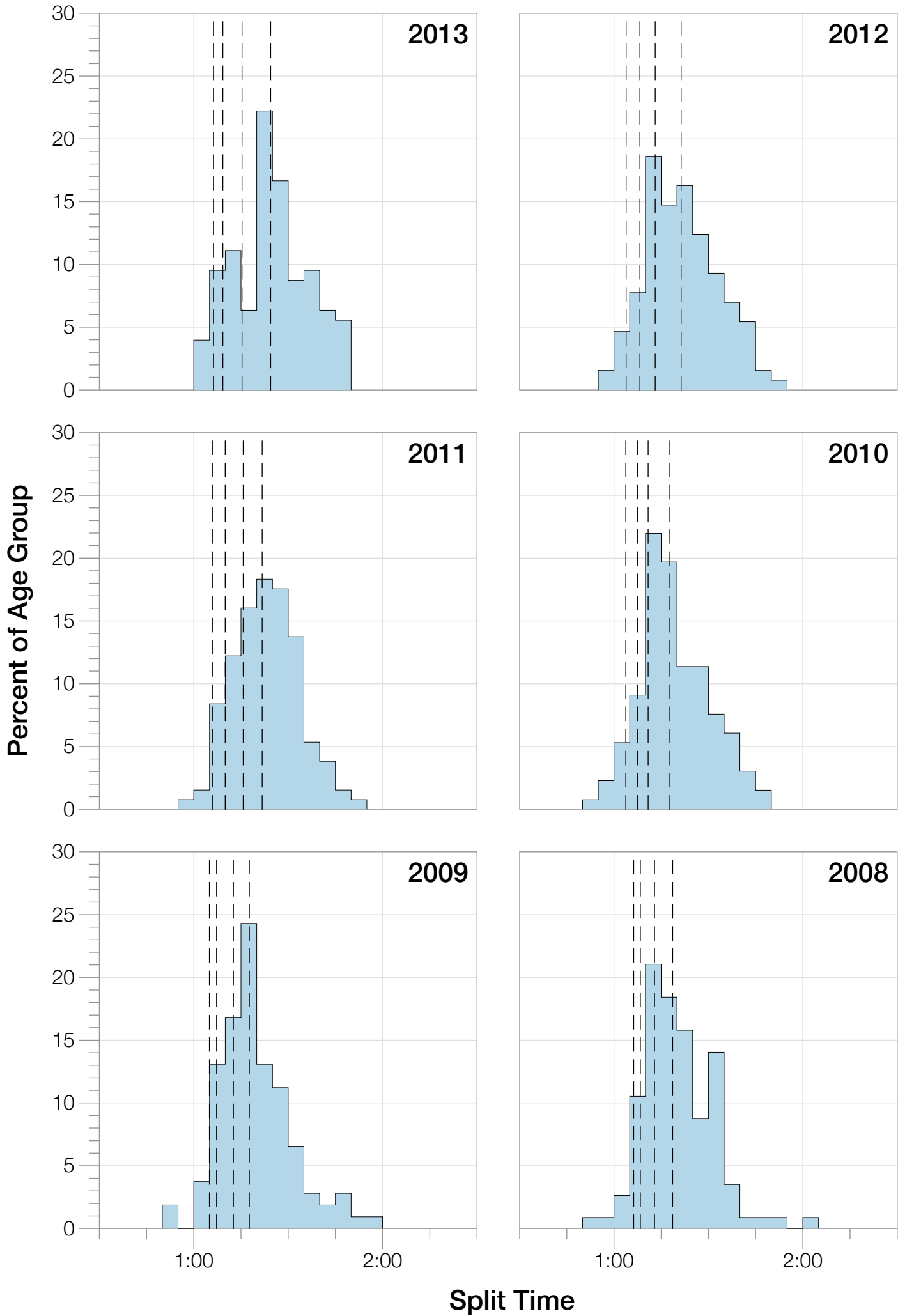


Ironman Lake Placid F40-44 Stats

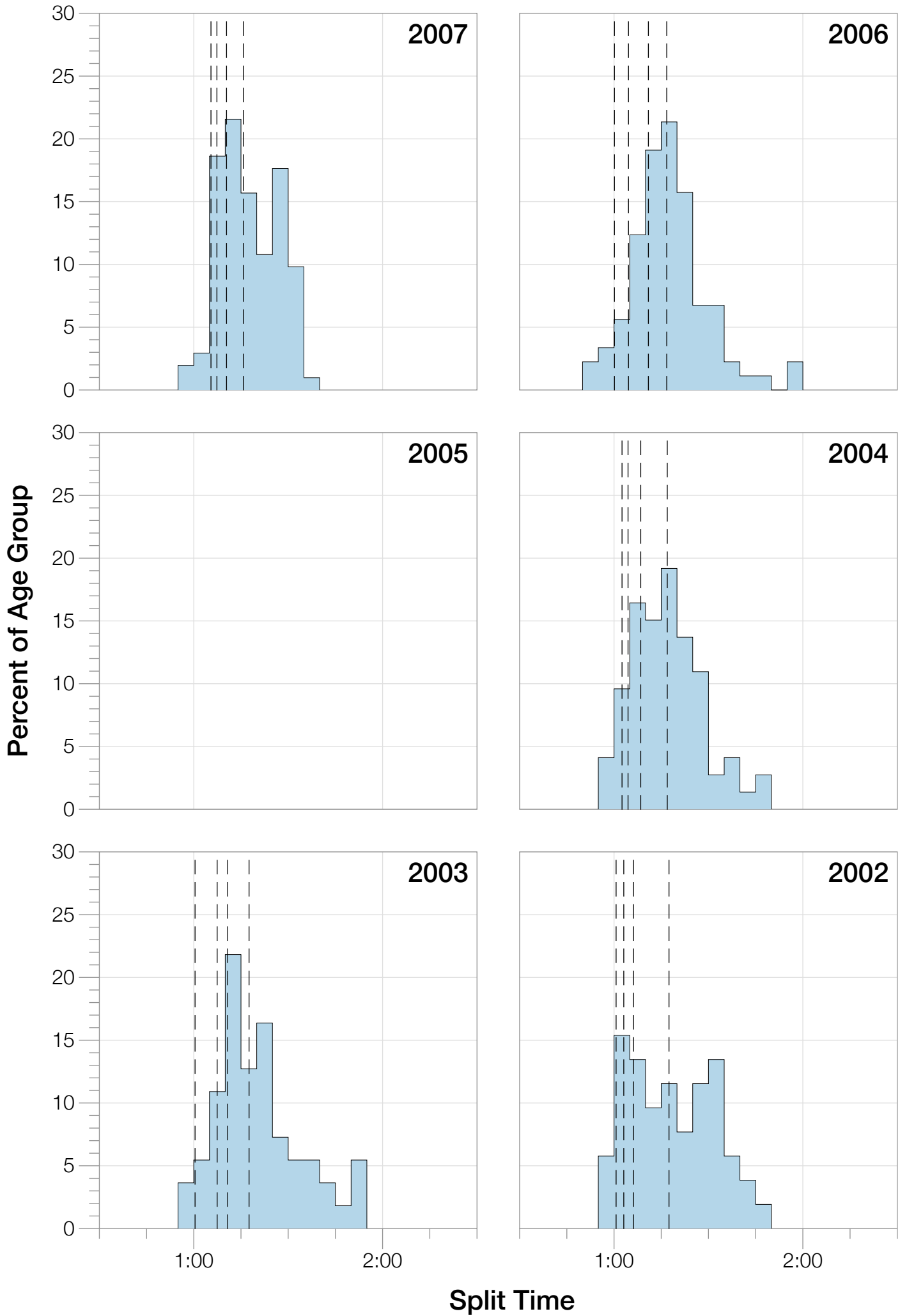
F40-44 Summary Statistics

Year	Finishers	F40-44 Finishers	Male Winner's Time	Female Winner's Time	F40-44 Winner's Time
2002	1638	52	8:39:19	9:29:41	10:59:28
2003	1673	55	8:46:15	9:51:55	11:33:16
2004	1882	73	8:23:12	9:24:42	10:45:17
2006	2038	89	8:38:18	10:11:35	10:49:11
2007	2051	102	9:16:02	9:40:20	10:33:10
2008	2193	114	8:43:32	9:51:00	10:18:04
2009	2051	107	8:36:37	9:29:36	10:14:22
2010	2472	132	8:39:34	9:27:30	10:21:57
2011	2356	132	8:25:15	9:19:03	10:19:21
2012	2280	129	8:25:07	9:47:39	10:48:48
2013	2342	126	8:43:29	9:35:06	10:21:06
Average	2089	101	8:39:41	9:38:55	9:45:20

