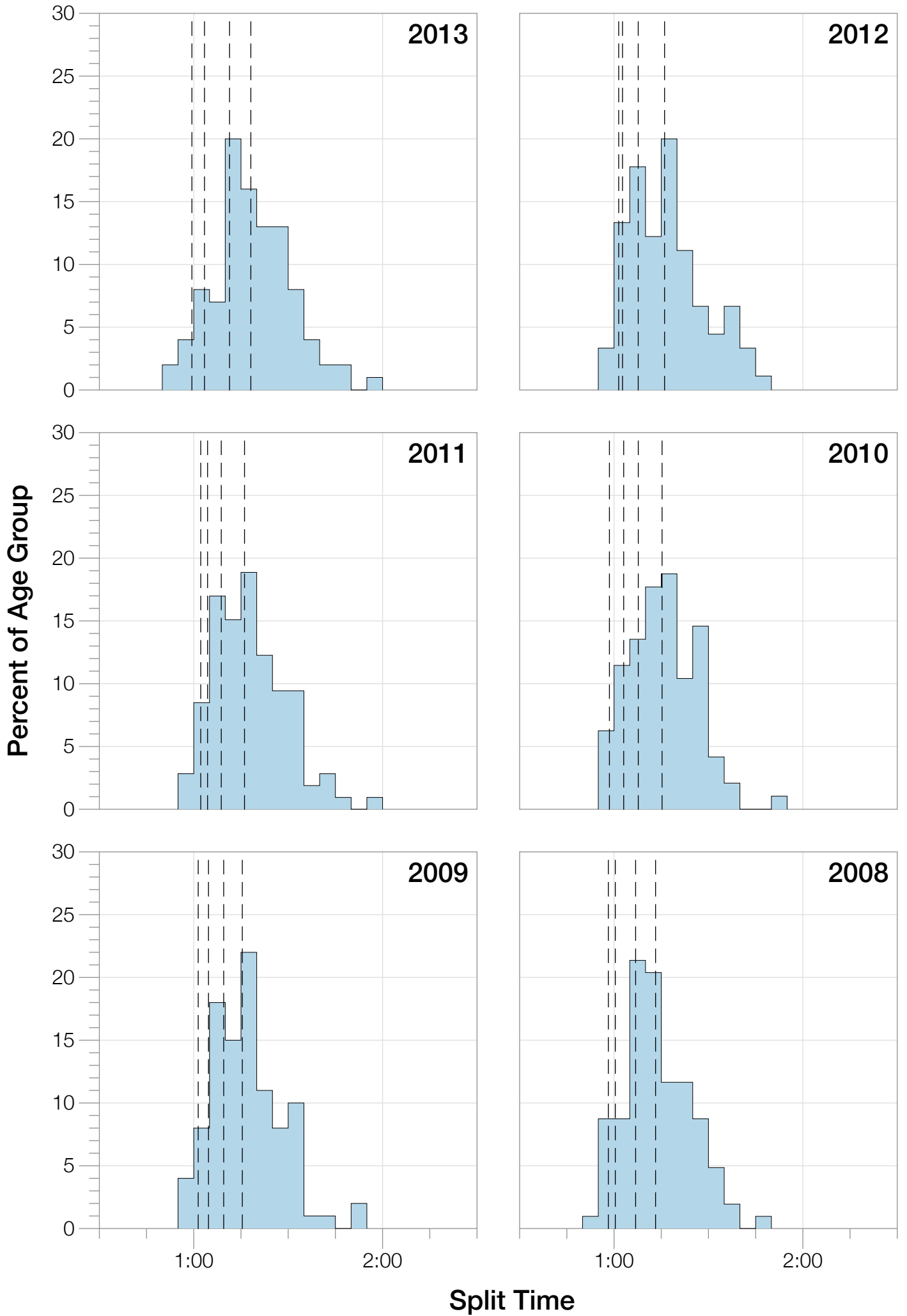


# Ironman Lake Placid F30-34 Stats

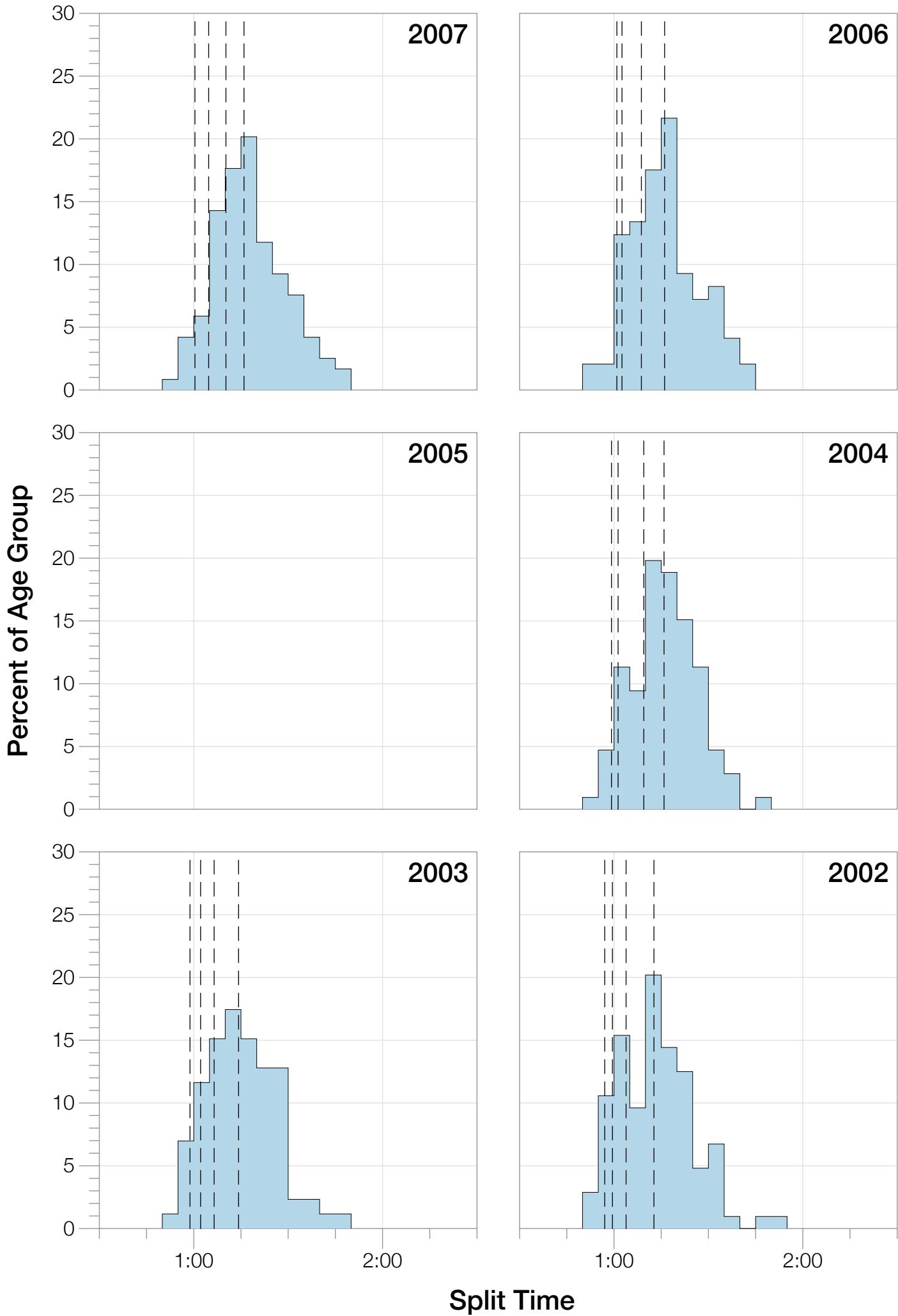
## F30-34 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F30-34 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F30-34 Winner's Time</b>
2002	1638	104	8:39:19	9:29:41	10:24:11
2003	1673	86	8:46:15	9:51:55	10:19:34
2004	1882	106	8:23:12	9:24:42	10:55:22
2006	2038	97	8:38:18	10:11:35	10:15:12
2007	2051	119	9:16:02	9:40:20	10:19:32
2008	2193	103	8:43:32	9:51:00	10:36:45
2009	2051	100	8:36:37	9:29:36	10:36:01
2010	2472	96	8:39:34	9:27:30	10:41:05
2011	2356	106	8:25:15	9:19:03	10:11:54
2012	2280	90	8:25:07	9:47:39	10:51:46
2013	2342	100	8:43:29	9:35:06	10:09:16
<b>Average</b>	<b>2089</b>	<b>101</b>	<b>8:39:41</b>	<b>9:38:55</b>	<b>9:36:43</b>

