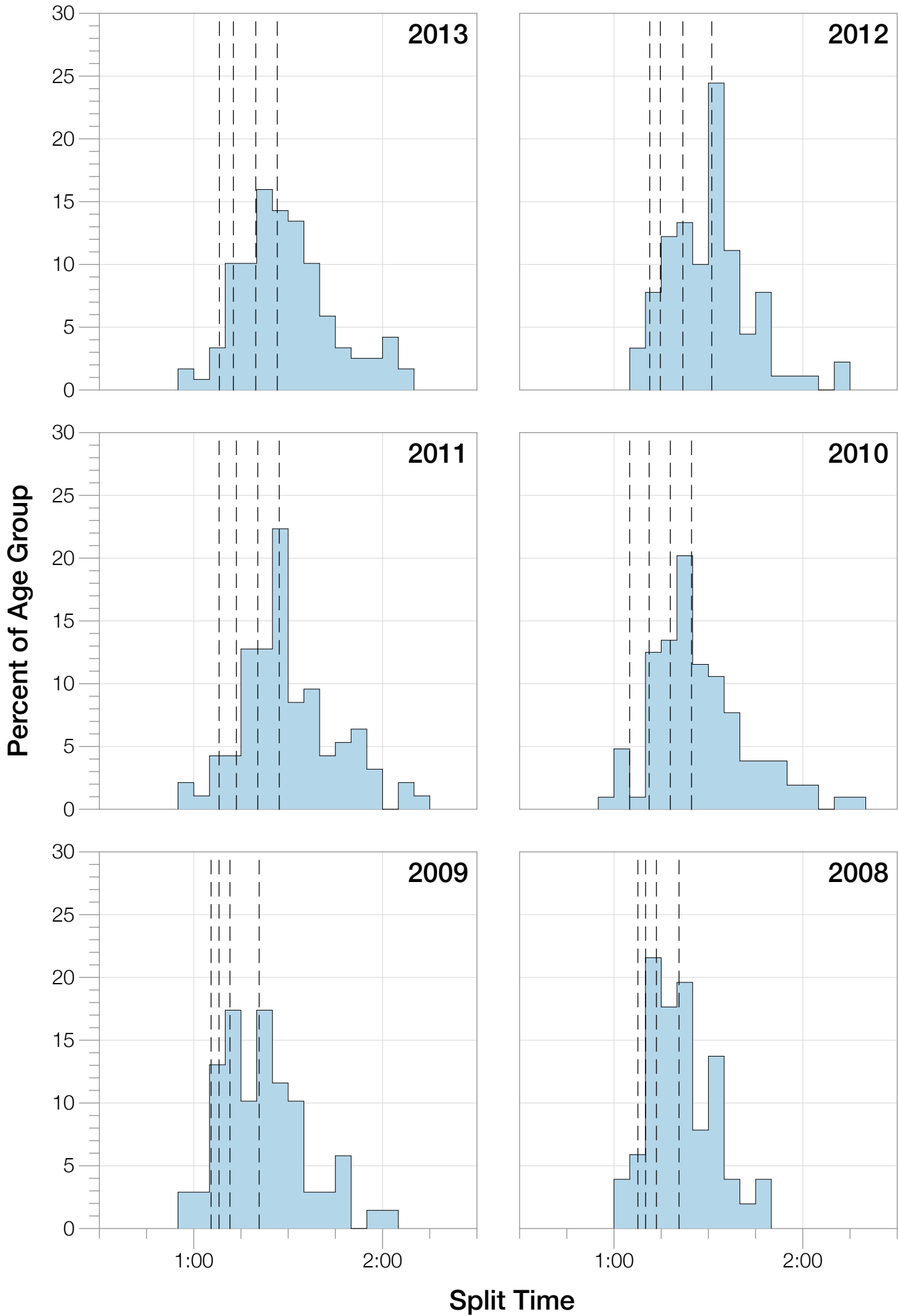


Ironman Arizona F45-49 Stats

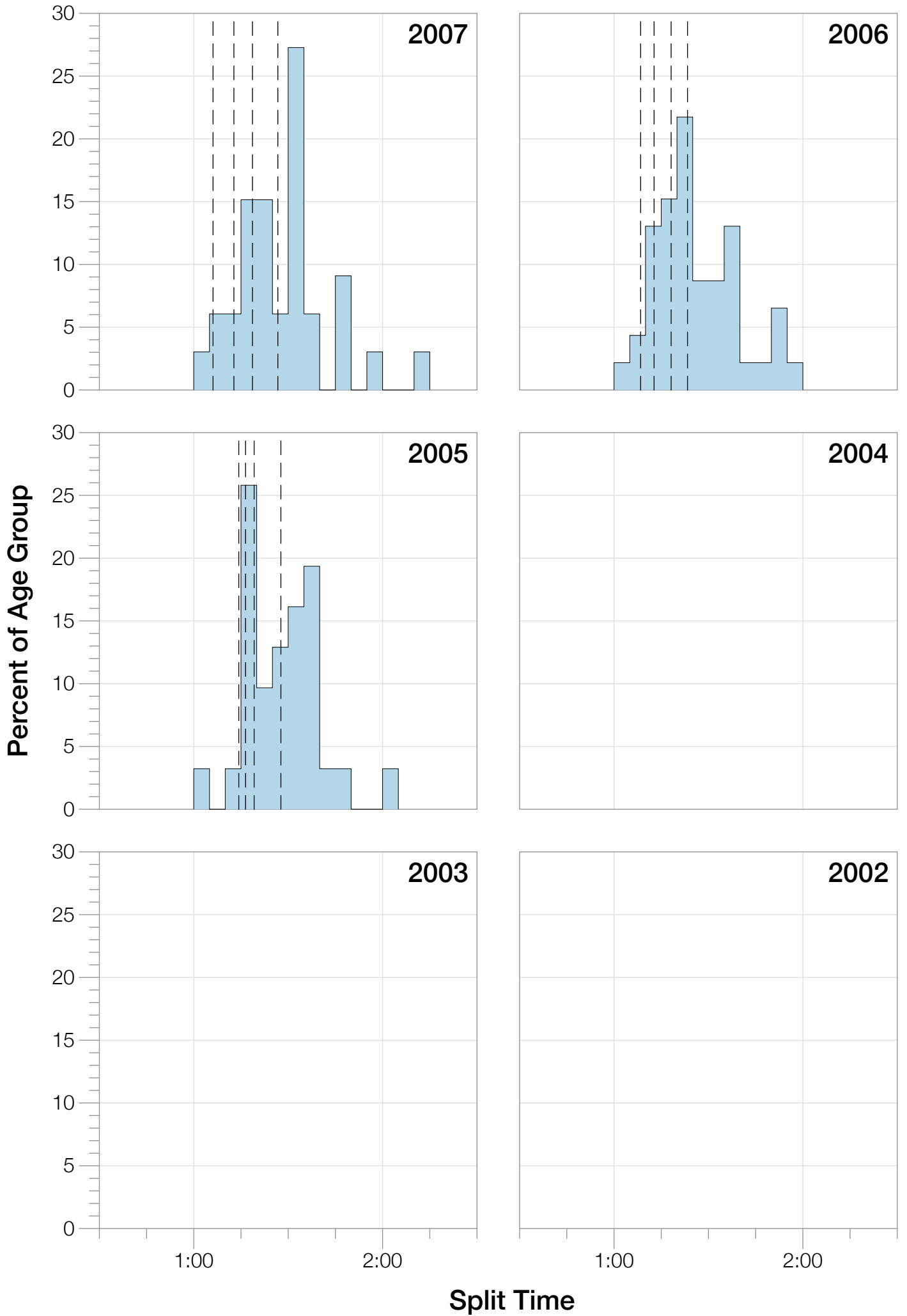
F45-49 Summary Statistics

Year	Finishers	F45-49 Finishers	Male Winner's Time	Female Winner's Time	F45-49 Winner's Time
2005	1682	31	8:25:42	9:44:02	11:21:50
2006	1723	46	8:20:56	9:12:53	11:36:06
2007	1861	33	8:21:14	9:36:40	11:07:01
2008	1689	51	8:34:19	9:14:49	11:57:24
2009	2077	69	8:14:16	9:21:06	10:49:13
2010	2397	104	8:13:35	9:09:19	10:25:19
2011	2217	94	8:07:16	8:36:13	10:52:55
2012	2379	91	8:03:13	9:01:41	10:16:39
2013	2521	120	8:02:00	8:52:49	10:13:51
Average	2061	71	8:15:50	9:12:10	10:57:48