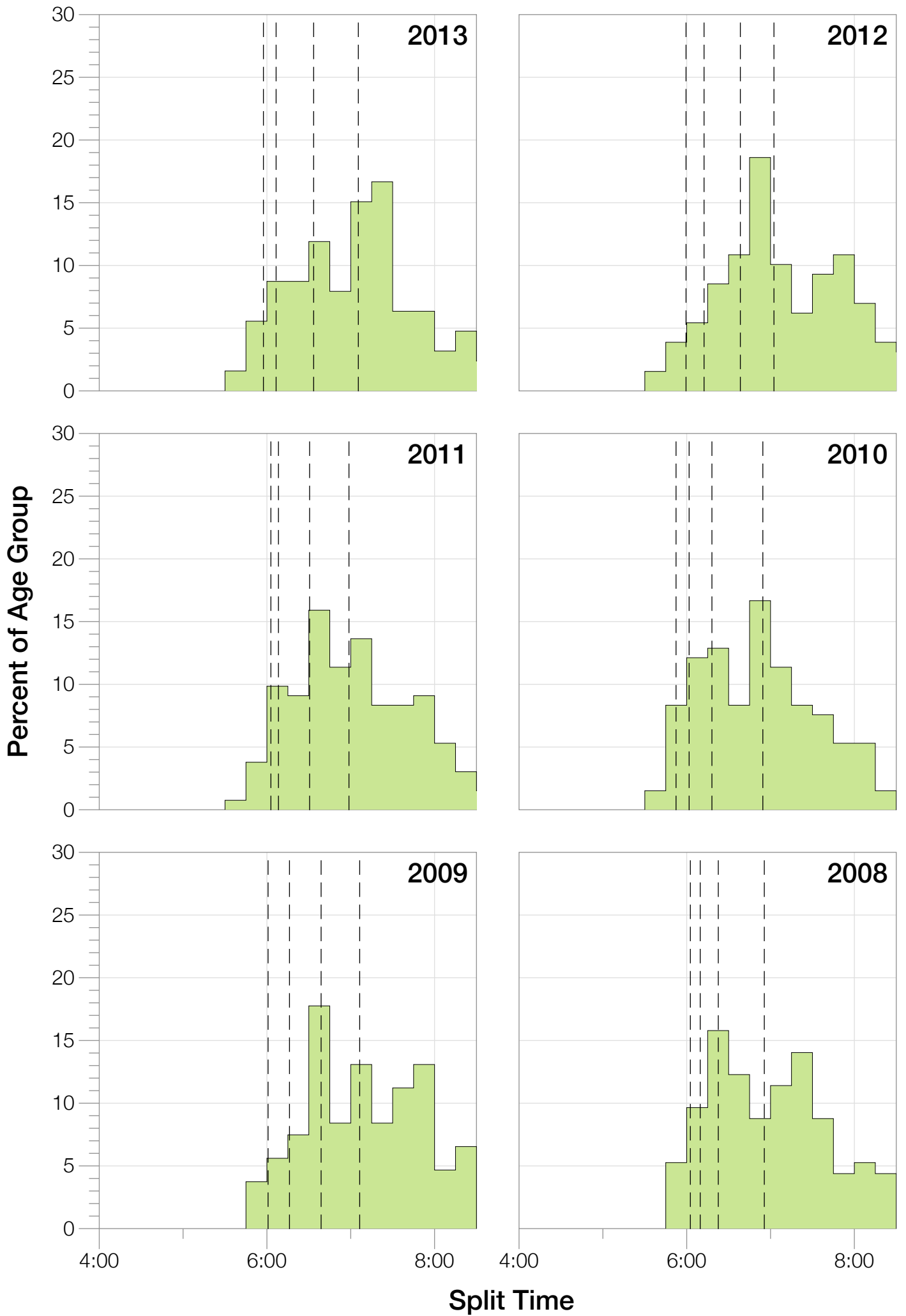
F40-44 Swim



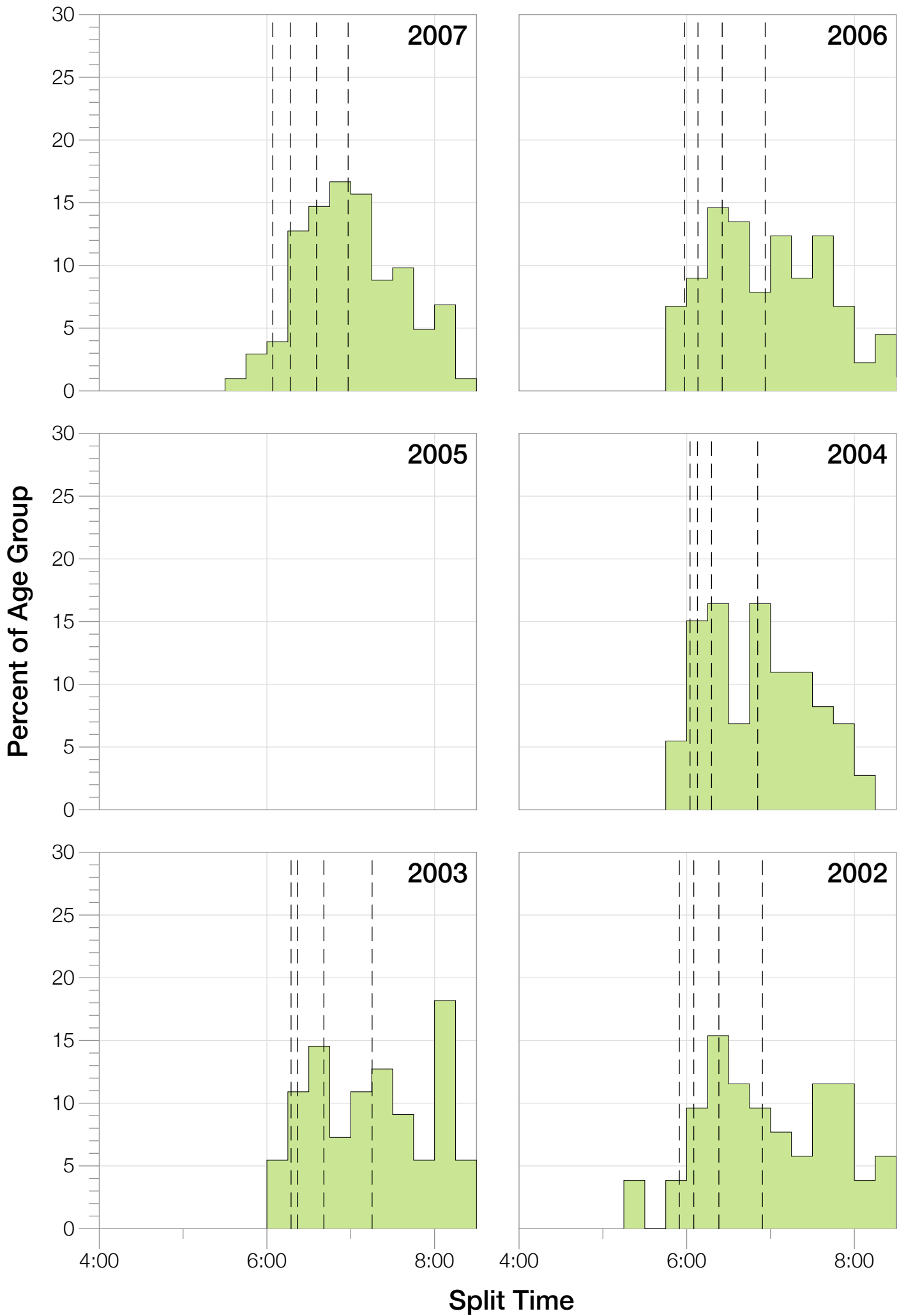
F40-44 Swim



