

Ironman Lanzarote Age Group Top 10 Stats

F18-24 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:10:02	7:08:13	4:24:56	12:56:34
Average 2nd Age Grouper	1:25:21	7:34:34	5:17:58	14:31:59
Average 3rd Age Grouper	1:13:07	7:03:21	5:12:32	13:48:17
Average 4th Age Grouper	1:13:47	8:19:55	5:55:59	15:47:23
Average 5th Age Grouper		8:59:04	6:07:29	16:35:34
Average 6th Age Grouper			5:29:46	16:56:23
Kona Qualifier Average	1:10:02	7:08:13	4:24:56	12:56:34
Top 10 Age Grouper Average	1:16:12	7:28:31	5:03:37	14:12:12

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:03:15	6:17:05	3:44:13	11:13:44
2nd Age Grouper	1:16:45	6:38:21	4:00:18	12:06:59
3rd Age Grouper	1:06:08	6:15:00	4:45:19	12:17:40
4th Age Grouper	1:13:47	8:19:55	5:55:59	15:47:23
5th Age Grouper		8:59:04	6:07:29	16:35:34
6th Age Grouper			5:29:46	16:56:23
Kona Qualifier Average	1:03:15	6:17:05	3:44:13	11:13:44
Top 10 Age Grouper Average	1:09:58	7:17:53	5:00:30	14:09:37

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:05:02	7:12:49	4:26:13	13:00:36
Kona Qualifier Average	1:05:02	7:12:49	4:26:13	13:00:36

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:12:42	8:13:30	4:31:15	14:11:15
2nd Age Grouper	1:29:34	7:26:51	5:02:51	14:15:09
3rd Age Grouper	1:20:06	7:51:42	5:39:46	15:18:54
Kona Qualifier Average	1:12:42	8:13:30	4:31:15	14:11:15
Top 10 Age Grouper Average	1:20:47	7:50:41	5:04:37	14:35:06

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:04:26	6:50:22	4:58:33	13:04:02
2nd Age Grouper	1:22:43	7:57:36	6:09:26	15:45:23
Kona Qualifier Average	1:04:26	6:50:22	4:58:33	13:04:02
Top 10 Age Grouper Average	1:13:34	7:23:59	5:33:59	14:24:42

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:07:40	6:39:43	3:51:05	11:51:38
2nd Age Grouper	1:24:36	7:56:42	5:50:18	15:31:29
Kona Qualifier Average	1:07:40	6:39:43	3:51:05	11:51:38
Top 10 Age Grouper Average	1:16:08	7:18:12	4:50:41	13:41:33

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:27:09	7:35:52	4:58:21	14:18:12
2nd Age Grouper	1:33:07	7:53:22	5:27:01	15:00:56
Kona Qualifier Average	1:27:09	7:35:52	4:58:21	14:18:12
Top 10 Age Grouper Average	1:30:08	7:44:37	5:12:41	14:39:34

F25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:04:57	6:12:08	3:33:18	11:00:29
Average 2nd Age Grouper	1:08:05	6:15:38	3:53:58	11:27:40
Average 3rd Age Grouper	1:11:11	6:50:05	4:13:44	12:27:31
Average 4th Age Grouper	1:03:18	6:42:51	4:26:36	12:23:19
Average 5th Age Grouper	1:12:26	6:53:01	4:19:24	12:38:02
Average 6th Age Grouper	1:07:04	7:00:51	4:33:58	12:56:05
Average 7th Age Grouper	1:10:04	7:13:13	4:59:15	13:38:03
Average 8th Age Grouper	1:15:42	7:14:51	5:09:31	14:12:39
Average 9th Age Grouper	1:20:36	8:06:11	5:01:44	14:46:50
Average 10th Age Grouper	1:21:46	7:28:26	5:13:20	14:17:54
Kona Qualifier Average	1:04:57	6:12:08	3:33:18	11:00:29
Top 10 Age Grouper Average	1:11:00	6:56:50	4:29:14	12:52:19

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:01:39	5:59:26	3:27:58	10:38:48
2nd Age Grouper	1:07:45	5:57:58	3:41:36	10:57:56
3rd Age Grouper	1:17:15	6:12:28	3:37:17	11:16:07
4th Age Grouper	1:12:32	6:45:15	4:35:39	12:48:15
5th Age Grouper	1:20:43	6:41:05	4:39:53	12:53:32
6th Age Grouper	1:25:04	6:50:02	4:39:33	13:10:46
7th Age Grouper	0:57:51	7:15:59	5:09:36	13:36:35
8th Age Grouper	1:03:46	7:07:05	5:13:38	13:39:26
9th Age Grouper	1:17:41	7:49:39	4:20:15	13:47:23
10th Age Grouper	1:06:17	7:37:05	5:02:12	13:58:59
Kona Qualifier Average	1:01:39	5:59:26	3:27:58	10:38:48
Top 10 Age Grouper Average	1:11:03	6:49:36	4:26:45	12:40:46

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:07:54	6:18:22	3:35:58	11:12:12
2nd Age Grouper	1:03:56	6:25:41	3:39:14	11:17:39
3rd Age Grouper	1:17:05	6:18:25	3:37:42	11:22:34
4th Age Grouper	0:58:13	6:24:00	4:22:26	11:53:34
5th Age Grouper	1:15:33	6:59:12	4:08:30	12:35:09
6th Age Grouper	0:58:22	6:37:05	4:55:22	12:42:41
7th Age Grouper	1:16:12	7:40:44	5:36:58	14:59:17
8th Age Grouper	1:25:35	8:02:38	5:19:12	15:04:21
9th Age Grouper	1:25:55	8:25:21	5:42:35	15:55:06
Kona Qualifier Average	1:07:54	6:18:22	3:35:58	11:12:12
Top 10 Age Grouper Average	1:12:05	7:01:16	4:33:06	13:00:17

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:10:31	5:52:32	3:37:12	10:48:41
2nd Age Grouper	1:15:15	6:32:02	3:46:32	11:46:07
3rd Age Grouper	1:00:52	6:26:32	4:09:37	11:50:42
4th Age Grouper	1:03:21	6:50:55	3:52:43	11:59:00
5th Age Grouper	1:19:52	6:27:38	4:02:06	12:04:34
6th Age Grouper	1:04:54	6:52:49	4:08:46	12:26:50
7th Age Grouper	1:04:18	6:55:18	4:51:47	13:04:08
8th Age Grouper	1:17:47	7:27:19	5:45:38	14:47:56
9th Age Grouper	1:27:14	8:14:47	4:53:25	14:56:39
10th Age Grouper	1:24:12	7:08:53	6:03:44	14:57:00
Kona Qualifier Average	1:10:31	5:52:32	3:37:12	10:48:41
Top 10 Age Grouper Average	1:12:49	6:52:52	4:31:09	12:52:09

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:03:42	6:24:12	4:03:49	11:44:29
2nd Age Grouper	1:04:37	6:39:08	4:16:54	12:11:04
3rd Age Grouper	0:58:31	7:00:50	4:45:04	12:58:51
4th Age Grouper	0:58:57	7:37:41	4:59:57	13:47:35
5th Age Grouper	1:07:50	7:53:27	4:28:43	13:48:07
6th Age Grouper	0:55:52	8:15:52	4:51:12	14:21:09
7th Age Grouper	1:14:22	7:27:43	5:36:16	14:41:00
8th Age Grouper	1:13:20		5:01:49	15:36:35
9th Age Grouper	1:19:14	8:30:06	5:46:54	15:55:45
Kona Qualifier Average	1:03:42	6:24:12	4:03:49	11:44:29
Top 10 Age Grouper Average	1:06:16	7:28:37	4:52:17	13:53:50

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	0:55:59	5:44:11	3:15:21	10:05:20
2nd Age Grouper	1:02:33	5:55:29	3:53:09	11:00:50
3rd Age Grouper	1:08:30	6:20:30	3:37:56	11:19:24
4th Age Grouper	1:07:48	6:14:45	4:07:21	11:41:35
5th Age Grouper	1:07:35	6:33:15	4:07:16	12:01:59
6th Age Grouper	1:18:22	6:23:57	4:08:11	12:03:24
7th Age Grouper	1:07:43	6:29:24	4:33:41	12:21:37
8th Age Grouper	1:17:10	6:54:27	4:36:39	13:00:21
9th Age Grouper	1:14:16	7:21:30	4:36:34	13:30:28
10th Age Grouper	1:00:58	7:37:02	4:44:35	13:38:51
Kona Qualifier Average	0:55:59	5:44:11	3:15:21	10:05:20
Top 10 Age Grouper Average	1:08:05	6:33:27	4:10:04	12:04:22

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:09:50	6:10:56	3:29:18	11:03:56
2nd Age Grouper	1:12:50	5:53:57	4:04:52	11:22:05
3rd Age Grouper	1:27:23	8:52:46	5:41:11	16:23:16
Kona Qualifier Average	1:09:50	6:10:56	3:29:18	11:03:56
Top 10 Age Grouper Average	1:16:41	6:59:13	4:25:07	12:56:25

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:05:09	6:55:18	3:23:36	11:29:59
2nd Age Grouper	1:09:39	6:25:13	3:55:33	11:38:03
3rd Age Grouper	1:08:41	6:39:10	4:07:23	12:01:43
4th Age Grouper	0:58:57	6:24:35	4:41:30	12:09:57
5th Age Grouper	1:03:05	6:43:34	4:29:59	12:24:54
6th Age Grouper	0:59:52	7:05:22	4:40:47	12:51:42
7th Age Grouper	1:20:02	7:30:10	4:07:14	13:05:45
8th Age Grouper	1:16:38	6:42:49	5:00:10	13:07:17
9th Age Grouper	1:19:17	8:15:44	4:50:46	14:35:42
10th Age Grouper	1:55:39	7:30:45	5:02:52	14:36:49
Kona Qualifier Average	1:05:09	6:55:18	3:23:36	11:29:59
Top 10 Age Grouper Average	1:13:41	7:01:16	4:25:59	12:48:11

F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:02:51	5:54:30	3:29:10	10:34:14
Average 2nd Age Grouper	1:07:44	6:08:03	3:37:37	11:02:23
Average 3rd Age Grouper	1:06:14	6:11:55	3:52:11	11:21:00
Average 4th Age Grouper	1:05:02	6:31:41	3:50:00	11:36:52
Average 5th Age Grouper	1:11:15	6:38:47	3:48:00	11:48:21
Average 6th Age Grouper	1:09:52	6:38:09	4:14:45	12:16:22
Average 7th Age Grouper	1:07:24	6:56:10	4:14:07	12:29:05
Average 8th Age Grouper	1:08:23	6:49:47	4:27:22	12:39:59
Average 9th Age Grouper	1:15:16	6:44:24	4:38:39	12:52:17
Average 10th Age Grouper	1:17:30	6:59:43	4:32:48	13:05:59
Kona Qualifier Average	1:02:51	5:54:30	3:29:10	10:34:14
Top 10 Age Grouper Average	1:09:09	6:33:19	4:04:28	11:58:39

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:06:47	5:40:20	3:28:07	10:24:01
2nd Age Grouper	1:25:04	6:11:37	3:27:21	11:14:57
3rd Age Grouper	1:19:31	6:08:11	3:48:04	11:27:37
4th Age Grouper	1:04:42	6:26:21	4:01:41	11:44:38
5th Age Grouper	1:21:08	6:21:56	3:53:19	11:46:26
6th Age Grouper	1:07:44	6:52:09	4:17:02	12:32:09
7th Age Grouper	1:02:21	7:03:10	4:15:49	12:34:20
8th Age Grouper	1:10:09	7:07:23	4:27:08	12:59:09
9th Age Grouper	1:13:17	7:02:50	4:33:29	13:04:21
10th Age Grouper	1:31:07	7:27:54	3:58:48	13:12:50
Kona Qualifier Average	1:06:47	5:40:20	3:28:07	10:24:01
Top 10 Age Grouper Average	1:14:11	6:38:11	4:01:04	12:06:02

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	0:54:06	6:03:57	3:23:31	10:28:45
2nd Age Grouper	1:16:13	6:01:33	3:24:47	10:51:28
3rd Age Grouper	1:13:31	6:12:35	3:43:02	11:20:13
4th Age Grouper	1:06:54	6:32:09	3:32:15	11:21:15
5th Age Grouper	1:03:01	6:12:54	4:13:06	11:39:50
6th Age Grouper	1:18:15	6:43:53	3:43:22	11:56:24
7th Age Grouper	1:11:16	6:38:05	4:19:55	12:20:33
8th Age Grouper	1:09:22	6:41:35	4:15:40	12:24:09
9th Age Grouper	1:12:22	6:32:15	4:29:20	12:25:00
10th Age Grouper	1:07:09	6:49:03	4:37:19	12:45:59
Kona Qualifier Average	0:54:06	6:03:57	3:23:31	10:28:45
Top 10 Age Grouper Average	1:09:12	6:26:47	3:58:13	11:45:21

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:07:42	5:51:18	3:18:09	10:25:12
2nd Age Grouper	0:57:22	6:05:45	3:27:46	10:38:44
3rd Age Grouper	0:59:29	6:08:01	3:40:19	10:57:28
4th Age Grouper	1:10:33	6:25:26	3:35:20	11:23:36
5th Age Grouper	1:22:19	6:25:21	3:38:39	11:39:35
6th Age Grouper	1:11:52	6:22:45	3:55:12	11:41:51
7th Age Grouper	1:00:39	6:20:39	4:24:57	11:56:35
8th Age Grouper	1:09:02	6:20:41	4:18:57	11:59:16
9th Age Grouper	1:08:14	6:46:46	4:11:24	12:19:56
10th Age Grouper	1:15:48	6:45:43	4:29:32	12:52:12
Kona Qualifier Average	1:07:42	5:51:18	3:18:09	10:25:12
Top 10 Age Grouper Average	1:08:18	6:21:14	3:54:01	11:35:26

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:58:58	5:55:23	3:31:53	10:34:04
2nd Age Grouper	0:55:23	6:14:22	3:41:34	11:00:40
3rd Age Grouper	0:53:39	5:43:27	4:21:42	11:08:40
4th Age Grouper	1:02:48	6:33:45	4:04:26	11:51:31
5th Age Grouper	1:01:59	7:26:27	3:41:08	12:20:15
6th Age Grouper	1:08:07	6:39:57	4:22:32	12:28:54
7th Age Grouper	1:09:44	7:28:17	3:52:07	12:41:54
8th Age Grouper	0:59:42	7:06:43	4:13:59	12:43:18
9th Age Grouper	1:18:45	6:18:38	5:09:16	13:01:39
10th Age Grouper	1:07:53	7:40:17	4:01:43	13:06:01
Kona Qualifier Average	0:58:58	5:55:23	3:31:53	10:34:04
Top 10 Age Grouper Average	1:03:41	6:42:43	4:06:02	12:05:41

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:07:11	5:49:37	3:16:09	10:20:48
2nd Age Grouper	1:03:38	6:06:00	3:59:47	11:18:49
3rd Age Grouper	1:07:01	5:48:35	4:18:33	11:24:41
4th Age Grouper	1:03:41	6:50:02	3:24:39	11:25:57
5th Age Grouper	1:06:42	6:14:14	4:00:02	11:30:38
6th Age Grouper	1:05:19	6:17:00	4:28:56	12:03:37
7th Age Grouper	1:15:40	6:50:25	3:51:51	12:08:00
8th Age Grouper	1:07:26	6:39:47	4:26:50	12:24:36
9th Age Grouper	1:18:47	6:45:10	4:20:00	12:44:58
10th Age Grouper	1:26:23	6:44:34	4:16:53	12:51:18
Kona Qualifier Average	1:07:11	5:49:37	3:16:09	10:20:48
Top 10 Age Grouper Average	1:10:10	6:24:32	4:02:22	11:49:20

