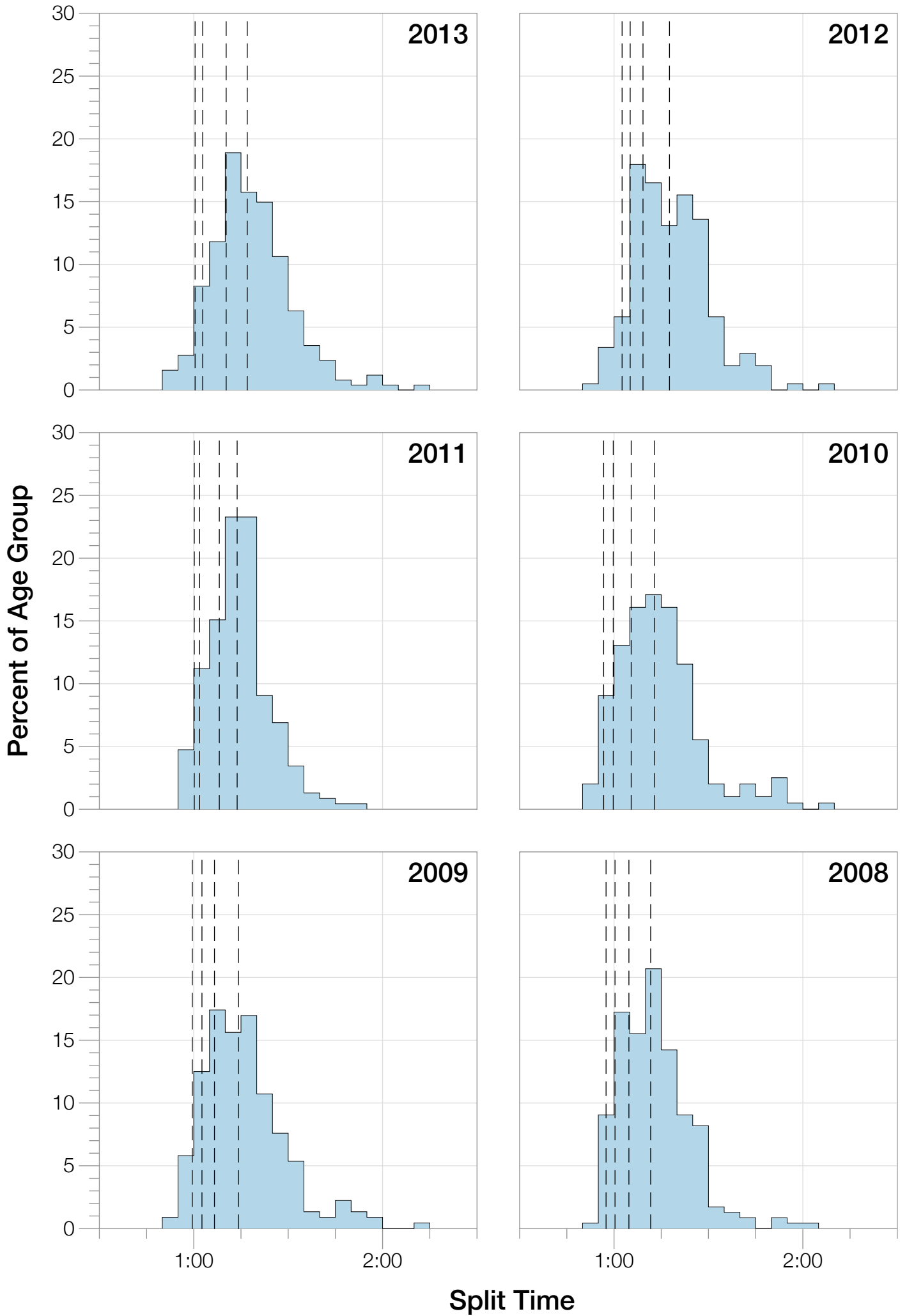


Ironman Florida M30-34 Stats

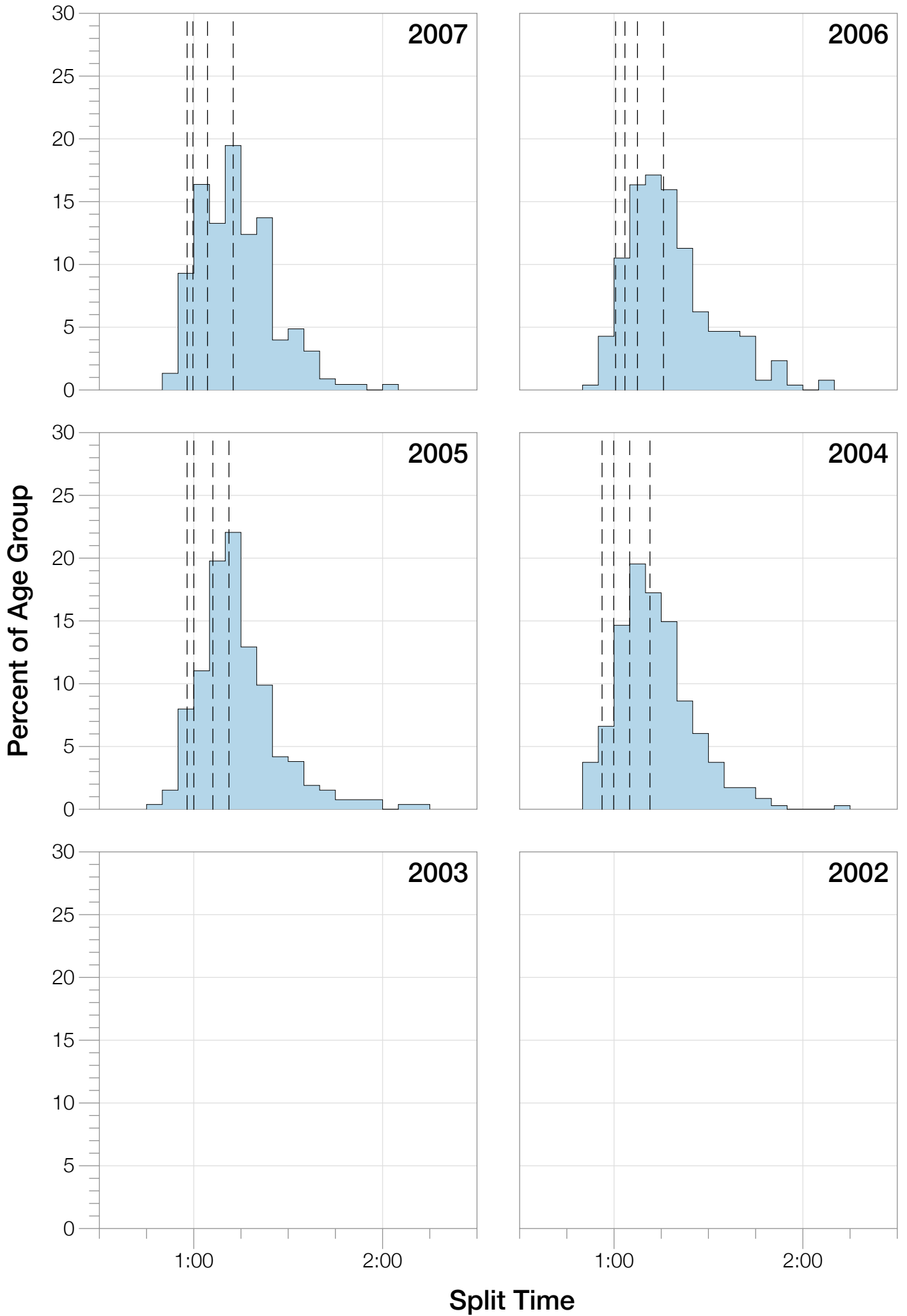
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2004	2033	348	8:31:07	9:28:54	9:02:28
2005	1935	263	8:28:26	9:33:09	9:05:31
2006	2108	257	8:22:44	9:28:28	8:54:13
2007	2184	226	8:21:29	9:05:35	8:49:53
2008	2184	232	8:07:59	9:07:48	9:01:27
2009	2312	224	8:24:29	9:08:38	8:49:15
2010	2300	199	8:15:59	9:07:49	8:58:49
2011	2354	232	7:59:42	8:55:10	8:57:09
2012	2427	207	8:06:17	8:51:35	9:04:43
2013	2701	257	7:53:12	8:43:07	8:57:36
Average	2254	245	8:15:08	9:09:01	8:58:06

