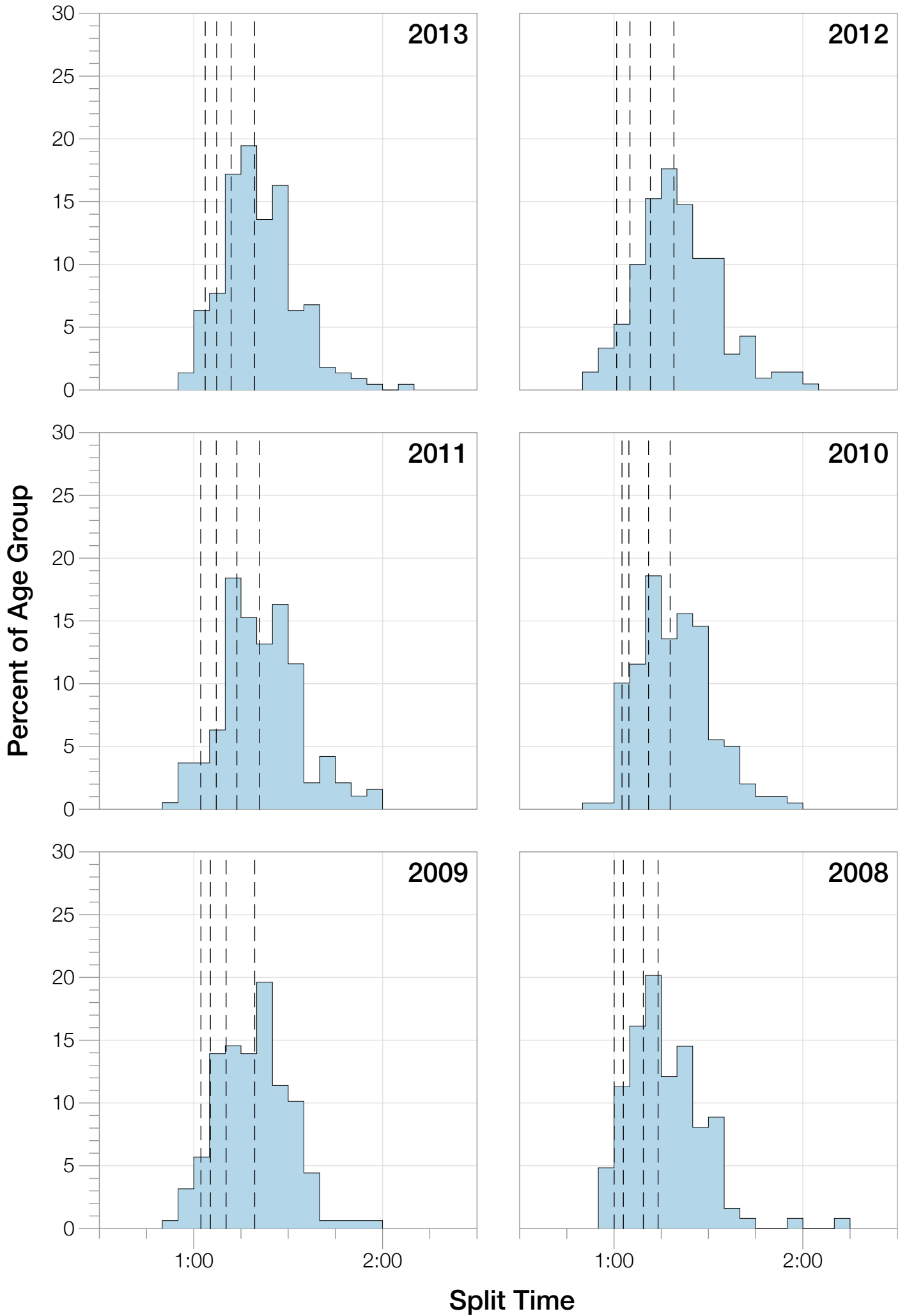


Ironman Lake Placid M50-54 Stats

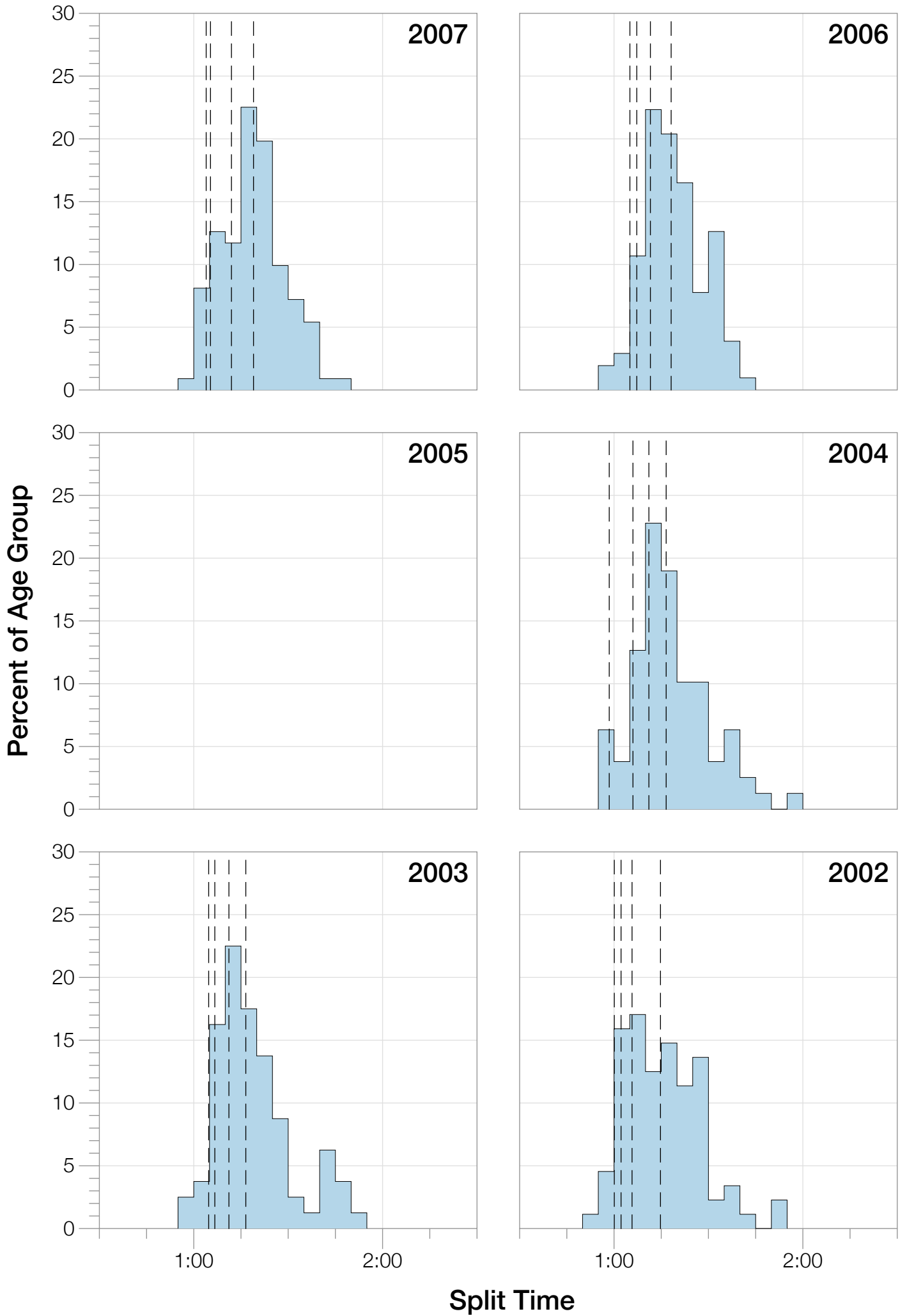
M50-54 Summary Statistics

Year	Finishers	M50-54 Finishers	Male Winner's Time	Female Winner's Time	M50-54 Winner's Time
2002	1638	88	8:39:19	9:29:41	10:07:48
2003	1673	81	8:46:15	9:51:55	10:31:19
2004	1882	79	8:23:12	9:24:42	10:45:48
2006	2038	103	8:38:18	10:11:35	10:52:17
2007	2051	111	9:16:02	9:40:20	10:49:52
2008	2193	124	8:43:32	9:51:00	10:18:09
2009	2051	158	8:36:37	9:29:36	9:57:47
2010	2472	199	8:39:34	9:27:30	10:29:39
2011	2356	191	8:25:15	9:19:03	10:05:38
2012	2280	210	8:25:07	9:47:39	10:12:49
2013	2342	221	8:43:29	9:35:06	10:17:36
Average	2089	142	8:39:41	9:38:55	9:32:23

