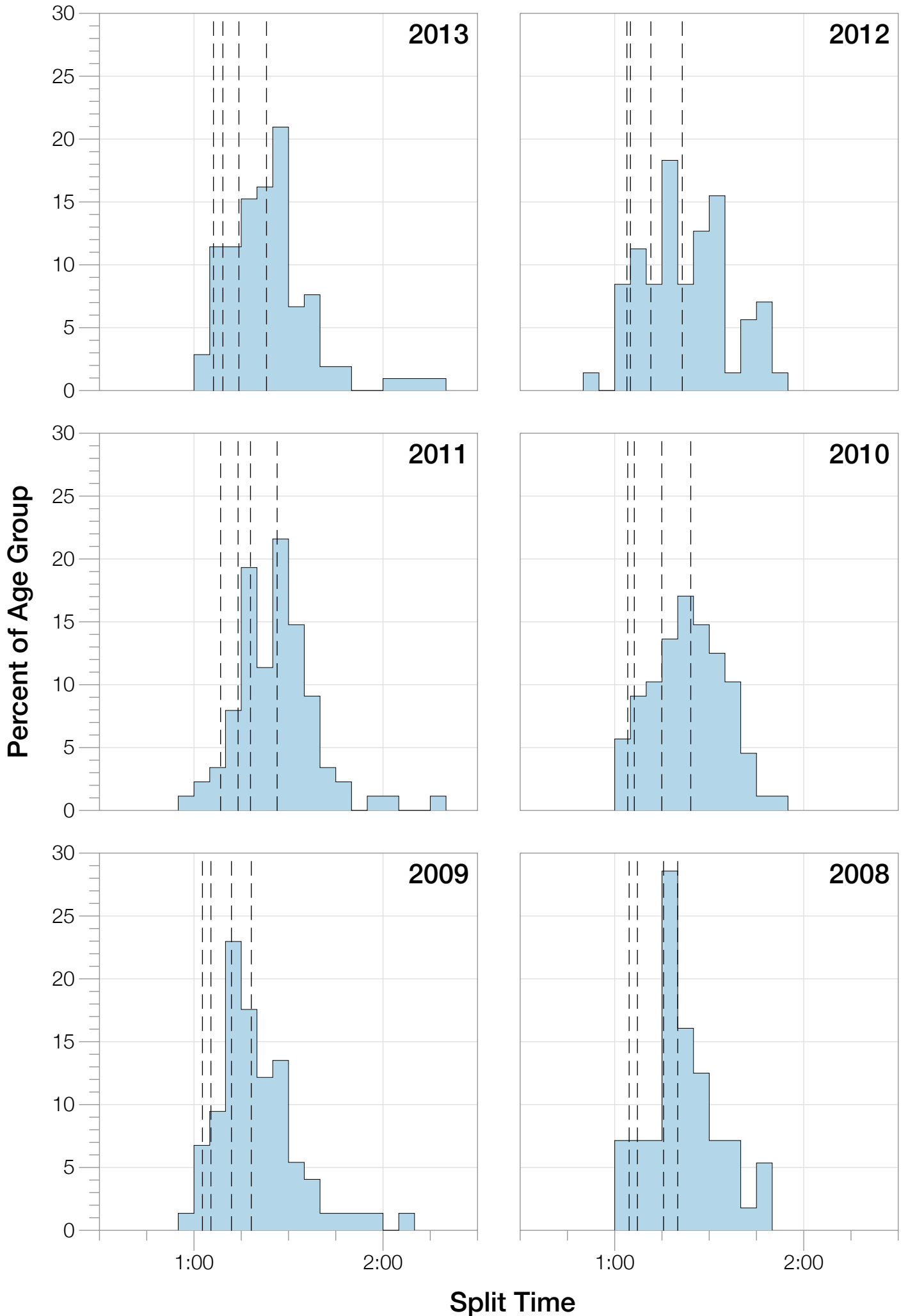


Ironman Lake Placid M55-59 Stats

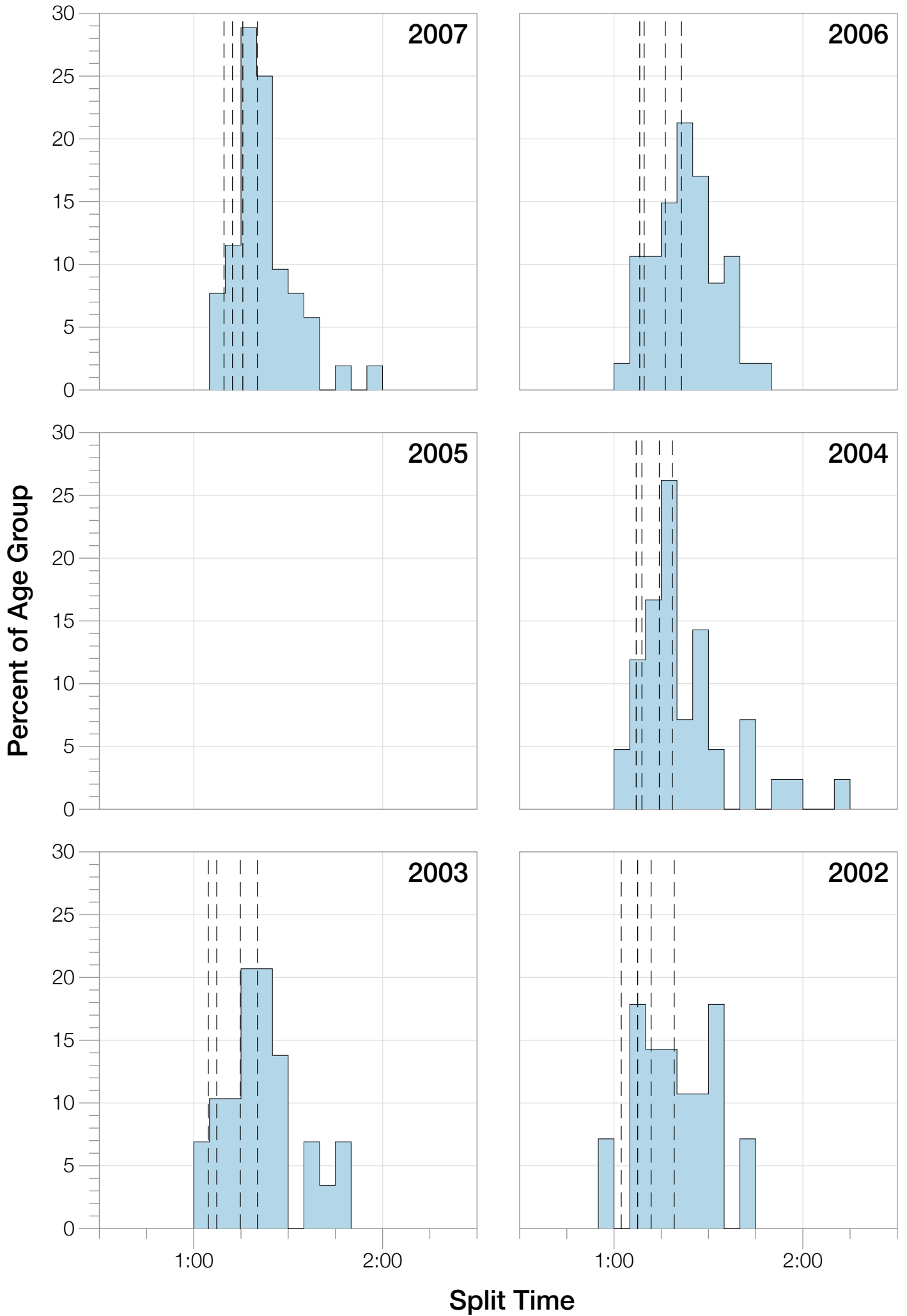
M55-59 Summary Statistics

Year	Finishers	M55-59 Finishers	Male Winner's Time	Female Winner's Time	M55-59 Winner's Time
2002	1638	28	8:39:19	9:29:41	10:29:20
2003	1673	29	8:46:15	9:51:55	11:35:58
2004	1882	42	8:23:12	9:24:42	10:53:12
2006	2038	47	8:38:18	10:11:35	11:32:16
2007	2051	52	9:16:02	9:40:20	11:26:55
2008	2193	56	8:43:32	9:51:00	10:25:54
2009	2051	74	8:36:37	9:29:36	10:34:49
2010	2472	88	8:39:34	9:27:30	10:43:52
2011	2356	89	8:25:15	9:19:03	10:51:18
2012	2280	71	8:25:07	9:47:39	10:35:03
2013	2342	105	8:43:29	9:35:06	10:52:14
Average	2089	62	8:39:41	9:38:55	10:00:04

