COACHCOX

Ironman World Championship

F55-59

2018 Qualification Stats

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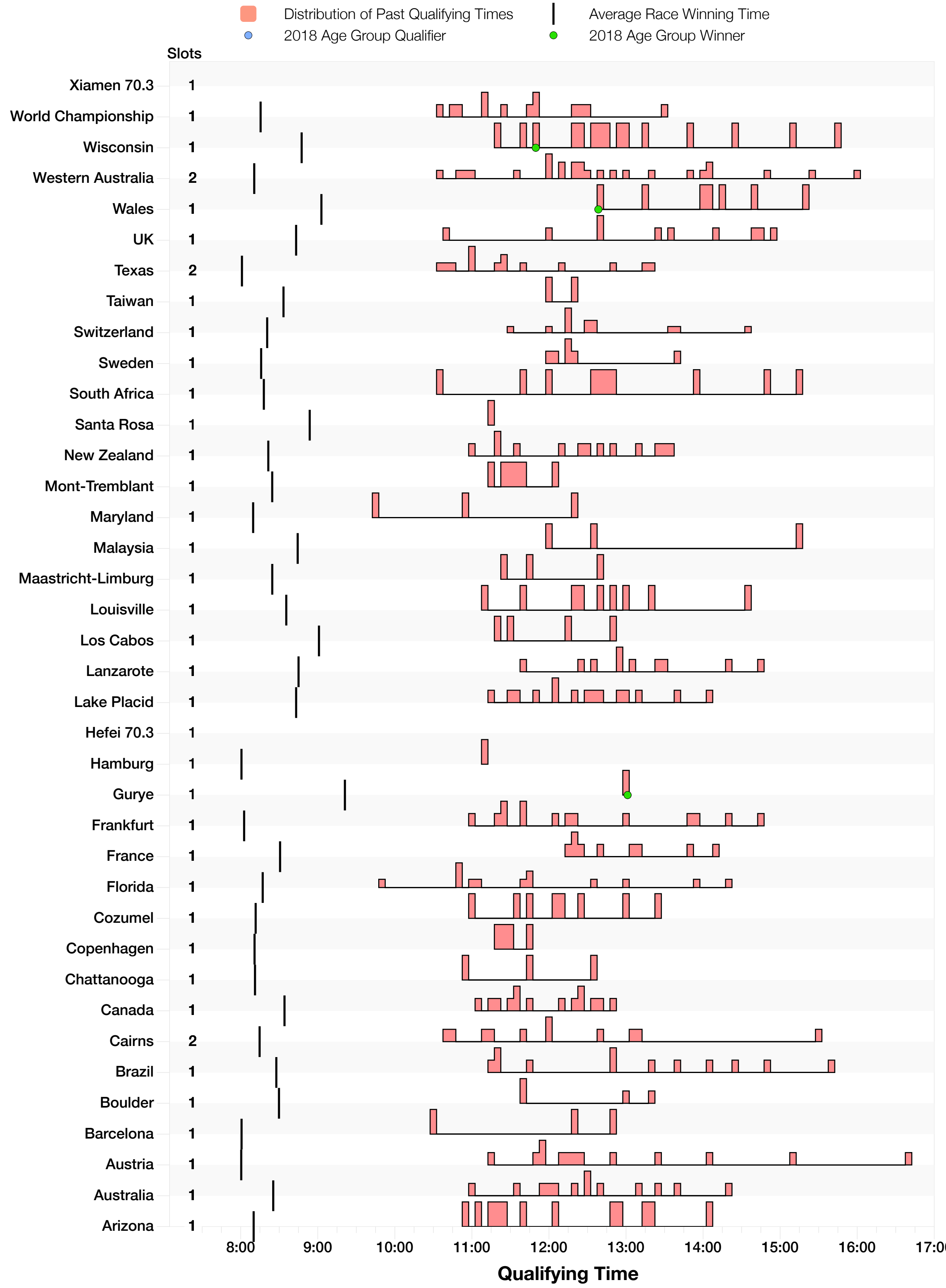
2018 Qualification Comparison for F55-59



F55-59 Past Qualifying Times

Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	13:17:32
2006	9:12:53	14:03:00
2007	9:36:40	12:50:34
2008	9:21:06	12:57:08
2010	9:09:19	11:40:42
2011	8:36:13	11:16:58
2012	9:01:41	11:06:12
2013	8:52:49	11:25:52
2014	8:50:41	12:05:57
2015	8:44:00	11:20:02
2016	8:48:23	10:55:11
Average	**9:05:15**	**12:05:22**

Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:13:20	12:01:33
2006	9:19:44	12:19:07
2007	9:12:59	12:41:42
2008	9:03:55	13:10:44
2009	8:57:10	13:26:53
2010	9:23:46	13:38:04
2011	9:29:54	14:18:25
2012	9:34:57	10:59:32
2013	9:34:55	11:53:45
2014	9:28:43	12:03:40
2015	9:38:24	11:34:15
2016	9:10:28	12:31:24
2017	9:16:38	12:31:05
Average	**9:20:22**	**12:33:05**

Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	12:22:01
2006	9:12:09	14:03:56
2007	9:08:47	16:42:21
2008	8:47:26	12:25:55
2009	8:50:13	15:10:04
2010	9:18:50	13:25:06
2011	8:43:34	11:14:50
2012	9:09:58	12:51:40
2013	8:59:31	11:48:23
2014	8:42:42	11:55:24
2015		12:09:01
2016	8:41:17	12:16:06
2017	9:06:25	11:57:12
Average	**8:17:32**	**12:57:04**

Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	12:50:37
2015	8:46:44	12:17:53
2016	8:54:27	10:32:03
Average	**8:50:10**	**11:53:31**

Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	13:17:56
2015	9:53:41	11:40:48
2016	10:01:09	11:40:26
2017	9:13:32	13:00:19
Average	**9:37:04**	**12:24:52**

Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	9:20:46	14:02:51
2007	9:12:40	14:48:44
2008	9:42:50	15:39:01
2009	9:10:15	11:19:42
2010	9:19:13	12:51:12
2011	12:40:07	14:25:50
2012	9:17:42	12:51:25
2013	9:05:53	11:18:59
2014	8:56:32	11:43:12
2015	8:59:08	13:42:25
2016	8:54:10	13:17:49
2017	8:52:00	11:13:40
Average	**9:27:36**	**13:06:14**

Ironman Cairns (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:21:00	15:32:26	
2013	9:19:51	12:02:08	12:41:19
2014	9:16:58	11:09:57	13:09:01
2015	9:11:49	11:41:41	13:04:27
2016	9:06:18	10:39:25	11:15:19
2017	8:58:14	10:43:01	12:01:46
Average	**9:12:21**	**11:58:06**	**12:26:22**

Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:16:02	12:26:36
2005	9:51:31	12:37:36
2006	9:25:13	11:34:36
2007	9:41:01	11:44:17
2008	9:17:58	12:11:01
2009	9:11:20	11:19:48
2010	9:13:46	11:06:00
2011	9:03:13	12:22:15
2012	9:44:58	11:30:45
2013	9:28:13	11:16:29
2014	9:46:58	12:33:55
2015	9:46:19	12:47:40
2016	10:12:28	12:26:38
2017	9:17:12	11:33:23
Average	**9:31:09**	**11:57:55**

Ironman Chattanooga (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:54:55	11:44:44
2015	8:56:00	10:54:19
2016	10:23:43	12:34:37
Average	**9:24:52**	**11:44:33**

Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:53:33	11:46:39
2015	8:59:49	11:31:10
2016	9:37:53	11:20:01
2017	9:17:06	11:26:54
Average	**9:12:05**	**11:31:11**

Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	13:23:40
2010	9:07:08	12:23:12
2011	9:14:08	13:02:06
2012	9:15:38	11:36:37
2013	8:52:28	12:11:37
2014	9:14:07	11:45:19
2015	9:06:40	12:03:10
2016	9:08:06	11:01:14
Average	**9:08:09**	**12:10:51**

Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	12:58:35
2005	9:33:09	14:18:27
2006	9:28:28	13:53:06
2007	9:05:35	12:33:14
2008	9:07:48	11:43:58
2009	9:08:38	10:47:46
2010	9:07:49	10:50:21
2011	8:55:10	11:38:45
2012	8:51:35	11:01:08
2013	8:43:07	10:49:26
2014	8:01:47	9:49:33
2015	9:54:44	11:47:18
2016	9:47:49	11:05:55
Average	**9:10:21**	**11:47:30**

Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:49:11	14:10:17
2009	9:30:29	13:49:32
2011	9:34:31	12:17:58
2012	9:16:05	12:19:54
2013	9:12:54	13:03:39
2014	9:12:21	12:39:57
2015	9:24:50	12:27:17
2016	9:22:04	13:12:26
2017	9:27:53	12:17:17
Average	**9:25:35**	**12:55:21**

Ironman Frankfurt (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:03:11	13:57:03
2005	9:15:31	14:44:41
2006	9:16:17	14:20:28
2007	9:04:11	12:06:09
2008	8:51:24	11:37:31
2009	8:58:08	13:50:03
2010	9:04:27	12:20:13
2011	9:12:13	13:01:03
2012	8:52:33	11:23:18
2013	8:56:01	10:59:49
2014	8:52:40	11:19:19
2015	8:51:00	12:14:25
2016	9:01:17	11:41:31
2017	8:47:58	11:24:40
Average	**9:00:29**	**12:30:00**

Ironman Gurye (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	10:23:20	13:01:14
Average	**10:23:20**	**13:01:14**

Ironman Hamburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:07:49	11:12:07
Average	**9:07:49**	**11:12:07**

Ironman Hefei 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:13:50	5:17:32
Average	**4:13:50**	**5:17:32**

Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2002	9:29:41	12:38:21
2003	9:51:55	13:00:31
2004	9:24:42	12:55:32
2006	10:11:35	12:35:15
2007	9:40:20	14:06:24
2008	9:51:00	13:09:28
2009	9:29:36	13:38:43
2010	9:27:30	12:05:21
2011	9:19:03	12:28:03
2012	9:47:39	12:19:37
2013	9:35:06	11:28:52
2014	9:28:28	11:35:24
2015	10:13:19	11:48:10
2016	9:09:42	12:07:12
2017	9:46:00	11:15:28
Average	**9:39:02**	**12:28:49**

Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	14:18:39
2009	9:54:57	13:27:12
2010	10:03:52	14:46:12
2011	9:43:39	13:05:56
2012	9:58:06	11:41:01
2013	9:37:34	12:56:22
2014	9:41:40	12:25:11
2015	9:56:03	13:27:31
2016	10:02:35	12:35:04
2017	9:35:40	12:53:15
Average	**9:51:39**	**13:09:38**

Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	12:15:18
2014	9:16:43	11:18:08
2015	10:43:13	12:49:39
2016	10:58:27	11:28:26
Average	**10:08:29**	**11:57:52**

Ironman Louisville (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:23:22	13:20:54
2008	9:54:17	14:35:13
2010	9:33:15	12:37:46
2011	9:38:14	12:47:59
2012	9:36:27	12:27:08
2013	9:29:02	12:18:23
2014	9:31:19	12:58:45
2015	10:00:04	11:39:31
2016	9:46:24	11:11:47
Average	**9:39:09**	**12:39:42**

Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	12:39:06
2016	9:24:42	11:26:29
2017	9:37:17	11:43:35
Average	**9:33:47**	**11:56:23**

Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	15:15:57
2015	9:37:06	12:36:24
2016	9:25:34	12:00:49
Average	**9:29:46**	**13:17:43**

Ironman Maryland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:02	12:22:17
2015	9:42:56	10:53:17
2016	8:14:27	9:44:28
Average	**9:07:48**	**11:00:00**

Ironman Mont-Tremblant (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:30:46	11:33:28
2013	9:07:56	11:12:46
2014	9:40:26	11:24:46
2015	9:09:05	11:29:43
2016	9:26:37	11:37:34
2017	9:19:08	12:02:33
Average	**9:22:19**	**11:33:28**

Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	13:27:24
2004	9:22:23	12:50:31
2005	9:30:13	12:30:29
2007	9:20:01	13:37:22
2008	9:16:00	13:32:21
2009	9:18:25	13:08:45
2010	9:14:35	11:35:07
2011	9:28:24	12:41:00
2013	9:17:10	12:25:00
2014	9:08:46	10:59:16
2015	9:05:45	11:20:41
2016	8:56:08	11:19:42
2017	9:09:47	12:08:47
Average	**9:15:48**	**12:25:52**

Ironman Santa Rosa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:58:45	11:13:32
Average	**9:58:45**	**11:13:32**

Ironman South Africa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	9:27:48	12:41:50
2009	9:16:32	14:48:02
2010	9:16:55	12:49:20
2011	8:33:56	13:56:40
2012	9:47:10	15:16:50
2013	9:10:58	12:46:22
2014	9:31:54	12:00:59
2015	9:26:56	12:35:52
2016	9:06:50	11:41:31
2017	8:47:02	10:34:22
Average	**9:14:36**	**12:55:10**

Ironman Sweden (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:13:27	13:42:10
2013	8:54:01	12:16:34
2014	8:56:50	12:16:21
2015	9:12:27	11:57:46
2016	9:14:39	12:18:16
2017	9:52:34	12:03:01
Average	**9:13:59**	**12:25:41**

Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	13:37:47
2006	9:24:18	13:34:49
2007	9:20:43	14:35:30
2008	9:30:12	12:17:20
2009	9:14:35	12:14:32
2010	9:00:04	12:36:20
2011	9:03:26	12:14:08
2012	9:20:16	11:29:37
2013	9:21:31	11:59:17
2014	9:13:30	12:31:31
2015	9:21:05	12:34:20
2016	8:53:49	12:28:45
2017	9:23:02	12:15:51
Average	**9:15:11**	**12:39:12**

Ironman Taiwan (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:20:23	12:01:45
2016	9:50:03	12:19:00
Average	**9:35:13**	**12:10:22**

Ironman Texas (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	8:57:51	10:59:53	11:22:36
2012	8:54:58	11:40:15	12:47:38
2013	8:49:14	11:24:55	12:12:28
2014	8:54:42	13:15:00	13:18:41
2015	8:55:19	10:58:14	11:18:35
2016	8:11:01	10:36:12	10:38:03
2017	8:56:32	10:46:51	10:58:23
Average	**8:48:31**	**11:23:02**	**11:48:03**

Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	10:37:44
2008	9:49:06	14:55:58
2009	9:33:59	14:12:18
2010	10:01:02	12:42:02
2012	10:08:44	14:42:31
2013	9:29:12	11:59:02
2014	9:52:12	13:37:14
2015	9:31:58	12:38:33
2016	9:26:05	14:38:30
2017	9:39:48	13:27:07
Average	**9:42:49**	**13:21:05**

Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	13:16:06
2012	9:45:09	15:20:00
2013	9:51:21	14:38:46
2014	10:57:26	14:16:57
2015	9:56:31	14:05:17
2016	10:00:17	13:59:10
2017	10:11:20	12:38:28
Average	**10:08:12**	**14:02:06**

Ironman Western Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:03:37	12:01:14	13:19:55
2005	9:31:32	15:23:51	15:59:31
2006	9:10:01	11:59:03	12:22:08
2007	9:00:55	14:01:17	14:49:20
2008	8:59:24	12:48:37	13:00:34
2009	9:16:52	12:24:46	14:04:06
2010	9:19:44	11:58:54	12:23:17
2011	9:25:38	12:07:50	13:50:02
2012	9:13:00	10:47:36	14:06:34
2013	8:59:44	10:33:23	12:39:41
2014	8:56:34	10:53:08	11:32:31
2015	9:03:47	12:07:45	12:19:45
2016	8:54:39	10:58:06	12:28:22
Average	**9:08:52**	**12:09:39**	**13:18:08**

Ironman Wisconsin (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:46:28	14:24:42
2004	10:05:40	15:10:10
2005	10:11:22	15:45:38
2006	10:01:22	13:16:13
2007	9:37:03	12:33:30
2008	9:47:25	13:49:42
2009	9:43:59	12:44:27
2010	9:27:26	12:53:02
2011	9:41:03	12:39:51
2012	9:34:35	13:02:24
2013	9:47:07	12:25:01
2014	9:30:08	11:39:29
2015	10:08:05	12:18:51
2016	9:33:47	11:18:28
2017	9:57:41	11:49:44
Average	**9:47:32**	**13:03:24**

Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	12:24:04
2005	9:09:30	11:43:33
2006	9:18:31	12:21:47
2007	9:08:45	12:28:14
2008	9:06:23	11:52:10
2009	8:54:02	11:49:34
2010	8:58:36	10:51:43
2011	8:55:08	10:45:35
2012	9:15:54	11:09:30
2013	8:52:14	10:33:10
2014	9:00:55	11:11:06
2015	8:57:57	11:27:29
2016	8:46:46	13:27:36
Average	**9:05:45**	**11:41:57**

Ironman Xiamen 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:24:03	5:41:59
Average	**4:24:03**	**5:41:59**

F55-59 Average Top 10 and Kona Qualifying Splits

Ironman Arizona

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:55:06**	**4:57:12**	**3:09:07**	**9:06:03**
1st Age Grouper	**1:19:53**	**5:57:20**	**4:35:41**	**12:05:22**
2nd Age Grouper	1:21:53	6:06:32	4:52:53	12:33:30
3rd Age Grouper	1:24:23	6:08:21	5:12:22	13:00:31
4th Age Grouper	1:27:45	6:26:38	5:16:33	13:25:50
5th Age Grouper	1:27:54	6:24:56	5:23:43	13:33:40
6th Age Grouper	1:27:03	6:28:21	5:34:22	13:45:20
7th Age Grouper	1:33:06	6:40:48	5:19:30	13:52:52
8th Age Grouper	1:31:25	6:39:34	5:23:23	13:53:51
9th Age Grouper	1:35:59	6:40:29	5:31:39	14:04:20
10th Age Grouper	1:33:16	6:48:28	5:29:38	14:14:32
Kona Qualifier Average	**1:19:46**	**5:59:35**	**4:39:23**	**12:11:11**
Top 10 Age Grouper Average	**1:27:33**	**6:24:31**	**5:15:08**	**13:23:25**

Ironman Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:52:56**	**5:13:55**	**3:10:36**	**9:20:22**
1st Age Grouper	**1:11:16**	**6:06:24**	**5:14:13**	**12:33:05**
2nd Age Grouper	1:14:53	6:58:54	4:52:27	13:13:17
3rd Age Grouper	1:21:58	7:00:46	5:22:51	13:54:38
4th Age Grouper	1:24:00	7:26:41	5:30:25	14:31:34
5th Age Grouper	1:20:43	7:14:43	5:46:16	14:30:53
6th Age Grouper	1:23:19	7:18:41	5:53:25	14:47:28
7th Age Grouper	1:27:11	7:34:05	5:30:02	14:47:18
8th Age Grouper	1:12:43	7:21:55	5:43:38	14:30:44
9th Age Grouper	1:12:39	7:41:44	5:47:16	14:55:48
10th Age Grouper	1:25:33	7:38:24	6:11:38	15:29:00
Kona Qualifier Average	**1:11:16**	**6:06:24**	**5:14:13**	**12:33:05**
Top 10 Age Grouper Average	**1:18:58**	**7:03:48**	**5:26:50**	**13:58:21**

Ironman Austria

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:54:08**	**4:56:30**	**3:03:12**	**8:58:59**
1st Age Grouper	**1:21:22**	**5:56:22**	**5:32:56**	**12:57:04**
2nd Age Grouper	1:17:49	6:44:32	5:02:17	13:26:05
3rd Age Grouper	1:10:52	6:53:43	5:10:46	13:45:19
4th Age Grouper	1:31:37	6:58:49	5:13:15	13:59:18
5th Age Grouper	1:32:19	7:07:55	5:33:24	14:33:42
6th Age Grouper	1:32:55	7:07:25	5:35:18	14:37:20
7th Age Grouper	1:28:16	7:05:31	5:48:41	14:40:12
8th Age Grouper	1:26:41	7:24:21	5:56:39	15:08:18
9th Age Grouper	1:31:42	7:19:29	6:20:18	15:30:06
10th Age Grouper	1:42:58	7:27:51	6:01:35	15:35:01
Kona Qualifier Average	**1:21:22**	**5:56:22**	**5:32:56**	**12:57:04**
Top 10 Age Grouper Average	**1:24:41**	**6:51:39**	**5:29:09**	**14:04:33**

Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**1:00:22**	**4:41:03**	**3:05:18**	**8:50:10**
1st Age Grouper	**1:28:16**	**5:46:02**	**4:28:10**	**11:53:31**
2nd Age Grouper	1:17:16	5:51:50	5:02:22	12:20:06
3rd Age Grouper	1:23:25	6:57:22	4:41:04	13:11:52
4th Age Grouper	1:22:31	6:22:59	5:57:45	13:52:46
5th Age Grouper	1:38:20	6:27:04	5:33:38	13:52:14
6th Age Grouper	1:25:36	6:54:30	5:23:08	14:02:01
7th Age Grouper	1:30:41	6:44:57	5:37:41	14:06:32
8th Age Grouper	1:24:05	5:57:35	6:41:49	14:14:50
9th Age Grouper	1:22:12	6:31:28	5:52:09	14:00:42
10th Age Grouper	1:27:06	6:37:07	6:38:21	14:59:58
Kona Qualifier Average	**1:28:16**	**5:46:02**	**4:28:10**	**11:53:31**
Top 10 Age Grouper Average	**1:25:30**	**6:22:20**	**5:25:57**	**13:25:45**