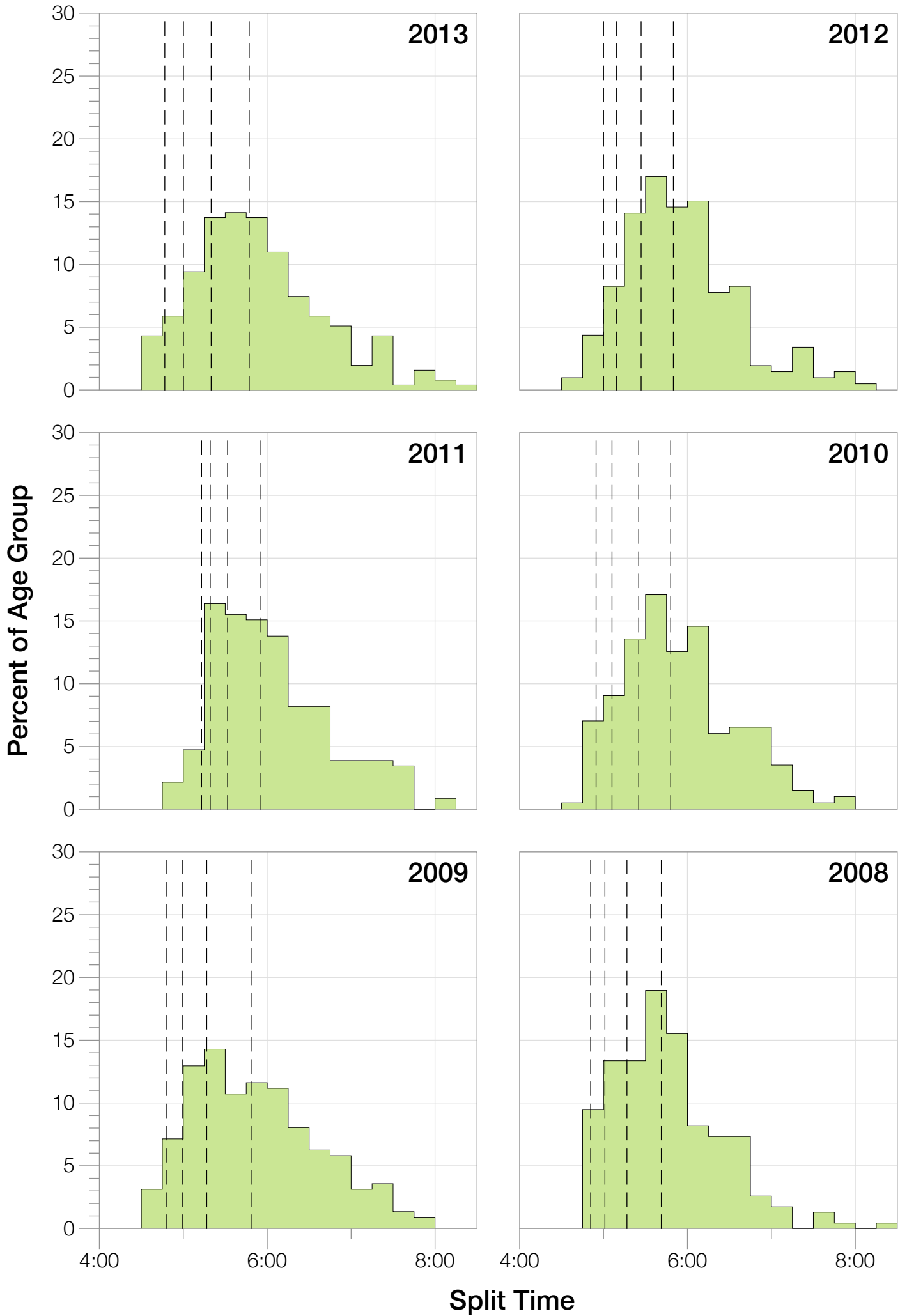
M30-34 Swim



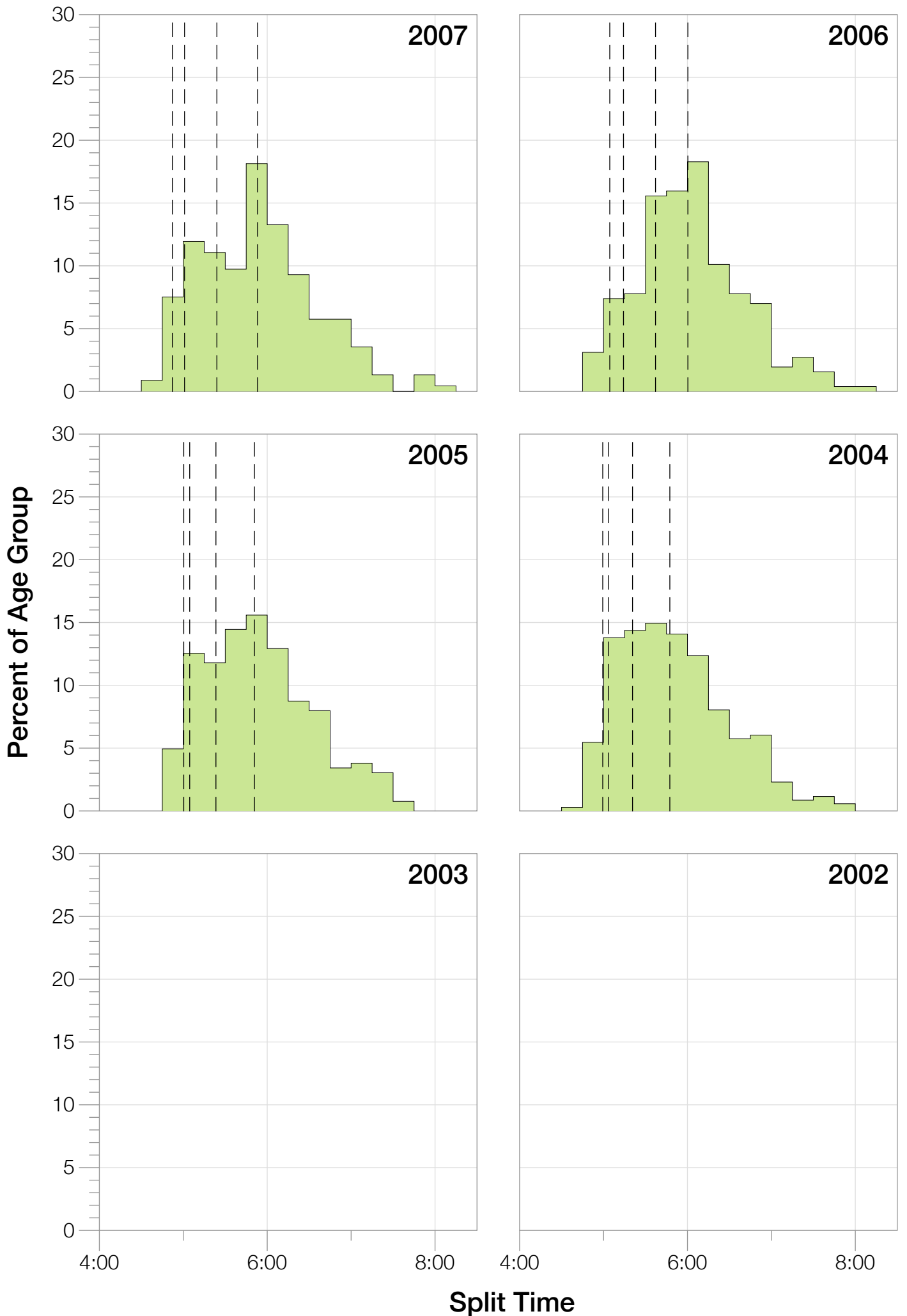
M30-34 Swim



