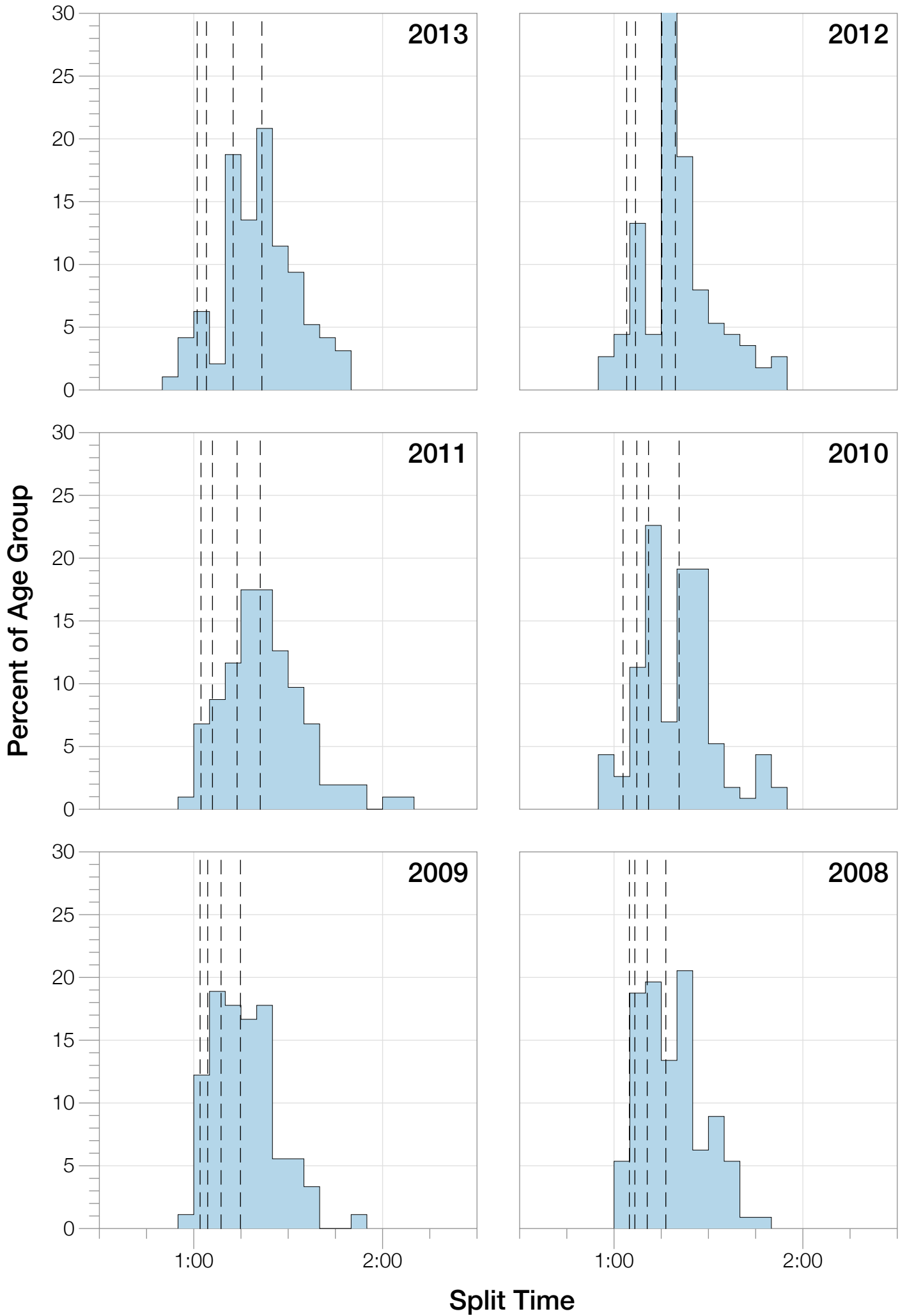


Ironman Lake Placid F35-39 Stats

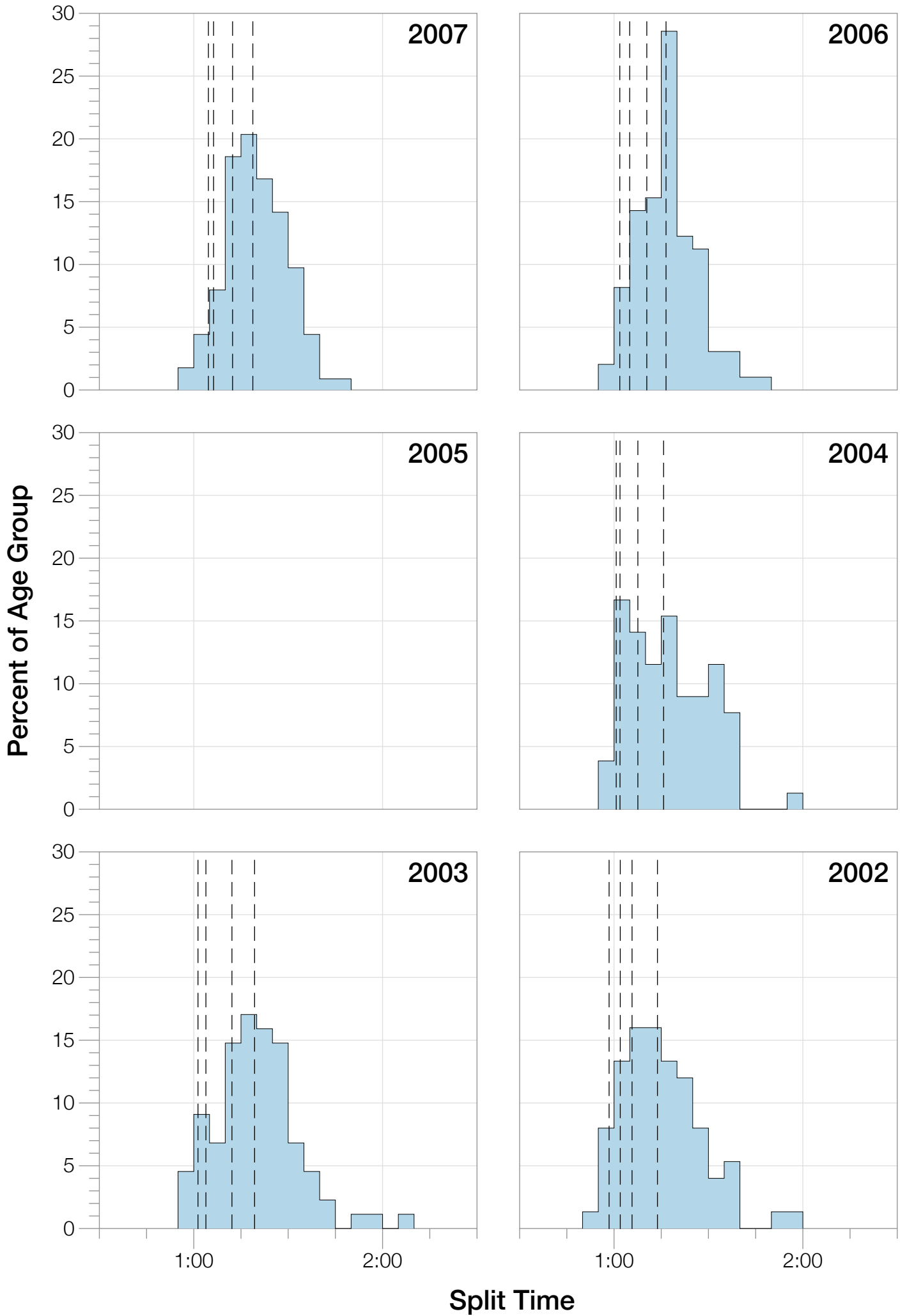
F35-39 Summary Statistics

Year	Finishers	F35-39 Finishers	Male Winner's Time	Female Winner's Time	F35-39 Winner's Time
2002	1638	75	8:39:19	9:29:41	10:11:37
2003	1673	88	8:46:15	9:51:55	10:35:29
2004	1882	78	8:23:12	9:24:42	10:29:22
2006	2038	98	8:38:18	10:11:35	10:32:49
2007	2051	113	9:16:02	9:40:20	10:48:56
2008	2193	112	8:43:32	9:51:00	10:18:34
2009	2051	90	8:36:37	9:29:36	10:41:52
2010	2472	115	8:39:34	9:27:30	10:34:33
2011	2356	103	8:25:15	9:19:03	10:32:20
2012	2280	113	8:25:07	9:47:39	10:45:45
2013	2342	96	8:43:29	9:35:06	10:21:59
Average	2089	98	8:39:41	9:38:55	9:39:26

