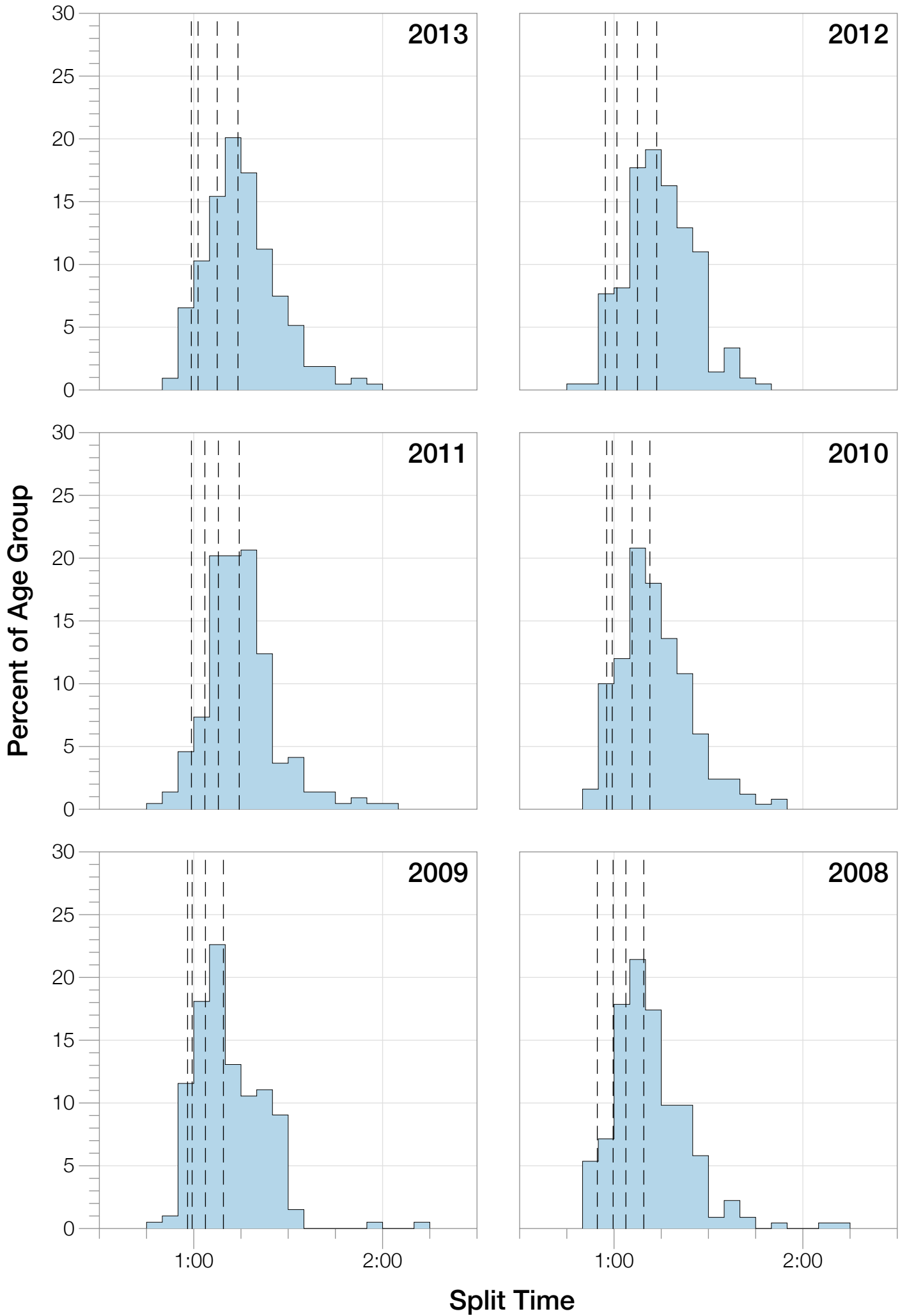


Ironman Lake Placid M30-34 Stats

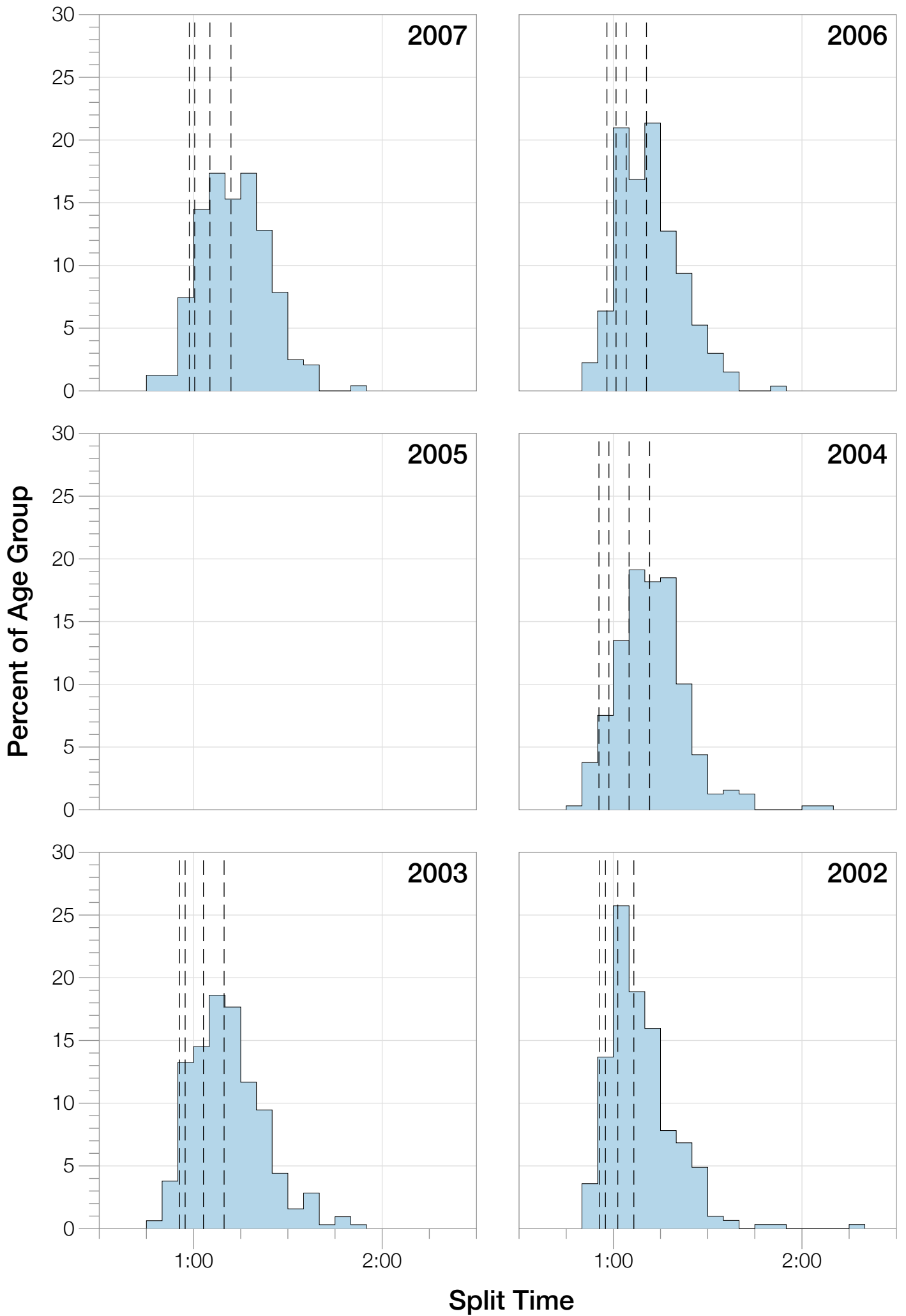
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2002	1638	308	8:39:19	9:29:41	9:39:23
2003	1673	317	8:46:15	9:51:55	9:43:17
2004	1882	319	8:23:12	9:24:42	9:43:10
2006	2038	267	8:38:18	10:11:35	9:39:24
2007	2051	242	9:16:02	9:40:20	9:25:25
2008	2193	224	8:43:32	9:51:00	9:23:35
2009	2051	199	8:36:37	9:29:36	9:46:24
2010	2472	250	8:39:34	9:27:30	9:18:22
2011	2356	218	8:25:15	9:19:03	9:36:11
2012	2280	209	8:25:07	9:47:39	9:18:21
2013	2342	214	8:43:29	9:35:06	9:14:25
Average	2089	252	8:39:41	9:38:55	8:43:59

