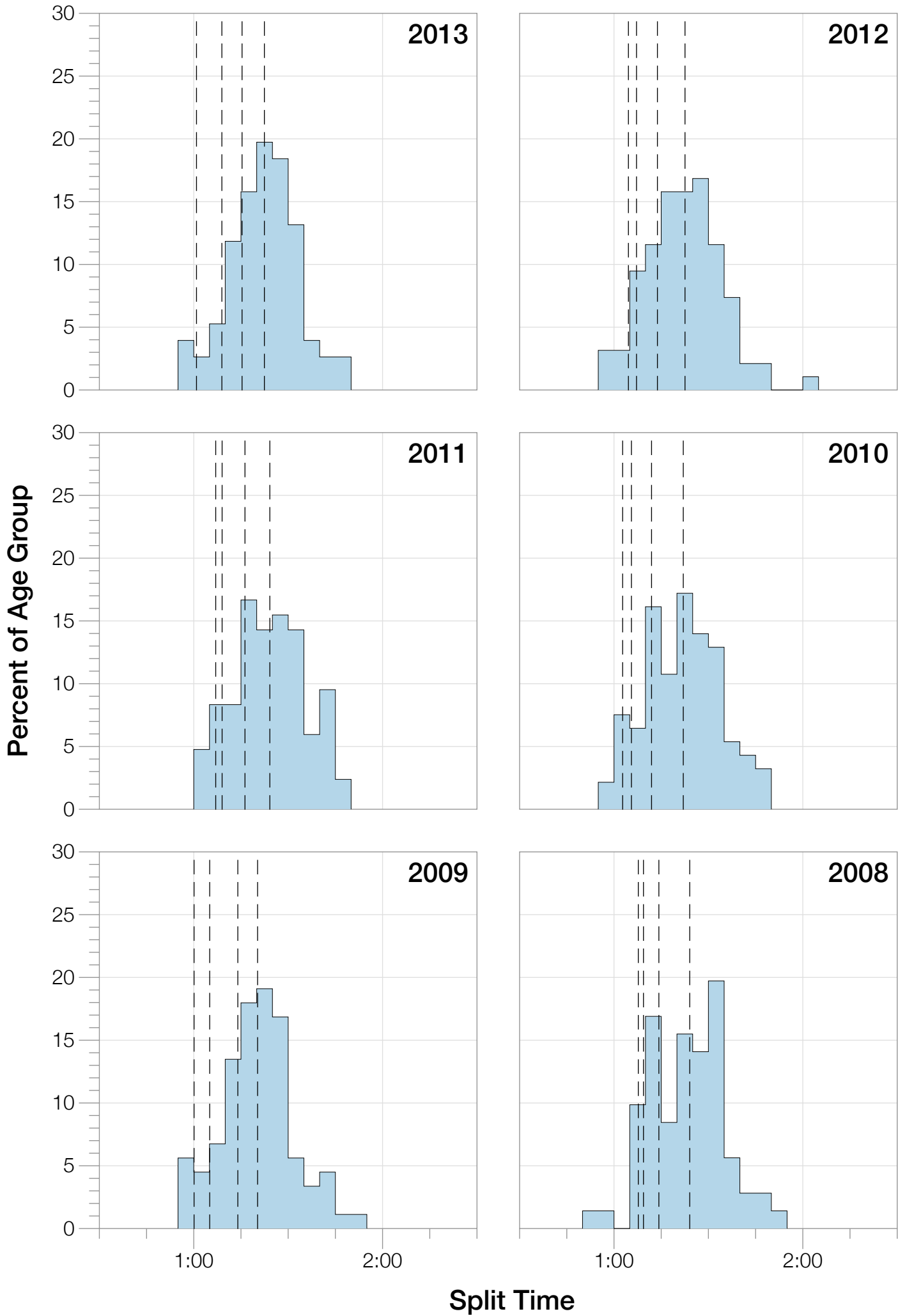


# Ironman Lake Placid F45-49 Stats

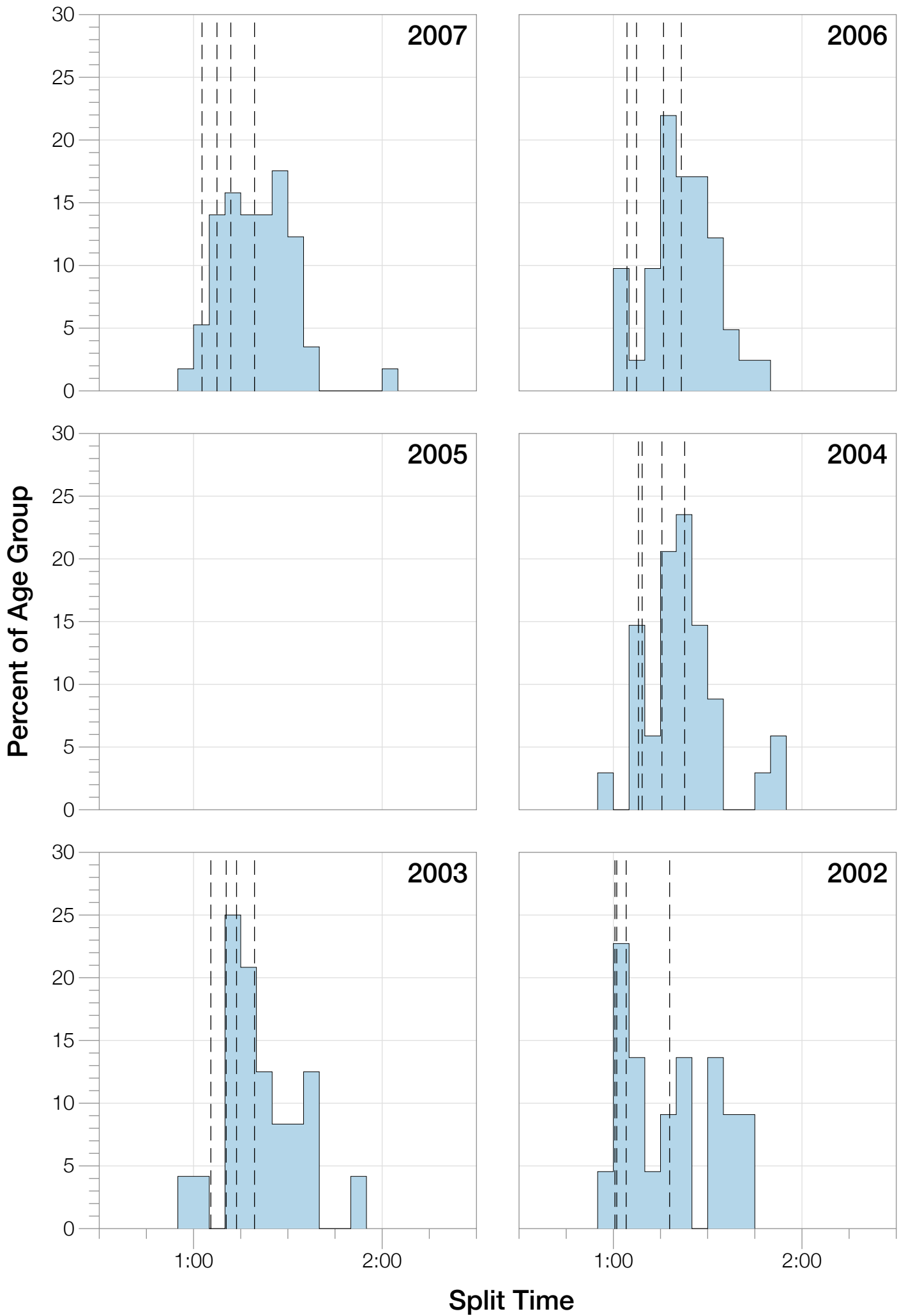
## F45-49 Summary Statistics

Year	Finishers	F45-49 Finishers	Male Winner's Time	Female Winner's Time	F45-49 Winner's Time
2002	1638	22	8:39:19	9:29:41	12:15:29
2003	1673	24	8:46:15	9:51:55	12:15:07
2004	1882	34	8:23:12	9:24:42	11:28:52
2006	2038	41	8:38:18	10:11:35	11:32:34
2007	2051	57	9:16:02	9:40:20	11:17:36
2008	2193	71	8:43:32	9:51:00	10:39:17
2009	2051	89	8:36:37	9:29:36	10:54:01
2010	2472	93	8:39:34	9:27:30	10:43:54
2011	2356	85	8:25:15	9:19:03	10:32:46
2012	2280	95	8:25:07	9:47:39	11:12:11
2013	2342	76	8:43:29	9:35:06	10:59:08
<b>Average</b>	<b>2089</b>	<b>62</b>	<b>8:39:41</b>	<b>9:38:55</b>	<b>10:19:14</b>

