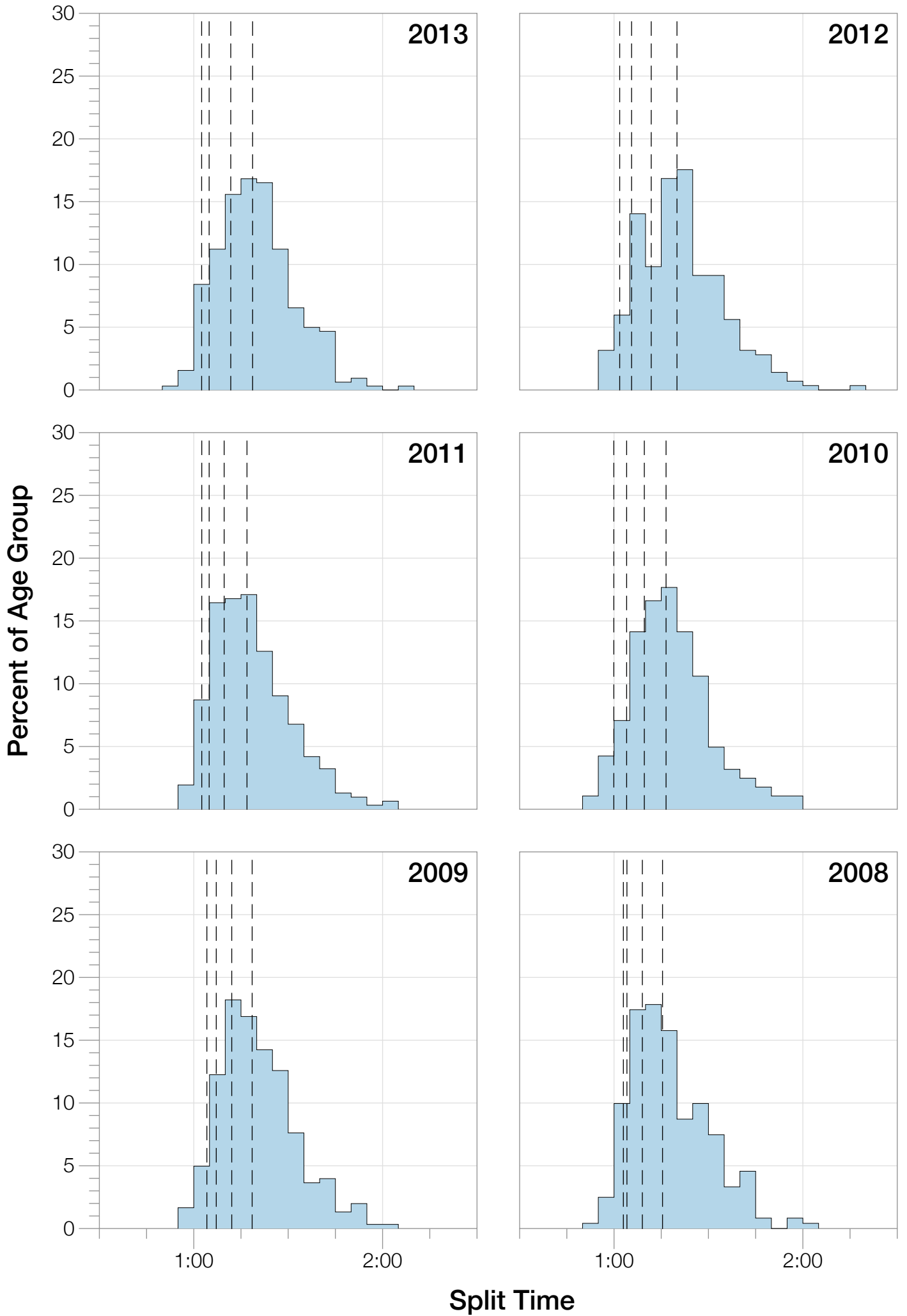


Ironman Florida M45-49 Stats

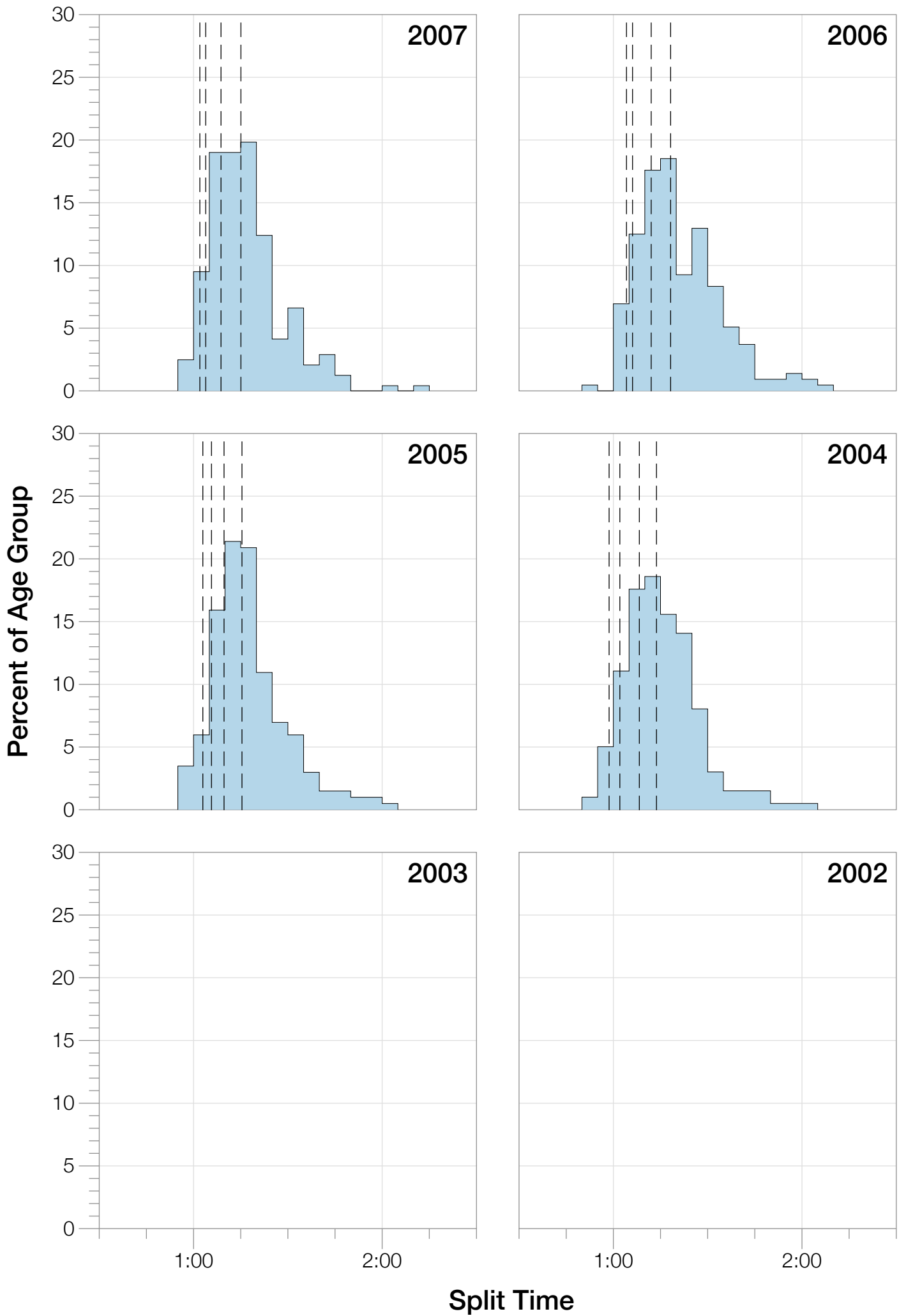
M45-49 Summary Statistics

| Year | Finishers | M45-49 Finishers | Male Winner's Time | Female Winner's Time | M45-49 Winner's Time |
|----------------|------------------|-------------------------|---------------------------|-----------------------------|-----------------------------|
| 2004 | 2033 | 199 | 8:31:07 | 9:28:54 | 9:08:51 |
| 2005 | 1935 | 201 | 8:28:26 | 9:33:09 | 9:27:50 |
| 2006 | 2108 | 216 | 8:22:44 | 9:28:28 | 9:54:24 |
| 2007 | 2184 | 242 | 8:21:29 | 9:05:35 | 9:24:57 |
| 2008 | 2184 | 241 | 8:07:59 | 9:07:48 | 9:14:38 |
| 2009 | 2312 | 302 | 8:24:29 | 9:08:38 | 9:11:49 |
| 2010 | 2300 | 283 | 8:15:59 | 9:07:49 | 9:25:58 |
| 2011 | 2354 | 310 | 7:59:42 | 8:55:10 | 9:33:52 |
| 2012 | 2427 | 285 | 8:06:17 | 8:51:35 | 9:12:37 |
| 2013 | 2701 | 324 | 7:53:12 | 8:43:07 | 9:15:57 |
| Average | 2254 | 260 | 8:15:08 | 9:09:01 | 9:23:05 |