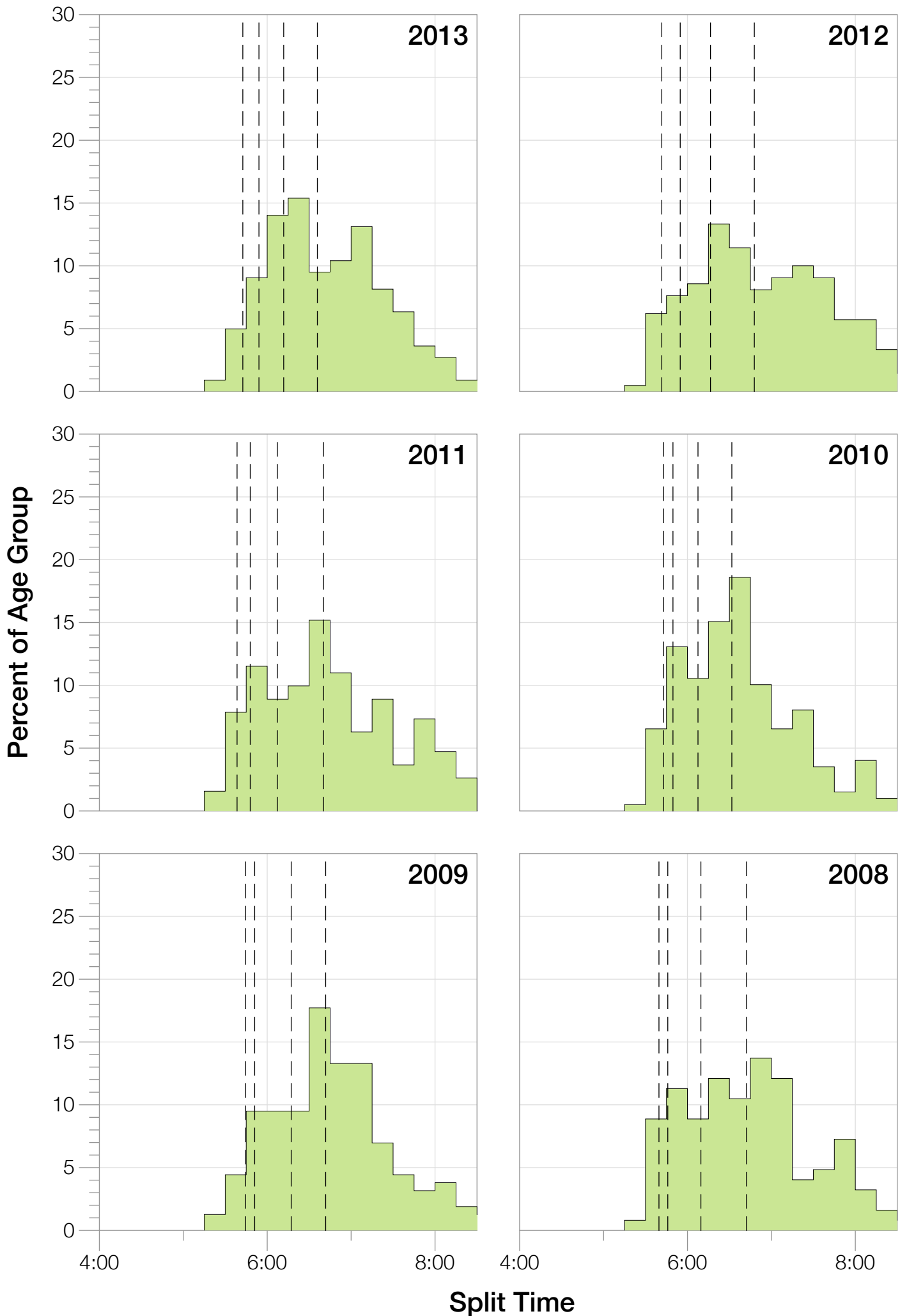
M50-54 Swim



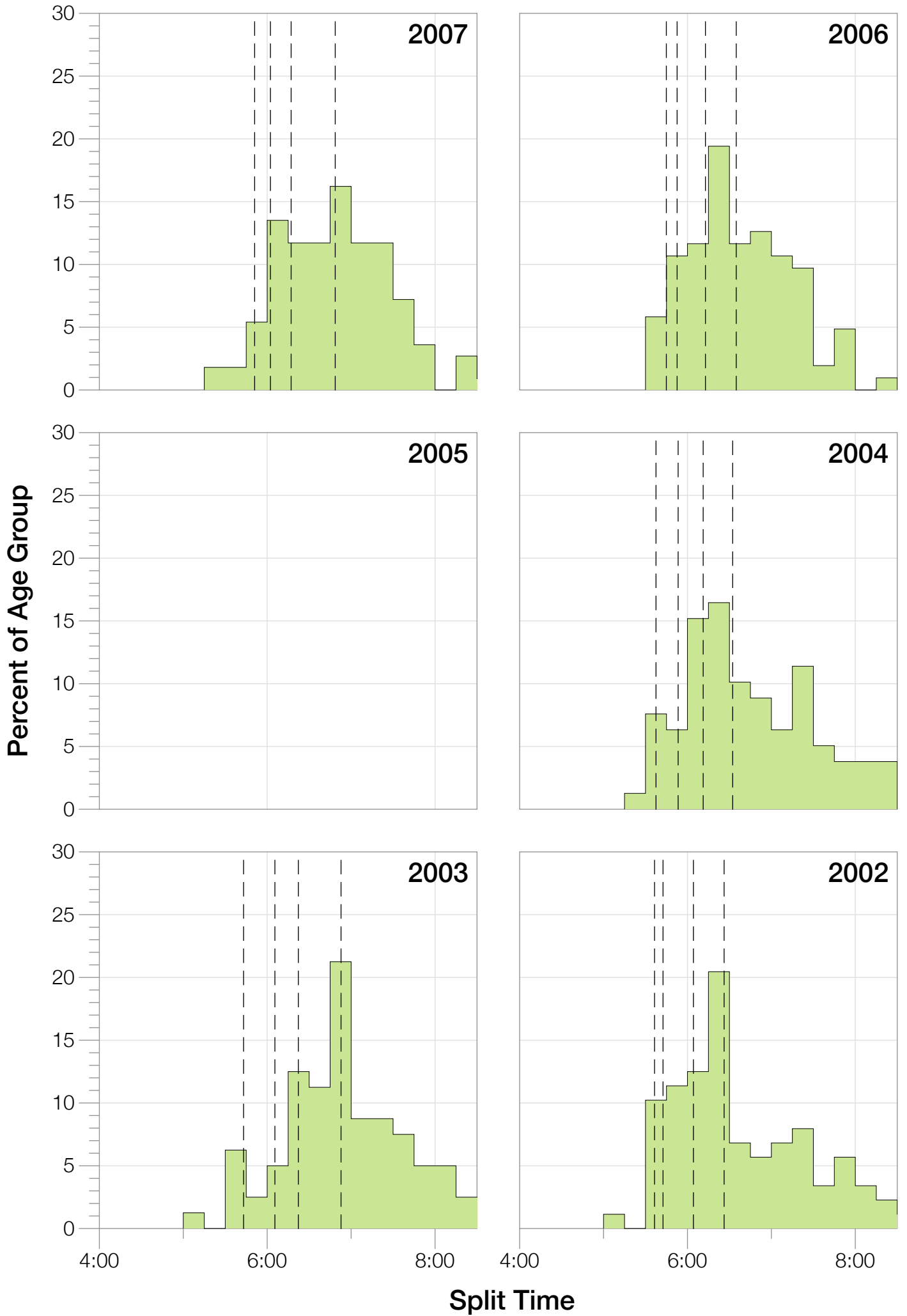
M50-54 Swim



