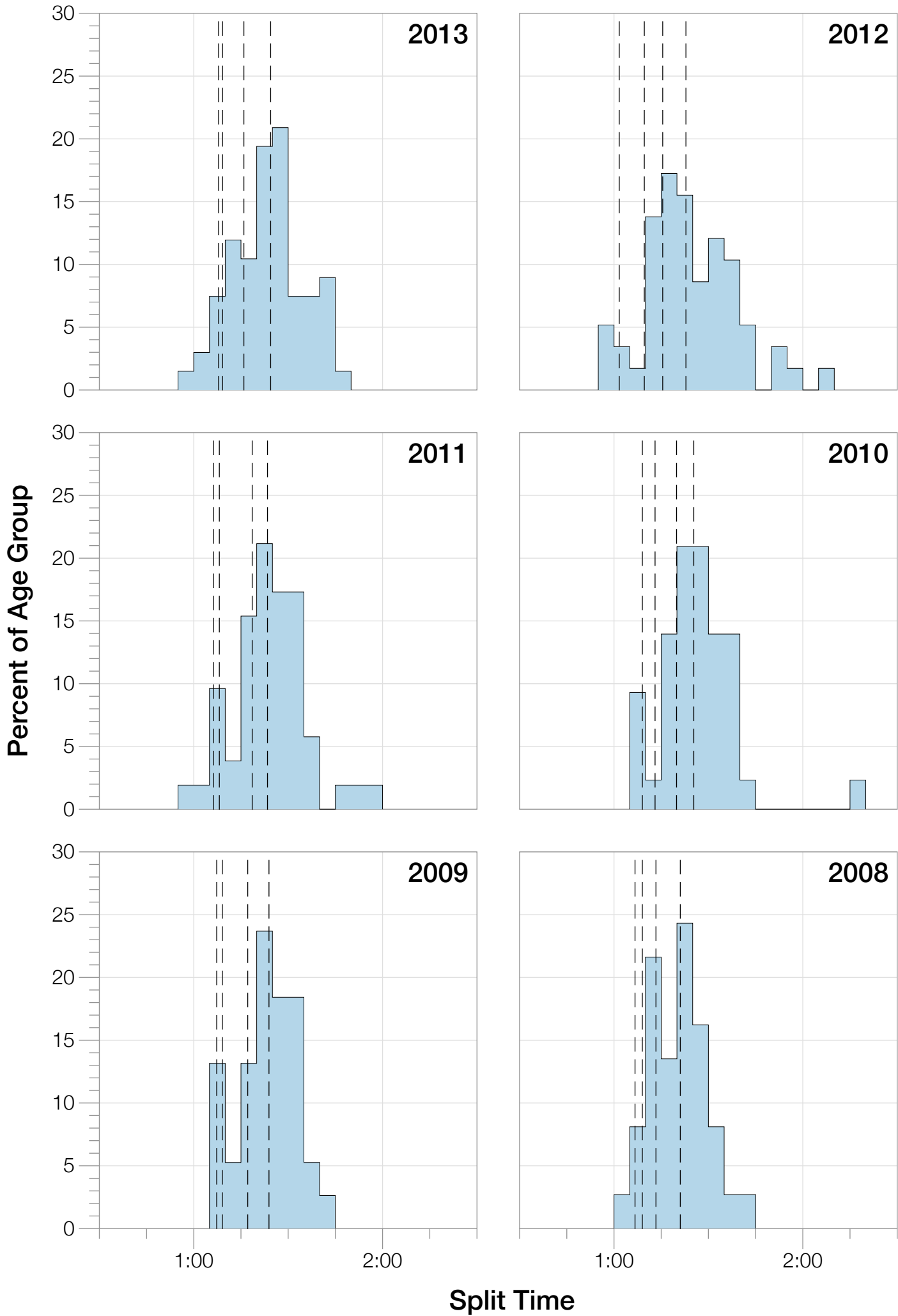


Ironman Lake Placid F50-54 Stats

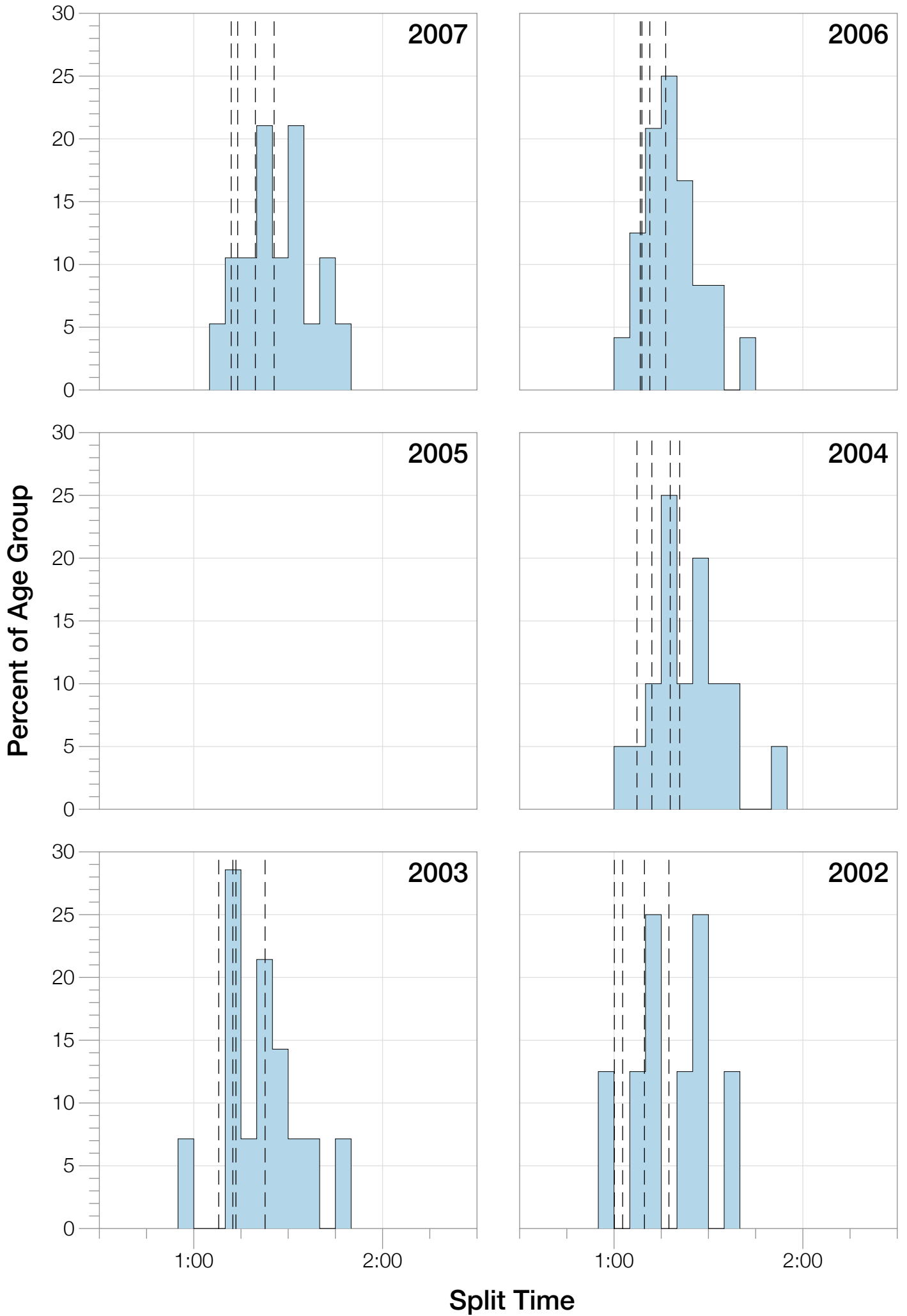
F50-54 Summary Statistics

Year	Finishers	F50-54 Finishers	Male Winner's Time	Female Winner's Time	F50-54 Winner's Time
2002	1638	8	8:39:19	9:29:41	12:12:20
2003	1673	14	8:46:15	9:51:55	11:57:34
2004	1882	20	8:23:12	9:24:42	11:41:18
2006	2038	24	8:38:18	10:11:35	11:38:34
2007	2051	19	9:16:02	9:40:20	12:15:49
2008	2193	37	8:43:32	9:51:00	11:33:14
2009	2051	38	8:36:37	9:29:36	11:26:54
2010	2472	43	8:39:34	9:27:30	10:40:24
2011	2356	52	8:25:15	9:19:03	11:30:43
2012	2280	58	8:25:07	9:47:39	12:01:15
2013	2342	67	8:43:29	9:35:06	11:04:39
Average	2089	35	8:39:41	9:38:55	10:40:13

