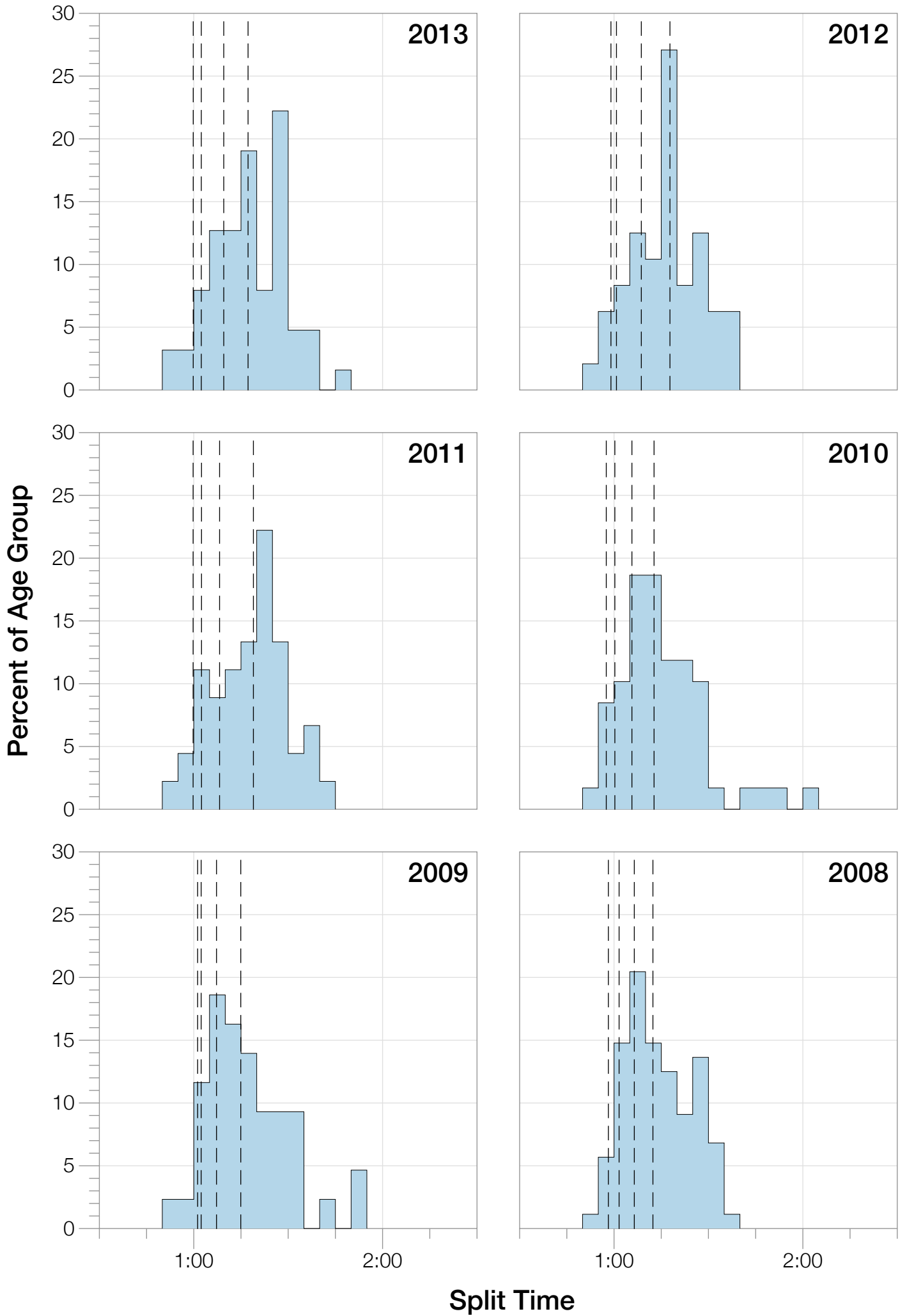


Ironman Lake Placid F25-29 Stats

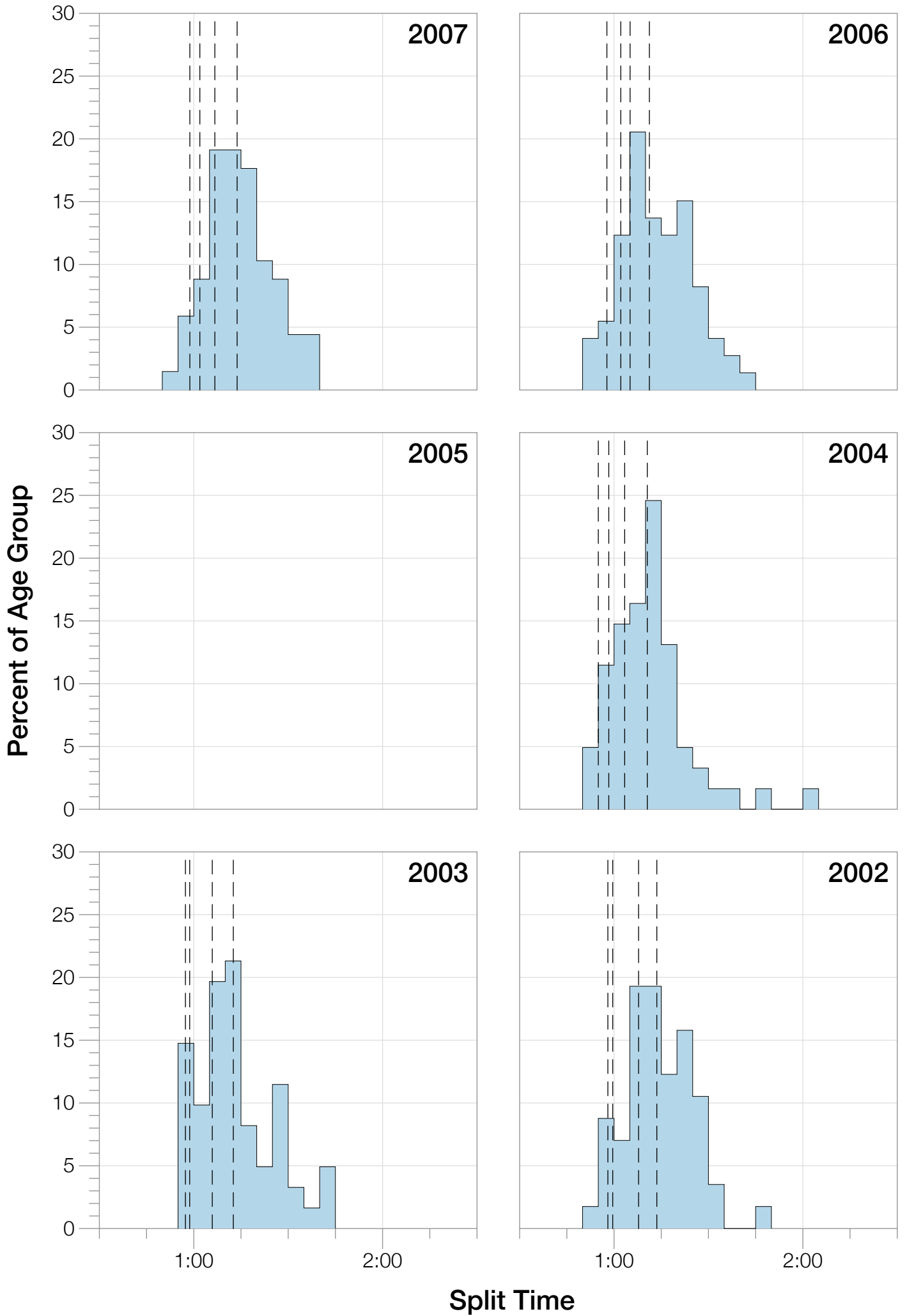
F25-29 Summary Statistics

Year	Finishers	F25-29 Finishers	Male Winner's Time	Female Winner's Time	F25-29 Winner's Time
2002	1638	57	8:39:19	9:29:41	10:36:13
2003	1673	61	8:46:15	9:51:55	10:54:21
2004	1882	61	8:23:12	9:24:42	10:35:54
2006	2038	73	8:38:18	10:11:35	10:11:35
2007	2051	68	9:16:02	9:40:20	10:38:08
2008	2193	88	8:43:32	9:51:00	10:32:34
2009	2051	43	8:36:37	9:29:36	10:31:14
2010	2472	59	8:39:34	9:27:30	10:01:42
2011	2356	45	8:25:15	9:19:03	10:21:01
2012	2280	48	8:25:07	9:47:39	10:32:05
2013	2342	63	8:43:29	9:35:06	10:29:53
Average	2089	61	8:39:41	9:38:55	9:37:03

