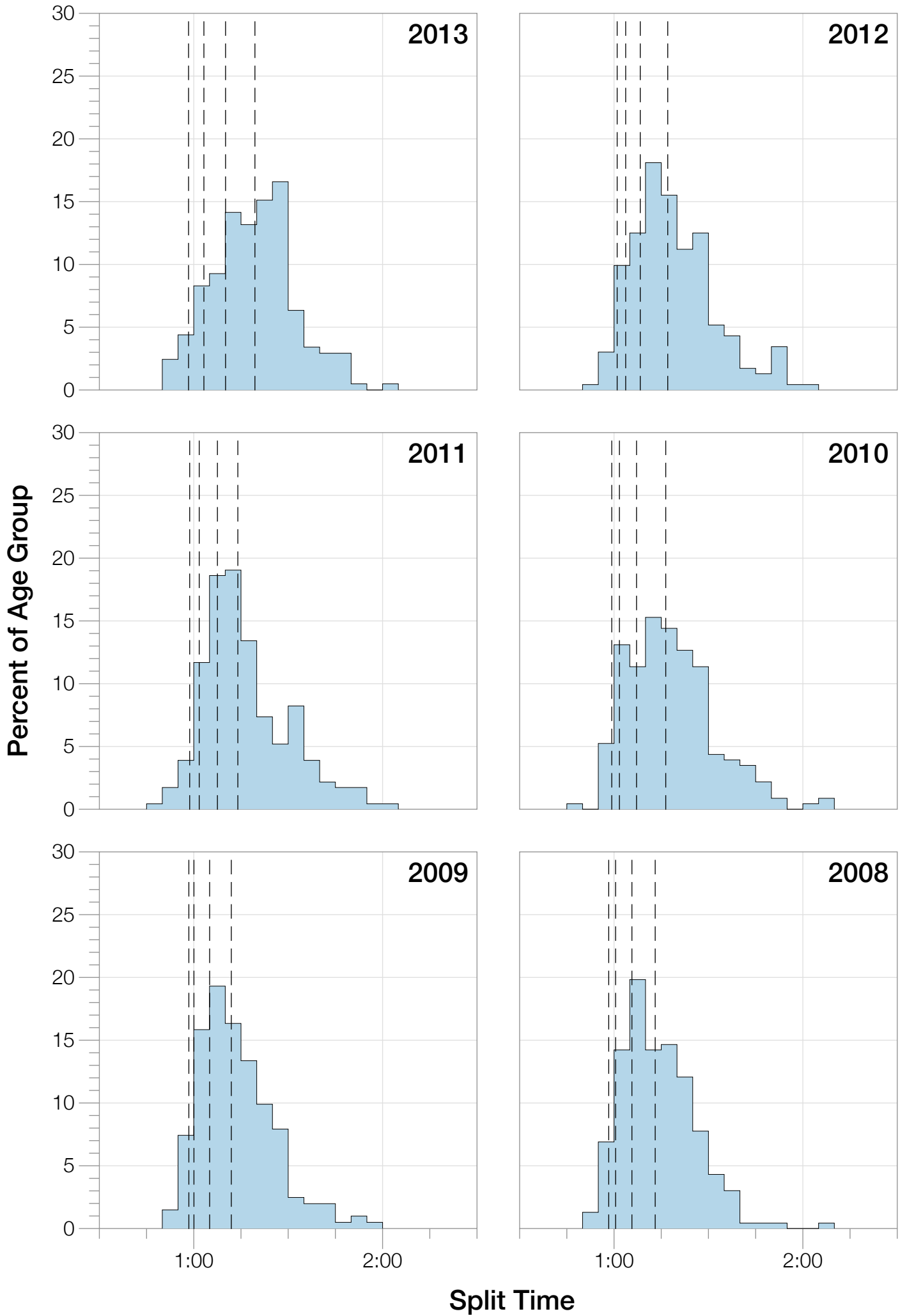


Ironman Arizona M30-34 Stats

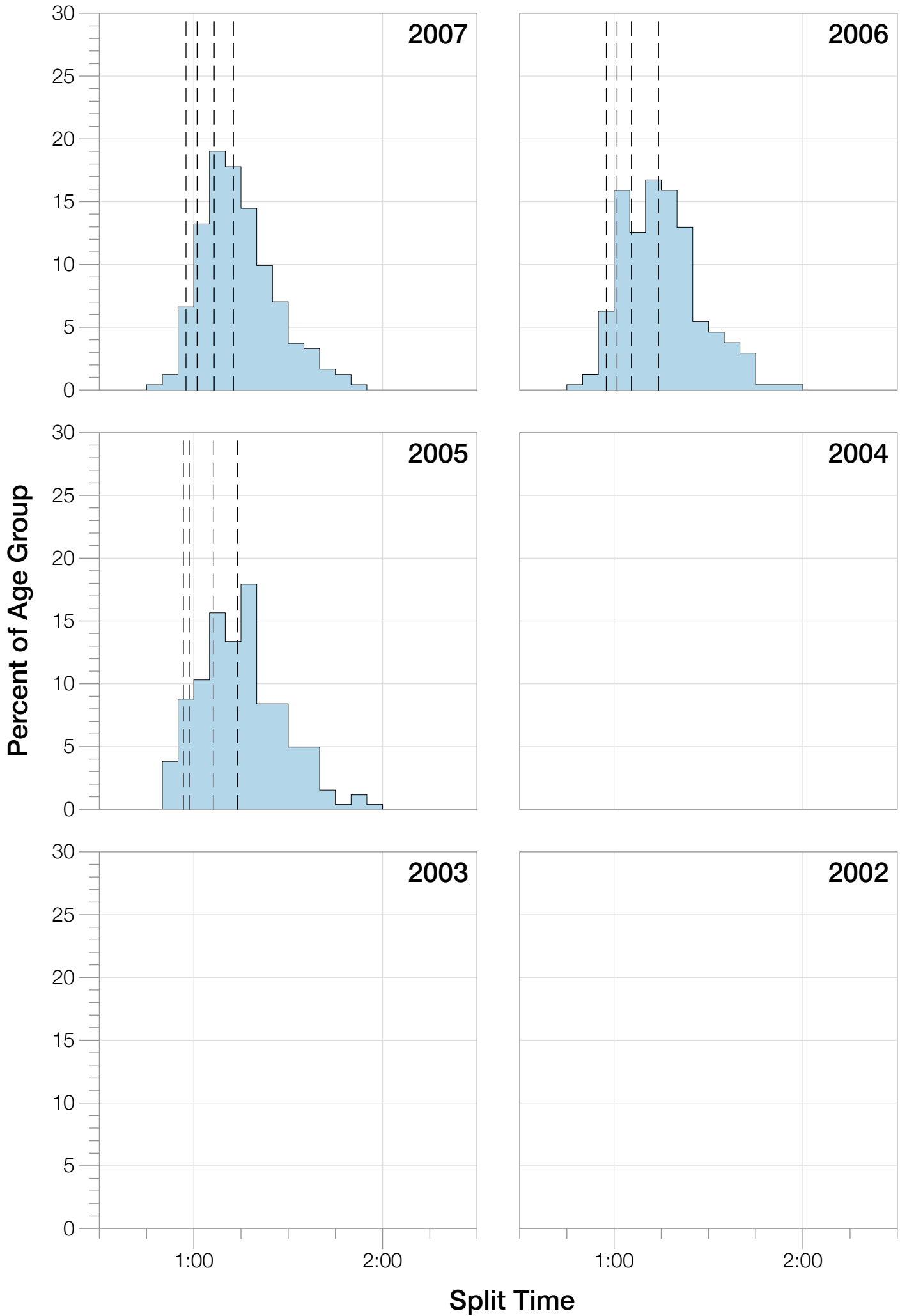
M30-34 Summary Statistics

Year	Finishers	M30-34 Finishers	Male Winner's Time	Female Winner's Time	M30-34 Winner's Time
2005	1682	262	8:25:42	9:44:02	9:28:16
2006	1723	239	8:20:56	9:12:53	9:30:27
2007	1861	242	8:21:14	9:36:40	9:40:47
2008	1689	232	8:34:19	9:14:49	9:25:17
2009	2077	202	8:14:16	9:21:06	9:08:21
2010	2397	229	8:13:35	9:09:19	8:50:25
2011	2217	231	8:07:16	8:36:13	8:58:13
2012	2379	232	8:03:13	9:01:41	9:08:50
2013	2521	207	8:02:00	8:52:49	9:10:35
Average	2061	231	8:15:50	9:12:10	9:15:41