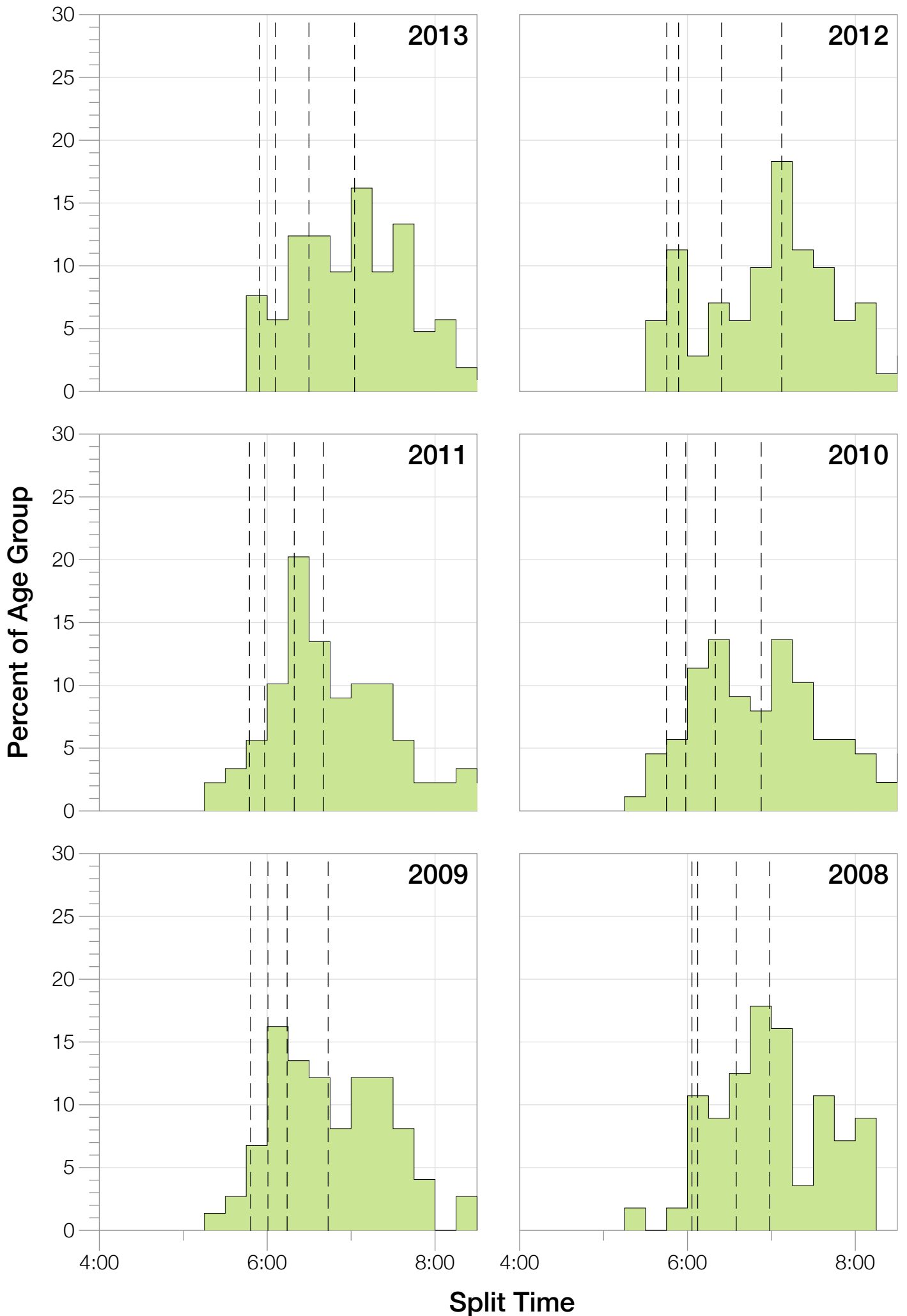
M55-59 Swim



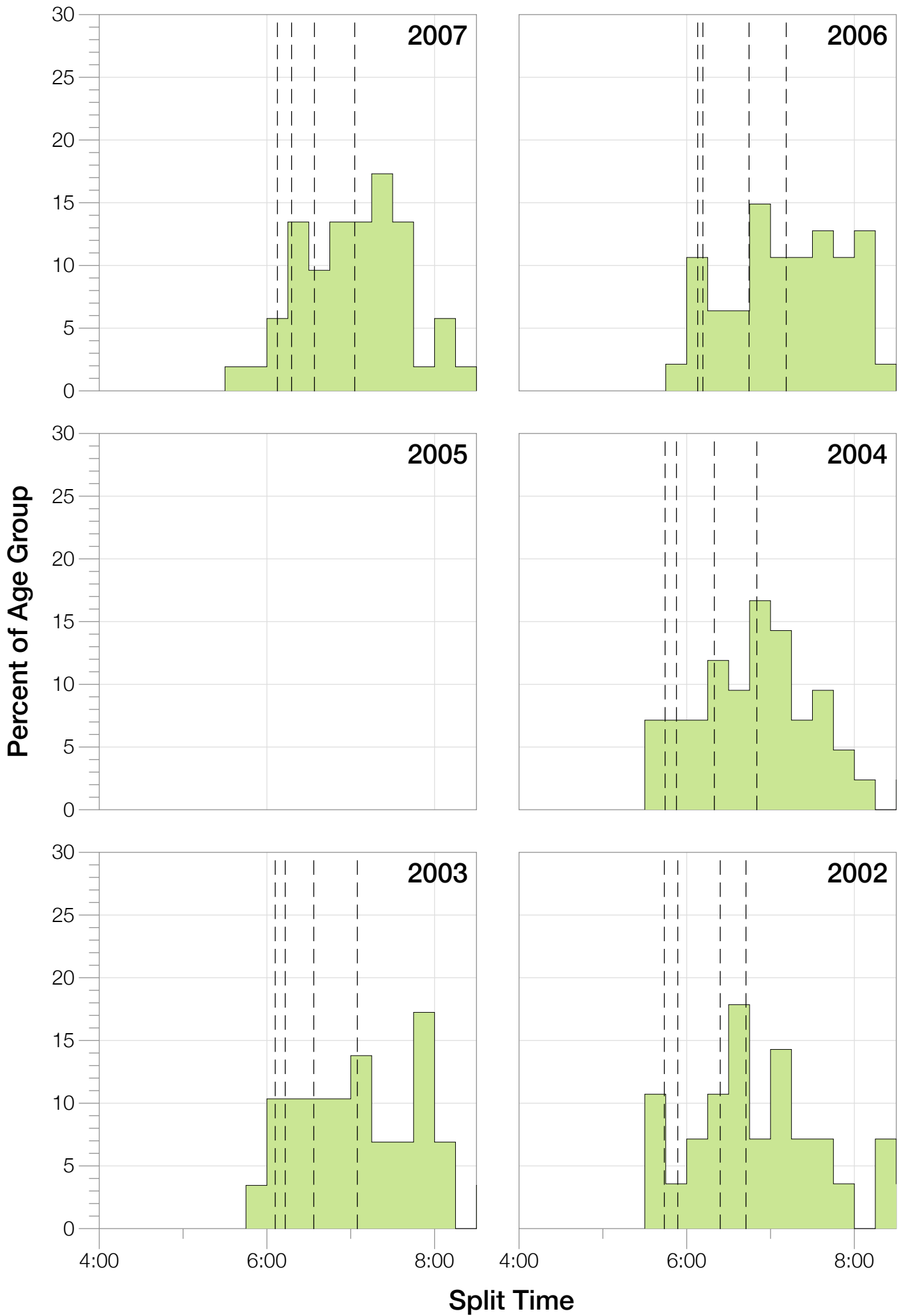
M55-59 Swim



