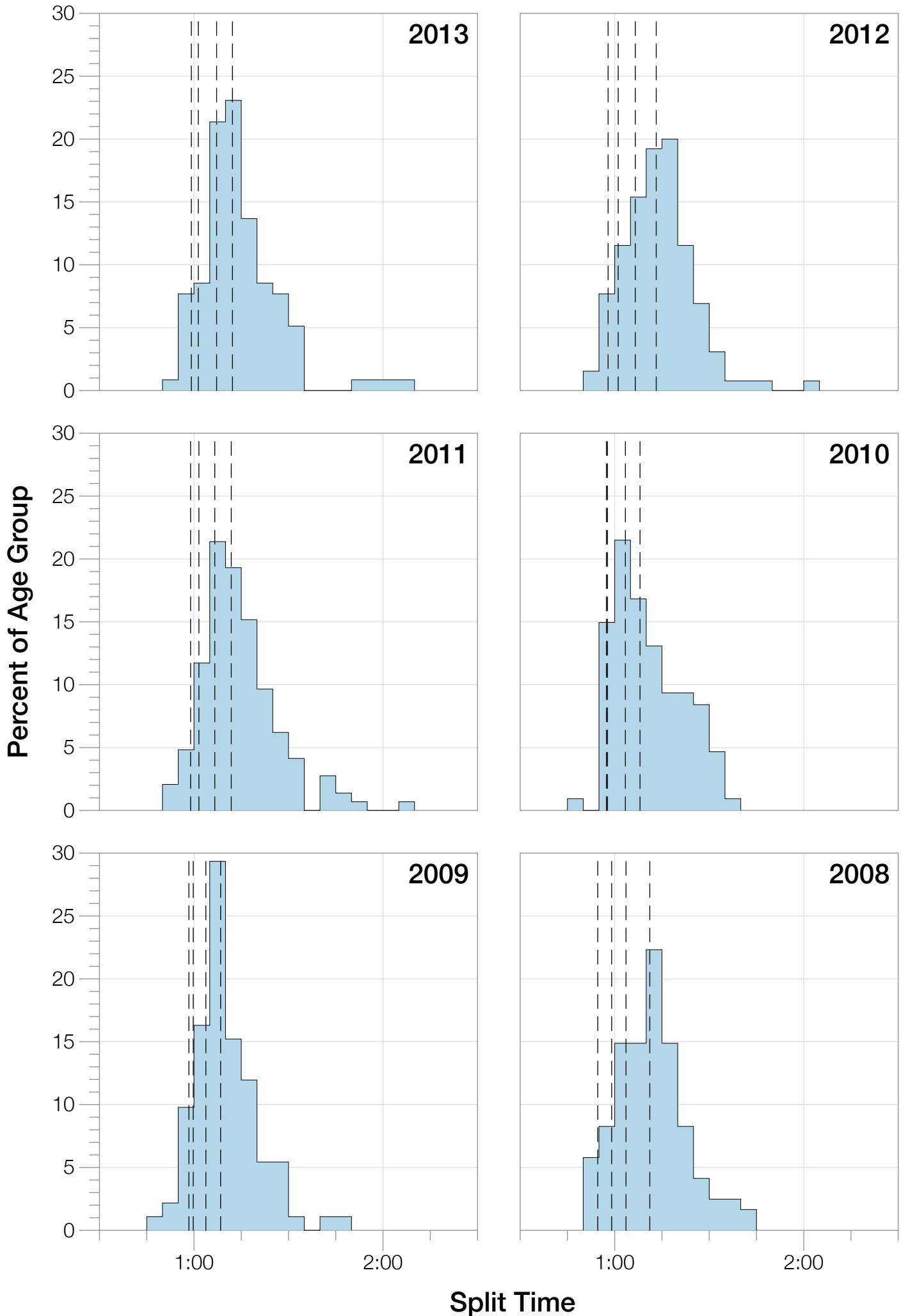


Ironman Lake Placid M25-29 Stats

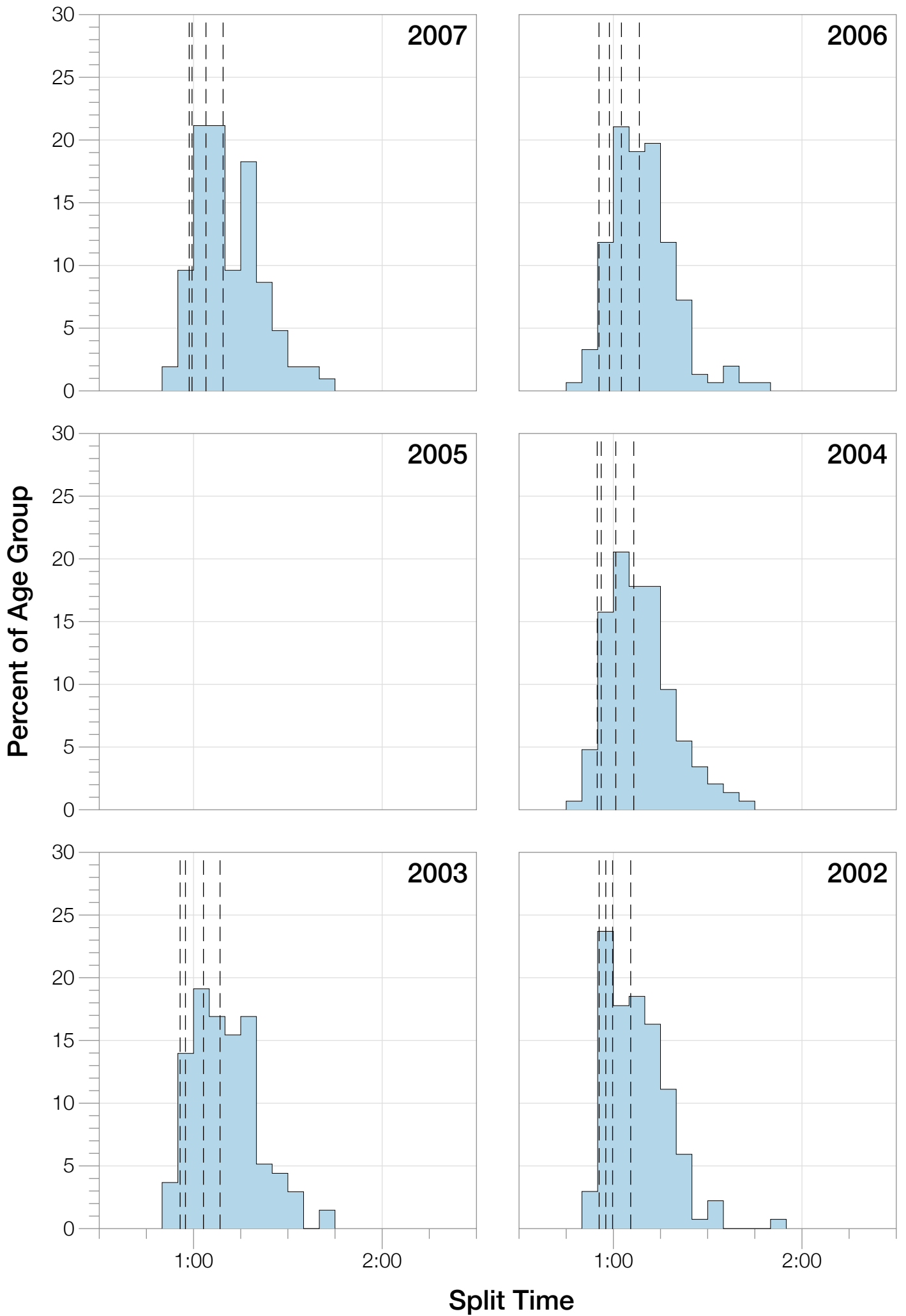
M25-29 Summary Statistics

Year	Finishers	M25-29 Finishers	Male Winner's Time	Female Winner's Time	M25-29 Winner's Time
2002	1638	135	8:39:19	9:29:41	9:31:39
2003	1673	136	8:46:15	9:51:55	9:36:09
2004	1882	146	8:23:12	9:24:42	9:33:05
2006	2038	152	8:38:18	10:11:35	9:30:29
2007	2051	104	9:16:02	9:40:20	9:16:02
2008	2193	121	8:43:32	9:51:00	9:38:32
2009	2051	92	8:36:37	9:29:36	9:41:04
2010	2472	107	8:39:34	9:27:30	9:33:13
2011	2356	145	8:25:15	9:19:03	9:41:28
2012	2280	130	8:25:07	9:47:39	9:52:19
2013	2342	117	8:43:29	9:35:06	9:25:08
Average	2089	126	8:39:41	9:38:55	8:46:35