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:03:56	6:01:54	3:30:45	10:45:31
2nd Age Grouper	1:15:01	6:04:34	3:37:57	11:07:26
3rd Age Grouper	1:14:16	6:33:42	3:26:39	11:30:13
4th Age Grouper	1:02:40	6:22:27	4:04:19	11:41:12
5th Age Grouper	1:05:42	7:08:30	3:18:43	11:43:09
6th Age Grouper	1:12:22	6:19:09	4:27:18	12:16:34
7th Age Grouper	1:04:16	6:38:29	4:37:53	12:32:27
8th Age Grouper	1:16:30	7:00:53	4:02:49	12:34:43
9th Age Grouper	1:12:20	6:50:12	4:34:42	12:50:04
10th Age Grouper	1:19:18	6:28:27	4:48:40	12:52:32
Kona Qualifier Average	1:03:56	6:01:54	3:30:45	10:45:31
Top 10 Age Grouper Average	1:10:38	6:32:49	4:02:58	11:59:23

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:01:18	5:59:06	3:55:38	11:01:22
2nd Age Grouper	1:01:29	6:12:32	3:44:12	11:04:40
3rd Age Grouper	0:56:12	6:48:54	3:47:00	11:38:12
4th Age Grouper	1:03:59	6:31:39	4:07:26	11:49:58
5th Age Grouper	1:17:59	6:42:10	3:51:05	11:58:38
6th Age Grouper	1:05:27	7:12:11	4:28:55	12:55:06
7th Age Grouper	1:07:57	7:34:07	4:16:17	13:09:48
8th Age Grouper	1:06:32	6:51:28	5:26:17	13:34:46
9th Age Grouper	1:23:09	6:55:02	5:12:24	13:40:01
10th Age Grouper	1:14:58	7:02:04	5:36:43	14:01:04
Kona Qualifier Average	1:01:18	5:59:06	3:55:38	11:01:22
Top 10 Age Grouper Average	1:07:54	6:46:55	4:26:35	12:29:21

F35-39 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:08:57	6:10:23	3:46:26	11:16:33
Average 2nd Age Grouper	1:05:10	6:27:39	3:51:36	11:34:31
Average 3rd Age Grouper	1:06:00	6:39:27	3:59:35	11:57:29
Average 4th Age Grouper	1:09:46	6:44:42	4:02:32	12:09:14
Average 5th Age Grouper	1:08:48	6:38:31	4:17:44	12:17:33
Average 6th Age Grouper	1:15:15	6:50:26	4:06:00	12:26:38
Average 7th Age Grouper	1:12:51	6:59:45	4:10:56	12:38:14
Average 8th Age Grouper	1:13:08	6:57:53	4:41:40	13:06:40
Average 9th Age Grouper	1:14:34	7:14:43	4:31:48	13:16:32
Average 10th Age Grouper	1:16:36	7:20:32	4:29:15	13:22:29
Kona Qualifier Average	1:08:57	6:10:23	3:46:26	11:16:33
Top 10 Age Grouper Average	1:11:06	6:48:24	4:11:45	12:24:35

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:08:23	5:36:53	3:26:46	10:20:37
2nd Age Grouper	1:05:40	5:54:11	4:01:41	11:11:44
3rd Age Grouper	1:04:56	6:17:39	4:02:01	11:36:19
4th Age Grouper	1:18:29	6:43:56	3:27:53	11:41:27
5th Age Grouper	1:05:28	6:33:32	3:56:23	11:53:54
6th Age Grouper	1:18:43	6:41:57	3:44:25	11:56:57
7th Age Grouper	1:23:35	6:48:17	3:39:26	12:00:41
8th Age Grouper	1:16:38	6:09:29	4:20:14	12:00:57
9th Age Grouper	1:04:21	6:24:35	4:21:57	12:02:00
10th Age Grouper	1:07:42	6:29:46	4:12:45	12:03:02
Kona Qualifier Average	1:08:23	5:36:53	3:26:46	10:20:37
Top 10 Age Grouper Average	1:11:23	6:22:01	3:55:21	11:40:45

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:15:10	6:01:24	3:37:18	11:05:41
2nd Age Grouper	1:00:27	6:30:31	3:32:16	11:12:41
3rd Age Grouper	1:13:29	6:34:00	3:32:22	11:34:43
4th Age Grouper	1:09:52	6:29:18	3:49:41	11:38:45
5th Age Grouper	1:08:40	6:16:09	4:05:36	11:41:06
6th Age Grouper	1:12:06	6:23:05	3:50:15	11:42:10
7th Age Grouper	1:00:07	6:52:25	3:44:34	11:48:17
8th Age Grouper	1:16:23	6:43:57	4:10:05	12:24:09
9th Age Grouper	1:11:17	6:34:13	4:17:42	12:26:36
10th Age Grouper	1:05:31	6:50:51	4:27:35	12:33:06
Kona Qualifier Average	1:15:10	6:01:24	3:37:18	11:05:41
Top 10 Age Grouper Average	1:09:18	6:31:35	3:54:44	11:48:43

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:07:03	6:34:07	3:52:11	11:47:06
2nd Age Grouper	0:58:06	6:32:20	4:03:55	11:47:27
3rd Age Grouper	1:13:26	6:34:21	4:15:19	12:17:17
4th Age Grouper	1:08:40	6:40:02	4:23:17	12:25:51
5th Age Grouper	1:08:45	6:53:01	4:32:54	12:48:51
6th Age Grouper	1:17:16	6:52:14	4:18:12	12:49:33
7th Age Grouper	1:10:01	7:06:47	4:34:14	13:07:26
8th Age Grouper	1:08:57	6:30:34	5:28:55	13:23:20
9th Age Grouper	1:04:51	7:31:13	4:39:17	13:32:14
10th Age Grouper	1:18:39	7:22:39	4:35:23	13:39:11
Kona Qualifier Average	1:07:03	6:34:07	3:52:11	11:47:06
Top 10 Age Grouper Average	1:09:34	6:51:43	4:28:21	12:45:49

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:56:58	6:09:10	3:36:06	10:52:28
2nd Age Grouper	1:06:35	6:35:39	3:49:33	11:42:54
3rd Age Grouper	1:03:59	6:34:08	4:06:12	11:58:39
4th Age Grouper	1:08:26	6:35:17	4:09:47	12:07:54
5th Age Grouper	1:09:36	6:32:13	4:24:00	12:18:15
6th Age Grouper	1:16:09	6:57:25	3:55:13	12:21:01
7th Age Grouper	1:05:44	6:51:07	4:10:27	12:24:58
8th Age Grouper	1:10:15	7:01:06	5:02:53	13:28:45
9th Age Grouper	1:14:38	7:46:45	4:17:11	13:33:39
10th Age Grouper	1:29:36	7:40:16	4:07:55	13:35:39
Kona Qualifier Average	0:56:58	6:09:10	3:36:06	10:52:28
Top 10 Age Grouper Average	1:10:11	6:52:18	4:09:55	12:26:25

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:17:17	6:24:01	3:36:44	11:28:23
2nd Age Grouper	1:03:36	6:28:40	3:53:42	11:34:49
3rd Age Grouper	0:59:31	6:25:56	3:59:11	11:35:50
4th Age Grouper	1:04:34	6:34:43	3:57:18	11:51:29
5th Age Grouper	0:59:35	6:43:41	3:59:28	11:53:37
6th Age Grouper	1:06:12	7:02:29	3:57:25	12:18:14
7th Age Grouper	1:10:49	6:51:39	4:29:56	12:44:23
8th Age Grouper	1:06:35	7:18:32	4:46:05	13:26:03
9th Age Grouper	1:05:39	7:00:12	5:16:16	13:35:37
10th Age Grouper	1:17:40	7:31:39	4:39:31	13:43:20
Kona Qualifier Average	1:17:17	6:24:01	3:36:44	11:28:23
Top 10 Age Grouper Average	1:07:08	6:50:09	4:15:33	12:25:10

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:14:34	5:55:37	4:02:15	11:25:23
2nd Age Grouper	1:19:42	6:19:41	3:43:58	11:35:01
3rd Age Grouper	1:04:41	7:08:49	3:57:31	12:22:54
4th Age Grouper	1:09:20	7:12:36	4:25:48	13:01:21
5th Age Grouper	1:12:56	6:48:23	4:50:32	13:05:18
6th Age Grouper	1:18:33	7:17:22	4:25:47	13:25:12
7th Age Grouper	1:32:56	7:33:19	3:53:52	13:28:54
8th Age Grouper	1:17:21	7:40:35	4:48:58	14:03:30
9th Age Grouper	1:30:13	7:57:12	4:25:57	14:08:55
10th Age Grouper	1:23:39	7:54:31	4:41:55	14:24:16
Kona Qualifier Average	1:14:34	5:55:37	4:02:15	11:25:23
Top 10 Age Grouper Average	1:18:23	7:10:48	4:19:39	13:06:04

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:03:17	6:31:32	4:13:48	11:56:14
2nd Age Grouper	1:02:09	6:52:34	3:56:07	11:57:02
3rd Age Grouper	1:02:03	7:01:18	4:04:33	12:16:45
4th Age Grouper	1:09:01	6:57:03	4:04:06	12:17:55
5th Age Grouper	1:16:42	6:42:42	4:15:16	12:21:55
6th Age Grouper	1:17:51	6:38:34	4:30:49	12:33:21
7th Age Grouper	1:06:45	6:54:43	4:44:09	12:52:59
8th Age Grouper	1:15:52	7:21:02	4:14:32	13:00:01
9th Age Grouper	1:31:02	7:28:52	4:24:20	13:36:49
10th Age Grouper	1:13:26	7:34:07	4:39:46	13:38:50
Kona Qualifier Average	1:03:17	6:31:32	4:13:48	11:56:14
Top 10 Age Grouper Average	1:11:48	7:00:14	4:18:44	12:39:11

F40-44 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:06:36	6:18:36	3:48:01	11:24:36
Average 2nd Age Grouper	1:08:36	6:40:50	3:55:32	11:56:26
Average 3rd Age Grouper	1:10:10	6:39:23	4:08:27	12:09:20
Average 4th Age Grouper	1:14:32	6:54:49	4:04:29	12:28:02
Average 5th Age Grouper	1:13:28	6:54:15	4:17:52	12:39:31
Average 6th Age Grouper	1:13:16	6:58:25	4:29:38	12:56:28
Average 7th Age Grouper	1:17:33	7:12:09	4:28:53	13:15:29
Average 8th Age Grouper	1:16:51	7:10:11	4:39:43	13:21:44
Average 9th Age Grouper	1:14:29	7:12:49	4:45:58	13:46:35
Average 10th Age Grouper	1:16:38	7:19:18	5:04:12	13:57:16
Kona Qualifier Average	1:06:36	6:18:36	3:48:01	11:24:36
Top 10 Age Grouper Average	1:13:13	6:55:50	4:22:16	12:47:33

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:02:01	6:25:39	3:49:43	11:32:50
2nd Age Grouper	1:06:45	6:39:50	4:01:24	11:56:41
3rd Age Grouper	1:12:33	6:49:14	3:52:07	12:06:25
4th Age Grouper	1:11:54	6:28:31	4:16:20	12:13:55
5th Age Grouper	1:23:05	6:41:03	4:02:47	12:22:32
6th Age Grouper	1:35:33	7:04:50	3:50:59	12:44:12
7th Age Grouper	1:22:44	6:56:12	4:46:15	13:16:45
8th Age Grouper	1:24:28	7:04:54	4:32:28	13:20:21
9th Age Grouper	1:17:48	7:27:57	4:20:48	13:24:24
10th Age Grouper	1:08:59	7:23:44	4:38:23	13:25:38
Kona Qualifier Average	1:02:01	6:25:39	3:49:43	11:32:50
Top 10 Age Grouper Average	1:16:35	6:54:11	4:13:07	12:38:22

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:06:05	6:21:42	3:41:07	11:21:06
2nd Age Grouper	1:08:53	6:33:04	4:16:24	12:09:30
3rd Age Grouper	1:03:54	6:41:11	4:20:58	12:16:40
4th Age Grouper	1:13:37	7:09:20	3:42:57	12:18:26
5th Age Grouper	1:19:28	6:52:30	4:15:20	12:44:21
6th Age Grouper	1:05:17	7:12:46	4:13:37	12:46:05
7th Age Grouper	1:11:18	6:42:08	4:30:11	12:50:16
8th Age Grouper	1:10:23	7:21:04	4:13:49	12:54:43
9th Age Grouper	1:06:04	7:13:32	4:28:10	13:08:51
10th Age Grouper	1:13:06	6:22:39	5:21:42	13:16:16
Kona Qualifier Average	1:06:05	6:21:42	3:41:07	11:21:06
Top 10 Age Grouper Average	1:09:48	6:50:59	4:18:25	12:34:37

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:10:04	6:30:08	3:31:36	11:21:59
2nd Age Grouper	1:11:14	6:40:33	3:39:15	11:43:10
3rd Age Grouper	1:16:22	6:24:18	4:08:01	11:57:26
4th Age Grouper	1:15:29	6:53:33	4:03:20	12:25:28
5th Age Grouper	1:00:13	6:50:43	4:25:38	12:32:01
6th Age Grouper	1:12:19	6:46:41	4:17:44	12:42:51
7th Age Grouper	1:07:21	7:24:59	4:17:11	13:02:41
8th Age Grouper	1:23:19	7:08:08	4:18:38	13:03:58
9th Age Grouper	1:06:44	6:30:26	5:23:03	13:16:02
10th Age Grouper	1:10:16	6:58:19	5:13:23	13:38:23
Kona Qualifier Average	1:10:04	6:30:08	3:31:36	11:21:59
Top 10 Age Grouper Average	1:11:20	6:48:46	4:19:46	12:34:23

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:02:17	6:00:23	3:33:27	10:45:56
2nd Age Grouper	1:03:50	6:17:33	3:32:11	11:03:34
3rd Age Grouper	1:09:56	6:14:54	4:10:51	11:45:46
4th Age Grouper	1:01:29	7:22:01	3:49:09	12:25:23
5th Age Grouper	1:05:32	6:46:24	4:23:55	12:27:14
6th Age Grouper	1:04:38	7:04:55	4:45:11	13:12:43
7th Age Grouper	1:12:41	7:27:36	4:20:33	13:17:04
8th Age Grouper	1:22:30	7:24:17	4:13:50	13:21:04
9th Age Grouper	1:14:49	7:24:17	5:16:22	14:10:59
10th Age Grouper	1:29:23	7:32:50	4:53:24	14:24:03
Kona Qualifier Average	1:02:17	6:00:23	3:33:27	10:45:56
Top 10 Age Grouper Average	1:10:42	6:57:31	4:17:53	12:41:22

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	0:55:53	6:06:48	3:56:27	11:12:07
2nd Age Grouper	1:08:48	6:47:49	3:55:55	12:08:14
3rd Age Grouper	1:14:45	6:27:09	4:14:10	12:09:07
4th Age Grouper	1:13:21	6:39:24	4:01:19	12:09:11
5th Age Grouper	1:12:54	6:36:04	4:19:58	12:20:43
6th Age Grouper	1:08:08	6:39:06	4:30:10	12:32:00
7th Age Grouper	1:10:08	6:46:33	4:34:02	12:49:53
8th Age Grouper	1:13:45	6:28:53	4:51:32	12:52:23
9th Age Grouper	1:07:17	7:04:34	4:55:58	13:20:18
10th Age Grouper	1:19:39	7:16:20	4:28:57	13:24:40
Kona Qualifier Average	0:55:53	6:06:48	3:56:27	11:12:07
Top 10 Age Grouper Average	1:10:27	6:41:16	4:22:50	12:29:51

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:19:19	6:04:13	3:52:52	11:28:39
2nd Age Grouper	1:09:56	6:32:39	4:03:04	11:59:55
3rd Age Grouper	1:03:00	6:49:13	3:58:42	12:08:22
4th Age Grouper	1:17:17	7:11:27	3:54:29	12:38:29
5th Age Grouper	1:21:50	6:59:26	4:01:48	12:41:15
6th Age Grouper	1:08:57	6:42:48	4:44:42	12:49:00
7th Age Grouper	1:06:17	7:28:18	3:54:18	12:50:50
8th Age Grouper	1:10:55	7:22:53	4:12:53	13:01:28
9th Age Grouper	1:28:01	7:36:13	3:31:13	13:07:14
10th Age Grouper	1:04:16	7:08:32	4:59:46	13:25:44
Kona Qualifier Average	1:19:19	6:04:13	3:52:52	11:28:39
Top 10 Age Grouper Average	1:12:58	6:59:34	4:07:22	12:37:05

