COACHCOX

Ironman World Championship

F65-69

2018 Qualification Stats

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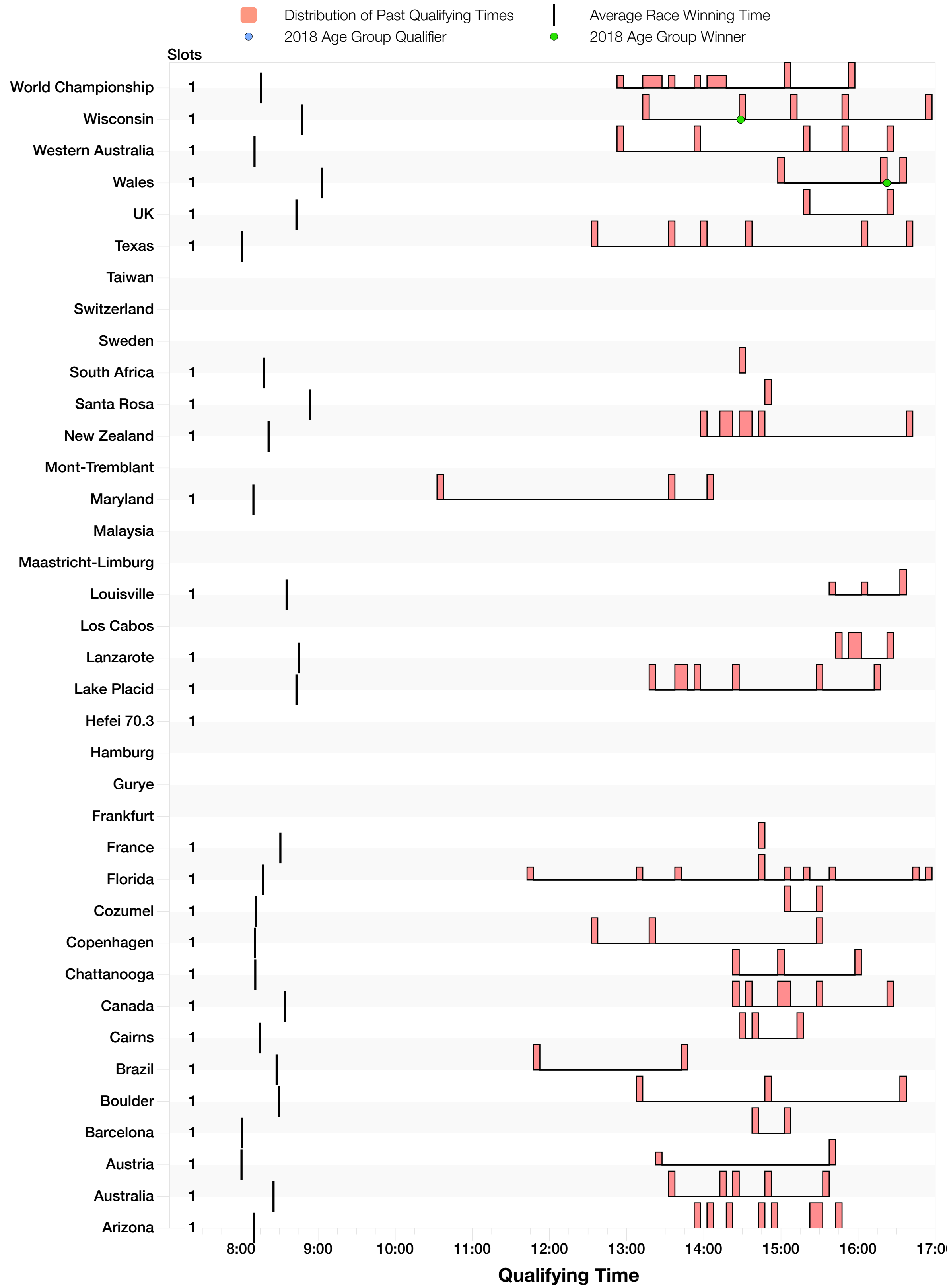
2018 Qualification Comparison for F65-69



F65-69 Past Qualifying Times

Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	15:44:42
2008	9:21:06	15:29:57
2010	9:09:19	14:53:53
2012	9:01:41	13:52:55
2013	8:52:49	14:46:46
2014	8:50:41	14:05:39
2015	8:44:00	15:25:21
2016	8:48:23	14:17:56
Average	**9:04:00**	**14:49:38**

Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	9:29:54	14:27:24
2012	9:34:57	13:33:10
2015	9:38:24	15:33:13
2016	9:10:28	14:14:50
2017	9:16:38	14:51:38
Average	**9:26:04**	**14:32:03**

Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	8:43:34	15:38:08
2012	9:09:58	15:42:27
2017	9:06:25	13:23:07
Average	**8:59:59**	**14:54:34**

Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	8:46:44	14:42:07
2016	8:54:27	15:03:56
Average	**8:50:35**	**14:53:01**

Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	13:12:09
2015	9:53:41	14:51:39
2016	10:01:09	16:32:48
Average	**9:44:54**	**14:52:12**

Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	8:59:08	13:43:28
2017	8:52:00	11:50:00
Average	**8:55:34**	**12:46:44**

Ironman Cairns (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:16:58	14:38:35
2016	9:06:18	15:14:37
2017	8:58:14	14:31:37
Average	**9:07:10**	**14:48:16**

Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:51:31	14:35:06
2006	9:25:13	15:05:07
2007	9:41:01	15:31:23
2010	9:13:46	14:24:46
2012	9:44:58	14:57:33
2016	10:12:28	16:23:05
Average	**9:41:29**	**15:09:30**

Ironman Chattanooga (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:54:55	15:00:37
2015	8:56:00	14:26:00
2016	10:23:43	15:58:34
Average	**9:24:52**	**15:08:23**

Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:53:33	12:33:28
2015	8:59:49	13:20:12
2017	9:17:06	15:31:03
Average	**9:03:29**	**13:48:14**

Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:06:40	15:04:45
2016	9:08:06	15:31:59
Average	**9:07:23**	**15:18:22**

Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:33:09	16:47:29
2006	9:28:28	16:55:43
2009	9:08:38	15:40:56
2010	9:07:49	14:45:57
2011	8:55:10	13:42:14
2012	8:51:35	13:08:53
2013	8:43:07	15:19:16
2014	8:01:47	11:45:38
2015	9:54:44	14:46:09
2016	9:47:49	15:07:13
Average	**9:09:13**	**14:47:56**

Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	14:44:31
Average	**10:12:29**	**14:44:31**

Ironman Hefei 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:13:50	6:53:50
Average	**4:13:50**	**6:53:50**

Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	10:11:35	14:22:59
2008	9:51:00	13:38:22
2009	9:29:36	16:15:05
2012	9:47:39	15:30:27
2015	10:13:19	13:22:01
2016	9:09:42	13:54:24
2017	9:46:00	13:46:17
Average	**9:46:58**	**14:24:13**

Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:54:57	15:52:55
2010	10:03:52	15:45:09
2015	9:56:03	16:27:01
2017	9:35:40	16:00:11
Average	**9:52:38**	**16:01:19**

Ironman Louisville (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	9:38:14	16:35:56
2013	9:29:02	15:41:03
2014	9:31:19	16:37:29
2015	10:00:04	16:06:10
Average	**9:39:39**	**16:15:09**

Ironman Maryland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:02	13:33:16
2015	9:42:56	14:04:46
2016	8:14:27	10:34:32
Average	**9:07:48**	**12:44:11**

Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2010	9:14:35	16:38:05
2011	9:28:24	14:01:00
2013	9:17:10	14:21:44
2014	9:08:46	14:16:58
2015	9:05:45	14:28:17
2016	8:56:08	14:44:18
2017	9:09:47	14:33:53
Average	**9:11:30**	**14:43:27**

Ironman Santa Rosa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:58:45	14:47:31
Average	**9:58:45**	**14:47:31**

Ironman South Africa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	8:47:02	14:32:17
Average	**8:47:02**	**14:32:17**

Ironman Texas (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	8:57:51	14:37:28
2012	8:54:58	14:00:09
2013	8:49:14	16:07:22
2015	8:55:19	16:38:54
2016	8:11:01	12:35:07
2017	8:56:32	13:33:08
Average	**8:47:29**	**14:35:21**

Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:31:58	15:19:36
2017	9:39:48	16:26:37
Average	**9:35:53**	**15:53:06**

Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:56:31	16:36:45
2016	10:00:17	15:01:51
2017	10:11:20	16:22:26
Average	**10:02:42**	**16:00:20**

Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	9:10:01	15:51:40
2012	9:13:00	13:56:08
2013	8:59:44	12:54:12
2015	9:03:47	15:21:56
2016	8:54:39	16:26:45
Average	**9:04:14**	**14:54:08**