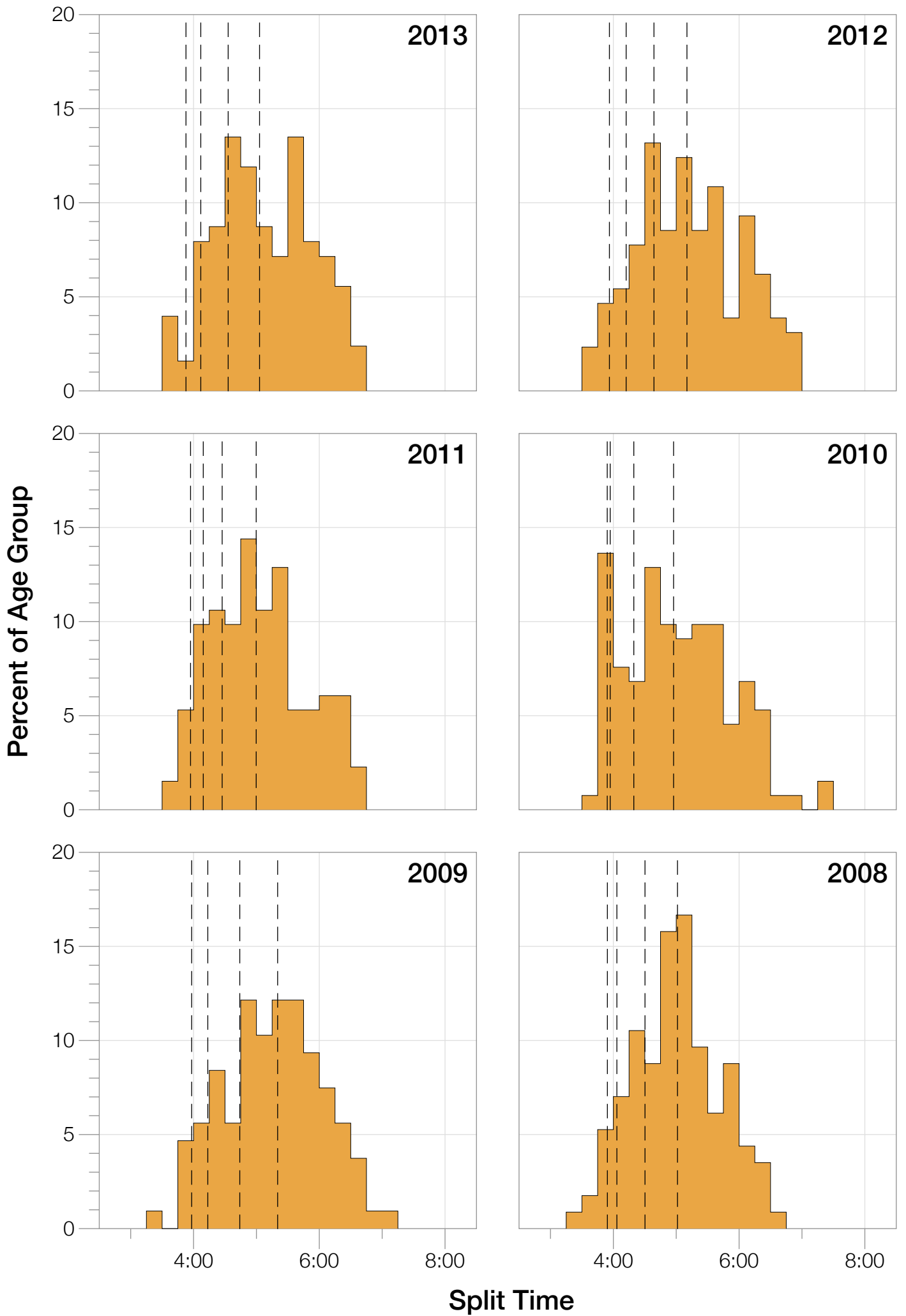
F40-44 Bike



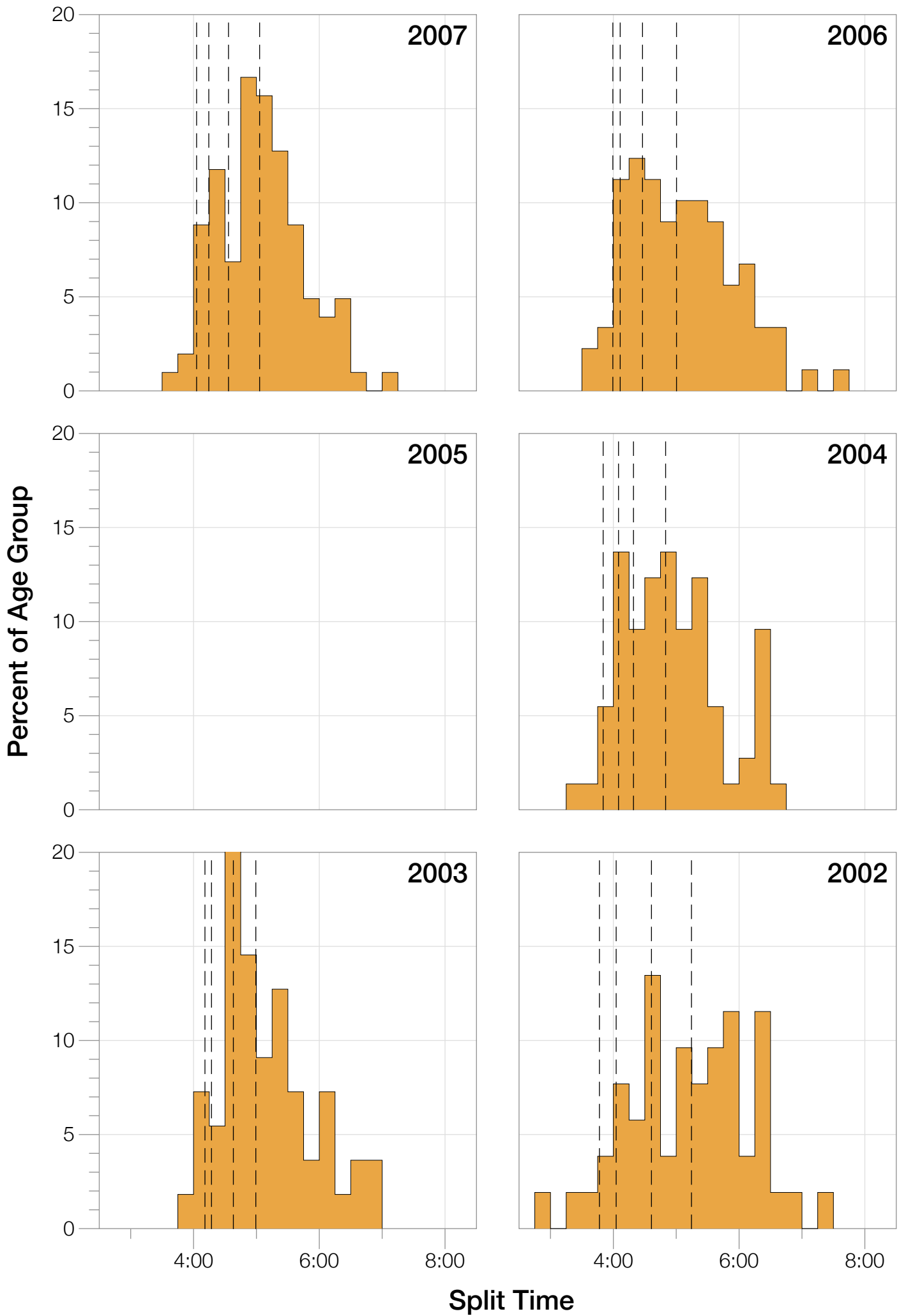
F40-44 Bike



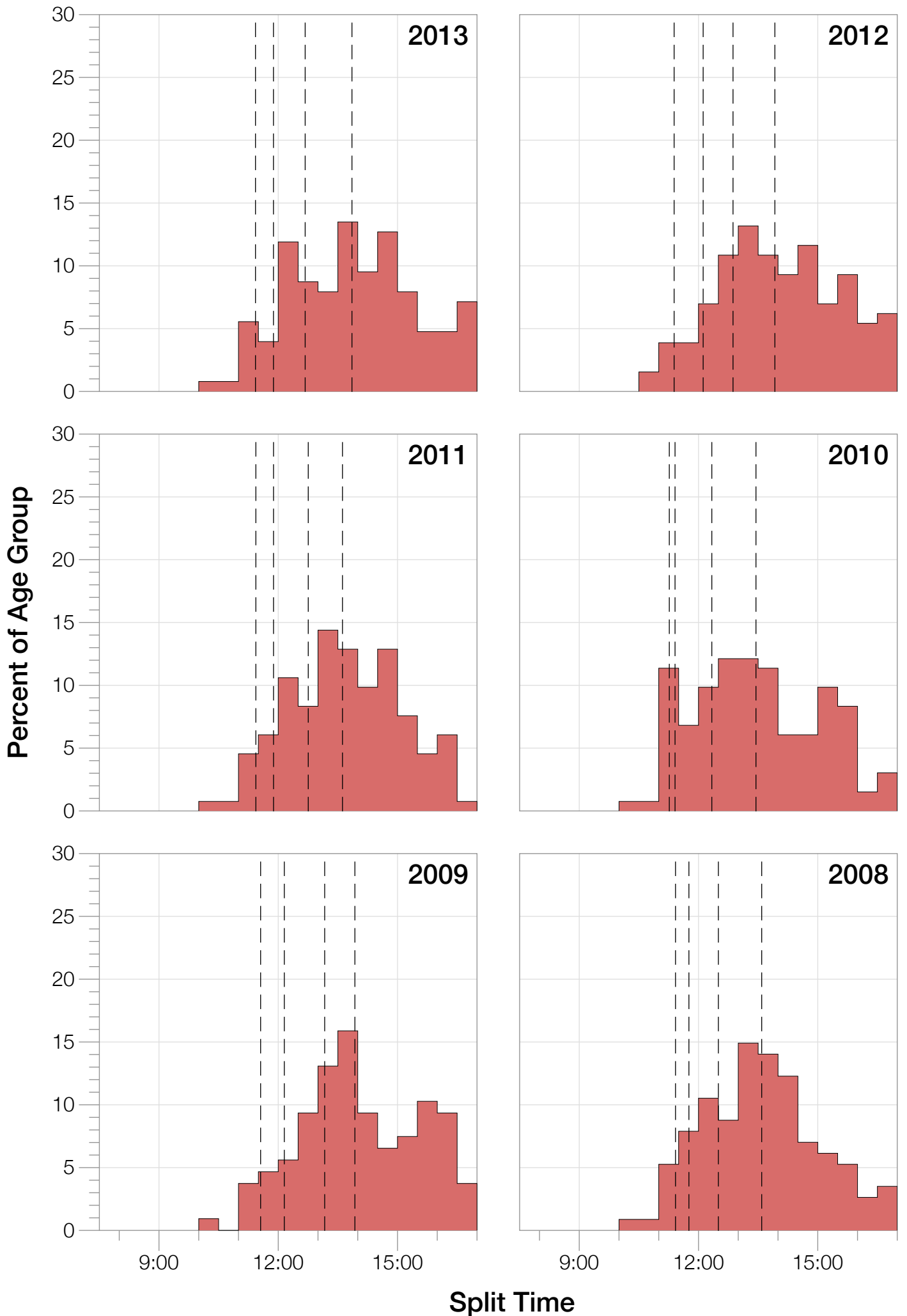