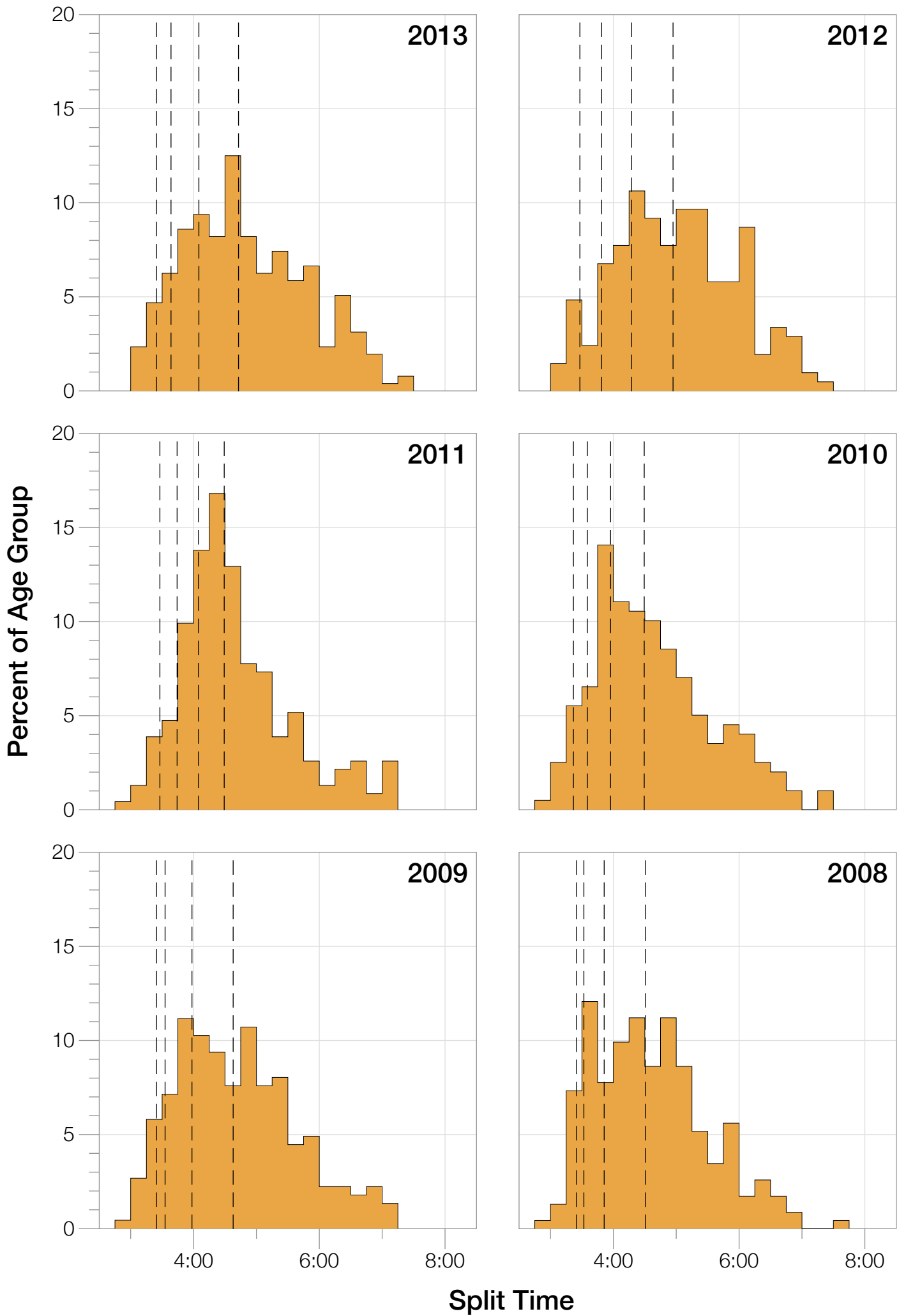
M30-34 Bike



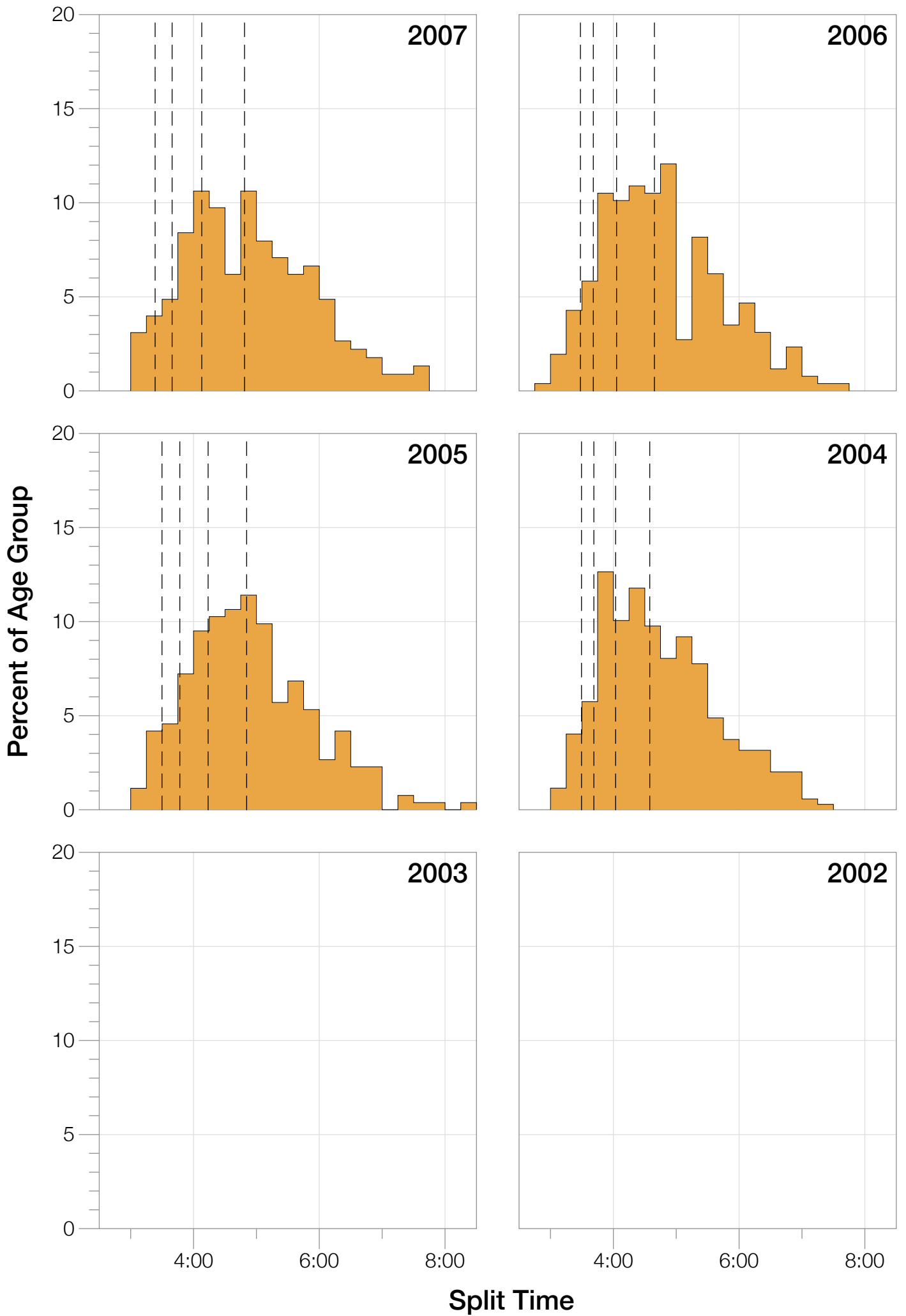
M30-34 Bike



