



**#NHLStats: AVALANCHE REACH MOUNTAINTOP ONCE AGAIN, WIN THIRD STANLEY CUP IN FRANCHISE HISTORY**

The Avalanche won Game 6 at AMALIE Arena to defeat the two-time defending-champion Lightning and win the Stanley Cup. Colorado captured its third championship in franchise history, following Cups in 1996 and 2001.



**AVALANCHE SUMMIT STANLEY CUP PLAYOFFS WITH DOMINANT 16-4 RECORD**

Colorado claimed its championship by going 16-4 in the 2022 Stanley Cup Playoffs, including sweeps in the First Round and Conference Finals as well as six-game wins in the Second Round and Final.



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\* The Avalanche became the sixth team to win a Cup with four or fewer postseason losses since 1987 when the best-of-seven format was adopted for all rounds. The only club among that group with fewer than four defeats are the [1988 Oilers](#), who went 16-2 plus their no-decision in the suspended game during the Final (which was tied 3-3 when called) en route to their fourth championship in five years.



## STANLEY CUP CHAMPIONS 2022

### FEWEST LOSSES, STANLEY CUP CHAMPIONS

► SINCE 1987

TEAM	YEAR	LOSSES
EDMONTON OILERS	1988	2
COLORADO AVALANCHE	2022	4
LOS ANGELES KINGS	2012	4
DETROIT RED WINGS	1997	4
NEW JERSEY DEVILS	1995	4
MONTREAL CANADIENS	1993	4
ANAHEIM DUCKS	2007	5
PITTSBURGH PENGUINS	1992	5
EDMONTON OILERS	1987	5

\*ALL ROUNDS BECAME BEST-OF-7 IN 1987

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\* Colorado held a multi-game lead in each of its four series this postseason. The Avalanche became the ninth team since 1987 with four multi-game series leads in a single playoff year, joining the 2020 Lightning, 2012 Kings, 2011 Canucks, 2008 Red Wings, 2003 Devils, 1995 Devils, 1988 Oilers and 1987 Oilers.

\* Colorado's journey featured two winning streaks of five or more games, including a [franchise-record seven-game stretch](#). The Avalanche also concluded the postseason with a 9-1 record as visitors and became the third Stanley Cup champions since 1987 with one or fewer road losses, following the 2012 Kings (10-1) and 1995 Devils (10-1). The 2020 Lightning also went 10-1 in games where they were designated as the road team while playing in the neutral-site bubbles in Edmonton and Toronto.

### COLORADO CLAIMS CUP FIVE YEARS AFTER LAST-PLACE FINISH

Colorado captured its championship five years after finishing last place in the League standings with only 48 points during the 2016-17 season (22-56-4) – among the 10 [lowest point totals](#) in an NHL season of 82 or more games. Avalanche veterans **Mikko Rantanen**, **Nathan MacKinnon**, **Gabriel Landeskog**, **Erik Johnson** and **J.T. Compher** all skated with Colorado during that campaign.

\* It was the second time the franchise has *won a Cup within five years of a last-place finish*, as the Quebec Nordiques ranked 21st in 1990-91 before the Avalanche lifted the trophy in 1995-96 (their first season in Denver). Overall, it has happened five times in the expansion era (since 1967-68).



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**STANLEY CUP CHAMPIONS 2022**

## LAST PLACE TO STANLEY CUP IN FIVE-YEAR SPAN

► NHL'S EXPANSION ERA (SINCE 1967-68)

FRANCHISE	LAST PLACE	CUP
COLORADO AVALANCHE	2016-17	2022
PITTSBURGH PENGUINS	2003-04	2009
CAROLINA HURRICANES	2002-03	2006
TAMPA BAY LIGHTNING	1998-99	2004
COLORADO AVALANCHE	1990-91	1996

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### COLORADO CORNERSTONES SOLID THROUGHOUT POSTSEASON

Avalanche mainstays **Mikko Rantanen** (5-20—25), **Nathan MacKinnon** (13-11—24) and **Gabriel Landeskog** (11-11—22) combined for 29-42—71 during the 2022 Stanley Cup Playoffs, while 23-year-old defenseman **Cale Makar** (8-21—29) had a 29-point showing en route to adding a Cup and Conn Smythe Trophy to his NHL Awards collection which already includes the 2021-22 James Norris Memorial Trophy and 2019-20 Calder Memorial Trophy.