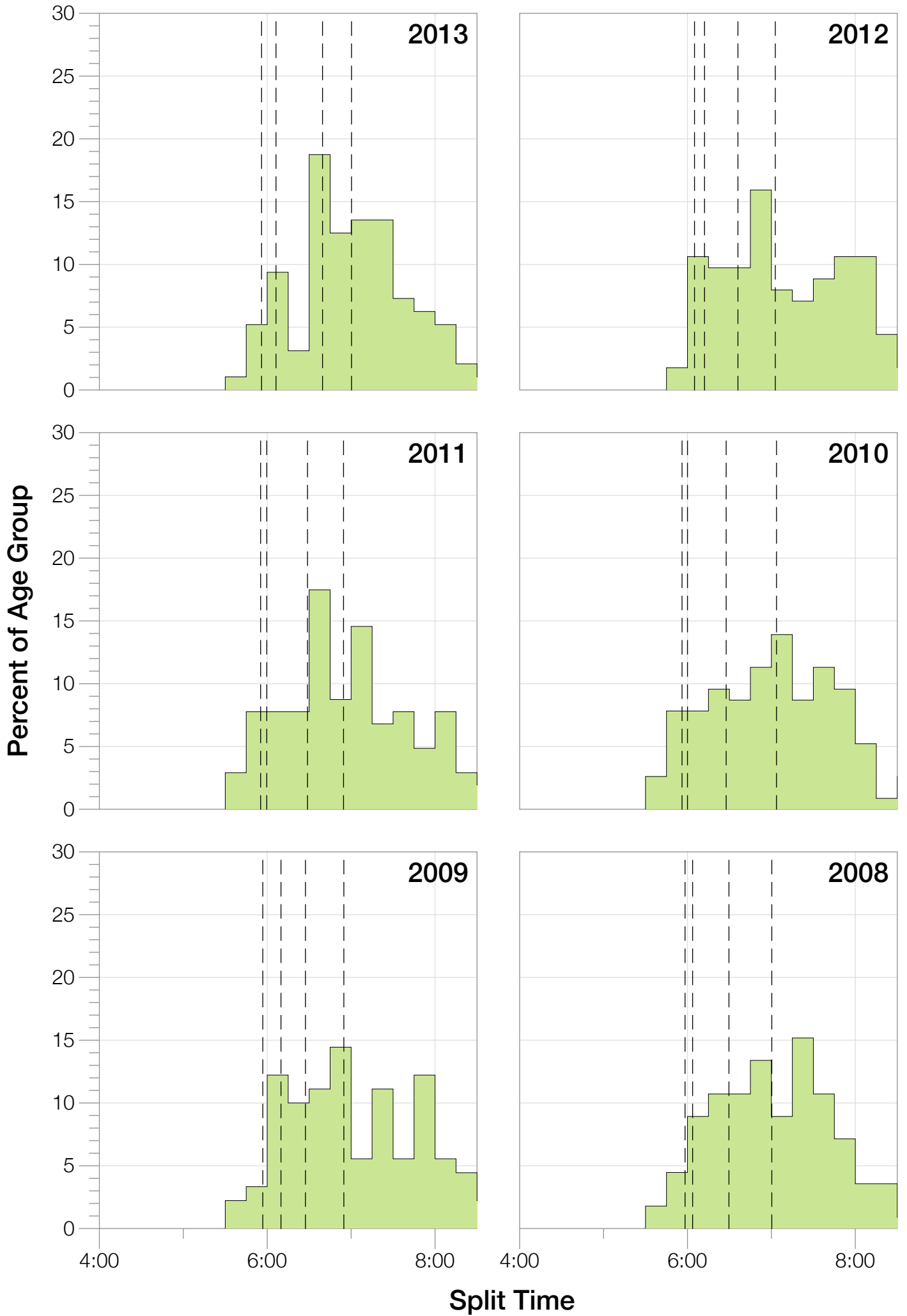
F35-39 Swim



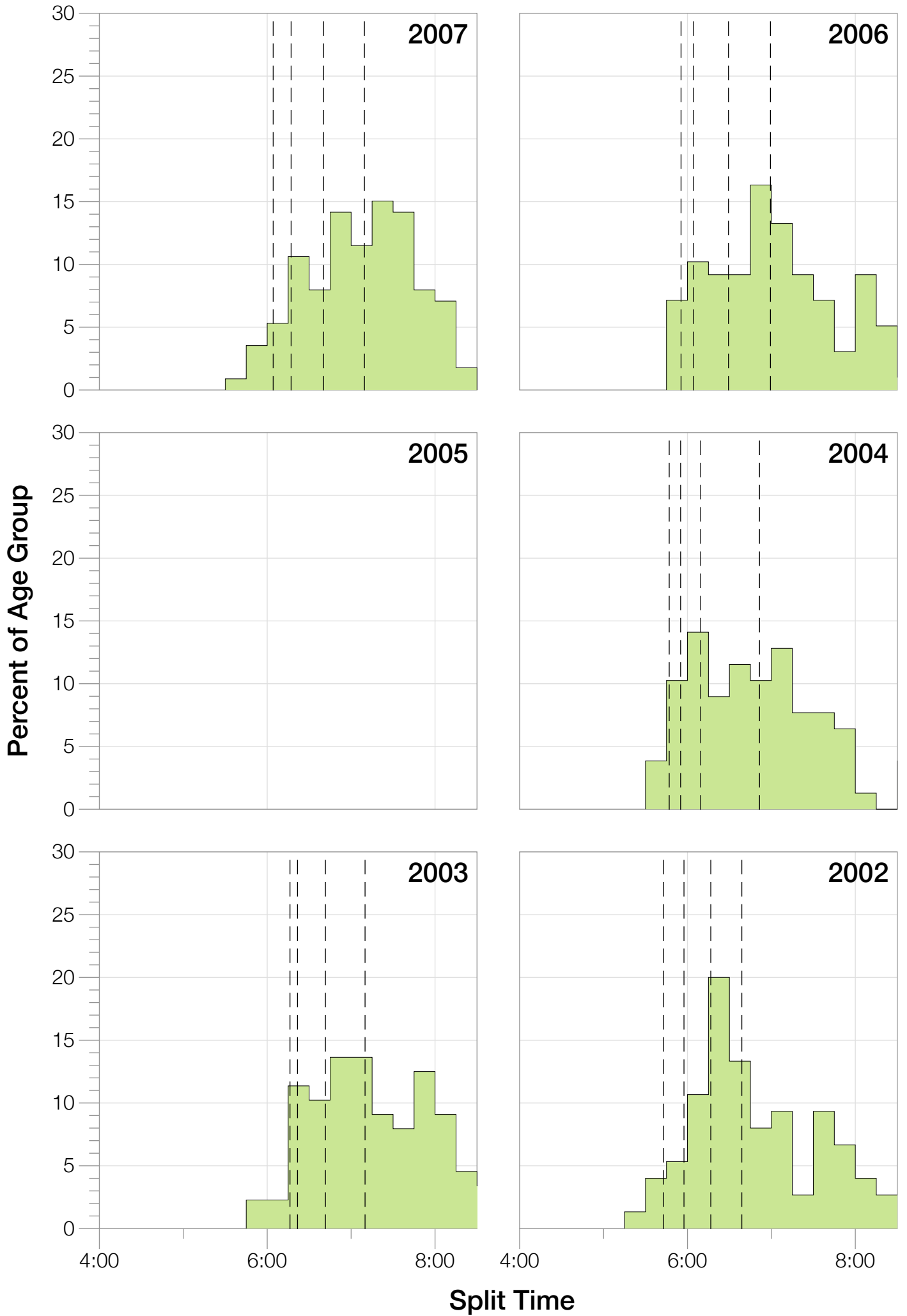
F35-39 Swim



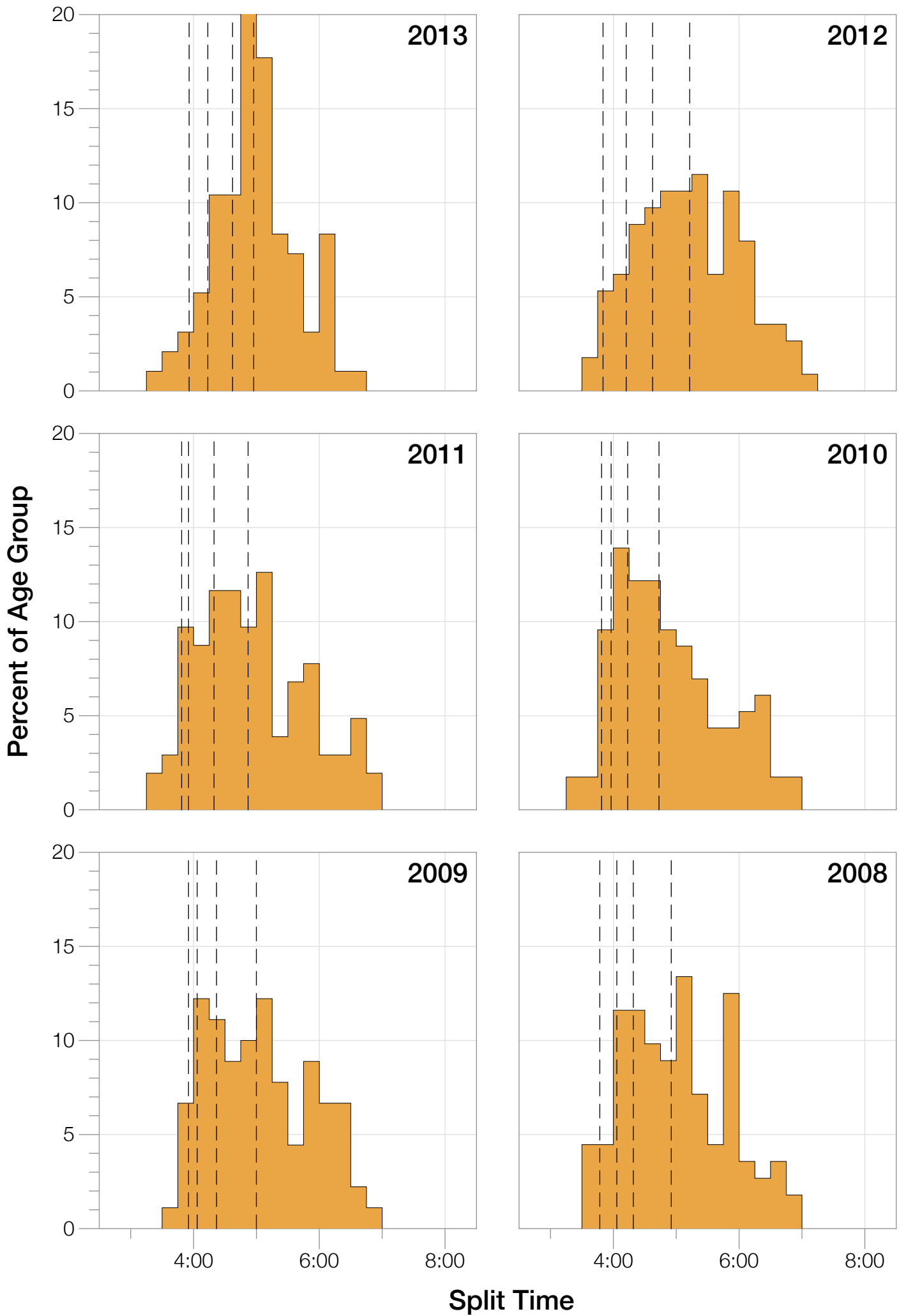
F35-39 Bike



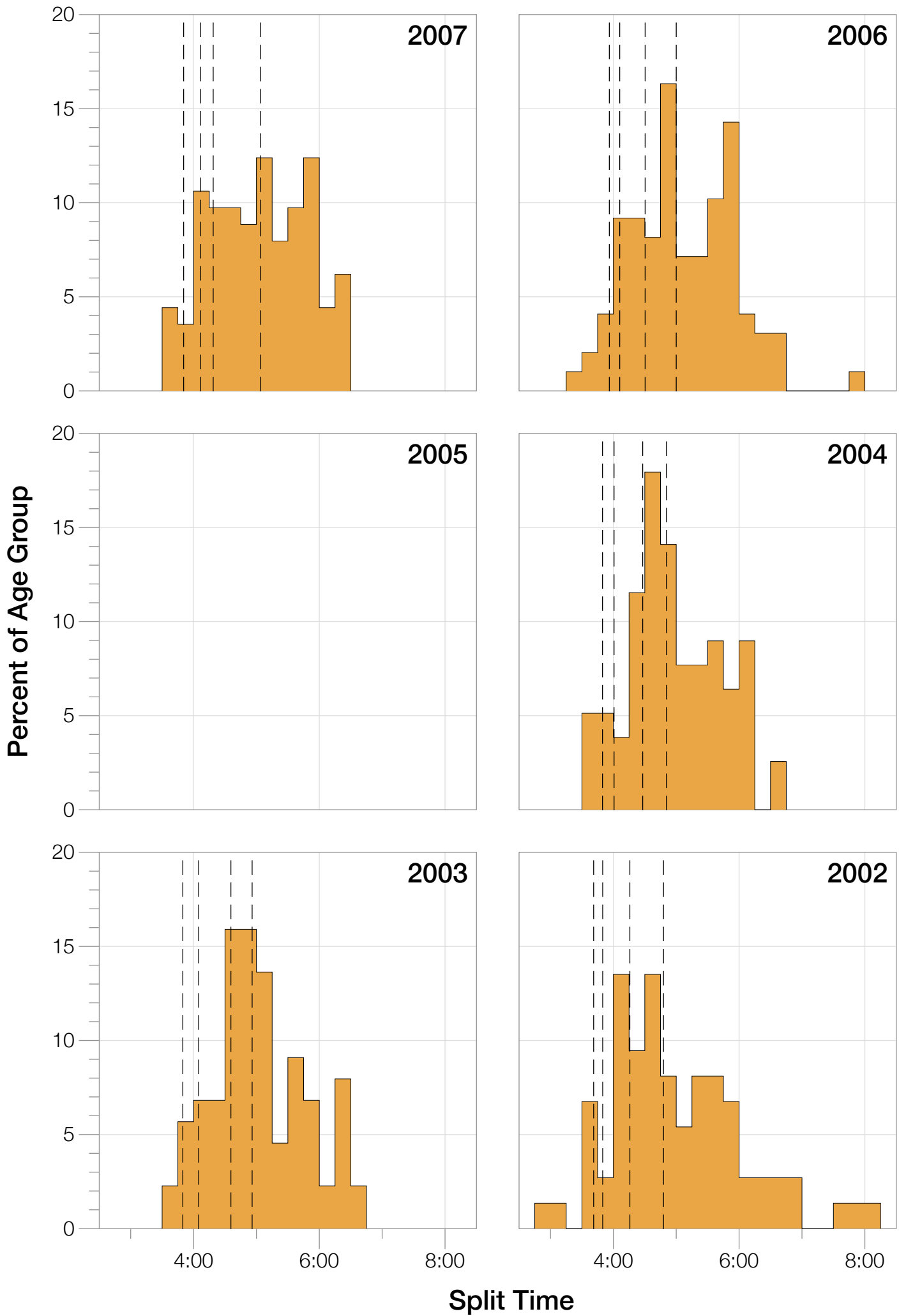
F35-39 Bike



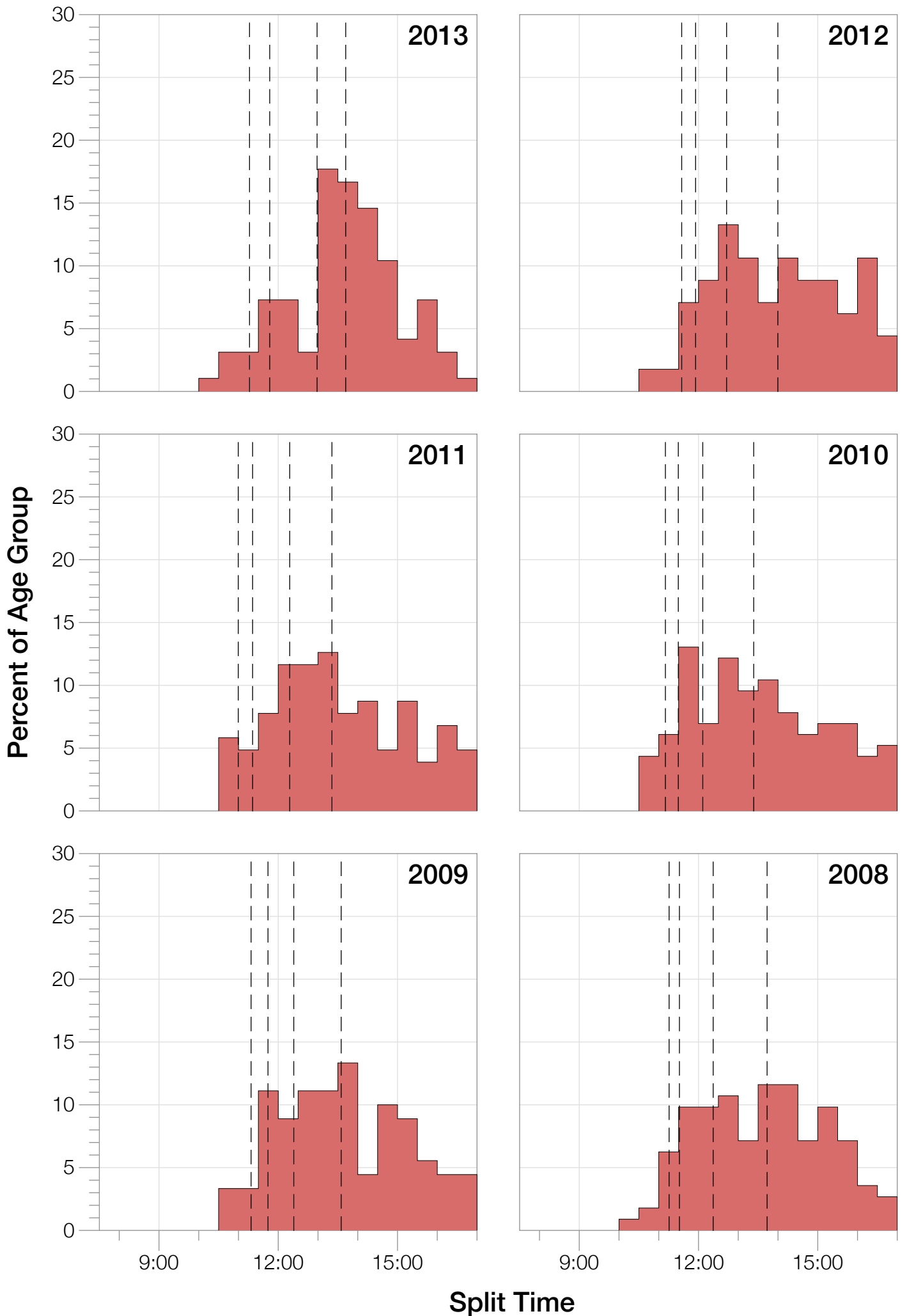
F35-39 Run



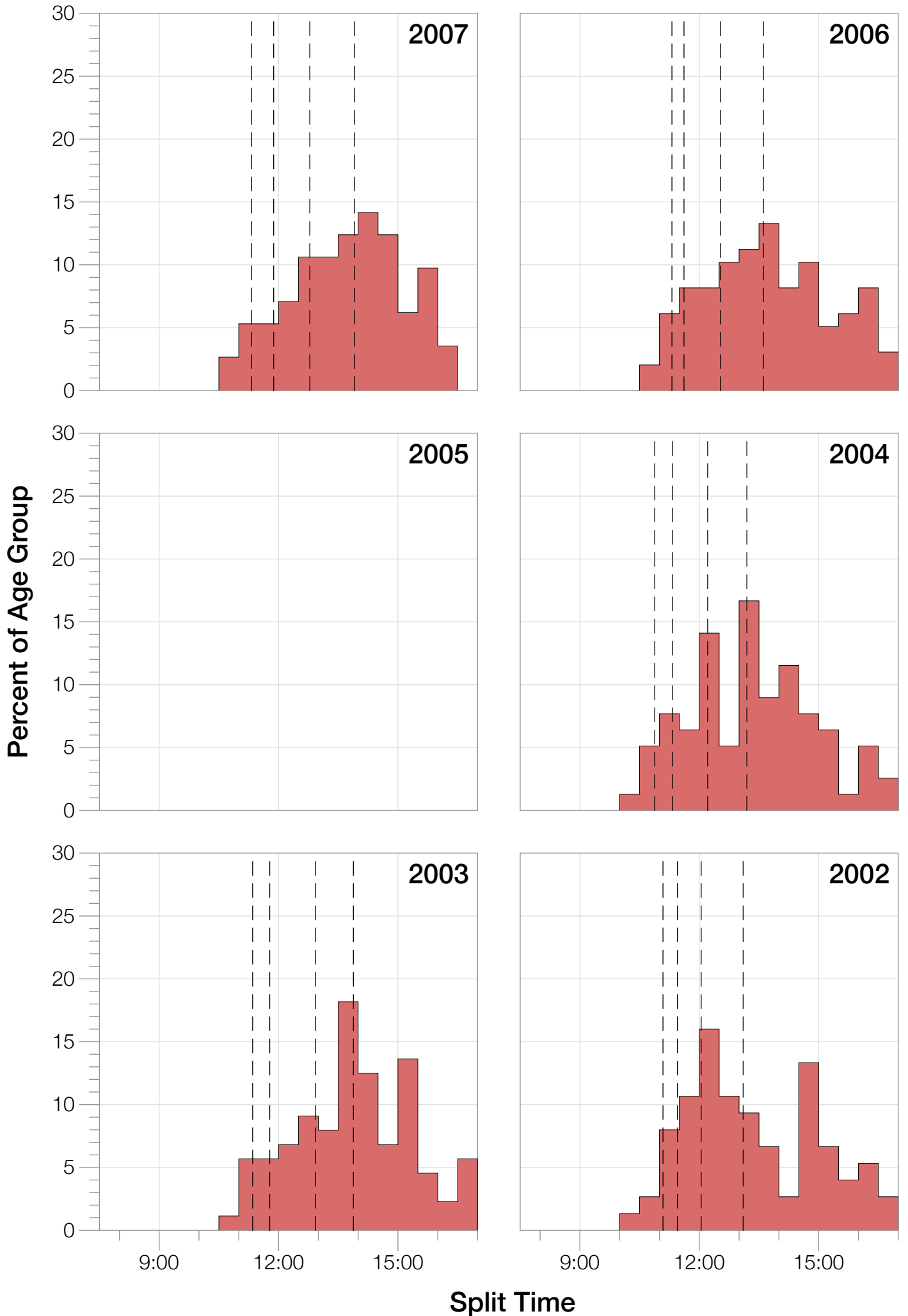
F35-39 Run



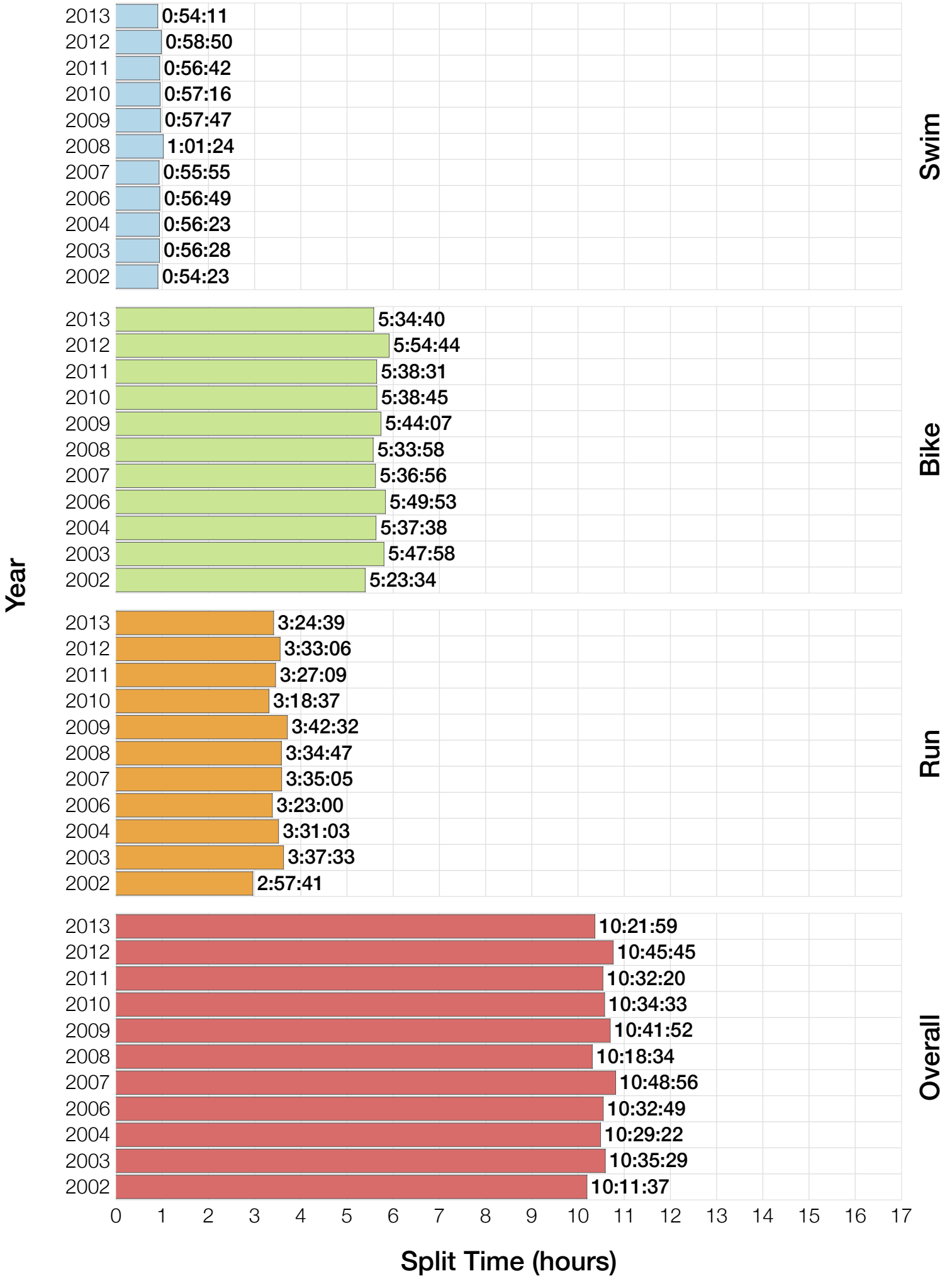
F35-39 Overall



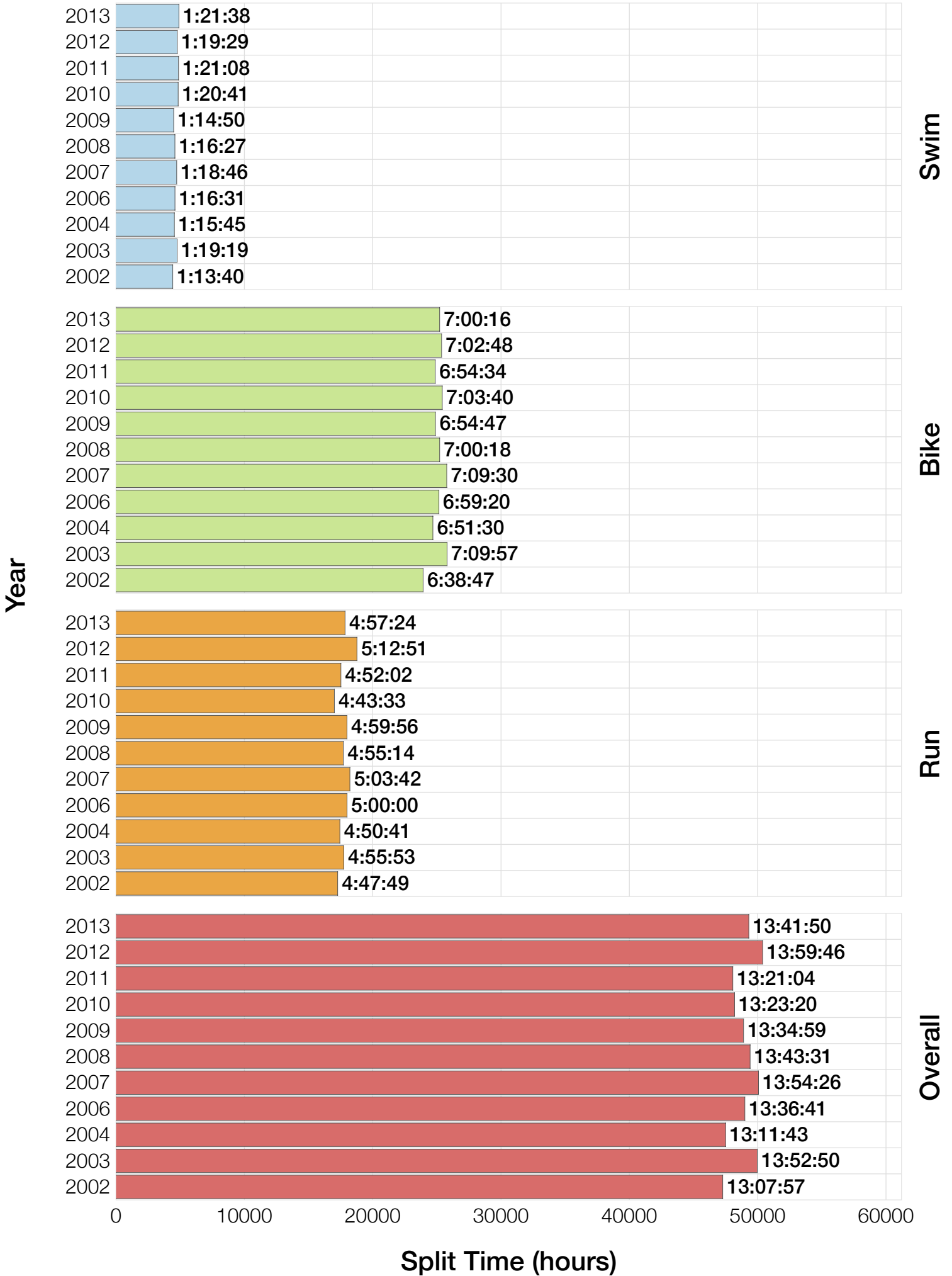
F35-39 Overall