Ironman Boulder

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:59:33**	**5:00:51**	**3:28:52**	**9:37:04**
1st Age Grouper	**1:15:43**	**5:56:34**	**4:58:46**	**12:24:52**
2nd Age Grouper	1:22:31	6:22:53	5:13:38	13:15:42
3rd Age Grouper	1:28:46	6:24:03	5:20:06	13:33:02
4th Age Grouper	1:23:49	6:22:27	5:38:41	13:44:13
5th Age Grouper	1:17:49	6:19:24	6:00:22	13:54:25
6th Age Grouper	1:28:47	6:30:30	5:53:03	14:09:44
7th Age Grouper	1:26:22	6:36:00	5:52:06	14:14:13
8th Age Grouper	1:22:38	6:26:18	6:14:18	14:25:08
9th Age Grouper	1:26:40	6:35:43	6:25:23	14:45:52
10th Age Grouper	1:25:41	6:48:27	6:20:00	14:54:58
Kona Qualifier Average	**1:15:43**	**5:56:34**	**4:58:46**	**12:24:52**
Top 10 Age Grouper Average	**1:23:52**	**6:26:14**	**5:47:38**	**13:56:13**

Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:55:43**	**4:56:35**	**3:49:23**	**9:27:36**
1st Age Grouper	**1:18:25**	**5:53:42**	**4:37:35**	**13:06:14**
2nd Age Grouper	1:28:00	6:22:47	4:39:10	13:53:14
3rd Age Grouper	1:37:30	6:17:41	4:27:31	14:06:50
4th Age Grouper	1:23:07	5:52:40	4:32:02	14:17:05
5th Age Grouper	1:26:37	7:06:21	5:17:37	14:06:13
6th Age Grouper	1:30:08	6:52:25	6:06:39	14:47:11
7th Age Grouper	1:23:00	6:16:03	5:00:09	12:47:56
8th Age Grouper	1:21:11	6:08:56	5:11:43	12:50:25
9th Age Grouper	1:29:10	6:45:37	4:54:01	13:20:16
Kona Qualifier Average	**1:18:25**	**5:53:42**	**4:37:35**	**13:06:14**
Top 10 Age Grouper Average	**1:26:30**	**6:15:50**	**4:45:31**	**13:48:42**

Ironman Cairns

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:53:16**	**5:02:51**	**3:11:24**	**9:12:21**
1st Age Grouper	**1:19:27**	**6:04:53**	**4:24:03**	**11:58:06**
2nd Age Grouper	**1:22:13**	**6:11:13**	**4:41:44**	**12:26:22**
3rd Age Grouper	1:28:02	6:28:41	4:41:45	12:50:24
4th Age Grouper	1:27:26	6:37:42	4:55:32	13:12:18
5th Age Grouper	1:27:36	6:48:51	4:57:41	13:27:47
6th Age Grouper	1:24:32	6:47:52	5:16:59	13:41:30
7th Age Grouper	1:23:32	6:56:46	5:14:54	13:48:44
8th Age Grouper	1:35:34	7:06:18	5:39:29	14:40:44
9th Age Grouper	1:41:18	7:16:54	5:39:46	14:56:22
10th Age Grouper	1:35:08	7:32:02	5:57:51	15:22:44
Kona Qualifier Average	**1:20:43**	**6:07:46**	**4:32:05**	**12:10:57**
Top 10 Age Grouper Average	**1:27:54**	**6:43:49**	**5:05:28**	**13:30:47**

Ironman Canada

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:56:17**	**5:12:48**	**3:17:57**	**9:31:09**
1st Age Grouper	**1:14:02**	**6:10:04**	**4:24:07**	**11:57:55**
2nd Age Grouper	1:20:22	6:27:19	4:44:47	12:45:03
3rd Age Grouper	1:24:15	6:43:25	4:47:16	13:08:36
4th Age Grouper	1:20:29	6:45:06	5:11:59	13:30:40
5th Age Grouper	1:27:31	7:03:10	5:04:00	13:50:29
6th Age Grouper	1:22:56	7:09:26	5:20:57	14:07:02
7th Age Grouper	1:27:30	7:10:45	5:26:46	14:21:45
8th Age Grouper	1:24:30	7:19:27	5:39:54	14:38:25
9th Age Grouper	1:26:51	7:33:56	5:29:02	14:46:57
10th Age Grouper	1:32:51	6:59:52	6:18:47	14:58:15
Kona Qualifier Average	**1:14:02**	**6:10:04**	**4:24:07**	**11:57:55**
Top 10 Age Grouper Average	**1:24:08**	**6:56:15**	**5:14:46**	**13:48:31**

Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:49:09**	**5:04:51**	**3:24:59**	**9:24:52**
1st Age Grouper	**1:01:37**	**5:55:02**	**4:36:47**	**11:44:33**
2nd Age Grouper	1:01:41	5:58:48	4:51:37	12:09:36
3rd Age Grouper	1:06:05	6:10:42	4:54:01	12:27:28
4th Age Grouper	1:05:17	6:28:31	4:50:00	12:39:19
5th Age Grouper	1:12:28	6:31:03	5:04:48	13:02:40
6th Age Grouper	1:10:40	6:30:27	5:12:20	13:11:45
7th Age Grouper	1:07:14	6:12:58	5:41:13	13:19:57
8th Age Grouper	1:05:59	6:44:19	5:27:40	13:33:35
9th Age Grouper	1:10:04	6:40:11	5:33:49	13:41:58
10th Age Grouper	1:03:17	6:35:22	5:55:16	13:49:53
Kona Qualifier Average	**1:01:37**	**5:55:02**	**4:36:47**	**11:44:33**
Top 10 Age Grouper Average	**1:06:26**	**6:22:44**	**5:12:45**	**12:58:04**

Ironman Copenhagen

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:56:41**	**4:48:04**	**3:14:57**	**9:05:11**
1st Age Grouper	**1:22:24**	**5:42:51**	**4:13:13**	**11:31:11**
2nd Age Grouper	1:18:58	6:06:43	4:24:19	12:05:18
3rd Age Grouper	1:22:26	6:04:13	4:48:49	12:32:27
4th Age Grouper	1:25:34	6:17:01	4:54:06	12:50:32
5th Age Grouper	1:24:02	6:33:12	5:01:37	13:15:37
6th Age Grouper	1:29:57	6:33:56	5:32:56	13:57:39
7th Age Grouper	1:31:56	6:55:57	5:30:22	14:19:33
8th Age Grouper	1:28:27	6:44:39	5:25:02	13:56:49
9th Age Grouper	1:43:13	6:51:22	5:31:10	14:33:49
10th Age Grouper	1:15:06	6:30:14	5:49:37	13:51:58
Kona Qualifier Average	**1:22:24**	**5:42:51**	**4:13:13**	**11:31:11**
Top 10 Age Grouper Average	**1:26:03**	**6:22:58**	**5:00:43**	**13:07:21**

Ironman Cozumel

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:50:01**	**5:00:04**	**3:12:19**	**9:08:09**
1st Age Grouper	**1:07:21**	**6:10:54**	**4:40:06**	**12:10:51**
2nd Age Grouper	1:16:35	5:42:21	5:56:33	12:55:52
3rd Age Grouper	1:20:27	6:54:10	5:13:45	13:36:58
4th Age Grouper	1:14:34	6:43:43	5:52:58	14:06:57
5th Age Grouper	1:19:23	6:59:13	5:19:42	13:56:00
6th Age Grouper	1:26:49	7:04:57	5:24:49	14:11:10
7th Age Grouper	1:28:24	6:58:38	5:41:49	14:24:39
8th Age Grouper	1:17:40	5:53:38	6:09:13	14:53:43
9th Age Grouper	1:15:22	7:38:35	5:20:53	14:30:37
10th Age Grouper	1:22:13	7:20:10	5:46:04	14:44:28
Kona Qualifier Average	**1:07:21**	**6:10:54**	**4:40:06**	**12:10:51**
Top 10 Age Grouper Average	**1:18:22**	**6:39:06**	**5:31:41**	**13:49:02**

