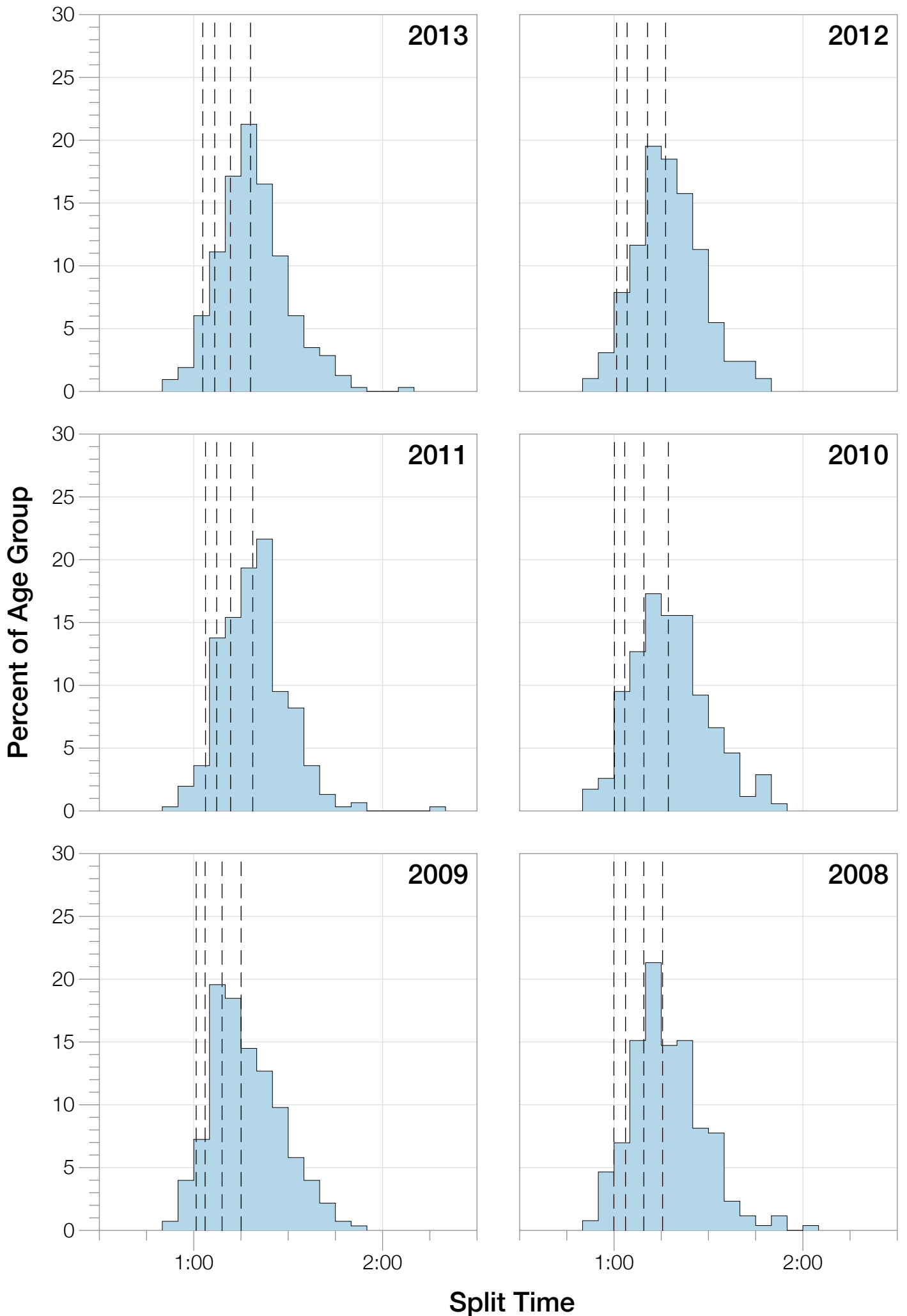


Ironman Lake Placid M45-49 Stats

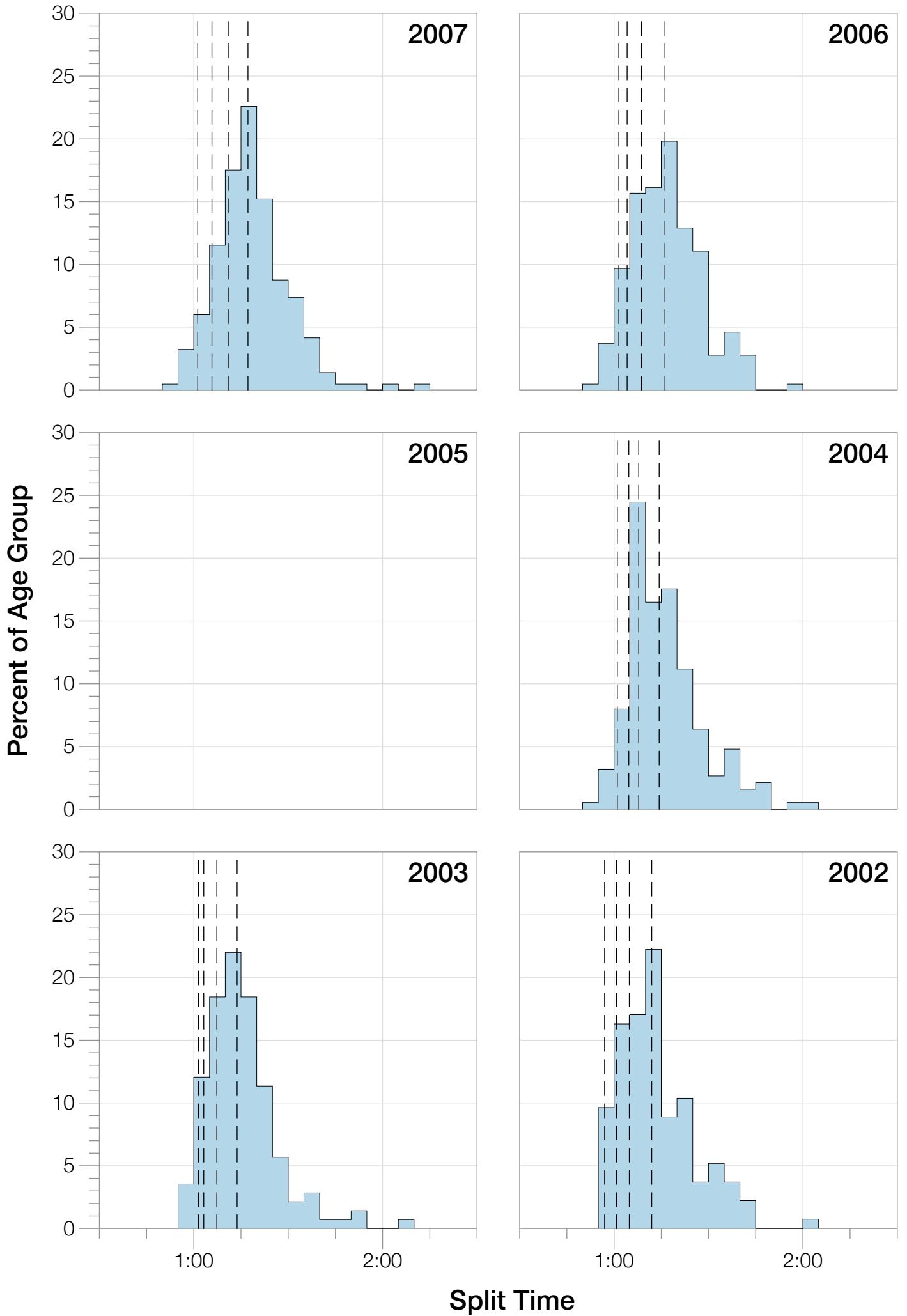
M45-49 Summary Statistics

Year	Finishers	M45-49 Finishers	Male Winner's Time	Female Winner's Time	M45-49 Winner's Time
2002	1638	135	8:39:19	9:29:41	9:35:08
2003	1673	141	8:46:15	9:51:55	10:03:26
2004	1882	188	8:23:12	9:24:42	9:44:21
2006	2038	217	8:38:18	10:11:35	10:06:06
2007	2051	217	9:16:02	9:40:20	9:50:31
2008	2193	258	8:43:32	9:51:00	10:10:28
2009	2051	276	8:36:37	9:29:36	9:59:32
2010	2472	347	8:39:34	9:27:30	9:51:32
2011	2356	305	8:25:15	9:19:03	9:58:49
2012	2280	292	8:25:07	9:47:39	9:39:19
2013	2342	316	8:43:29	9:35:06	9:30:14
Average	2089	245	8:39:41	9:38:55	9:02:27