Ironman Wisconsin (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:43:59	16:53:39
2012	9:34:35	15:07:57
2014	9:30:08	13:16:27
2015	10:08:05	15:50:12
2017	9:57:41	14:28:44
Average	**9:46:53**	**15:07:23**

Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	15:53:58
2005	9:09:30	13:54:25
2006	9:18:31	15:05:36
2007	9:08:45	15:55:30
2008	9:06:23	15:05:38
2009	8:54:02	13:22:10
2010	8:58:36	13:16:32
2011	8:55:08	13:25:04
2012	9:15:54	13:35:14
2013	8:52:14	12:57:17
2014	9:00:55	14:11:11
2015	8:57:57	14:07:27
2016	8:46:46	14:15:25
Average	**9:05:45**	**14:14:15**

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

F65-69 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	**1:35:49**	**6:54:06**	**5:56:54**	**14:49:38**
2nd Age Grouper	1:15:04	7:04:33	6:48:48	15:52:26
3rd Age Grouper	2:03:19	7:16:08	6:46:15	16:22:04
4th Age Grouper	1:33:20	7:25:52	7:01:15	16:34:54
5th Age Grouper	1:17:11	6:47:59	8:25:35	16:53:22
Kona Qualifier Average	**1:35:49**	**6:54:06**	**5:56:54**	**14:49:38**
Top 10 Age Grouper Average	**1:33:28**	**7:02:06**	**6:31:22**	**15:35:12**

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	**1:24:19**	**7:24:09**	**5:31:01**	**14:32:03**
2nd Age Grouper	1:29:01	7:31:17	6:09:03	15:22:39
Kona Qualifier Average	**1:24:19**	**7:24:09**	**5:31:01**	**14:32:03**
Top 10 Age Grouper Average	**1:26:05**	**7:26:50**	**5:45:17**	**14:51:01**

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	**1:13:48**	**7:21:35**	**5:31:17**	**14:54:34**
2nd Age Grouper	1:02:58	7:17:52	6:30:43	15:52:18
Kona Qualifier Average	**1:13:48**	**7:21:35**	**5:31:17**	**14:54:34**
Top 10 Age Grouper Average	**1:09:28**	**7:20:05**	**5:55:03**	**15:17:39**

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	**1:26:34**	**6:53:35**	**6:22:33**	**14:53:01**
2nd Age Grouper	1:30:01	7:08:46	6:21:02	15:13:15
Kona Qualifier Average	**1:26:34**	**6:53:35**	**6:22:33**	**14:53:01**
Top 10 Age Grouper Average	**1:27:43**	**6:58:38**	**6:22:02**	**14:59:46**

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	**1:38:42**	**6:53:06**	**6:00:09**	**14:52:12**
2nd Age Grouper	1:28:44	7:07:26	7:01:00	15:56:38
Kona Qualifier Average	**1:38:42**	**6:53:06**	**6:00:09**	**14:52:12**
Top 10 Age Grouper Average	**1:34:42**	**6:58:50**	**6:24:29**	**15:17:58**

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	**1:30:56**	**6:59:13**	**4:04:01**	**12:46:44**
2nd Age Grouper	1:36:49	8:11:29	3:31:54	13:34:20
Kona Qualifier Average	**1:30:56**	**6:59:13**	**4:04:01**	**12:46:44**
Top 10 Age Grouper Average	**1:32:53**	**7:23:18**	**3:53:19**	**13:02:36**

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	**1:36:27**	**7:11:49**	**5:42:38**	**14:48:16**
2nd Age Grouper	1:43:55	7:31:23	6:21:55	15:52:19
3rd Age Grouper	1:29:08	7:58:48	6:25:32	16:17:22
Kona Qualifier Average	**1:36:27**	**7:11:49**	**5:42:38**	**14:48:16**
Top 10 Age Grouper Average	**1:36:29**	**7:25:08**	**5:59:04**	**15:18:54**

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	**1:30:09**	**7:26:55**	**5:56:32**	**15:09:30**
2nd Age Grouper	0:57:39	7:22:42	6:09:43	15:17:55
Kona Qualifier Average	**1:30:09**	**7:26:55**	**5:56:32**	**15:09:30**
Top 10 Age Grouper Average	**1:19:19**	**7:25:31**	**6:00:56**	**15:12:18**

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	**1:19:08**	**7:25:24**	**6:07:31**	**15:08:23**
Kona Qualifier Average	**1:19:08**	**7:25:24**	**6:07:31**	**15:08:23**