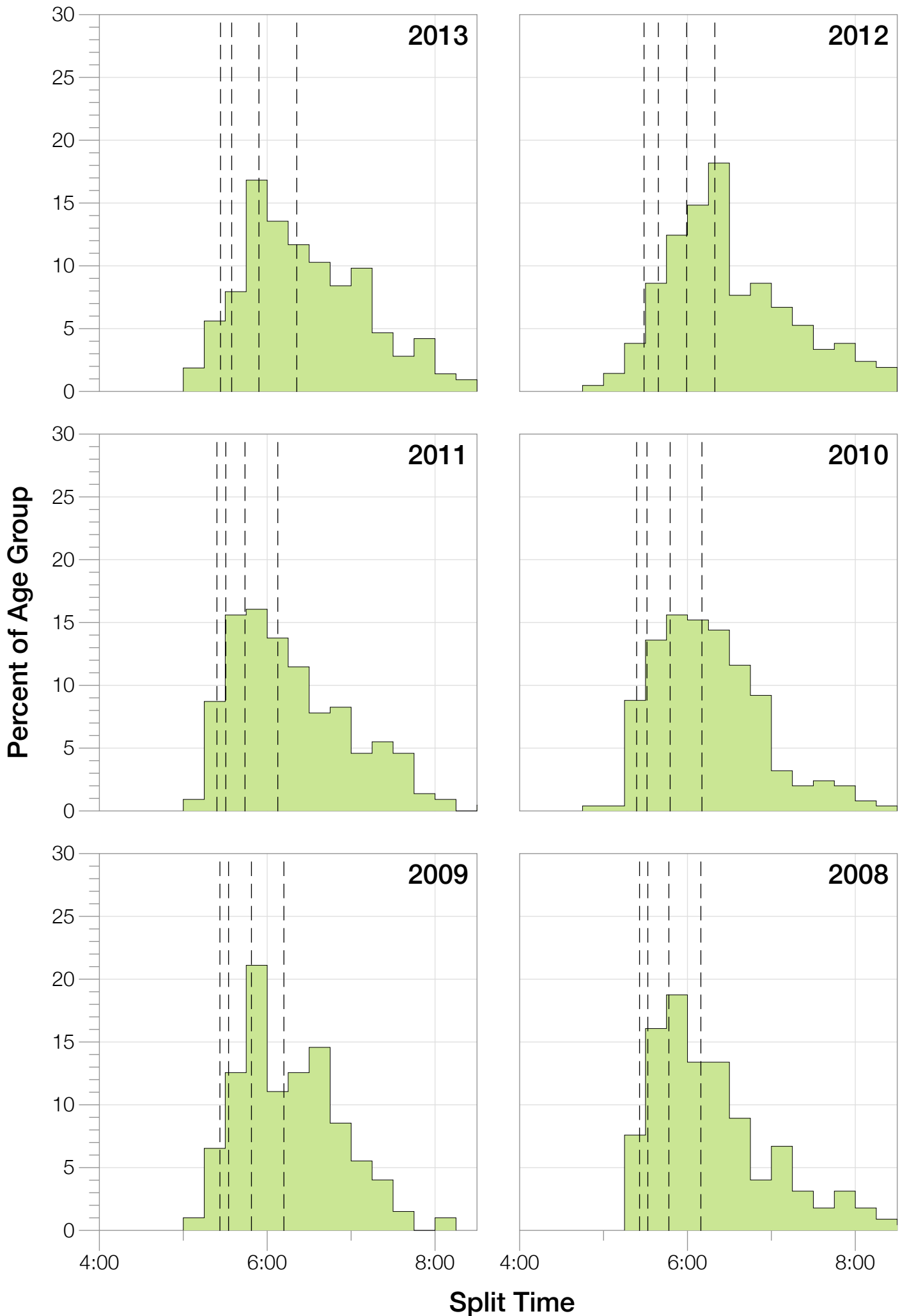
M30-34 Swim



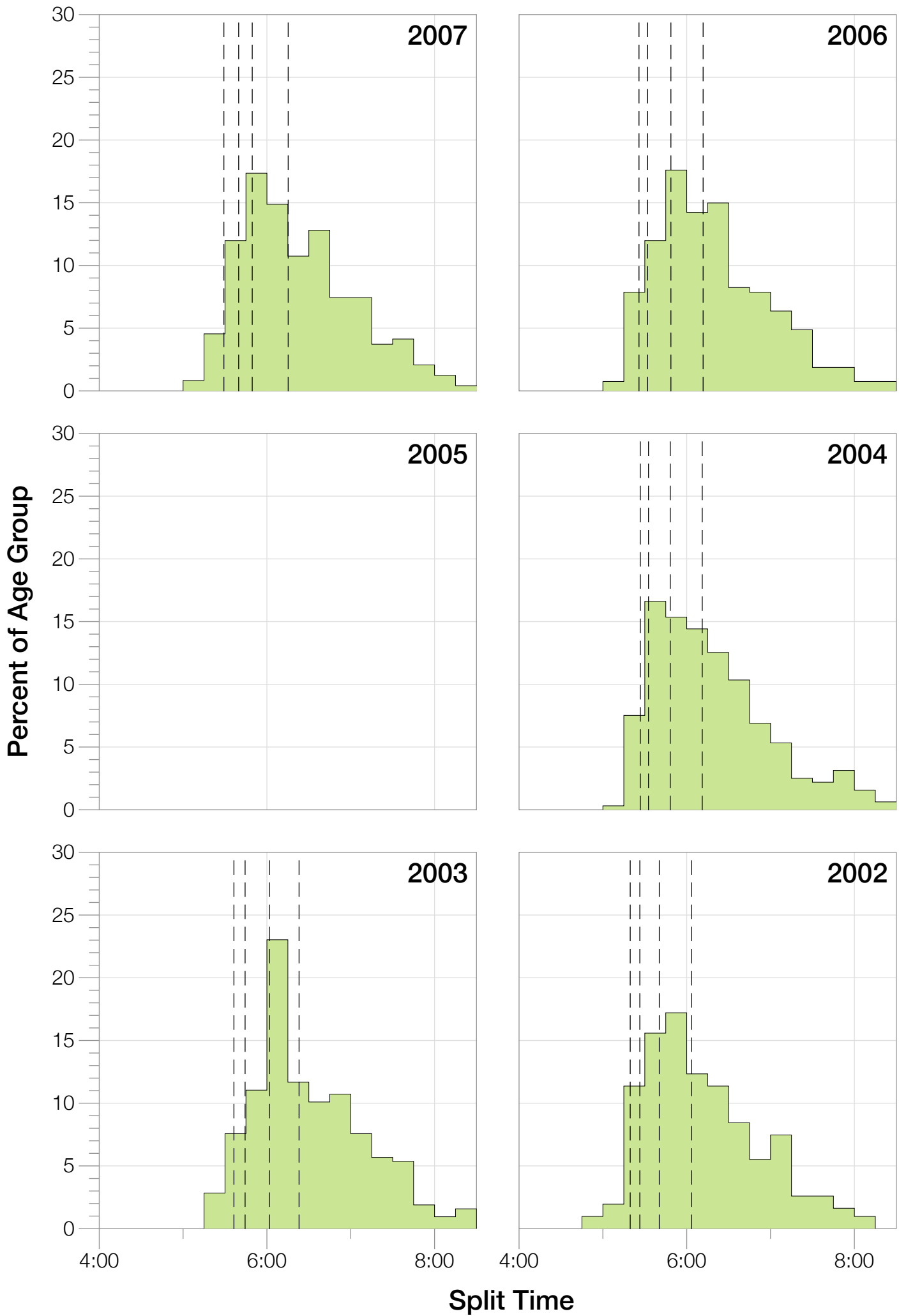
M30-34 Swim



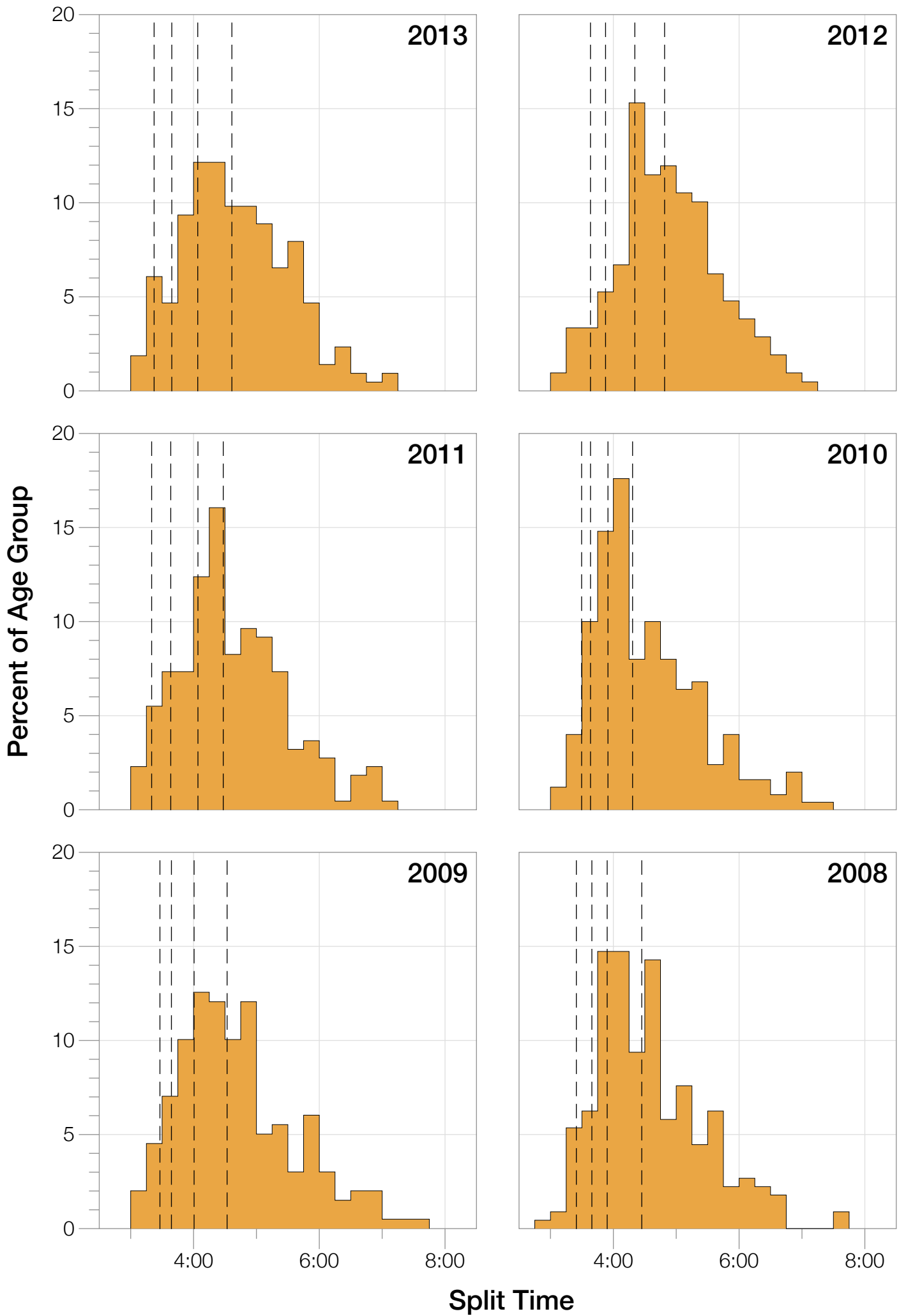