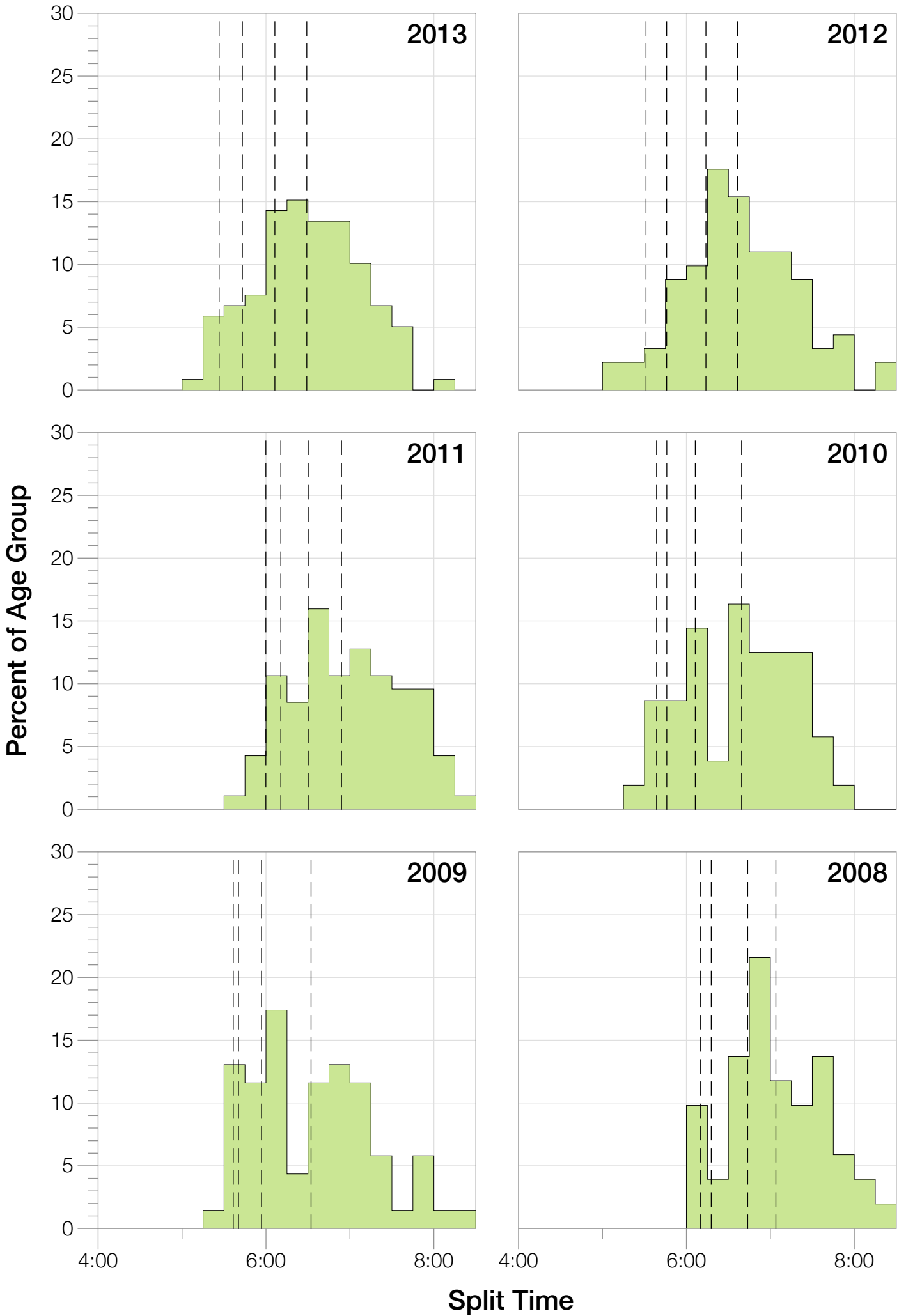
F45-49 Swim



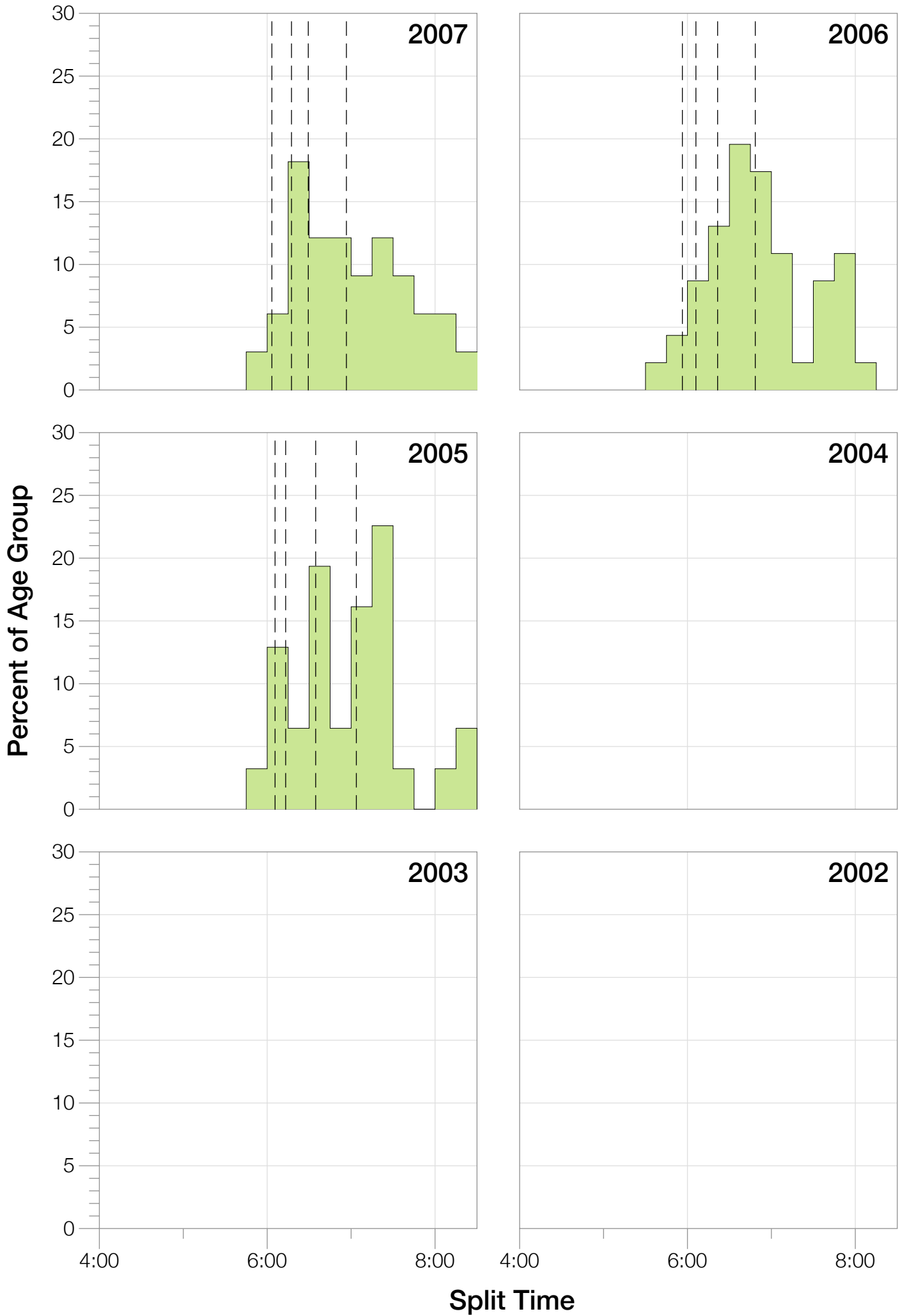
F45-49 Swim



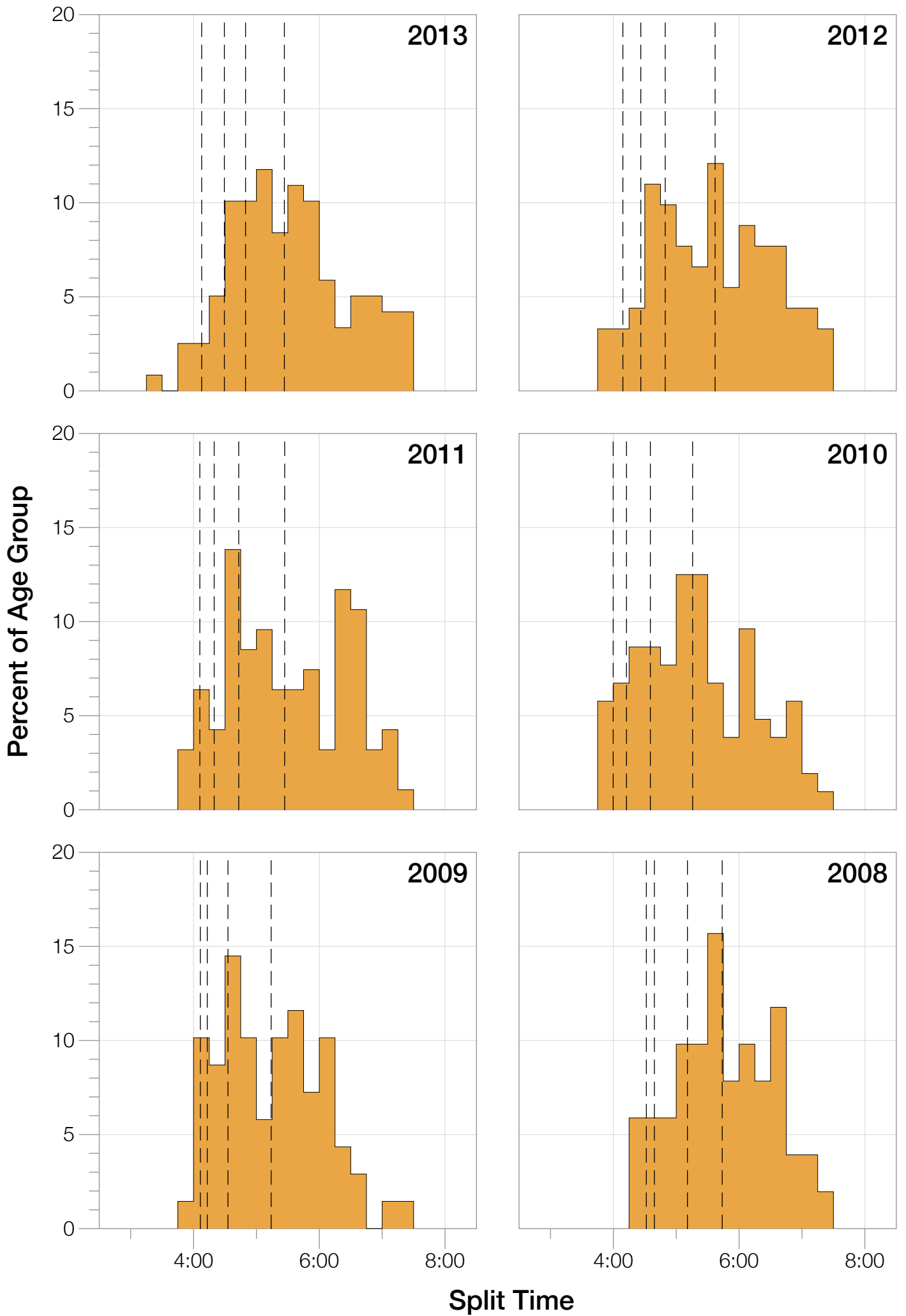
F45-49 Bike



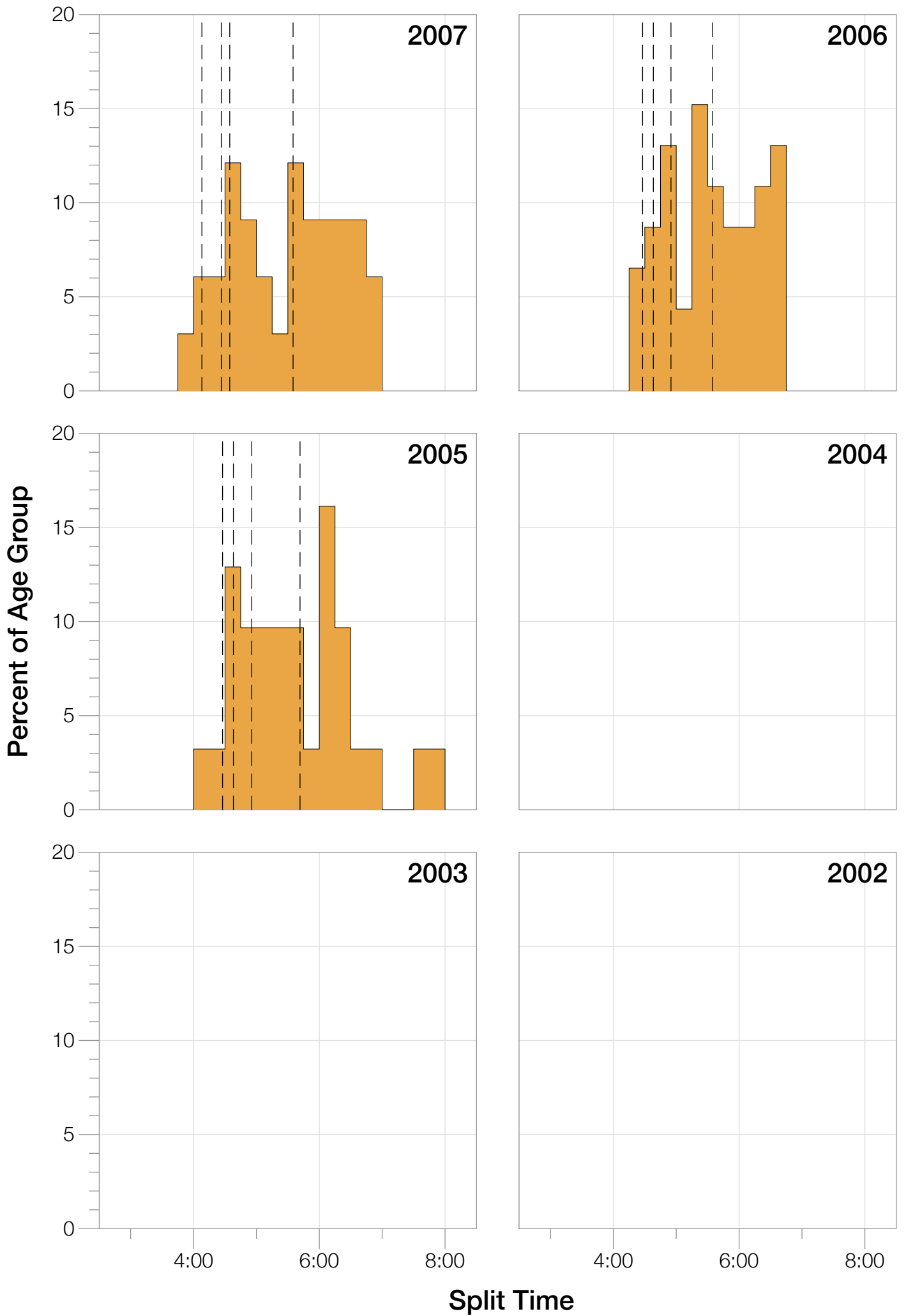
F45-49 Bike



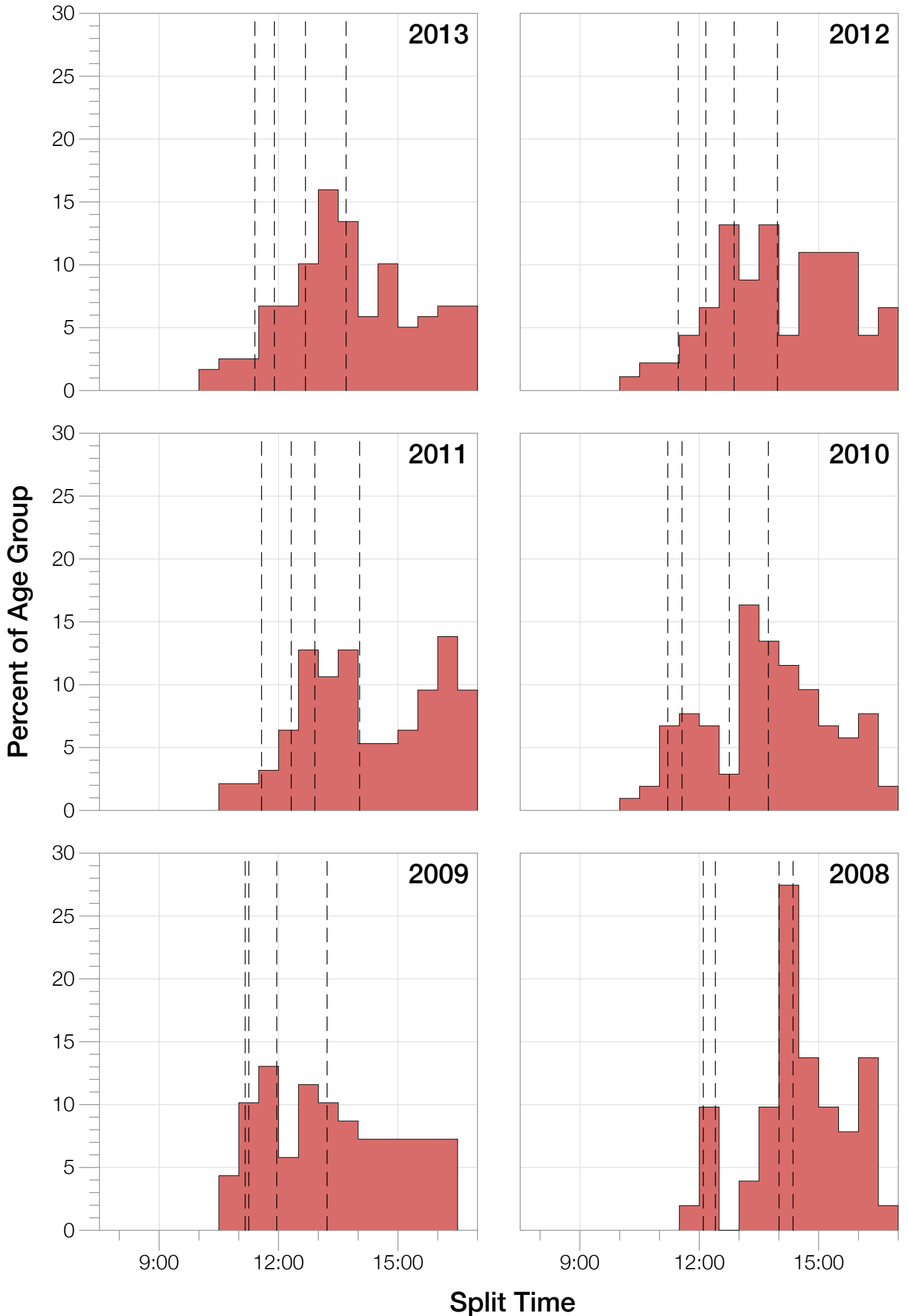
F45-49 Run



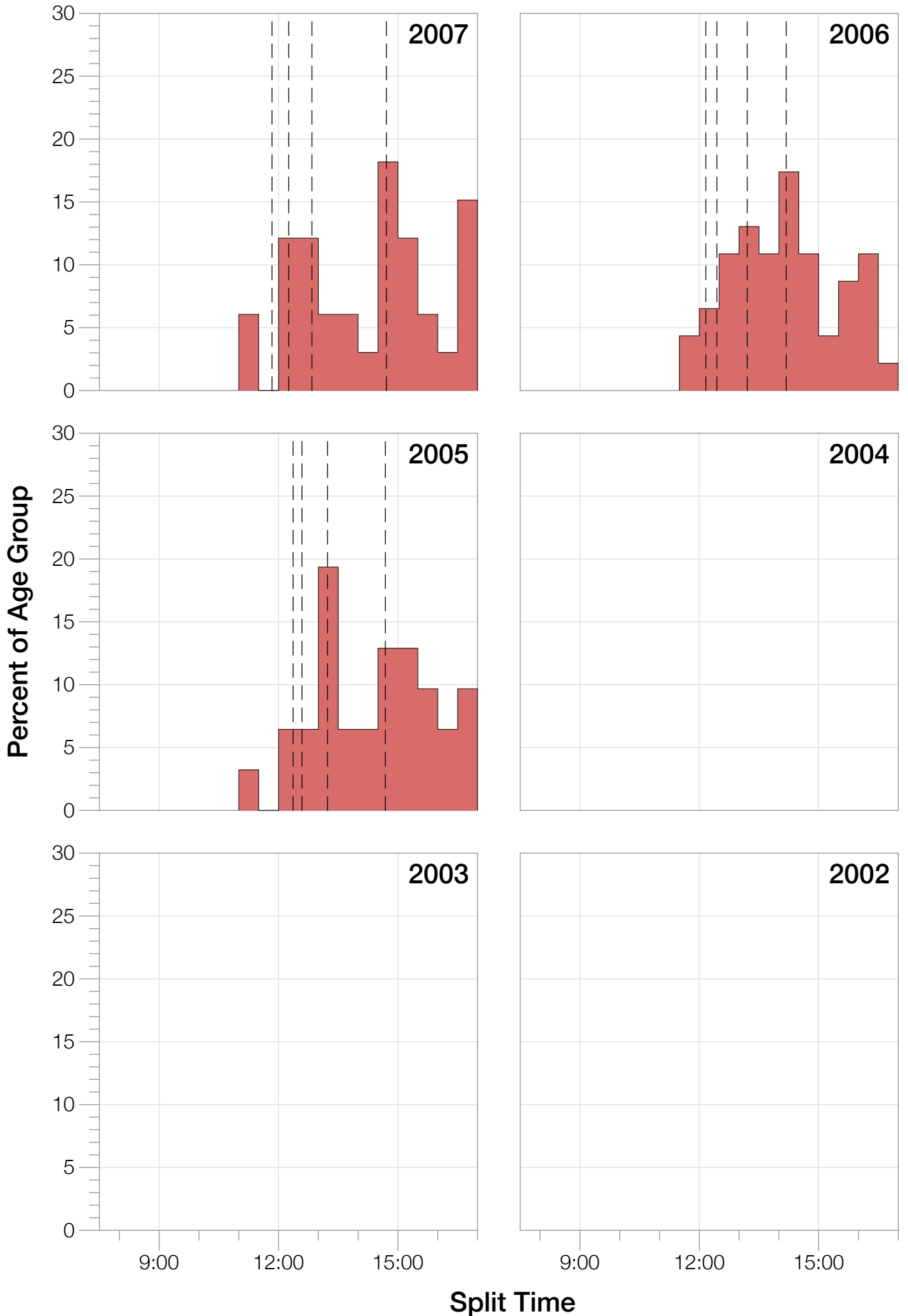
F45-49 Run



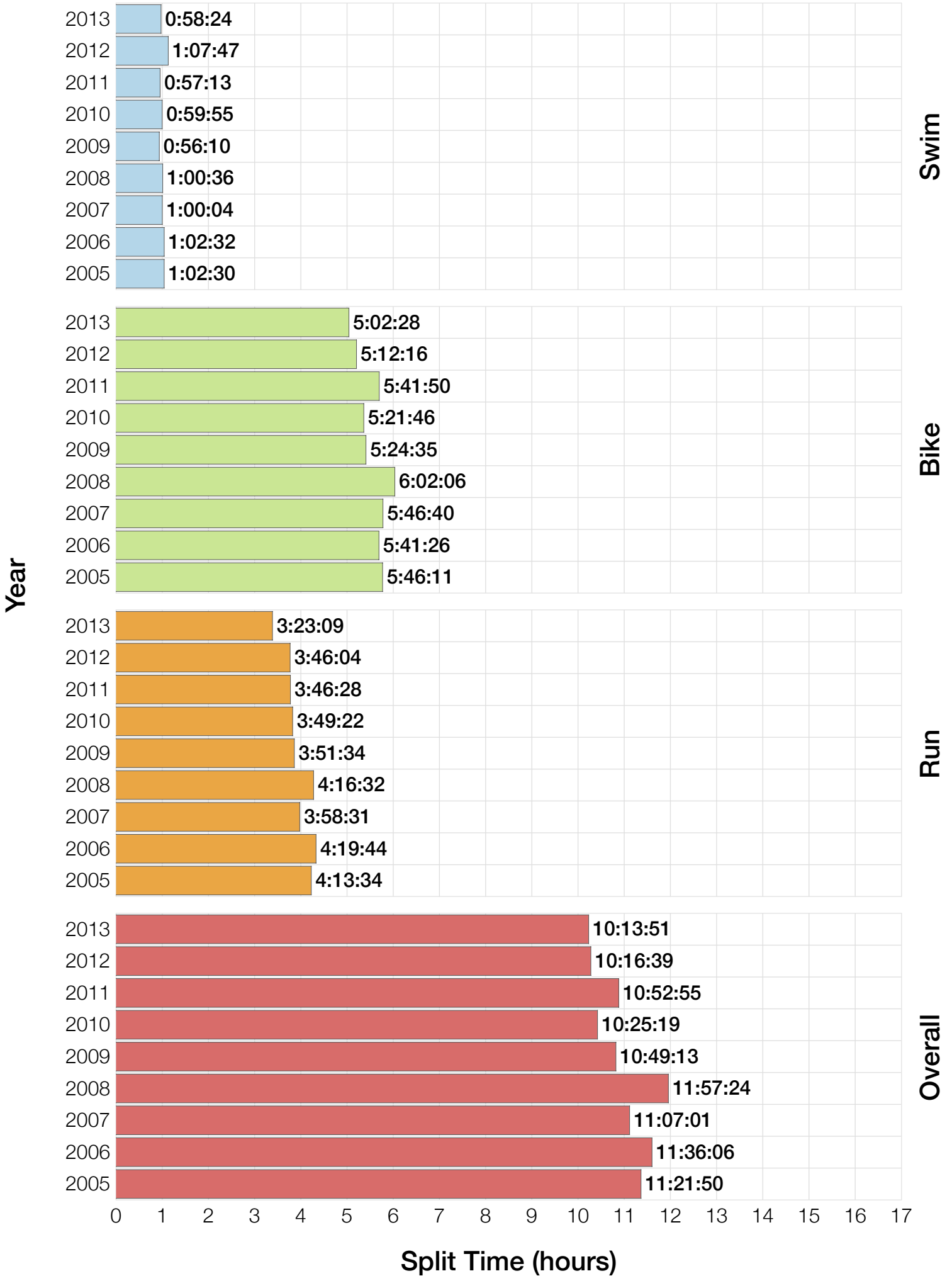
F45-49 Overall



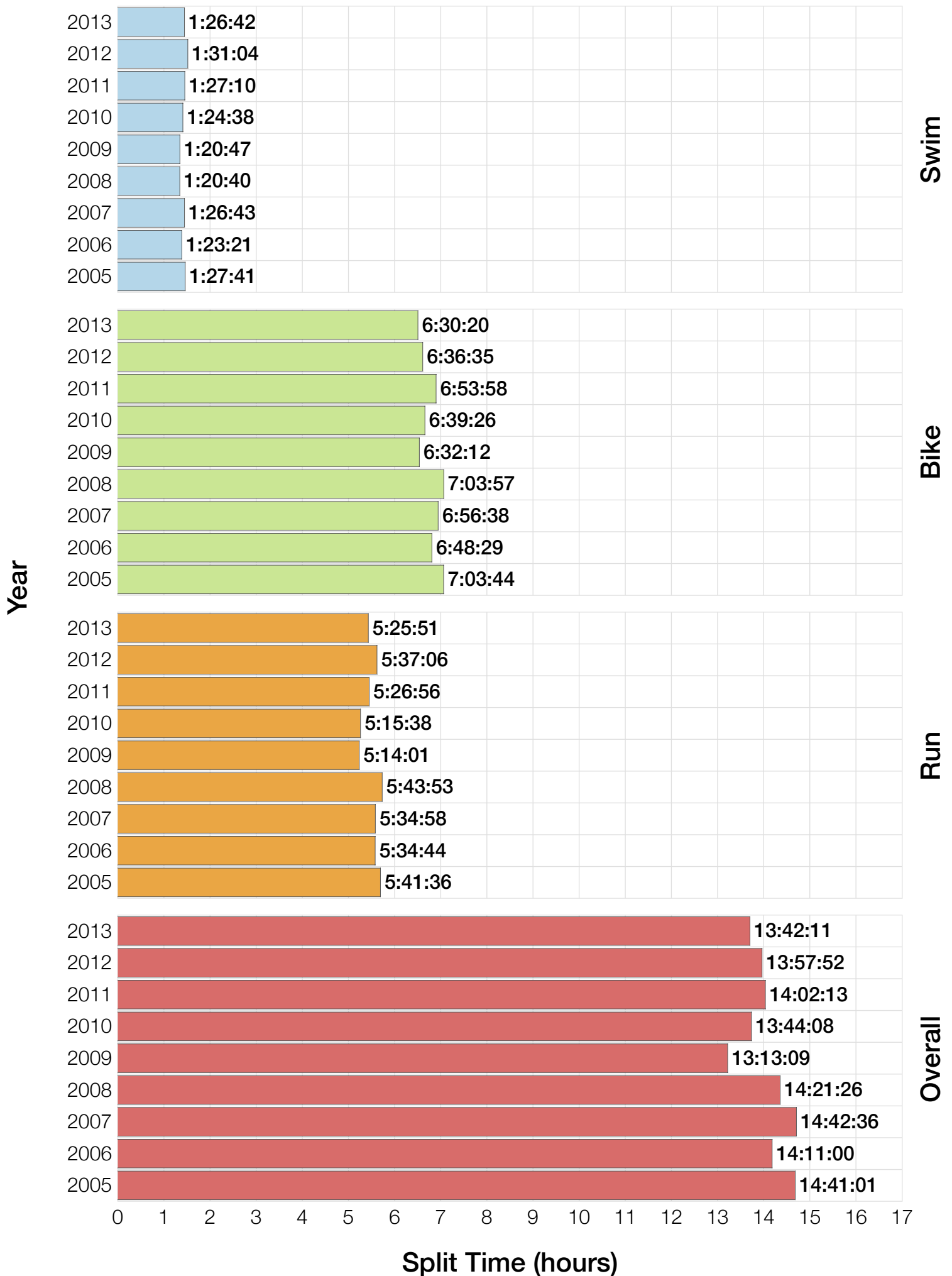
F45-49 Overall



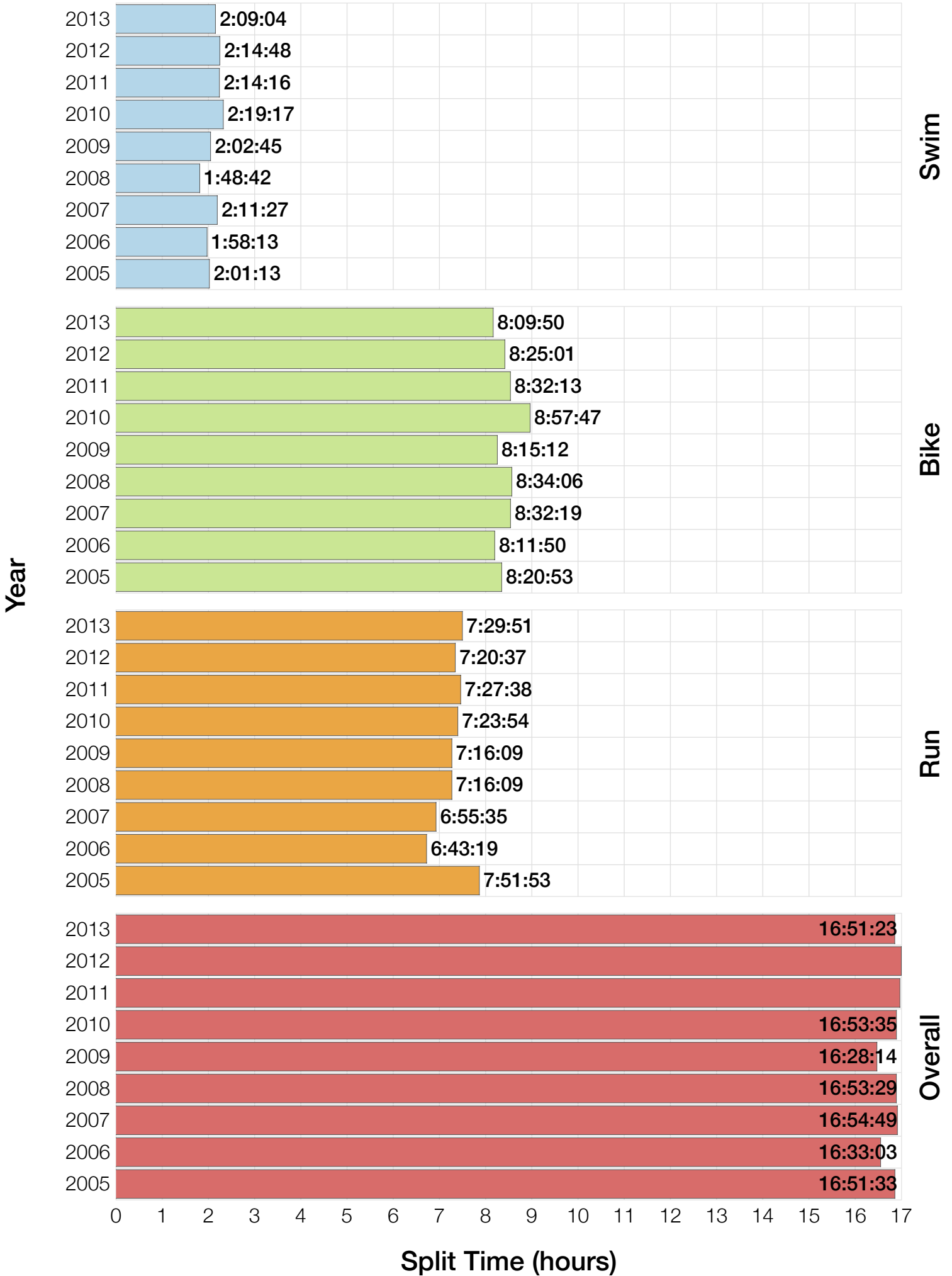