Ironman Florida

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**1:00:14**	**4:58:56**	**3:11:14**	**9:11:29**
1st Age Grouper	**1:14:26**	**5:53:48**	**4:26:33**	**11:47:30**
2nd Age Grouper	1:14:47	6:08:32	4:54:12	12:31:54
3rd Age Grouper	1:19:34	6:20:36	4:56:12	12:53:49
4th Age Grouper	1:16:19	6:29:17	5:14:15	13:16:17
5th Age Grouper	1:19:42	6:35:17	5:27:19	13:41:09
6th Age Grouper	1:23:18	6:42:59	5:41:16	14:05:37
7th Age Grouper	1:31:23	6:45:57	5:49:19	14:28:52
8th Age Grouper	1:24:47	6:58:29	5:49:33	14:32:49
9th Age Grouper	1:24:31	6:50:27	5:50:05	14:24:34
10th Age Grouper	1:25:52	7:03:46	5:52:01	14:41:25
Kona Qualifier Average	**1:14:26**	**5:53:48**	**4:26:33**	**11:47:30**
Top 10 Age Grouper Average	**1:21:03**	**6:32:51**	**5:21:27**	**13:33:07**

Ironman France

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:57:20**	**5:21:29**	**3:07:50**	**9:32:53**
1st Age Grouper	**1:18:03**	**6:49:34**	**4:32:30**	**12:55:21**
2nd Age Grouper	1:26:52	7:10:31	4:47:33	13:39:56
3rd Age Grouper	1:20:59	7:22:51	4:48:43	13:54:05
4th Age Grouper	1:18:51	7:38:51	5:22:18	14:39:36
5th Age Grouper	1:07:13	7:48:35	5:22:27	15:04:15
6th Age Grouper	1:46:18	7:42:55	5:52:24	15:36:00
Kona Qualifier Average	**1:18:03**	**6:49:34**	**4:32:30**	**12:55:21**
Top 10 Age Grouper Average	**1:20:24**	**7:17:06**	**4:54:56**	**13:53:09**

Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:52:57**	**4:56:16**	**3:05:57**	**9:00:29**
1st Age Grouper	**1:12:19**	**5:46:35**	**4:55:12**	**12:30:00**
2nd Age Grouper	1:26:01	6:27:09	5:01:01	12:50:05
3rd Age Grouper	1:26:14	6:26:47	5:07:24	13:13:07
4th Age Grouper	1:32:40	6:50:02	5:00:52	13:38:12
5th Age Grouper	1:28:24	6:48:14	5:18:18	13:49:49
6th Age Grouper	1:14:20	7:05:18	5:23:53	14:08:45
7th Age Grouper	1:23:13	6:37:10	5:11:54	13:27:23
8th Age Grouper	1:28:41	6:28:14	5:02:17	13:10:57
9th Age Grouper	1:43:53	7:01:37	4:56:29	13:59:18
10th Age Grouper	1:18:18	6:45:07	6:08:30	14:26:24
Kona Qualifier Average	**1:12:19**	**5:46:35**	**4:55:12**	**12:30:00**
Top 10 Age Grouper Average	**1:23:41**	**6:30:20**	**5:07:13**	**13:17:24**

Ironman Gurye

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**1:07:06**	**5:07:01**	**4:02:15**	**10:23:20**
1st Age Grouper	**1:30:31**	**6:43:00**	**4:31:32**	**13:01:14**
2nd Age Grouper	1:33:32	6:48:27	5:04:23	13:43:22
3rd Age Grouper	1:33:56	6:48:56	5:04:54	13:47:02
4th Age Grouper	1:27:30	7:23:22	4:47:28	13:53:46
5th Age Grouper	1:33:55	7:14:28	5:09:15	14:14:31
6th Age Grouper	1:51:01	6:50:09	5:34:49	14:36:58
7th Age Grouper	1:33:42	8:51:20	4:32:33	15:11:06
8th Age Grouper	1:17:22	7:05:34	7:09:26	15:53:40
9th Age Grouper	1:43:34	8:05:11	6:05:22	16:20:07
10th Age Grouper	1:37:02	8:32:27	6:24:46	17:03:30
Kona Qualifier Average	**1:30:31**	**6:43:00**	**4:31:32**	**13:01:14**
Top 10 Age Grouper Average	**1:34:12**	**7:26:17**	**5:26:26**	**14:46:31**

Ironman Hamburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:55:53**	**4:55:24**	**3:08:53**	**9:07:49**
1st Age Grouper	**1:12:19**	**5:45:01**	**4:02:08**	**11:12:07**
2nd Age Grouper	1:27:24	5:58:29	4:22:07	12:02:20
3rd Age Grouper	1:34:42	6:41:55	3:51:51	12:29:49
4th Age Grouper	1:19:03	6:15:25	4:42:55	12:30:51
5th Age Grouper	1:05:28	6:15:59	5:07:38	12:42:55
6th Age Grouper	1:13:04	6:09:41	5:12:45	12:55:33
7th Age Grouper	1:20:48	6:19:54	5:07:30	13:01:00
8th Age Grouper	1:28:02	7:19:37	4:08:02	13:20:50
9th Age Grouper	1:31:50	6:57:57	4:31:08	13:24:36
10th Age Grouper	1:30:44	6:31:45	5:14:48	13:34:57
Kona Qualifier Average	**1:12:19**	**5:45:01**	**4:02:08**	**11:12:07**
Top 10 Age Grouper Average	**1:22:20**	**6:25:34**	**4:38:05**	**12:43:29**

Ironman Hefei 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:24:59**	**2:22:16**	**1:22:59**	**4:13:50**
1st Age Grouper	**0:33:42**	**2:42:29**	**1:53:53**	**5:17:32**
2nd Age Grouper	0:45:11	2:40:45	1:58:02	5:31:10
3rd Age Grouper	0:39:41	2:50:39	1:57:02	5:35:47
4th Age Grouper	0:44:03	2:54:15	2:10:53	5:56:27
5th Age Grouper	0:52:18	3:40:28	2:40:30	7:27:50
Kona Qualifier Average	**0:33:42**	**2:42:29**	**1:53:53**	**5:17:32**
Top 10 Age Grouper Average	**0:42:59**	**2:57:43**	**2:08:04**	**5:57:45**

Ironman Italy

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner				
Kona Qualifier Average				

Ironman Lake Placid

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:58:44**	**5:18:39**	**3:16:14**	**9:39:02**
1st Age Grouper	**1:10:20**	**6:30:00**	**4:35:40**	**12:28:49**
2nd Age Grouper	1:15:28	6:39:39	4:58:56	13:11:39
3rd Age Grouper	1:18:03	6:56:12	5:05:16	13:37:47
4th Age Grouper	1:22:07	7:09:38	5:17:11	14:05:26
5th Age Grouper	1:25:23	7:19:05	5:27:31	14:29:17
6th Age Grouper	1:24:49	7:15:47	5:17:08	14:15:34
7th Age Grouper	1:25:28	7:16:44	5:41:40	14:40:56
8th Age Grouper	1:14:46	7:28:35	5:30:10	14:40:39
9th Age Grouper	1:21:47	7:31:47	5:26:59	14:38:24
10th Age Grouper	1:24:16	7:26:29	5:38:21	14:49:52
Kona Qualifier Average	**1:10:20**	**6:30:00**	**4:35:40**	**12:28:49**
Top 10 Age Grouper Average	**1:19:41**	**7:05:22**	**5:14:25**	**13:57:20**