\* Rantanen recorded eight of his 20 assists against the Lightning, which were one shy of the official NHL record in a Final shared by **Daniel Briere** with the 2010 Flyers, **Larry Murphy** with the 1991 Penguins, **Wayne Gretzky** with the 1987 Oilers and **Jacques Lemaire** with the 1973 Canadiens. Of note, Gretzky got 10 assists in the 1988 championship series including two in the suspended game on May 24 (a decision was made at the time to count player statistics as part of their career totals but not as part of official NHL records and, therefore, his official count for that series is eight).

\* MacKinnon shared the NHL lead with 13 goals and became the third different player in franchise history with [as many in a single postseason](#), joining **Joe Sakic** in 1996 and 2001 as well as **Claude Lemieux** in 1997. MacKinnon opened the playoffs with a four-game goal streak, had a hat trick in [Game 5 of the Second Round](#) and tallied five times from the Conference Finals onward (including four goals scored in tying or go-ahead fashion over that span).

\* Landeskog had seven multi-point games over the course of the postseason, including three since Game 4 of the Conference Finals. His seven multi-point games trailed only Rantanen and Makar (both w/ 8) for the team lead.

\* Makar became the fourth defenseman in NHL history with [29 points in a playoff year](#), joining **Paul Coffey** with the 1985 Oilers, **Brian Leetch** with the 1994 Rangers and **Al MacInnis** with the 1989 Flames. Makar and Rantanen established a [franchise record for most assists in a playoff year](#), eclipsing the previous mark of 19 set by **Peter Stastny** with the 1985 Quebec Nordiques.

### LANDESKOG JOINS OVECHKIN, CHARA AND COUNTRYMAN LIDSTROM ON RARE LIST

**Gabriel Landeskog** (Stockholm, Sweden), [who set the tone in the Final](#) just like **Joe Sakic** did during the team's last trip to the round in 2001, became the fourth player in NHL history born and trained outside of North America to captain a Stanley Cup winner. He followed **Alex Ovechkin** (Moscow, Russia; [2018 WSH](#)), **Zdeno Chara**



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(Trencin, Slovakia; [2011 BOS](#)) and **Nicklas Lidstrom** (Vasteras, Sweden; [2008 DET](#)).



#### **SAKIC SECURES FIRST STANLEY CUP AS GENERAL MANAGER, THIRD OF NHL CAREER**

**Joe Sakic**, who captained Colorado to its Stanley Cup wins in 1996 and 2001, became the third individual in NHL history to win a championship as both a player and general manager *with the same franchise*. He joined **Serge Savard** of the Canadiens (player: 8; GM: 2) and **Milt Schmidt** of the Bruins (player: 2; GM: 2). In addition, **Lester Patrick** won the Cup as Rangers GM three times, including [in 1928](#) when he also tended goal for the club [under emergency circumstances in Game 2 of the Final](#).



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**CHAMPIONS**  
2022

Joe Sakic became the fourth individual in the NHL's expansion era (since 1967-68) to win a Stanley Cup as both a player and general manager *with any team*, following Serge Savard (player: 8; GM: 2), Bob Gainey (player: 5; GM: 1) and Brian MacLellan (player: 1; GM: 1)



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#### **BEDNAR WINS STANLEY CUP AFTER CLAIMING CHAMPIONSHIPS IN AHL, ECHL**

**Jared Bednar** won the first Stanley Cup of his NHL career and became the third head coach in franchise history to guide the Avalanche to a championship. **Marc Crawford** and **Bob Hartley** manned the Colorado bench in 1996 and 2001, respectively.

\* Bednar, who won a Calder Cup with the Lake Erie Monsters in 2016 and a Kelly Cup with the South Carolina Stingrays in 2009, became the first individual with an NHL, AHL and ECHL championship as a head coach (since 1988-89 when the ECHL contested its inaugural season). **Peter Laviolette** nearly achieved the feat – he won a Stanley Cup with the Hurricanes in 2006 and a Calder Cup with the Providence Bruins in 1999 while also guiding the Wheeling Nailers to the Northern Conference Final during the 1998 Kelly Cup Playoffs, where they fell in six games to the eventual-champion Hampton Roads Admirals.



