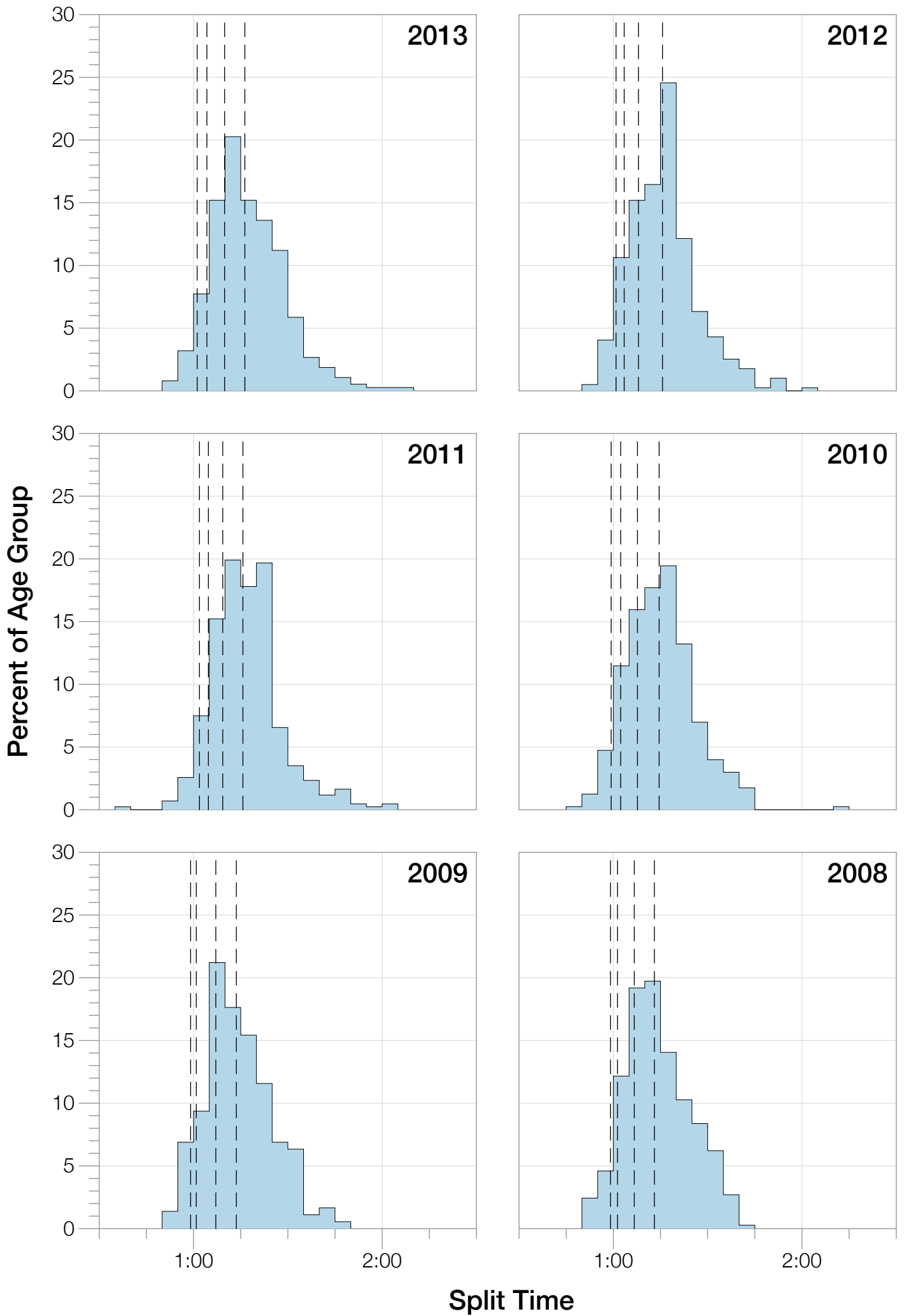


# Ironman Lake Placid M40-44 Stats

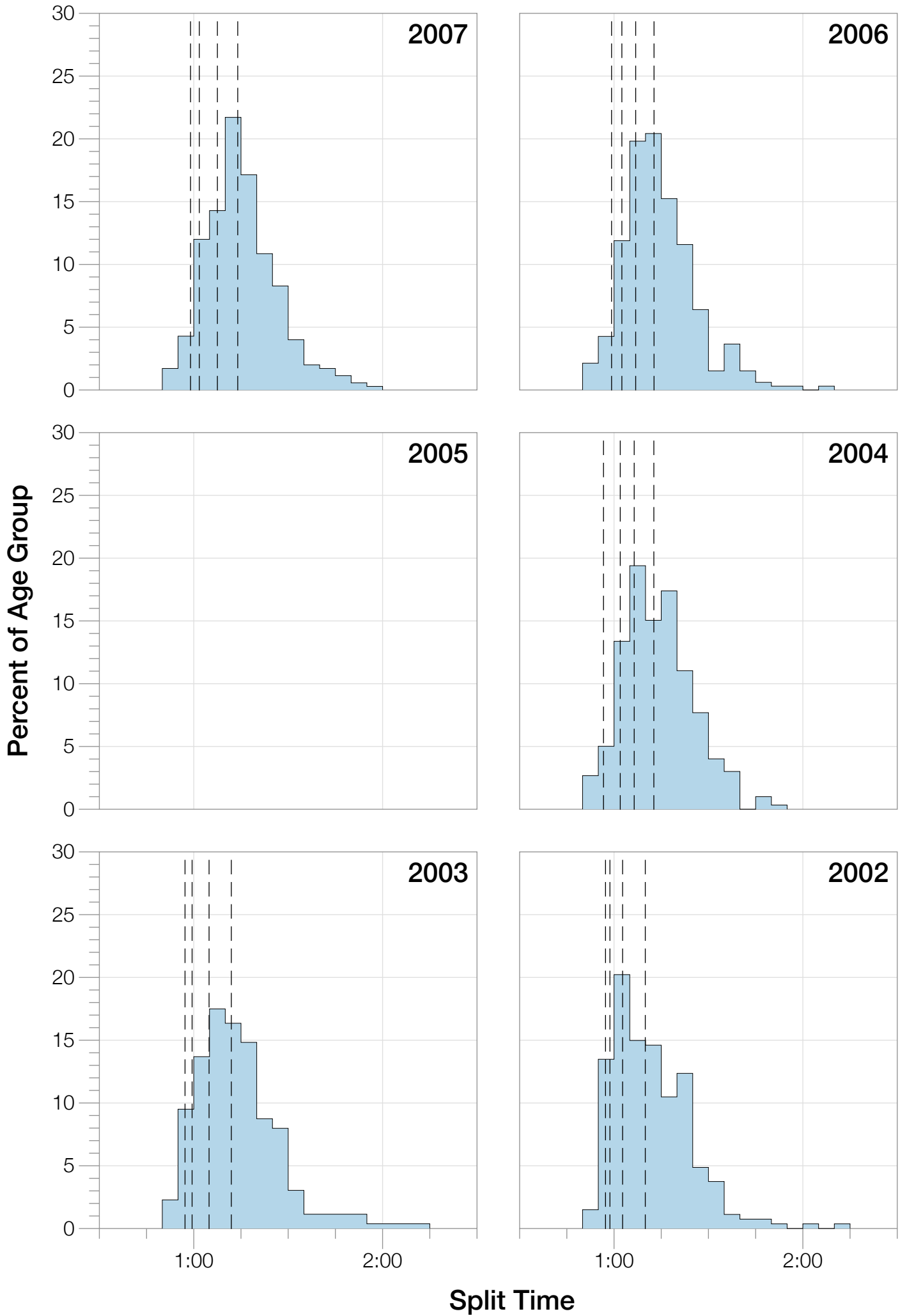
## M40-44 Summary Statistics

Year	Finishers	M40-44 Finishers	Male Winner's Time	Female Winner's Time	M40-44 Winner's Time
2002	1638	267	8:39:19	9:29:41	9:35:37
2003	1673	263	8:46:15	9:51:55	9:48:28
2004	1882	299	8:23:12	9:24:42	9:16:10
2006	2038	328	8:38:18	10:11:35	9:58:23
2007	2051	351	9:16:02	9:40:20	9:21:43
2008	2193	382	8:43:32	9:51:00	9:53:14
2009	2051	368	8:36:37	9:29:36	9:18:58
2010	2472	440	8:39:34	9:27:30	9:34:42
2011	2356	457	8:25:15	9:19:03	9:49:44
2012	2280	395	8:25:07	9:47:39	9:45:38
2013	2342	375	8:43:29	9:35:06	9:33:47
<b>Average</b>	<b>2089</b>	<b>357</b>	<b>8:39:41</b>	<b>9:38:55</b>	<b>8:49:42</b>