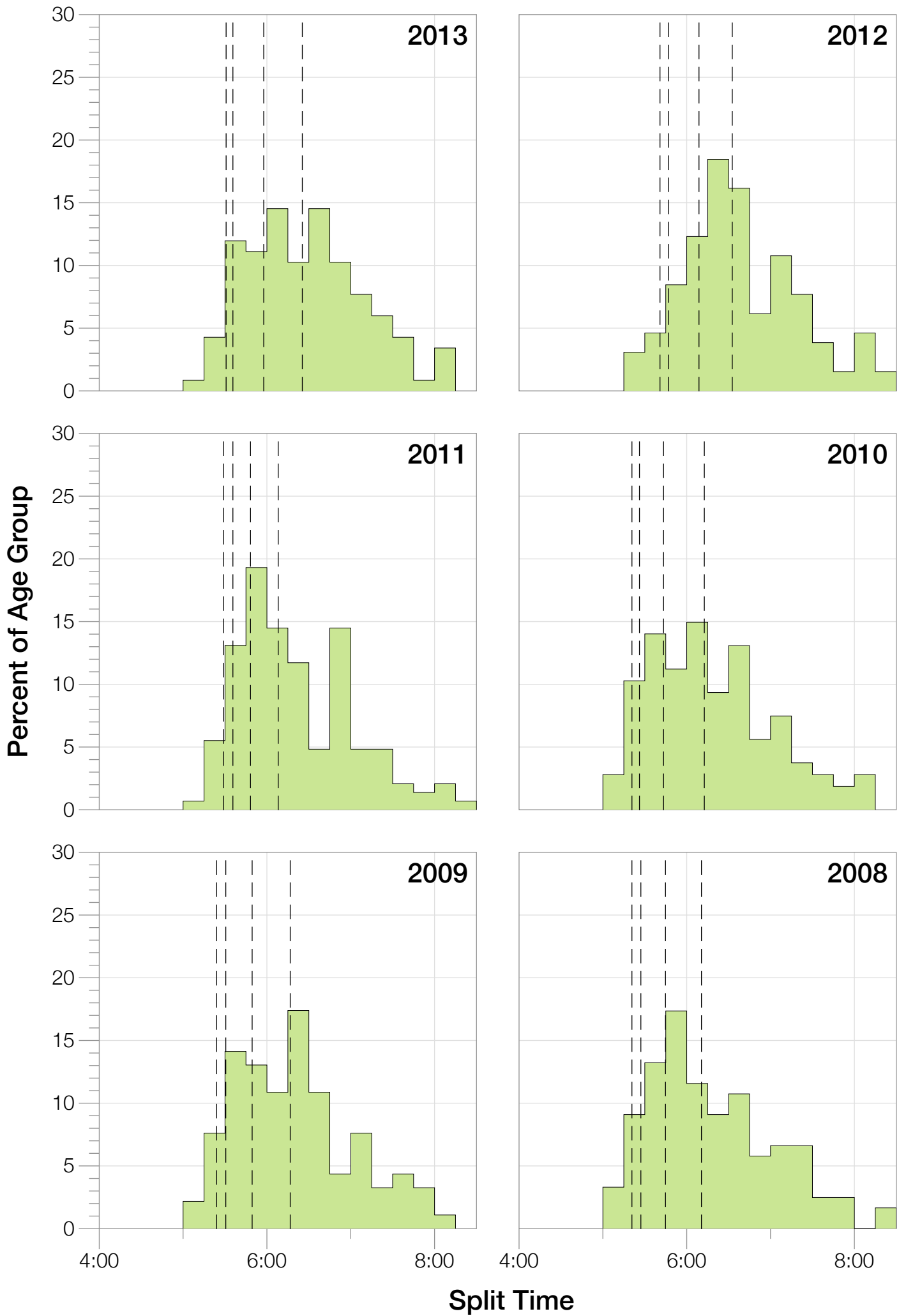
M25-29 Swim



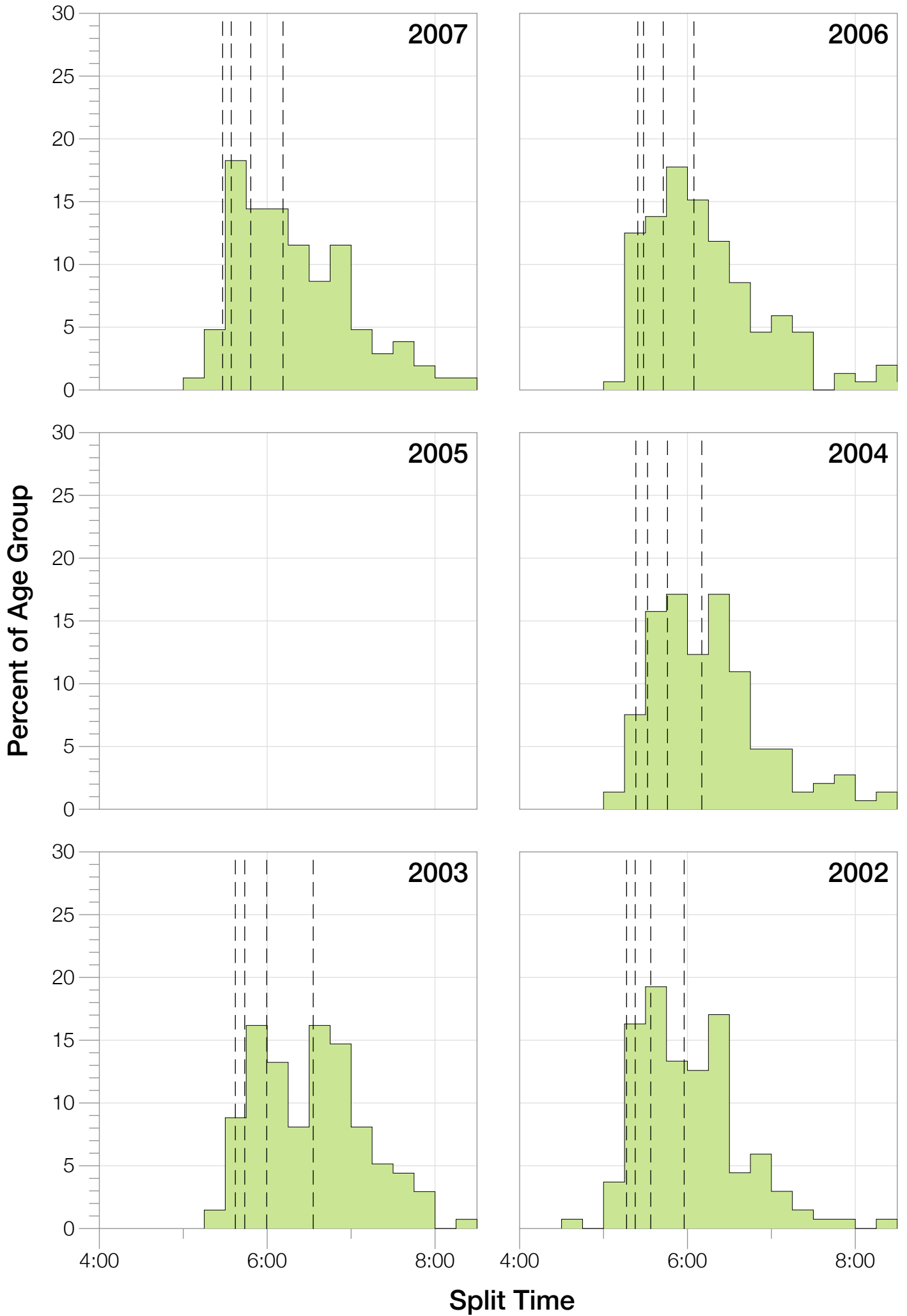
M25-29 Swim



