

Ironman Cairns 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	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:11:47	6:12:00	4:28:08	11:57:50
Average 2nd Age Grouper	1:02:06	6:51:41	3:53:15	11:56:02
Average 3rd Age Grouper	1:19:31	6:30:03	4:03:23	12:01:57
Average 4th Age Grouper	1:14:21	6:30:10	4:12:55	12:05:53
Average 5th Age Grouper	1:26:21	6:26:21	4:23:57	12:30:25
Average 6th Age Grouper	1:14:43	6:13:47	5:08:59	12:42:50
Average 7th Age Grouper	1:47:52	7:10:18	5:12:05	14:22:33
Kona Qualifier Average	1:11:47	6:12:00	4:28:08	11:57:50
Top 10 Age Grouper Average	1:18:33	6:30:47	4:28:51	12:26:55

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:07:48	6:04:06	4:13:52	11:30:40
2nd Age Grouper	1:02:06	6:51:41	3:53:15	11:56:02
3rd Age Grouper	1:19:31	6:30:03	4:03:23	12:01:57
4th Age Grouper	1:14:21	6:30:10	4:12:55	12:05:53
5th Age Grouper	1:26:21	6:26:21	4:23:57	12:30:25
6th Age Grouper	1:14:43	6:13:47	5:08:59	12:42:50
7th Age Grouper	1:47:52	7:10:18	5:12:05	14:22:33
Kona Qualifier Average	1:07:48	6:04:06	4:13:52	11:30:40
Top 10 Age Grouper Average	1:18:57	6:32:20	4:26:55	12:27:11

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:15:47	6:19:54	4:42:25	12:25:00
Kona Qualifier Average	1:15:47	6:19:54	4:42:25	12:25:00

F25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:04:26	5:32:12	3:36:40	10:20:32
Average 2nd Age Grouper	1:00:22	5:31:38	3:55:24	10:35:55
Average 3rd Age Grouper	1:04:47	5:36:38	4:02:02	10:49:36
Average 4th Age Grouper	1:11:03	5:46:19	4:04:56	11:10:28
Average 5th Age Grouper	1:15:00	5:41:35	4:23:21	11:28:28
Average 6th Age Grouper	1:16:22	5:58:23	4:14:12	11:37:56
Average 7th Age Grouper	1:12:26	6:10:14	4:13:54	11:47:51
Average 8th Age Grouper	1:19:35	6:19:19	4:15:00	12:05:13
Average 9th Age Grouper	1:27:56	6:17:01	4:24:31	12:19:10
Average 10th Age Grouper	1:20:56	6:25:49	4:39:50	12:36:23
Kona Qualifier Average	1:04:26	5:32:12	3:36:40	10:20:32
Top 10 Age Grouper Average	1:13:17	5:55:55	4:10:59	11:29:09

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:04:45	5:27:26	3:38:34	10:18:17
2nd Age Grouper	1:01:15	5:28:27	3:47:27	10:24:35
3rd Age Grouper	1:05:19	5:27:17	4:03:43	10:43:15
4th Age Grouper	1:18:08	5:52:25	4:02:49	11:22:25
5th Age Grouper	1:23:28	5:41:53	4:41:42	11:56:08
6th Age Grouper	1:17:05	6:08:30	4:27:42	12:00:35
7th Age Grouper	1:04:48	6:33:21	4:08:57	12:00:46
8th Age Grouper	1:19:56	6:34:13	4:39:44	12:46:12
9th Age Grouper	1:29:14	6:49:31	4:44:00	13:12:20
10th Age Grouper	1:29:31	6:34:52	4:58:01	13:15:05
Kona Qualifier Average	1:04:45	5:27:26	3:38:34	10:18:17
Top 10 Age Grouper Average	1:15:20	6:03:47	4:19:15	11:47:57

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:06:04	5:31:55	3:36:01	10:21:29
2nd Age Grouper	0:56:11	5:36:19	4:15:48	10:56:36
3rd Age Grouper	1:00:50	5:27:40	4:25:14	10:59:13
4th Age Grouper	1:13:52	5:46:49	3:56:57	11:04:51
5th Age Grouper	1:03:37	5:47:22	4:10:37	11:08:18
6th Age Grouper	1:16:00	5:56:14	3:53:08	11:13:20
7th Age Grouper	1:07:23	5:42:05	4:29:55	11:29:03
8th Age Grouper	1:19:46	6:14:38	3:44:46	11:30:00
9th Age Grouper	1:09:16	6:00:02	4:23:28	11:39:38
10th Age Grouper	1:07:34	6:29:35	4:01:44	11:46:13
Kona Qualifier Average	1:06:04	5:31:55	3:36:01	10:21:29
Top 10 Age Grouper Average	1:08:03	5:51:15	4:05:45	11:12:52

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:02:31	5:37:15	3:35:25	10:21:52
2nd Age Grouper	1:03:40	5:30:10	3:42:58	10:26:34
3rd Age Grouper	1:08:12	5:54:57	3:37:11	10:46:20
4th Age Grouper	1:01:10	5:39:44	4:15:02	11:04:08
5th Age Grouper	1:17:57	5:35:31	4:17:45	11:21:00
6th Age Grouper	1:16:01	5:50:27	4:21:48	11:39:53
7th Age Grouper	1:25:09	6:15:17	4:02:51	11:53:44
8th Age Grouper	1:19:05	6:09:08	4:20:30	11:59:29
9th Age Grouper	1:45:19	6:01:31	4:06:05	12:05:32
10th Age Grouper	1:25:43	6:13:02	4:59:46	12:47:51
Kona Qualifier Average	1:02:31	5:37:15	3:35:25	10:21:52
Top 10 Age Grouper Average	1:16:28	5:52:42	4:07:56	11:26:38

F30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:07:45	5:26:00	3:37:41	10:17:16
Average 2nd Age Grouper	1:05:29	5:18:24	3:56:01	10:26:44
Average 3rd Age Grouper	1:04:31	5:35:01	3:52:28	10:37:40
Average 4th Age Grouper	1:14:16	5:31:33	3:53:58	10:47:05
Average 5th Age Grouper	1:05:55	5:37:17	4:09:01	10:59:05
Average 6th Age Grouper	1:13:31	5:47:45	3:53:46	11:03:10
Average 7th Age Grouper	1:14:45	5:39:44	4:07:14	11:09:45
Average 8th Age Grouper	1:15:43	5:55:09	4:02:22	11:22:34
Average 9th Age Grouper	1:14:36	5:59:05	4:02:43	11:26:29
Average 10th Age Grouper	1:19:26	6:00:29	4:00:53	11:34:22
Kona Qualifier Average	1:06:37	5:22:12	3:46:51	10:22:00
Top 10 Age Grouper Average	1:11:36	5:41:03	3:57:37	10:58:25

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:04:09	5:33:30	3:31:47	10:13:53
2nd Age Grouper	1:13:42	5:14:24	3:43:34	10:18:30
3rd Age Grouper	1:04:24	5:33:01	3:47:32	10:29:05
4th Age Grouper	1:21:49	5:25:22	3:41:03	10:35:45
5th Age Grouper	1:06:29	5:34:35	3:58:27	10:45:21
6th Age Grouper	1:11:45	5:42:36	3:46:32	10:50:15
7th Age Grouper	1:26:29	5:38:43	3:51:22	11:03:51
8th Age Grouper	1:15:48	5:30:36	4:08:09	11:04:15
9th Age Grouper	1:05:45	5:53:38	4:03:28	11:12:42
10th Age Grouper	1:20:46	5:51:27	4:05:31	11:27:57
Kona Qualifier Average	1:08:55	5:23:57	3:37:40	10:16:11
Top 10 Age Grouper Average	1:13:06	5:35:47	3:51:44	10:48:09

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:07:16	5:11:53	3:34:13	10:00:14
2nd Age Grouper	0:53:12	5:27:17	3:42:13	10:09:32
3rd Age Grouper	0:59:42	5:26:40	3:43:07	10:15:07
4th Age Grouper	1:04:48	5:19:33	4:02:47	10:33:30
5th Age Grouper	1:09:51	5:28:12	4:00:33	10:45:27
6th Age Grouper	1:04:59	5:45:30	3:51:28	10:48:59
7th Age Grouper	0:59:45	5:31:13	4:15:09	10:53:51
8th Age Grouper	1:13:07	6:02:26	3:58:35	11:22:41
9th Age Grouper	1:16:32	5:58:24	4:01:13	11:24:27
10th Age Grouper	1:21:48	6:09:09	3:34:34	11:24:51
Kona Qualifier Average	1:00:14	5:19:35	3:38:13	10:04:53
Top 10 Age Grouper Average	1:07:06	5:38:01	3:52:23	10:45:51

