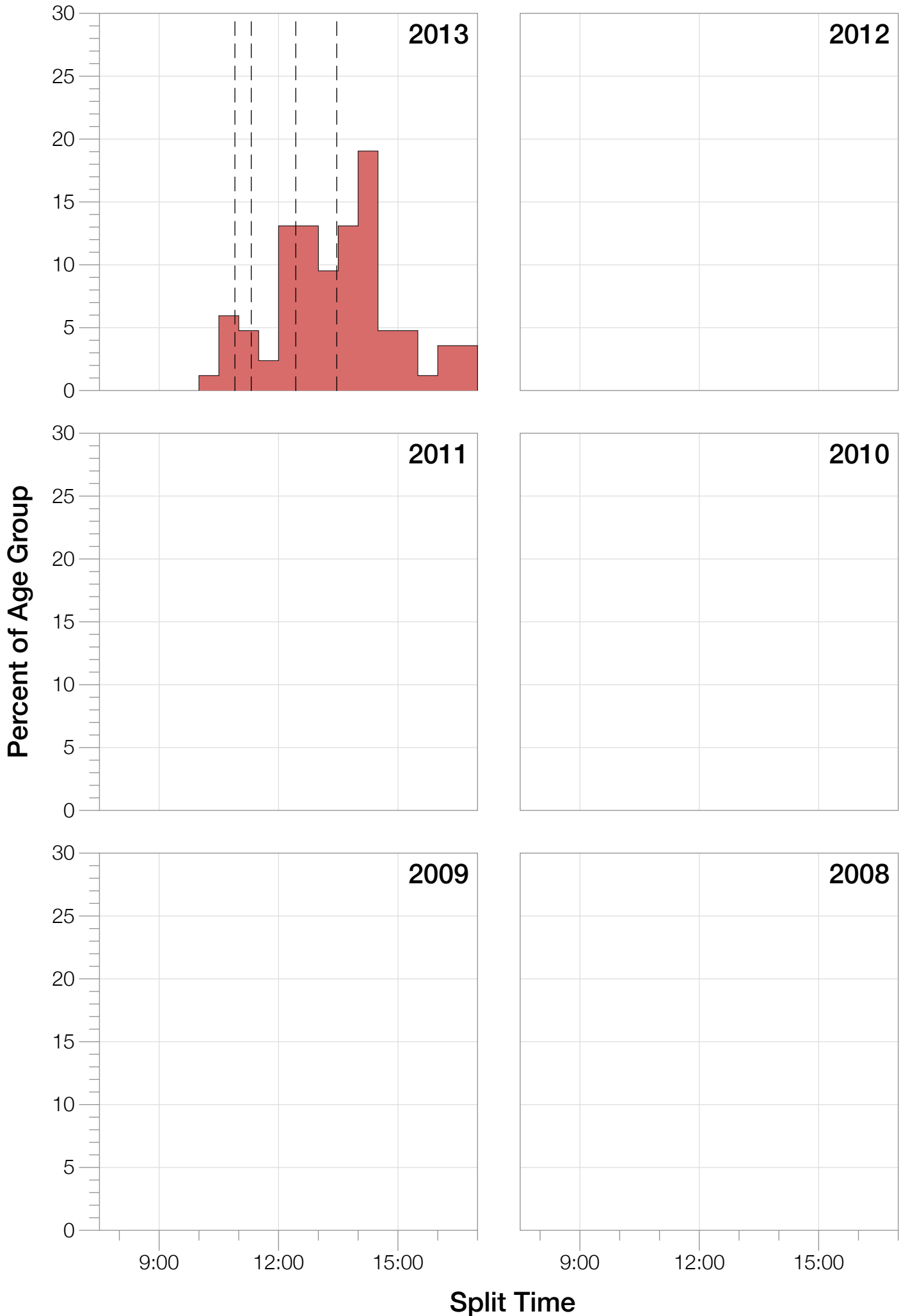
F30-34 Bike



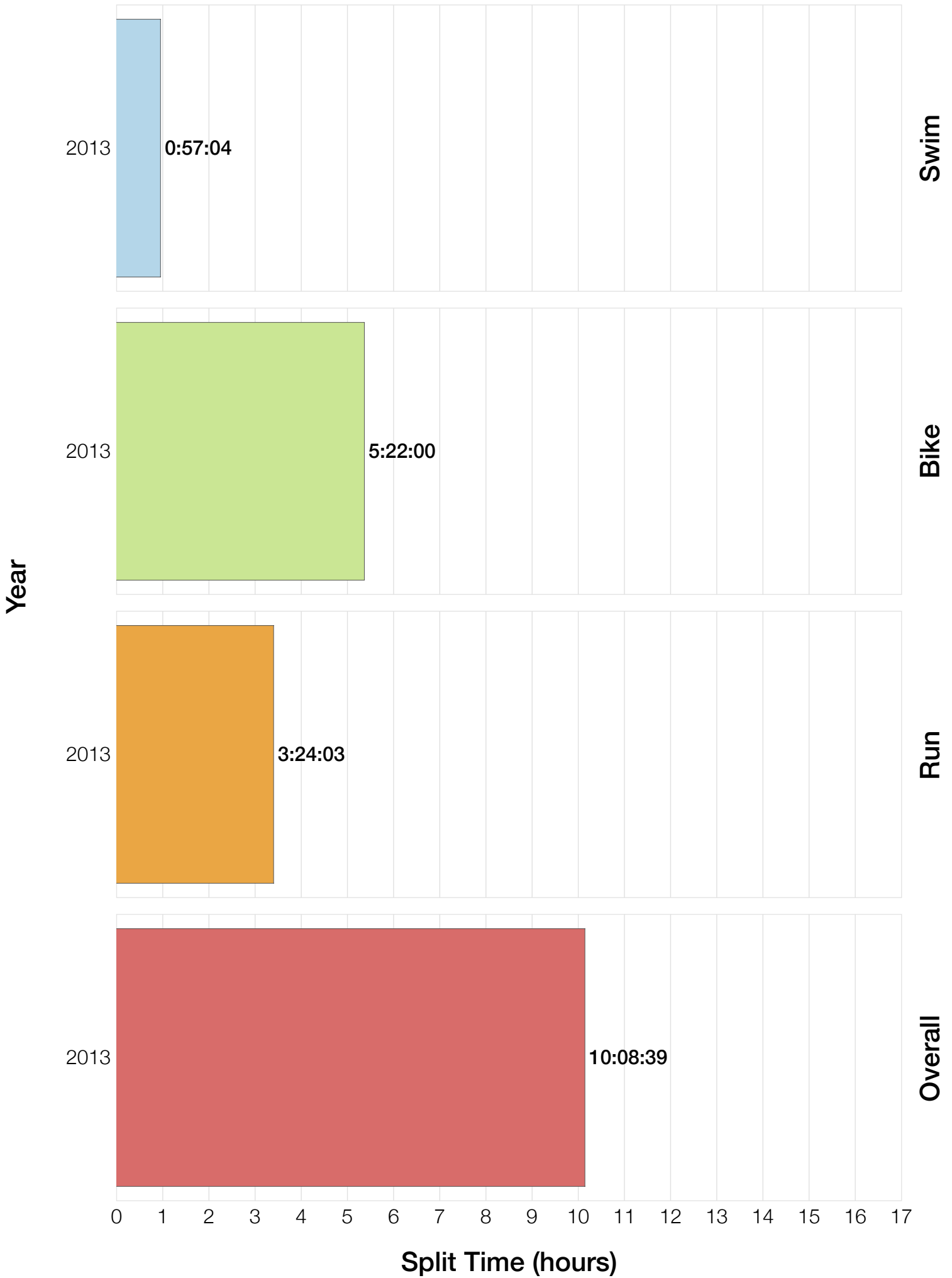
F30-34 Run



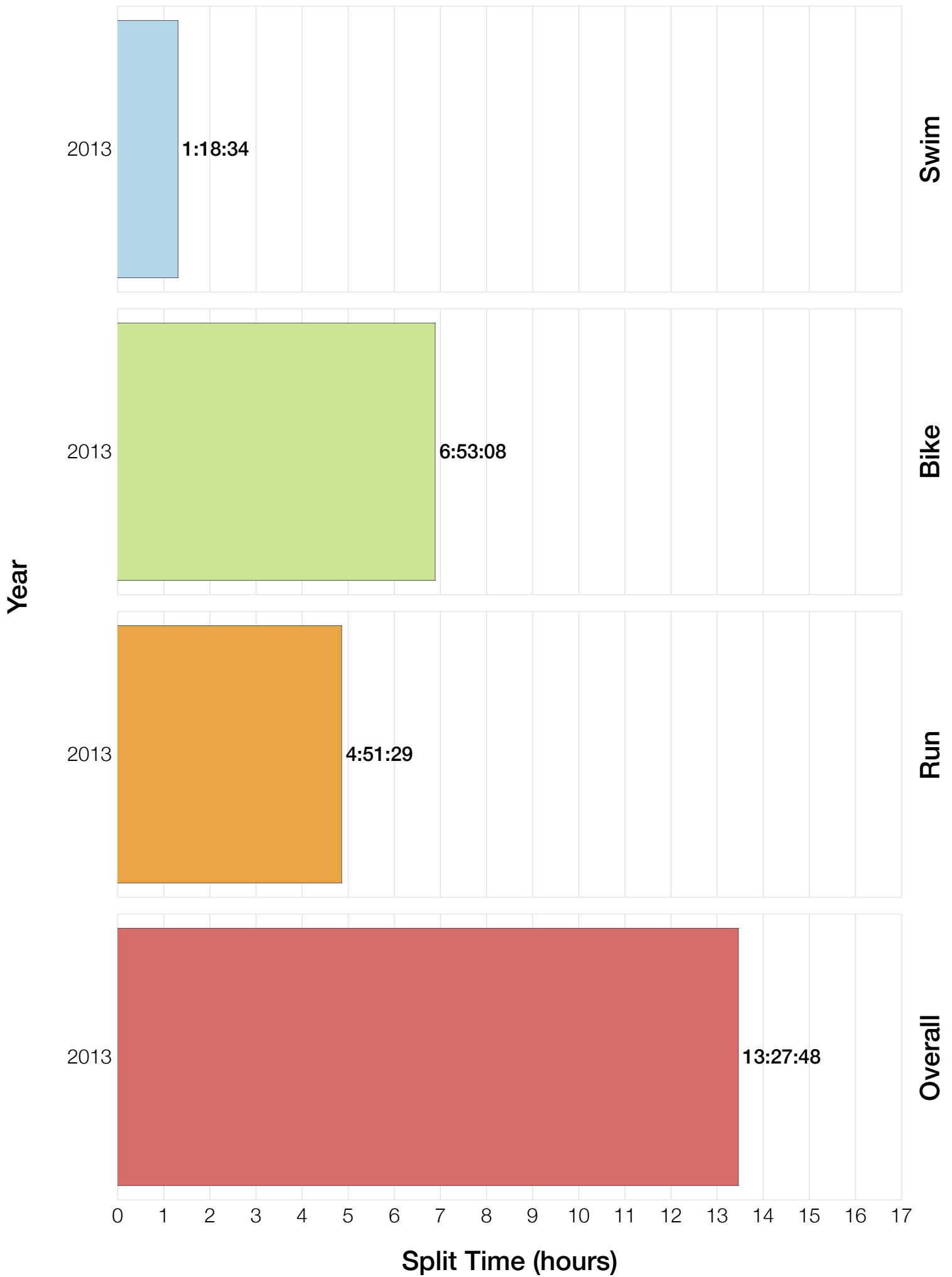
F30-34 Overall



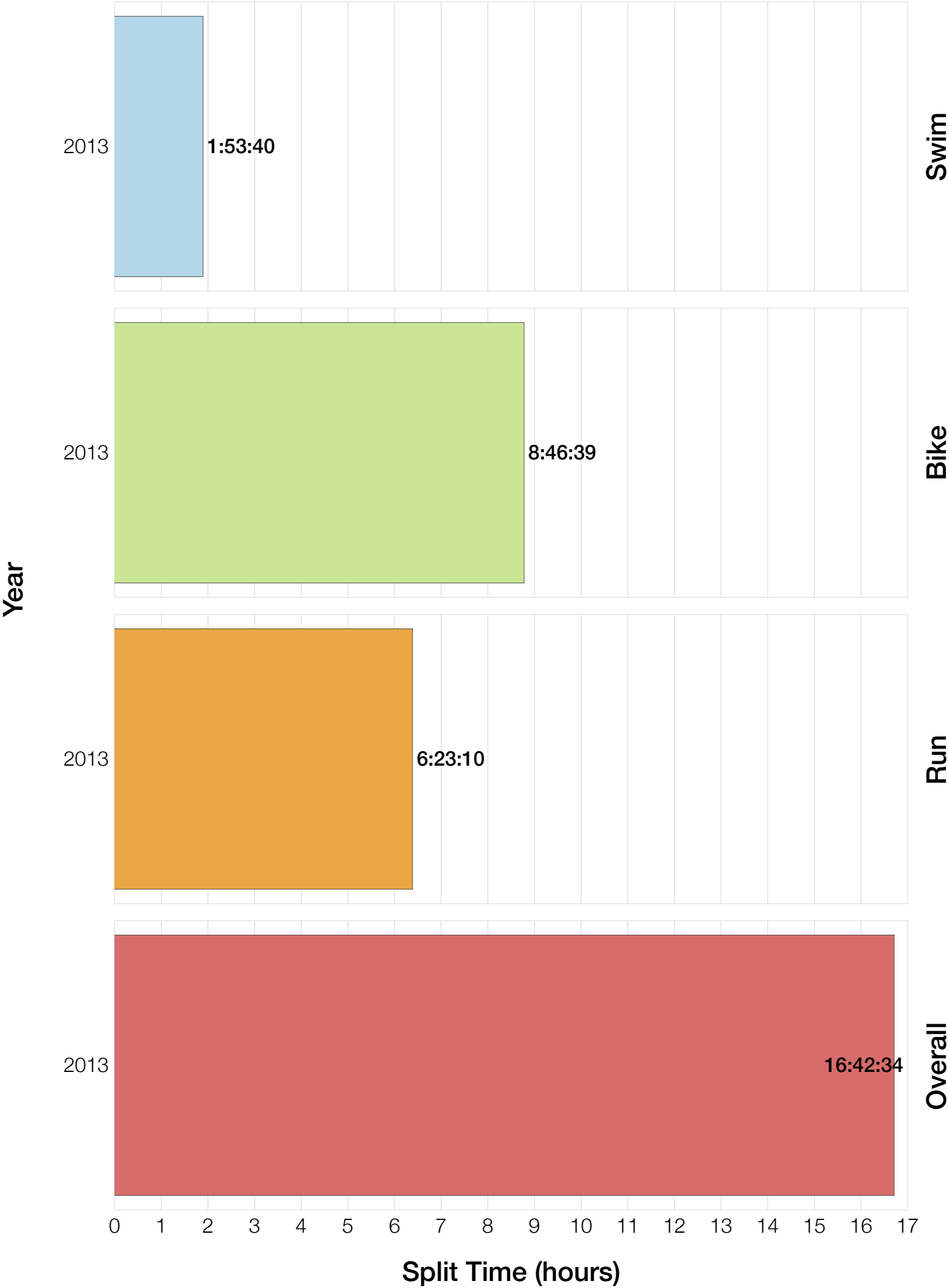
F30-34 Fastest Splits



F30-34 Median Splits

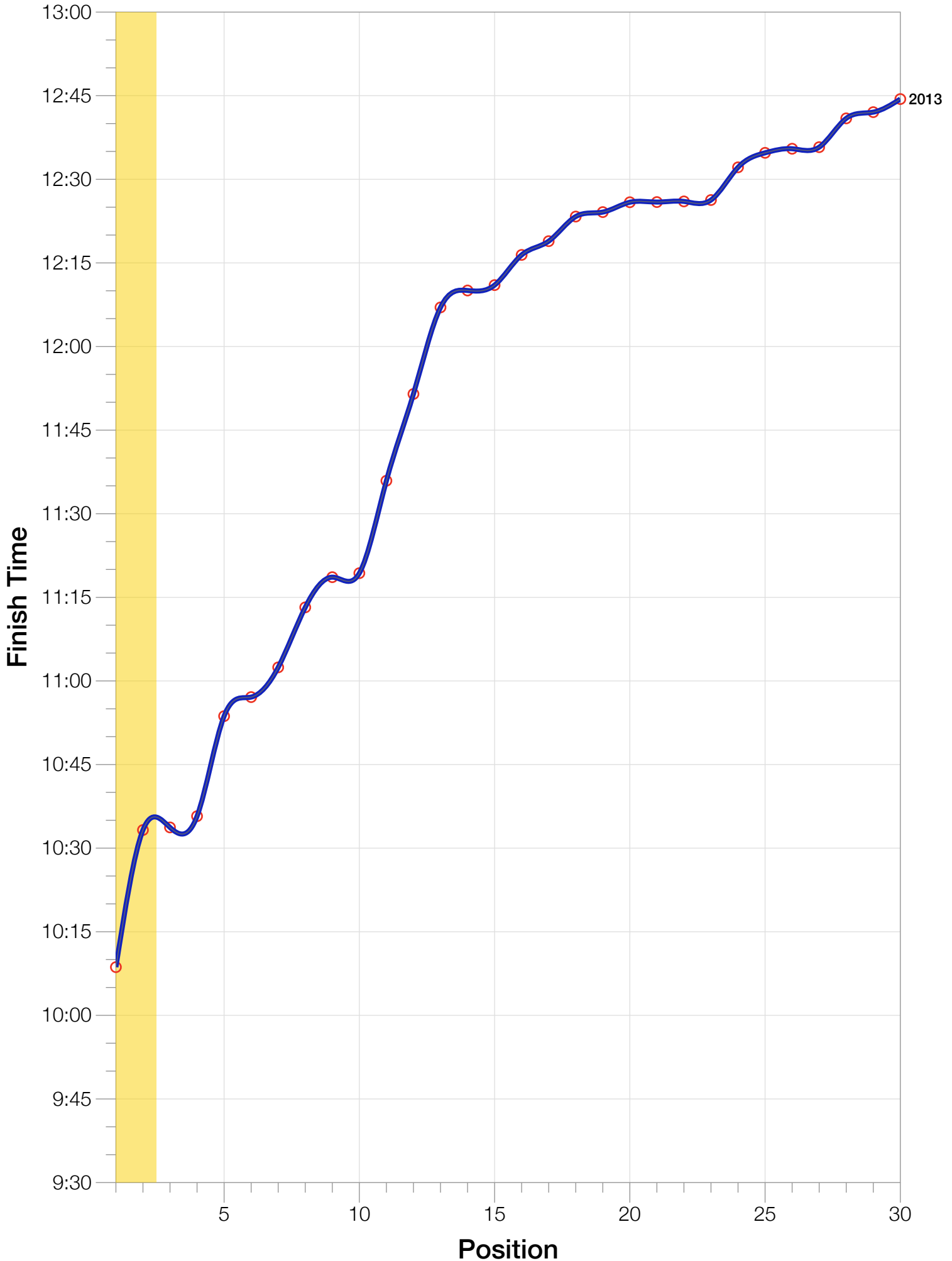


F30-34 Slowest Splits



F30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:54:27	4:46:51	2:54:31	8:39:33