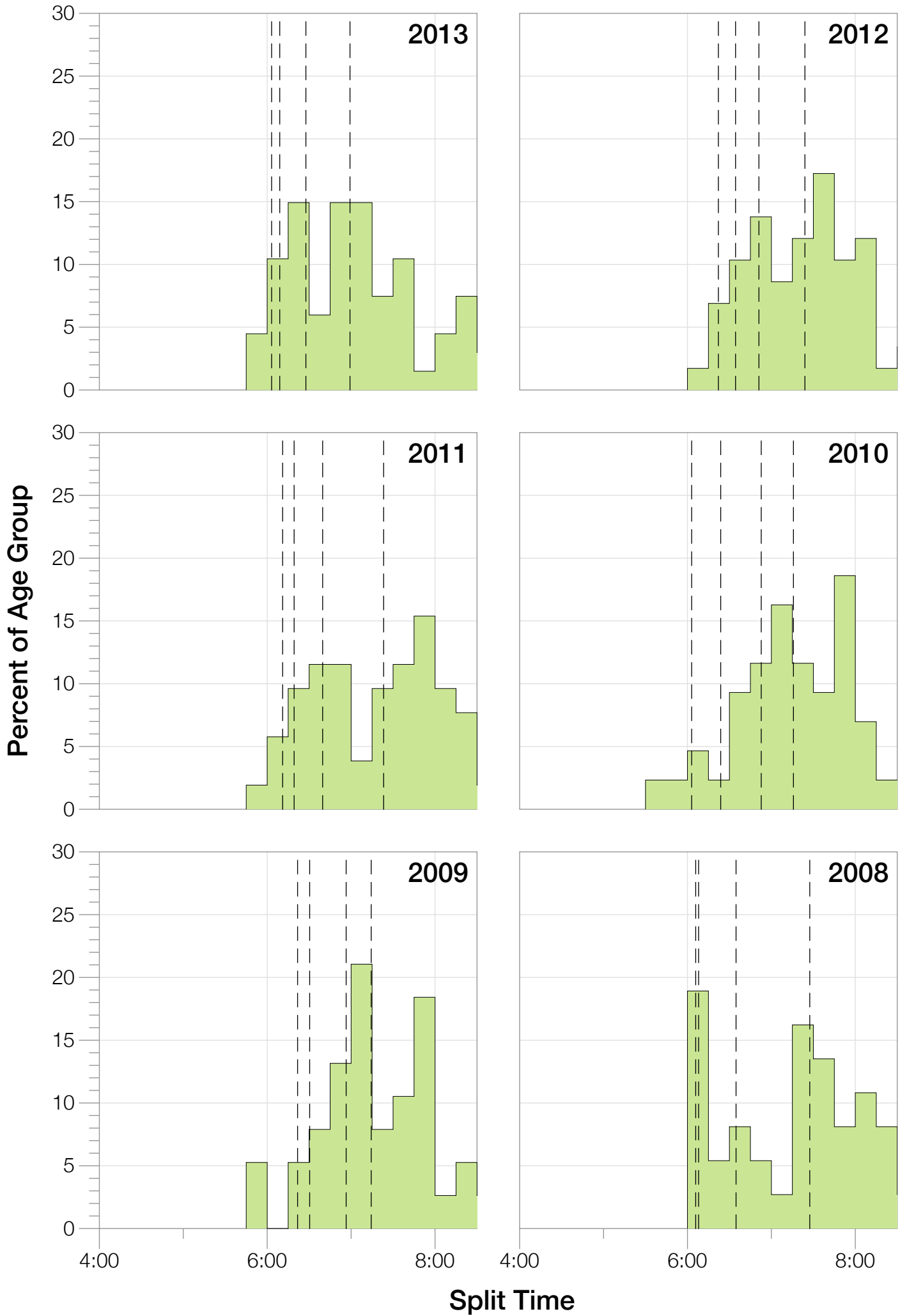
F50-54 Swim



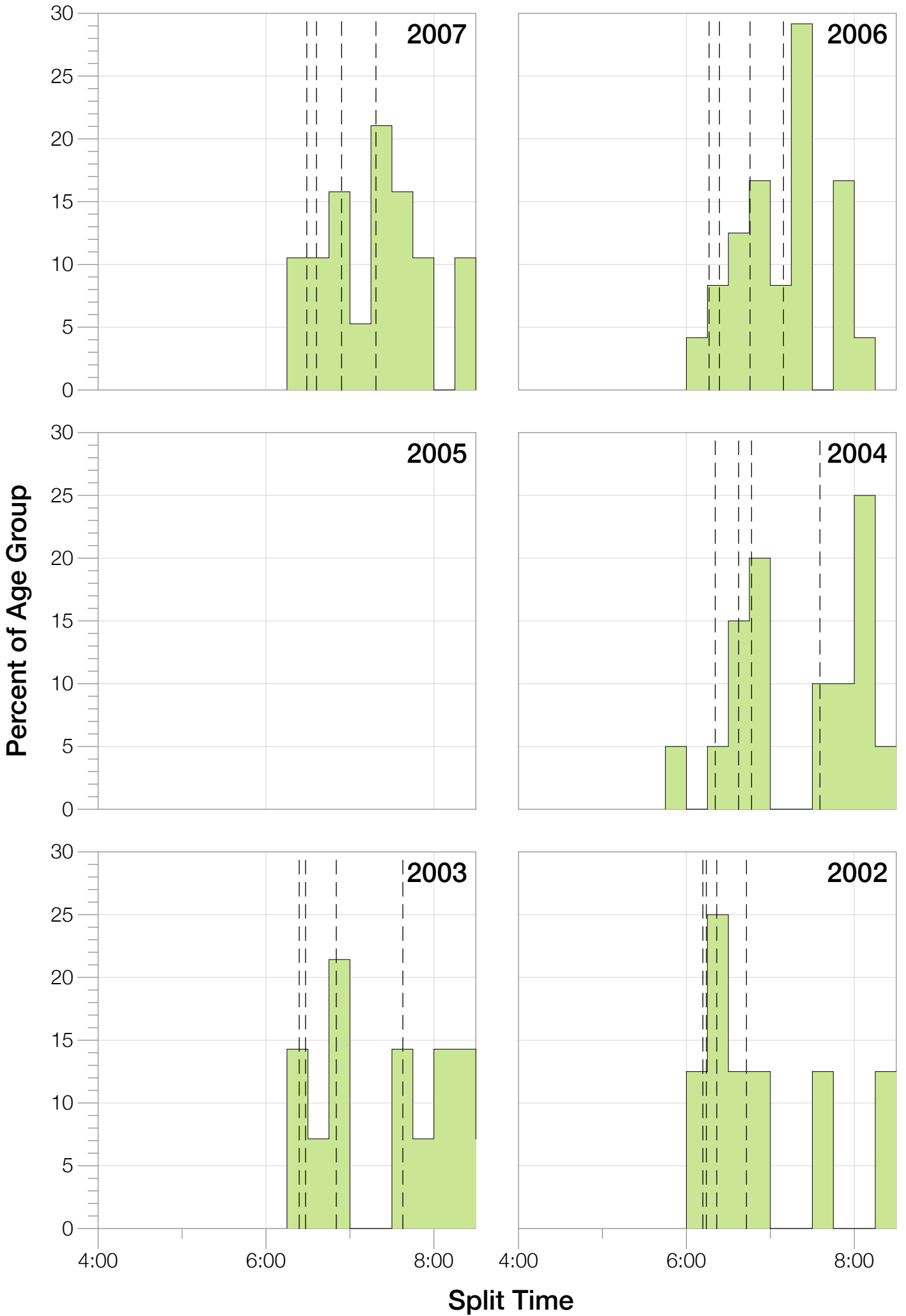
F50-54 Swim



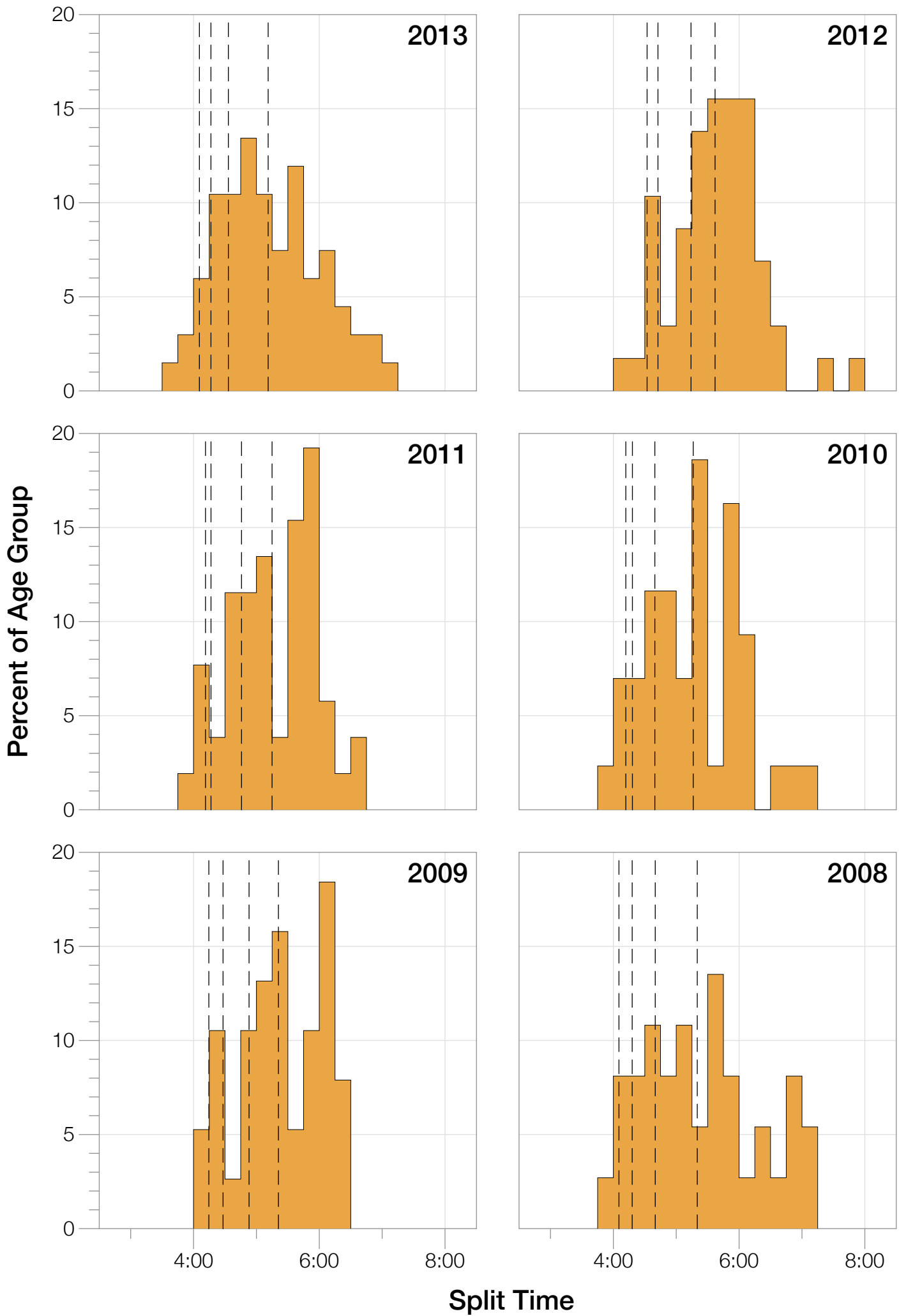
F50-54 Bike



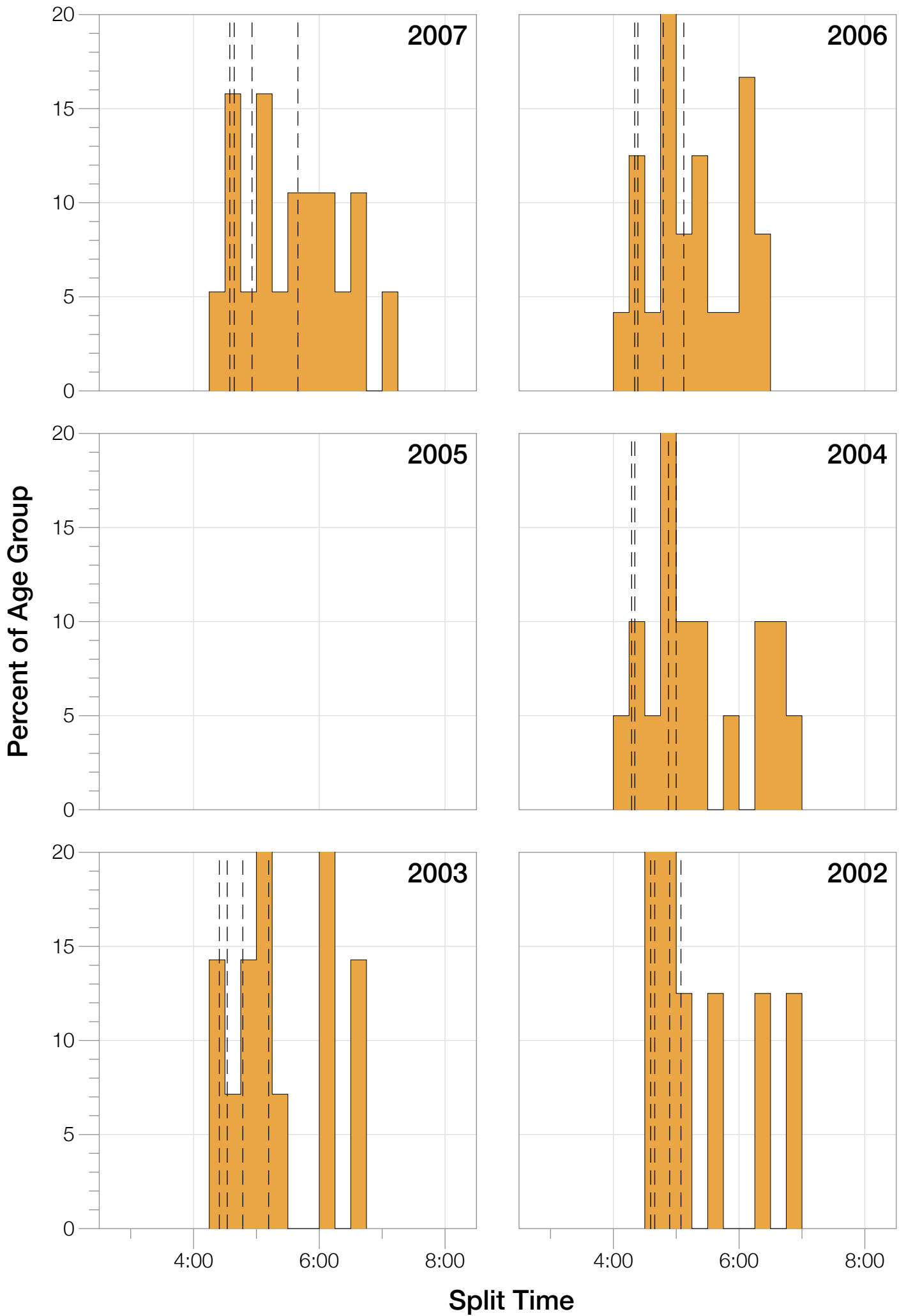
F50-54 Bike



