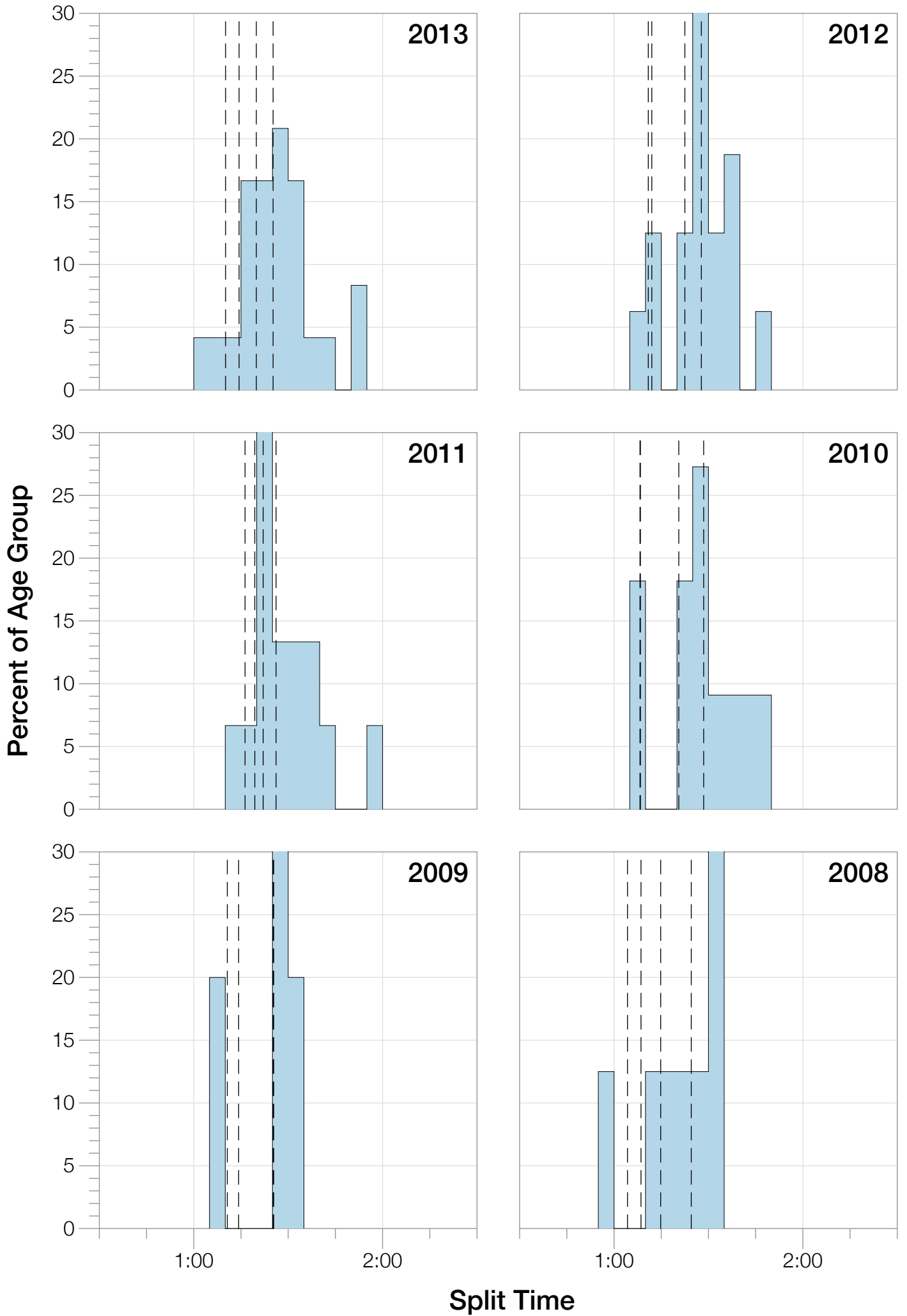


# Ironman Lake Placid F55-59 Stats

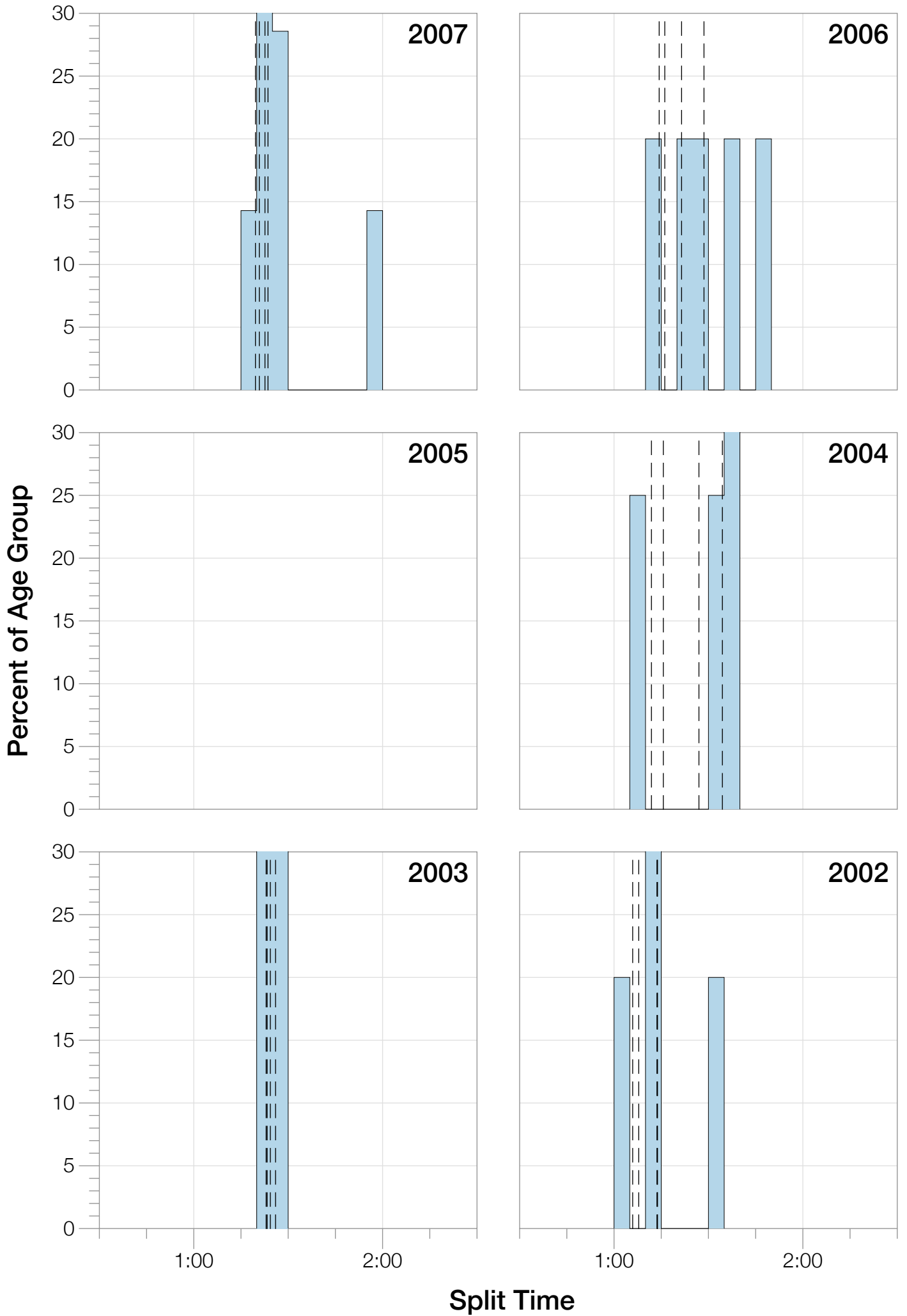
## F55-59 Summary Statistics

Year	Finishers	F55-59 Finishers	Male Winner's Time	Female Winner's Time	F55-59 Winner's Time
2002	1638	5	8:39:19	9:29:41	12:38:21
2003	1673	2	8:46:15	9:51:55	13:00:31
2004	1882	4	8:23:12	9:24:42	12:55:32
2006	2038	5	8:38:18	10:11:35	12:35:15
2007	2051	7	9:16:02	9:40:20	14:06:24
2008	2193	8	8:43:32	9:51:00	13:09:28
2009	2051	5	8:36:37	9:29:36	13:38:43
2010	2472	11	8:39:34	9:27:30	12:05:21
2011	2356	15	8:25:15	9:19:03	12:28:03
2012	2280	16	8:25:07	9:47:39	12:19:37
2013	2342	24	8:43:29	9:35:06	11:28:52
<b>Average</b>	<b>2089</b>	<b>9</b>	<b>8:39:41</b>	<b>9:38:55</b>	<b>11:42:10</b>

