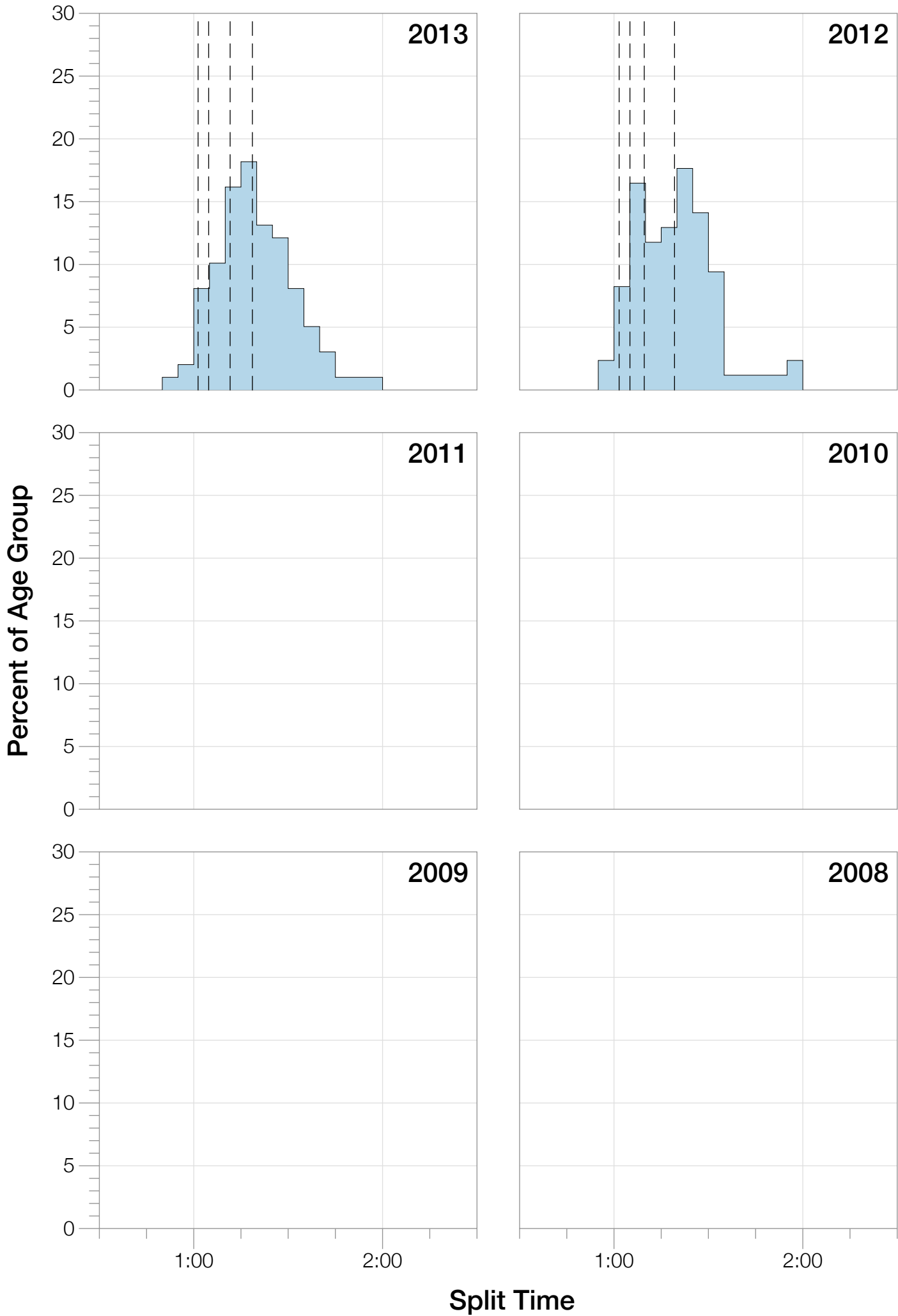


Ironman Mont-Tremblant F30-34 Stats

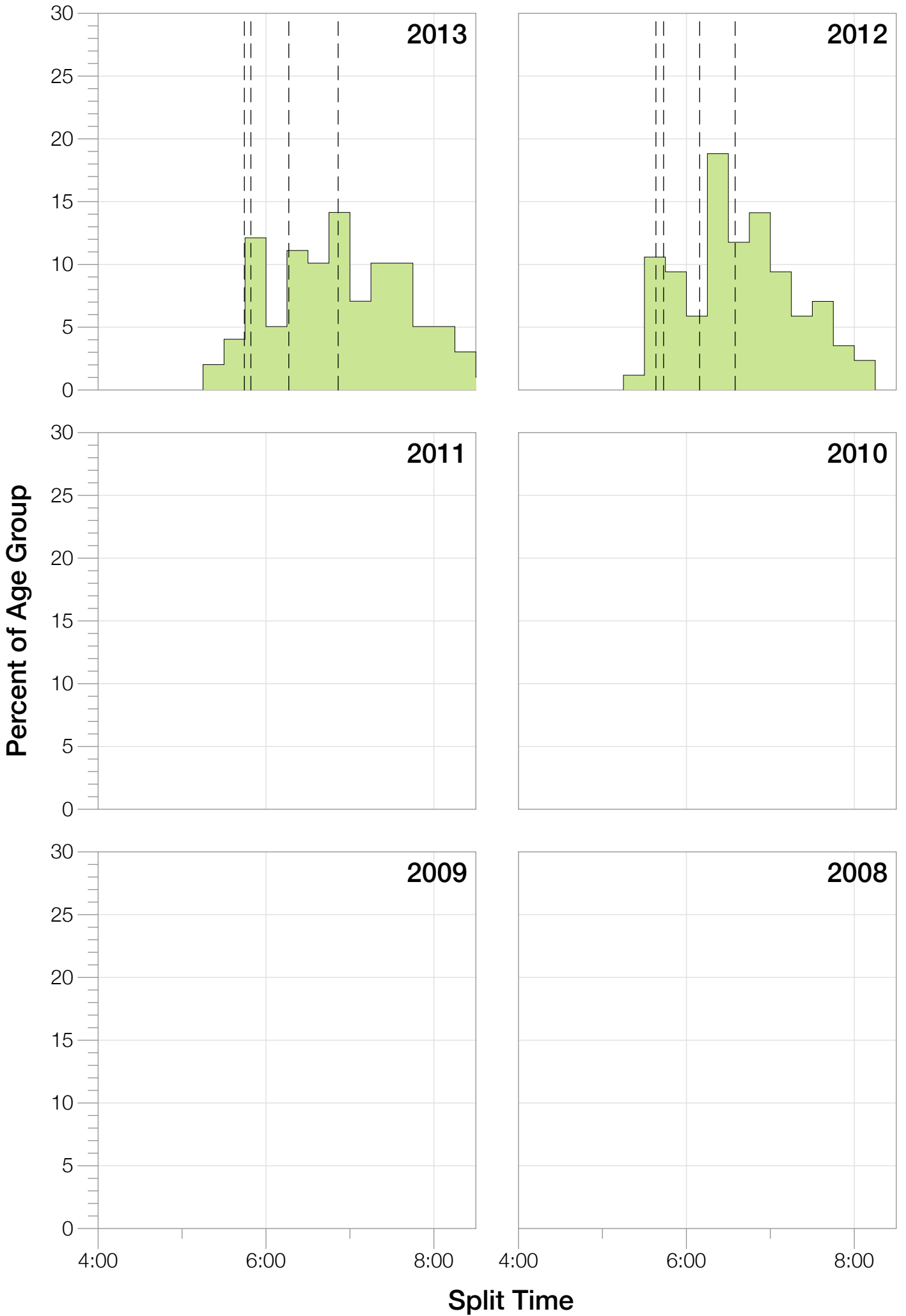
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2012	2099	85	8:40:48	9:30:46	9:54:19
2013	2119	99	8:26:06	9:07:56	10:07:04
Average	2109	92	8:33:27	9:19:21	10:00:41

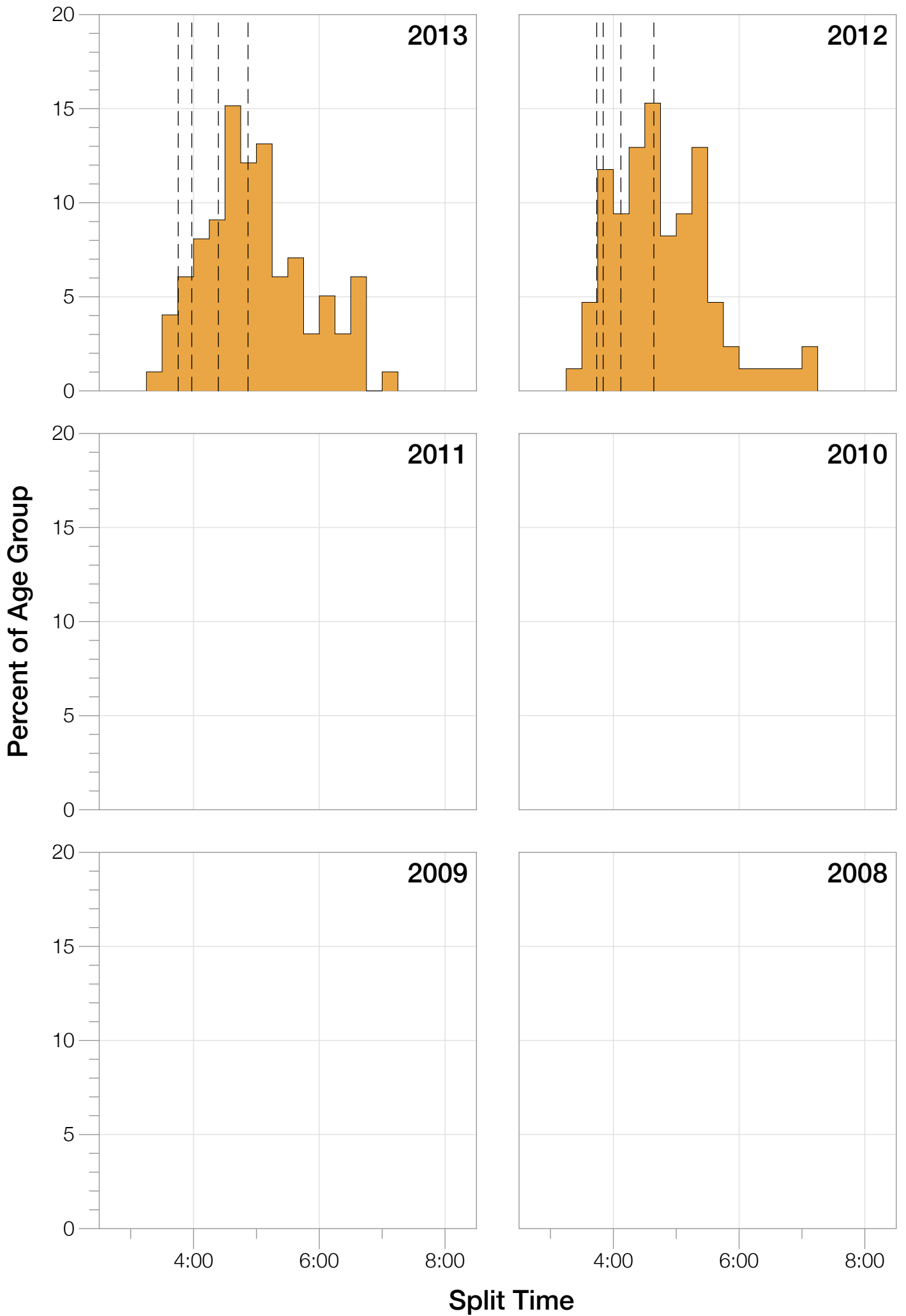
F30-34 Swim



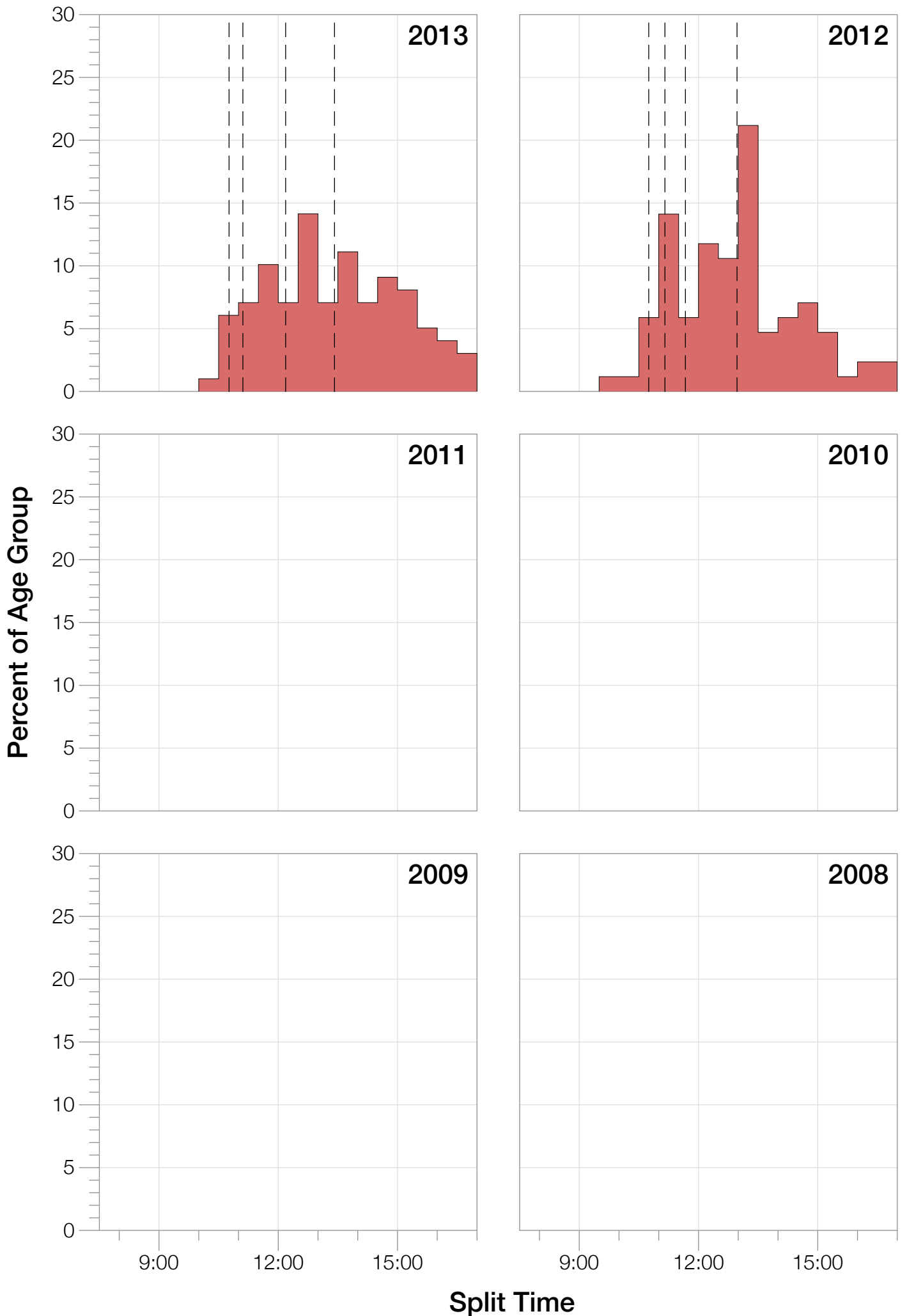