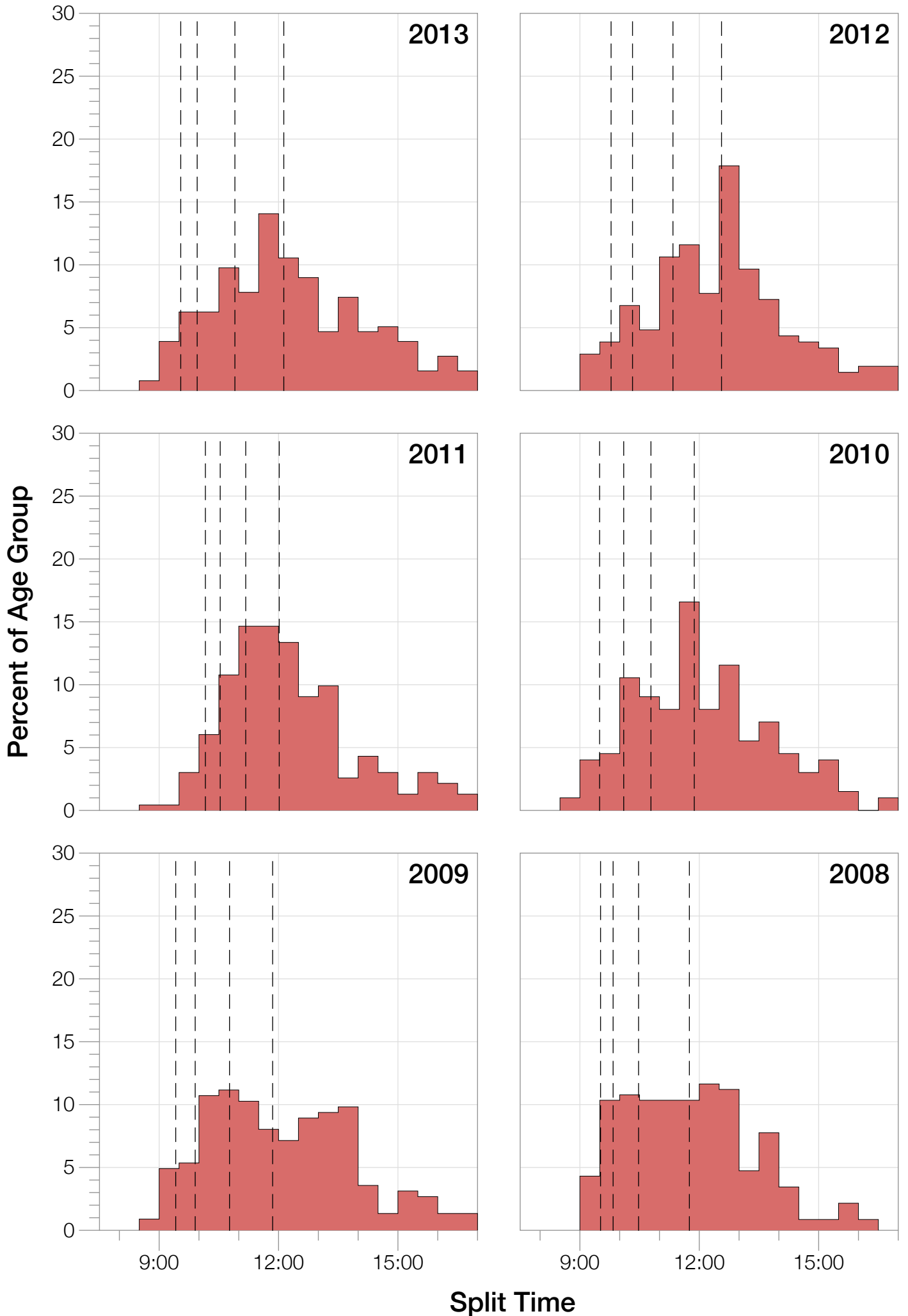
M30-34 Run



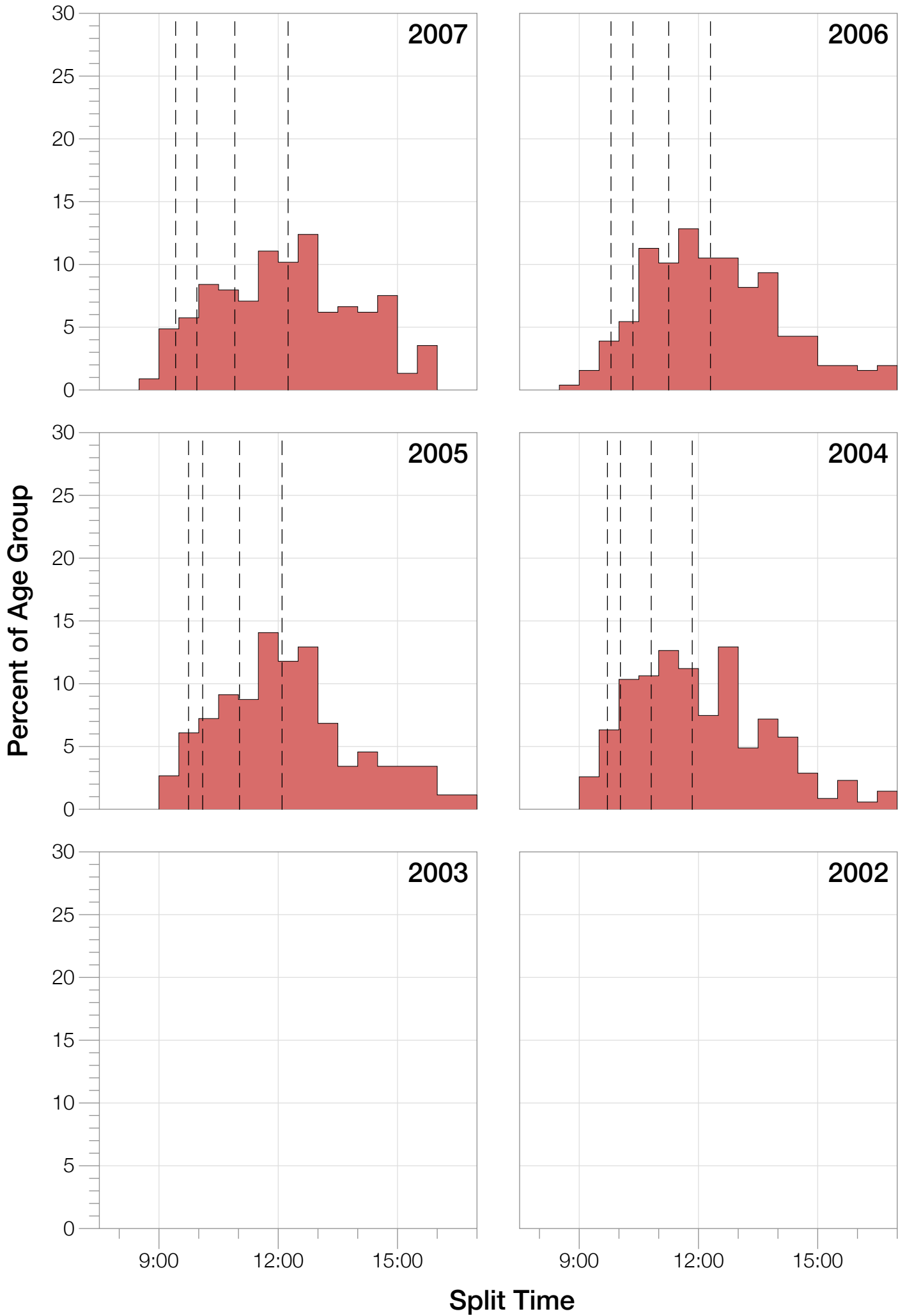
M30-34 Run



M30-34 Overall