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:10:37	6:41:21	4:10:56	12:09:39
2nd Age Grouper	1:10:52	7:14:28	4:00:32	12:33:58
3rd Age Grouper	1:10:44	7:09:44	4:14:26	12:41:35
4th Age Grouper	1:28:38	6:39:30	4:43:50	13:05:25
5th Age Grouper	1:11:20	7:33:36	4:35:43	13:28:36
6th Age Grouper	1:18:02	7:17:52	5:05:03	13:48:29
7th Age Grouper	1:52:24	7:39:19	4:59:46	14:40:55
8th Age Grouper	1:12:40	7:21:08	6:14:53	14:58:15
9th Age Grouper	1:20:44		5:26:15	15:58:18
10th Age Grouper	1:30:50	8:32:46	5:53:55	16:06:14
Kona Qualifier Average	1:10:37	6:41:21	4:10:56	12:09:39
Top 10 Age Grouper Average	1:20:41	7:21:04	4:56:31	13:57:08

F45-49 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:10:48	6:36:15	4:03:32	12:03:00
Average 2nd Age Grouper	1:08:55	6:47:35	4:12:34	12:22:21
Average 3rd Age Grouper	1:16:41	6:54:06	4:22:45	12:50:11
Average 4th Age Grouper	1:15:04	7:11:11	4:41:30	13:16:21
Average 5th Age Grouper	1:19:39	7:16:44	4:41:34	13:35:54
Average 6th Age Grouper	1:20:52	7:27:03	4:43:53	13:49:23
Average 7th Age Grouper	1:25:32	7:24:10	4:55:07	14:06:38
Average 8th Age Grouper	1:25:16	7:51:40	4:37:26	14:26:23
Average 9th Age Grouper	1:21:33	7:42:16	4:49:08	14:13:08
Average 10th Age Grouper	1:19:41	7:43:02	5:09:09	14:29:21
Kona Qualifier Average	1:10:48	6:36:15	4:03:32	12:03:00
Top 10 Age Grouper Average	1:18:15	7:15:18	4:36:16	13:28:05

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:16:38	6:27:47	4:01:16	12:01:43
2nd Age Grouper	1:13:30	6:58:34	3:57:50	12:23:26
3rd Age Grouper	1:16:59	6:34:05	4:33:29	12:37:59
4th Age Grouper	1:09:41	6:49:46	4:31:34	12:45:51
5th Age Grouper	1:17:53	7:21:44	4:03:52	13:07:23
6th Age Grouper	1:19:37	7:17:53	4:26:51	13:23:12
7th Age Grouper	1:28:49	7:05:01	4:32:20	13:26:56
8th Age Grouper	1:26:39	7:27:05	4:55:30	14:03:54
9th Age Grouper	1:40:03	7:29:46	4:43:30	14:11:21
10th Age Grouper	1:24:04	8:04:33	4:29:06	14:13:18
Kona Qualifier Average	1:16:38	6:27:47	4:01:16	12:01:43
Top 10 Age Grouper Average	1:21:23	7:09:37	4:25:31	13:13:30

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:24:32	6:12:22	3:29:18	11:18:54
2nd Age Grouper	0:54:50	6:24:53	4:08:01	11:38:31
3rd Age Grouper	1:11:29	6:50:32	3:45:43	12:03:17
4th Age Grouper	1:16:46	7:19:41	3:57:48	12:51:24
5th Age Grouper	1:10:04	7:11:33	4:37:23	13:15:58
6th Age Grouper	1:04:55	7:27:37	4:45:31	13:33:10
7th Age Grouper	1:15:58	7:13:47	5:00:09	13:50:52
8th Age Grouper	1:23:05	8:18:42	4:22:06	14:22:03
9th Age Grouper	1:24:03	7:53:24	5:11:42	14:53:41
10th Age Grouper	1:42:12	8:17:23	5:08:42	15:24:11
Kona Qualifier Average	1:24:32	6:12:22	3:29:18	11:18:54
Top 10 Age Grouper Average	1:16:47	7:18:59	4:26:38	13:19:12

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:19:56	6:02:09	3:31:15	11:04:49
2nd Age Grouper	1:10:39	6:08:16	3:52:29	11:24:59
3rd Age Grouper	1:28:40	6:43:25	3:47:16	12:11:59
4th Age Grouper				12:34:54
5th Age Grouper	1:22:03	6:41:18	4:46:06	13:11:01
6th Age Grouper	1:24:49	7:17:11	4:17:25	13:14:11
7th Age Grouper	1:26:03	7:04:11	4:34:16	13:21:00
8th Age Grouper	1:25:00	7:35:08	4:11:48	13:28:15
9th Age Grouper	1:15:27	7:46:41	4:29:15	13:50:20
10th Age Grouper	1:17:14	7:33:35	4:56:39	14:03:03
Kona Qualifier Average	1:19:56	6:02:09	3:31:15	11:04:49
Top 10 Age Grouper Average	1:21:05	6:59:06	4:16:16	12:50:27

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:53:18	6:32:28	3:53:22	11:28:54
2nd Age Grouper	0:59:01	6:39:52	4:08:22	12:01:37
3rd Age Grouper	1:08:17	6:56:50	3:50:40	12:10:43
4th Age Grouper	1:13:02	7:07:05	3:59:24	12:32:31
5th Age Grouper	1:20:21	7:06:45	4:13:54	12:52:27
6th Age Grouper	1:22:10	7:34:28	4:10:24	13:22:39
7th Age Grouper	1:07:34	7:21:58	4:47:00	13:36:56
8th Age Grouper	1:22:20	7:56:41	4:17:22	14:01:07
9th Age Grouper	1:12:36	7:40:34	4:53:11	14:05:38
10th Age Grouper	1:04:34	7:19:54	5:36:40	14:19:57
Kona Qualifier Average	0:53:18	6:32:28	3:53:22	11:28:54
Top 10 Age Grouper Average	1:10:19	7:13:39	4:23:01	13:03:14

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:09:14	6:39:58	4:05:19	12:06:48
2nd Age Grouper	1:13:49	7:33:03	3:53:53	12:52:49
3rd Age Grouper	1:10:53	6:19:02	5:15:53	13:01:18
4th Age Grouper	1:04:53	6:19:37	5:36:23	13:13:49
5th Age Grouper	1:14:40	6:45:35	4:55:15	13:14:08
6th Age Grouper	1:24:02	7:05:02	4:41:58	13:21:55
7th Age Grouper	1:25:06	7:19:18	4:46:20	13:56:34
8th Age Grouper	1:25:23	8:00:45	4:20:23	14:04:37
9th Age Grouper	1:15:37	7:40:55	4:48:02	14:04:42
10th Age Grouper	1:10:22	7:19:49	5:34:42	14:26:16
Kona Qualifier Average	1:09:14	6:39:58	4:05:19	12:06:48
Top 10 Age Grouper Average	1:15:23	7:06:18	4:47:48	13:26:17

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	0:59:48	7:13:34	4:29:01	12:59:25
2nd Age Grouper	1:21:42	7:00:53	5:14:51	13:52:47
3rd Age Grouper	1:23:48	8:00:46	5:03:33	14:55:55
4th Age Grouper	1:31:01	8:19:46	5:22:21	15:39:41
5th Age Grouper	1:32:58	8:33:34	5:32:54	15:54:32
6th Age Grouper	1:29:42	8:00:07	6:01:13	16:01:15
7th Age Grouper	1:49:44	8:20:47	5:50:37	16:27:34
8th Age Grouper	1:29:09		5:37:30	16:38:23
Kona Qualifier Average	0:59:48	7:13:34	4:29:01	12:59:25
Top 10 Age Grouper Average	1:27:14	7:55:38	5:24:00	15:18:41

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:12:12	7:05:30	4:55:13	13:20:31
Kona Qualifier Average	1:12:12	7:05:30	4:55:13	13:20:31

F50-54 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:08:44	6:38:50	3:53:28	11:52:46
Average 2nd Age Grouper	1:14:10	7:02:24	4:25:31	12:58:04
Average 3rd Age Grouper	1:14:34	7:07:29	4:35:15	13:13:11
Average 4th Age Grouper	1:18:58	7:17:40	4:38:11	13:46:53
Average 5th Age Grouper	1:23:52	7:23:50	4:55:07	14:01:35
Average 6th Age Grouper	1:22:46	7:33:28	4:38:52	13:54:53
Average 7th Age Grouper	1:16:02	7:33:15	5:07:34	14:17:08
Average 8th Age Grouper	1:25:44	7:44:54	5:16:08	14:49:19
Average 9th Age Grouper	1:23:36	8:11:55	5:04:39	15:05:44
Average 10th Age Grouper	1:25:23	7:56:07	5:28:58	15:15:40
Kona Qualifier Average	1:08:44	6:38:50	3:53:28	11:52:46
Top 10 Age Grouper Average	1:18:32	7:22:09	4:43:57	13:44:53

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:18:13	6:24:49	3:47:51	11:44:46
2nd Age Grouper	1:03:14	6:49:31	4:34:19	12:46:25
3rd Age Grouper	1:20:10	7:06:51	4:08:20	12:51:03
4th Age Grouper	1:12:53	7:02:38	4:19:14	12:52:56
5th Age Grouper	1:16:39	6:52:21	4:35:34	13:01:06
6th Age Grouper	1:26:17	7:32:22	4:19:28	13:34:18
7th Age Grouper	1:22:20	7:25:29	4:32:56	13:38:16
8th Age Grouper	1:17:30	7:38:34	4:48:49	14:00:05
9th Age Grouper	1:15:43	7:35:47	5:03:29	14:11:52
10th Age Grouper	1:24:26	7:40:20	4:47:07	14:13:52
Kona Qualifier Average	1:18:13	6:24:49	3:47:51	11:44:46
Top 10 Age Grouper Average	1:17:44	7:12:52	4:29:42	13:17:27

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:14:04	6:37:51	3:51:15	11:56:31
2nd Age Grouper	1:29:57	6:49:45	3:57:44	12:38:01
3rd Age Grouper	1:14:01	7:13:56	4:15:21	13:02:06
4th Age Grouper	1:22:51	7:22:10	4:13:12	13:13:22
5th Age Grouper	1:17:35	7:31:09	4:34:06	13:38:45
6th Age Grouper	1:24:16	7:42:15	4:15:10	13:39:02
7th Age Grouper	1:22:00	7:27:41	4:59:13	14:02:39
8th Age Grouper	1:30:07	7:30:19	5:02:47	14:33:55
9th Age Grouper	1:26:22	8:33:59	4:35:40	15:08:09
10th Age Grouper	1:31:59	8:01:54	5:11:24	15:09:49
Kona Qualifier Average	1:14:04	6:37:51	3:51:15	11:56:31
Top 10 Age Grouper Average	1:23:19	7:29:05	4:29:35	13:42:13

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:17:07	6:34:29	4:00:47	12:03:51
2nd Age Grouper	1:03:44	7:30:03	4:06:29	12:56:40
3rd Age Grouper	1:14:45	7:02:24	4:25:00	13:01:30
4th Age Grouper	1:19:49	7:19:02	4:07:14	13:04:41
5th Age Grouper	1:38:12	6:43:05	5:01:23	13:37:37
6th Age Grouper	1:13:26	7:19:21	4:50:14	13:50:39
7th Age Grouper	1:05:30	7:31:40	4:56:24	13:52:27
8th Age Grouper	1:38:09	7:57:09	4:47:57	14:41:33
9th Age Grouper	1:26:24	8:19:18	5:29:32	15:48:43
10th Age Grouper	1:28:04	8:17:52	5:42:00	16:03:53
Kona Qualifier Average	1:17:07	6:34:29	4:00:47	12:03:51
Top 10 Age Grouper Average	1:20:31	7:27:26	4:44:42	13:54:09

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:00:36	6:19:11	4:07:01	11:38:01
2nd Age Grouper	1:03:59	6:39:01	4:08:49	12:04:18
3rd Age Grouper	1:04:57	6:41:03	4:44:58	12:44:08
4th Age Grouper	1:12:37	6:43:20	4:50:09	12:59:54
5th Age Grouper	1:16:47	6:55:52	4:55:12	13:23:50
6th Age Grouper	1:23:36	7:53:18	4:19:32	13:59:47
7th Age Grouper	1:11:13	7:19:01	5:24:32	14:16:31
8th Age Grouper	1:12:35	7:26:11	5:39:54	14:35:25
9th Age Grouper	1:25:58	8:18:37	5:09:58	15:14:12
10th Age Grouper	1:17:03	7:44:22	6:15:24	15:35:06
Kona Qualifier Average	1:00:36	6:19:11	4:07:01	11:38:01
Top 10 Age Grouper Average	1:12:56	7:11:59	4:57:32	13:39:07

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	0:56:03	7:02:04	4:36:32	12:46:17
2nd Age Grouper	1:15:58	6:45:41	4:57:25	13:15:23
3rd Age Grouper	1:30:06	6:50:09	5:05:19	13:45:15
4th Age Grouper	1:15:12	7:38:14	4:50:11	14:04:08
5th Age Grouper	1:23:15	7:40:04	4:47:44	14:10:56
6th Age Grouper	1:26:17	7:20:07	5:29:59	14:30:41
7th Age Grouper	1:19:11	8:02:27	5:44:48	15:35:50
8th Age Grouper	1:30:23	8:12:19	6:01:16	16:15:38
Kona Qualifier Average	0:56:03	7:02:04	4:36:32	12:46:17
Top 10 Age Grouper Average	1:19:33	7:26:23	5:11:39	14:18:01

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:09:33	6:41:12	4:07:40	12:11:53
2nd Age Grouper	1:29:23	7:42:55	5:01:46	14:33:30
3rd Age Grouper	1:19:16	8:00:40	4:58:21	14:35:34
4th Age Grouper	1:31:59	7:40:39	5:23:34	14:57:33
5th Age Grouper	1:30:48	8:40:30	5:36:44	16:17:20
Kona Qualifier Average	1:09:33	6:41:12	4:07:40	12:11:53
Top 10 Age Grouper Average	1:24:11	7:45:11	5:01:37	14:31:10

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:05:38	6:52:18	2:43:14	10:48:07
2nd Age Grouper	1:12:55	6:59:58	4:12:10	12:32:15
3rd Age Grouper	0:58:46	6:57:24	4:29:31	12:32:44
4th Age Grouper	1:17:28		4:43:45	15:15:43
Kona Qualifier Average	1:05:38	6:52:18	2:43:14	10:48:07
Top 10 Age Grouper Average	1:08:41	6:56:33	4:02:10	12:47:12

F55-59 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:16:05	7:10:25	4:33:08	13:14:21
Average 2nd Age Grouper	1:22:48	7:32:01	4:56:45	14:10:46
Average 3rd Age Grouper	1:21:57	7:27:06	4:54:48	14:01:25
Average 4th Age Grouper	1:35:44	8:29:47	5:32:02	16:00:13
Kona Qualifier Average	1:16:05	7:10:25	4:33:08	13:14:21
Top 10 Age Grouper Average	1:22:51	7:34:45	4:55:17	14:11:01

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:04:44	6:31:05	4:37:21	12:25:11
2nd Age Grouper	1:34:43	7:35:17	4:31:42	14:05:59
3rd Age Grouper	1:26:49	7:35:15	5:21:42	14:50:09
4th Age Grouper	1:29:03	8:25:18	5:22:27	15:38:20
Kona Qualifier Average	1:04:44	6:31:05	4:37:21	12:25:11
Top 10 Age Grouper Average	1:23:49	7:31:43	4:58:18	14:14:54

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:19:33	6:57:07	4:24:06	12:56:22
2nd Age Grouper	1:16:30	7:30:39	4:16:41	13:21:28
3rd Age Grouper	1:23:42	7:27:07	4:29:12	13:39:47
4th Age Grouper	1:47:20	8:50:08	5:41:30	16:47:35
Kona Qualifier Average	1:19:33	6:57:07	4:24:06	12:56:22
Top 10 Age Grouper Average	1:26:46	7:41:15	4:42:52	14:11:18

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:10:36	6:52:14	3:27:36	11:41:01
2nd Age Grouper	1:20:23	6:39:48	4:10:39	12:26:46
3rd Age Grouper	1:20:02	6:46:46	4:24:27	12:42:28
4th Age Grouper	1:37:38	8:31:12	5:46:34	16:22:04
Kona Qualifier Average	1:10:36	6:52:14	3:27:36	11:41:01
Top 10 Age Grouper Average	1:22:09	7:12:30	4:27:19	13:18:04

