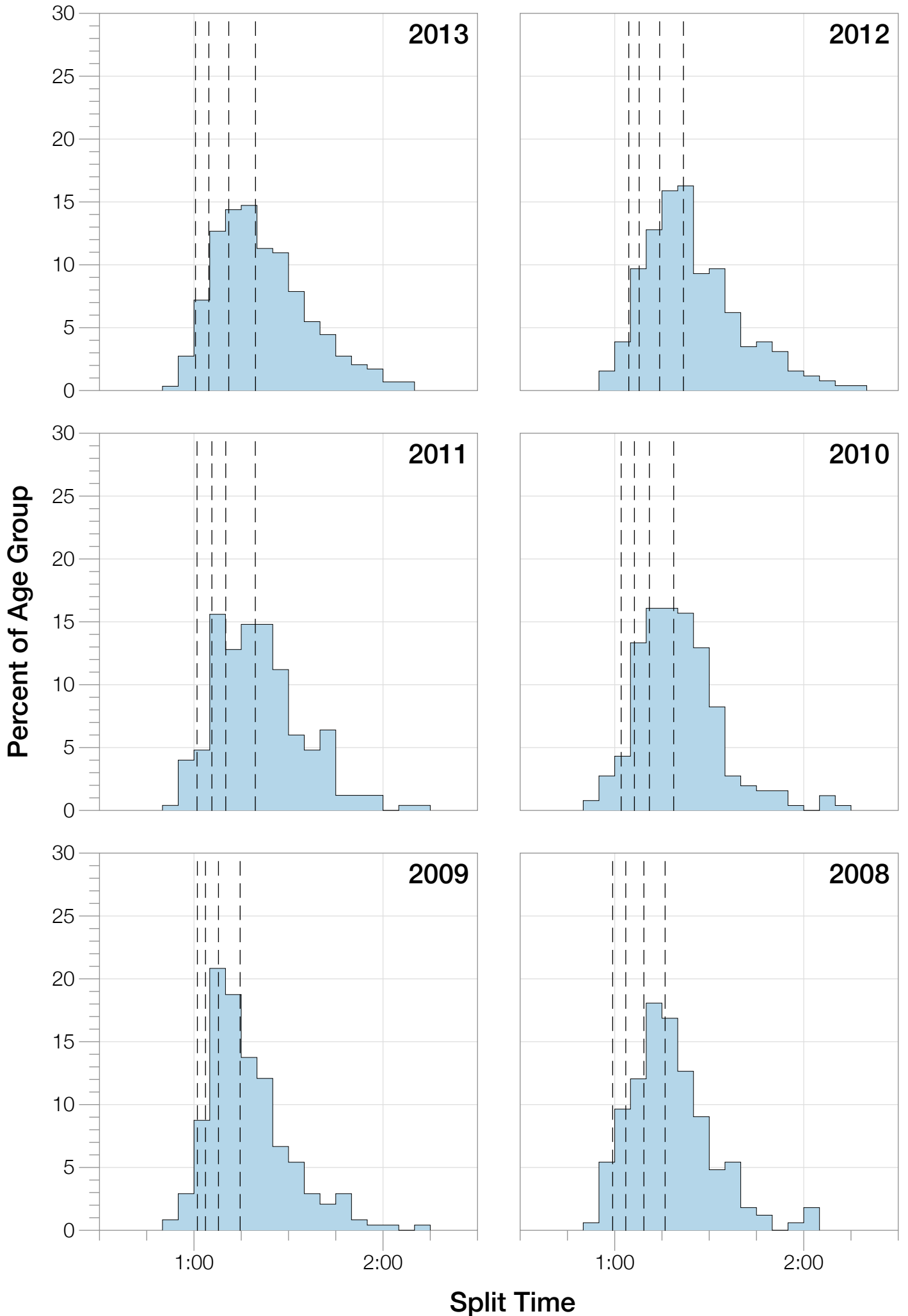


Ironman Arizona M45-49 Stats

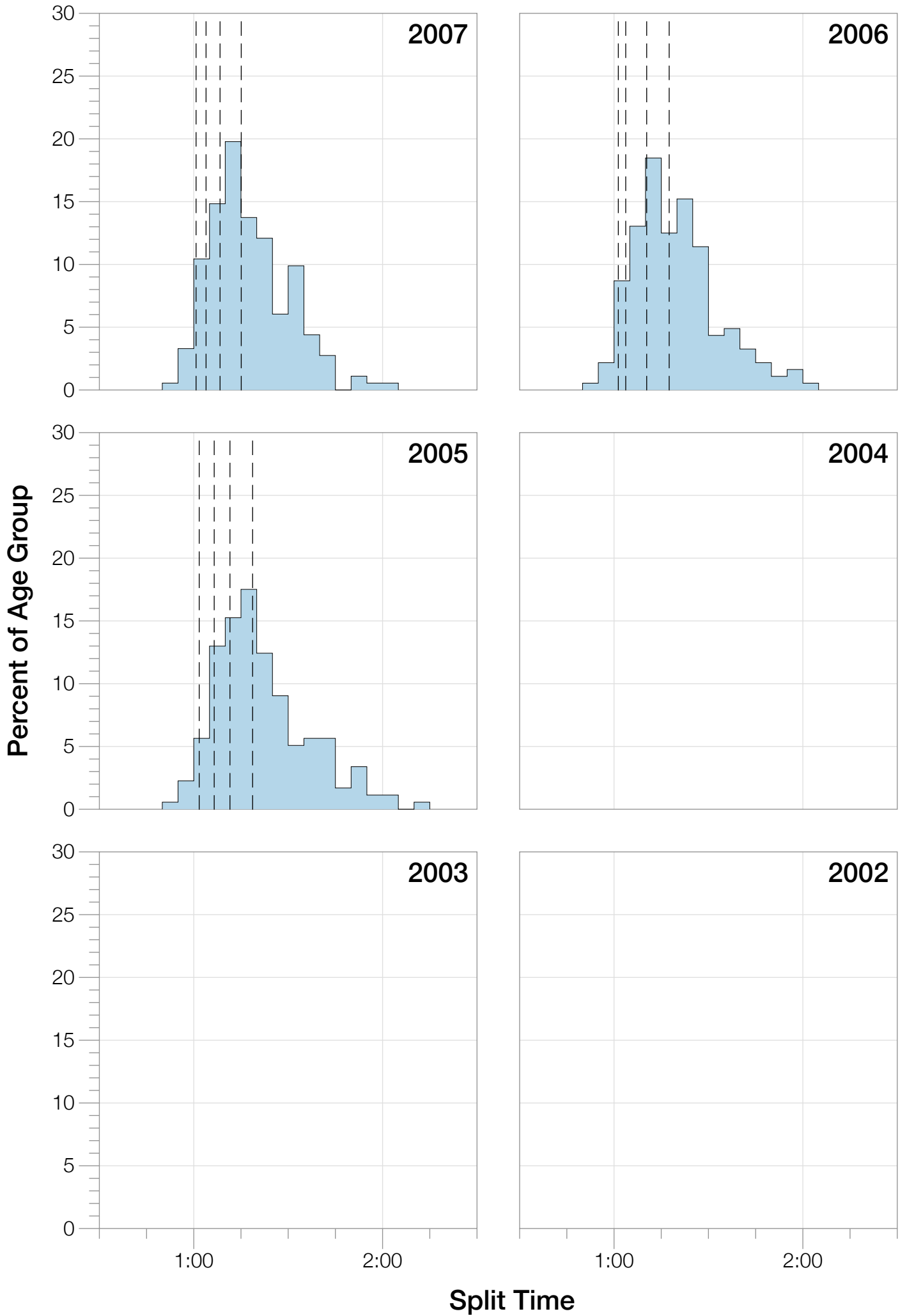
M45-49 Summary Statistics

Year	Finishers	M45-49 Finishers	Male Winner's Time	Female Winner's Time	M45-49 Winner's Time
2005	1682	177	8:25:42	9:44:02	9:23:38
2006	1723	184	8:20:56	9:12:53	9:52:33
2007	1861	182	8:21:14	9:36:40	10:07:50
2008	1689	166	8:34:19	9:14:49	9:21:15
2009	2077	240	8:14:16	9:21:06	9:35:24
2010	2397	255	8:13:35	9:09:19	9:22:53
2011	2217	250	8:07:16	8:36:13	9:28:08
2012	2379	258	8:03:13	9:01:41	9:27:26
2013	2521	292	8:02:00	8:52:49	9:19:44
Average	2061	223	8:15:50	9:12:10	9:33:12