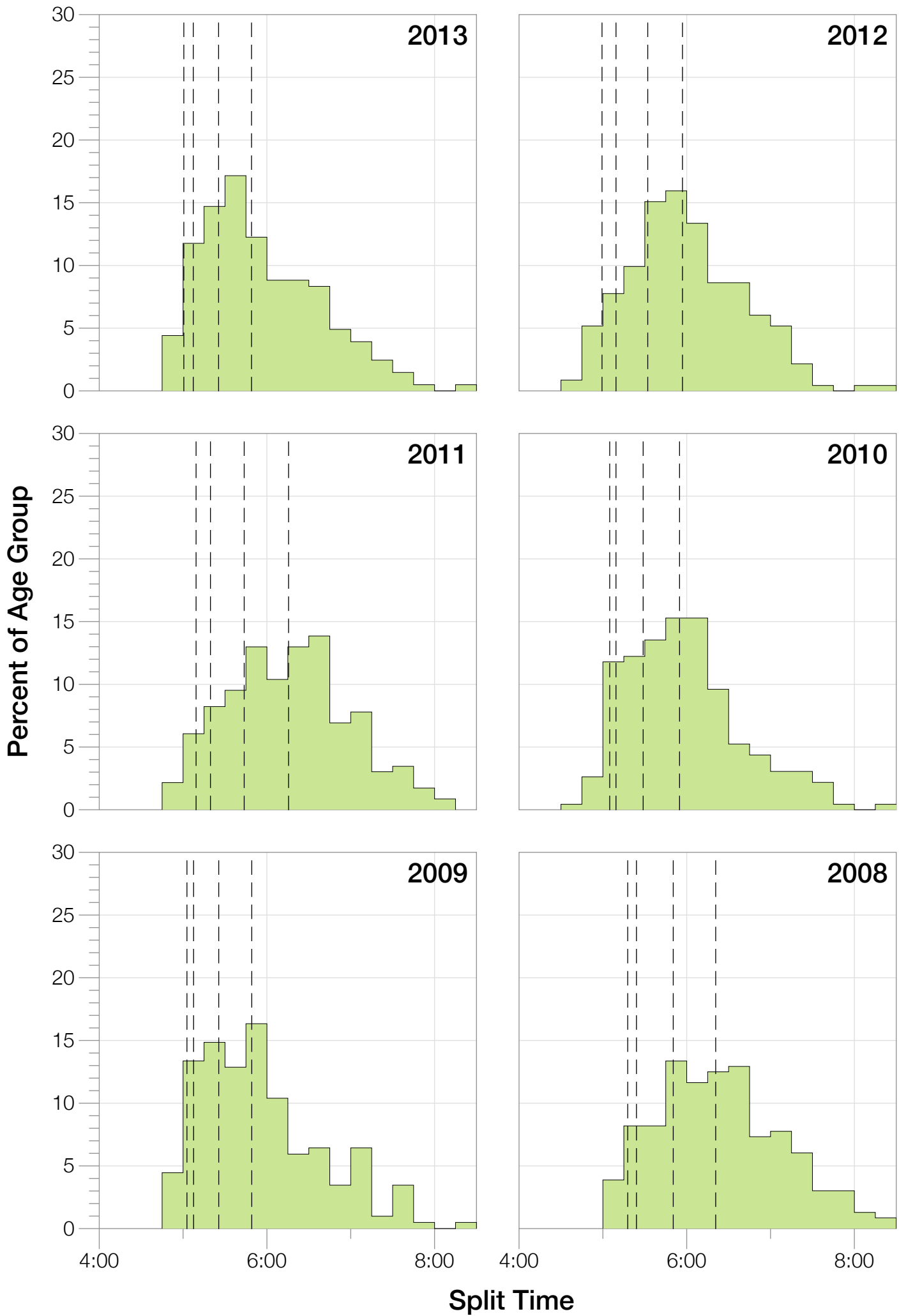
M30-34 Swim



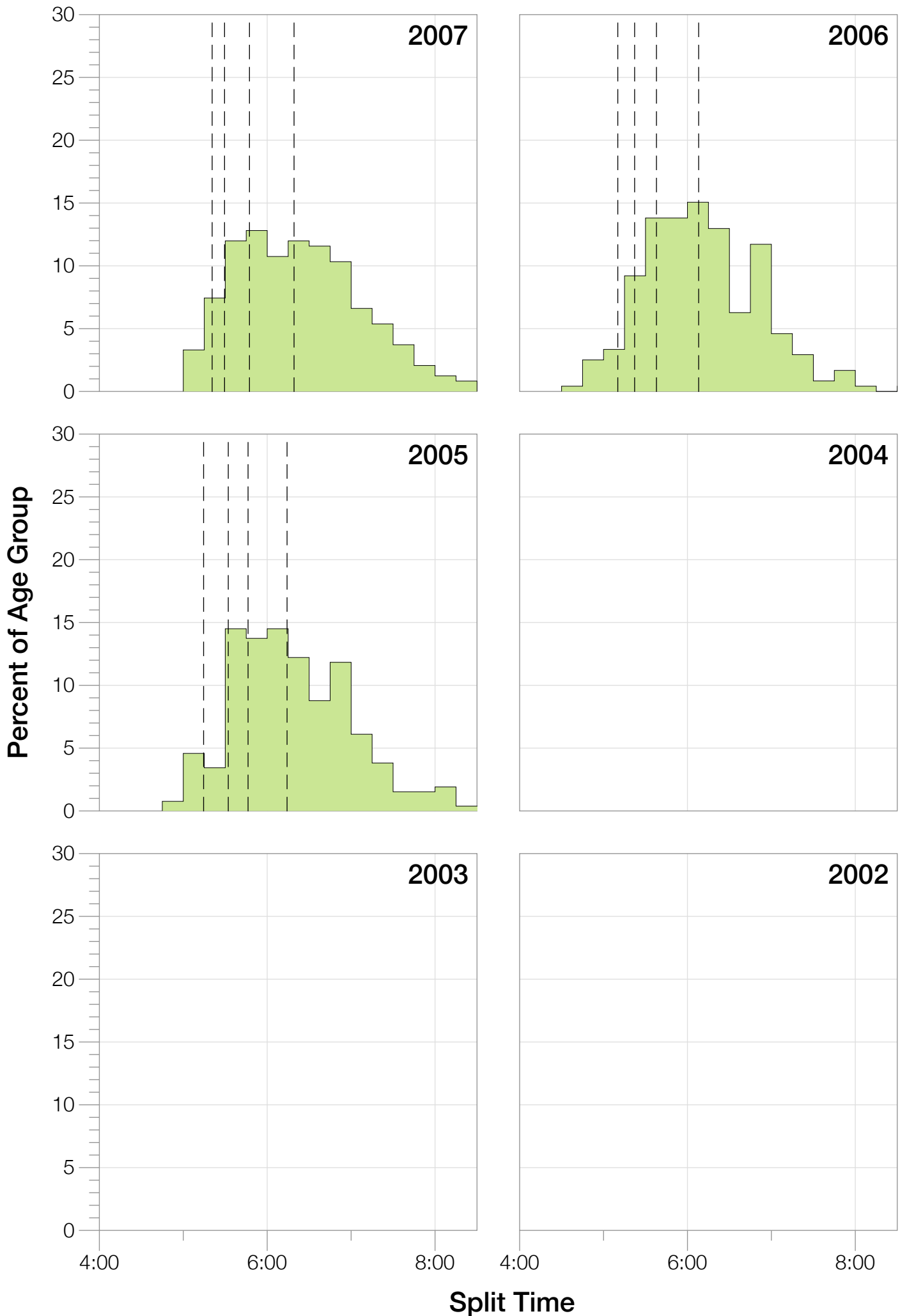
M30-34 Swim



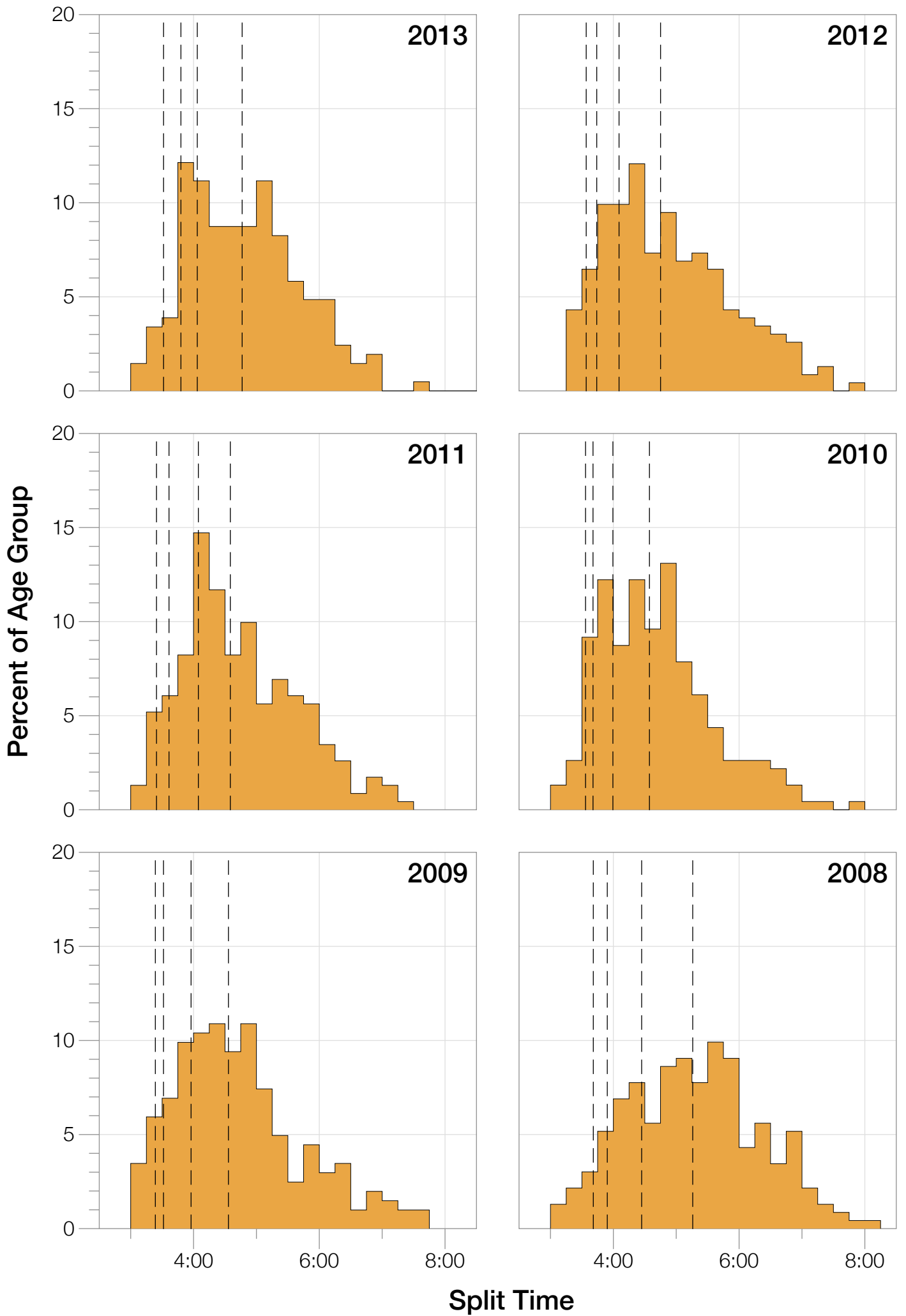
M30-34 Bike



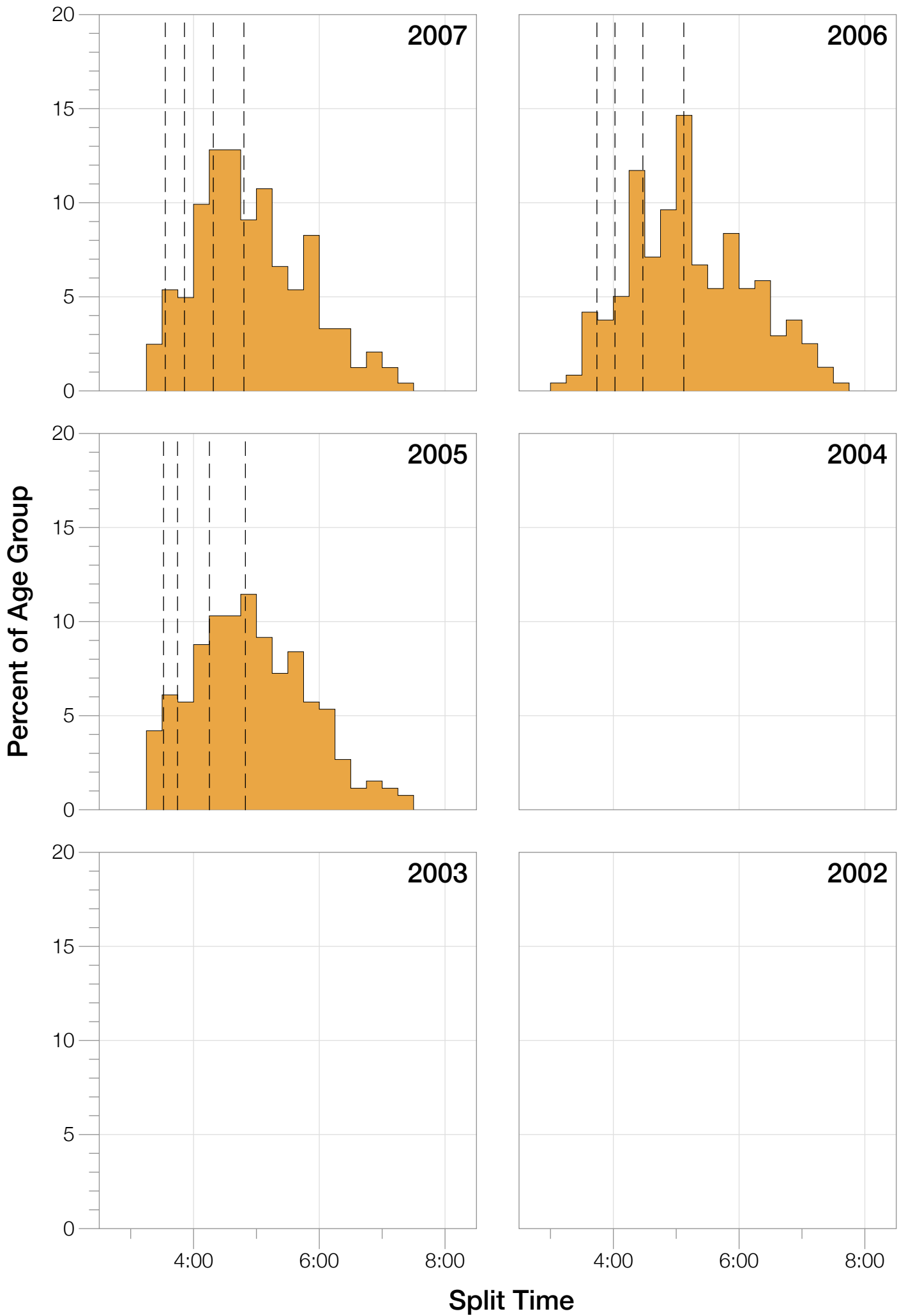
M30-34 Bike



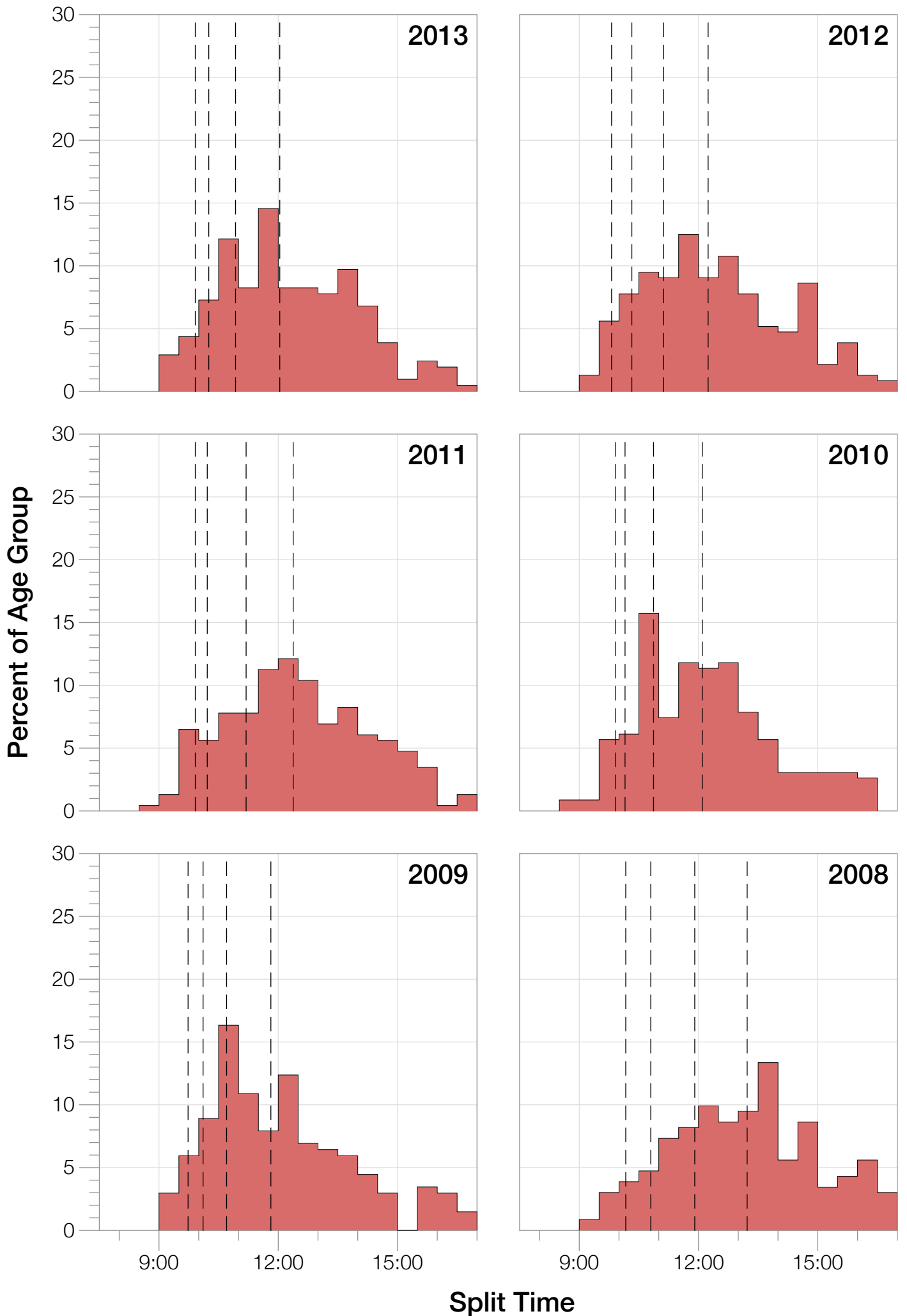
M30-34 Run



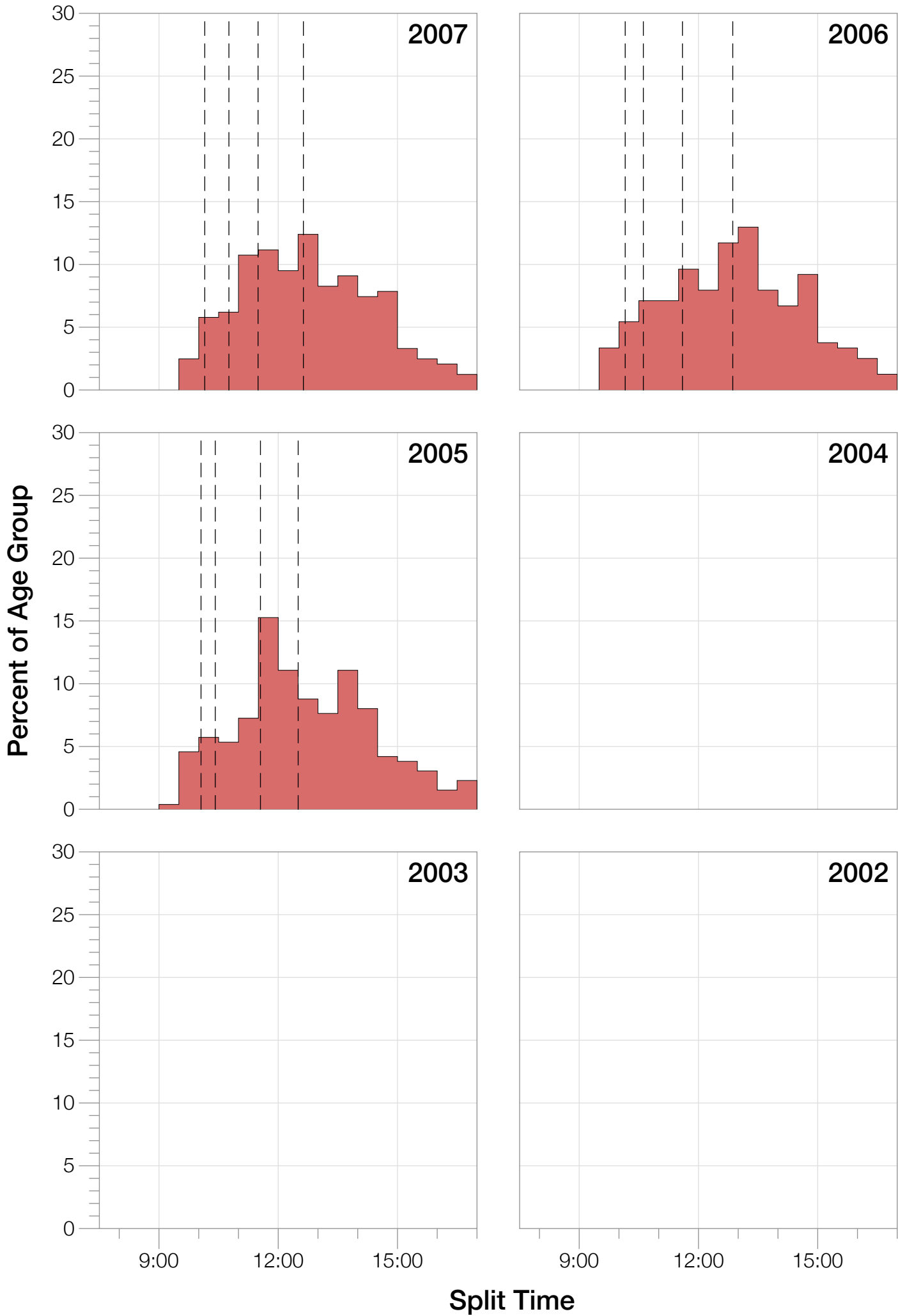
M30-34 Run



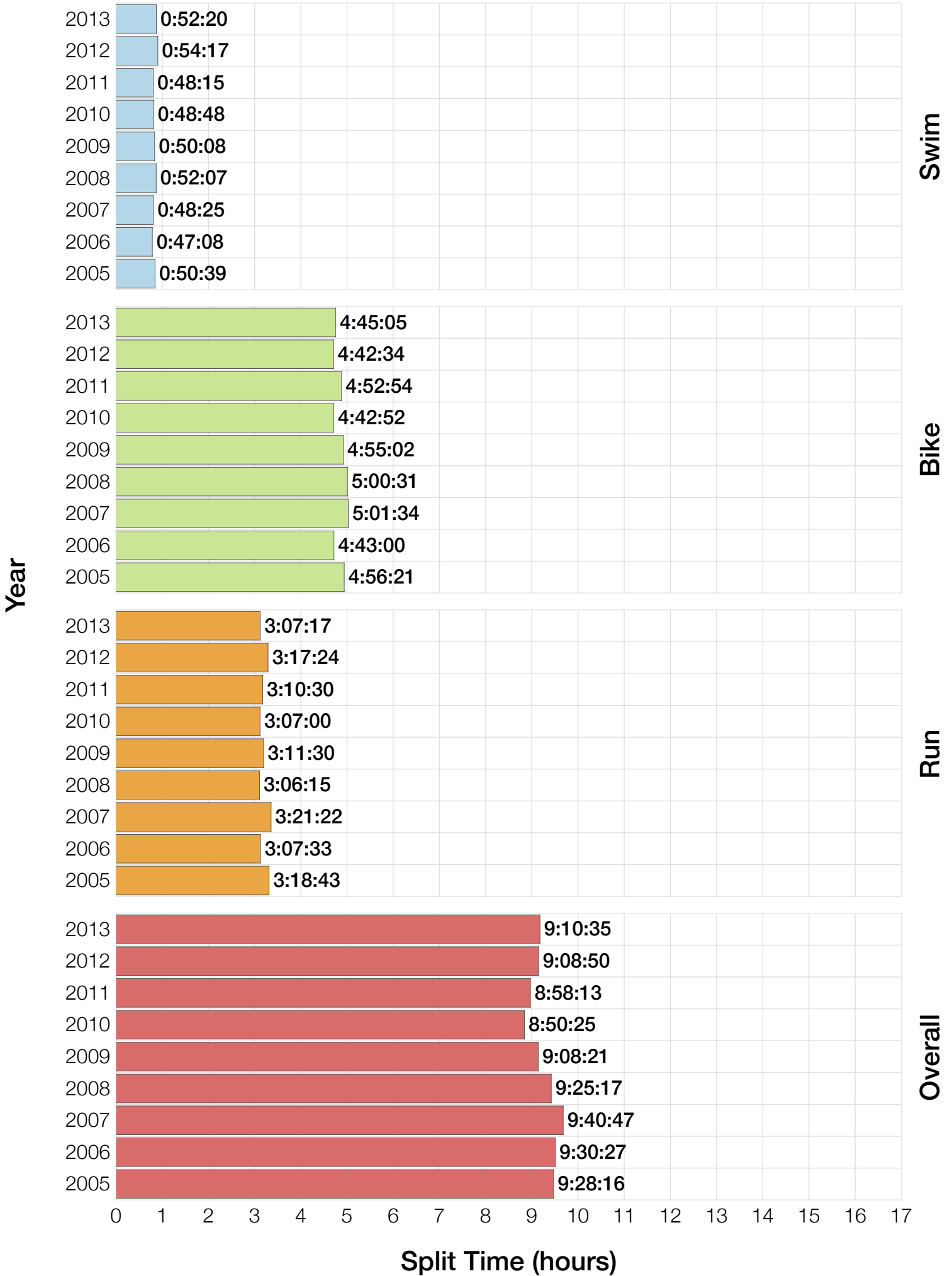
M30-34 Overall



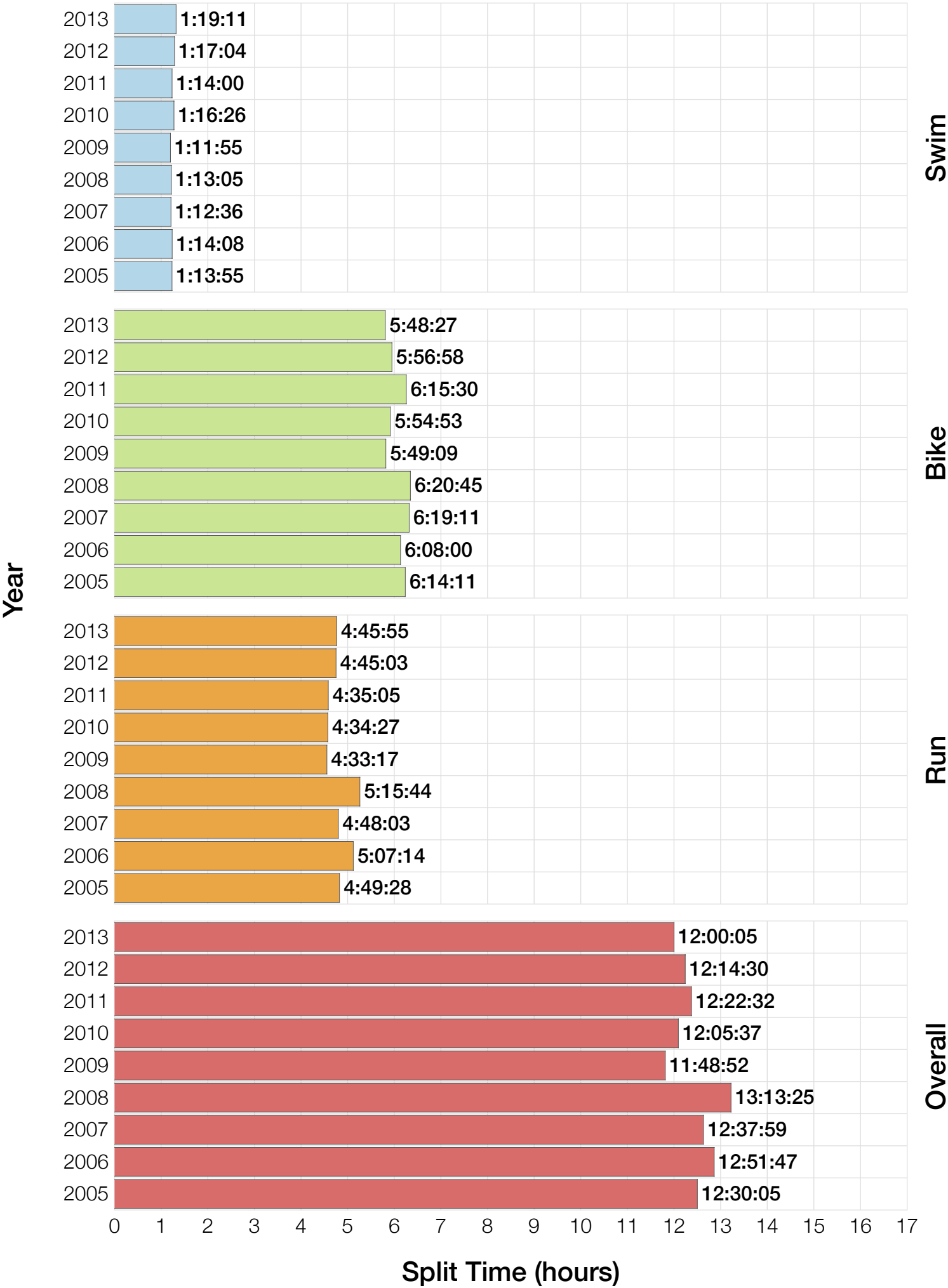
M30-34 Overall