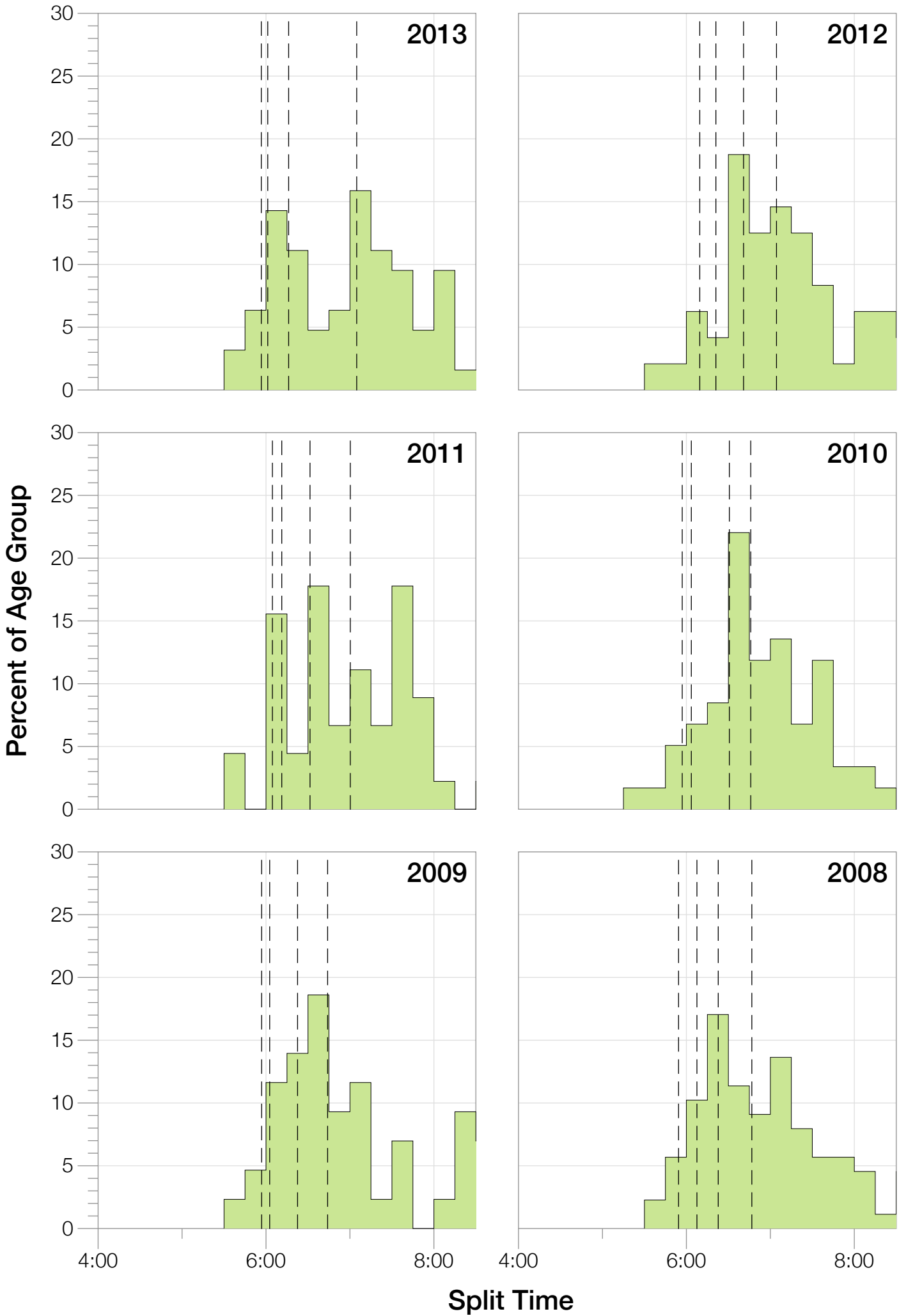
F25-29 Swim



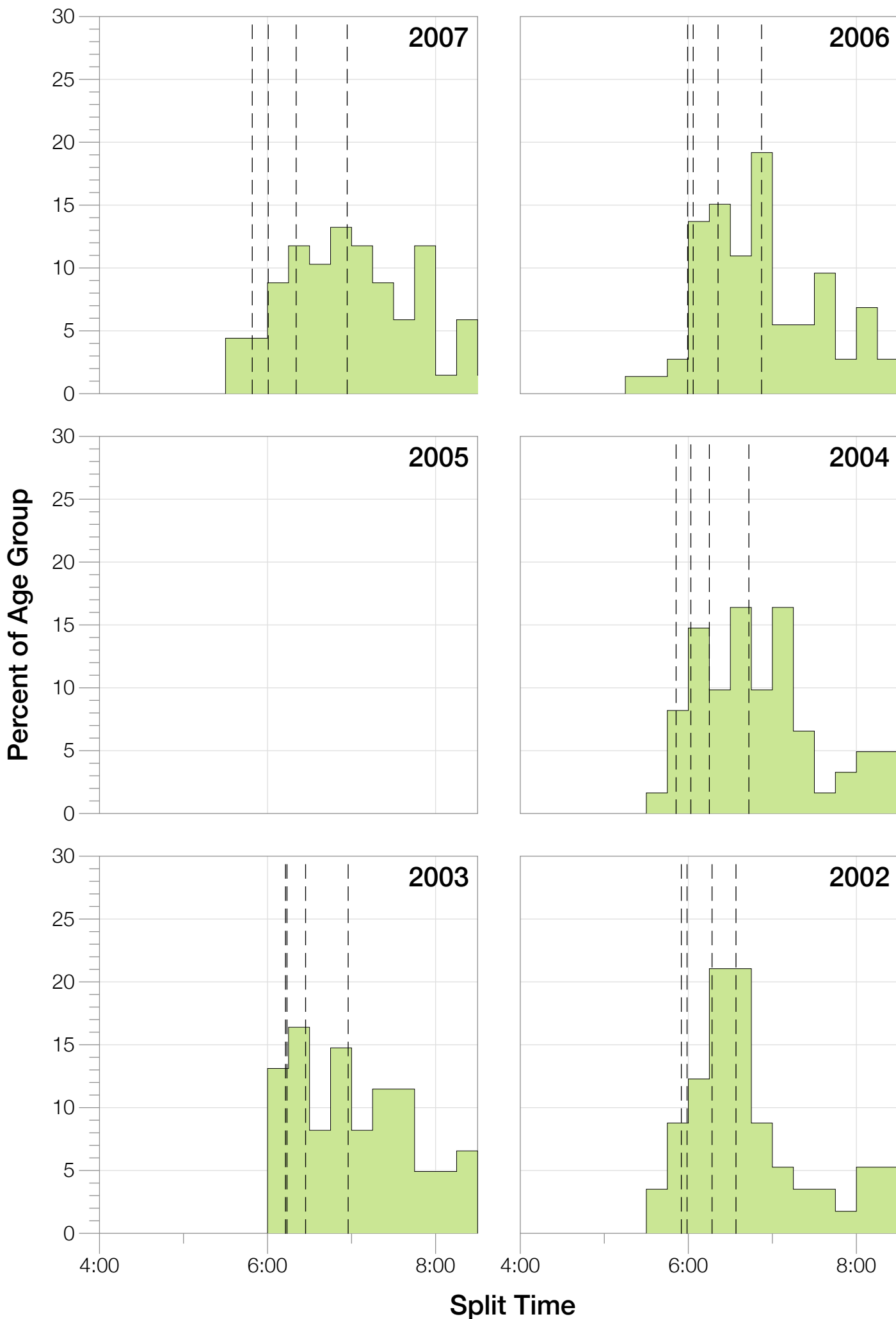
F25-29 Swim



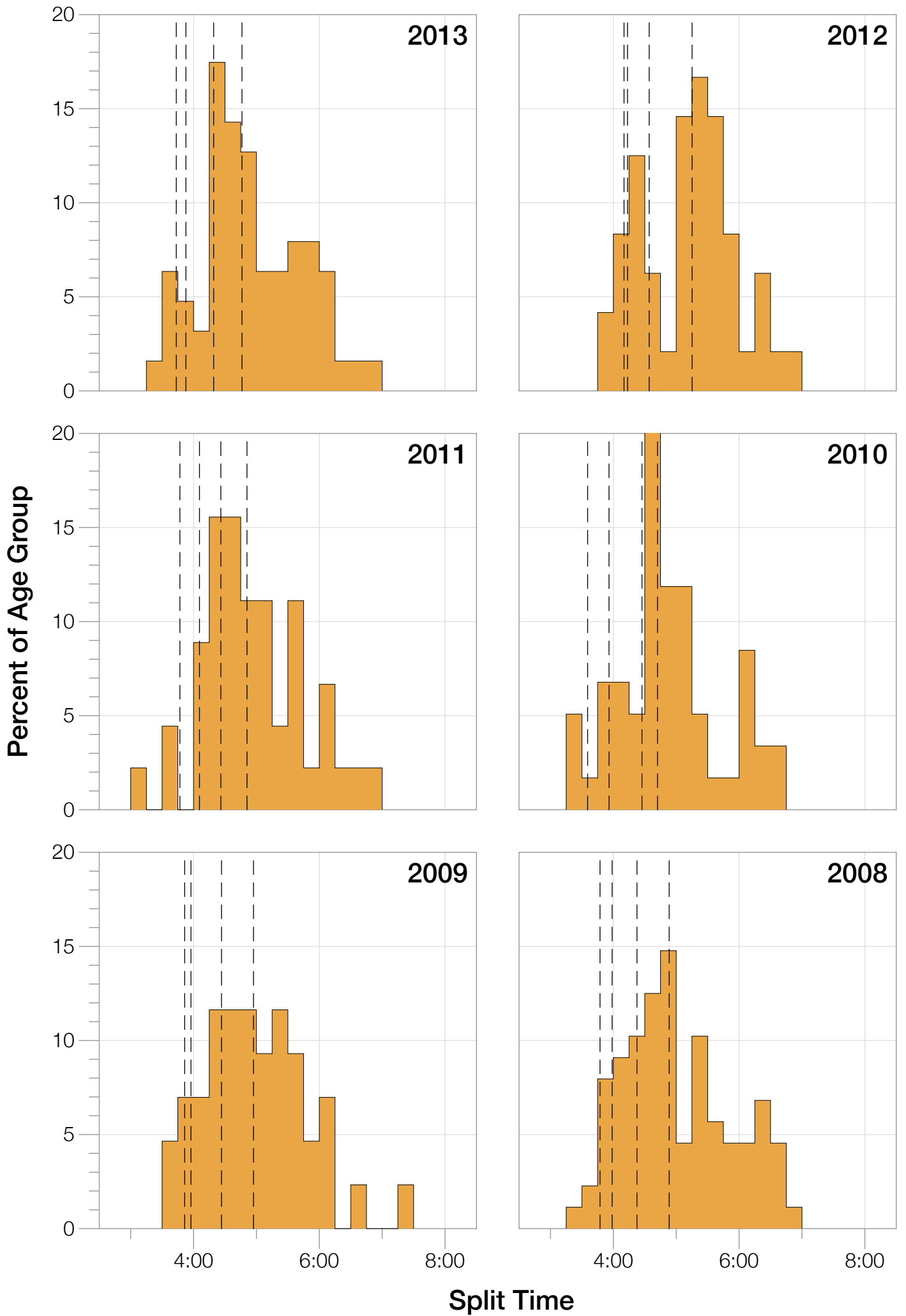
F25-29 Bike



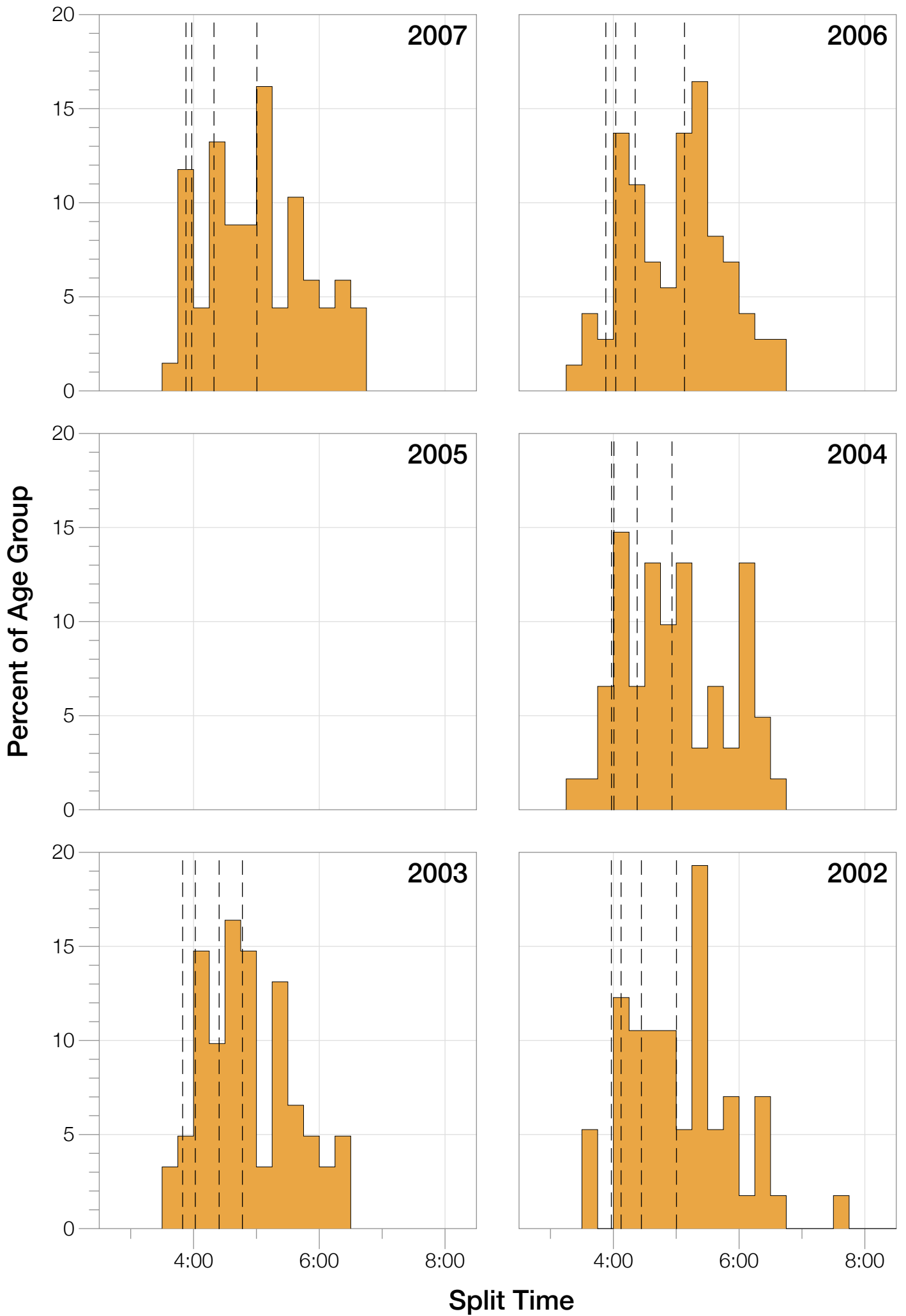
F25-29 Bike



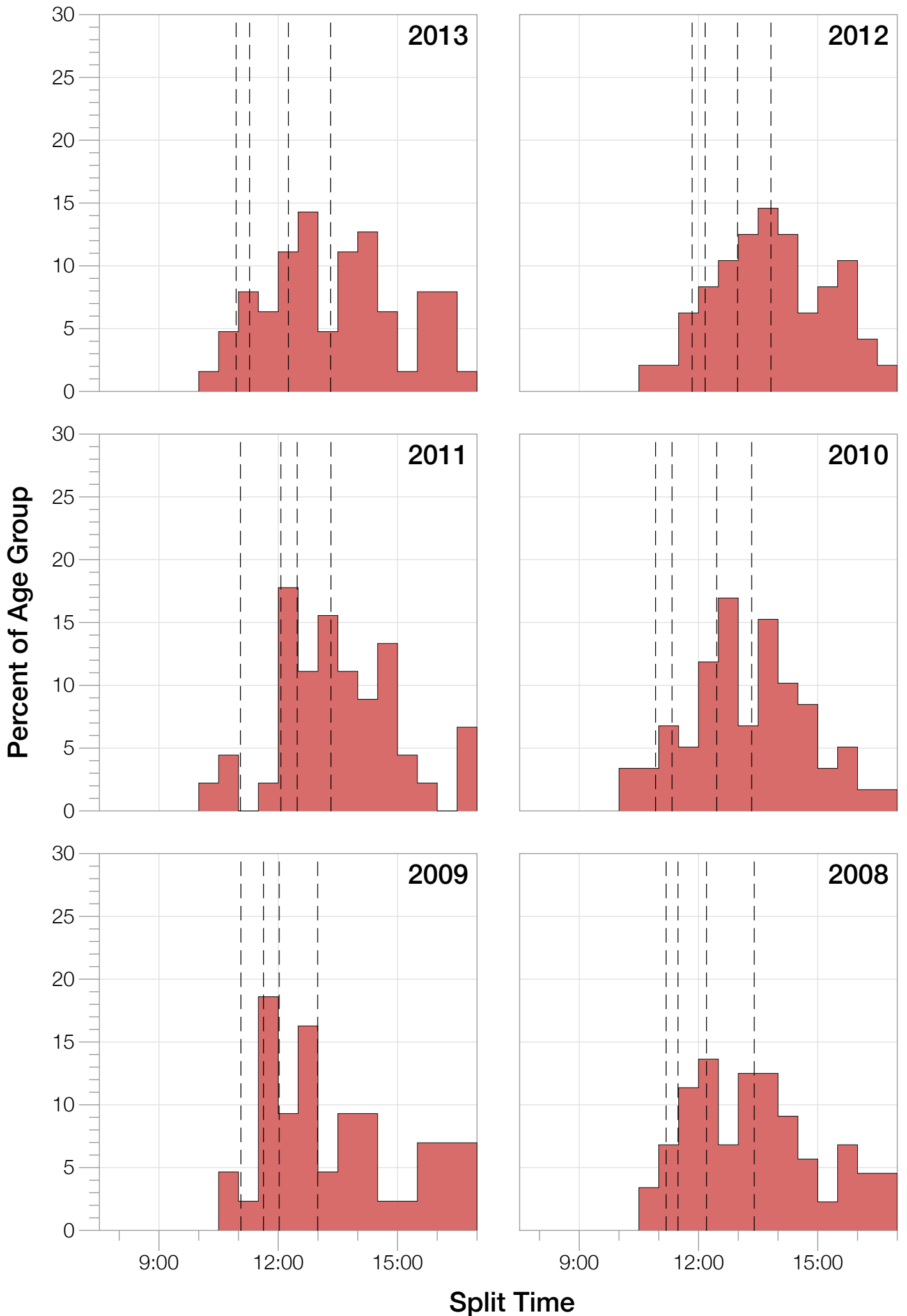
F25-29 Run



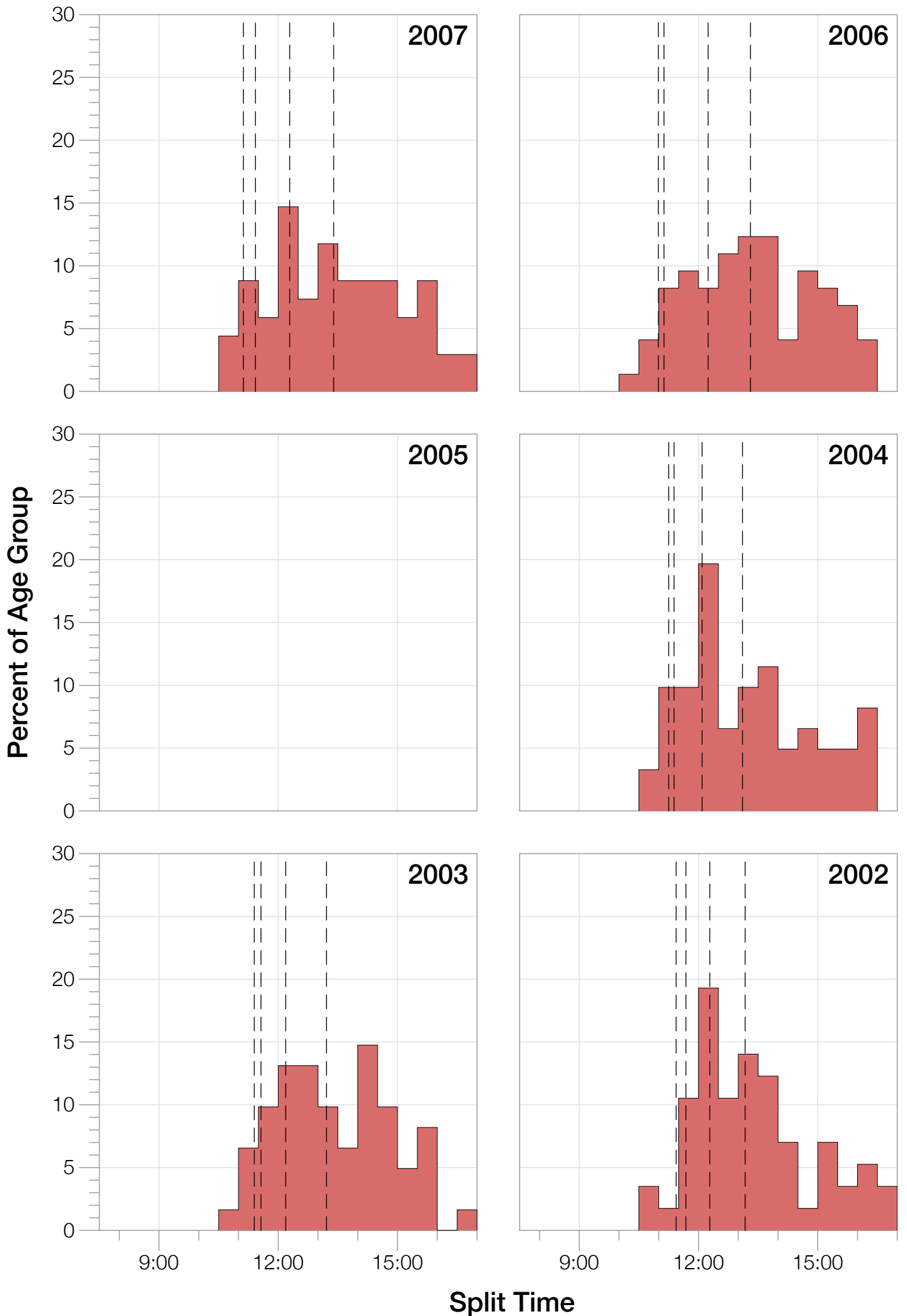
F25-29 Run



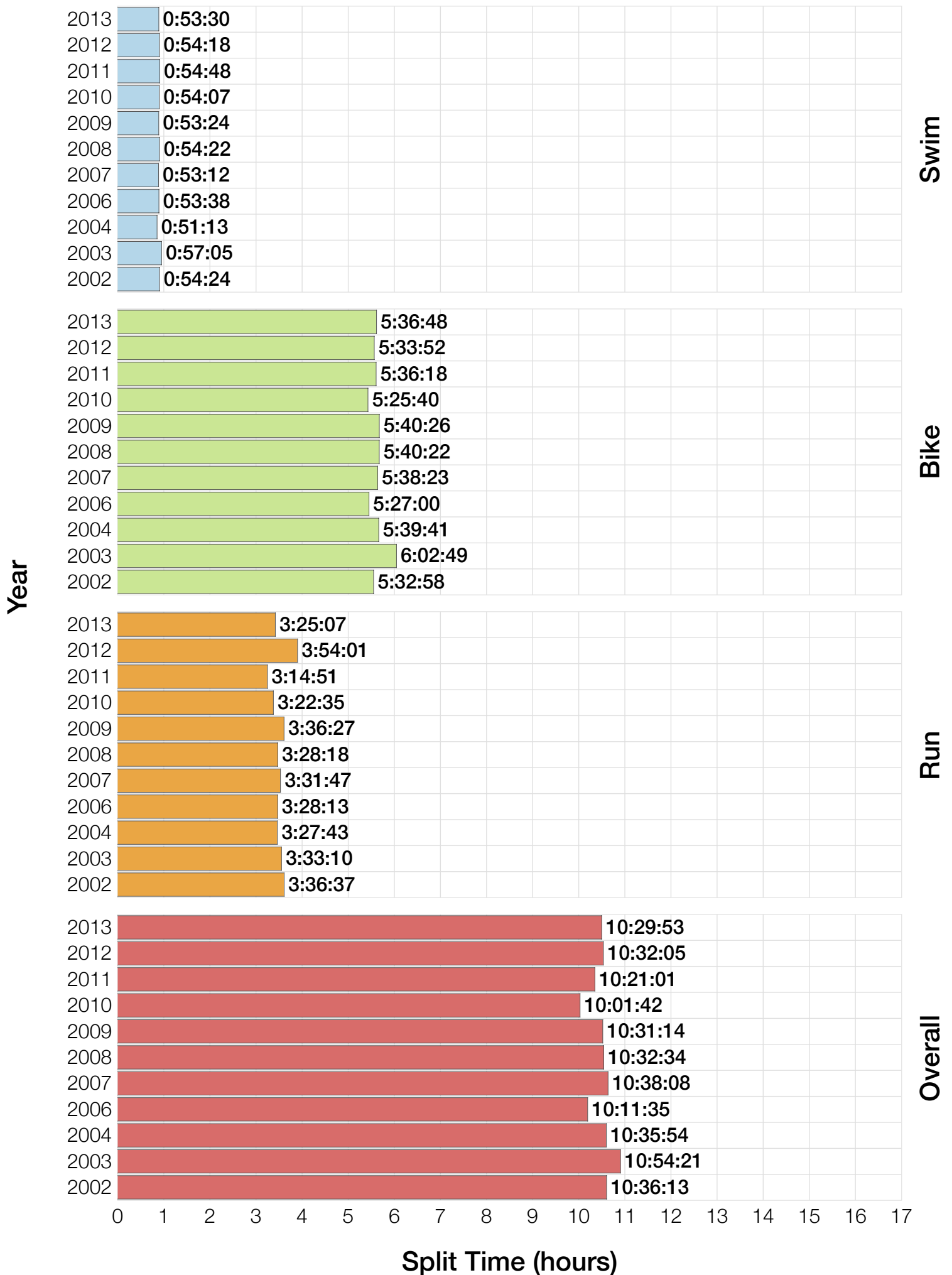
F25-29 Overall



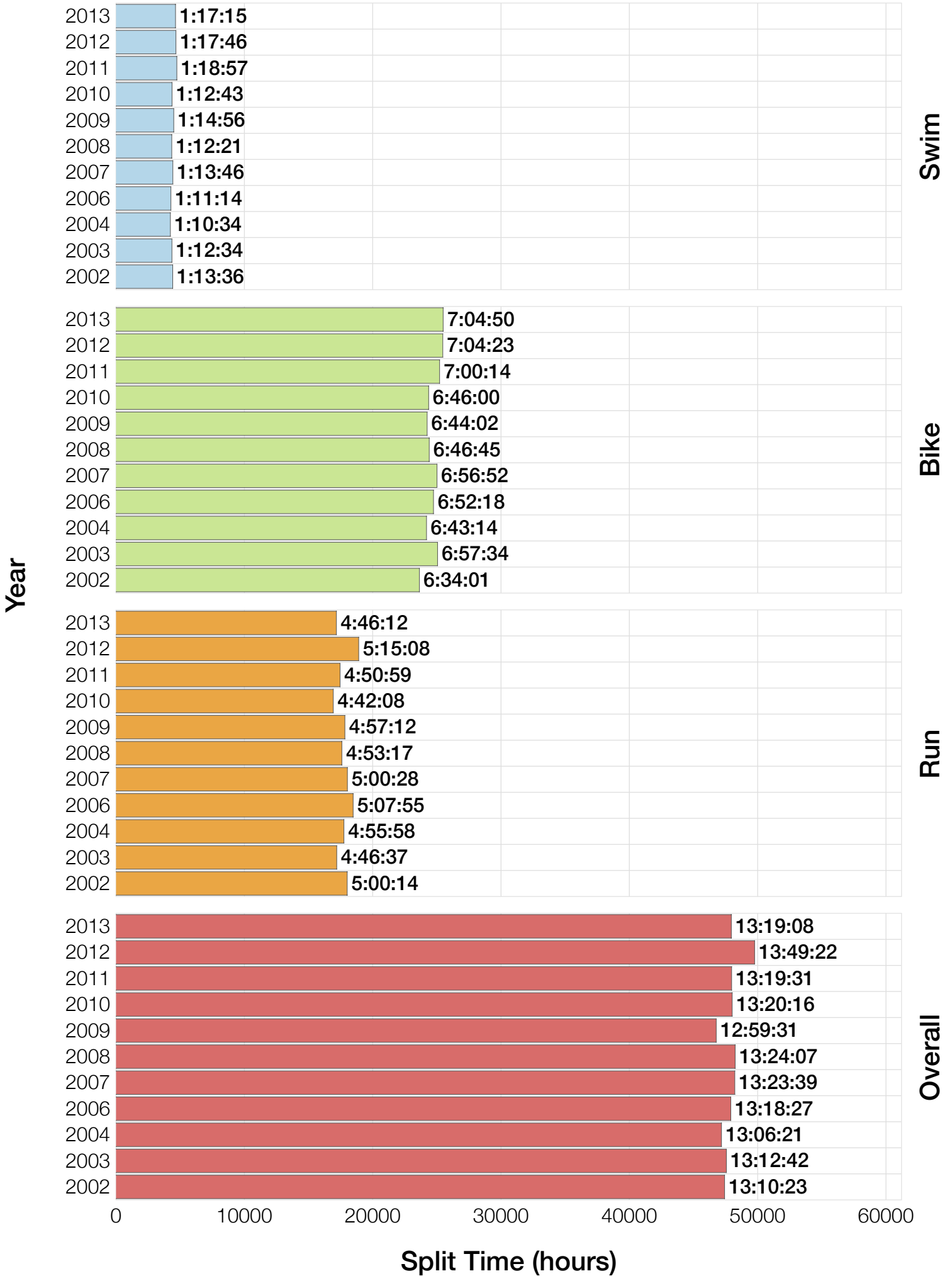
F25-29 Overall



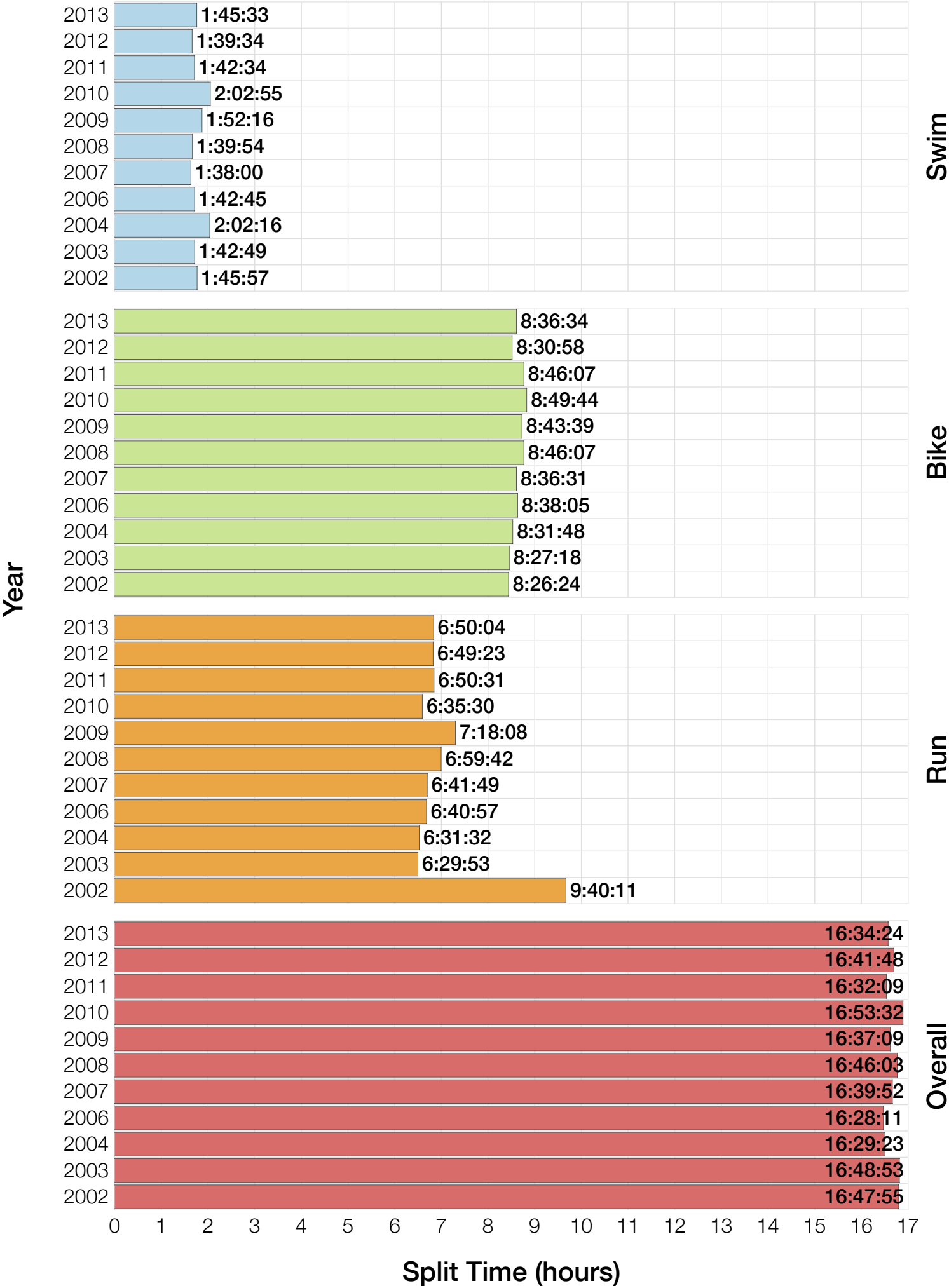
F25-29 Fastest Splits



F25-29 Median Splits



F25-29 Slowest Splits



F25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:50	4:48:37	2:56:14	8:39:41
Average Female Winner	0:58:15	5:18:59	3:16:20	9:38:55