F40-44 Run



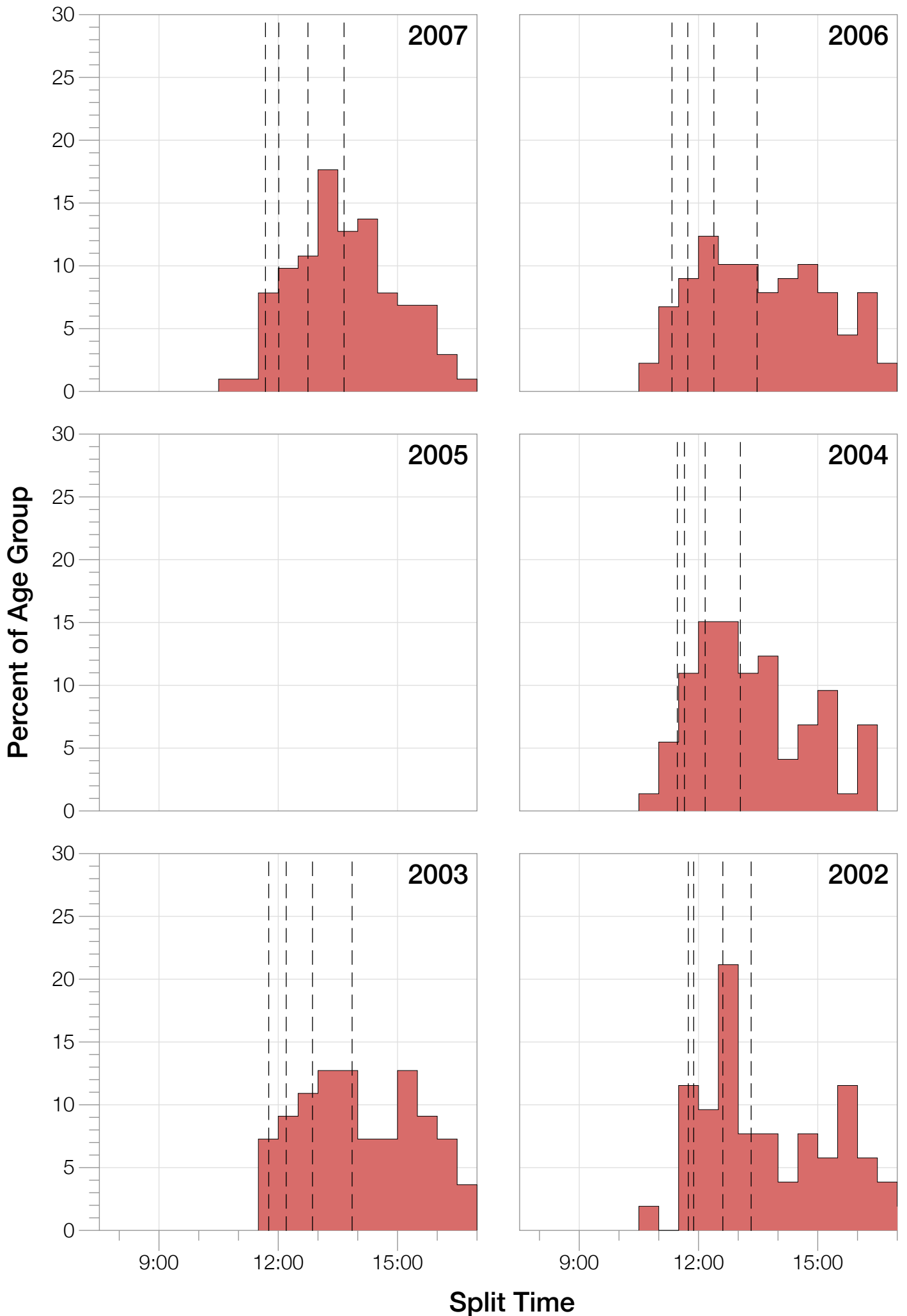
F40-44 Run



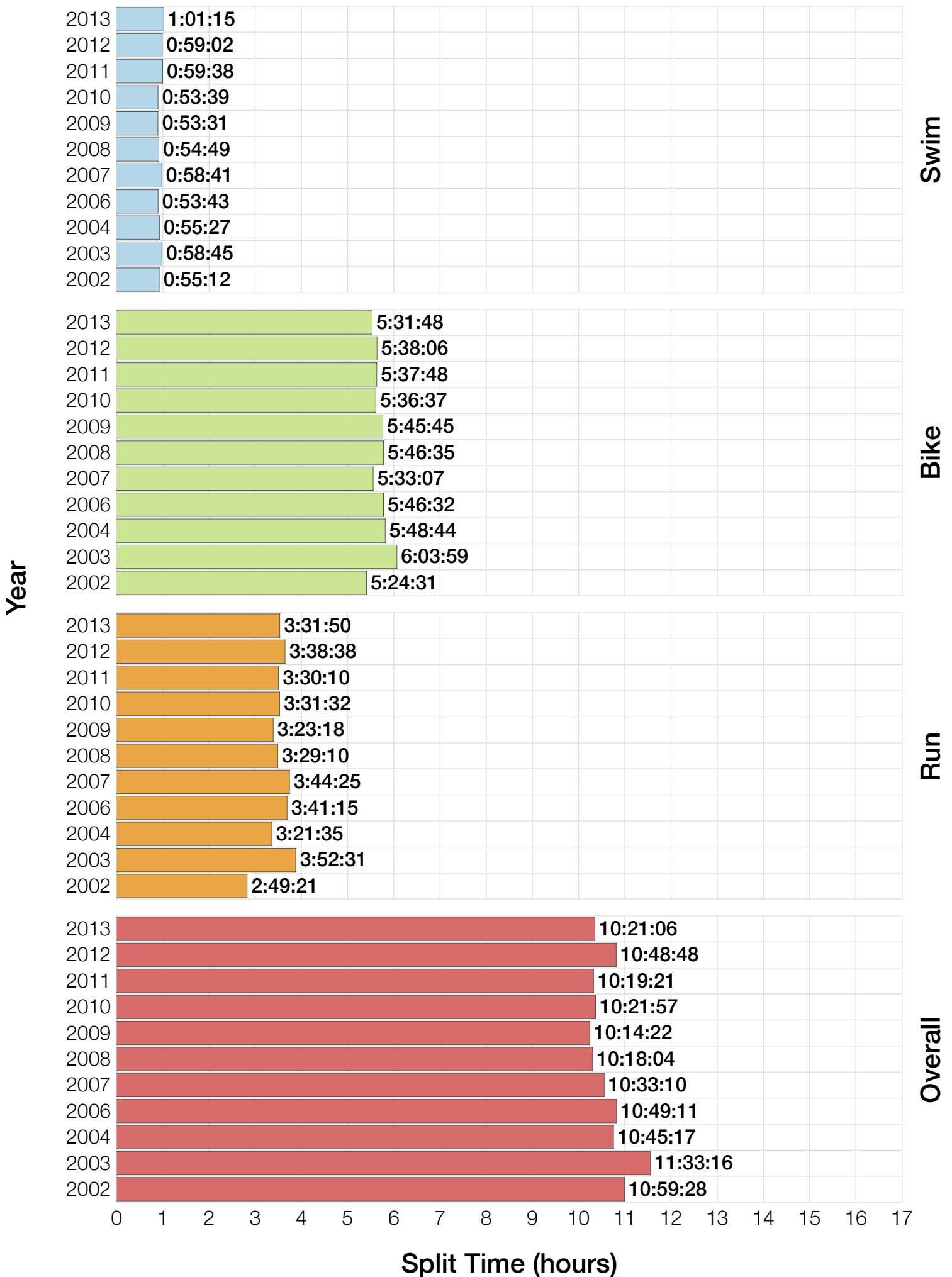