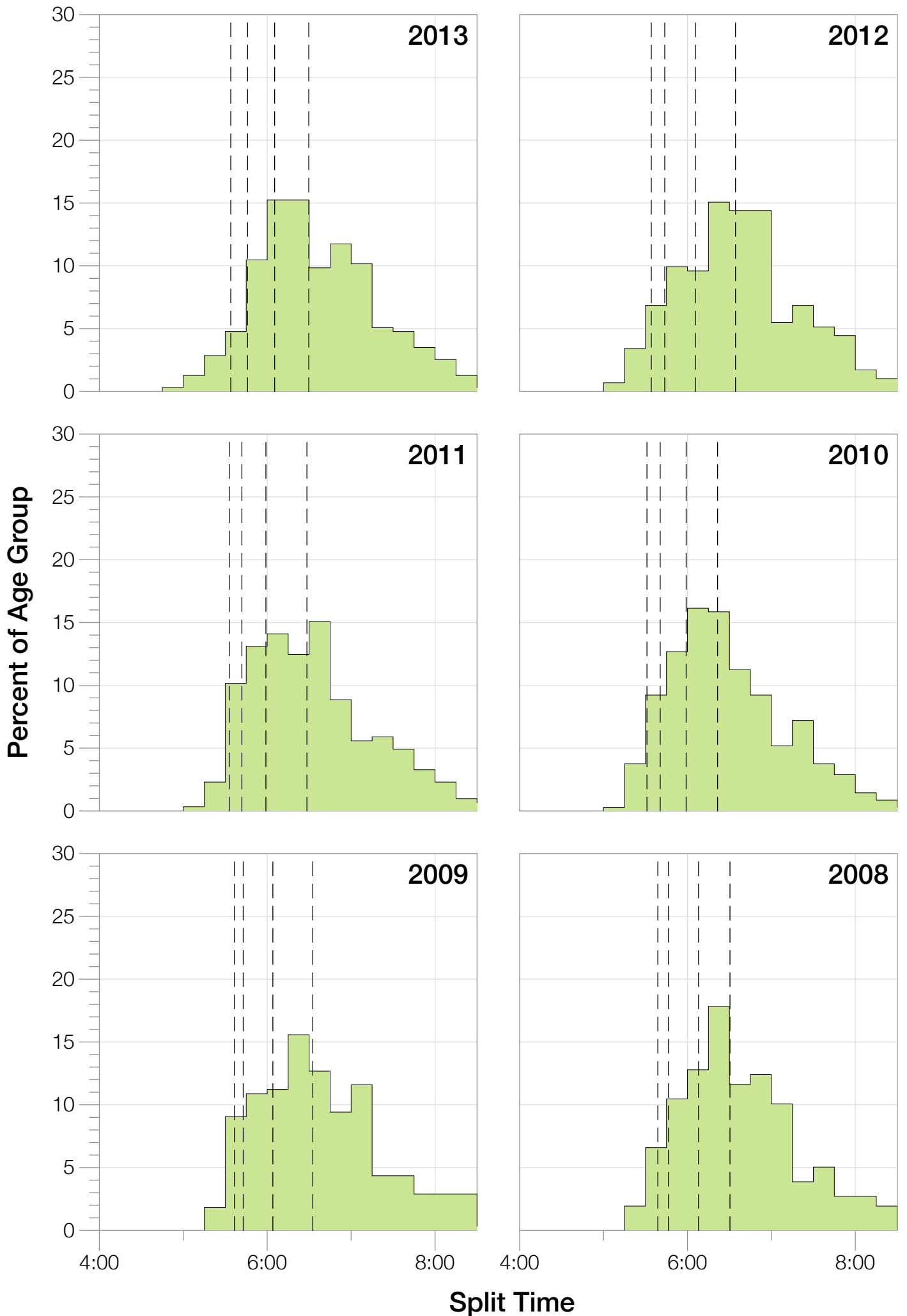
M45-49 Swim



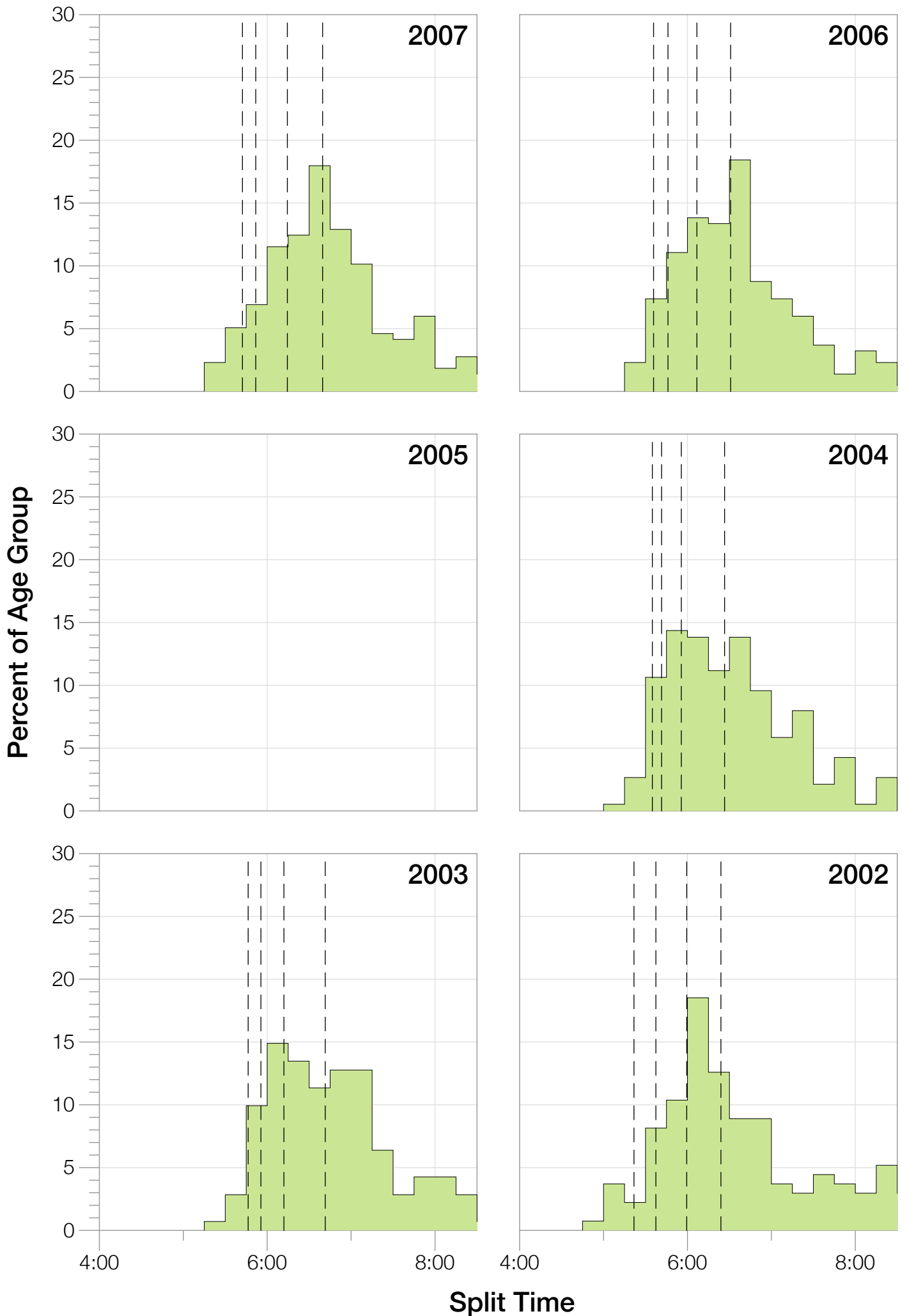
M45-49 Swim