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:11:52	5:32:37	3:47:05	10:37:41
2nd Age Grouper	1:09:34	5:13:32	4:22:16	10:52:12
3rd Age Grouper	1:09:28	5:45:22	4:06:46	11:08:50
4th Age Grouper	1:16:12	5:49:45	3:58:06	11:12:00
5th Age Grouper	1:01:27	5:49:06	4:28:04	11:26:28
6th Age Grouper	1:23:50	5:55:11	4:03:18	11:30:17
7th Age Grouper	1:18:03	5:49:16	4:15:11	11:31:35
8th Age Grouper	1:18:14	6:12:27	4:00:23	11:40:47
9th Age Grouper	1:21:33	6:05:14	4:03:30	11:42:19
10th Age Grouper	1:15:45	6:00:52	4:22:35	11:50:19
Kona Qualifier Average	1:10:43	5:23:04	4:04:40	10:44:56
Top 10 Age Grouper Average	1:14:35	5:49:20	4:08:43	11:21:14

F35-39 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:01:43	5:27:54	3:42:03	10:18:40
Average 2nd Age Grouper	1:04:22	5:32:27	3:52:52	10:38:53
Average 3rd Age Grouper	1:06:05	5:36:26	4:03:08	10:55:49
Average 4th Age Grouper	1:15:04	5:35:27	3:59:12	11:02:44
Average 5th Age Grouper	1:10:21	5:47:13	4:13:19	11:20:56
Average 6th Age Grouper	1:19:10	5:53:53	4:01:27	11:23:03
Average 7th Age Grouper	1:16:46	5:45:12	4:16:00	11:28:24
Average 8th Age Grouper	1:06:52	5:59:42	4:21:24	11:37:44
Average 9th Age Grouper	1:13:25	5:53:26	4:29:51	11:47:11
Average 10th Age Grouper	1:09:15	6:03:45	4:24:32	11:48:48
Kona Qualifier Average	1:03:03	5:30:11	3:47:28	10:28:47
Top 10 Age Grouper Average	1:10:18	5:45:33	4:08:23	11:14:13

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:01:11	5:21:32	3:33:23	10:02:48
2nd Age Grouper	1:01:18	5:33:13	3:28:31	10:09:12
3rd Age Grouper	1:08:48	5:31:29	3:57:57	10:44:31
4th Age Grouper	1:07:22	5:43:10	3:55:25	10:53:21
5th Age Grouper	1:10:12	5:53:30	3:47:14	10:59:45
6th Age Grouper	1:09:34	5:40:06	4:04:55	11:00:54
7th Age Grouper	1:15:37	5:44:02	3:54:15	11:03:56
8th Age Grouper	1:04:00	5:28:40	4:27:56	11:08:45
9th Age Grouper	1:03:24	5:36:57	4:21:38	11:10:05
10th Age Grouper	1:12:07	5:39:54	4:10:38	11:11:22
Kona Qualifier Average	1:01:14	5:27:22	3:30:57	10:06:00
Top 10 Age Grouper Average	1:07:21	5:37:15	3:58:11	10:50:27

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:01:30	5:41:47	3:57:48	10:48:33
2nd Age Grouper	1:00:32	5:37:21	4:04:05	10:53:27
3rd Age Grouper	0:59:50	5:43:39	3:57:08	10:56:30
4th Age Grouper	1:25:26	5:35:18	3:41:42	11:06:14
5th Age Grouper	1:02:13	5:41:34	4:15:52	11:08:25
6th Age Grouper	1:25:50	5:59:25	3:36:27	11:10:17
7th Age Grouper	1:19:06	5:42:16	4:02:08	11:15:03
8th Age Grouper	1:09:11	5:37:40	4:29:04	11:25:04
9th Age Grouper	1:09:58	5:54:11	4:35:43	11:51:50
10th Age Grouper	1:13:37	5:54:25	4:32:46	11:53:17
Kona Qualifier Average	1:01:01	5:39:34	4:00:56	10:51:00
Top 10 Age Grouper Average	1:10:43	5:44:45	4:07:16	11:14:52

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:02:30	5:20:25	3:34:59	10:04:41
2nd Age Grouper	1:11:17	5:26:49	4:06:02	10:54:01
3rd Age Grouper	1:09:37	5:34:11	4:14:20	11:06:28
4th Age Grouper	1:12:26	5:27:55	4:20:30	11:08:37
5th Age Grouper	1:18:40	5:46:36	4:36:51	11:54:40
6th Age Grouper	1:22:08	6:02:10	4:23:01	11:57:58
7th Age Grouper	1:15:36	5:49:19	4:51:38	12:06:13
8th Age Grouper	1:07:25	6:52:46	4:07:13	12:19:23
9th Age Grouper	1:26:54	6:09:12	4:32:12	12:19:39
10th Age Grouper	1:02:02	6:36:58	4:30:12	12:21:47
Kona Qualifier Average	1:06:53	5:23:37	3:50:30	10:29:21
Top 10 Age Grouper Average	1:12:51	5:54:38	4:19:41	11:37:20

F40-44 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:02:52	5:22:57	3:42:18	10:15:22
Average 2nd Age Grouper	1:12:58	5:31:58	3:49:05	10:42:02
Average 3rd Age Grouper	1:10:27	5:47:39	3:49:43	10:57:01
Average 4th Age Grouper	1:14:51	5:42:32	4:02:08	11:08:41
Average 5th Age Grouper	1:21:41	5:55:59	4:03:16	11:30:01
Average 6th Age Grouper	1:17:47	5:54:35	4:20:20	11:41:30
Average 7th Age Grouper	1:05:07	6:16:14	4:26:03	11:56:56
Average 8th Age Grouper	1:19:54	6:12:48	4:17:17	12:01:52
Average 9th Age Grouper	1:15:16	6:04:51	4:38:11	12:11:13
Average 10th Age Grouper	1:20:18	6:06:57	4:35:32	12:15:29
Kona Qualifier Average	1:07:55	5:27:27	3:45:41	10:28:42
Top 10 Age Grouper Average	1:14:07	5:53:39	4:10:23	11:28:00

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	0:55:43	5:39:32	3:47:47	10:30:12
2nd Age Grouper	1:15:27	5:27:47	3:49:36	10:39:04
3rd Age Grouper	1:19:39	5:47:55	3:37:29	10:52:25
4th Age Grouper	1:14:24	5:29:20	4:00:42	10:52:30
5th Age Grouper	1:11:16	5:55:03	3:57:55	11:13:27
6th Age Grouper	1:03:31	5:25:37	4:37:49	11:15:22
7th Age Grouper	1:09:03	5:47:19	4:19:49	11:23:34
8th Age Grouper	1:26:23	5:48:25	4:08:48	11:32:08
9th Age Grouper	1:17:49	5:55:44	4:28:47	11:53:54
10th Age Grouper	1:27:40	6:06:10	4:16:29	12:00:32
Kona Qualifier Average	1:05:35	5:33:39	3:48:41	10:34:38
Top 10 Age Grouper Average	1:14:05	5:44:17	4:06:31	11:13:18

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:07:34	5:11:45	3:37:48	10:04:15
2nd Age Grouper	1:07:26	5:40:11	3:56:27	10:53:21
3rd Age Grouper	1:08:16	5:48:28	4:02:39	11:06:51
4th Age Grouper	1:20:23	6:06:27	3:43:18	11:22:45
5th Age Grouper	1:28:22	5:59:37	4:05:13	11:44:14
6th Age Grouper	1:11:18	6:19:32	4:07:22	11:47:47
7th Age Grouper	1:01:29	6:20:17	4:13:31	11:48:04
8th Age Grouper	1:10:15	6:21:21	4:07:00	11:50:09
9th Age Grouper	1:21:54	6:00:55	4:19:14	11:50:35
10th Age Grouper	1:09:39	5:54:58	4:31:52	11:51:34
Kona Qualifier Average	1:07:30	5:25:58	3:47:07	10:28:48
Top 10 Age Grouper Average	1:12:39	5:58:21	4:04:26	11:25:57

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:05:19	5:17:34	3:41:19	10:11:41
2nd Age Grouper	1:16:02	5:27:56	3:41:12	10:33:42
3rd Age Grouper	1:03:28	5:46:35	3:49:03	10:51:48
4th Age Grouper	1:09:47	5:31:50	4:22:25	11:10:48
5th Age Grouper	1:25:25	5:53:19	4:06:41	11:32:24
6th Age Grouper	1:38:32	5:58:37	4:15:51	12:01:21
7th Age Grouper	1:04:50	6:41:07	4:44:50	12:39:10
8th Age Grouper	1:23:06	6:28:38	4:36:04	12:43:19
9th Age Grouper	1:06:05	6:17:56	5:06:34	12:49:12
10th Age Grouper	1:23:36	6:19:43	4:58:15	12:54:21
Kona Qualifier Average	1:10:40	5:22:45	3:41:15	10:22:41
Top 10 Age Grouper Average	1:15:37	5:58:19	4:20:13	11:44:46