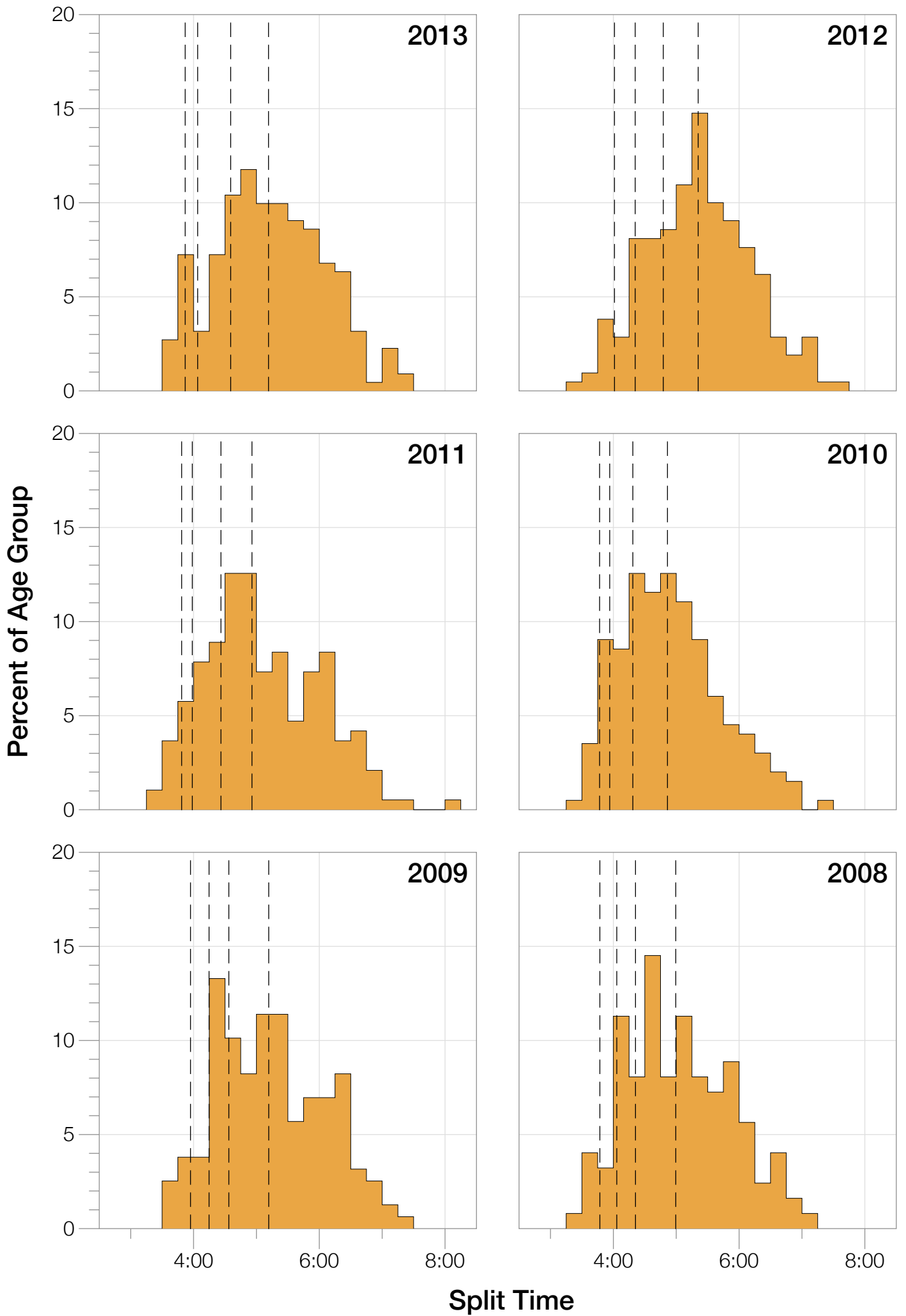
M50-54 Bike



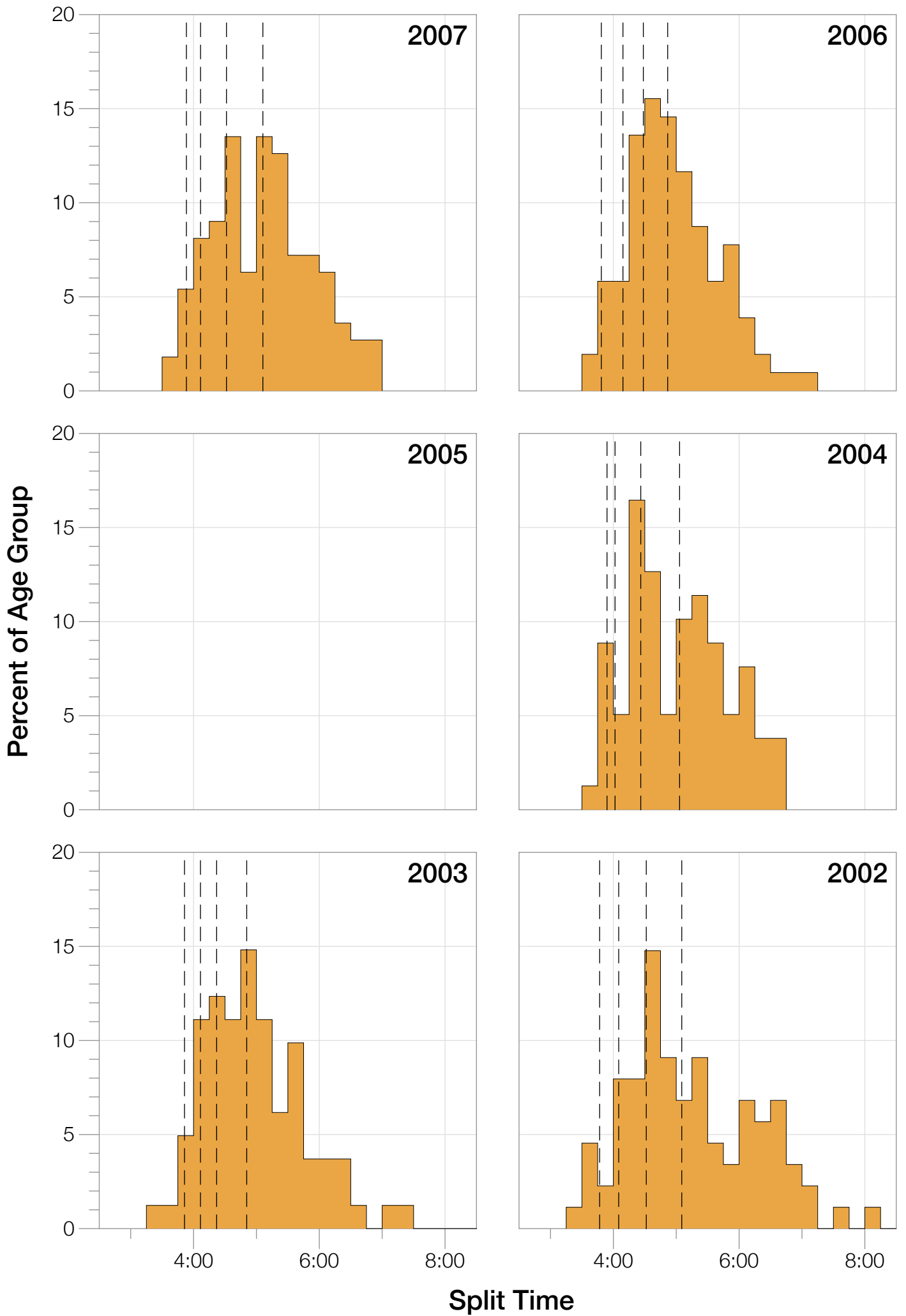
M50-54 Bike



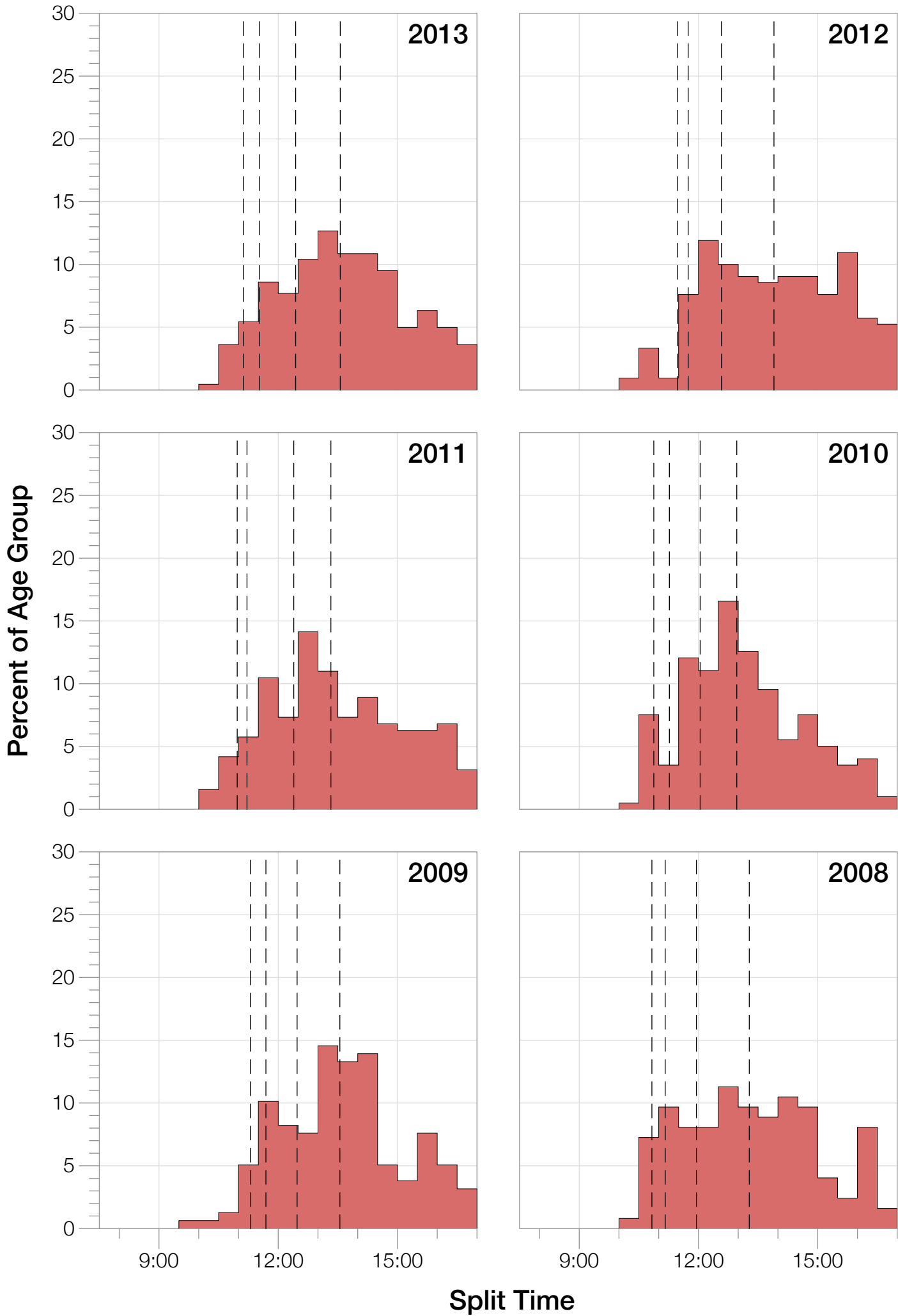