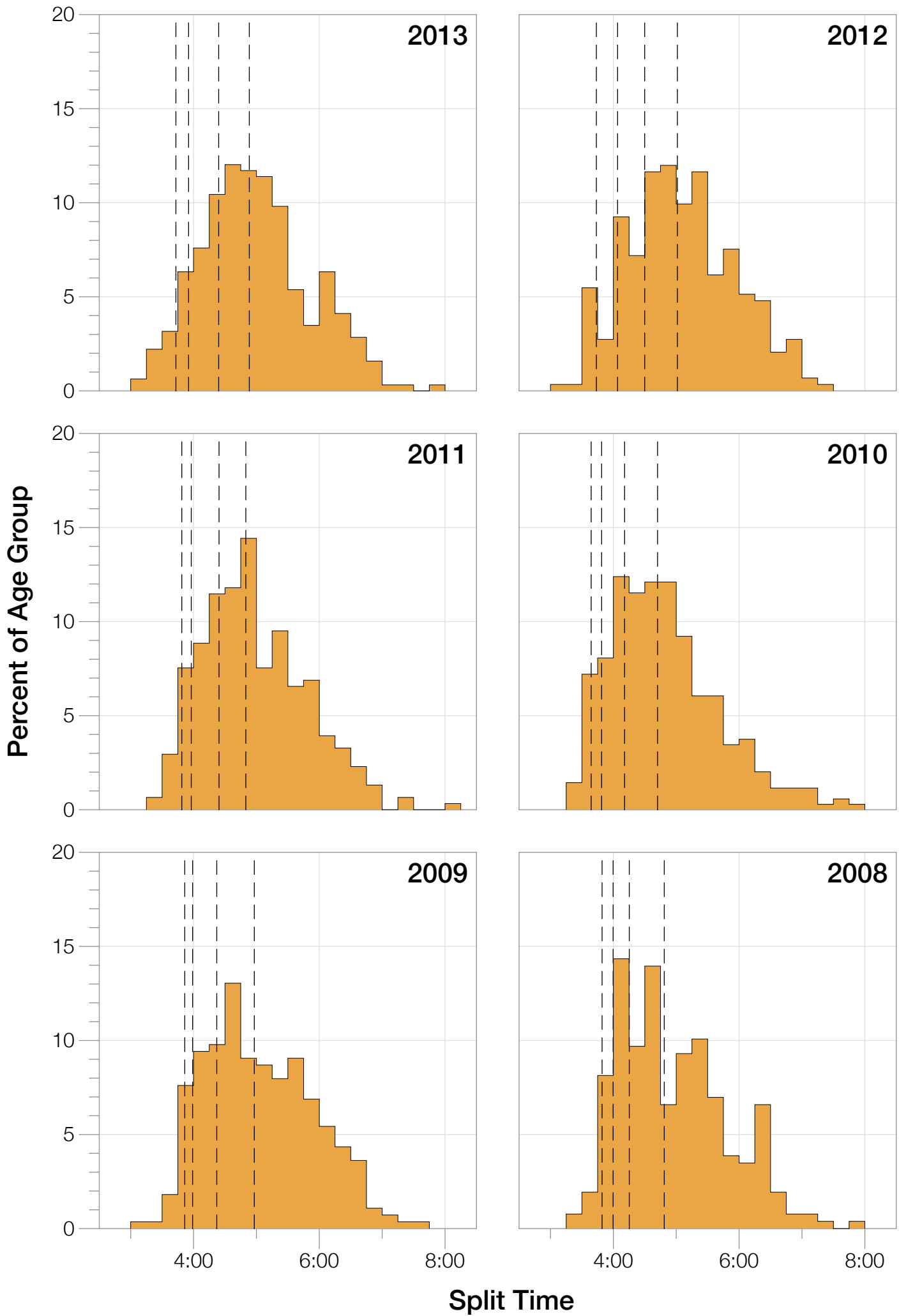
M45-49 Bike



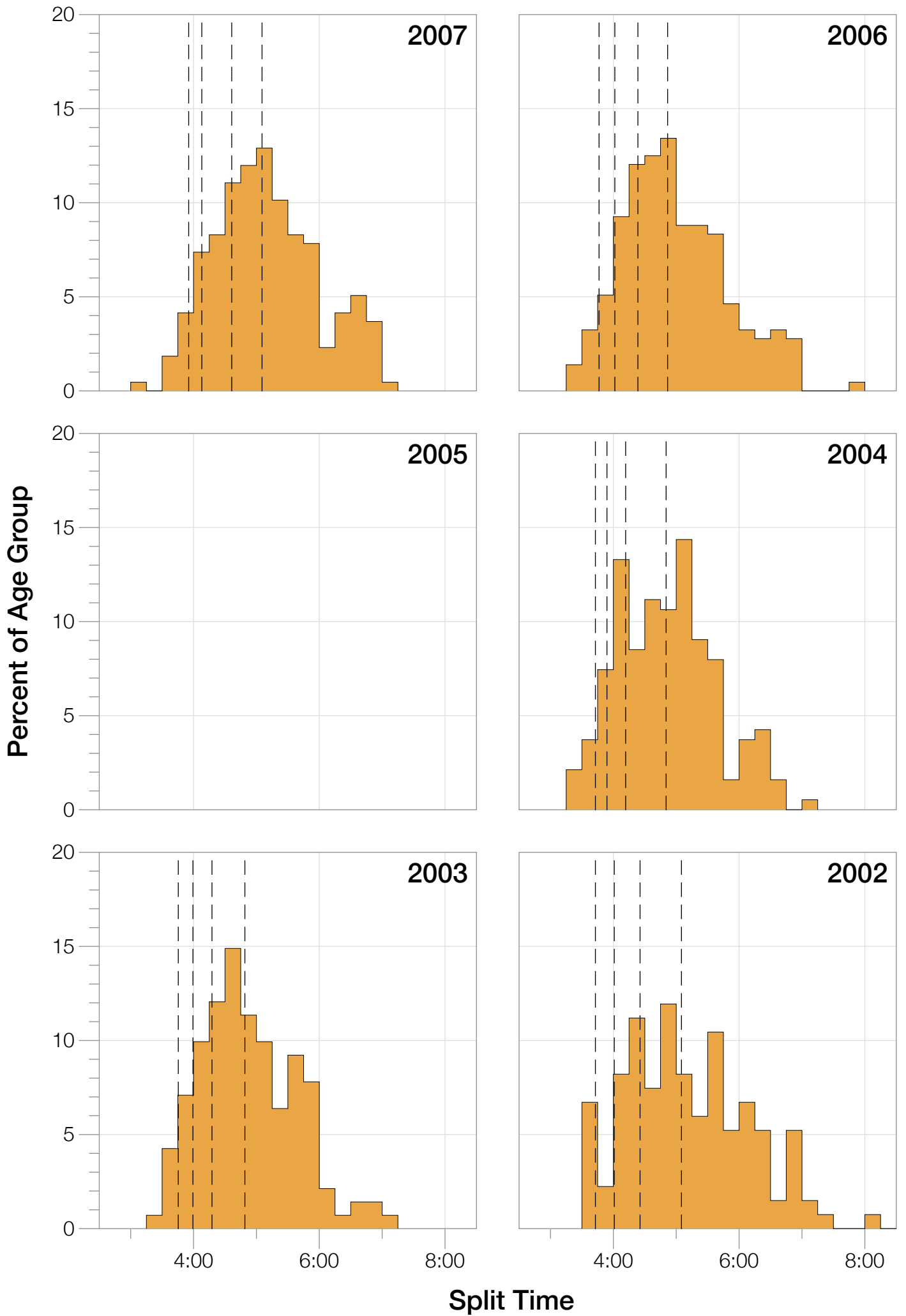
M45-49 Bike



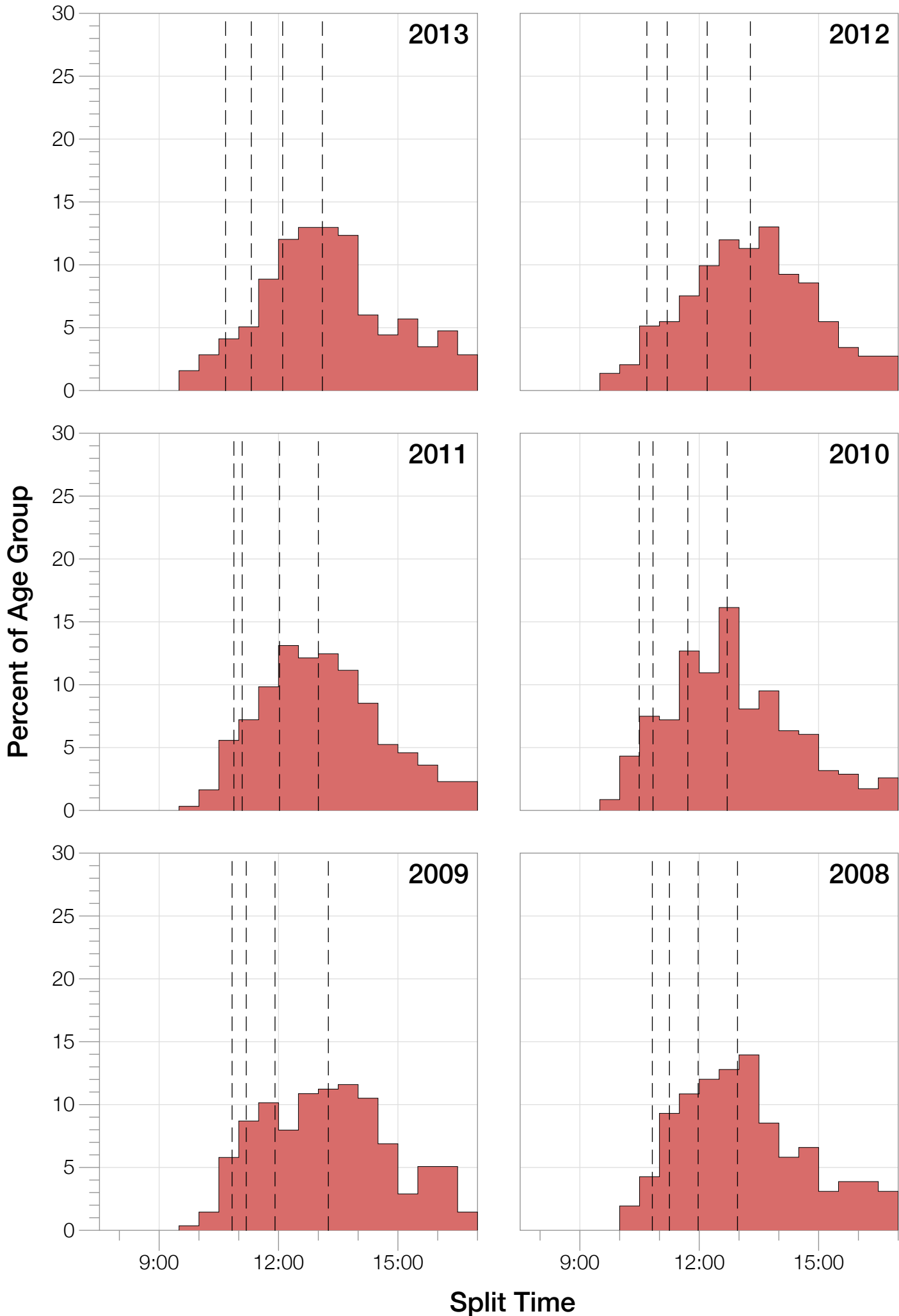
