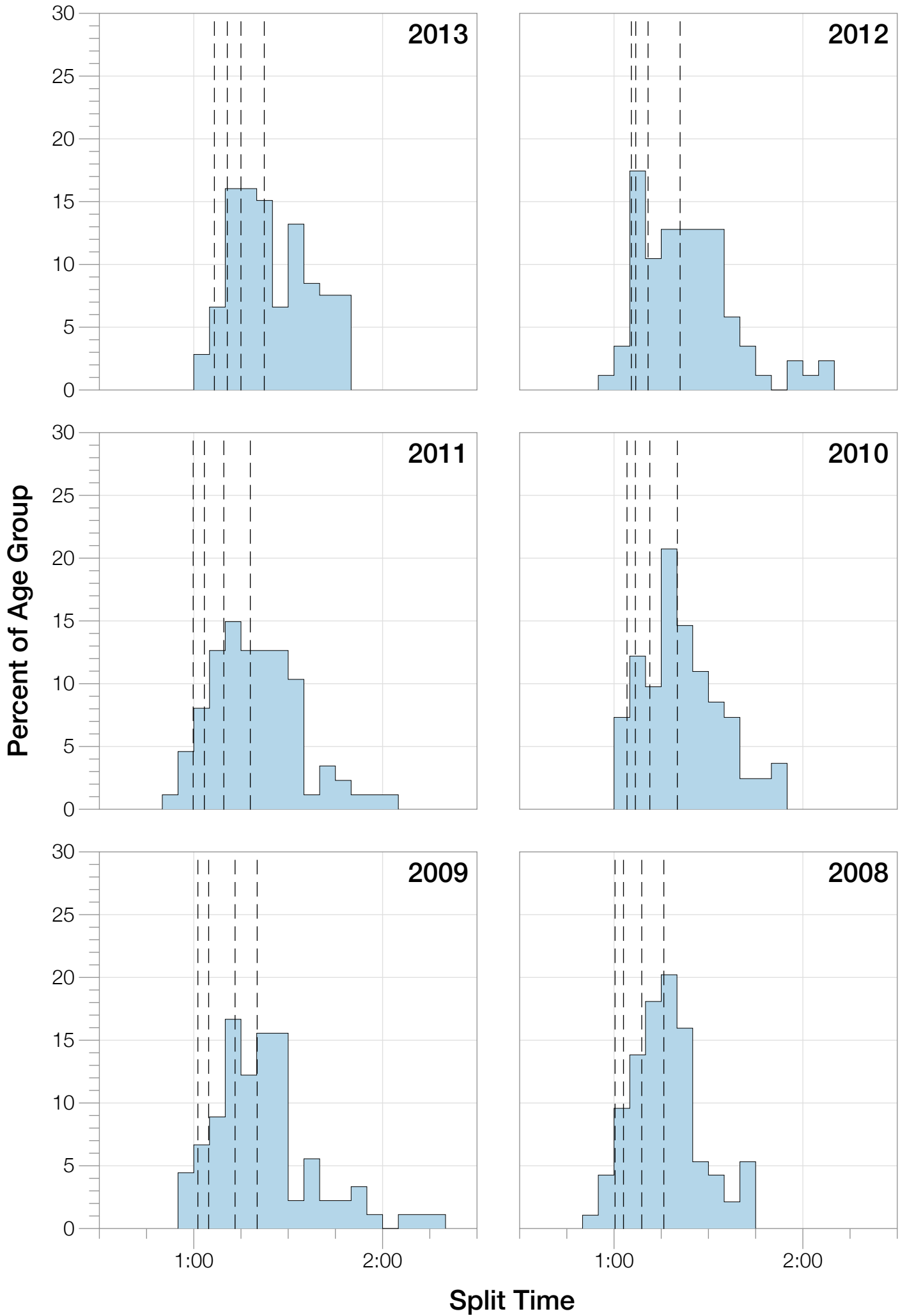


Ironman Florida F30-34 Stats

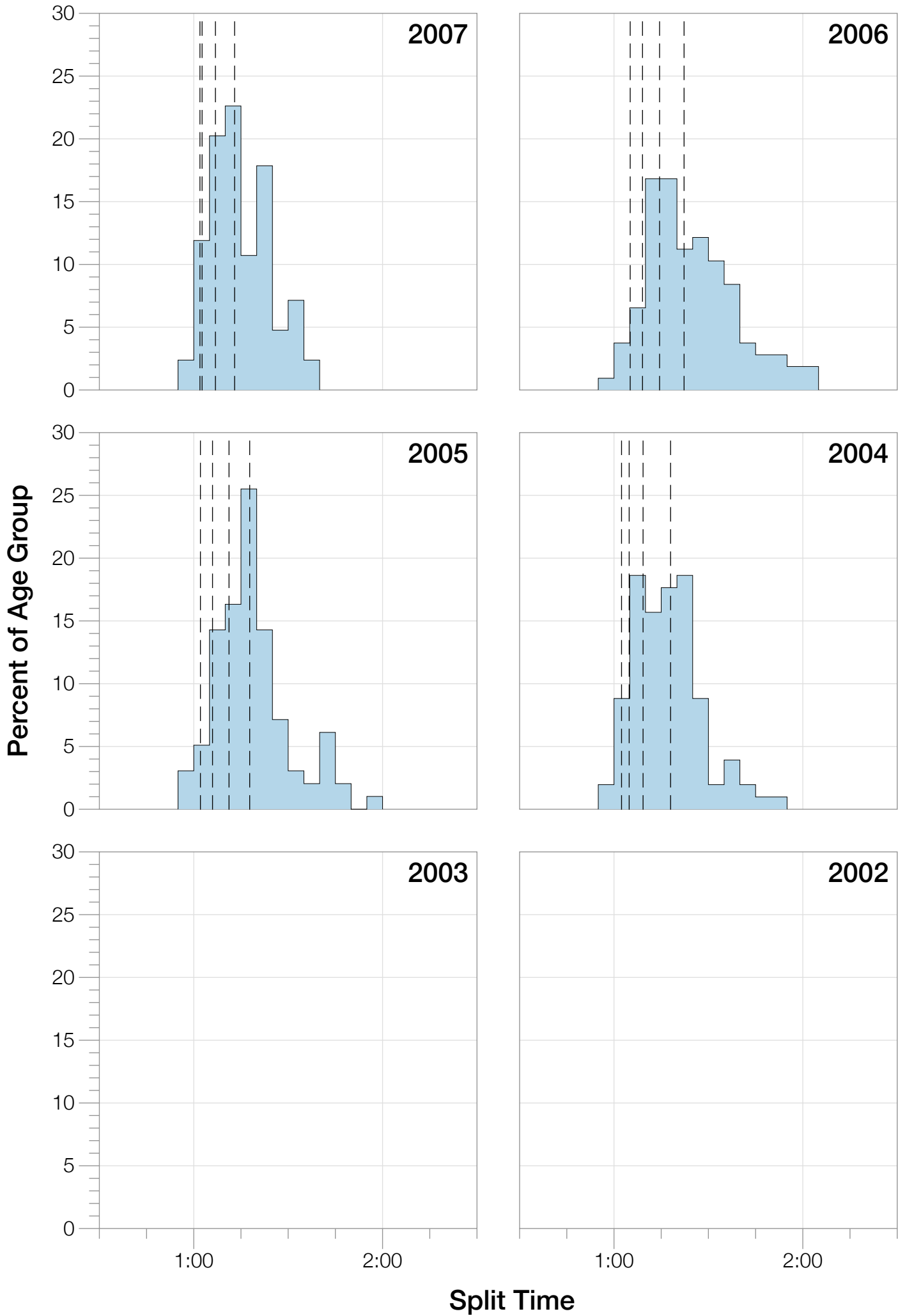
F30-34 Summary Statistics

Year	Finishers	F30-34 Finishers	Male Winner's Time	Female Winner's Time	F30-34 Winner's Time
2004	2033	102	8:31:07	9:28:54	10:01:13
2005	1935	98	8:28:26	9:33:09	9:58:38
2006	2108	107	8:22:44	9:28:28	10:23:11
2007	2184	84	8:21:29	9:05:35	9:44:33
2008	2184	94	8:07:59	9:07:48	9:58:36
2009	2312	90	8:24:29	9:08:38	9:53:08
2010	2300	82	8:15:59	9:07:49	10:14:29
2011	2354	87	7:59:42	8:55:10	10:05:03
2012	2427	86	8:06:17	8:51:35	10:18:37
2013	2701	108	7:53:12	8:43:07	9:36:50
Average	2254	94	8:15:08	9:09:01	10:01:25

