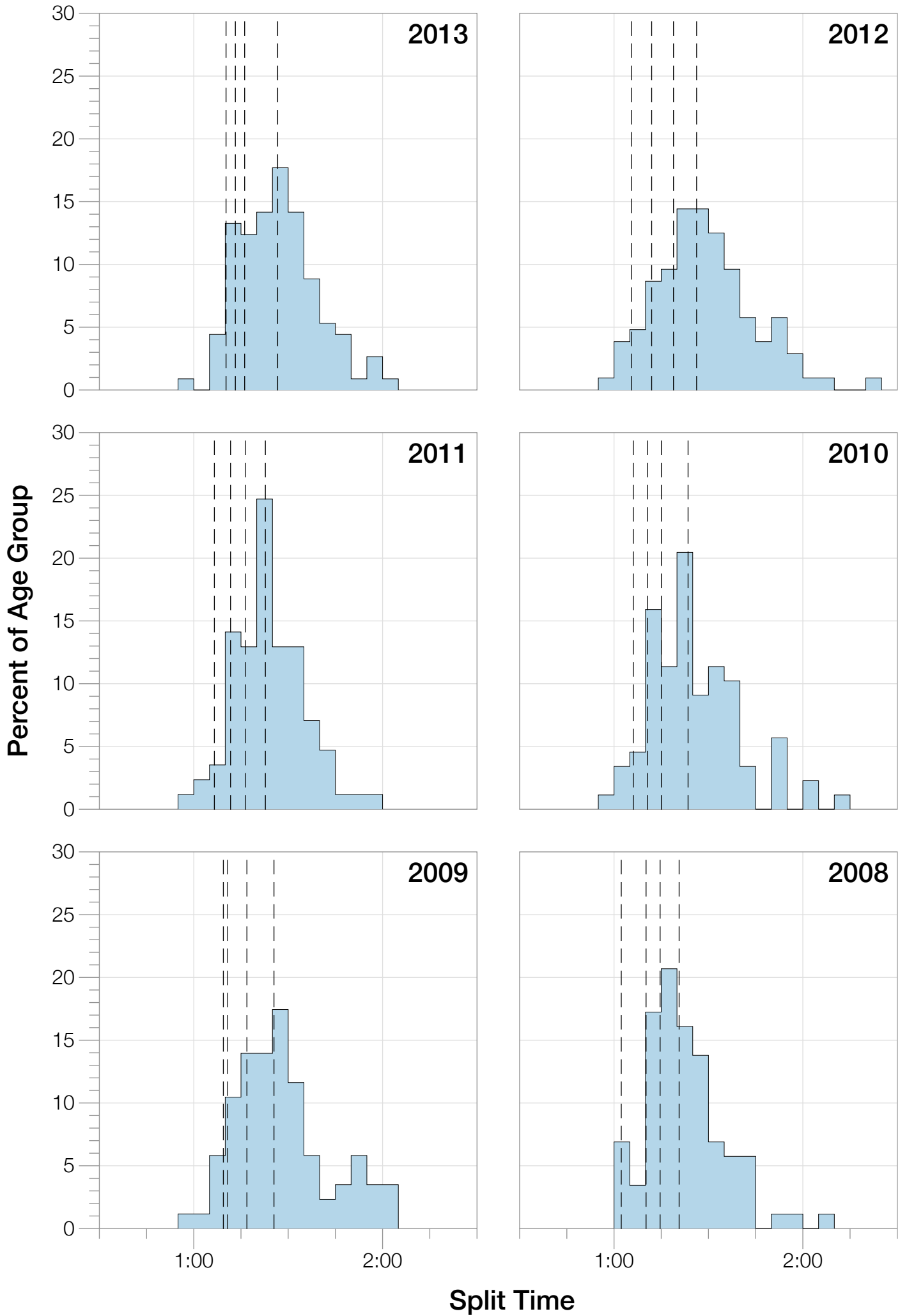


Ironman Florida F45-49 Stats

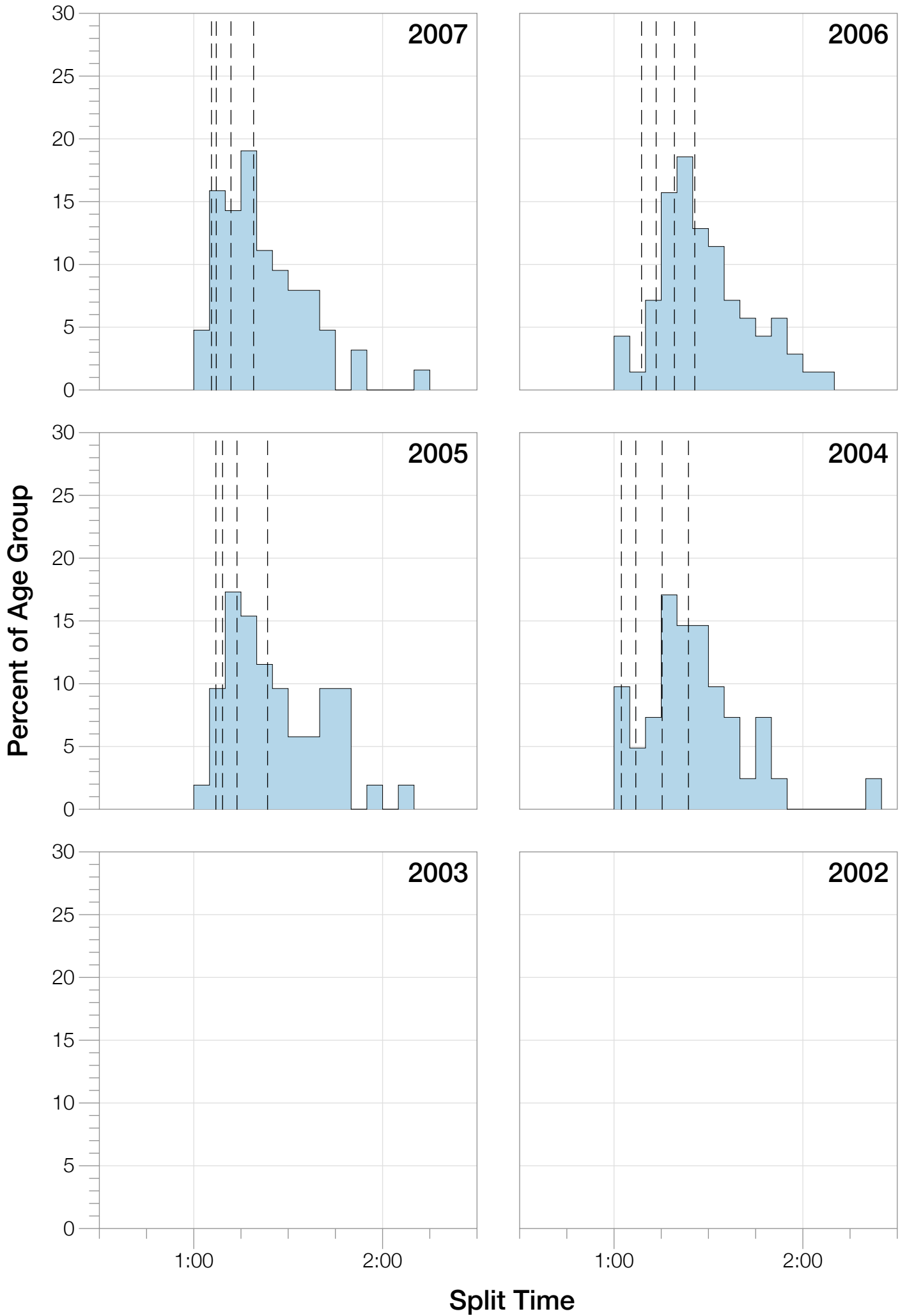
F45-49 Summary Statistics

Year	Finishers	F45-49 Finishers	Male Winner's Time	Female Winner's Time	F45-49 Winner's Time
2004	2033	41	8:31:07	9:28:54	9:42:44
2005	1935	52	8:28:26	9:33:09	10:52:49
2006	2108	70	8:22:44	9:28:28	10:52:21
2007	2184	63	8:21:29	9:05:35	10:42:15
2008	2184	87	8:07:59	9:07:48	10:10:59
2009	2312	86	8:24:29	9:08:38	10:49:10
2010	2300	88	8:15:59	9:07:49	10:20:29
2011	2354	86	7:59:42	8:55:10	10:39:40
2012	2427	104	8:06:17	8:51:35	9:46:21
2013	2701	113	7:53:12	8:43:07	9:53:03
Average	2254	79	8:15:08	9:09:01	10:22:59