M45-49 Run



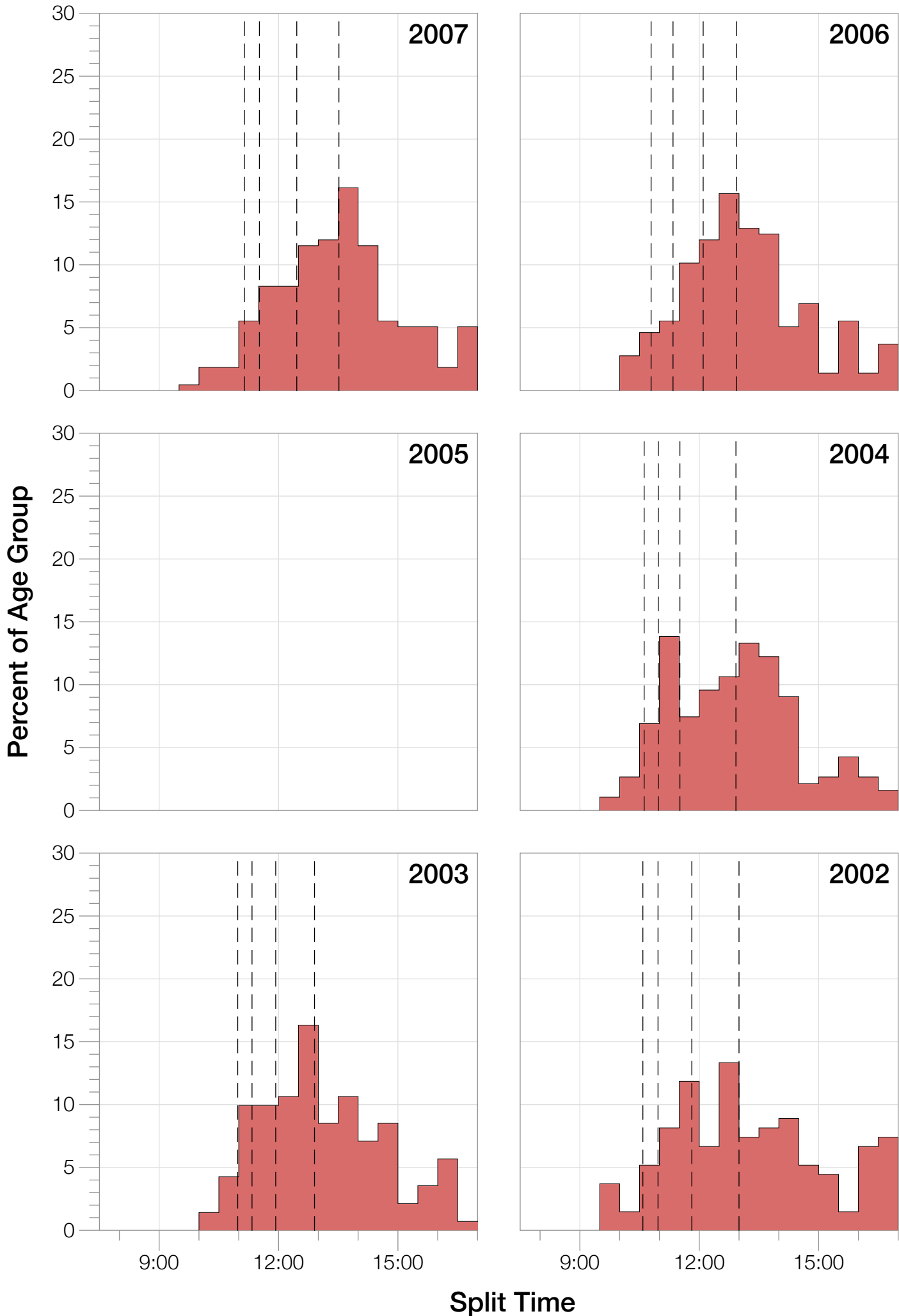
M45-49 Run



M45-49 Overall



M45-49 Overall



M45-49 Fastest Splits