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### 1,000-GAME VETERANS COGLIANO, JOHNSON JUBILATE AFTER FIRST STANLEY CUP WIN

**Andrew Cogliano** (1,140 GP) and **recent graduate Jack Johnson** (1,024 GP) became the 18th and 19th players in NHL history to win their first Stanley Cup after appearing in 1,000 career regular-season games. The list is topped by **Ray Bourque** (1,612 GP), who famously won the championship with the 2001 Avalanche at the end of his 22-season NHL career.



### STANLEY CUP CHAMPIONS 2022

#### MOST REGULAR-SEASON GAMES BEFORE FIRST CUP

► NHL HISTORY

PLAYER	TEAM	YEAR	GP
RAY BOURQUE	COL	2001	1,612
DAVE ANDREYCHUK	TBL	2004	1,597
GLEN WESLEY	CAR	2006	1,311
PAT VERBEEK	DAL	1999	1,225
LUC ROBITAILLE	DET	2002	1,205
ROD BRIND'AMOUR	CAR	2006	1,187
JAY BOUWMEESTER	STL	2019	1,184
ANDREW COGLIANO	COL	2022	1,140
STEVE DUCHESNE	DET	2002	1,113
LANNY McDONALD	CGY	1989	1,111

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\* **Erik Johnson** (857 GP; No. 1 in 2006) has the third-most career games played among current Avalanche players behind Cogliano and Johnson, while fellow top-two NHL Draft pick **Gabriel Landeskog** (738 GP; No. 2 in 2011) is the longest-tenured member of the franchise. Aside from them, only nine other top-two picks from the NHL Draft played at least 700 career games before winning their first Cup: **Steven Stamkos** (803 GP), **Victor Hedman** (762 GP), **Alex Ovechkin** (1,003 GP), **Chris Pronger** (868 GP), **Mike Modano** (710 GP), **Brendan Shanahan** (713 GP), **Brian Bellows** (835 GP), **Kirk Muller** (714 GP) and **Rob Ramage** (755 GP).

### **COMEBACK WINS ACCOUNTED FOR LION'S SHARE OF AVALANCHE VICTORIES**

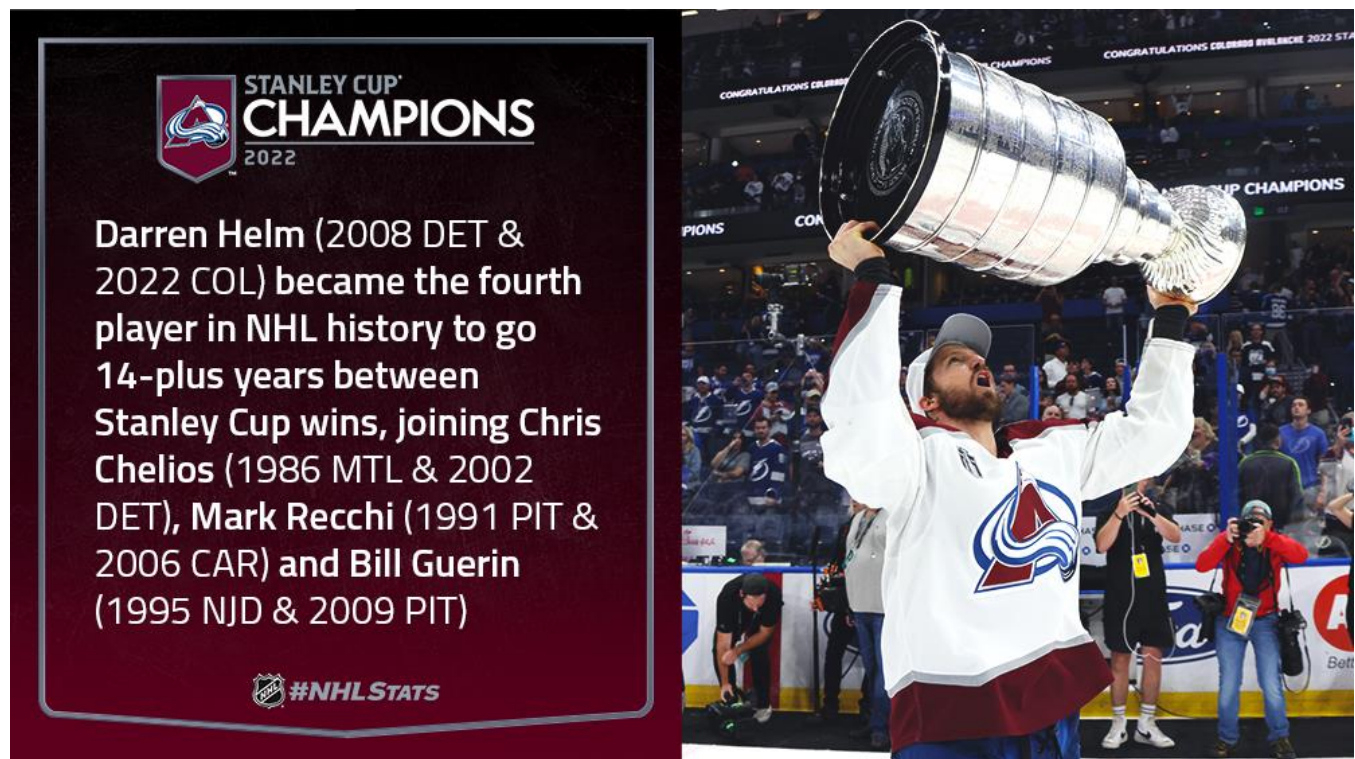
Ten of the Avalanche's 16 wins this postseason were earned in come-from-behind fashion, including four third-period comeback victories and [one where they rallied from a multi-goal deficit](#). Colorado's 10 comeback wins tied the 2009 Penguins for the most in NHL history within a playoff year, while their four third-period comeback victories were one back of the League benchmark (held by the 2020 Stars, 2014 Kings, 1999 Stars & 1980 Islanders).

