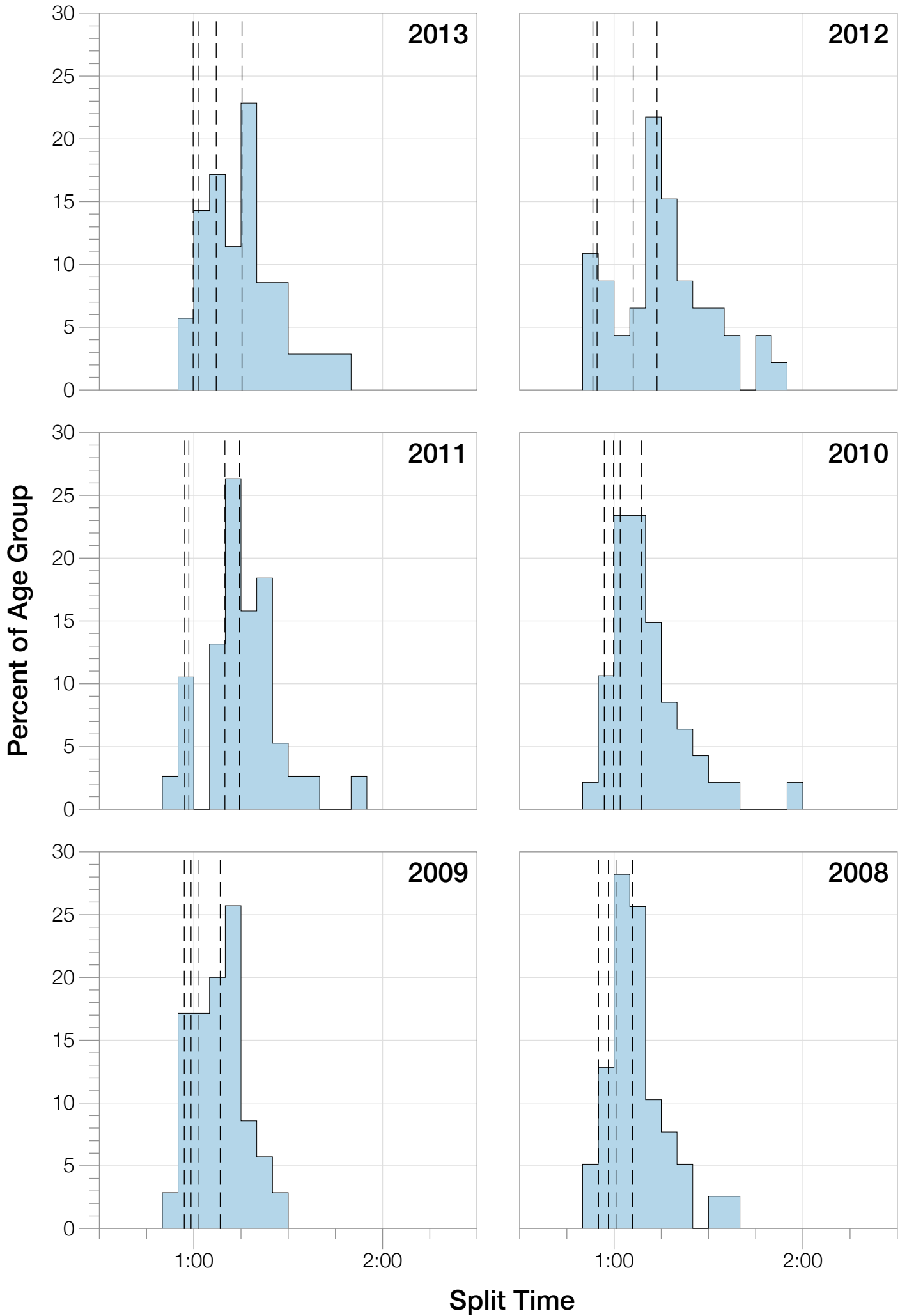


Ironman Lake Placid M18-24 Stats

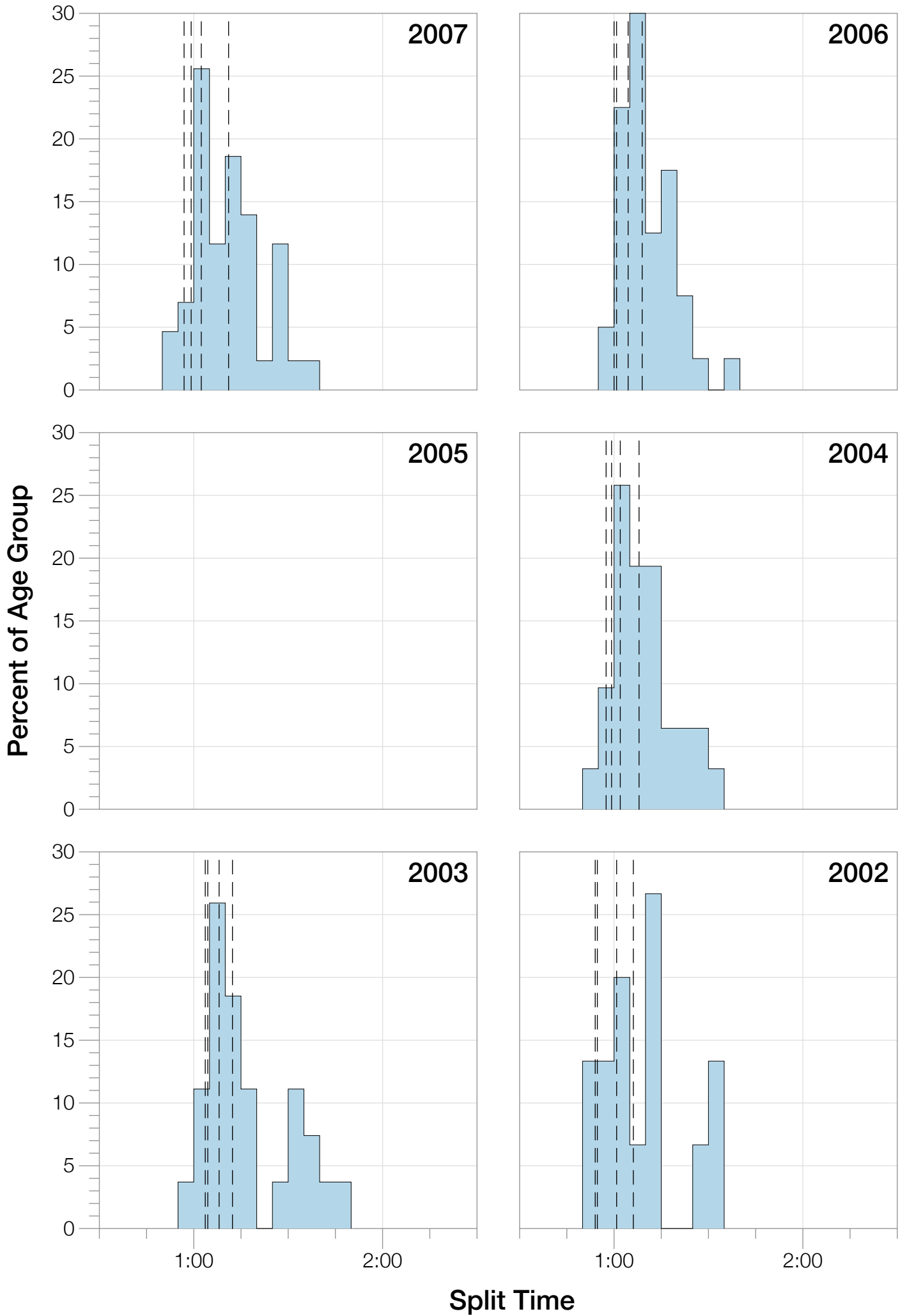
M18-24 Summary Statistics

Year	Finishers	M18-24 Finishers	Male Winner's Time	Female Winner's Time	M18-24 Winner's Time
2002	1638	15	8:39:19	9:29:41	9:48:31
2003	1673	27	8:46:15	9:51:55	10:53:30
2004	1882	31	8:23:12	9:24:42	10:18:08
2006	2038	40	8:38:18	10:11:35	9:56:06
2007	2051	43	9:16:02	9:40:20	9:46:01
2008	2193	39	8:43:32	9:51:00	10:00:11
2009	2051	35	8:36:37	9:29:36	9:49:51
2010	2472	47	8:39:34	9:27:30	9:20:27
2011	2356	38	8:25:15	9:19:03	10:15:22
2012	2280	46	8:25:07	9:47:39	9:55:44
2013	2342	35	8:43:29	9:35:06	10:18:03
Average	2089	36	8:39:41	9:38:55	9:11:49