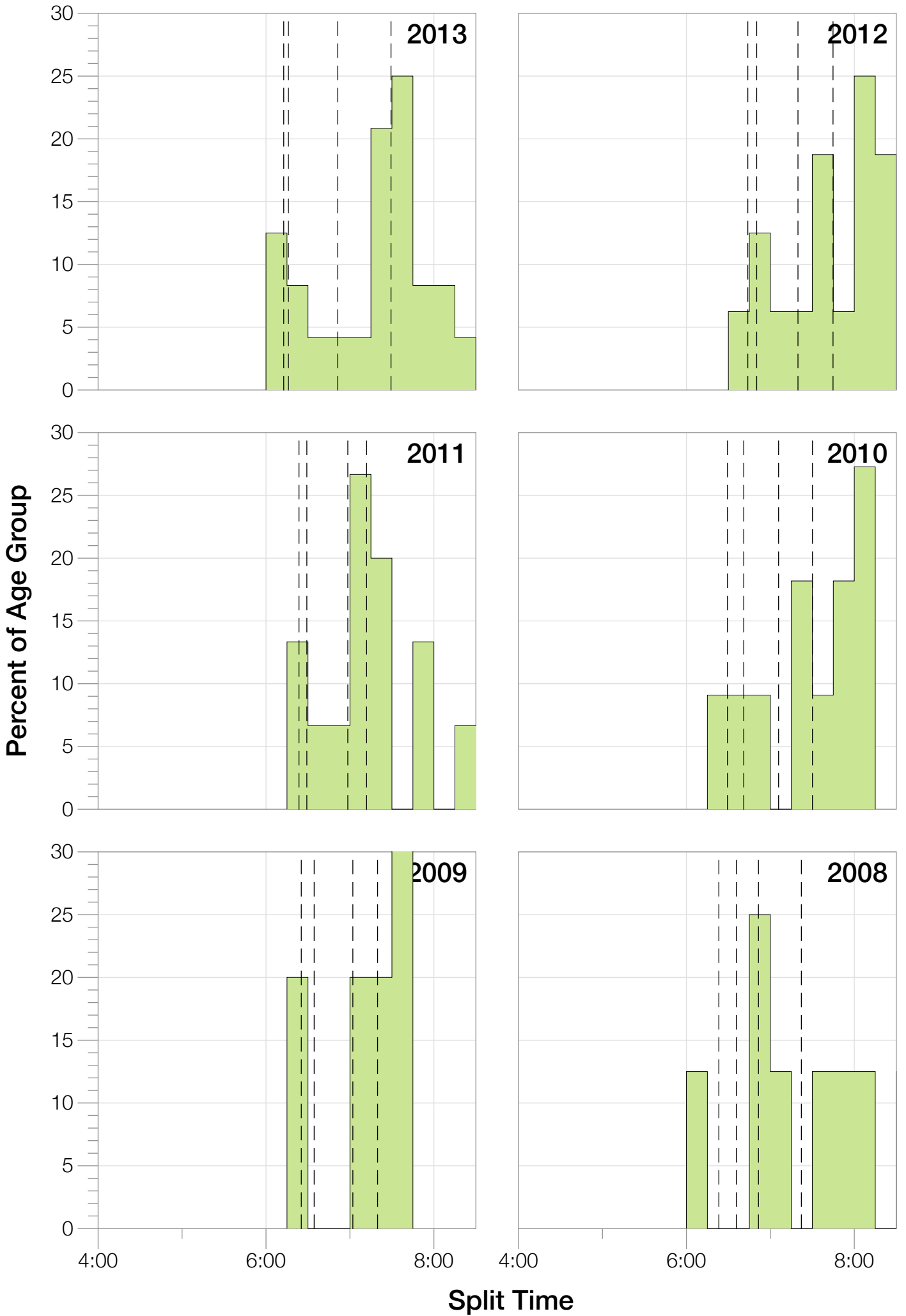
# F55-59 Swim



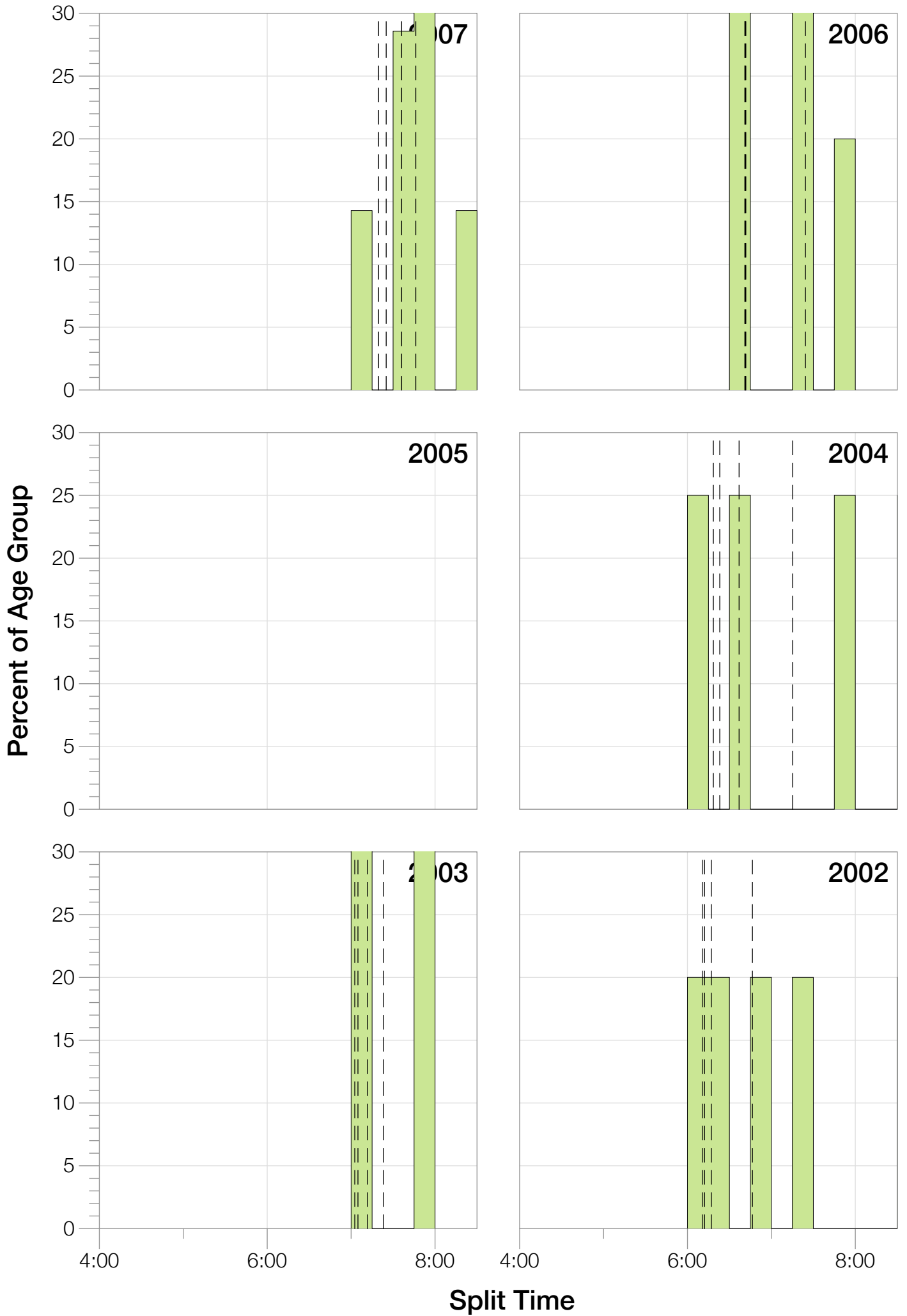
# F55-59 Swim



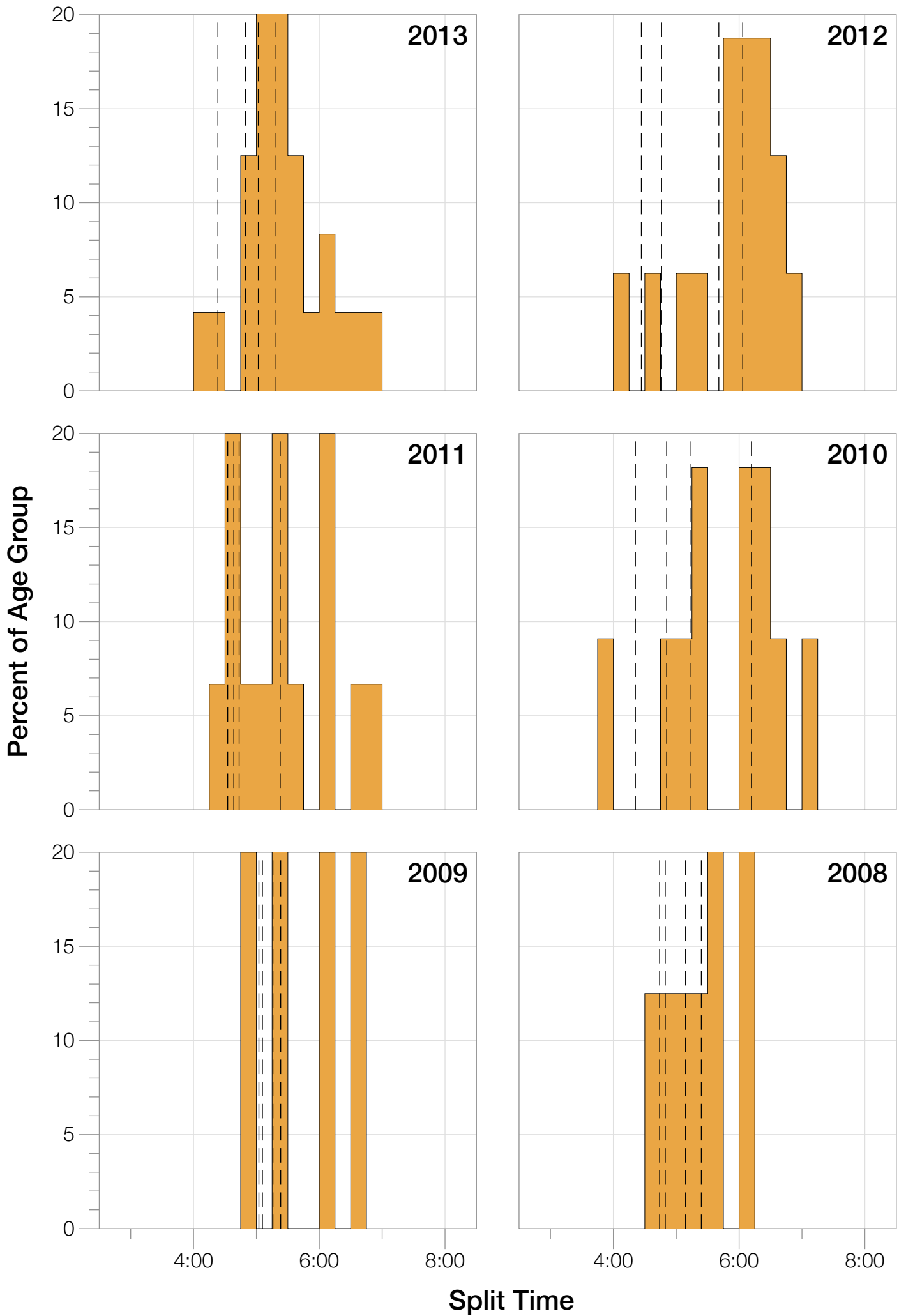
# F55-59 Bike



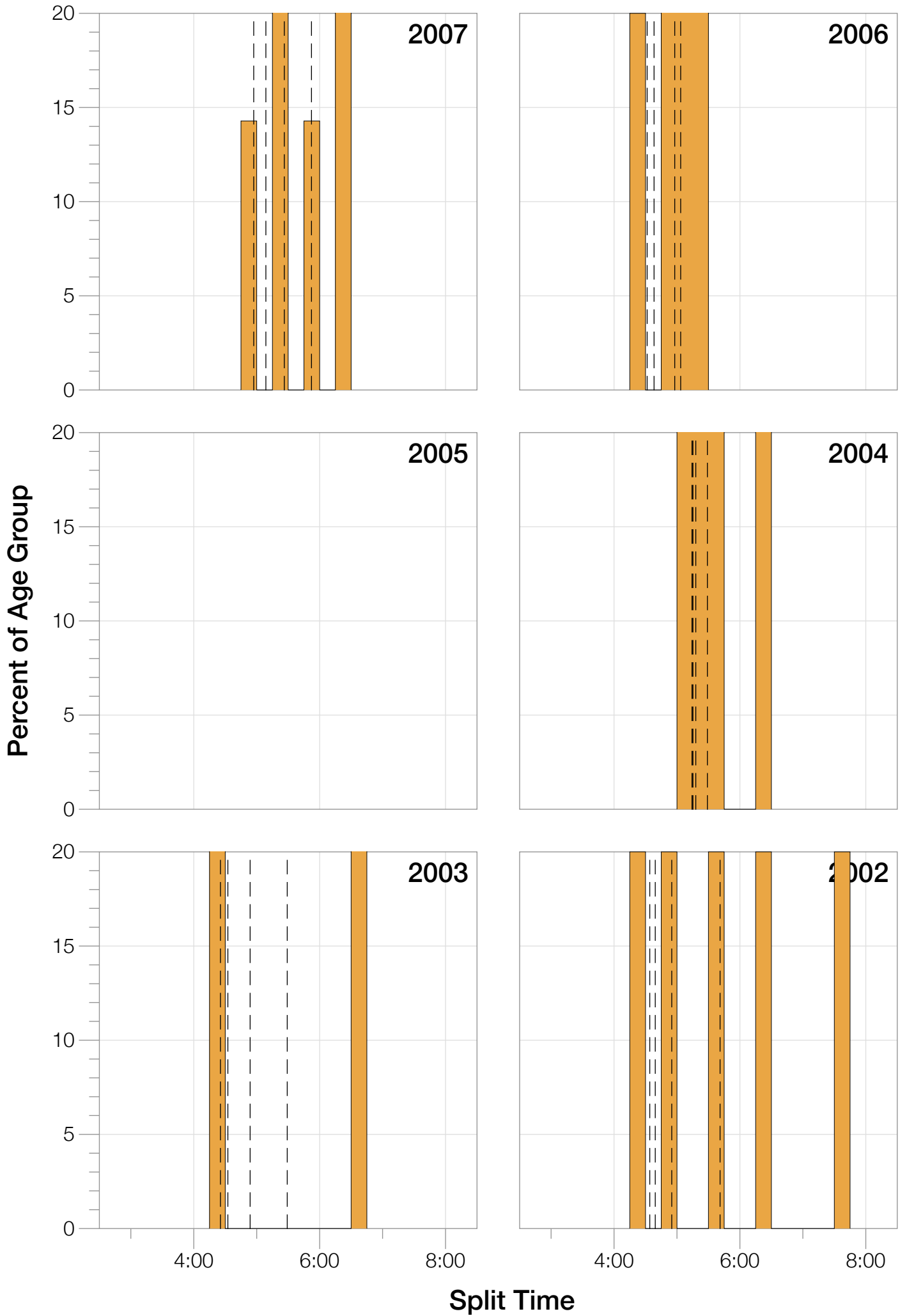
# F55-59 Bike



# F55-59 Run

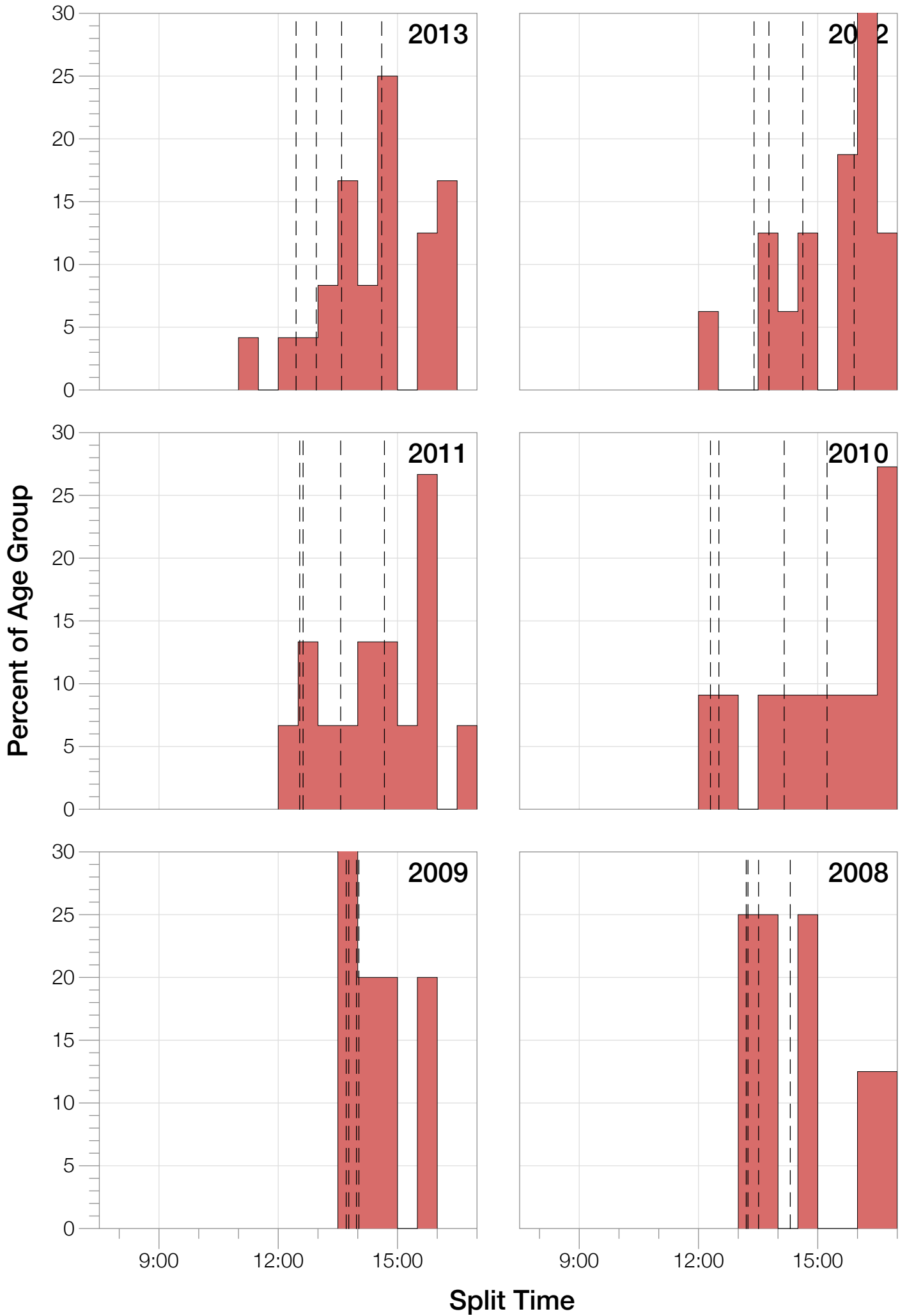


# F55-59 Run

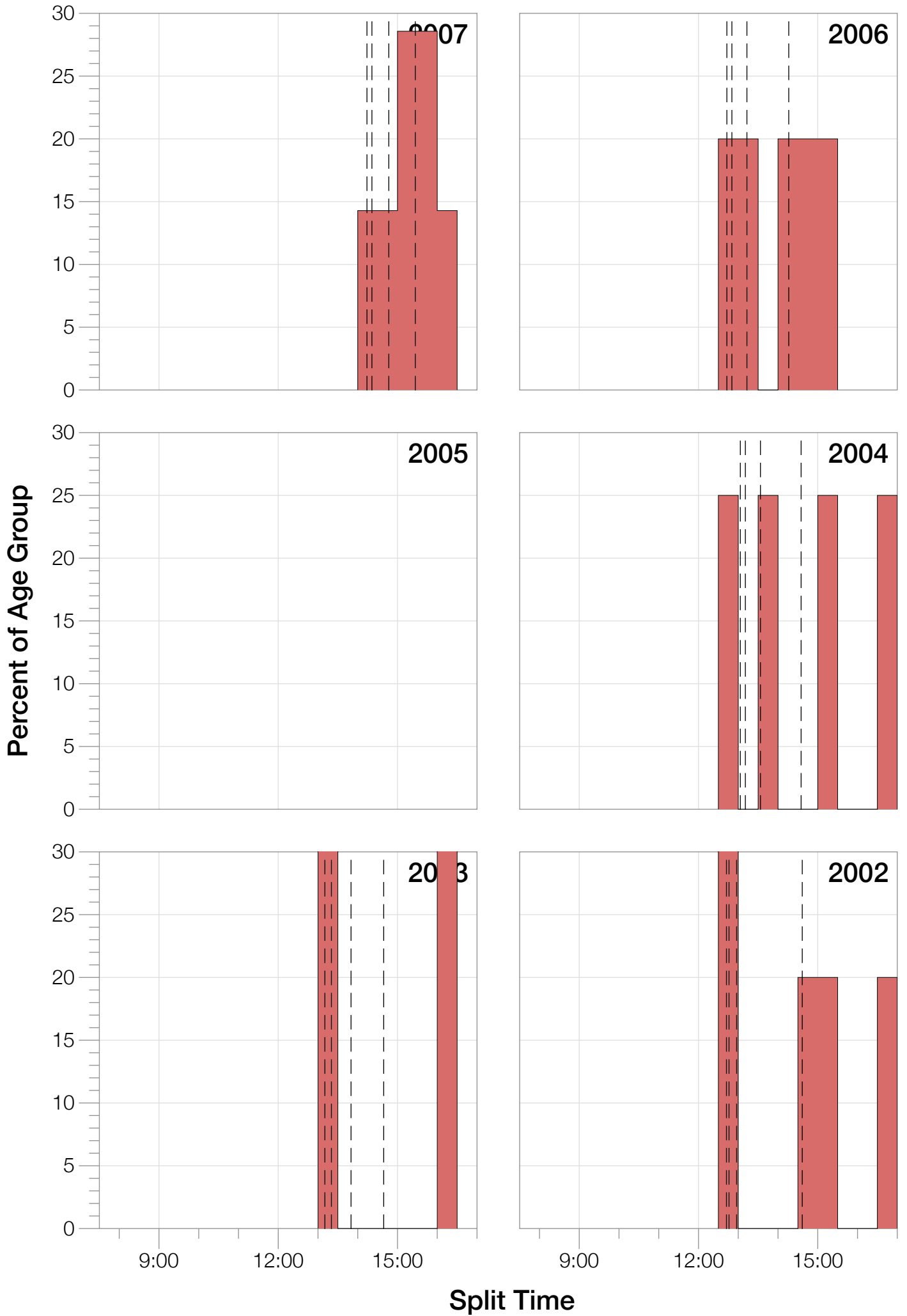




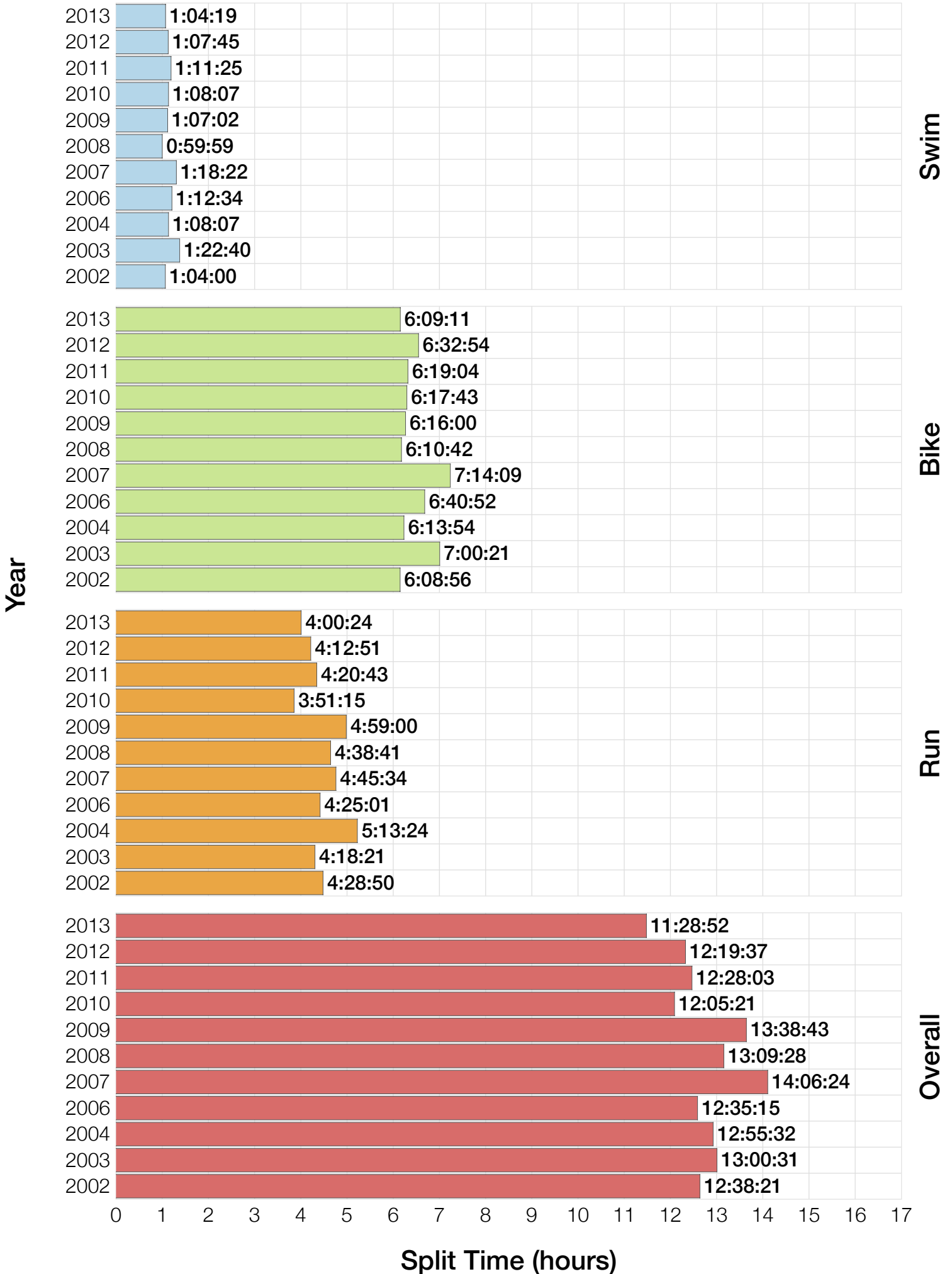
# F55-59 Overall



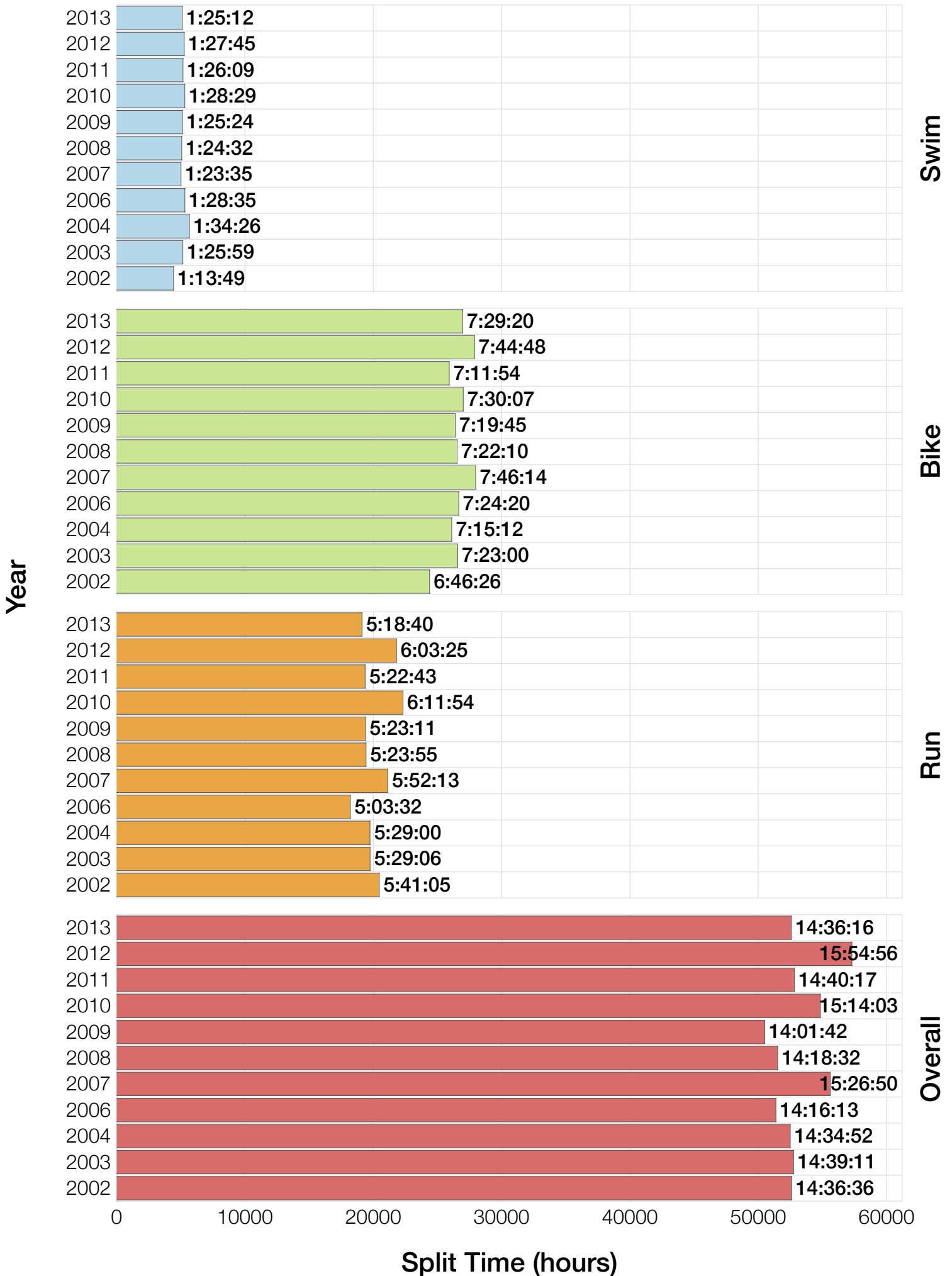
# F55-59 Overall



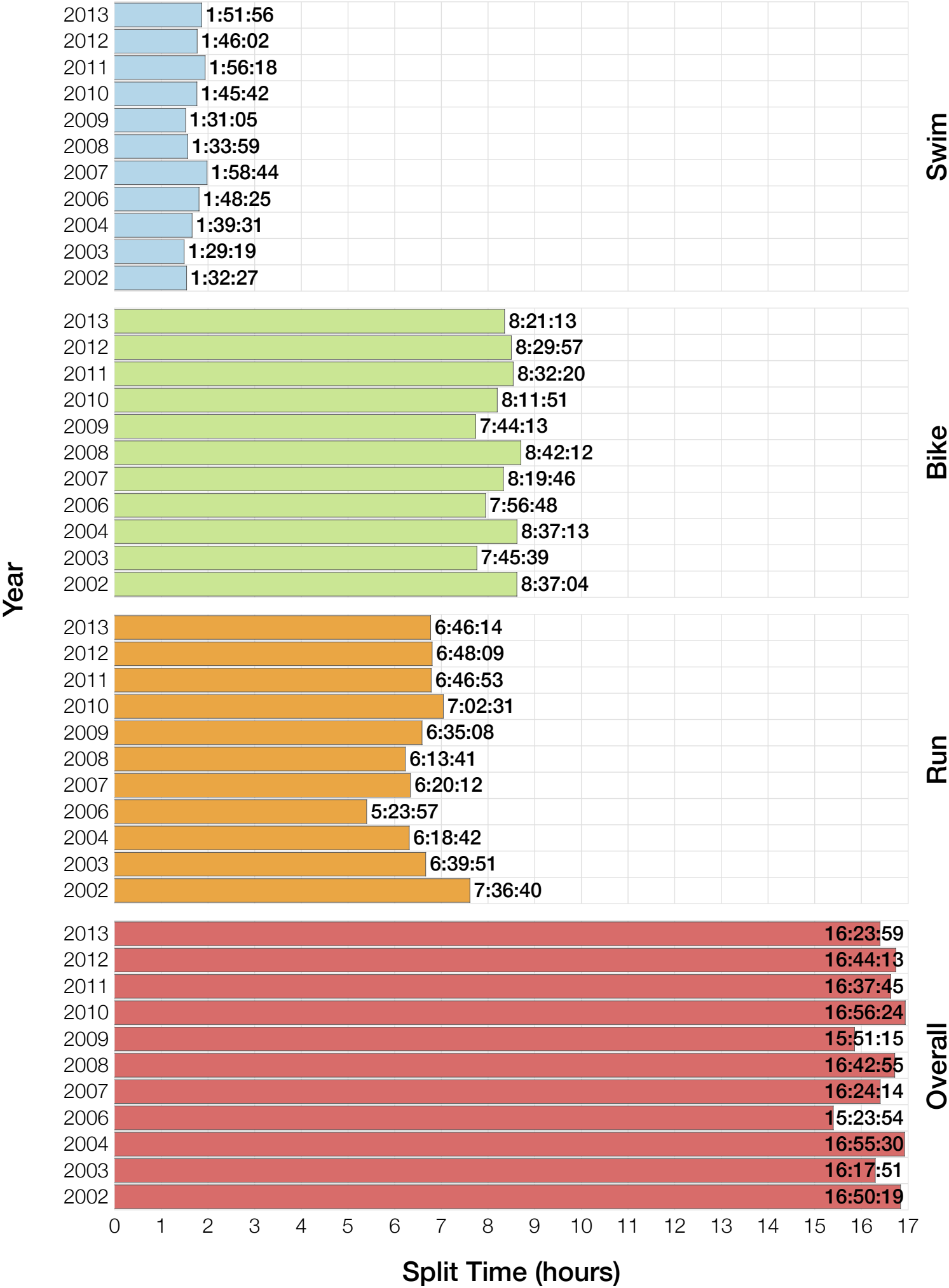
# F55-59 Fastest Splits



# F55-59 Median Splits

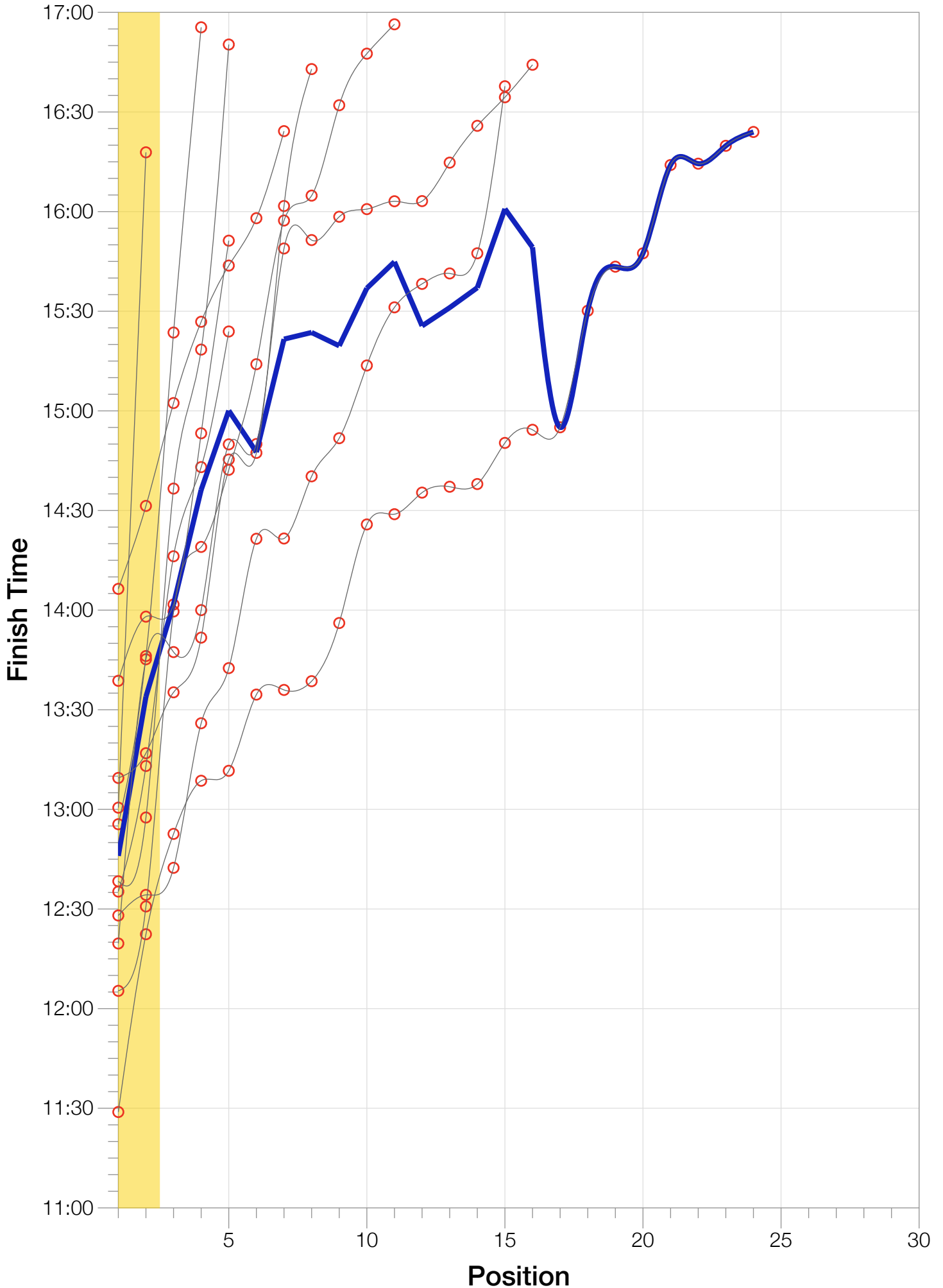


# F55-59 Slowest Splits



# F55-59 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# F55-59 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>1:12:28</b>	<b>6:37:46</b>	<b>4:41:46</b>	<b>12:46:00</b>
<b>Average 2nd Age Grouper</b>	<b>1:18:45</b>	<b>6:44:16</b>	<b>5:11:33</b>	<b>13:33:57</b>
Average 3rd Age Grouper	1:25:22	7:06:29	5:11:47	14:01:46
Average 4th Age Grouper	1:24:36	7:20:44	5:19:41	14:36:14
Average 5th Age Grouper	1:28:45	7:29:12	5:42:43	15:00:05
