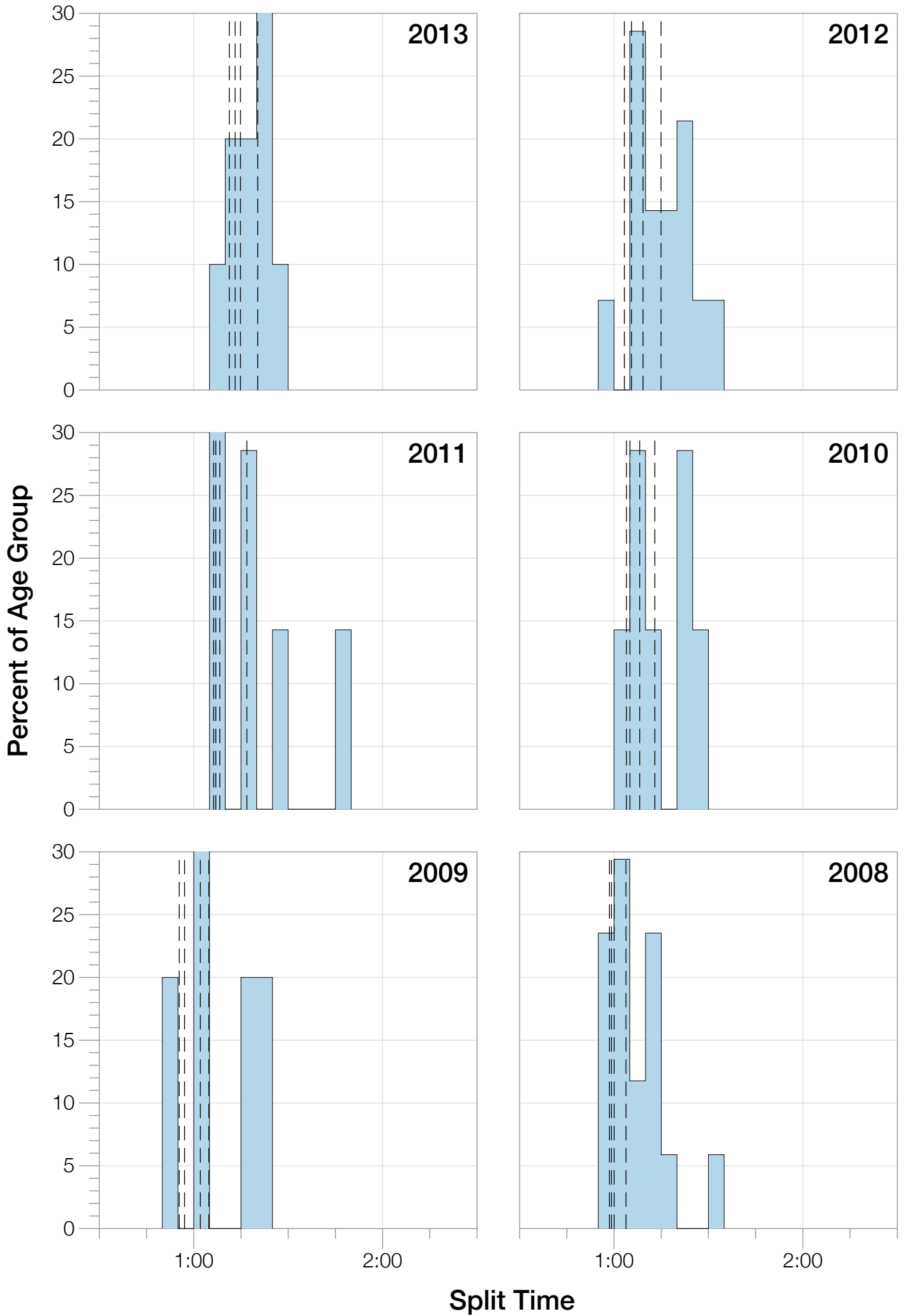


# Ironman Lake Placid F18-24 Stats

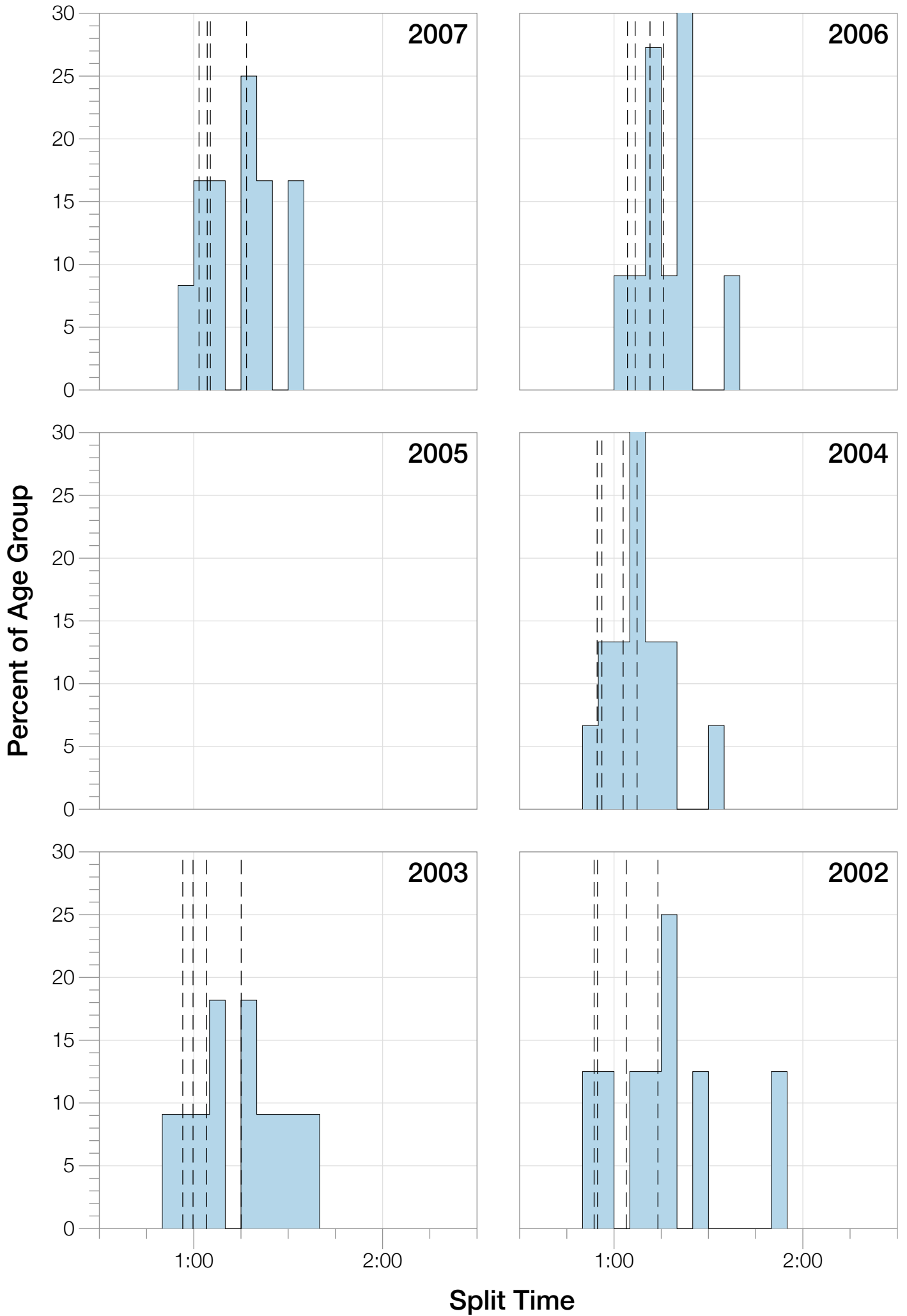
## F18-24 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F18-24 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F18-24 Winner's Time</b>
2002	1638	8	8:39:19	9:29:41	11:18:19
2003	1673	12	8:46:15	9:51:55	10:55:10
2004	1882	15	8:23:12	9:24:42	10:51:24
2006	2038	11	8:38:18	10:11:35	12:06:37
2007	2051	12	9:16:02	9:40:20	11:12:48
2008	2193	17	8:43:32	9:51:00	11:08:11
2009	2051	5	8:36:37	9:29:36	11:37:58
2010	2472	7	8:39:34	9:27:30	11:12:05
2011	2356	7	8:25:15	9:19:03	10:55:53
2012	2280	14	8:25:07	9:47:39	11:15:21
2013	2342	10	8:43:29	9:35:06	12:28:13
<b>Average</b>	<b>2089</b>	<b>11</b>	<b>8:39:41</b>	<b>9:38:55</b>	<b>10:25:09</b>