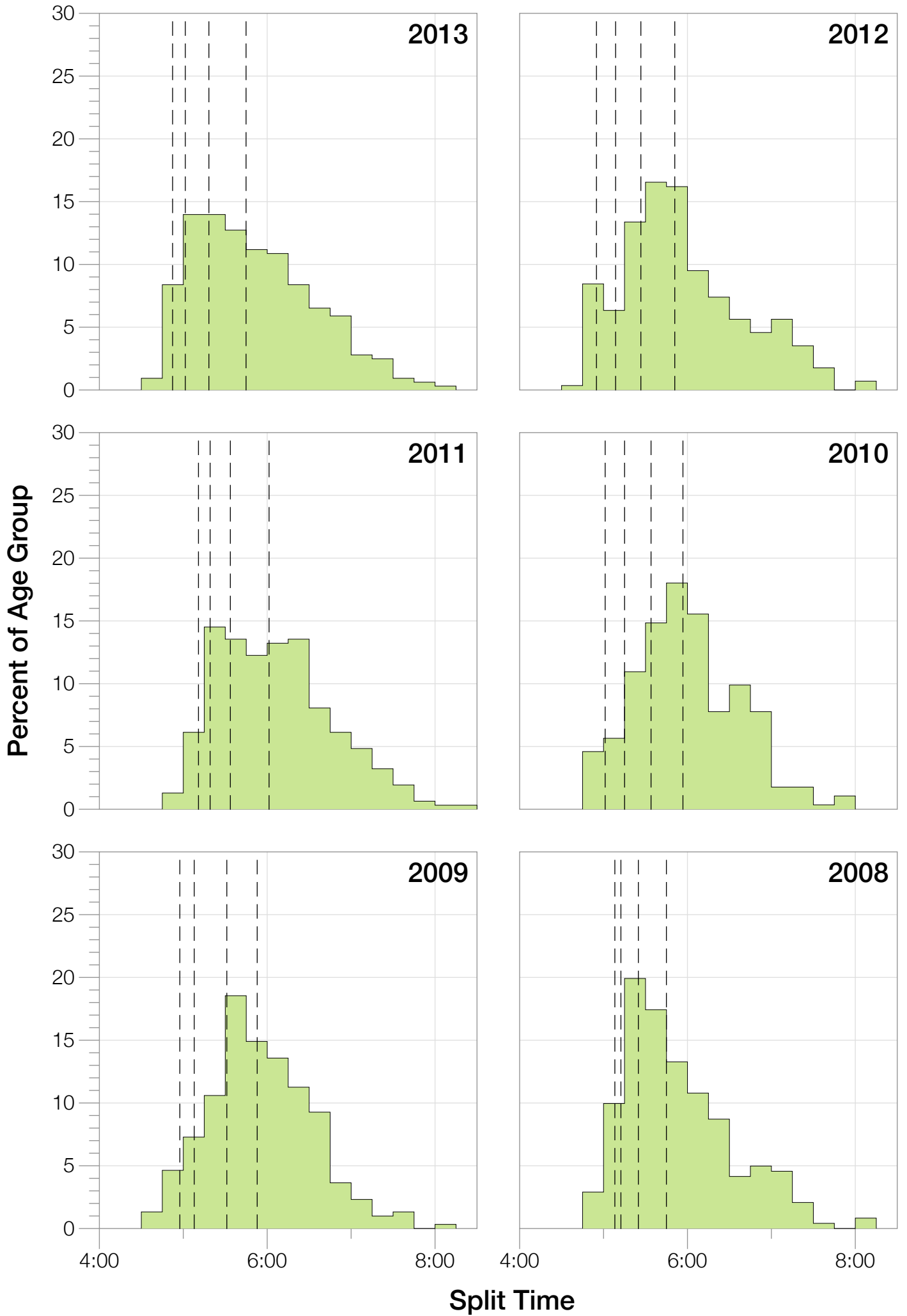
M45-49 Swim



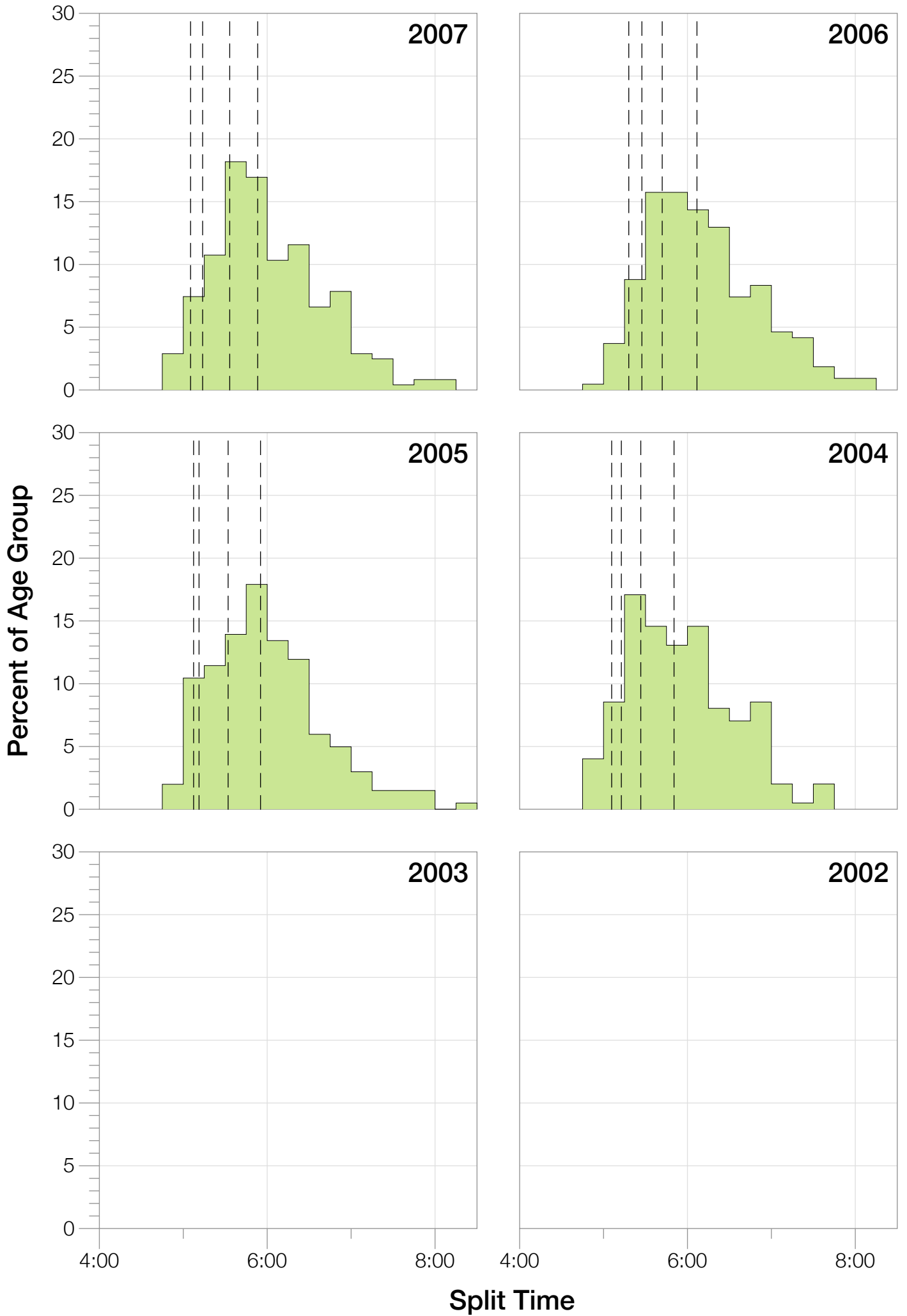
M45-49 Swim



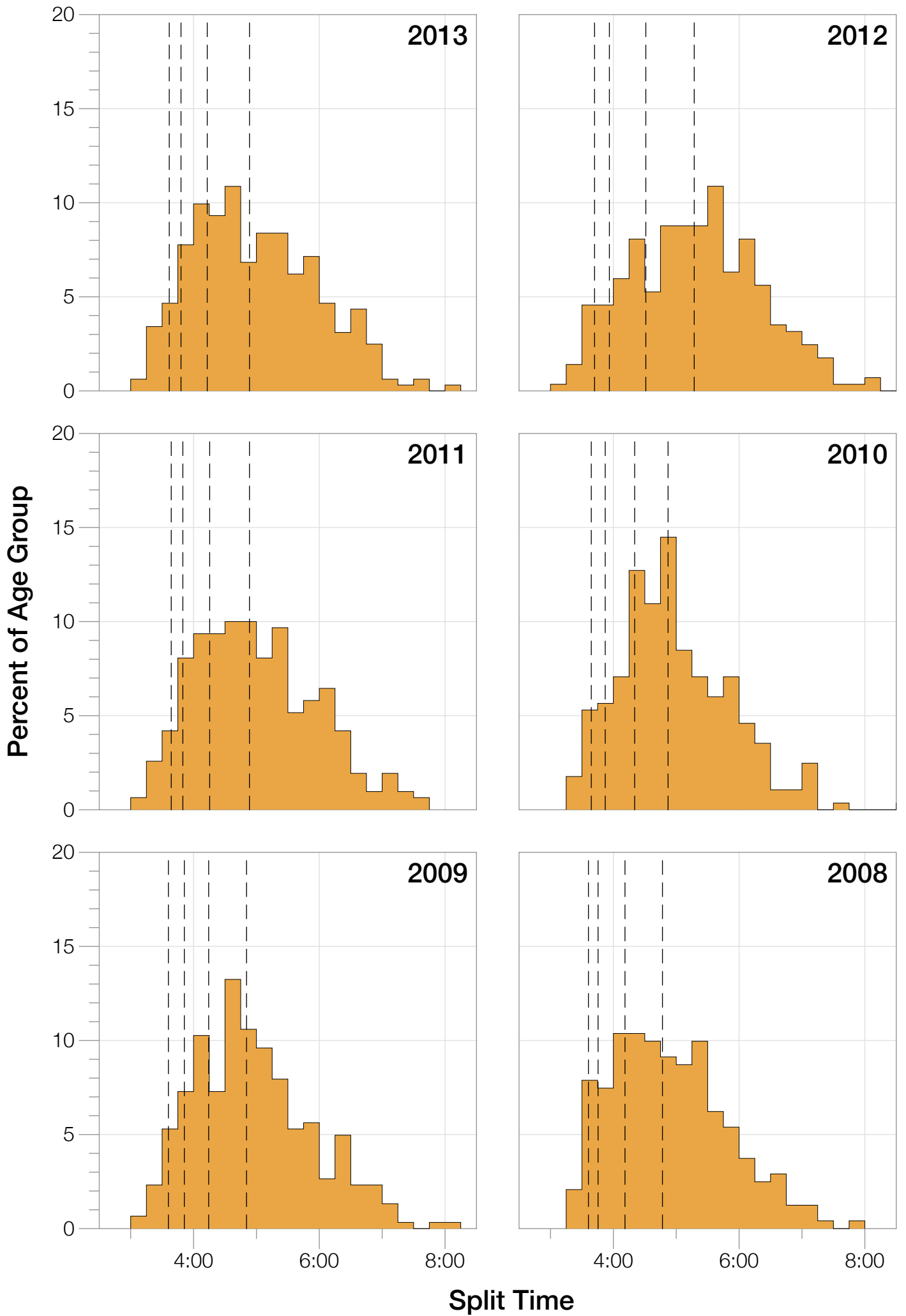
M45-49 Bike



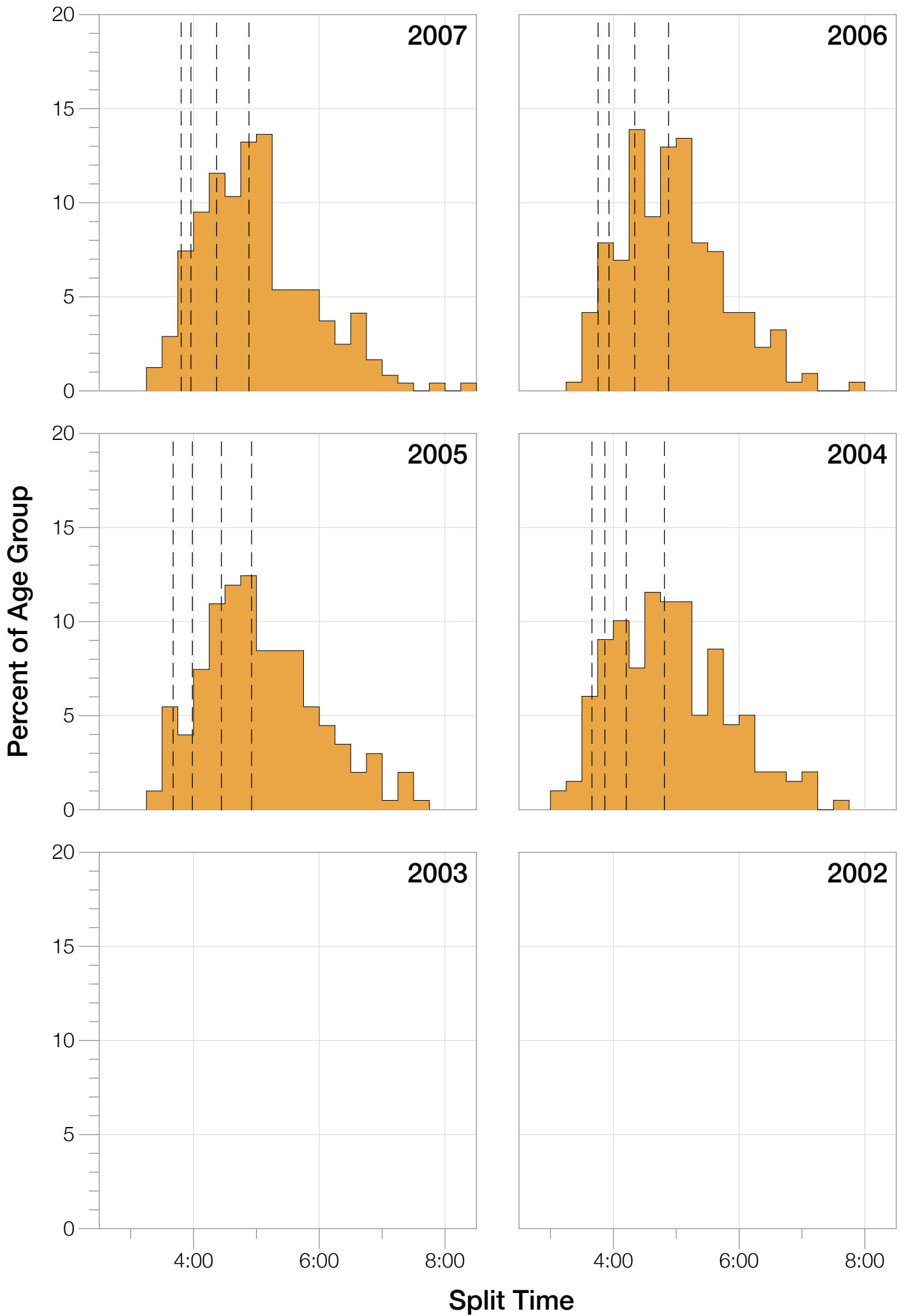
M45-49 Bike



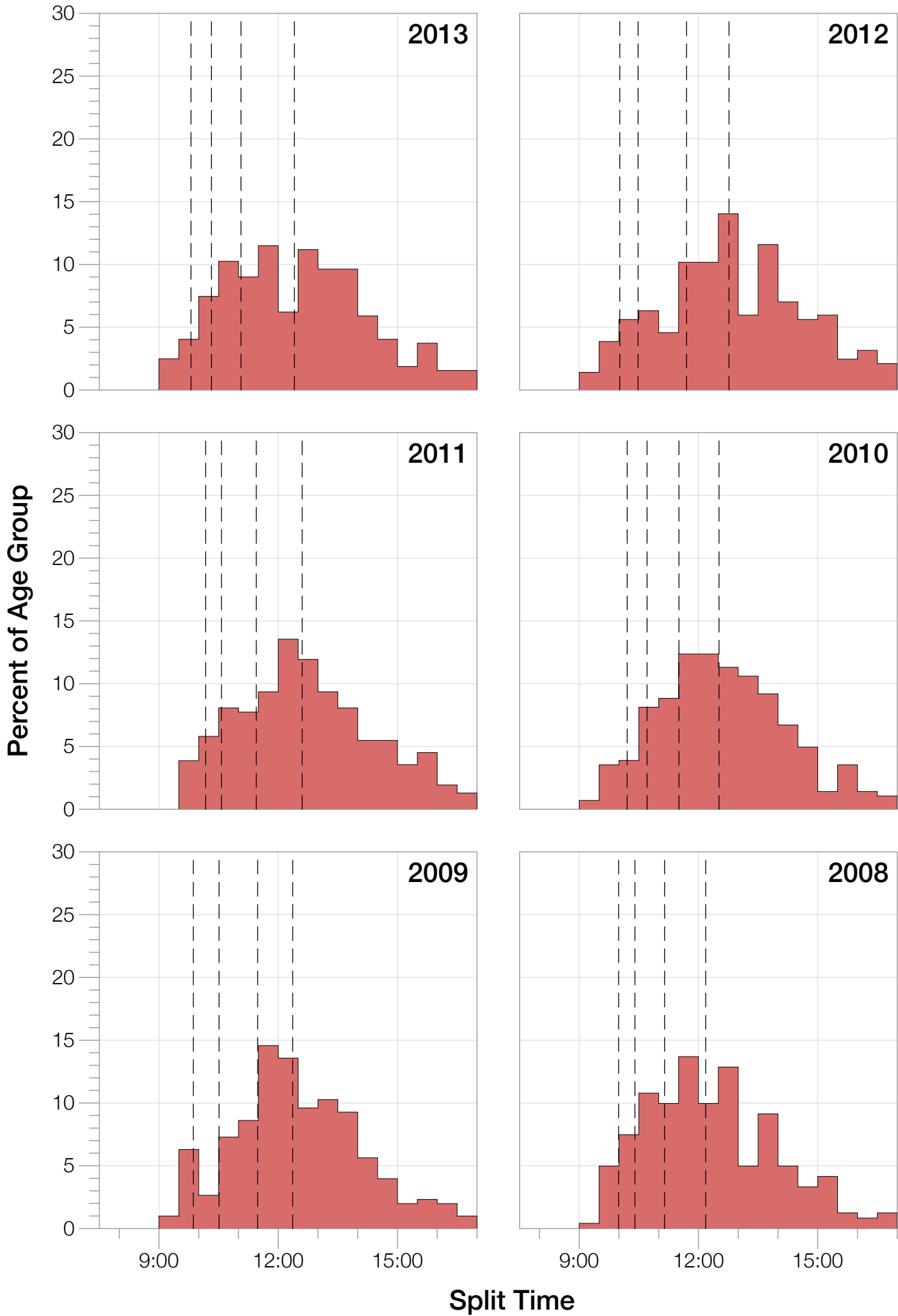
M45-49 Run



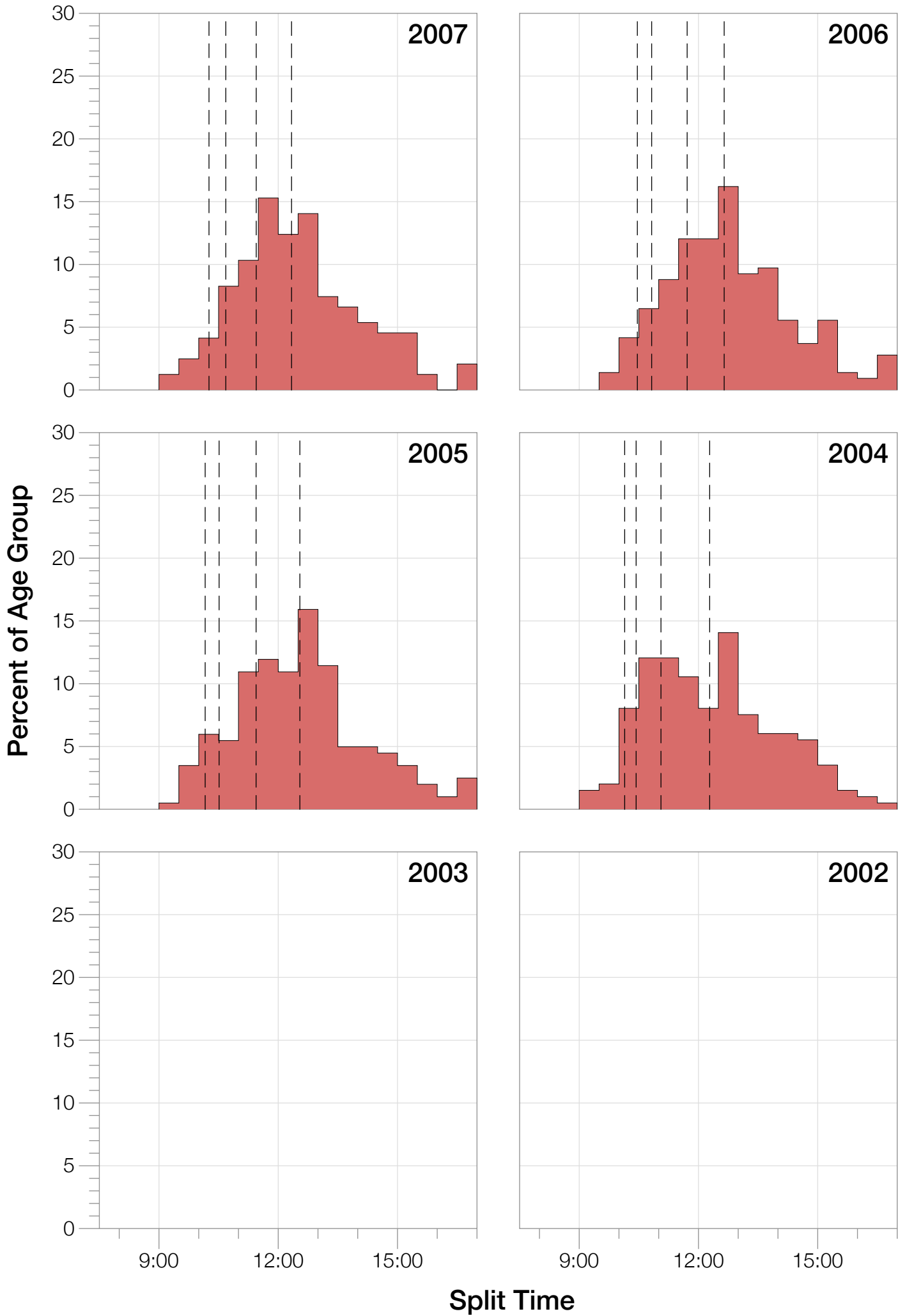
M45-49 Run



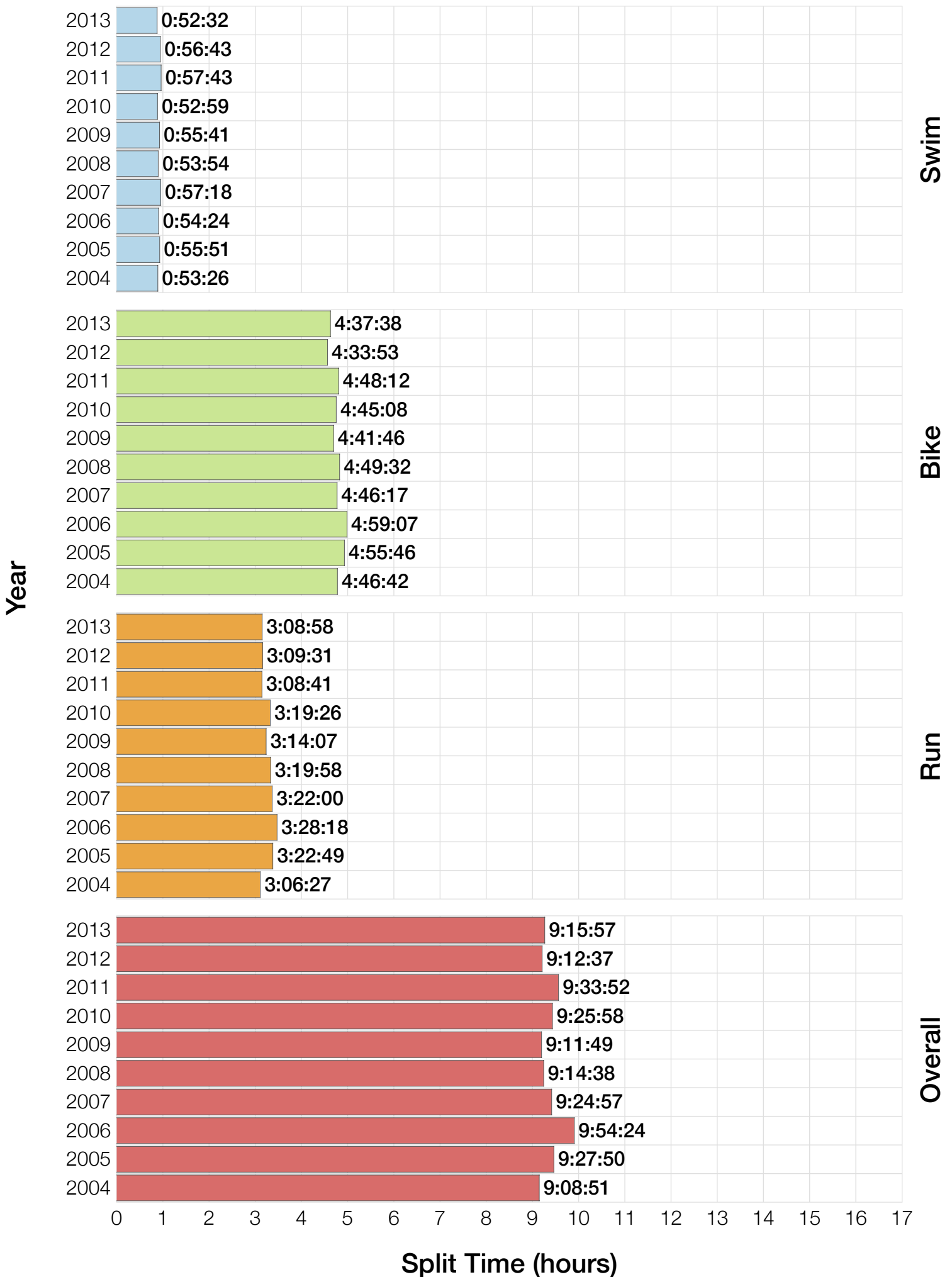
M45-49 Overall



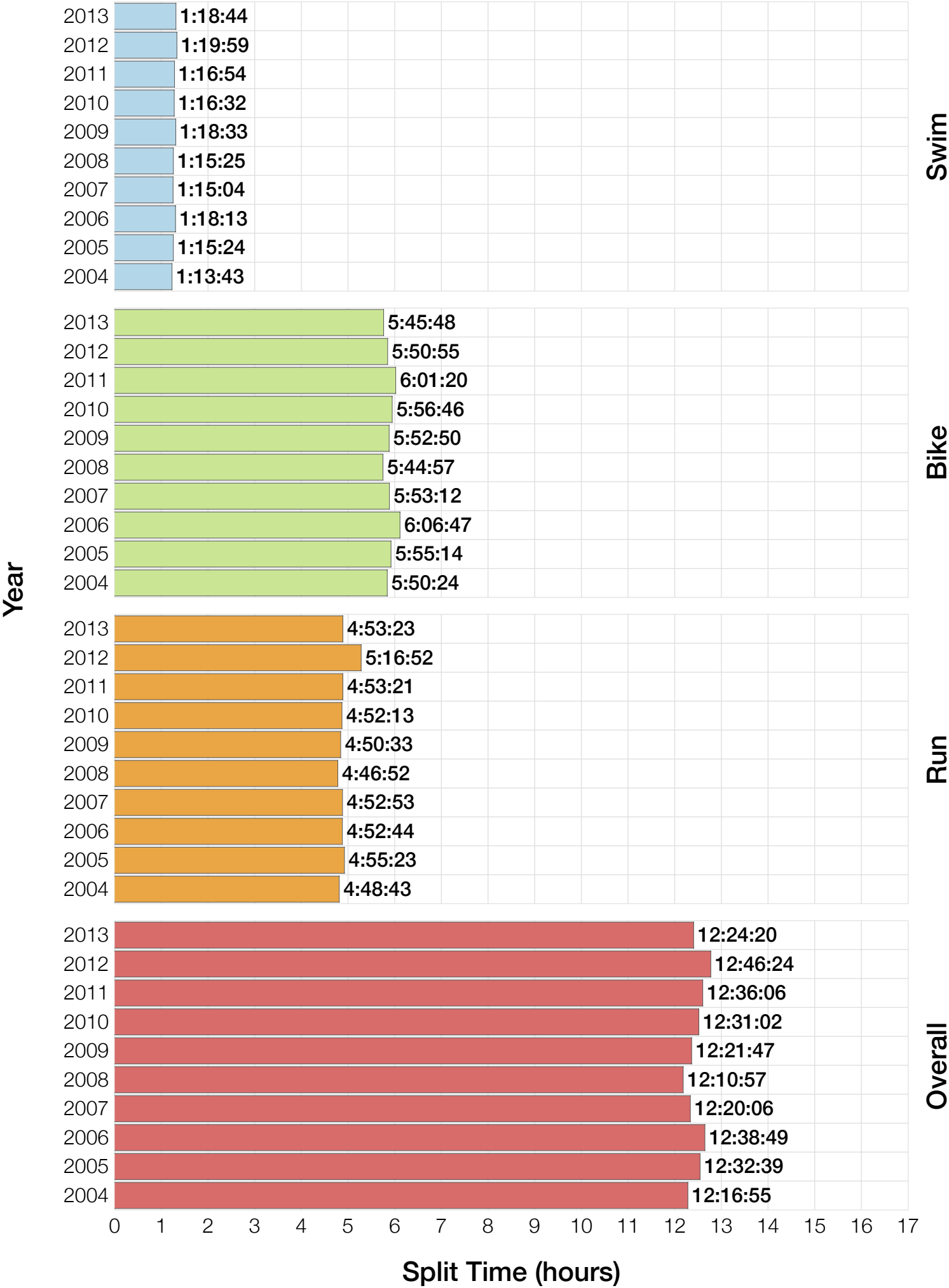
M45-49 Overall



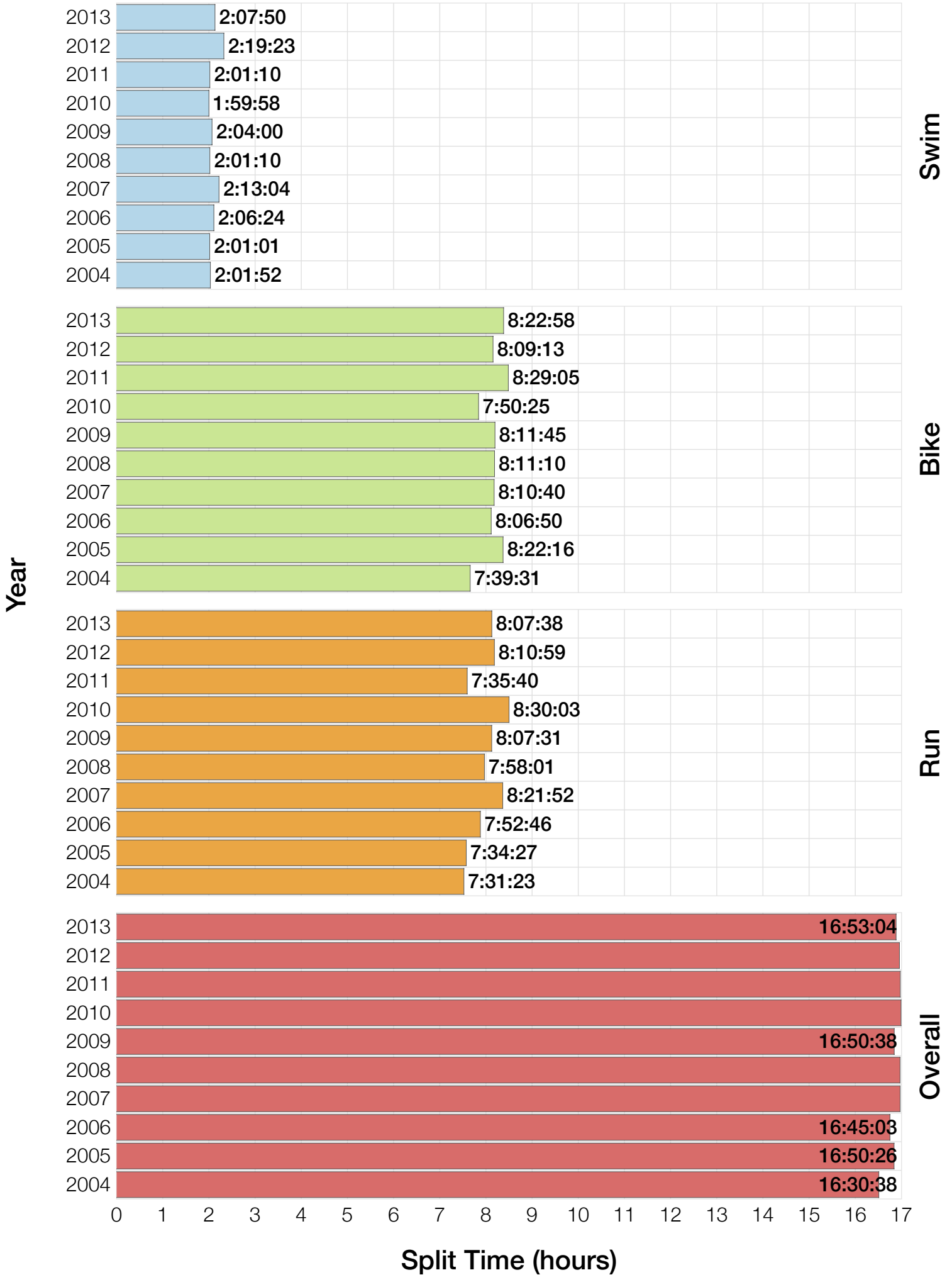
M45-49 Fastest Splits



M45-49 Median Splits

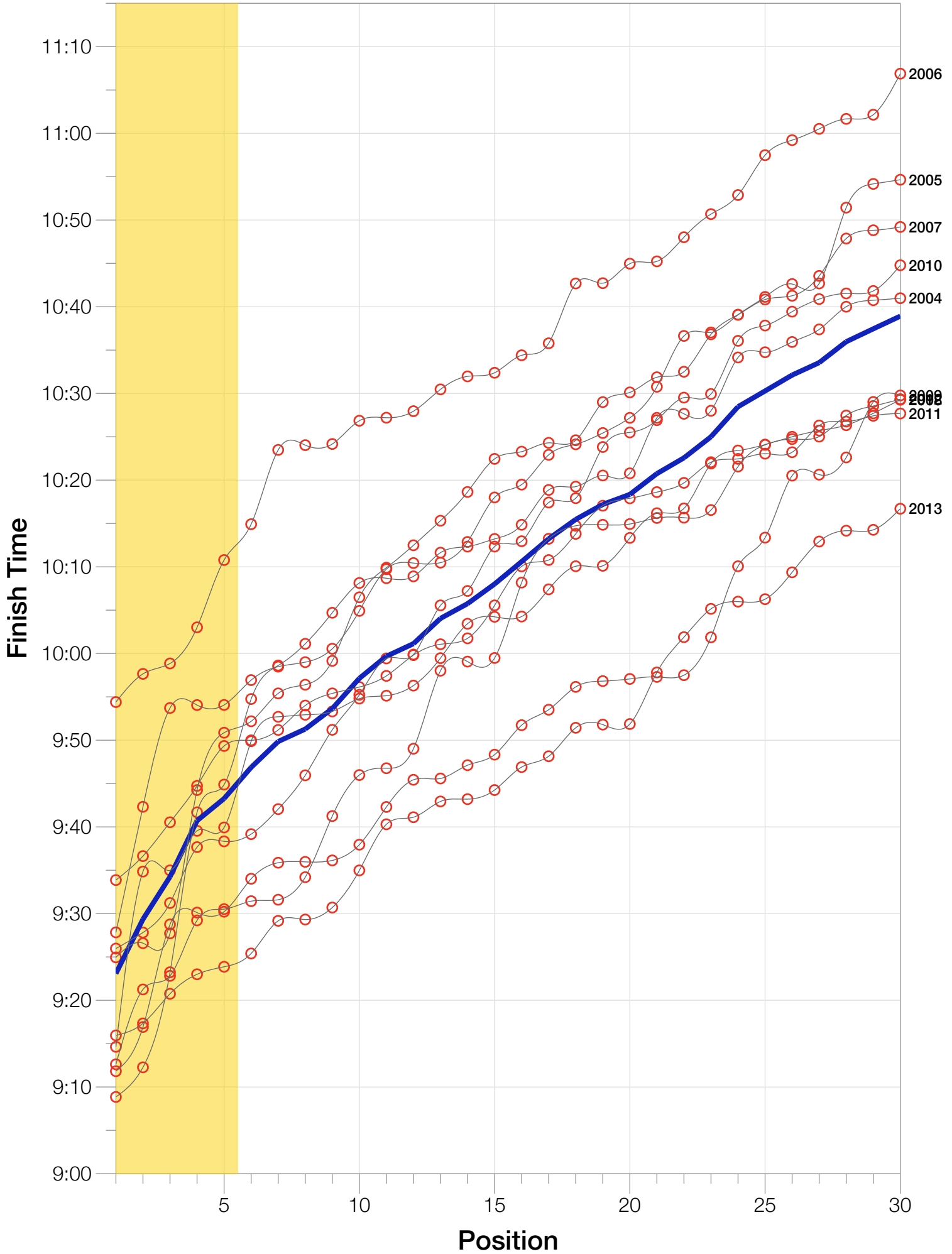


M45-49 Slowest Splits



M45-49 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M45-49 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 | 1:01:11 | 4:55:12 | 3:18:26 | 9:23:05 |
