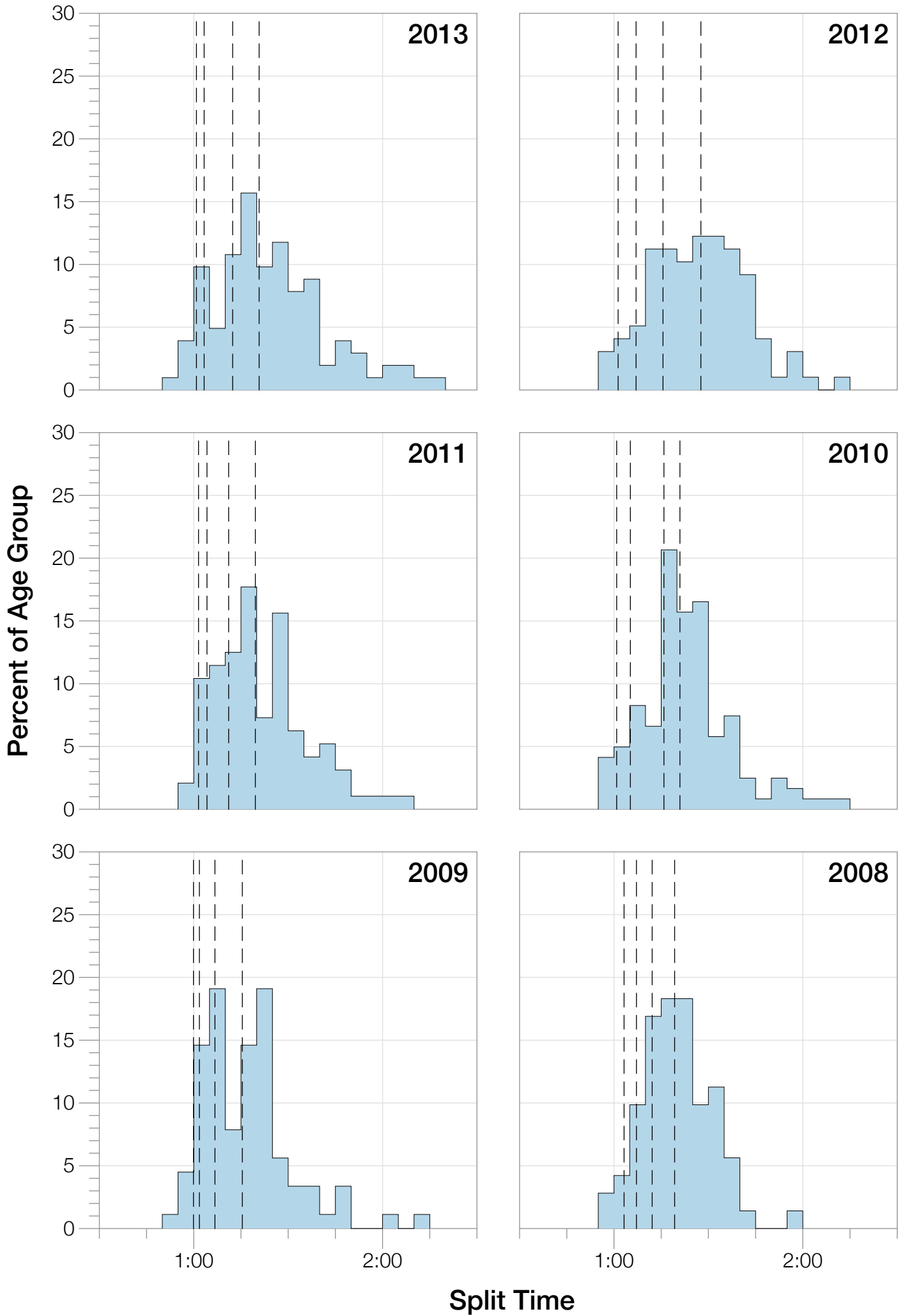


# Ironman Arizona F30-34 Stats

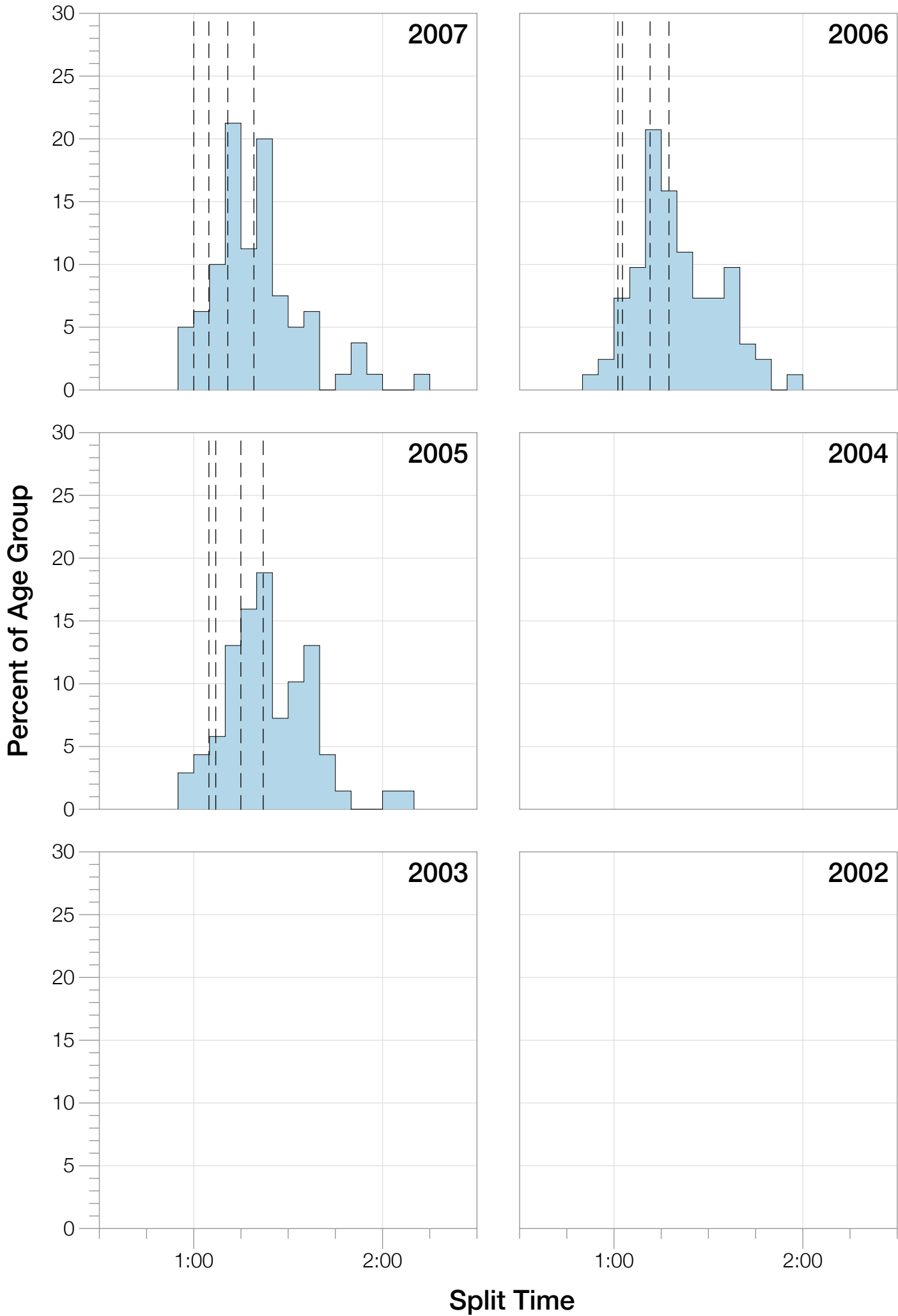
## F30-34 Summary Statistics

<b>Year</b>	<b>Finishers</b>	<b>F30-34 Finishers</b>	<b>Male Winner's Time</b>	<b>Female Winner's Time</b>	<b>F30-34 Winner's Time</b>
2005	1682	69	8:25:42	9:44:02	11:01:07
2006	1723	82	8:20:56	9:12:53	10:27:53
2007	1861	80	8:21:14	9:36:40	10:14:24
2008	1689	71	8:34:19	9:14:49	10:03:48
2009	2077	89	8:14:16	9:21:06	9:56:41
2010	2397	121	8:13:35	9:09:19	9:56:21
2011	2217	96	8:07:16	8:36:13	10:22:09
2012	2379	98	8:03:13	9:01:41	10:06:41
2013	2521	103	8:02:00	8:52:49	9:35:54
<b>Average</b>	<b>2061</b>	<b>90</b>	<b>8:15:50</b>	<b>9:12:10</b>	<b>10:11:39</b>