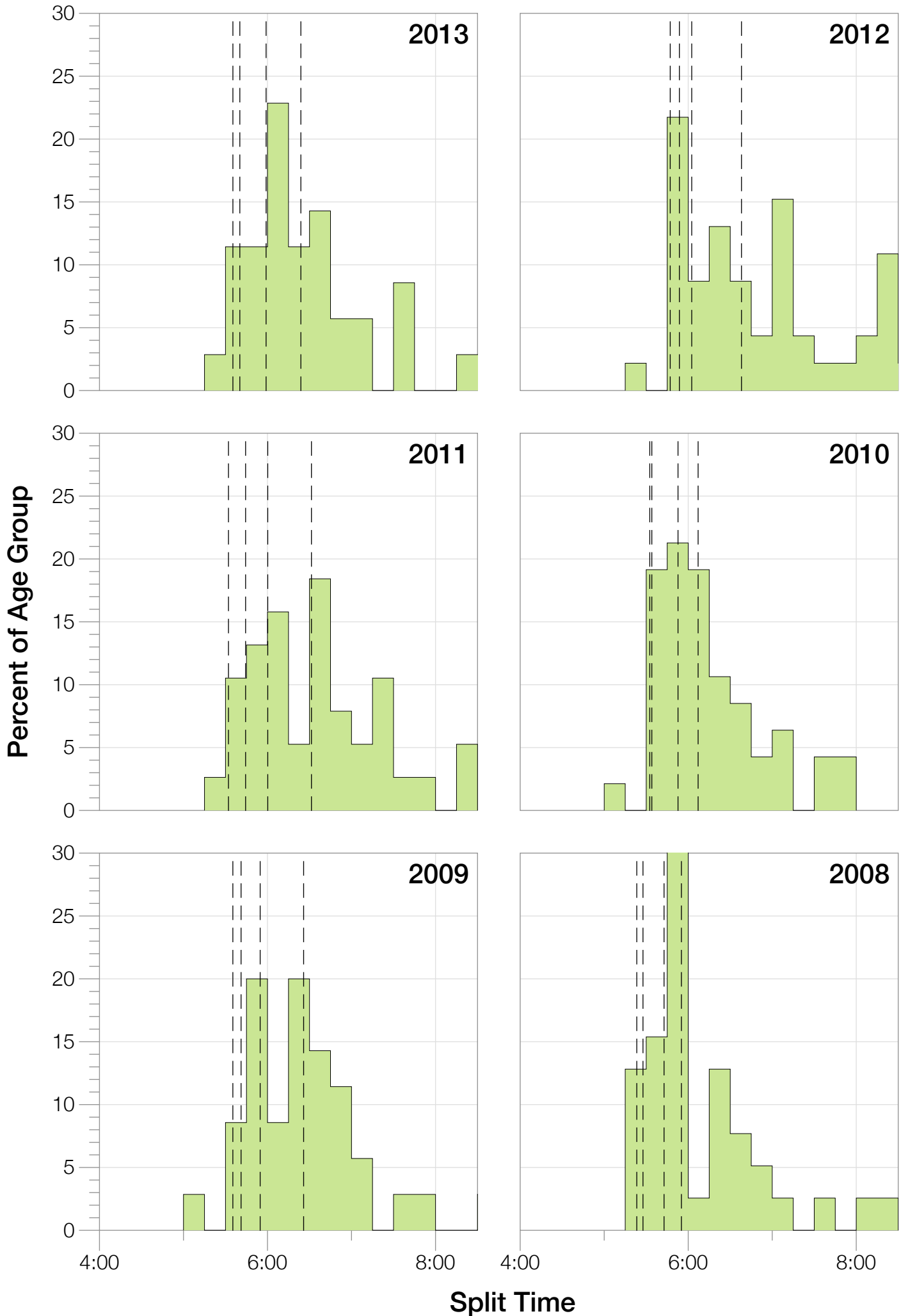
M18-24 Swim



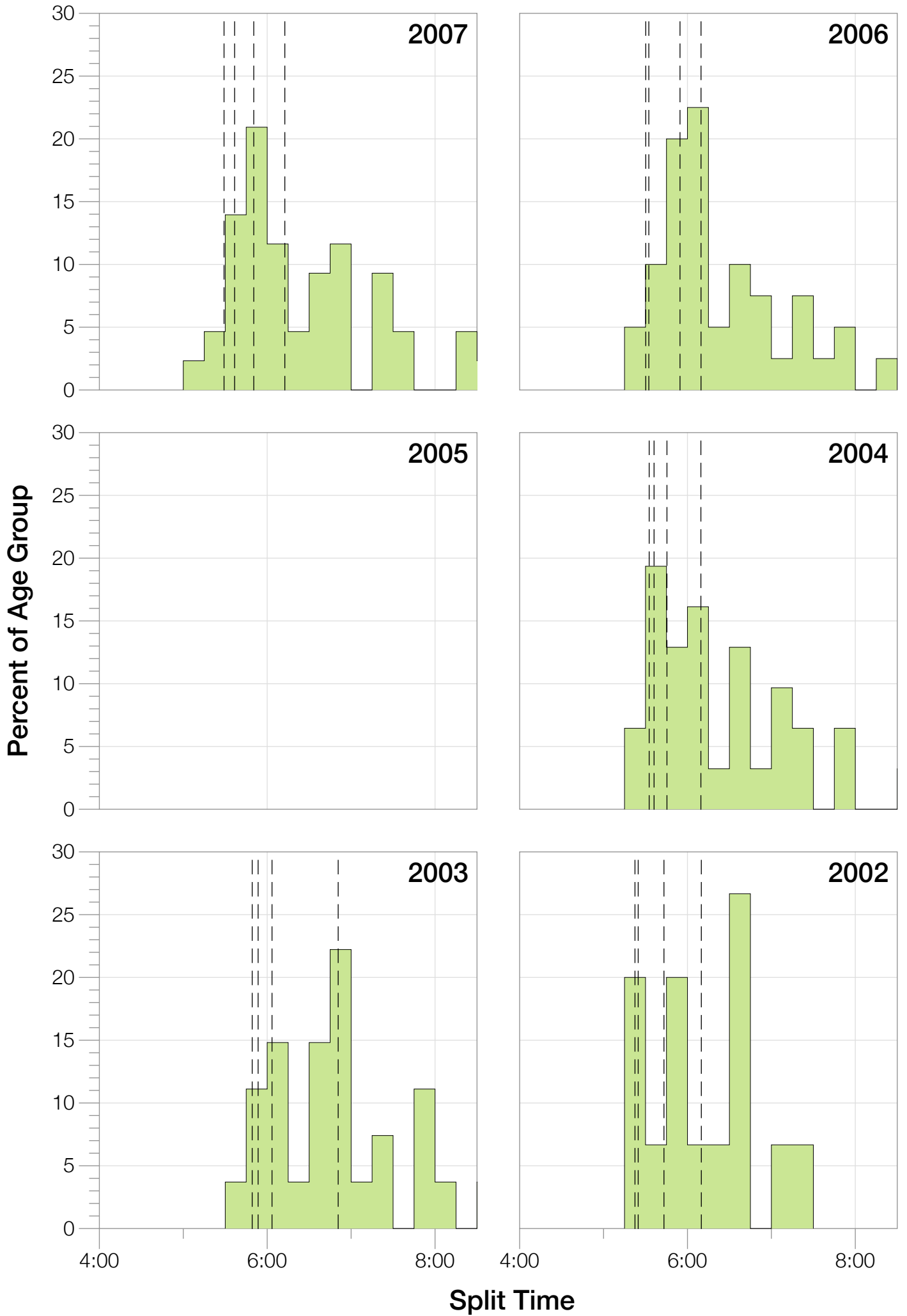
M18-24 Swim