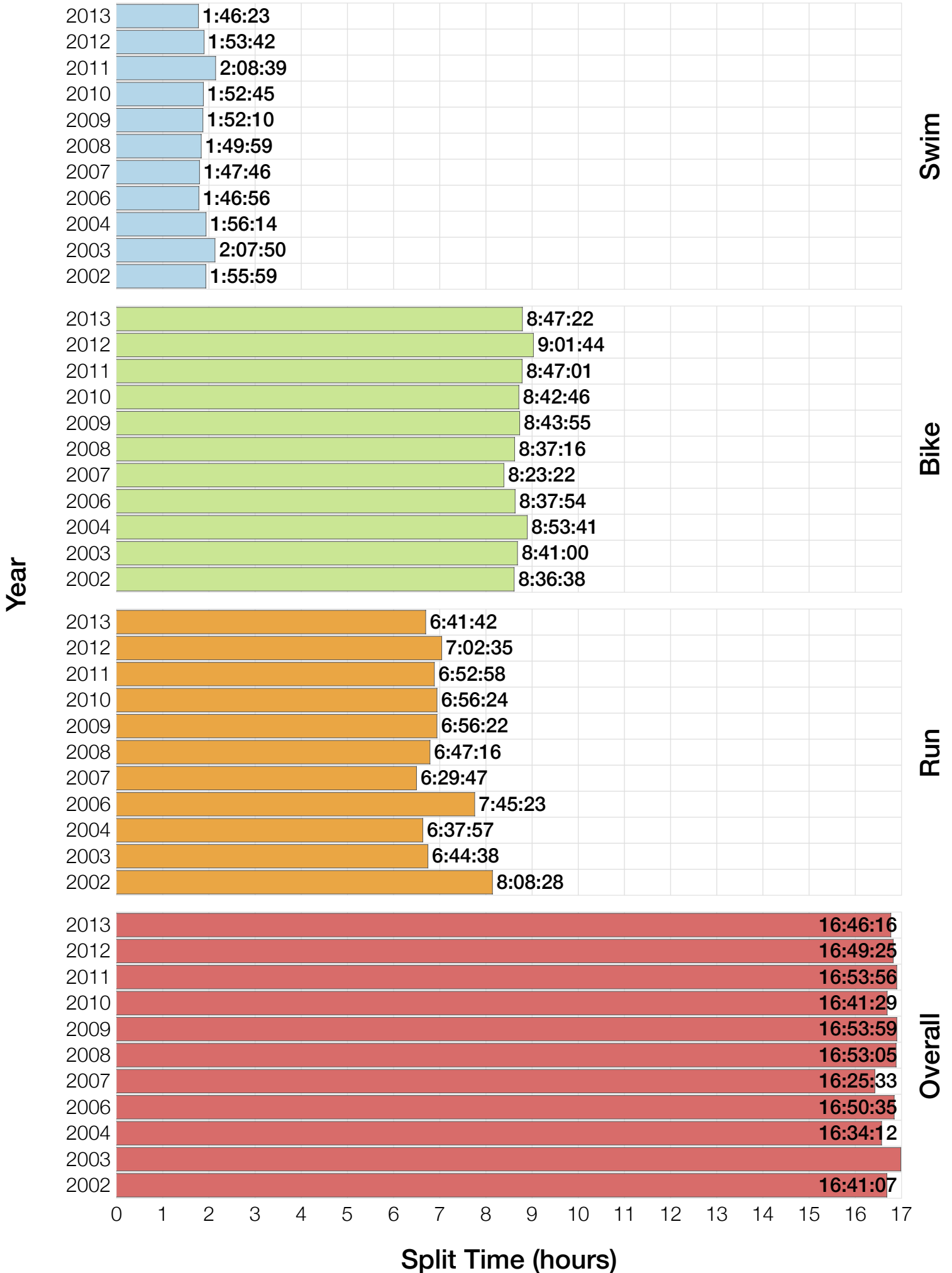
F35-39 Fastest Splits



F35-39 Median Splits

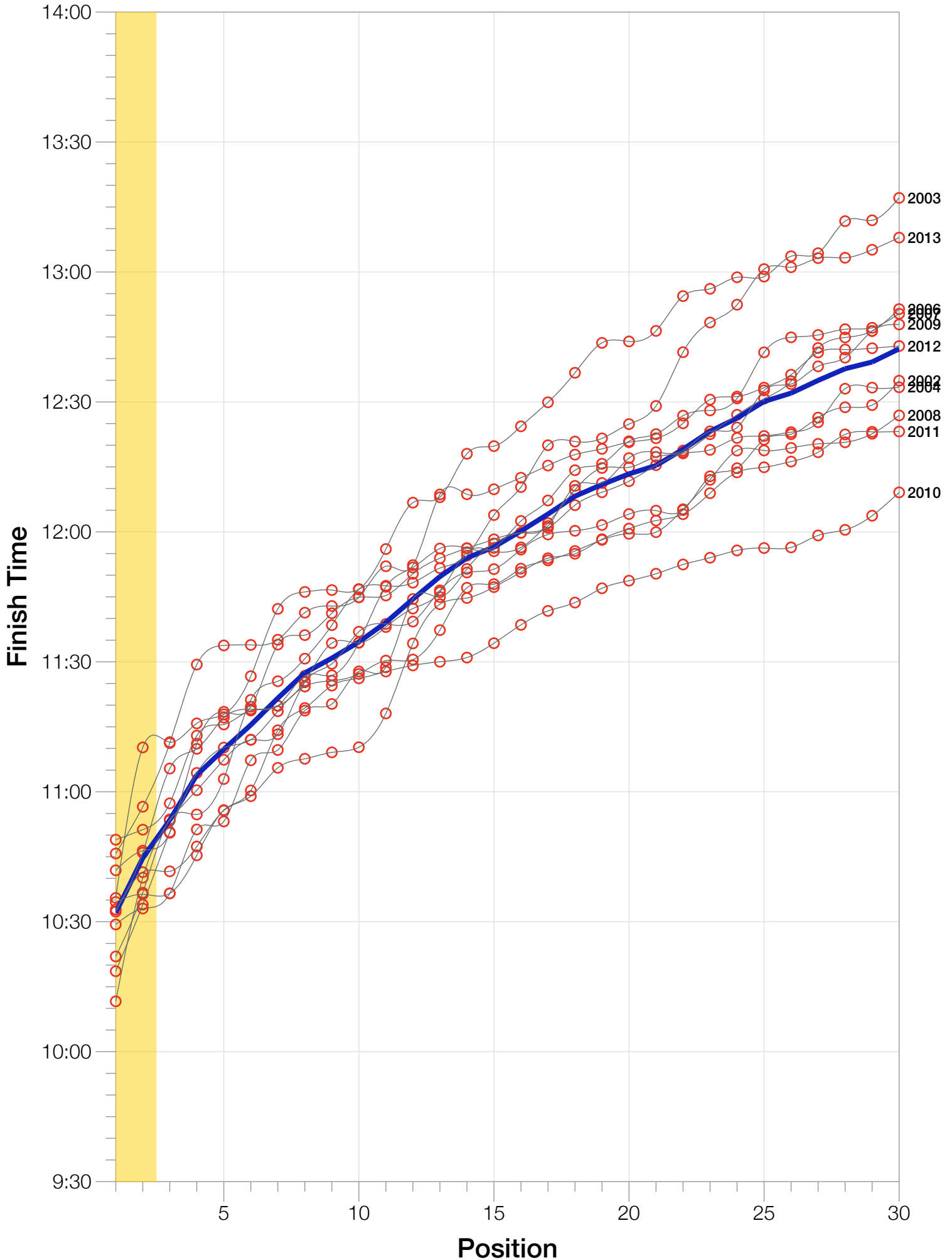


F35-39 Slowest Splits



F35-39 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F35-39 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	1:04:28	5:45:56	3:35:05	10:32:06
Average 2nd Age Grouper	1:06:24	5:50:00	3:39:21	10:44:43
Average 3rd Age Grouper	1:03:44	5:58:22	3:41:19	10:53:29