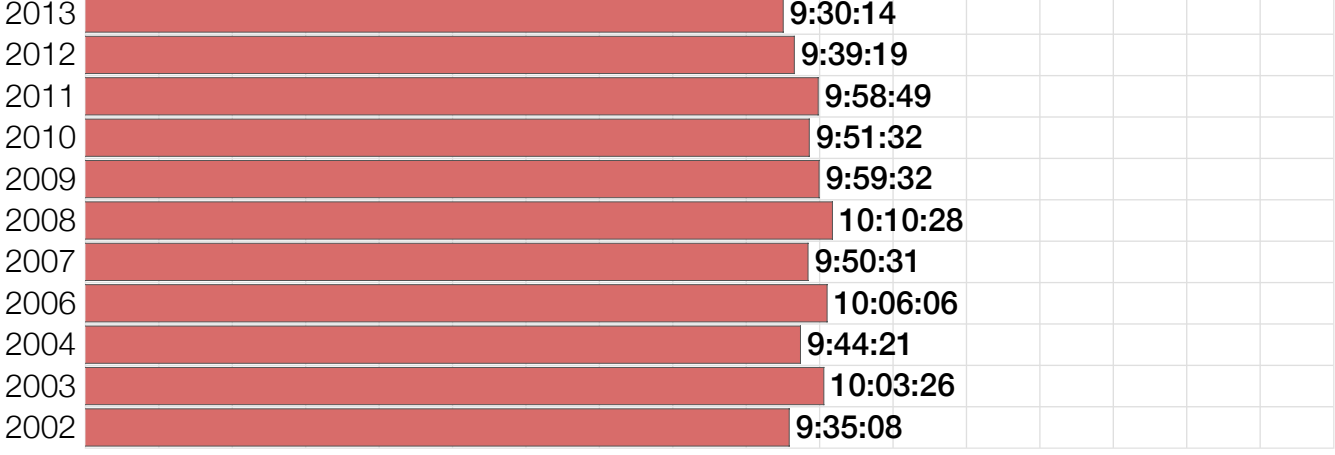
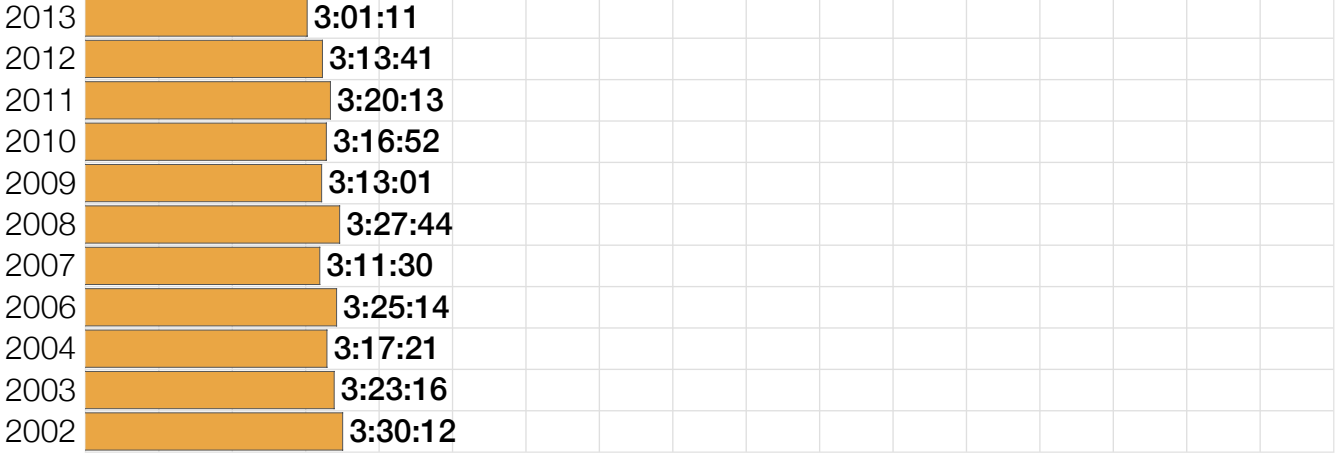
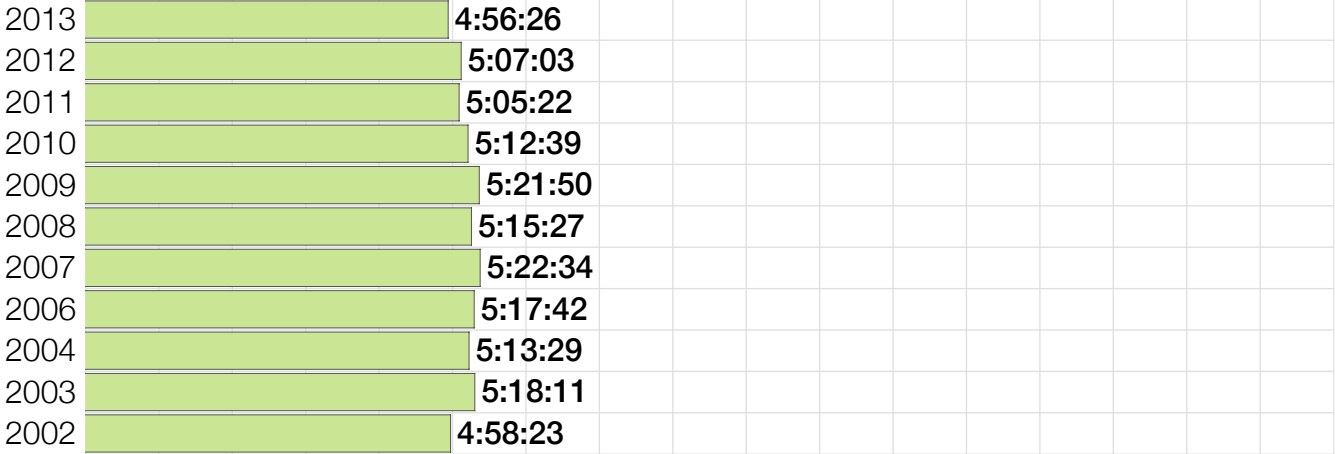
Year