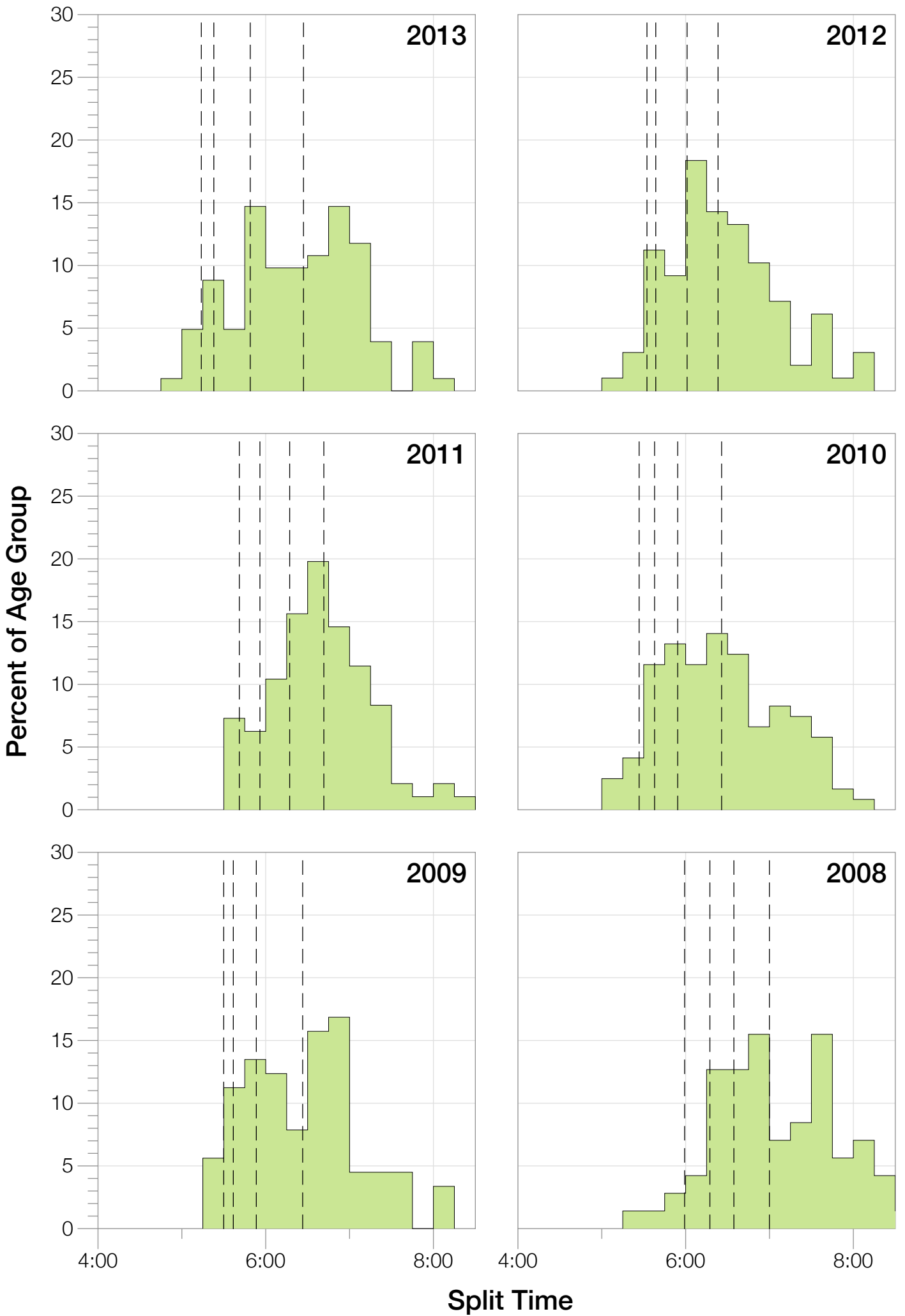
# F30-34 Swim



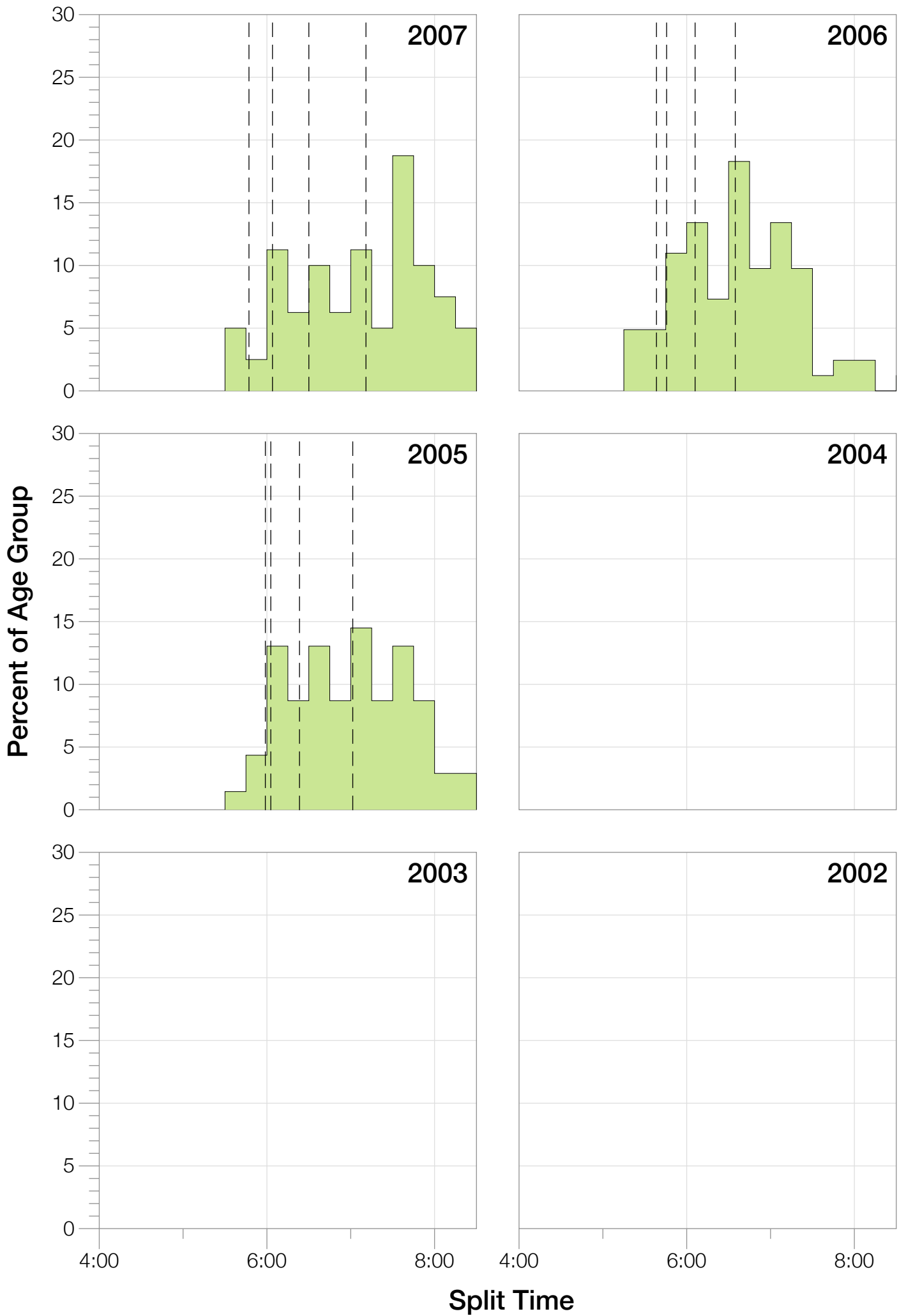
# F30-34 Swim



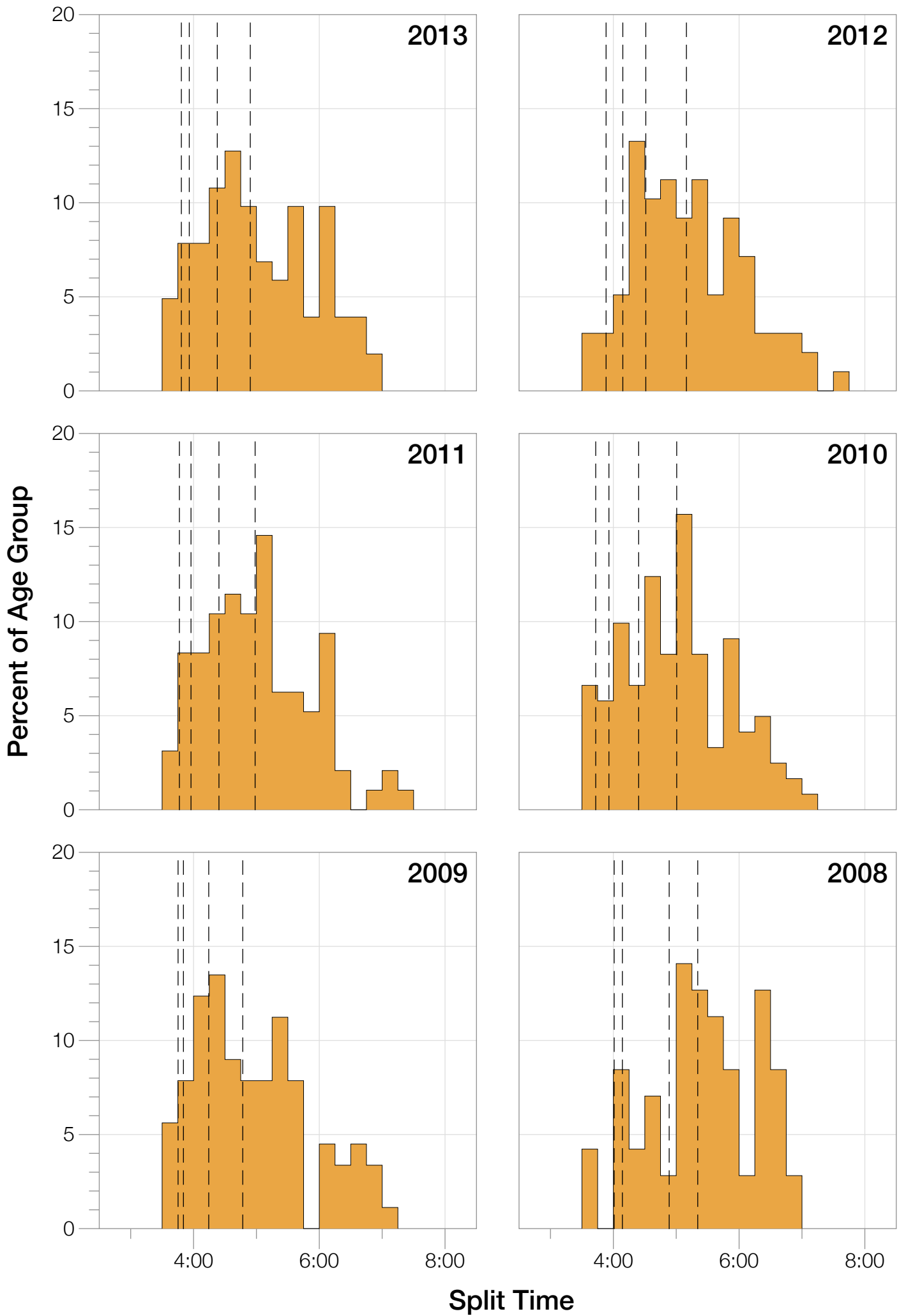
# F30-34 Bike



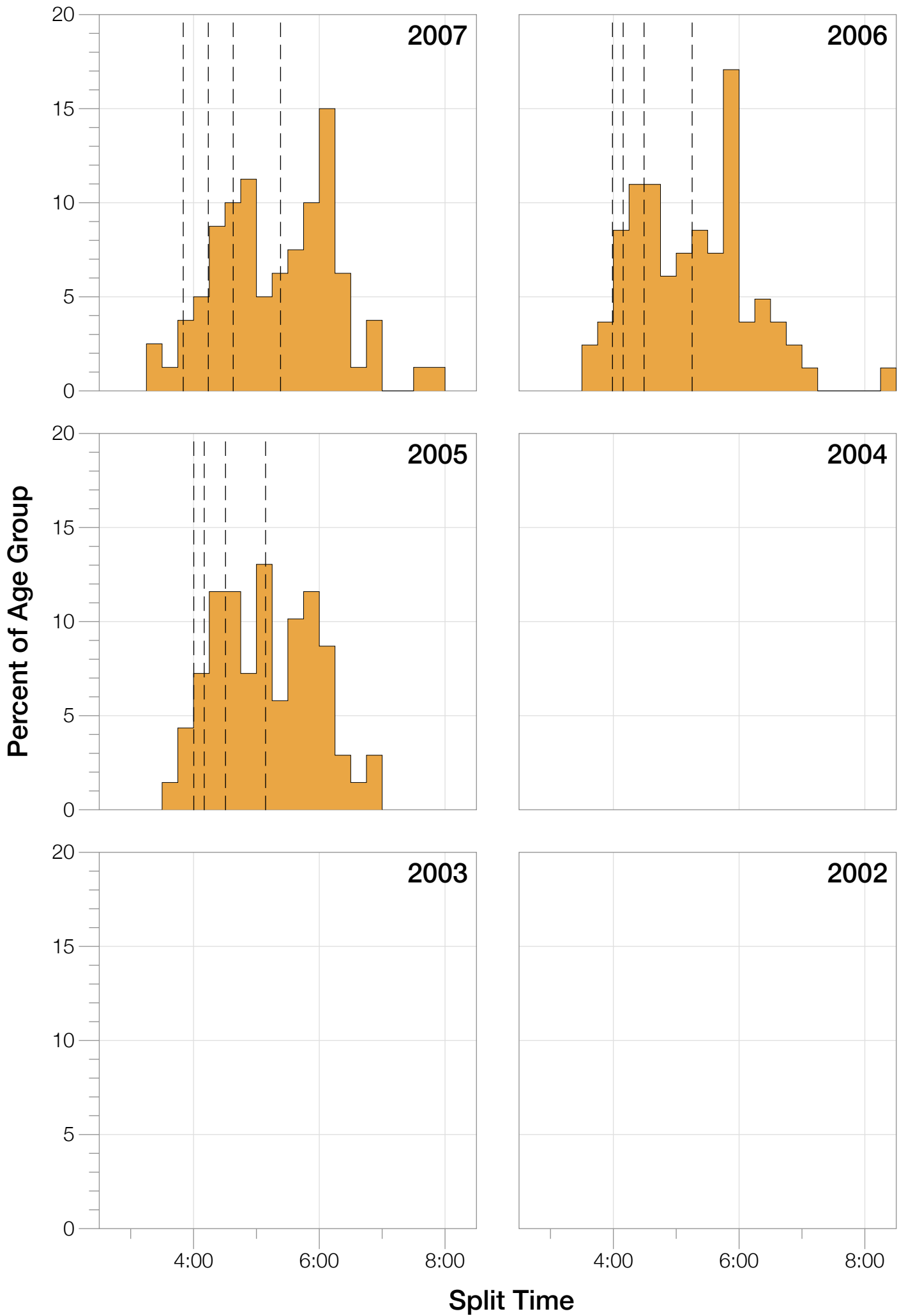
# F30-34 Bike



# F30-34 Run

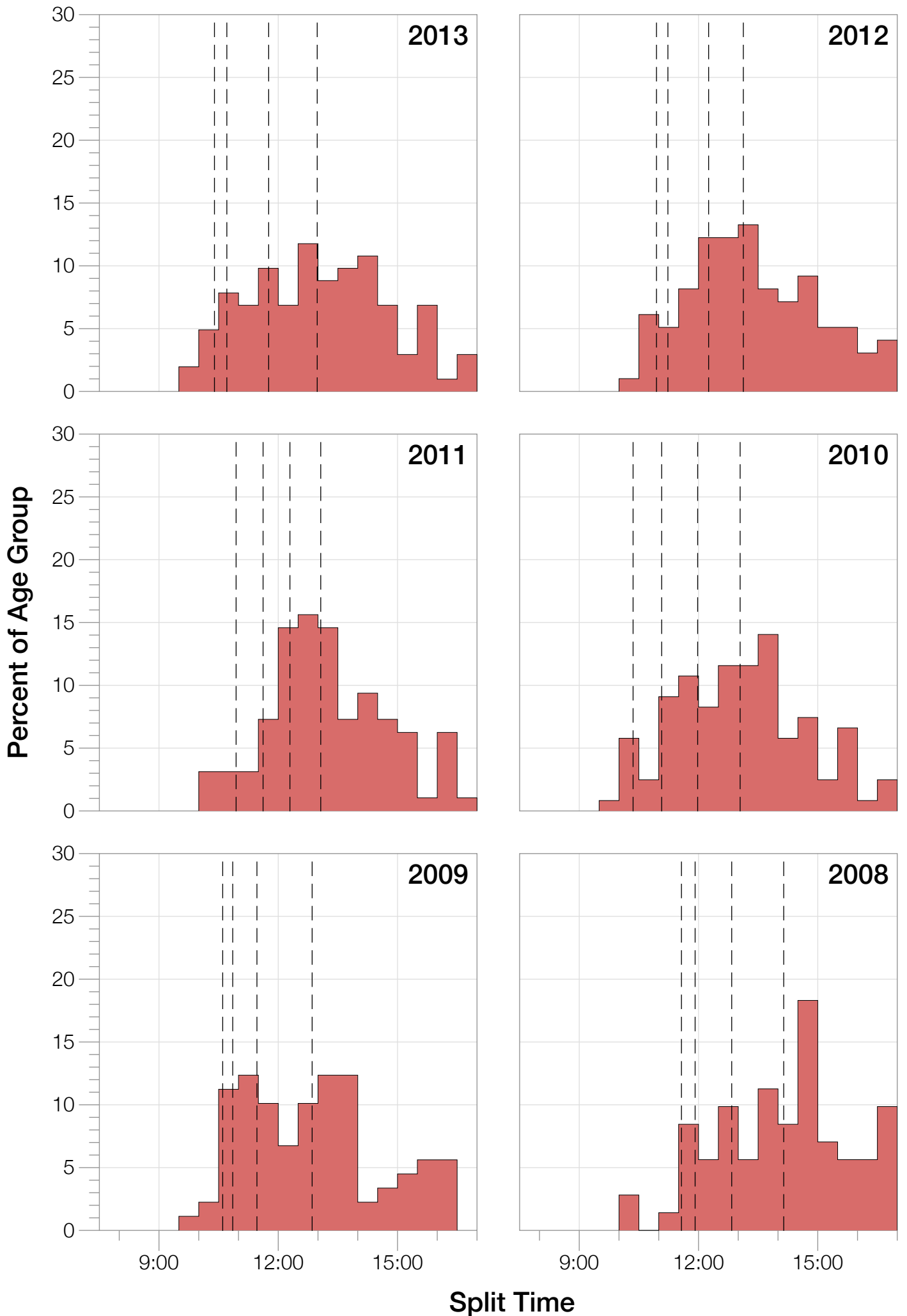


# F30-34 Run

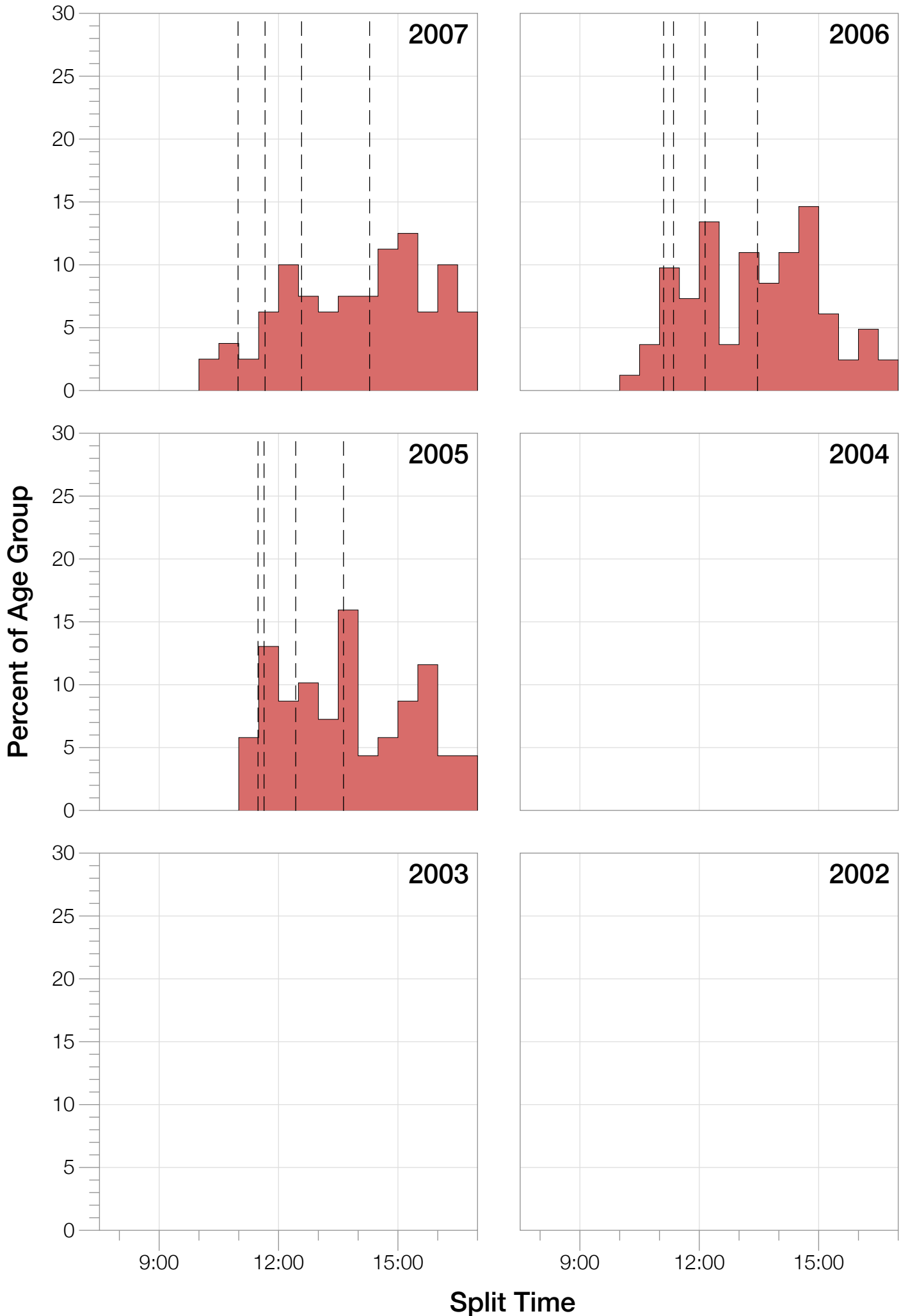




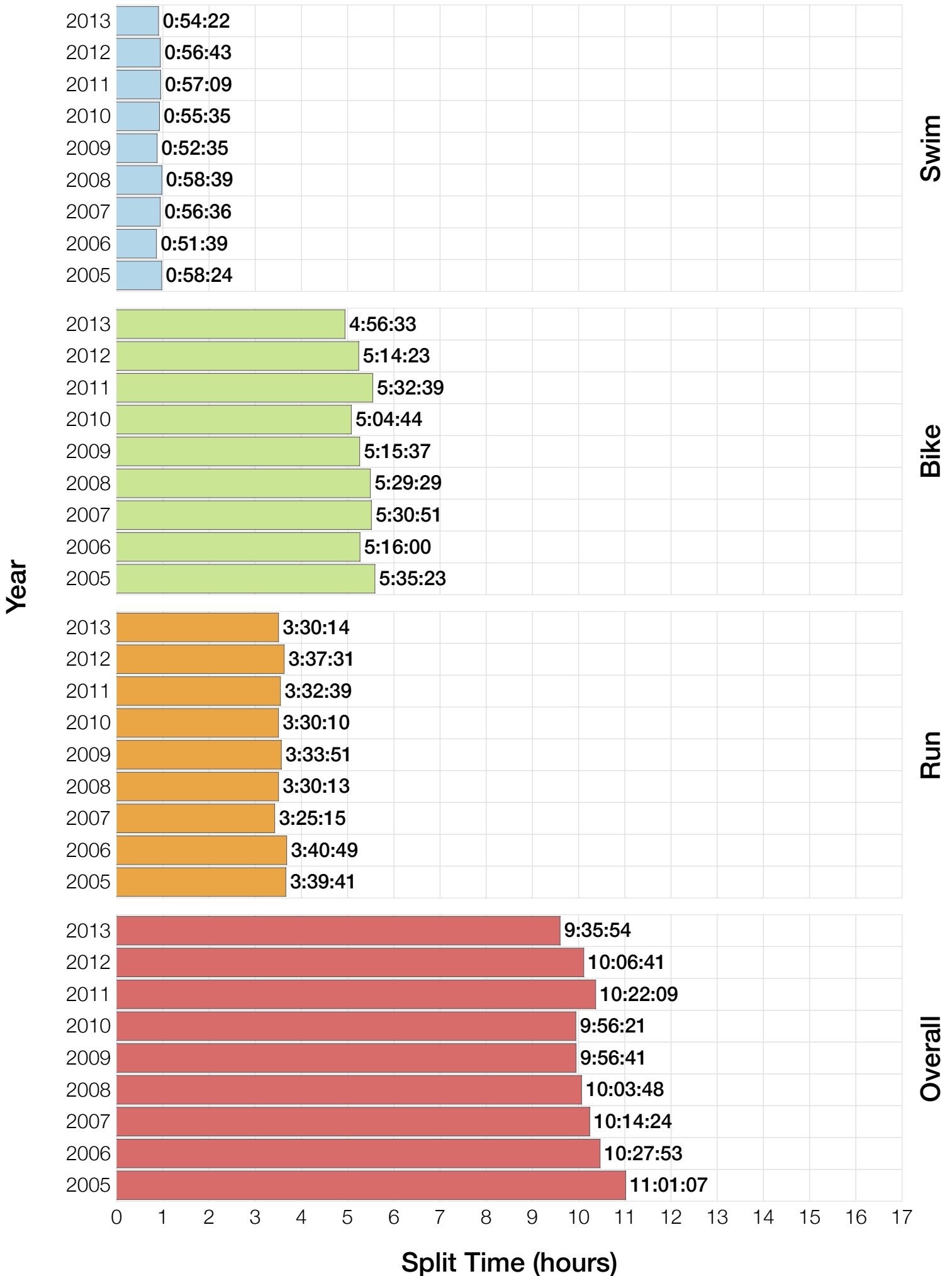
# F30-34 Overall



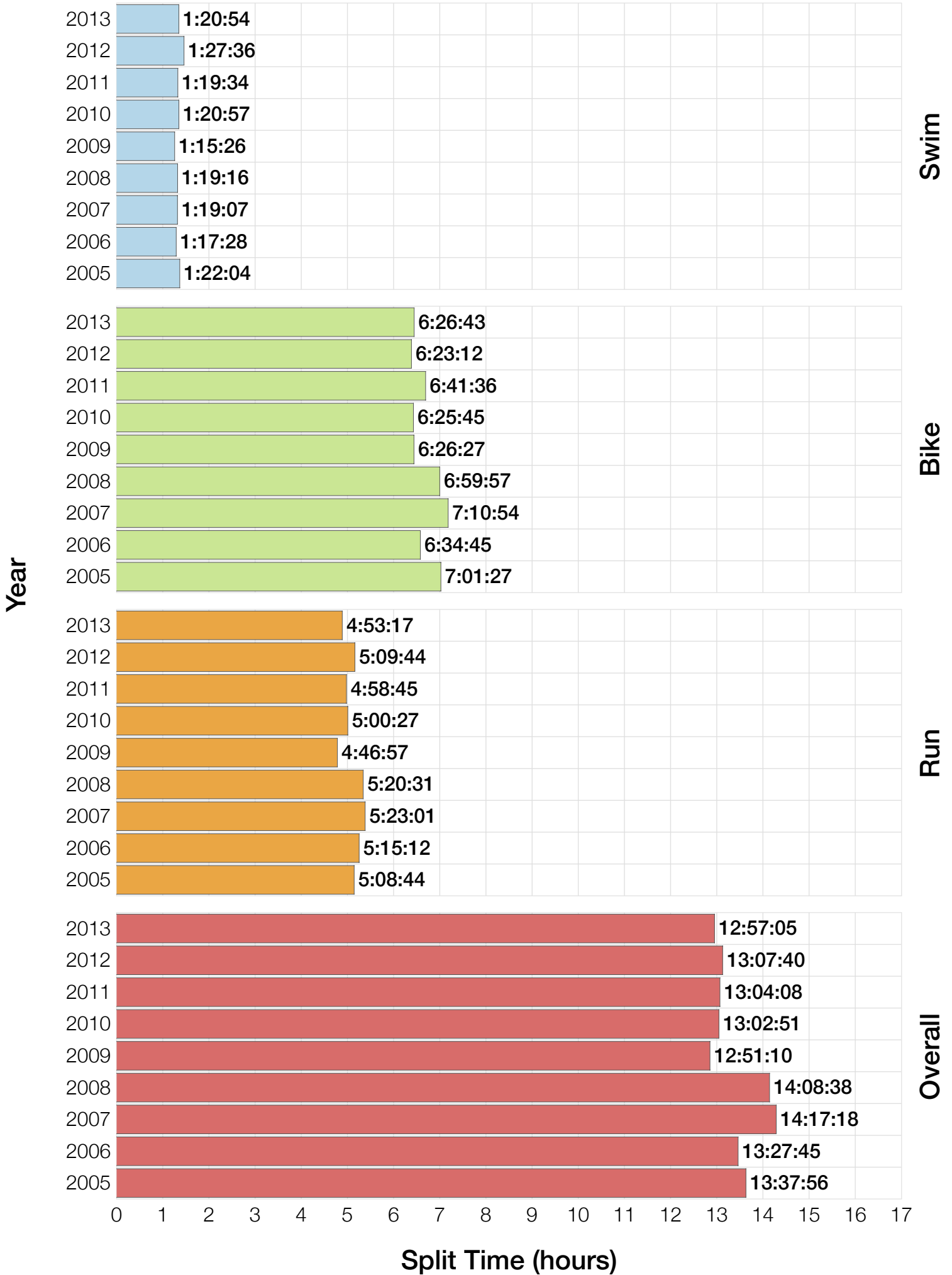
# F30-34 Overall



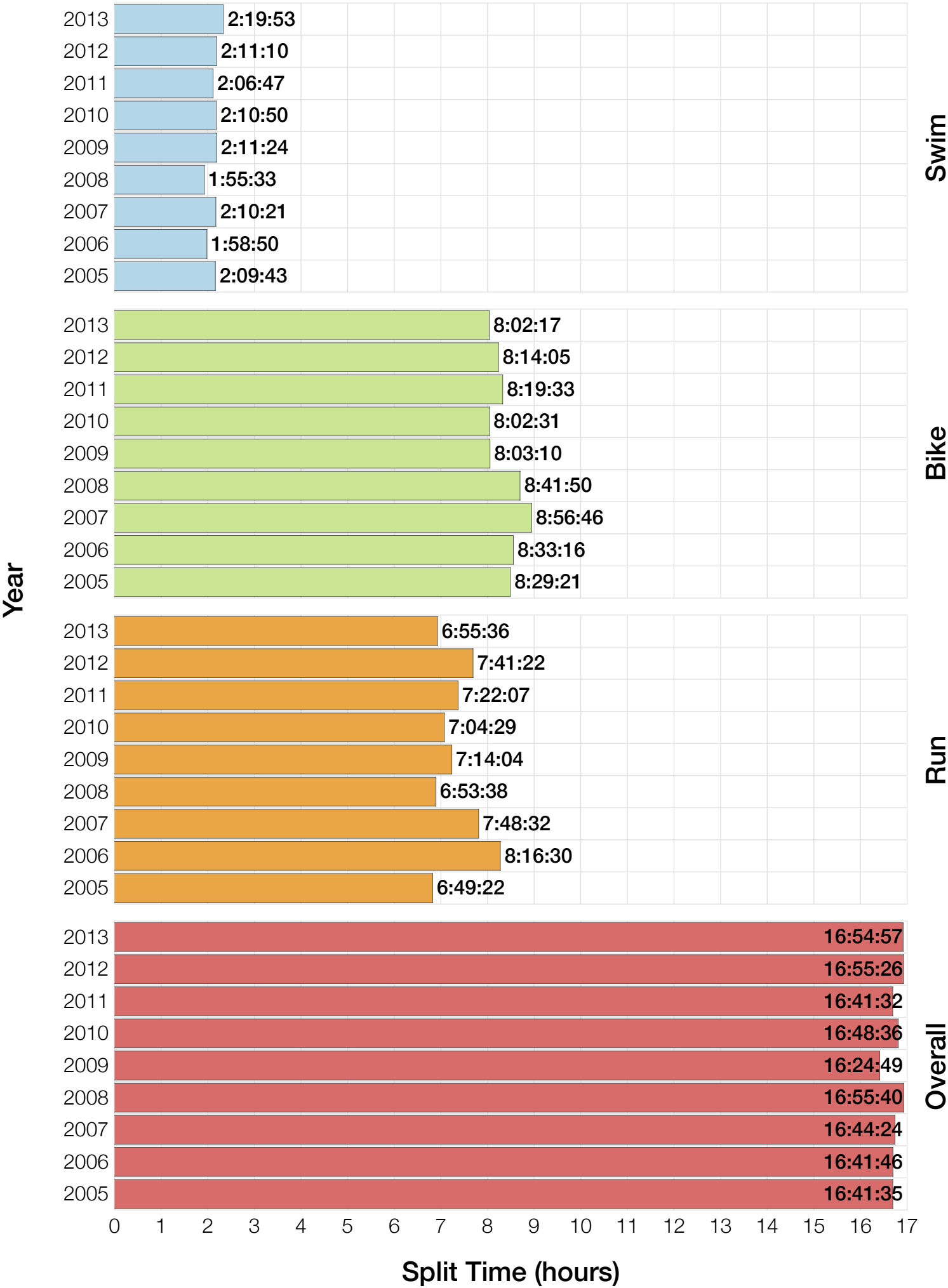
# F30-34 Fastest Splits



# F30-34 Median Splits

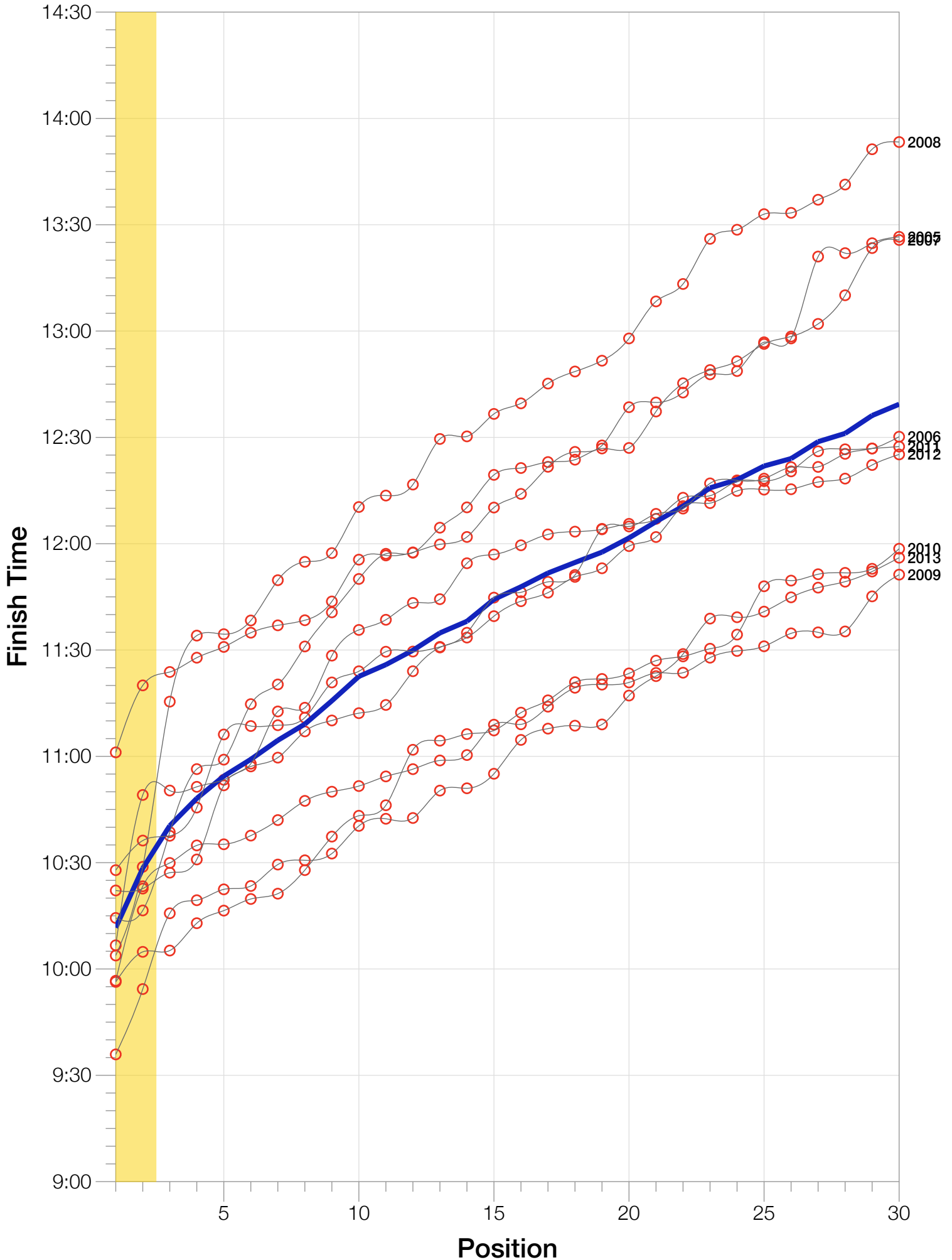


# F30-34 Slowest Splits



# 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
<b>Average Male Winner</b>	<b>0:51:33</b>	<b>4:29:34</b>	<b>2:50:36</b>	<b>8:15:50</b>