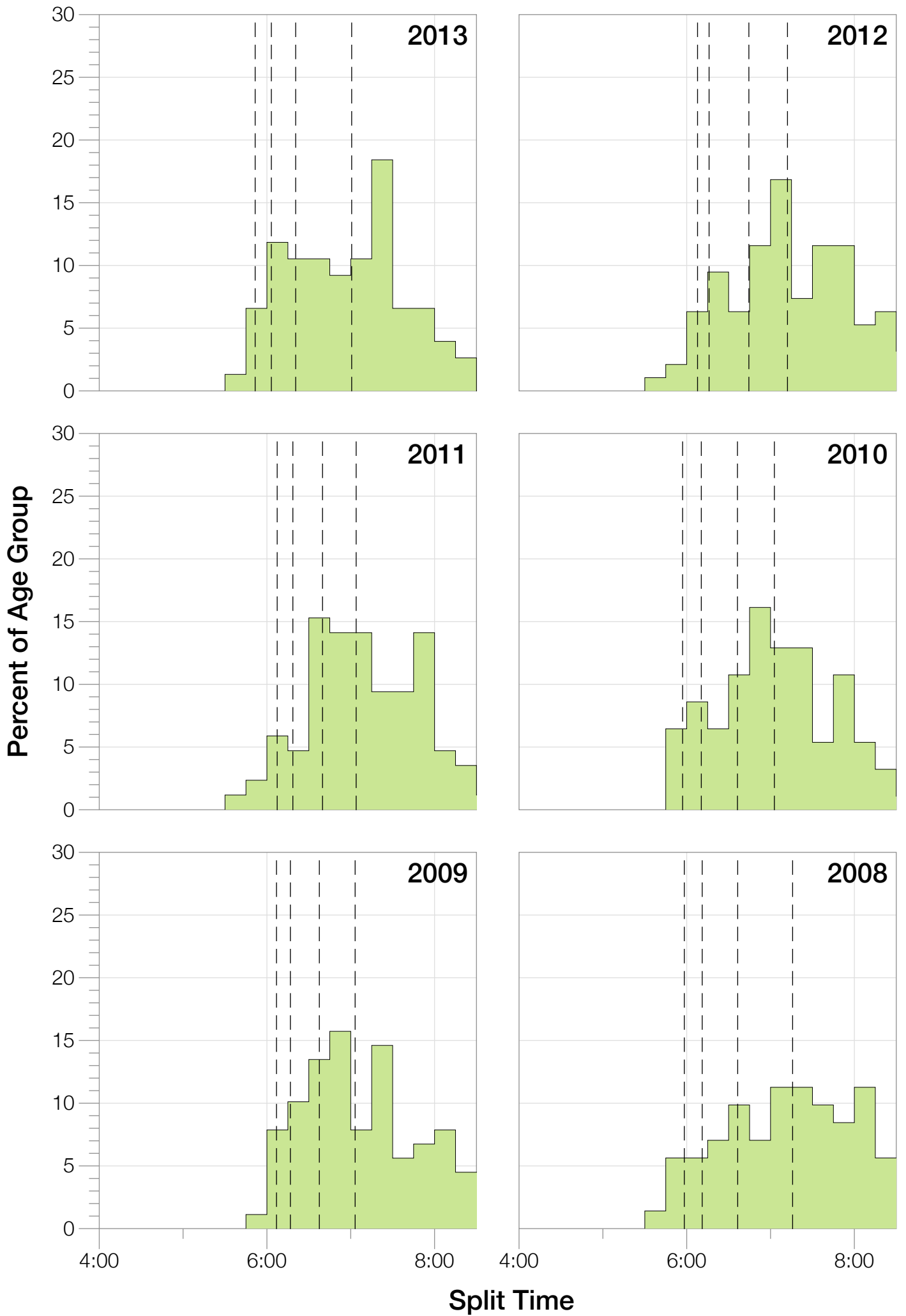
# F45-49 Swim



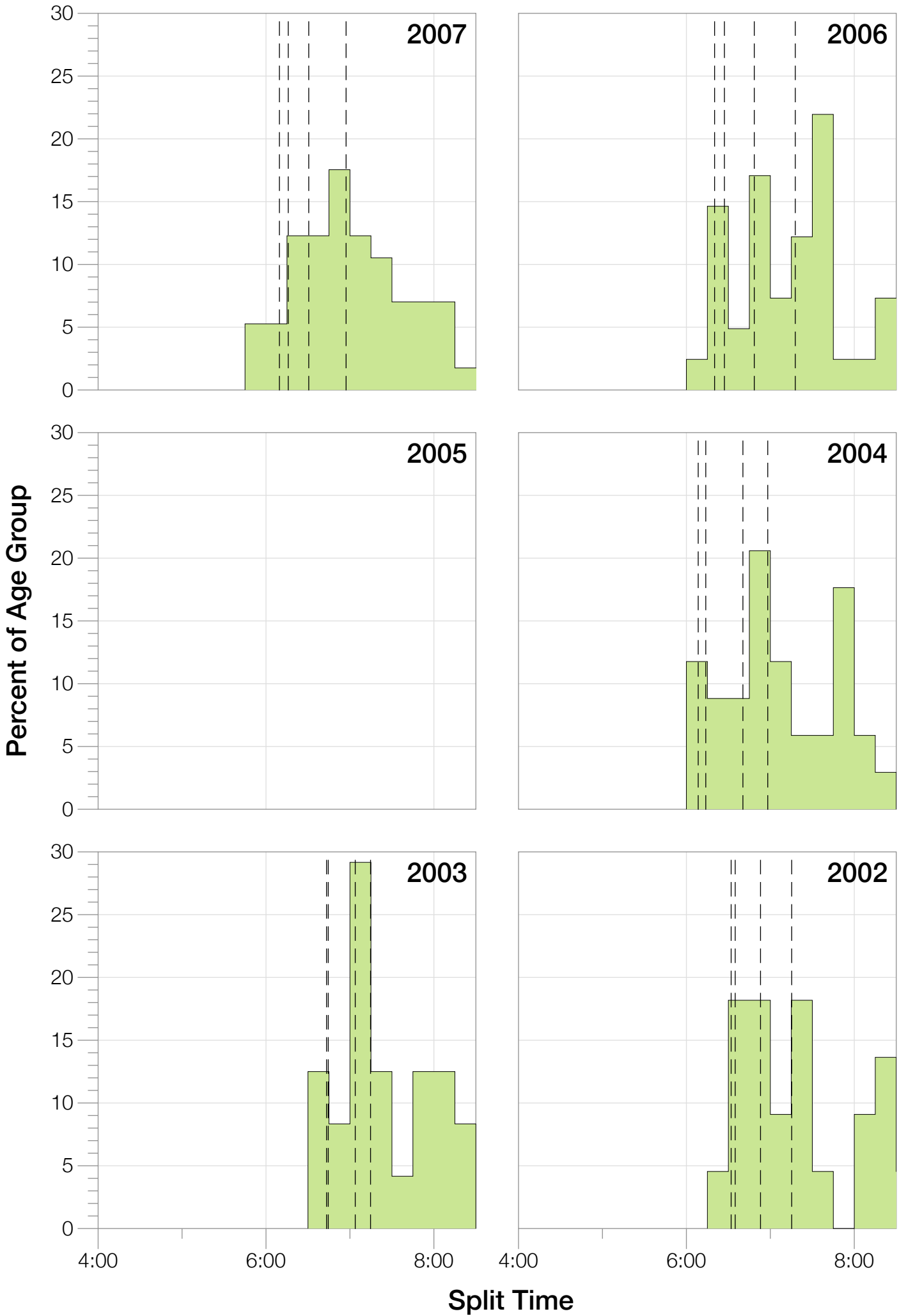
# F45-49 Swim



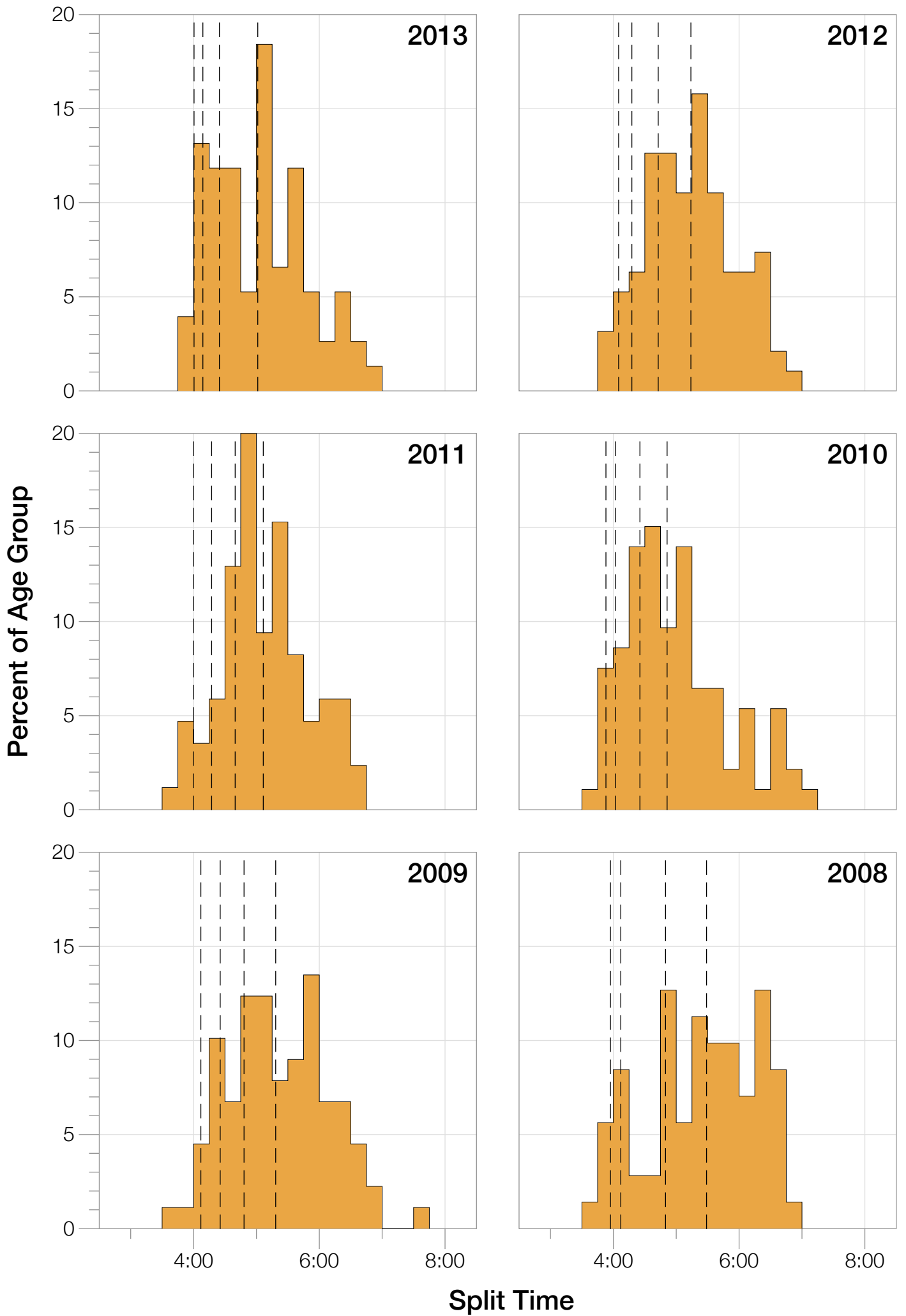
# F45-49 Bike



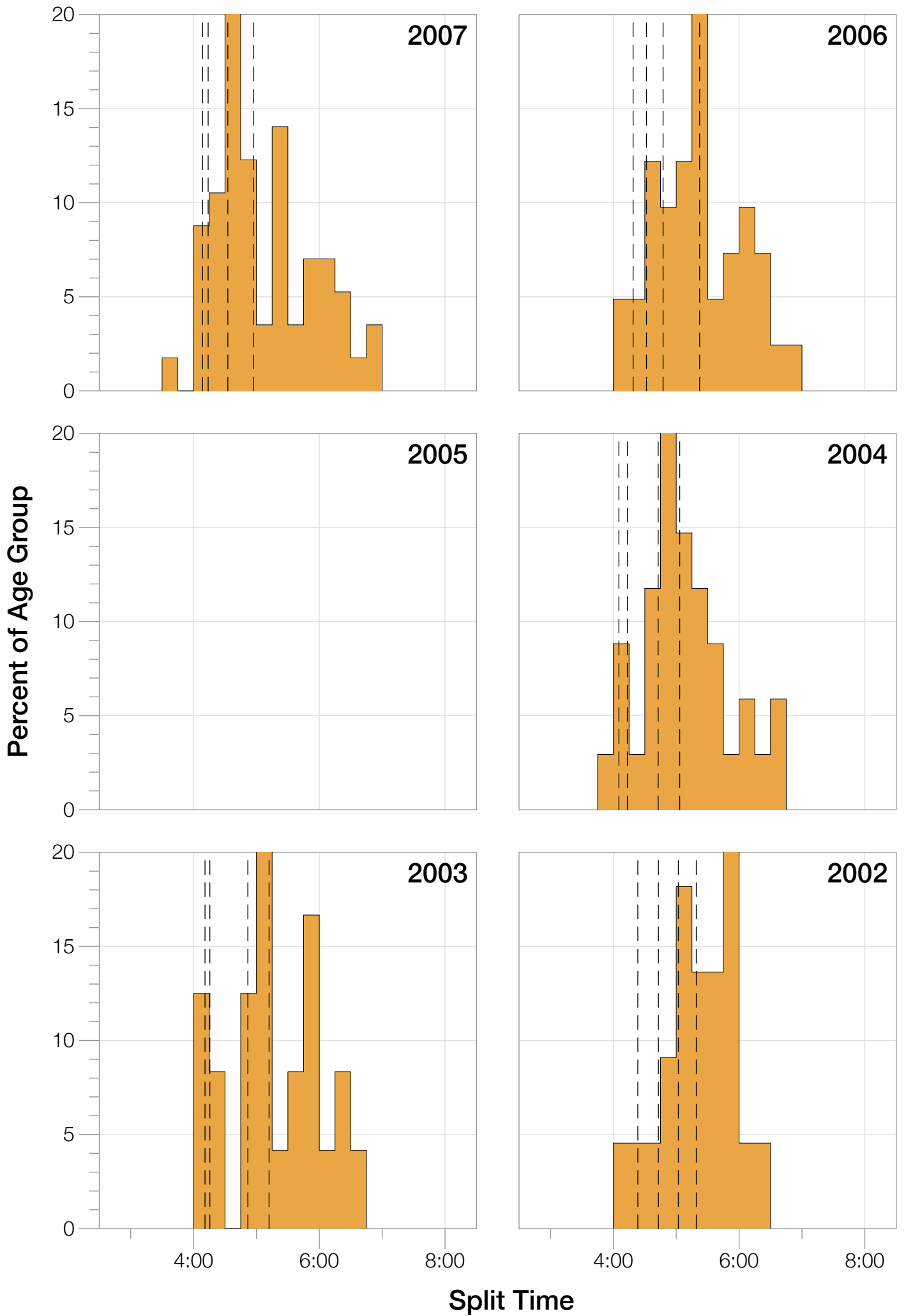
# F45-49 Bike



# F45-49 Run

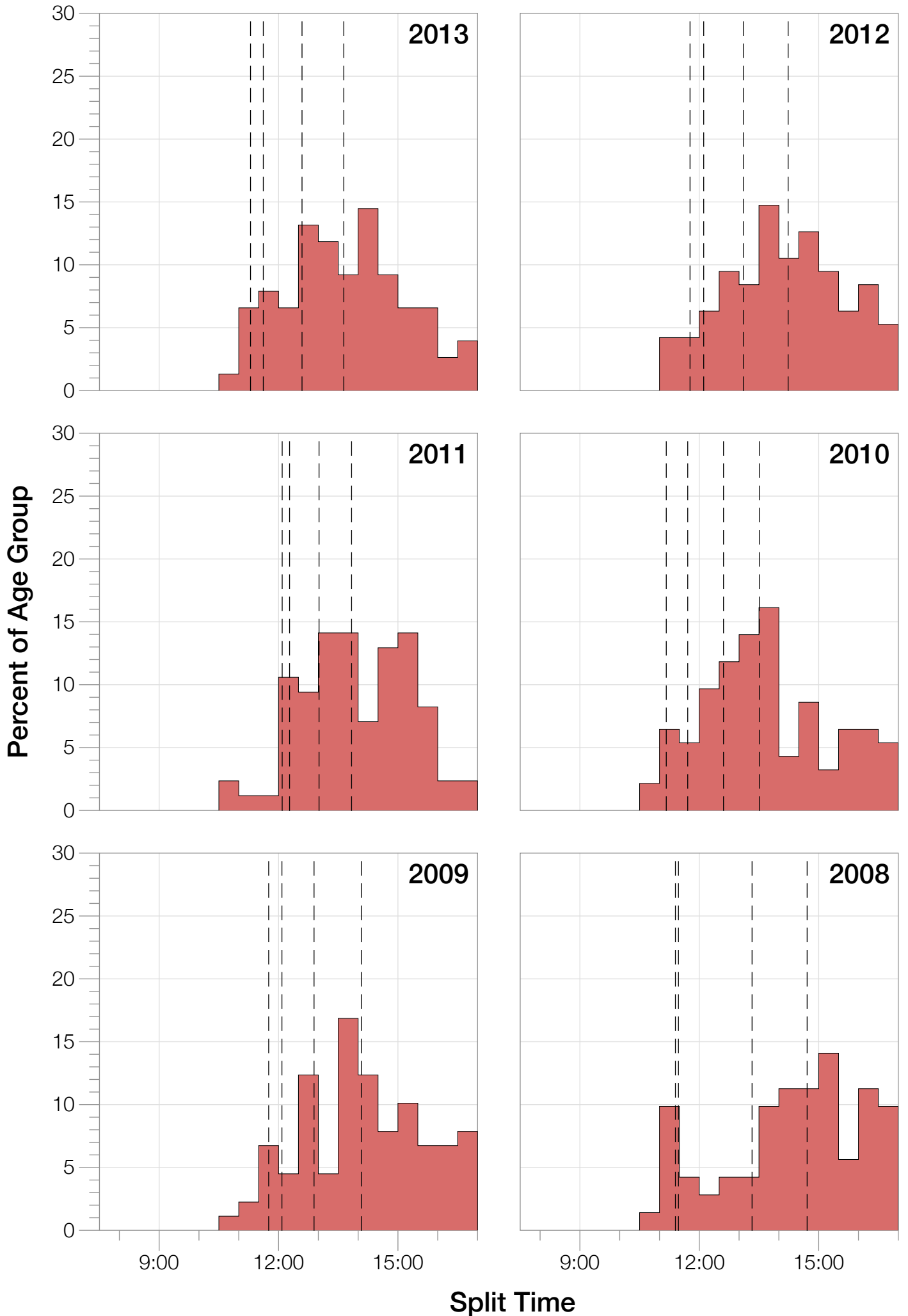


# F45-49 Run

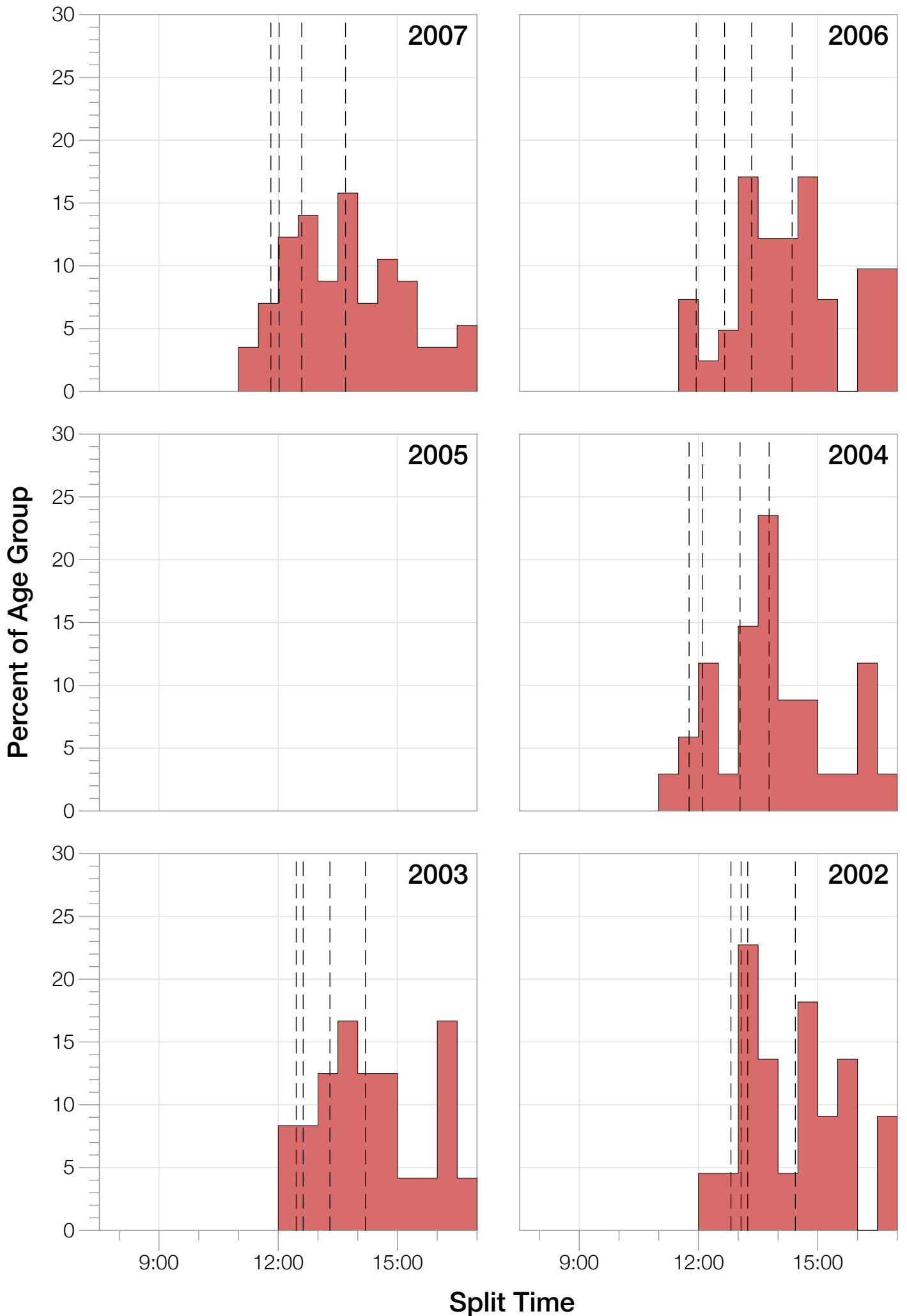




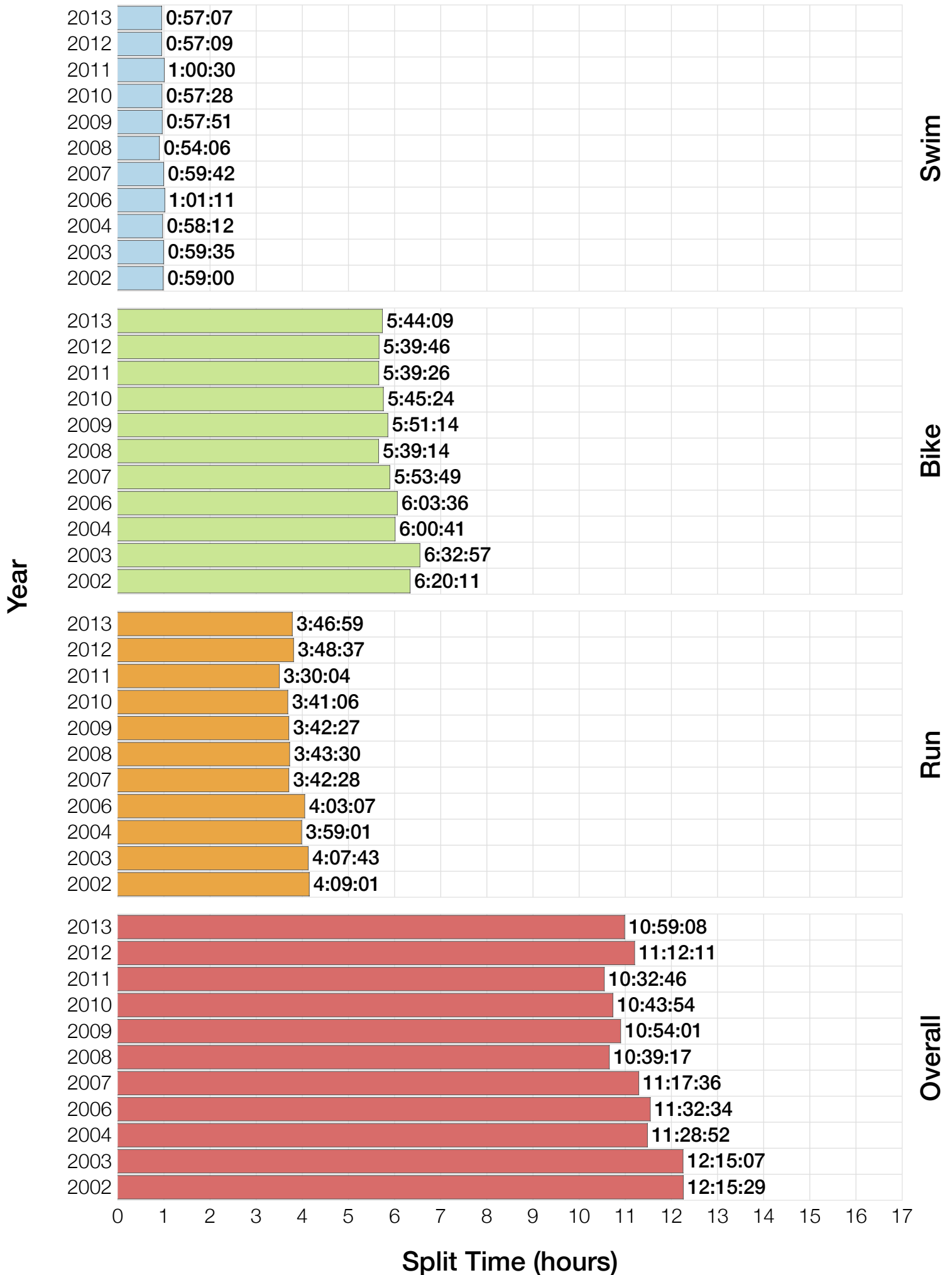
# F45-49 Overall



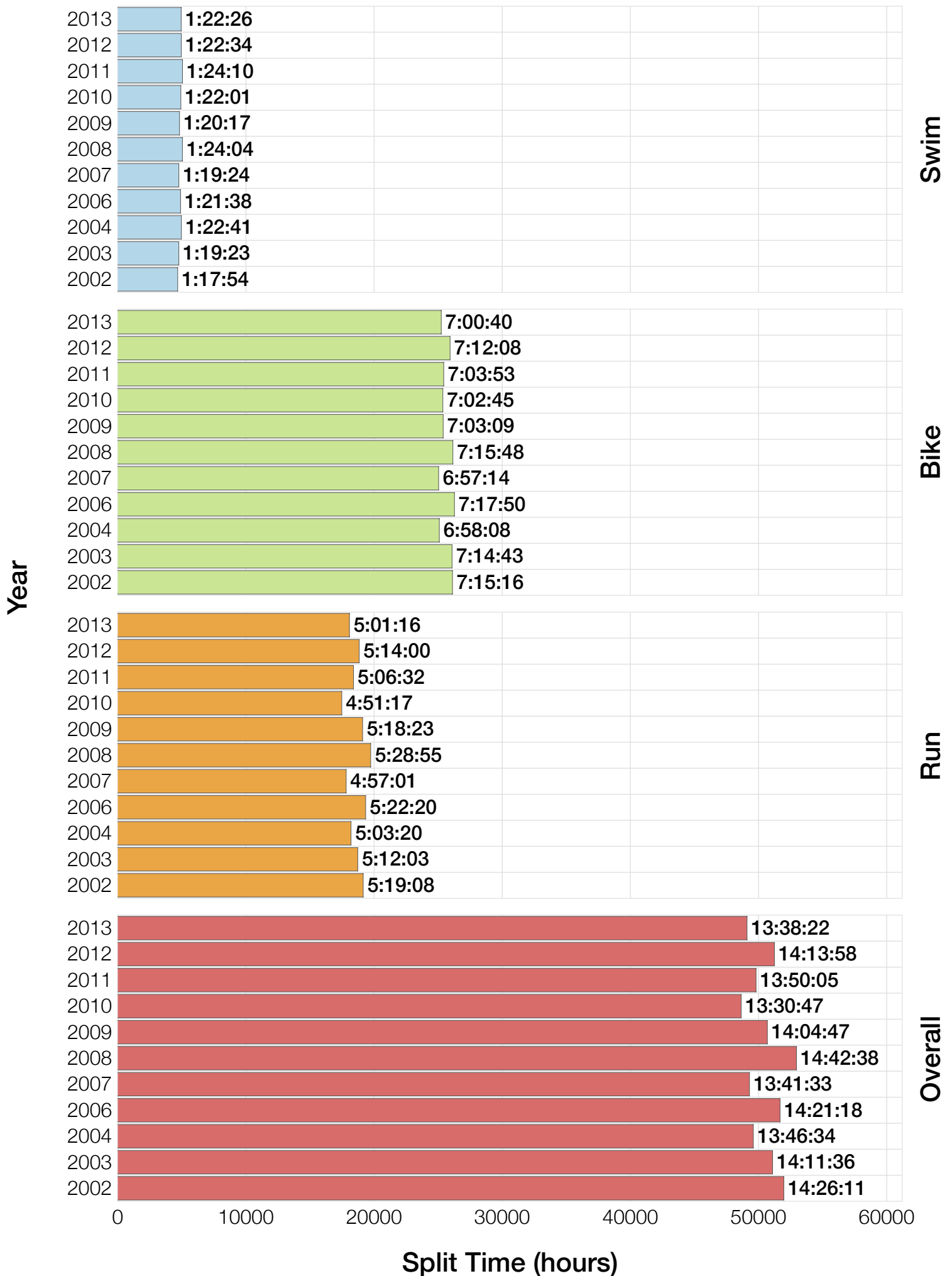
# F45-49 Overall



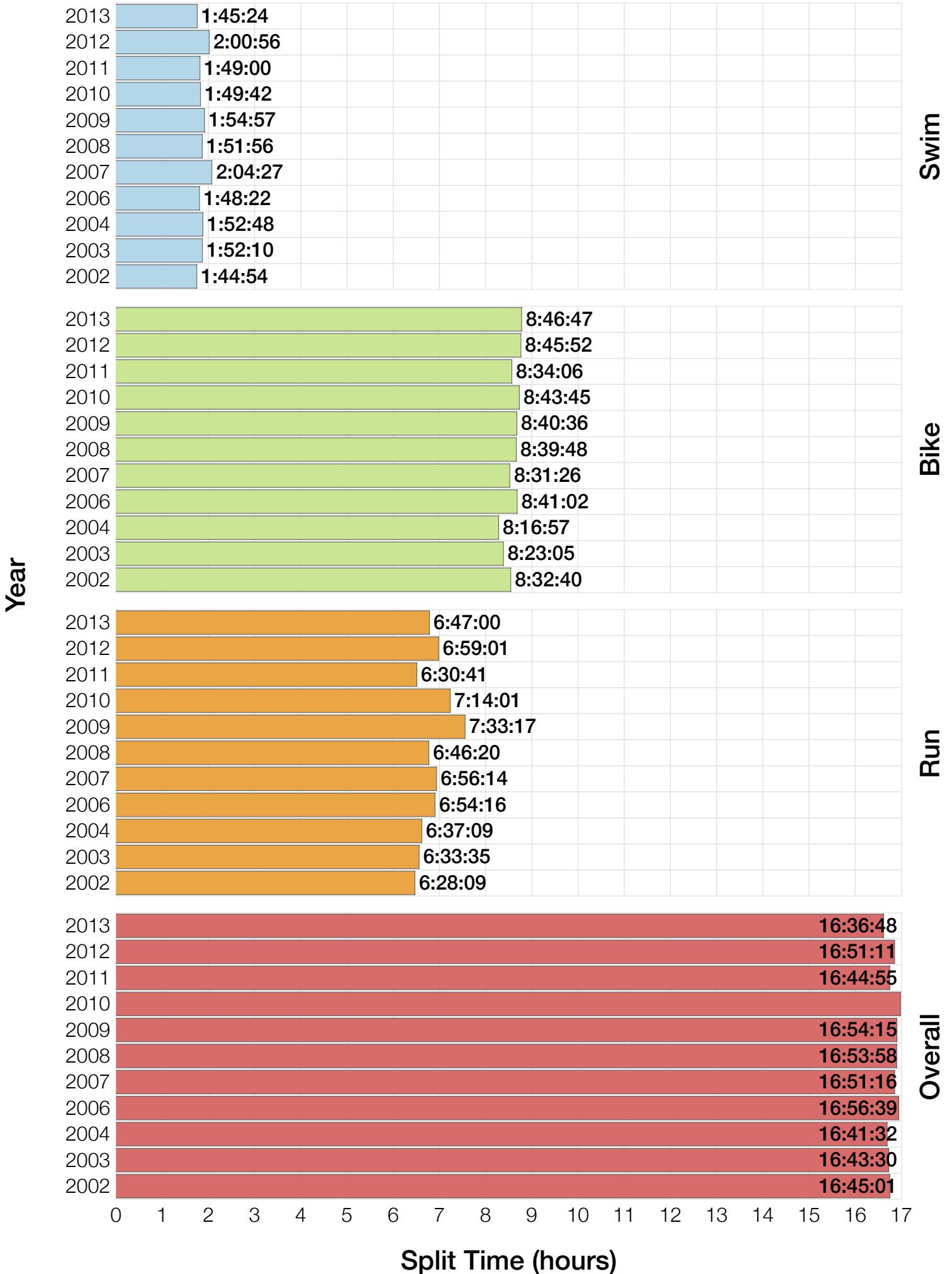
# F45-49 Fastest Splits



# F45-49 Median Splits



# F45-49 Slowest Splits





# F45-49 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>1:07:30</b>	<b>6:00:06</b>	<b>3:58:56</b>	<b>11:15:32</b>
<b>Average 2nd Age Grouper</b>	<b>1:08:11</b>	<b>6:12:19</b>	<b>4:00:33</b>	<b>11:32:37</b>
Average 3rd Age Grouper	1:09:08	6:13:50	4:06:37	11:43:42
Average 4th Age Grouper	1:13:14	6:15:36	4:13:02	11:53:17
Average 5th Age Grouper	1:10:46	6:18:07	4:20:41	12:00:43
Average 6th Age Grouper	1:10:31	6:21:11	4:22:41	12:06:43
Average 7th Age Grouper	1:08:52	6:20:42	4:29:15	12:13:15
Average 8th Age Grouper	1:18:21	6:19:09	4:33:04	12:22:27
Average 9th Age Grouper	1:12:23	6:24:39	4:38:27	12:27:59
Average 10th Age Grouper	1:12:29	6:29:25	4:38:56	12:34:08