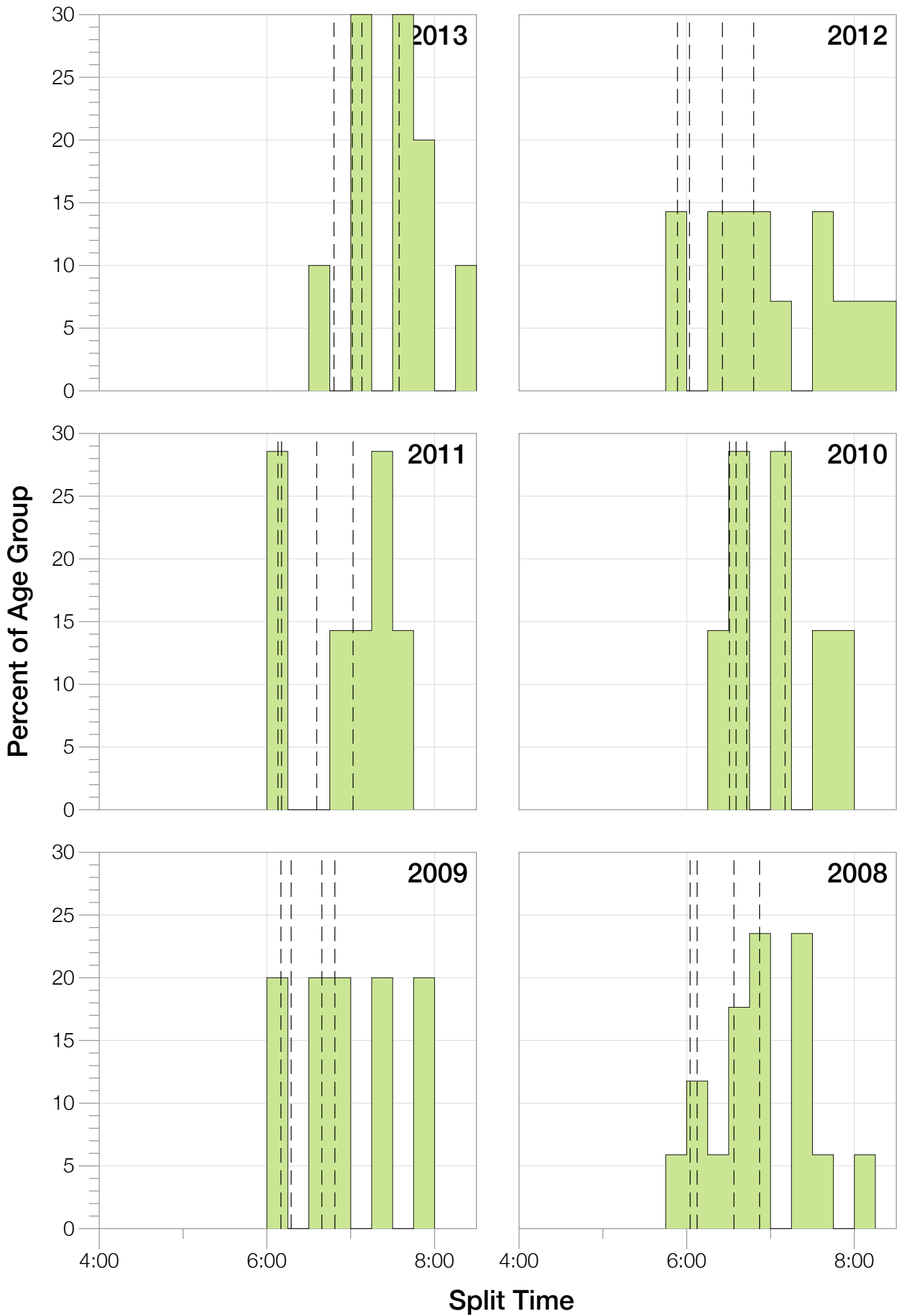
# F18-24 Swim



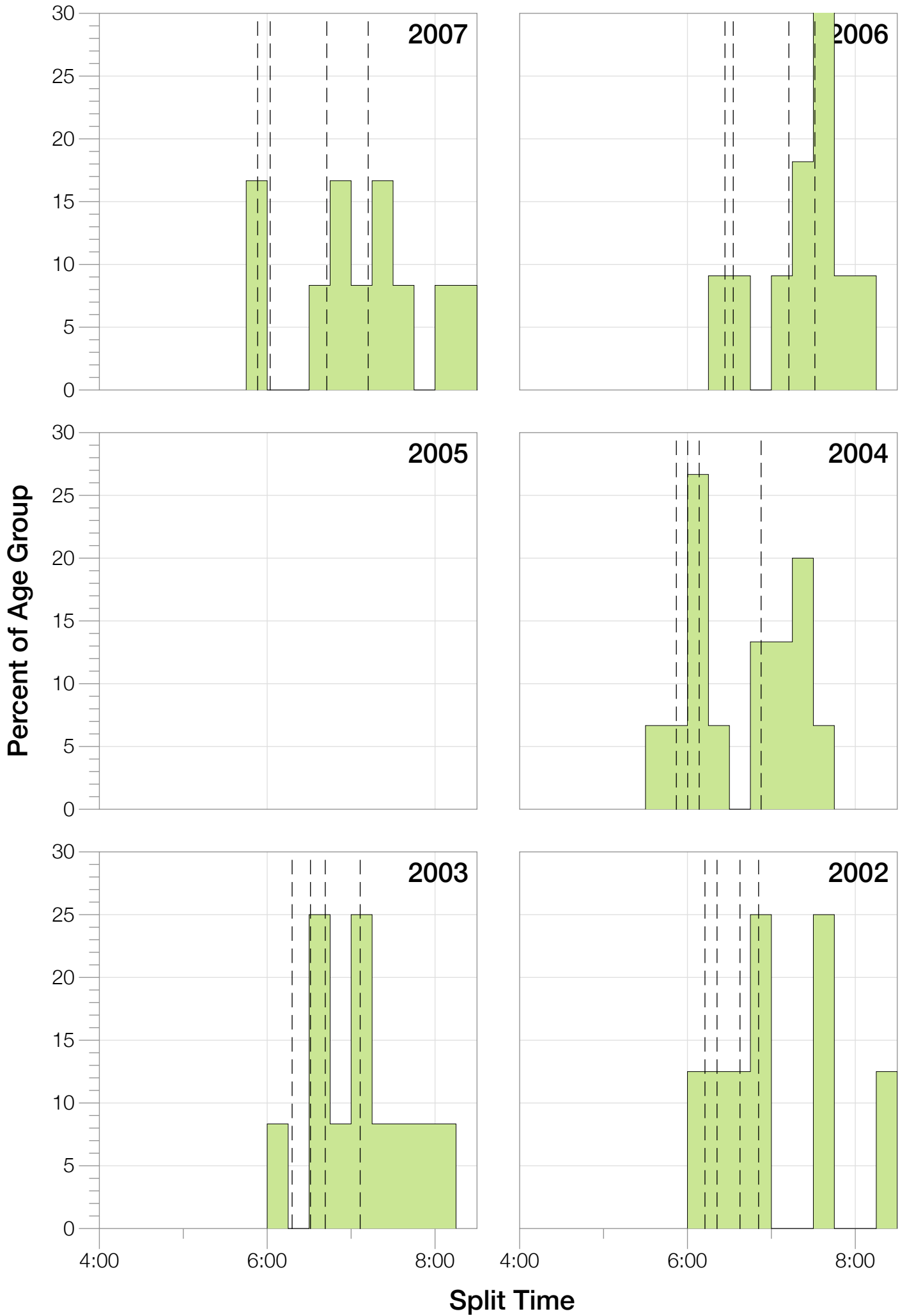
# F18-24 Swim



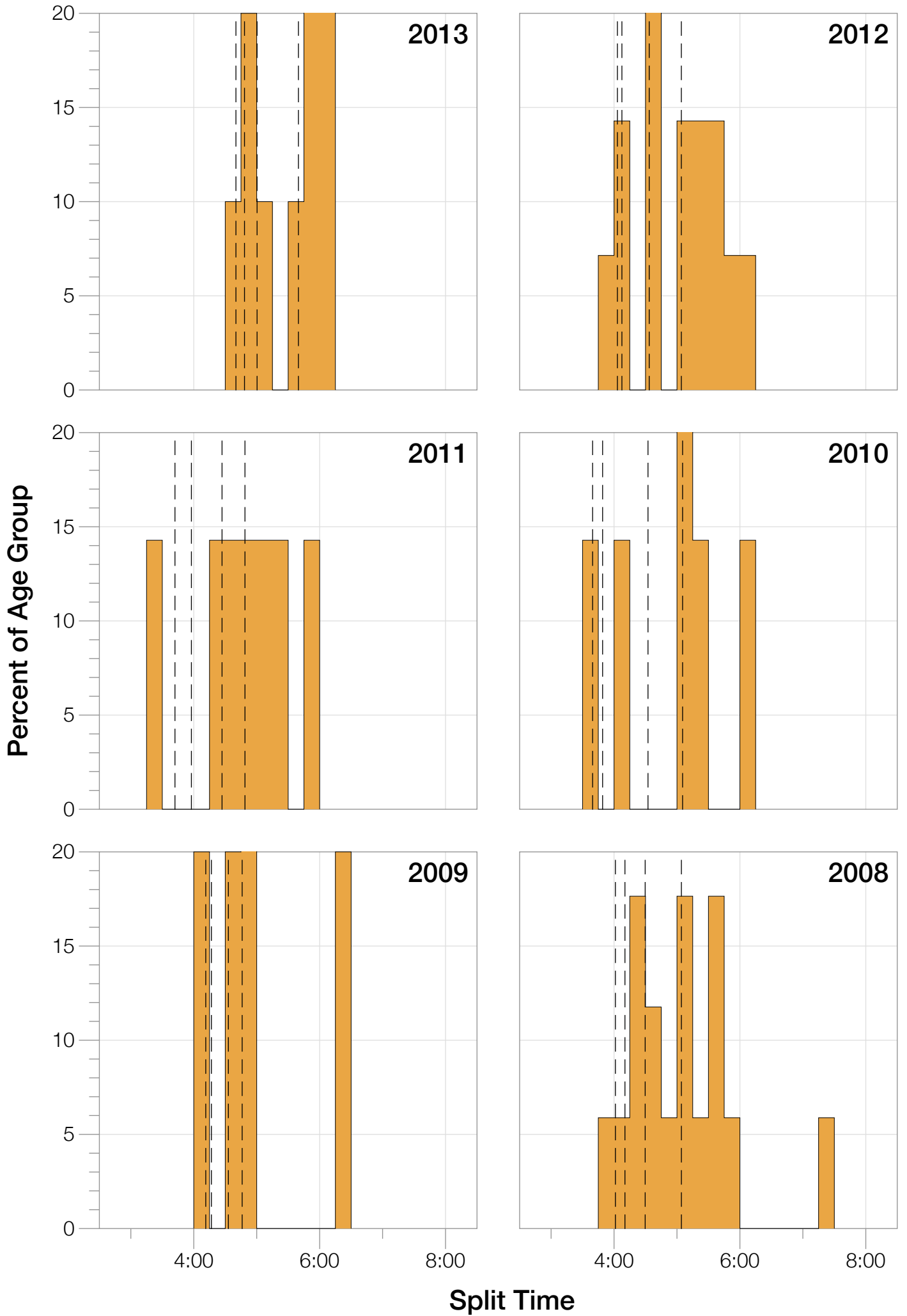
# F18-24 Bike



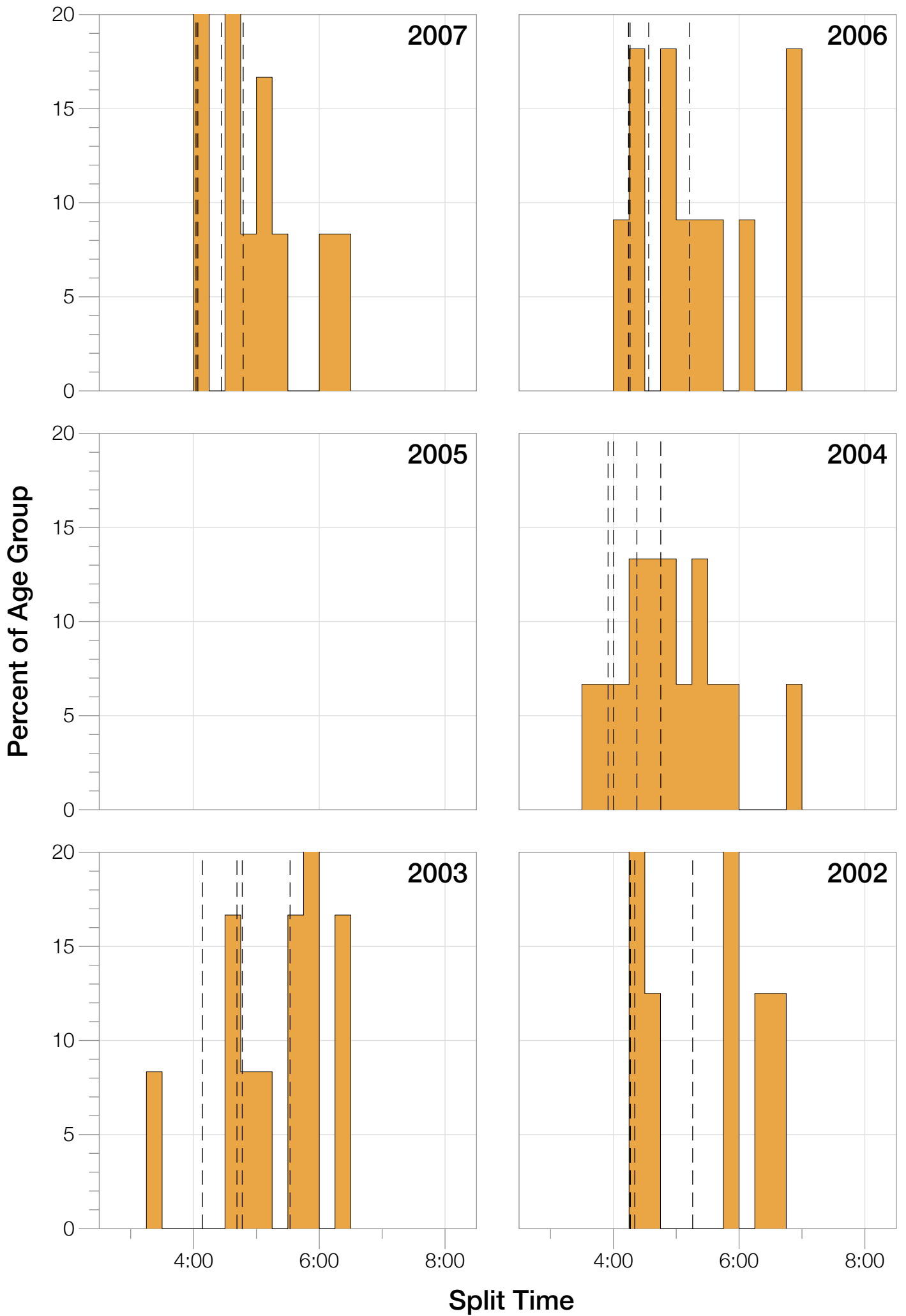
# F18-24 Bike



# F18-24 Run

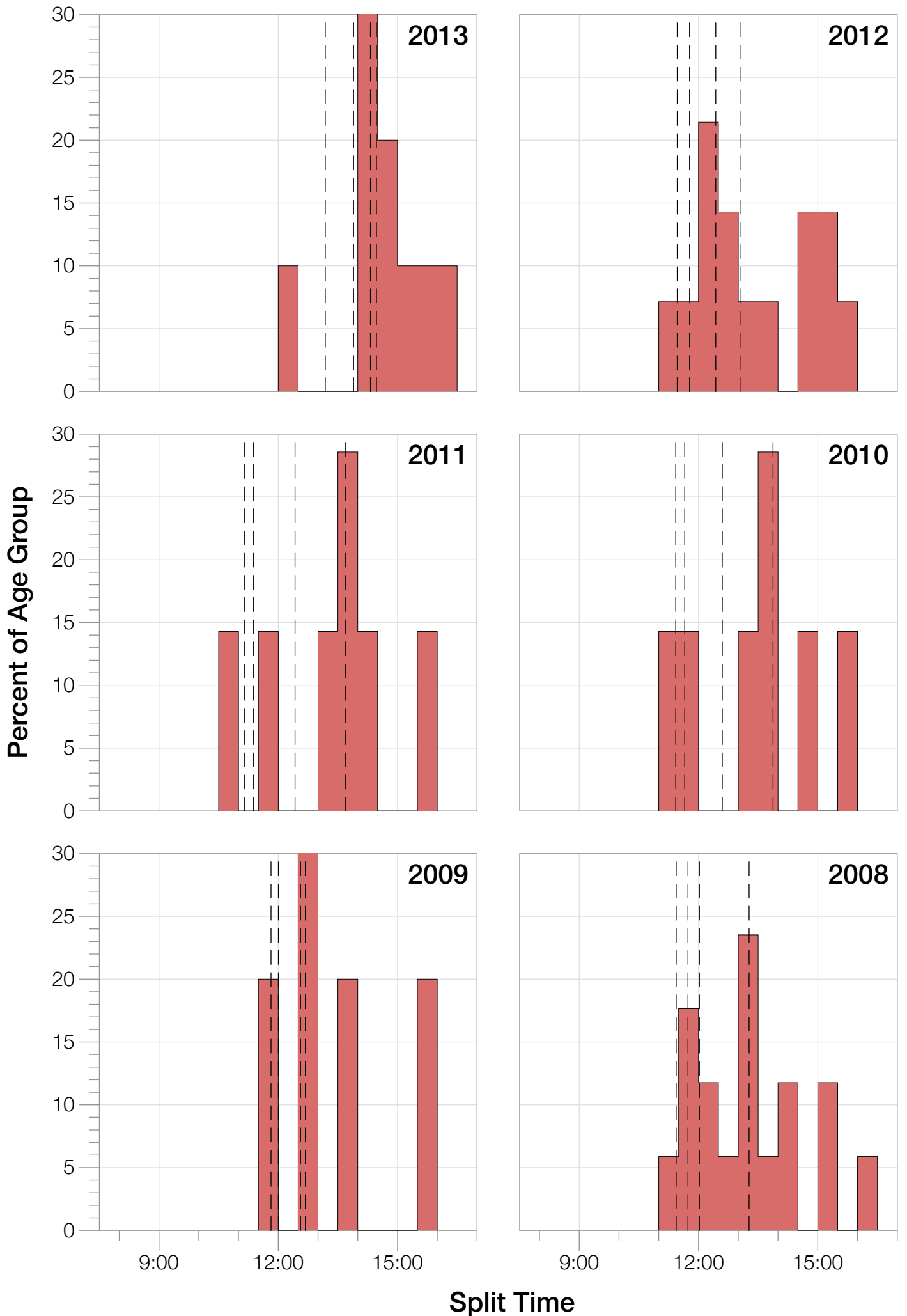


# F18-24 Run

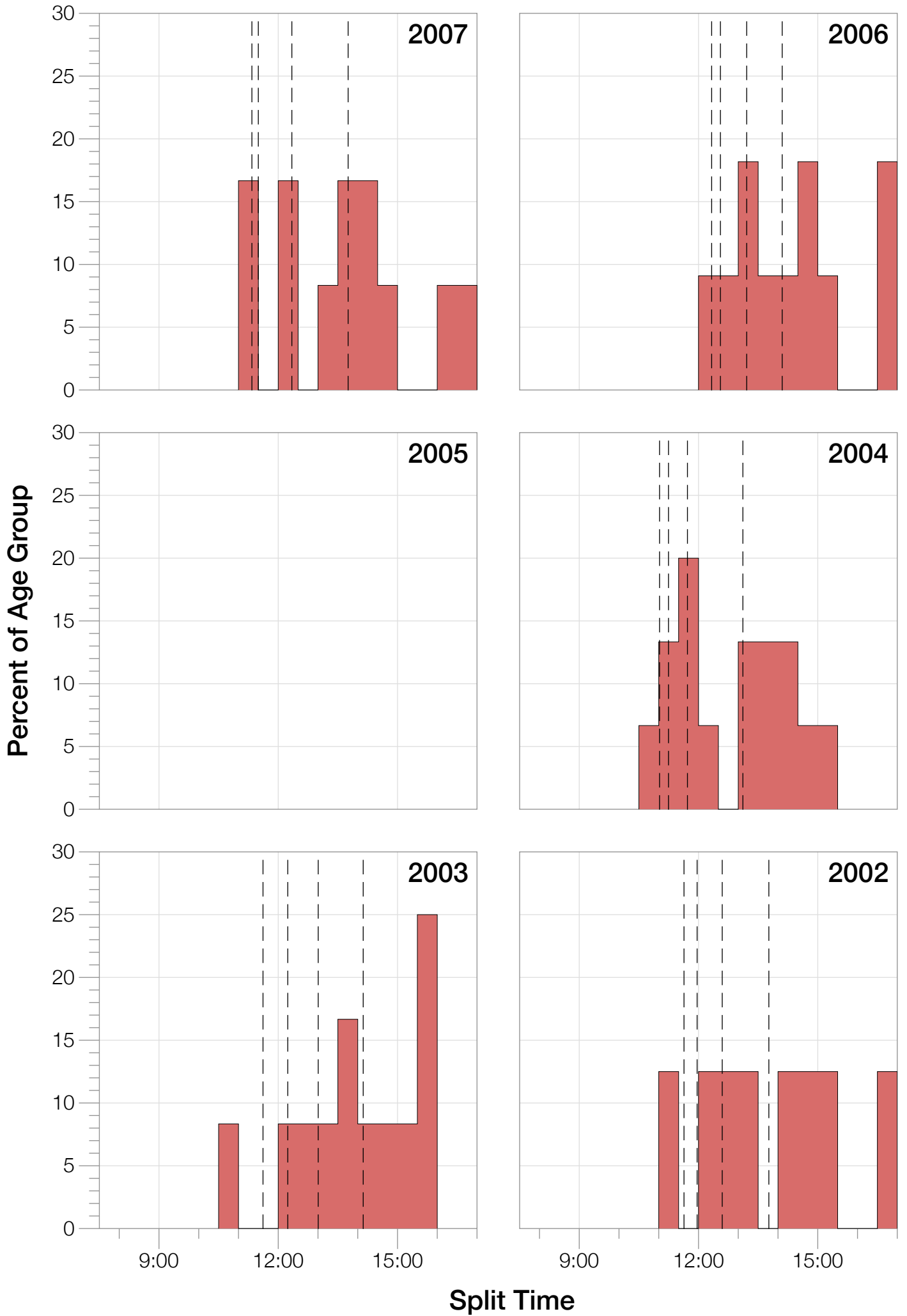




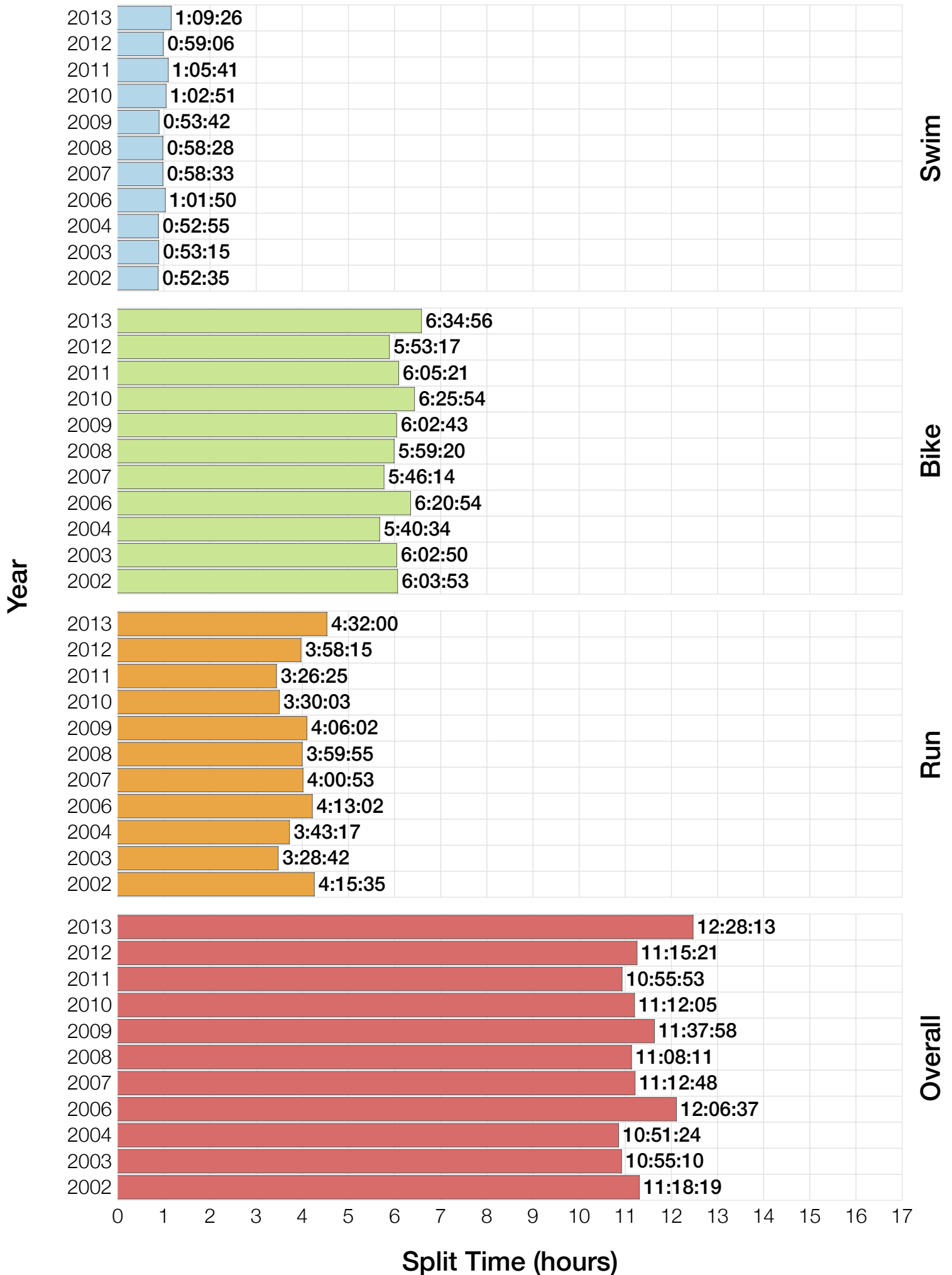
# F18-24 Overall



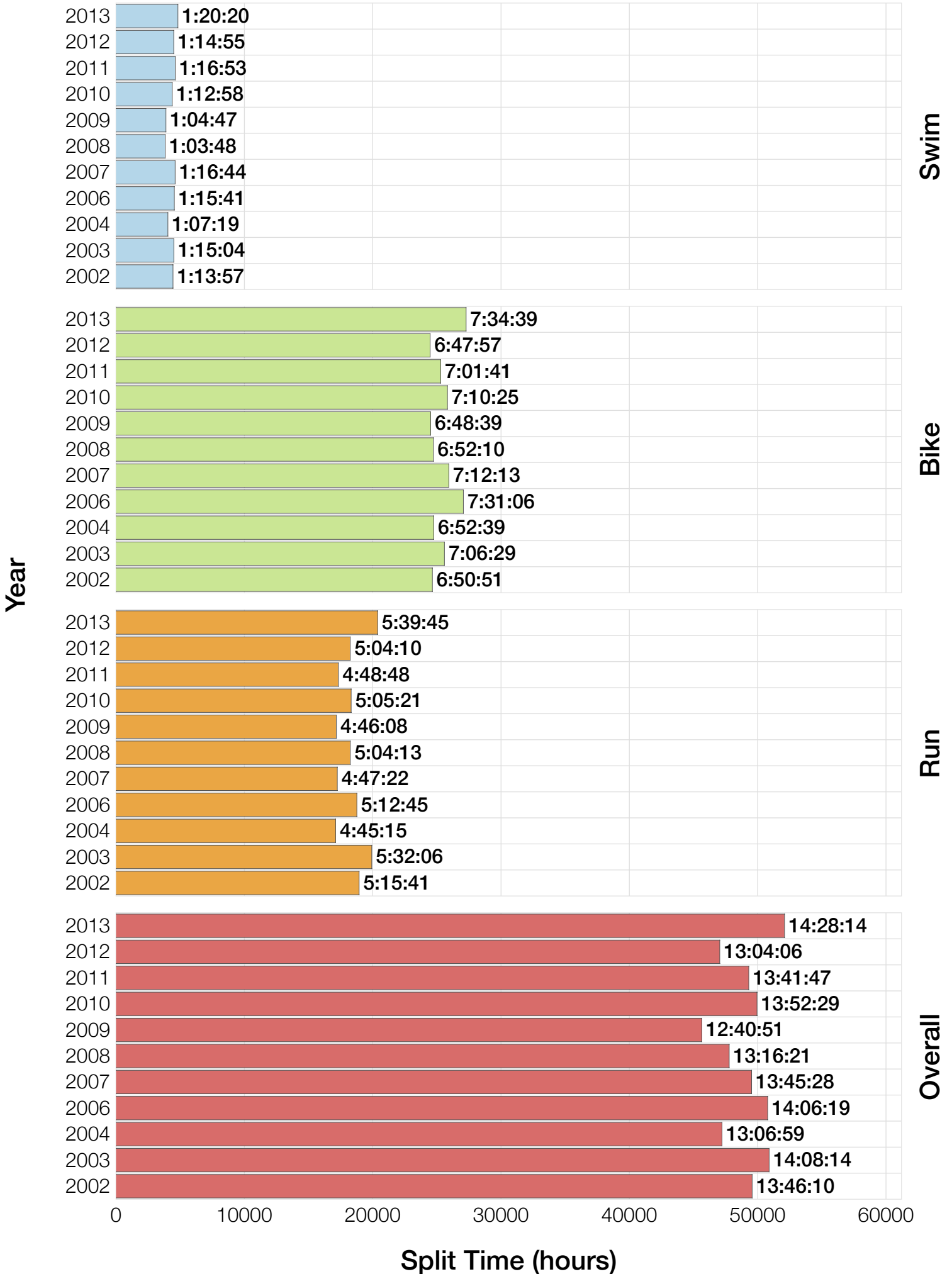
# F18-24 Overall



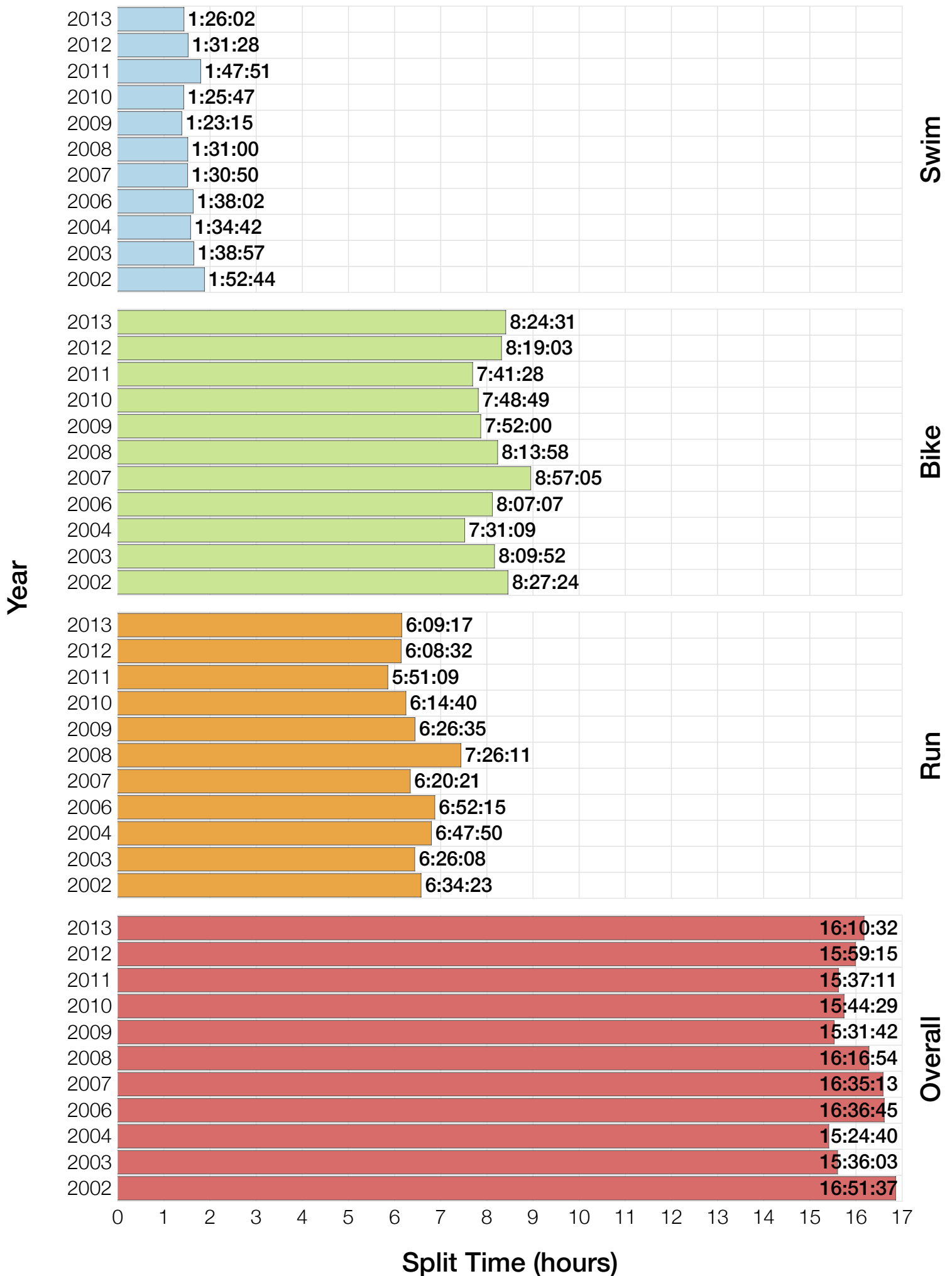
# F18-24 Fastest Splits



# F18-24 Median Splits

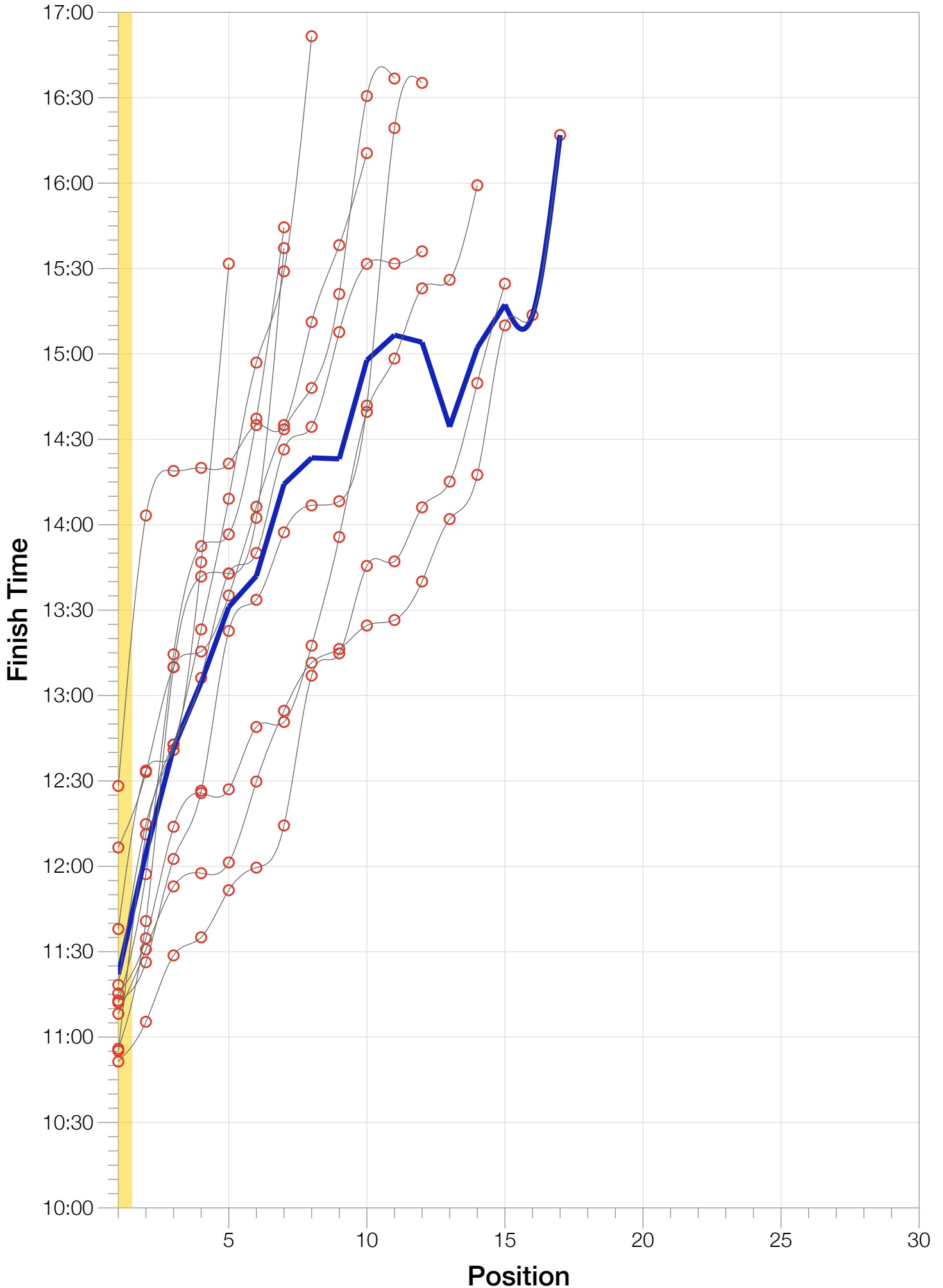


# F18-24 Slowest Splits



# F18-24 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# F18-24 Top 10 and Kona Times and Splits

## Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Average Male Winner</b>	<b>0:49:50</b>	<b>4:48:37</b>	<b>2:56:14</b>	<b>8:39:41</b>