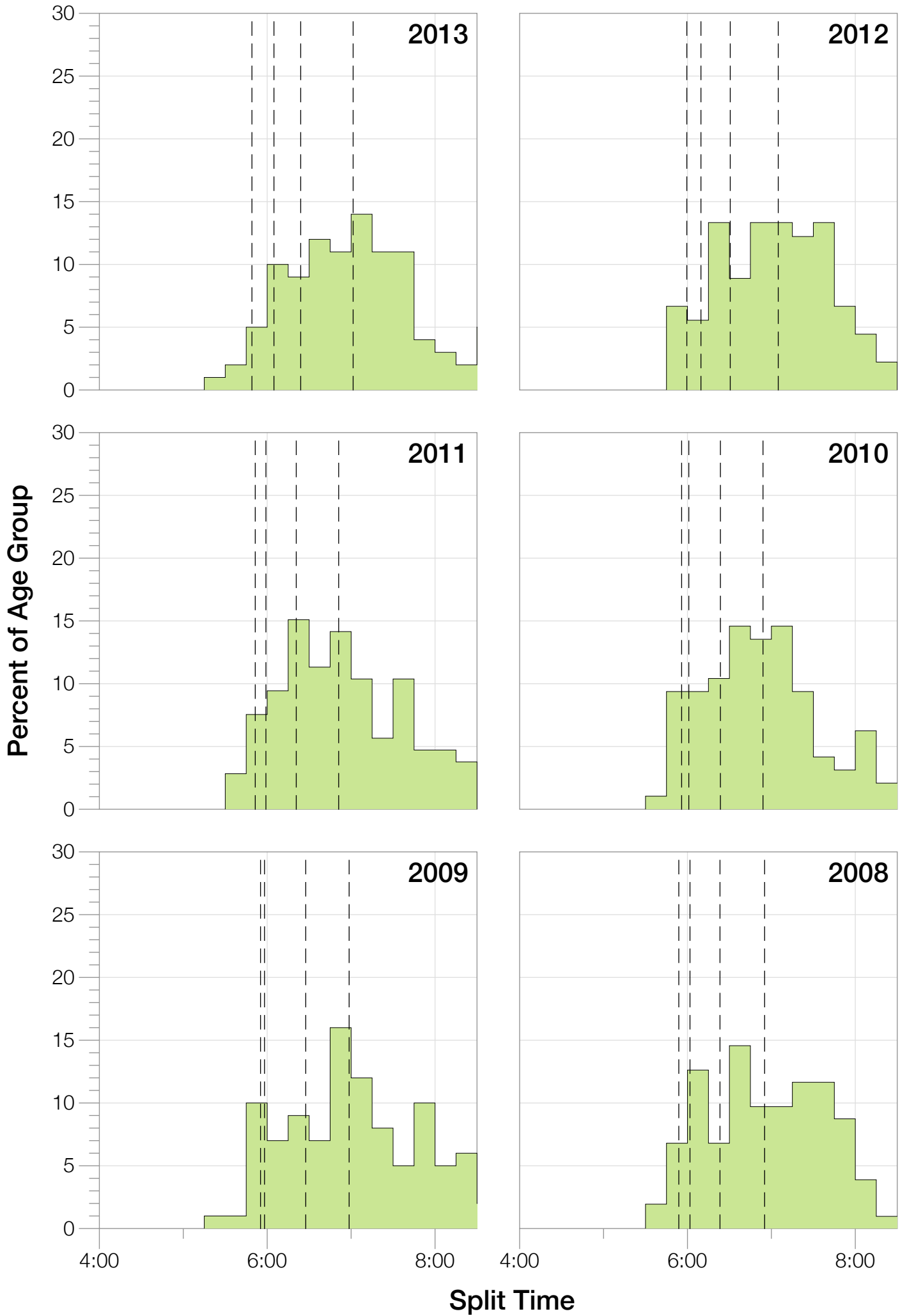
# F30-34 Swim



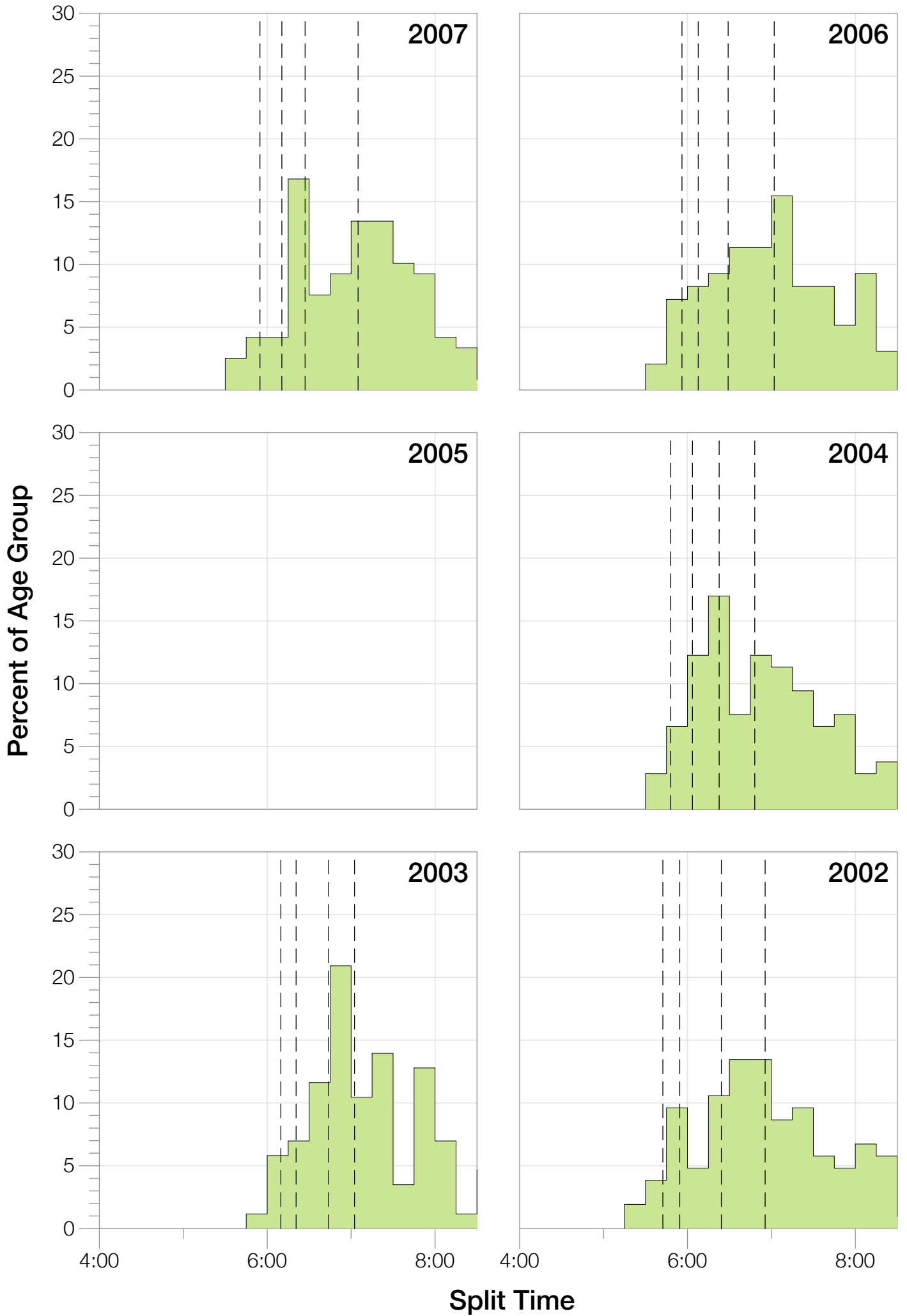