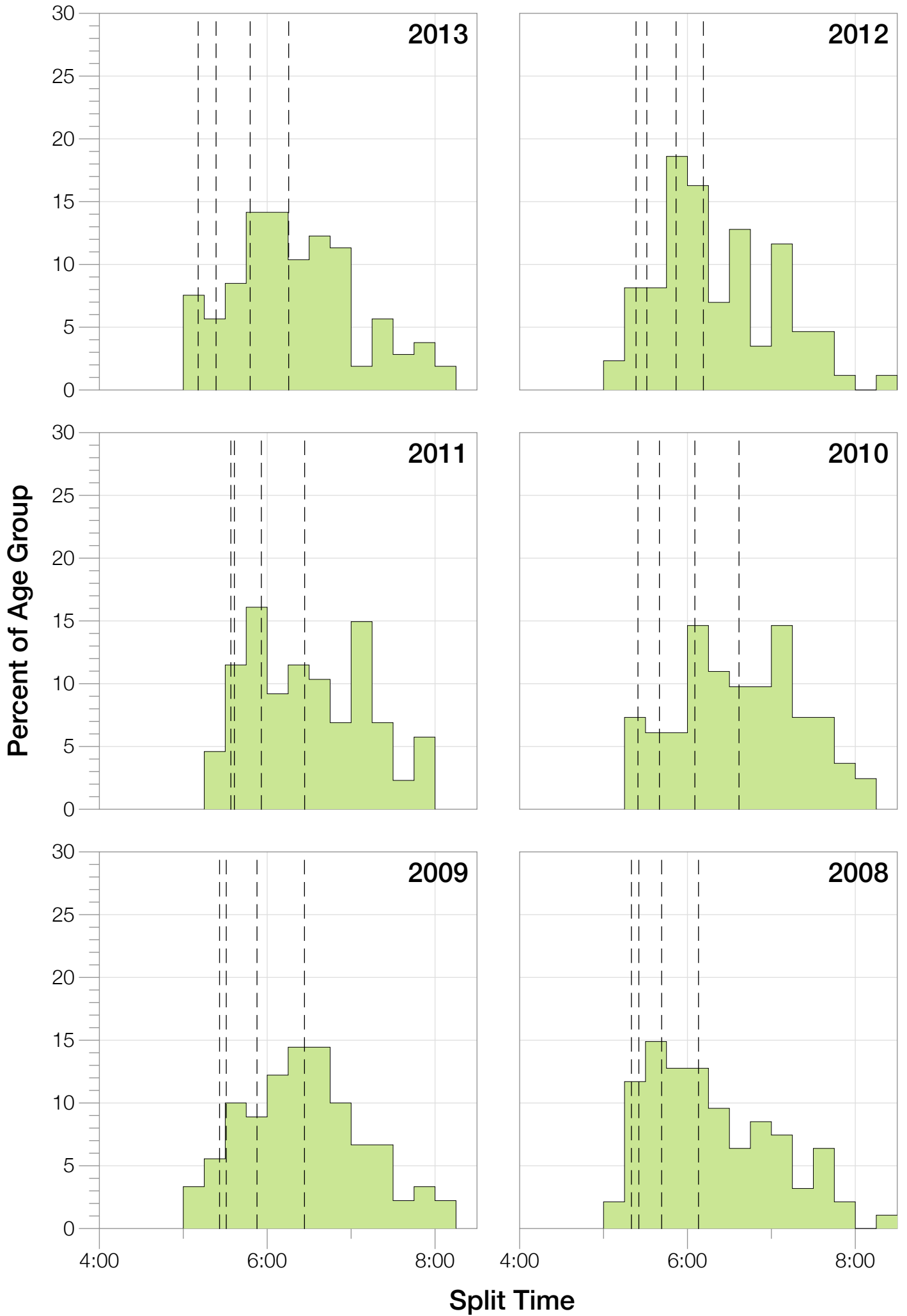
F30-34 Swim



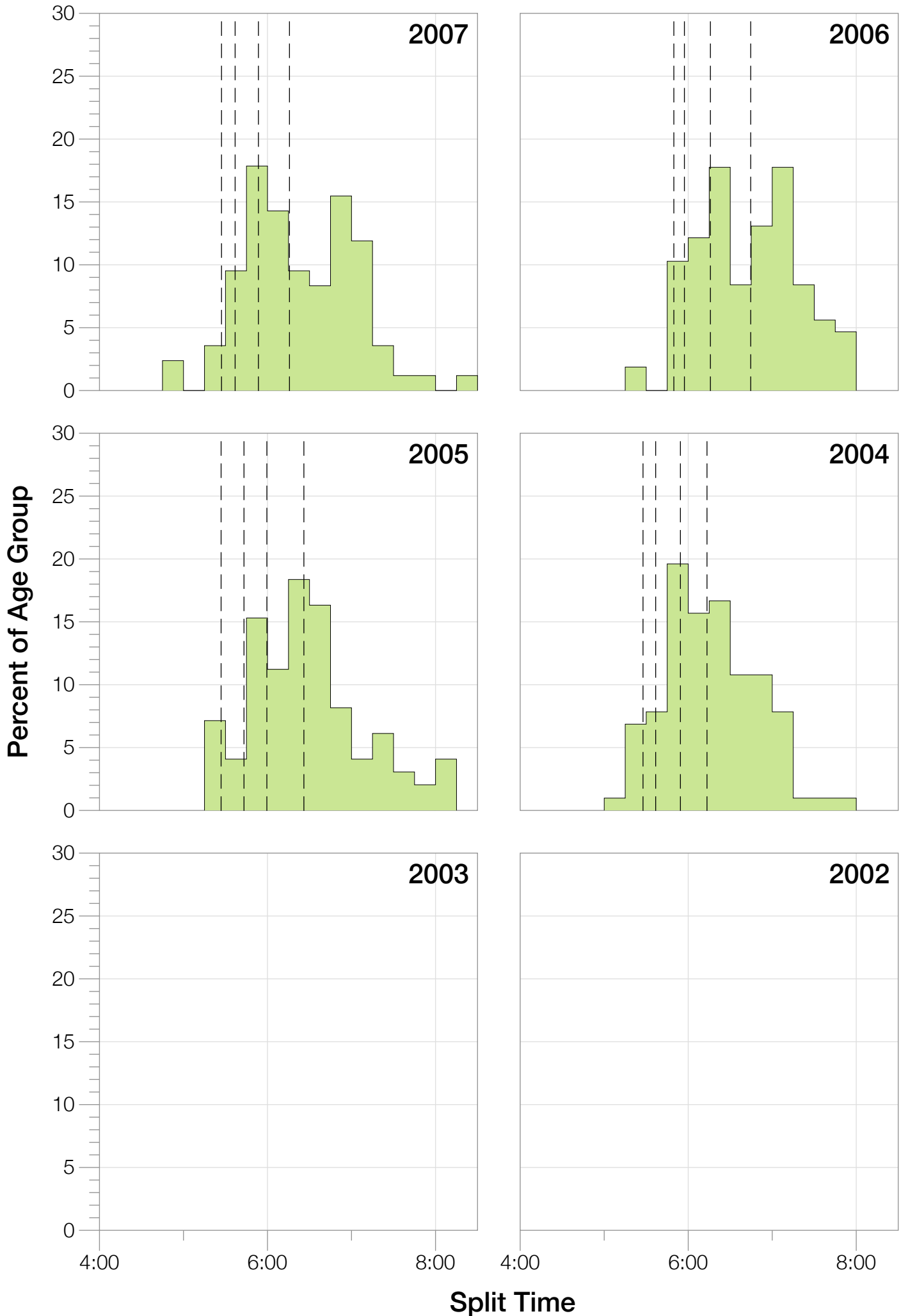
F30-34 Swim



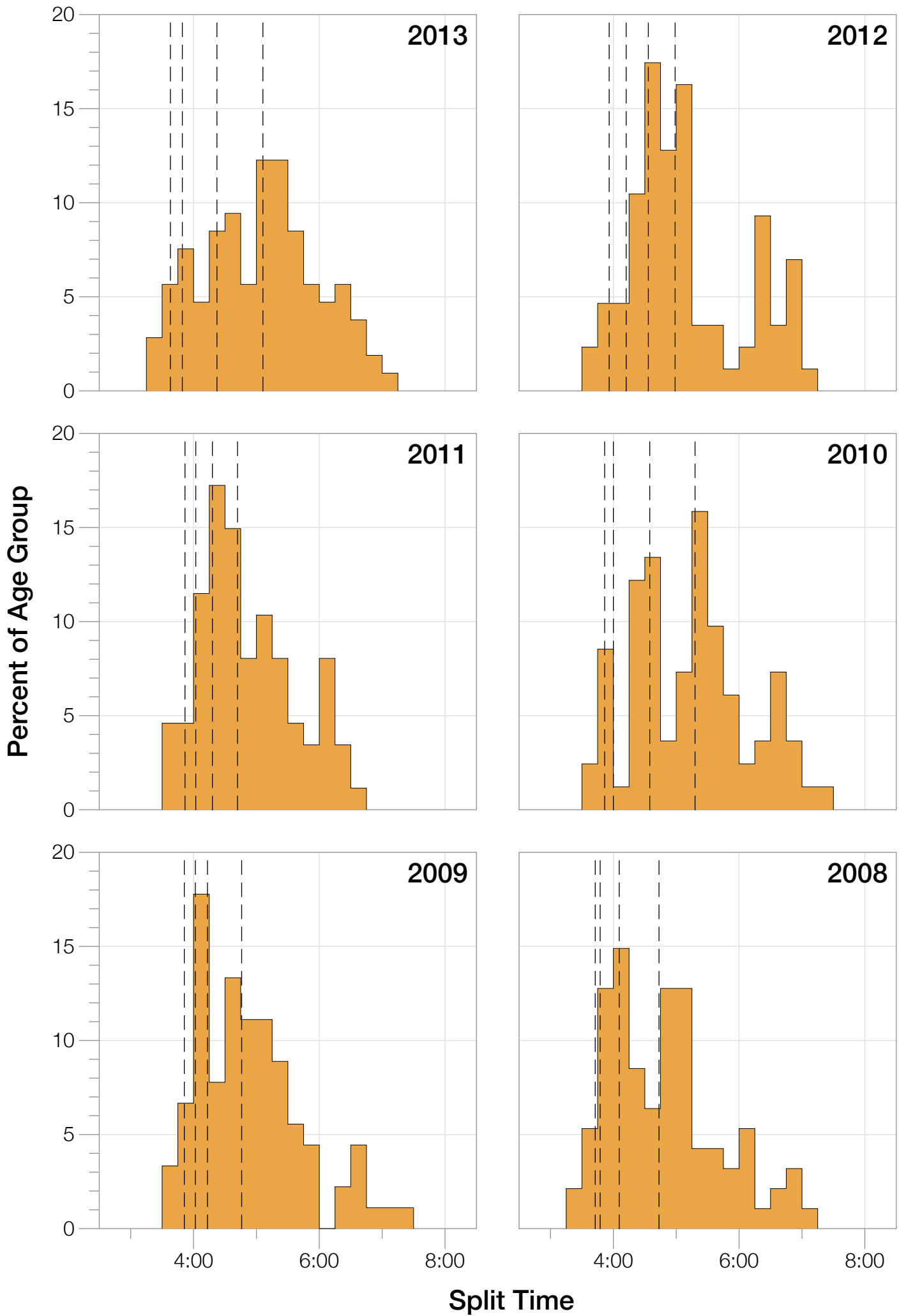
F30-34 Bike



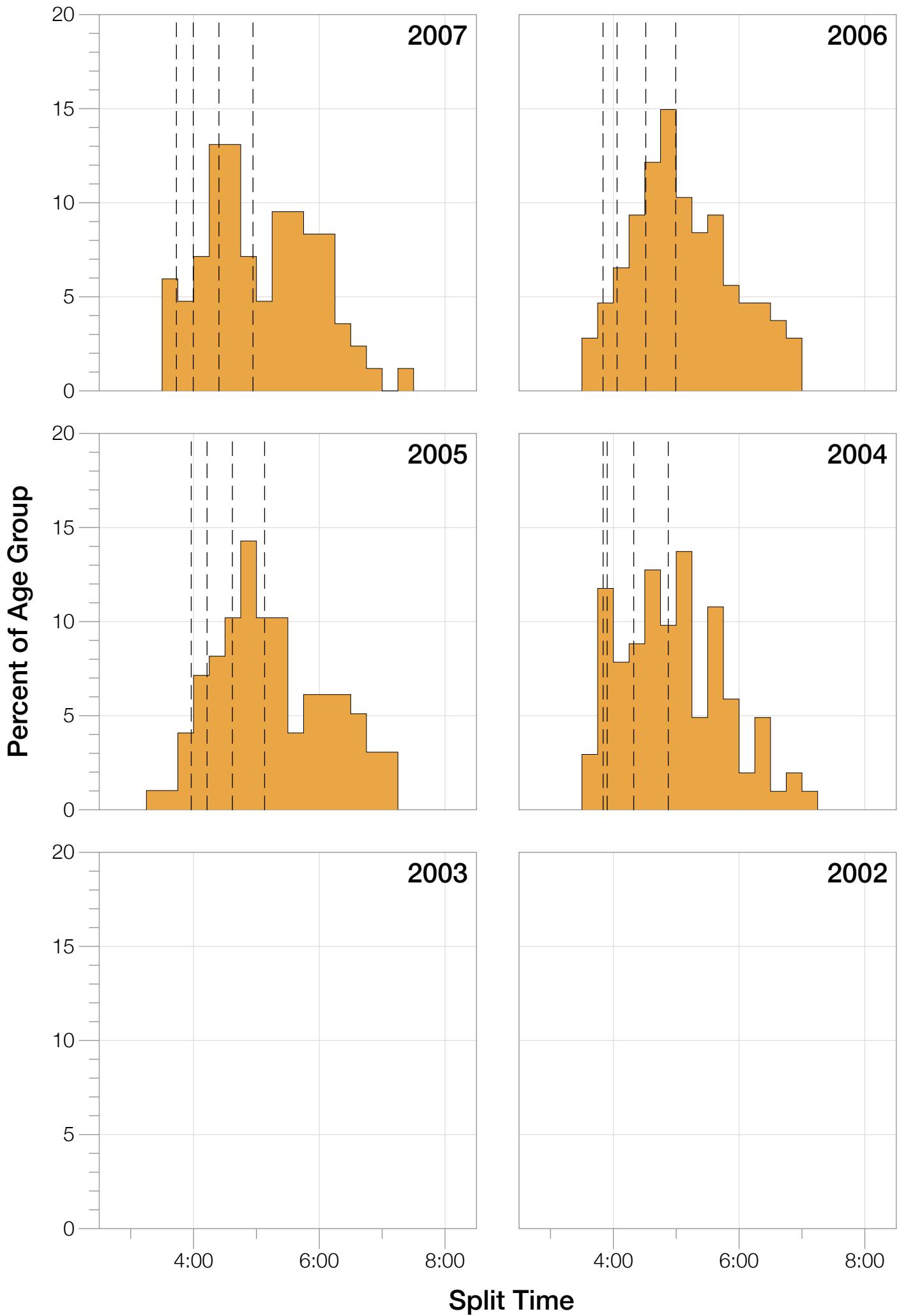
F30-34 Bike



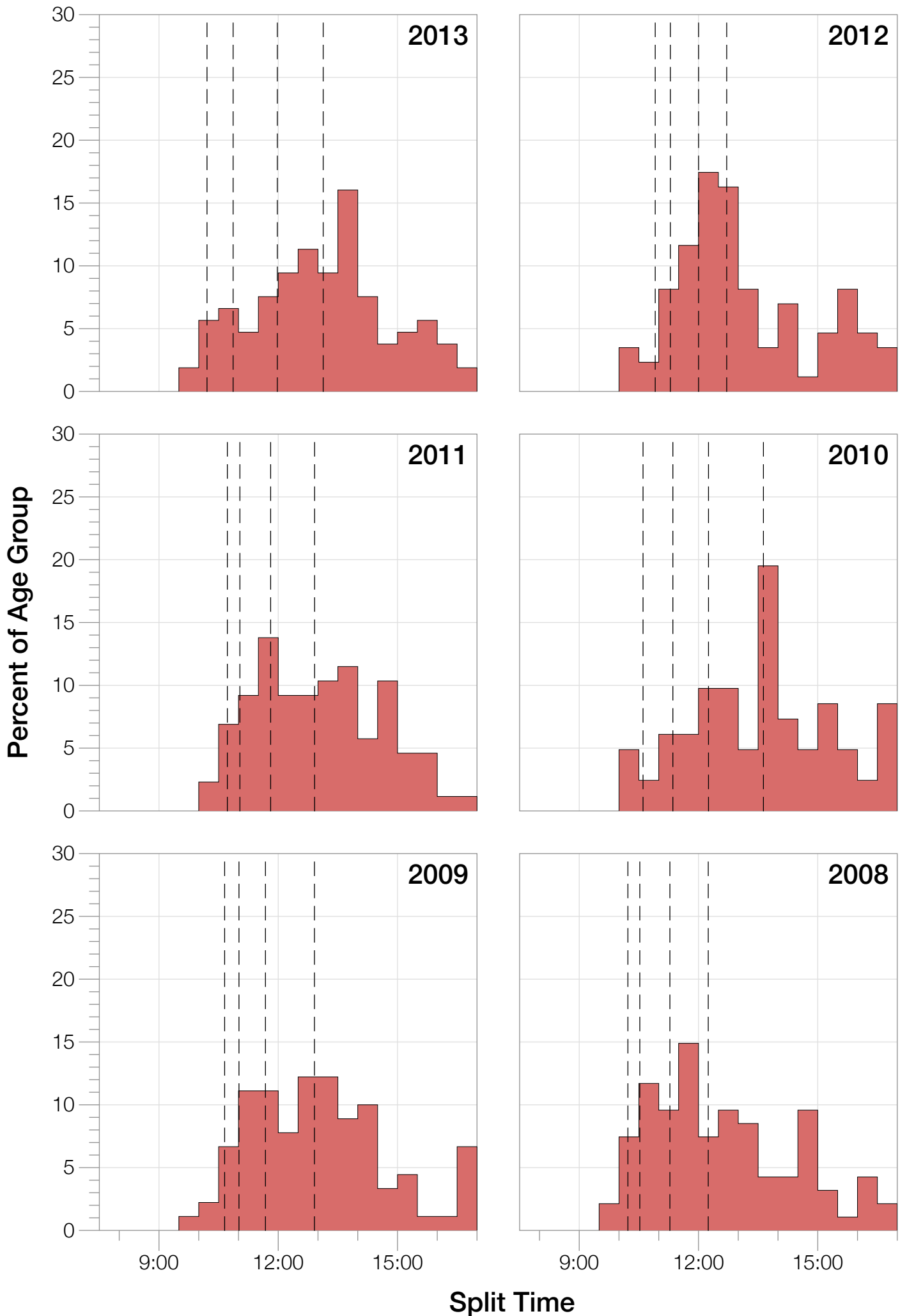
F30-34 Run



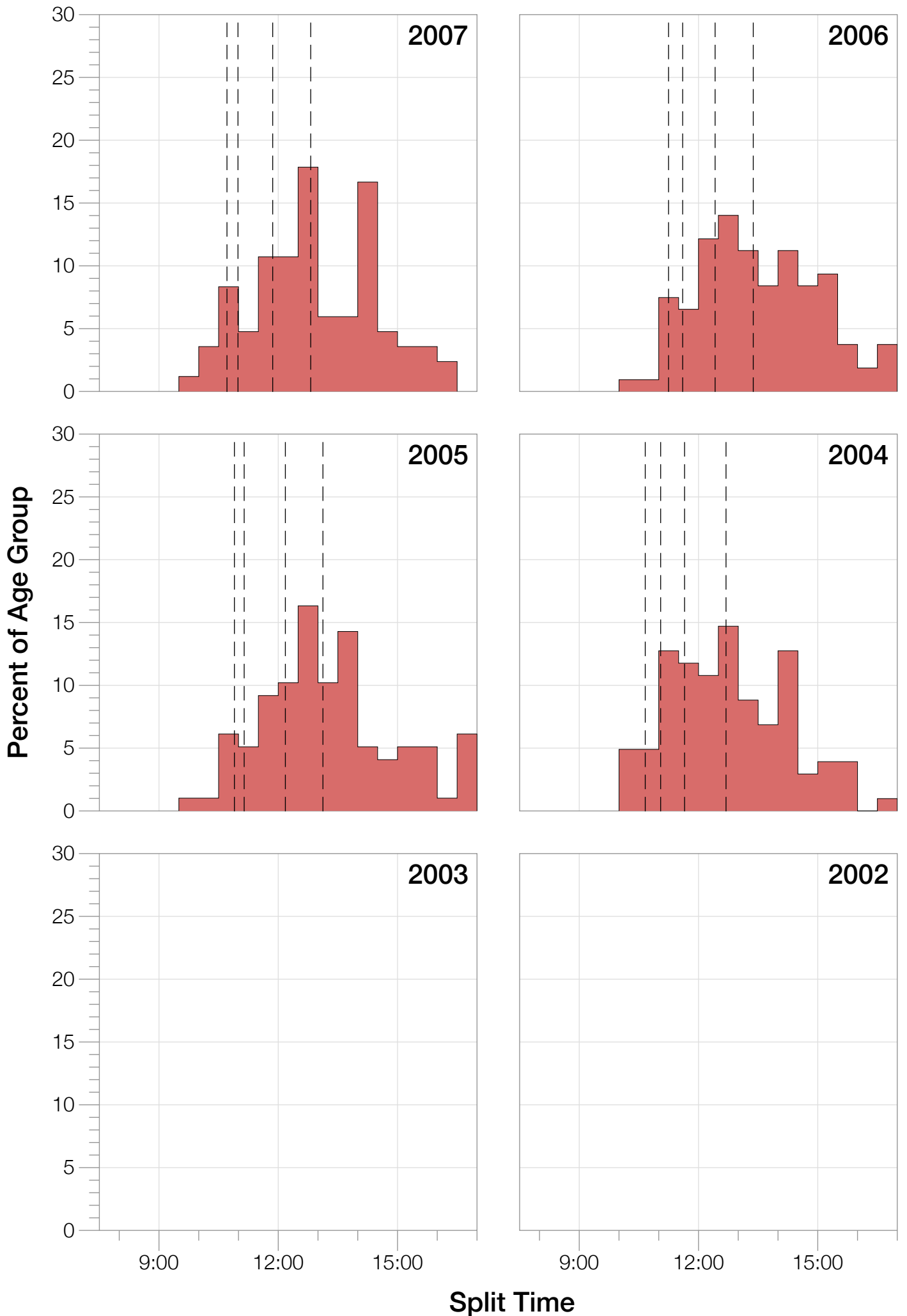
F30-34 Run



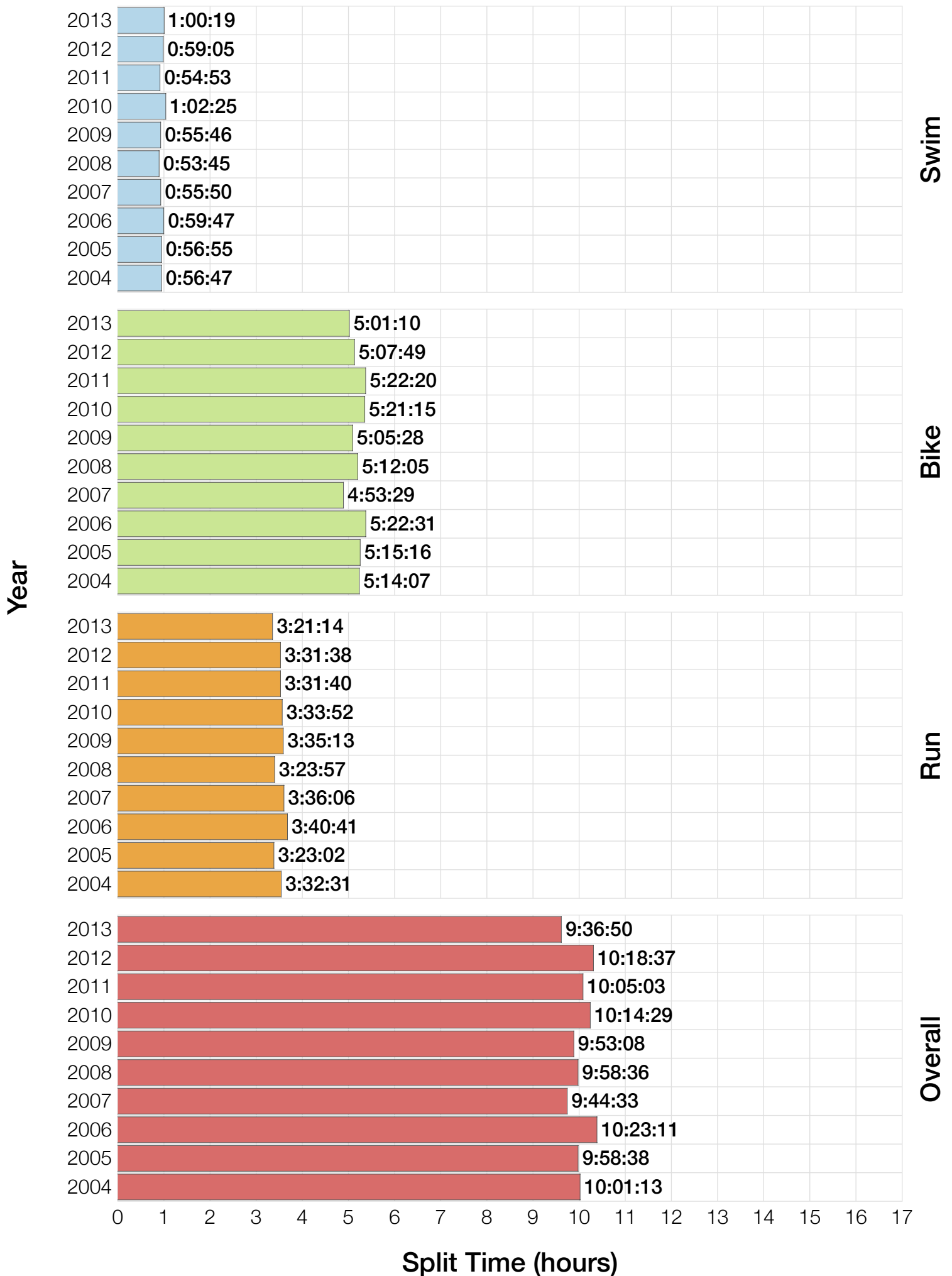
F30-34 Overall



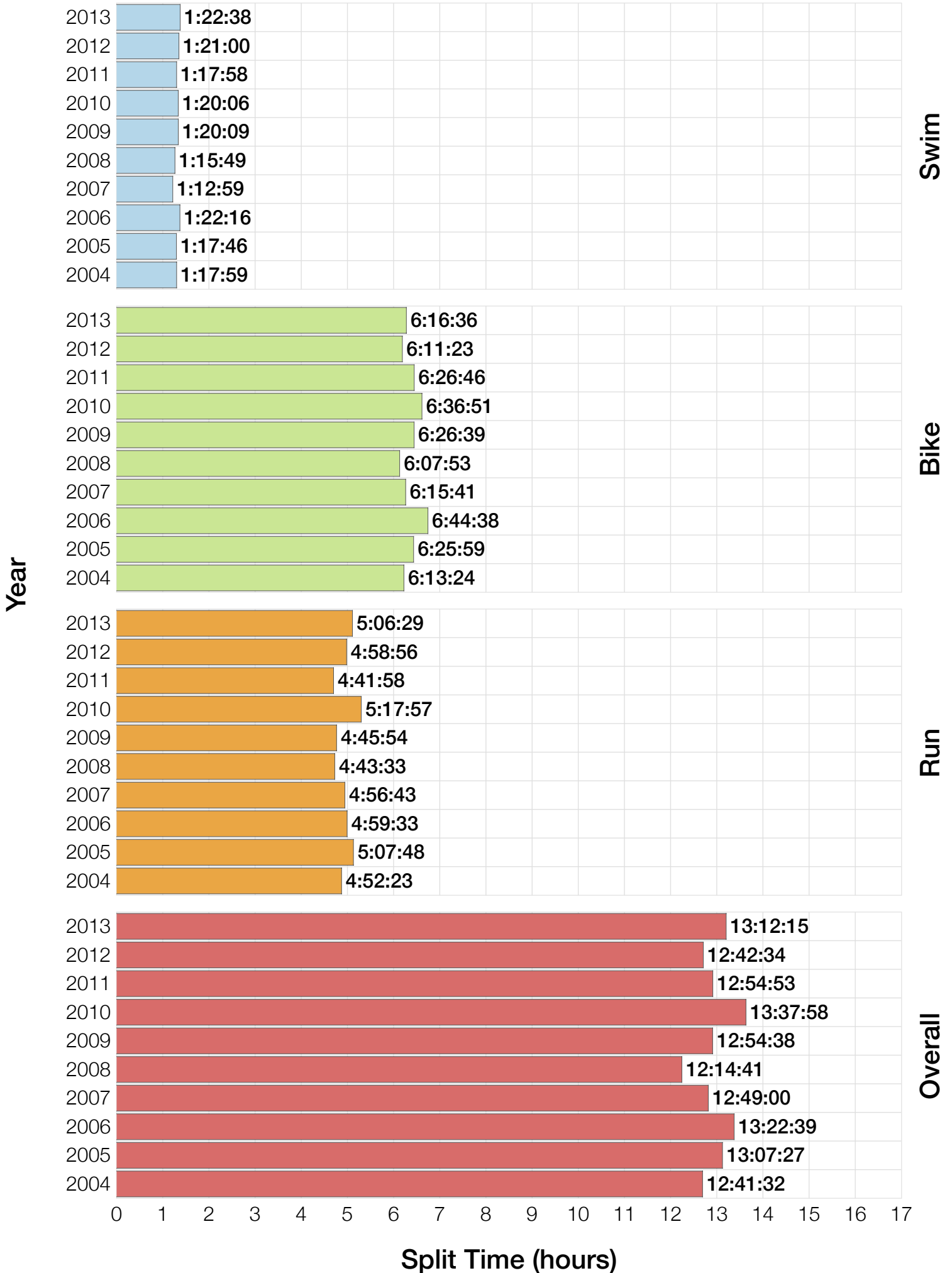
F30-34 Overall



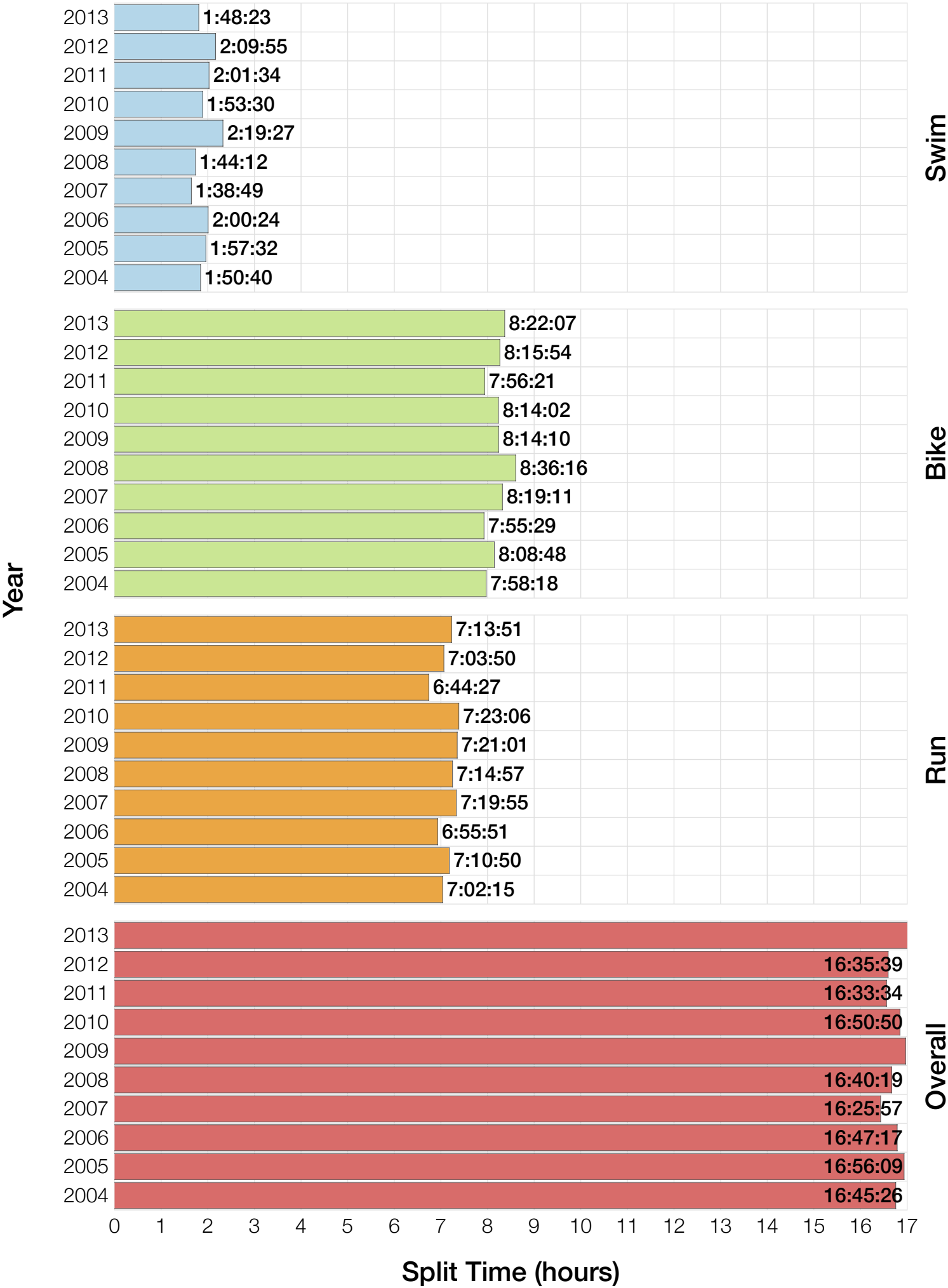