<b>Average Female Winner</b>	<b>0:58:15</b>	<b>5:18:59</b>	<b>3:16:20</b>	<b>9:38:55</b>
<b>Average 1st Age Grouper</b>	<b>1:05:29</b>	<b>6:07:01</b>	<b>4:01:06</b>	<b>11:21:59</b>
Average 2nd Age Grouper	1:09:40	6:23:05	4:22:01	12:04:39
Average 3rd Age Grouper	1:08:37	6:47:37	4:30:24	12:41:37
Average 4th Age Grouper	1:14:57	6:57:59	4:38:39	13:04:37
Average 5th Age Grouper	1:14:15	7:00:49	5:01:49	13:31:07
Average 6th Age Grouper	1:12:24	7:03:26	5:09:01	13:41:59
Average 7th Age Grouper	1:18:51	7:06:16	5:32:06	14:14:15
Average 8th Age Grouper	1:22:59	7:19:38	5:25:22	14:23:30
Average 9th Age Grouper	1:07:49	7:29:54	5:31:19	14:23:08
Average 10th Age Grouper	1:16:28	7:42:32	5:42:34	14:57:46
<b>Kona Qualifier Average</b>	<b>1:05:29</b>	<b>6:07:01</b>	<b>4:01:06</b>	<b>11:21:59</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:53</b>	<b>6:56:07</b>	<b>4:55:06</b>	<b>13:17:56</b>

