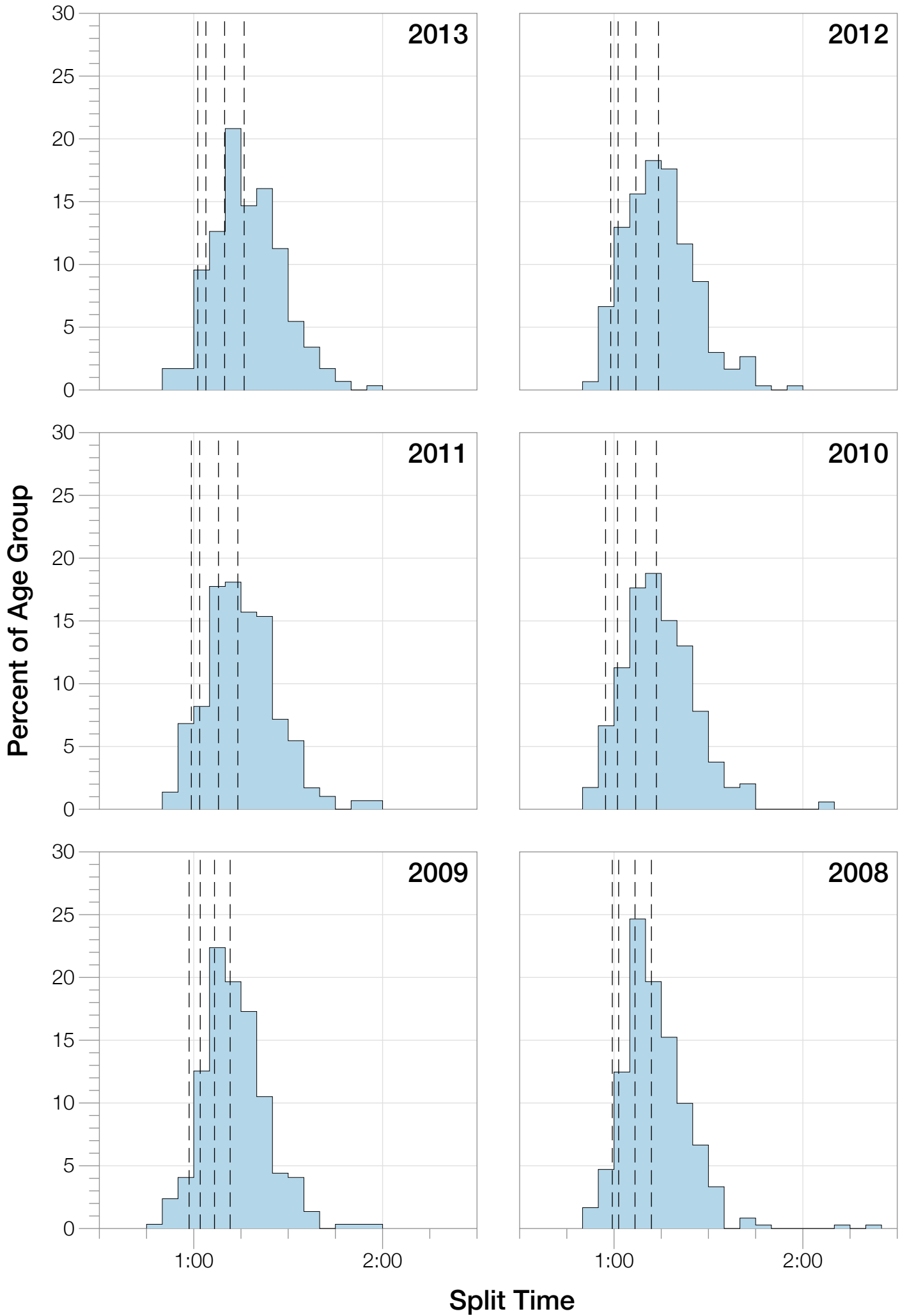


Ironman Lake Placid M35-39 Stats

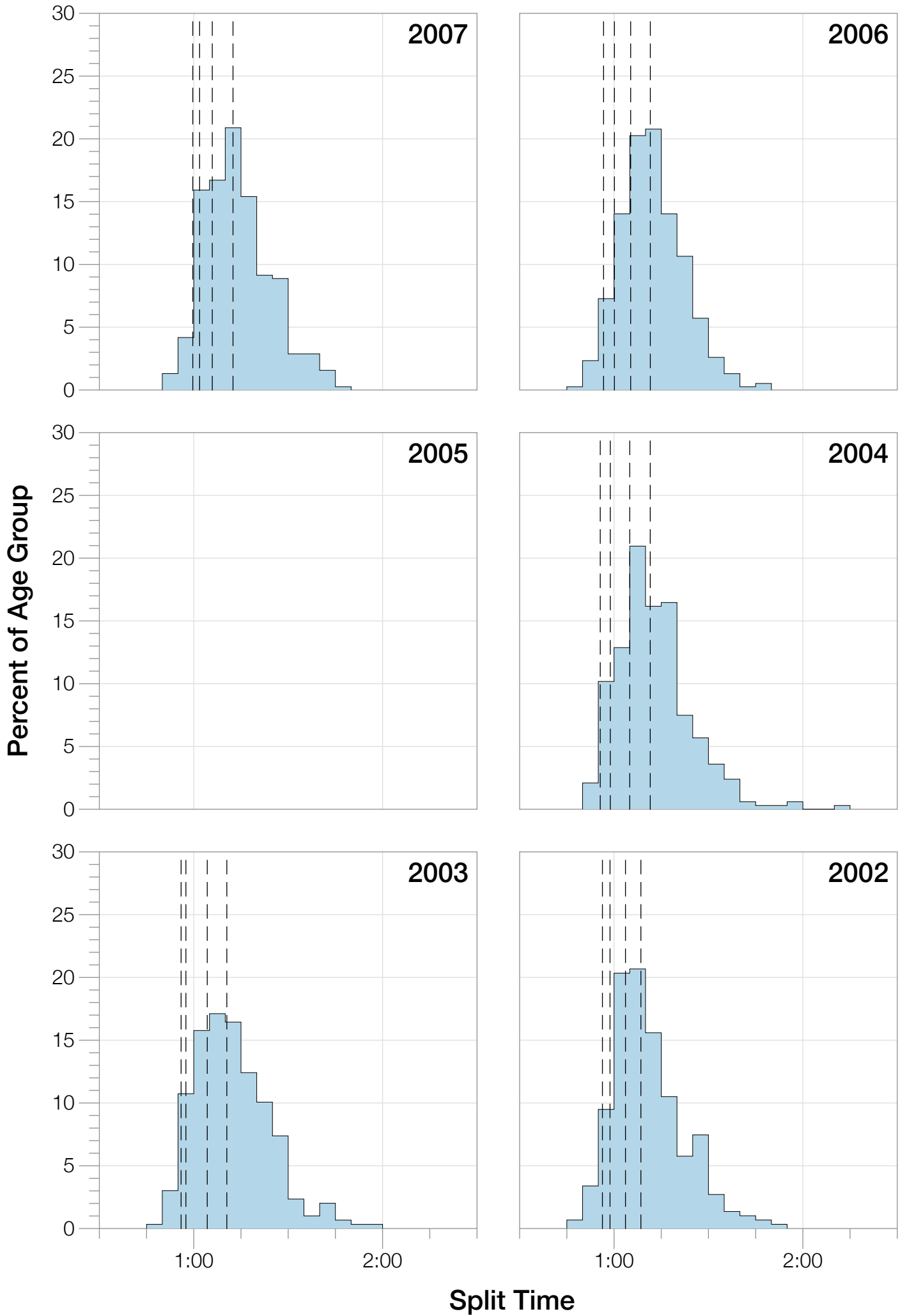
M35-39 Summary Statistics

Year	Finishers	M35-39 Finishers	Male Winner's Time	Female Winner's Time	M35-39 Winner's Time
2002	1638	296	8:39:19	9:29:41	9:27:21
2003	1673	298	8:46:15	9:51:55	9:47:48
2004	1882	334	8:23:12	9:24:42	9:31:17
2006	2038	400	8:38:18	10:11:35	9:43:54
2007	2051	395	9:16:02	9:40:20	9:42:51
2008	2193	369	8:43:32	9:51:00	9:51:21
2009	2051	295	8:36:37	9:29:36	9:32:56
2010	2472	346	8:39:34	9:27:30	9:27:30
2011	2356	293	8:25:15	9:19:03	9:37:50
2012	2280	301	8:25:07	9:47:39	9:32:58
2013	2342	293	8:43:29	9:35:06	9:06:44
Average	2089	329	8:39:41	9:38:55	8:46:52