Average 6th Age Grouper	1:29:30	7:29:14	5:28:56	14:47:34
Average 7th Age Grouper	1:33:01	7:31:58	5:58:10	15:21:36
Average 8th Age Grouper	1:28:22	7:46:24	5:47:40	15:23:36
Average 9th Age Grouper	1:29:12	7:57:28	5:35:50	15:19:35
Average 10th Age Grouper	1:30:36	7:36:52	6:05:06	15:36:56
<b>Kona Qualifier Average</b>	<b>1:15:37</b>	<b>6:41:01</b>	<b>4:56:40</b>	<b>13:09:59</b>
<b>Top 10 Age Grouper Average</b>	<b>1:24:27</b>	<b>7:14:23</b>	<b>5:23:36</b>	<b>14:22:37</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>1:04:19</b>	<b>6:12:29</b>	<b>4:00:24</b>	<b>11:28:52</b>
<b>2nd Age Grouper</b>	<b>1:23:19</b>	<b>6:26:30</b>	<b>4:18:45</b>	<b>12:22:24</b>
3rd Age Grouper	1:19:27	6:09:11	5:09:19	12:52:37
4th Age Grouper	1:12:23	6:21:16	5:19:56	13:08:37
5th Age Grouper	1:09:42	6:54:58	4:48:31	13:11:37
6th Age Grouper	1:25:15	6:13:43	5:40:28	13:34:34
7th Age Grouper	1:51:56	6:40:19	4:52:09	13:35:58
8th Age Grouper	1:19:57	7:01:27	5:02:03	13:38:36
9th Age Grouper	1:19:40	7:29:29	4:54:40	13:56:07
10th Age Grouper	1:19:05	7:39:06	5:01:05	14:25:48
<b>Kona Qualifier Average</b>	<b>1:13:49</b>	<b>6:19:29</b>	<b>4:09:34</b>	<b>11:55:38</b>