## Lake Placid 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:46:48</b>	<b>4:48:33</b>	<b>3:02:41</b>	<b>8:43:29</b>
<b>Female Winner</b>	<b>1:03:16</b>	<b>5:20:25</b>	<b>3:05:04</b>	<b>9:35:06</b>
<b>1st Age Grouper</b>	<b>1:09:26</b>	<b>6:34:56</b>	<b>4:32:00</b>	<b>12:28:13</b>
2nd Age Grouper	1:16:15	7:04:00	5:30:50	14:03:15
3rd Age Grouper	1:13:33	7:45:17	4:50:11	14:18:55
4th Age Grouper	1:22:08	7:42:01	4:58:10	14:19:58
5th Age Grouper	1:26:02	7:36:00	5:06:53	14:21:28
6th Age Grouper	1:20:53	7:08:01	5:48:41	14:35:00
7th Age Grouper	1:20:52	7:07:59	5:48:42	14:35:01
8th Age Grouper	1:14:22	7:33:18	6:06:31	15:11:12
9th Age Grouper	1:21:56	7:59:34	5:59:22	15:38:13
10th Age Grouper	1:19:49	8:24:31	6:09:17	16:10:32
<b>Kona Qualifier Average</b>	<b>1:09:26</b>	<b>6:34:56</b>	<b>4:32:00</b>	<b>12:28:13</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:31</b>	<b>7:29:33</b>	<b>5:29:03</b>	<b>14:34:10</b>

## Lake Placid 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:45:01</b>	<b>4:42:33</b>	<b>2:52:55</b>	<b>8:25:07</b>
<b>Female Winner</b>	<b>1:09:00</b>	<b>5:19:40</b>	<b>3:13:39</b>	<b>9:47:39</b>
<b>1st Age Grouper</b>	<b>1:15:56</b>	<b>5:53:29</b>	<b>3:58:15</b>	<b>11:15:21</b>
2nd Age Grouper	1:22:59	5:53:17	4:05:53	11:34:41
3rd Age Grouper	0:59:06	6:30:23	4:34:16	12:13:53
4th Age Grouper	1:09:06	6:50:17	4:11:16	12:25:42
5th Age Grouper	1:17:43	6:21:44	4:33:19	12:27:02
6th Age Grouper	1:13:23	6:45:37	4:35:35	12:48:56
7th Age Grouper	1:05:33	6:32:08	5:01:33	12:50:42
8th Age Grouper	1:09:32	6:23:57	5:29:26	13:17:31
9th Age Grouper	1:05:31	7:06:23	5:33:02	13:55:40