<b>Kona Qualifier Average</b>	<b>1:07:51</b>	<b>6:06:13</b>	<b>3:59:44</b>	<b>11:24:04</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:09</b>	<b>6:17:30</b>	<b>4:20:13</b>	<b>12:01:02</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>0:57:07</b>	<b>6:03:36</b>	<b>3:50:52</b>	<b>10:59:08</b>
<b>2nd Age Grouper</b>	<b>1:00:54</b>	<b>5:51:16</b>	<b>4:05:17</b>	<b>11:07:05</b>
3rd Age Grouper	0:58:55	5:50:20	4:14:22	11:13:33
4th Age Grouper	1:19:21	5:44:09	4:00:23	11:14:20
5th Age Grouper	1:16:43	5:51:42	4:01:23	11:18:54
6th Age Grouper	1:27:53	5:54:30	3:46:59	11:19:12
7th Age Grouper	1:14:58	6:04:53	3:59:52	11:31:39
8th Age Grouper	1:08:22	6:05:28	4:06:14	11:32:53
9th Age Grouper	1:21:09	5:51:09	4:17:55	11:41:10
10th Age Grouper	1:07:32	6:01:16	4:25:04	11:43:35
<b>Kona Qualifier Average</b>	<b>0:59:00</b>	<b>5:57:26</b>	<b>3:58:04</b>	<b>11:03:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:17</b>	<b>5:55:49</b>	<b>4:04:50</b>	<b>11:22:08</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>1:09:09</b>	<b>5:39:46</b>	<b>4:15:38</b>	<b>11:12:11</b>
<b>2nd Age Grouper</b>	<b>1:03:06</b>	<b>6:15:26</b>	<b>3:48:41</b>	<b>11:15:45</b>
3rd Age Grouper	1:12:34	5:56:04	4:03:00	11:19:46
4th Age Grouper	1:27:29	6:01:42	3:48:37	11:26:22
5th Age Grouper	1:07:04	6:06:57	4:13:55	11:36:12
6th Age Grouper	1:10:29	6:16:53	4:11:26	11:50:17
7th Age Grouper	0:58:51	6:09:02	4:35:16	11:51:19
8th Age Grouper	1:23:15	6:18:15	4:05:56	11:58:50