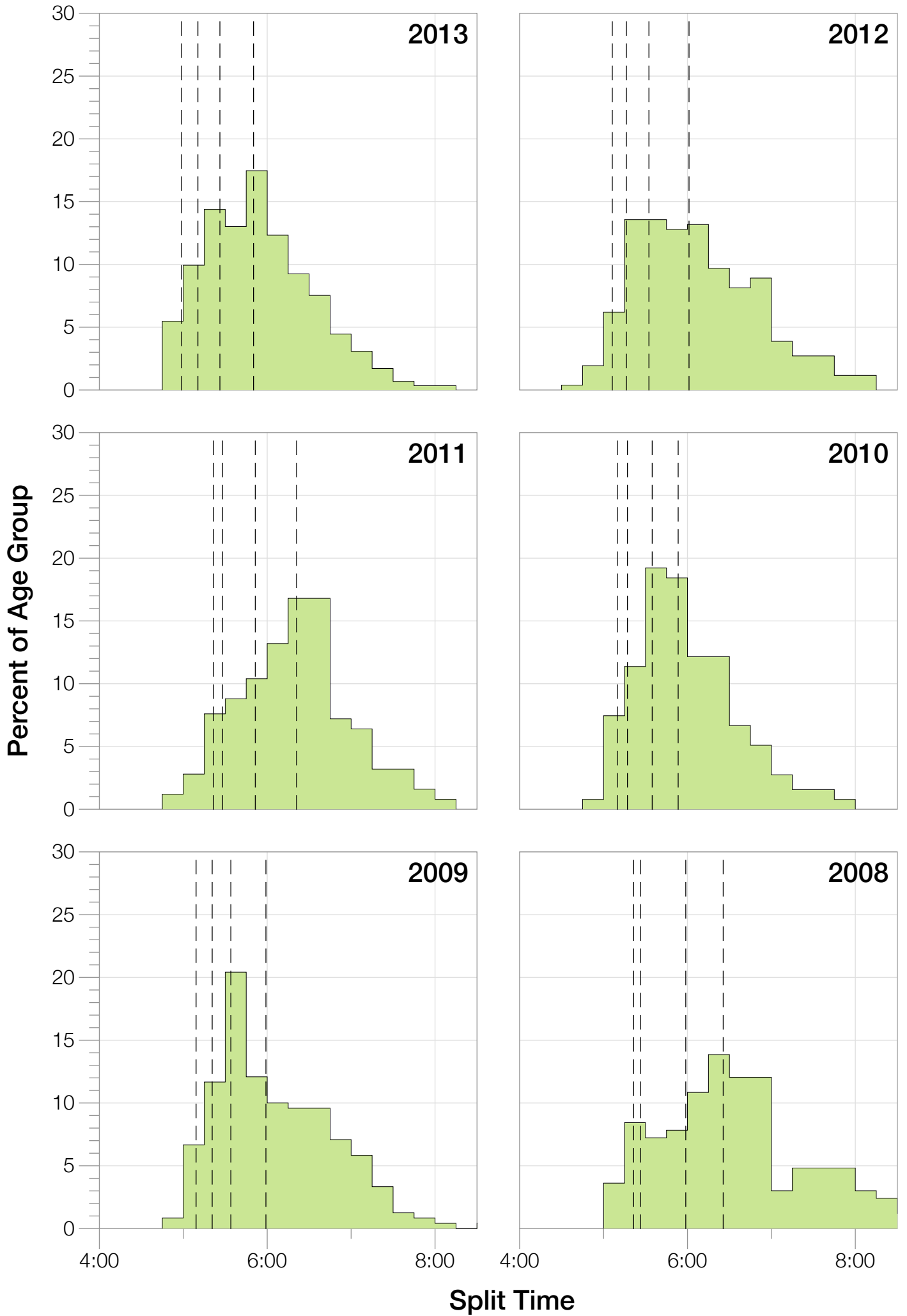
M45-49 Swim



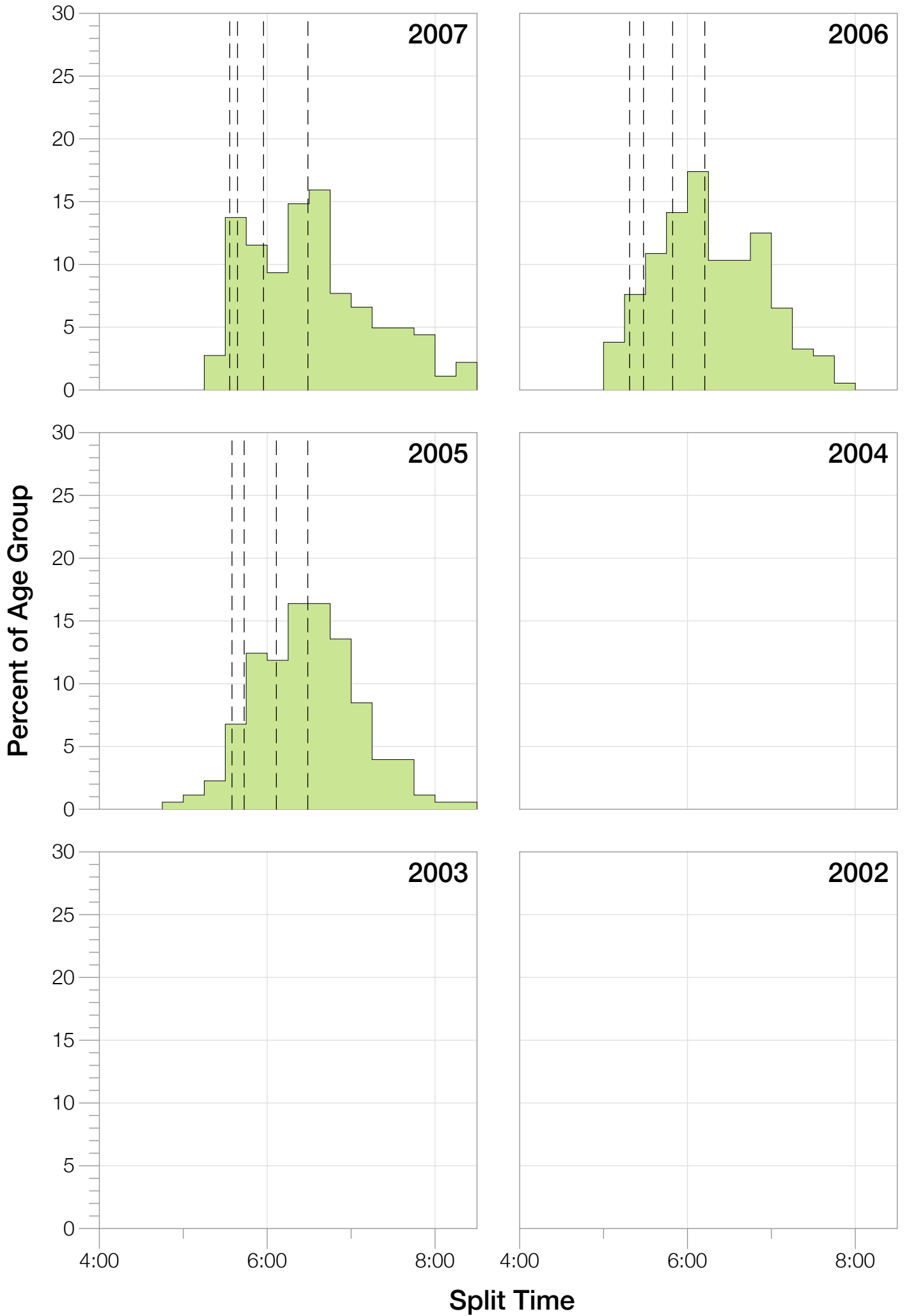
M45-49 Swim