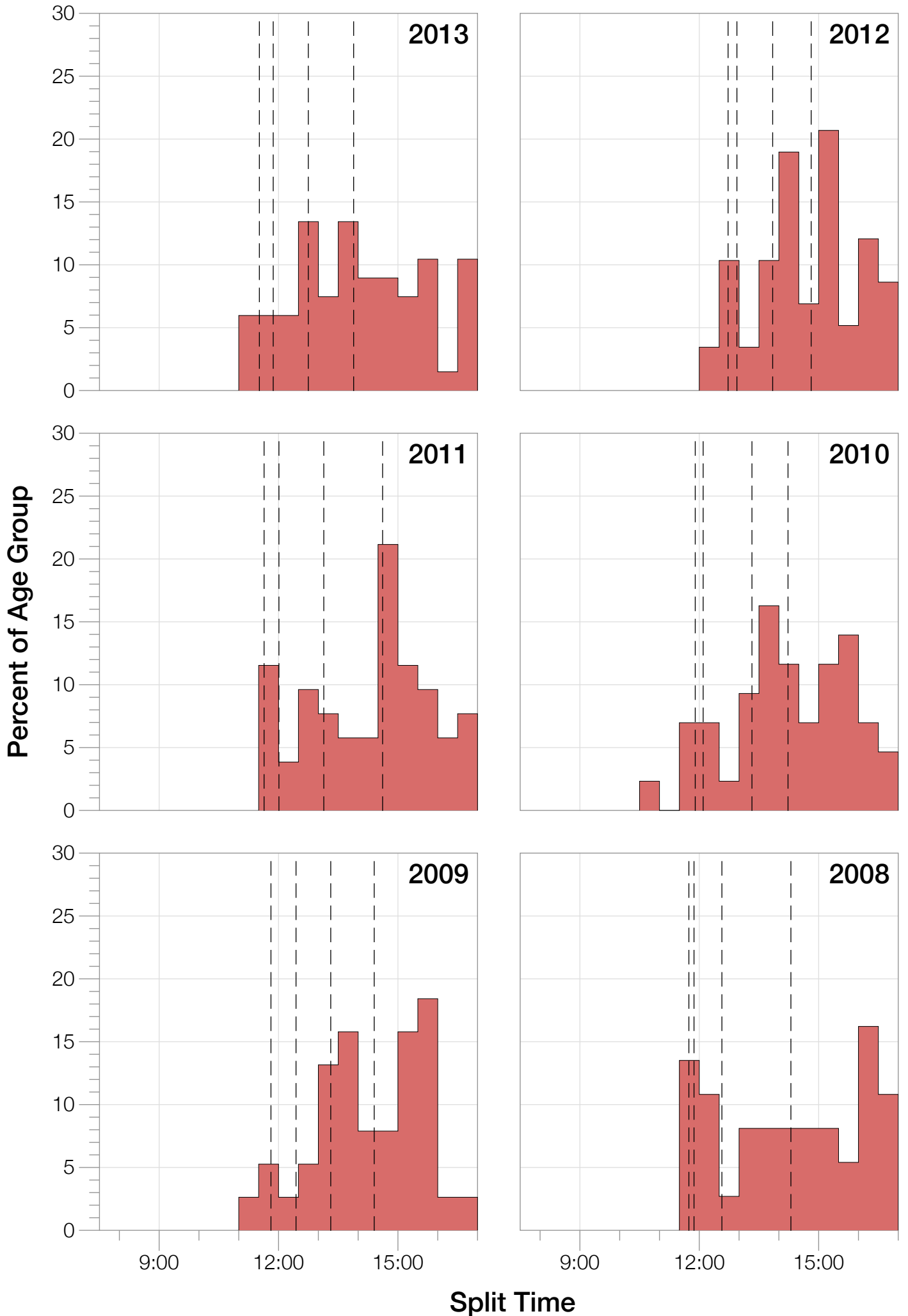
F50-54 Run



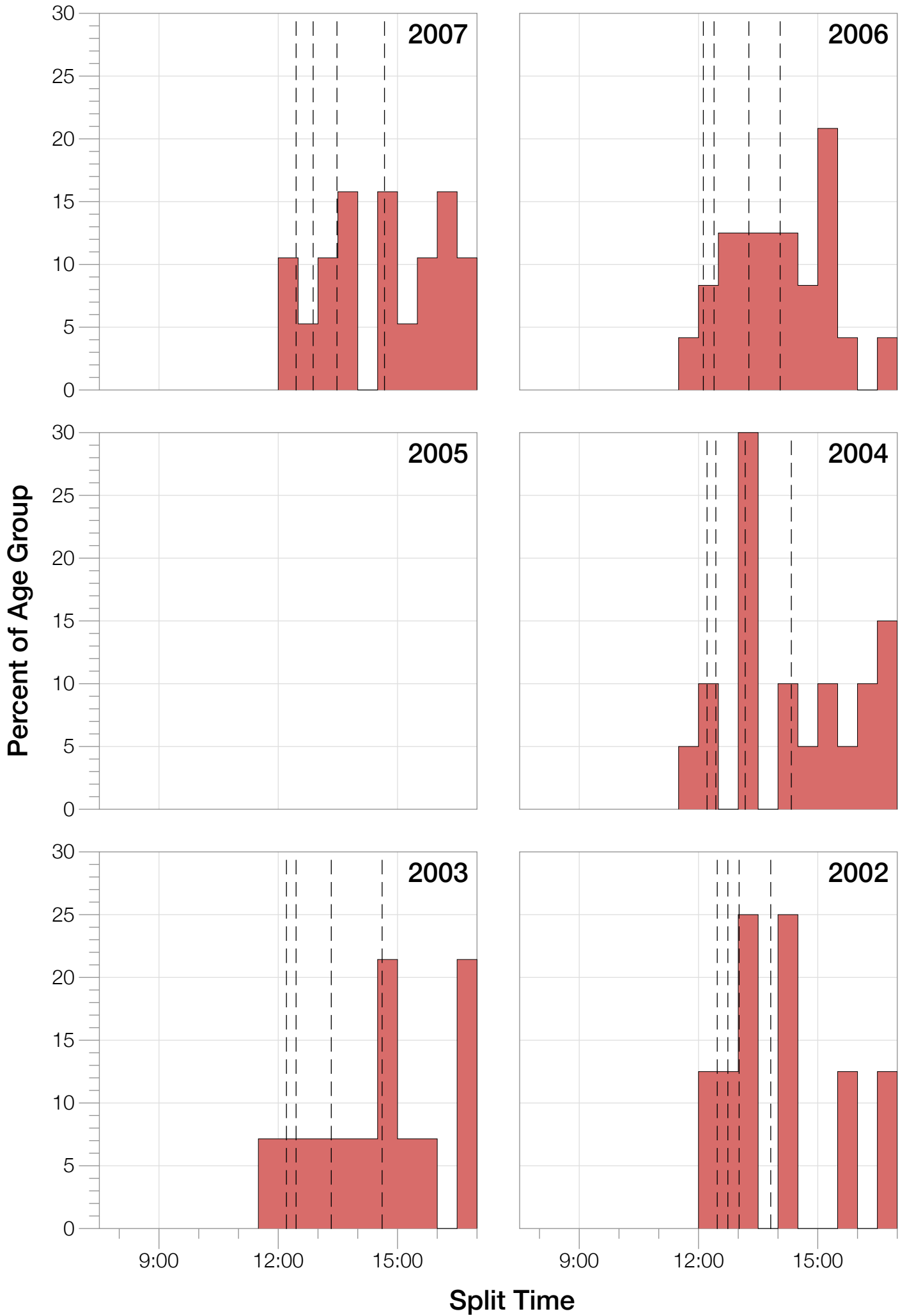
F50-54 Run



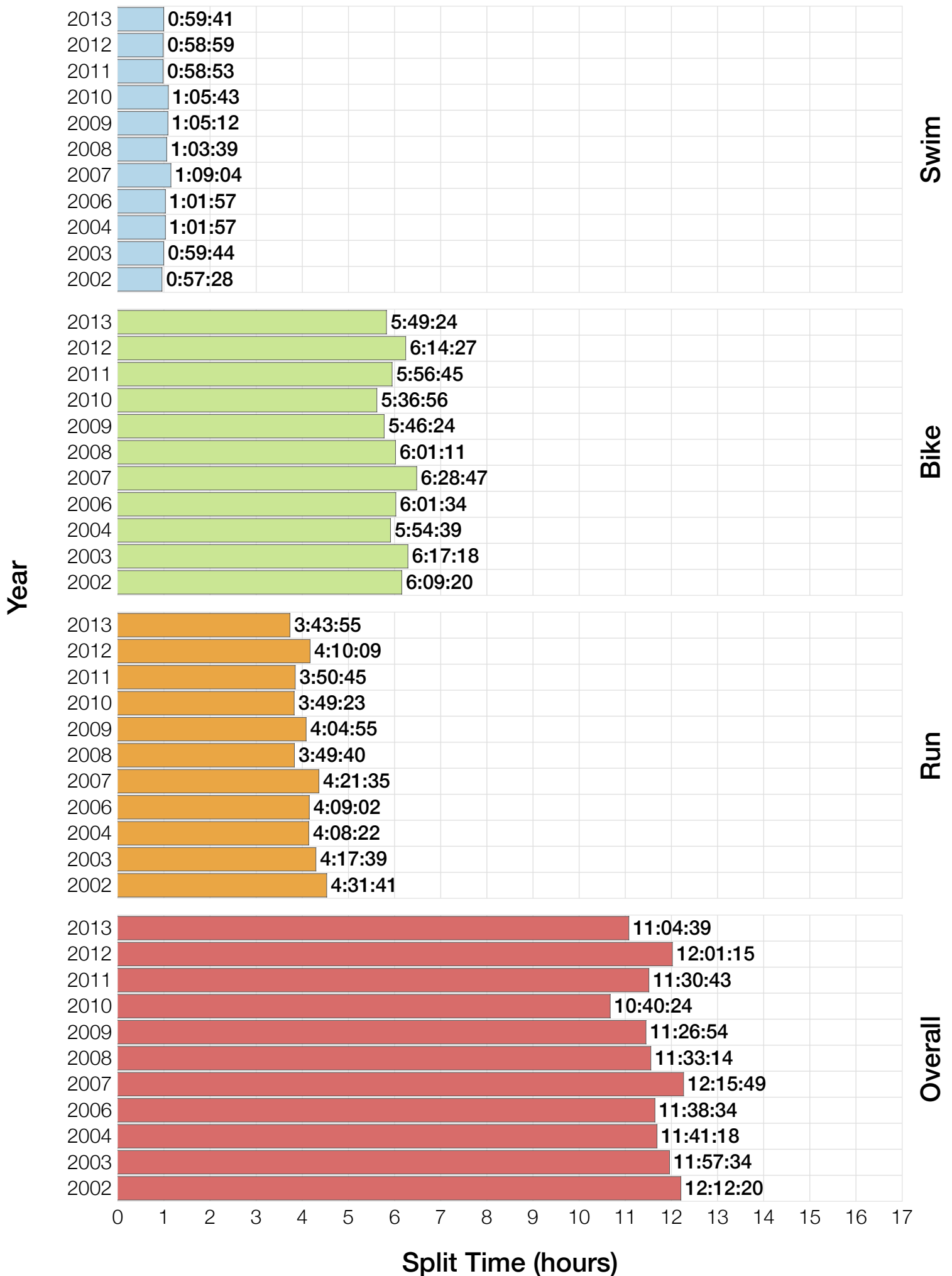
F50-54 Overall



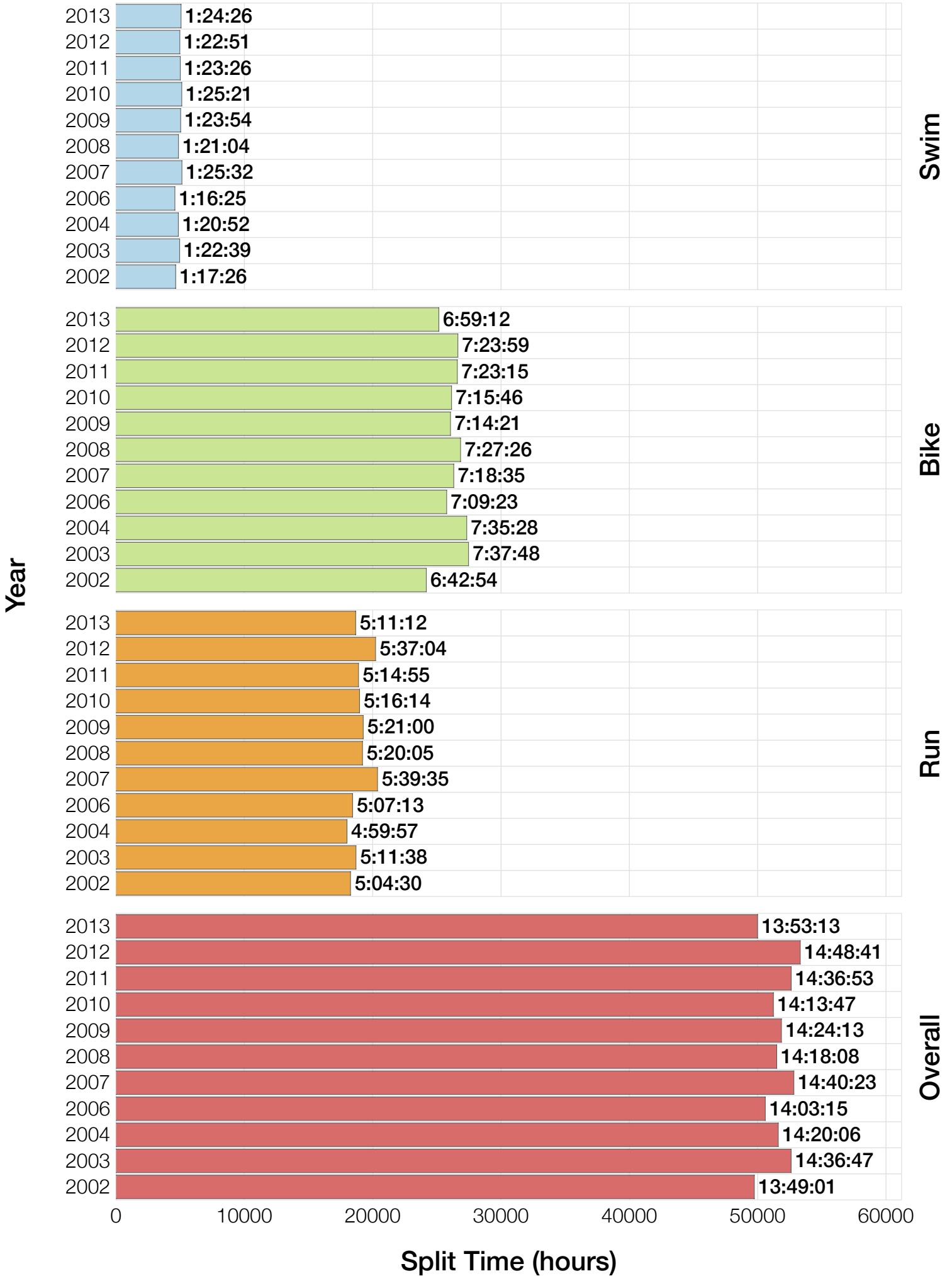
F50-54 Overall