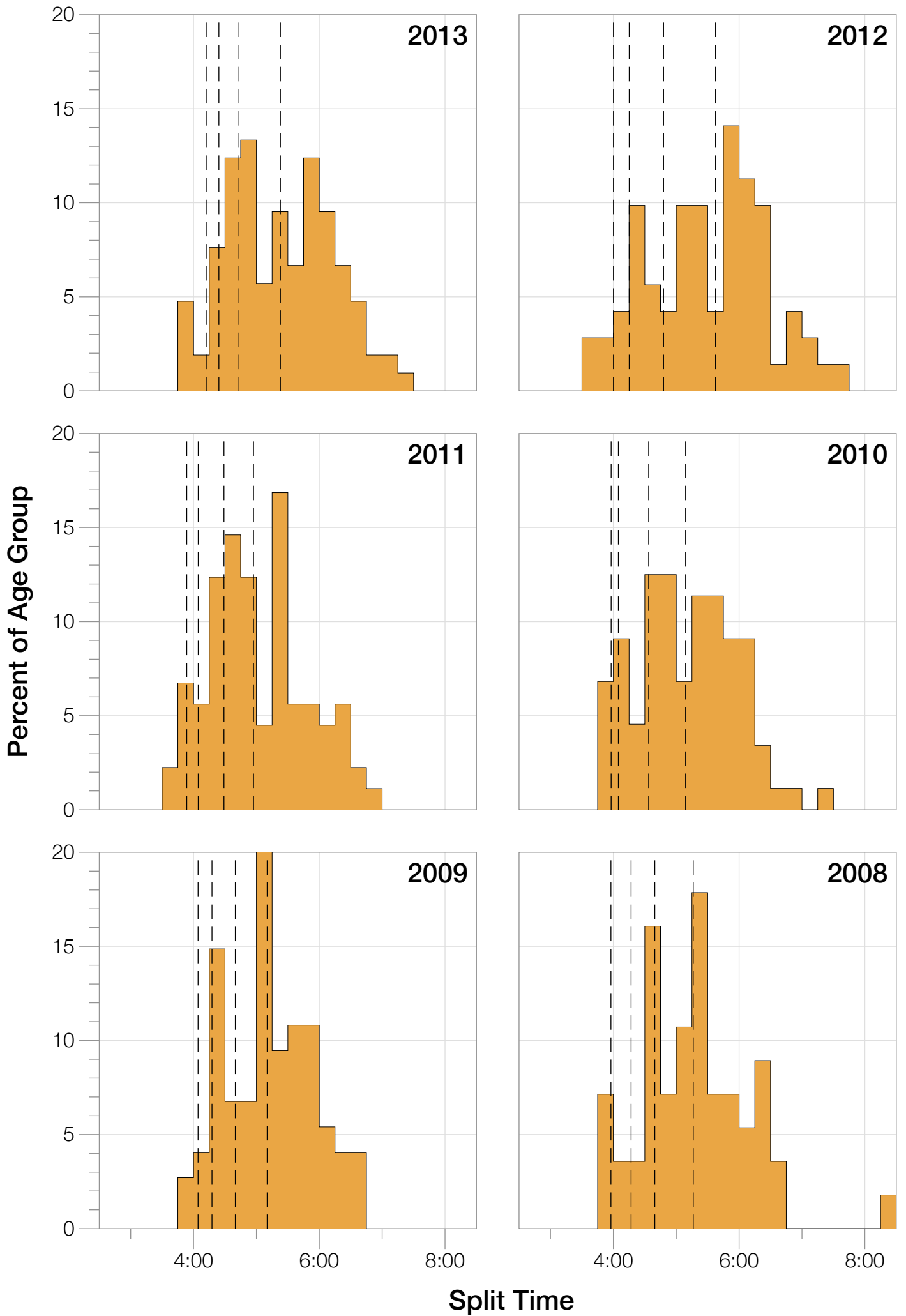
M55-59 Bike



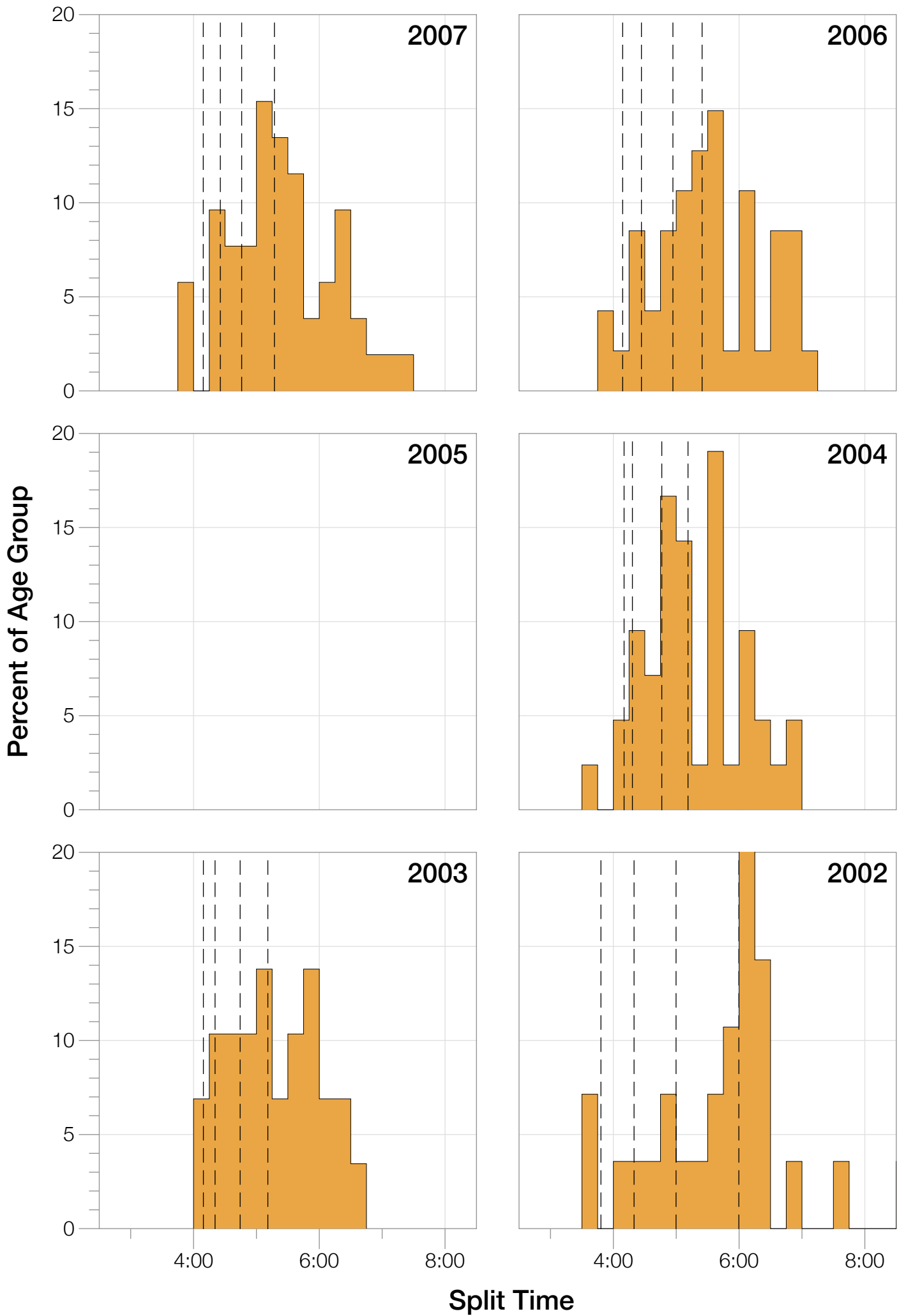
M55-59 Bike