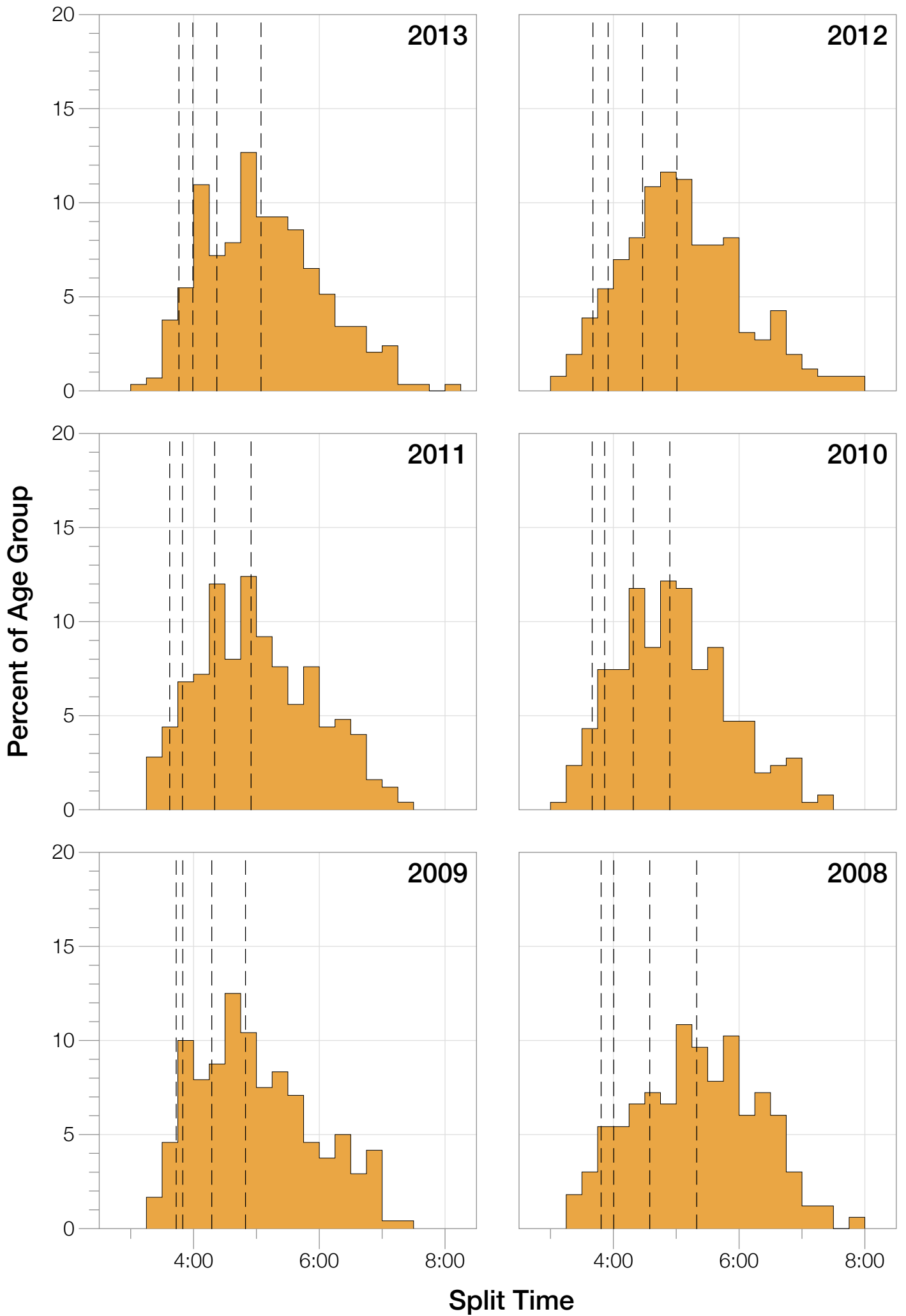
M45-49 Bike



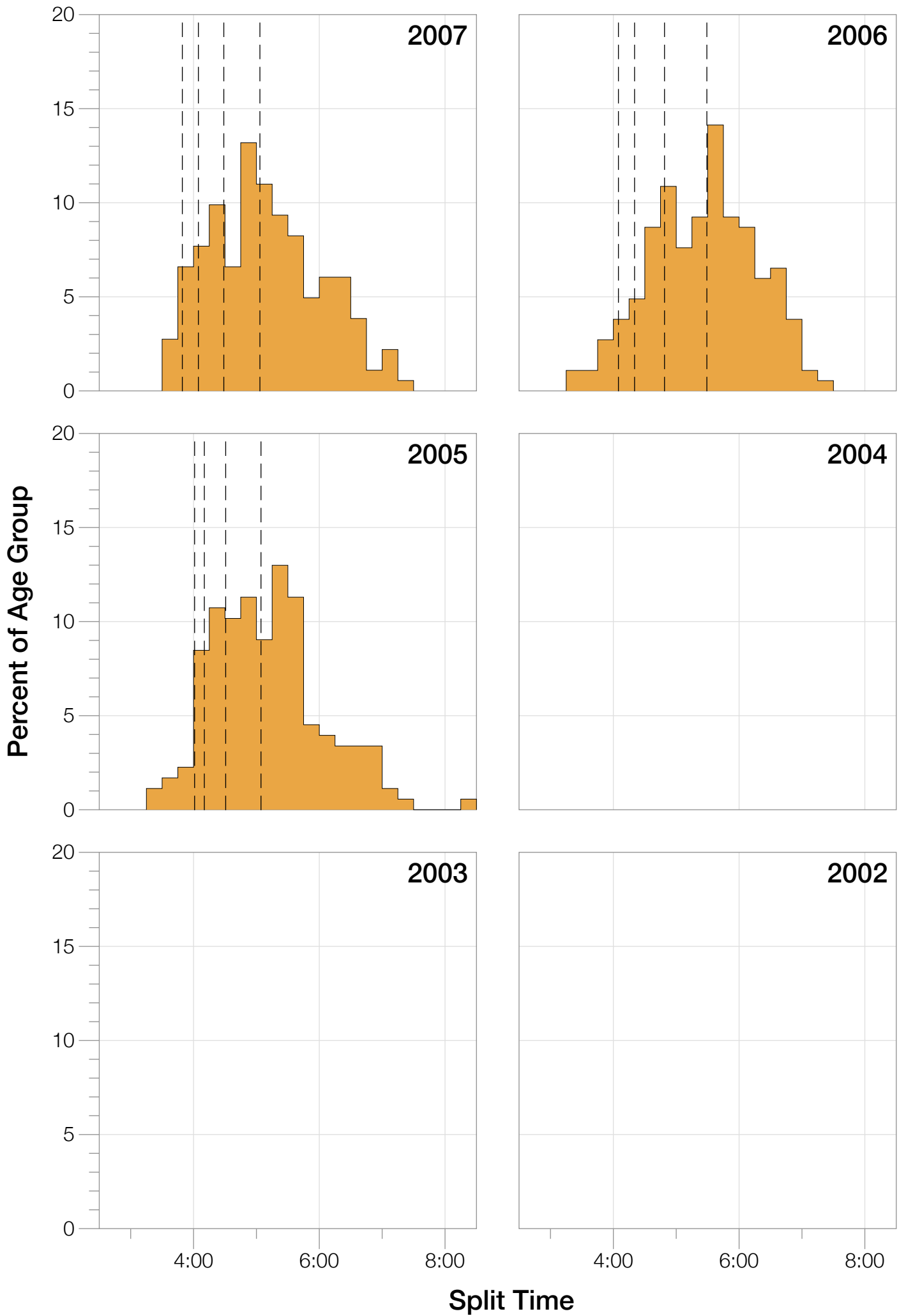
M45-49 Bike



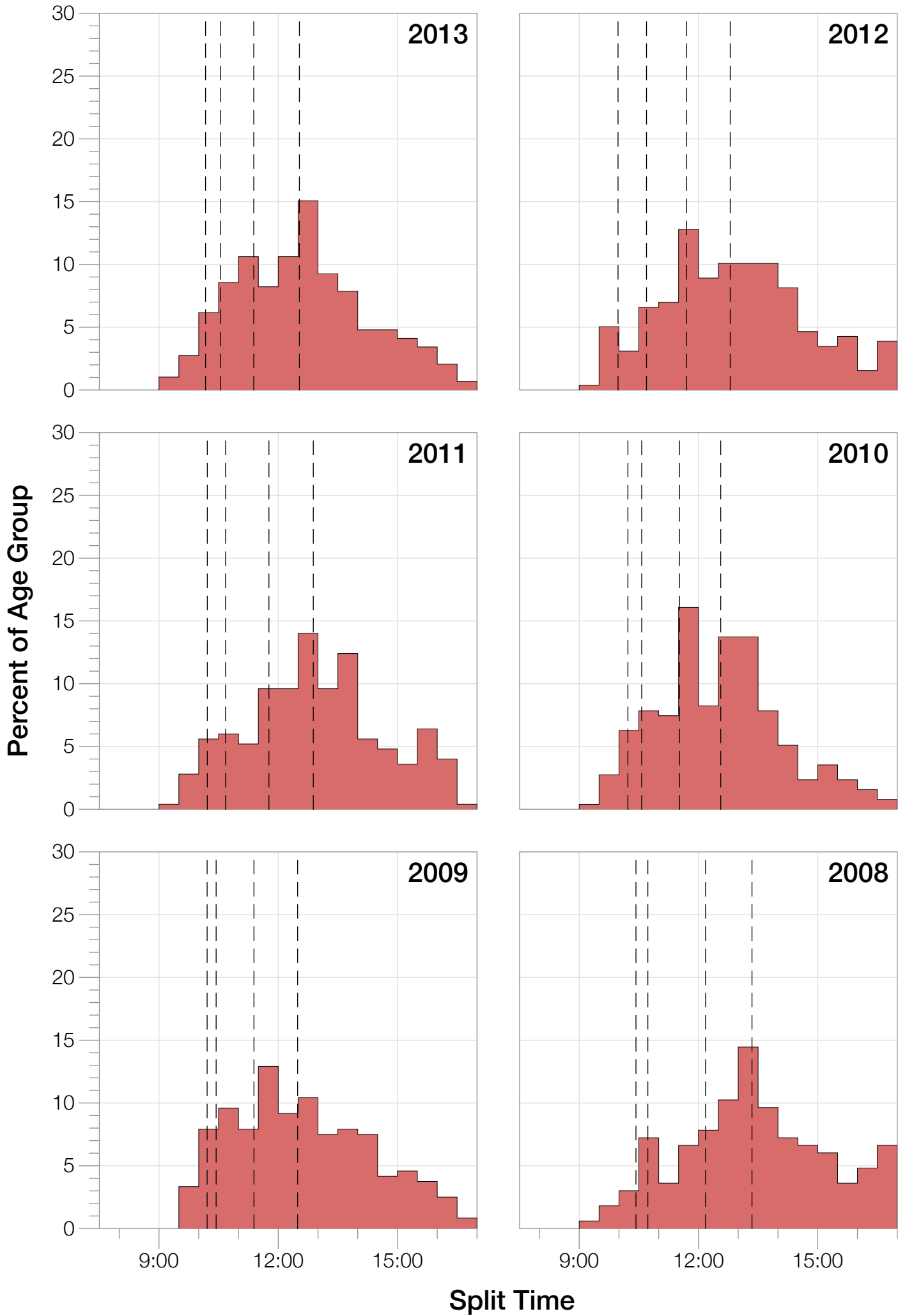