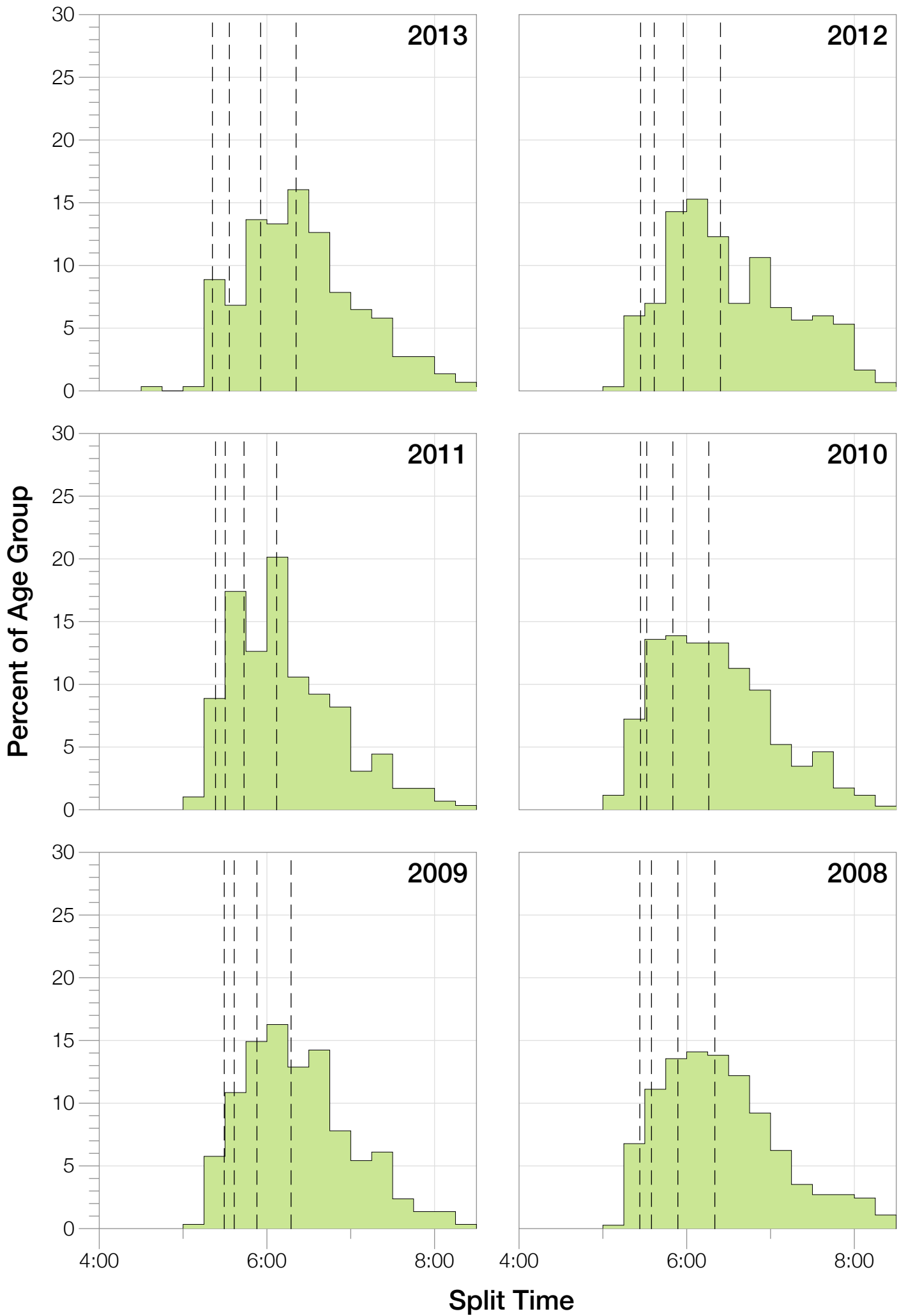
M35-39 Swim



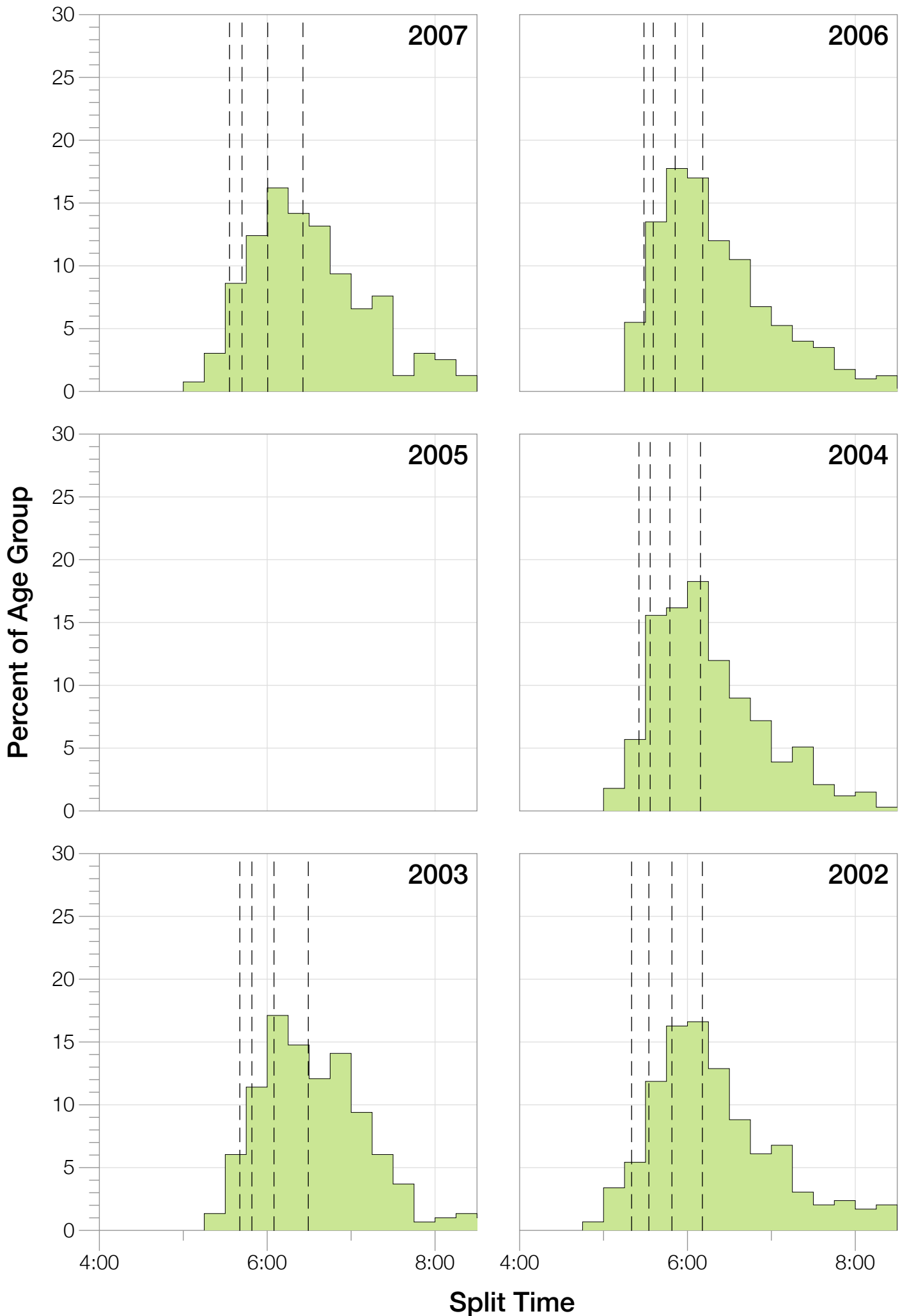
M35-39 Swim



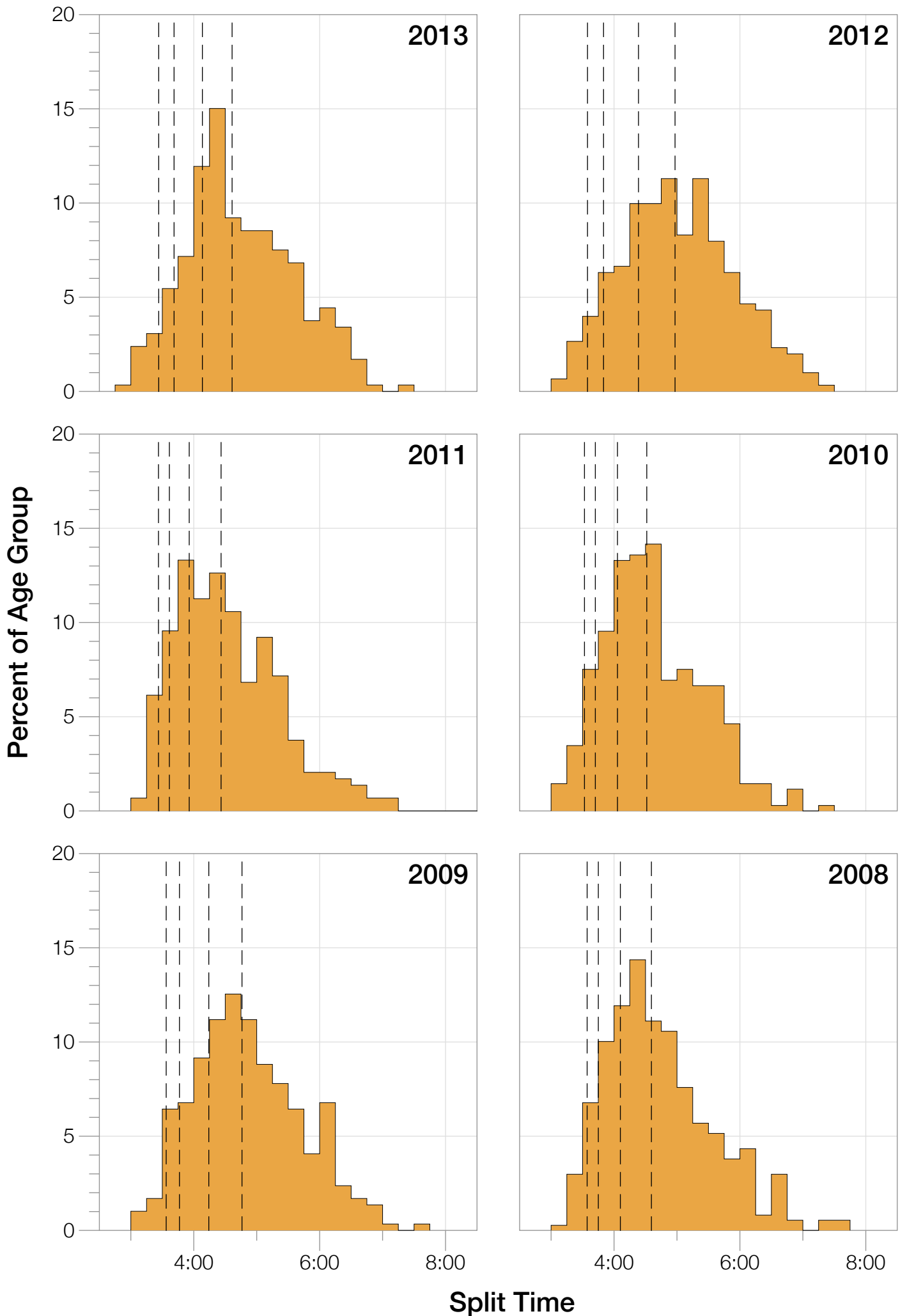
