

# Ironman - Yearly Comparisons

	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	
<b>Clean</b>												
over 200	6	9	22	20	27	21	23	21	16	23	19	
over 250	0	2	3	4	1	3	3	3	6	4	0	
over 300	0	0	0	0	0	0	1	0	1	0	0	
Average	163	150	158	157	172	161	179	173	185	177	175	
Median	170	153	157	156	172	169	176	175	180	176	171	
SD	31.5	49.0	50.3	48.6	42.1	58.3	45.7	44.1	44.0	47.5	33.3	
Range	138	184	207	198	156	190	205	192	231	199	133	
Top Score	233	272	284	259	260	285	300	267	306	295	238	
<b>Back Squat</b>												
over 300	13	16	19	27	30	23	24	25	21	19	13	
over 400	1	4	6	6	6	4	9	6	5	7	2	
over 500	0	0	0	0	0	0	1	1	1	1	0	
Average	246	234	238	241	256	252	268	274	273	271	243	
Median	243	225	229	233	250	250	254	265	265	265	226	
SD	64.4	89.3	95.1	91.0	94.1	85.2	93.7	92.5	85.5	94.6	68.8	
Range	333	352	376	338	398	347	461	456	447	407	326	
Top Score	445	476	476	438	463	476	582	571	535	535	461	
<b>Bench Press</b>												
over 200	17	18	30	34	43	30	28	22	18	25	15	
over 250	2	5	11	15	11	7	10	4	6	8	0	
over 300	1	0	4	4	2	2	3	2	1	1	0	
Average	177	166	174	180	188	180	188	179	185	183	172	
Median	175	159	173	171	195	184	184	175	172	172	172	
SD	37.4	47.4	66.9	55.0	53.9	54.5	55.9	48.1	46.3	49.3	32.8	
Range	220	176	272	214	228	228	289	272	226	206	140	
Top Score	306	276	360	306	317	314	389	340	320	311	245	
<b>Vertical Jump</b>												
over 24"	19	26	21	32	33	38	33	37	22	32	29	
over 30"	2	3	1	3	5	9	7	6	5	3	0	
Average	21.6"	22.3"	21.5"	21.6"	22.2"	23"	23.5"	23.4"	22.7"	22.4"	22.1"	
Median	22"	22.5"	22"	22.0"	22.5"	22"	23"	23"	22"	22.5"	22.3"	
SD	4.34	3.7	5.35	4.75	4.52	5.24	4.59	4.34	4.97	4.53	3.95	
Range	21.5"	20"	18.5"	27.5"	27"	25.5"	26"	21.5	21.5	19.5	16	
Top Score	31.5"	32.5"	31"	37"	34.5"	38"	32.5"	34	34.5"	30.5"	29"	
<b>40 Yard Dash</b>												
		<b>##</b>										
under 5.5	31	35	53	58	58	49	40	41	30	36	41	
under 5.0	8	4	9	19	13	8	6	9	10	7	2	
Average	5.45	5.6	5.40	5.60	5.46	5.37	5.56	5.56	5.51	5.54	5.55	
Median	5.52	5.6	5.44	5.45	5.37	5.45	5.44	5.50	5.53	5.43	5.40	
SD	0.86	0.5	1.12	0.56	0.43	1.09	0.46	0.49	0.50	0.50	0.40	
Range	2.7	3.1	3.35	2.91	3.14	2.17	2.07	2.57	2.42	2.51	1.72	
Top Score	4.68	4.64	4.75	4.60	4.82	4.58	4.8	4.77	4.42	4.75	4.84	
<b>L-Drill</b>												
		<b>###</b>										
under 7.8	5	6	24	25	34	31	24-33**	24	19	33	x	
under 7.3	1	0	4	3	11	11	7-8**	4	3	6	x	
Average	8.6	8.63	8.18	8.21	7.84	7.81	8.06**	8.18	8.14	7.96	x	
Median	8.5	8.53	8.12	8.24	7.89	7.94	8**	8.15	8.01	7.82	x	
SD	0.78	0.7	1.45	1.36	1.29	1.58	0.64**	0.61	0.66	0.68	x	
Range	4.2	3.4	4.94	3.71	4.07	3	2.76**	2.84	3	3.1	x	
Top Score	7.3	7.42	7.14	7.22	6.97	6.77	6.82	7.01	7.10	6.88	x	
<b>Tire Flips</b>												
30 & over	2	9	10									
25 & over	38	40	43									
Average	25	24	23									
Median	26	25	24									
SD	3.21	4.7	6.4									
Range	14	17	19									
Top Score	31	33	32									
<b>300 Shuttle</b>												
under :60				29	34	30	18	22	16	25	14	
Average				:60.8	:63.4	:59.8	:63.0	:64.1	:64.5	64.6	:64.9	
Median				:62.6	:62	:62.1	:62.9	:62.2	:63.5	:62.9	63.3	
SD				16.23	6.44	15.48	9.72	6.75	6.39	8.08	7.14	
Range				36.4	31.5	24.7	32.4	32.1	28.2	39.3	34.9	
Top Score				:53.2	53.1	:52.2	:53.3	:52.3	:54.8	:53.7	:56.0	
<b>Total Points</b>												
		<b>@@@</b>										
over 5000	0	0	0	1	1	3	1	1	4	1	0*	
over 4500	0	1	4	9	7	6	9	6	7	5	1*	
over 4000	2	5	10	21	22	14	16	16	16	16	10*	
over 3500	10	11	25	40	45	39	35	32	27	30	27*	
Average	2884	2731	2861	3112	3397	3150	3343	3250	3474	3274	3068*	
Median	2942	2673	2811	3090	3431	3301	3368	3299	3378	3381	3250*	
SD	668	730	921	948	745	1000.5	890	837	871	797	854*	
Range	3717	3455	4306	4238	4503	4331	3888	4092	3657	4363	3356*	
Top Score	4288	4535	4953	5091	5076	5329	5251	5008	5299	5274	4554*	
10th Score	3635	3607	4025	4499*****	4426***	4269	4411	4240	4290	4280	4012*	
<b># of Participants</b>	67	80	99	110	100	94	75	82	61	68	72	

\*In 2001, the Pro Agility test was used instead of the L-drill.

\*\* In 2005, most L-drill times were rounded off to the nearest tenth

\*\*\* In 2007, defending Ironman Champion, Jordan Hauschild, was injured and did not compete.

\*\*\*\* In 2008, defending Ironman Champion Derek Waldbillig, and Matt Severson (5th) were injured and did not compete.

@@@ In 2009, the 300 shuttle was replaced by the tire flip. It lowered total points compared to other years.

## In 2010, 40-yard dash was inadvertently rounded to the nearest .1.

### In 2010 & 2011, L-drill was timed using a stopwatch, therefore .2 was added to the time to convert to FAT.