Average 1st Age Grouper	1:06:00	5:41:29	3:34:33	10:29:30
Average 2nd Age Grouper	1:04:57	5:49:57	3:46:18	10:49:26
Average 3rd Age Grouper	1:03:57	5:58:45	3:48:39	10:59:59
Average 4th Age Grouper	1:08:52	6:02:08	3:56:56	11:18:42
Average 5th Age Grouper	1:08:46	6:02:40	4:01:24	11:23:35
Average 6th Age Grouper	1:06:58	6:09:01	4:05:44	11:31:12
Average 7th Age Grouper	1:07:20	6:13:44	4:03:06	11:34:43
Average 8th Age Grouper	1:06:41	6:17:44	4:02:08	11:37:42
Average 9th Age Grouper	1:11:27	6:11:29	4:09:25	11:43:07
Average 10th Age Grouper	1:09:09	6:11:26	4:19:27	11:51:25
Kona Qualifier Average	1:05:28	5:45:43	3:40:26	10:39:28
Top 10 Age Grouper Average	1:07:25	6:03:50	3:58:46	11:19:56

Lake Placid 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:48	4:48:33	3:02:41	8:43:29
Female Winner	1:03:16	5:20:25	3:05:04	9:35:06
1st Age Grouper	1:02:53	5:36:48	3:43:24	10:29:53
2nd Age Grouper	0:53:30	5:58:29	3:38:49	10:40:21
3rd Age Grouper	0:54:23	5:56:26	3:42:47	10:41:08
4th Age Grouper	1:15:45	5:38:36	3:52:09	10:55:56
5th Age Grouper	1:18:05	6:04:46	3:25:07	11:01:12
6th Age Grouper	1:16:31	5:45:44	3:51:50	11:02:51
7th Age Grouper	1:08:22	6:12:50	3:44:36	11:16:46
8th Age Grouper	1:04:54	6:08:59	3:54:57	11:16:47
9th Age Grouper	0:59:40	6:00:37	4:17:37	11:29:59
10th Age Grouper	1:07:11	5:58:59	4:19:18	11:34:06
Kona Qualifier Average	0:58:11	5:47:38	3:41:06	10:35:07