\* While Colorado never trailed in a *series*, they did trail in all four of their series-clinching wins, becoming the first team in NHL history to do so.

\* The Avalanche earned eight wins this postseason where they surrendered a lead, including two where they relinquished a multi-goal lead ([Game 3 of R1 at NSH](#) & [Game 1 of SCF vs. TBL](#)). Colorado trailed only the 1993 Canadiens (12), 1985 Oilers (9) and 1982 Islanders (9) for the most such wins by a Stanley Cup champion.

### **HELM, BURAKOVSKY WIN SECOND STANLEY CUP**

**Darren Helm** (2008 DET) and **Andre Burakovsky** (2018 WSH) won their second Stanley Cup, with Colorado becoming the 12th champions in the NHL's expansion era (since 1967-68) with two or fewer previous winners and fourth in the last five years (also 2020 TBL: **Pat Maroon**; 2019 STL: none; 2018 WSH: **Brooks Orpik**).



\* Helm had two goals during the Avalanche's championship run, none bigger than the [series clincher with 5.6 seconds remaining in regulation](#) during [Game 6 of the Second Round](#). Helm (59:54) scored the second latest regulation-time series-clinching goal in NHL history, behind only the winner by Maple Leafs forward **Nick Metz** (59:55) in [Game 6 of the 1942 Semifinals](#).

\* Burakovsky opened the Final by burying the overtime winner [early in Game 1](#). He became the second player in



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franchise history with an overtime goal in a Final contest following **Uwe Krupp**, who scored the Cup-clinching goal in the third overtime during [Game 4 of the 1996 championship series](#).