# F30-34 Swim



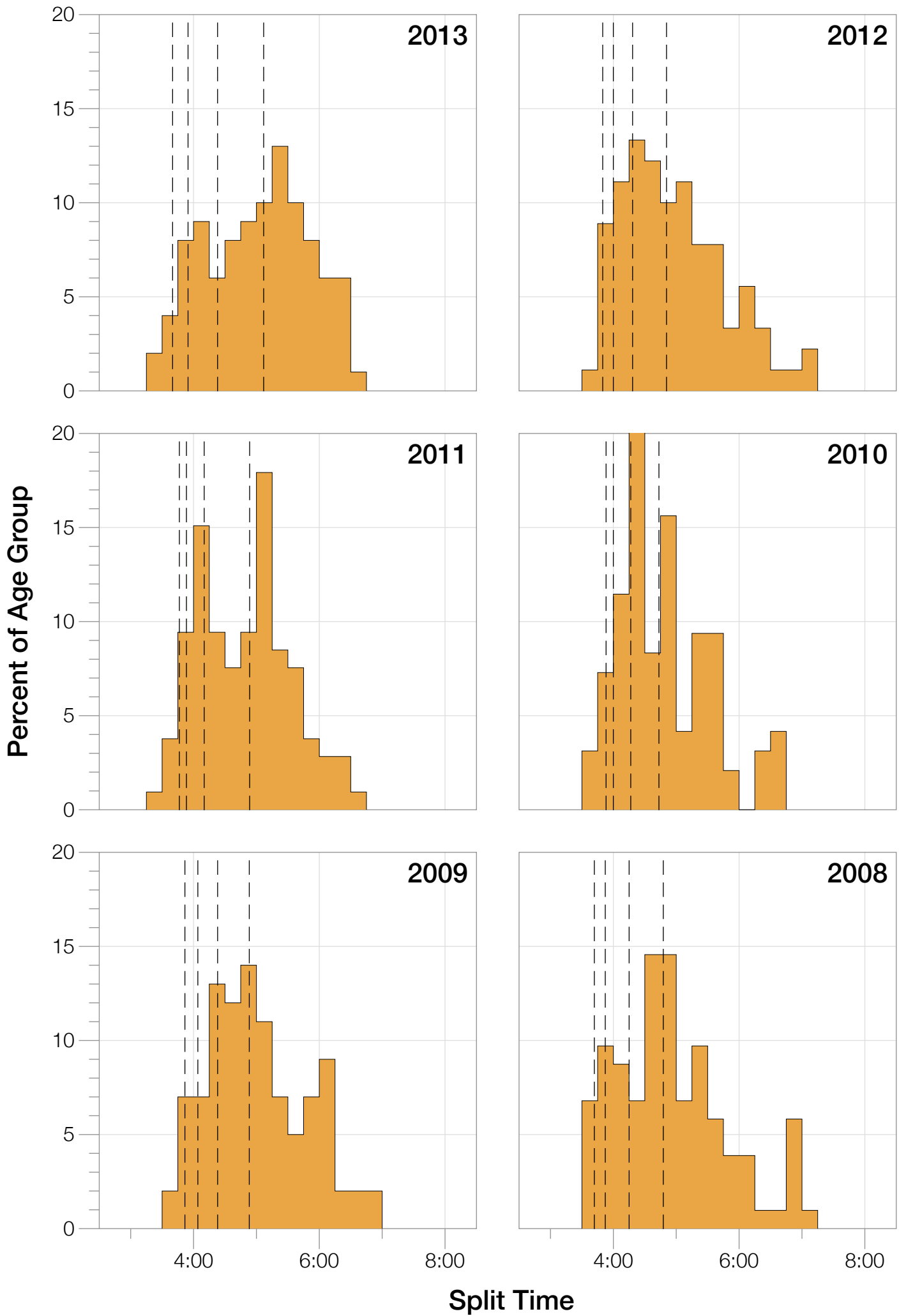
# F30-34 Bike



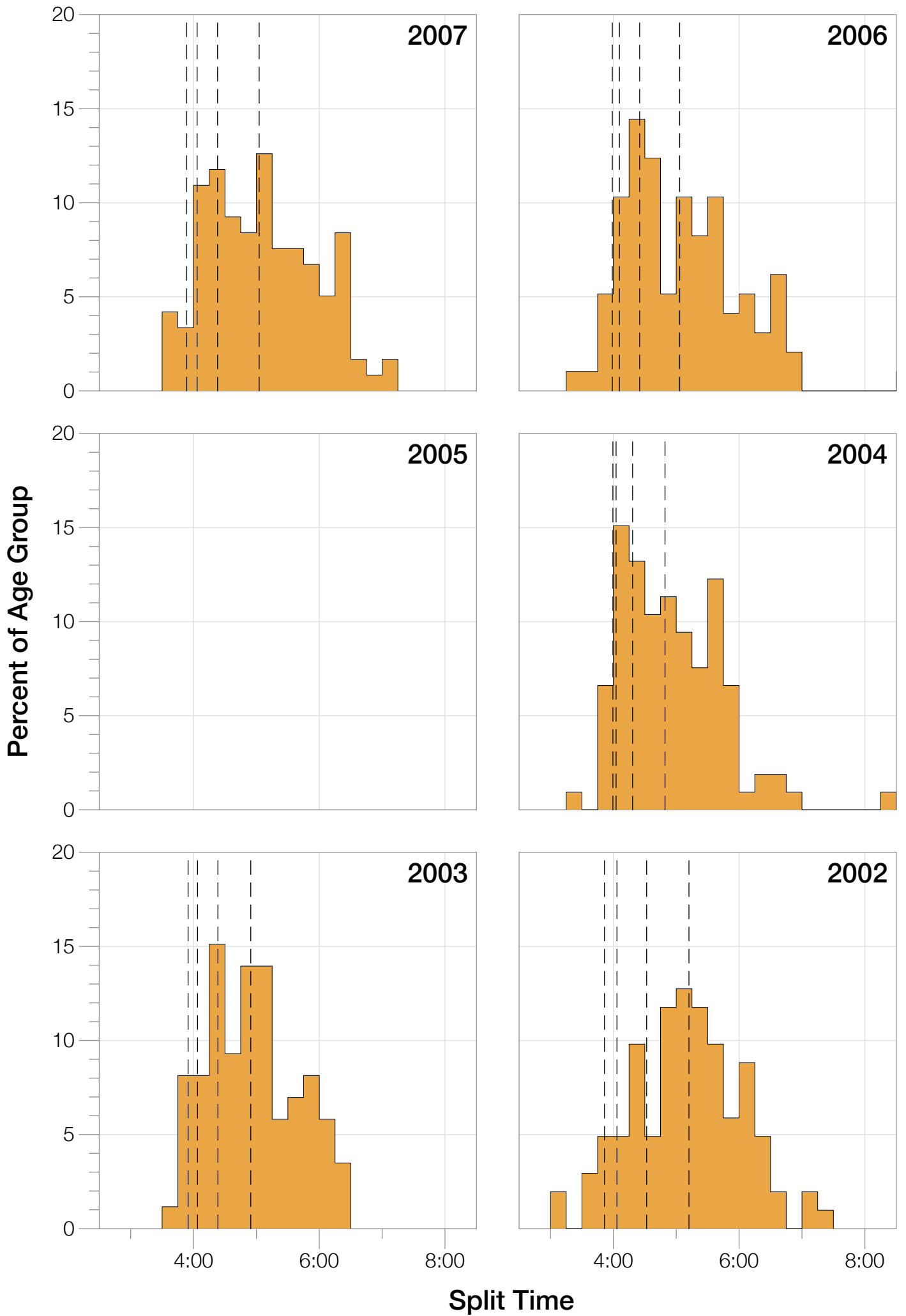