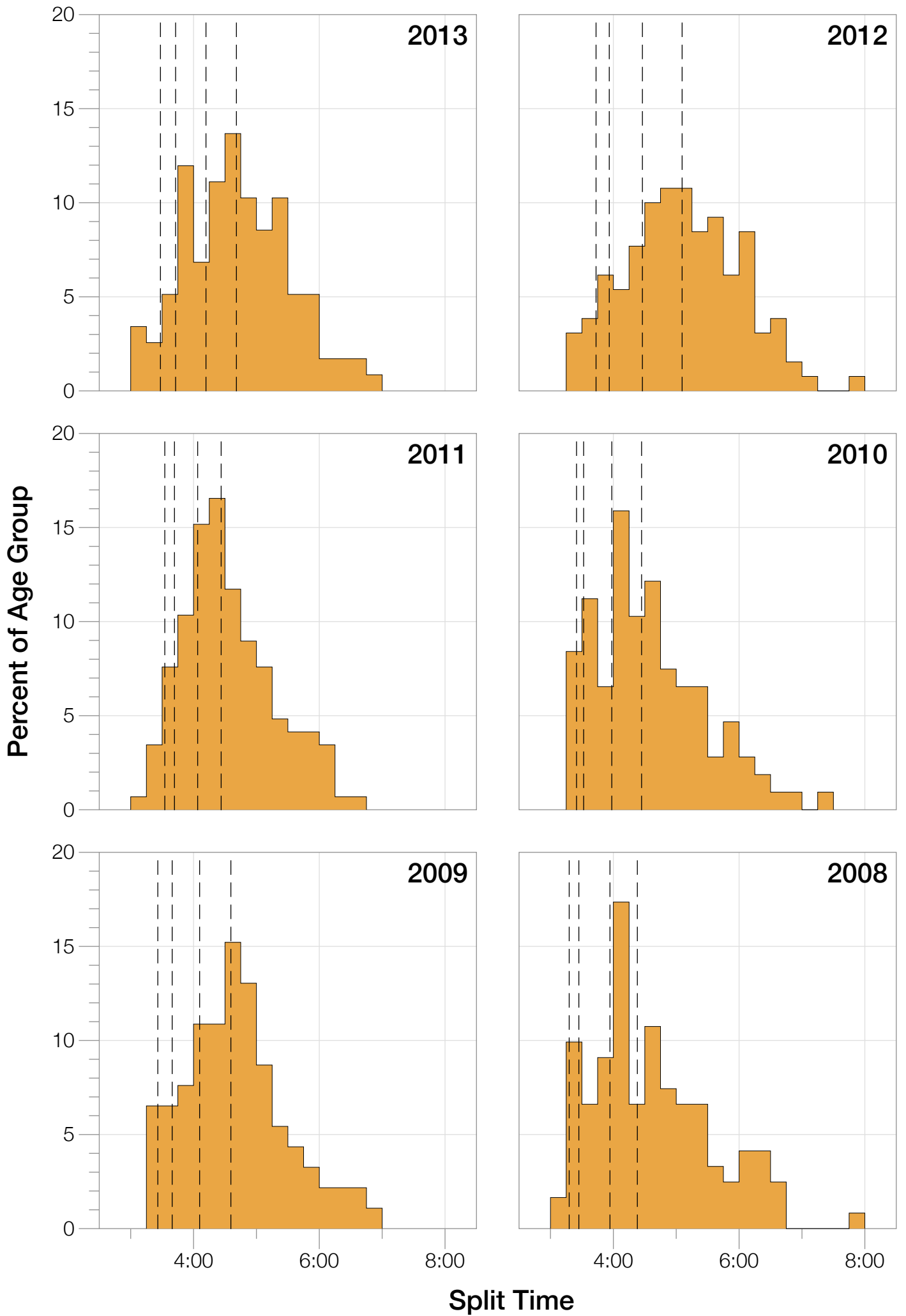
M25-29 Bike



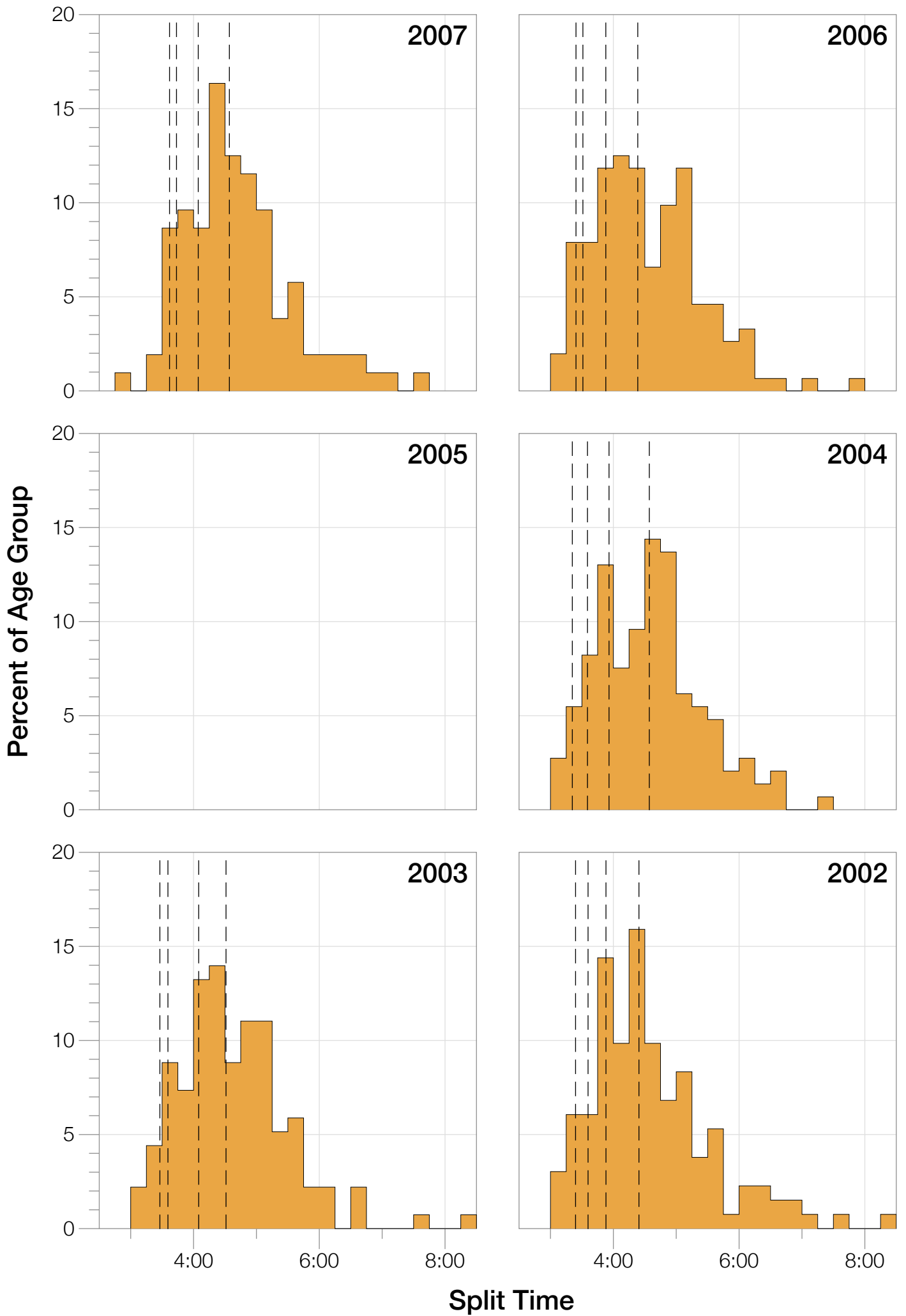
M25-29 Bike