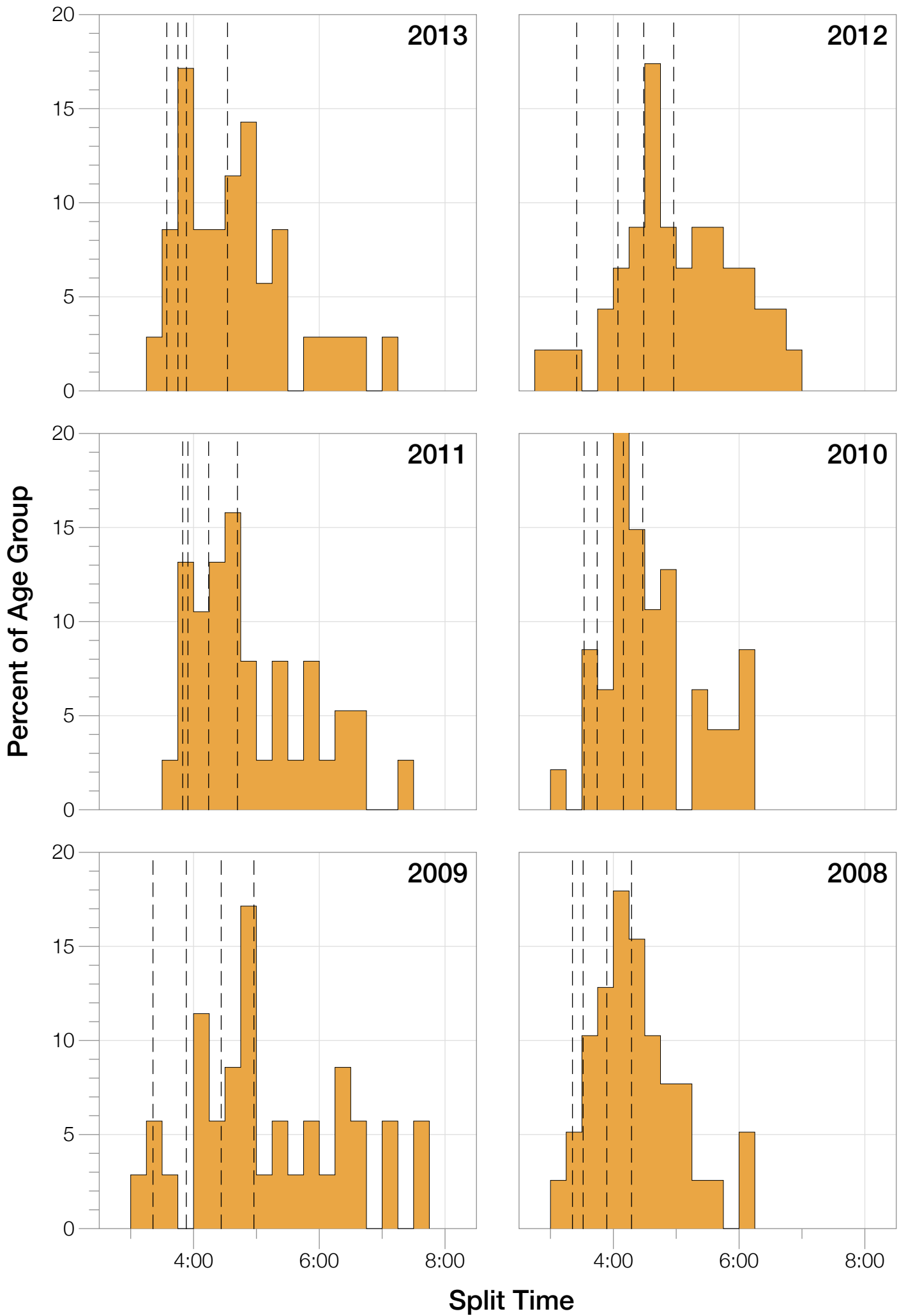
M18-24 Bike



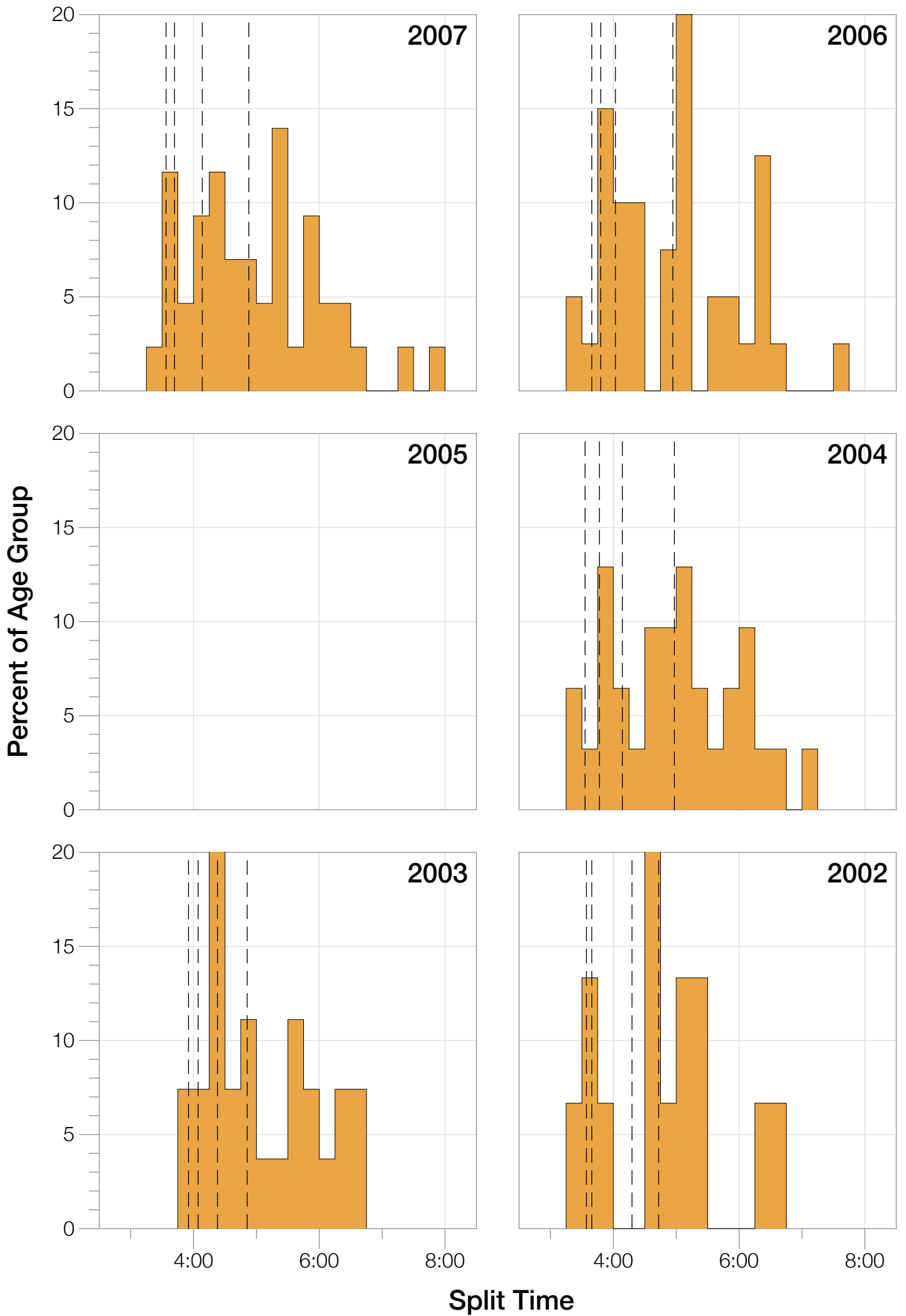
M18-24 Bike



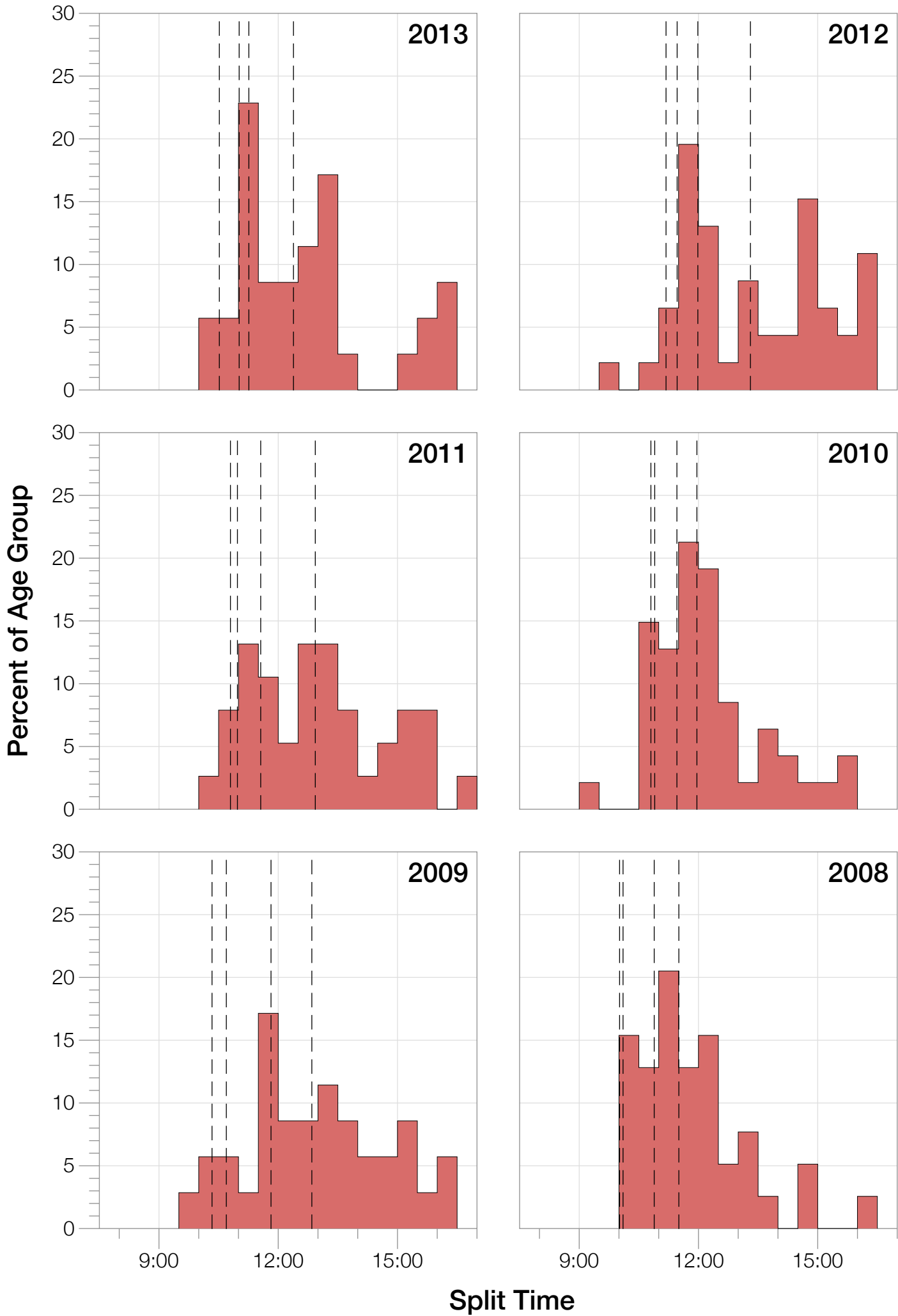