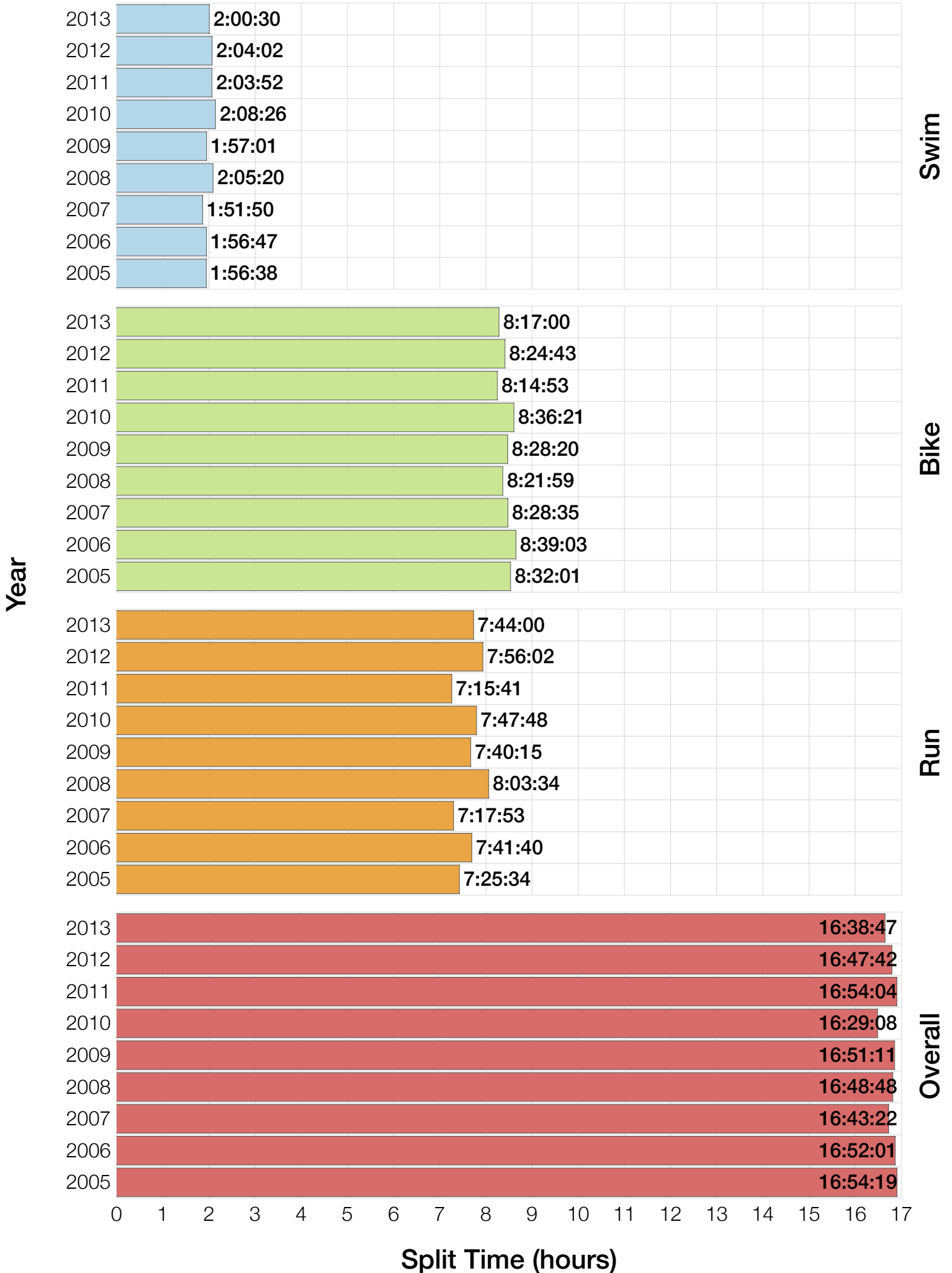
M30-34 Fastest Splits



M30-34 Median Splits

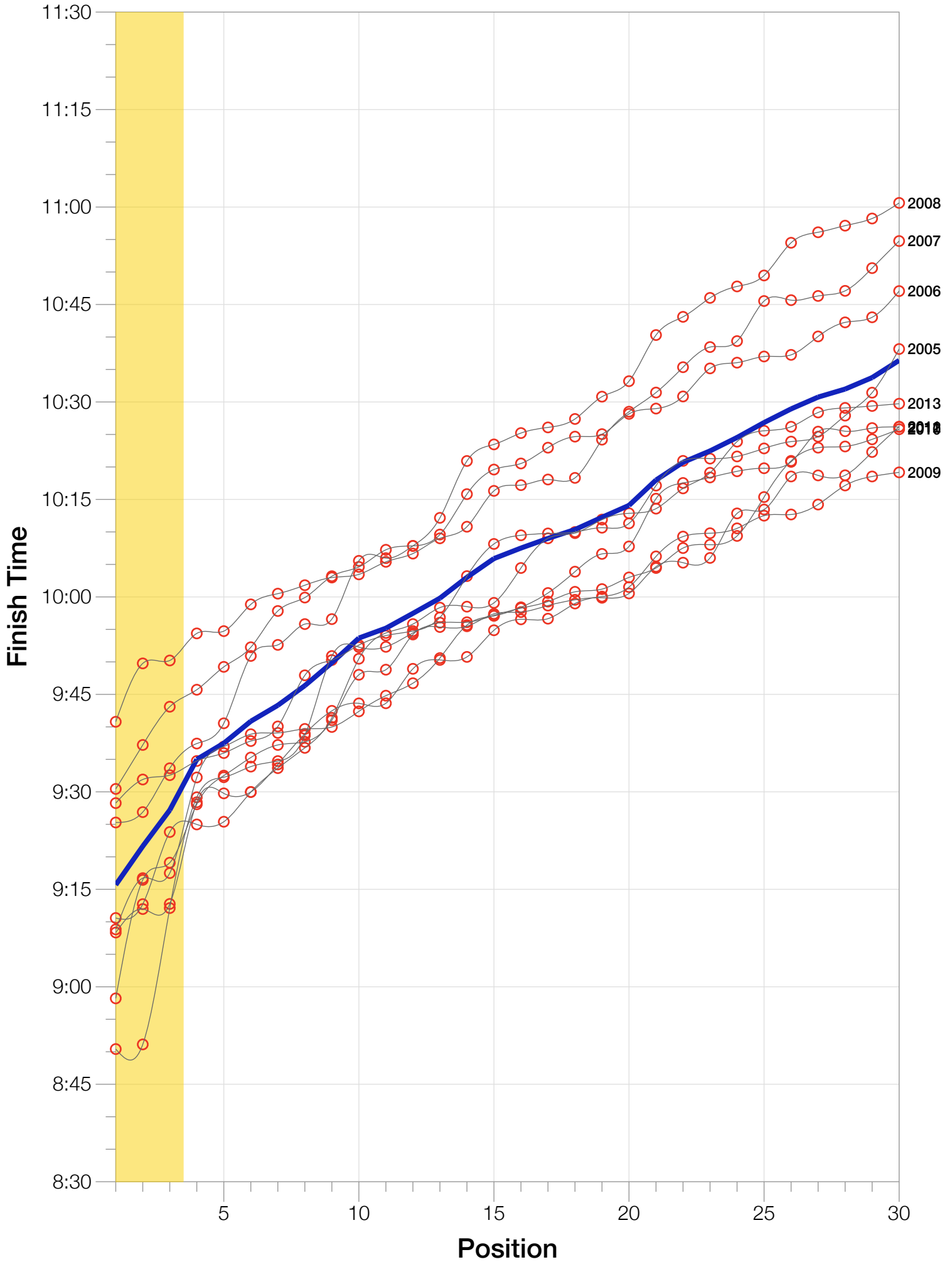


M30-34 Slowest Splits



M30-34 Top 30 Finishing Splits

Estimated Kona Slot Average Finishing Time Finishing Time



M30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:51:33	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	0:55:30	5:00:01	3:13:50	9:15:41
Average 2nd Age Grouper	0:59:42	4:59:27	3:16:55	9:21:38