# F30-34 Bike



# F30-34 Run

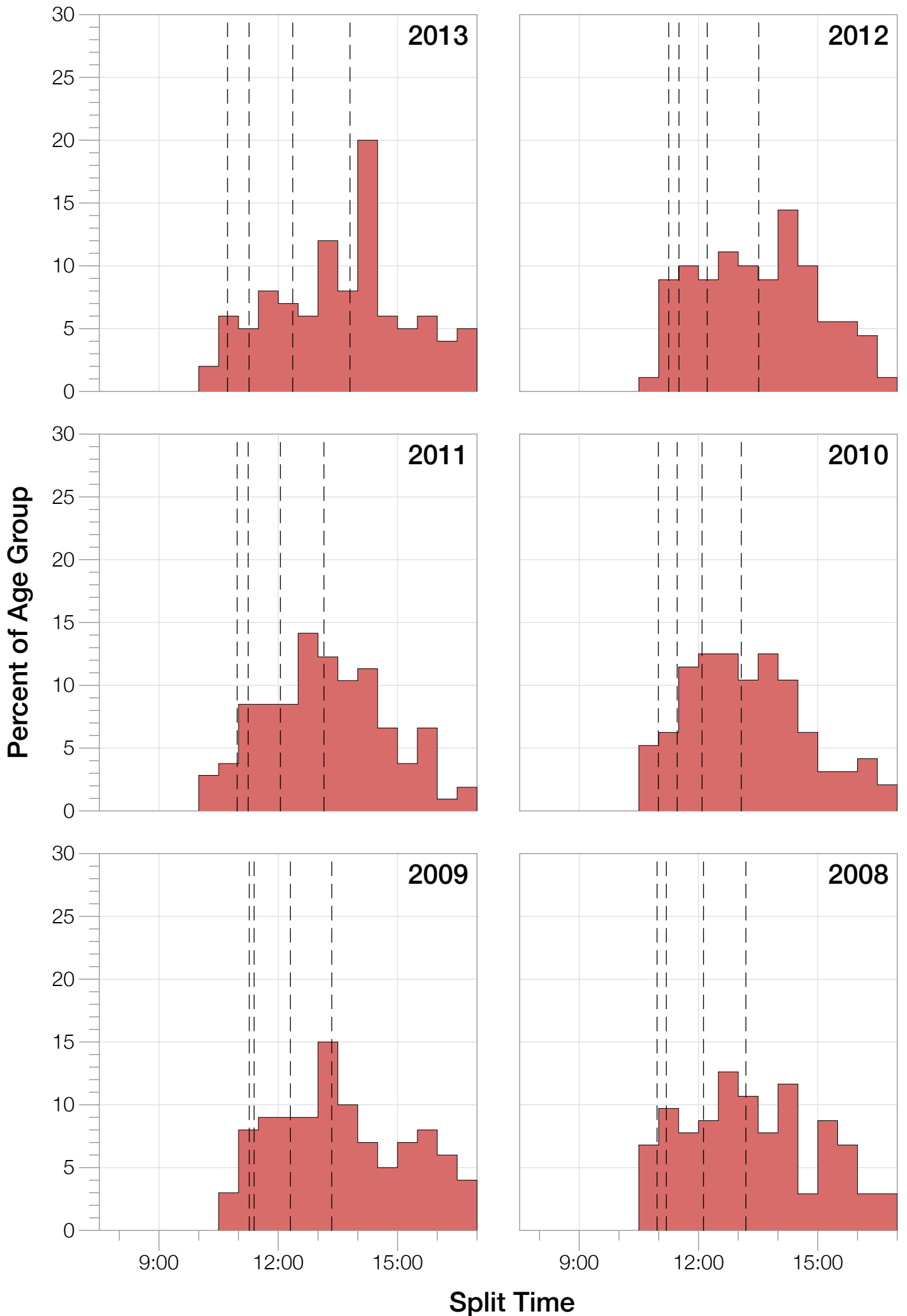