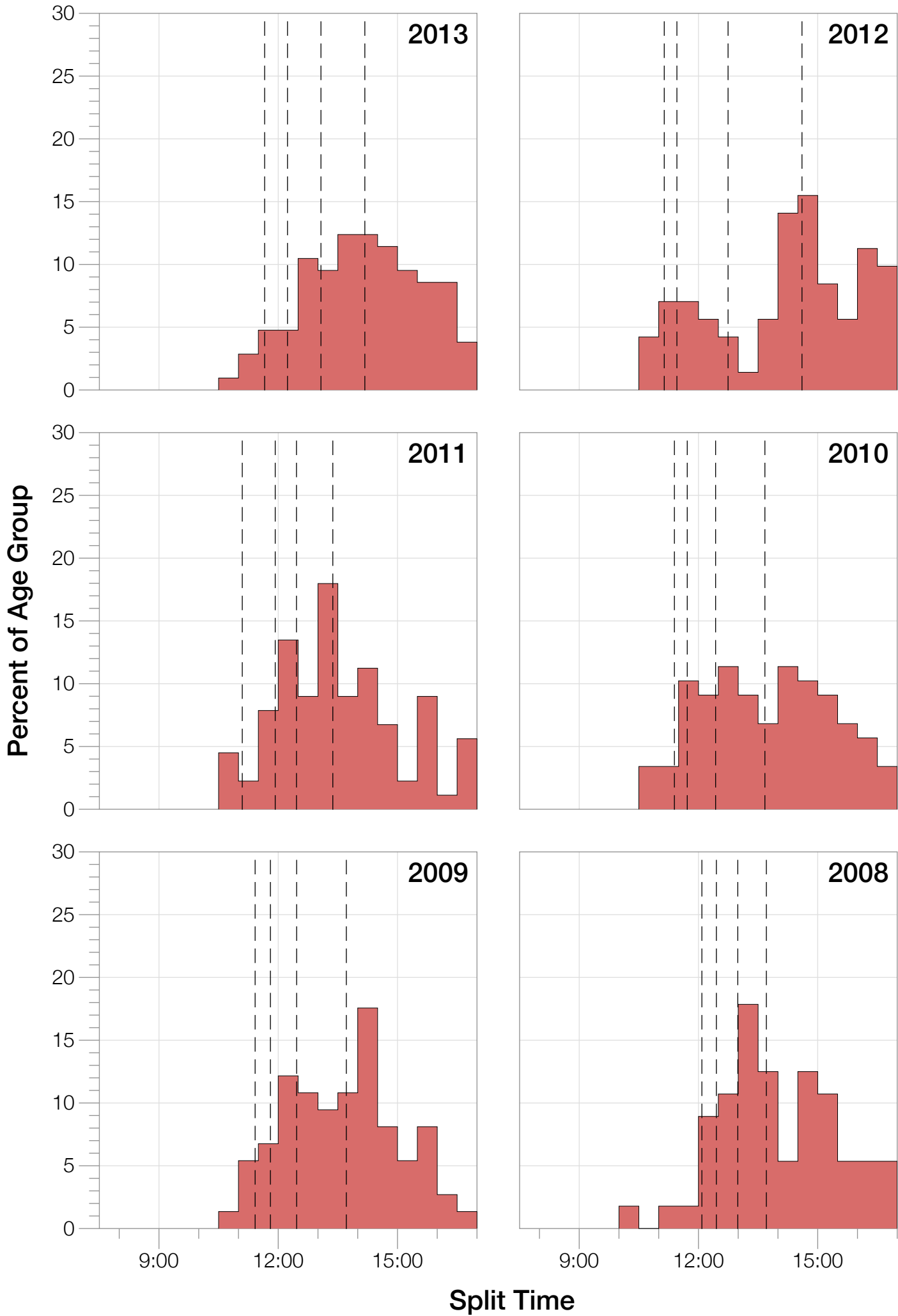
M55-59 Run



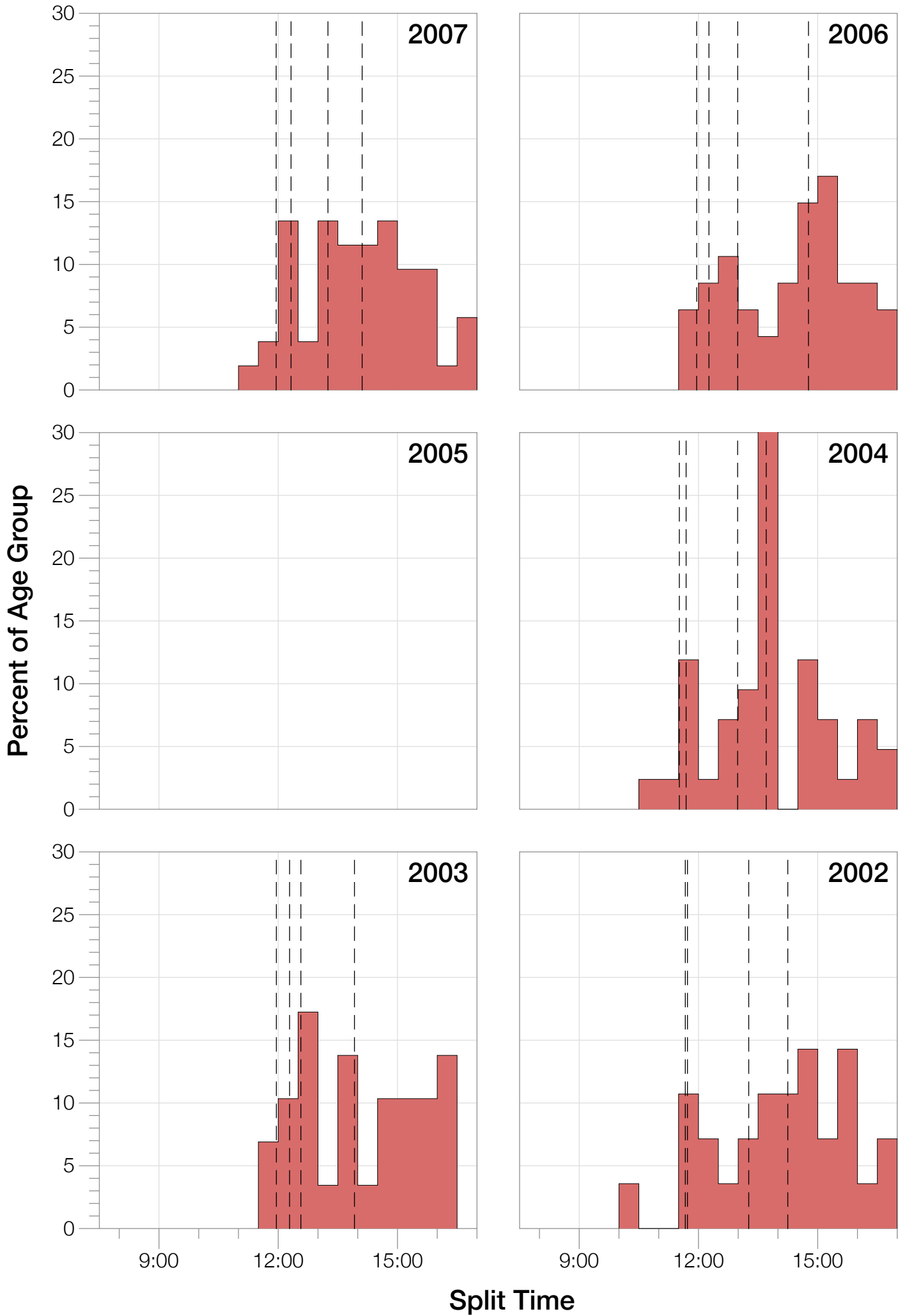
M55-59 Run