F45-49 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:11:01	5:43:29	4:07:31	11:11:07
Average 2nd Age Grouper	1:16:23	5:49:08	4:11:52	11:28:48
Average 3rd Age Grouper	1:09:27	5:43:48	4:35:09	11:38:42
Average 4th Age Grouper	1:19:18	6:10:09	4:11:06	11:52:52
Average 5th Age Grouper	1:14:54	6:04:46	4:36:40	12:08:54
Average 6th Age Grouper	1:22:16	5:58:08	4:53:29	12:25:10
Average 7th Age Grouper	1:16:21	6:39:56	4:32:55	12:45:24
Average 8th Age Grouper	1:22:33	6:36:59	4:46:13	13:00:07
Average 9th Age Grouper	1:20:30	6:46:55	4:43:13	13:02:19
Average 10th Age Grouper	1:21:43	6:40:14	5:01:42	13:17:47
Kona Qualifier Average	1:13:42	5:46:18	4:09:41	11:19:57
Top 10 Age Grouper Average	1:17:26	6:13:21	4:33:59	12:17:07

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:00:59	5:38:08	4:07:10	10:52:57
2nd Age Grouper	1:12:52	5:50:47	3:54:29	11:07:34
3rd Age Grouper	1:13:13	5:26:39	4:23:09	11:11:51
4th Age Grouper	1:22:47	5:58:40	4:00:31	11:31:03
5th Age Grouper	1:11:37	5:34:07	4:40:03	11:33:31
6th Age Grouper	1:08:14	5:36:05	5:00:58	11:52:29
7th Age Grouper	1:20:11	6:30:40	4:17:03	12:21:18
8th Age Grouper	1:21:30	6:36:02	4:13:12	12:24:39
9th Age Grouper	1:23:40	6:32:13	4:20:19	12:25:23
10th Age Grouper	1:04:38	6:23:42	5:02:18	12:41:52
Kona Qualifier Average	1:06:55	5:44:27	4:00:49	11:00:15
Top 10 Age Grouper Average	1:13:58	6:00:42	4:23:55	11:48:15

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:15:55	5:52:50	3:41:32	11:01:34
2nd Age Grouper	1:12:10	5:34:30	4:25:25	11:23:44
3rd Age Grouper	1:11:32	5:58:03	4:24:07	11:42:36
4th Age Grouper	1:13:35	6:12:42	4:10:41	11:49:09
5th Age Grouper	1:16:14	6:01:59	4:28:30	12:01:52
6th Age Grouper	1:28:59	6:13:45	4:16:41	12:10:04
7th Age Grouper	1:16:08	6:35:55	4:24:47	12:34:33
8th Age Grouper	1:10:34	6:14:00	5:21:00	12:58:24
9th Age Grouper	1:10:32	6:49:20	4:52:02	13:03:37
10th Age Grouper	1:15:34	6:45:44	4:46:37	13:04:36
Kona Qualifier Average	1:14:02	5:43:40	4:03:28	11:12:39
Top 10 Age Grouper Average	1:15:07	6:13:52	4:29:08	12:11:00

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:16:10	5:39:29	4:33:51	11:38:50
2nd Age Grouper	1:24:09	6:02:08	4:15:44	11:55:07
3rd Age Grouper	1:03:38	5:46:42	4:58:13	12:01:39
4th Age Grouper	1:21:34	6:19:06	4:22:08	12:18:24
5th Age Grouper	1:16:51	6:38:14	4:41:28	12:51:21
6th Age Grouper	1:29:37	6:04:36	5:22:50	13:12:58
7th Age Grouper	1:12:44	6:53:13	4:56:57	13:20:21
8th Age Grouper	1:35:37	7:00:57	4:44:29	13:37:18
9th Age Grouper	1:27:18	6:59:12	4:57:20	13:37:57
10th Age Grouper	1:44:57	6:51:18	5:16:11	14:06:54
Kona Qualifier Average	1:20:09	5:50:48	4:24:47	11:46:58
Top 10 Age Grouper Average	1:23:15	6:25:29	4:48:55	12:52:04

F50-54 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:16:49	5:51:28	4:07:02	11:27:24
Average 2nd Age Grouper	1:15:25	5:58:16	4:17:07	11:41:44
Average 3rd Age Grouper	1:20:01	6:04:33	4:14:59	11:50:40
Average 4th Age Grouper	1:16:04	6:06:00	4:25:10	12:00:56
Average 5th Age Grouper	1:15:19	6:07:10	4:42:53	12:17:18
Average 6th Age Grouper	1:20:56	6:01:34	5:03:14	12:40:03
Average 7th Age Grouper	1:20:39	6:28:53	4:58:42	13:03:42
Average 8th Age Grouper	1:28:44	6:52:50	4:36:23	13:16:59
Average 9th Age Grouper	1:22:47	7:03:11	5:03:03	13:50:09
Average 10th Age Grouper	1:48:49	6:58:11	5:21:11	14:21:59
Kona Qualifier Average	1:16:49	5:51:28	4:07:02	11:27:24
Top 10 Age Grouper Average	1:22:33	6:21:12	4:40:58	12:39:05

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:13:20	5:27:01	4:11:09	11:02:48
2nd Age Grouper	1:25:10	5:58:18	3:54:27	11:29:41
3rd Age Grouper	1:19:58	6:03:41	4:03:32	11:38:33
4th Age Grouper	1:28:40	6:04:14	3:55:16	11:42:01
5th Age Grouper	1:13:58	5:57:47	4:33:11	11:57:12
6th Age Grouper	1:20:00	6:02:52	5:20:14	13:01:48
7th Age Grouper	1:20:01	6:31:10	5:12:30	13:24:25
8th Age Grouper	1:28:32	7:11:14	4:21:54	13:26:04
9th Age Grouper	1:29:12	7:05:40	4:34:00	13:32:09
10th Age Grouper	1:31:25	6:45:11	5:14:23	13:47:17
Kona Qualifier Average	1:13:20	5:27:01	4:11:09	11:02:48
Top 10 Age Grouper Average	1:23:01	6:18:42	4:32:03	12:30:11

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:09:33	5:48:11	3:58:44	11:04:24
2nd Age Grouper	1:08:38	6:02:39	3:54:15	11:15:39
3rd Age Grouper	1:24:17	5:51:02	3:53:29	11:21:28
4th Age Grouper	1:10:29	5:55:48	4:23:54	11:42:14
5th Age Grouper	1:10:06	6:10:30	4:39:09	12:11:40
6th Age Grouper	1:16:06	6:06:02	4:39:00	12:13:50
7th Age Grouper	1:20:01	6:15:23	4:45:28	12:33:39
8th Age Grouper	1:23:48	6:40:11	4:52:27	13:08:45
9th Age Grouper	1:23:23	6:36:52	5:40:11	14:00:45
10th Age Grouper	1:45:52	6:46:55	5:21:26	14:06:04
Kona Qualifier Average	1:09:33	5:48:11	3:58:44	11:04:24
Top 10 Age Grouper Average	1:19:13	6:13:21	4:36:48	12:21:50

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:27:34	6:19:13	4:11:13	12:15:01
2nd Age Grouper	1:12:28	5:53:53	5:02:41	12:19:54
3rd Age Grouper	1:15:49	6:18:57	4:47:58	12:32:00
4th Age Grouper	1:09:05	6:17:59	4:56:21	12:38:33
5th Age Grouper	1:21:55	6:13:13	4:56:19	12:43:02
6th Age Grouper	1:26:42	5:55:50	5:10:29	12:44:32
7th Age Grouper	1:21:55	6:40:06	4:58:09	13:13:03
8th Age Grouper	1:33:52	6:47:05	4:34:48	13:16:10
9th Age Grouper	1:15:47	7:27:02	4:55:00	13:57:35
10th Age Grouper	2:09:11	7:22:28	5:27:45	15:12:36
Kona Qualifier Average	1:27:34	6:19:13	4:11:13	12:15:01
Top 10 Age Grouper Average	1:25:25	6:31:34	4:54:04	13:05:14

F55-59 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:30:39	6:22:37	4:50:05	12:54:50
Average 2nd Age Grouper	1:27:49	5:59:05	5:17:11	12:55:10
Average 3rd Age Grouper	1:32:08	6:36:18	4:48:16	13:12:23
Average 4th Age Grouper	1:33:49	6:36:17	5:01:43	13:25:34
Average 5th Age Grouper	1:30:58	7:12:39	5:16:20	14:15:42
Average 6th Age Grouper	1:28:59	7:00:55	5:41:13	14:23:24
Average 7th Age Grouper	1:36:43	7:18:12	5:19:26	14:28:47
Average 8th Age Grouper	1:34:10	7:10:49	5:49:31	14:51:47
Average 9th Age Grouper	1:48:43	7:10:22	5:53:08	15:12:59
Average 10th Age Grouper	1:27:43	7:47:28	5:59:25	15:31:41
Kona Qualifier Average	1:30:39	6:22:37	4:50:05	12:54:50
Top 10 Age Grouper Average	1:33:03	6:53:54	5:22:02	14:03:47