Swim

Bike

Run

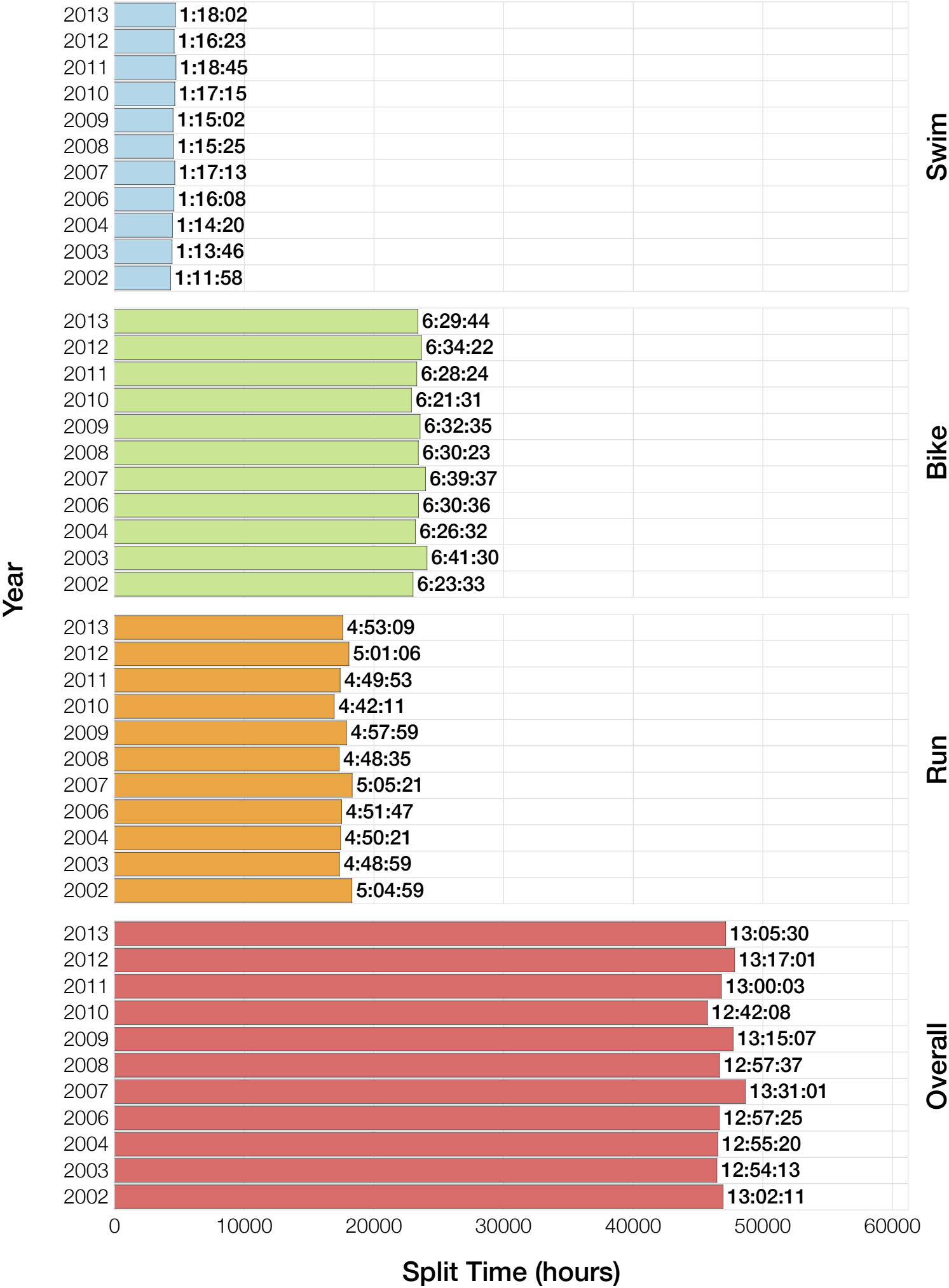
Overall



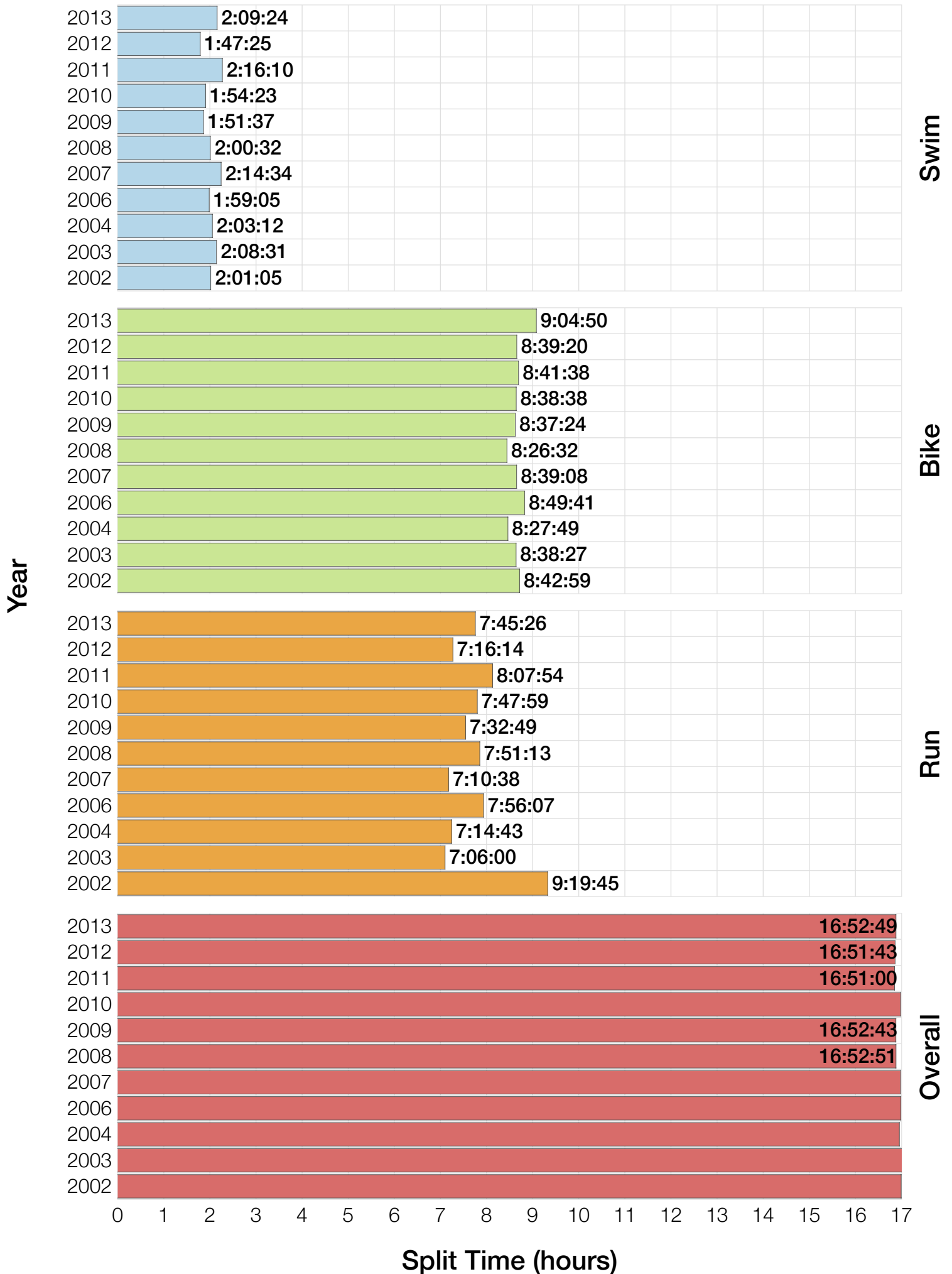
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