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:09:33	7:18:50	4:20:20	13:05:56
2nd Age Grouper	1:06:50	7:19:26	4:57:27	13:42:27
Kona Qualifier Average	1:09:33	7:18:50	4:20:20	13:05:56
Top 10 Age Grouper Average	1:08:11	7:19:08	4:38:53	13:24:11

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:25:04	7:51:20	5:09:07	14:46:12
2nd Age Grouper	1:23:26	7:48:39	5:45:09	15:22:14
Kona Qualifier Average	1:25:04	7:51:20	5:09:07	14:46:12
Top 10 Age Grouper Average	1:24:15	7:49:59	5:27:08	15:04:13

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:20:48	7:08:53	4:38:04	13:27:12
2nd Age Grouper	1:23:28	8:04:21	5:51:16	15:42:57
Kona Qualifier Average	1:20:48	7:08:53	4:38:04	13:27:12
Top 10 Age Grouper Average	1:22:08	7:36:37	5:14:40	14:35:04

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:22:20	7:33:28	5:15:25	14:18:39
2nd Age Grouper	1:34:19	7:45:59	5:04:21	14:33:34
3rd Age Grouper	1:17:15	7:59:17	5:23:52	14:53:17
4th Age Grouper	1:28:56	8:12:33	5:17:37	15:12:53
Kona Qualifier Average	1:22:20	7:33:28	5:15:25	14:18:39
Top 10 Age Grouper Average	1:25:42	7:52:49	5:15:18	14:44:35

F60-64 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:24:31	7:28:21	4:31:10	13:42:07
Average 2nd Age Grouper	1:21:58	8:34:02	5:27:19	15:42:48
Average 3rd Age Grouper	1:25:13	8:35:08	5:34:26	16:11:56
Kona Qualifier Average	1:24:31	7:28:21	4:31:10	13:42:07
Top 10 Age Grouper Average	1:24:08	7:54:51	4:55:03	14:36:13

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:28:15	7:31:48	4:24:54	13:44:32
2nd Age Grouper	1:21:58	8:34:02	5:27:19	15:42:48
3rd Age Grouper	1:25:13	8:35:08	5:34:26	16:11:56
Kona Qualifier Average	1:28:15	7:31:48	4:24:54	13:44:32
Top 10 Age Grouper Average	1:25:08	8:13:39	5:08:53	15:13:05

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:33:21	7:22:35	4:44:12	14:01:06
Kona Qualifier Average	1:33:21	7:22:35	4:44:12	14:01:06

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:11:57	7:30:42	4:24:26	13:20:45
Kona Qualifier Average	1:11:57	7:30:42	4:24:26	13:20:45

F65-69 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	2:06:18	8:21:59	4:57:16	15:49:02
Kona Qualifier Average	2:06:18	8:21:59	4:57:16	15:49:02

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	2:06:43	8:06:01	5:11:53	15:45:09
Kona Qualifier Average	2:06:43	8:06:01	5:11:53	15:45:09

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	2:05:53	8:37:58	4:42:40	15:52:55
Kona Qualifier Average	2:05:53	8:37:58	4:42:40	15:52:55

F70-74 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:47:38	8:57:10	5:35:06	16:43:39
Kona Qualifier Average	1:47:38	8:57:10	5:35:06	16:43:39

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:47:38	8:57:10	5:35:06	16:43:39
Kona Qualifier Average	1:47:38	8:57:10	5:35:06	16:43:39

M18-24 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	0:57:13	5:31:28	3:23:02	9:59:27
Average 2nd Age Grouper	0:57:25	5:42:55	3:35:07	10:23:23
Average 3rd Age Grouper	0:58:25	5:51:19	3:54:02	10:52:03
Average 4th Age Grouper	1:03:40	6:09:18	3:57:10	11:20:15
Average 5th Age Grouper	1:04:58	6:15:53	4:03:37	11:36:17
Average 6th Age Grouper	1:05:19	6:24:14	4:08:29	11:49:36
Average 7th Age Grouper	1:07:48	6:28:05	4:38:44	12:28:00
Average 8th Age Grouper	1:08:32	6:44:02	4:38:50	12:45:41
Average 9th Age Grouper	1:10:38	6:47:49	4:51:37	13:07:28
Average 10th Age Grouper	1:08:35	6:49:35	5:17:34	13:29:04
Kona Qualifier Average	0:57:13	5:31:28	3:23:02	9:59:27
Top 10 Age Grouper Average	1:04:15	6:16:28	4:14:49	11:47:07

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	0:56:33	5:22:24	3:25:23	9:52:48
2nd Age Grouper	0:59:32	5:41:04	3:54:12	10:42:51
3rd Age Grouper	0:58:54	6:00:56	4:06:40	11:17:24
4th Age Grouper	1:05:36	6:31:21	3:35:09	11:24:29
5th Age Grouper	1:10:31	5:50:51	4:20:38	11:37:03
6th Age Grouper	1:13:28	6:23:19	3:53:51	11:43:14
7th Age Grouper	1:00:01	5:47:12	4:48:34	11:44:16
8th Age Grouper	1:02:01	6:14:18	4:16:59	11:46:35
9th Age Grouper	1:04:51	6:27:15	4:14:30	11:58:32
10th Age Grouper	0:54:05	6:36:55	4:40:39	12:23:08
Kona Qualifier Average	0:56:33	5:22:24	3:25:23	9:52:48
Top 10 Age Grouper Average	1:02:33	6:05:33	4:07:39	11:27:02

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	0:55:34	5:44:43	3:01:48	9:49:55
2nd Age Grouper	0:59:01	5:35:50	3:27:59	10:12:36
3rd Age Grouper	1:01:20	5:33:40	3:48:05	10:30:52
4th Age Grouper	0:54:00	5:55:50	3:44:10	10:41:58
5th Age Grouper	1:03:19	6:19:03	3:17:37	10:47:44
6th Age Grouper	1:07:29	6:31:08	3:37:39	11:27:25
7th Age Grouper	1:09:18	6:37:05	3:53:41	11:55:18
8th Age Grouper	1:14:53	6:23:55	4:44:53	12:35:22
9th Age Grouper	1:06:52	6:54:26	4:26:47	12:54:21
10th Age Grouper	1:06:26	6:50:00	4:54:51	13:06:17
Kona Qualifier Average	0:55:34	5:44:43	3:01:48	9:49:55
Top 10 Age Grouper Average	1:03:49	6:14:34	3:53:45	11:24:10

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:02:18	5:55:23	3:13:04	10:20:15
2nd Age Grouper	0:59:35	5:15:20	4:14:20	10:37:10
3rd Age Grouper	0:58:40	5:50:27	3:41:47	10:38:21
4th Age Grouper	1:14:03	6:21:41	3:38:50	11:25:58
5th Age Grouper	0:54:37	6:12:47	4:28:16	11:46:38
6th Age Grouper	0:57:27	6:21:36	4:18:21	11:50:12
7th Age Grouper	1:09:45	6:15:23	5:31:15	13:09:24
8th Age Grouper	1:17:00	6:30:32	5:09:33	13:12:26
9th Age Grouper	1:23:53	6:45:56	4:54:14	13:29:34
10th Age Grouper	0:56:21	7:07:00	5:33:11	13:52:28
Kona Qualifier Average	1:02:18	5:55:23	3:13:04	10:20:15
Top 10 Age Grouper Average	1:05:21	6:15:36	4:28:17	12:02:14

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:59:04	5:43:34	3:31:33	10:23:04
2nd Age Grouper	0:52:11	6:13:10	3:15:43	10:29:36
3rd Age Grouper	0:53:36	5:47:46	3:47:19	10:35:45
4th Age Grouper	0:50:54	5:55:12	4:17:23	11:10:19
5th Age Grouper	1:05:26	6:33:44	3:55:28	11:48:31
6th Age Grouper	1:07:52	6:34:35	4:26:30	12:23:41
7th Age Grouper	1:09:33	6:51:28	5:13:33	13:36:37
8th Age Grouper	1:07:22	6:59:52	5:19:14	13:42:49
9th Age Grouper	1:11:03	7:28:23	5:23:07	14:18:39
10th Age Grouper	1:28:06	6:59:17	6:15:47	15:03:46
Kona Qualifier Average	0:59:04	5:43:34	3:31:33	10:23:04
Top 10 Age Grouper Average	1:04:30	6:30:42	4:32:33	12:21:16

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	0:55:55	5:14:42	3:35:13	9:53:18
2nd Age Grouper	0:55:58	5:38:10	3:29:48	10:11:59
3rd Age Grouper	0:55:31	5:52:40	4:31:38	11:28:26
4th Age Grouper	1:07:30	6:14:20	4:17:42	11:52:37
5th Age Grouper	1:16:45	6:44:10	3:51:38	12:10:15
6th Age Grouper	0:56:03	6:31:33	4:33:33	12:12:40
7th Age Grouper	1:13:39	6:51:48	4:44:32	13:08:46
8th Age Grouper	1:06:56	7:19:37	4:32:08	13:17:24
9th Age Grouper	1:15:09	6:26:34	5:45:26	13:47:26
10th Age Grouper	1:19:06	6:49:24	5:46:01	14:05:14
Kona Qualifier Average	0:55:55	5:14:42	3:35:13	9:53:18
Top 10 Age Grouper Average	1:06:15	6:22:17	4:30:45	12:12:48

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	0:56:38	5:15:00	3:23:18	9:42:04
2nd Age Grouper	0:59:40	5:45:53	3:16:28	10:10:44
3rd Age Grouper	0:59:19	5:29:41	3:50:23	10:28:45
4th Age Grouper	1:12:11	6:01:00	4:07:53	11:35:08
5th Age Grouper	0:55:42	5:56:50	4:48:06	11:49:19
6th Age Grouper	1:15:31	6:26:40	3:58:01	11:53:59
7th Age Grouper	1:03:58	6:44:16	4:11:35	12:09:20
8th Age Grouper	1:08:00	7:03:23	3:55:00	12:22:20
9th Age Grouper	1:08:25	6:47:51	4:31:29	12:40:17
10th Age Grouper	1:12:02	6:52:44	4:43:31	12:58:59
Kona Qualifier Average	0:56:38	5:15:00	3:23:18	9:42:04
Top 10 Age Grouper Average	1:05:08	6:14:19	4:04:34	11:35:05

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	0:54:33	5:24:32	3:30:58	9:54:47
2nd Age Grouper	0:55:58	5:51:02	3:27:22	10:18:50
3rd Age Grouper	1:01:36	6:24:08	3:32:24	11:04:49
4th Age Grouper	1:01:30	6:05:45	3:59:03	11:11:17
5th Age Grouper	1:08:31	6:13:51	3:43:40	11:14:34
6th Age Grouper	0:59:24	6:00:52	4:11:30	11:16:03
7th Age Grouper	1:08:26	6:09:29	4:08:02	11:32:25
8th Age Grouper	1:03:36	6:36:41	4:34:06	12:22:54
9th Age Grouper	1:04:16	6:44:19	4:45:50	12:43:28
10th Age Grouper	1:04:05	6:31:47	5:08:59	12:53:42
Kona Qualifier Average	0:54:33	5:24:32	3:30:58	9:54:47
Top 10 Age Grouper Average	1:02:11	6:12:14	4:06:11	11:27:16

M25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	0:58:54	5:12:39	3:11:06	9:30:05
Average 2nd Age Grouper	0:55:57	5:27:12	3:07:19	9:38:44
Average 3rd Age Grouper	0:59:47	5:28:15	3:15:26	9:51:34
Average 4th Age Grouper	0:58:32	5:34:15	3:22:44	10:04:49
Average 5th Age Grouper	0:57:52	5:30:46	3:33:22	10:10:17
Average 6th Age Grouper	0:59:49	5:39:49	3:26:14	10:14:24
Average 7th Age Grouper	1:02:50	5:33:23	3:35:12	10:21:02
Average 8th Age Grouper	1:01:09	5:44:03	3:29:45	10:24:33
Average 9th Age Grouper	1:00:24	5:40:25	3:38:33	10:27:57
Average 10th Age Grouper	1:00:33	5:47:26	3:35:05	10:32:39
Kona Qualifier Average	0:57:25	5:19:55	3:09:13	9:34:25
Top 10 Age Grouper Average	0:59:35	5:33:49	3:25:28	10:07:36

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	0:58:26	5:05:55	3:08:25	9:19:53
2nd Age Grouper	0:47:48	5:24:31	3:05:16	9:26:14
3rd Age Grouper	0:59:31	5:03:54	3:21:03	9:33:24
4th Age Grouper	0:55:33	5:29:13	3:24:13	9:56:44
5th Age Grouper	1:02:31	5:17:41	3:28:46	9:58:18
6th Age Grouper	0:55:14	5:43:06	3:15:09	10:02:08
7th Age Grouper	0:47:51	5:27:00	3:42:20	10:06:48
8th Age Grouper	1:04:22	5:14:46	3:38:26	10:08:21
9th Age Grouper	0:55:26	5:37:33	3:26:43	10:08:40
10th Age Grouper	0:45:47	5:41:30	3:40:51	10:18:59
Kona Qualifier Average	0:53:07	5:15:13	3:06:50	9:23:03
Top 10 Age Grouper Average	0:55:14	5:24:30	3:25:07	9:53:56

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:00:34	5:10:49	3:02:43	9:22:04
2nd Age Grouper	1:03:23	5:13:56	3:12:03	9:38:00
3rd Age Grouper	0:48:51	5:35:51	3:33:54	10:07:09
4th Age Grouper	0:54:03	5:33:46	3:45:42	10:20:33
5th Age Grouper	0:54:22	5:39:29	3:43:35	10:28:24
6th Age Grouper	0:59:18	6:02:21	3:21:22	10:34:46
7th Age Grouper	1:04:13	5:59:01	3:30:36	10:43:50
8th Age Grouper	1:09:47	6:04:23	3:19:22	10:45:47
9th Age Grouper	1:03:52	6:00:03	3:33:53	10:46:24
10th Age Grouper	0:53:26	5:52:08	3:59:19	10:54:25
Kona Qualifier Average	1:01:58	5:12:22	3:07:23	9:30:02
Top 10 Age Grouper Average	0:59:10	5:43:10	3:30:14	10:22:08

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	0:57:17	5:22:23	3:01:24	9:29:18
2nd Age Grouper	0:48:17	5:30:01	3:08:57	9:36:25
3rd Age Grouper	1:06:16	5:29:49	3:13:19	9:57:50
4th Age Grouper	0:54:32	5:31:16	3:26:53	10:00:58
5th Age Grouper	0:58:02	5:26:17	3:39:57	10:13:17
6th Age Grouper	1:02:20	5:37:34	3:27:21	10:15:53
7th Age Grouper	1:06:49	5:36:40	3:35:05	10:29:19
8th Age Grouper	1:03:40	5:55:29	3:26:28	10:36:39
9th Age Grouper	1:02:41	5:27:15	3:56:12	10:37:43
10th Age Grouper	0:58:08	5:59:15	3:37:08	10:43:21
Kona Qualifier Average	0:52:47	5:26:12	3:05:10	9:32:51
Top 10 Age Grouper Average	0:59:48	5:35:35	3:27:16	10:12:04

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:56:39	5:19:52	3:20:04	9:44:07
2nd Age Grouper	0:58:56	5:41:22	3:12:02	10:03:00
3rd Age Grouper	0:59:19	5:41:14	3:14:15	10:03:37
4th Age Grouper	1:07:46	5:56:09	3:02:24	10:23:45
5th Age Grouper	1:00:19	5:28:28	3:53:19	10:30:33
6th Age Grouper	1:03:02	5:29:58	3:53:50	10:35:56
7th Age Grouper	0:59:12	5:42:32	3:41:03	10:36:45
8th Age Grouper	0:59:24	5:46:20	3:42:25	10:37:22
9th Age Grouper	0:55:30	5:40:57	4:03:01	10:47:38
10th Age Grouper	1:02:24	5:51:20	3:46:29	10:51:13
Kona Qualifier Average	0:57:47	5:30:37	3:16:03	9:53:33
Top 10 Age Grouper Average	1:00:15	5:39:49	3:34:53	10:25:23