Top 10 Age Grouper Average	1:06:07	5:56:13	3:51:03	11:02:53

Lake Placid 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:45:01	4:42:33	2:52:55	8:25:07
Female Winner	1:09:00	5:19:40	3:13:39	9:47:39
1st Age Grouper	0:54:18	5:33:52	3:56:43	10:32:05
2nd Age Grouper	1:01:27	5:57:53	4:12:57	11:21:04
3rd Age Grouper	1:09:07	6:12:01	4:16:21	11:47:28
4th Age Grouper	1:17:34	6:31:46	3:54:01	11:55:46
5th Age Grouper	1:09:44	6:10:41	4:27:30	11:57:29
6th Age Grouper	1:05:16	6:46:21	4:09:50	12:15:29
7th Age Grouper	1:21:43	6:40:52	4:10:52	12:22:08
8th Age Grouper	1:17:31	6:33:54	4:23:43	12:24:53
9th Age Grouper	1:19:31	6:39:15	4:16:10	12:28:44
10th Age Grouper	1:29:17	6:24:57	4:36:05	12:46:30
Kona Qualifier Average	0:57:52	5:45:52	4:04:50	10:56:34
Top 10 Age Grouper Average	1:12:32	6:21:09	4:14:25	11:59:09

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
1st Age Grouper	1:20:44	5:36:18	3:14:51	10:21:01
2nd Age Grouper	1:03:03	5:44:17	3:43:30	10:37:37
3rd Age Grouper	1:02:04	6:06:04	3:35:36	10:52:11
4th Age Grouper	0:59:17	6:11:23	4:26:05	11:46:33
5th Age Grouper	1:07:06	6:04:12	4:39:38	12:02:56
6th Age Grouper	1:18:37	6:32:49	4:03:32	12:05:32
7th Age Grouper	1:10:48	6:20:28	4:26:02	12:06:38
8th Age Grouper	1:22:09	6:31:28	4:00:45	12:07:58
9th Age Grouper	1:03:30	6:14:36	4:50:59	12:16:50
10th Age Grouper	1:13:33	6:16:54	4:40:25	12:21:38
Kona Qualifier Average	1:11:53	5:40:17	3:29:10	10:29:19
Top 10 Age Grouper Average	1:10:05	6:09:50	4:10:08	11:39:53

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
1st Age Grouper	1:05:27	5:25:40	3:22:35	10:01:42
2nd Age Grouper	0:55:21	5:39:44	3:29:36	10:11:32
3rd Age Grouper	1:00:29	5:57:36	3:36:07	10:44:41
4th Age Grouper	1:02:44	5:51:43	3:56:03	10:56:21
5th Age Grouper	1:18:19	6:06:19	3:27:46	11:03:55
6th Age Grouper	1:09:19	6:04:08	3:55:03	11:19:47
7th Age Grouper	1:06:55	5:59:29	4:06:04	11:20:09
8th Age Grouper	1:13:15	6:14:57	3:51:11	11:27:34
9th Age Grouper	1:18:19	6:01:03	4:04:34	11:38:12
10th Age Grouper	0:54:07	6:18:12	4:24:24	11:44:45
Kona Qualifier Average	1:00:24	5:32:42	3:26:05	10:06:37
Top 10 Age Grouper Average	1:06:25	5:57:53	3:49:20	11:02:51