F40-44 Overall



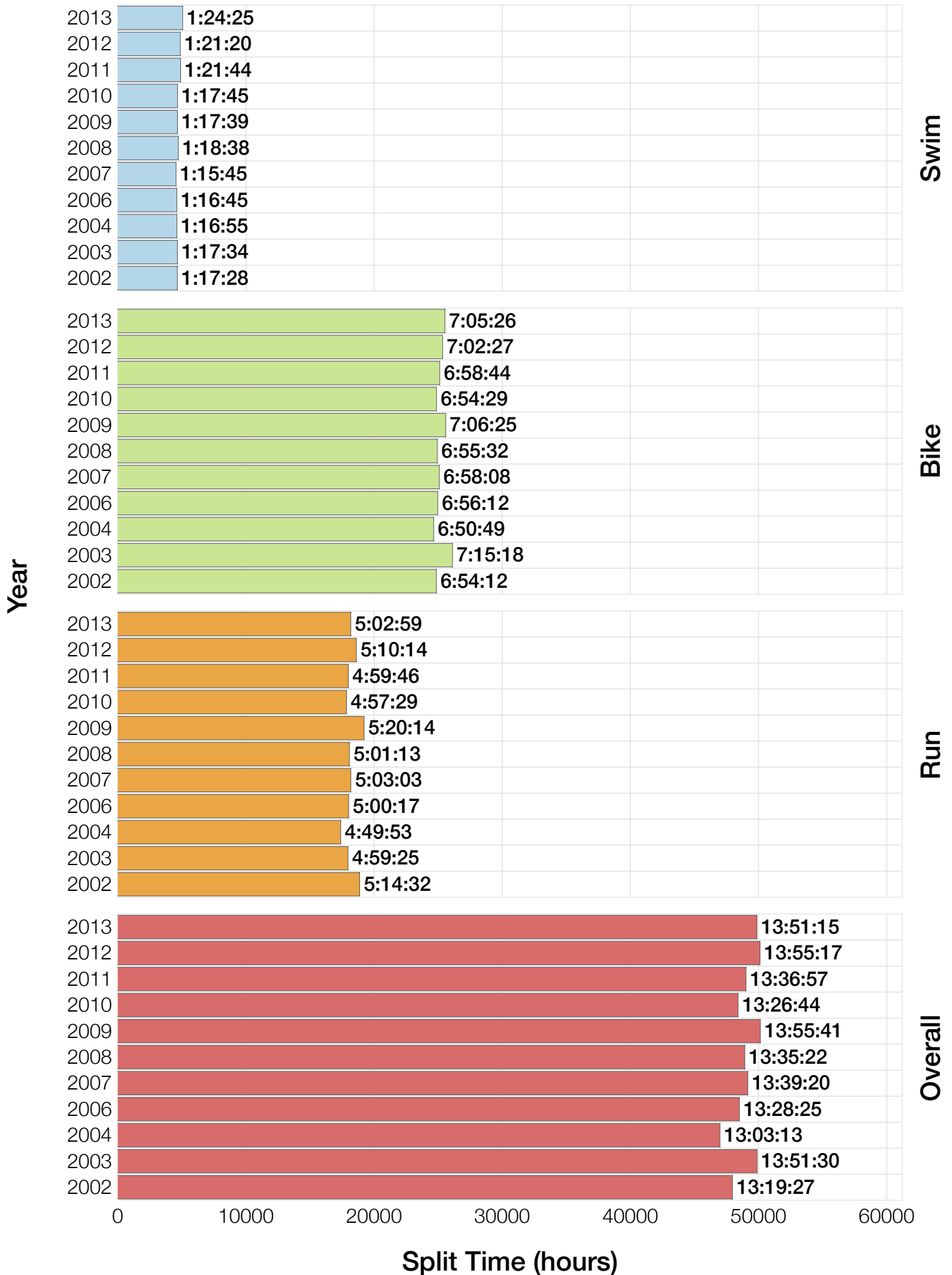
F40-44 Overall



F40-44 Fastest Splits



F40-44 Median Splits