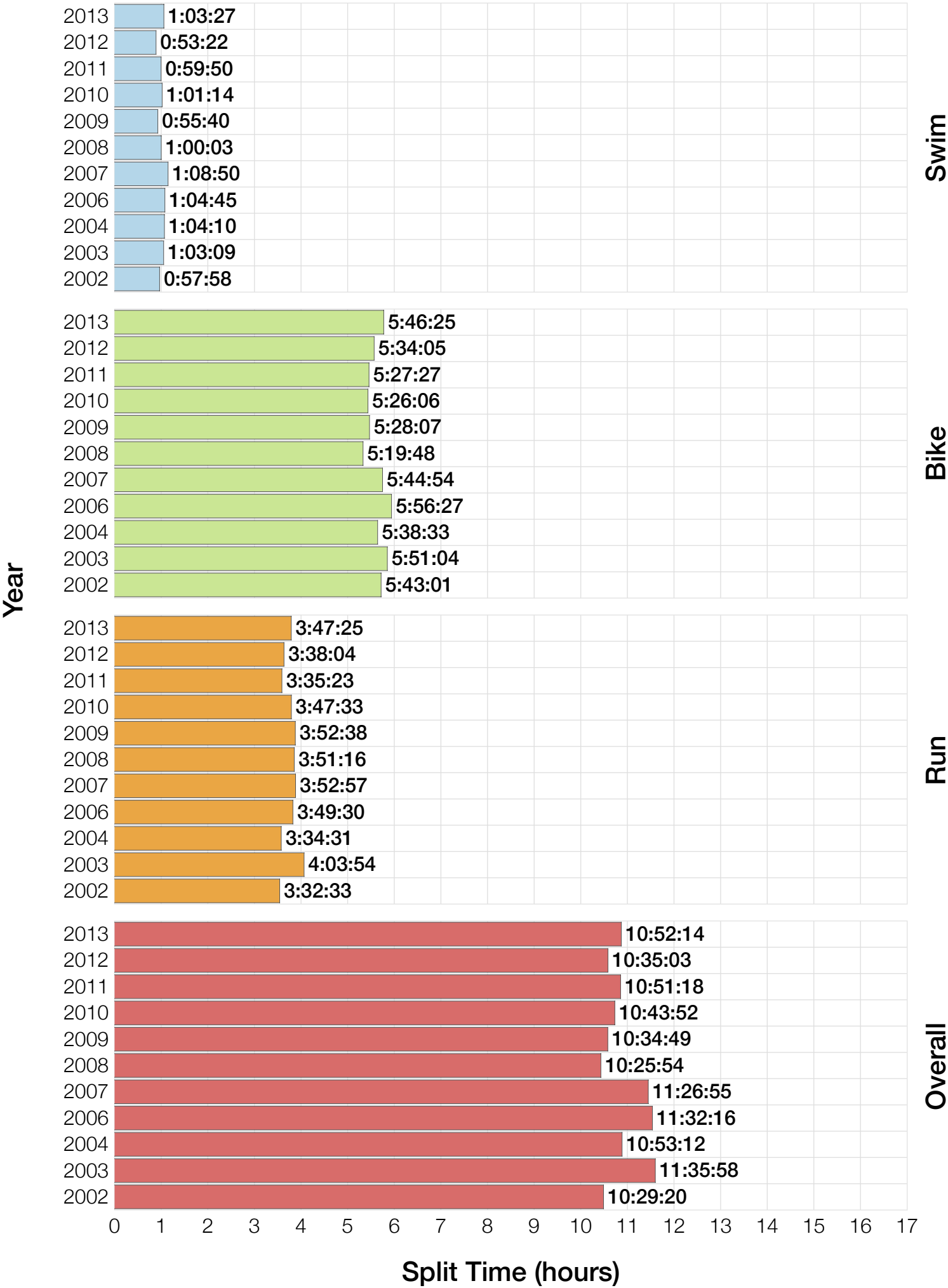
M55-59 Overall



M55-59 Overall



M55-59 Fastest Splits



M55-59 Median Splits