F30-34 Fastest Splits



F30-34 Median Splits

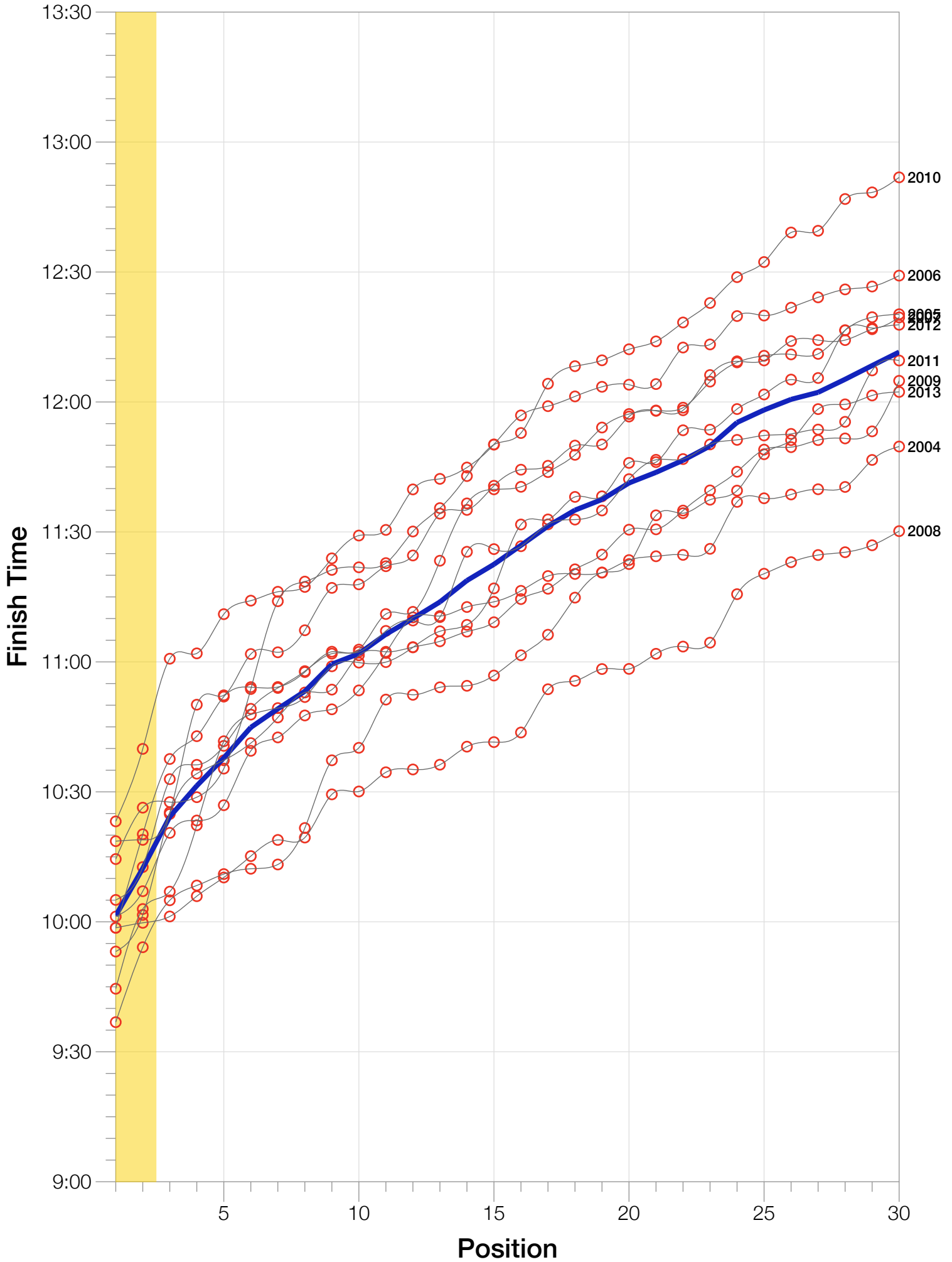


F30-34 Slowest Splits



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

Florida 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:23	4:15:15	2:37:29	7:53:12
Female Winner	1:00:14	4:35:49	3:01:55	8:43:07
1st Age Grouper	1:06:16	5:01:10	3:21:14	9:36:50
2nd Age Grouper	1:16:45	5:03:03	3:24:26	9:54:08
3rd Age Grouper	1:12:01	5:10:48	3:32:27	10:04:58