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:10:01	5:57:12	3:54:50	11:09:57
2nd Age Grouper	1:29:34	6:00:09	5:27:59	13:09:01
3rd Age Grouper	1:29:30	6:46:42	4:34:13	13:10:54
4th Age Grouper	1:30:15	6:32:44	5:21:11	13:35:05
5th Age Grouper	1:23:49	7:36:05	5:23:29	14:39:42
6th Age Grouper	1:21:51	7:21:53	5:51:30	14:47:02
7th Age Grouper	1:23:21	7:33:39	5:37:49	14:48:31
8th Age Grouper	1:35:05	7:11:56	5:51:15	14:54:17
9th Age Grouper	1:37:36	7:07:27	6:00:14	15:10:29
10th Age Grouper	1:32:44	7:40:37	6:16:38	15:44:20
Kona Qualifier Average	1:10:01	5:57:12	3:54:50	11:09:57
Top 10 Age Grouper Average	1:27:22	6:58:50	5:25:54	14:06:55

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:03:29	6:03:18	4:42:25	12:02:08
2nd Age Grouper	1:26:05	5:58:02	5:06:24	12:41:19
3rd Age Grouper	1:34:46	6:25:55	5:02:19	13:13:52
4th Age Grouper	1:37:23	6:39:50	4:42:16	13:16:03
5th Age Grouper	1:38:07	6:49:14	5:09:12	13:51:43
6th Age Grouper	1:36:08	6:39:57	5:30:56	13:59:47
7th Age Grouper	1:50:06	7:02:46	5:01:03	14:09:03
8th Age Grouper	1:33:16	7:09:43	5:47:47	14:49:17
9th Age Grouper	1:59:51	7:13:18	5:46:03	15:15:29
10th Age Grouper	1:22:42	7:54:19	5:42:13	15:19:02
Kona Qualifier Average	1:03:29	6:03:18	4:42:25	12:02:08
Top 10 Age Grouper Average	1:34:11	6:47:38	5:15:03	13:51:46

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	2:18:27	7:07:23	5:53:01	15:32:26
Kona Qualifier Average	2:18:27	7:07:23	5:53:01	15:32:26

F60-64 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:32:21	7:08:27	5:29:50	14:27:40
Average 2nd Age Grouper	1:40:42	7:14:30	6:44:12	15:53:00
Kona Qualifier Average	1:32:21	7:08:27	5:29:50	14:27:40
Top 10 Age Grouper Average	1:35:41	7:10:52	5:59:35	15:01:48

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:15:21	6:34:54	4:33:38	12:37:10
2nd Age Grouper	1:41:46	6:46:21	6:33:27	15:09:06
Kona Qualifier Average	1:15:21	6:34:54	4:33:38	12:37:10
Top 10 Age Grouper Average	1:28:33	6:40:37	5:33:32	13:53:08

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:33:54	7:53:56	6:25:20	16:17:59
2nd Age Grouper	1:39:38	7:42:39	6:54:58	16:36:54
Kona Qualifier Average	1:33:54	7:53:56	6:25:20	16:17:59
Top 10 Age Grouper Average	1:36:46	7:48:17	6:40:09	16:27:26

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:47:49	6:56:32	5:30:33	14:27:51
Kona Qualifier Average	1:47:49	6:56:32	5:30:33	14:27:51

F65-69 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:41:31	7:04:13	5:32:01	14:38:35
Kona Qualifier Average	1:41:31	7:04:13	5:32:01	14:38:35

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:41:31	7:04:13	5:32:01	14:38:35
Kona Qualifier Average	1:41:31	7:04:13	5:32:01	14:38:35

M18-24 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:01:37	5:17:18	3:14:24	9:42:36
Average 2nd Age Grouper	0:59:45	5:10:46	4:09:06	10:26:08
Average 3rd Age Grouper	1:06:34	5:45:09	4:10:33	11:14:06
Average 4th Age Grouper	1:03:36	5:35:57	4:34:28	11:24:01
Average 5th Age Grouper	1:09:53	5:28:08	5:18:10	12:07:06
Average 6th Age Grouper	1:12:17	6:05:44	4:56:45	12:27:10
Average 7th Age Grouper	1:29:56	6:08:09	4:59:03	12:52:02
Average 8th Age Grouper	1:10:08	6:47:33	4:28:02	12:38:17
Average 9th Age Grouper	1:24:07	6:29:29	5:00:35	13:10:12
Average 10th Age Grouper	1:19:50	6:43:08	6:08:48	14:29:25
Kona Qualifier Average	1:01:37	5:17:18	3:14:24	9:42:36
Top 10 Age Grouper Average	1:11:05	5:52:22	4:38:36	11:53:54

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:14:59	5:50:11	2:53:52	10:13:11
2nd Age Grouper	1:12:25	5:25:48	4:48:00	11:33:36
3rd Age Grouper	1:11:29	5:51:27	4:26:55	11:47:15
4th Age Grouper	1:10:59	5:52:10	4:33:01	11:49:24
5th Age Grouper	1:06:26	5:36:05	4:52:07	11:52:29
6th Age Grouper	1:03:08	6:01:01	4:57:12	12:08:16
7th Age Grouper	1:19:49	5:56:44	4:38:22	12:08:44
8th Age Grouper	1:14:34	7:21:49	4:31:27	13:19:10
9th Age Grouper	1:34:08	7:08:51	4:56:25	13:57:07
10th Age Grouper	1:19:44	7:36:19	6:58:35	16:18:20
Kona Qualifier Average	1:14:59	5:50:11	2:53:52	10:13:11
Top 10 Age Grouper Average	1:14:46	6:16:02	4:45:35	12:30:45

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	0:59:53	4:54:21	3:05:58	9:06:21
2nd Age Grouper	0:53:38	5:10:10	3:46:12	9:56:32
3rd Age Grouper	1:02:18	5:18:24	3:34:05	10:01:05
4th Age Grouper	1:00:15	5:01:39	4:09:19	10:16:41
5th Age Grouper	0:57:03	5:14:42	5:06:17	11:24:00
6th Age Grouper	1:01:03	5:32:38	4:52:44	11:37:20
7th Age Grouper	1:57:44	5:45:52	3:57:21	11:51:39
8th Age Grouper	1:05:43	6:13:17	4:24:38	11:57:25
9th Age Grouper	1:14:07	5:50:07	5:04:45	12:23:17
10th Age Grouper	1:19:57	5:49:57	5:19:02	12:40:31
Kona Qualifier Average	0:59:53	4:54:21	3:05:58	9:06:21
Top 10 Age Grouper Average	1:09:10	5:29:06	4:20:02	11:07:29

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	0:50:00	5:07:23	3:43:22	9:48:16
2nd Age Grouper	0:53:13	4:56:22	3:53:06	9:48:16
3rd Age Grouper	1:05:57	6:05:37	4:30:39	11:53:58
4th Age Grouper	0:59:34	5:54:04	5:01:05	12:05:58
5th Age Grouper	1:26:12	5:33:38	5:56:06	13:04:50
6th Age Grouper	1:32:40	6:43:35	5:00:21	13:35:54
7th Age Grouper	1:12:17	6:41:52	6:21:27	14:35:45
Kona Qualifier Average	0:50:00	5:07:23	3:43:22	9:48:16
Top 10 Age Grouper Average	1:08:33	5:51:47	4:55:09	12:07:33

M25-29 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	0:57:31	4:56:55	3:11:29	9:11:19
Average 2nd Age Grouper	0:57:56	5:01:14	3:20:14	9:24:09
Average 3rd Age Grouper	1:04:44	5:08:21	3:14:28	9:34:27
Average 4th Age Grouper	1:02:52	4:57:30	3:32:41	9:39:52
Average 5th Age Grouper	1:00:33	5:08:19	3:32:08	9:47:04
Average 6th Age Grouper	1:00:52	5:16:21	3:33:55	9:56:41
Average 7th Age Grouper	1:00:21	5:14:39	3:46:12	10:09:46
Average 8th Age Grouper	1:02:28	5:21:54	3:38:45	10:10:48
Average 9th Age Grouper	1:04:58	5:08:30	3:52:01	10:13:14
Average 10th Age Grouper	1:04:49	5:19:03	3:46:10	10:16:18
Kona Qualifier Average	0:57:41	4:59:04	3:15:52	9:17:44
Top 10 Age Grouper Average	1:01:50	5:09:16	3:32:48	9:50:22