M18-24 Run



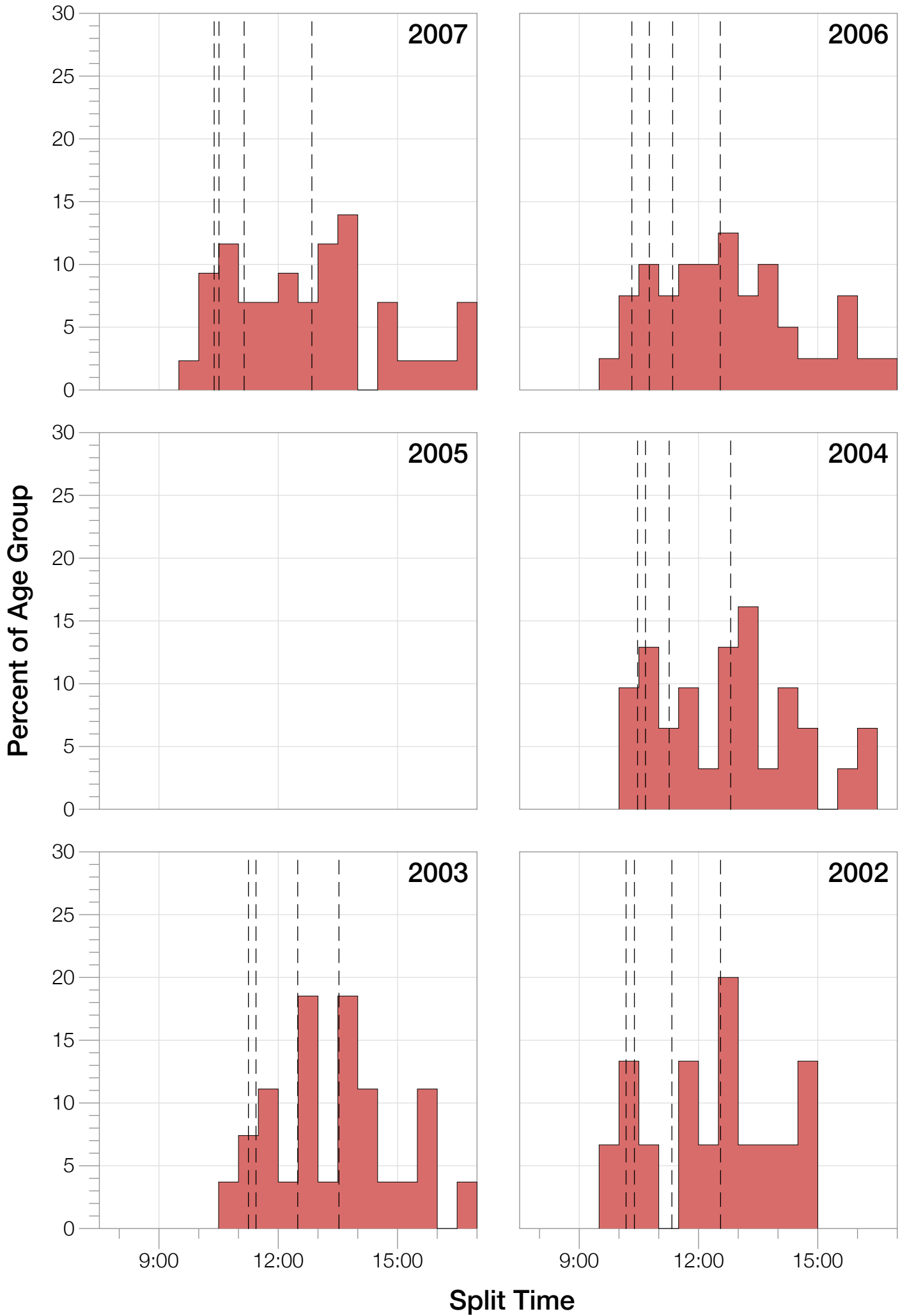
M18-24 Run



M18-24 Overall



M18-24 Overall



M18-24 Fastest Splits