<b>Average Female Winner</b>	<b>0:56:59</b>	<b>5:01:18</b>	<b>3:09:13</b>	<b>9:12:10</b>
<b>Average 1st Age Grouper</b>	<b>1:04:22</b>	<b>5:23:51</b>	<b>3:36:49</b>	<b>10:11:39</b>
<b>Average 2nd Age Grouper</b>	<b>1:07:06</b>	<b>5:30:57</b>	<b>3:42:45</b>	<b>10:28:25</b>
Average 3rd Age Grouper	1:06:03	5:41:36	3:45:01	10:40:25
Average 4th Age Grouper	1:05:27	5:33:59	4:00:50	10:48:08
Average 5th Age Grouper	1:09:25	5:46:57	3:50:32	10:54:25
Average 6th Age Grouper	1:11:08	5:44:09	3:56:53	10:59:09
Average 7th Age Grouper	1:08:39	5:44:04	4:02:49	11:04:31
Average 8th Age Grouper	1:11:00	5:48:41	4:00:13	11:09:06
Average 9th Age Grouper	1:10:34	5:44:31	4:11:04	11:15:40
Average 10th Age Grouper	1:11:02	5:49:51	4:12:29	11:22:33
<b>Kona Qualifier Average</b>	<b>1:05:44</b>	<b>5:27:24</b>	<b>3:39:47</b>	<b>10:20:02</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:29</b>	<b>5:40:52</b>	<b>3:55:56</b>	<b>10:53:24</b>

## Arizona 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:54:03</b>	<b>4:20:11</b>	<b>2:43:58</b>	<b>8:02:00</b>
<b>Female Winner</b>	<b>0:53:24</b>	<b>4:51:46</b>	<b>3:02:02</b>	<b>8:52:49</b>
<b>1st Age Grouper</b>	<b>1:04:19</b>	<b>4:56:33</b>	<b>3:30:14</b>	<b>9:35:54</b>
<b>2nd Age Grouper</b>	<b>1:08:56</b>	<b>5:02:09</b>	<b>3:36:28</b>	<b>9:54:20</b>
3rd Age Grouper	1:10:56	5:24:38	3:34:21	10:15:43
4th Age Grouper	1:04:22	5:18:07	3:51:15	10:19:24
5th Age Grouper	1:03:19	5:29:11	3:42:11	10:22:28