M30-34 Bike



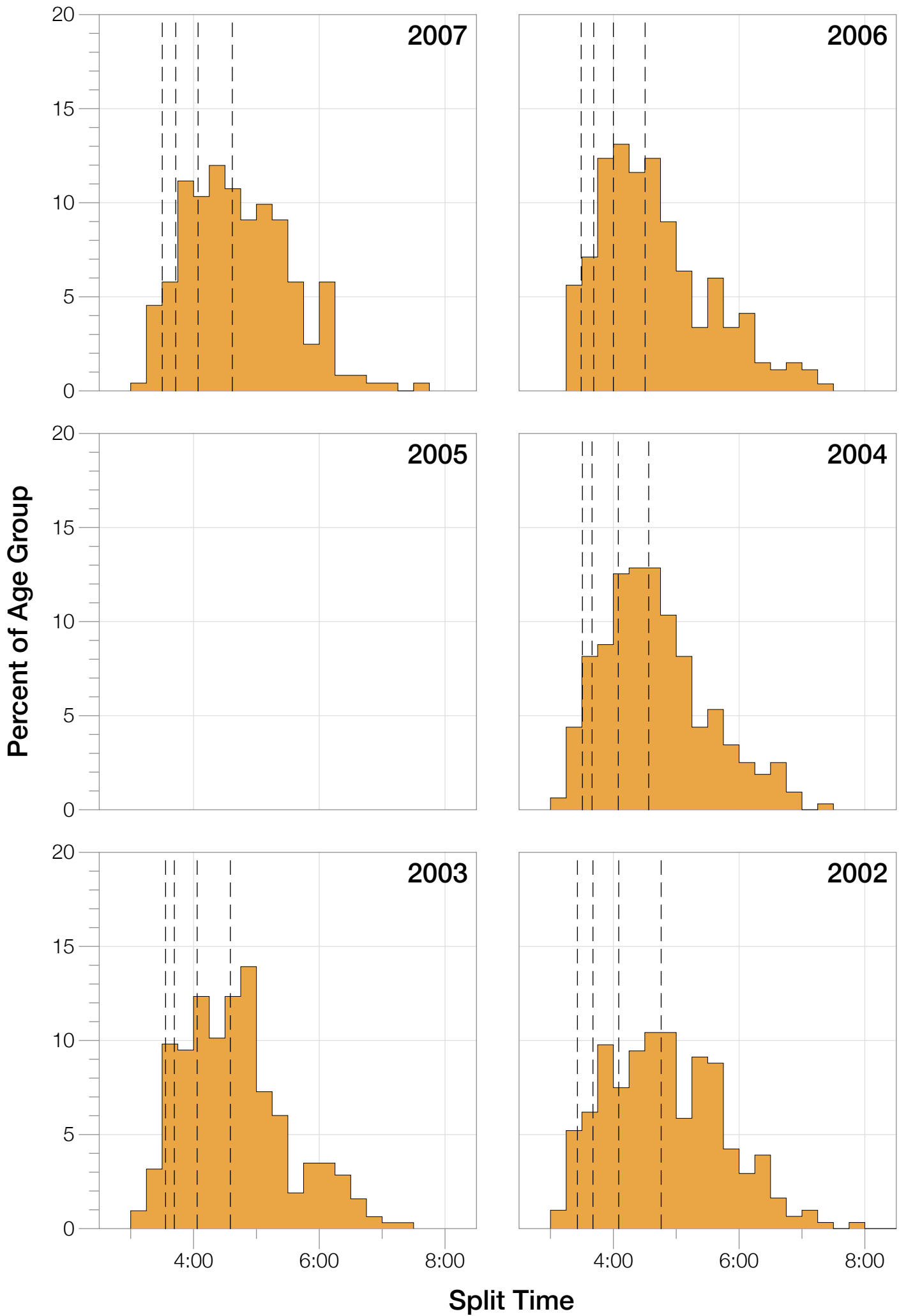
M30-34 Bike



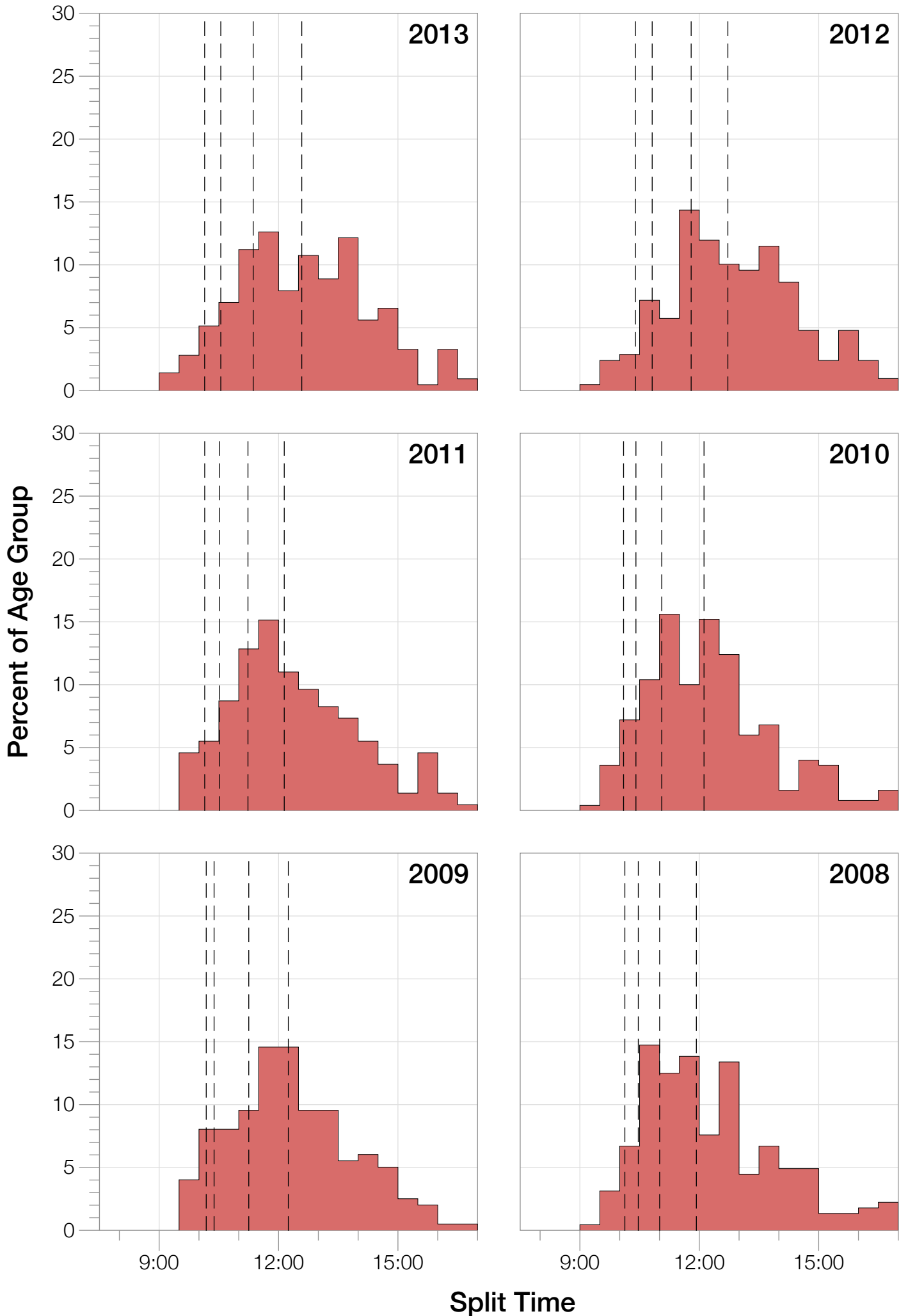