| Average 2nd Age Grouper | 1:00:55 | 4:51:00 | 3:29:25 | 9:29:21 |
| Average 3rd Age Grouper | 1:03:47 | 4:58:36 | 3:24:03 | 9:34:15 |
| Average 4th Age Grouper | 1:04:26 | 4:56:27 | 3:31:21 | 9:40:43 |
| Average 5th Age Grouper | 1:02:28 | 5:02:02 | 3:30:53 | 9:43:16 |
| Average 6th Age Grouper | 1:04:56 | 4:59:28 | 3:33:17 | 9:46:52 |
| Average 7th Age Grouper | 1:03:28 | 5:04:48 | 3:31:58 | 9:49:51 |
| Average 8th Age Grouper | 1:06:17 | 5:03:36 | 3:32:45 | 9:51:17 |
| Average 9th Age Grouper | 1:05:10 | 5:04:48 | 3:33:30 | 9:53:39 |
| Average 10th Age Grouper | 1:04:49 | 5:00:55 | 3:41:41 | 9:57:08 |
| Kona Qualifier Average | 1:02:34 | 4:56:39 | 3:26:49 | 9:34:08 |
| Top 10 Age Grouper Average | 1:03:45 | 4:59:41 | 3:30:44 | 9:42:57 |

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 | 0:57:35 | 4:50:43 | 3:19:35 | 9:15:57 |
| 2nd Age Grouper | 1:01:50 | 4:47:43 | 3:19:33 | 9:17:20 |
| 3rd Age Grouper | 1:02:10 | 4:45:32 | 3:24:46 | 9:20:45 |
| 4th Age Grouper | 1:06:30 | 4:51:02 | 3:17:00 | 9:23:00 |
| 5th Age Grouper | 1:11:52 | 4:37:38 | 3:25:19 | 9:23:52 |
| 6th Age Grouper | 1:00:47 | 4:46:59 | 3:28:01 | 9:25:24 |
| 7th Age Grouper | 1:04:04 | 5:06:47 | 3:08:58 | 9:29:10 |
| 8th Age Grouper | 1:14:46 | 4:50:02 | 3:16:06 | 9:29:19 |
| 9th Age Grouper | 1:09:49 | 5:00:06 | 3:12:24 | 9:30:42 |
| 10th Age Grouper | 1:00:37 | 4:49:00 | 3:36:46 | 9:34:59 |
| Kona Qualifier Average | 1:03:59 | 4:46:31 | 3:21:14 | 9:20:10 |
| Top 10 Age Grouper Average | 1:05:00 | 4:50:33 | 3:20:50 | 9:25:02 |