M50-54 Run



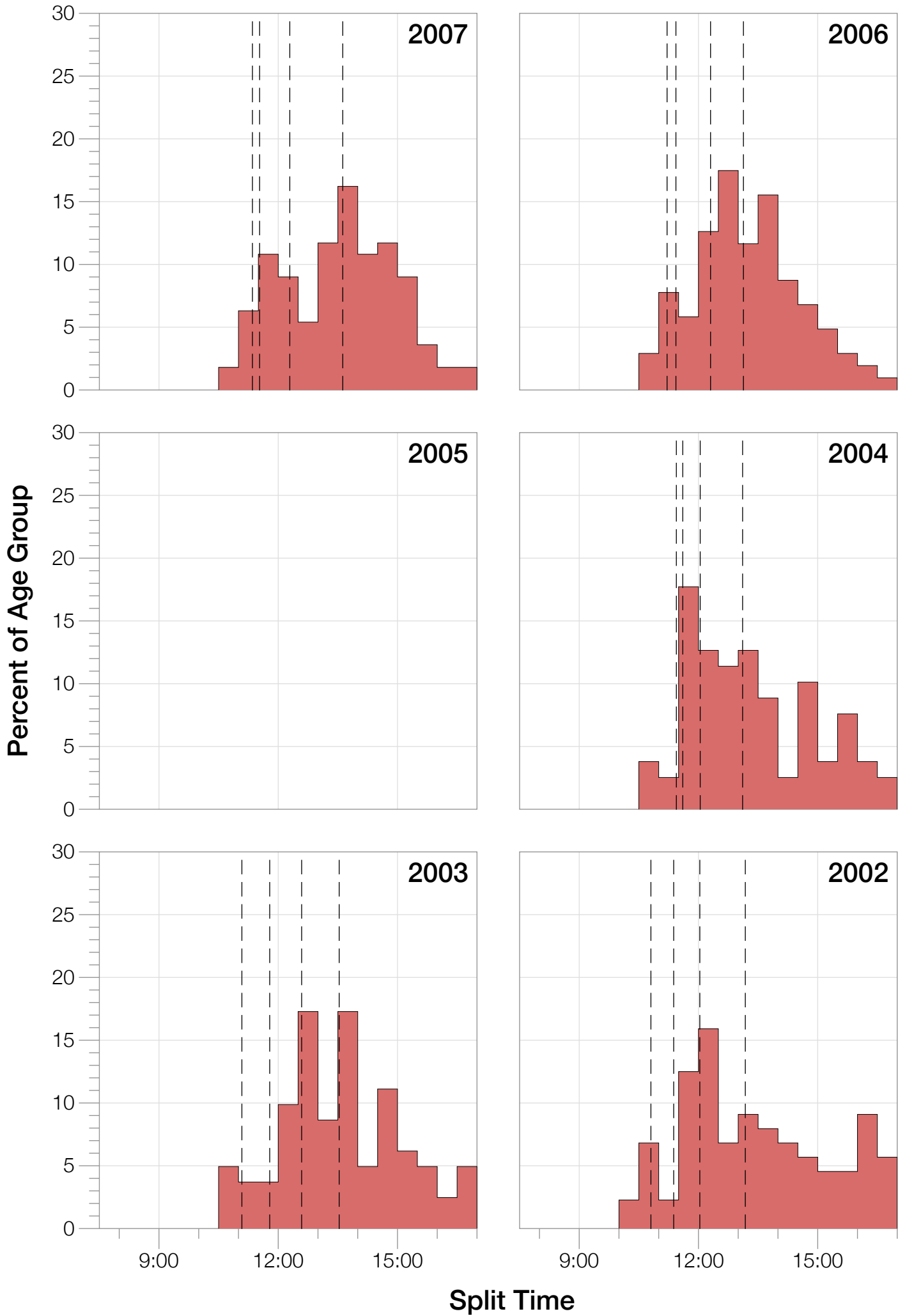
M50-54 Run



M50-54 Overall



M50-54 Overall



M50-54 Fastest Splits