M30-34 Overall



M30-34 Fastest Splits

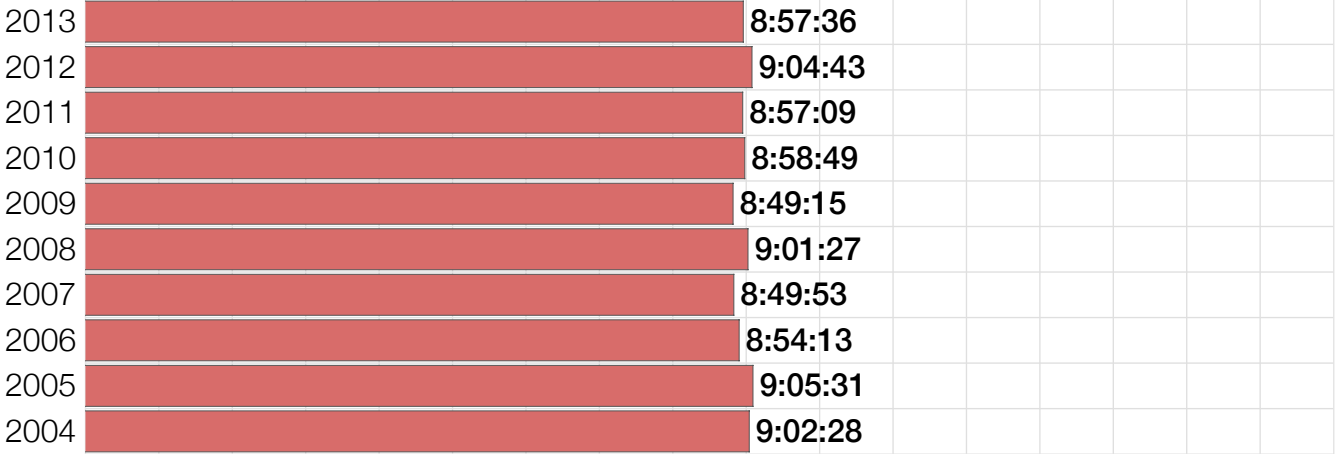
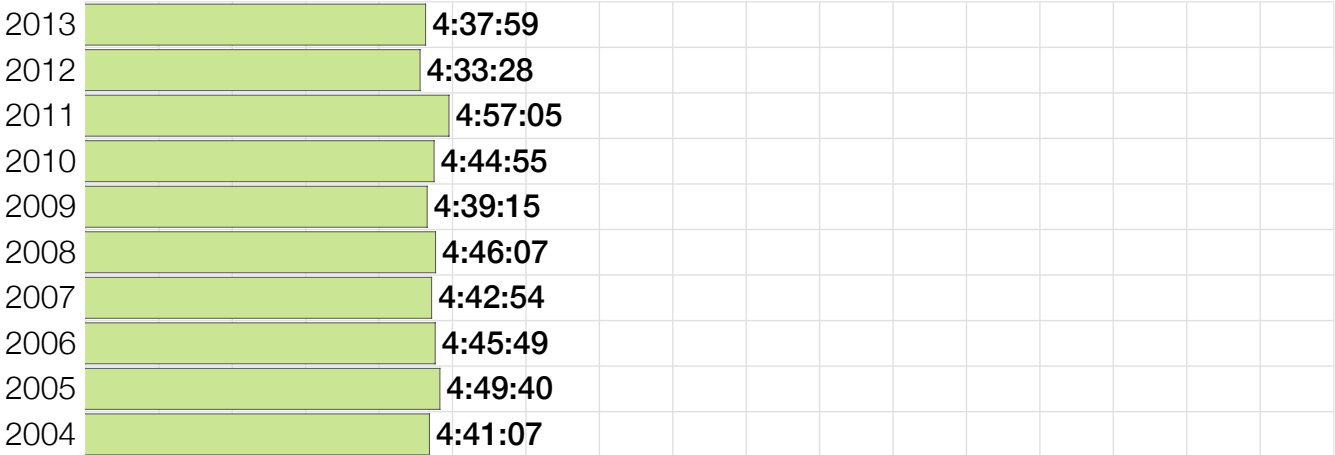
Year