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 | 1:05:57 | 4:49:46 | 3:09:31 | 9:12:37 |
| 2nd Age Grouper | 0:59:57 | 4:46:49 | 3:25:57 | 9:21:15 |
| 3rd Age Grouper | 1:00:21 | 4:54:46 | 3:19:49 | 9:22:49 |
| 4th Age Grouper | 1:07:07 | 4:56:17 | 3:16:57 | 9:29:13 |
| 5th Age Grouper | 1:03:46 | 4:46:36 | 3:32:53 | 9:30:31 |
| 6th Age Grouper | 1:06:52 | 4:54:40 | 3:22:16 | 9:31:26 |
| 7th Age Grouper | 0:56:43 | 4:45:31 | 3:39:53 | 9:31:36 |
| 8th Age Grouper | 1:11:49 | 4:33:53 | 3:40:32 | 9:34:12 |
| 9th Age Grouper | 1:06:26 | 4:52:27 | 3:30:51 | 9:41:15 |
| 10th Age Grouper | 1:07:02 | 4:56:35 | 3:30:40 | 9:45:59 |
| Kona Qualifier Average | 1:03:25 | 4:50:50 | 3:21:01 | 9:23:17 |
| Top 10 Age Grouper Average | 1:04:36 | 4:49:44 | 3:26:55 | 9:30:05 |