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	**1:26:07**	**6:37:02**	**5:25:07**	**13:48:14**
Kona Qualifier Average	**1:26:07**	**6:37:02**	**5:25:07**	**13:48:14**

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	**1:32:49**	**7:18:47**	**6:10:07**	**15:18:22**
2nd Age Grouper	1:40:24	6:40:33	6:41:52	15:28:24
Kona Qualifier Average	**1:32:49**	**7:18:47**	**6:10:07**	**15:18:22**
Top 10 Age Grouper Average	**1:36:37**	**6:59:40**	**6:25:59**	**15:23:23**

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	**1:26:46**	**6:52:47**	**6:11:40**	**14:47:56**
2nd Age Grouper	1:31:13	7:15:25	6:37:03	15:45:19
3rd Age Grouper	1:45:02	6:55:08	6:38:36	15:40:04
4th Age Grouper	1:52:01	6:58:05	7:29:14	16:45:55
Kona Qualifier Average	**1:26:46**	**6:52:47**	**6:11:40**	**14:47:56**
Top 10 Age Grouper Average	**1:32:39**	**7:00:39**	**6:28:10**	**15:21:02**

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		**7:23:02**	**5:07:10**	**14:44:31**
Kona Qualifier Average		**7:23:02**	**5:07:10**	**14:44:31**

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	1:08:12	7:14:06	5:36:39	14:39:57
Kona Qualifier Average	**1:08:12**	**7:14:06**	**5:36:39**	**14:39:57**

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**
Kona Qualifier Average				

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**
Kona Qualifier Average				

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	**0:42:08**	**3:07:19**	**2:50:37**	**6:53:50**
Kona Qualifier Average	**0:42:08**	**3:07:19**	**2:50:37**	**6:53:50**

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	**1:27:56**	**7:01:30**	**5:35:14**	**14:24:13**
2nd Age Grouper	1:31:44	7:50:04	6:01:26	15:47:22
3rd Age Grouper	1:34:04	8:33:10	6:11:38	16:48:03
Kona Qualifier Average	**1:27:56**	**7:01:30**	**5:35:14**	**14:24:13**
Top 10 Age Grouper Average	**1:30:02**	**7:30:32**	**5:48:54**	**15:11:56**

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	**1:46:42**	**8:16:44**	**5:33:20**	**16:01:19**
2nd Age Grouper	1:18:36	9:14:03	6:02:48	16:55:57
Kona Qualifier Average	**1:46:42**	**8:16:44**	**5:33:20**	**16:01:19**
Top 10 Age Grouper Average	**1:41:04**	**8:28:11**	**5:39:14**	**16:12:14**

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	1:26:05	7:36:36	5:55:12	15:17:30
Kona Qualifier Average	**1:26:05**	**7:36:36**	**5:55:12**	**15:17:30**

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	**1:49:28**	**7:29:53**	**6:28:43**	**16:15:09**
Kona Qualifier Average	**1:49:28**	**7:29:53**	**6:28:43**	**16:15:09**

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	1:23:24	7:10:29	5:30:27	14:19:06
2nd Age Grouper	1:31:47	7:41:49	6:08:52	15:34:32
Kona Qualifier Average	**1:27:35**	**7:26:09**	**5:49:39**	**14:56:49**

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	1:28:18	7:45:44	6:48:57	16:19:44
Kona Qualifier Average	**1:28:18**	**7:45:44**	**6:48:57**	**16:19:44**

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	**0:52:17**	**6:22:52**	**5:14:11**	**12:44:11**
2nd Age Grouper	0:55:55	6:43:25	6:40:06	14:39:46
3rd Age Grouper	1:37:03	6:56:54	7:02:56	15:58:01
4th Age Grouper	1:33:03	7:32:05	6:40:54	16:12:43
Kona Qualifier Average	**0:52:17**	**6:22:52**	**5:14:11**	**12:44:11**
Top 10 Age Grouper Average	**1:10:29**	**6:49:41**	**6:19:03**	**14:39:20**

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	1:44:15	7:57:47	6:07:21	16:16:44
Kona Qualifier Average	**1:44:15**	**7:57:47**	**6:07:21**	**16:16:44**

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	**1:23:44**	**7:12:04**	**5:52:10**	**14:43:27**
2nd Age Grouper	1:26:55	7:52:13	5:36:48	15:14:51
3rd Age Grouper	1:25:04	7:09:36	6:21:53	15:19:21
4th Age Grouper	1:55:38	7:41:17	6:17:33	16:23:14
Kona Qualifier Average	**1:23:44**	**7:12:04**	**5:52:10**	**14:43:27**
Top 10 Age Grouper Average	**1:27:15**	**7:28:19**	**5:50:37**	**15:04:21**