F30-34 Bike



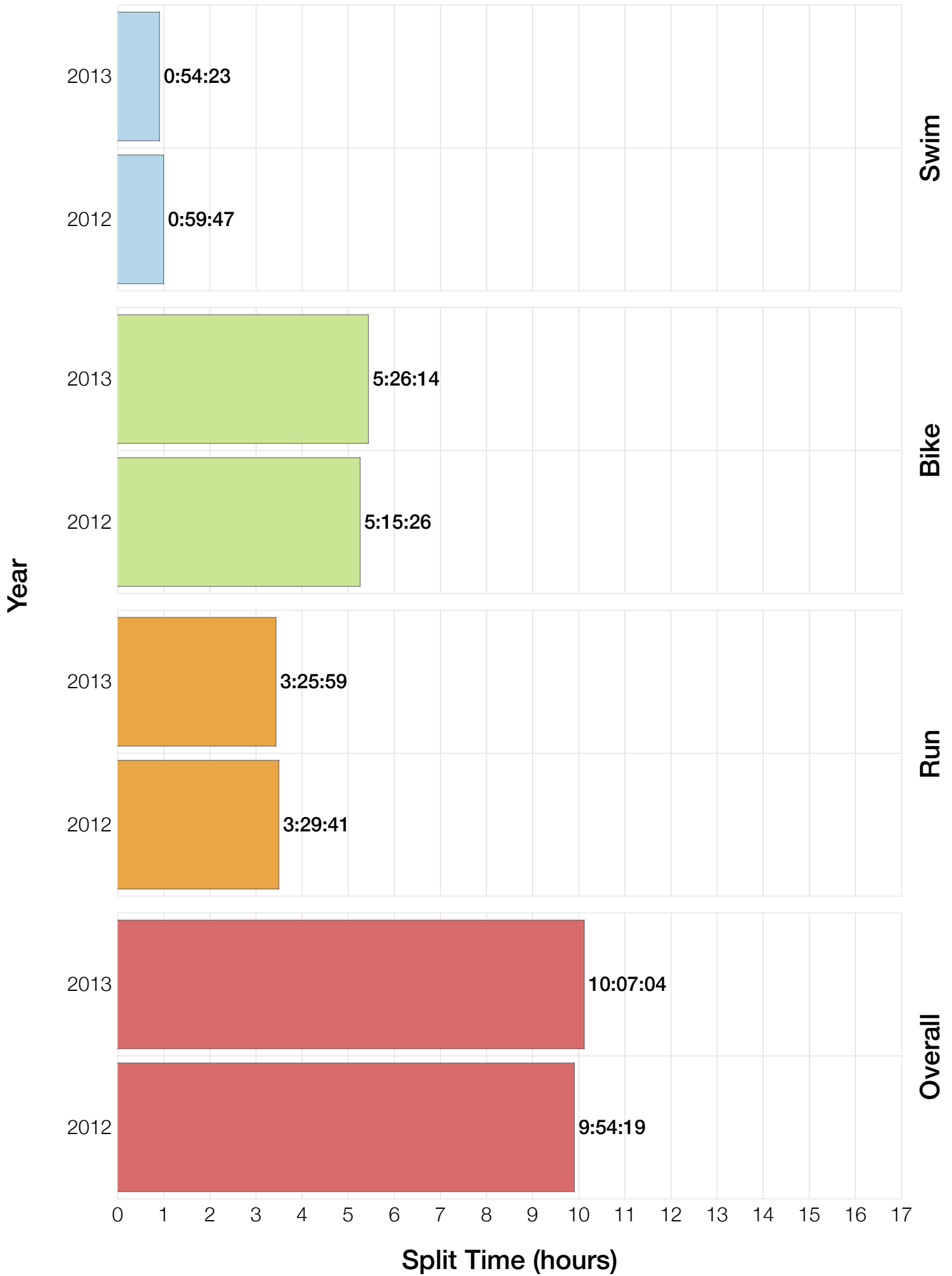
F30-34 Run



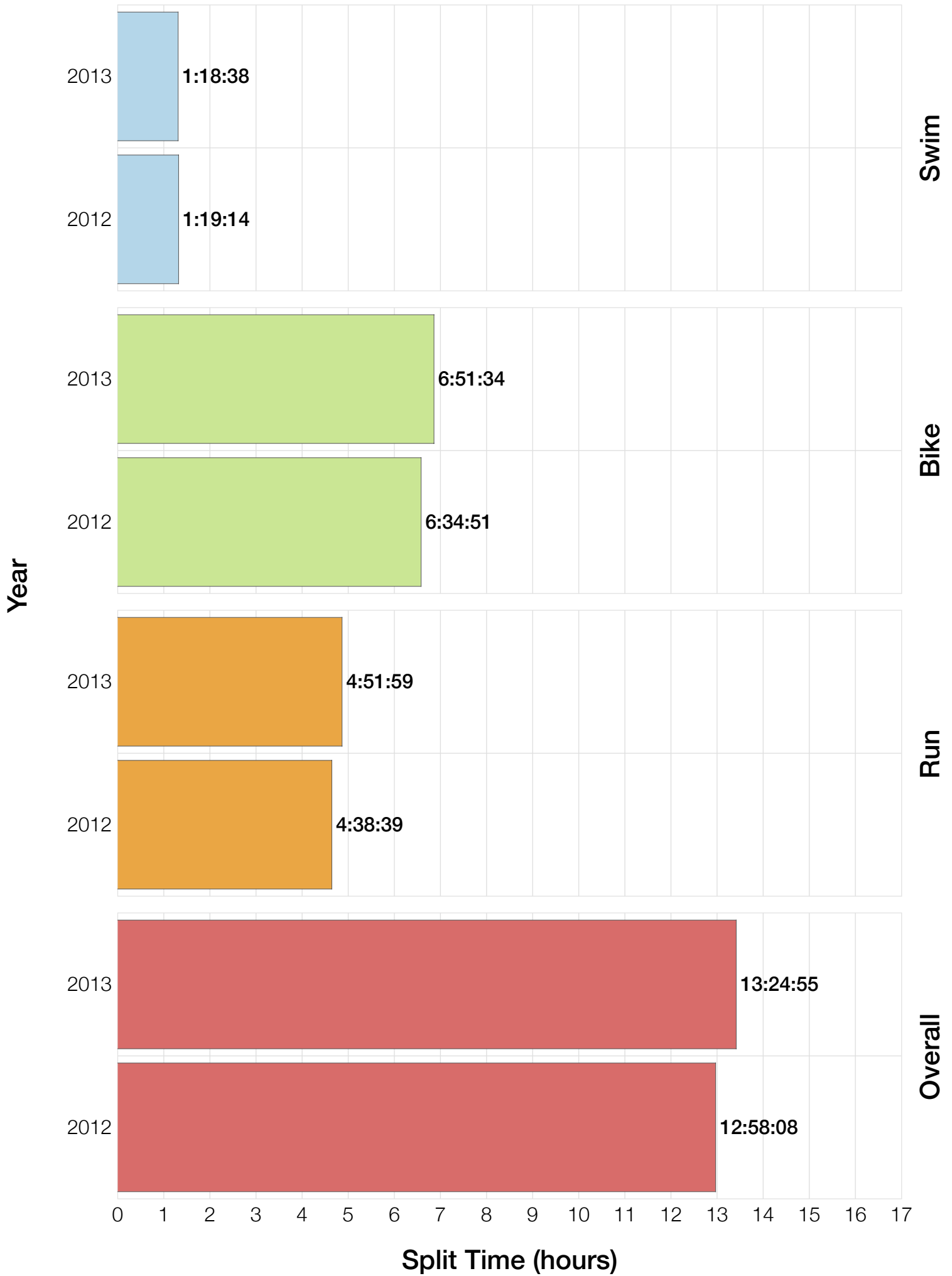
F30-34 Overall



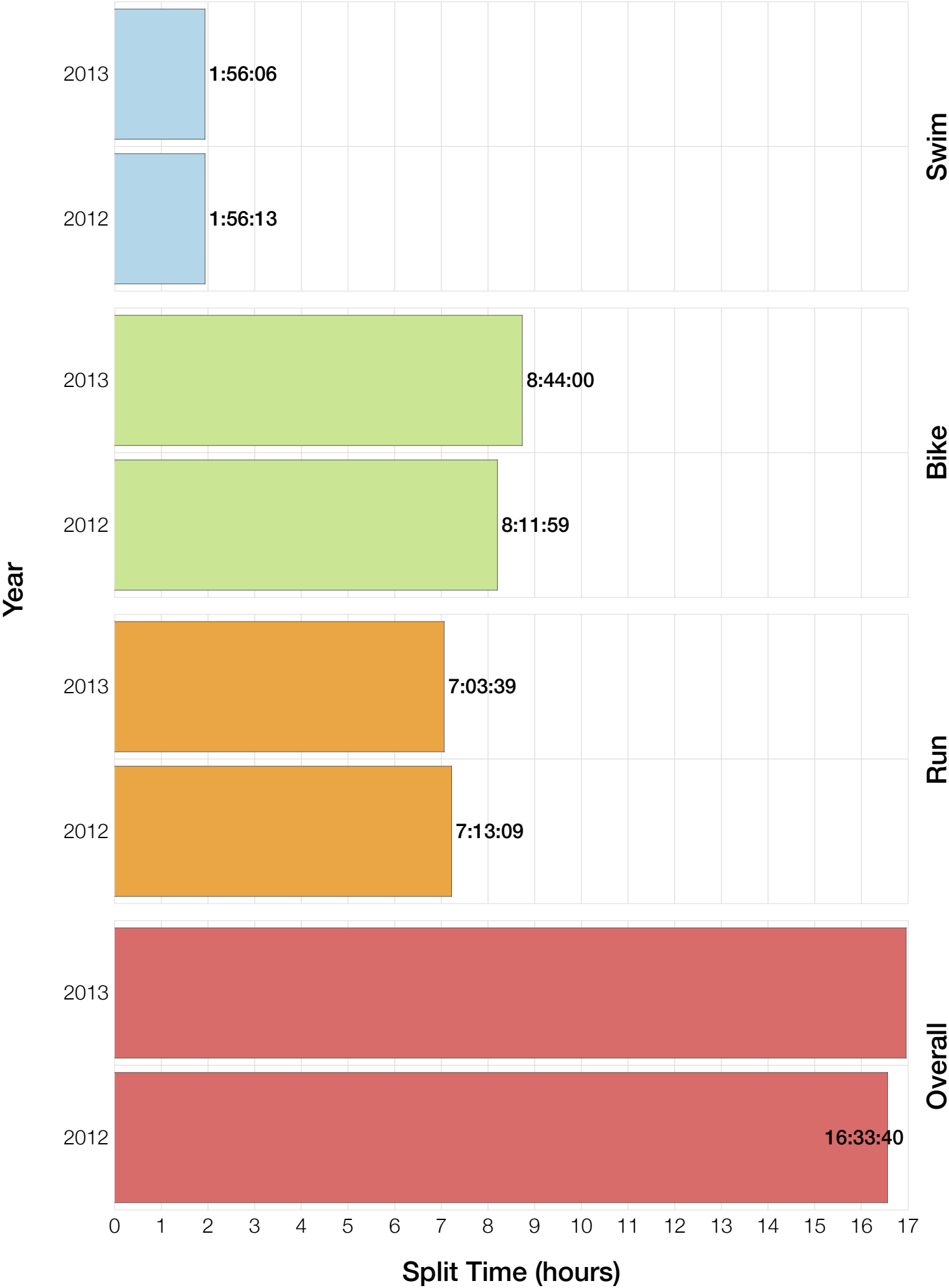
F30-34 Fastest Splits



F30-34 Median Splits

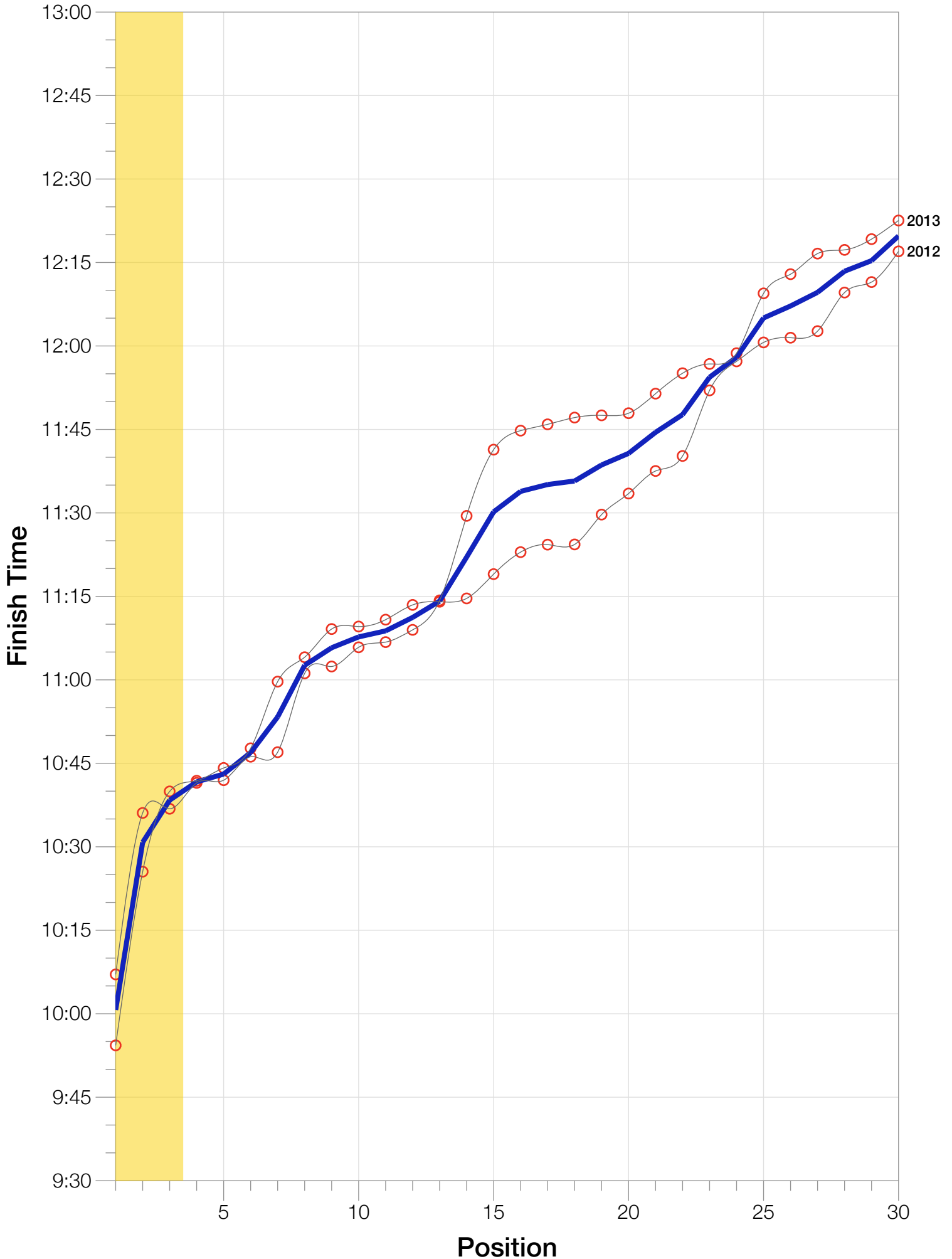


F30-34 Slowest Splits



F30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:36	4:35:56	3:03:08	8:33:27