M35-39 Bike



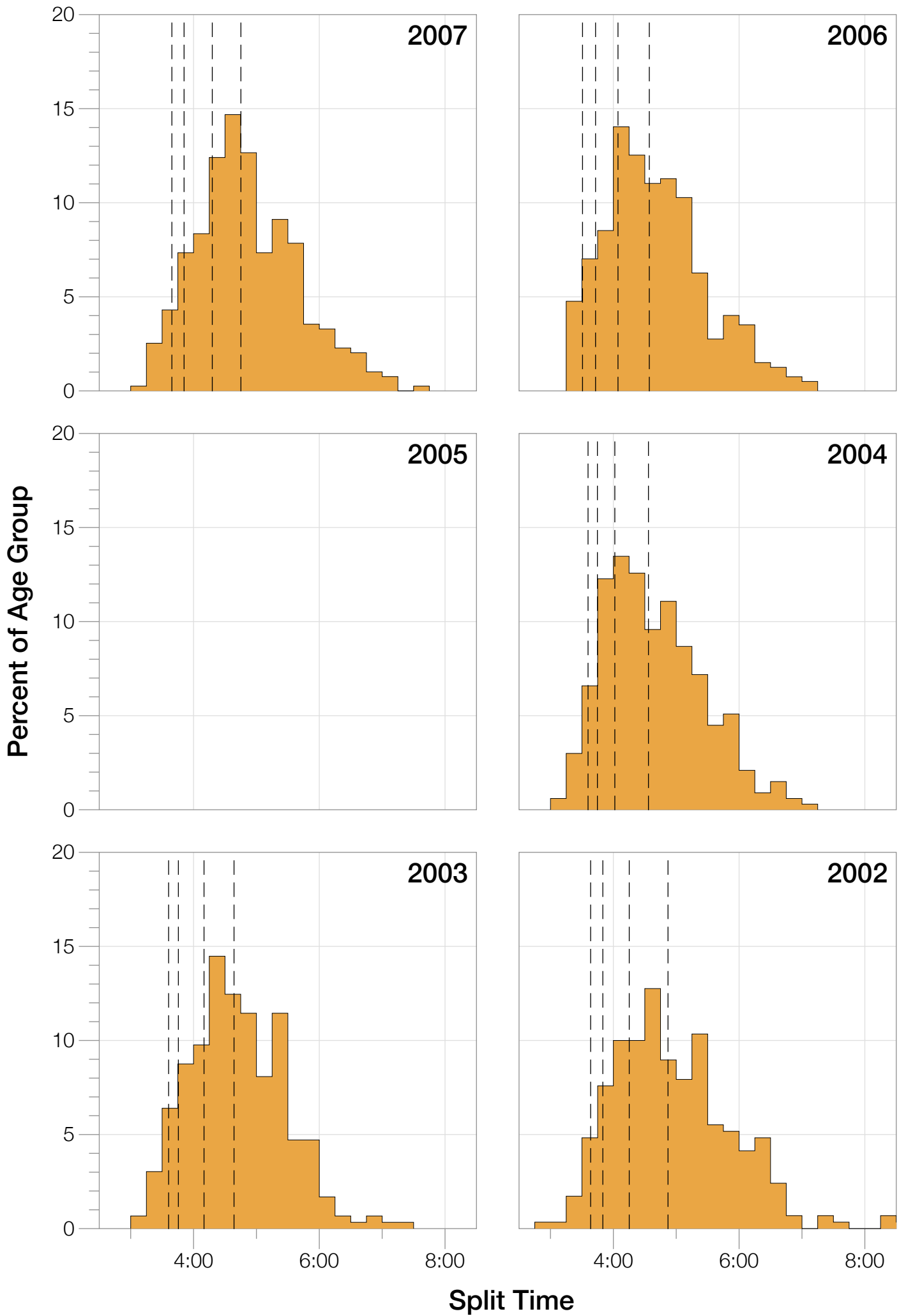
M35-39 Bike



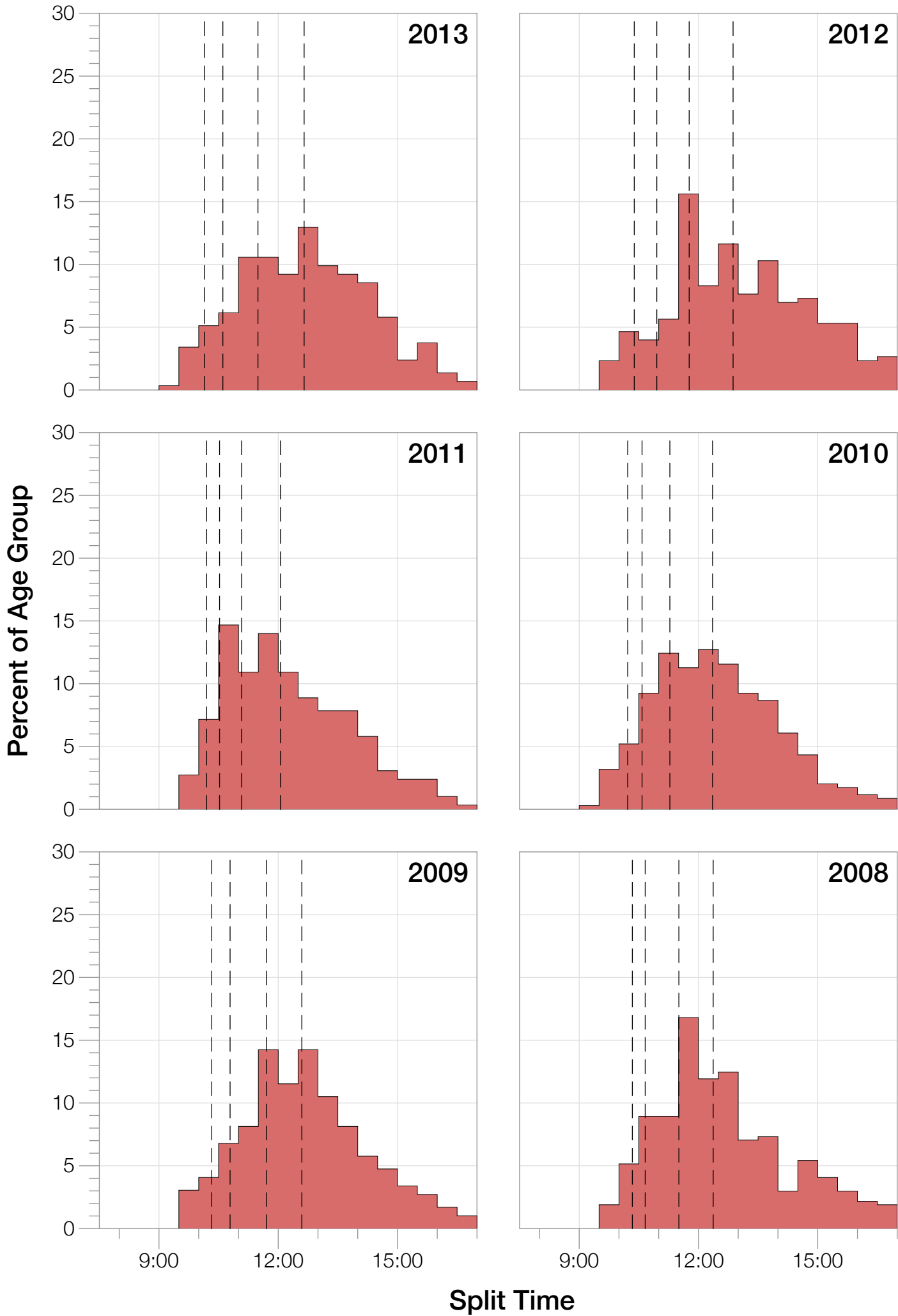