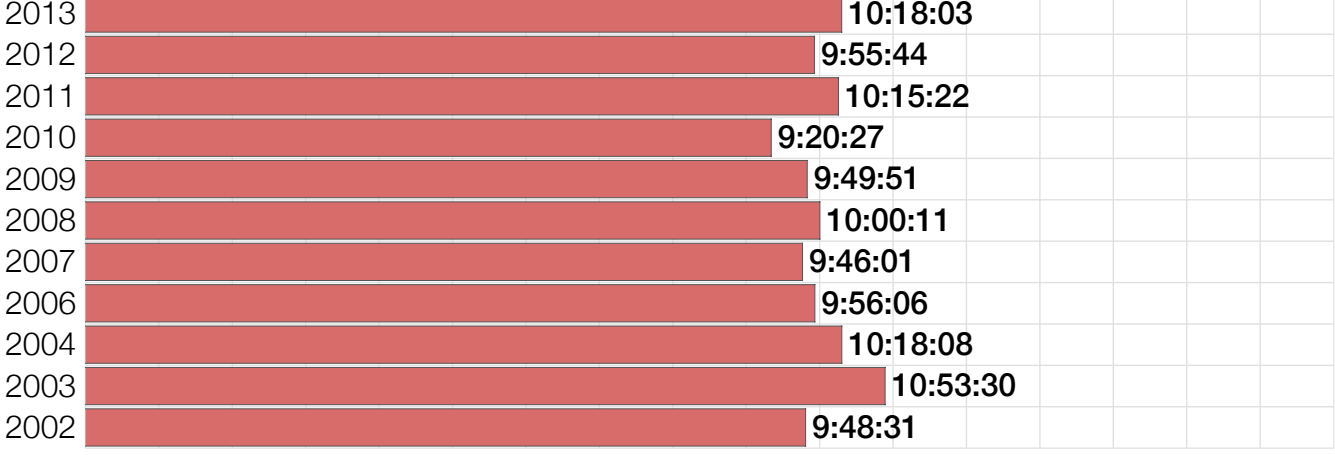
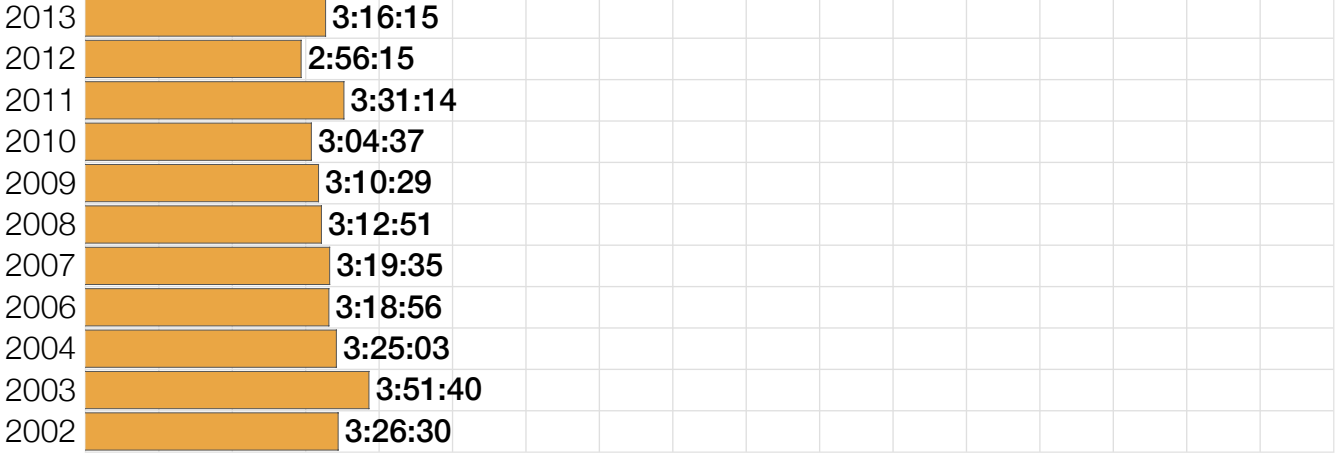
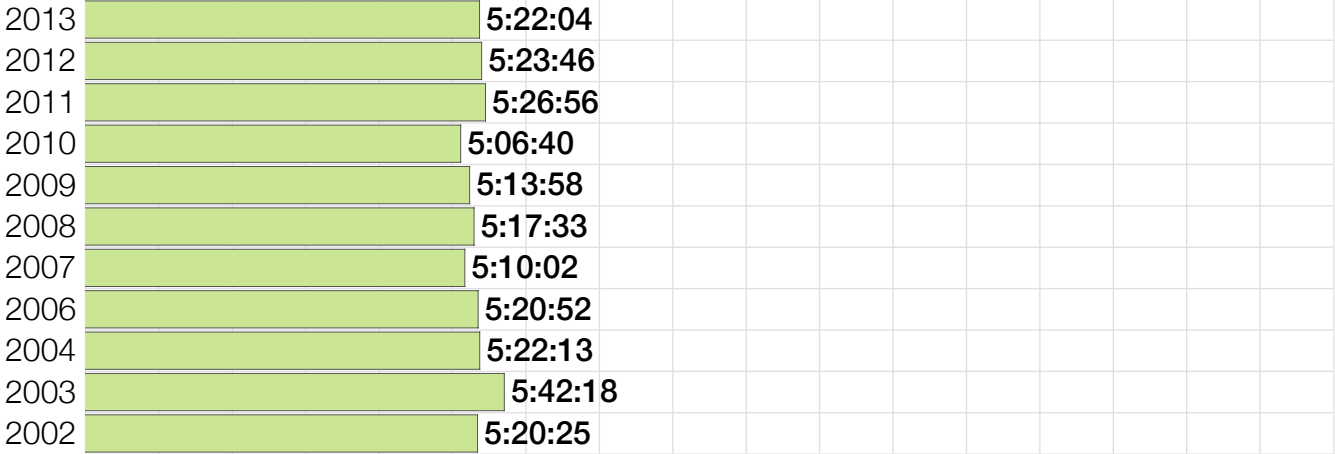
Year