M45-49 Run



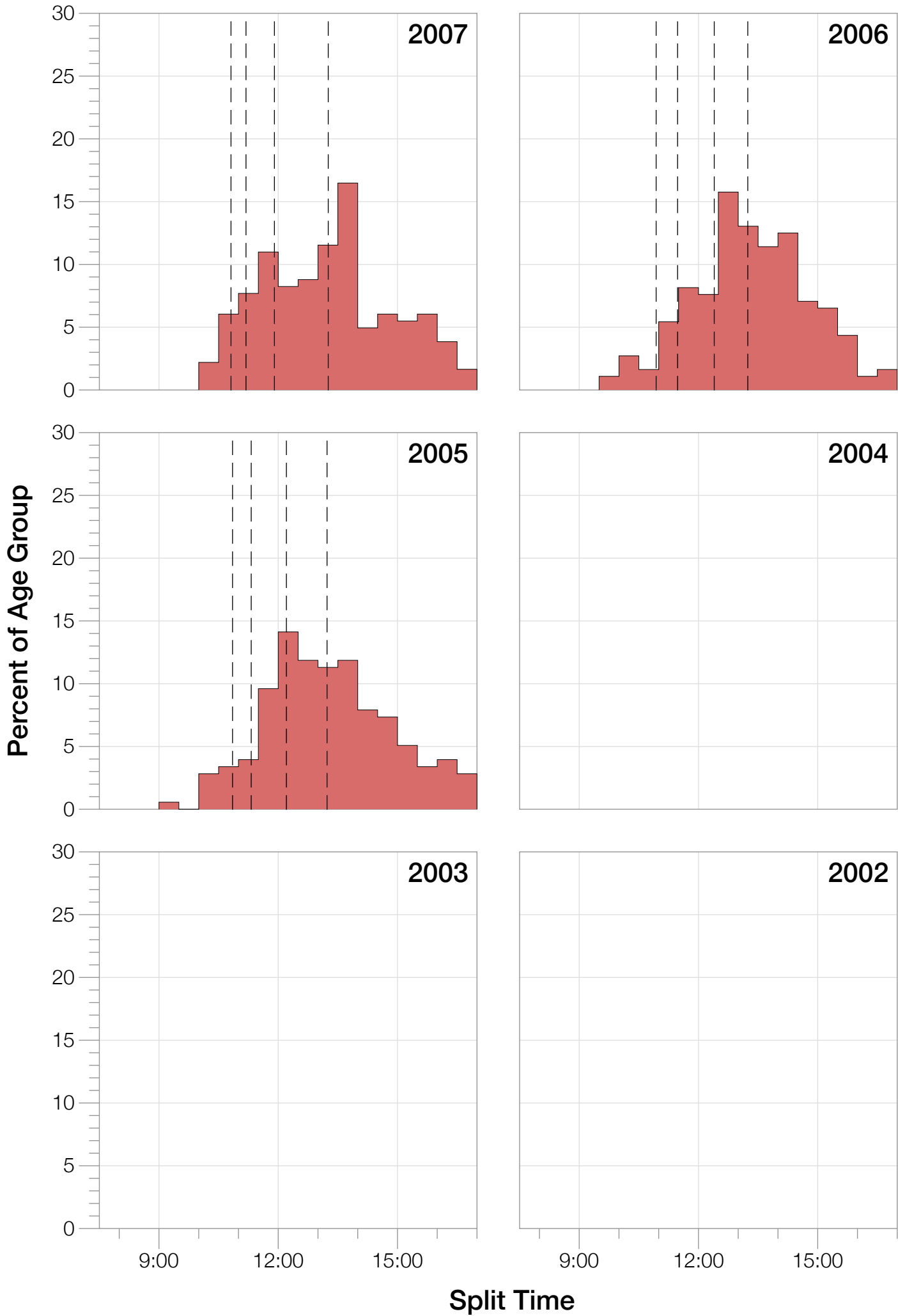
M45-49 Run



M45-49 Overall



M45-49 Overall



M45-49 Fastest Splits