9th Age Grouper	1:05:20	6:10:26	4:32:05	12:00:45
10th Age Grouper	0:58:48	6:09:21	4:48:31	12:04:45
<b>Kona Qualifier Average</b>	<b>1:06:07</b>	<b>5:57:36</b>	<b>4:02:09</b>	<b>11:13:58</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:36</b>	<b>6:06:23</b>	<b>4:14:18</b>	<b>11:39:37</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	1:02:22	5:51:41	3:30:04	10:32:46
2nd Age Grouper	1:09:02	5:39:26	3:54:33	10:50:57
3rd Age Grouper	1:09:24	6:08:58	3:57:18	11:26:54
4th Age Grouper	1:10:26	6:07:11	4:21:39	11:49:29
5th Age Grouper	1:18:03	6:24:31	4:10:42	12:04:59
6th Age Grouper	1:06:57	6:26:46	4:16:33	12:07:25
7th Age Grouper	1:22:58	6:31:21	4:05:01	12:11:08
8th Age Grouper	1:26:13	5:54:24	4:40:47	12:13:00
9th Age Grouper	1:16:47	6:38:12	3:58:26	12:13:42
10th Age Grouper	1:03:15	6:37:08	4:30:26	12:21:01
<b>Kona Qualifier Average</b>	<b>1:05:42</b>	<b>5:45:33</b>	<b>3:42:18</b>	<b>10:41:51</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:32</b>	<b>6:13:57</b>	<b>4:08:32</b>	<b>11:47:08</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	1:02:45	5:50:59	3:41:06	10:43:54
2nd Age Grouper	1:00:49	6:03:04	3:46:23	10:58:20
3rd Age Grouper	1:09:00	5:53:25	3:49:48	11:00:03
4th Age Grouper	1:13:09	5:50:24	3:50:33	11:04:51
5th Age Grouper	0:57:28	5:57:42	4:02:01	11:05:09
6th Age Grouper	1:08:50	5:56:09	3:57:43	11:13:38