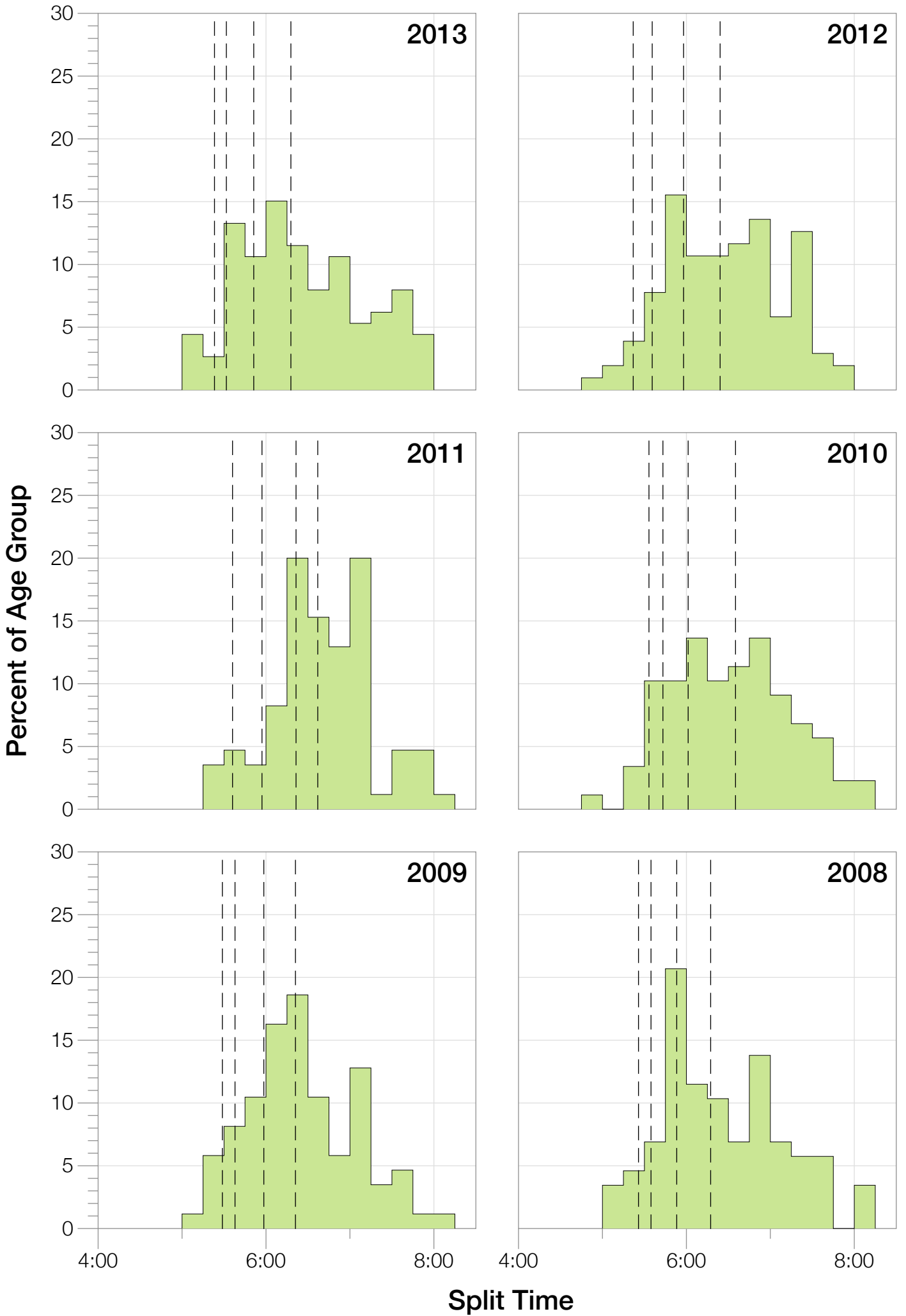
F45-49 Swim



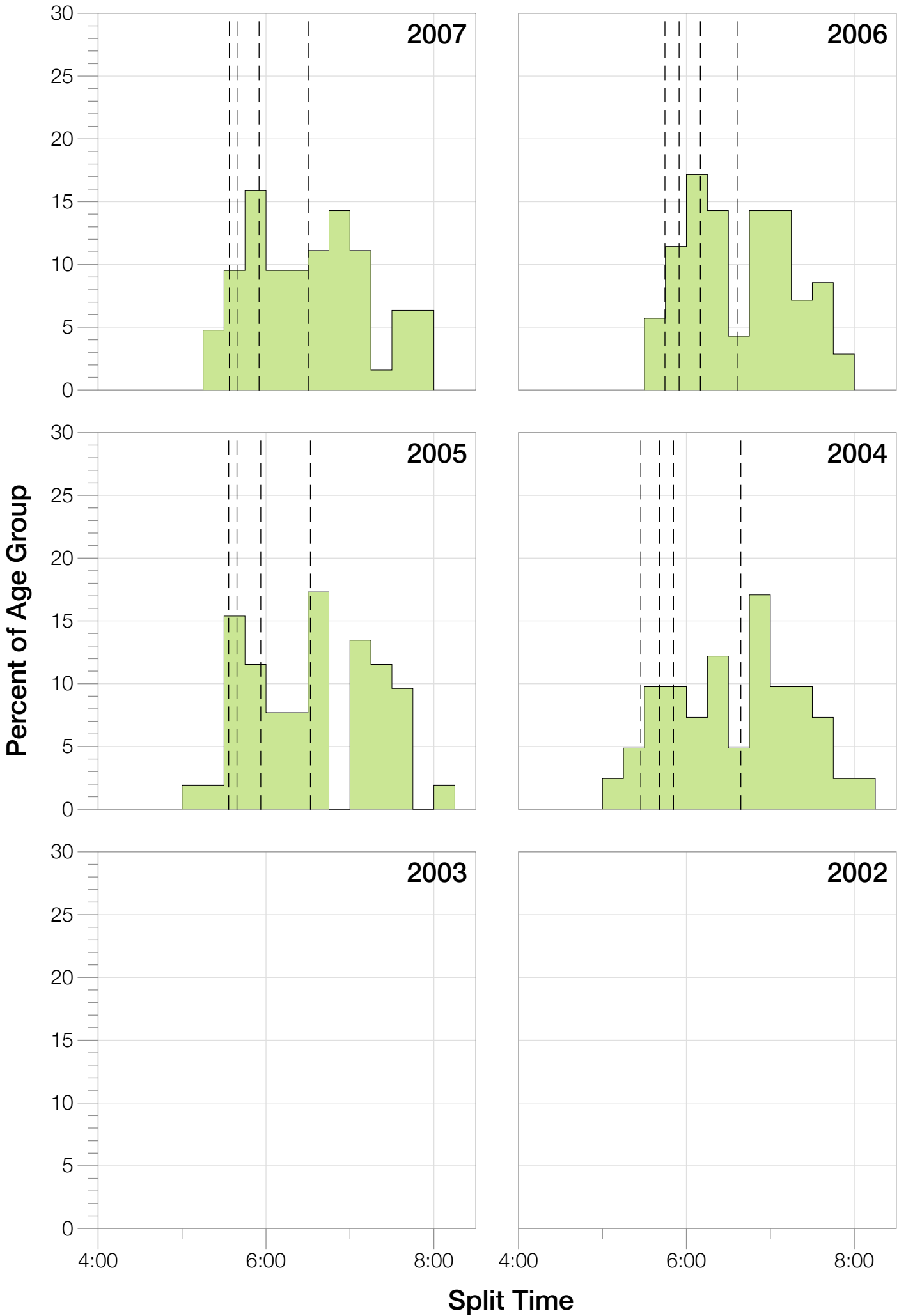
F45-49 Swim



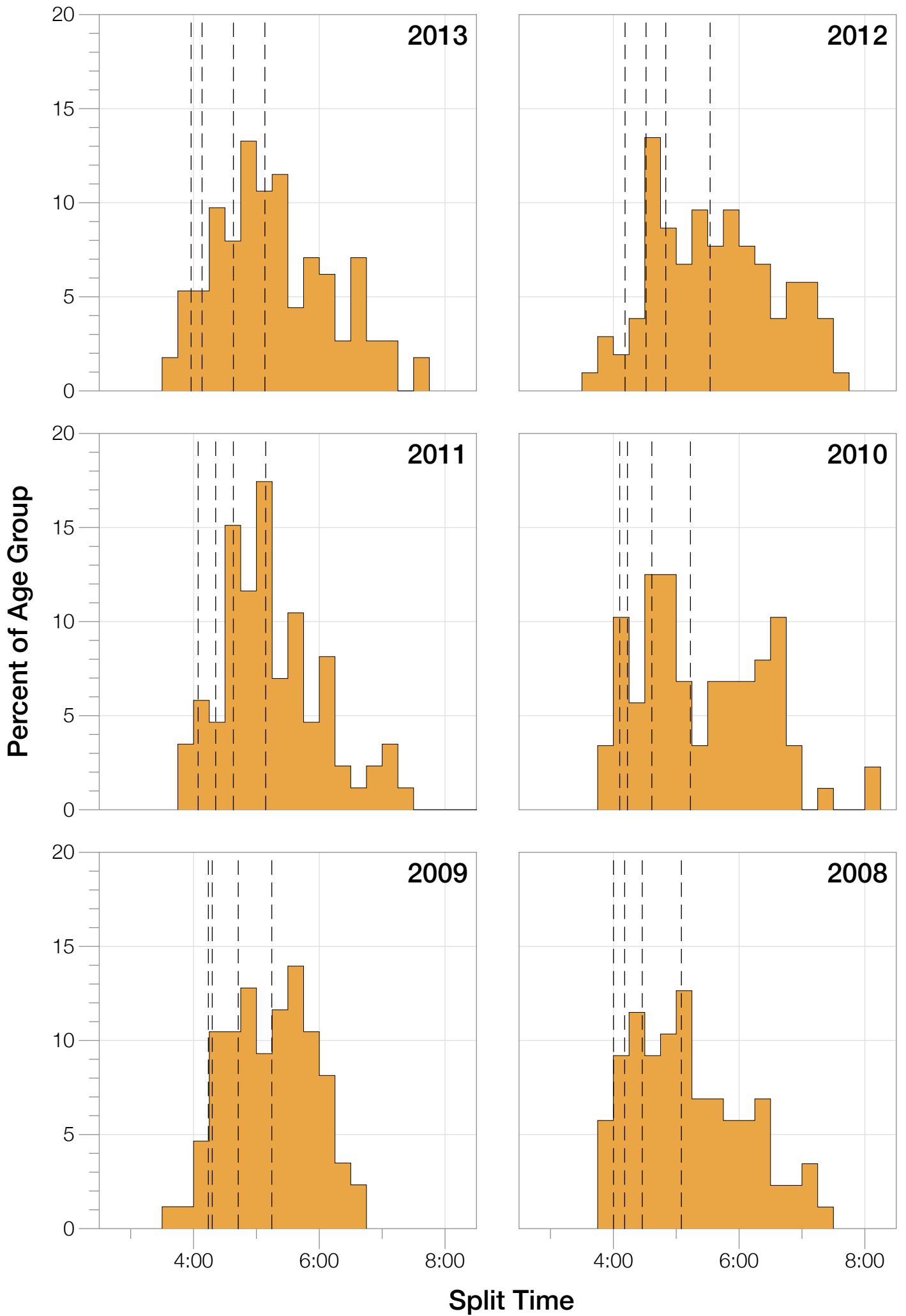
F45-49 Bike



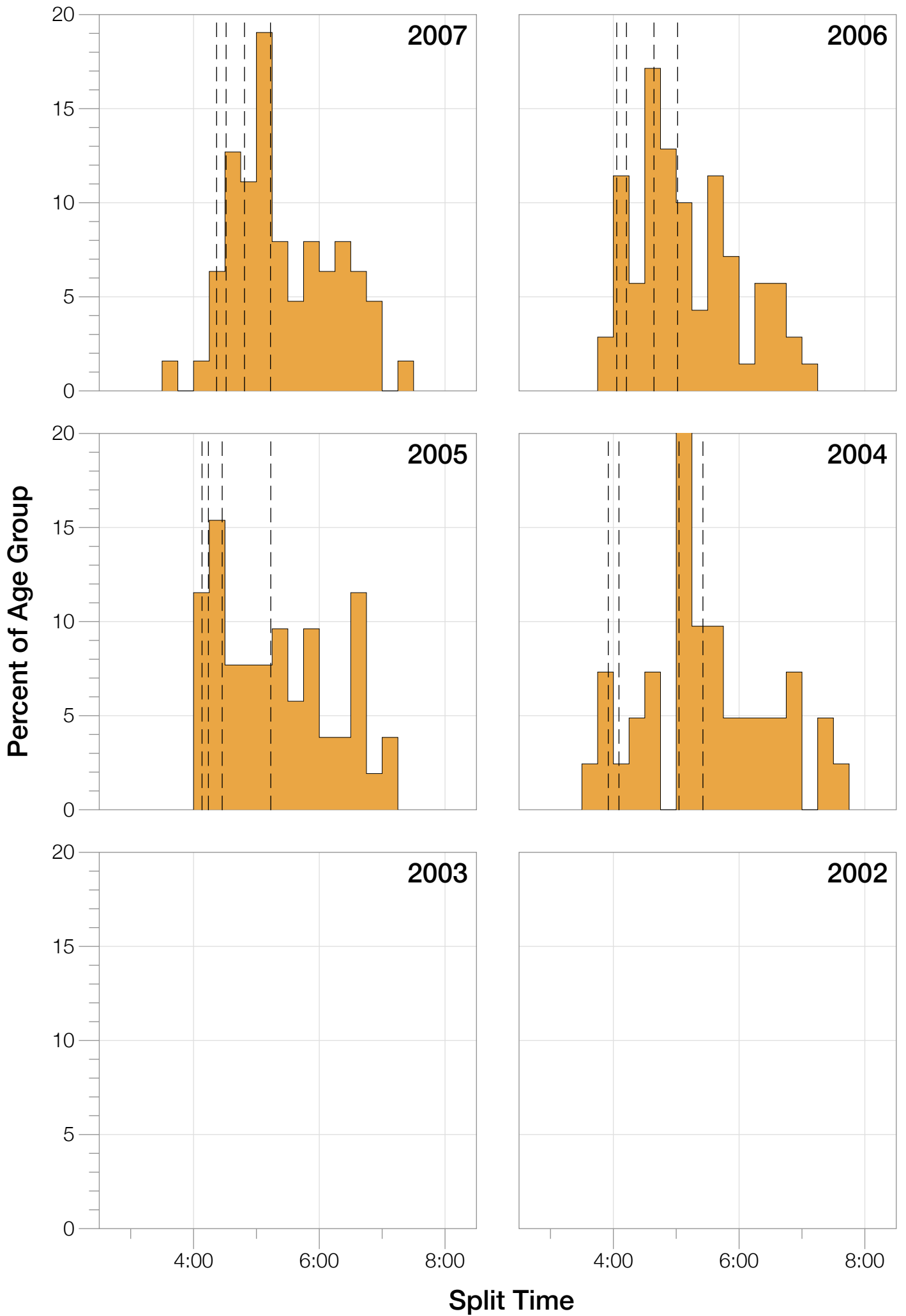
F45-49 Bike



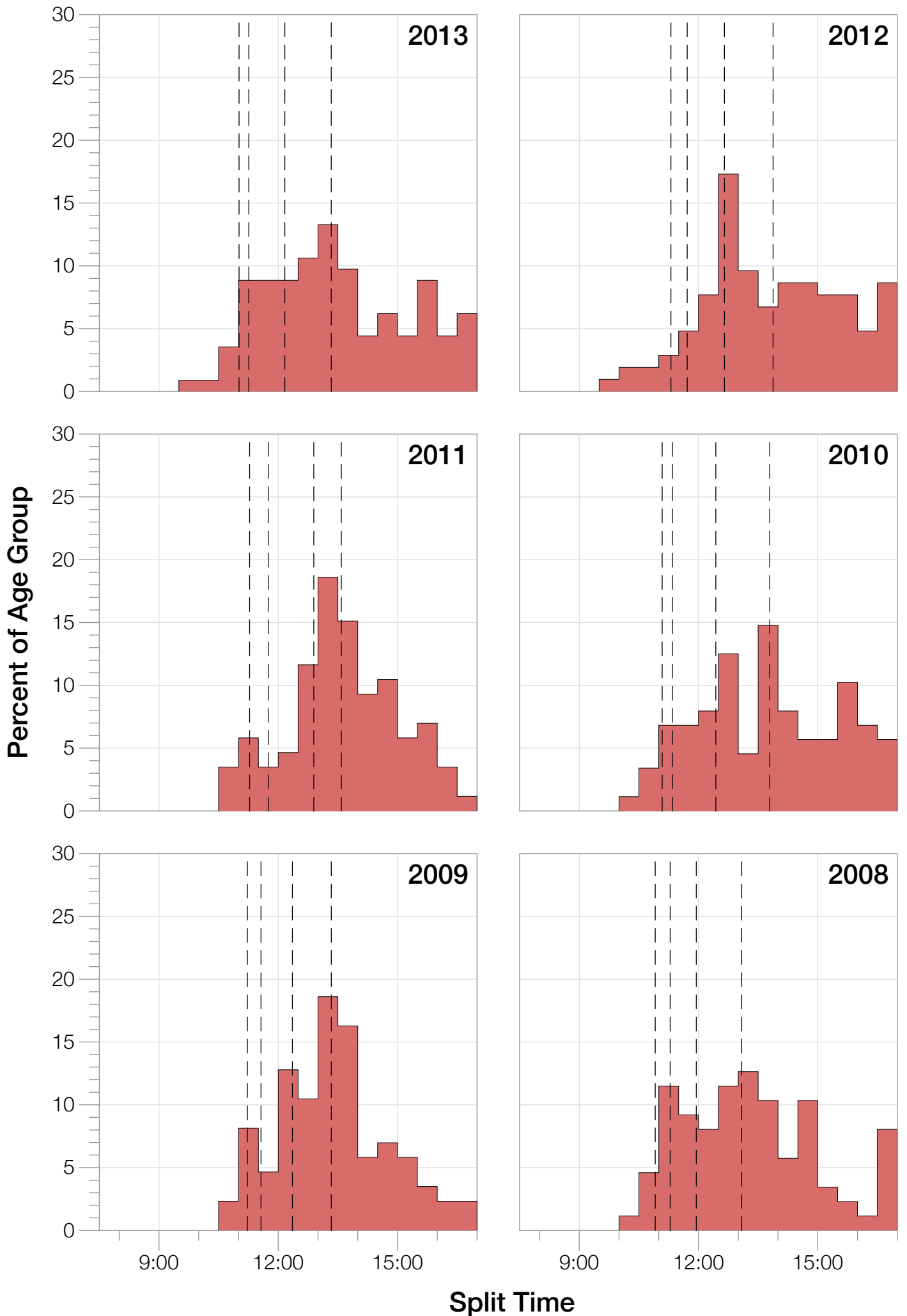
F45-49 Run



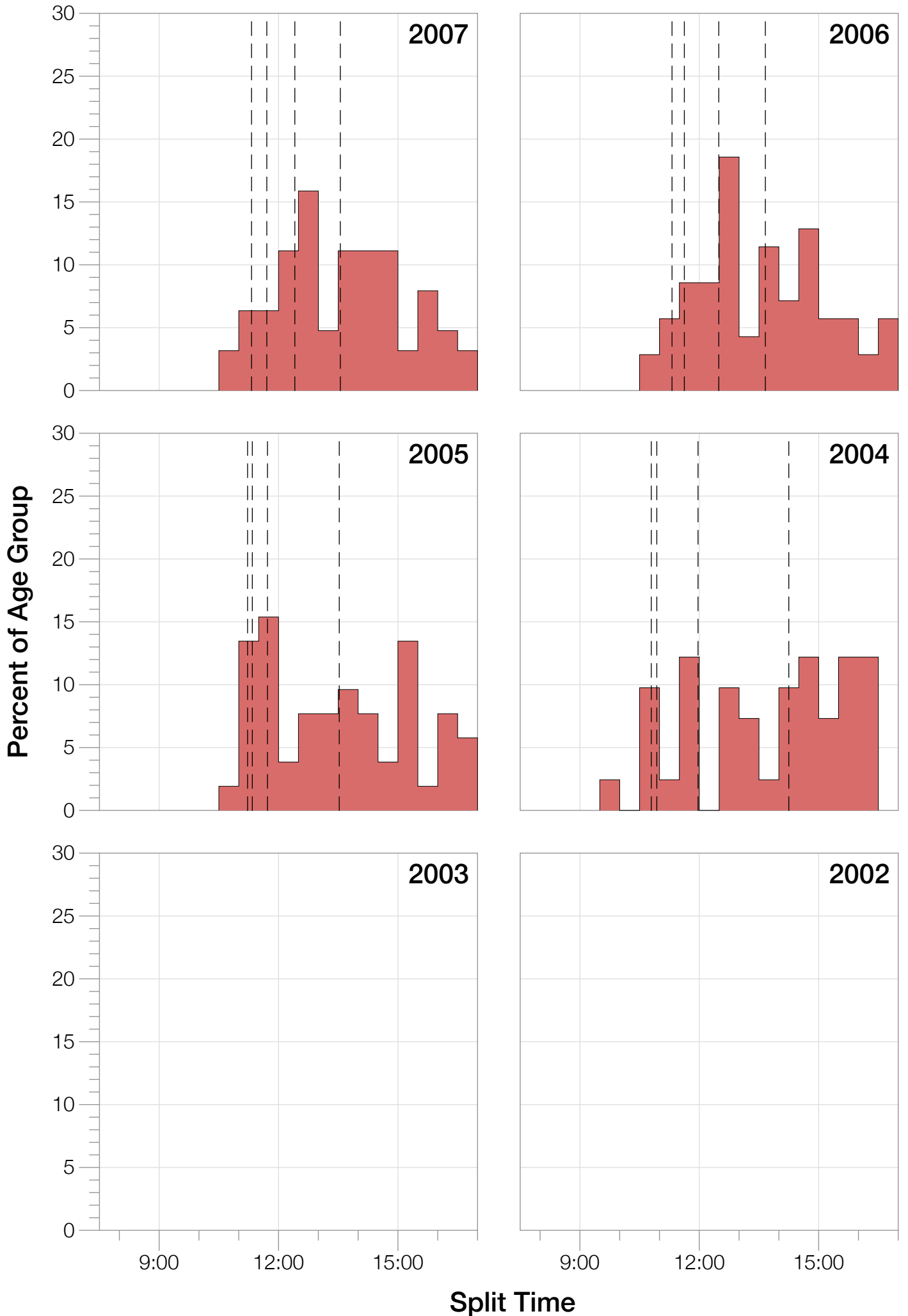
F45-49 Run



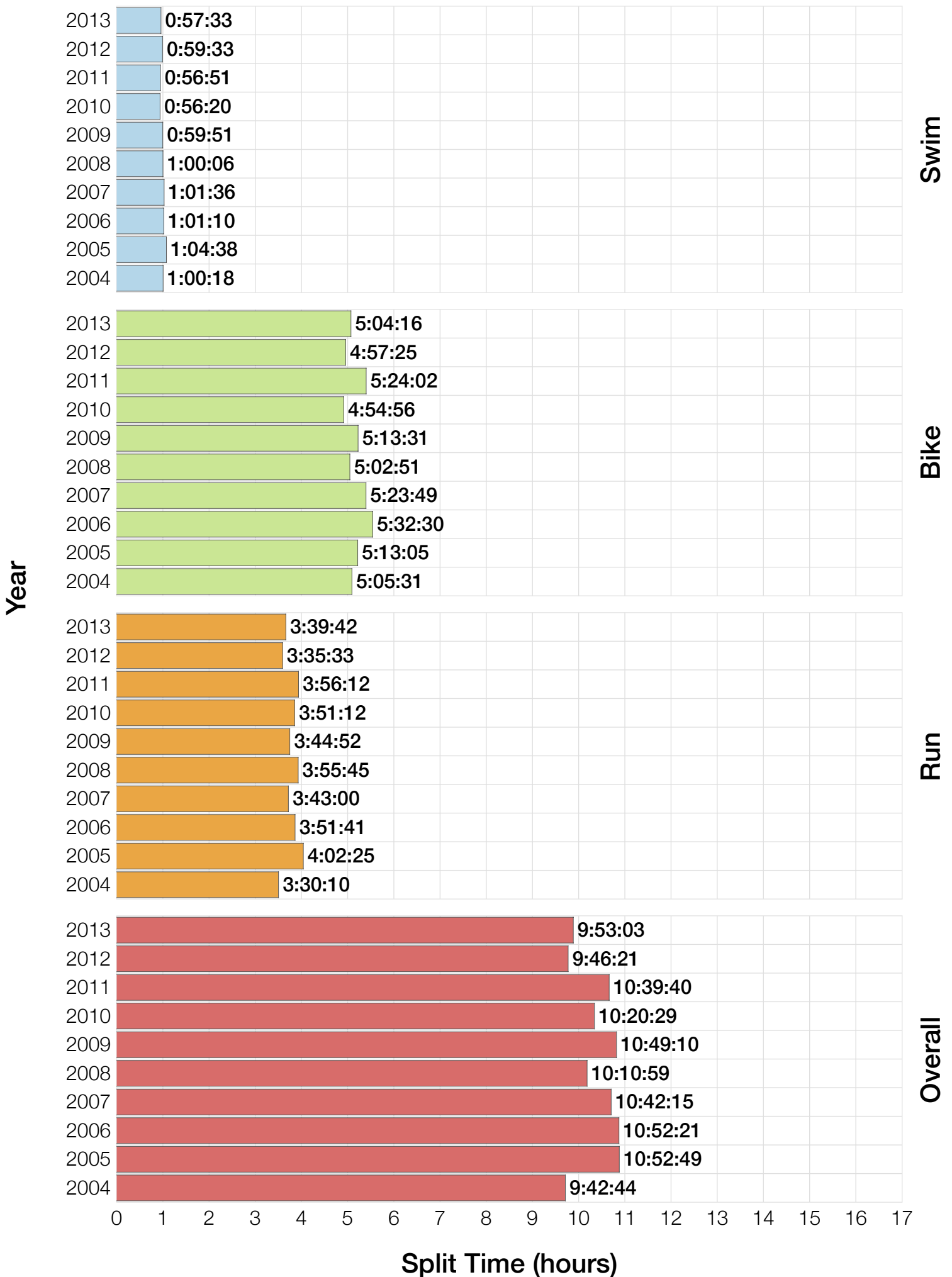
F45-49 Overall



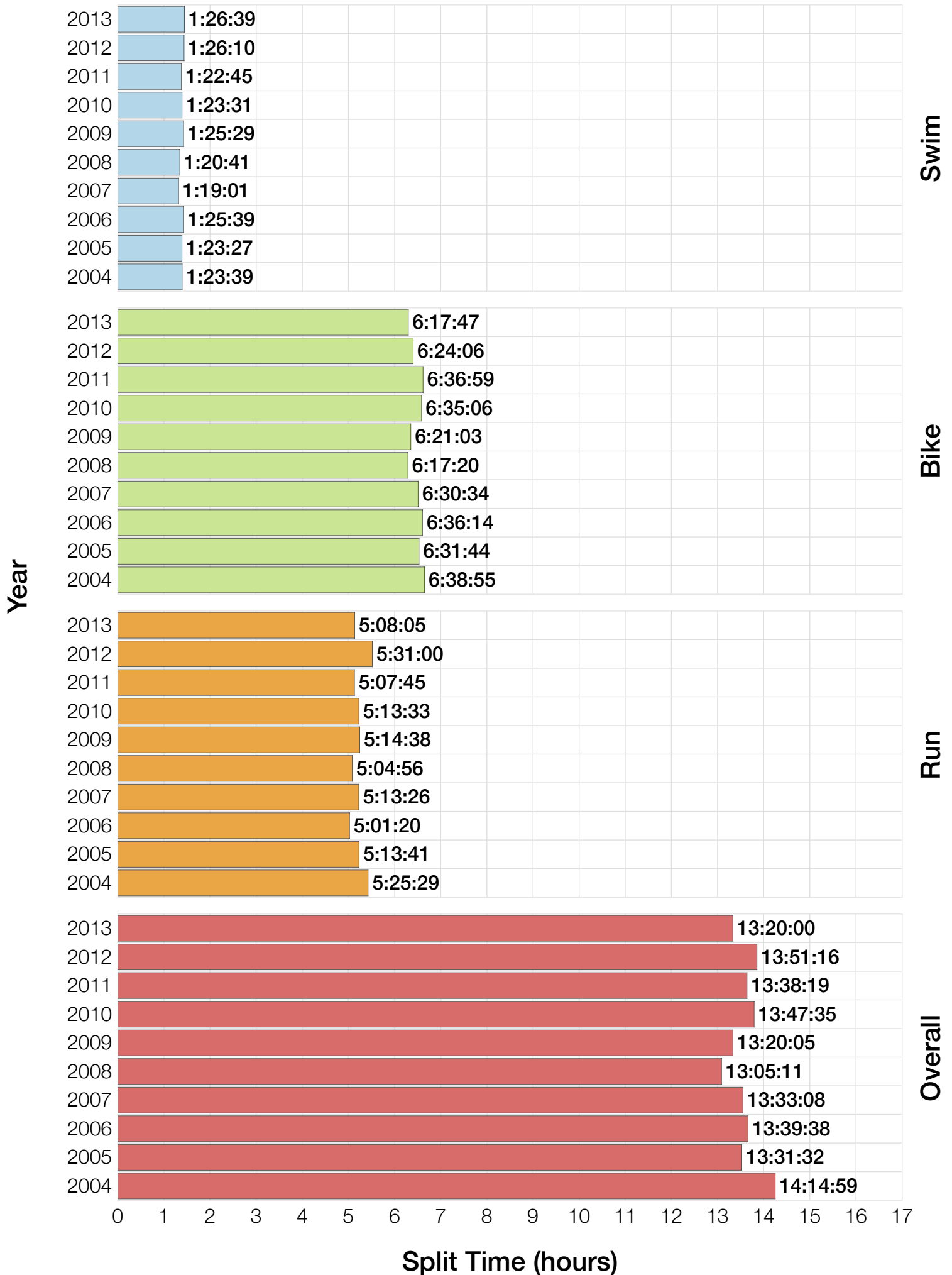
F45-49 Overall



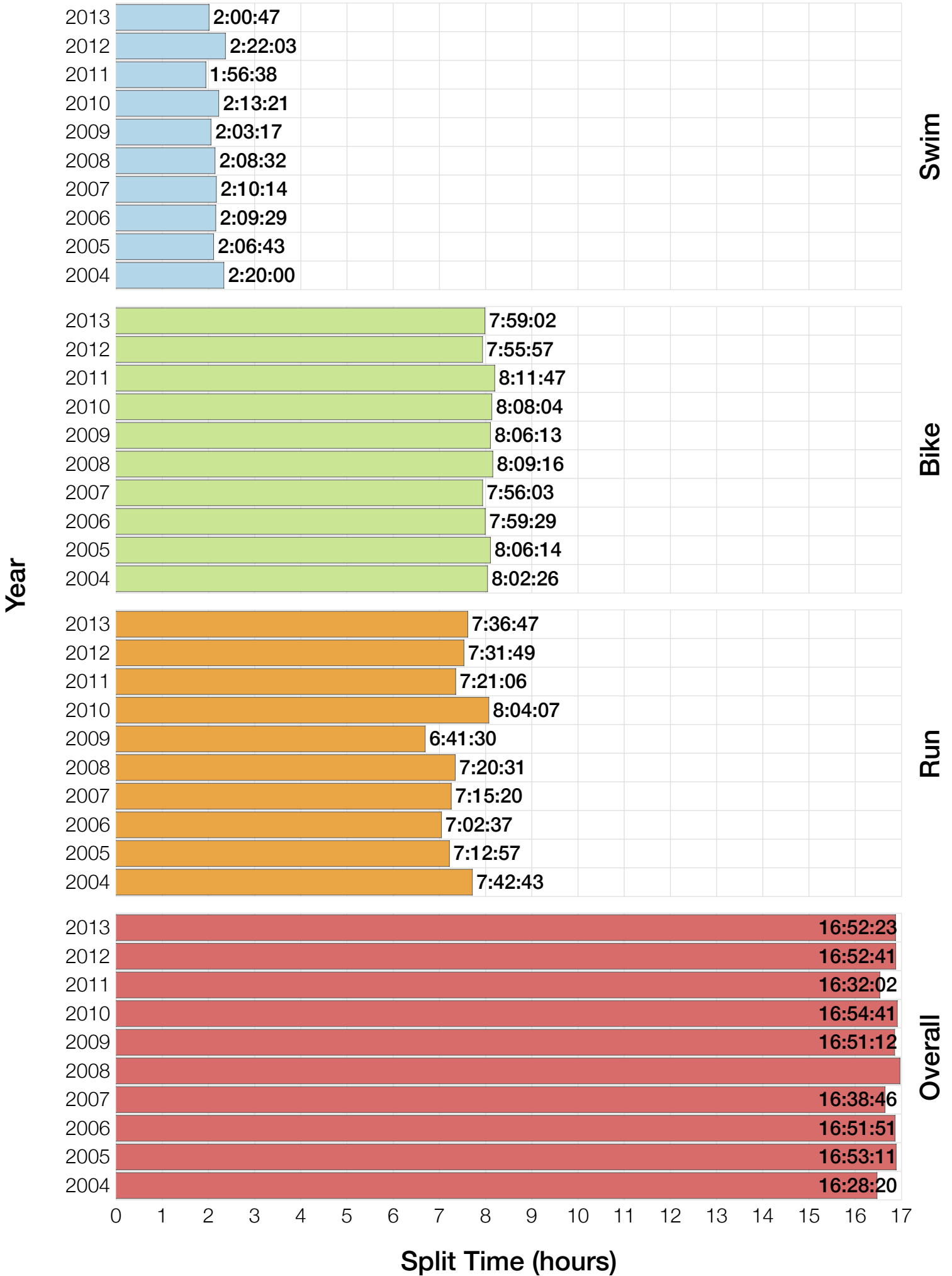
F45-49 Fastest Splits



F45-49 Median Splits