Swim

Bike

Run

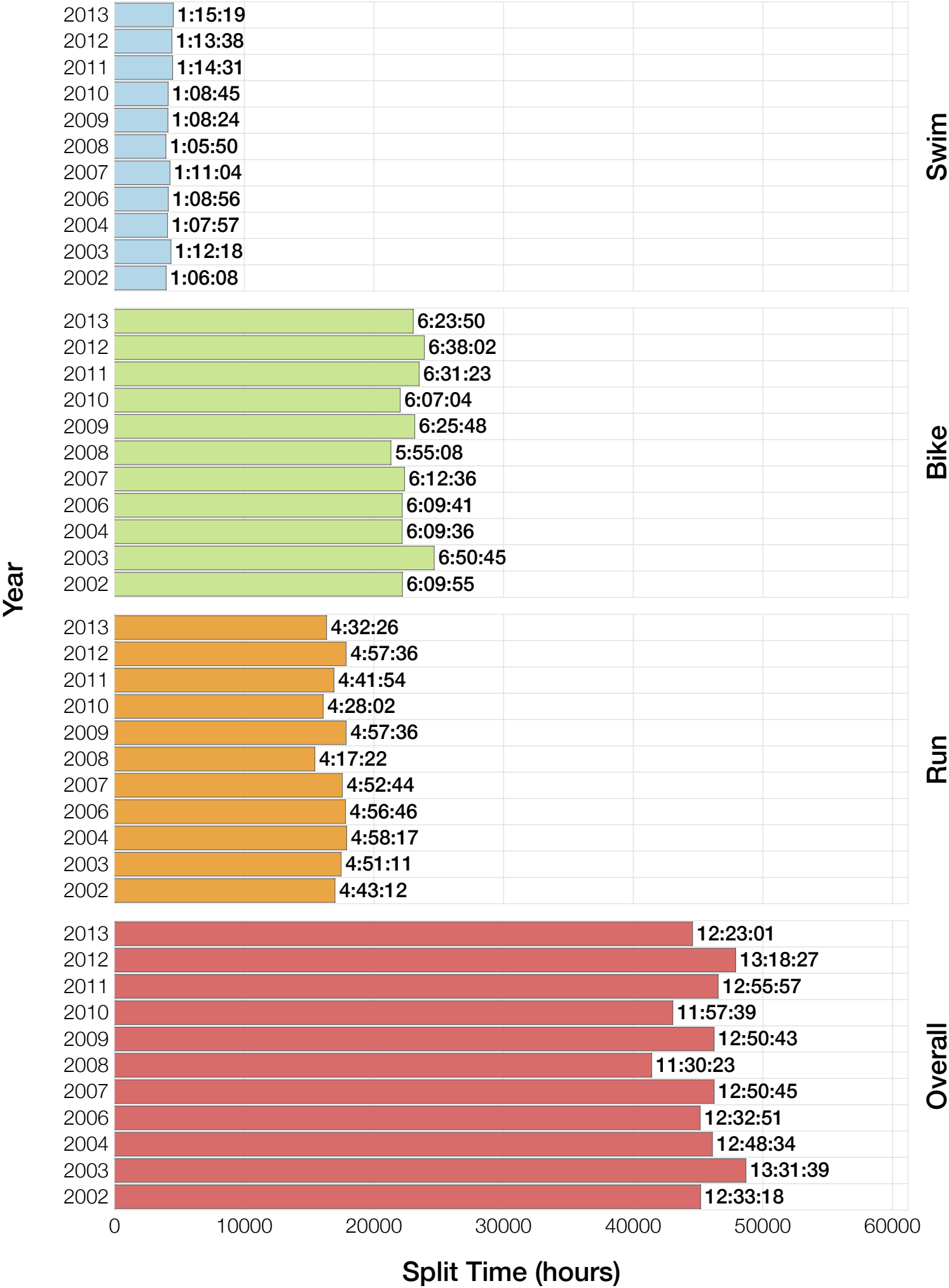
Overall



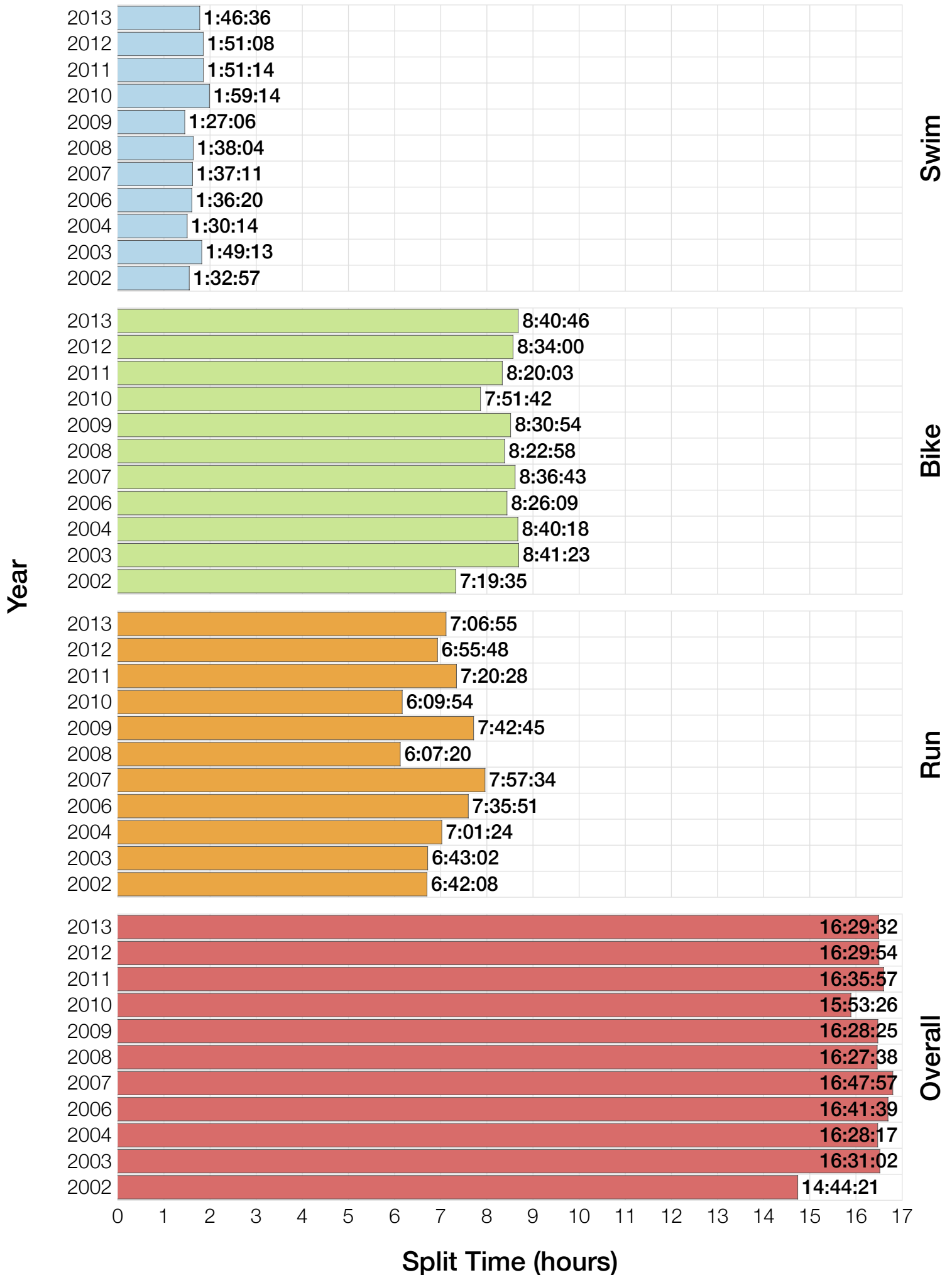
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