7th Age Grouper	0:58:47	6:10:05	4:01:43	11:20:12
8th Age Grouper	1:20:06	5:45:24	4:09:10	11:24:12
9th Age Grouper	1:12:58	6:06:16	4:02:49	11:34:27
10th Age Grouper	1:11:56	6:11:30	4:07:47	11:40:34
<b>Kona Qualifier Average</b>	<b>1:01:47</b>	<b>5:57:01</b>	<b>3:43:44</b>	<b>10:51:07</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:34</b>	<b>5:58:29</b>	<b>3:56:54</b>	<b>11:12:32</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	1:07:00	5:51:14	3:48:18	10:54:01
2nd Age Grouper	1:18:28	6:02:27	3:42:27	11:14:04
3rd Age Grouper	1:03:13	6:16:13	4:00:09	11:29:38
4th Age Grouper	1:24:04	6:06:44	4:00:14	11:41:26
5th Age Grouper	0:58:00	6:07:04	4:27:57	11:42:32
6th Age Grouper	1:07:57	6:16:57	4:13:10	11:49:03
7th Age Grouper	1:13:24	6:00:26	4:24:11	11:50:39
8th Age Grouper	0:59:24	6:17:59	4:29:40	11:55:07
9th Age Grouper	0:59:37	6:06:10	4:45:05	11:59:13
10th Age Grouper	1:14:36	6:12:53	4:27:28	12:06:34
<b>Kona Qualifier Average</b>	<b>1:12:44</b>	<b>5:56:50</b>	<b>3:45:22</b>	<b>11:04:02</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:34</b>	<b>6:07:48</b>	<b>4:13:51</b>	<b>11:40:13</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	1:08:40	5:39:14	3:43:30	10:39:17
2nd Age Grouper	1:12:47	5:59:28	4:00:14	11:20:51
3rd Age Grouper	1:06:15	6:12:33	3:51:56	11:22:32
4th Age Grouper	0:54:06	5:56:57	4:23:54	11:23:52