M35-39 Run



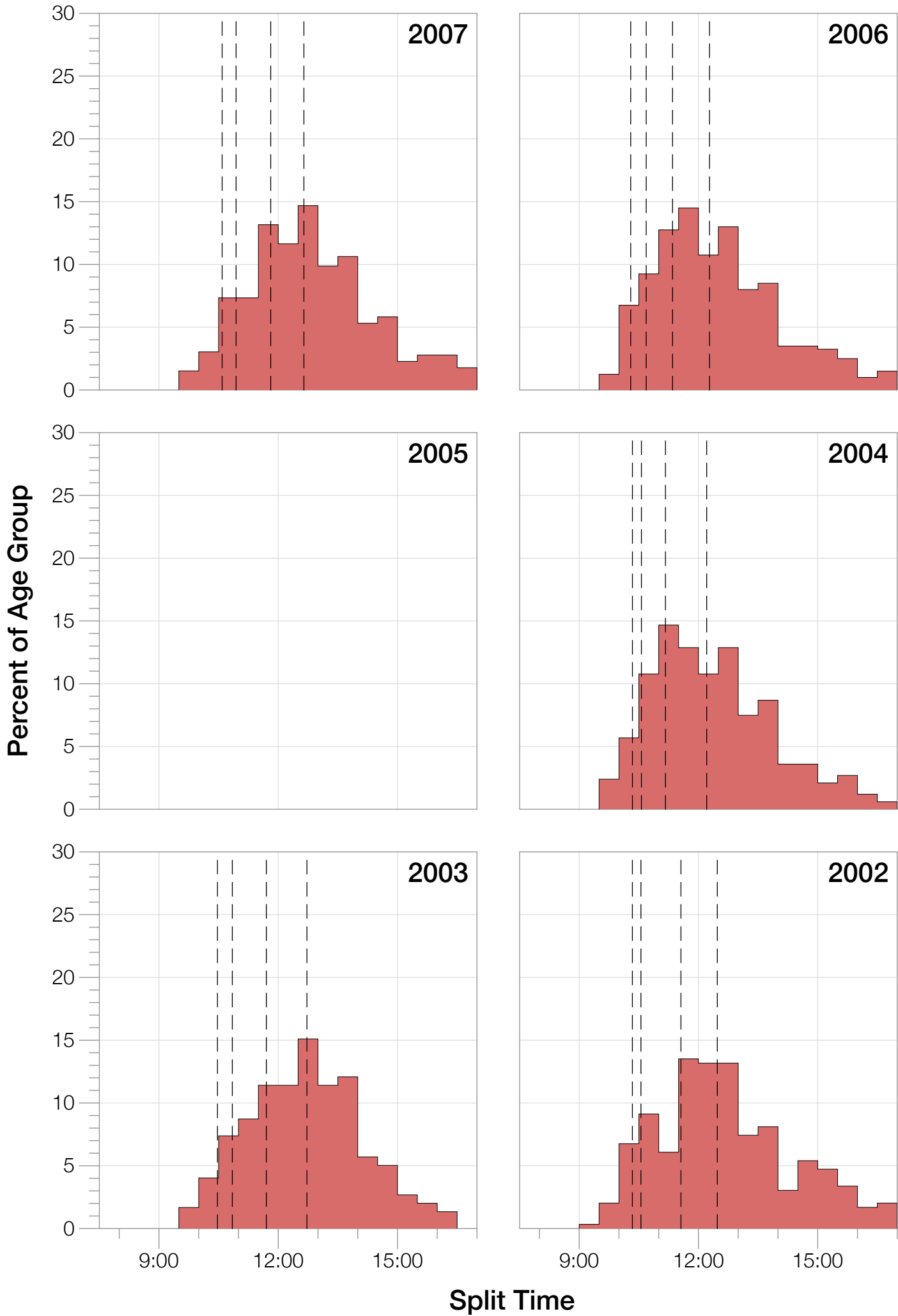
M35-39 Run



M35-39 Overall



M35-39 Overall



M35-39 Fastest Splits