Average 3rd Age Grouper	1:00:40	4:57:52	3:22:51	9:27:12
Average 4th Age Grouper	1:01:46	5:05:02	3:21:55	9:35:00
Average 5th Age Grouper	1:02:14	4:59:59	3:29:16	9:37:29
Average 6th Age Grouper	1:03:43	5:01:42	3:29:05	9:40:52
Average 7th Age Grouper	1:02:29	5:08:23	3:26:02	9:43:19
Average 8th Age Grouper	1:03:35	5:06:33	3:30:11	9:46:21
Average 9th Age Grouper	1:03:35	5:08:39	3:31:13	9:49:52
Average 10th Age Grouper	1:00:43	5:11:25	3:34:58	9:53:40
Kona Qualifier Average	0:58:37	4:59:07	3:17:52	9:21:30
Top 10 Age Grouper Average	1:01:24	5:03:54	3:25:38	9:37:06

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	0:54:25	4:57:55	3:11:56	9:10:35
2nd Age Grouper	1:04:22	4:55:34	3:07:17	9:12:43
3rd Age Grouper	1:04:23	4:45:05	3:28:02	9:23:49
4th Age Grouper	0:58:17	4:55:32	3:23:23	9:24:59
5th Age Grouper	1:00:56	4:46:39	3:32:42	9:25:24
6th Age Grouper	1:03:01	4:53:50	3:27:29	9:29:58
7th Age Grouper	0:59:09	5:00:41	3:28:03	9:33:39