5th Age Grouper	1:17:43	6:05:45	3:49:36	11:24:13
6th Age Grouper	0:58:29	6:11:06	4:04:55	11:24:55
7th Age Grouper	1:12:07	5:57:07	4:07:04	11:26:45
8th Age Grouper	1:25:12	5:55:58	3:56:34	11:28:34
9th Age Grouper	1:10:32	6:26:31	3:57:51	11:45:32
10th Age Grouper	1:13:53	6:16:30	4:09:08	11:52:50
<b>Kona Qualifier Average</b>	<b>1:10:43</b>	<b>5:49:21</b>	<b>3:51:52</b>	<b>11:00:04</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:58</b>	<b>6:04:06</b>	<b>4:00:28</b>	<b>11:24:56</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	1:10:41	5:54:22	4:02:33	11:17:36
2nd Age Grouper	1:00:36	6:12:32	4:02:23	11:23:16
3rd Age Grouper	1:17:57	5:57:50	4:15:55	11:43:54
4th Age Grouper	1:05:38	6:14:31	4:15:14	11:50:07
5th Age Grouper	1:19:06	5:53:49	4:38:18	11:58:19
6th Age Grouper	1:14:00	6:24:05	4:11:39	11:59:58
7th Age Grouper	1:03:13	6:13:39	4:25:50	12:02:18
8th Age Grouper	1:13:59	6:20:42	4:24:47	12:10:48
9th Age Grouper	1:11:18	6:16:49	4:36:36	12:15:20
10th Age Grouper	1:00:28	6:20:24	4:45:30	12:15:41
<b>Kona Qualifier Average</b>	<b>1:05:38</b>	<b>6:03:27</b>	<b>4:02:28</b>	<b>11:20:26</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:41</b>	<b>6:10:52</b>	<b>4:21:52</b>	<b>11:53:43</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	1:17:02	6:03:36	4:03:07	11:32:34
2nd Age Grouper	1:04:20	6:20:09	4:13:43	11:52:20
3rd Age Grouper	1:04:09	6:19:05	4:18:51	11:56:32