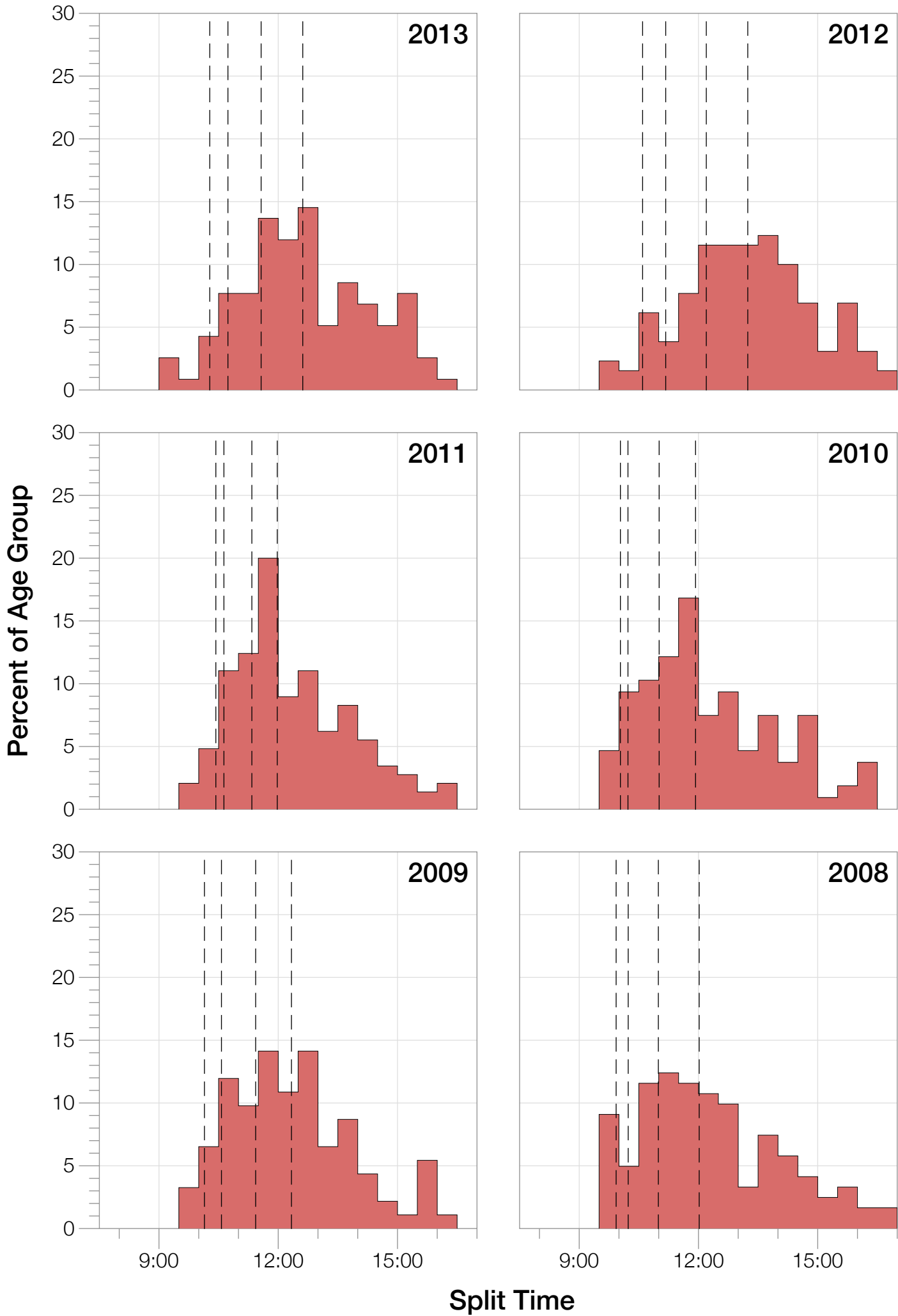
M25-29 Run



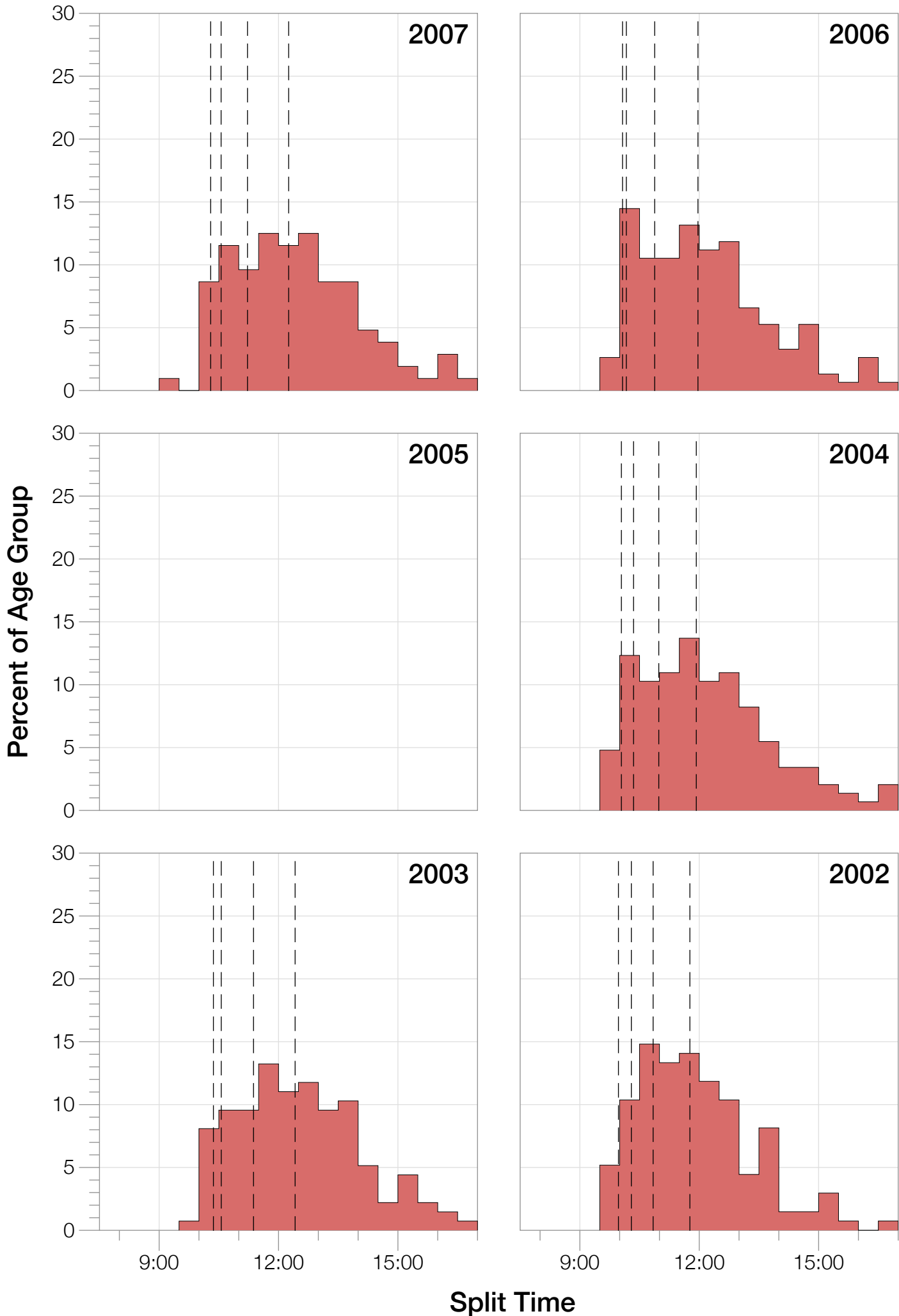
M25-29 Run



M25-29 Overall