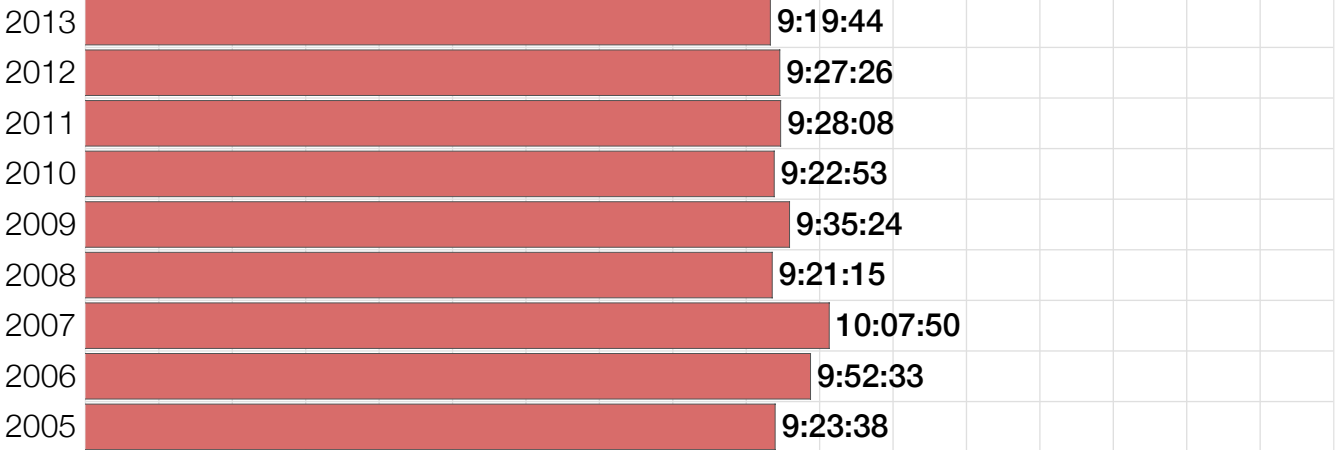
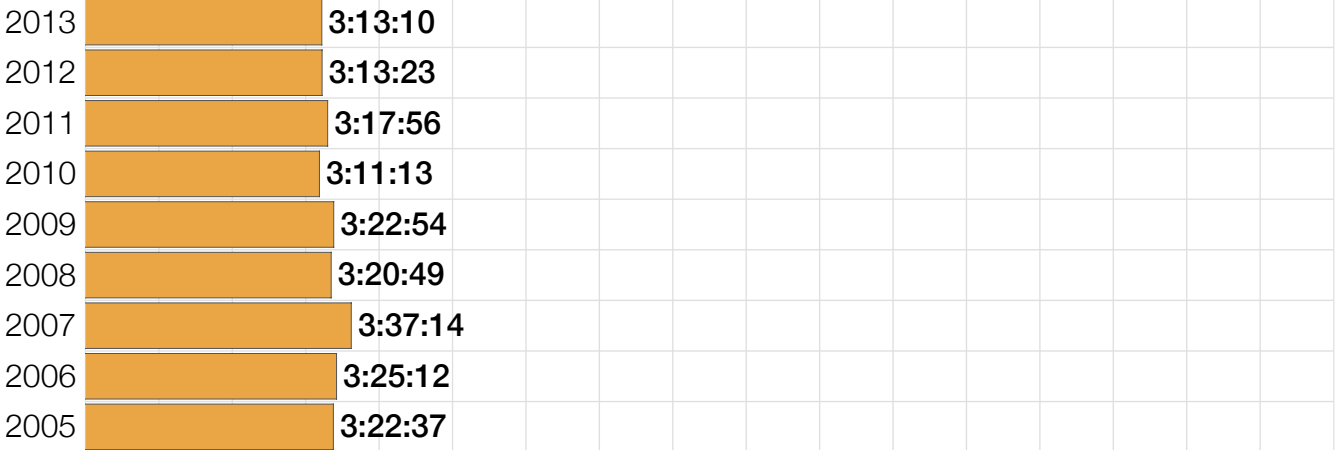
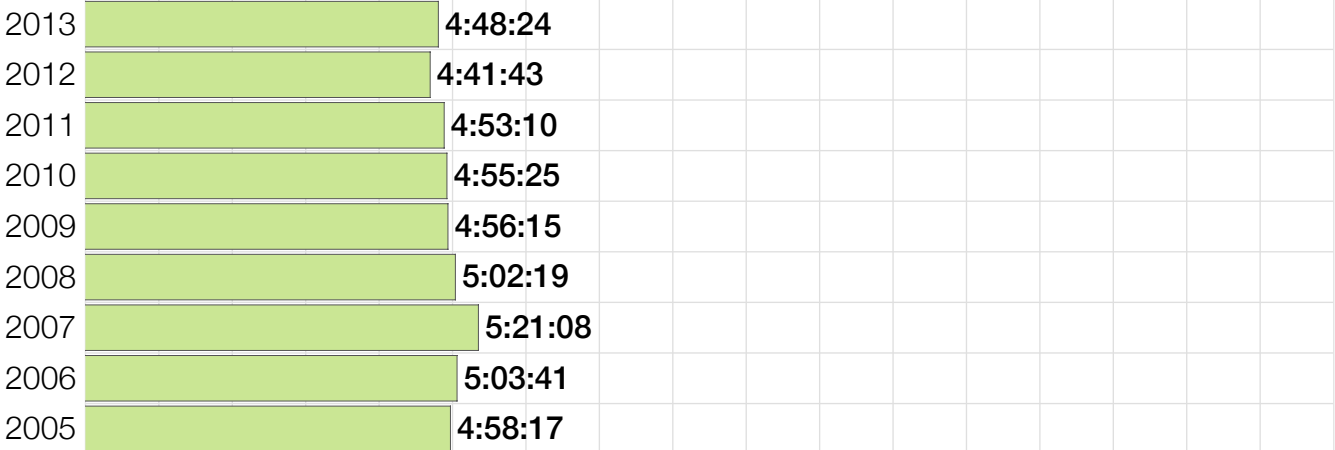
Year