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 | 1:03:40 | 5:12:38 | 3:09:57 | 9:33:52 |
| 2nd Age Grouper | 1:06:39 | 4:48:12 | 3:32:41 | 9:36:38 |
| 3rd Age Grouper | 0:58:28 | 5:06:32 | 3:27:23 | 9:40:32 |
| 4th Age Grouper | 1:06:27 | 5:02:25 | 3:28:25 | 9:44:44 |
| 5th Age Grouper | 1:03:57 | 5:16:14 | 3:21:07 | 9:49:20 |
| 6th Age Grouper | 1:06:38 | 4:57:59 | 3:32:54 | 9:49:59 |
| 7th Age Grouper | 1:07:26 | 5:22:50 | 3:08:41 | 9:51:11 |
| 8th Age Grouper | 1:07:57 | 5:06:28 | 3:28:28 | 9:54:00 |
| 9th Age Grouper | 1:04:56 | 5:19:06 | 3:20:56 | 9:55:24 |
| 10th Age Grouper | 0:58:28 | 5:02:29 | 3:47:42 | 9:56:08 |
| Kona Qualifier Average | 1:03:50 | 5:05:12 | 3:23:54 | 9:41:01 |
| Top 10 Age Grouper Average | 1:04:27 | 5:07:29 | 3:25:49 | 9:47:10 |