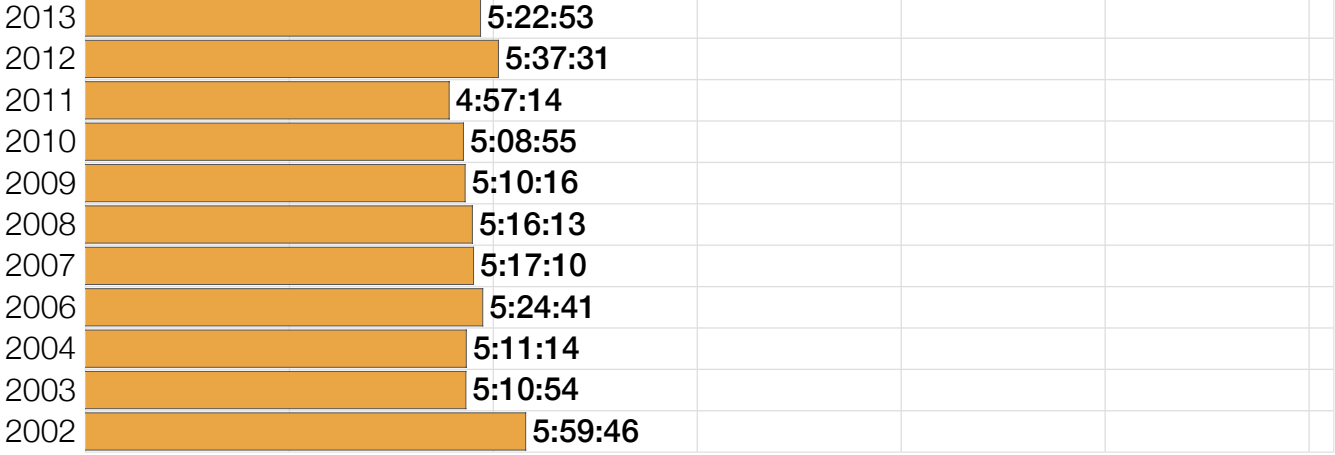
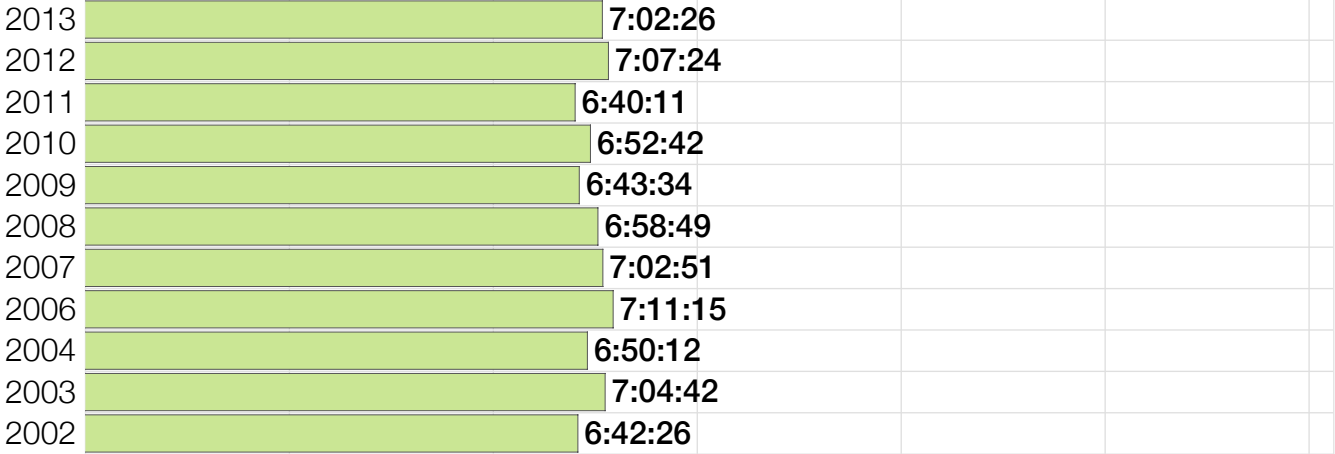
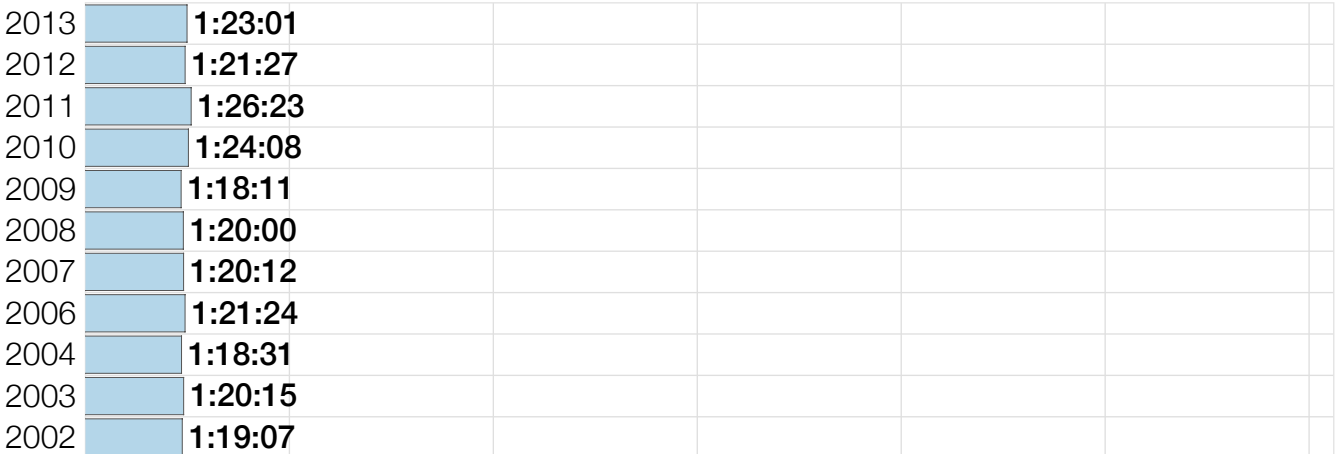
Year