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:04:18	4:55:53	3:14:05	9:23:58
2nd Age Grouper	1:01:41	5:21:08	2:53:10	9:25:24
3rd Age Grouper	0:57:45	5:17:42	3:22:03	9:45:56
4th Age Grouper	1:01:23	5:15:22	3:23:14	9:49:18
5th Age Grouper	0:55:07	5:26:27	3:27:32	9:56:16
6th Age Grouper	0:52:35	5:30:04	3:34:46	10:04:32
7th Age Grouper	1:08:35	5:31:48	3:17:34	10:06:55
8th Age Grouper	0:52:37	5:37:51	3:26:49	10:07:38
9th Age Grouper	0:55:41	5:28:58	3:36:01	10:08:13
10th Age Grouper	1:06:57	5:37:52	3:15:49	10:10:38
Kona Qualifier Average	1:02:59	5:08:30	3:03:37	9:24:41
Top 10 Age Grouper Average	0:59:39	5:24:18	3:21:06	9:53:52

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:03:11	5:14:12	3:18:23	9:43:21
2nd Age Grouper	0:58:11	5:31:38	3:08:04	9:45:09
3rd Age Grouper	1:04:44	5:38:22	2:56:44	9:49:01
4th Age Grouper	1:01:41	5:41:21	3:15:57	10:08:58
5th Age Grouper	0:59:55	5:39:16	3:22:58	10:10:32
6th Age Grouper	1:09:56	5:37:46	3:15:34	10:12:21
7th Age Grouper	1:16:26	5:17:12	3:33:47	10:16:06
8th Age Grouper	0:59:40	5:34:01	3:39:04	10:20:51
9th Age Grouper	1:07:49	5:47:02	3:23:13	10:27:15
10th Age Grouper	1:09:40	5:43:56	3:23:41	10:28:31
Kona Qualifier Average	1:00:41	5:22:55	3:13:13	9:44:15
Top 10 Age Grouper Average	1:05:07	5:34:28	3:19:44	10:08:12

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	0:51:57	5:19:34	3:12:44	9:27:59
2nd Age Grouper	0:53:25	5:27:48	3:11:45	9:36:58
3rd Age Grouper	1:02:05	5:30:55	3:06:44	9:44:04
4th Age Grouper	0:54:48	5:32:39	3:20:48	9:53:33
5th Age Grouper	0:54:54	5:37:47	3:17:30	9:54:39
6th Age Grouper	0:56:22	5:37:58	3:15:40	9:55:18
7th Age Grouper	0:56:48	5:19:34	3:45:59	10:07:37
8th Age Grouper	0:58:35	5:55:36	3:15:42	10:15:14
9th Age Grouper	1:01:55	5:41:13	3:30:48	10:19:50
10th Age Grouper	1:07:32	5:46:04	3:22:23	10:21:30
Kona Qualifier Average	0:52:41	5:23:41	3:12:14	9:32:28
Top 10 Age Grouper Average	0:57:50	5:34:54	3:20:00	9:57:40

M30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	0:55:44	5:18:23	3:07:58	9:29:31
Average 2nd Age Grouper	0:57:17	5:21:14	3:11:56	9:38:02
Average 3rd Age Grouper	0:59:39	5:23:54	3:11:55	9:43:15
Average 4th Age Grouper	0:57:40	5:27:43	3:11:19	9:44:42
Average 5th Age Grouper	0:57:59	5:25:08	3:17:32	9:48:33
Average 6th Age Grouper	1:00:11	5:23:50	3:20:11	9:52:05
Average 7th Age Grouper	1:05:22	5:28:41	3:12:50	9:55:03
Average 8th Age Grouper	0:59:54	5:23:30	3:26:09	9:58:18
Average 9th Age Grouper	1:01:02	5:30:36	3:19:38	10:00:38
Average 10th Age Grouper	1:02:05	5:34:51	3:17:16	10:03:00
Kona Qualifier Average	0:57:35	5:22:48	3:10:47	9:38:53
Top 10 Age Grouper Average	0:59:41	5:25:47	3:15:40	9:49:19

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	0:51:59	5:21:16	3:18:41	9:40:28
2nd Age Grouper	0:58:57	5:22:47	3:17:42	9:46:34
3rd Age Grouper	1:05:41	5:32:12	3:04:01	9:49:56
4th Age Grouper	0:55:02	5:39:46	3:09:34	9:51:56
5th Age Grouper	1:02:13	5:28:13	3:14:27	9:52:39
6th Age Grouper	1:01:30	5:17:26	3:25:47	9:53:20
7th Age Grouper	1:12:40	5:23:46	3:15:54	10:00:34
8th Age Grouper	1:02:19	5:18:30	3:30:32	10:01:14
9th Age Grouper	1:00:48	5:33:57	3:20:03	10:04:21
10th Age Grouper	1:12:42	5:33:15	3:09:40	10:06:29
Kona Qualifier Average	0:57:54	5:29:00	3:12:29	9:47:13
Top 10 Age Grouper Average	1:02:23	5:27:06	3:16:38	9:54:45

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	0:56:32	5:25:35	2:56:15	9:25:05
2nd Age Grouper	0:56:59	5:28:35	3:05:17	9:39:50
3rd Age Grouper	1:07:00	5:23:57	3:03:15	9:42:07
4th Age Grouper	0:56:50	5:23:40	3:13:33	9:42:23
5th Age Grouper	0:59:05	5:20:54	3:26:07	9:53:47
6th Age Grouper	1:11:45	5:23:32	3:12:01	9:55:47
7th Age Grouper	1:11:12	5:37:51	3:00:04	9:56:58
8th Age Grouper	0:54:32	5:25:25	3:34:19	10:05:24
9th Age Grouper	1:07:00	5:45:55	3:03:46	10:05:48
10th Age Grouper	0:53:11	5:44:54	3:18:37	10:06:33
Kona Qualifier Average	0:59:20	5:25:26	3:04:35	9:37:21
Top 10 Age Grouper Average	1:01:24	5:30:01	3:11:19	9:51:22

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	0:50:23	5:22:22	3:00:54	9:20:56
2nd Age Grouper	0:58:03	5:21:21	3:00:00	9:27:05
3rd Age Grouper	0:57:49	5:20:47	3:10:47	9:37:08
4th Age Grouper	1:01:09	5:11:34	3:16:22	9:38:53
5th Age Grouper	0:53:48	5:32:14	3:05:51	9:39:07
6th Age Grouper	1:04:04	5:18:12	3:11:43	9:42:21
7th Age Grouper	1:10:39	5:23:25	3:00:41	9:42:58
8th Age Grouper	0:54:44	5:12:29	3:29:57	9:44:45
9th Age Grouper	0:56:12	5:21:16	3:14:46	9:45:14
10th Age Grouper	0:57:26	5:36:49	3:02:16	9:45:27
Kona Qualifier Average	0:56:51	5:19:01	3:07:00	9:31:00
Top 10 Age Grouper Average	0:58:25	5:22:02	3:09:19	9:38:23

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:51:37	5:18:08	3:05:34	9:22:54
2nd Age Grouper	0:51:50	5:14:21	3:13:55	9:27:42
3rd Age Grouper	0:56:44	5:15:54	3:17:25	9:38:04
4th Age Grouper	0:52:05	5:34:31	3:05:52	9:39:39
5th Age Grouper	1:00:28	5:11:57	3:23:12	9:44:01
6th Age Grouper	0:52:12	5:31:22	3:15:43	9:47:21
7th Age Grouper	1:01:27	5:29:02	3:09:46	9:51:50
8th Age Grouper	0:59:27	5:20:26	3:24:28	9:53:07
9th Age Grouper	0:53:14	5:36:45	3:19:25	9:56:18
10th Age Grouper	0:59:28	5:29:57	3:22:58	10:02:39
Kona Qualifier Average	0:53:04	5:20:43	3:10:41	9:32:04
Top 10 Age Grouper Average	0:55:51	5:24:14	3:15:49	9:44:21

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:01:45	5:05:13	3:07:18	9:21:30
2nd Age Grouper	0:58:39	5:17:23	3:11:35	9:34:54
3rd Age Grouper	0:55:55	5:22:00	3:15:51	9:42:39
4th Age Grouper	1:00:47	5:22:42	3:12:11	9:43:46
5th Age Grouper	0:55:45	5:34:39	3:07:33	9:47:27
6th Age Grouper	1:02:25	5:16:46	3:24:19	9:50:45
7th Age Grouper	0:57:39	5:21:34	3:23:41	9:51:18
8th Age Grouper	1:02:28	5:04:17	3:36:51	9:53:01
9th Age Grouper	1:00:32	5:19:29	3:28:45	9:57:47
10th Age Grouper	1:00:29	5:23:10	3:27:30	9:58:52
Kona Qualifier Average	0:59:16	5:16:49	3:11:43	9:35:42
Top 10 Age Grouper Average	0:59:38	5:18:43	3:19:33	9:46:11

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	0:56:17	5:11:43	3:14:57	9:32:42
2nd Age Grouper	1:01:48	5:16:52	3:14:22	9:42:46
3rd Age Grouper	0:59:21	5:26:29	3:09:22	9:45:03
4th Age Grouper	0:59:34	5:33:43	3:03:30	9:45:45
5th Age Grouper	0:52:20	5:33:31	3:13:41	9:47:08
6th Age Grouper	0:57:32	5:27:58	3:20:15	9:55:09
7th Age Grouper	1:02:55	5:25:51	3:21:32	9:58:51
8th Age Grouper	1:03:58	5:41:33	3:09:22	10:04:08
9th Age Grouper	1:04:02	5:28:55	3:21:53	10:07:08
10th Age Grouper	0:59:21	5:40:33	3:21:41	10:10:15
Kona Qualifier Average	0:59:15	5:22:11	3:10:32	9:41:34
Top 10 Age Grouper Average	0:59:42	5:28:42	3:15:03	9:52:53

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:01:39	5:24:28	3:12:12	9:43:04
2nd Age Grouper	0:54:43	5:27:25	3:20:45	9:47:27
3rd Age Grouper	0:55:07	5:26:01	3:22:44	9:47:51
4th Age Grouper	0:58:15	5:28:06	3:18:13	9:50:38
5th Age Grouper	1:02:15	5:14:28	3:31:58	9:55:45
6th Age Grouper	0:51:54	5:31:39	3:31:32	9:59:56
7th Age Grouper	1:01:04	5:39:22	3:18:15	10:02:55
8th Age Grouper	1:01:50	5:41:51	3:17:38	10:06:31
9th Age Grouper	1:05:30	5:27:55	3:28:53	10:07:51
10th Age Grouper	1:11:59	5:35:21	3:18:11	10:10:45
Kona Qualifier Average	0:57:26	5:26:30	3:18:28	9:47:15
Top 10 Age Grouper Average	1:00:25	5:29:39	3:22:02	9:57:16

M35-39 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	0:57:35	5:18:44	3:06:25	9:19:34
Average 2nd Age Grouper	0:59:13	5:14:54	3:08:59	9:31:15
Average 3rd Age Grouper	0:56:25	5:19:18	3:13:07	9:36:05
Average 4th Age Grouper	0:57:47	5:22:11	3:17:11	9:45:13
Average 5th Age Grouper	0:58:03	5:24:09	3:18:50	9:48:55
Average 6th Age Grouper	1:00:07	5:23:50	3:18:51	9:50:50
Average 7th Age Grouper	1:00:02	5:31:03	3:13:52	9:52:59
Average 8th Age Grouper	1:01:25	5:23:01	3:21:23	9:54:11
Average 9th Age Grouper	0:59:44	5:28:21	3:20:10	9:56:19
Average 10th Age Grouper	1:01:51	5:24:52	3:24:01	9:59:22
Kona Qualifier Average	0:58:12	5:20:31	3:14:05	9:38:38
Top 10 Age Grouper Average	0:59:13	5:23:02	3:16:25	9:45:28

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	0:51:55	5:05:31	3:05:44	9:12:30
2nd Age Grouper	0:57:14	5:07:08	3:09:59	9:21:39
3rd Age Grouper	0:55:36	5:18:38	3:05:34	9:27:04
4th Age Grouper	0:55:03	5:20:02	3:12:19	9:35:52
5th Age Grouper	0:54:29	5:24:00	3:13:15	9:39:27
6th Age Grouper	1:04:11	5:24:24	3:06:43	9:42:22
7th Age Grouper	0:58:58	5:35:24	3:02:54	9:45:16
8th Age Grouper	1:01:57	4:59:52	3:35:57	9:47:19
9th Age Grouper	0:58:27	5:32:16	3:14:43	9:53:59
10th Age Grouper	1:02:15	5:23:51	3:22:55	9:56:41
Kona Qualifier Average	0:56:24	5:16:37	3:08:55	9:29:49
Top 10 Age Grouper Average	0:58:00	5:19:06	3:13:00	9:38:12

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	0:54:24	5:19:26	3:07:06	9:28:26
2nd Age Grouper	0:54:02	5:27:24	3:06:30	9:36:02
3rd Age Grouper	0:56:22	5:29:16	3:03:14	9:36:37
4th Age Grouper	0:54:05	5:31:23	3:18:02	9:52:22
5th Age Grouper	0:59:42	5:27:53	3:16:20	9:53:14
6th Age Grouper	0:58:49	5:26:37	3:20:15	9:53:58
7th Age Grouper	0:59:27	5:29:48	3:17:16	9:54:19
8th Age Grouper	1:03:15	5:24:10	3:19:25	9:55:12
9th Age Grouper	1:04:52	5:30:37	3:11:52	9:56:04
10th Age Grouper	1:04:10	5:46:25	3:00:57	10:00:34
Kona Qualifier Average	0:56:14	5:26:59	3:11:54	9:43:26
Top 10 Age Grouper Average	0:58:54	5:29:17	3:12:05	9:48:40

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	0:57:10	5:09:43	3:00:53	9:15:24
2nd Age Grouper	0:54:36	5:16:20	3:03:45	9:21:43
3rd Age Grouper	0:54:32	5:28:34	2:59:52	9:30:03
4th Age Grouper	0:57:08	5:12:56	3:27:56	9:46:06
5th Age Grouper	1:11:53	5:20:41	3:10:58	9:51:31
6th Age Grouper	1:01:26	5:35:40	3:05:44	9:51:54
7th Age Grouper	1:05:07	5:24:11	3:16:30	9:54:51
8th Age Grouper	0:58:20	5:40:07	3:09:23	9:56:03
9th Age Grouper	1:04:03	5:21:41	3:21:30	9:57:00
10th Age Grouper	0:54:34	5:35:24	3:19:36	10:00:14
Kona Qualifier Average	0:59:27	5:20:39	3:08:11	9:36:06
Top 10 Age Grouper Average	0:59:52	5:24:31	3:11:36	9:44:28

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:01:23	5:06:36	2:57:50	9:13:44
2nd Age Grouper	0:51:17	5:14:57	3:10:56	9:24:33
3rd Age Grouper	0:55:48	5:05:07	3:22:01	9:29:30
4th Age Grouper	0:55:22	5:22:38	3:08:35	9:34:45
5th Age Grouper	0:55:40	4:54:35	3:36:46	9:36:05
6th Age Grouper	1:02:04	5:15:33	3:16:27	9:42:45
7th Age Grouper	0:55:18	5:32:06	3:11:20	9:46:00
8th Age Grouper	1:03:27	5:13:14	3:20:05	9:46:33
9th Age Grouper	0:58:40	5:40:59	3:01:47	9:48:55
10th Age Grouper	0:51:49	5:08:52	3:40:38	9:49:01
Kona Qualifier Average	0:56:55	5:09:54	3:15:25	9:30:13
Top 10 Age Grouper Average	0:57:04	5:15:27	3:16:38	9:37:11

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:02:46	6:01:39		9:01:43
2nd Age Grouper	1:01:36	5:29:58	3:03:18	9:44:18
3rd Age Grouper	1:01:58	5:15:14	3:19:43	9:44:59
4th Age Grouper	1:04:29	5:19:19	3:14:42	9:48:03
5th Age Grouper	0:57:49	5:45:04	3:09:41	10:00:40
6th Age Grouper	0:58:54	5:33:39	3:20:37	10:00:47
7th Age Grouper	1:03:35	5:18:36	3:28:14	10:01:19
8th Age Grouper	0:52:36	5:27:59	3:31:24	10:01:46
9th Age Grouper	0:57:48	5:23:10	3:35:43	10:04:50
10th Age Grouper	1:04:50	5:15:36	3:33:04	10:05:11
Kona Qualifier Average	1:01:15	5:34:08	3:13:36	9:43:25
Top 10 Age Grouper Average	1:00:38	5:29:01	3:21:49	9:51:21