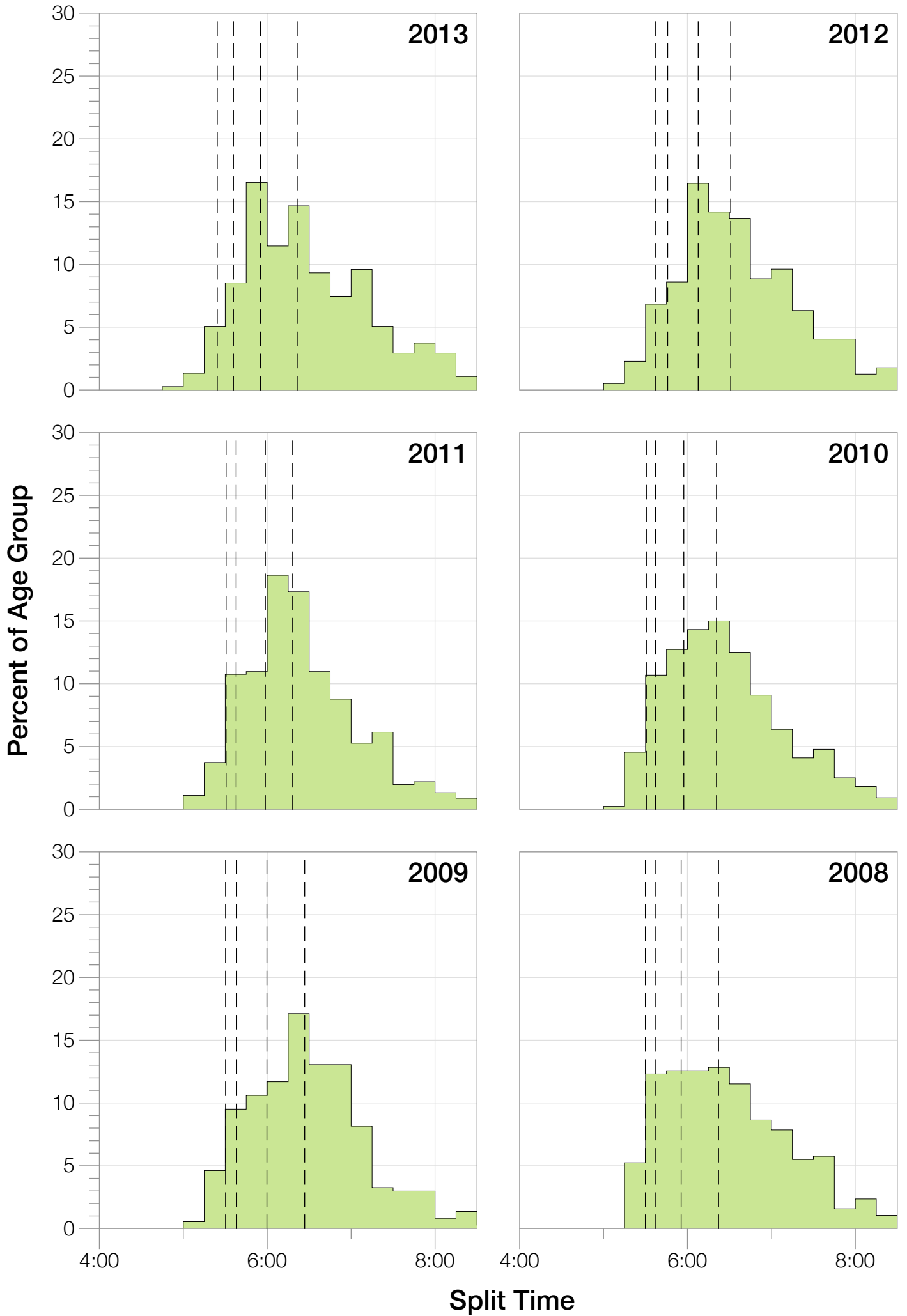
# M40-44 Swim



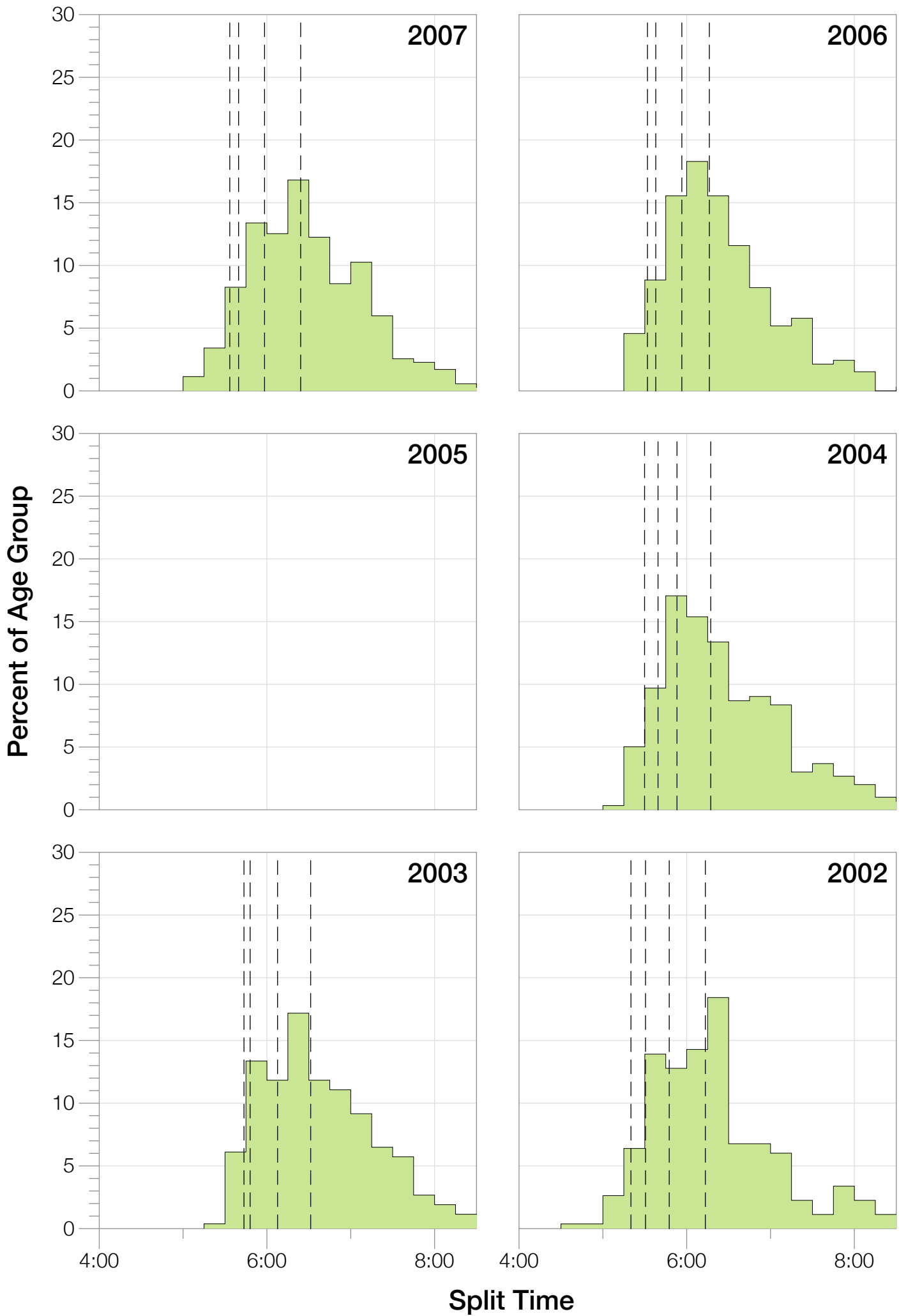
# M40-44 Swim



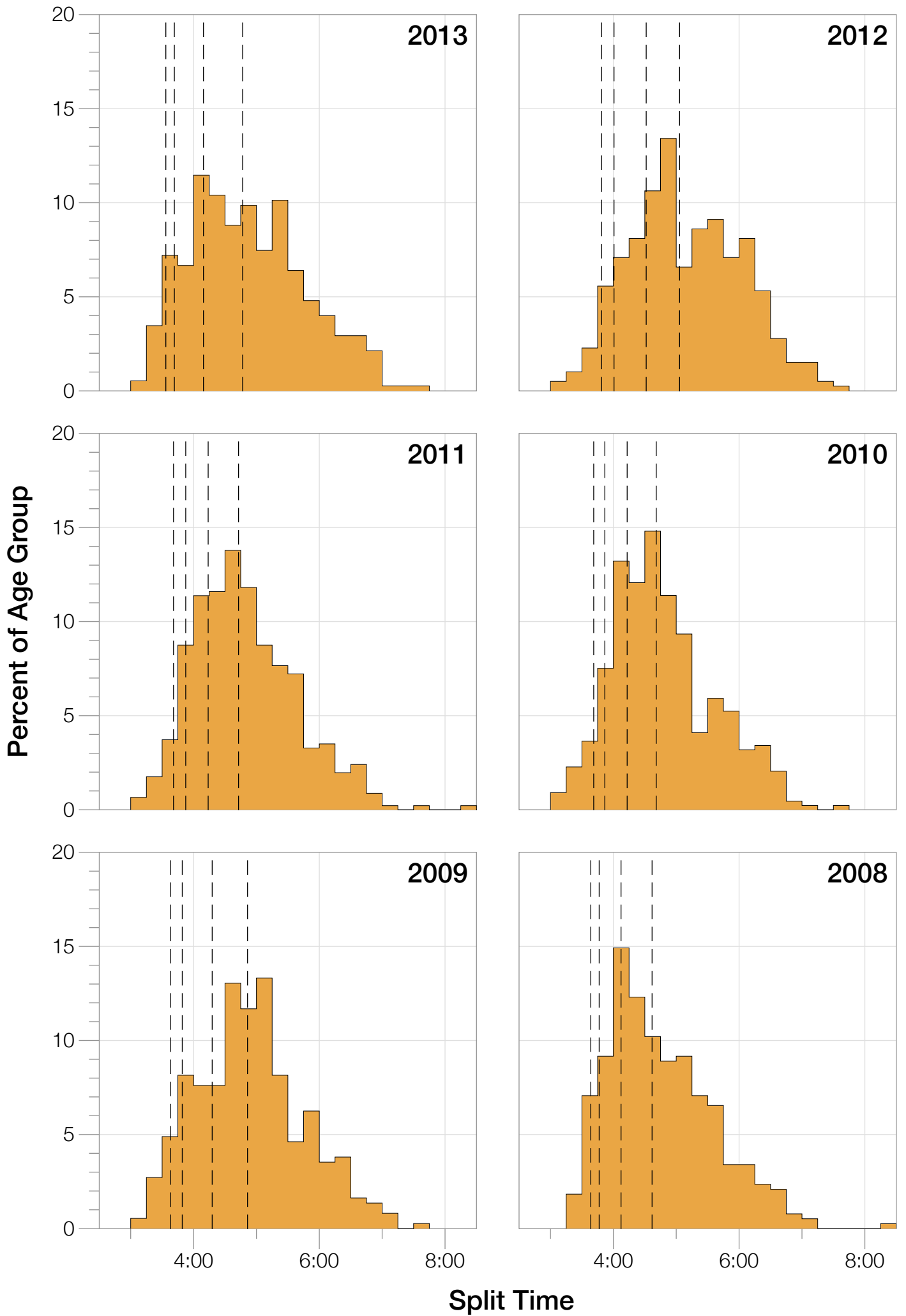
# M40-44 Bike



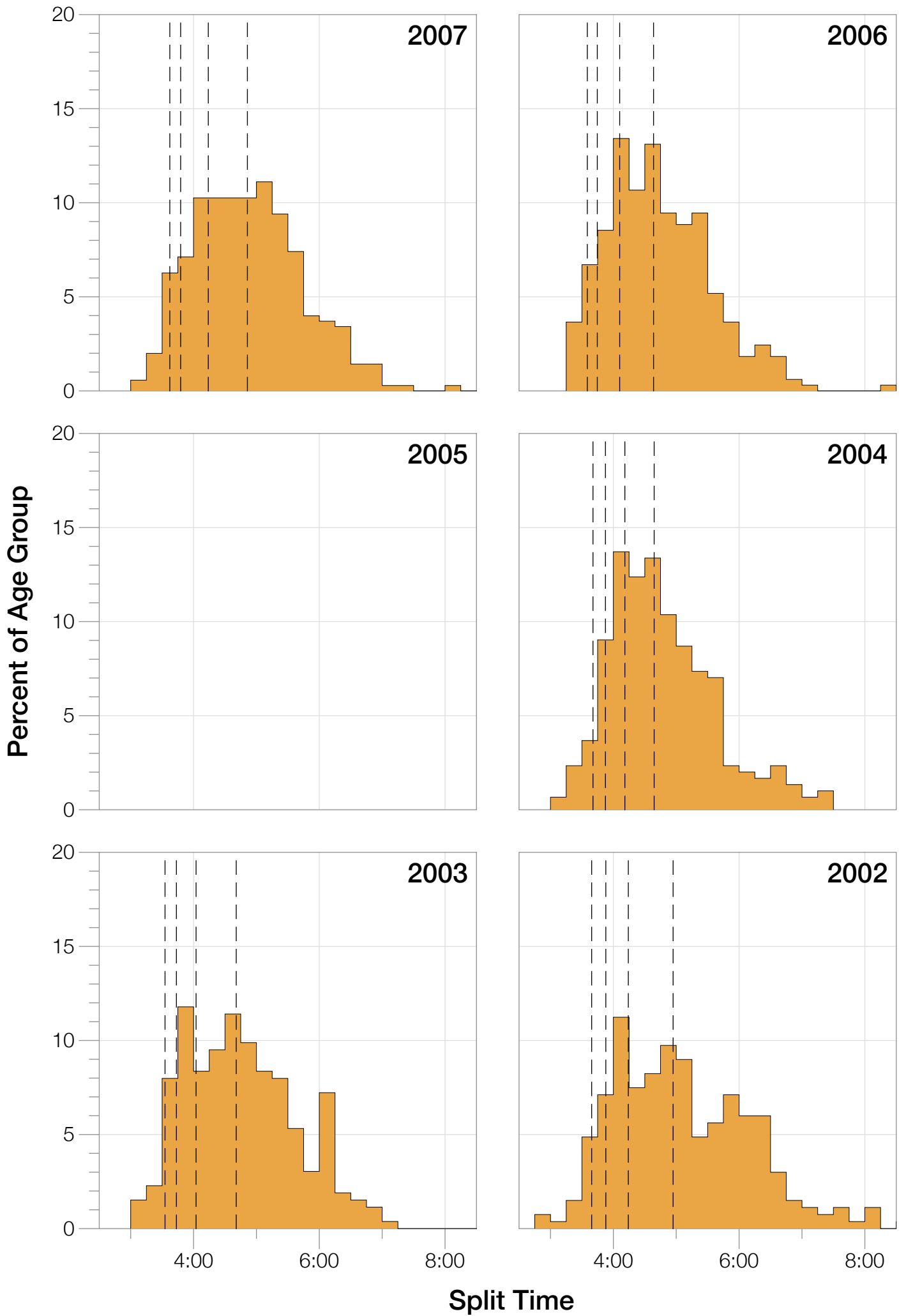
# M40-44 Bike



# M40-44 Run

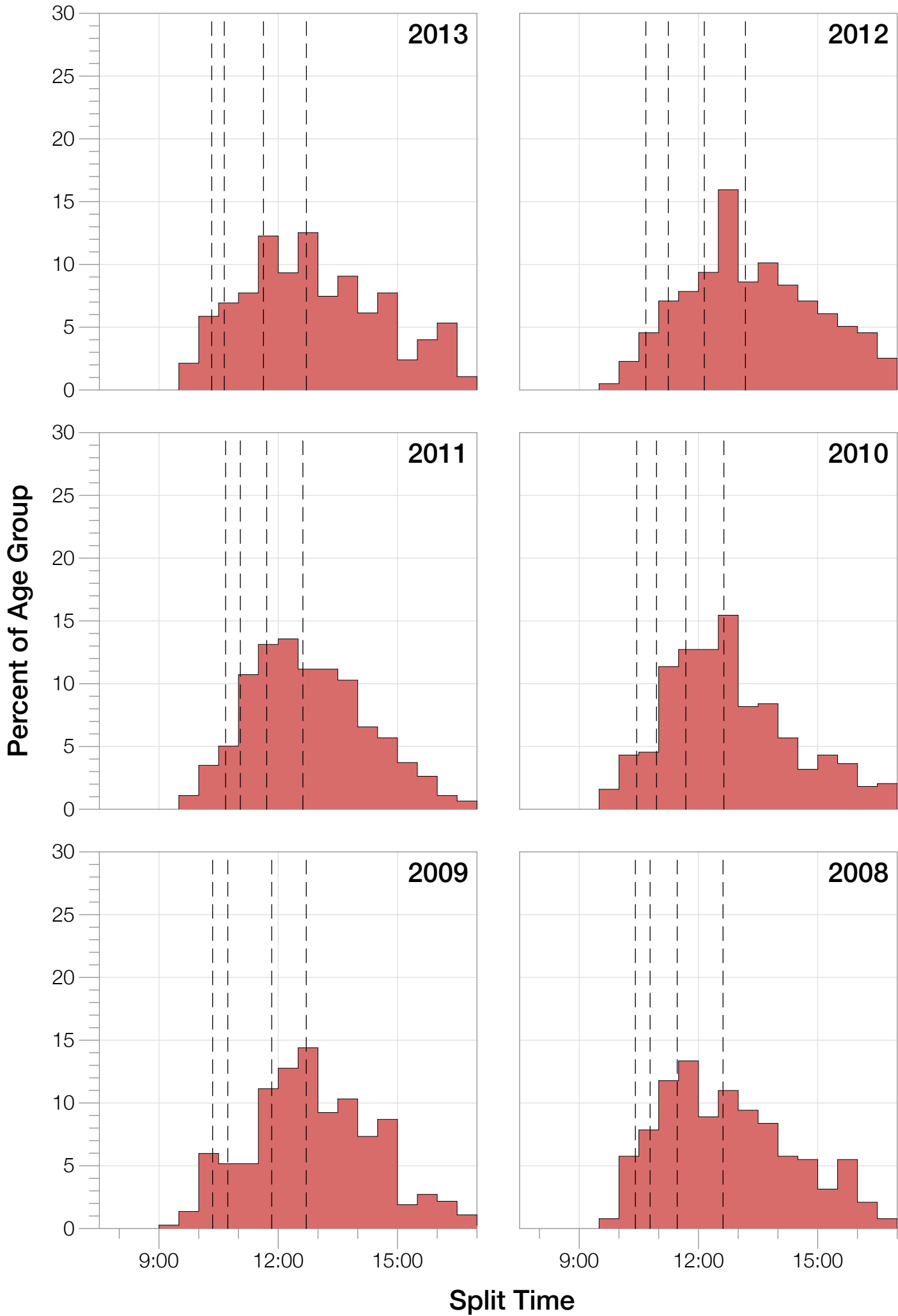


# M40-44 Run

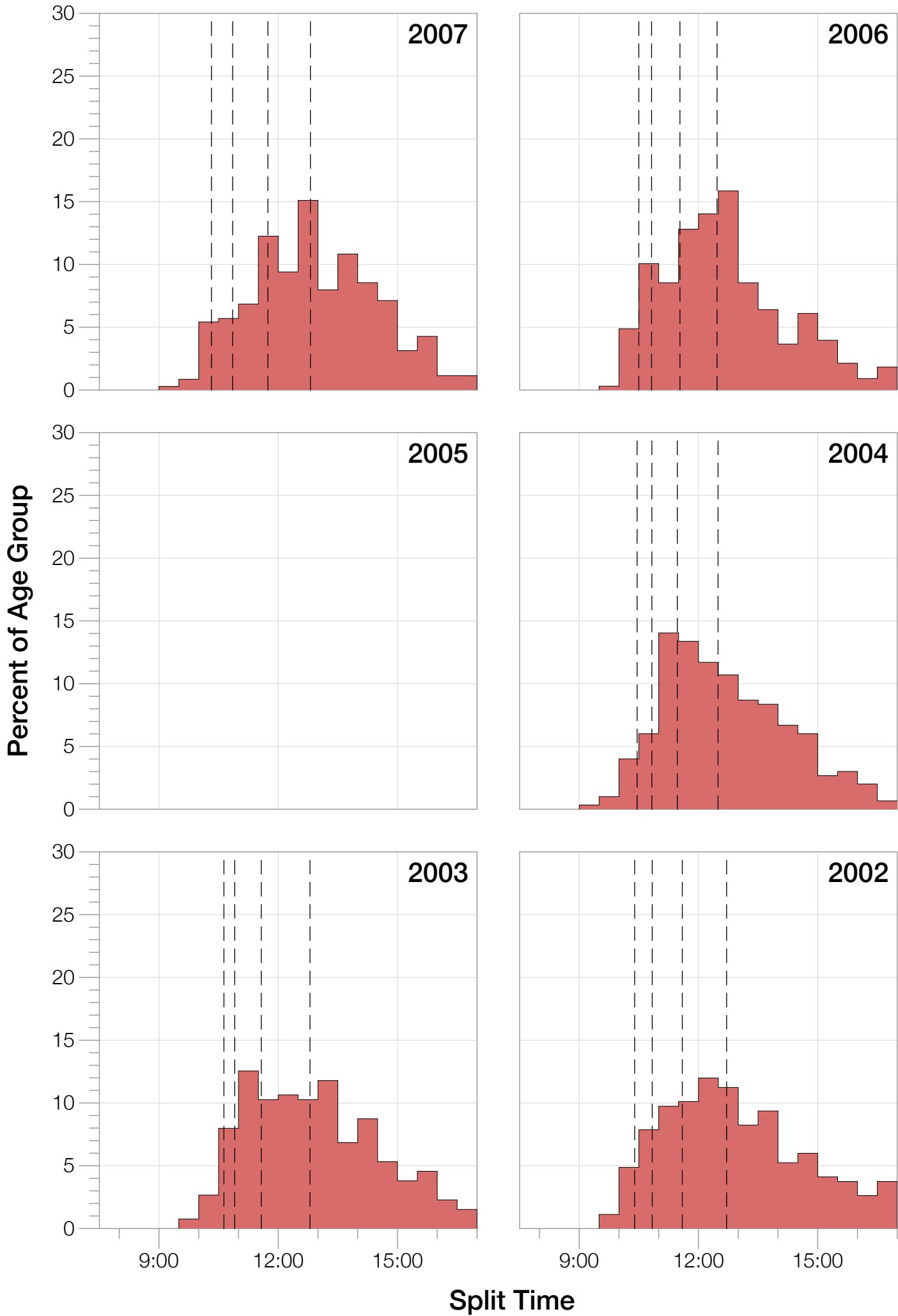