4th Age Grouper	1:02:56	5:10:36	3:47:02	10:08:23
5th Age Grouper	1:09:52	5:25:53	3:26:51	10:11:01
6th Age Grouper	1:09:11	5:08:38	3:44:51	10:12:15
7th Age Grouper	1:15:25	5:09:38	3:39:23	10:13:14
8th Age Grouper	1:13:08	5:12:38	3:44:48	10:21:39
9th Age Grouper	1:10:28	5:33:45	3:45:10	10:37:17
10th Age Grouper	1:13:34	5:38:51	3:37:24	10:40:10
Kona Qualifier Average	1:11:30	5:02:06	3:22:50	9:45:29
Top 10 Age Grouper Average	1:10:57	5:15:30	3:36:21	10:11:59

Florida 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:51	4:04:39	3:06:42	8:06:17
Female Winner	1:01:26	4:40:20	3:04:45	8:51:35
1st Age Grouper	1:08:48	5:29:37	3:31:38	10:18:37
2nd Age Grouper	1:12:08	5:14:00	3:44:17	10:18:55
3rd Age Grouper	1:08:12	5:15:59	3:55:04	10:25:18
4th Age Grouper	1:18:46	5:34:44	3:46:46	10:50:07
5th Age Grouper	1:17:06	5:32:15	3:53:07	10:52:17
6th Age Grouper	1:05:09	5:35:40	4:12:07	11:01:49
7th Age Grouper	1:18:41	5:33:46	3:58:52	11:02:13
8th Age Grouper	1:13:37	5:07:49	4:38:07	11:07:18