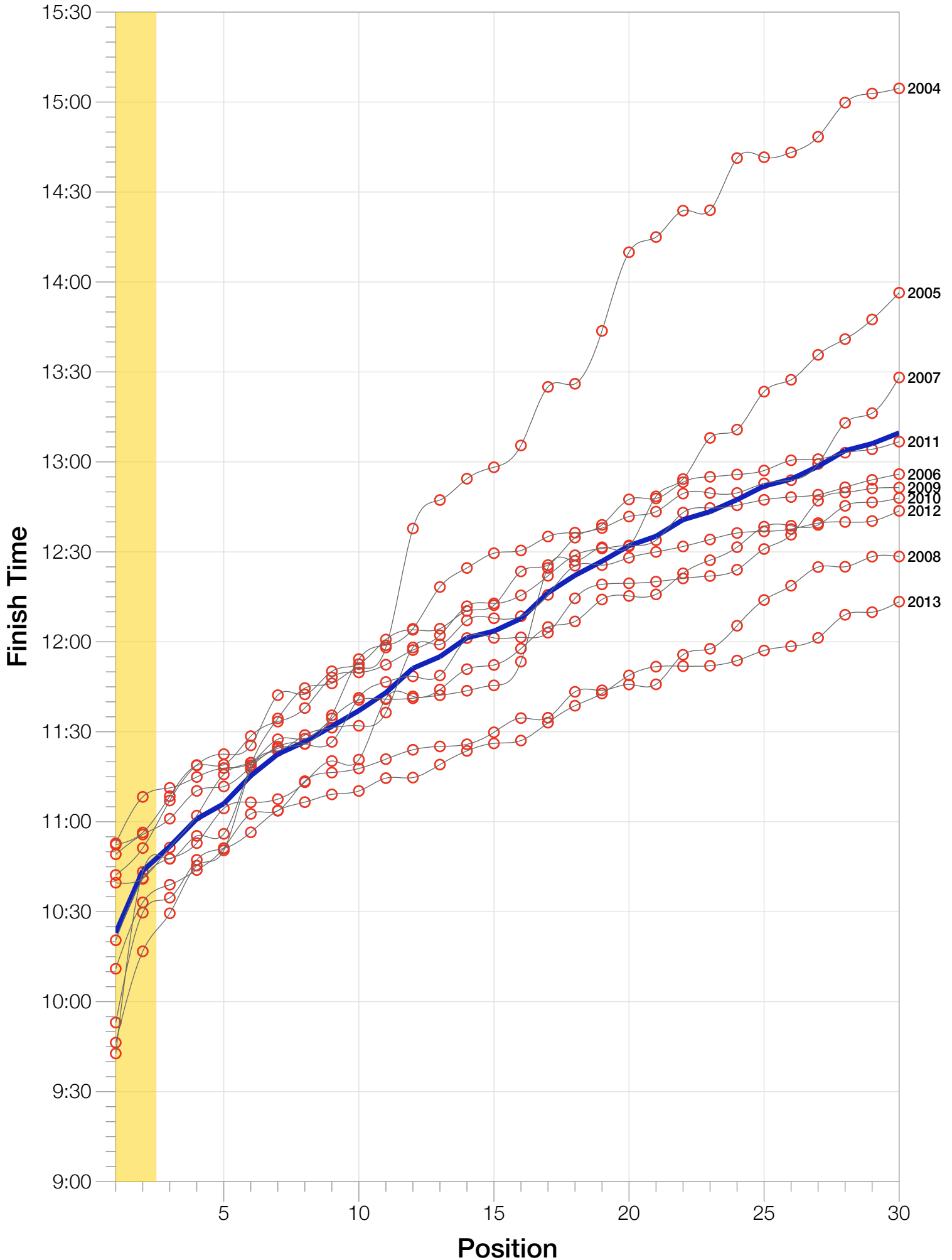


F45-49 Slowest Splits



F45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



F45-49 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	1:04:18	5:16:35	3:52:53	10:22:59
Average 2nd Age Grouper	1:08:18	5:29:40	3:56:26	10:43:40
Average 3rd Age Grouper	1:09:01	5:28:21	4:05:05	10:51:47
Average 4th Age Grouper	1:13:37	5:33:14	4:03:50	11:00:58
Average 5th Age Grouper	1:08:23	5:27:48	4:20:17	11:06:01
Average 6th Age Grouper	1:12:59	5:34:46	4:16:14	11:15:21
Average 7th Age Grouper	1:10:17	5:39:03	4:19:33	11:22:34