M18-24 Median Splits

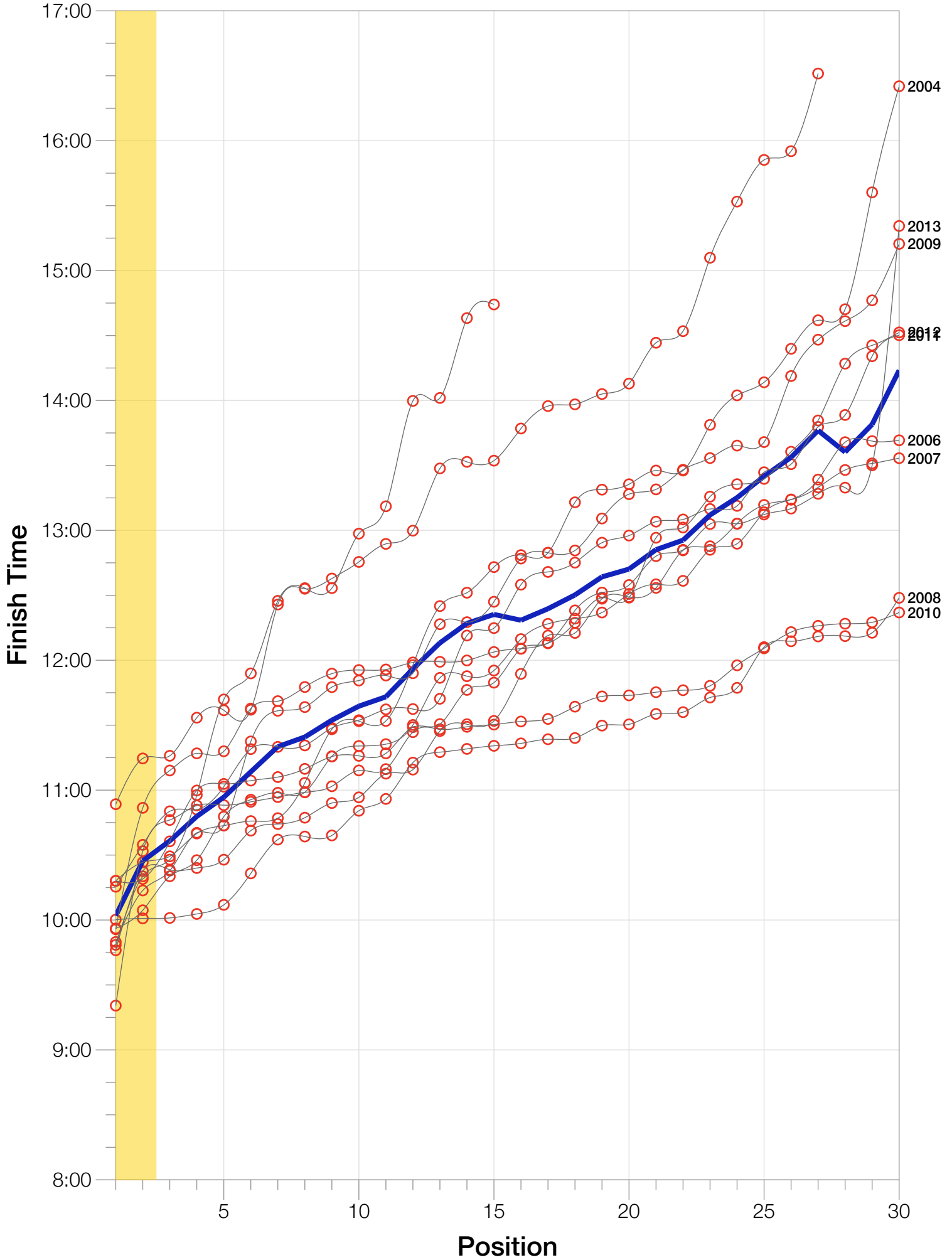


M18-24 Slowest Splits



M18-24 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M18-24 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	1:01:40	5:30:32	3:22:33	10:01:59
Average 2nd Age Grouper	1:07:11	5:35:50	3:35:15	10:27:17
Average 3rd Age Grouper	1:03:22	5:35:45	3:49:26	10:36:33
Average 4th Age Grouper	1:06:08	5:48:17	3:43:38	10:47:52
Average 5th Age Grouper	1:07:36	5:37:39	4:02:20	10:56:44
Average 6th Age Grouper	1:06:02	5:47:56	4:04:44	11:08:28
Average 7th Age Grouper	1:04:54	5:50:24	4:13:25	11:20:05
Average 8th Age Grouper	1:05:11	5:56:57	4:11:44	11:24:32
Average 9th Age Grouper	1:07:10	6:03:20	4:10:44	11:32:18
Average 10th Age Grouper	1:10:09	6:03:49	4:12:12	11:38:47
Kona Qualifier Average	1:04:25	5:33:11	3:28:54	10:14:38
Top 10 Age Grouper Average	1:05:56	5:47:03	3:56:36	10:59:28

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

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	1:11:04	5:23:46	3:12:07	9:55:44
2nd Age Grouper	1:28:21	5:53:53	3:15:07	10:51:49
3rd Age Grouper	0:53:17	5:49:02	4:20:57	11:09:04
4th Age Grouper	1:06:58	5:59:19	3:54:52	11:16:59
5th Age Grouper	0:53:09	5:46:31	4:30:25	11:17:57
6th Age Grouper	0:55:53	5:54:30	4:37:30	11:37:41
7th Age Grouper	0:59:20	6:00:42	4:32:48	11:41:06
8th Age Grouper	1:10:52	5:54:11	4:33:41	11:47:38
9th Age Grouper	1:17:57	5:57:19	4:28:33	11:53:49
10th Age Grouper	1:25:24	6:07:55	4:09:21	11:55:29
Kona Qualifier Average	1:19:42	5:38:49	3:13:37	10:23:46
Top 10 Age Grouper Average	1:08:13	5:52:42	4:09:32	11:20:43