F40-44 Slowest Splits

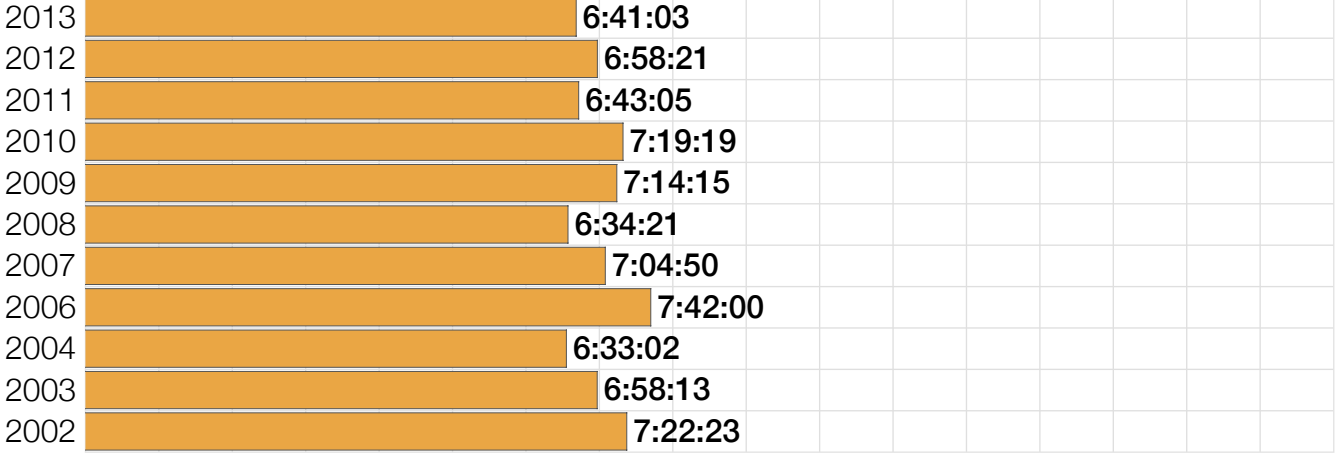
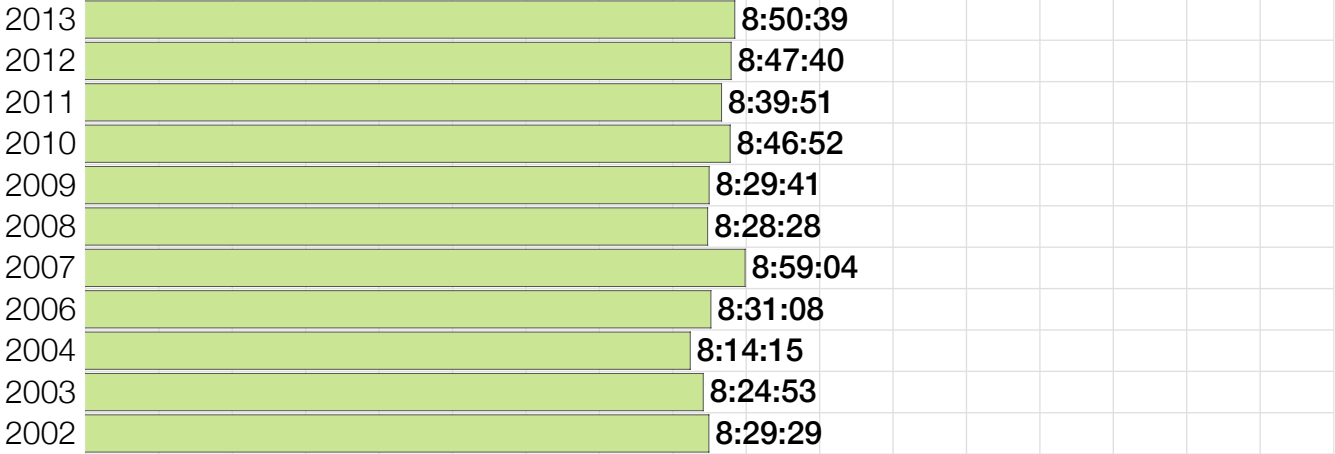
Year