F45-49 Fastest Splits



F45-49 Median Splits

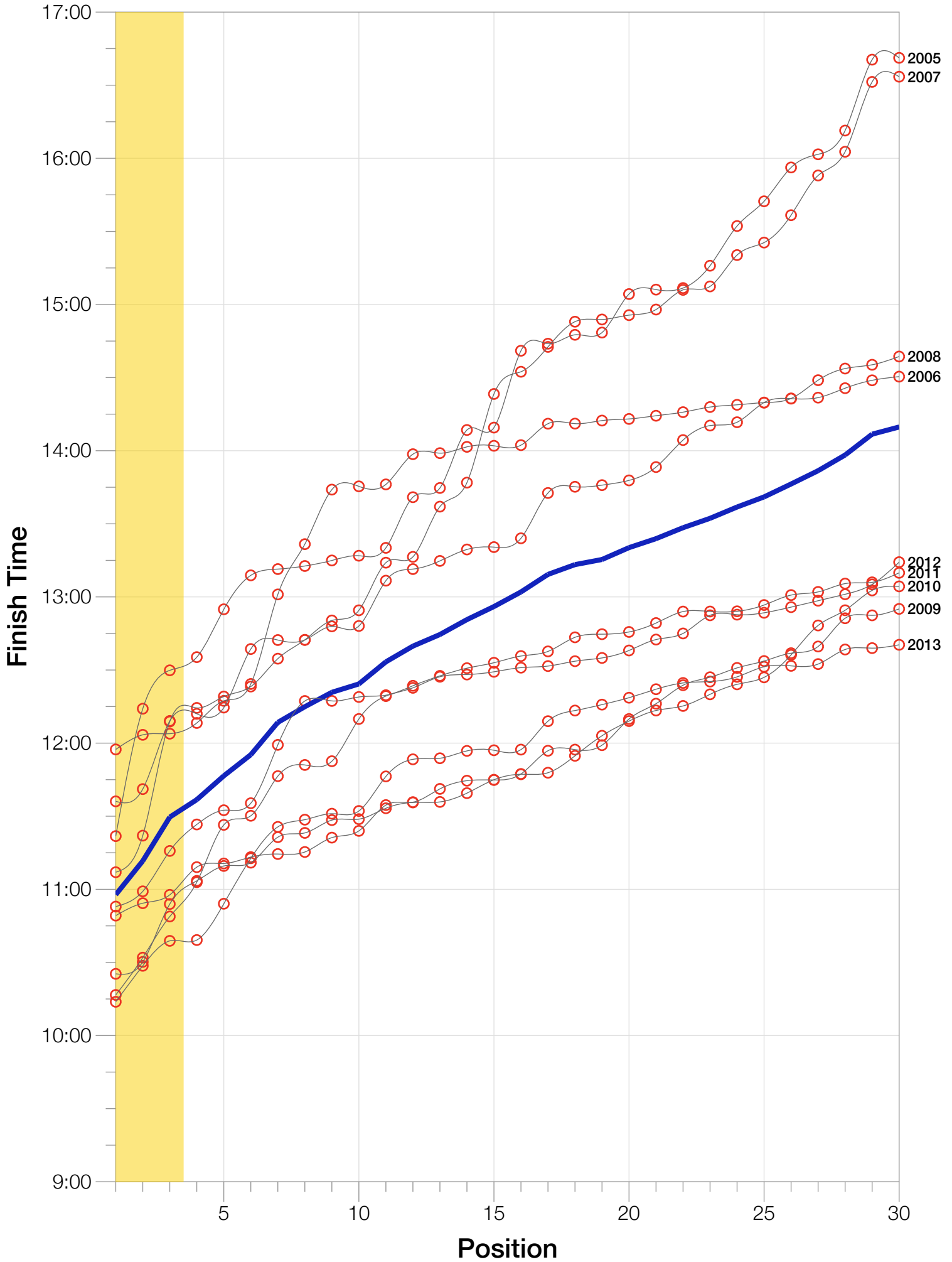


F45-49 Slowest Splits



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	0:51:33	4:29:34	2:50:36	8:15:50
Average Female Winner	0:56:59	5:01:18	3:09:13	9:12:10
Average 1st Age Grouper	1:05:56	5:37:13	4:06:29	10:57:48
Average 2nd Age Grouper	1:11:58	5:46:16	4:04:48	11:11:39
Average 3rd Age Grouper	1:10:24	5:49:54	4:19:43	11:29:38
Average 4th Age Grouper	1:09:32	5:54:38	4:22:46	11:36:48