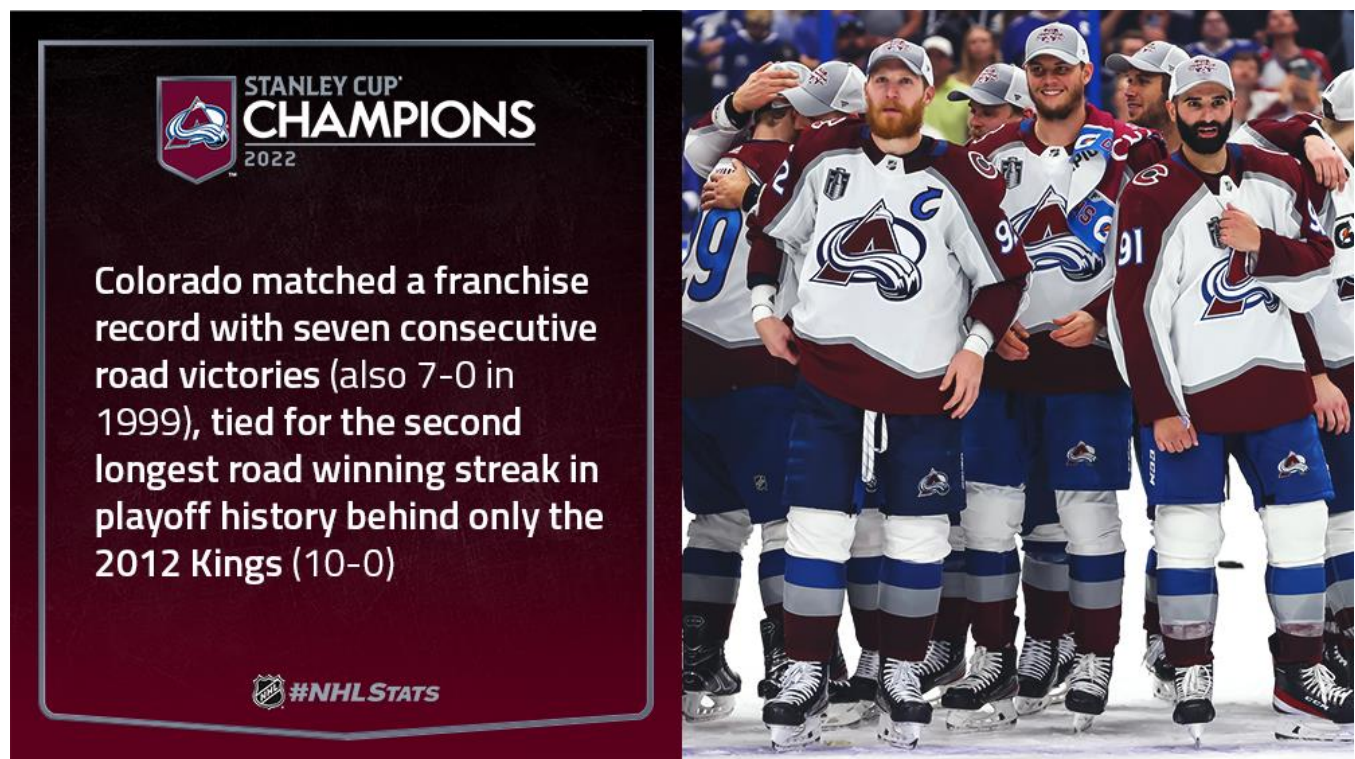
### **POWER PLAY PROPELS COLORADO THROUGHOUT POSTSEASON**

The Avalanche power-play scored at a 32.8% clip during their Cup run, the [highest rate on record](#) (since 1977-78) in one postseason by a team that played at least 20 games. Colorado went 20-for-61 with the man advantage, the fourth-most power-play goals in one postseason in [franchise history](#).

\* Colorado converted on 42.3% of their power-play opportunities *on the road* in the 2022 Stanley Cup Playoffs, the [second-highest rate on record](#) (also since 1977-78; min. 10 road GP). The 2019 Bruins edged them with a 44.1% success rate with the man advantage as visitors.

### **NO ROAD BLOCKS HALTING THIS CUP RUN**

Colorado won nine of its 10 road games during the 2022 Stanley Cup Playoffs, including each of its first seven contests as visitors until a loss to Tampa Bay in Game 3 of the Final. Their nine road victories established a franchise record for one playoff year (previous: 8-3 in 1996, 8-2 in 1999) and finished one shy of the [NHL record](#) shared by six clubs.



\* The Avalanche also became the fourth Stanley Cup champions in NHL history to earn each of their four series-clinching wins on the road, joining the [2018 Capitals](#), [2009 Penguins](#) and [2008 Red Wings](#).