Average 8th Age Grouper	1:11:19	5:45:25	4:16:44	11:26:40
Average 9th Age Grouper	1:15:13	5:46:49	4:17:13	11:31:49
Average 10th Age Grouper	1:11:31	5:43:59	4:30:10	11:37:03
Kona Qualifier Average	1:06:18	5:23:07	3:54:40	10:33:19
Top 10 Age Grouper Average	1:10:30	5:34:38	4:11:55	11:07:53

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	0:57:33	5:04:16	3:42:08	9:53:03
2nd Age Grouper	1:07:16	5:13:36	3:58:54	10:29:42
3rd Age Grouper	1:16:10	5:13:52	3:55:57	10:34:40
4th Age Grouper	1:13:23	5:34:46	3:49:05	10:47:18
5th Age Grouper	1:13:46	5:16:56	4:10:31	10:51:06
6th Age Grouper	1:21:15	5:44:53	3:39:42	10:56:29
7th Age Grouper	1:15:33	5:31:16	3:58:12	11:03:44
8th Age Grouper	1:12:09	5:44:23	3:56:53	11:06:33
9th Age Grouper	1:07:54	5:44:31	4:03:19	11:09:08
10th Age Grouper	1:13:10	5:33:17	4:15:30	11:10:16
Kona Qualifier Average	1:02:24	5:08:56	3:50:31	10:11:22
Top 10 Age Grouper Average	1:11:48	5:28:10	3:57:01	10:48:11

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	1:05:35	4:57:25	3:35:33	9:46:21
2nd Age Grouper	1:05:58	5:16:00	3:46:58	10:16:48
3rd Age Grouper	1:04:31	5:18:32	3:57:59	10:29:28