9th Age Grouper	1:31:46	5:28:28	4:04:43	11:17:05
10th Age Grouper	1:06:42	5:44:11	4:19:02	11:17:54
Kona Qualifier Average	1:10:28	5:21:48	3:37:57	10:18:46
Top 10 Age Grouper Average	1:14:05	5:27:38	4:00:22	10:51:09

Florida 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:18	4:19:55	2:43:47	7:59:42
Female Winner	1:02:03	4:53:42	2:53:26	8:55:10
1st Age Grouper	1:01:20	5:25:05	3:32:30	10:05:03
2nd Age Grouper	0:58:10	5:34:54	3:31:40	10:12:38
3rd Age Grouper	1:08:05	5:42:02	3:32:19	10:32:56
4th Age Grouper	1:07:43	5:22:20	3:57:35	10:36:14
5th Age Grouper	0:55:38	5:23:49	4:10:44	10:40:37
6th Age Grouper	1:05:22	5:26:31	4:05:39	10:49:10
7th Age Grouper	1:04:14	5:44:17	3:57:13	10:53:59
8th Age Grouper	1:01:33	5:36:30	4:07:17	10:57:52
9th Age Grouper	0:55:18	5:33:38	4:17:19	11:01:54
10th Age Grouper	1:14:23	5:35:58	3:57:16	11:02:19
Kona Qualifier Average	0:59:45	5:29:59	3:32:05	10:08:50
Top 10 Age Grouper Average	1:03:10	5:32:30	3:54:57	10:41:16