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

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	1:02:34	5:06:40	3:04:37	9:20:27
2nd Age Grouper	1:18:18	5:32:29	3:32:05	10:31:47
3rd Age Grouper	1:08:45	5:54:06	3:31:54	10:46:12
4th Age Grouper	1:10:12	5:41:08	3:46:55	10:52:54
5th Age Grouper	0:59:18	5:33:35	4:10:50	10:53:03
6th Age Grouper	1:03:31	6:03:20	3:41:01	10:54:36
7th Age Grouper	1:01:19	5:32:41	4:14:08	10:56:48
8th Age Grouper	1:07:35	5:35:58	4:08:03	10:58:58
9th Age Grouper	1:20:13	5:59:07	3:32:05	11:01:47
10th Age Grouper	1:06:03	5:41:41	4:12:40	11:09:06
Kona Qualifier Average	1:10:26	5:19:34	3:18:21	9:56:07
Top 10 Age Grouper Average	1:07:46	5:40:04	3:47:25	10:44:33

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	0:57:25	5:34:41	3:10:29	9:49:51
2nd Age Grouper	1:02:11	5:48:42	3:15:59	10:13:40
3rd Age Grouper	1:13:35	5:37:08	3:23:32	10:22:49
4th Age Grouper	0:59:20	5:48:40	3:44:11	10:40:17
5th Age Grouper	1:13:38	5:13:58	4:07:01	10:43:45
6th Age Grouper	1:08:28	5:58:19	4:07:40	11:22:29
7th Age Grouper	1:02:40	6:14:20	4:06:23	11:36:39
8th Age Grouper	1:04:49	6:00:58	4:24:05	11:38:22
9th Age Grouper	1:08:24	5:53:16	4:36:50	11:47:35
10th Age Grouper	0:59:59	5:55:03	4:47:28	11:50:38
Kona Qualifier Average	0:59:48	5:41:41	3:13:14	10:01:45
Top 10 Age Grouper Average	1:05:02	5:48:30	3:58:21	11:00:36

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	0:54:38	5:27:48	3:31:23	10:00:11
2nd Age Grouper	1:05:50	5:27:17	3:20:20	10:00:46
3rd Age Grouper	1:05:50	5:17:33	3:30:17	10:00:57
4th Age Grouper	0:59:14	5:42:21	3:12:51	10:02:48
5th Age Grouper	1:06:12	5:31:24	3:21:03	10:07:00
6th Age Grouper	0:56:35	5:22:12	3:54:26	10:21:32
7th Age Grouper	1:01:15	5:37:18	3:46:45	10:37:09
8th Age Grouper	1:07:32	5:45:19	3:35:18	10:38:34
9th Age Grouper	0:54:33	5:35:00	4:01:27	10:39:04
10th Age Grouper	0:55:06	5:47:26	3:59:51	10:50:28
Kona Qualifier Average	1:00:14	5:27:32	3:25:51	10:00:28
Top 10 Age Grouper Average	1:00:40	5:33:21	3:37:22	10:19:50

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	1:00:28	5:19:40	3:19:35	9:46:01
2nd Age Grouper	1:11:27	5:10:02	3:53:33	10:22:35
3rd Age Grouper	1:03:17	5:29:02	3:42:33	10:23:13
4th Age Grouper	1:01:54	5:40:15	3:33:09	10:24:01
5th Age Grouper	0:58:47	5:41:03	3:41:41	10:27:52
6th Age Grouper	1:04:22	5:52:10	3:34:12	10:41:17
7th Age Grouper	1:00:29	5:30:05	4:07:25	10:44:20
8th Age Grouper	1:13:18	5:50:12	3:33:43	10:47:16
9th Age Grouper	0:51:20	5:46:32	4:09:10	10:54:02
10th Age Grouper	0:56:43	5:52:47	4:00:34	10:56:40
Kona Qualifier Average	1:05:57	5:14:51	3:36:34	10:04:18
Top 10 Age Grouper Average	1:02:12	5:37:10	3:45:33	10:32:43

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	1:00:50	5:28:41	3:18:56	9:56:06
2nd Age Grouper	0:58:14	5:30:15	3:28:28	10:04:30
3rd Age Grouper	1:01:57	5:20:52	3:47:38	10:20:12
4th Age Grouper	1:07:01	5:32:17	3:39:58	10:27:38
5th Age Grouper	1:04:14	5:32:23	4:00:09	10:47:46
6th Age Grouper	1:07:52	5:40:55	3:54:08	10:55:34
7th Age Grouper	1:11:31	5:45:10	3:47:57	10:58:46
8th Age Grouper	0:59:08	5:57:32	3:52:03	10:59:03
9th Age Grouper	1:04:22	5:51:23	4:02:35	11:15:38
10th Age Grouper	1:07:11	5:47:55	4:12:36	11:20:23
Kona Qualifier Average	0:59:32	5:29:28	3:23:42	10:00:18
Top 10 Age Grouper Average	1:04:14	5:38:44	3:48:26	10:42:33

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	0:58:19	5:48:19	3:25:03	10:18:08
2nd Age Grouper	1:01:58	5:48:02	3:25:48	10:26:40
3rd Age Grouper	1:02:00	5:22:13	3:57:59	10:29:25
4th Age Grouper	1:22:46	5:29:59	3:40:12	10:39:57
5th Age Grouper	1:03:23	5:39:22	3:53:13	10:43:36
6th Age Grouper	1:10:02	5:40:39	3:46:39	10:45:42
7th Age Grouper	0:50:07	5:39:34	4:08:47	10:47:03
8th Age Grouper	1:00:54	5:36:07	4:17:31	11:03:21
9th Age Grouper	1:07:04	6:01:31	4:08:19	11:28:07
10th Age Grouper	1:17:13	6:06:35	3:52:43	11:31:51
Kona Qualifier Average	1:00:08	5:48:10	3:25:25	10:22:24
Top 10 Age Grouper Average	1:05:22	5:43:14	3:51:37	10:49:23

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	1:10:23	5:42:18	3:51:58	10:53:30
2nd Age Grouper	1:04:37	6:02:19	3:51:40	11:14:38
3rd Age Grouper	1:03:25	5:55:45	4:05:22	11:15:52
4th Age Grouper	1:07:04	6:01:22	4:15:37	11:33:28
5th Age Grouper	1:16:12	6:04:27	4:02:52	11:36:54
6th Age Grouper	1:09:38	5:50:09	4:24:04	11:37:08
7th Age Grouper	1:35:04	5:48:54	4:49:33	12:25:45
8th Age Grouper	1:08:40	6:36:03	4:28:48	12:33:01
9th Age Grouper	1:04:12	6:57:38	4:16:55	12:37:45
10th Age Grouper	1:07:38	6:52:57	4:23:09	12:45:25
Kona Qualifier Average	1:07:30	5:52:18	3:51:49	11:04:04
Top 10 Age Grouper Average	1:10:41	6:11:11	4:14:59	11:51:20

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	0:53:55	5:20:25	3:26:30	9:48:31
2nd Age Grouper	1:03:51	5:26:54	3:42:02	10:20:10
3rd Age Grouper	1:04:05	5:23:21	3:59:54	10:27:54
4th Age Grouper	1:13:25	5:55:48	3:37:37	10:57:43
5th Age Grouper	1:10:49	5:30:35	4:53:11	11:41:53
6th Age Grouper	1:02:31	5:59:23	4:39:23	11:53:56
7th Age Grouper	0:54:04	6:31:03	4:42:25	12:27:26
8th Age Grouper	0:59:08	5:56:02	5:29:20	12:33:18
9th Age Grouper	1:11:09	6:35:16	4:35:41	12:33:19
10th Age Grouper	1:13:26	6:43:46	4:43:12	12:58:29
Kona Qualifier Average	0:58:53	5:23:39	3:34:16	10:04:20
Top 10 Age Grouper Average	1:04:38	5:56:15	4:22:55	11:34:15