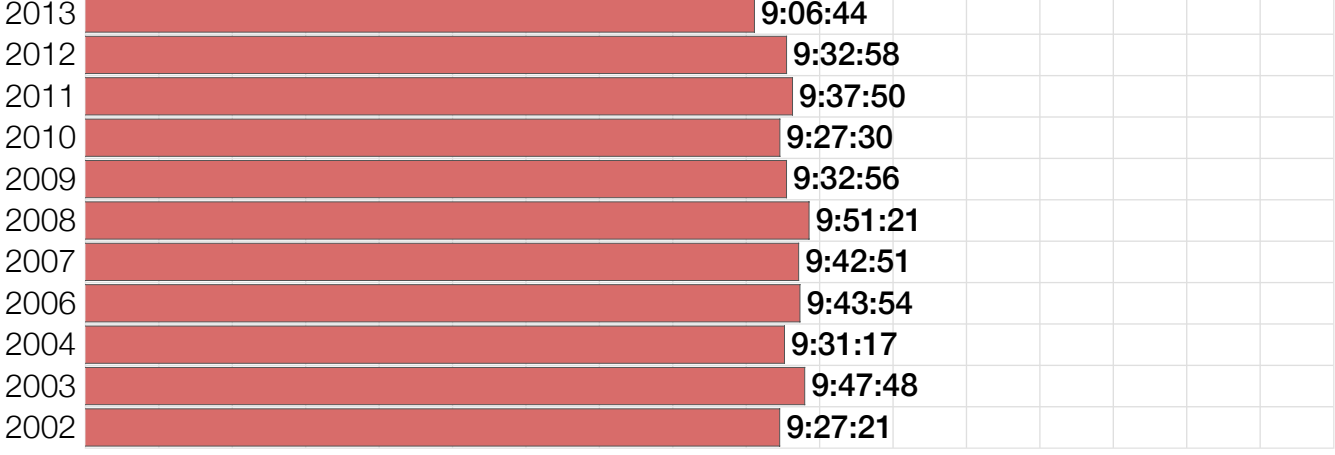
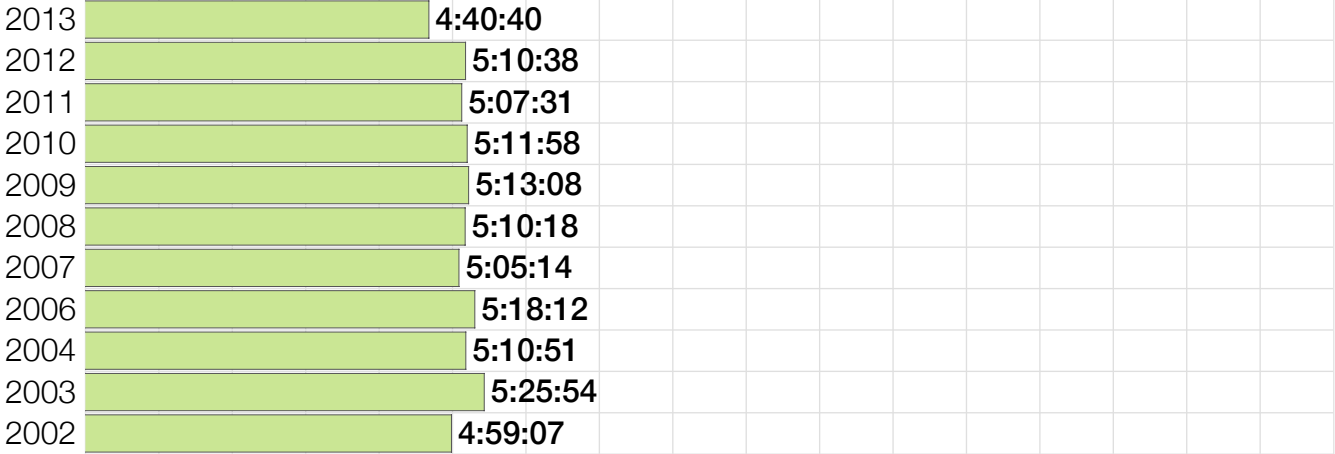
Year

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)