# F30-34 Run

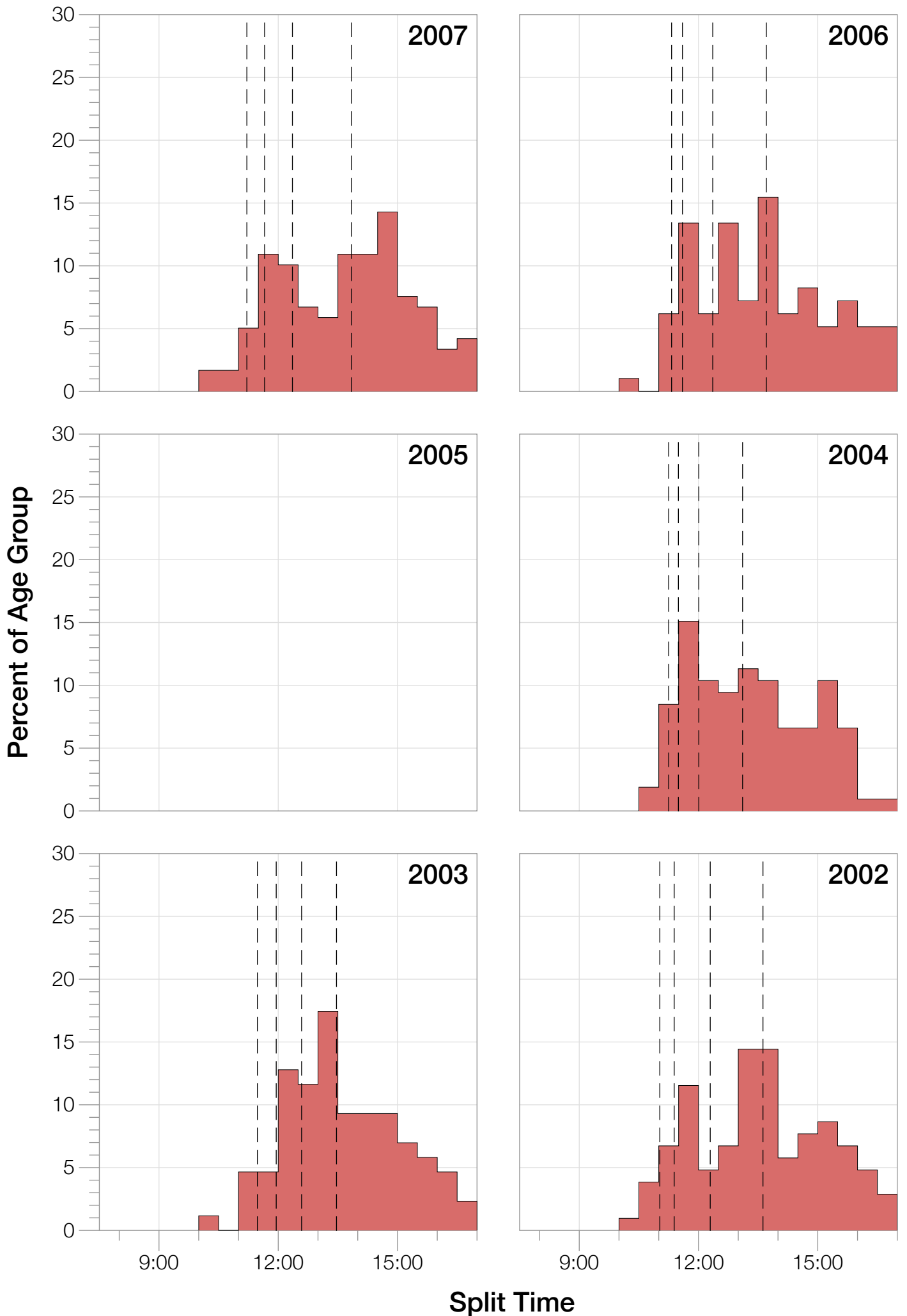




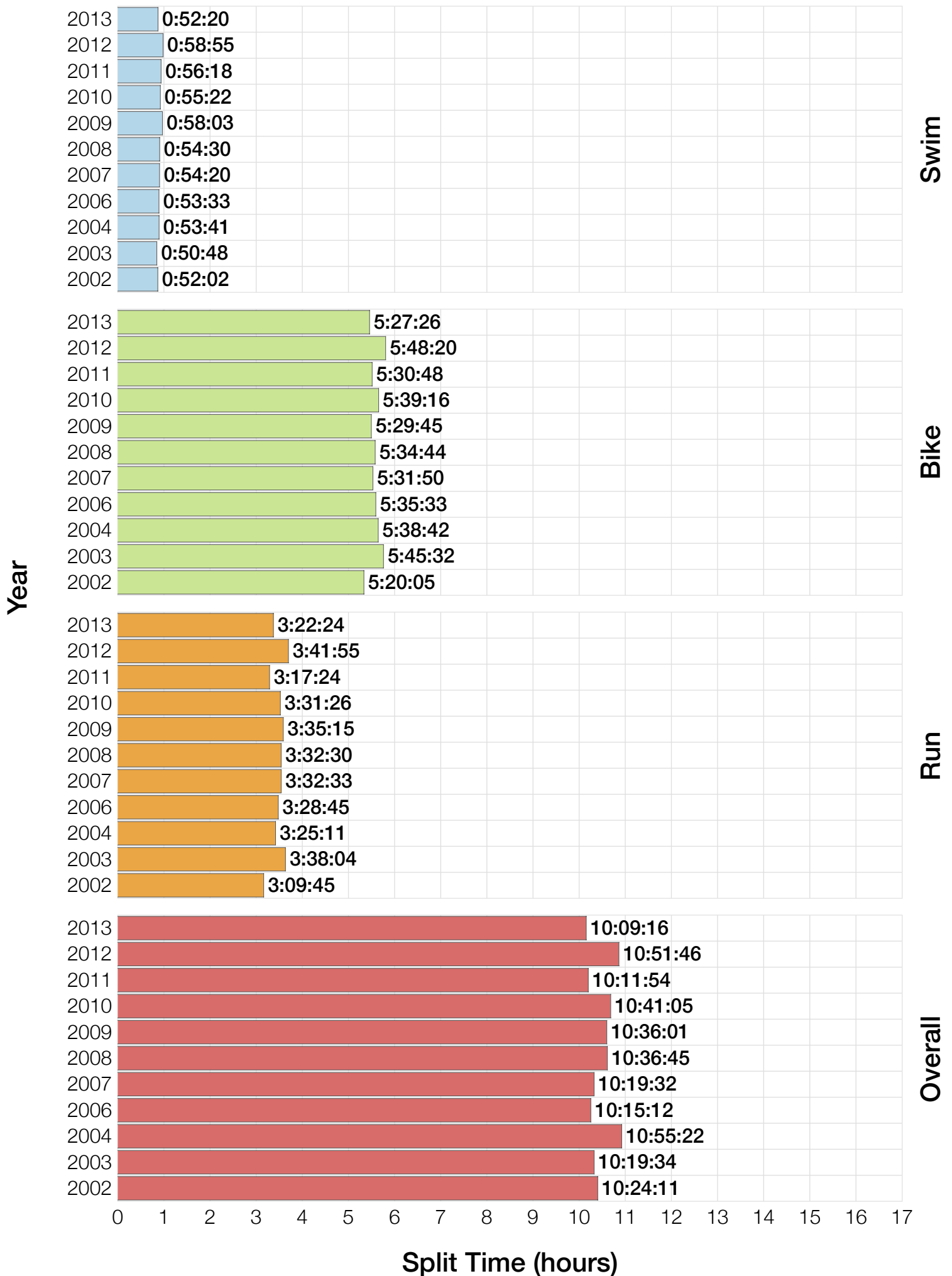