4th Age Grouper	1:17:43	6:24:31	4:26:04	12:22:14
5th Age Grouper	1:14:33	6:28:37	4:39:24	12:39:22
6th Age Grouper	1:21:38	6:27:32	4:45:37	12:53:17
7th Age Grouper	1:15:15	6:58:14	4:37:29	13:04:45
8th Age Grouper	1:29:48	6:27:11	4:57:16	13:08:24
9th Age Grouper	1:01:11	6:35:51	5:22:20	13:10:53
10th Age Grouper	1:07:22	6:45:46	5:07:24	13:11:45
<b>Kona Qualifier Average</b>	<b>1:10:41</b>	<b>6:11:52</b>	<b>4:08:25</b>	<b>11:42:27</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:18</b>	<b>6:29:03</b>	<b>4:39:07</b>	<b>12:35:12</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	1:15:46	6:00:41	4:04:07	11:28:52
2nd Age Grouper	1:17:37	6:08:25	3:59:01	11:42:31
3rd Age Grouper	1:18:36	6:13:16	4:05:56	11:47:33
4th Age Grouper	1:07:14	6:39:18	4:08:23	12:05:03
5th Age Grouper	1:08:24	6:25:18	4:24:55	12:08:26
6th Age Grouper	0:58:12	6:34:43	4:31:10	12:15:46
7th Age Grouper	1:08:55	6:15:12	4:42:01	12:19:37
8th Age Grouper	1:14:08	6:26:48	4:59:05	12:56:34
9th Age Grouper	1:27:43	6:08:27	5:13:29	13:00:02
10th Age Grouper	1:15:52	6:43:40	4:52:05	13:10:44
<b>Kona Qualifier Average</b>	<b>1:16:41</b>	<b>6:04:33</b>	<b>4:01:34</b>	<b>11:35:41</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:14</b>	<b>6:21:34</b>	<b>4:30:01</b>	<b>12:17:30</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	1:10:59	6:45:56	4:07:43	12:15:07