M25-29 Overall



M25-29 Fastest Splits

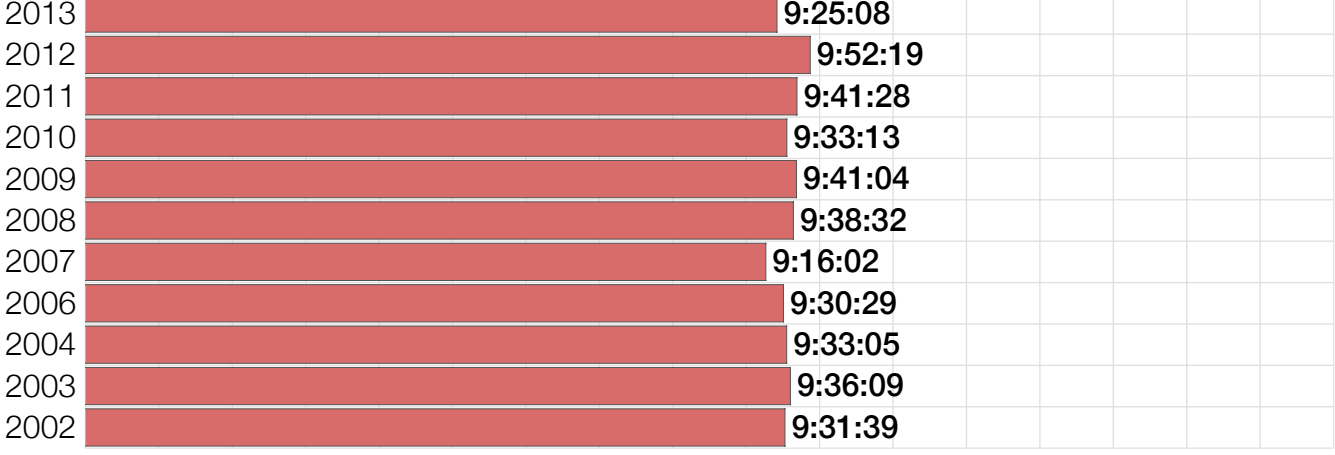
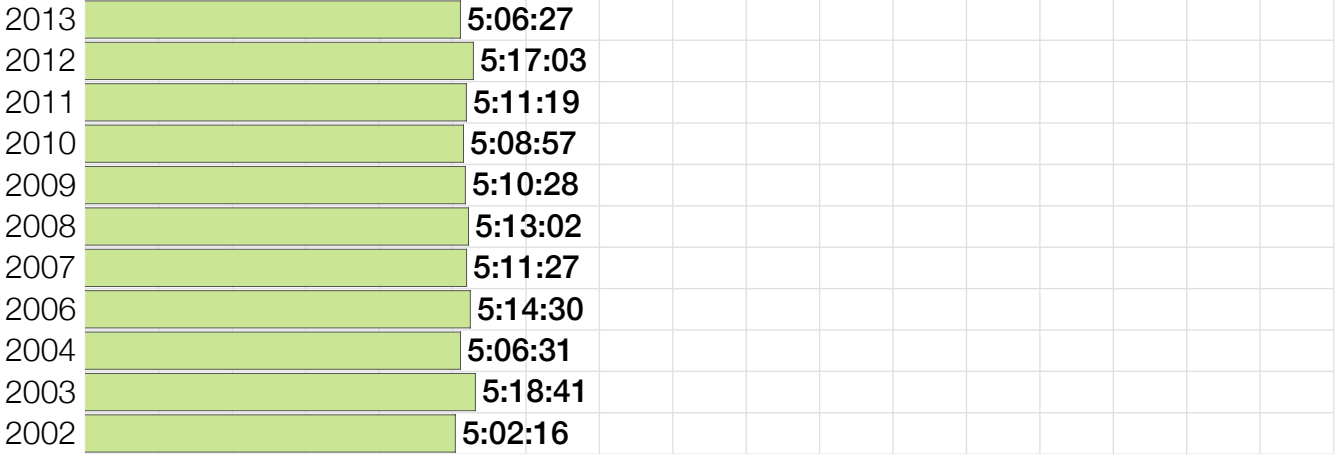
Year