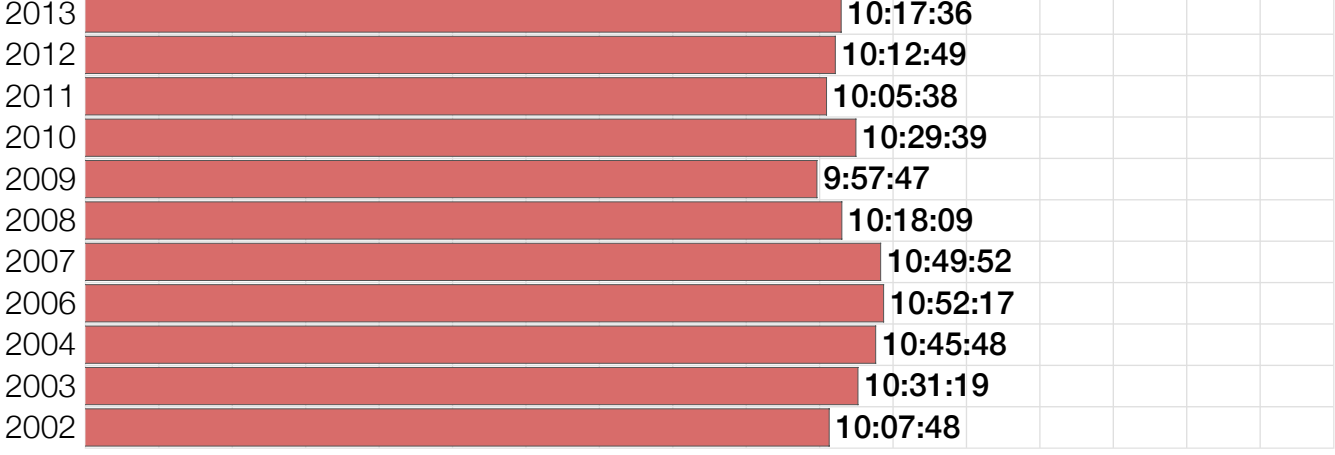
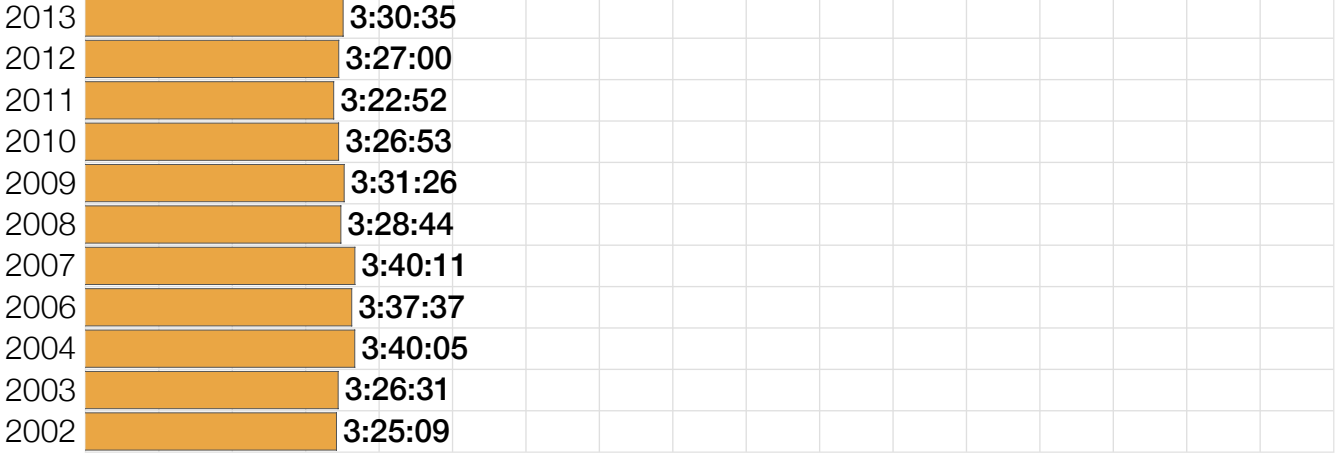
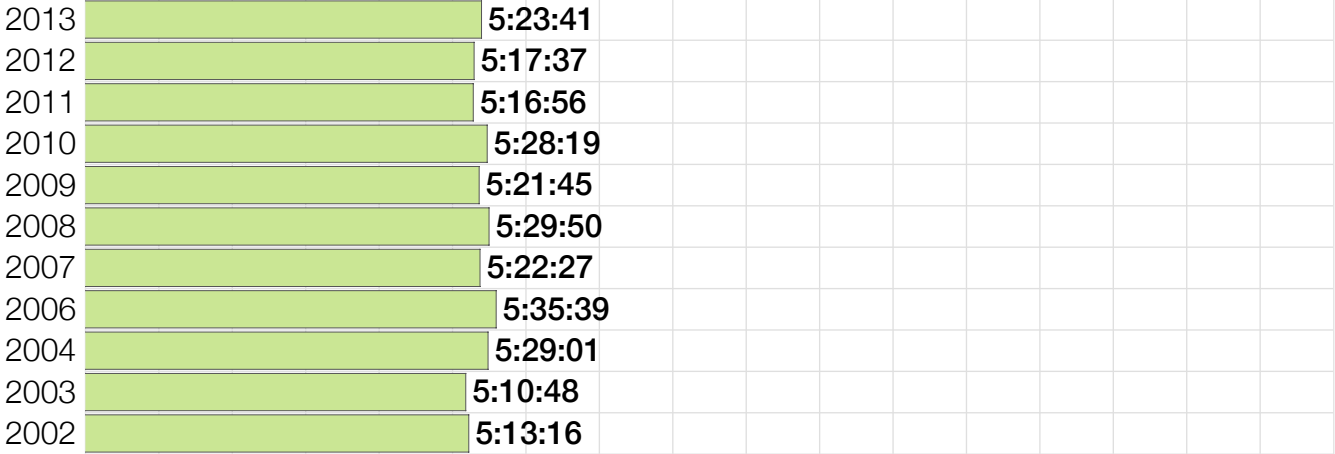
Year