Swim

Bike

Run

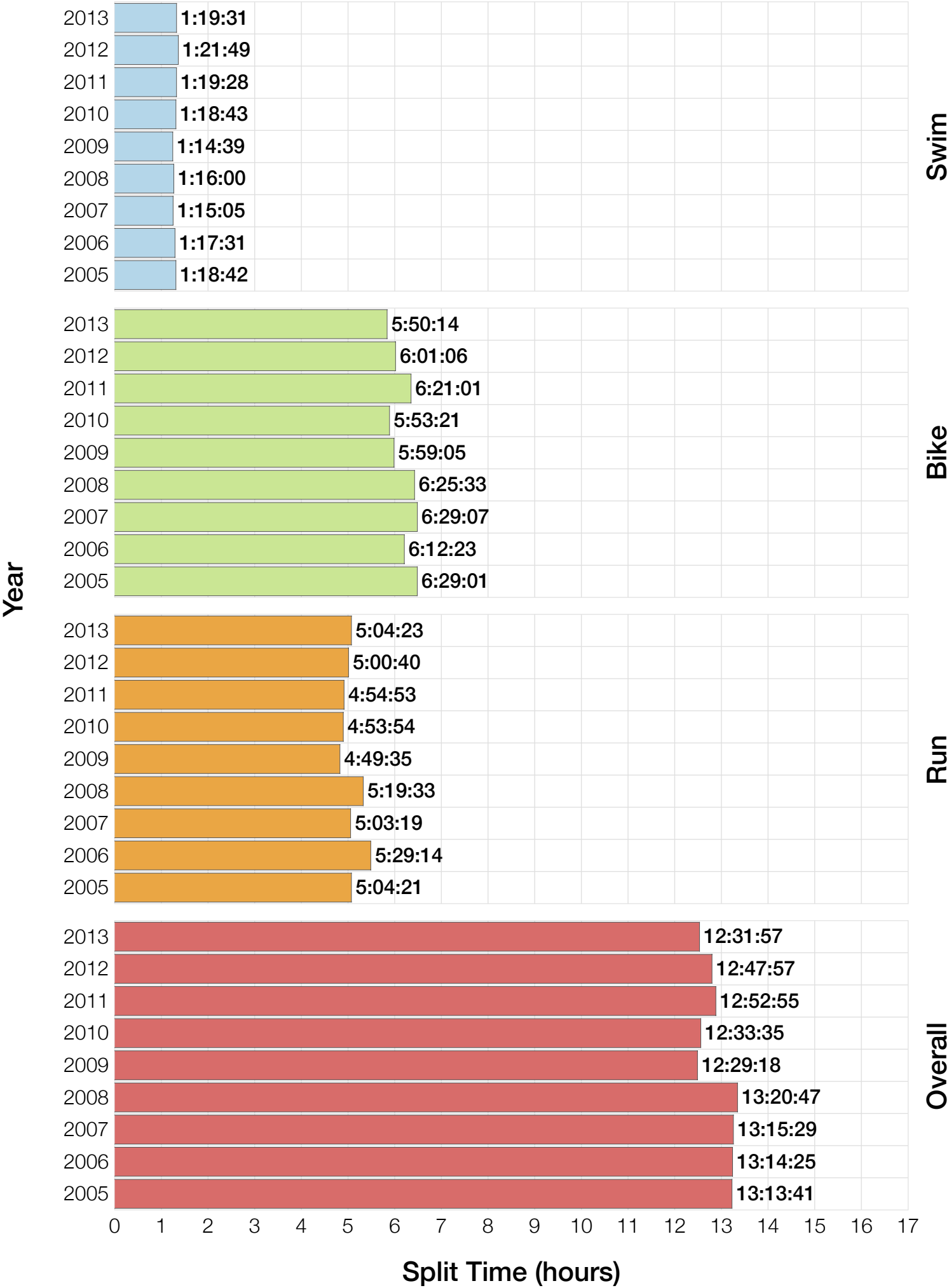
Overall



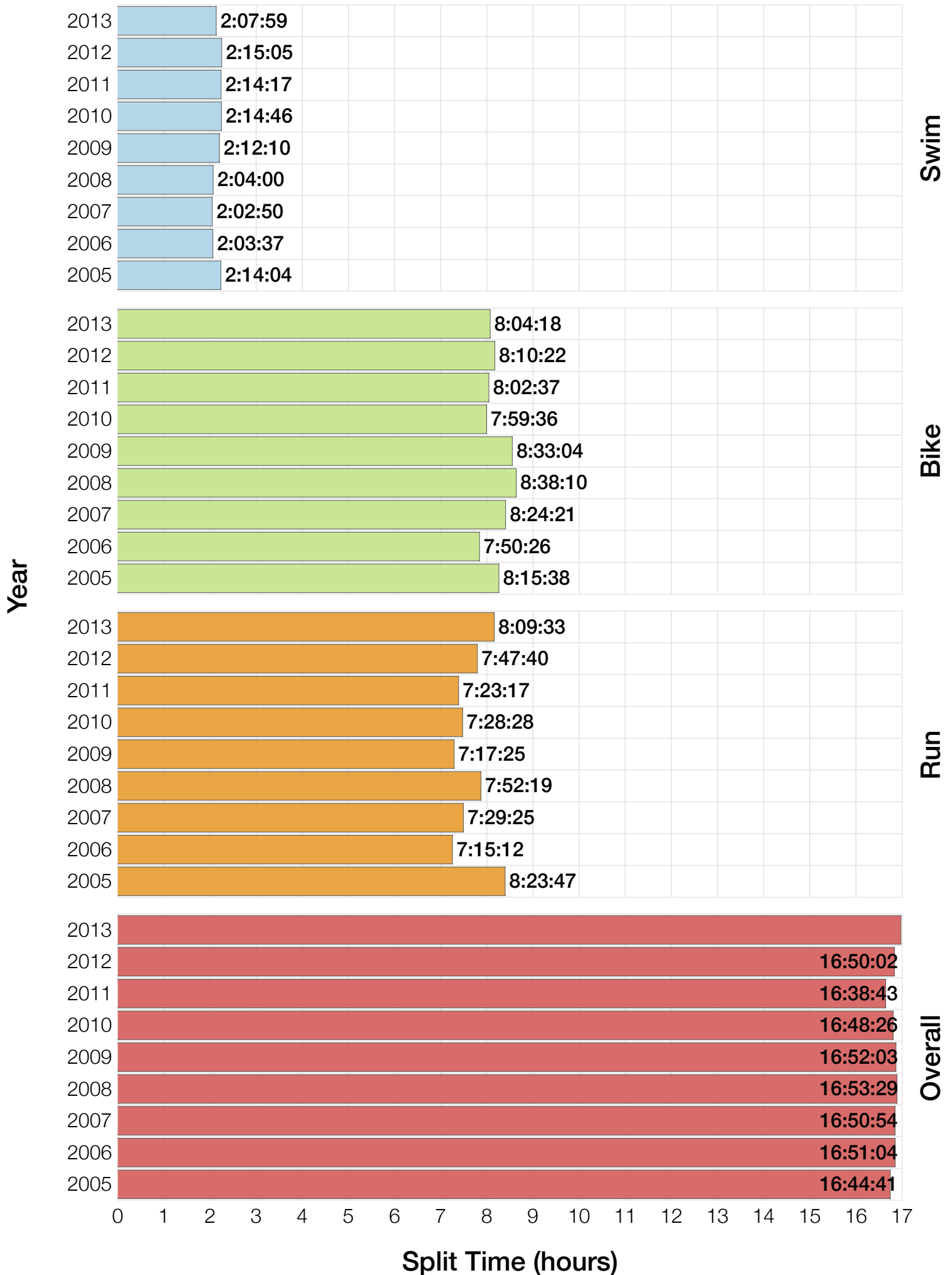
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Split Time (hours)