Average Female Winner	1:03:02	5:13:51	3:06:53	9:28:13
Average 1st Age Grouper	1:10:40	5:22:00	3:25:25	10:08:39
Average 2nd Age Grouper	1:01:42	5:42:03	3:43:40	10:33:15
Average 3rd Age Grouper	1:24:20	5:33:16	3:29:41	10:33:43
Average 4th Age Grouper	1:03:52	5:29:42	3:55:51	10:35:44
Average 5th Age Grouper	1:33:09	5:34:54	3:37:54	10:53:41
Average 6th Age Grouper	1:13:33	5:45:49	3:50:52	10:57:06
Average 7th Age Grouper	0:59:45	5:50:00	4:05:59	11:02:26
Average 8th Age Grouper	1:13:41	6:29:05	3:24:03	11:13:12
Average 9th Age Grouper	0:57:04	6:01:18	4:13:32	11:18:37
Average 10th Age Grouper	1:15:54	5:32:15	4:24:03	11:19:20
Kona Qualifier Average	1:06:11	5:32:01	3:34:32	10:20:57
Top 10 Age Grouper Average	1:11:22	5:44:02	3:49:06	10:51:34

Canada 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:54:27	4:46:51	2:54:31	8:39:33
Female Winner	1:03:02	5:13:51	3:06:53	9:28:13
1st Age Grouper	1:10:40	5:22:00	3:25:25	10:08:39
2nd Age Grouper	1:01:42	5:42:03	3:43:40	10:33:15
3rd Age Grouper	1:24:20	5:33:16	3:29:41	10:33:43
4th Age Grouper	1:03:52	5:29:42	3:55:51	10:35:44
5th Age Grouper	1:33:09	5:34:54	3:37:54	10:53:41
6th Age Grouper	1:13:33	5:45:49	3:50:52	10:57:06
7th Age Grouper	0:59:45	5:50:00	4:05:59	11:02:26
8th Age Grouper	1:13:41	6:29:05	3:24:03	11:13:12
9th Age Grouper	0:57:04	6:01:18	4:13:32	11:18:37
10th Age Grouper	1:15:54	5:32:15	4:24:03	11:19:20
Kona Qualifier Average	1:06:11	5:32:01	3:34:32	10:20:57
Top 10 Age Grouper Average	1:11:22	5:44:02	3:49:06	10:51:34