Swim

Bike

Run

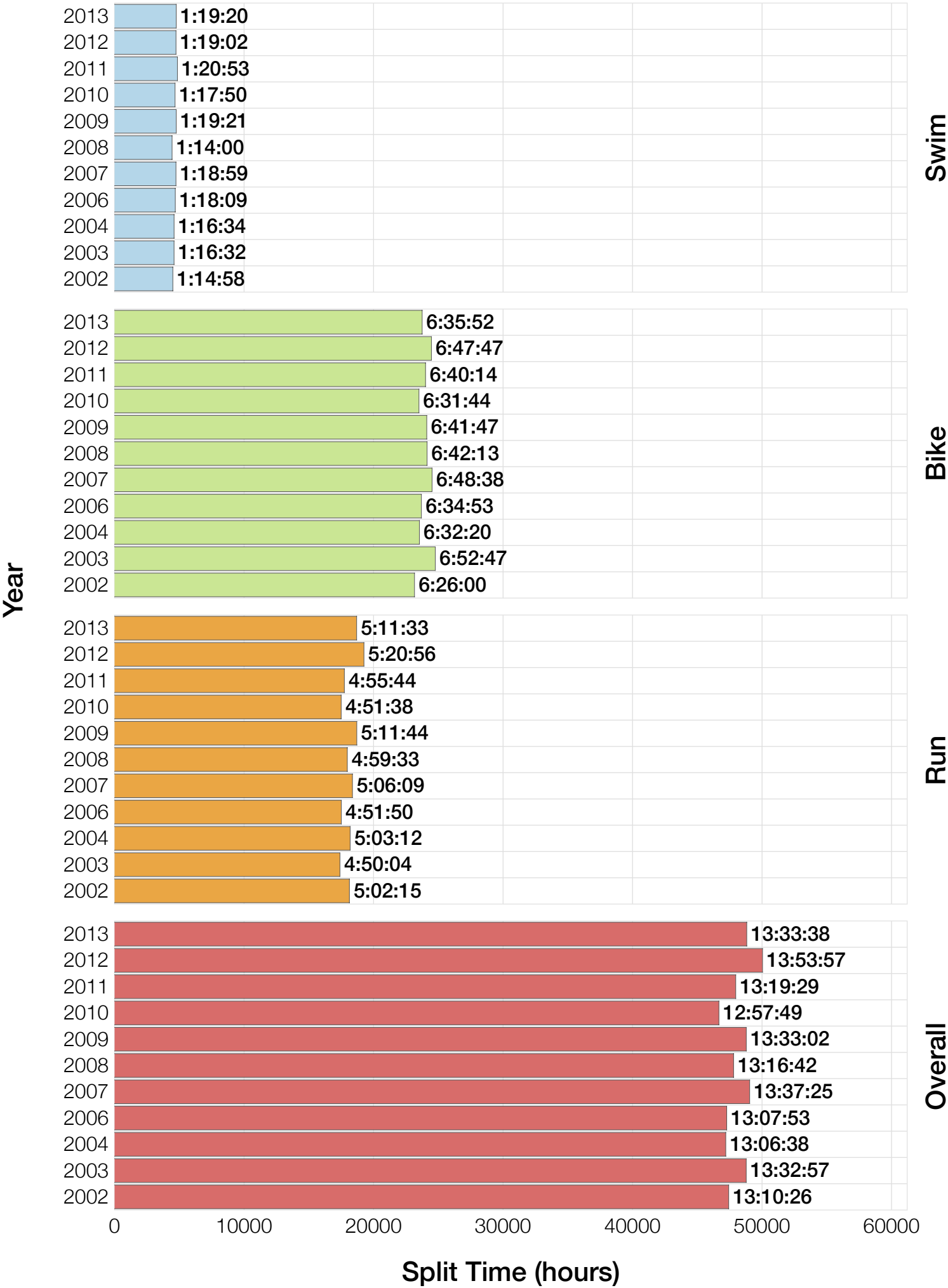
Overall



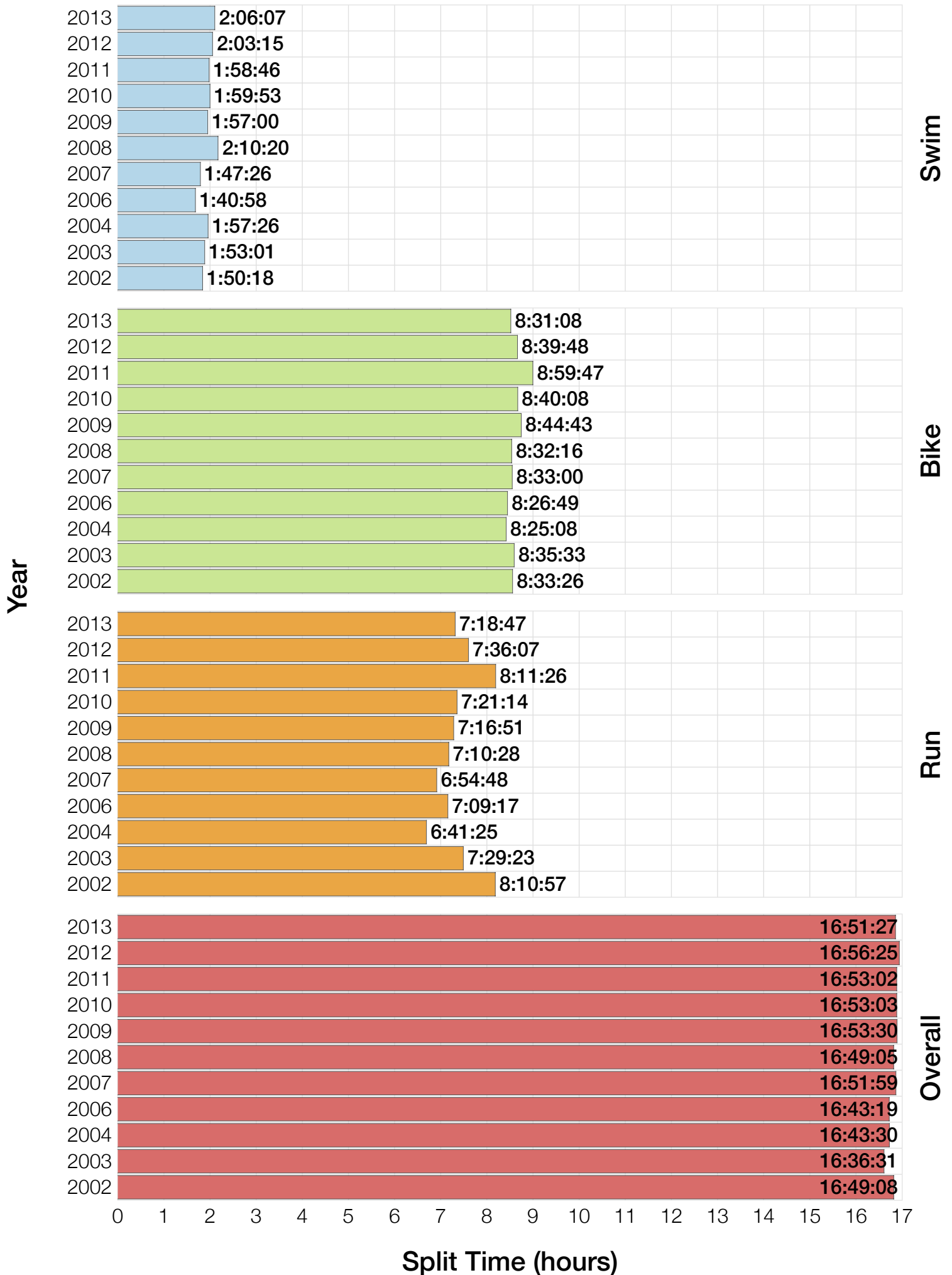
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