8th Age Grouper	1:12:49	5:09:11	3:08:12	9:36:46
9th Age Grouper	0:56:18	5:09:35	3:28:14	9:41:23
10th Age Grouper	1:03:13	4:57:39	3:44:29	9:50:29
Kona Qualifier Average	1:01:03	4:52:51	3:15:45	9:15:42
Top 10 Age Grouper Average	1:01:41	4:57:10	3:23:58	9:28:58

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	1:00:39	4:46:03	3:17:24	9:08:50
2nd Age Grouper	1:05:56	4:44:14	3:20:55	9:16:43
3rd Age Grouper	1:00:46	4:46:32	3:24:25	9:17:30
4th Age Grouper	1:07:39	4:58:29	3:20:05	9:32:13
5th Age Grouper	1:01:11	5:08:02	3:20:54	9:36:58
6th Age Grouper	1:04:51	4:42:34	3:44:35	9:38:52
7th Age Grouper	1:12:03	4:54:22	3:27:16	9:39:04
8th Age Grouper	1:02:09	4:48:18	3:44:05	9:39:41
9th Age Grouper	1:02:22	5:10:11	3:21:35	9:39:59
10th Age Grouper	1:04:38	5:03:20	3:27:18	9:42:23
Kona Qualifier Average	1:02:27	4:45:36	3:20:54	9:14:21
Top 10 Age Grouper Average	1:04:13	4:54:12	3:26:51	9:31:13