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	0:58:54	5:10:31	3:11:02	9:29:46
2nd Age Grouper	1:07:28	5:00:14	3:12:31	9:30:55
3rd Age Grouper	0:52:31	5:10:49	3:28:02	9:39:12
4th Age Grouper	1:05:15	5:09:17	3:21:43	9:44:43
5th Age Grouper	0:53:19	5:26:10	3:17:55	9:45:59
6th Age Grouper	1:03:31	5:03:22	3:29:25	9:47:16
7th Age Grouper	1:03:17	5:27:07	3:12:10	9:50:43
8th Age Grouper	1:03:48	5:33:17	3:08:34	9:53:46
9th Age Grouper	0:57:28	5:22:51	3:25:50	9:54:38
10th Age Grouper	1:14:41	5:32:30	3:06:02	10:01:06
Kona Qualifier Average	1:00:09	5:10:03	3:20:06	9:39:38
Top 10 Age Grouper Average	1:02:01	5:17:36	3:17:19	9:45:48

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	0:56:35	5:17:47	3:15:56	9:35:31
2nd Age Grouper	1:08:24	5:08:18	3:15:54	9:39:39
3rd Age Grouper	0:58:12	5:27:34	3:13:26	9:45:12
4th Age Grouper	0:53:08	5:39:46	3:17:05	9:54:41
5th Age Grouper	0:53:34	5:30:45	3:26:59	9:55:29
6th Age Grouper	0:51:54	5:27:40	3:32:50	9:56:48
7th Age Grouper	0:54:35	5:50:13	3:08:45	9:58:26
8th Age Grouper	1:06:34	5:22:29	3:24:59	9:58:40
9th Age Grouper	0:56:51	5:26:57	3:29:49	9:58:48
10th Age Grouper	1:00:39	5:11:30	3:44:57	10:02:49
Kona Qualifier Average	0:56:57	5:25:18	3:20:21	9:47:53
Top 10 Age Grouper Average	0:58:02	5:26:17	3:23:04	9:52:36

M40-44 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	0:56:55	5:18:25	3:12:28	9:35:34
Average 2nd Age Grouper	0:57:12	5:22:54	3:14:51	9:42:47
Average 3rd Age Grouper	0:59:26	5:26:36	3:13:01	9:46:53
Average 4th Age Grouper	0:59:43	5:27:53	3:14:38	9:51:17
Average 5th Age Grouper	0:59:33	5:22:12	3:24:03	9:54:20
Average 6th Age Grouper	0:57:56	5:31:19	3:20:46	9:58:44
Average 7th Age Grouper	0:57:49	5:36:38	3:18:20	10:01:09
Average 8th Age Grouper	0:58:54	5:33:39	3:22:03	10:02:54
Average 9th Age Grouper	0:57:26	5:36:18	3:25:10	10:07:28
Average 10th Age Grouper	1:01:48	5:34:05	3:25:36	10:10:34
Kona Qualifier Average	0:58:28	5:24:53	3:16:38	9:48:16
Top 10 Age Grouper Average	0:58:40	5:29:00	3:19:06	9:55:10

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	0:52:01	5:18:37	3:08:44	9:26:54
2nd Age Grouper	0:55:24	5:12:33	3:18:01	9:33:42
3rd Age Grouper	0:54:58	5:25:59	3:04:28	9:33:54
4th Age Grouper	1:01:28	5:27:16	3:06:27	9:44:12
5th Age Grouper	1:04:15	4:58:24	3:36:23	9:49:44
6th Age Grouper	0:55:24	5:37:42	3:13:50	9:54:35
7th Age Grouper	0:59:20	5:24:38	3:23:46	9:55:50
8th Age Grouper	0:58:48	5:40:43	3:11:21	9:58:34
9th Age Grouper	0:57:55	5:46:08	3:08:29	10:01:18
10th Age Grouper	0:51:56	5:29:20	3:32:47	10:02:48
Kona Qualifier Average	0:57:15	5:20:05	3:14:38	9:40:30
Top 10 Age Grouper Average	0:57:08	5:26:08	3:16:25	9:48:09

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	0:58:10	5:27:34	3:04:15	9:37:35
2nd Age Grouper	0:54:23	5:31:04	3:07:51	9:42:11
3rd Age Grouper	1:03:39	5:23:34	3:09:19	9:43:16
4th Age Grouper	1:02:30	4:56:08	3:40:19	9:48:42
5th Age Grouper	1:08:30	5:37:03	2:54:03	9:49:21
6th Age Grouper	1:03:20	5:27:04	3:10:32	9:50:12
7th Age Grouper	0:53:19	5:41:27	3:12:28	9:54:39
8th Age Grouper	1:02:12	5:20:55	3:23:37	9:55:30
9th Age Grouper	0:58:20	5:52:28	3:00:11	10:01:24
10th Age Grouper	1:00:50	5:38:44	3:16:50	10:04:30
Kona Qualifier Average	1:01:45	5:23:44	3:11:03	9:45:12
Top 10 Age Grouper Average	1:00:31	5:29:36	3:11:56	9:50:44

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:02:07	5:23:24	3:17:40	9:51:14
2nd Age Grouper	1:01:48	5:06:55	3:36:34	9:52:37
3rd Age Grouper	1:00:43	5:31:29	3:14:36	9:54:33
4th Age Grouper	0:56:06	5:44:04	3:05:30	9:56:54
5th Age Grouper	0:57:57	5:39:44	3:12:03	9:57:26
6th Age Grouper	0:56:24	5:32:23	3:29:41	10:06:28
7th Age Grouper	0:56:34	5:45:46	3:14:13	10:06:30
8th Age Grouper	0:51:50	5:37:45	3:29:57	10:08:02
9th Age Grouper	0:50:30	5:30:09	3:38:54	10:09:29
10th Age Grouper	0:59:24	5:44:20	3:17:11	10:10:42
Kona Qualifier Average	0:59:10	5:29:39	3:19:20	9:56:32
Top 10 Age Grouper Average	0:57:20	5:33:35	3:21:37	10:01:23

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:52:56	5:08:40	3:22:16	9:34:07
2nd Age Grouper	0:56:30	5:23:26	3:16:26	9:44:54
3rd Age Grouper	0:56:22	5:24:43	3:18:54	9:49:14
4th Age Grouper	0:55:18	5:32:02	3:18:11	9:53:01
5th Age Grouper	0:53:13	5:18:17	3:35:24	9:55:50
6th Age Grouper	0:55:35	5:27:07	3:25:30	9:57:35
7th Age Grouper	0:55:25	5:35:36	3:23:58	10:04:11
8th Age Grouper	0:53:39	5:48:44	3:13:02	10:04:22
9th Age Grouper	1:01:32	5:29:12	3:31:15	10:11:09
10th Age Grouper	1:03:08	5:40:10	3:20:45	10:12:54
Kona Qualifier Average	0:54:59	5:22:22	3:22:46	9:49:06
Top 10 Age Grouper Average	0:56:21	5:28:47	3:22:34	9:56:43

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	0:57:36	5:11:19	3:08:05	9:26:13
2nd Age Grouper	0:57:19	5:01:25	3:21:45	9:28:57
3rd Age Grouper	1:08:52	5:09:41	3:11:41	9:39:34
4th Age Grouper	1:01:08	5:30:20	3:00:18	9:40:40
5th Age Grouper	0:52:40	5:13:56	3:27:13	9:43:11
6th Age Grouper	0:55:10	5:26:33	3:14:27	9:48:19
7th Age Grouper	0:59:26	5:29:59	3:13:48	9:50:13
8th Age Grouper	1:05:54	5:22:37	3:12:12	9:50:37
9th Age Grouper	0:52:30	5:20:30	3:32:46	9:53:06
10th Age Grouper	1:05:11	4:59:04	3:42:18	9:58:49
Kona Qualifier Average	0:58:47	5:15:32	3:13:54	9:37:49
Top 10 Age Grouper Average	0:59:34	5:16:32	3:18:27	9:43:57

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	0:57:23	5:15:14	3:14:56	9:35:16
2nd Age Grouper	1:03:11	5:38:42	2:57:08	9:48:21
3rd Age Grouper	0:56:37	5:32:26	3:17:26	9:55:26
4th Age Grouper	1:07:11	5:32:44	3:07:57	9:58:48
5th Age Grouper	1:00:57	5:17:20	3:37:02	10:01:46
6th Age Grouper	1:05:19	5:31:41	3:20:13	10:06:11
7th Age Grouper	0:59:43	5:45:57	3:09:51	10:06:57
8th Age Grouper	0:55:58	5:39:09	3:25:26	10:09:12
9th Age Grouper	0:55:57	5:25:02	3:46:09	10:16:45
10th Age Grouper	1:08:26	5:35:17	3:23:17	10:17:07
Kona Qualifier Average	1:01:46	5:28:01	3:15:47	9:54:18
Top 10 Age Grouper Average	1:01:04	5:31:21	3:19:56	10:01:34

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	0:58:14	5:24:09	3:11:24	9:37:43
2nd Age Grouper	0:51:54	5:46:15	3:06:17	9:48:51
3rd Age Grouper	0:54:51	5:38:24	3:14:48	9:52:18
4th Age Grouper	0:54:24	5:32:38	3:23:50	9:56:46
5th Age Grouper	0:59:23	5:30:45	3:26:19	10:03:07
6th Age Grouper	0:54:26	5:36:49	3:31:13	10:07:51
7th Age Grouper	1:01:01	5:33:03	3:30:16	10:09:43
8th Age Grouper	1:04:03	5:25:44	3:38:51	10:14:06
9th Age Grouper	1:05:24	5:50:38	3:18:27	10:19:07
10th Age Grouper	1:03:45	5:51:45	3:26:08	10:27:09
Kona Qualifier Average	0:55:32	5:34:50	3:18:58	9:54:26
Top 10 Age Grouper Average	0:58:44	5:37:01	3:22:45	10:03:40

M45-49 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	0:57:38	5:30:20	3:12:57	9:49:37
Average 2nd Age Grouper	1:04:23	5:29:19	3:21:48	10:03:51
Average 3rd Age Grouper	0:59:07	5:34:57	3:30:15	10:13:21
Average 4th Age Grouper	0:59:56	5:35:54	3:31:55	10:17:18
Average 5th Age Grouper	1:02:25	5:43:39	3:25:54	10:20:31
Average 6th Age Grouper	1:05:37	5:41:22	3:28:24	10:24:58
Average 7th Age Grouper	1:04:34	5:42:33	3:31:56	10:28:24
Average 8th Age Grouper	1:03:25	5:41:43	3:36:42	10:31:13
Average 9th Age Grouper	1:03:08	5:42:27	3:37:15	10:32:44
Average 10th Age Grouper	1:08:30	5:50:50	3:25:38	10:34:41
Kona Qualifier Average	1:00:16	5:32:37	3:24:14	10:06:02
Top 10 Age Grouper Average	1:02:52	5:39:18	3:28:16	10:19:40

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:07:20	5:42:22	3:06:57	10:06:01
2nd Age Grouper	1:05:52	5:39:09	3:14:03	10:08:51
3rd Age Grouper	0:54:27	5:23:00	3:44:44	10:11:47
4th Age Grouper	0:59:38	5:36:11	3:26:05	10:12:25
5th Age Grouper	1:02:15	5:43:04	3:20:52	10:14:38
6th Age Grouper	0:56:57	5:43:31	3:34:13	10:24:40
7th Age Grouper	1:02:21	5:33:44	3:40:22	10:25:06
8th Age Grouper	0:58:55	5:49:38	3:32:31	10:29:17
9th Age Grouper	1:04:43	5:45:49	3:30:58	10:31:45
10th Age Grouper	1:02:19	5:56:40	3:28:09	10:38:11
Kona Qualifier Average	1:01:49	5:35:10	3:22:57	10:09:46
Top 10 Age Grouper Average	1:01:28	5:41:18	3:27:53	10:20:16

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	0:53:17	5:27:22	3:12:28	9:42:35
2nd Age Grouper	0:58:36	5:22:21	3:13:42	9:42:48
3rd Age Grouper	0:54:02	5:17:12	3:46:12	10:08:12
4th Age Grouper	1:05:08	5:43:20	3:11:50	10:10:38
5th Age Grouper	1:07:52	5:40:45	3:15:39	10:12:28
6th Age Grouper	1:13:19	5:43:09	3:09:15	10:16:14
7th Age Grouper	1:08:16	5:35:26	3:26:33	10:20:34
8th Age Grouper	1:05:58	5:52:10	3:15:08	10:23:08
9th Age Grouper	0:58:09	5:39:49	3:36:59	10:23:34
10th Age Grouper	1:08:25	5:46:41	3:19:18	10:23:48
Kona Qualifier Average	0:57:45	5:27:33	3:21:03	9:56:03
Top 10 Age Grouper Average	1:03:18	5:36:49	3:20:42	10:10:23

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	0:54:21	5:25:42	3:02:41	9:30:34
2nd Age Grouper	1:00:34	5:22:19	3:16:37	9:47:18
3rd Age Grouper	0:56:48	5:26:22	3:17:07	9:48:51
4th Age Grouper	0:53:33	5:26:45	3:25:48	9:55:44
5th Age Grouper	1:04:01	5:34:13	3:10:42	9:59:04
6th Age Grouper	0:56:43	5:37:43	3:24:05	10:06:01
7th Age Grouper	1:00:37	5:37:31	3:19:52	10:10:13
8th Age Grouper	1:02:12	5:29:02	3:27:38	10:10:29
9th Age Grouper	1:01:31	5:27:37	3:32:24	10:11:00
10th Age Grouper	1:10:03	5:30:01	3:24:15	10:12:30
Kona Qualifier Average	0:56:19	5:25:17	3:15:33	9:45:36
Top 10 Age Grouper Average	1:00:02	5:29:43	3:20:06	9:59:10

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:51:12	5:25:52	3:12:42	9:38:10
2nd Age Grouper	1:04:11	5:20:29	3:18:18	9:50:18
3rd Age Grouper	0:55:27	5:39:02	3:13:28	9:57:17
4th Age Grouper	0:57:59	5:14:10	3:42:33	10:04:39
5th Age Grouper	1:02:51	5:48:41	3:09:34	10:10:28
6th Age Grouper	1:04:41	5:35:54	3:24:22	10:13:37
7th Age Grouper	0:53:46	5:49:03	3:30:34	10:22:22
8th Age Grouper	0:59:23	5:37:07	3:39:34	10:24:49
9th Age Grouper	1:00:28	5:37:35	3:40:06	10:27:30
10th Age Grouper	1:05:48	5:42:50	3:30:22	10:31:02
Kona Qualifier Average	0:57:12	5:24:53	3:21:45	9:52:36
Top 10 Age Grouper Average	0:59:34	5:35:04	3:26:09	10:10:01

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:00:49	5:30:38	3:07:12	9:47:09
2nd Age Grouper	0:53:15	5:18:56	3:33:10	9:52:58
3rd Age Grouper	1:01:24	5:33:14	3:26:40	10:09:33
4th Age Grouper	0:58:46	5:26:43	3:38:29	10:15:52
5th Age Grouper	1:04:55	5:24:41	3:38:48	10:17:42
6th Age Grouper	0:55:54	5:38:12	3:34:11	10:20:14
7th Age Grouper	1:09:04	5:41:51	3:24:41	10:23:58
8th Age Grouper	1:02:35	5:32:35	3:41:40	10:27:40
9th Age Grouper	0:57:40	5:47:12	3:31:59	10:28:00
10th Age Grouper	1:18:20	5:37:55	3:24:14	10:29:36
Kona Qualifier Average	0:58:33	5:27:22	3:26:22	10:01:23
Top 10 Age Grouper Average	1:02:16	5:33:11	3:30:06	10:15:16