6th Age Grouper	1:03:18	5:10:17	4:02:35	10:23:25
7th Age Grouper	1:03:18	5:22:13	3:55:01	10:29:28
8th Age Grouper	0:58:29	5:24:40	3:59:03	10:30:40
9th Age Grouper	1:00:50	5:42:27	3:42:09	10:32:34
10th Age Grouper	1:18:15	5:07:37	4:09:09	10:40:22
<b>Kona Qualifier Average</b>	<b>1:06:37</b>	<b>4:59:21</b>	<b>3:33:21</b>	<b>9:45:07</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:36</b>	<b>5:17:47</b>	<b>3:48:14</b>	<b>10:18:25</b>

## Arizona 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
<b>Male Winner</b>	<b>0:48:19</b>	<b>4:22:45</b>	<b>2:48:06</b>	<b>8:03:13</b>
<b>Female Winner</b>	<b>0:59:11</b>	<b>4:51:34</b>	<b>3:05:54</b>	<b>9:01:41</b>
<b>1st Age Grouper</b>	<b>1:00:31</b>	<b>5:14:23</b>	<b>3:43:42</b>	<b>10:06:41</b>
<b>2nd Age Grouper</b>	<b>1:13:31</b>	<b>5:44:44</b>	<b>3:43:16</b>	<b>10:49:06</b>
3rd Age Grouper	1:13:16	5:22:25	4:03:12	10:50:21
4th Age Grouper	1:05:16	5:58:08	3:37:31	10:51:24
5th Age Grouper	1:18:46	5:34:07	3:53:18	10:53:23
6th Age Grouper	1:18:53	5:25:35	4:06:01	10:57:09
7th Age Grouper	1:14:50	5:44:35	3:51:40	10:59:38
8th Age Grouper	1:11:09	5:32:34	4:16:50	11:07:02
9th Age Grouper	1:29:34	5:35:07	3:49:52	11:10:07
10th Age Grouper	1:14:40	5:46:17	4:03:45	11:12:11
<b>Kona Qualifier Average</b>	<b>1:07:01</b>	<b>5:29:33</b>	<b>3:43:29</b>	<b>10:27:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:02</b>	<b>5:35:47</b>	<b>3:54:54</b>	<b>10:53:42</b>

### Arizona 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:51:24	4:23:17	2:48:59	8:07:16
Female Winner	0:51:56	4:47:06	2:52:55	8:36:13
1st Age Grouper	1:09:00	5:35:00	3:32:39	10:22:09
2nd Age Grouper	0:57:09	5:36:23	3:43:58	10:22:41
3rd Age Grouper	1:01:15	5:32:39	3:46:23	10:27:10
4th Age Grouper	1:07:34	5:33:13	3:42:40	10:30:54
5th Age Grouper	1:05:37	5:53:34	3:45:12	10:51:49
6th Age Grouper	1:08:31	5:40:36	4:03:06	10:57:55
7th Age Grouper	1:12:29	5:43:47	4:04:05	11:12:40
8th Age Grouper	1:23:44	5:52:08	3:46:32	11:13:43
9th Age Grouper	1:08:38	5:41:19	4:26:05	11:28:25
10th Age Grouper	1:01:13	6:02:44	4:22:40	11:35:40
<b>Kona Qualifier Average</b>	<b>1:03:04</b>	<b>5:35:41</b>	<b>3:38:18</b>	<b>10:22:25</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:31</b>	<b>5:43:08</b>	<b>3:55:20</b>	<b>10:54:18</b>