F50-54 Fastest Splits



F50-54 Median Splits



F50-54 Slowest Splits

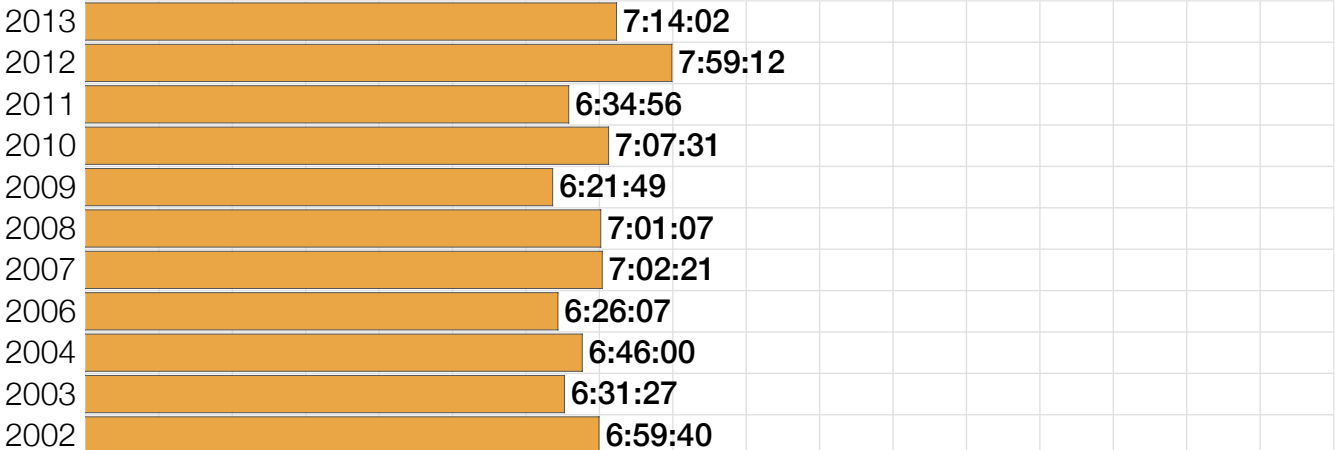
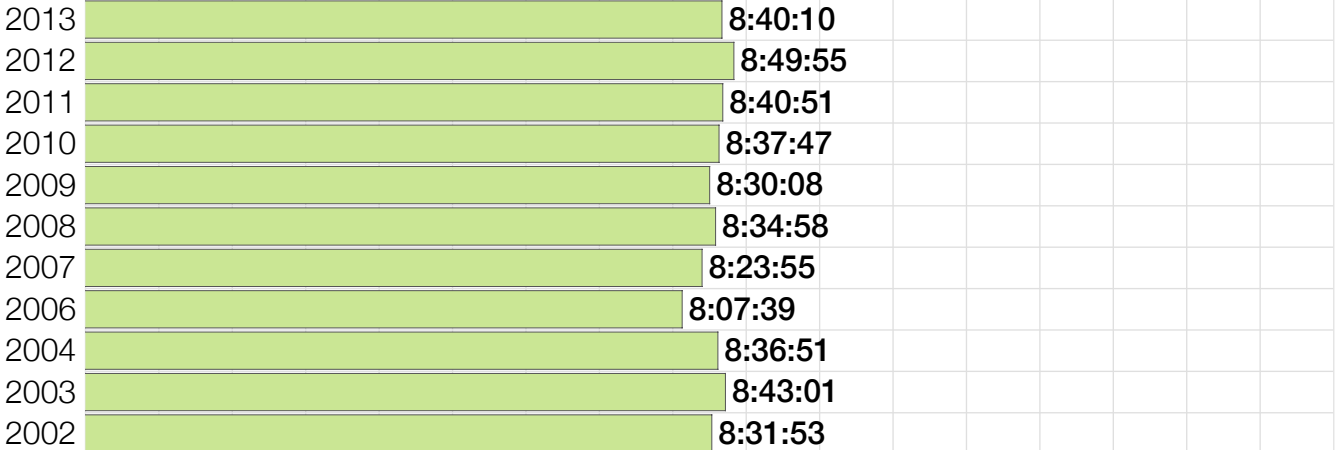
Year

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)

F50-54 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	1:10:58	6:06:15	4:10:47	11:38:25
Average 2nd Age Grouper	1:10:53	6:15:04	4:23:17	12:02:34
Average 3rd Age Grouper	1:13:12	6:20:48	4:29:17	12:14:13
Average 4th Age Grouper	1:13:05	6:27:53	4:35:12	12:28:10
Average 5th Age Grouper	1:13:54	6:39:50	4:33:18	12:42:32
Average 6th Age Grouper	1:11:35	6:36:32	4:53:58	12:55:22
Average 7th Age Grouper	1:18:21	6:48:52	4:51:21	13:13:48
Average 8th Age Grouper	1:20:16	6:56:04	4:54:01	13:24:15
Average 9th Age Grouper	1:17:13	6:51:27	4:53:59	13:17:34
Average 10th Age Grouper	1:22:15	6:51:45	5:01:33	13:30:12
Kona Qualifier Average	1:10:56	6:10:40	4:17:02	11:50:29
Top 10 Age Grouper Average	1:15:05	6:35:09	4:40:21	12:43:59