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	0:53:58	5:34:32	3:07:02	9:46:26
2nd Age Grouper	1:06:37	5:46:29	3:23:16	10:26:56
3rd Age Grouper	1:05:16	6:01:06	3:12:07	10:28:29
4th Age Grouper	1:04:27	5:51:30	3:23:21	10:29:10
5th Age Grouper	0:57:27	5:51:26	3:37:56	10:34:55
6th Age Grouper	1:12:40	5:37:50	3:36:34	10:39:09
7th Age Grouper	1:08:22	5:53:37	3:28:19	10:41:37
8th Age Grouper	1:15:49	5:37:57	3:39:43	10:44:37
9th Age Grouper	1:09:06	5:46:37	3:39:25	10:48:25
10th Age Grouper	1:04:51	6:10:05	3:22:12	10:48:26
Kona Qualifier Average	1:02:34	5:48:24	3:16:26	10:17:45
Top 10 Age Grouper Average	1:05:51	5:49:06	3:26:59	10:32:49

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:02:31	5:25:52	3:41:43	10:16:29
2nd Age Grouper	1:21:42	5:35:30	3:33:35	10:37:51
3rd Age Grouper	1:06:30	5:44:46	3:51:27	10:49:22
4th Age Grouper	1:00:01	5:52:42	3:55:23	10:52:38
5th Age Grouper	0:57:35	6:02:43	3:47:49	10:54:25
6th Age Grouper	1:19:09	5:53:18	3:36:08	10:54:55
7th Age Grouper	1:09:37	5:46:45	3:53:15	10:55:02
8th Age Grouper	0:59:09	5:53:36	4:00:45	10:58:31
9th Age Grouper	1:10:24	5:52:34	3:48:55	10:58:57
10th Age Grouper	1:09:48	6:11:40	3:30:56	10:59:15
Kona Qualifier Average	1:07:41	5:39:42	3:45:32	10:39:05
Top 10 Age Grouper Average	1:07:38	5:49:56	3:45:59	10:49:44

M50-54 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:00:54	5:34:45	3:31:00	10:16:02
Average 2nd Age Grouper	1:02:47	5:40:57	3:37:55	10:31:03
Average 3rd Age Grouper	1:07:34	5:51:58	3:32:34	10:41:37
Average 4th Age Grouper	1:05:42	5:51:52	3:41:56	10:50:18
Average 5th Age Grouper	1:10:19	5:59:04	3:34:52	10:55:26
Average 6th Age Grouper	1:03:27	6:03:33	3:45:12	11:02:08
Average 7th Age Grouper	1:08:53	5:58:39	3:50:21	11:09:56
Average 8th Age Grouper	1:09:13	6:01:44	3:49:28	11:12:12
Average 9th Age Grouper	1:08:15	6:01:49	3:57:51	11:19:10
Average 10th Age Grouper	1:12:03	6:05:21	3:58:29	11:26:47
Kona Qualifier Average	1:03:45	5:42:33	3:33:50	10:29:34
Top 10 Age Grouper Average	1:06:55	5:54:58	3:43:58	10:56:28

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:08:36	5:24:00	3:27:06	10:07:29
2nd Age Grouper	0:55:36	5:27:42	3:45:02	10:17:23
3rd Age Grouper	0:54:28	5:47:00	3:26:05	10:18:48
4th Age Grouper	1:00:25	5:41:10	3:28:31	10:20:44
5th Age Grouper	1:00:04	5:36:36	3:35:34	10:21:29
6th Age Grouper	1:04:22	5:55:18	3:27:50	10:37:08
7th Age Grouper	1:06:33	5:57:37	3:29:50	10:45:46
8th Age Grouper	1:15:34	5:37:44	3:40:47	10:47:05
9th Age Grouper	1:05:47	5:33:13	4:03:46	10:51:15
10th Age Grouper	1:03:55	5:46:38	4:03:50	11:04:24
Kona Qualifier Average	0:59:33	5:32:54	3:32:44	10:14:33
Top 10 Age Grouper Average	1:03:32	5:40:41	3:38:50	10:33:09

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:05:36	5:46:31	3:20:41	10:20:57
2nd Age Grouper	1:03:09	5:39:07	3:44:58	10:36:33
3rd Age Grouper	1:11:40	5:52:49	3:23:27	10:37:38
4th Age Grouper	1:00:01	5:43:13	3:47:39	10:39:38
5th Age Grouper	1:10:58	5:45:37	3:36:19	10:44:39
6th Age Grouper	1:02:37	5:58:52	3:37:03	10:49:20
7th Age Grouper	0:59:25	5:50:39	3:48:03	10:50:28
8th Age Grouper	1:02:25	5:56:02	3:43:36	10:51:27
9th Age Grouper	0:59:59	5:51:45	3:52:39	10:54:08
10th Age Grouper	1:15:37	6:04:16	3:29:30	10:59:59
Kona Qualifier Average	1:06:48	5:46:09	3:29:42	10:31:42
Top 10 Age Grouper Average	1:05:08	5:50:53	3:38:23	10:44:28

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:00:45	5:32:09	3:21:29	10:05:08
2nd Age Grouper	1:07:37	5:52:22	3:49:38	11:00:19
3rd Age Grouper	1:17:56	6:01:10	3:31:06	11:00:35
4th Age Grouper	1:13:12	5:52:34	3:46:12	11:03:12
5th Age Grouper	1:14:32	6:17:02	3:25:06	11:07:43
6th Age Grouper	1:09:11	5:59:57	3:52:22	11:11:24
7th Age Grouper	1:27:30	6:09:42	3:25:37	11:16:50
8th Age Grouper	1:06:54	6:17:09	3:51:43	11:26:02
9th Age Grouper	1:10:22	6:09:31	3:53:35	11:27:21
10th Age Grouper	1:11:25	6:13:09	3:57:11	11:30:43
Kona Qualifier Average	1:08:46	5:48:33	3:34:04	10:42:00
Top 10 Age Grouper Average	1:11:56	6:02:28	3:41:23	11:06:55

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	0:55:23	5:24:54	3:41:09	10:12:46
2nd Age Grouper	0:55:36	5:52:33	3:22:57	10:22:40
3rd Age Grouper	1:08:00	5:40:30	3:44:16	10:43:00
4th Age Grouper	0:59:44	5:54:44	3:55:45	10:58:56
5th Age Grouper	1:20:38	6:13:37	3:25:11	11:11:33
6th Age Grouper	1:04:35	6:12:08	3:47:52	11:14:47
7th Age Grouper	1:03:27	5:57:34	4:16:31	11:27:29
8th Age Grouper	1:02:38	6:11:39	4:00:56	11:29:25
9th Age Grouper	1:03:33	6:15:13	4:03:27	11:35:06
10th Age Grouper	1:04:44	6:23:42	3:59:32	11:40:31
Kona Qualifier Average	0:59:39	5:39:19	3:36:07	10:26:08
Top 10 Age Grouper Average	1:03:49	6:00:39	3:49:45	11:05:37

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	0:56:40	5:41:21	3:47:17	10:34:57
2nd Age Grouper	1:09:57	5:34:12	3:39:04	10:35:27
3rd Age Grouper	1:01:10	5:44:47	3:47:13	10:41:13
4th Age Grouper	1:01:28	5:45:25	3:46:39	10:44:17
5th Age Grouper	1:13:04	5:53:54	3:27:41	10:49:13
6th Age Grouper	1:08:14	5:55:56	3:39:29	10:54:29
7th Age Grouper	1:15:22	5:50:39	3:50:44	11:11:05
8th Age Grouper	1:07:55	5:58:47	3:52:39	11:11:50
9th Age Grouper	1:10:48	5:51:35	4:00:35	11:15:02
10th Age Grouper	1:04:32	5:55:33	4:14:00	11:25:06
Kona Qualifier Average	1:02:35	5:40:06	3:44:31	10:37:12
Top 10 Age Grouper Average	1:06:55	5:49:12	3:48:32	10:56:15

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:00:58	5:24:35	3:42:21	10:19:46
2nd Age Grouper	1:04:49	5:39:13	3:27:45	10:20:25
3rd Age Grouper	1:20:36	5:58:32	3:29:45	10:59:44
4th Age Grouper	1:12:41	6:05:33	3:38:07	11:09:15
5th Age Grouper	1:08:14	5:55:55	3:53:09	11:10:56
6th Age Grouper	0:57:45	6:15:12	3:56:54	11:21:43
7th Age Grouper	1:02:31	6:05:35	4:10:09	11:29:58
8th Age Grouper	1:17:19	6:10:30	3:46:17	11:30:19
9th Age Grouper	1:15:14	6:16:37	4:00:44	11:47:06
10th Age Grouper	1:32:52	6:08:35	4:01:47	11:59:38
Kona Qualifier Average	1:08:47	5:40:46	3:33:17	10:33:18
Top 10 Age Grouper Average	1:11:17	6:00:01	3:48:41	11:12:53

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	0:58:23	5:49:46	3:16:57	10:11:13
2nd Age Grouper	1:02:45	5:41:33	3:36:02	10:24:39
3rd Age Grouper	0:59:12	5:59:00	3:26:12	10:30:23
4th Age Grouper	1:12:27	6:00:31	3:30:42	10:56:06
5th Age Grouper	1:04:47	6:10:52	3:41:10	11:02:31
6th Age Grouper	0:57:29	6:07:34	3:55:00	11:06:05
7th Age Grouper	1:07:29	5:58:53	3:51:37	11:08:02
8th Age Grouper	1:11:50	6:00:20	3:50:21	11:09:20
9th Age Grouper	1:12:06	6:14:52	3:50:14	11:24:18
10th Age Grouper	1:11:16	6:05:36	4:03:38	11:27:08
Kona Qualifier Average	1:00:06	5:50:06	3:26:23	10:22:05
Top 10 Age Grouper Average	1:05:46	6:00:53	3:42:11	10:55:58

M55-59 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:05:16	6:06:20	3:47:29	10:54:40
Average 2nd Age Grouper	1:11:00	6:04:53	3:49:59	11:16:51
Average 3rd Age Grouper	1:12:18	6:12:51	3:55:22	11:33:15
Average 4th Age Grouper	1:10:47	6:13:59	4:08:58	11:44:14
Average 5th Age Grouper	1:12:35	6:27:30	3:57:47	11:50:46
Average 6th Age Grouper	1:13:30	6:34:00	4:11:28	12:11:35
Average 7th Age Grouper	1:17:17	6:23:24	4:33:37	12:28:31
Average 8th Age Grouper	1:19:50	6:36:02	4:35:24	12:44:12
Average 9th Age Grouper	1:16:58	6:37:15	4:43:43	12:51:19
Average 10th Age Grouper	1:13:10	6:42:08	4:48:36	12:59:28
Kona Qualifier Average	1:08:08	6:05:37	3:48:50	11:05:45
Top 10 Age Grouper Average	1:13:16	6:23:50	4:15:38	12:03:29

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:09:02	5:46:08	3:41:28	10:47:54
2nd Age Grouper	1:09:23	5:52:22	3:36:47	10:49:12
3rd Age Grouper	1:24:53	6:08:13	3:28:27	11:15:00
4th Age Grouper	1:09:09	6:11:12	3:48:17	11:20:10
5th Age Grouper	1:00:22	6:28:40	3:41:01	11:23:55
6th Age Grouper	1:12:34	6:16:00	3:52:50	11:31:50
7th Age Grouper	1:31:10	6:12:28	3:55:11	11:56:15
8th Age Grouper	1:12:12	6:14:42	4:16:32	11:56:31
9th Age Grouper	1:24:59	6:07:13	4:26:37	12:13:59
10th Age Grouper	1:18:52	6:42:28	4:04:15	12:19:26
Kona Qualifier Average	1:09:12	5:49:15	3:39:07	10:48:33
Top 10 Age Grouper Average	1:15:15	6:11:56	3:53:08	11:33:25

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:09:14	5:49:02	3:39:57	10:48:04
2nd Age Grouper	1:10:34	6:03:53	3:27:24	10:53:26
3rd Age Grouper	1:05:37	6:03:43	3:41:47	11:01:41
4th Age Grouper	1:04:57	6:02:54	3:44:17	11:03:02
5th Age Grouper	1:06:57	6:15:48	3:32:08	11:07:06
6th Age Grouper	1:19:37	5:54:02	3:40:33	11:07:27
7th Age Grouper	1:27:57	5:57:01	3:48:24	11:24:11
8th Age Grouper	1:03:15	6:12:07	4:07:13	11:34:50
9th Age Grouper	0:59:30	6:14:58	4:15:12	11:42:13
10th Age Grouper	1:00:22	6:07:48	4:28:30	11:49:22
Kona Qualifier Average	1:09:54	5:56:27	3:33:40	10:50:45
Top 10 Age Grouper Average	1:08:48	6:04:07	3:50:32	11:15:08

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:03:52	6:19:30	3:53:45	11:30:53
2nd Age Grouper	1:25:30	5:58:44	4:00:34	11:34:21
3rd Age Grouper	1:11:41	6:09:45	4:04:36	11:39:08
4th Age Grouper	1:14:40	6:02:47	4:17:52	11:45:31
5th Age Grouper	1:09:40	6:25:06	4:00:13	11:47:34
6th Age Grouper	1:14:00	6:09:59	4:09:48	11:49:27
7th Age Grouper	1:10:55	6:10:20	4:32:32	12:06:34
8th Age Grouper	1:11:17	6:25:55	4:24:31	12:12:47
9th Age Grouper	1:09:11	6:23:48	4:33:14	12:18:08
10th Age Grouper	1:15:32	6:20:44	4:32:02	12:24:10
Kona Qualifier Average	1:14:41	6:09:07	3:57:09	11:32:37
Top 10 Age Grouper Average	1:12:37	6:14:39	4:14:54	11:54:51

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:02:16	6:01:58	3:44:15	10:59:36
2nd Age Grouper	1:10:39	6:19:57	3:49:35	11:34:58
3rd Age Grouper	1:05:08	6:20:38	4:02:58	11:42:45
4th Age Grouper	1:06:43	6:27:14	4:22:00	12:07:20
5th Age Grouper	1:32:06	6:01:09	4:23:14	12:13:59
6th Age Grouper	0:58:48	6:45:27	4:39:54	12:34:15
7th Age Grouper	1:11:53	6:12:47	5:15:23	12:51:28
8th Age Grouper	1:26:48	7:06:37	4:08:13	12:52:47
9th Age Grouper	1:17:05	7:15:46	4:05:05	12:54:56
10th Age Grouper	1:11:36	6:41:05	4:50:19	12:59:08
Kona Qualifier Average	1:06:27	6:10:57	3:46:55	11:17:17
Top 10 Age Grouper Average	1:12:18	6:31:15	4:20:05	12:17:07

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:07:28	5:53:09	3:50:03	11:00:58
2nd Age Grouper	1:05:29	5:54:55	4:20:39	11:31:59
3rd Age Grouper	1:19:20	5:56:33	4:08:35	11:37:58
4th Age Grouper	1:11:34	5:59:00	4:28:33	11:48:40
5th Age Grouper	1:05:17	6:27:53	4:10:18	11:54:48
6th Age Grouper	1:10:11	6:27:48	4:19:38	12:10:58
7th Age Grouper	1:14:23	6:25:15	4:26:35	12:28:10
8th Age Grouper	1:15:51	6:39:57	4:16:30	12:31:00
9th Age Grouper	1:18:25	6:34:36	4:30:23	12:36:34
10th Age Grouper	1:17:47	6:20:14	4:40:11	12:44:05
Kona Qualifier Average	1:06:28	5:54:02	4:05:21	11:16:28
Top 10 Age Grouper Average	1:12:34	6:15:56	4:19:08	12:02:31

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:09:59	6:39:26		10:03:58
2nd Age Grouper	1:09:10	6:02:02	3:44:38	11:08:50
3rd Age Grouper	1:12:28	6:24:58	3:28:48	11:22:58
4th Age Grouper	1:24:37	6:18:55	3:41:06	11:38:06
5th Age Grouper	1:22:27	6:26:57	3:55:28	11:59:43
6th Age Grouper	1:12:03	6:39:08	3:54:50	11:59:52
7th Age Grouper	1:22:43	6:40:59	3:58:03	12:17:20
8th Age Grouper	1:22:09	6:25:34	4:31:58	12:32:03
9th Age Grouper	1:13:58	6:16:47	4:54:43	12:36:04
10th Age Grouper	1:21:29	6:48:23	4:17:37	12:41:08
Kona Qualifier Average	1:09:34	6:20:44	3:44:38	10:36:24
Top 10 Age Grouper Average	1:17:06	6:28:18	4:03:01	11:50:00