Average 4th Age Grouper	1:07:53	6:00:12	3:46:23	11:03:52
Average 5th Age Grouper	1:08:32	5:58:21	3:53:31	11:09:48
Average 6th Age Grouper	1:14:09	6:12:38	3:50:30	11:15:26
Average 7th Age Grouper	1:08:33	5:59:32	4:03:14	11:21:37
Average 8th Age Grouper	1:09:42	6:02:21	4:05:26	11:27:27
Average 9th Age Grouper	1:09:52	6:10:17	4:00:16	11:30:51
Average 10th Age Grouper	1:07:54	6:12:30	4:05:01	11:34:35
Kona Qualifier Average	1:05:26	5:47:58	3:37:13	10:38:25
Top 10 Age Grouper Average	1:08:07	6:01:01	3:52:01	11:09:23

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	1:04:27	5:34:40	3:36:05	10:21:59
2nd Age Grouper	1:14:03	5:49:52	3:24:39	10:36:42
3rd Age Grouper	1:12:09	5:50:15	3:39:48	10:53:38
4th Age Grouper	1:01:40	5:55:45	3:48:36	10:54:46
5th Age Grouper	1:02:54	6:00:36	3:50:28	11:02:57
6th Age Grouper	1:11:50	6:01:22	3:57:32	11:21:13
7th Age Grouper	1:17:53	5:45:36	4:12:30	11:25:31