<b>Top 10 Age Grouper Average</b>	<b>1:20:30</b>	<b>6:42:50</b>	<b>4:54:44</b>	<b>13:13:31</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>1:07:45</b>	<b>6:47:34</b>	<b>4:12:51</b>	<b>12:19:37</b>
<b>2nd Age Grouper</b>	<b>1:11:56</b>	<b>6:32:54</b>	<b>5:45:30</b>	<b>13:45:12</b>
3rd Age Grouper	1:12:04	6:52:55	5:26:04	13:47:22
4th Age Grouper	1:23:01	7:43:51	4:31:19	14:00:00
5th Age Grouper	1:31:07	7:00:42	6:01:12	14:49:55
6th Age Grouper	1:46:02	7:39:22	5:00:49	14:50:01
7th Age Grouper	1:20:59	7:26:06	6:42:44	15:48:54
8th Age Grouper	1:29:23	8:00:48	6:05:38	15:51:26
9th Age Grouper	1:26:50	8:23:18	5:50:14	15:58:27
10th Age Grouper	1:39:06	7:33:51	6:15:16	16:00:45
<b>Kona Qualifier Average</b>	<b>1:09:50</b>	<b>6:40:14</b>	<b>4:59:10</b>	<b>13:02:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:24:49</b>	<b>7:24:08</b>	<b>5:35:09</b>	<b>14:43:09</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	1:18:23	6:19:04	4:37:41	12:28:03
2nd Age Grouper	1:11:25	6:25:30	4:39:30	12:34:15
3rd Age Grouper	1:31:46	6:34:42	4:20:43	12:42:24