Average Female Winner	0:59:38	5:02:24	3:12:11	9:19:21
Average 1st Age Grouper	1:04:38	5:21:31	3:28:02	10:00:41
Average 2nd Age Grouper	1:04:46	5:34:54	3:38:56	10:30:48
Average 3rd Age Grouper	1:00:35	5:44:22	3:45:25	10:38:23
Average 4th Age Grouper	1:08:56	5:41:24	3:44:59	10:41:40
Average 5th Age Grouper	1:12:04	5:50:47	3:31:13	10:43:04
Average 6th Age Grouper	1:07:44	5:36:30	3:56:13	10:46:56
Average 7th Age Grouper	1:07:51	5:43:19	3:55:16	10:53:20
Average 8th Age Grouper	1:08:11	5:50:09	3:56:50	11:02:37
Average 9th Age Grouper	1:14:06	5:45:33	3:53:29	11:05:46
Average 10th Age Grouper	1:17:55	5:58:36	3:41:36	11:07:43
Kona Qualifier Average	1:03:20	5:33:35	3:37:27	10:23:17
Top 10 Age Grouper Average	1:08:40	5:42:42	3:45:12	10:45:06

Mont-Tremblant 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:50	4:36:36	2:57:08	8:26:06
Female Winner	0:51:43	4:58:18	3:12:47	9:07:56
1st Age Grouper	1:06:09	5:27:36	3:25:59	10:07:04
2nd Age Grouper	1:09:46	5:26:14	3:45:36	10:36:05
3rd Age Grouper	0:59:50	5:44:50	3:43:19	10:36:50
4th Age Grouper	1:10:27	5:46:12	3:37:38	10:41:29
5th Age Grouper	1:17:38	5:40:49	3:32:45	10:41:58