### **ALL THE SMALL THINGS**

Inspired by the tradition of nearly 18,000 fans [singing Blink-182's "All The Small Things"](#) during the third period, a few more [#NHLStats](#) from Colorado's Cup run:

\* **Artturi Lehkonen** scored the Stanley Cup-winning goal Sunday on the heels of netting the series-clinching goal in overtime during [Game 4 of the Conference Finals](#). He became the seventh player in NHL history with a series-clinching goal in the round before the Stanley Cup Final *and in the Final* during a single postseason, joining **Alec Martinez** with the 2014 Kings, **Max Talbot** with the 2009 Penguins, **Bobby Smith** with the 1986 Canadiens, **Ken Linseman** with the 1984 Oilers, **Mike Bossy** with the 1983 Islanders and **Toe Blake** with the 1946 Canadiens.


\* **Nazem Kadri** had 7-8—15 in 16 games during the 2022 Stanley Cup Playoffs, including a hat trick in [Game 4 of](#)



the [Second Round](#), three points in a span of 2:04 in [Game 2 of the Conference Finals](#) as well as the overtime winner in [Game 4 of the Stanley Cup Final](#) during his return to the Avalanche lineup. He became the ninth player in NHL history to score an overtime goal in his Final debut (and first to do so outside of Game 1).

\* **Valeri Nichushkin** notched nine goals during the 2022 Stanley Cup Playoffs after having just four tallies through the first 42 postseason games of his NHL career. He led all players with four goals in the Final, matching the [franchise record for most in a championship series](#).

\* **Bowen Byram** and **Gabriel Landeskog** concluded the postseason +15, sharing the [best plus-minus in the NHL](#) with Oilers captain **Connor McDavid**. Byram became the [third rookie defenseman](#) with a plus-minus of +15 or higher in a playoff year (since 1959-60 when the stat was officially tracked), joining **Ken Morrow** and **Mike Busniuk**.



**STANLEY CUP CHAMPIONS 2022**

## HIGHEST PLUS-MINUS IN A POSTSEASON

► ROOKIE DEFENSEMEN, SINCE 1959-60

PLAYER	TEAM	YEAR	+/-
KEN MORROW	NYI	1981	+20
MIKE BUSNIUK	PHI	1980	+17
► BOWEN BYRAM	COL	2022	+15
RANDY GREGG	EDM	1983	+14
CALE MAKAR	COL	2020	+12
BRANDON MONTOUR	ANA	2017	+12
JIM PAEK	PIT	1992	+10

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\* **Alex Newhook** (St. John's, N.L.) became the third Newfoundland-born Stanley Cup winner in NHL history, joining **Daniel Cleary** (2008 DET) and **Michael Ryder** (2011 BOS). Eight of the 10 Canadian provinces are represented among Avalanche players that won the championship, marking the highest such total by a Cup-winning team (previous: 7 by 2011 BOS, 1992 PIT, 1990 EDM & 1983 EDM).

\* The Avalanche became the fourth team in NHL history to have multiple goaltenders each with six or more wins in a single postseason, following the 2017 Penguins (**Marc-Andre Fleury**: 9 & **Matt Murray**: 7), 2010 Flyers (**Michael Leighton**: 8 & **Brian Boucher**: 6) and 1972 Bruins (**Gerry Cheevers**: 6 & **Eddie Johnston**: 6). The Penguins and Bruins also won the Stanley Cup.

\* The Avalanche became the fourth franchise in NHL history to win the Cup in each of its first three or more appearances in the championship series, following the Islanders (4: 1980, 1981, 1982 & 1983), original Ottawa Senators (4: 1920, 1921, 1923 & 1927) and Maple Leafs (3: 1918, 1922 & 1932).

\* Not only did Colorado halt Tampa Bay's bid for a three-peat, they emerged in a matchup against the two highest-scoring players in the postseason – sweeping the Oilers in the Western Conference Final despite **Connor McDavid** and **Leon Draisaitl** combining for 13 points in the four-game series.

\* Colorado went 5-1 in overtime in six overtime games, tied with 2001 (3-3) for the second most such contests in one postseason in franchise history behind 1996 (5-2). Their five victories equaled a franchise benchmark set in 1996 with **Uwe Krupp**'s Cup-clinching goal.

\* Colorado matched a [franchise record for goals in a playoff game](#) during their 8-6 victory in the opener of the Western Conference Final. That was [tied for second-highest scoring game](#) in Conference Finals history.

\* [Ten Avalanche players](#) had at least one game-winning goal this postseason, which ranked as the franchise's second-highest such total in a single playoff year behind [2001](#) (11).