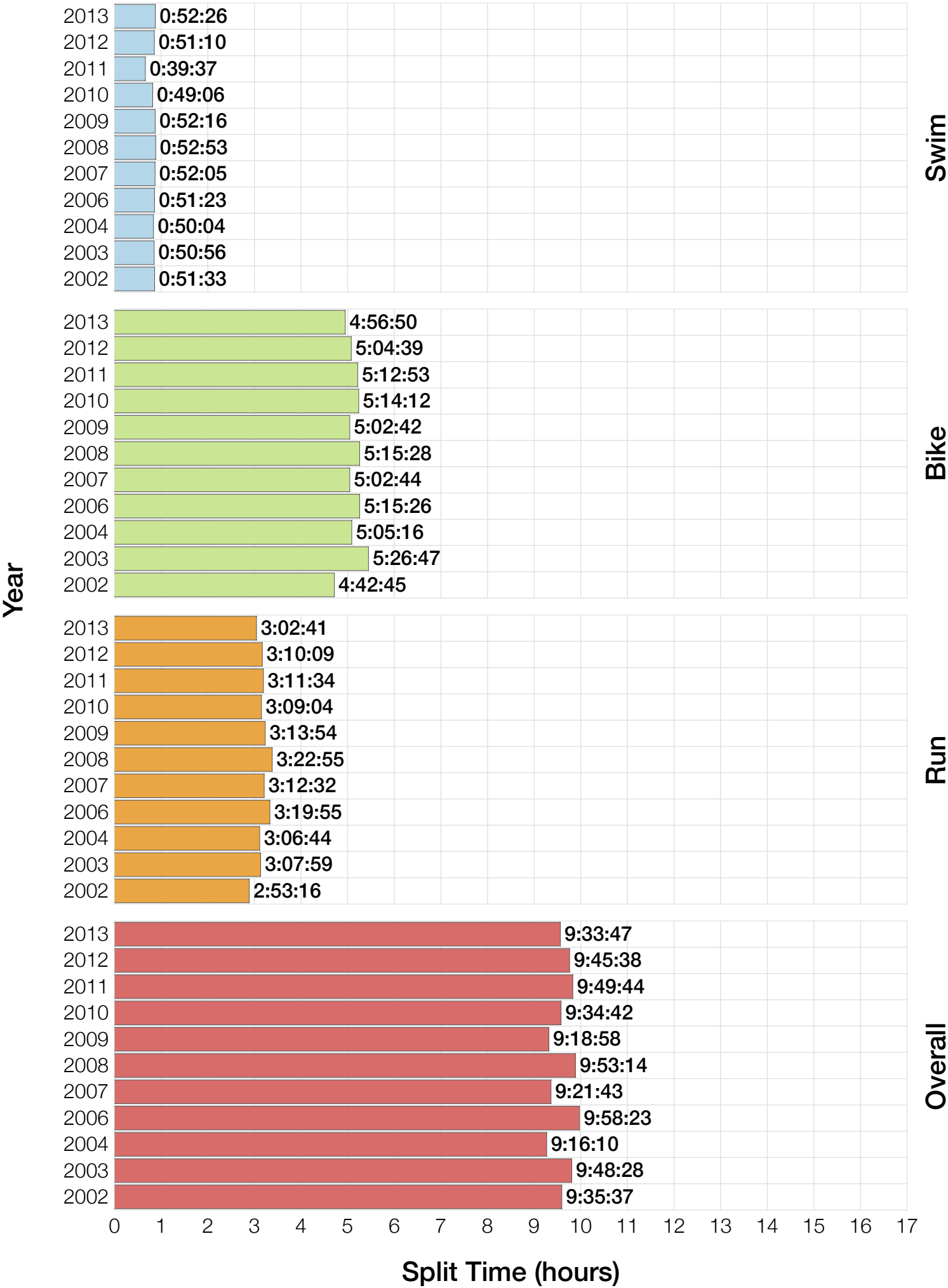
# M40-44 Overall



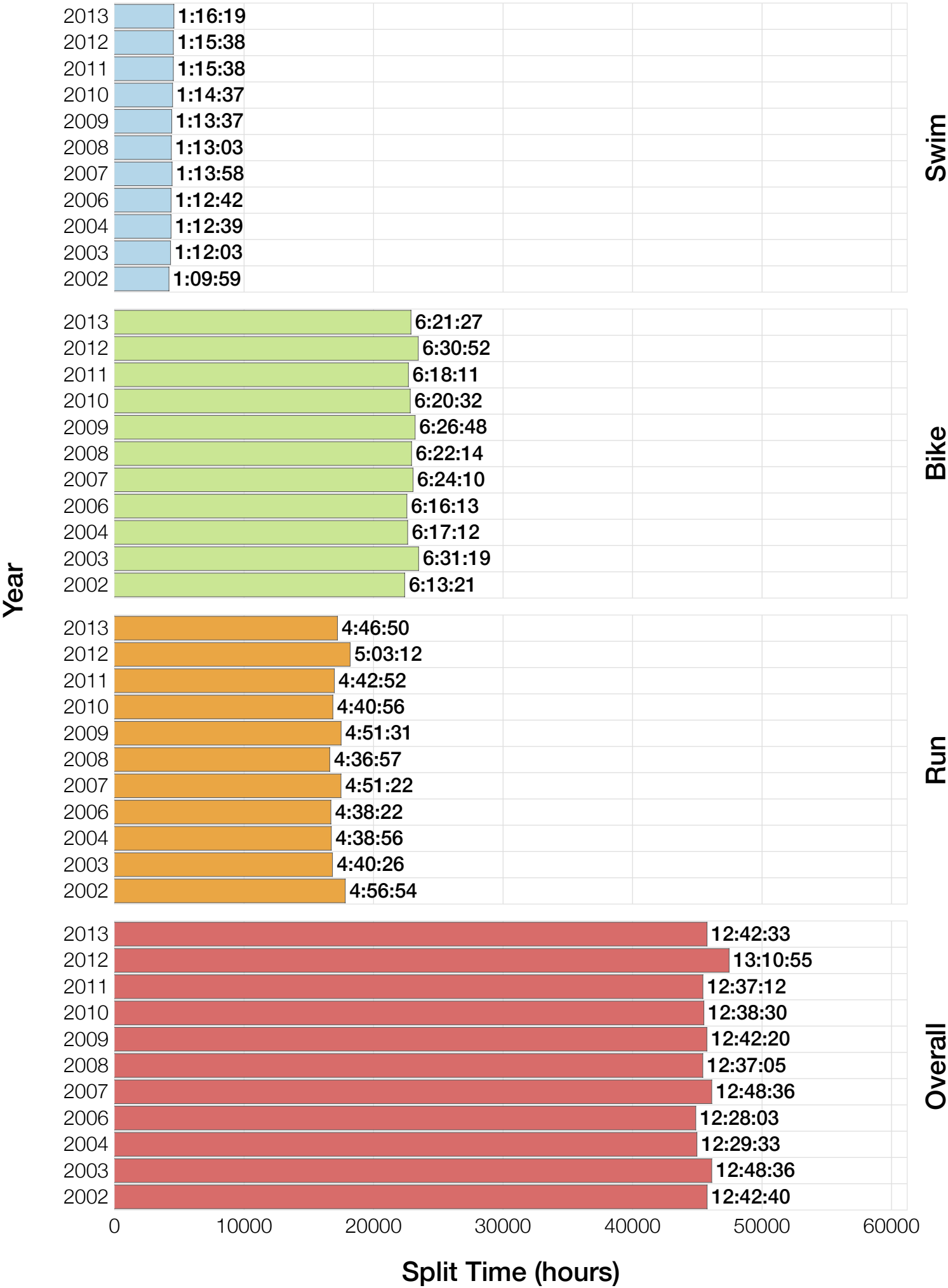
# M40-44 Overall



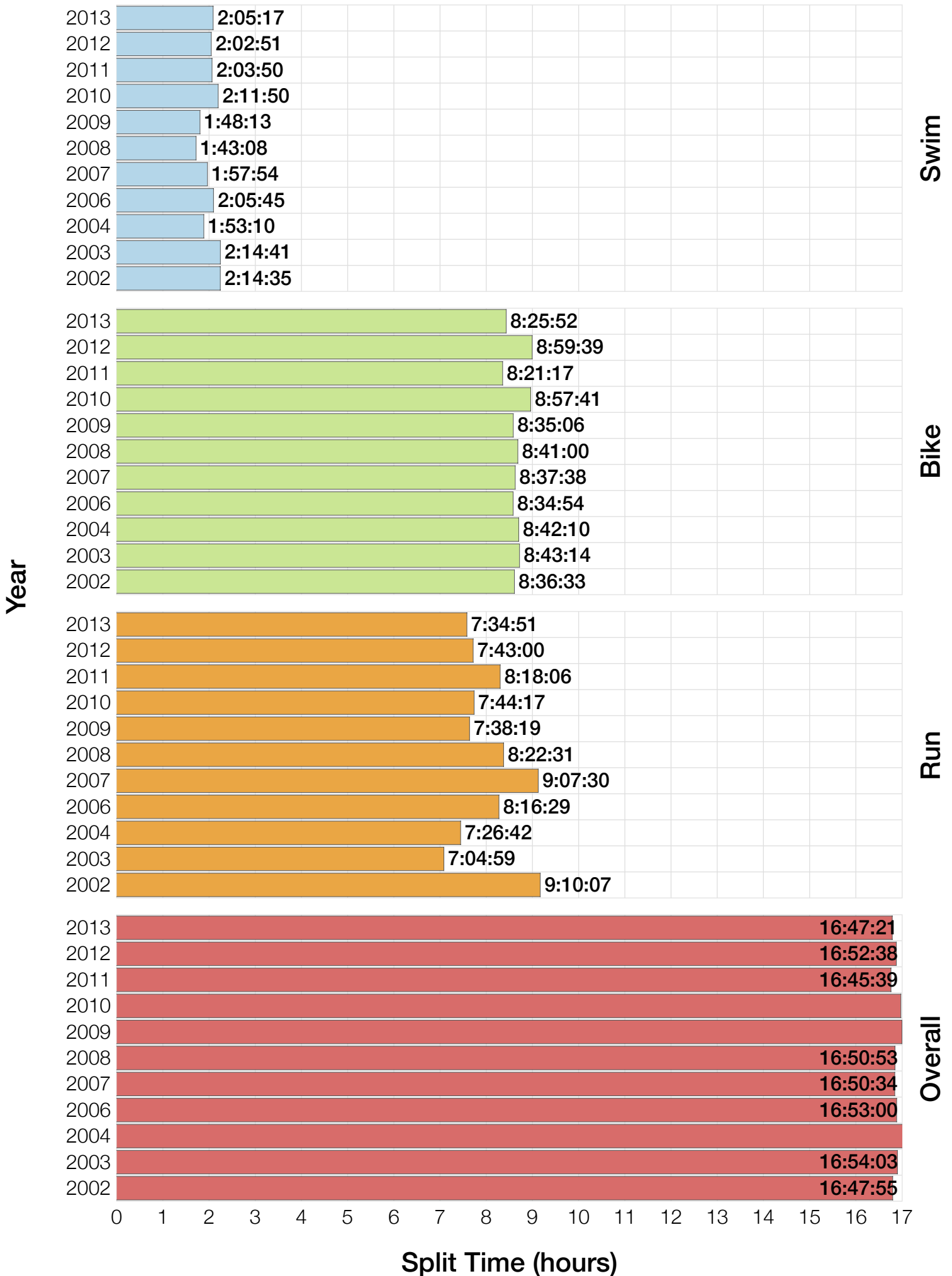
# M40-44 Fastest Splits



# M40-44 Median Splits

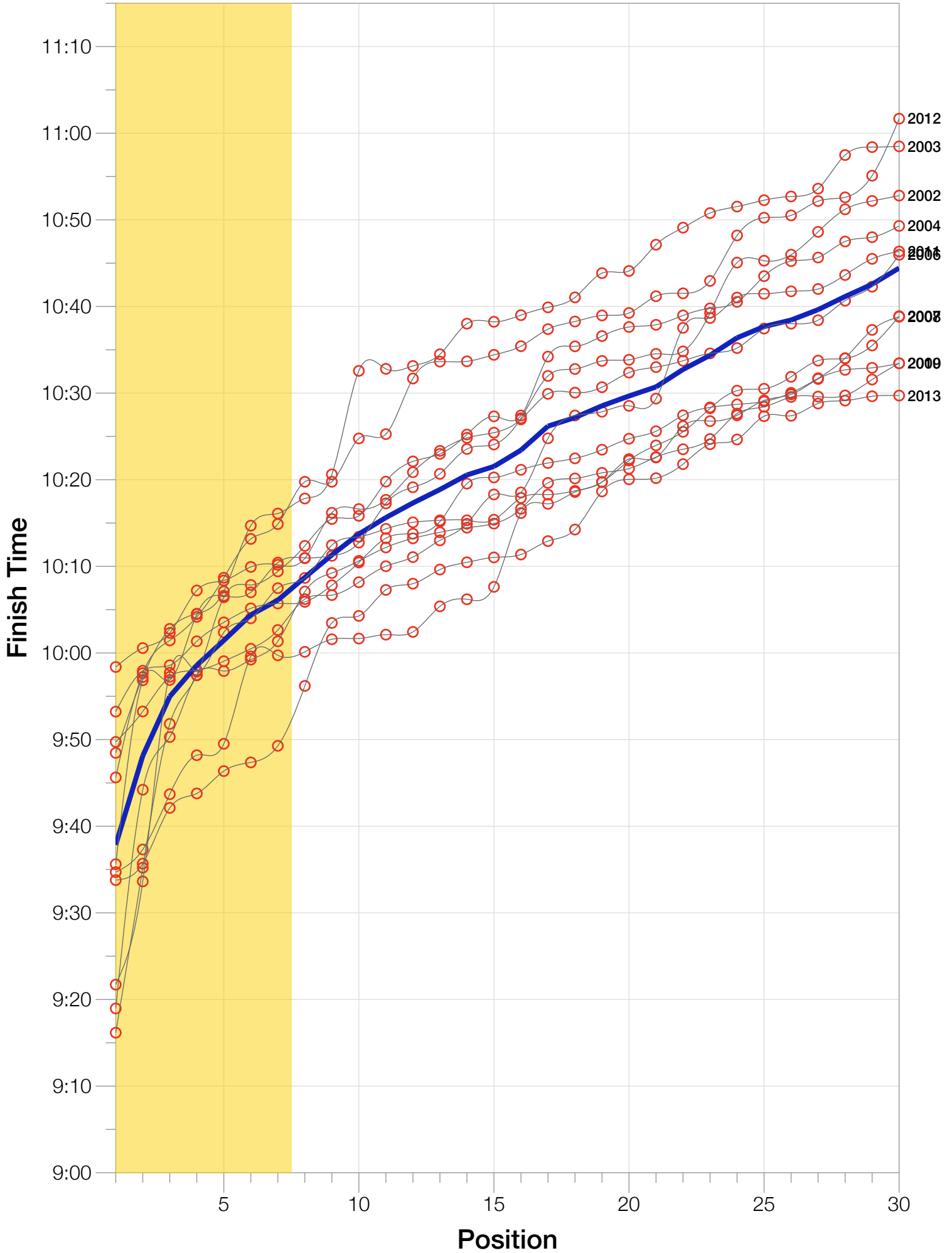


# M40-44 Slowest Splits



# M40-44 Top 30 Finishing Splits

Estimated