4th Age Grouper	1:12:58	5:30:18	3:54:35	10:45:22
5th Age Grouper	0:59:33	5:10:13	4:33:30	10:50:28
6th Age Grouper	1:03:38	5:21:39	4:43:04	11:17:25
7th Age Grouper	1:05:40	5:34:08	4:31:00	11:23:37
8th Age Grouper	1:25:23	5:35:22	4:15:41	11:28:55
9th Age Grouper	1:18:46	5:58:16	4:02:19	11:31:22
10th Age Grouper	1:17:49	5:50:26	4:10:23	11:32:01
Kona Qualifier Average	1:05:46	5:06:42	3:41:15	10:01:34
Top 10 Age Grouper Average	1:09:59	5:27:13	4:09:06	10:56:10

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	1:03:57	5:28:02	3:56:14	10:39:40
2nd Age Grouper	0:56:51	5:38:42	3:56:12	10:41:12
3rd Age Grouper				10:51:24
4th Age Grouper	1:17:05	5:32:16	3:58:31	11:02:03
5th Age Grouper	1:13:44	5:36:20	4:14:32	11:15:48
6th Age Grouper	1:13:19	5:36:01	4:16:06	11:19:42
7th Age Grouper	1:04:03	5:24:02	4:26:23	11:24:30
8th Age Grouper	1:12:57	5:56:17	4:00:07	11:25:56
9th Age Grouper	1:20:48	5:27:24	4:33:51	11:35:30
10th Age Grouper	1:12:45	5:58:24	4:29:10	11:54:15
Kona Qualifier Average	1:00:24	5:33:22	3:56:13	10:40:26
Top 10 Age Grouper Average	1:10:36	5:37:29	4:12:20	11:13:00