M30-34 Run



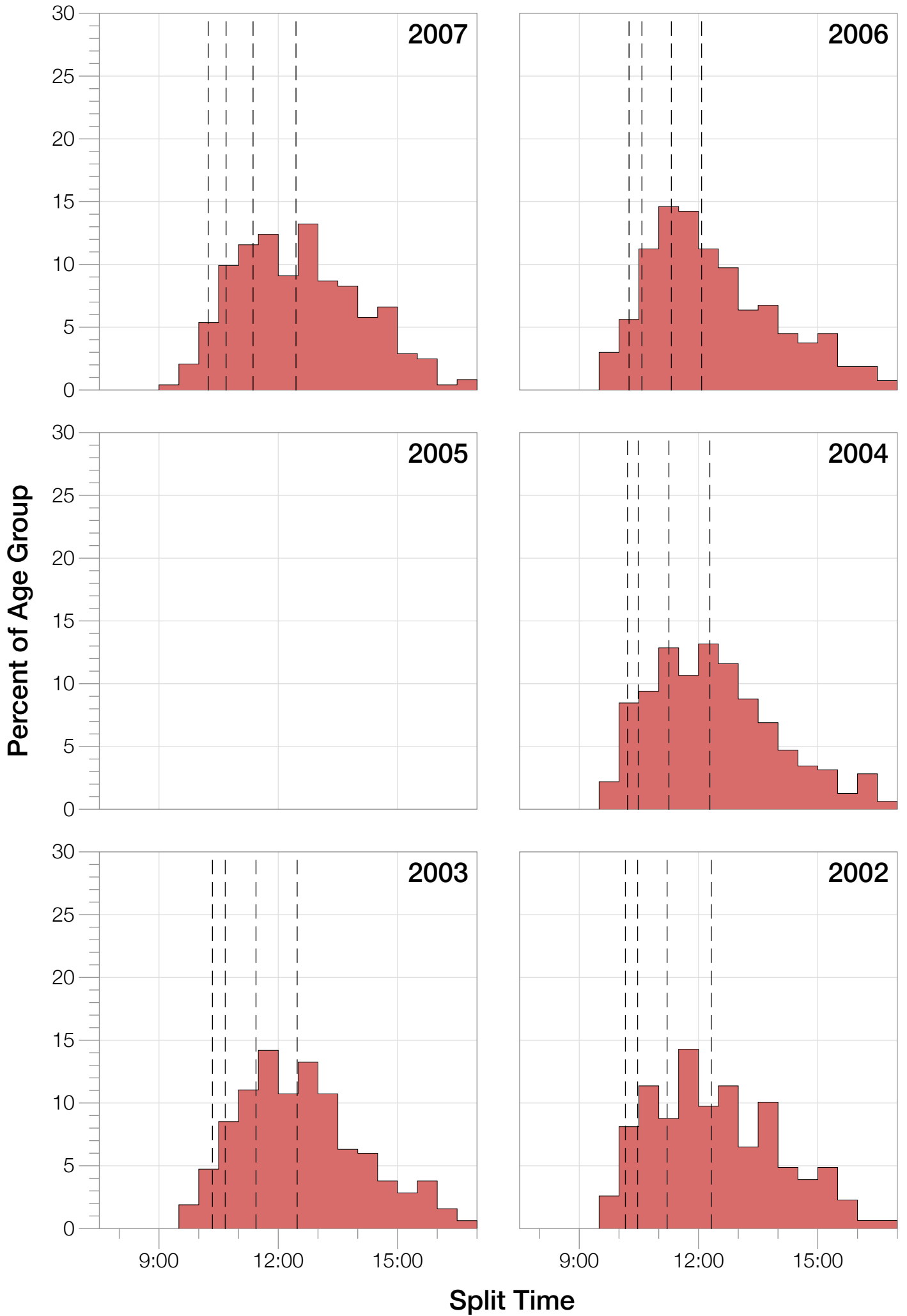
M30-34 Run



M30-34 Overall



M30-34 Overall



M30-34 Fastest Splits