Swim

Bike

Run

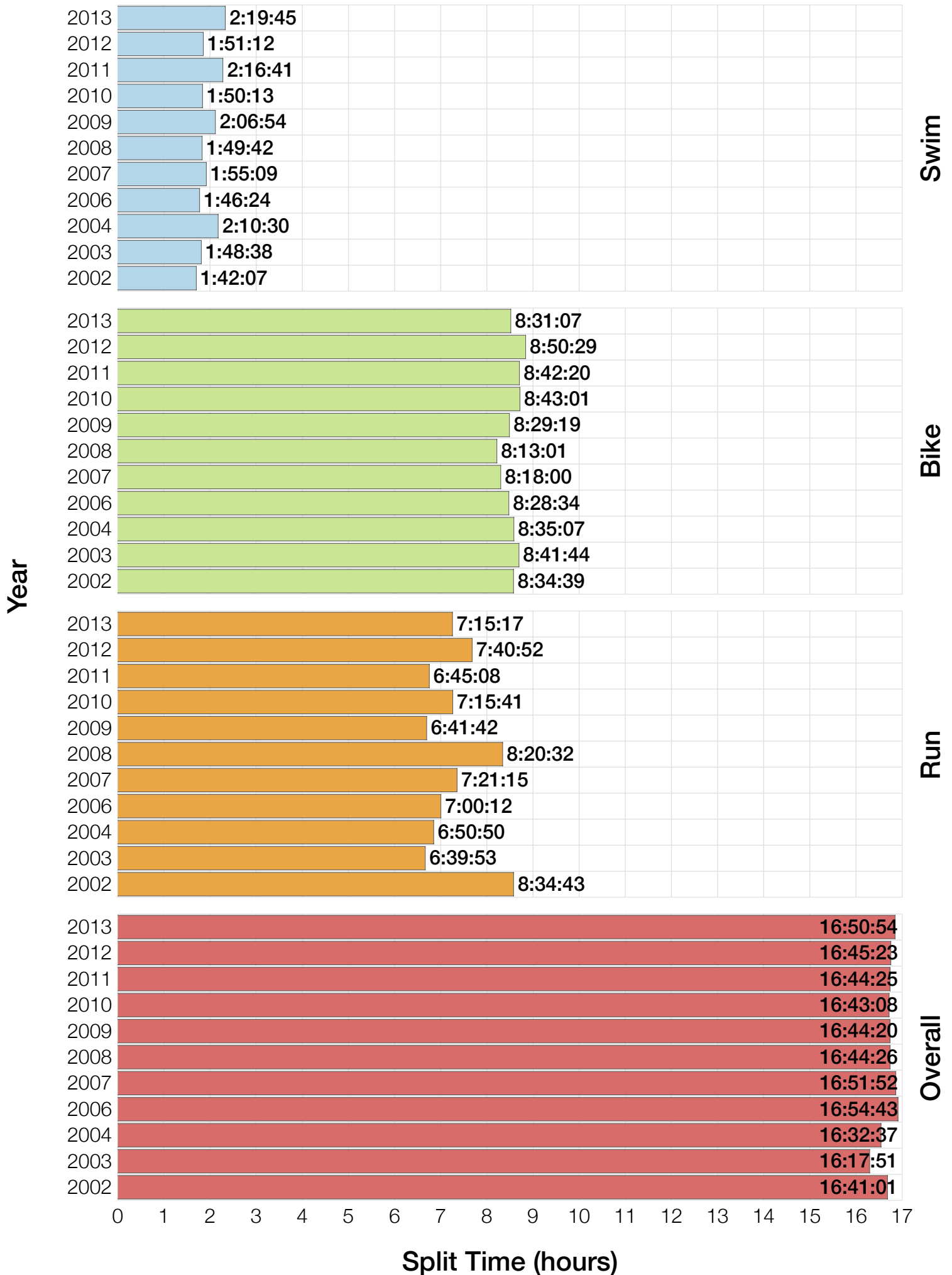
Overall



0 10000 20000 30000 40000 50000 60000

Split Time (hours)

M55-59 Slowest Splits



M55-59 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	1:10:16	5:55:55	3:54:44	10:54:37
Average 2nd Age Grouper	1:11:17	5:51:52	4:02:55	11:17:51
Average 3rd Age Grouper	1:13:09	5:59:08	4:02:59	11:27:33
Average 4th Age Grouper	1:13:49	5:58:11	4:13:06	11:37:41
Average 5th Age Grouper	1:12:47	5:57:21	4:24:55	11:47:41
Average 6th Age Grouper	1:14:34	6:09:31	4:14:37	11:53:43
Average 7th Age Grouper	1:10:56	6:13:56	4:24:48	12:02:39
Average 8th Age Grouper	1:16:42	6:11:54	4:30:31	12:12:57
Average 9th Age Grouper	1:15:02	6:06:13	4:41:48	12:17:35
Average 10th Age Grouper	1:17:22	6:29:47	4:24:14	12:25:17
Kona Qualifier Average	1:11:34	5:55:38	4:00:13	11:13:21
Top 10 Age Grouper Average	1:13:35	6:05:23	4:17:28	11:47:45

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	1:04:07	5:46:36	3:52:41	10:52:14
2nd Age Grouper	1:09:09	5:50:12	3:51:14	11:02:19
3rd Age Grouper	1:16:30	5:54:14	3:47:25	11:08:48
4th Age Grouper	1:08:32	5:46:25	4:23:29	11:28:55
5th Age Grouper	1:07:11	5:48:57	4:25:54	11:35:49
6th Age Grouper	1:20:39	5:48:20	4:12:01	11:35:55
7th Age Grouper	1:06:20	6:03:56	4:28:52	11:53:49
8th Age Grouper	1:15:06	6:03:14	4:20:05	11:55:27
9th Age Grouper	1:12:13	6:09:01	4:16:22	11:57:08
10th Age Grouper	1:12:14	6:22:09	4:15:16	12:01:12
Kona Qualifier Average	1:09:55	5:50:20	3:50:26	11:01:07
Top 10 Age Grouper Average	1:11:12	5:57:18	4:11:19	11:33:09

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	1:09:08	5:34:05	3:43:23	10:35:03
2nd Age Grouper	1:16:03	5:41:28	3:38:04	10:45:55
3rd Age Grouper	1:08:19	5:36:17	4:03:55	10:57:17
4th Age Grouper	1:05:00	5:57:56	3:54:02	11:06:20
5th Age Grouper	1:08:16	5:49:28	4:02:39	11:10:23
6th Age Grouper	1:00:06	5:53:08	4:11:12	11:14:52
7th Age Grouper	1:03:04	6:04:56	3:57:31	11:18:04
8th Age Grouper	1:04:05	5:48:54	4:25:08	11:27:27
9th Age Grouper	1:07:50	5:55:53	4:21:08	11:37:08
10th Age Grouper	1:03:45	5:59:21	4:41:03	11:55:20
Kona Qualifier Average	1:11:10	5:37:16	3:48:27	10:46:05
Top 10 Age Grouper Average	1:06:33	5:50:08	4:05:48	11:12:46

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	1:15:27	5:43:20	3:40:32	10:51:18
2nd Age Grouper	1:21:02	5:27:27	3:55:38	10:55:13
3rd Age Grouper	1:18:54	5:50:47	3:35:23	10:59:10
4th Age Grouper	1:14:48	5:28:06	4:05:12	10:59:44
5th Age Grouper	1:03:11	5:44:58	4:01:36	11:02:12
6th Age Grouper	1:18:00	5:51:54	3:52:06	11:11:01
7th Age Grouper	1:07:11	5:55:42	4:23:05	11:35:59
8th Age Grouper	1:31:29	5:58:45	3:59:46	11:39:56
9th Age Grouper	1:27:46	5:39:22	4:27:41	11:47:26
10th Age Grouper	1:21:41	6:23:02	3:59:46	11:57:28
Kona Qualifier Average	1:18:27	5:40:31	3:43:51	10:55:13
Top 10 Age Grouper Average	1:17:56	5:48:20	4:00:04	11:17:56