M35-39 Median Splits

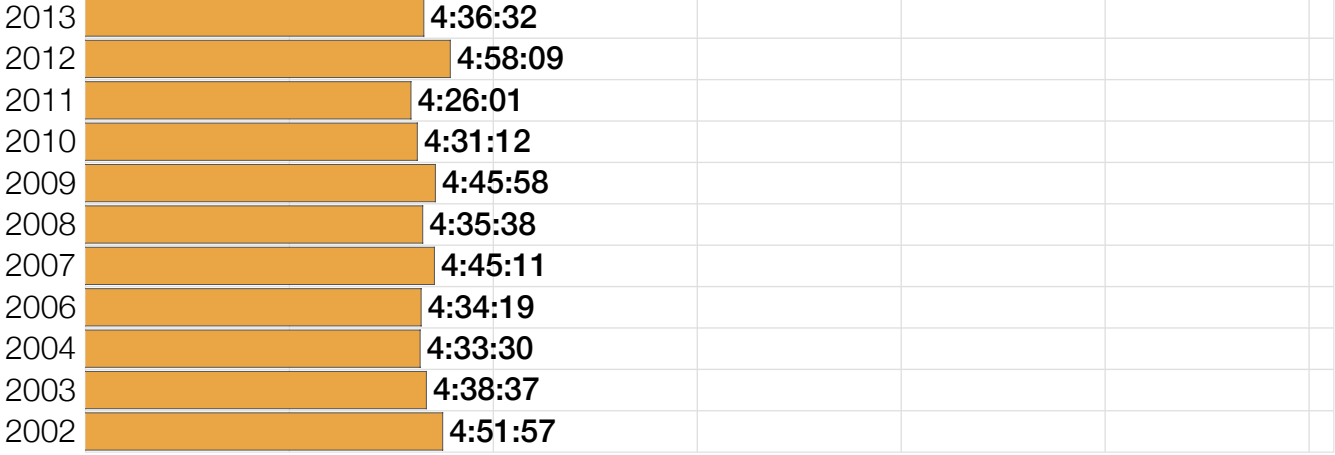
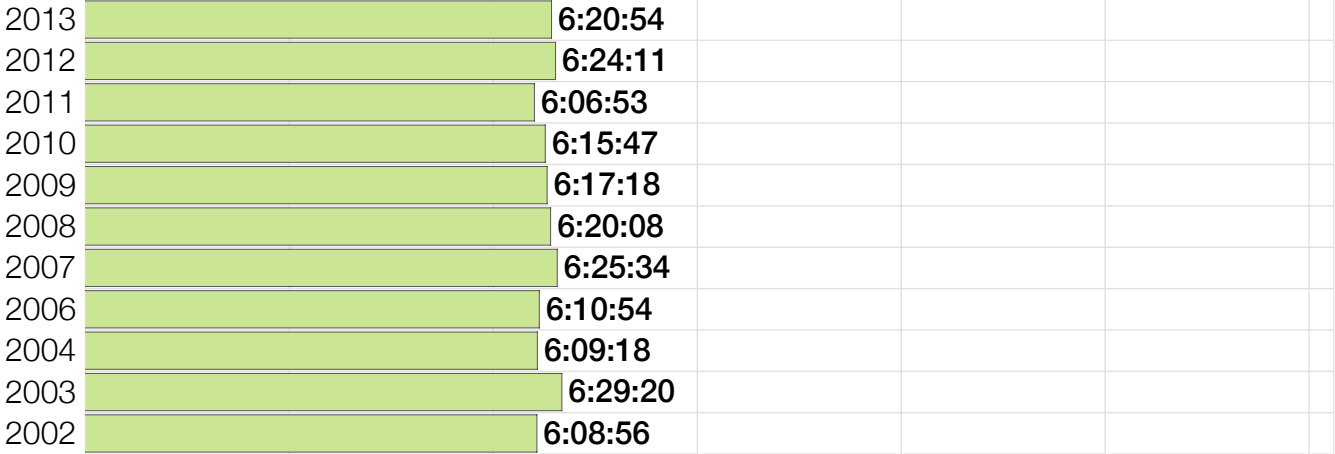
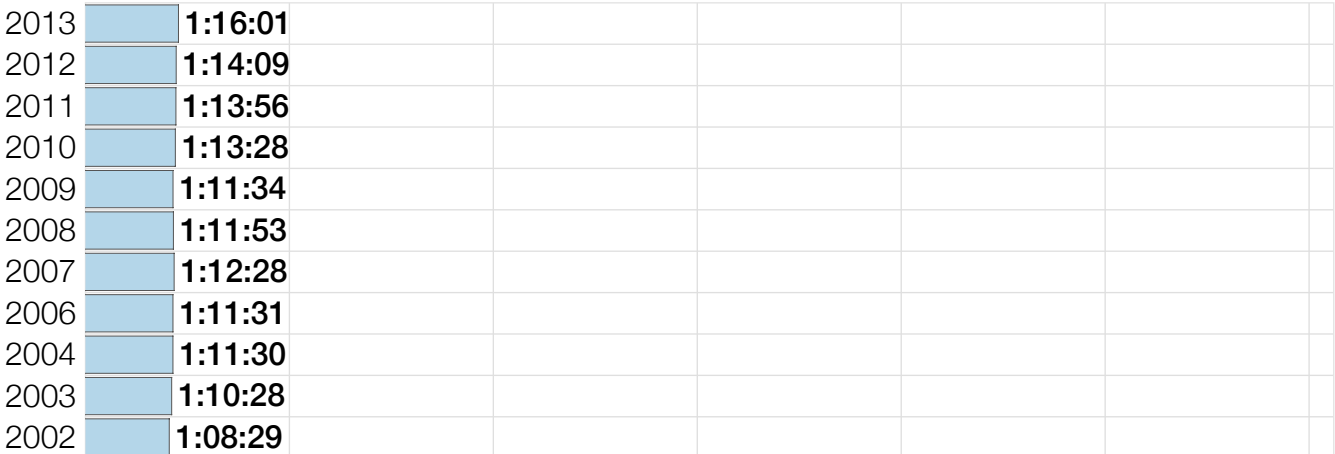
Year