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
1st Age Grouper	1:06:58	5:40:26	3:36:27	10:31:14
2nd Age Grouper	1:01:49	5:55:26	3:51:24	10:55:57
3rd Age Grouper	0:55:22	6:05:47	3:52:33	11:00:13
4th Age Grouper	1:19:25	5:56:23	4:09:51	11:34:23
5th Age Grouper	1:11:39	6:02:38	4:13:12	11:36:34
6th Age Grouper	0:53:24	6:02:40	4:40:00	11:43:01
7th Age Grouper	1:14:56	6:14:47	4:03:16	11:47:14
8th Age Grouper	1:11:18	6:28:56	3:56:05	11:52:20
9th Age Grouper	1:23:48	6:32:20	3:44:08	11:53:07
10th Age Grouper	1:22:20	6:01:27	4:22:20	11:58:11
Kona Qualifier Average	1:04:23	5:47:56	3:43:55	10:43:35
Top 10 Age Grouper Average	1:10:05	6:06:05	4:02:55	11:29:13

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	0:54:22	5:44:43	3:46:19	10:32:34
2nd Age Grouper	1:09:01	5:53:27	3:28:18	10:42:32
3rd Age Grouper	1:04:29	5:52:16	3:46:37	10:53:06
4th Age Grouper	1:16:56	5:52:24	3:43:09	11:01:03
5th Age Grouper	1:04:46	6:03:22	3:48:27	11:08:12
6th Age Grouper	1:06:48	5:56:08	4:04:37	11:16:36
7th Age Grouper	1:10:13	6:00:51	3:51:54	11:17:51
8th Age Grouper	0:57:50	6:12:44	4:05:49	11:22:54
9th Age Grouper	1:02:55	6:24:55	3:43:45	11:23:12
10th Age Grouper	1:06:39	6:11:15	3:56:45	11:31:29
Kona Qualifier Average	1:01:41	5:49:05	3:37:18	10:37:33
Top 10 Age Grouper Average	1:05:23	6:01:12	3:49:34	11:06:56

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	1:18:14	5:38:23	3:31:47	10:38:08
2nd Age Grouper	1:06:47	5:42:05	3:52:13	10:47:48
3rd Age Grouper	1:10:47	5:39:18	3:52:16	10:50:36
4th Age Grouper	0:58:41	5:58:50	3:59:05	11:06:34
5th Age Grouper	1:04:12	5:56:39	3:59:56	11:08:40
6th Age Grouper	1:17:28	6:00:34	3:56:26	11:23:35
7th Age Grouper	1:00:30	6:11:37	4:02:12	11:24:18
8th Age Grouper	1:15:54	6:09:44	3:49:17	11:26:00
9th Age Grouper	1:16:06	5:45:01	4:19:04	11:29:12
10th Age Grouper	1:12:14	6:20:40	3:53:42	11:37:24
Kona Qualifier Average	1:12:30	5:40:14	3:42:00	10:42:58
Top 10 Age Grouper Average	1:10:05	5:56:17	3:55:35	11:11:13

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	1:07:12	5:27:00	3:30:37	10:11:35
2nd Age Grouper	1:04:32	5:40:04	3:59:39	10:52:10
3rd Age Grouper	1:08:15	6:01:47	3:36:27	10:53:08
4th Age Grouper	1:12:02	6:03:39	3:28:13	10:57:59
5th Age Grouper	0:58:20	5:47:03	4:07:03	11:00:27
6th Age Grouper	0:53:45	6:03:38	3:58:02	11:04:12
7th Age Grouper	1:06:34	6:04:54	3:44:59	11:05:59
8th Age Grouper	0:53:38	6:04:21	4:01:34	11:06:39
9th Age Grouper	1:06:37	5:56:04	4:02:03	11:12:57
10th Age Grouper	1:02:01	6:03:27	4:11:00	11:26:37
Kona Qualifier Average	1:05:52	5:33:32	3:45:08	10:31:52
Top 10 Age Grouper Average	1:03:17	5:55:11	3:51:57	10:59:10

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	1:10:01	5:51:16	3:27:43	10:35:54
2nd Age Grouper	1:02:00	5:39:41	3:58:54	10:50:29
3rd Age Grouper	1:03:23	5:45:46	4:03:09	11:02:18
4th Age Grouper	1:13:51	6:08:54	3:44:30	11:15:03
5th Age Grouper	1:09:51	5:49:34	4:06:29	11:16:22
6th Age Grouper	1:07:36	6:02:10	4:02:31	11:22:15
7th Age Grouper	1:06:48	6:03:04	4:03:06	11:23:04
8th Age Grouper	0:56:43	6:10:18	4:09:42	11:26:31
9th Age Grouper	1:09:02	6:08:24	4:03:53	11:33:00
10th Age Grouper	1:02:02	6:05:12	4:14:27	11:33:10
Kona Qualifier Average	1:06:00	5:45:28	3:43:18	10:43:11
Top 10 Age Grouper Average	1:06:07	5:58:25	3:59:26	11:13:48

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	1:07:39	6:06:45	3:33:10	10:54:21
2nd Age Grouper	1:16:30	6:13:49	3:35:20	11:11:41
3rd Age Grouper	1:03:08	6:12:49	3:49:35	11:13:37
4th Age Grouper	0:57:19	6:07:23	4:08:37	11:23:44
5th Age Grouper	1:05:56	6:26:03	3:48:01	11:29:14
6th Age Grouper	1:07:49	6:23:35	3:54:34	11:33:21
7th Age Grouper	0:57:23	6:13:26	4:14:55	11:33:58
8th Age Grouper	1:01:32	6:26:52	4:01:40	11:38:16
9th Age Grouper	1:06:01	6:14:18	4:13:21	11:43:16
10th Age Grouper	1:12:42	6:13:53	4:09:31	11:48:29
Kona Qualifier Average	1:12:04	6:10:17	3:34:15	11:03:01
Top 10 Age Grouper Average	1:05:35	6:15:53	3:56:52	11:26:59

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	0:58:13	5:55:11	3:36:37	10:36:13
2nd Age Grouper	1:20:32	5:44:40	3:38:47	10:52:39
3rd Age Grouper	1:12:02	5:56:34	3:43:46	11:01:27
4th Age Grouper	1:04:01	6:02:35	4:04:41	11:32:26
5th Age Grouper	1:08:38	5:58:08	4:12:19	11:34:27
6th Age Grouper	1:00:05	6:01:27	4:26:45	11:36:42
7th Age Grouper	0:56:30	6:28:56	4:06:10	11:43:52
8th Age Grouper	0:58:50	6:12:55	4:08:46	11:44:51
9th Age Grouper	1:20:30	6:09:53	4:08:11	11:45:51
10th Age Grouper	0:58:38	6:10:57	4:46:10	12:03:19
Kona Qualifier Average	1:09:22	5:49:55	3:37:42	10:44:26
Top 10 Age Grouper Average	1:05:47	6:04:07	4:05:13	11:27:10