Average 5th Age Grouper	1:17:55	5:57:28	4:21:20	11:46:34
Average 6th Age Grouper	1:17:14	5:57:34	4:28:39	11:55:15
Average 7th Age Grouper	1:20:30	6:05:02	4:30:52	12:08:30
Average 8th Age Grouper	1:17:14	6:10:47	4:32:15	12:14:56
Average 9th Age Grouper	1:15:40	6:15:47	4:36:44	12:20:51
Average 10th Age Grouper	1:15:18	6:16:14	4:37:16	12:24:17
Kona Qualifier Average	1:09:26	5:44:28	4:10:20	11:13:02
Top 10 Age Grouper Average	1:14:10	5:59:05	4:24:05	11:48:38

Arizona 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:54:03	4:20:11	2:43:58	8:02:00
Female Winner	0:53:24	4:51:46	3:02:02	8:52:49
1st Age Grouper	0:58:37	5:02:28	4:04:36	10:13:51
2nd Age Grouper	1:14:46	5:42:18	3:23:09	10:28:37
3rd Age Grouper	0:58:24	5:24:51	4:07:55	10:38:51
4th Age Grouper	1:08:03	5:25:49	3:58:03	10:39:11
5th Age Grouper	1:21:48	5:29:14	3:54:02	10:54:05
6th Age Grouper	1:16:21	5:19:04	4:25:00	11:12:45
7th Age Grouper	1:13:16	5:26:34	4:33:54	11:25:37
8th Age Grouper	1:11:41	6:10:59	3:48:34	11:28:35