M45-49 Median Splits

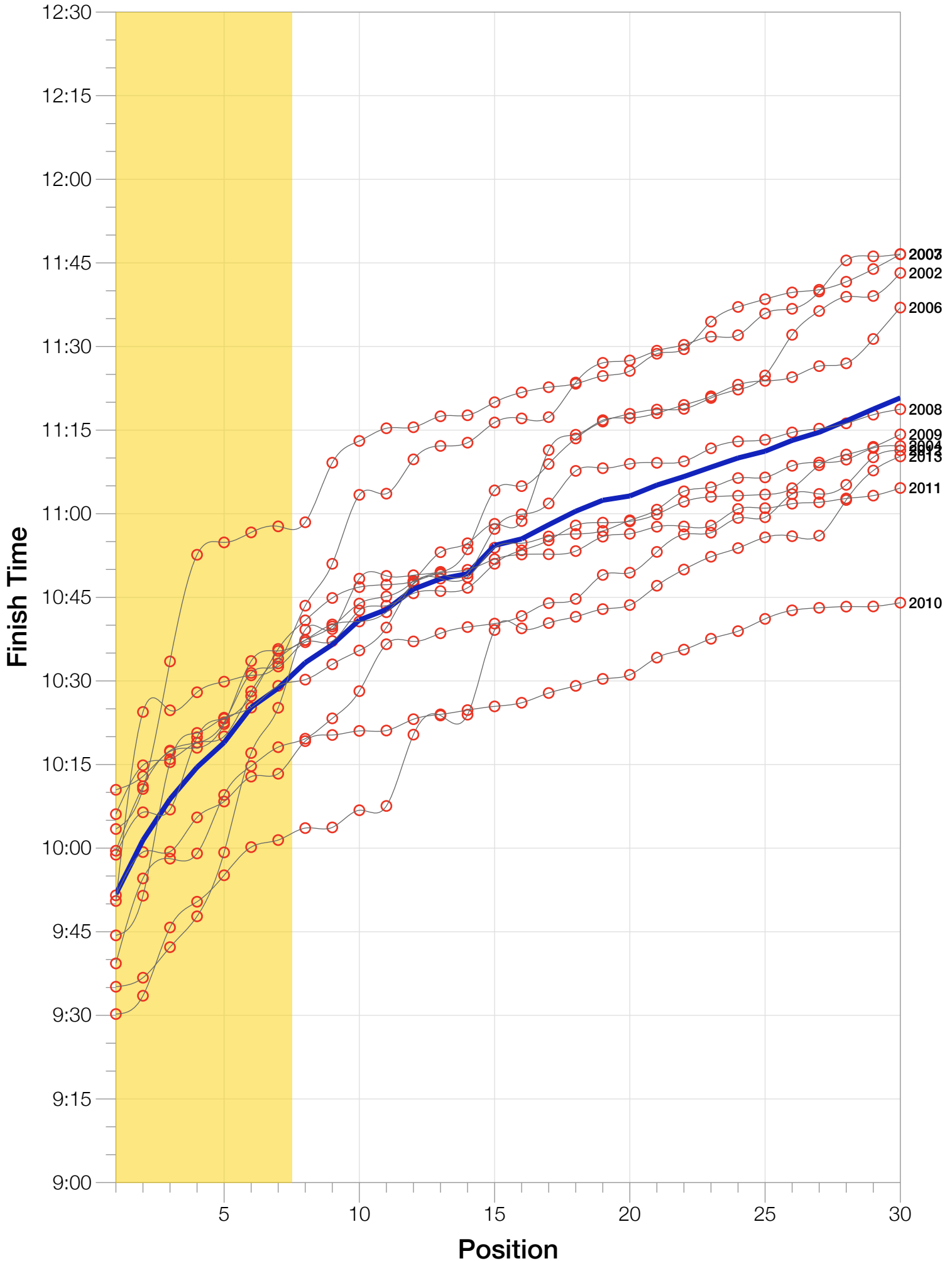


M45-49 Slowest Splits



M45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M45-49 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	1:01:54	5:17:16	3:24:55	9:51:46
Average 2nd Age Grouper	1:04:20	5:22:20	3:27:01	10:01:26
Average 3rd Age Grouper	1:03:05	5:25:14	3:32:11	10:08:48
Average 4th Age Grouper	1:05:08	5:25:51	3:35:30	10:14:31
Average 5th Age Grouper	1:03:23	5:42:24	3:37:31	10:18:57
Average 6th Age Grouper	1:04:25	5:27:13	3:44:21	10:25:16
Average 7th Age Grouper	1:03:23	5:33:16	3:43:45	10:28:42
Average 8th Age Grouper	1:04:16	5:32:11	3:47:41	10:33:17
Average 9th Age Grouper	1:08:32	5:36:56	3:40:34	10:36:31
Average 10th Age Grouper	1:03:13	5:38:53	3:49:09	10:40:56
Kona Qualifier Average	1:03:40	5:27:39	3:35:00	10:12:46
Top 10 Age Grouper Average	1:04:10	5:30:09	3:38:16	10:20:01

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	1:01:38	5:06:25	3:14:00	9:30:14
2nd Age Grouper	1:04:50	5:20:01	3:01:11	9:33:31
3rd Age Grouper	0:54:28	5:18:06	3:26:26	9:45:46
4th Age Grouper	1:04:46	5:13:24	3:25:35	9:50:23
5th Age Grouper	1:03:28	5:25:31	3:17:19	9:55:08
6th Age Grouper	1:09:15	4:56:26	3:44:02	10:00:11
7th Age Grouper	0:58:08	5:16:25	3:38:45	10:01:27
8th Age Grouper	1:01:20	5:23:05	3:29:46	10:03:36
9th Age Grouper	1:13:50	5:14:40	3:25:15	10:03:43
10th Age Grouper	1:01:19	5:25:08	3:32:45	10:06:48
Kona Qualifier Average	1:02:21	5:13:45	3:23:54	9:48:05
Top 10 Age Grouper Average	1:03:18	5:15:55	3:25:30	9:53:04

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

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

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	0:59:24	5:20:05	3:24:12	9:51:32
2nd Age Grouper	1:06:50	5:12:39	3:32:42	9:59:18
3rd Age Grouper	1:07:34	5:16:24	3:28:08	9:59:22
4th Age Grouper	0:54:10	5:29:41	3:34:30	10:05:31
5th Age Grouper	1:02:26	5:17:16	3:38:38	10:08:22
6th Age Grouper	1:08:44	5:15:54	3:37:20	10:12:50
7th Age Grouper	1:07:17	5:41:46	3:16:52	10:13:21
8th Age Grouper	0:52:17	5:37:39	3:39:13	10:19:12
9th Age Grouper	1:08:44	5:25:13	3:37:47	10:20:18
10th Age Grouper	1:08:10	5:34:10	3:29:23	10:21:02
Kona Qualifier Average	1:03:46	5:21:57	3:30:20	10:04:19