### Arizona 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:49	4:22:30	2:55:45	8:13:35
Female Winner	0:58:58	4:56:48	3:10:10	9:09:19
1st Age Grouper	0:58:20	5:20:32	3:30:10	9:56:21
2nd Age Grouper	1:18:38	5:04:44	3:30:13	10:04:50
3rd Age Grouper	0:55:35	5:13:31	3:49:26	10:05:12
4th Age Grouper	1:00:45	5:04:49	4:01:12	10:12:55
5th Age Grouper	1:06:42	5:26:03	3:38:03	10:16:28
6th Age Grouper	0:57:33	5:33:31	3:42:26	10:19:45
7th Age Grouper	1:03:13	5:26:30	3:46:56	10:21:15
8th Age Grouper	1:06:44	5:41:47	3:31:36	10:27:54
9th Age Grouper	1:01:06	5:26:58	4:02:30	10:37:21
10th Age Grouper	1:18:48	5:41:16	3:34:06	10:43:14
<b>Kona Qualifier Average</b>	<b>1:08:29</b>	<b>5:12:38</b>	<b>3:30:11</b>	<b>10:00:35</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:44</b>	<b>5:23:58</b>	<b>3:42:39</b>	<b>10:18:31</b>

### Arizona 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:46:10	4:37:55	2:46:37	8:14:16
Female Winner	1:06:05	5:02:46	3:07:56	9:21:06
1st Age Grouper	0:52:35	5:15:37	3:42:27	9:56:41
2nd Age Grouper	1:05:11	5:34:22	3:33:51	10:23:20
3rd Age Grouper	1:08:11	5:35:42	3:38:31	10:29:55
4th Age Grouper	1:01:52	5:36:57	3:49:21	10:34:52
5th Age Grouper	1:01:24	5:49:48	3:36:49	10:35:11
6th Age Grouper	1:13:59	5:28:40	3:47:12	10:37:38
7th Age Grouper	1:04:46	5:24:55	4:04:57	10:42:01
8th Age Grouper	1:04:53	5:50:48	3:43:54	10:47:26
9th Age Grouper	1:09:22	5:43:28	3:48:59	10:50:01
10th Age Grouper	1:02:35	5:30:22	4:09:16	10:51:37
<b>Kona Qualifier Average</b>	<b>0:58:53</b>	<b>5:24:59</b>	<b>3:38:09</b>	<b>10:10:00</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:28</b>	<b>5:35:03</b>	<b>3:47:31</b>	<b>10:34:52</b>



### Arizona 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:58:59	4:41:10	2:50:12	8:34:19
Female Winner	0:59:08	5:02:30	3:07:58	9:14:49
1st Age Grouper	0:58:43	5:29:29	3:30:13	10:03:48
2nd Age Grouper	1:00:15	5:41:09	3:41:34	10:28:49
3rd Age Grouper	1:07:52	6:19:00	3:41:32	11:15:26
4th Age Grouper	1:11:53	5:47:18	4:26:29	11:34:04
5th Age Grouper	1:16:35	6:10:37	4:00:01	11:34:28
6th Age Grouper	1:24:01	6:04:56	4:01:35	11:38:20
7th Age Grouper	1:05:32	6:19:39	4:10:18	11:49:42
8th Age Grouper	1:19:33	6:17:31	4:06:13	11:54:53
9th Age Grouper	1:07:08	5:53:37	4:44:05	11:57:21
10th Age Grouper	1:24:53	6:22:50	4:08:37	12:10:21
<b>Kona Qualifier Average</b>	<b>0:59:29</b>	<b>5:35:19</b>	<b>3:35:53</b>	<b>10:16:18</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:38</b>	<b>6:02:36</b>	<b>4:03:03</b>	<b>11:26:43</b>

### Arizona 2007

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:52:08	4:30:21	2:54:39	8:21:14
Female Winner	0:52:13	5:23:28	3:15:48	9:36:40
1st Age Grouper	1:00:04	5:40:59	3:26:50	10:14:24
2nd Age Grouper	1:14:18	5:30:51	3:25:15	10:16:31
3rd Age Grouper	0:56:36	5:47:29	3:48:07	10:38:36
4th Age Grouper	0:56:37	5:38:16	4:11:35	10:56:24
5th Age Grouper	1:07:44	6:04:07	3:40:19	10:59:04
6th Age Grouper	1:13:03	6:05:53	3:50:16	11:14:44
7th Age Grouper	1:05:02	5:40:23	4:28:40	11:20:17
8th Age Grouper	1:13:28	5:55:23	4:13:05	11:31:00
9th Age Grouper	1:10:57	6:02:00	4:19:12	11:40:38
10th Age Grouper	1:08:31	6:11:09	4:22:44	11:50:03
<b>Kona Qualifier Average</b>	<b>1:07:11</b>	<b>5:35:55</b>	<b>3:26:02</b>	<b>10:15:27</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:38</b>	<b>5:51:39</b>	<b>3:58:36</b>	<b>11:04:10</b>

### Arizona 2006

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:52:59	4:30:25	2:53:18	8:20:56
Female Winner	0:52:57	4:59:48	3:15:29	9:12:53
1st Age Grouper	1:11:34	5:26:45	3:40:49	10:27:53
2nd Age Grouper	1:05:09	5:23:42	4:01:05	10:36:14
3rd Age Grouper	1:02:23	5:44:39	3:43:56	10:37:35
4th Age Grouper	1:08:03	5:16:00	4:12:29	10:45:33
5th Age Grouper	1:19:50	5:23:16	4:12:52	11:06:10
6th Age Grouper	1:02:25	6:01:00	3:55:52	11:08:33
7th Age Grouper	1:15:16	5:52:55	3:53:25	11:08:47
8th Age Grouper	1:14:47	5:45:41	4:01:39	11:10:55
9th Age Grouper	1:12:40	5:39:34	4:20:06	11:20:51
10th Age Grouper	1:12:00	5:45:37	4:20:12	11:24:00
<b>Kona Qualifier Average</b>	<b>1:08:21</b>	<b>5:25:13</b>	<b>3:50:57</b>	<b>10:32:03</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:24</b>	<b>5:37:54</b>	<b>4:02:14</b>	<b>10:58:39</b>

## Arizona 2005

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:13	4:37:39	2:53:52	8:25:42
Female Winner	0:59:07	5:15:59	3:24:46	9:44:02
1st Age Grouper	1:24:12	5:35:23	3:54:25	11:01:07
2nd Age Grouper	1:00:52	6:00:36	4:09:09	11:20:01
3rd Age Grouper	1:18:23	6:14:24	3:39:41	11:23:48
4th Age Grouper	1:12:49	5:53:09	4:15:02	11:27:50
5th Age Grouper	1:04:54	6:11:56	4:06:09	11:30:52
6th Age Grouper	1:18:30	6:06:58	4:02:54	11:34:53
7th Age Grouper	1:13:29	6:01:44	4:10:26	11:36:58
8th Age Grouper	1:06:17	5:57:44	4:23:08	11:38:24
9th Age Grouper	1:14:58	5:56:13	4:26:41	11:43:42
10th Age Grouper	0:58:24	6:00:49	4:41:57	11:55:30
<b>Kona Qualifier Average</b>	<b>1:12:32</b>	<b>5:47:59</b>	<b>4:01:47</b>	<b>11:10:34</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:16</b>	<b>5:59:53</b>	<b>4:10:57</b>	<b>11:31:18</b>