Swim

Bike

Run

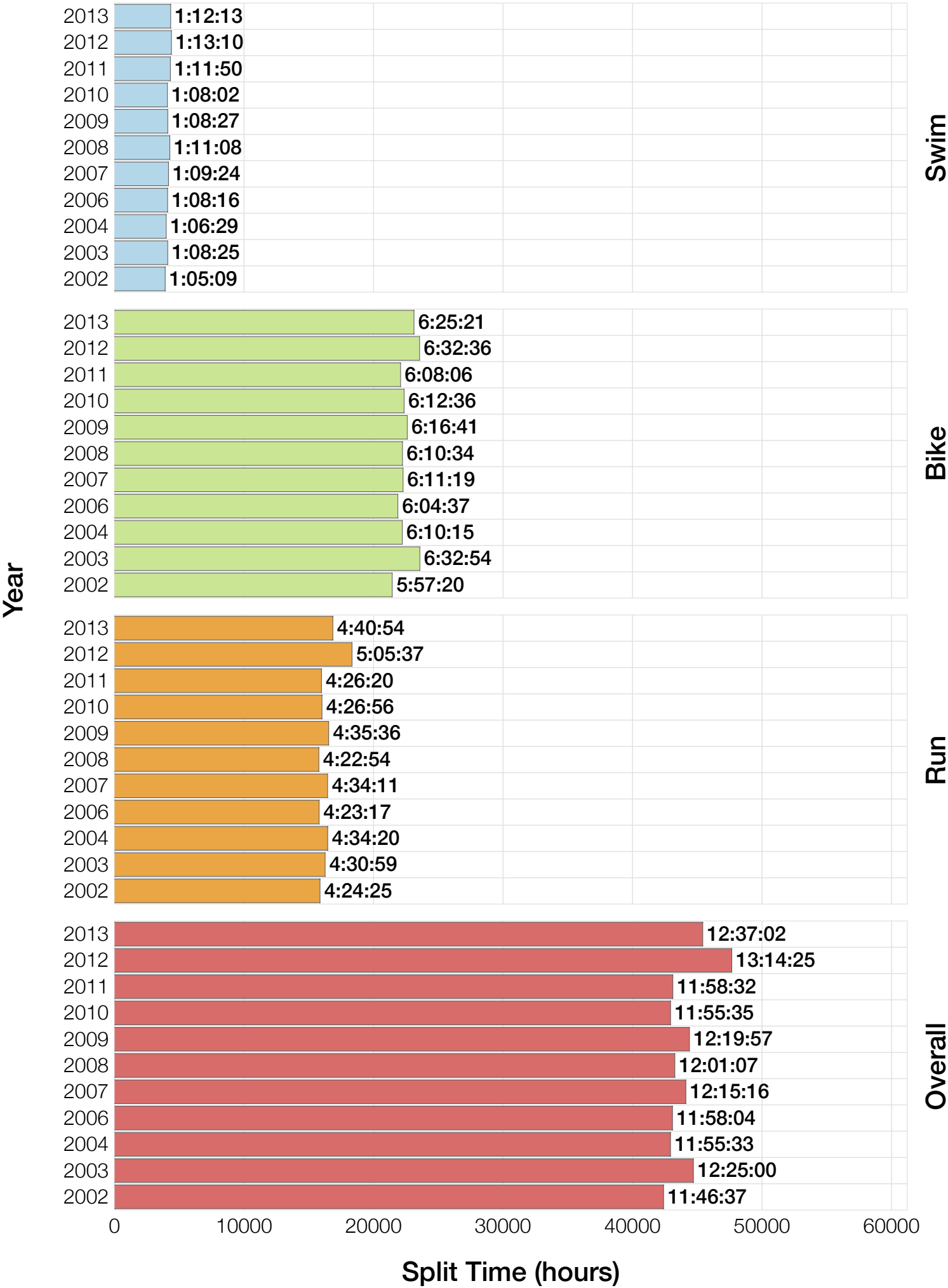
Overall



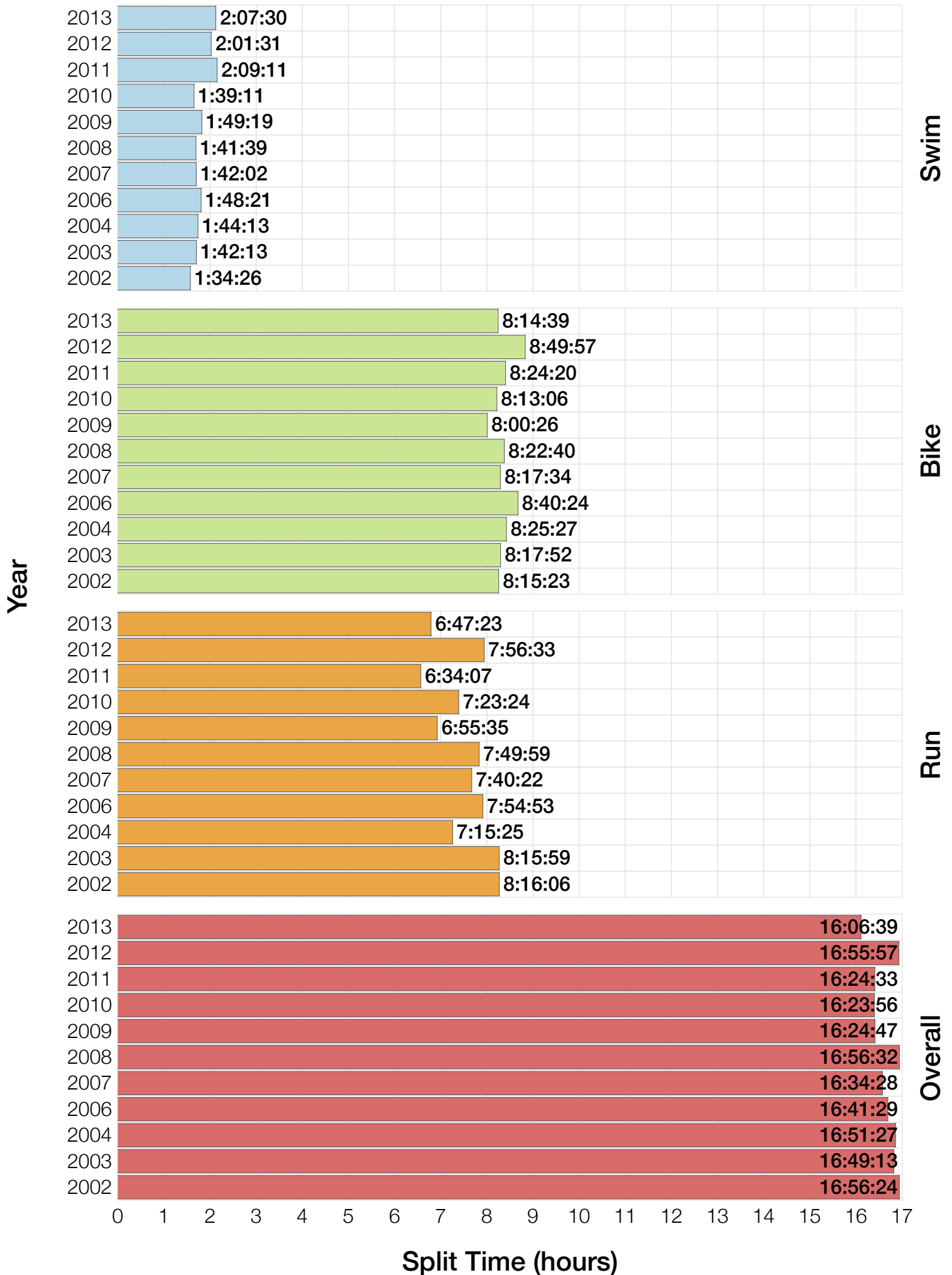
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