10th Age Grouper	1:22:18	7:56:16	5:06:47	14:39:38
<b>Kona Qualifier Average</b>	<b>1:15:56</b>	<b>5:53:29</b>	<b>3:58:15</b>	<b>11:15:21</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:06</b>	<b>6:37:21</b>	<b>4:42:56</b>	<b>12:44:54</b>

### Lake Placid 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:41	4:33:30	2:56:45	8:25:15
Female Winner	0:57:18	5:08:09	3:08:23	9:19:03
<b>1st Age Grouper</b>	<b>1:07:52</b>	<b>6:13:56</b>	<b>3:26:25</b>	<b>10:55:53</b>
2nd Age Grouper	1:08:40	6:05:21	4:18:37	11:40:44
3rd Age Grouper	1:16:53	7:01:41	4:35:16	13:09:55
4th Age Grouper	1:26:44	6:57:20	5:00:47	13:41:47
5th Age Grouper	1:18:34	7:21:54	4:48:48	13:42:49
6th Age Grouper	1:05:41	7:24:42	5:21:47	14:02:26
7th Age Grouper	1:47:51	7:41:28	5:51:09	15:37:11
<b>Kona Qualifier Average</b>	<b>1:07:52</b>	<b>6:13:56</b>	<b>3:26:25</b>	<b>10:55:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:53</b>	<b>6:58:03</b>	<b>4:46:07</b>	<b>13:15:49</b>

### Lake Placid 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:06	4:38:03	3:01:24	8:39:34
Female Winner	0:55:43	5:07:43	3:18:27	9:27:30
<b>1st Age Grouper</b>	<b>1:06:31</b>	<b>6:25:54</b>	<b>3:30:03</b>	<b>11:12:05</b>
2nd Age Grouper	1:02:51	6:44:17	4:01:49	11:57:14
3rd Age Grouper	1:09:48	6:41:37	5:05:21	13:14:28
4th Age Grouper	1:12:58	7:11:26	5:14:33	13:52:29
5th Age Grouper	1:21:53	7:10:25	5:02:57	13:56:37
6th Age Grouper	1:22:45	7:37:04	5:15:33	14:37:16
7th Age Grouper	1:25:47	7:48:49	6:14:40	15:44:29
<b>Kona Qualifier Average</b>	<b>1:06:31</b>	<b>6:25:54</b>	<b>3:30:03</b>	<b>11:12:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:39</b>	<b>7:05:38</b>	<b>4:54:59</b>	<b>13:30:39</b>