9th Age Grouper	1:08:10	5:56:11	4:19:26	11:31:02
10th Age Grouper	1:10:46	5:44:28	4:26:58	11:32:09
Kona Qualifier Average	1:03:55	5:23:12	3:51:53	10:27:06
Top 10 Age Grouper Average	1:10:11	5:34:11	4:06:09	11:00:28

Arizona 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:48:19	4:22:45	2:48:06	8:03:13
Female Winner	0:59:11	4:51:34	3:05:54	9:01:41
1st Age Grouper	1:10:06	5:12:16	3:46:04	10:16:39
2nd Age Grouper	1:10:35	5:14:40	3:59:27	10:31:58
3rd Age Grouper	1:08:05	5:27:07	4:04:55	10:48:51
4th Age Grouper	1:12:46	5:27:48	4:13:15	11:02:56
5th Age Grouper	1:14:56	5:30:51	4:30:14	11:26:27
6th Age Grouper	1:22:40	5:50:05	4:00:57	11:30:11
7th Age Grouper	1:28:29	6:11:28	3:50:20	11:46:27
8th Age Grouper	1:25:36	5:31:24	4:43:23	11:51:02
9th Age Grouper	1:22:45	5:58:15	4:18:19	11:52:34
10th Age Grouper	1:23:31	5:45:08	4:51:56	12:09:54
Kona Qualifier Average	1:09:35	5:18:01	3:56:48	10:32:29
Top 10 Age Grouper Average	1:17:56	5:36:54	4:13:53	11:19:41