2nd Age Grouper	1:17:09	6:32:57	4:24:29	12:25:32
3rd Age Grouper	1:20:02	6:43:53	4:13:13	12:36:32
4th Age Grouper	1:04:41	7:11:32	4:10:31	12:40:08
5th Age Grouper	0:59:35	7:21:50	4:21:01	13:00:02
6th Age Grouper	1:14:42	6:52:32	4:50:08	13:10:28
7th Age Grouper	1:10:08	6:43:11	5:14:11	13:20:33
8th Age Grouper	1:19:56	7:01:32	5:00:54	13:37:43
9th Age Grouper	1:12:48	7:14:05	4:58:31	13:40:17
10th Age Grouper	1:18:51	7:12:01	4:52:21	13:51:36
<b>Kona Qualifier Average</b>	<b>1:14:04</b>	<b>6:39:26</b>	<b>4:16:06</b>	<b>12:20:19</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:53</b>	<b>6:57:56</b>	<b>4:37:18</b>	<b>13:03:47</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	1:01:08	6:20:11	4:41:18	12:15:29
2nd Age Grouper	1:05:21	7:10:21	4:09:01	12:48:10
3rd Age Grouper	1:00:28	7:00:40	4:22:24	13:03:51
4th Age Grouper	1:21:47	6:34:45	4:57:54	13:08:23
5th Age Grouper	1:21:57	6:36:07	4:58:25	13:09:46
6th Age Grouper	1:06:39	6:31:50	5:20:16	13:10:04
7th Age Grouper	0:59:00	6:44:37	5:09:13	13:26:55
8th Age Grouper	1:21:33	6:57:03	5:13:31	13:40:54
9th Age Grouper	1:16:51	6:57:17	5:17:56	13:46:35
10th Age Grouper	1:44:54	6:53:15	5:02:35	13:56:26
<b>Kona Qualifier Average</b>	<b>1:03:14</b>	<b>6:45:16</b>	<b>4:25:09</b>	<b>12:31:49</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:57</b>	<b>6:46:36</b>	<b>4:55:15</b>	<b>13:14:39</b>