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	0:48:15	4:54:12	3:10:30	8:58:13
2nd Age Grouper	0:56:05	4:56:18	3:18:06	9:16:27
3rd Age Grouper	1:03:19	4:52:54	3:16:27	9:19:06
4th Age Grouper	0:56:27	5:07:58	3:18:55	9:28:05
5th Age Grouper	1:10:00	4:56:34	3:21:57	9:32:30
6th Age Grouper	1:17:23	5:00:22	3:12:33	9:35:17
7th Age Grouper	1:08:48	5:06:31	3:14:46	9:37:13
8th Age Grouper	1:03:15	5:03:36	3:23:54	9:37:42
9th Age Grouper	1:02:10	5:09:55	3:21:32	9:41:02
10th Age Grouper	1:01:49	5:13:25	3:23:40	9:48:01
Kona Qualifier Average	0:55:53	4:54:28	3:15:01	9:11:15
Top 10 Age Grouper Average	1:02:45	5:02:10	3:18:14	9:29:21

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	0:48:48	4:45:48	3:10:24	8:50:25
2nd Age Grouper	0:57:13	4:42:52	3:07:00	8:51:08
3rd Age Grouper	0:56:59	5:01:08	3:09:12	9:12:07
4th Age Grouper	1:05:13	4:59:17	3:18:22	9:29:10
5th Age Grouper	1:03:36	4:54:47	3:27:48	9:32:15
6th Age Grouper	0:57:43	5:05:40	3:25:17	9:33:53
7th Age Grouper	0:55:37	5:05:34	3:26:33	9:34:44
8th Age Grouper	1:00:59	5:05:11	3:25:43	9:38:41
9th Age Grouper	1:09:25	4:56:11	3:38:52	9:50:54
10th Age Grouper	1:03:48	5:07:40	3:34:10	9:52:17
Kona Qualifier Average	0:54:20	4:49:56	3:08:52	8:57:53
Top 10 Age Grouper Average	0:59:56	4:58:24	3:22:20	9:26:33

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	0:50:08	4:57:29	3:14:25	9:08:21
2nd Age Grouper	0:56:41	4:56:46	3:14:03	9:11:58
3rd Age Grouper	1:01:00	4:55:02	3:11:30	9:12:45
4th Age Grouper	1:00:57	5:09:59	3:13:11	9:28:24
5th Age Grouper	0:56:35	4:59:33	3:27:16	9:29:46
6th Age Grouper	0:59:38	4:55:47	3:28:28	9:29:59
7th Age Grouper	0:59:01	5:11:40	3:14:38	9:34:13
8th Age Grouper	1:08:26	4:56:00	3:26:41	9:38:55
9th Age Grouper	1:02:23	5:13:49	3:19:48	9:42:28
10th Age Grouper	1:02:56	4:57:00	3:37:39	9:43:37
Kona Qualifier Average	0:55:56	4:56:25	3:13:19	9:11:01
Top 10 Age Grouper Average	0:59:46	5:01:18	3:20:45	9:28:02

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	1:00:31	5:07:00	3:11:31	9:25:17
2nd Age Grouper	0:59:05	5:15:10	3:06:15	9:26:53
3rd Age Grouper	1:00:42	5:00:31	3:26:45	9:33:38
4th Age Grouper	1:06:41	5:14:24	3:08:50	9:37:26
5th Age Grouper	1:00:21	5:05:08	3:28:39	9:40:33
6th Age Grouper	1:02:26	5:22:27	3:18:55	9:50:55
7th Age Grouper	1:11:02	5:08:33	3:26:14	9:52:37
8th Age Grouper	1:07:01	5:18:31	3:24:49	9:55:49
9th Age Grouper	1:01:39	5:12:06	3:38:03	9:56:35
10th Age Grouper	1:03:35	5:16:54	3:38:48	10:05:33
Kona Qualifier Average	1:00:06	5:07:33	3:14:50	9:28:36
Top 10 Age Grouper Average	1:03:18	5:12:04	3:22:52	9:44:31

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	0:57:24	5:14:07	3:21:22	9:40:47
2nd Age Grouper	1:01:58	5:08:11	3:31:40	9:49:46
3rd Age Grouper	0:59:13	5:10:46	3:34:35	9:50:13
4th Age Grouper	1:06:51	5:01:34	3:40:26	9:54:23
5th Age Grouper	1:00:06	5:10:30	3:37:37	9:54:44
6th Age Grouper	1:03:33	5:24:29	3:23:23	9:58:51
7th Age Grouper	0:48:25	5:31:04	3:36:34	10:00:30
8th Age Grouper	1:05:25	5:18:50	3:31:50	10:01:48
9th Age Grouper	1:15:06	5:15:45	3:25:46	10:02:59
10th Age Grouper	1:04:15	5:29:28	3:24:01	10:03:28
Kona Qualifier Average	0:59:31	5:11:01	3:29:12	9:46:55
Top 10 Age Grouper Average	1:02:13	5:16:28	3:30:43	9:55:44

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	1:01:04	5:14:18	3:07:33	9:30:27
2nd Age Grouper	1:01:12	5:05:23	3:25:46	9:37:13
3rd Age Grouper	1:03:48	4:56:55	3:35:32	9:43:06
4th Age Grouper	1:01:49	5:06:05	3:31:15	9:45:43
5th Age Grouper	1:08:50	4:50:05	3:43:34	9:49:14
6th Age Grouper	1:04:11	4:43:00	3:57:28	9:52:15
7th Age Grouper	1:12:52	4:58:14	3:40:21	9:57:50
8th Age Grouper	0:47:08	5:06:50	4:01:08	9:59:54
9th Age Grouper	1:03:05	5:02:03	3:51:19	10:03:11
10th Age Grouper	0:50:25	5:23:04	3:44:23	10:04:37
Kona Qualifier Average	1:02:01	5:05:32	3:22:57	9:36:55
Top 10 Age Grouper Average	1:01:26	5:02:35	3:39:49	9:50:21

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	0:58:19	5:03:24	3:19:29	9:28:16
2nd Age Grouper	0:54:49	5:10:39	3:21:17	9:31:54
3rd Age Grouper	0:55:51	5:11:58	3:19:12	9:32:34
4th Age Grouper	0:52:01	5:12:03	3:22:52	9:34:45
5th Age Grouper	0:58:36	5:08:33	3:22:59	9:35:58
6th Age Grouper	1:00:48	5:07:10	3:23:43	9:37:49
7th Age Grouper	0:55:28	5:18:51	3:20:01	9:40:04
8th Age Grouper	1:05:10	5:12:34	3:25:20	9:47:56
9th Age Grouper	0:59:55	5:08:16	3:35:51	9:50:17
10th Age Grouper	0:51:49	5:14:18	3:40:22	9:52:35
Kona Qualifier Average	0:56:19	5:08:40	3:19:59	9:30:54
Top 10 Age Grouper Average	0:57:16	5:10:46	3:25:06	9:39:12