# F30-34 Overall



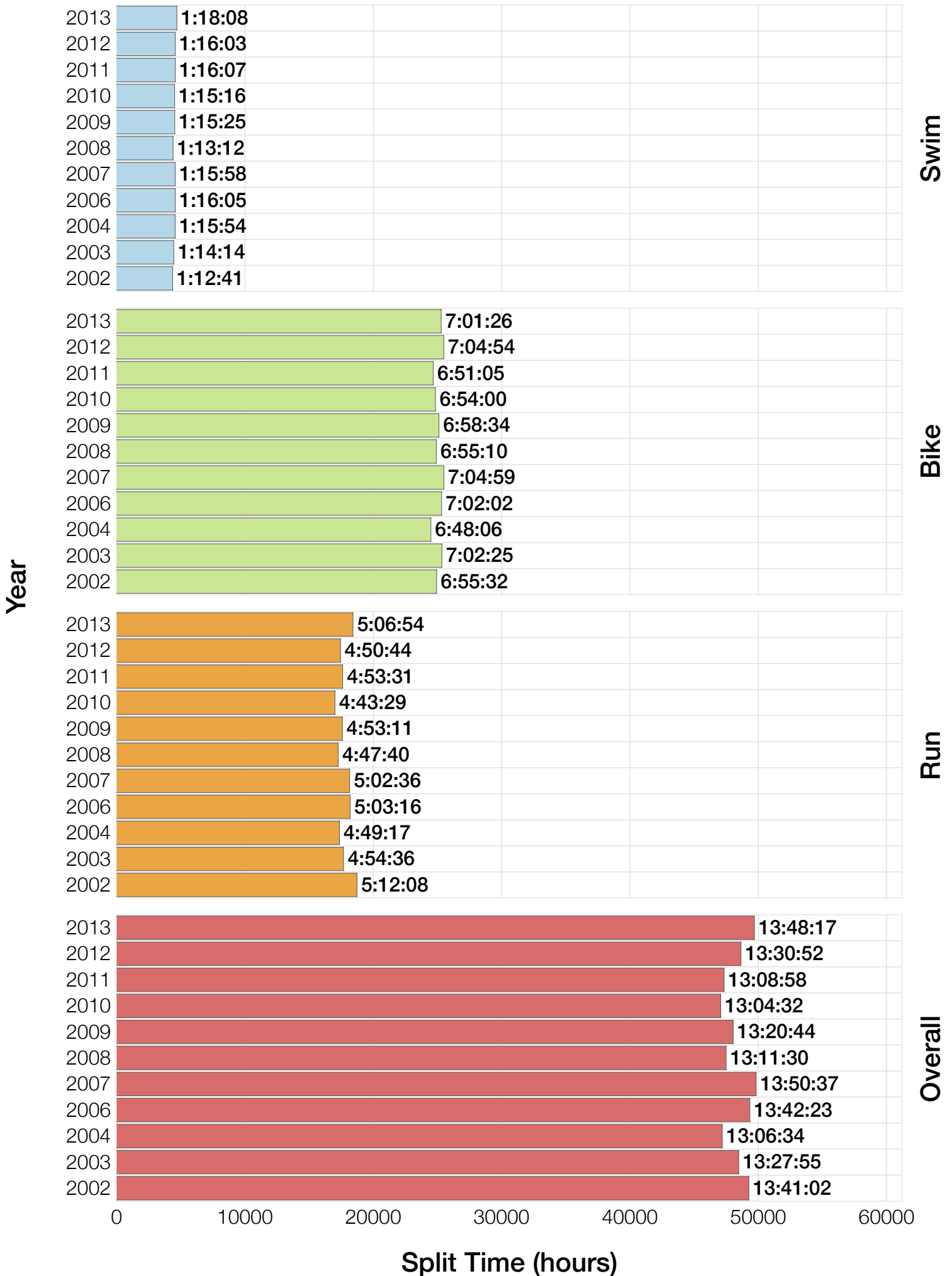
# F30-34 Overall