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	1:14:33	5:26:06	3:52:36	10:43:52
2nd Age Grouper	1:14:19	5:40:27	3:47:33	10:53:13
3rd Age Grouper	1:06:00	5:43:31	3:55:06	10:57:21
4th Age Grouper	1:11:29	5:39:55	4:00:32	11:03:22
5th Age Grouper	1:16:11	5:41:41	4:11:11	11:23:04
6th Age Grouper	1:16:36	5:57:52	3:59:17	11:24:49
7th Age Grouper	1:03:37	6:10:53	4:01:37	11:31:08
8th Age Grouper	1:24:23	5:53:22	4:03:54	11:33:58
9th Age Grouper	1:23:53	5:54:03	4:09:19	11:42:46
10th Age Grouper	1:29:38	6:10:34	3:51:14	11:43:12
Kona Qualifier Average	1:11:37	5:36:41	3:51:45	10:51:28
Top 10 Age Grouper Average	1:16:03	5:49:50	3:59:13	11:17:40

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	1:02:59	5:28:07	3:55:25	10:34:49
2nd Age Grouper	1:03:41	5:42:24	4:03:24	11:02:47
3rd Age Grouper	1:14:52	5:49:38	3:52:38	11:09:04
4th Age Grouper	1:07:49	5:39:09	4:22:19	11:19:37
5th Age Grouper	1:01:40	5:48:26	4:29:28	11:28:06
6th Age Grouper	1:13:36	5:52:27	4:16:53	11:33:38
7th Age Grouper	1:14:56	6:09:22	4:03:56	11:38:27
8th Age Grouper	1:07:48	6:16:33	4:15:47	11:48:03
9th Age Grouper	1:07:47	5:59:31	4:30:42	11:48:36
10th Age Grouper	1:01:38	6:25:58	4:19:18	11:56:31
Kona Qualifier Average	1:07:10	5:40:03	3:57:09	10:55:33
Top 10 Age Grouper Average	1:07:40	5:55:09	4:12:59	11:25:57

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

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	1:09:31	5:44:54	4:20:49	11:26:55
2nd Age Grouper	1:09:41	6:19:46	3:55:55	11:40:12
3rd Age Grouper	1:15:04	5:49:32	4:26:51	11:42:49
4th Age Grouper	1:21:09	6:10:04	4:25:32	12:08:24
5th Age Grouper	1:21:13	6:23:36	4:20:10	12:17:07
6th Age Grouper	1:08:50	6:26:04	4:31:15	12:19:12
7th Age Grouper	1:12:23	7:02:18	3:52:57	12:20:42
8th Age Grouper	1:26:08	6:45:14	3:53:32	12:20:47
9th Age Grouper	1:21:48	6:17:25	4:25:44	12:20:50
10th Age Grouper	1:18:33	6:09:52	4:35:11	12:22:22
Kona Qualifier Average	1:11:25	5:58:04	4:14:31	11:36:38
Top 10 Age Grouper Average	1:16:26	6:18:52	4:16:47	12:05:56

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	1:04:45	5:56:27	4:19:27	11:32:16
2nd Age Grouper	1:05:52	6:07:18	4:28:15	11:54:15
3rd Age Grouper	1:18:19	6:28:00	3:54:31	11:56:02
4th Age Grouper	1:20:27	6:38:11	3:49:30	12:00:07
5th Age Grouper	1:11:11	6:17:24	4:35:49	12:15:19
6th Age Grouper	1:17:19	6:11:28	4:30:43	12:16:10
7th Age Grouper	1:09:02	6:11:40	4:56:37	12:29:37
8th Age Grouper	1:10:22	6:43:50	4:27:08	12:38:18
9th Age Grouper	1:13:18	6:00:22	5:19:15	12:48:23
10th Age Grouper	1:25:51	7:04:42	4:04:22	12:51:32
Kona Qualifier Average	1:09:38	6:10:35	4:14:04	11:47:31
Top 10 Age Grouper Average	1:13:38	6:21:56	4:26:33	12:16:11

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	1:14:34	5:51:29	3:34:31	10:53:12
2nd Age Grouper	1:08:59	5:44:09	4:09:53	11:10:02
3rd Age Grouper	1:04:10	5:55:09	4:17:04	11:30:56
4th Age Grouper	1:14:47	5:38:33	4:29:08	11:34:52
5th Age Grouper	1:15:12	5:43:07	4:28:23	11:39:49
6th Age Grouper	1:09:19	6:17:33	4:16:52	11:55:21
7th Age Grouper	1:19:33	6:15:40	4:08:36	11:57:29
8th Age Grouper	1:14:43	6:05:58	4:45:43	12:28:05
9th Age Grouper	1:11:53	6:06:19	4:55:09	12:30:01
10th Age Grouper	1:17:42	6:28:43	4:32:29	12:32:25
Kona Qualifier Average	1:09:14	5:50:15	4:00:29	11:11:23
Top 10 Age Grouper Average	1:13:05	6:00:40	4:21:46	11:49:13

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	1:03:36	6:03:43	4:16:25	11:35:58
2nd Age Grouper	1:07:36	6:23:43	4:04:41	11:49:07
3rd Age Grouper	1:19:27	6:34:41	4:03:54	12:09:19
4th Age Grouper	1:03:09	6:09:19	4:52:57	12:19:06
5th Age Grouper	1:23:25	6:25:23	4:21:50	12:20:05
6th Age Grouper	1:18:43	6:33:33	4:21:33	12:30:23
7th Age Grouper	1:06:08	6:28:25	4:44:28	12:32:49
8th Age Grouper	1:07:53	6:14:03	4:59:11	12:34:10
9th Age Grouper	1:23:41	5:51:04	5:09:19	12:37:52
10th Age Grouper	1:12:20	6:45:36	4:36:47	12:56:45
Kona Qualifier Average	1:10:13	6:20:42	4:08:20	11:51:28
Top 10 Age Grouper Average	1:12:35	6:20:57	4:33:06	12:20:33

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	1:30:50	8:20:34	3:32:33	10:29:20
2nd Age Grouper	1:18:31	5:44:52	4:23:52	11:39:37
3rd Age Grouper	1:07:38	5:43:01	4:39:38	11:41:06
4th Age Grouper	1:22:57	5:57:21	4:10:11	11:44:25
5th Age Grouper	1:09:32	5:43:31	5:00:23	12:08:58
6th Age Grouper	1:32:15	6:38:20	3:36:16	12:24:20
7th Age Grouper	1:31:33	6:00:17	4:58:12	12:42:24
8th Age Grouper	1:13:44	6:17:21	5:42:36	13:27:03
9th Age Grouper	0:57:58	6:37:38	5:39:33	13:29:26
10th Age Grouper	1:26:00	7:12:22	4:51:55	13:43:59
Kona Qualifier Average	1:18:59	6:36:09	4:12:01	11:16:41
Top 10 Age Grouper Average	1:19:05	6:25:31	4:39:30	12:21:03