8th Age Grouper	1:05:00	6:03:00	4:12:05	11:30:44
9th Age Grouper	0:54:11	6:10:54	4:23:40	11:38:28
10th Age Grouper	0:59:01	6:20:52	4:17:05	11:46:42
Kona Qualifier Average	1:09:15	5:42:16	3:30:22	10:29:20
Top 10 Age Grouper Average	1:06:18	5:57:17	3:56:14	11:09:16

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	1:09:14	5:54:44	3:34:21	10:45:45
2nd Age Grouper	0:58:50	6:00:54	3:50:21	10:56:33
3rd Age Grouper	1:07:17	6:05:16	3:49:44	11:11:15
4th Age Grouper	1:08:52	6:21:17	3:49:50	11:29:22
5th Age Grouper	1:11:05	5:58:51	4:12:51	11:33:47
6th Age Grouper	1:30:50	6:21:49	3:33:06	11:33:54
7th Age Grouper	1:02:55	6:09:27	4:12:38	11:35:06
8th Age Grouper	1:04:51	6:05:42	4:22:21	11:41:21
9th Age Grouper	1:08:45	6:36:56	3:45:53	11:42:53
10th Age Grouper	1:13:31	6:08:38	4:14:22	11:44:55
Kona Qualifier Average	1:04:02	5:57:49	3:42:21	10:51:09
Top 10 Age Grouper Average	1:09:37	6:10:21	3:56:32	11:25:29