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	0:56:42	4:55:34	3:01:06	8:56:43
2nd Age Grouper	0:59:14	4:55:45	3:02:30	9:02:47
3rd Age Grouper	1:01:37	4:57:23	3:19:32	9:23:43
4th Age Grouper	1:05:02	4:50:14	3:25:34	9:25:33
5th Age Grouper	0:52:16	4:59:24	3:35:13	9:32:17
6th Age Grouper	0:53:25	5:21:19	3:20:32	9:39:46
7th Age Grouper	0:56:48	5:06:01	3:36:34	9:44:31
8th Age Grouper	0:55:43	5:00:32	3:41:27	9:44:32
9th Age Grouper	0:56:37	5:04:36	3:36:00	9:45:48
10th Age Grouper	1:01:17	5:07:28	3:33:04	9:47:52
Kona Qualifier Average	0:57:58	4:55:39	3:01:48	8:59:45
Top 10 Age Grouper Average	0:57:52	5:01:49	3:25:09	9:30:21

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	0:54:02	4:56:00	3:17:46	9:14:49
2nd Age Grouper	0:56:39	5:04:48	3:23:14	9:30:25
3rd Age Grouper	0:59:47	5:13:42	3:15:25	9:36:21
4th Age Grouper	1:00:45	5:08:05	3:24:34	9:40:19
5th Age Grouper	0:55:07	5:14:46	3:23:55	9:40:33
6th Age Grouper	1:06:05	5:04:29	3:38:49	9:55:08
7th Age Grouper	1:09:07	5:23:50	3:46:02	10:26:02
8th Age Grouper	1:02:02	5:25:44	3:51:53	10:27:55
9th Age Grouper	1:12:57	5:14:10	3:54:07	10:28:49
10th Age Grouper	1:00:35	5:27:50	3:58:01	10:31:19
Kona Qualifier Average	0:55:20	5:00:24	3:20:30	9:22:37
Top 10 Age Grouper Average	1:01:42	5:13:20	3:35:22	9:57:10

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:01:51	4:59:12	3:15:36	9:22:25
2nd Age Grouper		5:03:09	3:35:00	9:39:17
3rd Age Grouper	1:12:50	5:13:59	3:08:27	9:43:19
4th Age Grouper	1:02:51	4:54:13	3:47:55	9:53:45
5th Age Grouper	1:14:17	5:10:48	3:37:16	10:08:24
6th Age Grouper	1:03:07	5:23:16	3:42:24	10:15:10
7th Age Grouper	0:55:09	5:14:08	3:56:01	10:18:47
8th Age Grouper	1:09:41	5:39:26	3:22:57	10:19:57
9th Age Grouper	1:05:20	5:06:44	4:05:58	10:25:07
10th Age Grouper	1:12:37	5:21:51	3:47:27	10:29:44
Kona Qualifier Average	1:01:51	5:01:10	3:25:18	9:30:51
Top 10 Age Grouper Average	1:06:24	5:12:40	3:37:54	10:03:35

M30-34 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	0:53:24	4:50:50	3:12:24	9:01:53
Average 2nd Age Grouper	1:01:01	5:00:30	3:15:00	9:21:43
Average 3rd Age Grouper	1:03:18	4:58:17	3:17:26	9:24:22
Average 4th Age Grouper	1:03:32	5:04:20	3:12:36	9:27:21
Average 5th Age Grouper	0:57:32	4:59:53	3:25:07	9:28:40
Average 6th Age Grouper	1:02:33	4:57:19	3:25:40	9:31:41
Average 7th Age Grouper	0:59:39	5:02:24	3:23:36	9:33:04
Average 8th Age Grouper	1:04:27	5:03:02	3:25:37	9:38:50
Average 9th Age Grouper	1:00:04	4:58:33	3:39:49	9:43:44
Average 10th Age Grouper	1:04:02	5:05:24	3:30:10	9:46:10
Kona Qualifier Average	0:59:14	4:56:32	3:14:57	9:15:59
Top 10 Age Grouper Average	1:00:57	5:00:03	3:22:44	9:29:44

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	0:55:50	4:55:33	3:15:49	9:12:18
2nd Age Grouper	1:02:46	4:49:08	3:17:14	9:13:13
3rd Age Grouper	1:03:32	4:52:16	3:14:33	9:14:40
4th Age Grouper	0:57:56	5:01:29	3:10:36	9:15:17
5th Age Grouper	1:00:28	4:51:47	3:19:15	9:16:23
6th Age Grouper	1:03:34	4:51:12	3:16:43	9:17:39
7th Age Grouper	1:01:19	4:53:26	3:19:35	9:20:53
8th Age Grouper	1:04:50	5:04:11	3:13:48	9:27:54
9th Age Grouper	0:51:09	4:47:04	3:52:29	9:34:33
10th Age Grouper	1:05:43	5:07:07	3:17:15	9:36:41
Kona Qualifier Average	1:00:42	4:52:19	3:15:52	9:13:23
Top 10 Age Grouper Average	1:00:42	4:55:19	3:19:43	9:20:57

Cairns 2013

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

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	0:49:13	4:41:28	3:08:21	8:44:03
2nd Age Grouper	1:00:37	5:02:26	3:16:32	9:25:40
3rd Age Grouper	1:04:53	5:00:25	3:16:24	9:28:17
4th Age Grouper	1:12:43	5:02:51	3:08:45	9:32:48
5th Age Grouper	0:57:35	4:59:50	3:31:32	9:34:33
6th Age Grouper	0:59:08	4:59:43	3:36:59	9:42:10
7th Age Grouper	1:02:28	5:01:51	3:30:13	9:42:37
8th Age Grouper	1:04:00	5:07:24	3:30:47	9:49:32
9th Age Grouper	1:05:46	5:07:36	3:38:04	9:57:24
10th Age Grouper	0:57:31	5:03:30	3:51:17	9:58:20
Kona Qualifier Average	0:58:14	4:54:46	3:13:45	9:12:40
Top 10 Age Grouper Average	1:01:23	5:00:42	3:26:53	9:35:32

M35-39 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	0:59:24	4:53:13	3:10:35	9:08:13
Average 2nd Age Grouper	0:57:45	4:56:44	3:17:45	9:18:24
Average 3rd Age Grouper	1:01:28	4:59:51	3:14:09	9:21:12
Average 4th Age Grouper	0:59:08	4:54:40	3:26:48	9:27:23
Average 5th Age Grouper	1:01:39	5:01:32	3:20:47	9:29:57
Average 6th Age Grouper	0:59:47	5:04:50	3:20:43	9:34:01
Average 7th Age Grouper	1:01:33	4:59:44	3:28:26	9:36:18
Average 8th Age Grouper	0:59:01	5:03:00	3:28:11	9:37:03
Average 9th Age Grouper	1:03:23	5:00:05	3:29:11	9:39:46
Average 10th Age Grouper	1:02:42	5:04:21	3:29:58	9:43:11
Kona Qualifier Average	0:59:26	4:56:07	3:17:19	9:18:48
Top 10 Age Grouper Average	1:00:35	4:59:48	3:22:39	9:29:33

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:04:00	4:48:16	3:14:07	9:11:37
2nd Age Grouper	1:01:18	4:55:22	3:13:06	9:16:48
3rd Age Grouper	1:06:22	5:07:18	3:02:58	9:22:17
4th Age Grouper	1:01:15	4:53:12	3:21:35	9:22:40
5th Age Grouper	0:56:57	5:01:54	3:21:44	9:25:29
6th Age Grouper	1:08:45	5:03:39	3:03:23	9:26:28
7th Age Grouper	1:06:07	5:01:33	3:15:08	9:27:21
8th Age Grouper	1:03:40	5:04:48	3:12:35	9:28:04
9th Age Grouper	1:04:59	4:56:46	3:21:19	9:29:51
10th Age Grouper	1:01:10	4:53:37	3:29:53	9:29:56
Kona Qualifier Average	1:03:13	4:56:02	3:12:56	9:18:20
Top 10 Age Grouper Average	1:03:27	4:58:38	3:15:34	9:24:03

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	0:56:32	5:03:08	2:59:36	9:03:23
2nd Age Grouper	0:54:01	4:56:10	3:25:18	9:20:39
3rd Age Grouper	1:04:47	4:55:55	3:15:01	9:21:56
4th Age Grouper	0:55:22	4:48:54	3:34:51	9:24:54
5th Age Grouper	1:04:12	5:06:15	3:12:00	9:28:56
6th Age Grouper	0:55:22	5:00:13	3:26:08	9:30:02
7th Age Grouper	0:55:36	4:56:10	3:37:35	9:35:22
8th Age Grouper	0:57:38	5:02:29	3:29:39	9:36:46
9th Age Grouper	1:06:03	5:02:18	3:25:53	9:40:46
10th Age Grouper	1:01:16	5:06:52	3:28:45	9:43:39
Kona Qualifier Average	0:57:40	4:56:01	3:18:41	9:17:43
Top 10 Age Grouper Average	0:59:04	4:59:50	3:23:28	9:28:38