Kona Slot      Average Finishing Time      Finishing Time



# M40-44 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	1:01:13	5:11:53	3:17:34	9:37:51
Average 2nd Age Grouper	1:02:43	5:18:28	3:19:06	9:48:08
Average 3rd Age Grouper	1:05:17	5:19:03	3:22:56	9:54:59
Average 4th Age Grouper	1:03:54	5:24:41	3:21:56	9:58:35
Average 5th Age Grouper	1:02:17	5:23:29	3:28:05	10:01:27
Average 6th Age Grouper	1:01:26	5:29:31	3:25:37	10:04:24
Average 7th Age Grouper	1:01:03	5:28:36	3:28:36	10:06:06
Average 8th Age Grouper	1:04:43	5:28:31	3:26:52	10:08:44
Average 9th Age Grouper	1:01:57	5:24:23	3:36:24	10:11:19
Average 10th Age Grouper	1:02:20	5:29:49	3:33:09	10:13:44
<b>Kona Qualifier Average</b>	<b>1:02:33</b>	<b>5:22:14</b>	<b>3:23:24</b>	<b>9:55:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:41</b>	<b>5:23:50</b>	<b>3:26:02</b>	<b>10:00:32</b>

## 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	1:11:02	5:10:00	3:02:41	9:33:47
2nd Age Grouper	1:00:46	4:56:50	3:30:27	9:35:41
3rd Age Grouper	1:04:15	5:04:19	3:27:15	9:42:07
4th Age Grouper	1:11:19	5:14:55	3:10:51	9:43:47
5th Age Grouper	0:56:55	5:13:56	3:28:47	9:46:22
6th Age Grouper	0:58:35	5:18:57	3:22:11	9:47:22
7th Age Grouper	1:05:44	5:18:00	3:19:33	9:49:17
8th Age Grouper	1:09:55	5:20:09	3:18:58	9:56:12
9th Age Grouper	1:05:12	5:22:03	3:28:56	10:03:28
10th Age Grouper	1:01:54	5:24:22	3:30:14	10:04:17
<b>Kona Qualifier Average</b>	<b>1:04:05</b>	<b>5:10:59</b>	<b>3:20:15</b>	<b>9:42:37</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:33</b>	<b>5:14:21</b>	<b>3:21:59</b>	<b>9:48:14</b>

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

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