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	1:13:50	5:43:49	3:27:17	10:32:20
2nd Age Grouper	1:07:41	5:58:56	3:27:09	10:41:26
3rd Age Grouper	1:03:01	5:59:23	3:32:12	10:41:38
4th Age Grouper	1:23:37	5:38:31	3:35:40	10:47:22
5th Age Grouper	0:56:42	5:54:28	3:56:09	10:55:40
6th Age Grouper	1:05:32	5:55:22	3:49:40	10:58:59
7th Age Grouper	1:12:32	5:57:17	3:48:31	11:05:32
8th Age Grouper	1:07:02	5:43:16	4:08:34	11:07:37
9th Age Grouper	1:11:43	5:57:37	3:52:08	11:09:06
10th Age Grouper	1:02:13	6:07:13	3:53:57	11:10:17
Kona Qualifier Average	1:10:45	5:51:22	3:27:13	10:36:53
Top 10 Age Grouper Average	1:08:23	5:53:35	3:45:07	10:54:59

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	1:09:15	5:58:38	3:18:37	10:34:33
2nd Age Grouper	1:07:16	5:38:45	3:43:14	10:36:20
3rd Age Grouper	0:57:16	5:43:41	3:49:03	10:36:32
4th Age Grouper	1:08:56	5:59:25	3:27:33	10:45:20
5th Age Grouper	1:08:53	5:50:38	3:48:08	10:55:46
6th Age Grouper	1:14:34	5:57:02	3:40:16	11:00:18
7th Age Grouper	1:13:43	5:58:09	3:53:18	11:14:12
8th Age Grouper	1:10:08	6:00:45	3:57:31	11:19:20
9th Age Grouper	0:58:35	6:14:53	3:58:56	11:24:31
10th Age Grouper	1:03:36	6:10:03	4:02:47	11:26:11
Kona Qualifier Average	1:08:15	5:48:41	3:30:55	10:35:26
Top 10 Age Grouper Average	1:07:13	5:57:11	3:45:56	10:59:18

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	1:01:58	5:49:48	3:42:32	10:41:52
2nd Age Grouper	0:57:47	5:50:22	3:49:01	10:46:24
3rd Age Grouper	1:01:40	5:44:32	3:54:43	10:50:32
4th Age Grouper	1:09:17	6:02:16	3:50:45	11:11:06
5th Age Grouper	1:19:41	5:44:07	4:03:33	11:18:28
6th Age Grouper	1:04:57	6:09:54	3:53:46	11:19:38
7th Age Grouper	1:06:04	6:12:55	4:04:40	11:33:59
8th Age Grouper	1:11:06	6:14:10	4:02:40	11:36:10
9th Age Grouper	1:21:25	5:52:25	4:13:34	11:41:13
10th Age Grouper	1:11:21	6:13:09	4:12:08	11:44:54
Kona Qualifier Average	0:59:52	5:50:05	3:45:46	10:44:08
Top 10 Age Grouper Average	1:08:31	5:59:21	3:58:44	11:16:25

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	1:02:45	5:33:58	3:35:28	10:18:34
2nd Age Grouper	1:09:04	5:40:41	3:34:47	10:33:57
3rd Age Grouper	1:07:32	5:54:20	3:41:09	10:50:42
4th Age Grouper	1:08:41	5:59:08	3:47:16	11:04:21
5th Age Grouper	1:21:20	6:01:01	3:37:13	11:10:12
6th Age Grouper	1:09:16	5:47:42	4:05:21	11:12:01
7th Age Grouper	1:06:28	5:55:47	4:04:47	11:18:36
8th Age Grouper	1:06:21	6:06:57	4:01:53	11:24:18
9th Age Grouper	1:11:19	6:02:13	4:03:15	11:25:38
10th Age Grouper	1:06:29	6:23:21	3:47:56	11:27:12
Kona Qualifier Average	1:05:54	5:37:19	3:35:07	10:26:15
Top 10 Age Grouper Average	1:08:55	5:56:30	3:49:54	11:04:33

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

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	0:58:11	5:55:16	3:32:53	10:32:49
2nd Age Grouper	1:08:08	5:49:57	3:34:48	10:45:56
3rd Age Grouper	1:00:55	6:07:26	3:46:28	11:05:22
4th Age Grouper	1:01:52	5:49:53	4:11:17	11:09:55
5th Age Grouper	1:08:03	6:12:41	3:46:02	11:17:07
6th Age Grouper	1:17:48	5:53:20	3:58:50	11:19:04
7th Age Grouper	1:08:25	5:55:12	4:03:03	11:19:50
8th Age Grouper	1:08:07	5:59:47	4:06:46	11:25:35
9th Age Grouper	1:16:33	6:43:17	3:23:00	11:34:20
10th Age Grouper	1:04:23	6:21:31	3:57:53	11:34:23
Kona Qualifier Average	1:03:09	5:52:36	3:33:50	10:39:22
Top 10 Age Grouper Average	1:07:14	6:04:50	3:50:06	11:12:26

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

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	1:03:05	5:47:58	3:37:33	10:35:29
2nd Age Grouper	1:10:27	5:59:40	3:49:29	11:10:14
3rd Age Grouper	1:03:17	6:15:20	3:45:15	11:11:27
4th Age Grouper	0:57:20	6:21:39	3:43:40	11:15:47
5th Age Grouper	1:01:34	6:20:20	3:46:18	11:17:53
6th Age Grouper	1:14:23	6:13:43	3:50:13	11:26:41
7th Age Grouper	1:02:49	6:25:45	4:02:20	11:42:13
8th Age Grouper	1:18:13	6:18:24	4:00:23	11:46:08
9th Age Grouper	1:13:31	6:06:58	4:17:23	11:46:34
10th Age Grouper	1:01:13	6:22:32	4:14:13	11:46:48
Kona Qualifier Average	1:06:46	5:53:49	3:43:31	10:52:51
Top 10 Age Grouper Average	1:06:35	6:13:13	3:54:40	11:23:55

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	0:58:34	5:23:34	3:49:10	10:11:37
2nd Age Grouper	1:09:47	5:36:23	3:44:07	10:40:10
3rd Age Grouper	1:03:15	6:26:34	2:57:41	10:53:23
4th Age Grouper	1:03:23	6:06:19	3:42:16	11:00:22
5th Age Grouper	1:08:57	5:34:34	4:14:47	11:07:23
6th Age Grouper	1:26:16	7:51:13		11:12:00
7th Age Grouper	1:04:57	5:55:14	4:03:30	11:13:17
8th Age Grouper	1:16:56	5:53:59	4:05:06	11:25:17
9th Age Grouper	1:04:39	6:06:32	4:09:41	11:29:33
10th Age Grouper	1:29:08	6:08:02	3:51:26	11:36:57
Kona Qualifier Average	1:04:10	5:29:58	3:46:38	10:25:53
Top 10 Age Grouper Average	1:10:35	6:06:14	3:50:51	11:04:59