Top 10 Age Grouper Average	1:03:33	5:25:04	3:31:52	10:09:04

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

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

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	1:09:14	5:22:34	3:11:30	9:50:31
2nd Age Grouper	1:04:29	5:26:43	3:46:51	10:24:26
3rd Age Grouper	0:56:30	5:40:00	3:40:46	10:24:44
4th Age Grouper	1:06:22	5:30:51	3:42:40	10:27:58
5th Age Grouper	1:03:55	5:29:13	3:48:58	10:29:52
6th Age Grouper	1:00:56	5:22:44	4:00:38	10:31:00
7th Age Grouper	1:01:46	5:29:22	3:55:34	10:33:08
8th Age Grouper	1:09:57	5:31:32	3:51:55	10:43:30
9th Age Grouper	1:19:42	5:36:23	3:44:33	10:51:01
10th Age Grouper	1:04:11	5:57:58	3:49:04	11:03:23
Kona Qualifier Average	1:03:18	5:28:46	3:43:51	10:23:05
Top 10 Age Grouper Average	1:05:42	5:32:44	3:45:14	10:31:57

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	1:03:48	5:28:55	3:26:10	10:06:06
2nd Age Grouper	1:01:54	5:25:56	3:38:07	10:14:52
3rd Age Grouper	0:58:55	5:37:28	3:30:26	10:15:57
4th Age Grouper	1:11:09	5:31:04	3:26:12	10:18:55
5th Age Grouper	0:59:07	5:31:11	3:42:01	10:20:03
6th Age Grouper	1:07:49	5:28:15	3:44:15	10:28:07
7th Age Grouper	1:04:22	5:40:42	3:37:16	10:34:02
8th Age Grouper	1:01:39	5:17:42	4:11:19	10:37:20
9th Age Grouper	1:18:50	5:35:35	3:33:01	10:39:46
10th Age Grouper	0:58:26	5:36:17	3:58:25	10:43:53
Kona Qualifier Average	1:03:52	5:31:55	3:34:55	10:19:43
Top 10 Age Grouper Average	1:04:35	5:31:18	3:40:43	10:25:54

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

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

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	0:56:10	5:00:41	3:30:34	9:35:08
2nd Age Grouper	0:58:20	5:00:30	3:30:54	9:36:45
3rd Age Grouper	1:00:38	4:58:23	3:36:17	9:42:14
4th Age Grouper	0:56:21	5:14:22	3:30:12	9:47:46
5th Age Grouper	1:10:48	7:33:04		9:59:14
6th Age Grouper	1:06:20	5:30:32	3:32:07	10:17:04
7th Age Grouper	1:01:45	5:38:44	3:40:01	10:25:11
8th Age Grouper	1:05:12	5:05:44	4:21:41	10:39:12
9th Age Grouper	1:06:03	5:33:15	3:51:36	10:39:18
10th Age Grouper	1:11:58	5:09:08	4:21:17	10:48:21
Kona Qualifier Average	1:01:28	5:33:45	3:33:20	9:54:46
Top 10 Age Grouper Average	1:03:21	5:28:26	3:46:04	10:09:01