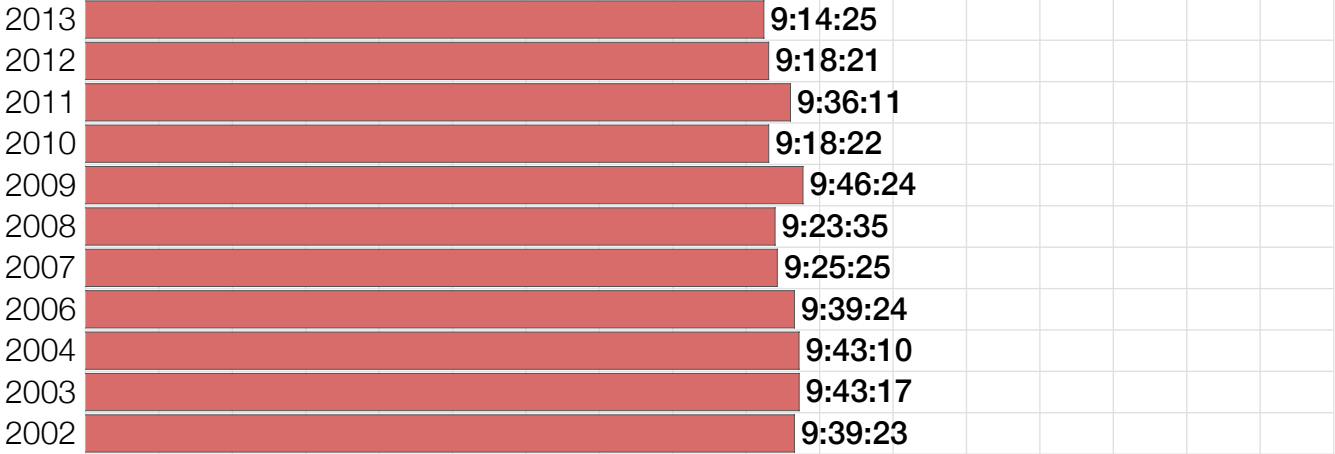
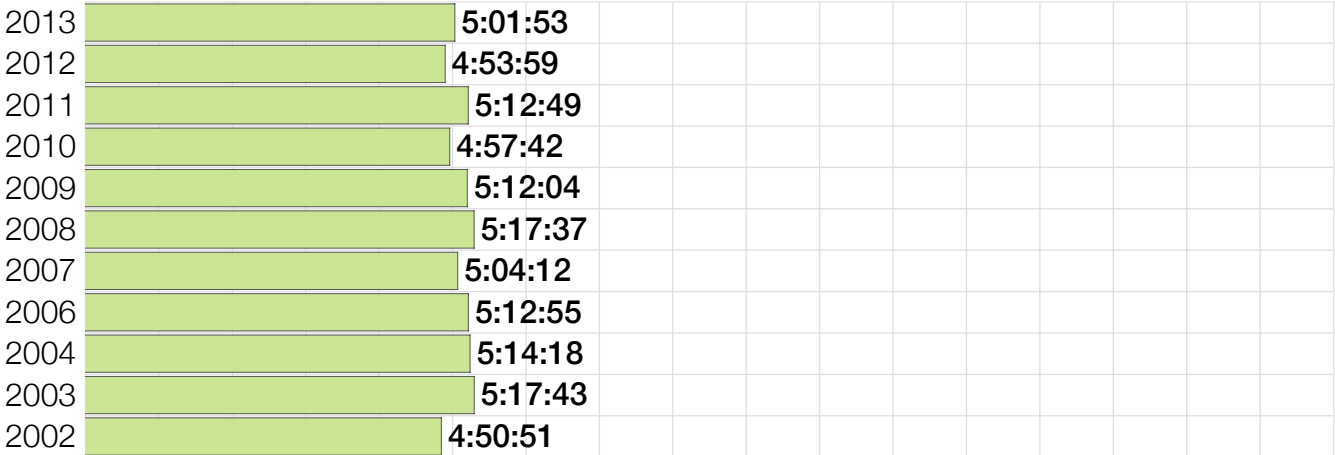
Year

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)