Swim

Bike

Run

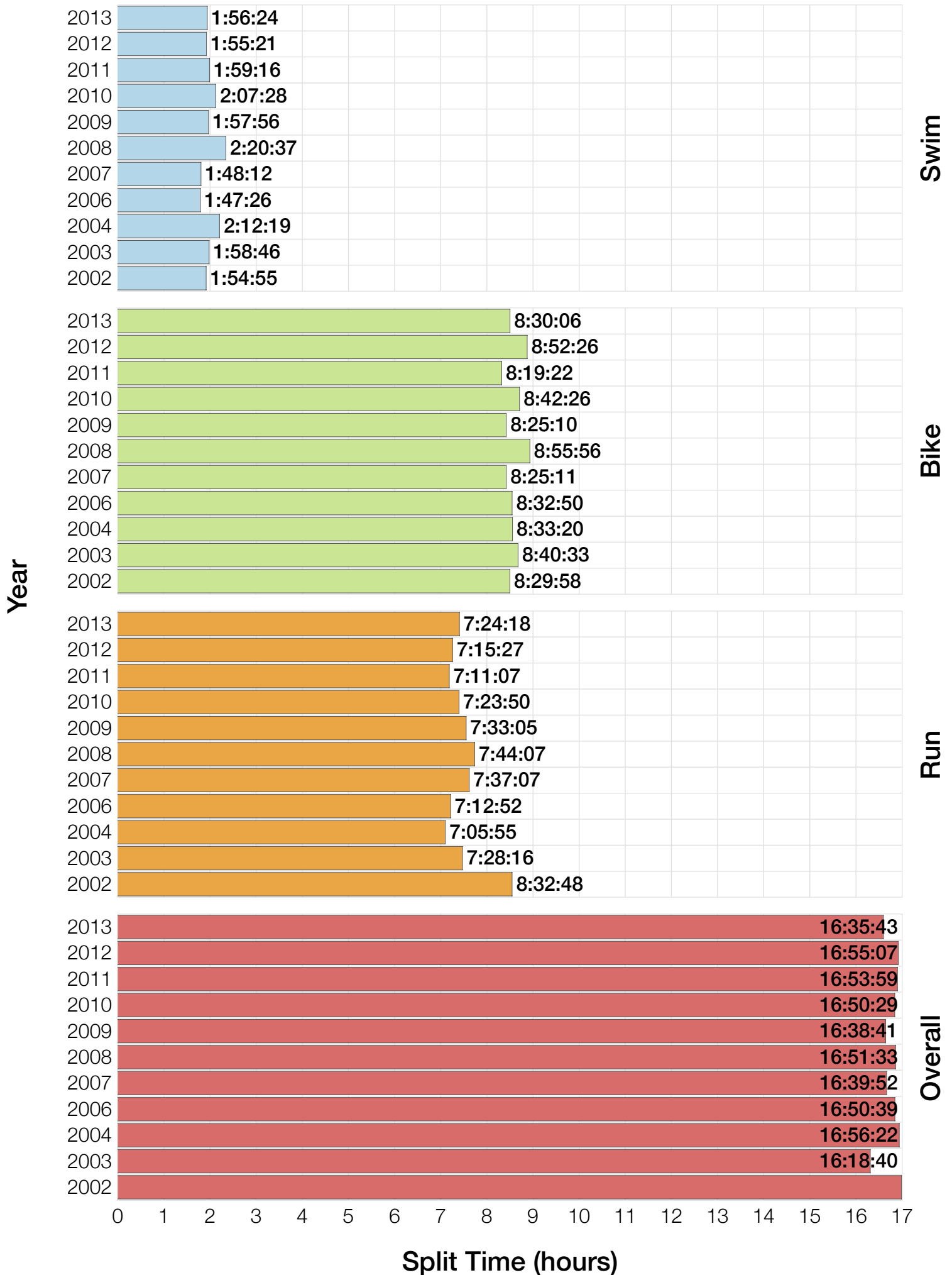
Overall



0 10000 20000 30000 40000 50000 60000

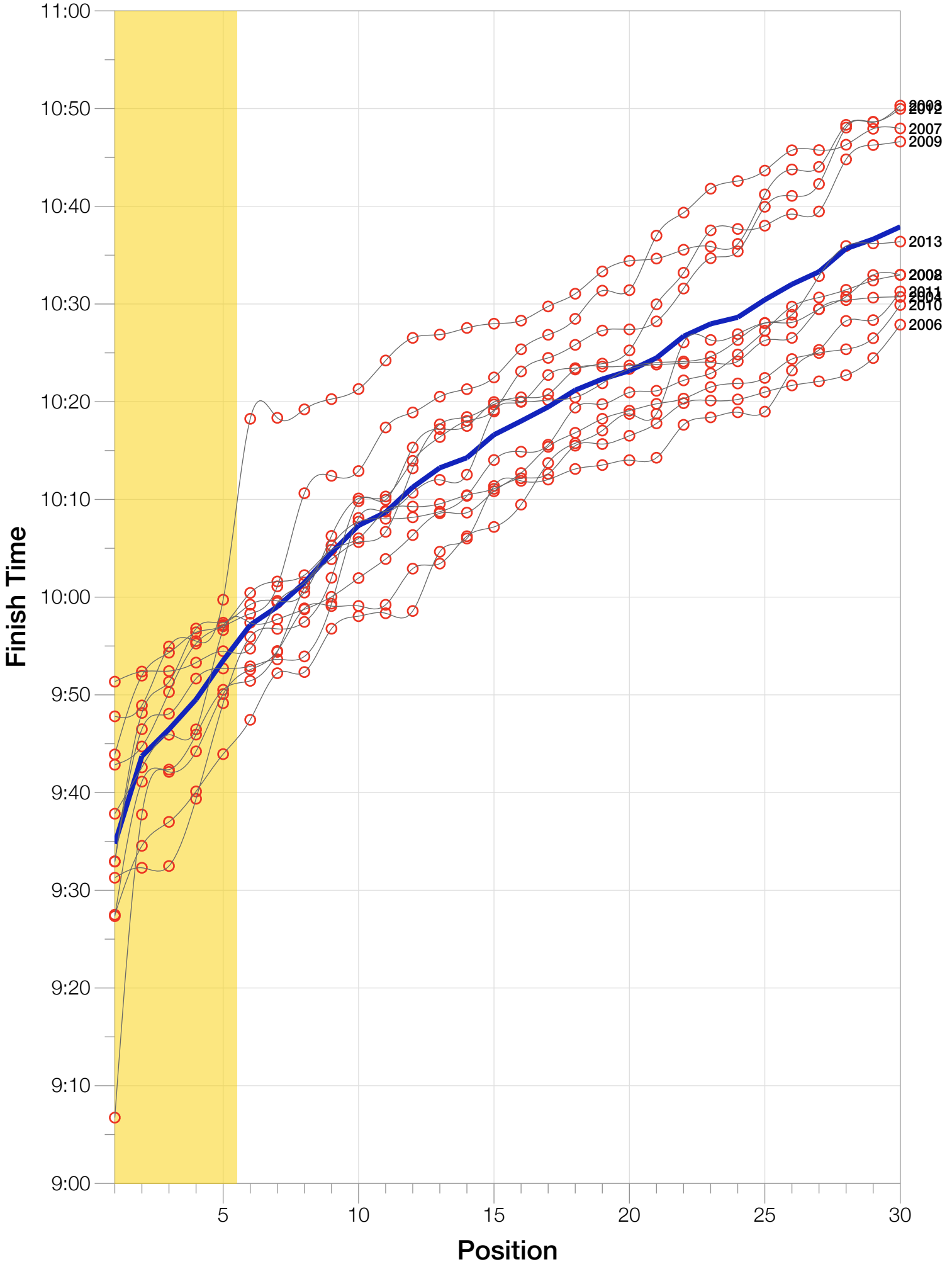
Split Time (hours)

M35-39 Slowest Splits



M35-39 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M35-39 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	1:01:39	5:14:23	3:11:06	9:34:46
Average 2nd Age Grouper	0:59:51	5:19:20	3:17:31	9:43:43
Average 3rd Age Grouper	1:01:26	5:21:45	3:15:37	9:46:28
Average 4th Age Grouper	1:00:59	5:25:12	3:19:52	9:49:32
Average 5th Age Grouper	1:01:24	5:19:39	3:24:56	9:53:31
Average 6th Age Grouper	0:59:47	5:25:26	3:25:01	9:57:09
Average 7th Age Grouper	1:01:12	5:23:58	3:26:37	9:59:01
Average 8th Age Grouper	1:02:32	5:23:30	3:28:01	10:01:29
Average 9th Age Grouper	1:06:29	5:26:13	3:23:40	10:04:33
Average 10th Age Grouper	1:04:21	5:25:33	3:30:00	10:07:20
Kona Qualifier Average	1:01:04	5:20:04	3:17:46	9:45:36
Top 10 Age Grouper Average	1:01:58	5:22:30	3:22:15	9:53:45

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	1:17:13	4:40:40	2:57:09	9:06:44
2nd Age Grouper	1:06:56	5:13:28	3:09:29	9:37:45
3rd Age Grouper	1:04:22	5:17:26	3:12:54	9:42:07
4th Age Grouper	1:05:54	5:21:08	3:08:29	9:44:13
5th Age Grouper	1:03:56	5:29:29	3:10:47	9:50:05
6th Age Grouper	1:03:42	5:31:04	3:10:39	9:52:35
7th Age Grouper	0:54:21	5:26:39	3:26:17	9:54:29
8th Age Grouper	1:07:14	5:19:13	3:26:51	9:58:51
9th Age Grouper	1:07:56	5:18:29	3:25:01	9:59:05
10th Age Grouper	1:02:28	5:23:41	3:25:10	9:59:06
Kona Qualifier Average	1:07:40	5:12:26	3:07:45	9:36:10
Top 10 Age Grouper Average	1:05:24	5:18:07	3:15:16	9:46:30