M50-54 Median Splits

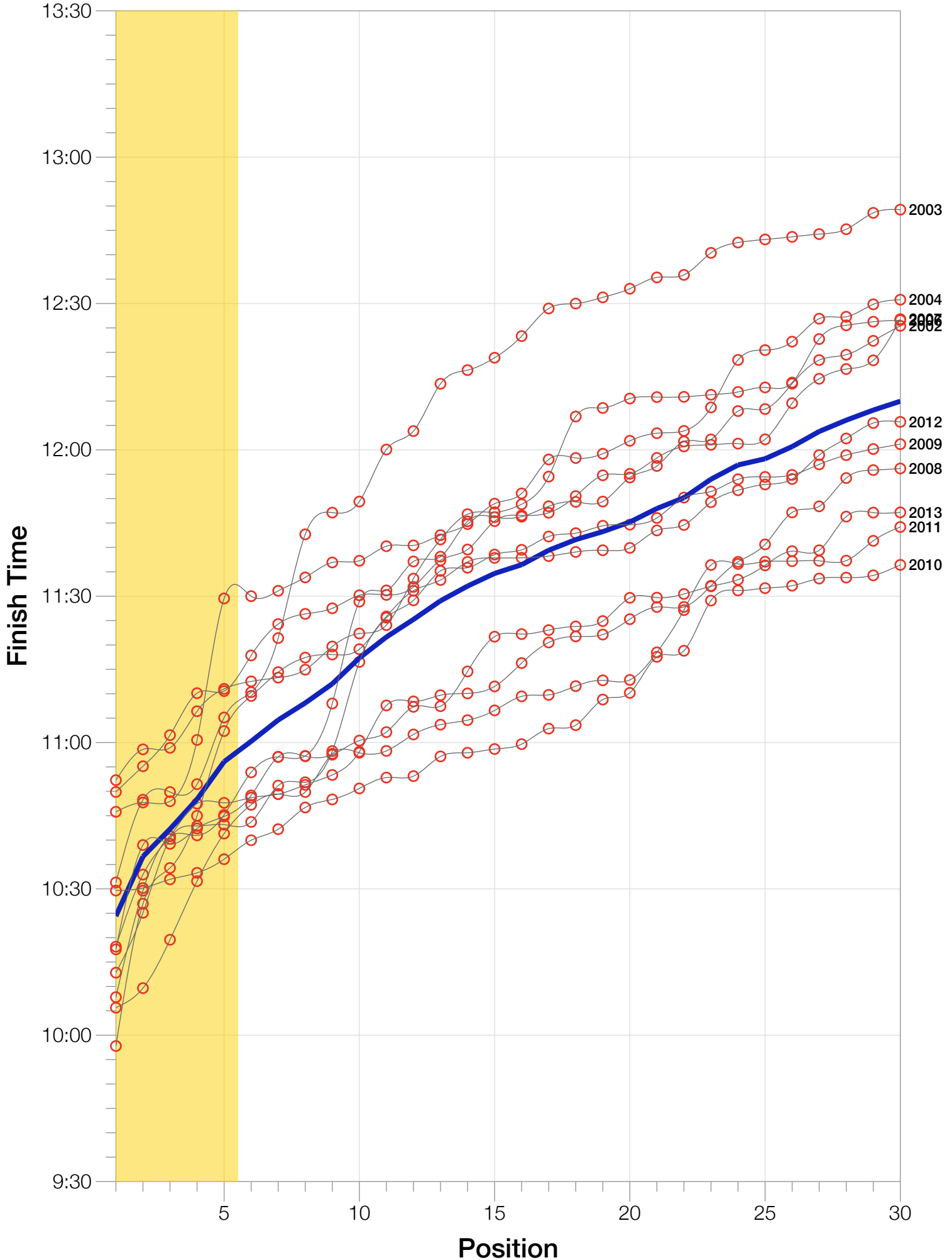


M50-54 Slowest Splits



M50-54 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M50-54 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	1:01:48	5:34:14	3:38:39	10:24:25
Average 2nd Age Grouper	1:07:51	5:36:50	3:42:19	10:36:38
Average 3rd Age Grouper	1:07:07	5:39:46	3:44:45	10:42:16
Average 4th Age Grouper	1:09:24	5:37:31	3:49:53	10:48:22
Average 5th Age Grouper	1:09:49	5:47:24	3:47:55	10:56:04
Average 6th Age Grouper	1:04:06	5:49:24	3:55:50	11:00:15
Average 7th Age Grouper	1:09:03	5:45:57	3:57:13	11:04:37
Average 8th Age Grouper	1:10:02	5:50:25	3:55:19	11:08:07
Average 9th Age Grouper	1:09:30	5:49:40	4:01:59	11:12:02
Average 10th Age Grouper	1:09:40	5:53:51	4:02:09	11:17:20
Kona Qualifier Average	1:07:12	5:39:09	3:44:42	10:41:33
Top 10 Age Grouper Average	1:07:50	5:44:30	3:51:36	10:55:01

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	1:07:18	5:23:41	3:38:57	10:17:36
2nd Age Grouper	1:08:29	5:50:57	3:32:15	10:38:59
3rd Age Grouper	1:08:38	5:48:50	3:30:35	10:39:14
4th Age Grouper	1:11:11	5:33:55	3:46:23	10:42:23
5th Age Grouper	1:03:38	5:41:00	3:48:25	10:44:50
6th Age Grouper	1:02:32	5:42:09	3:54:52	10:49:09
7th Age Grouper	1:00:39	5:42:34	4:03:55	10:57:05
8th Age Grouper	1:19:08	5:42:39	3:38:35	10:57:11
9th Age Grouper	1:07:20	5:49:44	3:52:01	10:57:30
10th Age Grouper	1:10:01	5:53:28	3:43:20	11:00:24
Kona Qualifier Average	1:07:50	5:39:40	3:39:19	10:36:36
Top 10 Age Grouper Average	1:07:53	5:42:53	3:44:55	10:46:26

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

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

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

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

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	0:59:15	5:42:17	3:28:44	10:18:09
2nd Age Grouper	1:02:54	5:47:15	3:35:23	10:32:56
3rd Age Grouper	1:03:33	5:47:23	3:40:15	10:40:48
4th Age Grouper	0:57:54	5:39:09	4:02:44	10:47:29
5th Age Grouper	1:03:06	5:35:58	3:59:23	10:47:38
6th Age Grouper	1:03:57	5:47:46	3:47:05	10:48:42
7th Age Grouper	1:13:50	5:47:21	3:36:47	10:49:25
8th Age Grouper	1:10:10	5:48:03	3:38:49	10:51:19
9th Age Grouper	1:00:17	5:43:19	4:01:50	10:53:21