M25-29 Median Splits

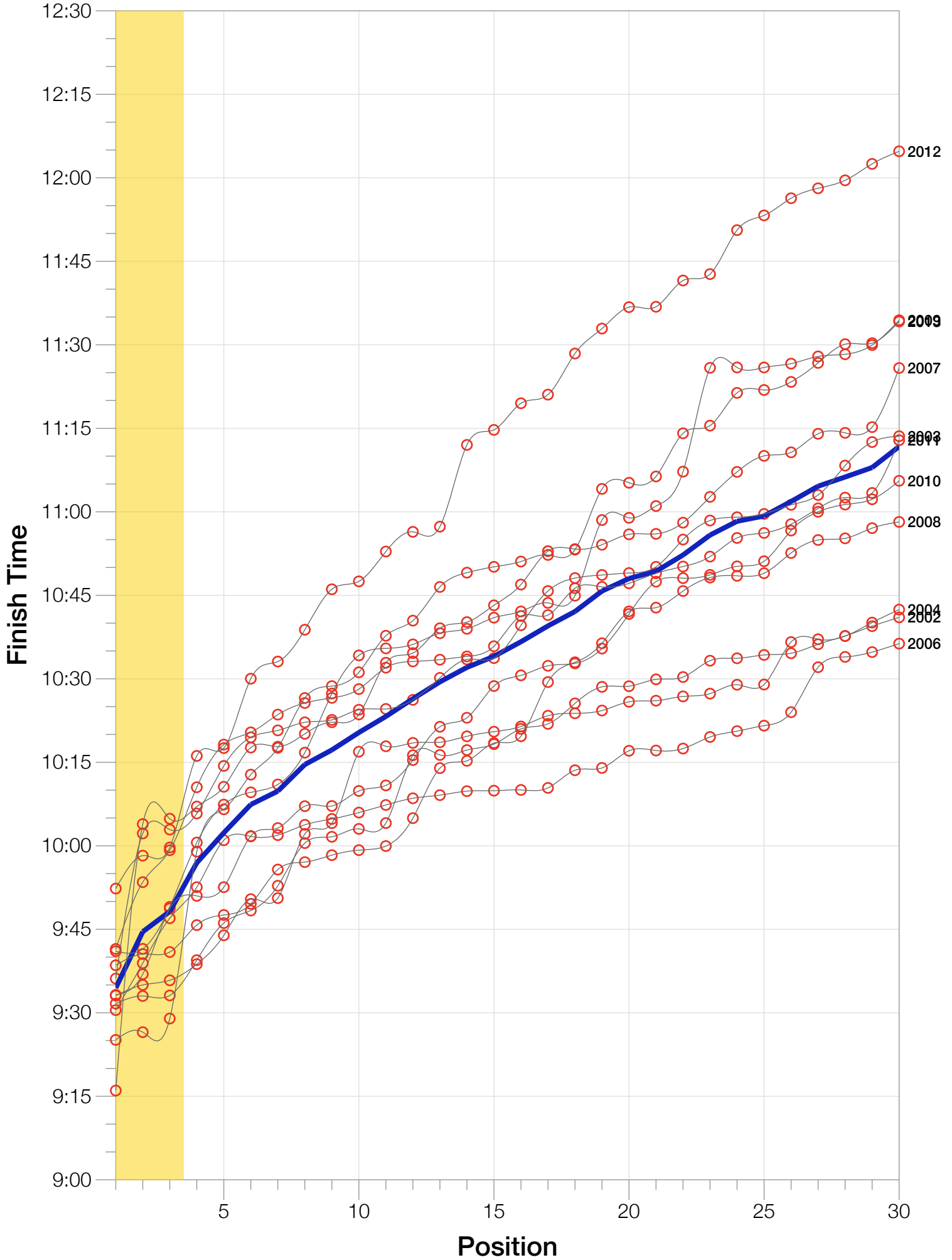


M25-29 Slowest Splits



M25-29 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M25-29 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	0:59:43	5:17:32	3:11:28	9:34:28
Average 2nd Age Grouper	1:00:57	5:20:54	3:16:03	9:44:34
Average 3rd Age Grouper	0:57:25	5:24:13	3:19:32	9:48:12
Average 4th Age Grouper	1:01:15	5:21:45	3:26:01	9:56:57
Average 5th Age Grouper	1:01:33	5:30:28	3:24:33	10:02:20
Average 6th Age Grouper	1:05:01	5:26:14	3:28:47	10:07:25
Average 7th Age Grouper	1:03:20	5:26:53	3:31:47	10:09:49
Average 8th Age Grouper	1:05:08	5:33:51	3:27:24	10:14:36
Average 9th Age Grouper	1:04:26	5:29:35	3:35:03	10:17:13
Average 10th Age Grouper	1:03:46	5:32:34	3:36:28	10:20:21
Kona Qualifier Average	0:59:21	5:20:53	3:15:41	9:42:24
Top 10 Age Grouper Average	1:02:15	5:26:24	3:25:42	10:01:35

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	1:01:18	5:16:29	3:01:06	9:25:08
2nd Age Grouper	0:59:22	5:06:27	3:14:06	9:26:31
3rd Age Grouper	1:02:35	5:16:57	3:02:40	9:28:58
4th Age Grouper	0:58:10	5:23:13	3:31:11	9:58:57
5th Age Grouper	0:59:57	5:20:37	3:39:28	10:06:33
6th Age Grouper	1:11:46	5:36:13	3:15:53	10:12:47
7th Age Grouper	1:07:36	5:29:38	3:33:36	10:17:36
8th Age Grouper	1:08:20	5:58:22	3:10:07	10:26:33
9th Age Grouper	1:14:17	5:44:09	3:22:42	10:28:41
10th Age Grouper	1:11:00	5:41:16	3:30:29	10:31:10
Kona Qualifier Average	1:01:05	5:13:17	3:05:57	9:26:52
Top 10 Age Grouper Average	1:05:26	5:29:20	3:20:07	10:02:17

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	0:59:27	5:19:45	3:27:00	9:52:19
2nd Age Grouper	0:52:20	5:44:33	3:15:14	9:58:14
3rd Age Grouper	1:01:00	5:29:55	3:20:13	9:59:42
4th Age Grouper	1:06:30	5:17:03	3:44:14	10:16:09
5th Age Grouper	1:04:29	5:43:58	3:21:54	10:17:33
6th Age Grouper	1:05:50	5:20:55	3:55:31	10:30:01
7th Age Grouper	1:01:51	5:37:48	3:44:02	10:33:06
8th Age Grouper	1:02:57	5:31:46	3:53:51	10:38:49
9th Age Grouper	1:05:24	5:39:07	3:51:45	10:46:05
10th Age Grouper	1:10:51	5:49:52	3:39:01	10:47:30
Kona Qualifier Average	0:57:35	5:31:24	3:20:49	9:56:45
Top 10 Age Grouper Average	1:03:03	5:33:28	3:37:16	10:21:56