M45-49 Median Splits

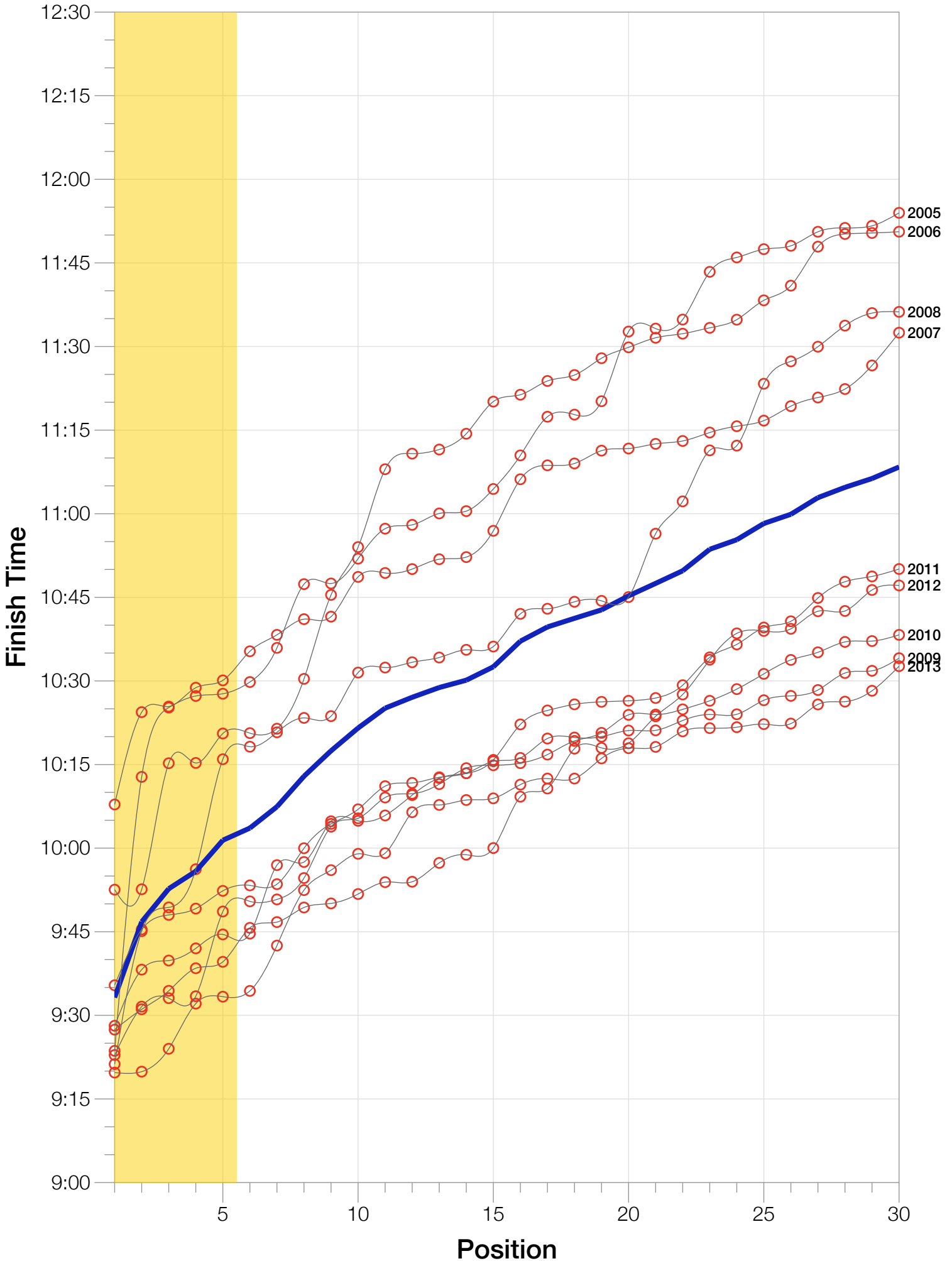


M45-49 Slowest Splits



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	0:51:33	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	0:56:57	5:03:12	3:26:29	9:33:12
Average 2nd Age Grouper	1:05:28	5:06:28	3:28:05	9:46:47
Average 3rd Age Grouper	1:07:25	5:10:22	3:27:31	9:52:43
Average 4th Age Grouper	1:05:29	5:08:26	3:35:06	9:55:51
Average 5th Age Grouper	1:05:38	5:15:21	3:33:21	10:01:25
Average 6th Age Grouper	1:07:57	5:10:18	3:37:36	10:03:36
Average 7th Age Grouper	1:02:37	5:18:17	3:39:10	10:07:26
Average 8th Age Grouper	1:03:57	5:11:56	3:49:14	10:12:54
Average 9th Age Grouper	1:02:49	5:15:26	3:51:25	10:17:28
Average 10th Age Grouper	1:06:39	5:12:44	3:54:11	10:21:33
Kona Qualifier Average	1:04:11	5:08:46	3:30:07	9:49:59
Top 10 Age Grouper Average	1:04:29	5:11:15	3:38:13	10:01:17

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	0:57:18	4:54:47	3:21:33	9:19:44
2nd Age Grouper	1:02:06	4:48:24	3:23:38	9:19:54
3rd Age Grouper	1:09:18	4:55:10	3:13:10	9:24:00
4th Age Grouper	1:05:48	4:51:00	3:30:05	9:32:06
5th Age Grouper	1:03:53	4:50:53	3:32:27	9:33:21
6th Age Grouper	1:03:53	4:51:44	3:30:58	9:34:23
7th Age Grouper	1:00:02	4:58:26	3:37:32	9:42:31
8th Age Grouper	0:51:24	4:56:09	3:58:56	9:52:28
9th Age Grouper	1:05:36	4:57:03	3:45:46	9:56:03
10th Age Grouper	0:59:47	5:00:38	3:52:01	9:58:59
Kona Qualifier Average	1:03:40	4:52:02	3:24:10	9:25:49
Top 10 Age Grouper Average	1:01:54	4:54:25	3:34:36	9:37:20