4th Age Grouper	1:24:13	7:03:09	4:40:49	13:25:56
5th Age Grouper	1:22:52	6:56:00	5:07:25	13:42:32
6th Age Grouper	1:35:31	7:23:48	4:46:11	14:21:29
7th Age Grouper	1:22:20	7:11:54	5:28:25	14:21:34
8th Age Grouper	1:37:37	7:03:47	5:31:59	14:40:17
9th Age Grouper	1:29:22	7:45:17	5:22:43	14:51:46
10th Age Grouper	1:32:09	7:20:12	6:01:34	15:13:40
<b>Kona Qualifier Average</b>	<b>1:14:54</b>	<b>6:22:17</b>	<b>4:38:35</b>	<b>12:31:09</b>
<b>Top 10 Age Grouper Average</b>	<b>1:26:33</b>	<b>7:00:20</b>	<b>5:03:42</b>	<b>13:50:11</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	1:20:20	6:41:01	3:51:15	12:05:21
2nd Age Grouper	1:08:07	6:17:43	4:50:50	12:30:46
3rd Age Grouper	1:29:11	6:52:03	5:17:06	13:59:35
4th Age Grouper	1:20:49	7:19:45	5:22:20	14:19:02
5th Age Grouper	1:39:10	7:27:45	5:11:02	14:42:15
6th Age Grouper	1:08:23	7:30:07	6:18:47	15:14:03
7th Age Grouper	1:28:29	7:57:12	6:11:54	15:57:19
8th Age Grouper	1:26:31	8:03:50	6:12:55	16:04:49
9th Age Grouper	1:40:57	8:11:51	6:15:43	16:32:02
10th Age Grouper	1:32:05	7:54:20	7:02:31	16:47:34