Ironman Lanzarote

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:55:21**	**5:37:46**	**3:11:25**	**9:51:39**
1st Age Grouper	**1:16:38**	**7:07:16**	**4:30:03**	**13:09:38**
2nd Age Grouper	1:22:12	7:27:05	4:49:27	13:57:22
3rd Age Grouper	1:23:04	7:35:05	4:45:12	14:00:53
4th Age Grouper	1:36:16	8:13:29	5:21:40	15:30:30
5th Age Grouper	1:41:41	7:48:40	5:14:16	15:11:13
6th Age Grouper	1:28:19	8:22:36	5:28:40	15:38:29
7th Age Grouper	1:23:26	8:13:03	5:57:03	15:58:20
8th Age Grouper	1:27:14	8:24:35	2:54:50	16:15:22
9th Age Grouper	1:39:40	8:47:09	5:12:12	16:01:55
10th Age Grouper	1:44:14	8:36:46	5:57:16	16:38:05
Kona Qualifier Average	**1:16:38**	**7:07:16**	**4:30:03**	**13:09:38**
Top 10 Age Grouper Average	**1:26:00**	**7:44:27**	**4:54:56**	**14:32:26**

Ironman Los Cabos

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:58:42**	**5:44:09**	**5:01:49**	**10:08:29**
1st Age Grouper	**1:14:41**	**6:16:04**	**4:18:46**	**11:57:52**
2nd Age Grouper	1:24:48	6:36:01	5:02:22	13:13:02
3rd Age Grouper	1:35:58	7:26:04	5:10:28	13:55:41
4th Age Grouper	1:25:50	7:19:15	5:07:27	14:03:37
5th Age Grouper	1:28:13	7:04:48	6:51:00	15:38:30
6th Age Grouper	1:35:08	7:46:11	6:10:44	15:53:23
7th Age Grouper	1:23:27	8:45:34	5:57:32	16:34:09
8th Age Grouper	1:43:58	7:29:58	7:25:22	17:00:30
Kona Qualifier Average	**1:14:41**	**6:16:04**	**4:18:46**	**11:57:52**
Top 10 Age Grouper Average	**1:27:18**	**7:06:05**	**5:22:37**	**14:03:36**

Ironman Louisville

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:54:11**	**5:16:49**	**3:19:45**	**9:37:16**
1st Age Grouper	**1:20:08**	**6:14:54**	**4:50:36**	**12:39:42**
2nd Age Grouper	1:24:00	6:31:57	4:51:46	13:01:50
3rd Age Grouper	1:22:41	6:25:02	5:15:00	13:21:24
4th Age Grouper	1:21:00	6:47:27	5:18:44	13:45:21
5th Age Grouper	1:22:55	6:50:09	5:38:07	14:08:01
6th Age Grouper	1:16:59	6:44:12	5:11:23	13:33:12
7th Age Grouper	1:18:47	6:46:41	5:33:19	13:55:50
8th Age Grouper	1:30:42	7:01:12	5:37:30	14:29:39
9th Age Grouper	1:27:28	6:53:37	6:00:45	14:41:31
10th Age Grouper	1:25:25	7:16:31	5:46:21	14:54:50
Kona Qualifier Average	**1:20:08**	**6:14:54**	**4:50:36**	**12:39:42**
Top 10 Age Grouper Average	**1:22:54**	**6:43:46**	**5:22:40**	**13:47:39**

Ironman Maastricht-Limburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:52:11**	**5:18:33**	**3:17:38**	**9:33:47**
1st Age Grouper	**1:14:57**	**6:14:11**	**4:15:27**	**11:56:23**
2nd Age Grouper	1:21:46	6:41:16	5:02:22	13:21:21
3rd Age Grouper	1:21:13	6:58:53	5:51:20	14:25:38
4th Age Grouper	1:20:17	7:31:40	6:03:01	15:15:27
5th Age Grouper	1:31:31	7:28:22	6:24:07	15:43:46
6th Age Grouper	1:36:02	7:39:44	6:10:11	15:50:27
7th Age Grouper	1:27:48	7:46:28	6:32:11	16:04:15
Kona Qualifier Average	**1:14:57**	**6:14:11**	**4:15:27**	**11:56:23**
Top 10 Age Grouper Average	**1:22:45**	**7:00:37**	**5:32:16**	**14:12:13**

Ironman Malaysia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:59:11**	**5:00:58**	**3:24:48**	**9:29:46**
1st Age Grouper	**1:18:12**	**6:51:21**	**4:57:20**	**13:17:43**
2nd Age Grouper	1:21:28	6:40:57	4:15:03	12:26:17
3rd Age Grouper	1:30:54	6:32:10	4:23:56	12:37:44
4th Age Grouper	1:21:42	6:36:07	4:53:53	13:04:46
5th Age Grouper	1:19:04	6:50:12	5:36:18	13:56:59
6th Age Grouper	1:29:51	7:32:36	5:40:24	15:07:08
7th Age Grouper	1:21:06	7:26:02	6:28:48	15:29:39
Kona Qualifier Average	**1:18:12**	**6:51:21**	**4:57:20**	**13:17:43**
Top 10 Age Grouper Average	**1:22:59**	**6:53:09**	**5:04:17**	**13:33:28**

Ironman Mar Del Plata

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner				
Kona Qualifier Average				

Ironman Maryland

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:53:01**	**4:58:27**	**3:27:24**	**9:07:48**
1st Age Grouper	**0:42:34**	**5:34:05**	**4:32:59**	**11:00:00**
2nd Age Grouper	0:41:29	5:49:58	4:26:17	11:11:39
3rd Age Grouper	0:52:38	5:51:45	4:31:52	11:30:35
4th Age Grouper	0:46:06	5:49:05	5:07:01	11:56:31
5th Age Grouper	0:52:05	6:02:04	4:55:18	12:07:08
6th Age Grouper	0:52:57	6:02:45	5:10:21	12:20:03
7th Age Grouper	0:55:42	6:25:43	5:01:19	12:42:47
8th Age Grouper	1:04:12	6:20:42	5:04:00	12:47:42
9th Age Grouper	0:56:50	6:10:00	5:24:46	12:51:08
10th Age Grouper	1:01:06	6:19:57	5:16:17	12:56:44
Kona Qualifier Average	**0:42:34**	**5:34:05**	**4:32:59**	**11:00:00**
Top 10 Age Grouper Average	**0:52:34**	**6:02:36**	**4:57:01**	**12:08:26**

Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:57:36**	**5:05:36**	**3:13:12**	**9:22:19**
1st Age Grouper	**1:10:51**	**5:58:00**	**4:14:29**	**11:33:28**
2nd Age Grouper	1:17:31	6:15:11	4:27:50	12:13:30
3rd Age Grouper	1:22:02	6:29:26	4:30:21	12:35:46
4th Age Grouper	1:20:28	6:27:36	4:42:33	12:46:12
5th Age Grouper	1:16:52	6:23:31	4:58:30	12:54:29
6th Age Grouper	1:22:51	6:43:32	4:44:50	13:08:07
7th Age Grouper	1:21:46	6:38:37	5:00:58	13:16:29
8th Age Grouper	1:20:57	6:50:08	4:59:27	13:28:26
9th Age Grouper	1:21:43	7:03:49	4:54:57	13:39:56
10th Age Grouper	1:31:20	6:50:35	5:04:39	13:44:35
Kona Qualifier Average	**1:10:51**	**5:58:00**	**4:14:29**	**11:33:28**
Top 10 Age Grouper Average	**1:20:38**	**6:34:02**	**4:45:51**	**12:56:06**

Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:50:48**	**5:08:22**	**3:11:33**	**9:15:48**
1st Age Grouper	**1:13:54**	**6:25:35**	**4:35:38**	**12:25:52**
2nd Age Grouper	1:22:49	6:35:50	4:53:11	13:05:51
3rd Age Grouper	1:18:59	6:51:43	5:08:52	13:33:57
4th Age Grouper	1:23:33	7:06:00	5:27:01	14:14:54
5th Age Grouper	1:16:10	7:03:25	5:44:28	14:19:48
6th Age Grouper	1:30:08	7:12:04	5:46:31	14:45:40
7th Age Grouper	1:25:18	7:19:12	5:52:00	14:53:55
8th Age Grouper	1:31:37	7:42:03	5:36:06	15:06:56
9th Age Grouper	1:24:16	7:16:54	5:31:02	14:29:26
10th Age Grouper	1:25:37	7:08:20	5:57:09	14:52:22
Kona Qualifier Average	**1:13:54**	**6:25:35**	**4:35:38**	**12:25:52**
Top 10 Age Grouper Average	**1:22:10**	**6:58:58**	**5:20:43**	**13:57:30**

Ironman Norway

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner				
Kona Qualifier Average				

Ironman Philippines

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner				
Kona Qualifier Average				

Ironman Santa Rosa

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**1:05:39**	**5:12:07**	**3:31:59**	**9:58:45**
1st Age Grouper	**1:16:50**	**5:47:11**	**3:55:17**	**11:13:32**
2nd Age Grouper	1:26:45	6:01:53	4:36:19	12:20:20
3rd Age Grouper	1:28:57	6:30:30	4:30:27	12:50:08
4th Age Grouper	1:13:06	6:04:20	5:36:17	13:04:48
5th Age Grouper	1:17:41	6:24:06	5:13:46	13:08:14
6th Age Grouper	1:08:23	6:25:36	5:23:18	13:14:22
7th Age Grouper	1:16:33	6:43:41	4:58:03	13:17:08
8th Age Grouper	1:48:08	6:35:22	4:40:57	13:26:09
9th Age Grouper	1:24:32	6:41:43	5:21:33	13:49:39
10th Age Grouper	1:31:20	6:12:24	5:47:48	13:53:25
Kona Qualifier Average	**1:16:50**	**5:47:11**	**3:55:17**	**11:13:32**
Top 10 Age Grouper Average	**1:23:13**	**6:20:40**	**5:00:22**	**13:01:46**

Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:58:32**	**5:03:30**	**3:08:14**	**9:15:16**
1st Age Grouper	**1:15:13**	**6:35:13**	**4:52:07**	**12:55:10**
2nd Age Grouper	1:20:39	7:02:27	5:03:58	13:42:38
3rd Age Grouper	1:26:26	6:49:58	5:18:52	13:54:49
4th Age Grouper	1:26:40	7:08:31	5:18:04	14:07:48
5th Age Grouper	1:30:23	7:22:52	5:07:32	14:18:17
6th Age Grouper	1:35:38	7:27:03	5:19:28	14:36:29
7th Age Grouper	1:31:59	7:26:10	5:38:35	14:58:08
8th Age Grouper	1:30:39	7:41:54	5:37:40	15:09:07
9th Age Grouper	1:25:58	7:18:39	5:55:43	15:01:45
10th Age Grouper	1:50:27	7:11:40	4:53:28	14:16:12
Kona Qualifier Average	**1:15:13**	**6:35:13**	**4:52:07**	**12:55:10**
Top 10 Age Grouper Average	**1:25:41**	**7:05:49**	**5:14:06**	**14:02:09**

Ironman Sweden

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:55:58**	**5:01:18**	**3:13:00**	**9:13:59**
1st Age Grouper	**1:26:58**	**6:08:56**	**4:37:53**	**12:25:41**
2nd Age Grouper	1:28:22	6:10:44	4:44:30	12:32:59
3rd Age Grouper	1:25:27	6:28:31	5:02:43	13:10:39
4th Age Grouper	1:19:57	6:38:53	5:27:13	13:42:54
5th Age Grouper	1:31:45	6:38:56	5:37:37	14:03:15
6th Age Grouper	1:32:49	6:45:53	5:53:38	14:29:07
7th Age Grouper	1:42:38	7:09:02	5:39:05	14:47:33
8th Age Grouper	1:27:10	7:14:30	5:59:05	14:51:28
9th Age Grouper	1:23:28	6:48:52	5:36:46	14:08:22
10th Age Grouper	1:44:07	7:08:42	5:13:49	14:23:29
Kona Qualifier Average	**1:26:58**	**6:08:56**	**4:37:53**	**12:25:41**
Top 10 Age Grouper Average	**1:29:06**	**6:34:49**	**5:16:06**	**13:34:01**

Ironman Switzerland

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:57:57**	**5:00:20**	**3:13:23**	**9:15:11**
1st Age Grouper	**1:17:11**	**5:53:17**	**5:27:07**	**12:39:12**
2nd Age Grouper	1:24:45	6:42:56	4:44:53	13:04:11
3rd Age Grouper	1:35:11	6:46:25	4:40:35	13:13:11
4th Age Grouper	1:25:57	6:59:38	5:12:01	13:49:40
5th Age Grouper	1:27:16	7:17:47	5:14:48	14:27:44
6th Age Grouper	1:34:39	7:03:19	5:34:36	14:24:32
7th Age Grouper	1:37:00	7:11:37	5:44:38	14:48:28
8th Age Grouper	1:34:22	7:35:48	5:40:21	15:07:45
Kona Qualifier Average	**1:17:11**	**5:53:17**	**5:27:07**	**12:39:12**
Top 10 Age Grouper Average	**1:26:59**	**6:44:46**	**5:10:53**	**13:34:27**

Ironman Taiwan

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:57:01**	**5:08:07**	**3:24:24**	**9:35:13**
1st Age Grouper	**1:26:07**	**6:22:43**	**4:10:55**	**12:10:22**
2nd Age Grouper	1:30:29	6:50:29	5:23:19	13:58:16
3rd Age Grouper	1:30:09	7:12:52	5:52:09	14:54:01
4th Age Grouper	1:32:38	7:15:23	6:05:52	15:12:39
5th Age Grouper	1:20:32	7:35:17	6:12:00	15:26:51
Kona Qualifier Average	**1:26:07**	**6:22:43**	**4:10:55**	**12:10:22**
Top 10 Age Grouper Average	**1:28:48**	**6:59:47**	**5:28:30**	**14:13:03**

Ironman Tallinn

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner				
Kona Qualifier Average				