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	1:05:42	4:59:38	3:14:21	9:27:26
2nd Age Grouper	1:01:59	4:53:25	3:29:55	9:31:05
3rd Age Grouper	1:01:45	5:07:58	3:16:56	9:34:24
4th Age Grouper	1:02:55	5:06:33	3:23:34	9:38:27
5th Age Grouper	1:10:00	5:09:21	3:13:23	9:39:36
6th Age Grouper	1:13:05	4:41:43	3:42:38	9:45:42
7th Age Grouper	1:01:16	5:04:24	3:34:48	9:46:44
8th Age Grouper	1:01:57	4:53:45	3:47:24	9:49:21
9th Age Grouper	1:07:49	5:04:34	3:32:04	9:50:05
10th Age Grouper	1:17:23	5:01:35	3:23:21	9:51:46
Kona Qualifier Average	1:04:28	5:03:23	3:19:37	9:34:11
Top 10 Age Grouper Average	1:06:23	5:00:17	3:27:50	9:41:27

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	0:55:33	4:54:49	3:30:54	9:28:08
2nd Age Grouper	1:02:31	5:08:20	3:17:56	9:38:12
3rd Age Grouper	1:06:24	4:53:10	3:34:59	9:39:50
4th Age Grouper	1:03:59	5:06:55	3:24:53	9:42:01
5th Age Grouper	1:02:40	5:08:31	3:27:21	9:44:31
6th Age Grouper	1:10:20	5:05:14	3:23:38	9:44:40
7th Age Grouper	1:08:15	5:05:15	3:35:43	9:56:57
8th Age Grouper	1:07:10	4:59:16	3:45:03	9:57:31
9th Age Grouper	0:57:18	5:21:28	3:37:29	10:04:49
10th Age Grouper	1:09:03	5:01:25	3:49:13	10:04:54
Kona Qualifier Average	1:02:13	5:02:21	3:27:12	9:38:32
Top 10 Age Grouper Average	1:04:19	5:04:26	3:32:42	9:48:09

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	1:09:35	4:55:25	3:11:13	9:22:53
2nd Age Grouper	1:00:52	5:02:37	3:23:11	9:31:34
3rd Age Grouper	1:06:11	4:59:00	3:21:36	9:33:05
4th Age Grouper	1:04:24	5:00:26	3:16:44	9:33:26
5th Age Grouper	1:10:13	5:06:35	3:25:04	9:48:38
6th Age Grouper	1:00:46	5:01:47	3:39:54	9:50:27
7th Age Grouper	1:08:52	5:08:57	3:25:25	9:50:48
8th Age Grouper	1:06:25	5:04:44	3:34:44	9:54:38
9th Age Grouper	1:03:34	5:13:36	3:39:36	10:03:51
10th Age Grouper	1:02:04	5:14:09	3:42:24	10:05:21
Kona Qualifier Average	1:06:15	5:00:48	3:19:33	9:33:55
Top 10 Age Grouper Average	1:05:17	5:04:43	3:27:59	9:45:28

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	0:56:18	4:59:43	3:30:52	9:35:24
2nd Age Grouper	0:59:35	5:15:40	3:22:54	9:45:25
3rd Age Grouper	1:09:32	5:05:18	3:25:33	9:48:01
4th Age Grouper	1:01:33	4:56:15	3:45:51	9:49:09
5th Age Grouper	1:11:45	5:05:22	3:28:04	9:52:20
6th Age Grouper	0:59:14	5:18:07	3:30:20	9:53:19
7th Age Grouper	1:07:20	5:06:00	3:30:56	9:53:32
8th Age Grouper	0:59:18	5:03:49	3:50:57	9:59:59
9th Age Grouper	1:02:46	5:14:06	3:40:53	10:04:21
10th Age Grouper	1:07:11	5:02:39	3:45:49	10:06:58
Kona Qualifier Average	1:03:44	5:04:27	3:30:38	9:46:03
Top 10 Age Grouper Average	1:03:27	5:06:41	3:35:12	9:52:50

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	0:53:22	5:02:19	3:20:49	9:21:15
2nd Age Grouper	1:05:59	5:05:38	3:27:09	9:45:06
3rd Age Grouper	1:04:51	5:09:56	3:27:21	9:49:22
4th Age Grouper	1:04:47	5:07:00	3:38:42	9:56:13
5th Age Grouper	1:11:45	5:21:28	3:34:50	10:15:57
6th Age Grouper	1:08:40	5:21:40	3:41:01	10:18:12
7th Age Grouper	0:58:34	5:23:46	3:48:34	10:20:47
8th Age Grouper	1:04:28	5:18:11	3:49:32	10:23:22
9th Age Grouper	1:04:10	5:05:57	4:08:12	10:23:41
10th Age Grouper	1:18:05	5:12:43	3:54:16	10:31:30
Kona Qualifier Average	1:04:08	5:09:16	3:29:46	9:49:34
Top 10 Age Grouper Average	1:05:28	5:12:51	3:41:02	10:06:32

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	0:51:24	5:30:51	3:40:19	10:07:50
2nd Age Grouper	1:16:26	5:21:08	3:39:42	10:24:24
3rd Age Grouper	1:13:25	5:26:47	3:37:14	10:25:24
4th Age Grouper	0:59:58	5:38:56	3:41:48	10:28:47
5th Age Grouper	1:04:03	5:33:07	3:46:27	10:30:06
6th Age Grouper	1:06:27	5:31:26	3:47:30	10:35:19
7th Age Grouper	1:08:24	5:38:44	3:45:21	10:38:16
8th Age Grouper	1:13:20	5:36:10	3:44:09	10:41:05
9th Age Grouper	1:03:00	5:36:27	3:51:08	10:41:32
10th Age Grouper	1:05:23	5:30:08	4:06:36	10:48:40
Kona Qualifier Average	1:05:03	5:30:09	3:41:06	10:23:18
Top 10 Age Grouper Average	1:06:11	5:32:22	3:46:01	10:32:08

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	0:51:25	5:12:59	3:42:46	9:52:33
2nd Age Grouper	1:11:15	5:08:07	3:25:50	9:52:37
3rd Age Grouper	1:08:52	5:09:09	3:48:19	10:15:14
4th Age Grouper	1:14:31	5:03:41	3:50:20	10:15:17
5th Age Grouper	1:01:20	5:21:13	3:49:43	10:20:34
6th Age Grouper	1:19:36	5:25:11	3:25:12	10:20:38
7th Age Grouper	0:55:41	5:36:53	3:41:32	10:21:26
8th Age Grouper	1:03:37	5:18:11	3:57:35	10:30:22
9th Age Grouper	1:00:19	5:16:26	4:19:22	10:45:26
10th Age Grouper	1:01:01	5:14:27	4:28:13	10:54:01
Kona Qualifier Average	1:05:28	5:11:01	3:43:23	10:07:15
Top 10 Age Grouper Average	1:04:45	5:16:37	3:50:53	10:20:48

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	0:52:00	4:58:17	3:25:39	9:23:38
2nd Age Grouper	1:08:36	5:14:54	3:42:36	10:12:47
3rd Age Grouper	1:06:31	5:46:50	3:22:37	10:25:13
4th Age Grouper	1:11:30	5:25:12	3:44:04	10:27:18
5th Age Grouper	0:55:05	5:41:47	3:42:53	10:27:42
6th Age Grouper	1:09:34	5:15:52	3:57:21	10:29:48
7th Age Grouper	0:55:10	5:42:15	3:52:41	10:35:56
8th Age Grouper	1:07:57	5:37:09	3:54:49	10:47:22
9th Age Grouper	1:00:56	5:29:20	4:08:15	10:47:29
10th Age Grouper	0:59:55	5:36:54	4:05:53	10:51:56
Kona Qualifier Average	1:02:44	5:25:24	3:35:33	10:11:19
Top 10 Age Grouper Average	1:02:43	5:28:51	3:47:40	10:26:54