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	**1:55:12**	**6:43:55**	**5:46:38**	**14:47:31**
2nd Age Grouper	1:23:42	6:25:16	6:58:22	15:09:57
3rd Age Grouper	1:25:07	6:59:43	6:54:08	15:40:58
Kona Qualifier Average	**1:55:12**	**6:43:55**	**5:46:38**	**14:47:31**
Top 10 Age Grouper Average	**1:34:40**	**6:42:58**	**6:33:02**	**15:12:48**

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	**1:26:35**	**7:25:43**	**5:18:24**	**14:32:17**
Kona Qualifier Average	**1:26:35**	**7:25:43**	**5:18:24**	**14:32:17**

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	1:20:58	8:09:31	6:05:42	15:57:33
Kona Qualifier Average	**1:20:58**	**8:09:31**	**6:05:42**	**15:57:33**

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	1:47:03	7:32:03	5:29:12	15:00:15
Kona Qualifier Average	**1:47:03**	**7:32:03**	**5:29:12**	**15:00:15**

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**
Kona Qualifier Average				

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	**1:37:50**	**6:52:57**	**5:42:03**	**14:35:21**
2nd Age Grouper	1:42:20	6:21:14	6:38:38	15:04:33
3rd Age Grouper	2:01:46	7:00:02	6:05:10	15:34:47
4th Age Grouper	1:35:52	7:14:47	6:49:35	16:07:14
5th Age Grouper	1:54:33	7:09:12	6:57:32	16:22:02
Kona Qualifier Average	**1:37:50**	**6:52:57**	**5:42:03**	**14:35:21**
Top 10 Age Grouper Average	**1:43:54**	**6:52:37**	**6:15:31**	**15:15:35**

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	**1:21:14**	**8:12:00**	**5:53:23**	**15:53:06**
Kona Qualifier Average	**1:21:14**	**8:12:00**	**5:53:23**	**15:53:06**

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	**1:22:25**	**8:31:23**	**5:44:38**	**16:00:20**
Kona Qualifier Average	**1:22:25**	**8:31:23**	**5:44:38**	**16:00:20**

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	**1:13:28**	**7:04:27**	**6:00:41**	**14:54:08**
2nd Age Grouper	1:47:25	7:28:27	6:57:11	16:35:16
Kona Qualifier Average	**1:13:28**	**7:04:27**	**6:00:41**	**14:54:08**
Top 10 Age Grouper Average	**1:26:12**	**7:13:27**	**6:21:52**	**15:32:03**

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	**0:59:49**	**6:10:14**	**5:44:24**	**15:07:23**
2nd Age Grouper	1:32:16	7:43:33	6:18:09	15:53:18
3rd Age Grouper	1:29:26	7:34:47	5:50:43	15:14:28
4th Age Grouper	1:42:47	7:50:12	6:09:45	16:05:22
5th Age Grouper	1:48:22	7:42:18	6:08:58	16:05:43
Kona Qualifier Average	**0:59:49**	**6:10:14**	**5:44:24**	**15:07:23**
Top 10 Age Grouper Average	**1:19:41**	**7:00:49**	**5:58:43**	**15:31:07**

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	**1:30:23**	**7:10:52**	**5:17:49**	**14:14:15**
2nd Age Grouper	1:41:23	7:20:05	5:29:48	14:46:20
3rd Age Grouper	1:45:13	7:31:01	5:37:55	15:10:29
4th Age Grouper	1:39:51	7:39:38	5:50:10	15:24:10
5th Age Grouper	1:34:12	7:30:07	5:52:45	15:21:38
6th Age Grouper	1:36:01	7:43:45	5:58:01	15:33:01
7th Age Grouper	1:47:07	7:29:31	6:03:19	15:37:34
8th Age Grouper	1:43:12	7:37:31	6:17:14	15:53:53
9th Age Grouper	1:46:57	7:47:21	6:19:57	16:08:12
10th Age Grouper	1:51:08	7:56:32	6:17:09	16:21:17
Kona Qualifier Average	**1:30:23**	**7:10:52**	**5:17:49**	**14:14:15**
Top 10 Age Grouper Average	**1:40:33**	**7:31:55**	**5:49:02**	**15:17:54**

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**
Kona Qualifier Average				