<b>Kona Qualifier Average</b>	<b>1:14:13</b>	<b>6:29:22</b>	<b>4:21:02</b>	<b>12:18:03</b>
<b>Top 10 Age Grouper Average</b>	<b>1:25:24</b>	<b>7:25:33</b>	<b>5:39:26</b>	<b>14:49:16</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	1:07:02	6:16:00	6:00:09	13:38:43
2nd Age Grouper	1:25:24	7:02:04	5:15:47	13:58:02
3rd Age Grouper	1:25:06	7:19:45	4:59:00	14:01:42
4th Age Grouper	1:31:05	7:44:13	5:23:11	14:53:15
5th Age Grouper	1:25:51	7:31:14	6:35:08	15:51:15
<b>Kona Qualifier Average</b>	<b>1:16:13</b>	<b>6:39:02</b>	<b>5:37:58</b>	<b>13:48:22</b>
<b>Top 10 Age Grouper Average</b>	<b>1:22:53</b>	<b>7:10:39</b>	<b>5:38:39</b>	<b>14:28:35</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	0:59:59	6:46:27	5:13:47	13:09:28
2nd Age Grouper	1:12:15	6:10:42	5:32:43	13:16:55
3rd Age Grouper	1:33:59	6:53:10	4:54:11	13:35:15
4th Age Grouper	1:20:41	7:32:15	4:38:41	13:51:43
5th Age Grouper	1:30:53	7:12:06	5:37:58	14:45:21
6th Age Grouper	1:31:53	7:48:38	5:15:08	14:47:21
7th Age Grouper	1:15:41	8:06:27	6:13:41	16:01:41
8th Age Grouper	1:28:24	8:42:12	6:05:45	16:42:55