### Lake Placid 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:53	4:37:23	3:02:22	8:36:37
Female Winner	0:50:48	5:13:25	3:20:09	9:29:36
<b>1st Age Grouper</b>	<b>0:53:42</b>	<b>6:02:43</b>	<b>4:32:59</b>	<b>11:37:58</b>
2nd Age Grouper	1:18:56	6:48:39	4:06:02	12:33:37
3rd Age Grouper	1:04:47	6:39:20	4:46:08	12:40:51
4th Age Grouper	1:23:15	7:25:32	4:48:12	13:46:51
5th Age Grouper	1:02:05	7:52:00	6:26:35	15:31:42
<b>Kona Qualifier Average</b>	<b>0:53:42</b>	<b>6:02:43</b>	<b>4:32:59</b>	<b>11:37:58</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:33</b>	<b>6:57:38</b>	<b>4:55:59</b>	<b>13:14:11</b>



### Lake Placid 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:07	4:45:11	3:07:18	8:43:32
Female Winner	0:53:43	5:52:15	2:59:55	9:51:00
1st Age Grouper	0:59:38	5:59:20	4:01:40	11:08:11
2nd Age Grouper	1:00:02	6:03:14	4:18:23	11:30:50
3rd Age Grouper	1:12:55	6:29:49	3:59:55	11:52:56
4th Age Grouper	1:03:48	6:10:15	4:34:36	11:57:35
5th Age Grouper	1:02:52	6:33:49	4:16:14	12:01:20
6th Age Grouper	0:58:28	6:45:42	4:29:41	12:29:46
7th Age Grouper	1:00:19	6:37:09	5:04:13	12:54:39
8th Age Grouper	1:06:23	7:16:19	4:36:08	13:11:30
9th Age Grouper	0:59:35	6:52:10	5:11:32	13:16:21
10th Age Grouper	1:12:29	6:52:21	5:07:19	13:24:35
<b>Kona Qualifier Average</b>	<b>0:59:38</b>	<b>5:59:20</b>	<b>4:01:40</b>	<b>11:08:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:38</b>	<b>6:34:00</b>	<b>4:33:58</b>	<b>12:22:46</b>

### Lake Placid 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:54:11	5:17:54	2:59:36	9:16:02
Female Winner	0:54:21	5:14:27	3:26:14	9:40:20
1st Age Grouper	1:04:14	5:58:48	4:03:34	11:12:48
2nd Age Grouper	1:22:57	5:46:14	4:08:38	11:26:18
3rd Age Grouper	0:58:33	6:46:12	4:00:53	12:02:33
4th Age Grouper	1:04:40	6:31:54	4:43:29	12:26:33
5th Age Grouper	1:17:29	7:15:31	4:32:38	13:22:41
6th Age Grouper	1:30:50	7:08:55	4:37:44	13:33:37
7th Age Grouper	1:17:58	6:56:28	5:27:58	13:57:19
8th Age Grouper	1:23:25	7:25:22	4:51:15	14:06:47
9th Age Grouper	1:05:28	7:38:39	5:08:16	14:08:15
10th Age Grouper	1:16:00	8:03:10	5:06:02	14:41:52
<b>Kona Qualifier Average</b>	<b>1:04:14</b>	<b>5:58:48</b>	<b>4:03:34</b>	<b>11:12:48</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:09</b>	<b>6:57:07</b>	<b>4:40:02</b>	<b>13:05:52</b>

### Lake Placid 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:31	4:54:25	2:48:20	8:38:18
Female Winner	1:07:12	5:27:00	3:30:37	10:11:35
1st Age Grouper	1:12:16	6:20:54	4:22:24	12:06:37
2nd Age Grouper	1:06:43	6:32:45	4:45:57	12:33:05
3rd Age Grouper	1:12:58	7:24:26	4:15:56	13:10:02
4th Age Grouper	1:38:02	7:09:12	4:13:02	13:15:28
5th Age Grouper	1:15:41	7:15:48	4:45:03	13:35:08
6th Age Grouper	1:01:50	7:39:57	5:12:45	14:06:19
7th Age Grouper	1:10:36	7:38:13	5:28:11	14:33:30
8th Age Grouper	1:22:01	7:31:06	5:40:20	14:48:03
9th Age Grouper	1:22:48	7:40:51	6:01:38	15:21:04
10th Age Grouper	1:23:42	7:59:18	6:52:15	16:30:36
<b>Kona Qualifier Average</b>	<b>1:12:16</b>	<b>6:20:54</b>	<b>4:22:24</b>	<b>12:06:37</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:39</b>	<b>7:19:15</b>	<b>5:09:45</b>	<b>13:59:59</b>

### Lake Placid 2004

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:08	4:44:22	2:46:39	8:23:12
Female Winner	0:55:20	5:06:48	3:17:35	9:24:42
1st Age Grouper	1:00:55	5:40:34	4:00:38	10:51:24
2nd Age Grouper	0:57:17	6:17:36	3:43:17	11:05:23
3rd Age Grouper	1:12:14	6:05:53	3:59:58	11:28:41
4th Age Grouper	1:07:19	5:56:59	4:17:40	11:35:02
5th Age Grouper	1:08:00	6:04:54	4:27:14	11:51:36
6th Age Grouper	1:06:02	6:11:19	4:32:16	11:59:32
7th Age Grouper	1:08:55	6:10:54	4:39:42	12:14:20
8th Age Grouper	1:16:35	6:52:39	4:45:15	13:06:59
9th Age Grouper	0:52:55	7:17:42	4:50:22	13:14:48
10th Age Grouper	1:19:22	6:57:35	5:10:11	13:45:32
<b>Kona Qualifier Average</b>	<b>1:00:55</b>	<b>5:40:34</b>	<b>4:00:38</b>	<b>10:51:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:57</b>	<b>6:21:36</b>	<b>4:26:39</b>	<b>12:07:19</b>

### Lake Placid 2003

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:14	4:55:41	2:51:30	8:46:15
Female Winner	0:55:40	5:45:53	3:04:37	9:51:55
1st Age Grouper	1:17:19	6:02:50	3:28:42	10:55:10
2nd Age Grouper	0:53:15	6:30:05	4:41:02	12:11:13
3rd Age Grouper	1:07:30	6:38:42	4:44:57	12:42:45
4th Age Grouper	0:59:46	7:09:37	4:47:00	13:06:11
5th Age Grouper	1:15:04	6:42:27	5:30:30	13:42:54
6th Age Grouper	1:28:28	7:05:59	5:01:48	13:50:03
7th Age Grouper	1:23:55	6:58:14	5:45:46	14:26:26
8th Age Grouper	1:38:57	7:06:59	5:33:43	14:34:22
9th Age Grouper	1:06:35	7:54:03	5:55:06	15:07:40
10th Age Grouper	1:01:36	7:44:39	6:26:08	15:31:39
<b>Kona Qualifier Average</b>	<b>1:17:19</b>	<b>6:02:50</b>	<b>3:28:42</b>	<b>10:55:10</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:14</b>	<b>6:59:21</b>	<b>5:11:28</b>	<b>13:36:50</b>

### Lake Placid 2002

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:39	4:57:14	2:49:13	8:39:19
Female Winner	0:58:27	4:53:09	3:35:00	9:29:41
1st Age Grouper	0:52:35	6:03:53	4:15:35	11:18:19
2nd Age Grouper	1:16:30	6:28:32	4:21:43	12:14:51
3rd Age Grouper	1:06:38	6:40:34	4:41:33	12:42:48
4th Age Grouper	1:16:50	7:33:25	4:16:34	13:23:14
5th Age Grouper	1:11:24	6:54:34	5:49:49	14:09:07
6th Age Grouper	0:55:42	6:47:09	6:34:23	14:56:57
7th Age Grouper	1:26:52	7:31:27	5:59:08	15:29:00
8th Age Grouper	1:52:44	8:27:24	6:20:18	16:51:37
<b>Kona Qualifier Average</b>	<b>0:52:35</b>	<b>6:03:53</b>	<b>4:15:35</b>	<b>11:18:19</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:54</b>	<b>7:03:22</b>	<b>5:17:22</b>	<b>13:53:14</b>