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	1:07:54	5:49:24	3:57:58	11:04:39
2nd Age Grouper	1:16:06	5:57:48	3:43:55	11:11:19
3rd Age Grouper	1:13:16	5:56:08	4:03:11	11:21:41
4th Age Grouper	1:16:10	6:02:33	3:52:25	11:23:17
5th Age Grouper	1:16:44	6:08:32	4:13:49	11:49:19
6th Age Grouper	1:01:44	6:16:39	4:18:26	11:49:41
7th Age Grouper	1:08:56	6:11:45	4:18:27	11:49:54
8th Age Grouper	0:59:41	6:17:35	4:26:15	11:53:20
9th Age Grouper	1:13:31	6:09:15	4:33:50	12:07:24
10th Age Grouper	1:14:59	6:26:16	4:11:12	12:07:39
Kona Qualifier Average	1:12:00	5:53:36	3:50:56	11:07:59
Top 10 Age Grouper Average	1:10:54	6:07:35	4:09:56	11:39:49

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	1:15:56	6:24:36	4:10:09	12:01:15
2nd Age Grouper	1:10:36	6:16:27	4:43:57	12:22:08
3rd Age Grouper	0:58:59	6:14:27	5:16:50	12:42:01
4th Age Grouper	0:59:30	6:22:53	5:08:39	12:43:42
5th Age Grouper	0:59:05	6:46:55	4:48:42	12:44:55
6th Age Grouper	1:16:09	6:39:52	4:41:19	12:54:23
7th Age Grouper	1:15:20	6:17:42	5:05:36	12:57:45
8th Age Grouper	1:30:12	6:53:19	4:25:51	12:58:37
9th Age Grouper	1:28:45	6:39:43	4:43:06	13:08:05
10th Age Grouper	1:28:20	6:53:55	4:32:21	13:08:58
Kona Qualifier Average	1:13:16	6:20:31	4:27:03	12:11:41
Top 10 Age Grouper Average	1:14:17	6:32:58	4:45:39	12:46:10

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

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

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	1:06:19	5:56:35	4:15:27	11:26:54
2nd Age Grouper	1:16:31	5:46:24	4:28:17	11:45:22
3rd Age Grouper	1:05:12	6:28:41	4:04:55	11:49:06
4th Age Grouper	1:21:06	6:36:38	4:09:41	12:17:41
5th Age Grouper	1:15:30	6:31:05	4:28:27	12:30:03
6th Age Grouper	1:26:38	6:45:01	4:27:50	12:52:35
7th Age Grouper	1:21:28	6:26:10	5:00:21	13:06:27
8th Age Grouper	1:07:28	6:56:47	4:54:20	13:11:05
9th Age Grouper	1:23:24	6:33:20	5:07:22	13:14:59
10th Age Grouper	1:21:23	7:00:36	4:35:51	13:15:20
Kona Qualifier Average	1:11:25	5:51:29	4:21:52	11:36:08
Top 10 Age Grouper Average	1:16:29	6:30:07	4:33:15	12:32:57

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	1:06:50	6:10:28	4:06:02	11:33:14
2nd Age Grouper	1:10:26	6:07:42	4:02:33	11:36:22
3rd Age Grouper	1:13:20	6:34:44	3:49:40	11:46:18
4th Age Grouper	1:06:36	6:01:11	4:28:38	11:46:41
5th Age Grouper	1:03:39	6:03:23	4:37:05	11:55:38
6th Age Grouper	1:15:40	6:22:10	4:07:07	12:00:04
7th Age Grouper	1:14:26	6:11:38	4:27:20	12:03:54
8th Age Grouper	1:13:26	6:08:08	4:39:59	12:15:37
9th Age Grouper	1:10:31	6:16:12	4:46:01	12:22:37
10th Age Grouper	1:12:37	6:06:31	5:04:18	12:34:06
Kona Qualifier Average	1:08:38	6:09:05	4:04:17	11:34:48
Top 10 Age Grouper Average	1:10:45	6:12:12	4:24:52	11:59:27

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

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

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	1:17:37	5:54:39	4:17:56	11:41:18
2nd Age Grouper	1:18:58	6:21:58	4:20:47	12:14:34
3rd Age Grouper	1:28:07	6:41:22	4:08:22	12:27:28
4th Age Grouper	1:01:57	6:49:13	4:57:47	13:00:01
5th Age Grouper	1:12:31	6:56:47	4:31:56	13:02:00
6th Age Grouper	1:07:34	6:43:40	5:09:22	13:13:19
7th Age Grouper	1:19:11	6:39:04	4:56:53	13:14:33
8th Age Grouper	1:29:35	6:47:32	4:46:56	13:15:55
9th Age Grouper	1:13:17	6:59:01	4:57:01	13:19:28
10th Age Grouper	1:27:29	7:31:23	4:56:19	14:10:14
Kona Qualifier Average	1:18:17	6:08:18	4:19:21	11:57:56
Top 10 Age Grouper Average	1:17:37	6:44:27	4:42:19	12:57:53

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	1:12:21	6:17:18	4:17:39	11:57:34
2nd Age Grouper	1:13:23	6:27:12	4:28:20	12:20:20
3rd Age Grouper	1:12:35	6:30:43	4:48:09	12:42:20
4th Age Grouper	1:26:35	6:50:46	4:41:04	13:13:56
5th Age Grouper	1:18:05	6:50:04	5:08:32	13:38:24
6th Age Grouper	0:59:44	6:58:50	6:05:27	14:15:46
7th Age Grouper	1:23:01	7:37:29	5:12:30	14:30:01
8th Age Grouper	1:38:20	7:52:57	4:46:39	14:43:34
9th Age Grouper	1:13:25	8:07:39	5:10:47	14:58:44
10th Age Grouper	1:22:24	7:38:07	6:07:24	15:21:33
Kona Qualifier Average	1:12:52	6:22:15	4:22:59	12:08:57
Top 10 Age Grouper Average	1:17:59	7:07:06	5:04:39	13:46:13

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	1:11:13	6:09:20	4:42:51	12:12:20
2nd Age Grouper	1:05:00	6:33:08	4:57:21	12:58:00
3rd Age Grouper	1:11:54	6:23:28	5:11:08	13:02:25
4th Age Grouper	1:22:59	6:52:41	4:57:53	13:27:41
5th Age Grouper	1:39:12	7:36:08	4:31:41	14:10:21
6th Age Grouper	0:57:28	6:16:21	6:59:40	14:21:50
7th Age Grouper	1:26:00	8:31:53	5:40:13	15:59:19
8th Age Grouper	1:28:30	8:16:44	6:29:12	16:31:54
Kona Qualifier Average	1:08:06	6:21:14	4:50:06	12:35:10
Top 10 Age Grouper Average	1:17:47	7:04:57	5:26:14	14:05:28