Swim

Bike

Run

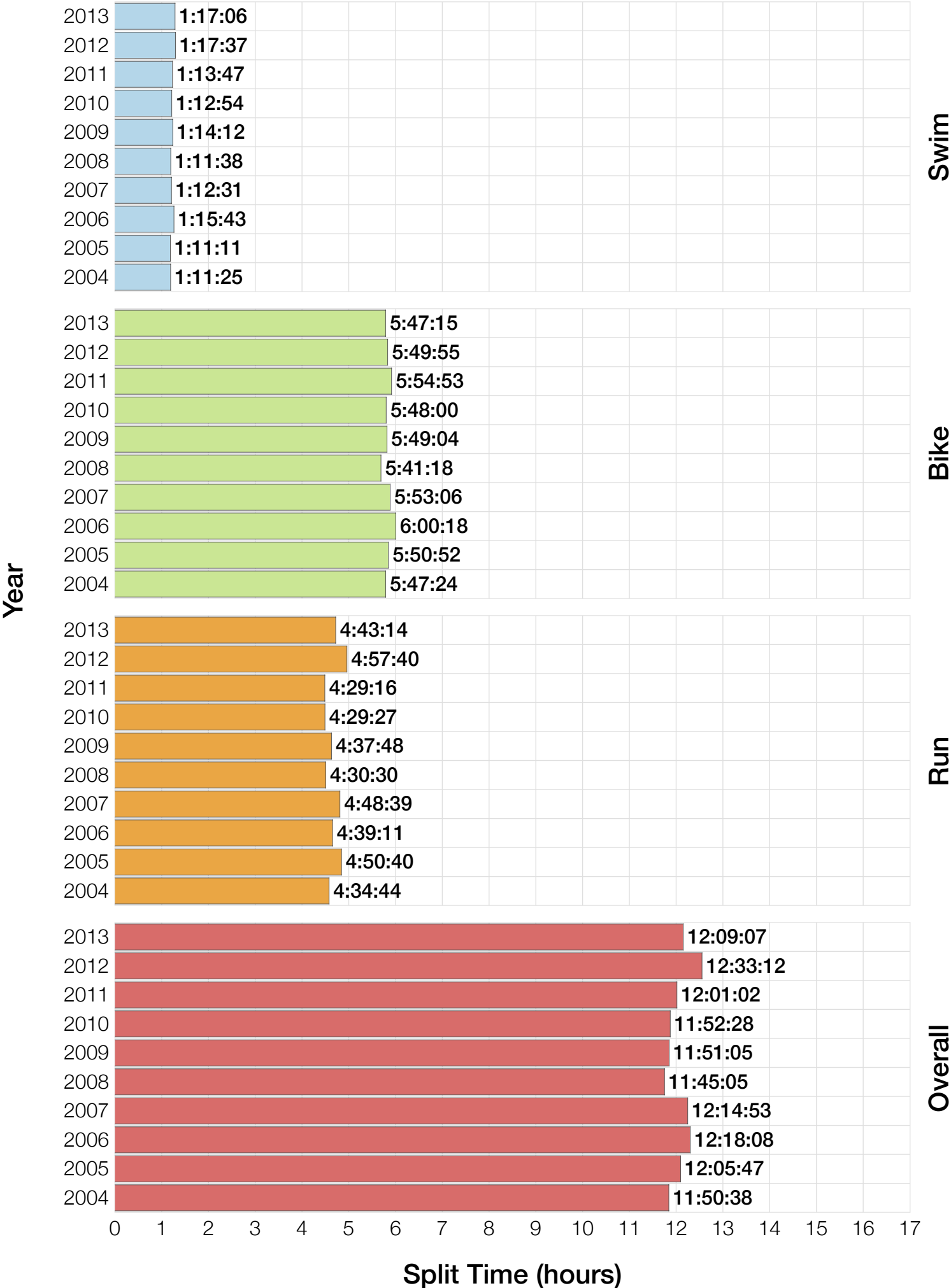
Overall



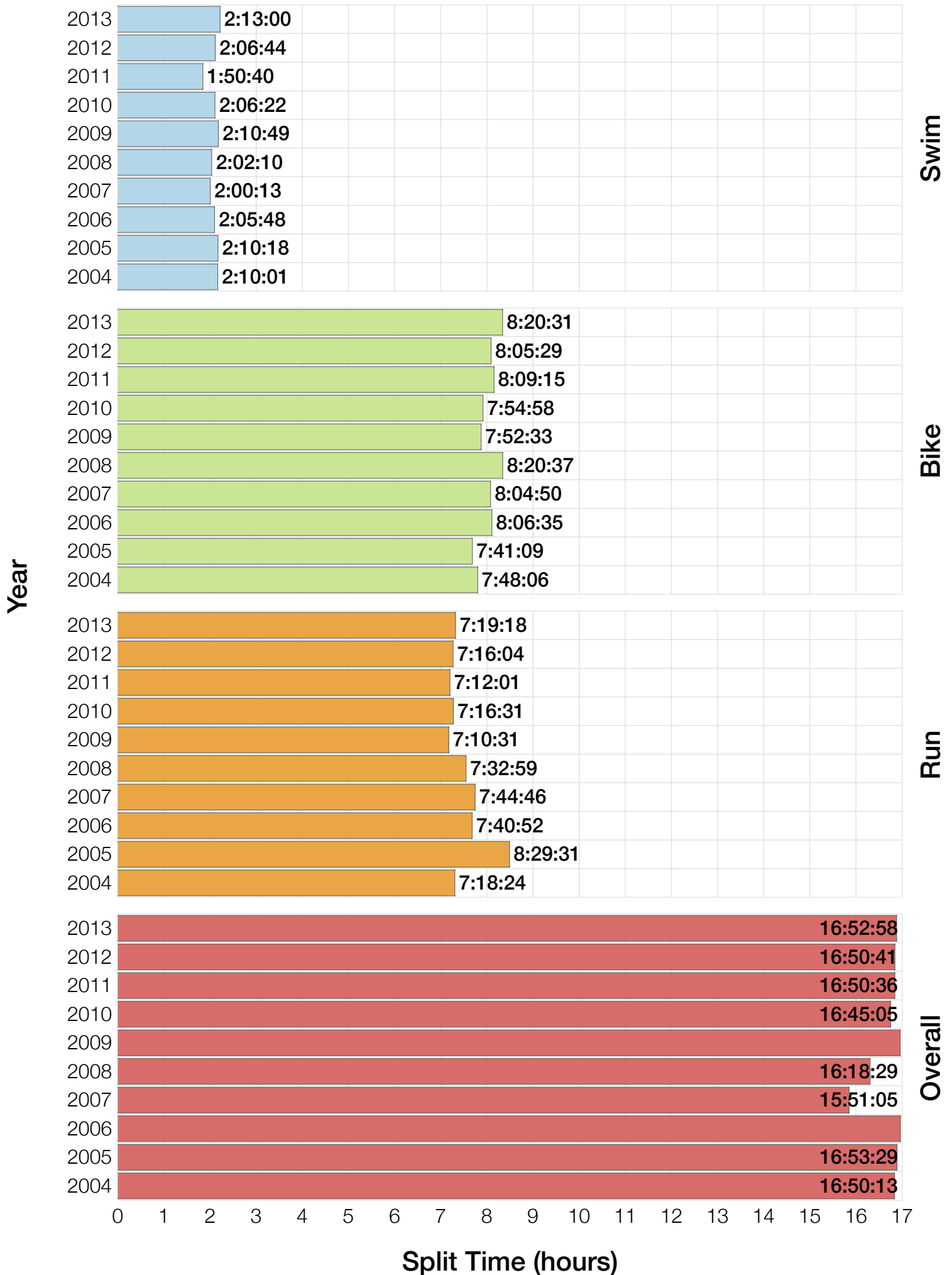
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

M30-34 Median Splits



M30-34 Slowest Splits



M30-34 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	0:58:25	4:50:30	3:02:08	8:58:06
Average 2nd Age Grouper	0:59:27	4:49:37	3:06:30	9:01:53
Average 3rd Age Grouper	0:58:57	4:50:12	3:15:13	9:11:24
Average 4th Age Grouper	1:00:59	4:51:41	3:15:35	9:16:12
Average 5th Age Grouper	1:01:17	4:53:22	3:15:48	9:18:35
Average 6th Age Grouper	0:59:01	4:54:33	3:20:17	9:21:00
Average 7th Age Grouper	1:00:52	4:57:45	3:18:22	9:25:01
Average 8th Age Grouper	1:03:30	4:56:33	3:19:47	9:27:46
Average 9th Age Grouper	1:03:53	4:53:55	3:23:56	9:30:47
Average 10th Age Grouper	1:02:16	5:01:01	3:22:08	9:32:56
Kona Qualifier Average	0:59:27	4:50:30	3:09:51	9:06:54
Top 10 Age Grouper Average	1:00:51	4:53:55	3:15:58	9:18:22

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	1:00:10	4:40:53	3:06:37	8:57:36
2nd Age Grouper	0:54:46	4:47:34	3:11:37	8:59:48
3rd Age Grouper	0:54:34	4:38:39	3:23:42	9:05:43
4th Age Grouper	0:59:50	4:46:05	3:12:44	9:05:45
5th Age Grouper	0:59:48	4:40:46	3:15:41	9:06:08
6th Age Grouper	0:54:03	4:43:53	3:23:13	9:08:42
7th Age Grouper	1:02:28	4:48:13	3:16:15	9:14:39
8th Age Grouper	1:00:24	4:46:14	3:20:42	9:16:38
9th Age Grouper	1:05:21	4:37:59	3:24:58	9:18:09