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 | 1:03:04 | 4:54:36 | 3:19:26 | 9:25:58 |
| 2nd Age Grouper | 1:02:52 | 4:45:08 | 3:30:19 | 9:27:49 |
| 3rd Age Grouper | 0:59:55 | 4:50:10 | 3:29:39 | 9:31:13 |
| 4th Age Grouper | 1:02:42 | 4:45:53 | 3:37:41 | 9:37:40 |
| 5th Age Grouper | 0:56:33 | 4:58:23 | 3:34:00 | 9:38:20 |
| 6th Age Grouper | 1:02:52 | 4:54:55 | 3:33:44 | 9:39:10 |
| 7th Age Grouper | 0:55:32 | 5:11:13 | 3:24:08 | 9:42:03 |
| 8th Age Grouper | 1:01:53 | 4:53:38 | 3:40:42 | 9:45:57 |
| 9th Age Grouper | 1:09:24 | 5:04:51 | 3:23:01 | 9:51:12 |
| 10th Age Grouper | 0:59:40 | 4:56:39 | 3:47:40 | 9:55:14 |
| Kona Qualifier Average | 1:01:01 | 4:50:50 | 3:30:13 | 9:32:12 |
| Top 10 Age Grouper Average | 1:01:26 | 4:55:32 | 3:32:02 | 9:39:27 |