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	0:57:40	4:48:16	3:18:04	9:09:40
2nd Age Grouper	0:57:57	4:58:42	3:14:53	9:17:47
3rd Age Grouper	0:53:15	4:56:20	3:24:29	9:19:24
4th Age Grouper	1:00:48	5:01:55	3:23:58	9:34:37
5th Age Grouper	1:03:49	4:56:29	3:28:37	9:35:28
6th Age Grouper	0:55:15	5:10:39	3:32:39	9:45:35
7th Age Grouper	1:02:58	5:01:30	3:32:36	9:46:13
8th Age Grouper	0:55:47	5:01:43	3:42:19	9:46:21
9th Age Grouper	0:59:07	5:01:12	3:40:22	9:48:43
10th Age Grouper	1:05:40	5:12:35	3:31:18	9:56:00
Kona Qualifier Average	0:57:25	4:56:18	3:20:21	9:20:22
Top 10 Age Grouper Average	0:59:13	5:00:56	3:28:55	9:35:58

M40-44 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	0:58:57	4:50:27	3:22:30	9:18:04
Average 2nd Age Grouper	0:57:47	4:55:44	3:23:27	9:26:44
Average 3rd Age Grouper	1:05:02	5:00:28	3:22:00	9:34:01
Average 4th Age Grouper	1:02:55	5:03:45	3:25:40	9:39:46
Average 5th Age Grouper	1:07:20	4:55:54	3:30:53	9:40:57
Average 6th Age Grouper	1:04:33	4:59:56	3:32:30	9:43:50
Average 7th Age Grouper	0:58:29	5:03:44	3:38:18	9:46:43
Average 8th Age Grouper	0:58:52	5:09:55	3:32:20	9:49:23
Average 9th Age Grouper	1:02:43	5:15:18	3:31:25	9:58:24
Average 10th Age Grouper	1:07:58	5:05:49	3:36:57	9:59:49
Kona Qualifier Average	1:01:10	4:57:36	3:23:24	9:29:38
Top 10 Age Grouper Average	1:02:27	5:02:06	3:29:36	9:41:46

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	0:55:41	4:54:50	3:08:43	9:05:24
2nd Age Grouper	0:55:37	4:53:40	3:14:10	9:10:23
3rd Age Grouper	1:01:11	4:50:27	3:24:01	9:20:33
4th Age Grouper	1:01:11	4:50:45	3:29:13	9:27:18
5th Age Grouper	0:58:37	4:54:26	3:30:44	9:28:11
6th Age Grouper	1:05:23	4:56:24	3:24:34	9:32:20
7th Age Grouper	1:05:08	4:58:49	3:23:00	9:32:53
8th Age Grouper	0:59:18	4:51:03	3:37:21	9:33:59
9th Age Grouper	1:01:28	5:04:26	3:24:00	9:37:58
10th Age Grouper	1:01:27	4:52:24	3:38:23	9:38:37
Kona Qualifier Average	0:58:25	4:52:25	3:19:01	9:15:54
Top 10 Age Grouper Average	1:00:30	4:54:43	3:25:24	9:26:45

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	0:51:39	4:34:35	3:43:52	9:16:13
2nd Age Grouper	1:02:37	4:45:53	3:29:00	9:29:18
3rd Age Grouper	1:11:42	5:04:26	3:16:44	9:40:54
4th Age Grouper	1:03:38	5:18:35	3:17:03	9:47:36
5th Age Grouper	1:12:26	4:53:28	3:34:58	9:49:36
6th Age Grouper	0:59:18	5:00:36	3:45:46	9:52:13
7th Age Grouper	0:55:12	5:08:58	3:48:00	9:59:02
8th Age Grouper	0:59:29	5:30:20	3:27:02	10:04:50
9th Age Grouper	0:59:03	5:25:58	3:30:29	10:05:05
10th Age Grouper	1:17:11	5:02:46	3:35:21	10:06:11
Kona Qualifier Average	1:02:24	4:55:52	3:26:39	9:33:30
Top 10 Age Grouper Average	1:03:13	5:04:33	3:32:49	9:49:05

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:09:32	5:01:56	3:14:56	9:32:35
2nd Age Grouper	0:55:08	5:07:39	3:27:13	9:40:33
3rd Age Grouper	1:02:14	5:06:32	3:25:15	9:40:36
4th Age Grouper	1:03:56	5:01:56	3:30:46	9:44:24
5th Age Grouper	1:10:57	4:59:48	3:26:58	9:45:05
6th Age Grouper	1:08:58	5:02:50	3:27:10	9:46:57
7th Age Grouper	0:55:09	5:03:27	3:43:54	9:48:15
8th Age Grouper	0:57:49	5:08:22	3:32:37	9:49:22
9th Age Grouper	1:07:39	5:15:31	3:39:47	10:12:09
10th Age Grouper	1:05:18	5:22:18	3:37:09	10:14:40
Kona Qualifier Average	1:02:42	5:04:30	3:24:32	9:39:32
Top 10 Age Grouper Average	1:03:40	5:07:01	3:30:34	9:49:27

M45-49 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:02:39	5:03:11	3:25:24	9:39:54
Average 2nd Age Grouper	1:05:48	5:04:27	3:24:20	9:43:05
Average 3rd Age Grouper	0:59:43	5:15:43	3:29:32	9:52:02
Average 4th Age Grouper	0:57:11	5:23:54	3:32:14	10:00:49
Average 5th Age Grouper	1:06:32	5:13:00	3:36:02	10:04:52
Average 6th Age Grouper	1:04:33	5:15:16	3:43:05	10:10:04
Average 7th Age Grouper	1:14:55	5:10:02	3:41:15	10:13:23
Average 8th Age Grouper	1:04:51	5:27:44	3:36:38	10:20:09
Average 9th Age Grouper	1:07:03	5:14:13	3:51:18	10:22:42
Average 10th Age Grouper	1:05:15	5:18:19	3:51:54	10:23:54
Kona Qualifier Average	1:02:43	5:07:47	3:26:25	9:45:00
Top 10 Age Grouper Average	1:04:51	5:14:35	3:37:10	10:05:05

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:01:04	4:48:58	3:17:43	9:18:23
2nd Age Grouper	1:02:14	4:59:48	3:16:05	9:24:18
3rd Age Grouper	1:04:13	5:02:38	3:19:38	9:32:31
4th Age Grouper	1:04:34	5:12:10	3:09:38	9:34:08
5th Age Grouper	1:01:14	4:54:24	3:34:41	9:36:01
6th Age Grouper	0:56:41	4:55:24	3:43:33	9:39:56
7th Age Grouper	1:04:12	4:55:56	3:33:17	9:40:16
8th Age Grouper	0:55:55	5:12:46	3:34:31	9:51:11
9th Age Grouper	1:03:17	5:19:00	3:22:29	9:51:33
10th Age Grouper	0:57:13	5:20:25	3:26:23	9:51:51
Kona Qualifier Average	1:02:30	4:57:08	3:17:48	9:25:04
Top 10 Age Grouper Average	1:01:03	5:04:08	3:25:47	9:38:00

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:03:36	5:10:49	3:29:51	9:50:57
2nd Age Grouper	1:06:41	5:13:20	3:25:52	9:53:41
3rd Age Grouper	0:51:36	5:18:56	3:46:00	10:04:30
4th Age Grouper	0:57:14	5:40:12	3:27:24	10:12:05
5th Age Grouper	1:05:56	5:11:13	3:51:45	10:19:00
6th Age Grouper	1:13:29	5:24:04	3:33:58	10:20:14
7th Age Grouper	1:15:41	5:18:03	3:39:33	10:21:00
8th Age Grouper	1:01:55	5:26:21	3:40:33	10:21:22
9th Age Grouper	1:07:46	5:14:56	3:49:56	10:22:40
10th Age Grouper	1:12:50	5:07:43	3:58:22	10:25:22
Kona Qualifier Average	1:00:37	5:14:21	3:33:54	9:56:22
Top 10 Age Grouper Average	1:05:40	5:18:33	3:40:19	10:13:05