6th Age Grouper	1:08:22	5:35:09	3:55:41	10:46:11
7th Age Grouper	1:05:22	5:49:13	3:45:46	10:47:00
8th Age Grouper	1:01:23	5:47:58	4:04:07	11:01:10
9th Age Grouper	1:05:45	5:52:04	3:56:45	11:02:24
10th Age Grouper	1:15:23	5:58:05	3:43:17	11:05:51
Kona Qualifier Average	1:05:15	5:32:53	3:38:18	10:26:39
Top 10 Age Grouper Average	1:08:00	5:42:49	3:45:05	10:44:36

Mont-Tremblant 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:22	4:35:17	3:09:09	8:40:48
Female Winner	1:07:33	5:06:31	3:11:35	9:30:46
1st Age Grouper	1:03:08	5:15:26	3:30:06	9:54:19
2nd Age Grouper	0:59:47	5:43:34	3:32:16	10:25:32
3rd Age Grouper	1:01:20	5:43:54	3:47:31	10:39:57
4th Age Grouper	1:07:25	5:36:37	3:52:21	10:41:52
5th Age Grouper	1:06:30	6:00:45	3:29:41	10:44:10
6th Age Grouper	1:07:07	5:37:52	3:56:45	10:47:42
7th Age Grouper	1:10:21	5:37:26	4:04:47	10:59:41
8th Age Grouper	1:15:00	5:52:21	3:49:33	11:04:04
9th Age Grouper	1:22:28	5:39:02	3:50:13	11:09:08
10th Age Grouper	1:20:27	5:59:07	3:39:55	11:09:35
Kona Qualifier Average	1:01:25	5:34:18	3:36:37	10:19:56
Top 10 Age Grouper Average	1:09:21	5:42:36	3:45:18	10:45:36