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	1:01:35	4:54:56	4:11:54	10:20:29
2nd Age Grouper	1:17:59	5:19:11	3:56:02	10:40:57
3rd Age Grouper	1:11:11	5:32:40	3:51:12	10:47:44
4th Age Grouper	1:10:08	5:22:22	4:07:59	10:52:53
5th Age Grouper	1:12:24	5:34:18	4:07:27	11:04:26
6th Age Grouper	1:12:59	5:35:53	4:03:18	11:06:29
7th Age Grouper	0:56:20	5:43:59	4:13:28	11:07:33
8th Age Grouper	1:09:37	5:44:50	3:56:44	11:13:11
9th Age Grouper	1:05:50	5:28:13	4:32:59	11:20:16
10th Age Grouper	1:01:11	5:43:22	4:25:38	11:20:43
Kona Qualifier Average	1:09:47	5:07:03	4:03:58	10:30:43
Top 10 Age Grouper Average	1:07:55	5:29:58	4:08:40	10:59:28

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	1:11:24	5:28:21	3:58:10	10:49:10
2nd Age Grouper	1:15:34	5:42:15	3:44:52	10:55:45
3rd Age Grouper	1:12:50	5:25:53	4:12:39	11:01:01
4th Age Grouper	1:10:05	5:36:32	4:08:56	11:10:17
5th Age Grouper	1:09:43	5:38:07	4:14:26	11:11:46
6th Age Grouper	1:12:51	5:13:31	4:43:16	11:18:18
7th Age Grouper	1:11:06	5:31:46	4:31:17	11:25:04
8th Age Grouper	1:11:10	5:29:01	4:35:20	11:26:02
9th Age Grouper	1:09:24	5:38:11	4:27:26	11:26:39
10th Age Grouper	1:09:04	5:28:45	4:54:02	11:41:20
Kona Qualifier Average	1:13:29	5:35:18	3:51:31	10:52:27
Top 10 Age Grouper Average	1:11:19	5:31:14	4:21:02	11:14:32

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	1:00:06	5:02:51	3:59:57	10:10:59
2nd Age Grouper	1:02:15	5:25:37	3:56:05	10:33:06
3rd Age Grouper	1:09:55	5:14:47	4:06:40	10:39:00
4th Age Grouper	1:02:24	5:36:06	3:58:44	10:43:54
5th Age Grouper	1:10:21	5:24:50	4:06:44	10:51:14
6th Age Grouper	1:14:06	5:12:47	4:27:49	11:02:37
7th Age Grouper	1:12:29	5:28:45	4:14:31	11:03:41
8th Age Grouper	1:00:14	5:53:29	4:10:42	11:13:32
9th Age Grouper	1:22:50	5:47:29	3:55:45	11:16:24
10th Age Grouper	1:18:20	5:52:08	4:00:33	11:17:46
Kona Qualifier Average	1:01:10	5:14:14	3:58:01	10:22:02
Top 10 Age Grouper Average	1:09:18	5:29:52	4:05:45	10:53:13

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	1:08:38	5:40:34	3:43:00	10:42:15
2nd Age Grouper	1:02:34	5:39:52	4:00:55	10:51:15
3rd Age Grouper	1:05:32	5:29:18	4:23:19	11:07:05
4th Age Grouper	1:23:35	5:23:49	4:25:00	11:18:55
5th Age Grouper	1:08:32	5:28:29	4:30:21	11:22:33
6th Age Grouper	1:14:44	5:33:46	4:20:00	11:25:29
7th Age Grouper	1:06:53	5:48:32	4:35:52	11:42:13
8th Age Grouper	1:19:54	5:33:49	4:37:50	11:42:29
9th Age Grouper	1:10:29	5:46:30	4:33:59	11:50:11
10th Age Grouper	1:11:28	5:43:37	4:47:34	11:52:35
Kona Qualifier Average	1:05:36	5:40:13	3:51:57	10:46:45
Top 10 Age Grouper Average	1:11:13	5:36:49	4:23:47	11:23:30

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	1:05:38	5:32:30	4:06:06	10:52:21
2nd Age Grouper	1:13:01	5:39:18	3:51:41	10:56:25
3rd Age Grouper	1:14:09	5:46:41	4:00:23	11:08:32
4th Age Grouper	1:23:26	5:34:51	4:04:24	11:18:46
5th Age Grouper	1:01:10	5:55:15	4:13:50	11:19:04
6th Age Grouper	1:03:36	5:59:23	4:12:34	11:28:33
7th Age Grouper	1:25:18	5:57:28	3:59:04	11:33:24
8th Age Grouper	1:04:18	6:10:09	4:11:58	11:37:56
9th Age Grouper	1:18:21	6:14:00	4:02:13	11:48:10
10th Age Grouper	1:12:33	5:59:24	4:17:41	11:49:48
Kona Qualifier Average	1:09:19	5:35:54	3:58:53	10:54:23
Top 10 Age Grouper Average	1:12:09	5:52:53	4:05:59	11:23:17

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	1:08:22	5:31:26	4:05:46	10:52:49
2nd Age Grouper	1:18:53	5:34:53	4:07:28	11:08:18
3rd Age Grouper	1:04:38	5:29:21	4:27:31	11:11:18
4th Age Grouper	1:11:36	5:40:36	4:16:05	11:14:56
5th Age Grouper	1:12:46	5:13:05	4:46:23	11:17:54
6th Age Grouper	1:16:52	5:39:04	4:17:13	11:19:40
7th Age Grouper	1:12:47	5:41:30	4:25:48	11:27:31
8th Age Grouper	1:06:20	5:41:16	4:26:46	11:27:40
9th Age Grouper	1:22:32	5:54:41	4:08:36	11:34:29
10th Age Grouper	1:12:00	5:37:23	4:37:30	11:40:38
Kona Qualifier Average	1:13:37	5:33:09	4:06:37	11:00:33
Top 10 Age Grouper Average	1:12:40	5:36:19	4:21:54	11:19:31

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	1:00:18	5:05:31	3:30:10	9:42:44
2nd Age Grouper	1:02:44	5:27:23	4:05:21	10:43:17
3rd Age Grouper	1:02:20	5:44:13	3:50:06	10:47:38
4th Age Grouper	1:11:30	5:40:44	3:55:10	10:55:18
5th Age Grouper	1:01:51	5:20:32	4:25:06	10:55:58
6th Age Grouper	1:16:37	5:50:46	3:59:25	11:18:52
7th Age Grouper	1:12:42	5:49:04	4:19:56	11:34:27
8th Age Grouper	1:11:16	5:45:41	4:35:19	11:44:35
9th Age Grouper	1:15:18	5:48:55	4:31:51	11:46:09
10th Age Grouper	1:06:55	5:33:09	5:03:46	11:51:15
Kona Qualifier Average	1:01:31	5:16:27	3:47:45	10:13:00
Top 10 Age Grouper Average	1:08:09	5:36:35	4:13:37	11:08:01