Swim

Bike

Run

Overall

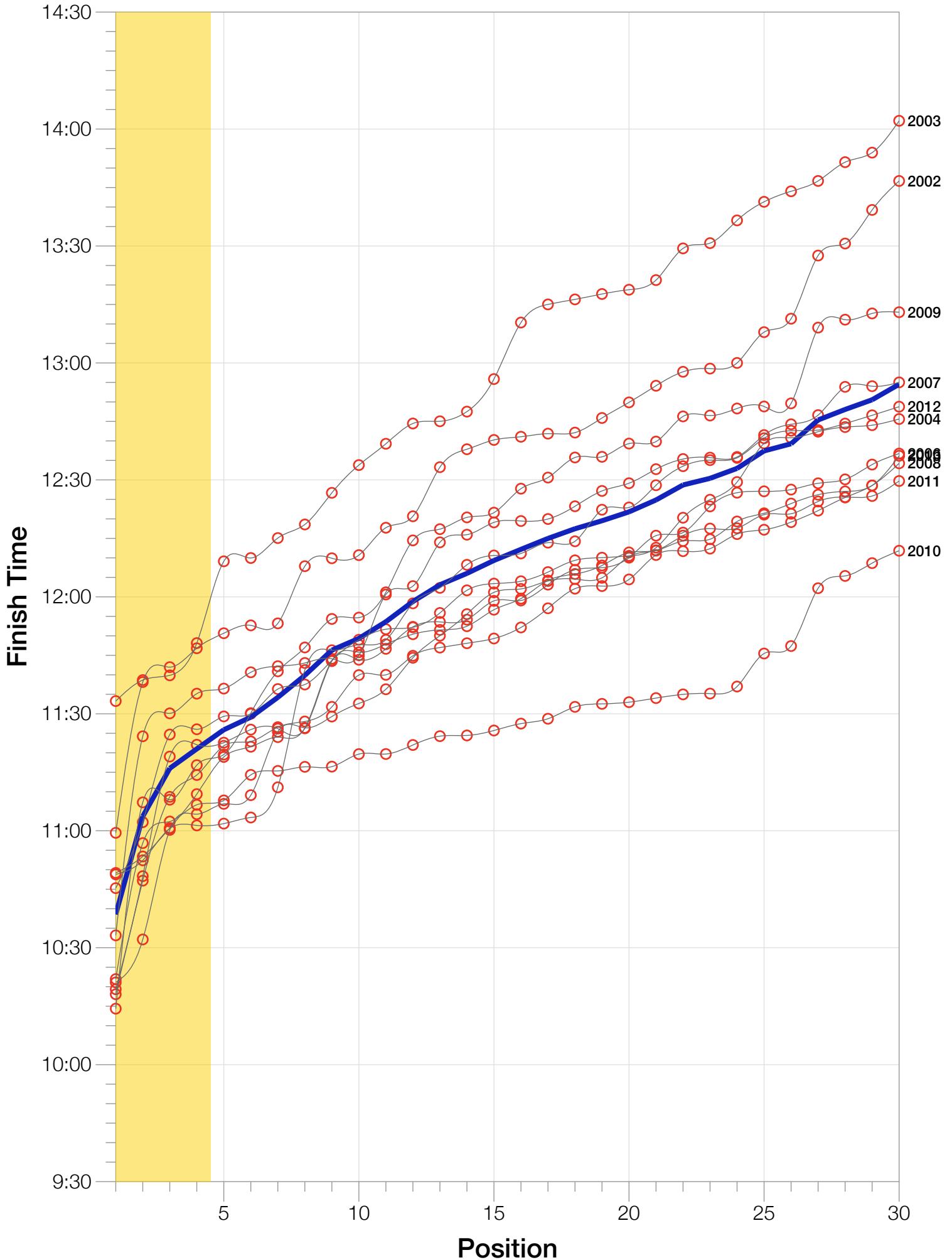


0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

F40-44 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F40-44 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	1:03:56	5:48:37	3:37:43	10:38:32
Average 2nd Age Grouper	1:07:46	5:54:13	3:52:36	11:03:42
Average 3rd Age Grouper	1:07:52	6:01:27	3:57:27	11:16:01
Average 4th Age Grouper	1:10:12	6:02:40	3:58:23	11:21:00
Average 5th Age Grouper	1:12:47	6:06:13	3:57:06	11:25:54
Average 6th Age Grouper	1:08:46	6:06:55	4:03:49	11:29:09
Average 7th Age Grouper	1:09:37	6:10:43	4:03:44	11:34:13
Average 8th Age Grouper	1:14:24	6:10:57	4:03:58	11:39:52
Average 9th Age Grouper	1:08:07	6:17:46	4:08:22	11:46:20
Average 10th Age Grouper	1:17:24	6:15:45	4:03:14	11:49:20
Kona Qualifier Average	1:07:27	5:56:44	3:51:32	11:04:49
Top 10 Age Grouper Average	1:10:05	6:05:31	3:58:38	11:24:24

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	1:09:10	5:31:48	3:31:50	10:21:06
2nd Age Grouper	1:14:12	5:37:29	3:33:04	10:32:07
3rd Age Grouper	1:09:18	6:10:13	3:32:28	11:00:13
4th Age Grouper	1:21:43	5:47:22	3:47:51	11:04:15
5th Age Grouper	1:16:10	5:51:47	3:49:35	11:06:54
6th Age Grouper	1:09:47	6:05:50	3:44:35	11:09:08
7th Age Grouper	1:12:01	6:02:45	4:02:18	11:25:24
8th Age Grouper	1:25:59	6:07:20	3:43:20	11:26:24
9th Age Grouper	1:02:39	6:10:09	4:05:43	11:29:18
10th Age Grouper	1:11:25	5:57:16	4:15:35	11:32:39
Kona Qualifier Average	1:13:35	5:46:43	3:36:18	10:44:25
Top 10 Age Grouper Average	1:13:14	5:56:11	3:48:37	11:06:44

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	1:16:16	5:38:06	3:44:38	10:48:48
2nd Age Grouper	1:18:13	5:43:03	3:42:51	10:52:25
3rd Age Grouper	1:07:29	5:57:52	3:45:48	11:00:35
4th Age Grouper	1:03:52	5:51:04	3:57:57	11:01:22
5th Age Grouper	1:13:05	6:03:22	3:38:38	11:01:50
6th Age Grouper	1:12:37	5:57:58	3:45:41	11:03:24
7th Age Grouper	1:05:18	5:58:34	3:59:42	11:11:09
8th Age Grouper	1:10:10	5:58:42	4:21:43	11:41:14
9th Age Grouper	1:09:01	6:12:47	4:11:49	11:46:18
10th Age Grouper	1:21:20	6:05:21	4:09:51	11:47:42
Kona Qualifier Average	1:11:27	5:47:31	3:47:48	10:55:47
Top 10 Age Grouper Average	1:11:44	5:56:40	3:55:51	11:13:28

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	1:01:53	5:37:48	3:30:10	10:19:21
2nd Age Grouper	1:10:37	5:55:25	3:34:59	10:48:21
3rd Age Grouper	1:05:34	6:08:32	3:57:18	11:19:02
4th Age Grouper	1:05:57	5:53:55	4:13:29	11:22:04
5th Age Grouper	1:07:17	5:57:38	4:09:51	11:22:36
6th Age Grouper	1:15:07	6:06:20	3:55:28	11:25:57
7th Age Grouper	1:24:37	5:59:49	3:48:07	11:26:12
8th Age Grouper	1:25:17	5:53:14	3:56:50	11:26:16
9th Age Grouper	1:07:09	6:31:22	3:46:58	11:43:31
10th Age Grouper	1:17:32	6:05:18	4:10:36	11:45:48
Kona Qualifier Average	1:06:00	5:53:55	3:48:59	10:57:12
Top 10 Age Grouper Average	1:12:06	6:00:56	3:54:22	11:17:54