<b>Kona Qualifier Average</b>	<b>1:06:07</b>	<b>6:28:34</b>	<b>5:23:15</b>	<b>13:13:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:21:43</b>	<b>7:23:59</b>	<b>5:26:29</b>	<b>14:31:19</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	1:22:28	7:39:51	4:45:34	14:06:24
2nd Age Grouper	1:23:35	7:14:09	5:24:10	14:31:23
3rd Age Grouper	1:26:30	7:49:14	5:28:26	15:02:21
4th Age Grouper	1:22:47	7:32:22	6:19:50	15:26:50
5th Age Grouper	1:18:22	7:46:14	6:18:33	15:43:45
6th Age Grouper	1:29:58	8:19:46	5:52:13	15:58:01
7th Age Grouper	1:58:44	7:49:54	6:20:12	16:24:14
<b>Kona Qualifier Average</b>	<b>1:23:01</b>	<b>7:27:00</b>	<b>5:04:52</b>	<b>14:18:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:28:54</b>	<b>7:44:30</b>	<b>5:46:59</b>	<b>15:18:59</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	1:12:34	6:41:43	4:25:01	12:35:15
2nd Age Grouper	1:21:28	6:40:52	4:57:52	13:13:04
3rd Age Grouper	1:28:35	7:28:12	5:03:32	14:16:13
4th Age Grouper	1:36:46	7:24:20	5:22:27	14:43:04
5th Age Grouper	1:48:25	7:56:48	5:23:57	15:23:54
<b>Kona Qualifier Average</b>	<b>1:17:01</b>	<b>6:41:17</b>	<b>4:41:26</b>	<b>12:54:09</b>