Ironman Texas

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:56:03**	**4:50:04**	**3:05:37**	**8:48:31**
1st Age Grouper	**1:15:38**	**5:29:43**	**4:26:22**	**11:23:02**
2nd Age Grouper	**1:21:39**	**5:45:36**	**4:29:41**	**11:48:03**
3rd Age Grouper	1:21:27	5:43:42	4:51:21	12:09:48
4th Age Grouper	1:26:35	5:51:21	5:12:45	12:42:11
5th Age Grouper	1:27:08	6:22:49	5:03:00	13:08:25
6th Age Grouper	1:31:05	6:18:43	5:28:52	13:37:01
7th Age Grouper	1:38:42	6:32:49	5:30:09	13:59:13
8th Age Grouper	1:29:24	6:48:37	5:29:16	14:05:43
9th Age Grouper	1:44:50	6:48:44	5:28:27	14:24:27
10th Age Grouper	1:48:33	6:46:48	5:44:22	14:38:48
Kona Qualifier Average	**1:18:38**	**5:37:39**	**4:28:01**	**11:35:33**
Top 10 Age Grouper Average	**1:30:30**	**6:14:53**	**5:10:25**	**13:11:40**

Ironman UK

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:55:30**	**5:32:04**	**3:09:09**	**9:42:20**
1st Age Grouper	**1:23:06**	**7:21:20**	**4:16:47**	**13:21:05**
2nd Age Grouper	1:26:16	7:48:11	5:11:44	14:43:56
3rd Age Grouper	1:27:18	7:32:59	5:37:45	14:56:16
4th Age Grouper	1:23:39	7:46:43	5:26:45	14:55:28
5th Age Grouper	1:25:14	7:57:54	5:36:25	15:23:46
6th Age Grouper	1:25:06	8:05:11	5:48:16	15:41:15
7th Age Grouper	1:43:49	8:11:19	5:49:26	16:05:55
8th Age Grouper	1:36:38	8:15:26	6:00:32	16:15:06
9th Age Grouper	1:19:50	8:21:38	6:35:09	16:37:58
Kona Qualifier Average	**1:23:06**	**7:21:20**	**4:16:47**	**13:21:05**
Top 10 Age Grouper Average	**1:26:37**	**7:46:57**	**5:17:51**	**14:51:29**

Ironman Wales

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:57:31**	**5:43:20**	**3:18:07**	**10:08:12**
1st Age Grouper	**1:20:46**	**7:38:37**	**4:40:42**	**14:02:06**
2nd Age Grouper	1:27:16	8:09:56	5:21:05	15:23:09
3rd Age Grouper	1:26:46	7:45:20	5:37:04	15:12:40
4th Age Grouper	1:23:13	8:14:10	5:28:28	15:28:00
5th Age Grouper	1:24:04	8:05:31	6:10:50	16:06:09
6th Age Grouper	1:27:58	8:02:27	5:57:29	15:51:58
Kona Qualifier Average	**1:20:46**	**7:38:37**	**4:40:42**	**14:02:06**
Top 10 Age Grouper Average	**1:24:30**	**7:56:15**	**5:17:16**	**15:01:35**

Ironman Western Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:56:33**	**4:57:54**	**3:11:34**	**9:08:52**
1st Age Grouper	**1:16:51**	**6:00:42**	**4:45:06**	**12:09:39**
2nd Age Grouper	**1:19:12**	**6:29:05**	**5:14:13**	**13:18:08**
3rd Age Grouper	1:22:43	6:39:10	5:23:12	13:36:01
4th Age Grouper	1:34:31	6:50:03	5:21:23	13:58:46
5th Age Grouper	1:34:45	6:43:57	5:55:25	14:29:42
6th Age Grouper	1:27:39	6:50:04	6:02:37	14:32:47
7th Age Grouper	1:31:26	7:05:40	5:46:51	14:43:06
8th Age Grouper	1:37:55	7:04:05	6:02:16	15:02:58
9th Age Grouper	1:36:31	7:21:12	6:02:35	15:19:44
10th Age Grouper	1:30:13	7:17:35	6:18:13	15:22:41
Kona Qualifier Average	**1:18:01**	**6:14:54**	**4:59:40**	**12:43:53**
Top 10 Age Grouper Average	**1:27:41**	**6:44:09**	**5:34:02**	**13:59:56**

Ironman Wisconsin

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:57:38**	**5:22:50**	**3:19:39**	**9:47:32**
1st Age Grouper	**1:18:45**	**6:40:01**	**4:49:07**	**13:03:24**
2nd Age Grouper	1:21:36	6:42:03	4:56:08	13:15:25
3rd Age Grouper	1:24:12	6:56:20	5:00:37	13:39:14
4th Age Grouper	1:21:53	6:52:14	5:04:50	13:36:39
5th Age Grouper	1:26:32	6:56:12	5:20:35	14:02:59
6th Age Grouper	1:24:46	7:05:14	5:37:35	14:28:18
7th Age Grouper	1:30:20	7:02:27	5:37:49	14:31:55
8th Age Grouper	1:31:03	7:14:05	5:38:46	14:45:45
9th Age Grouper	1:30:33	7:22:16	5:51:09	15:03:29
10th Age Grouper	1:31:36	7:30:08	5:31:33	14:54:46
Kona Qualifier Average	**1:18:45**	**6:40:01**	**4:49:07**	**13:03:24**
Top 10 Age Grouper Average	**1:25:30**	**6:59:47**	**5:18:16**	**14:02:24**

Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:57:05**	**5:01:15**	**2:59:32**	**9:02:40**
1st Age Grouper	**1:18:15**	**6:05:36**	**4:09:08**	**11:41:57**
2nd Age Grouper	1:19:02	6:13:14	4:11:08	11:52:33
3rd Age Grouper	1:20:20	6:17:47	4:20:04	12:08:16
4th Age Grouper	1:20:11	6:19:20	4:27:27	12:17:43
5th Age Grouper	1:20:00	6:29:28	4:29:39	12:29:39
6th Age Grouper	1:26:42	6:38:47	4:24:45	12:41:32
7th Age Grouper	1:23:23	6:38:02	4:35:53	12:49:08
8th Age Grouper	1:21:42	6:42:08	4:42:51	12:58:50
9th Age Grouper	1:24:11	6:40:06	4:49:09	13:04:17
10th Age Grouper	1:24:23	6:45:13	4:49:41	13:11:14
Kona Qualifier Average	**1:18:15**	**6:05:36**	**4:09:08**	**11:41:57**
Top 10 Age Grouper Average	**1:21:47**	**6:28:47**	**4:29:48**	**12:31:06**

Ironman Xiamen 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	**0:32:33**	**2:20:15**	**1:25:08**	**4:24:03**
1st Age Grouper	**0:50:36**	**2:48:28**	**1:52:56**	**5:41:59**
2nd Age Grouper	0:43:51	3:10:39	2:07:03	6:16:01
3rd Age Grouper	0:53:48	2:58:20	2:38:51	6:49:18
4th Age Grouper	0:44:34	4:24:16	2:06:06	7:26:55
5th Age Grouper	0:51:28	3:46:08	2:51:09	7:51:13
6th Age Grouper	0:59:42	3:47:22	2:41:36	7:56:45
7th Age Grouper	1:01:08	4:01:58	2:34:49	8:00:37
Kona Qualifier Average	**0:50:36**	**2:48:28**	**1:52:56**	**5:41:59**
Top 10 Age Grouper Average	**0:52:09**	**3:33:53**	**2:24:38**	**7:08:58**

Results from Ironman.com. Tables compiled by Russ Cox (russell.m.cox@gmail.com) for www.coachcox.co.uk