10th Age Grouper	1:02:38	4:47:27	3:20:59	9:18:21
Kona Qualifier Average	0:57:20	4:43:17	3:13:40	9:02:13
Top 10 Age Grouper Average	0:59:24	4:43:46	3:17:38	9:09:08

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	0:59:20	4:46:33	3:11:29	9:04:43
2nd Age Grouper	1:04:31	4:34:58	3:18:41	9:04:55
3rd Age Grouper	1:05:09	4:33:28	3:18:29	9:05:16
4th Age Grouper	1:08:30	4:46:09	3:18:00	9:20:01
5th Age Grouper	1:11:30	4:52:17	3:11:33	9:21:35
6th Age Grouper	0:59:31	5:01:56	3:17:29	9:25:15
7th Age Grouper	1:05:16	4:52:30	3:26:36	9:31:04
8th Age Grouper	1:09:22	4:47:04	3:31:21	9:39:16
9th Age Grouper	1:13:26	4:59:34	3:24:39	9:44:48
10th Age Grouper	1:02:39	5:04:33	3:28:46	9:44:57
Kona Qualifier Average	1:04:22	4:40:17	3:16:39	9:08:43
Top 10 Age Grouper Average	1:05:55	4:49:54	3:20:42	9:24:11

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	0:58:38	4:57:05	2:54:08	8:57:09
2nd Age Grouper	0:58:33	4:57:06	3:03:01	9:05:22
3rd Age Grouper	1:03:28	5:07:19	3:13:41	9:31:54
4th Age Grouper	1:03:09	5:07:17	3:22:03	9:42:03
5th Age Grouper	1:08:11	4:59:52	3:27:08	9:45:22
6th Age Grouper	1:09:01	5:06:39	3:18:20	9:46:17
7th Age Grouper	1:01:34	5:22:28	3:16:53	9:49:46
8th Age Grouper	1:10:25	5:18:55	3:15:24	9:54:54
9th Age Grouper	1:16:48	5:14:04	3:14:00	9:57:04
10th Age Grouper	1:00:09	5:31:21	3:24:30	10:04:39
Kona Qualifier Average	1:00:57	5:02:11	3:08:13	9:19:07
Top 10 Age Grouper Average	1:04:59	5:10:12	3:14:54	9:39:27