<b>Top 10 Age Grouper Average</b>	<b>1:29:33</b>	<b>7:14:23</b>	<b>5:02:33</b>	<b>14:02:18</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	1:08:07	6:13:54	5:19:27	12:55:32
2nd Age Grouper	1:35:36	6:44:35	5:13:24	13:46:10
3rd Age Grouper	1:33:16	7:45:49	5:38:33	15:23:35
4th Age Grouper	1:39:31	8:37:13	6:18:42	16:55:30
<b>Kona Qualifier Average</b>	<b>1:21:51</b>	<b>6:29:14</b>	<b>5:16:25</b>	<b>13:20:51</b>
<b>Top 10 Age Grouper Average</b>	<b>1:29:07</b>	<b>7:20:22</b>	<b>5:37:31</b>	<b>14:45:11</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	1:22:40	7:00:21	4:18:21	13:00:31
2nd Age Grouper	1:29:19	7:45:39	6:39:51	16:17:51
Kona Qualifier Average	1:25:59	7:23:00	5:29:06	14:39:11

### 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	1:13:38	6:17:04	4:55:01	12:38:21
2nd Age Grouper	1:04:00	6:46:26	4:28:50	12:57:33
3rd Age Grouper	1:13:49	7:19:54	5:41:05	14:36:36
4th Age Grouper	1:14:45	6:08:56		15:18:27
5th Age Grouper	1:32:27	8:37:04	6:20:41	16:50:19
Kona Qualifier Average	1:08:49	6:31:45	4:41:55	12:47:57
Top 10 Age Grouper Average	1:15:43	7:01:52	5:21:24	14:28:15