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	1:01:47	5:41:24	3:31:32	10:21:57
2nd Age Grouper	0:57:15	5:56:08	3:52:49	10:56:50
3rd Age Grouper	1:05:13	5:56:38	3:53:14	11:02:22
4th Age Grouper	1:03:58	5:51:04	4:01:55	11:06:40
5th Age Grouper	1:15:19	5:54:44	3:49:18	11:07:47
6th Age Grouper	1:10:30	5:58:05	3:57:55	11:14:20
7th Age Grouper	1:17:04	5:51:12	3:57:09	11:15:21
8th Age Grouper	1:14:59	5:48:31	4:01:17	11:16:24
9th Age Grouper	1:07:26	6:01:43	3:57:27	11:16:27
10th Age Grouper	1:18:02	5:52:08	3:54:15	11:19:40
Kona Qualifier Average	1:02:03	5:51:18	3:49:52	10:51:57
Top 10 Age Grouper Average	1:09:09	5:53:09	3:53:41	11:05:46

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

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	0:54:49	5:47:15	3:29:10	10:18:04
2nd Age Grouper	1:09:51	5:52:48	3:36:47	10:47:12
3rd Age Grouper	1:14:53	5:52:02	3:52:36	11:08:42
4th Age Grouper	1:13:23	6:04:28	3:46:26	11:14:18
5th Age Grouper	1:08:03	6:20:17	3:42:49	11:21:47
6th Age Grouper	1:06:42	6:08:52	3:58:46	11:22:55
7th Age Grouper	1:09:57	6:04:54	4:02:40	11:26:34
8th Age Grouper	1:06:03	6:04:37	4:06:57	11:28:02
9th Age Grouper	1:06:51	6:08:12	4:02:06	11:31:47
10th Age Grouper	1:31:41	5:54:53	3:58:22	11:39:56
Kona Qualifier Average	1:08:14	5:54:08	3:41:14	10:52:04
Top 10 Age Grouper Average	1:10:13	6:01:49	3:51:39	11:13:55

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	1:09:19	5:33:07	3:44:25	10:33:10
2nd Age Grouper	1:12:31	5:57:53	4:02:17	11:24:14
3rd Age Grouper	1:18:47	6:06:05	3:53:02	11:30:07
4th Age Grouper	1:06:06	6:13:03	4:02:53	11:35:10
5th Age Grouper	1:08:35	5:51:28	4:25:28	11:36:28
6th Age Grouper	1:07:21	6:03:09	4:22:20	11:40:39
7th Age Grouper	1:10:20	6:25:39	3:55:30	11:42:13
8th Age Grouper	1:11:22	5:54:47	4:27:17	11:43:02
9th Age Grouper	1:09:30	6:18:14	4:07:06	11:44:07
10th Age Grouper	1:08:56	6:23:38	4:03:09	11:45:01
Kona Qualifier Average	1:11:40	5:57:32	3:55:39	11:15:40
Top 10 Age Grouper Average	1:10:16	6:04:42	4:06:20	11:31:25

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	0:53:52	5:50:04	3:56:44	10:49:11
2nd Age Grouper	1:08:48	5:53:41	3:41:15	10:53:24
3rd Age Grouper	0:53:43	5:54:35	4:03:50	11:00:43
4th Age Grouper	1:11:16	6:01:06	3:44:10	11:09:24
5th Age Grouper	1:04:24	5:58:23	4:07:01	11:18:56
6th Age Grouper	0:58:18	6:08:32	4:04:33	11:21:33
7th Age Grouper	1:08:08	6:10:47	3:53:40	11:24:01
8th Age Grouper	0:55:31	6:18:14	4:03:46	11:26:22
9th Age Grouper	1:08:10	6:16:14	4:08:22	11:43:37
10th Age Grouper	1:11:37	6:22:27	3:57:48	11:43:52
Kona Qualifier Average	1:01:54	5:54:51	3:51:29	10:58:10
Top 10 Age Grouper Average	1:03:22	6:05:24	3:58:06	11:17:06

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	1:05:48	5:58:03	3:31:30	10:45:17
2nd Age Grouper	1:12:11	5:48:44	3:49:23	11:02:12
3rd Age Grouper	1:04:27	6:04:06	4:07:14	11:24:41
4th Age Grouper	1:08:29	5:55:21	4:15:09	11:26:02
5th Age Grouper	1:09:19	6:20:27	3:51:13	11:29:20
6th Age Grouper	1:04:38	6:23:28	3:50:50	11:30:00
7th Age Grouper	1:02:03	6:07:45	4:17:35	11:36:21
8th Age Grouper	1:07:45	6:14:48	4:05:42	11:37:31
9th Age Grouper	1:22:02	6:50:44	3:21:35	11:43:42
10th Age Grouper	1:11:57	6:17:19	4:05:04	11:49:00
Kona Qualifier Average	1:07:43	5:56:33	3:55:49	11:09:33
Top 10 Age Grouper Average	1:08:51	6:12:04	3:55:31	11:26:24

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	1:11:12	6:21:00	3:52:31	11:33:16
2nd Age Grouper	1:01:30	6:10:33	4:14:59	11:38:39
3rd Age Grouper	1:12:11	6:03:59	4:12:22	11:39:52
4th Age Grouper	1:12:38	6:22:57	4:01:20	11:48:08
5th Age Grouper	1:13:26	6:36:08	4:07:23	12:09:07
6th Age Grouper	1:08:09	6:19:17	4:31:45	12:09:58
7th Age Grouper	0:58:45	6:26:36	4:39:23	12:15:05
8th Age Grouper	1:12:33	6:34:23	4:18:26	12:18:34
9th Age Grouper	1:00:27	6:38:50	4:37:06	12:26:41
10th Age Grouper	1:16:27	6:14:03	4:51:13	12:33:48
Kona Qualifier Average	1:09:22	6:14:37	4:05:18	11:39:58
Top 10 Age Grouper Average	1:08:43	6:22:46	4:20:38	12:03:18

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	1:05:41	6:04:50	3:39:10	10:59:28
2nd Age Grouper	0:55:12	5:59:27	4:36:39	11:38:09
3rd Age Grouper	1:11:50	6:16:15	4:02:26	11:41:58
4th Age Grouper	1:18:15	6:13:37	4:04:56	11:46:49
5th Age Grouper	1:28:34	6:13:29	3:52:54	11:50:40
6th Age Grouper	1:03:49	6:07:12	4:27:29	11:52:41
7th Age Grouper	1:06:56	6:25:35	4:08:47	11:53:12
8th Age Grouper	1:35:55	6:56:59	3:21:50	12:07:52
9th Age Grouper	1:09:52	5:24:31	5:21:53	12:09:54
10th Age Grouper	1:28:34	7:32:14	2:49:21	12:10:42
Kona Qualifier Average	1:07:44	6:08:32	4:05:47	11:31:36
Top 10 Age Grouper Average	1:14:27	6:19:24	4:02:32	11:49:08