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	1:03:05	5:20:44	3:12:14	9:41:28
2nd Age Grouper	1:02:22	5:16:31	3:28:07	9:53:28
3rd Age Grouper	1:01:02	5:28:53	3:23:36	9:59:12
4th Age Grouper	0:56:27	5:41:23	3:27:05	10:10:31
5th Age Grouper	1:02:12	5:49:02	3:18:46	10:18:11
6th Age Grouper	1:13:25	5:26:43	3:31:27	10:20:23
7th Age Grouper	1:17:06	5:33:39	3:21:27	10:23:34
8th Age Grouper	1:13:44	5:30:30	3:32:21	10:25:39
9th Age Grouper	1:03:11	5:30:10	3:44:33	10:26:34
10th Age Grouper	1:07:09	5:40:09	3:33:21	10:28:09
Kona Qualifier Average	1:02:09	5:22:02	3:21:19	9:51:22
Top 10 Age Grouper Average	1:05:58	5:31:46	3:27:17	10:12:42

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	0:57:26	5:11:19	3:17:10	9:33:13
2nd Age Grouper	0:57:33	5:08:57	3:25:29	9:36:56
3rd Age Grouper	0:57:22	5:26:04	3:17:41	9:48:44
4th Age Grouper	0:59:19	5:10:45	3:33:57	9:51:00
5th Age Grouper	1:06:25	5:19:34	3:20:30	9:52:34
6th Age Grouper	1:05:45	5:15:53	3:31:47	10:01:45
7th Age Grouper	1:03:35	5:21:13	3:32:00	10:03:11
8th Age Grouper	1:17:20	5:21:57	3:15:12	10:07:07
9th Age Grouper	1:01:13	5:29:02	3:24:38	10:07:09
10th Age Grouper	0:55:13	5:30:29	3:36:02	10:09:51
Kona Qualifier Average	0:57:27	5:15:26	3:20:06	9:39:37
Top 10 Age Grouper Average	1:02:07	5:19:31	3:25:26	9:55:09

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

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	0:59:42	5:14:21	3:18:51	9:38:32
2nd Age Grouper	1:00:02	5:26:21	3:07:13	9:40:33
3rd Age Grouper	0:54:31	5:23:38	3:15:31	9:40:55
4th Age Grouper	1:00:02	5:20:47	3:17:36	9:45:45
5th Age Grouper	1:02:48	5:21:35	3:15:54	9:47:34
6th Age Grouper	1:10:06	5:13:45	3:17:51	9:49:34
7th Age Grouper	1:02:50	5:14:48	3:31:30	9:55:44
8th Age Grouper	0:59:02	5:35:13	3:16:19	9:57:04
9th Age Grouper	1:01:38	5:23:44	3:27:04	9:58:19
10th Age Grouper	1:00:14	5:18:27	3:33:10	9:59:13
Kona Qualifier Average	0:58:05	5:21:26	3:13:51	9:40:00
Top 10 Age Grouper Average	1:01:05	5:21:15	3:20:05	9:49:19

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	0:54:11	5:17:54	2:59:36	9:16:02
2nd Age Grouper	1:00:32	5:39:47	3:17:04	10:03:54
3rd Age Grouper	1:00:55	5:20:33	3:36:50	10:04:52
4th Age Grouper	1:04:41	5:11:27	3:44:23	10:07:03
5th Age Grouper	1:01:48	5:32:54	3:29:46	10:10:36
6th Age Grouper	1:04:55	5:27:39	3:38:30	10:17:39
7th Age Grouper	1:02:01	5:35:04	3:34:04	10:17:48
8th Age Grouper	0:58:45	5:30:59	3:43:26	10:20:07
9th Age Grouper	1:02:30	5:18:48	3:54:35	10:22:12
10th Age Grouper	0:58:38	5:37:01	3:40:20	10:23:36
Kona Qualifier Average	0:58:32	5:26:04	3:17:50	9:48:16
Top 10 Age Grouper Average	1:00:53	5:27:12	3:33:51	10:08:22

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	0:59:00	5:21:20	3:03:36	9:30:29
2nd Age Grouper	1:06:28	5:17:00	3:07:34	9:38:55
3rd Age Grouper	0:55:24	5:32:12	3:10:42	9:46:59
4th Age Grouper	0:55:52	5:32:00	3:18:23	9:52:34
5th Age Grouper	0:59:25	5:23:36	3:28:36	10:01:00
6th Age Grouper	0:55:27	5:27:25	3:32:50	10:01:41
7th Age Grouper	1:01:19	5:25:57	3:25:54	10:01:55
8th Age Grouper	1:00:48	5:37:59	3:16:19	10:03:46
9th Age Grouper	1:02:21	5:29:52	3:23:45	10:04:49
10th Age Grouper	1:01:59	5:27:11	3:29:05	10:05:58
Kona Qualifier Average	1:00:17	5:23:30	3:07:17	9:38:47
Top 10 Age Grouper Average	0:59:48	5:27:27	3:19:40	9:54:48

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

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	0:53:15	5:27:47	3:08:12	9:36:09
2nd Age Grouper	1:10:55	5:36:30	3:07:54	10:02:13
3rd Age Grouper	0:51:47	5:35:47	3:28:08	10:02:55
4th Age Grouper	1:06:11	5:50:54	3:02:35	10:05:48
5th Age Grouper	0:55:25	5:46:15	3:24:58	10:14:21
6th Age Grouper	0:58:37	5:45:06	3:28:29	10:19:29
7th Age Grouper	1:02:32	5:34:42	3:34:22	10:20:44
8th Age Grouper	1:06:28	5:37:39	3:30:52	10:22:11
9th Age Grouper	1:07:13	5:18:41	3:46:51	10:22:37
10th Age Grouper	1:12:09	5:37:28	3:26:26	10:24:26
Kona Qualifier Average	0:58:39	5:33:21	3:14:44	9:53:45
Top 10 Age Grouper Average	1:02:27	5:37:04	3:23:52	10:11:05

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	1:06:38	5:18:33	3:07:03	9:31:39
2nd Age Grouper	0:56:39	5:16:56	3:13:43	9:33:01
3rd Age Grouper	0:52:30	5:11:21	3:23:52	9:33:07
4th Age Grouper	1:12:04	4:44:47		9:39:27
5th Age Grouper	1:03:59	5:19:03	3:29:50	9:46:07
6th Age Grouper	0:57:38	5:17:32	3:26:59	9:48:22
7th Age Grouper	1:03:31	5:05:03	3:37:30	9:52:49
8th Age Grouper	1:14:24	5:28:03	3:11:24	10:00:29
9th Age Grouper	1:05:02	5:34:23	3:15:00	10:01:37
10th Age Grouper	1:03:27	5:08:48	3:44:29	10:03:02
Kona Qualifier Average	0:58:35	5:15:36	3:14:52	9:32:35
Top 10 Age Grouper Average	1:03:35	5:14:26	3:23:18	9:46:58