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:03:19	5:09:46	3:28:40	9:50:23
2nd Age Grouper	1:08:30	5:00:15	3:31:03	9:51:16
3rd Age Grouper	1:03:21	5:25:37	3:22:58	9:59:05
4th Age Grouper	0:49:45	5:19:21	3:59:41	10:16:14
5th Age Grouper	1:12:28	5:33:25	3:21:40	10:19:37
6th Age Grouper	1:03:31	5:26:21	3:51:46	10:30:04
7th Age Grouper	1:24:52	5:16:07	3:50:56	10:38:54
8th Age Grouper	1:16:43	5:44:06	3:34:52	10:47:55
9th Age Grouper	1:10:08	5:08:44	4:21:29	10:53:53
10th Age Grouper	1:05:44	5:26:50	4:10:58	10:54:30
Kona Qualifier Average	1:05:03	5:11:52	3:27:33	9:53:34
Top 10 Age Grouper Average	1:07:50	5:21:03	3:45:24	10:24:11

M50-54 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	0:59:20	4:53:27	3:24:11	9:22:38
Average 2nd Age Grouper	1:08:52	5:00:46	3:25:03	9:42:38
Average 3rd Age Grouper	1:04:03	5:20:19	3:16:46	9:48:49
Average 4th Age Grouper	1:09:38	5:10:19	3:30:24	9:56:47
Average 5th Age Grouper	1:12:57	5:14:19	3:46:28	10:22:52
Average 6th Age Grouper	1:07:02	5:26:30	3:45:28	10:27:17
Average 7th Age Grouper	1:17:01	5:13:09	3:51:18	10:31:02
Average 8th Age Grouper	1:09:13	5:23:14	4:01:27	10:44:30
Average 9th Age Grouper	1:08:59	5:30:21	3:58:35	10:46:53
Average 10th Age Grouper	1:13:36	5:25:24	3:59:34	10:48:26
Kona Qualifier Average	1:04:06	4:57:07	3:24:37	9:32:38
Top 10 Age Grouper Average	1:09:04	5:15:47	3:41:55	10:15:11

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:07:52	5:01:40	3:05:07	9:19:48
2nd Age Grouper	1:04:21	5:04:00	3:13:08	9:28:26
3rd Age Grouper	0:52:19	5:13:11	3:24:25	9:36:16
4th Age Grouper	1:08:25	5:00:57	3:26:18	9:40:19
5th Age Grouper	1:07:59	5:08:40	3:49:49	10:13:24
6th Age Grouper	1:03:57	5:22:07	3:41:25	10:13:29
7th Age Grouper	1:19:50	5:09:46	3:41:06	10:18:10
8th Age Grouper	1:08:32	5:12:26	4:11:38	10:42:25
9th Age Grouper	1:09:22	5:34:05	3:50:01	10:43:29
10th Age Grouper	1:22:55	5:10:57	4:00:30	10:43:40
Kona Qualifier Average	1:06:06	5:02:50	3:09:07	9:24:07
Top 10 Age Grouper Average	1:08:33	5:11:46	3:38:20	10:05:56

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	0:55:30	4:47:15	3:34:50	9:24:01
2nd Age Grouper	1:05:13	4:55:38	3:23:39	9:30:21
3rd Age Grouper	1:03:35	5:17:08	3:06:40	9:35:28
4th Age Grouper	1:10:07	5:05:24	3:22:27	9:44:15
5th Age Grouper	1:27:35	5:14:43	3:25:59	10:19:37
6th Age Grouper	1:15:39	5:31:25	3:30:38	10:26:30
7th Age Grouper	1:18:38	5:25:18	3:34:39	10:28:46
8th Age Grouper	1:10:11	5:31:46	3:52:54	10:42:12
9th Age Grouper	1:01:00	5:21:42	4:12:05	10:42:33
10th Age Grouper	1:07:55	5:28:30	3:57:25	10:42:56
Kona Qualifier Average	1:00:21	4:51:26	3:29:14	9:27:11
Top 10 Age Grouper Average	1:09:32	5:15:52	3:36:07	10:09:39

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	0:54:40	4:51:28	3:32:38	9:24:07
2nd Age Grouper	1:17:04	5:02:41	3:38:22	10:09:07
3rd Age Grouper	1:16:17	5:30:40	3:19:13	10:14:45
4th Age Grouper	1:10:24	5:24:38	3:42:29	10:25:48
5th Age Grouper	1:03:19	5:19:34	4:03:37	10:35:35
6th Age Grouper	1:01:32	5:25:58	4:04:23	10:41:54
7th Age Grouper	1:12:36	5:04:23	4:18:10	10:46:11
8th Age Grouper	1:08:56	5:25:31	3:59:50	10:48:55
9th Age Grouper	1:16:36	5:35:18	3:53:40	10:54:37
10th Age Grouper	1:10:00	5:36:45	4:00:48	10:58:44
Kona Qualifier Average	1:05:52	4:57:04	3:35:30	9:46:37
Top 10 Age Grouper Average	1:09:08	5:19:41	3:51:19	10:29:58

M55-59 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:03:48	5:18:20	3:48:59	10:20:16
Average 2nd Age Grouper	1:11:32	5:23:22	3:52:27	10:36:38
Average 3rd Age Grouper	1:12:19	5:33:03	3:53:37	10:50:52
Average 4th Age Grouper	1:13:06	5:43:30	3:58:49	11:04:48
Average 5th Age Grouper	1:13:09	5:32:32	4:26:59	11:22:51
Average 6th Age Grouper	1:11:38	5:41:21	4:27:00	11:31:19
Average 7th Age Grouper	1:12:22	5:43:19	4:23:02	11:32:59
Average 8th Age Grouper	1:01:09	5:45:22	4:40:15	11:38:58
Average 9th Age Grouper	1:14:22	5:49:55	4:25:58	11:41:44
Average 10th Age Grouper	1:24:47	6:05:49	4:03:49	11:46:42
Kona Qualifier Average	1:07:40	5:20:51	3:50:43	10:28:27
Top 10 Age Grouper Average	1:11:49	5:39:39	4:12:05	11:14:42

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	0:56:57	4:56:36	3:39:10	9:37:15
2nd Age Grouper	1:07:50	5:16:07	3:38:04	10:09:46
3rd Age Grouper	1:04:45	5:20:57	3:40:25	10:16:24
4th Age Grouper	1:13:41	5:14:22	3:50:56	10:27:01
5th Age Grouper	1:14:23	5:34:41	3:45:23	10:41:01
6th Age Grouper	1:08:23	5:43:57	3:36:46	10:43:18
7th Age Grouper	1:09:55	5:18:53	4:04:54	10:44:14
8th Age Grouper	1:04:52	5:24:14	4:12:35	10:50:55
9th Age Grouper	1:08:21	5:40:16	3:55:44	10:54:19
10th Age Grouper	1:13:41	5:38:37	3:57:18	10:59:15
Kona Qualifier Average	1:02:23	5:06:21	3:38:37	9:53:30
Top 10 Age Grouper Average	1:08:16	5:24:52	3:50:07	10:32:20

Cairns 2013

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

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:10:02	5:30:40	3:46:56	10:40:54
2nd Age Grouper	1:18:07	5:22:42	4:01:12	10:52:11
3rd Age Grouper	1:10:57	5:40:43	4:00:35	11:04:12
4th Age Grouper	1:05:48	5:41:06	4:11:03	11:06:43
5th Age Grouper	1:10:40	5:40:52	4:37:29	11:43:24
6th Age Grouper	1:09:55	5:39:12	4:57:03	11:57:13
7th Age Grouper	1:18:01	6:03:24	4:17:13	12:01:05
8th Age Grouper	0:58:44	5:58:24	4:50:58	12:04:42
9th Age Grouper	1:18:12	5:44:00	4:55:13	12:08:52
10th Age Grouper	1:34:10	6:20:56	4:03:43	12:08:59
Kona Qualifier Average	1:14:04	5:26:41	3:54:04	10:46:32
Top 10 Age Grouper Average	1:13:27	5:46:11	4:22:08	11:34:49

M60-64 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:06:38	5:43:44	4:13:53	11:15:09
Average 2nd Age Grouper	1:20:55	5:50:40	4:23:12	11:45:41
Average 3rd Age Grouper	1:22:48	6:05:19	4:14:53	11:58:11
Average 4th Age Grouper	1:40:15	6:12:12	4:27:11	12:33:39
Average 5th Age Grouper	1:22:39	6:04:53	5:08:10	12:52:37
Average 6th Age Grouper	1:34:04	6:19:50	4:52:00	12:59:15
Average 7th Age Grouper	1:31:45	6:12:47	5:06:31	13:02:58
Average 8th Age Grouper	1:23:26	6:11:29	5:28:24	13:16:41
Average 9th Age Grouper	1:29:22	6:15:24	5:29:22	13:28:47
Average 10th Age Grouper	1:18:02	6:21:01	4:41:09	12:30:00
Kona Qualifier Average	1:13:46	5:47:12	4:18:32	11:30:25
Top 10 Age Grouper Average	1:25:14	6:07:16	4:48:44	12:34:27