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	0:53:24	5:19:53	3:11:19	9:32:58
2nd Age Grouper	0:56:55	5:22:21	3:22:02	9:48:09
3rd Age Grouper	1:03:07	5:24:29	3:16:41	9:51:20
4th Age Grouper	1:03:30	5:27:01	3:19:50	9:56:47
5th Age Grouper	0:55:47	5:10:38	3:42:00	9:57:23
6th Age Grouper	1:00:33	5:26:42	3:24:01	9:59:14
7th Age Grouper	0:57:04	5:28:57	3:26:17	9:59:37
8th Age Grouper	1:01:18	5:26:39	3:25:48	10:00:28
9th Age Grouper	0:58:08	5:27:49	3:33:40	10:06:16
10th Age Grouper	1:08:14	5:20:34	3:34:38	10:10:06
Kona Qualifier Average	0:58:32	5:20:52	3:22:22	9:49:19
Top 10 Age Grouper Average	0:59:48	5:23:30	3:25:37	9:56:13

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	0:56:24	5:07:31	3:28:08	9:37:50
2nd Age Grouper	0:59:43	5:23:16	3:12:15	9:42:35
3rd Age Grouper	0:58:55	5:15:14	3:25:53	9:45:55
4th Age Grouper	0:59:11	5:20:41	3:20:54	9:46:28
5th Age Grouper	1:07:48	5:18:26	3:22:43	9:56:38
6th Age Grouper	0:52:09	5:33:18	3:26:35	9:57:23
7th Age Grouper	1:04:48	5:22:17	3:23:43	9:57:44
8th Age Grouper	1:03:24	5:27:07	3:21:12	9:58:45
9th Age Grouper	1:11:29	5:20:19	3:18:59	10:00:02
10th Age Grouper	1:16:31	5:12:21	3:23:20	10:01:57
Kona Qualifier Average	1:00:24	5:17:01	3:21:58	9:45:53
Top 10 Age Grouper Average	1:03:02	5:20:03	3:22:22	9:52:31

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	0:57:53	5:20:14	3:01:33	9:27:30
2nd Age Grouper	1:01:05	5:13:10	3:13:29	9:34:33
3rd Age Grouper	0:59:08	5:23:40	3:07:08	9:37:00
4th Age Grouper	1:00:04	5:15:18	3:18:26	9:40:07
5th Age Grouper	0:57:15	5:30:52	3:08:02	9:43:56
6th Age Grouper	1:02:07	5:14:20	3:25:02	9:47:27
7th Age Grouper	0:51:58	5:29:03	3:24:14	9:52:13
8th Age Grouper	1:10:35	5:23:05	3:11:24	9:52:20
9th Age Grouper	1:14:25	5:11:58	3:22:50	9:56:46
10th Age Grouper	1:05:10	5:28:52	3:15:37	9:58:03
Kona Qualifier Average	0:59:05	5:20:38	3:09:43	9:36:37
Top 10 Age Grouper Average	1:01:58	5:21:03	3:14:46	9:44:59

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	1:04:25	5:13:08	3:09:40	9:32:56
2nd Age Grouper	0:52:14	5:21:51	3:25:05	9:46:29
3rd Age Grouper	1:11:06	5:21:30	3:08:03	9:48:04
4th Age Grouper	0:58:52	5:23:47	3:20:33	9:51:40
5th Age Grouper	0:53:40	5:27:25	3:23:40	9:52:42
6th Age Grouper	0:52:20	5:19:20	3:35:32	9:52:55
7th Age Grouper	0:56:16	5:16:11	3:34:22	9:53:38
8th Age Grouper	0:57:27	5:26:49	3:22:36	9:53:56
9th Age Grouper	1:08:25	5:31:06	3:13:28	9:59:20
10th Age Grouper	1:02:18	5:28:31	3:30:30	10:08:06
Kona Qualifier Average	1:00:03	5:21:32	3:17:24	9:46:22
Top 10 Age Grouper Average	0:59:42	5:22:57	3:22:20	9:51:58

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

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

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	1:01:51	5:18:12	3:16:52	9:43:54
2nd Age Grouper	0:54:20	5:20:29	3:30:35	9:51:58
3rd Age Grouper	1:02:59	5:24:08	3:18:05	9:54:19
4th Age Grouper	1:00:27	5:32:31	3:16:24	9:56:24
5th Age Grouper	1:01:14	5:23:57	3:23:06	9:57:10
6th Age Grouper	0:56:44	5:28:55	3:28:01	10:00:26
7th Age Grouper	0:59:10	5:26:55	3:28:12	10:01:36
8th Age Grouper	0:58:48	5:36:11	3:19:16	10:02:15
9th Age Grouper	1:04:49	5:28:41	3:24:25	10:04:51
10th Age Grouper	1:04:39	5:35:05	3:20:22	10:06:01
Kona Qualifier Average	1:00:10	5:23:51	3:21:00	9:52:45
Top 10 Age Grouper Average	1:00:30	5:27:30	3:22:31	9:57:53

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	1:04:55	5:15:46	3:02:24	9:31:17
2nd Age Grouper	0:53:42	5:13:09	3:19:35	9:32:18
3rd Age Grouper	0:58:56	5:13:01	3:10:19	9:32:29
4th Age Grouper	0:56:03	5:16:00	3:19:31	9:39:22
5th Age Grouper	1:02:00	5:16:08	3:23:17	9:49:09
6th Age Grouper	1:00:47	5:26:55	3:20:26	9:55:56
7th Age Grouper	1:10:26	5:11:38	3:27:21	9:56:45
8th Age Grouper	0:58:34	5:24:02	3:25:39	9:57:28
9th Age Grouper	1:02:01	5:32:55	3:19:09	10:01:59
10th Age Grouper	0:55:44	5:23:05	3:43:59	10:09:49
Kona Qualifier Average	0:59:07	5:14:48	3:15:01	9:36:55
Top 10 Age Grouper Average	1:00:18	5:19:15	3:21:10	9:48:39

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	1:04:30	5:26:32	3:09:01	9:47:48
2nd Age Grouper	0:57:08	5:32:16	3:11:36	9:48:55
3rd Age Grouper	0:57:11	5:26:02	3:25:16	9:54:57
4th Age Grouper	0:53:18	5:28:02	3:27:41	9:55:30
5th Age Grouper	1:00:07	5:25:54	3:24:59	9:59:44
6th Age Grouper	0:57:03	5:55:46	3:18:35	10:18:15
7th Age Grouper	1:01:22	5:44:05	3:27:06	10:18:21
8th Age Grouper	0:51:05	5:30:12	3:51:04	10:19:13
9th Age Grouper	1:06:45	5:41:56	3:24:46	10:20:16
10th Age Grouper	1:00:51	5:38:52	3:35:30	10:21:18
Kona Qualifier Average	0:58:26	5:27:45	3:19:42	9:53:22
Top 10 Age Grouper Average	0:58:56	5:34:57	3:25:33	10:06:25

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	1:00:44	4:59:25	3:20:20	9:27:21
2nd Age Grouper	1:03:57	5:14:28	3:17:07	9:41:07
3rd Age Grouper	1:05:13	5:23:52	3:05:29	9:42:21
4th Age Grouper	1:19:18	5:38:18		9:45:56
5th Age Grouper	1:00:26	4:59:07	3:44:57	9:50:31
6th Age Grouper	1:08:29	5:09:18	3:25:27	9:51:26
7th Age Grouper	1:09:13	5:02:42	3:35:20	9:54:24
8th Age Grouper	1:04:21	5:13:34	3:33:51	10:00:59
9th Age Grouper	1:04:11	5:23:13	3:25:21	10:03:53
10th Age Grouper	1:00:28	5:19:11	3:38:06	10:05:38
Kona Qualifier Average	1:05:55	5:15:02	3:21:58	9:41:27
Top 10 Age Grouper Average	1:05:38	5:14:18	3:27:19	9:50:21