M30-34 Median Splits

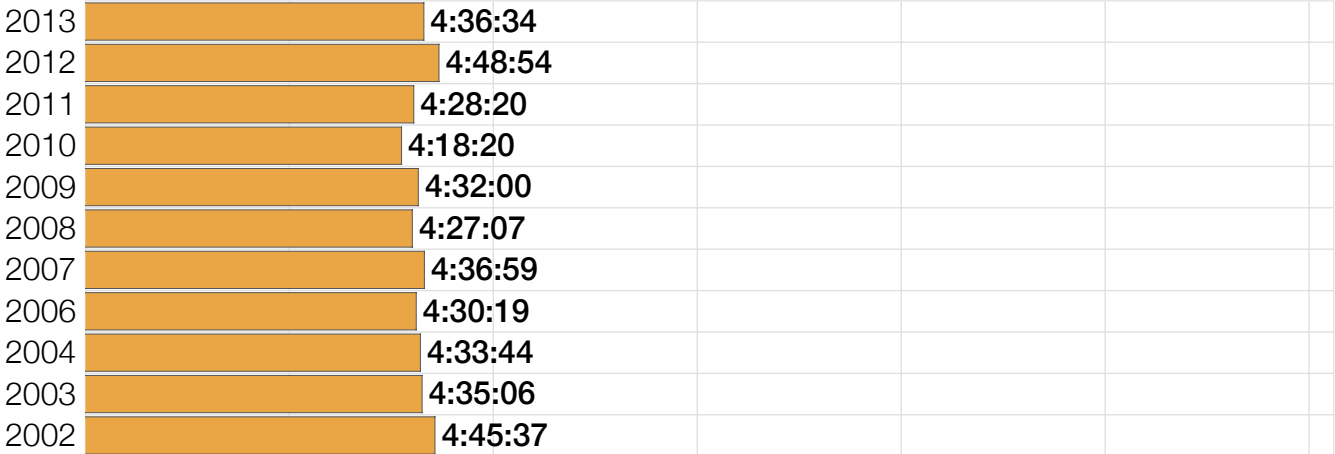
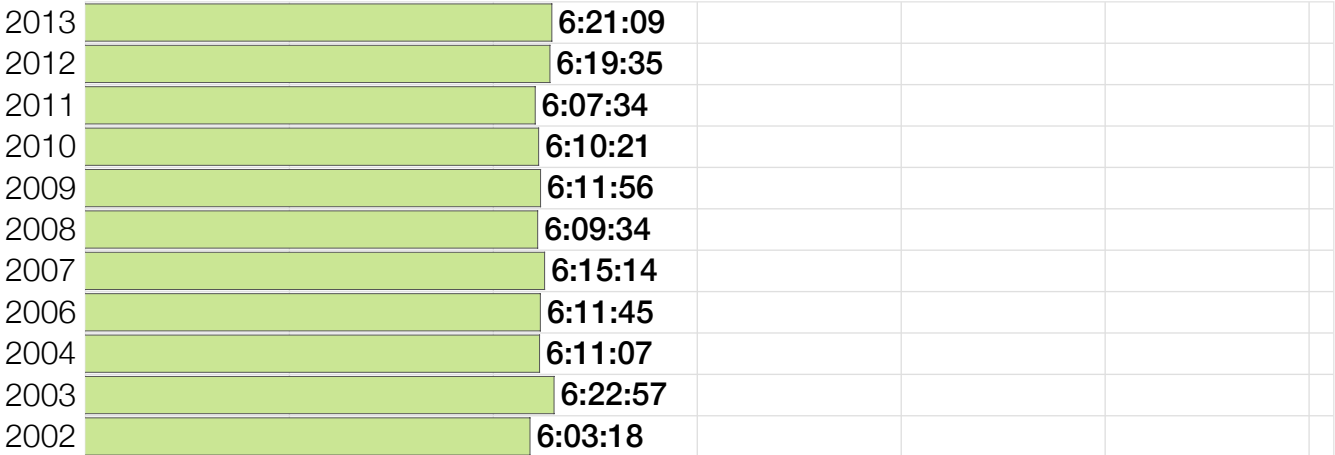
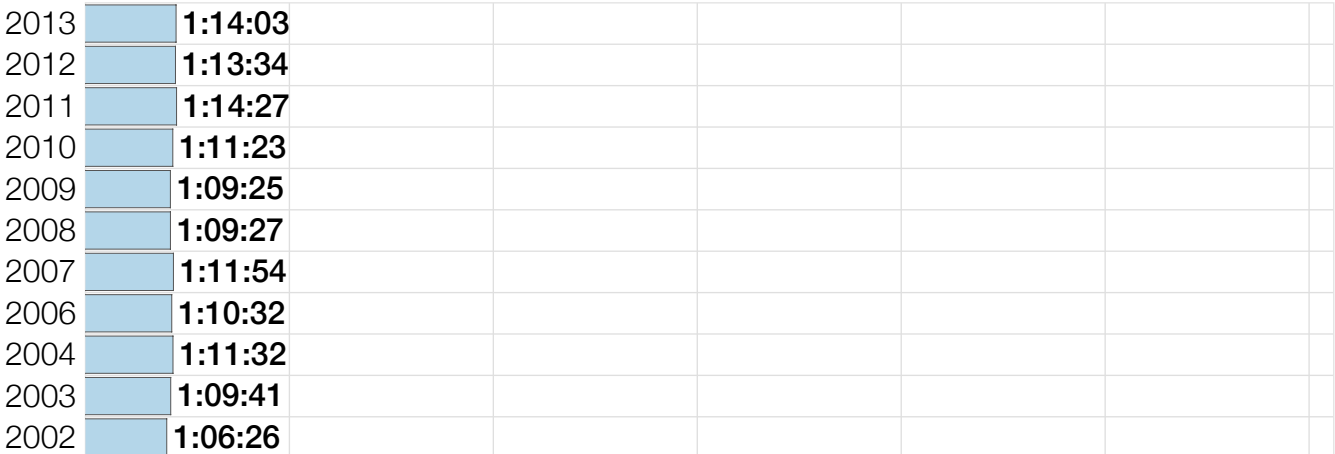
Year