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	1:02:26	4:51:21	2:54:57	8:58:49
2nd Age Grouper	1:03:48	4:47:18	3:02:02	8:59:48
3rd Age Grouper	1:01:50	4:47:38	3:06:48	9:06:43
4th Age Grouper	1:05:30	4:44:55	3:08:59	9:07:46
5th Age Grouper	0:58:57	4:48:00	3:08:54	9:08:01
6th Age Grouper	0:52:08	4:54:49	3:17:51	9:13:47
7th Age Grouper	0:56:05	4:55:53	3:16:02	9:17:57
8th Age Grouper	0:55:30	4:57:25	3:18:00	9:18:20
9th Age Grouper	0:59:42	4:48:07	3:25:28	9:23:34
10th Age Grouper	0:52:50	4:53:12	3:29:34	9:25:00
Kona Qualifier Average	1:03:23	4:47:48	3:03:11	9:03:16
Top 10 Age Grouper Average	0:58:52	4:50:51	3:12:51	9:11:58

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	0:57:59	4:44:17	2:59:02	8:49:15
2nd Age Grouper	0:59:04	4:41:52	3:05:46	8:53:06
3rd Age Grouper	0:55:43	4:45:45	3:17:46	9:05:45
4th Age Grouper	1:00:58	4:44:35	3:13:48	9:05:48
5th Age Grouper	1:02:24	4:47:46	3:10:49	9:08:53
6th Age Grouper	1:04:02	4:45:25	3:13:53	9:10:51
7th Age Grouper	1:07:27	4:52:41	3:02:10	9:13:01
8th Age Grouper	1:04:12	4:48:34	3:13:04	9:14:02
9th Age Grouper	1:04:08	4:47:55	3:18:41	9:18:08
10th Age Grouper	1:09:47	4:40:29	3:20:36	9:19:19
Kona Qualifier Average	0:58:26	4:44:07	3:09:05	8:58:28
Top 10 Age Grouper Average	1:02:34	4:45:55	3:11:33	9:07:48

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	0:58:36	4:58:44	2:58:24	9:01:27
2nd Age Grouper	0:57:23	4:58:55	3:02:11	9:05:33
3rd Age Grouper	1:04:29	4:57:31	3:02:21	9:12:26
4th Age Grouper	0:56:22	4:46:37	3:20:43	9:13:42
5th Age Grouper	1:03:04	4:47:59	3:20:39	9:17:42
6th Age Grouper	0:57:20	4:49:42	3:27:48	9:19:53
7th Age Grouper	0:57:18	4:50:20	3:25:42	9:20:00
8th Age Grouper	1:08:10	4:52:30	3:17:05	9:23:43
9th Age Grouper	0:57:29	4:50:35	3:34:18	9:27:18
10th Age Grouper	1:04:04	4:56:01	3:24:37	9:29:44
Kona Qualifier Average	0:59:12	4:55:26	3:05:54	9:08:17
Top 10 Age Grouper Average	1:00:25	4:52:53	3:17:22	9:17:08

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	0:53:07	4:49:17	3:01:52	8:49:53
2nd Age Grouper	0:51:01	4:55:37	3:00:24	8:52:04
3rd Age Grouper	0:59:03	4:43:51	3:10:46	9:00:25
4th Age Grouper	0:58:53	4:47:01	3:07:51	9:02:36
5th Age Grouper	1:02:03	4:47:26	3:11:43	9:07:49
6th Age Grouper	0:58:23	4:47:34	3:17:17	9:09:17
7th Age Grouper	1:02:45	4:45:00	3:15:51	9:10:53
8th Age Grouper	1:06:39	4:51:05	3:06:28	9:11:23
9th Age Grouper	0:57:10	4:50:49	3:23:10	9:17:08
10th Age Grouper	0:59:28	5:10:05	3:06:36	9:21:25
Kona Qualifier Average	0:55:31	4:48:56	3:05:13	8:56:14
Top 10 Age Grouper Average	0:58:51	4:50:46	3:10:11	9:06:17

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	1:05:50	4:45:49	2:57:01	8:54:13
2nd Age Grouper	1:04:23	4:53:39	3:00:16	9:04:57
3rd Age Grouper	0:55:55	4:49:32	3:25:10	9:15:13
4th Age Grouper	1:07:27	4:57:00	3:08:33	9:22:19
5th Age Grouper	0:52:20	4:59:12	3:27:22	9:26:48
6th Age Grouper	1:01:18	4:55:46	3:28:02	9:30:15
7th Age Grouper	1:03:24	5:08:53	3:13:49	9:37:33
8th Age Grouper	0:57:14	5:07:57	3:28:43	9:40:52
9th Age Grouper	1:02:55	4:56:40	3:26:09	9:41:45
10th Age Grouper	1:11:12	5:10:10	3:13:58	9:43:05
Kona Qualifier Average	1:03:23	4:51:30	3:07:45	9:09:10
Top 10 Age Grouper Average	1:02:11	4:58:27	3:16:54	9:25:42

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	0:50:38	5:02:34	3:07:20	9:05:31
2nd Age Grouper	0:58:53	4:58:11	3:07:59	9:10:24
3rd Age Grouper	0:58:36	4:55:00	3:22:01	9:19:58
4th Age Grouper	0:53:58	4:59:21	3:23:55	9:23:39
5th Age Grouper	0:58:36	5:11:22	3:06:30	9:24:12
6th Age Grouper	1:01:50	4:55:57	3:21:06	9:25:35
7th Age Grouper	0:58:30	5:00:15	3:24:13	9:28:24
8th Age Grouper	1:06:31	4:57:12	3:20:04	9:30:17
9th Age Grouper	1:01:14	4:49:40	3:32:23	9:30:22
10th Age Grouper	0:58:31	5:03:50	3:23:44	9:31:47
Kona Qualifier Average	0:55:31	4:58:46	3:15:18	9:14:53
Top 10 Age Grouper Average	0:58:43	4:59:20	3:18:55	9:23:00

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	0:57:27	4:48:28	3:10:33	9:02:28
2nd Age Grouper	1:02:09	4:41:07	3:13:03	9:02:55
3rd Age Grouper	0:50:43	5:03:23	3:11:29	9:10:46
4th Age Grouper	0:55:14	4:57:51	3:19:14	9:18:23
5th Age Grouper	0:56:04	4:59:03	3:17:50	9:19:21
6th Age Grouper	0:52:36	5:03:49	3:17:53	9:20:15
7th Age Grouper	0:53:58	5:01:18	3:26:16	9:26:57
8th Age Grouper	0:56:33	4:58:43	3:27:06	9:28:21
9th Age Grouper	1:00:37	5:03:49	3:15:41	9:29:34
10th Age Grouper	1:01:26	4:53:11	3:28:02	9:31:11
Kona Qualifier Average	0:56:23	4:52:42	3:13:34	9:08:38
Top 10 Age Grouper Average	0:56:40	4:57:04	3:18:42	9:19:01