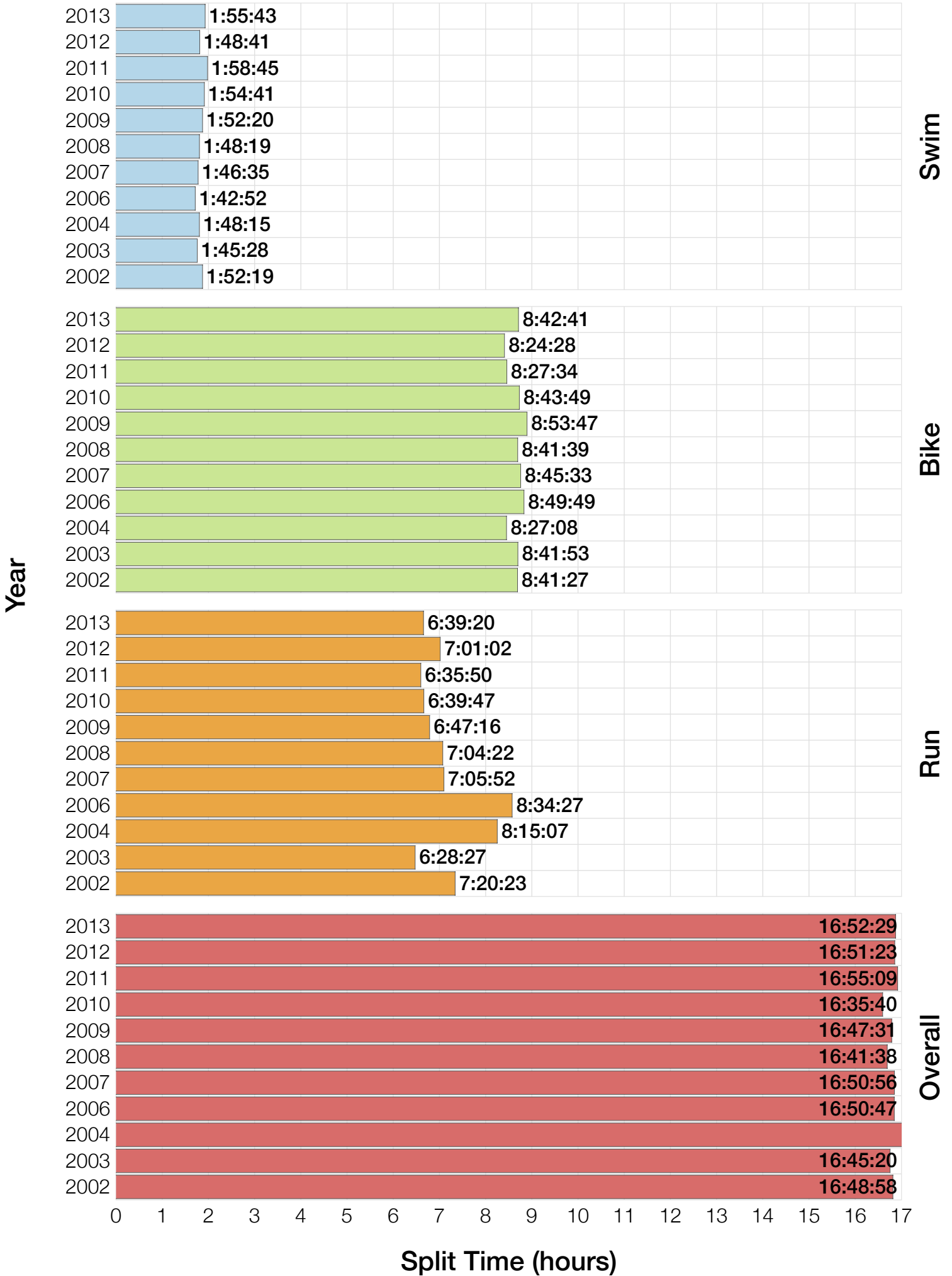
# F30-34 Fastest Splits



# F30-34 Median Splits

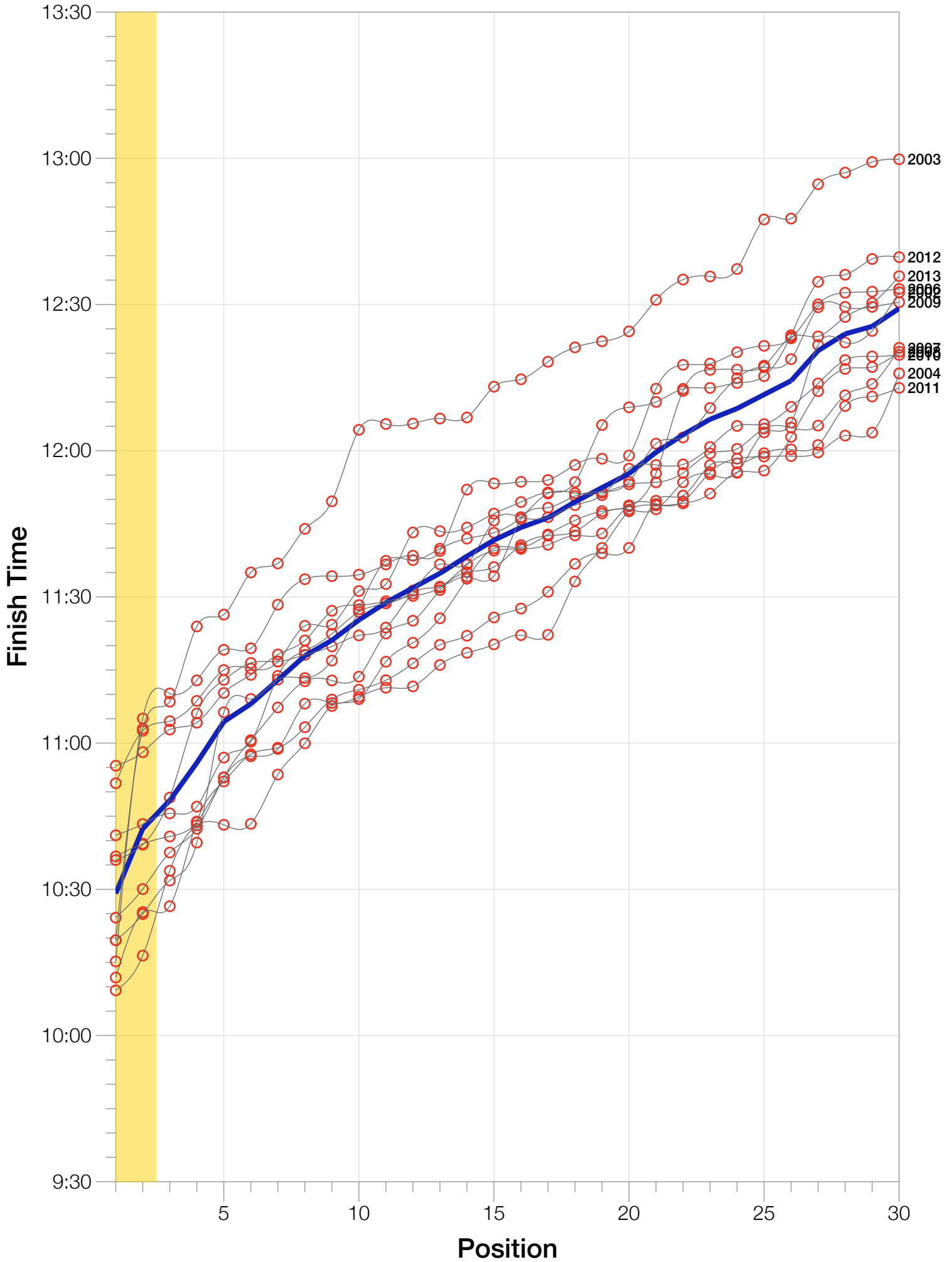


# F30-34 Slowest Splits



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