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 | 1:02:53 | 4:46:22 | 3:14:07 | 9:11:49 |
| 2nd Age Grouper | 0:55:47 | 4:42:40 | 3:28:28 | 9:16:55 |
| 3rd Age Grouper | 1:09:31 | 4:50:31 | 3:20:33 | 9:28:45 |
| 4th Age Grouper | 1:06:07 | 4:42:19 | 3:30:21 | 9:30:07 |
| 5th Age Grouper | 0:59:28 | 4:51:10 | 3:30:32 | 9:30:13 |
| 6th Age Grouper | 1:06:34 | 4:57:15 | 3:21:22 | 9:34:01 |
| 7th Age Grouper | 1:06:32 | 4:51:09 | 3:27:34 | 9:35:52 |
| 8th Age Grouper | 1:07:08 | 5:04:58 | 3:14:20 | 9:35:58 |
| 9th Age Grouper | 1:05:29 | 4:43:07 | 3:34:27 | 9:36:08 |
| 10th Age Grouper | 1:07:27 | 4:41:46 | 3:40:16 | 9:37:57 |
| Kona Qualifier Average | 1:02:45 | 4:46:36 | 3:24:48 | 9:23:33 |
| Top 10 Age Grouper Average | 1:04:41 | 4:49:07 | 3:26:12 | 9:29:46 |

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 | 0:56:18 | 4:49:32 | 3:22:56 | 9:14:38 |
| 2nd Age Grouper | 0:53:54 | 4:54:44 | 3:41:06 | 9:34:51 |
| 3rd Age Grouper | 1:02:58 | 5:03:50 | 3:19:58 | 9:34:59 |
| 4th Age Grouper | 1:04:19 | 4:55:33 | 3:30:43 | 9:39:33 |
| 5th Age Grouper | 1:03:14 | 5:02:12 | 3:28:58 | 9:39:56 |
| 6th Age Grouper | 1:05:46 | 4:55:52 | 3:39:38 | 9:49:53 |
| 7th Age Grouper | 1:00:15 | 5:03:40 | 3:37:12 | 9:52:42 |
| 8th Age Grouper | 1:01:14 | 5:08:38 | 3:34:19 | 9:52:56 |
| 9th Age Grouper | 1:02:21 | 5:10:55 | 3:32:33 | 9:53:19 |
| 10th Age Grouper | 1:08:43 | 4:55:16 | 3:43:28 | 9:54:48 |
| Kona Qualifier Average | 1:00:08 | 4:57:10 | 3:28:44 | 9:32:47 |
| Top 10 Age Grouper Average | 1:01:54 | 5:00:01 | 3:33:05 | 9:42:45 |

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 | 0:59:07 | 4:51:43 | 3:22:00 | 9:24:57 |
| 2nd Age Grouper | 1:06:59 | 4:46:17 | 3:25:37 | 9:26:35 |
| 3rd Age Grouper | 1:02:09 | 4:55:47 | 3:22:51 | 9:27:43 |
| 4th Age Grouper | 1:03:52 | 5:00:34 | 3:33:20 | 9:44:15 |
| 5th Age Grouper | 1:02:06 | 5:06:43 | 3:35:35 | 9:50:52 |
| 6th Age Grouper | 0:57:18 | 5:02:50 | 3:42:24 | 9:52:11 |
| 7th Age Grouper | 0:58:28 | 4:53:58 | 3:55:26 | 9:55:24 |
| 8th Age Grouper | 1:10:35 | 5:05:08 | 3:33:48 | 9:56:24 |
| 9th Age Grouper | 0:58:26 | 5:07:11 | 3:47:25 | 9:59:09 |
| 10th Age Grouper | 1:10:39 | 5:11:24 | 3:34:31 | 10:06:29 |
| Kona Qualifier Average | 1:02:50 | 4:56:12 | 3:27:52 | 9:34:52 |
| Top 10 Age Grouper Average | 1:02:57 | 5:00:09 | 3:35:17 | 9:46:23 |

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 | 1:04:19 | 5:03:51 | 3:34:33 | 9:54:24 |
| 2nd Age Grouper | 1:06:02 | 4:59:07 | 3:45:22 | 9:57:39 |
| 3rd Age Grouper | 1:06:29 | 5:18:07 | 3:28:18 | 9:58:51 |
| 4th Age Grouper | 1:05:57 | 5:10:31 | 3:38:59 | 10:03:01 |
| 5th Age Grouper | 1:00:53 | 5:23:19 | 3:39:42 | 10:10:47 |
| 6th Age Grouper | 1:12:03 | 5:18:53 | 3:35:10 | 10:14:55 |
| 7th Age Grouper | 1:14:33 | 5:13:09 | 3:46:25 | 10:23:29 |
| 8th Age Grouper | 1:04:09 | 5:27:49 | 3:44:21 | 10:24:02 |
| 9th Age Grouper | 1:04:43 | 5:07:28 | 4:00:37 | 10:24:10 |
| 10th Age Grouper | 1:08:36 | 5:31:00 | 3:35:18 | 10:26:51 |
| Kona Qualifier Average | 1:04:44 | 5:10:59 | 3:37:22 | 10:00:56 |
| Top 10 Age Grouper Average | 1:06:46 | 5:15:19 | 3:40:52 | 10:11:48 |

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 | 0:58:42 | 4:57:26 | 3:25:50 | 9:27:50 |
| 2nd Age Grouper | 0:58:15 | 5:12:42 | 3:22:49 | 9:42:19 |
| 3rd Age Grouper | 1:10:53 | 5:01:13 | 3:34:55 | 9:53:43 |
| 4th Age Grouper | 1:07:36 | 4:58:22 | 3:40:32 | 9:54:03 |
| 5th Age Grouper | 1:00:47 | 5:11:06 | 3:34:09 | 9:54:04 |
| 6th Age Grouper | 1:05:42 | 5:07:29 | 3:36:31 | 9:56:56 |
| 7th Age Grouper | 1:07:48 | 5:08:06 | 3:35:47 | 9:58:29 |
| 8th Age Grouper | 1:03:07 | 5:11:16 | 3:37:53 | 9:59:00 |
| 9th Age Grouper | 1:05:42 | 5:10:17 | 3:36:52 | 10:00:33 |
| 10th Age Grouper | 1:04:10 | 5:05:36 | 3:45:41 | 10:04:55 |
| Kona Qualifier Average | 1:03:14 | 5:04:09 | 3:31:39 | 9:46:23 |
| Top 10 Age Grouper Average | 1:04:16 | 5:06:21 | 3:35:05 | 9:53:11 |

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 | 1:00:22 | 4:55:25 | 3:06:27 | 9:08:51 |
| 2nd Age Grouper | 0:56:59 | 4:46:42 | 3:22:24 | 9:12:16 |
| 3rd Age Grouper | 1:05:02 | 4:59:38 | 3:12:26 | 9:23:14 |
| 4th Age Grouper | 0:53:51 | 5:01:34 | 3:39:35 | 9:41:41 |
| 5th Age Grouper | 1:02:09 | 5:07:04 | 3:26:35 | 9:44:53 |
| 6th Age Grouper | 1:04:52 | 4:57:54 | 3:40:56 | 9:54:45 |
| 7th Age Grouper | 1:03:19 | 5:11:40 | 3:35:37 | 9:58:37 |
| 8th Age Grouper | 1:00:16 | 5:14:12 | 3:37:05 | 10:01:07 |
| 9th Age Grouper | 1:04:24 | 5:12:41 | 3:36:01 | 10:04:42 |
| 10th Age Grouper | 1:02:56 | 4:59:27 | 3:54:48 | 10:08:08 |
| Kona Qualifier Average | 0:59:40 | 4:58:04 | 3:21:29 | 9:26:11 |
| Top 10 Age Grouper Average | 1:01:25 | 5:02:37 | 3:31:11 | 9:43:49 |