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	1:10:22	5:46:57	3:46:28	10:52:55
2nd Age Grouper	1:09:33	5:41:50	3:58:56	10:59:10
3rd Age Grouper	0:57:13	6:06:09	4:05:37	11:15:45
4th Age Grouper	1:08:28	5:55:50	4:13:17	11:26:37
5th Age Grouper	1:28:02	5:54:29	4:02:12	11:32:27
6th Age Grouper	1:24:41	5:59:32	3:57:58	11:35:20
7th Age Grouper	1:25:59	6:13:56	4:08:57	11:59:17
8th Age Grouper	1:23:06	6:15:51	4:25:59	12:17:17
9th Age Grouper	1:20:40	6:21:50	4:18:19	12:17:19
10th Age Grouper	0:58:48	6:29:32	4:39:12	12:18:56
Kona Qualifier Average	1:05:42	5:51:38	3:57:00	11:02:36
Top 10 Age Grouper Average	1:14:41	6:04:35	4:09:41	11:39:30

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	0:59:55	5:21:46	3:58:35	10:25:19
2nd Age Grouper	1:04:04	5:23:58	3:54:18	10:30:13
3rd Age Grouper	1:16:42	5:38:15	3:49:22	10:53:58
4th Age Grouper	1:11:52	5:41:02	3:58:48	11:03:28
5th Age Grouper	1:10:36	5:33:21	4:16:55	11:09:35
6th Age Grouper	1:07:51	5:30:26	4:24:49	11:10:56
7th Age Grouper	1:19:28	5:52:24	3:59:28	11:21:24
8th Age Grouper	1:20:35	5:49:12	4:02:20	11:23:09
9th Age Grouper	1:02:50	5:42:26	4:31:41	11:28:24
10th Age Grouper	1:16:28	6:00:25	4:01:12	11:28:48
Kona Qualifier Average	1:06:53	5:27:59	3:54:05	10:36:30
Top 10 Age Grouper Average	1:11:02	5:39:19	4:05:44	11:05:31

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	1:08:11	5:40:34	3:51:34	10:49:13
2nd Age Grouper	1:07:18	5:36:51	4:03:42	10:54:18
3rd Age Grouper	1:11:14	5:24:35	4:09:46	10:57:44
4th Age Grouper	0:57:48	5:44:09	4:20:52	11:09:06
5th Age Grouper	1:14:49	5:39:19	4:07:37	11:10:36
6th Age Grouper	1:03:09	5:30:32	4:28:59	11:13:13
7th Age Grouper	1:09:47	5:37:29	4:17:19	11:14:29
8th Age Grouper	1:16:23	5:36:25	4:11:26	11:15:19
9th Age Grouper	0:56:10	5:43:44	4:32:49	11:21:13
10th Age Grouper	1:14:48	5:54:22	4:03:07	11:23:59
Kona Qualifier Average	1:08:54	5:34:00	4:01:40	10:53:45
Top 10 Age Grouper Average	1:07:57	5:38:48	4:12:43	11:08:55

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	1:02:51	6:05:29	4:39:09	11:57:24
2nd Age Grouper	1:13:39	6:21:14	4:16:32	12:03:24
3rd Age Grouper	1:08:04	6:02:06	4:46:01	12:03:52
4th Age Grouper	1:10:47	6:09:26	4:37:50	12:08:16
5th Age Grouper	1:23:26	6:17:45	4:25:23	12:17:21
6th Age Grouper	1:20:51	6:33:47	4:19:15	12:24:16
7th Age Grouper	1:13:46	6:13:55	5:20:45	13:01:01
8th Age Grouper	1:00:36	6:52:05	5:17:43	13:21:39
9th Age Grouper	1:15:04	6:43:58	5:24:34	13:44:02
10th Age Grouper	1:08:10	6:46:08	5:36:50	13:45:22
Kona Qualifier Average	1:08:11	6:09:36	4:33:54	12:01:33
Top 10 Age Grouper Average	1:11:43	6:24:35	4:52:24	12:40:39

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	5:46:40	4:12:55	11:07:01
2nd Age Grouper	1:15:05	6:00:57	3:58:31	11:22:02
3rd Age Grouper	1:30:06	6:26:14	4:00:31	12:08:51
4th Age Grouper	1:12:14	6:16:17	4:34:02	12:14:27
5th Age Grouper	1:06:45	6:27:19	4:34:09	12:19:07
6th Age Grouper	1:14:49	6:04:57	4:55:32	12:23:13
7th Age Grouper	1:23:54	6:33:21	4:25:59	12:34:39
8th Age Grouper	1:34:47	6:21:43	4:30:21	12:42:22
9th Age Grouper	1:18:28	6:34:27	4:47:20	12:50:20
10th Age Grouper	1:22:24	6:46:49	4:34:32	12:54:30
Kona Qualifier Average	1:15:05	6:04:37	4:03:59	11:32:38
Top 10 Age Grouper Average	1:17:51	6:19:52	4:27:23	12:15:39

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	1:10:05	5:52:41	4:25:28	11:36:06
2nd Age Grouper	1:14:38	5:41:26	4:37:16	11:41:08
3rd Age Grouper	1:21:18	5:53:26	4:42:30	12:09:06
4th Age Grouper	1:07:27	6:05:11	4:50:51	12:12:02
5th Age Grouper	1:23:09	6:16:15	4:24:16	12:14:35
6th Age Grouper	1:25:24	6:06:20	4:54:18	12:38:37
7th Age Grouper	1:18:00	6:22:47	4:45:39	12:42:18
8th Age Grouper	1:02:32	6:05:45	5:06:34	12:42:21
9th Age Grouper	1:18:56	6:40:01	4:35:05	12:47:54
10th Age Grouper	1:17:46	6:21:09	4:19:44	12:48:04
Kona Qualifier Average	1:15:20	5:49:11	4:35:04	11:48:46
Top 10 Age Grouper Average	1:15:55	6:08:30	4:40:10	12:21:13

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	1:13:16	5:46:11	4:13:34	11:21:50
2nd Age Grouper	1:18:10	6:13:12	4:31:24	12:14:07
3rd Age Grouper	1:02:30	6:06:28	5:10:57	12:29:52
4th Age Grouper	1:16:27	6:26:16	4:38:02	12:35:17
5th Age Grouper	1:17:50	6:28:43	4:57:12	12:54:55
6th Age Grouper	1:19:22	6:43:26	4:51:09	13:08:51
7th Age Grouper	1:31:52	6:13:24	5:15:28	13:11:25
8th Age Grouper	1:19:51	6:53:46	4:43:58	13:12:41
9th Age Grouper	1:38:00	6:41:19	4:43:10	13:14:57
10th Age Grouper	1:25:03	6:38:10	5:01:53	13:16:54
Kona Qualifier Average	1:11:18	6:01:57	4:38:38	12:01:56
Top 10 Age Grouper Average	1:20:14	6:25:05	4:48:40	12:46:04