Swim

Bike

Run

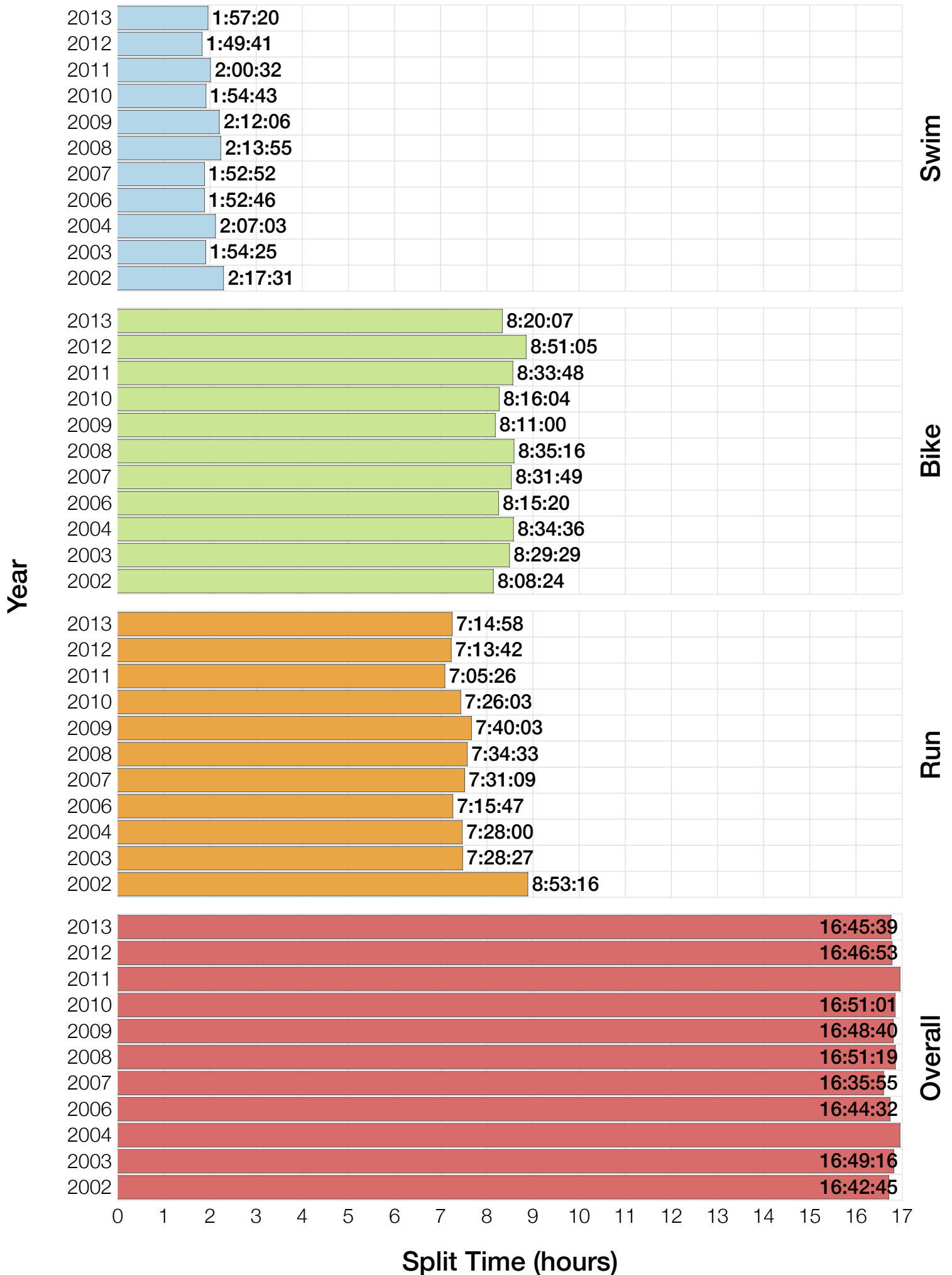
Overall



0 10000 20000 30000 40000 50000 60000

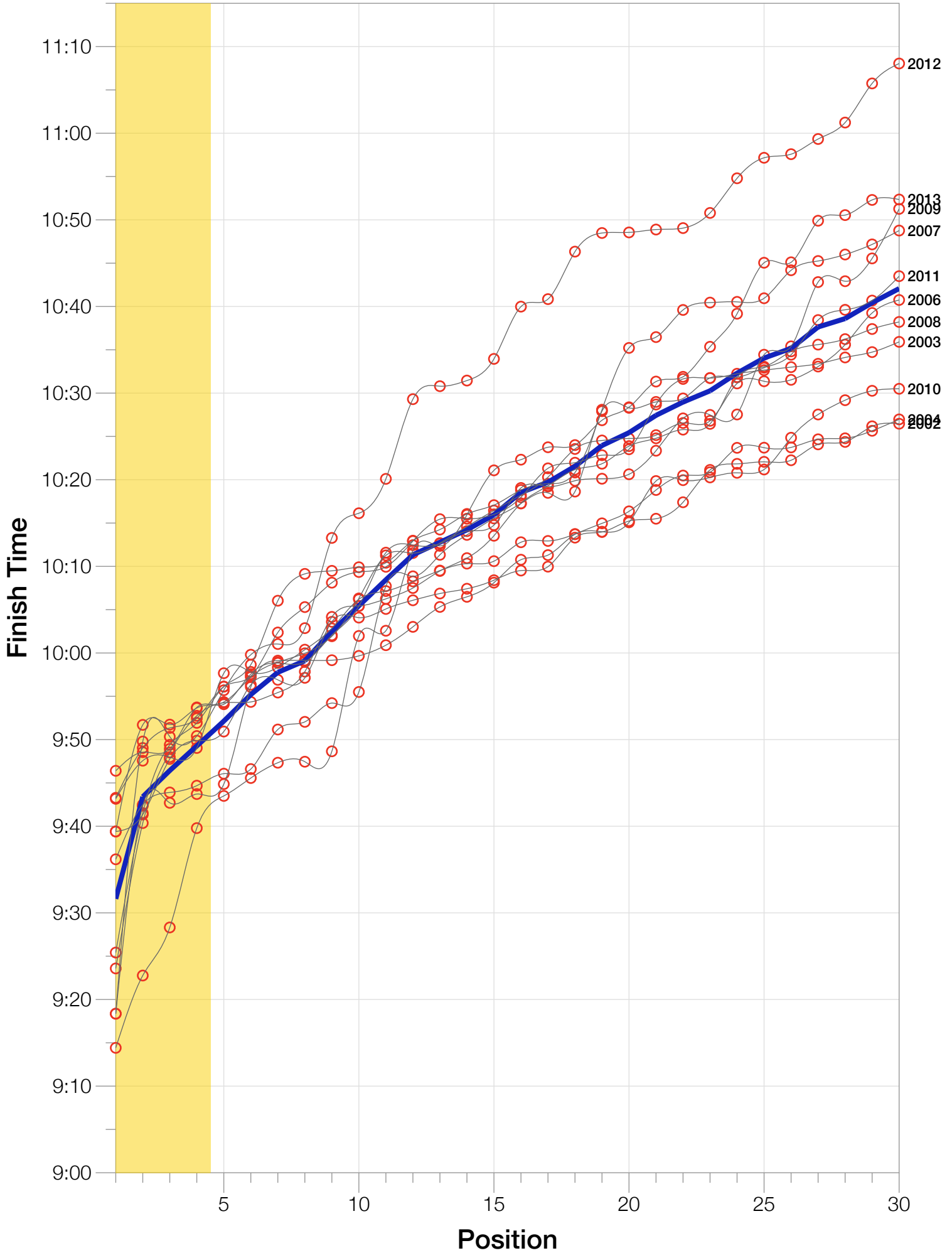
Split Time (hours)

M30-34 Slowest Splits



M30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M30-34 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	0:58:05	5:12:21	3:14:17	9:31:37
Average 2nd Age Grouper	0:59:34	5:19:06	3:17:50	9:43:24
Average 3rd Age Grouper	0:58:57	5:21:09	3:19:38	9:46:26
Average 4th Age Grouper	1:00:32	5:18:48	3:23:03	9:49:16
Average 5th Age Grouper	0:59:48	5:21:58	3:23:24	9:52:08
Average 6th Age Grouper	1:03:58	5:23:28	3:20:10	9:55:12
Average 7th Age Grouper	1:01:41	5:24:15	3:24:05	9:57:46
Average 8th Age Grouper	1:01:11	5:24:18	3:26:06	9:59:06
Average 9th Age Grouper	1:01:15	5:27:04	3:25:58	10:02:30
Average 10th Age Grouper	1:04:09	5:25:35	3:27:49	10:05:27
Kona Qualifier Average	0:59:17	5:17:51	3:18:42	9:42:41
Top 10 Age Grouper Average	1:00:55	5:21:48	3:22:14	9:52:17

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	0:57:02	5:05:12	3:04:07	9:14:25
2nd Age Grouper	0:57:10	5:01:53	3:17:05	9:22:46
3rd Age Grouper	0:57:09	5:15:27	3:08:53	9:28:19
4th Age Grouper	0:53:39	5:21:36	3:17:33	9:39:47
5th Age Grouper	1:09:00	5:11:07	3:15:26	9:43:30
6th Age Grouper	1:10:28	5:14:58	3:11:56	9:45:34
7th Age Grouper	0:55:56	5:34:34	3:09:53	9:47:20
8th Age Grouper	1:01:08	5:23:59	3:15:35	9:47:27
9th Age Grouper	1:03:09	5:17:14	3:22:22	9:48:39
10th Age Grouper	1:00:22	5:30:19	3:22:20	10:01:58
Kona Qualifier Average	0:56:15	5:11:02	3:11:54	9:26:19
Top 10 Age Grouper Average	1:00:30	5:17:37	3:14:31	9:39:58