10th Age Grouper	0:57:54	5:44:21	4:05:23	10:58:06
Kona Qualifier Average	1:01:20	5:42:24	3:45:17	10:37:24
Top 10 Age Grouper Average	1:03:17	5:44:17	3:47:38	10:44:47

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	1:05:04	5:42:33	3:52:43	10:49:52
2nd Age Grouper	1:04:56	5:56:12	3:45:44	10:55:08
3rd Age Grouper	1:01:34	5:22:27	4:29:02	11:01:31
4th Age Grouper	1:24:21	5:25:36	4:03:20	11:10:07
5th Age Grouper	1:06:43	6:04:29	3:45:26	11:10:33
6th Age Grouper	1:14:12	6:08:19	3:42:34	11:17:51
7th Age Grouper	1:03:30	6:00:00	4:06:40	11:24:17
8th Age Grouper	1:09:00	5:53:35	4:12:25	11:26:22
9th Age Grouper	1:09:00	5:53:33	4:13:30	11:27:31
10th Age Grouper	1:07:06	5:42:41	4:33:07	11:30:11
Kona Qualifier Average	1:08:31	5:42:15	3:59:15	11:01:26
Top 10 Age Grouper Average	1:08:32	5:48:56	4:04:27	11:13:20

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	1:06:57	5:45:51	3:42:56	10:52:17
2nd Age Grouper	1:18:44	5:36:23	3:50:12	10:58:36
3rd Age Grouper	1:16:32	5:52:21	3:37:37	10:58:55
4th Age Grouper	1:12:45	5:52:06	3:47:10	11:06:25
5th Age Grouper	1:07:42	5:43:00	4:10:54	11:11:00
6th Age Grouper	1:14:57	5:53:36	3:46:14	11:12:32
7th Age Grouper	1:14:15	5:45:12	4:00:51	11:13:18
8th Age Grouper	1:04:19	6:07:11	3:48:19	11:14:56
9th Age Grouper	1:10:01	5:35:39	4:23:53	11:19:41
10th Age Grouper	1:26:29	5:55:00	3:46:57	11:22:21
Kona Qualifier Average	1:12:32	5:45:56	3:49:45	11:01:26
Top 10 Age Grouper Average	1:13:16	5:48:37	3:53:30	11:09:00

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

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

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	0:53:09	5:38:16	3:25:09	10:07:48
2nd Age Grouper	1:05:16	5:35:27	3:40:00	10:29:38
3rd Age Grouper	1:13:35	5:32:33	3:41:40	10:40:47
4th Age Grouper	1:08:58	5:36:57	3:43:36	10:40:58
5th Age Grouper	1:08:53	5:42:49	3:43:22	10:45:10
6th Age Grouper	1:00:18	5:52:11	3:53:03	10:53:53
7th Age Grouper	1:05:39	5:40:58	4:00:00	10:57:02
8th Age Grouper	1:08:32	5:41:52	3:56:56	10:57:16
9th Age Grouper	1:17:08	5:13:16	4:29:12	11:08:00
10th Age Grouper	1:05:06	6:06:29	4:05:38	11:28:53
Kona Qualifier Average	1:05:58	5:37:12	3:38:45	10:32:52
Top 10 Age Grouper Average	1:06:39	5:40:04	3:51:51	10:48:56