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	0:55:04	6:15:12	3:55:30	11:11:18
2nd Age Grouper	1:06:18	6:22:24	3:50:17	11:25:15
3rd Age Grouper	1:06:59	6:26:13	4:32:28	12:13:17
4th Age Grouper	1:03:49	6:35:52	4:40:43	12:26:55
5th Age Grouper	1:11:19	7:07:03	4:02:13	12:28:22
6th Age Grouper	1:27:17	7:45:36	4:42:48	14:07:19
7th Age Grouper	1:02:04	7:04:59	5:59:16	14:15:42
8th Age Grouper	1:47:22	7:07:24	6:22:53	15:29:29
9th Age Grouper	1:35:42	7:27:37	6:20:51	15:37:19
10th Age Grouper	1:06:32	7:54:18	6:47:19	15:58:58
Kona Qualifier Average	1:00:41	6:18:48	3:52:53	11:18:16
Top 10 Age Grouper Average	1:14:14	7:00:39	5:07:25	13:31:23

M60-64 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:08:02	6:21:22	3:55:50	11:38:29
Average 2nd Age Grouper	1:15:51	6:34:59	4:44:12	12:48:53
Average 3rd Age Grouper	1:18:06	7:04:38	4:31:12	13:09:35
Average 4th Age Grouper	1:16:20	7:01:02	4:52:52	13:26:37
Average 5th Age Grouper	1:21:27	7:15:50	4:53:16	13:51:04
Average 6th Age Grouper	1:25:13	7:22:59	5:16:08	14:24:13
Average 7th Age Grouper	1:25:06	7:30:02	5:22:22	14:38:34
Average 8th Age Grouper	1:22:45	7:13:36	4:56:34	13:53:17
Average 9th Age Grouper	1:28:55	7:25:00	5:01:19	14:16:44
Average 10th Age Grouper	1:24:37	7:31:47	5:22:28	14:41:52
Kona Qualifier Average	1:08:02	6:21:22	3:55:50	11:38:29
Top 10 Age Grouper Average	1:19:46	7:05:01	4:50:38	13:33:22

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:08:07	6:07:28	4:09:09	11:37:15
2nd Age Grouper	1:19:27	6:10:56	4:22:57	12:06:39
3rd Age Grouper	1:06:45	6:32:11	4:29:52	12:19:15
4th Age Grouper	1:05:53	6:47:54	4:20:06	12:25:52
5th Age Grouper	1:14:41	6:44:39	4:18:12	12:37:41
6th Age Grouper	1:15:36	6:56:59	4:44:59	13:09:46
7th Age Grouper	1:12:31	7:02:26	4:35:46	13:11:59
8th Age Grouper	1:28:50	6:49:53	4:45:05	13:21:31
9th Age Grouper	1:19:28	6:15:27	5:43:17	13:32:37
10th Age Grouper	1:25:15	6:56:18	5:08:52	13:50:38
Kona Qualifier Average	1:08:07	6:07:28	4:09:09	11:37:15
Top 10 Age Grouper Average	1:15:39	6:38:25	4:39:49	12:49:19

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:04:22	6:50:18	3:49:25	11:59:36
2nd Age Grouper	1:02:37	6:29:41	4:37:53	12:21:31
3rd Age Grouper	1:23:56	6:52:55	4:09:16	12:42:30
4th Age Grouper	1:20:05	6:46:32	4:53:12	13:19:08
5th Age Grouper	1:26:41	7:04:44	4:54:28	13:44:13
6th Age Grouper	1:50:04	7:07:41	4:26:09	13:48:11
7th Age Grouper	1:40:36	7:17:25	4:25:20	13:53:42
8th Age Grouper	1:14:27	7:01:06	5:21:46	13:53:54
9th Age Grouper	1:32:44	7:43:03	4:24:40	13:54:20
10th Age Grouper	1:20:15	7:50:03	5:04:22	14:32:49
Kona Qualifier Average	1:04:22	6:50:18	3:49:25	11:59:36
Top 10 Age Grouper Average	1:23:34	7:06:20	4:36:39	13:24:59

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:04:43	5:47:42	3:40:12	10:47:22
2nd Age Grouper	1:16:44	6:05:01	4:27:06	12:03:35
3rd Age Grouper	1:13:14	7:07:22	4:17:24	12:50:42
4th Age Grouper	1:16:10	6:29:13	4:58:16	12:57:19
5th Age Grouper	1:28:20	6:44:18	4:21:11	12:57:23
6th Age Grouper	1:12:28	6:32:23	5:04:08	13:00:13
7th Age Grouper	1:15:55	7:18:52	5:02:45	13:56:55
8th Age Grouper	1:29:03	7:37:12	4:40:46	14:12:49
9th Age Grouper	1:35:31	8:12:09	4:53:15	15:05:55
10th Age Grouper	1:28:22	7:49:01	5:54:12	15:42:09
Kona Qualifier Average	1:04:43	5:47:42	3:40:12	10:47:22
Top 10 Age Grouper Average	1:20:03	6:58:19	4:43:55	13:21:26

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:07:13	6:54:03	4:37:41	12:53:34
2nd Age Grouper	1:10:08	7:12:58	5:38:18	14:16:38
3rd Age Grouper	1:22:12	7:51:43	4:54:08	14:26:36
4th Age Grouper	1:09:42	7:03:06	6:00:22	14:32:36
5th Age Grouper	1:22:55	7:33:32	5:58:43	15:17:05
6th Age Grouper	1:22:08	8:31:16	5:37:35	15:56:51
7th Age Grouper	1:26:42	7:49:52	6:27:20	16:01:27
Kona Qualifier Average	1:07:13	6:54:03	4:37:41	12:53:34
Top 10 Age Grouper Average	1:17:17	7:33:47	5:36:18	14:46:23

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:09:17	5:51:47	3:57:31	11:11:40
2nd Age Grouper	1:04:47	6:34:46	4:38:15	12:30:50
3rd Age Grouper	1:11:28	6:31:26	4:34:19	12:38:04
4th Age Grouper	1:24:02	6:38:50	4:20:20	12:38:10
5th Age Grouper	1:13:02	6:45:50	4:26:17	12:42:12
6th Age Grouper	1:16:47	6:44:00	4:39:44	12:56:19
7th Age Grouper	1:27:30	6:52:01	5:19:38	14:02:02
8th Age Grouper	1:18:40	7:26:14	4:58:42	14:04:55
9th Age Grouper	1:27:59	7:29:22	5:04:07	14:34:07
Kona Qualifier Average	1:09:17	5:51:47	3:57:31	11:11:40
Top 10 Age Grouper Average	1:17:03	6:46:01	4:39:52	13:02:02

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:21:43	6:38:34	4:20:26	12:36:59
2nd Age Grouper	1:37:06	6:48:52	4:53:35	13:40:07
3rd Age Grouper	1:23:30	7:38:06	4:44:20	14:08:05
4th Age Grouper	1:26:50	8:16:34	4:46:13	14:55:19
5th Age Grouper	1:30:40	8:03:31	5:17:52	15:22:33
6th Age Grouper	1:30:38	7:39:09	5:47:09	15:29:48
Kona Qualifier Average	1:21:43	6:38:34	4:20:26	12:36:59
Top 10 Age Grouper Average	1:28:24	7:30:47	4:58:15	14:22:08

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:00:52	6:19:47	2:56:26	10:23:03
2nd Age Grouper	1:20:10	6:42:39	4:31:25	12:42:55
3rd Age Grouper	1:25:43	6:58:48	4:29:11	13:01:53
4th Age Grouper	1:11:40	7:05:07	4:51:36	13:17:58
5th Age Grouper	1:13:51	7:54:20	4:56:09	14:16:25
6th Age Grouper	1:28:53	8:09:28	6:33:17	16:28:29
7th Age Grouper	1:27:23	8:39:38	6:23:25	16:45:24
Kona Qualifier Average	1:00:52	6:19:47	2:56:26	10:23:03
Top 10 Age Grouper Average	1:18:21	7:24:15	4:57:21	13:50:52

M65-69 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:17:12	7:02:23	4:39:46	13:17:17
Average 2nd Age Grouper	1:36:03	7:23:14	5:17:18	14:36:25
Average 3rd Age Grouper	1:19:48	7:34:14	5:17:35	14:36:00
Average 4th Age Grouper	1:31:40	7:59:51	5:18:33	15:27:51
Average 5th Age Grouper	1:23:48	8:21:41	5:36:14	15:38:53
Average 6th Age Grouper	1:29:26	8:01:17	6:16:51	16:05:56
Average 7th Age Grouper	1:19:43	8:26:20	6:13:55	16:41:45
Average 8th Age Grouper	1:40:09	8:51:12	5:32:20	16:31:34
Average 9th Age Grouper	1:30:06	8:37:29	6:09:30	16:41:20
Kona Qualifier Average	1:17:12	7:02:23	4:39:46	13:17:17
Top 10 Age Grouper Average	1:26:06	7:42:53	5:22:35	14:57:18

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:20:18	7:17:08	4:30:12	13:26:14
2nd Age Grouper	1:44:41	7:25:31	4:54:12	14:24:02
3rd Age Grouper	1:38:20	7:49:09	5:09:04	15:06:07
4th Age Grouper	1:40:10	8:11:25	5:12:40	15:29:12
5th Age Grouper	1:32:31	7:51:56	5:51:22	15:35:39
6th Age Grouper	1:32:50	8:21:43	5:23:05	15:42:07
7th Age Grouper	1:15:55	8:26:20	6:27:58	16:31:19
8th Age Grouper	1:40:09	8:51:12	5:32:20	16:31:34
9th Age Grouper	1:30:06	8:37:29	6:09:30	16:41:20
Kona Qualifier Average	1:20:18	7:17:08	4:30:12	13:26:14
Top 10 Age Grouper Average	1:32:46	8:05:45	5:27:49	15:29:43

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:21:33	7:32:52	4:20:47	13:36:24
2nd Age Grouper	1:21:43	7:47:15	4:44:48	14:17:06
3rd Age Grouper	1:11:47	7:34:44	5:39:41	14:42:21
4th Age Grouper	1:29:56	8:24:01	5:57:39	16:18:50
5th Age Grouper	1:25:31	8:50:18	6:16:36	16:55:56
Kona Qualifier Average	1:21:33	7:32:52	4:20:47	13:36:24
Top 10 Age Grouper Average	1:22:06	8:01:50	5:23:54	15:10:07

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:03:18	6:38:15	4:15:52	12:11:08
2nd Age Grouper	1:42:25	6:41:14	4:34:54	13:16:23
3rd Age Grouper	1:16:51	6:59:13	4:46:40	13:25:32
4th Age Grouper	1:33:19	7:25:06	5:16:49	14:44:37
5th Age Grouper	1:26:22	8:28:25	4:57:59	15:06:54
6th Age Grouper	1:32:34	8:07:33	6:01:22	16:01:24
7th Age Grouper	1:23:32		5:59:52	16:52:12
Kona Qualifier Average	1:03:18	6:38:15	4:15:52	12:11:08
Top 10 Age Grouper Average	1:25:28	7:23:17	5:07:38	14:31:10

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:16:53	7:22:54	5:45:27	14:52:59
2nd Age Grouper	1:47:29	7:51:48	6:33:17	16:28:17
Kona Qualifier Average	1:16:53	7:22:54	5:45:27	14:52:59
Top 10 Age Grouper Average	1:32:11	7:37:21	6:09:22	15:40:38

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:08:30	6:11:15	4:39:20	12:12:04
2nd Age Grouper	1:44:16	7:23:46	5:53:26	15:33:22
3rd Age Grouper	1:18:08	7:53:49	5:49:23	15:42:56
4th Age Grouper	1:23:04		5:09:55	16:12:28
Kona Qualifier Average	1:08:30	6:11:15	4:39:20	12:12:04
Top 10 Age Grouper Average	1:23:29	7:09:36	5:23:01	14:55:12

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:18:08	7:09:59	4:59:44	13:50:57
Kona Qualifier Average	1:18:08	7:09:59	4:59:44	13:50:57

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:31:48	7:04:18	4:07:06	12:51:18
2nd Age Grouper	1:15:49	7:09:53	5:03:16	13:39:21
3rd Age Grouper	1:13:58	7:34:17	5:03:10	14:03:08
4th Age Grouper	1:31:51	7:58:55	4:55:46	14:34:09
5th Age Grouper	1:10:49	8:16:05	5:19:01	14:57:06
6th Age Grouper	1:22:55	7:34:36	7:26:06	16:34:19
Kona Qualifier Average	1:31:48	7:04:18	4:07:06	12:51:18
Top 10 Age Grouper Average	1:21:11	7:36:20	5:19:04	14:26:33

M70-74 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:34:08	7:45:17	5:28:21	15:07:06
Average 2nd Age Grouper	1:25:09	8:12:27	5:42:31	15:46:34
Average 3rd Age Grouper	1:26:51	8:16:31	5:56:40	16:05:12
Kona Qualifier Average	1:34:08	7:45:17	5:28:21	15:07:06
Top 10 Age Grouper Average	1:29:53	8:00:19	5:37:48	15:30:38

Lanzarote 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:31	4:56:07	2:57:55	8:47:39
Female Winner	0:55:37	5:31:38	3:07:20	9:41:40
1st Age Grouper	1:25:57	8:27:53	5:11:49	15:28:04
2nd Age Grouper		8:19:53	5:53:55	16:10:13
Kona Qualifier Average	1:25:57	8:27:53	5:11:49	15:28:04
Top 10 Age Grouper Average	1:25:57	8:23:53	5:32:52	15:49:08

Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:57:01	8:36:43	5:23:49	16:22:11
2nd Age Grouper	1:35:37	8:15:12	6:18:57	16:34:02
Kona Qualifier Average	1:57:01	8:36:43	5:23:49	16:22:11
Top 10 Age Grouper Average	1:46:19	8:25:57	5:51:23	16:28:06

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:24:58	7:25:58	5:57:46	15:10:41
2nd Age Grouper	1:37:46	7:40:31	5:31:38	15:17:02
3rd Age Grouper	1:13:41	8:11:08	5:45:40	15:36:55
Kona Qualifier Average	1:24:58	7:25:58	5:57:46	15:10:41
Top 10 Age Grouper Average	1:25:28	7:45:52	5:45:01	15:21:32

Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:16:25	7:01:38	6:09:54	14:48:57
2nd Age Grouper	1:09:50	8:13:32	5:35:02	15:22:51
Kona Qualifier Average	1:16:25	7:01:38	6:09:54	14:48:57
Top 10 Age Grouper Average	1:13:07	7:37:35	5:52:28	15:05:54

Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:32:31	6:58:39	4:43:01	13:27:42
2nd Age Grouper	1:18:12	8:04:54	5:19:01	15:09:38
Kona Qualifier Average	1:32:31	6:58:39	4:43:01	13:27:42
Top 10 Age Grouper Average	1:25:21	7:31:46	5:01:01	14:18:40

Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:34:35	7:51:47	4:57:17	14:42:43
2nd Age Grouper	1:24:20	8:40:42	5:36:37	16:05:40
3rd Age Grouper	1:40:02	8:21:55	6:07:40	16:33:30
Kona Qualifier Average	1:34:35	7:51:47	4:57:17	14:42:43
Top 10 Age Grouper Average	1:32:59	8:18:08	5:33:51	15:47:17

Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	3:03:20	8:59:37
Female Winner	0:56:16	5:48:14	3:13:38	10:02:27
1st Age Grouper	1:47:29	7:54:25	5:54:54	15:49:26
Kona Qualifier Average	1:47:29	7:54:25	5:54:54	15:49:26

M75-79 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:14	4:55:49	2:54:25	8:45:16
Average Female Winner	0:55:38	5:40:23	3:08:30	9:51:45
Average 1st Age Grouper	1:43:19	8:35:23	5:59:45	16:43:06
Kona Qualifier Average	1:43:19	8:35:23	5:59:45	16:43:06

Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:43:19	8:35:23	5:59:45	16:43:06
Kona Qualifier Average	1:43:19	8:35:23	5:59:45	16:43:06