Florida 2010

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

Florida 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:44	4:28:03	2:57:11	8:24:29
Female Winner	0:59:48	4:52:24	3:11:29	9:08:38
1st Age Grouper	1:04:45	5:05:28	3:35:13	9:53:08
2nd Age Grouper	1:08:00	5:06:59	3:37:55	10:01:35
3rd Age Grouper	1:08:59	5:21:36	3:44:17	10:24:53
4th Age Grouper	0:55:46	5:24:25	4:02:41	10:34:12
5th Age Grouper	1:00:51	5:13:32	4:09:49	10:37:17
6th Age Grouper	1:13:14	5:29:09	3:48:05	10:41:15
7th Age Grouper	1:07:22	5:30:46	3:54:56	10:47:10
8th Age Grouper	0:59:37	5:43:56	3:57:23	10:52:56
9th Age Grouper	1:04:34	5:37:58	3:58:15	10:53:36
10th Age Grouper	1:13:35	5:29:52	4:03:33	11:01:31
Kona Qualifier Average	1:06:22	5:06:13	3:36:34	9:57:21
Top 10 Age Grouper Average	1:05:40	5:24:22	3:53:12	10:34:45

Florida 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:15	4:18:59	2:57:19	8:07:59
Female Winner	0:54:54	4:59:05	3:08:07	9:07:48
1st Age Grouper	1:01:14	5:26:09	3:23:57	9:58:36
2nd Age Grouper	1:05:36	5:13:58	3:32:47	9:59:46
3rd Age Grouper	1:13:56	5:12:05	3:26:08	10:01:14
4th Age Grouper	1:11:06	5:17:06	3:30:18	10:05:55
5th Age Grouper	1:04:02	5:17:25	3:41:25	10:10:14
6th Age Grouper	1:02:59	5:21:17	3:46:15	10:15:10
7th Age Grouper	1:02:34	5:22:13	3:45:21	10:18:54
8th Age Grouper	1:04:03	5:24:51	3:43:24	10:19:27
9th Age Grouper	0:55:16	5:42:56	3:43:55	10:29:25
10th Age Grouper	0:58:38	5:30:38	3:55:10	10:30:05
Kona Qualifier Average	1:03:25	5:20:03	3:28:22	9:59:11
Top 10 Age Grouper Average	1:03:56	5:22:51	3:38:52	10:12:52

Florida 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:38	4:35:13	2:51:56	8:21:29
Female Winner	0:50:43	4:59:21	3:11:12	9:05:35
1st Age Grouper	1:03:25	4:53:29	3:40:45	9:44:33
2nd Age Grouper	1:06:00	4:59:53	3:49:56	10:02:57
3rd Age Grouper	1:02:50	5:17:30	3:38:47	10:06:58
4th Age Grouper	1:06:46	5:26:24	3:42:40	10:22:17
5th Age Grouper	1:23:57	5:32:35	3:36:06	10:41:41
6th Age Grouper	1:00:13	5:57:57	3:42:06	10:47:50
7th Age Grouper	1:11:25	5:37:18	3:52:19	10:49:20
8th Age Grouper	1:12:00	5:15:23	4:17:33	10:51:53
9th Age Grouper	1:01:35	5:45:06	4:03:48	10:58:59
10th Age Grouper	1:02:46	5:46:33	4:02:10	10:59:50
Kona Qualifier Average	1:04:42	4:56:41	3:45:20	9:53:45
Top 10 Age Grouper Average	1:07:05	5:27:12	3:50:37	10:32:37

Florida 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:28	4:34:07	2:54:12	8:22:44
Female Winner	0:58:27	5:14:02	3:11:39	9:28:28
1st Age Grouper	1:03:53	5:22:31	3:49:31	10:23:11
2nd Age Grouper	1:15:49	5:28:53	3:43:21	10:39:55
3rd Age Grouper	1:09:06	5:47:43	3:46:21	11:00:44
4th Age Grouper	1:12:29	5:52:03	3:46:29	11:01:58
5th Age Grouper	1:09:00	6:07:57	3:43:36	11:11:01
6th Age Grouper	1:23:33	5:49:02	3:51:36	11:14:08
7th Age Grouper	1:05:23	5:57:35	4:00:22	11:16:11
8th Age Grouper	0:59:47	6:01:54	4:09:54	11:17:18
9th Age Grouper	1:15:52	5:54:01	4:03:39	11:23:54
10th Age Grouper	1:29:32	5:56:49	3:40:41	11:29:10
Kona Qualifier Average	1:09:51	5:25:42	3:46:26	10:31:33
Top 10 Age Grouper Average	1:12:26	5:49:50	3:51:33	11:05:45

Florida 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:05	4:35:34	2:59:22	8:28:26
Female Winner	1:02:21	5:05:01	3:22:03	9:33:09
1st Age Grouper	1:01:46	5:27:24	3:23:02	9:58:38
2nd Age Grouper	1:07:19	5:19:42	3:44:59	10:20:13
3rd Age Grouper	1:12:08	5:23:47	3:55:38	10:37:35
4th Age Grouper	1:05:12	5:15:16	4:13:03	10:42:51
5th Age Grouper	1:04:29	5:48:00	3:53:00	10:51:59
6th Age Grouper	1:18:00	5:17:07	4:14:04	10:54:10
7th Age Grouper	1:08:21	5:27:33	4:12:30	10:54:12
8th Age Grouper	1:07:13	5:48:15	3:53:27	10:57:39
9th Age Grouper	1:07:41	5:38:54	4:03:25	11:02:21
10th Age Grouper	1:14:53	5:39:19	4:01:43	11:02:50
Kona Qualifier Average	1:04:32	5:23:33	3:34:00	10:09:25
Top 10 Age Grouper Average	1:08:42	5:30:31	3:57:29	10:44:14

Florida 2004

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:35	4:36:12	3:01:15	8:31:07
Female Winner	0:49:48	5:04:27	3:28:47	9:28:54
1st Age Grouper	0:56:47	5:18:24	3:39:46	10:01:13
2nd Age Grouper	1:04:37	5:14:07	3:40:43	10:07:04
3rd Age Grouper	1:09:08	5:30:48	3:32:31	10:20:32
4th Age Grouper	0:58:58	5:21:59	3:54:01	10:23:23
5th Age Grouper	1:02:22	5:26:34	3:49:31	10:26:55
6th Age Grouper	1:09:33	5:29:40	3:52:40	10:39:28
7th Age Grouper	1:19:02	5:23:56	3:50:05	10:42:34
8th Age Grouper	1:08:28	5:27:37	4:03:04	10:47:38
9th Age Grouper	1:09:02	5:34:53	3:56:15	10:49:03
10th Age Grouper	1:08:35	5:48:26	3:45:53	10:53:25
Kona Qualifier Average	1:00:42	5:16:15	3:40:14	10:04:08
Top 10 Age Grouper Average	1:06:39	5:27:38	3:48:26	10:31:07