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

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	0:59:18	5:17:09	3:12:54	9:36:11
2nd Age Grouper	0:59:32	5:24:04	3:12:36	9:42:29
3rd Age Grouper	1:05:58	5:17:40	3:13:01	9:43:54
4th Age Grouper	1:07:47	5:12:49	3:18:04	9:44:41
5th Age Grouper	0:49:53	5:23:52	3:25:08	9:46:04
6th Age Grouper	1:09:46	5:20:27	3:09:22	9:46:36
7th Age Grouper	1:11:41	5:13:35	3:18:53	9:51:10
8th Age Grouper	0:55:11	5:24:01	3:27:30	9:52:03
9th Age Grouper	0:59:00	5:28:14	3:19:12	9:54:13
10th Age Grouper	1:02:28	5:24:50	3:20:09	9:55:30
Kona Qualifier Average	1:03:08	5:17:55	3:14:08	9:41:48
Top 10 Age Grouper Average	1:02:03	5:20:40	3:17:40	9:47:17

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	0:55:23	5:04:41	3:11:19	9:18:22
2nd Age Grouper	0:57:21	5:20:38	3:18:31	9:42:22
3rd Age Grouper	1:00:28	5:18:06	3:15:28	9:42:42
4th Age Grouper	0:58:40	5:18:55	3:18:58	9:43:43
5th Age Grouper	1:07:05	4:57:42	3:32:11	9:44:52
6th Age Grouper	1:04:29	5:23:53	3:18:31	9:56:05
7th Age Grouper	1:05:11	5:22:08	3:18:22	9:59:07
8th Age Grouper	0:57:37	5:41:27	3:13:19	9:59:09
9th Age Grouper	0:55:28	5:22:59	3:30:40	9:59:10
10th Age Grouper	1:10:16	5:20:46	3:19:10	9:59:40
Kona Qualifier Average	0:57:58	5:15:35	3:16:04	9:36:47
Top 10 Age Grouper Average	1:01:11	5:19:07	3:19:38	9:48:31

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

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	0:54:37	5:27:19	2:56:13	9:23:35
2nd Age Grouper	1:00:51	5:23:18	3:09:33	9:40:22
3rd Age Grouper	1:02:51	5:24:54	3:13:42	9:48:31
4th Age Grouper	0:59:35	5:25:42	3:20:55	9:52:45
5th Age Grouper	0:54:32	5:18:45	3:34:11	9:54:15
6th Age Grouper	1:07:57	5:17:51	3:21:32	9:54:21
7th Age Grouper	0:59:40	5:25:24	3:24:05	9:55:26
8th Age Grouper	1:05:57	5:23:47	3:20:31	9:57:51
9th Age Grouper	1:01:52	5:34:33	3:21:45	10:04:10
10th Age Grouper	1:06:12	5:33:50	3:18:26	10:05:26
Kona Qualifier Average	0:59:28	5:25:18	3:10:05	9:41:18
Top 10 Age Grouper Average	1:01:24	5:25:32	3:18:05	9:51:40

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	0:58:44	5:04:12	3:16:22	9:25:25
2nd Age Grouper	0:51:40	5:19:53	3:24:26	9:41:31
3rd Age Grouper	0:57:58	5:29:01	3:16:49	9:49:24
4th Age Grouper	1:04:10	5:15:01	3:24:43	9:51:56
5th Age Grouper	1:04:19	5:31:42	3:13:07	9:56:07
6th Age Grouper	1:00:41	5:23:23	3:27:24	9:58:39
7th Age Grouper	1:01:43	5:30:10	3:27:06	10:06:02
8th Age Grouper	1:10:57	5:27:33	3:20:44	10:09:08
9th Age Grouper	1:09:49	5:13:14	3:37:33	10:09:29
10th Age Grouper	1:05:39	5:33:05	3:23:17	10:09:54
Kona Qualifier Average	0:58:08	5:17:01	3:20:35	9:42:04
Top 10 Age Grouper Average	1:02:34	5:22:43	3:23:09	9:55:45

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	0:55:28	5:12:55	3:23:39	9:39:24
2nd Age Grouper	1:01:37	5:22:58	3:15:57	9:51:42
3rd Age Grouper	1:01:07	5:16:20	3:26:33	9:51:44
4th Age Grouper	1:01:54	5:16:08	3:28:57	9:53:39
5th Age Grouper	1:04:49	5:15:57	3:24:54	9:54:20
6th Age Grouper	0:52:33	5:29:14	3:29:07	9:57:13
7th Age Grouper	0:52:29	5:25:49	3:33:42	9:58:56
8th Age Grouper	0:57:58	5:26:23	3:25:00	9:59:58
9th Age Grouper	1:00:53	5:26:57	3:25:55	10:01:56
10th Age Grouper	0:59:13	5:32:17	3:26:01	10:06:18
Kona Qualifier Average	1:00:01	5:17:05	3:23:46	9:49:07
Top 10 Age Grouper Average	0:58:48	5:22:29	3:25:58	9:55:31

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

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	0:57:26	5:21:14	3:16:04	9:43:17
2nd Age Grouper	0:57:16	5:32:34	3:11:37	9:49:02
3rd Age Grouper	0:55:40	5:19:53	3:31:32	9:51:21
4th Age Grouper	0:53:17	5:17:43	3:34:27	9:52:28
5th Age Grouper	1:03:02	5:25:21	3:20:29	9:56:07
6th Age Grouper	1:10:42	5:24:10	3:14:57	9:57:20
7th Age Grouper	1:03:17	5:22:52	3:26:56	10:02:22
8th Age Grouper	0:58:40	5:32:11	3:27:23	10:05:18
9th Age Grouper	1:07:34	5:26:30	3:27:34	10:08:07
10th Age Grouper	1:02:28	5:36:35	3:23:40	10:09:21
Kona Qualifier Average	0:55:54	5:22:51	3:23:25	9:49:02
Top 10 Age Grouper Average	1:00:56	5:25:54	3:23:27	9:57:28

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	1:00:29	5:04:48	3:25:30	9:39:23
2nd Age Grouper	1:04:11	5:05:33	3:25:14	9:41:21
3rd Age Grouper	1:04:01	5:19:48	3:18:38	9:47:46
4th Age Grouper	0:55:29	5:09:28	3:39:10	9:49:53
5th Age Grouper	1:01:03	5:20:58	3:21:48	9:50:56
6th Age Grouper	1:03:36	5:21:12	3:23:39	9:56:20
7th Age Grouper	0:56:41	5:30:39	3:23:13	9:56:54
8th Age Grouper	1:01:27	4:56:10	3:52:59	9:57:08
9th Age Grouper	0:58:15	5:28:16	3:29:31	10:03:36
10th Age Grouper	1:01:16	5:11:26	3:44:56	10:04:05
Kona Qualifier Average	1:01:02	5:09:54	3:27:08	9:44:35
Top 10 Age Grouper Average	1:00:38	5:14:49	3:30:27	9:52:44