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:06:03	5:15:18	3:59:20	10:27:56
2nd Age Grouper	1:20:24	5:41:20	3:37:40	10:47:55
3rd Age Grouper	1:09:03	5:37:50	3:52:45	10:50:41
4th Age Grouper	1:19:19	5:31:11	4:08:26	11:09:11
5th Age Grouper	1:12:34	5:37:54	4:29:54	11:30:06
6th Age Grouper	1:20:49	5:31:54	4:29:54	11:31:19
7th Age Grouper	1:06:53	5:38:02	4:39:25	11:32:43
8th Age Grouper	1:08:38	5:51:43	4:34:50	11:45:10
9th Age Grouper	1:24:05	5:29:30	4:41:27	11:47:35
10th Age Grouper	1:12:12	6:24:09	4:09:17	11:53:18
Kona Qualifier Average	1:13:13	5:28:19	3:48:30	10:37:55
Top 10 Age Grouper Average	1:14:00	5:39:53	4:16:17	11:19:35

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:08:34	5:54:29	4:08:37	11:26:03
2nd Age Grouper	1:15:48	5:57:40	4:14:16	11:40:00
3rd Age Grouper	1:23:07	6:11:00	3:56:23	11:44:52
4th Age Grouper	1:18:54	5:54:41	4:34:22	12:00:55
5th Age Grouper	1:23:13	6:00:00	4:30:11	12:07:11
6th Age Grouper	1:27:36	6:10:37	4:23:19	12:15:14
7th Age Grouper	1:40:09	5:46:11	4:38:27	12:15:40
8th Age Grouper	1:28:45	6:03:14	4:41:38	12:25:26
9th Age Grouper	1:12:18	5:50:50	5:35:46	12:50:55
10th Age Grouper	1:23:52	6:17:53	5:13:01	13:06:43
Kona Qualifier Average	1:12:11	5:56:04	4:11:26	11:33:01
Top 10 Age Grouper Average	1:22:13	6:00:39	4:35:36	12:11:17

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:05:17	6:01:27	4:33:43	11:51:30
2nd Age Grouper	1:26:33	5:53:01	5:17:40	12:49:09
3rd Age Grouper	1:36:14	6:27:07	4:55:32	13:19:01
4th Age Grouper	2:22:33	7:10:45	4:38:46	14:30:53
5th Age Grouper	1:32:11	6:36:45	6:24:27	15:00:34
6th Age Grouper	1:53:49	7:17:01	5:42:49	15:11:12
7th Age Grouper	1:48:13	7:14:08	6:01:43	15:20:32
8th Age Grouper	1:32:56	6:39:30	7:08:44	15:39:28
9th Age Grouper	1:51:44	7:25:52	6:10:54	15:47:51
Kona Qualifier Average	1:15:55	5:57:14	4:55:41	12:20:19
Top 10 Age Grouper Average	1:41:03	6:45:04	5:39:22	14:23:21

M65-69 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:28:43	6:18:45	5:30:05	13:31:39
Average 2nd Age Grouper	1:44:46	6:42:38	5:15:35	13:58:53
Average 3rd Age Grouper	1:18:02	6:27:32	6:02:24	14:08:34
Average 4th Age Grouper	1:43:15	6:44:57	5:34:47	14:22:18
Average 5th Age Grouper	1:38:54	7:15:56	5:26:55	14:41:33
Average 6th Age Grouper	1:19:47	6:48:35	6:28:37	14:53:11
Average 7th Age Grouper	1:38:27	7:15:36	4:43:34	15:26:12
Average 8th Age Grouper	1:41:47	6:57:54	5:26:43	14:21:46
Average 9th Age Grouper	1:33:41	6:47:43	6:15:06	14:57:14
Average 10th Age Grouper	1:20:27	6:59:46	6:25:38	14:57:56
Kona Qualifier Average	1:28:43	6:18:45	5:30:05	13:31:39
Top 10 Age Grouper Average	1:33:04	6:46:03	5:41:32	14:23:57

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:22:25	6:06:47	4:58:36	12:40:56
2nd Age Grouper	1:17:48	5:55:57	5:29:26	12:56:35
3rd Age Grouper	1:13:05	6:06:29	5:27:06	13:10:35
4th Age Grouper	1:29:40	6:37:18	4:52:49	13:11:13
5th Age Grouper	1:38:37	7:02:46	4:45:31	13:46:29
6th Age Grouper	1:13:12	6:34:53	6:00:10	14:01:43
7th Age Grouper	1:58:37	7:16:40	4:43:34	14:13:54
8th Age Grouper	1:41:47	6:57:54	5:26:43	14:21:46
9th Age Grouper	1:33:41	6:47:43	6:15:06	14:57:14
10th Age Grouper	1:20:27	6:59:46	6:25:38	14:57:56
Kona Qualifier Average	1:22:25	6:06:47	4:58:36	12:40:56
Top 10 Age Grouper Average	1:28:55	6:38:37	5:26:27	13:49:50

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:52:32	6:42:12	5:15:22	14:02:25
2nd Age Grouper	2:02:42	7:14:01	4:30:20	14:03:15
3rd Age Grouper	1:10:54	6:42:58	6:00:57	14:12:45
4th Age Grouper	1:33:49	6:36:36	6:15:53	14:43:09
5th Age Grouper	1:39:12	7:29:06	6:08:20	15:36:37
6th Age Grouper	1:26:23	7:02:17	6:57:04	15:44:39
7th Age Grouper	1:18:18	7:14:32		16:38:31
Kona Qualifier Average	1:52:32	6:42:12	5:15:22	14:02:25
Top 10 Age Grouper Average	1:34:50	7:00:14	5:51:19	15:00:11

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:11:14	6:07:16	6:16:19	13:51:36
2nd Age Grouper	1:53:48	6:57:57	5:47:00	14:56:51
3rd Age Grouper	1:30:08	6:33:09	6:39:10	15:02:22
4th Age Grouper	2:06:16	7:00:57	5:35:39	15:12:32
Kona Qualifier Average	1:11:14	6:07:16	6:16:19	13:51:36
Top 10 Age Grouper Average	1:40:21	6:39:49	6:04:32	14:45:50

M70-74 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:33:17	6:39:20	5:36:27	14:06:37
Average 2nd Age Grouper	1:34:04	7:38:56	6:11:46	15:49:05
Average 3rd Age Grouper	1:53:20	8:05:50	6:41:15	16:56:11
Kona Qualifier Average	1:33:17	6:39:20	5:36:27	14:06:37
Top 10 Age Grouper Average	1:39:14	7:21:04	6:05:03	15:24:20

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:27:29	6:46:15	4:41:17	13:11:32
2nd Age Grouper	1:30:01	7:37:02	6:31:53	16:07:01
3rd Age Grouper	1:50:57	8:10:55	6:36:29	16:51:51
Kona Qualifier Average	1:27:29	6:46:15	4:41:17	13:11:32
Top 10 Age Grouper Average	1:36:09	7:31:24	5:56:33	15:23:28

Cairns 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:47	4:21:52	3:01:32	8:17:43
Female Winner	0:54:13	5:10:23	3:09:38	9:19:51
1st Age Grouper	1:24:45	6:14:17	6:19:50	14:15:58
2nd Age Grouper	1:38:08	7:40:51	5:51:40	15:31:09
3rd Age Grouper	1:55:43	8:00:45	6:46:02	17:00:31
Kona Qualifier Average	1:24:45	6:14:17	6:19:50	14:15:58
Top 10 Age Grouper Average	1:39:32	7:18:37	6:19:10	15:35:52

Cairns 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:56	4:33:45	2:48:26	8:15:04
Female Winner	0:56:31	5:05:20	3:13:52	9:21:00
1st Age Grouper	1:47:37	6:57:28	5:48:14	14:52:21
Kona Qualifier Average	1:47:37	6:57:28	5:48:14	14:52:21

M75-79 Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:48:03	5:43:18		15:54:40
Kona Qualifier Average	1:48:03	5:43:18		15:54:40

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:48:03	5:43:18		15:54:40
Kona Qualifier Average	1:48:03	5:43:18		15:54:40

M80+ Top 10 and Kona Times and Splits

Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:50:59	4:30:39	2:51:37	8:17:40
Average Female Winner	0:54:30	5:09:37	3:10:09	9:19:16
Average 1st Age Grouper	1:46:07	7:29:49	6:41:47	16:34:19
Kona Qualifier Average	1:46:07	7:29:49	6:41:47	16:34:19

Cairns 2014

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:55:16	4:36:20	2:44:54	8:20:15
Female Winner	0:52:47	5:13:09	3:06:57	9:16:58
1st Age Grouper	1:46:07	7:29:49	6:41:47	16:34:19
Kona Qualifier Average	1:46:07	7:29:49	6:41:47	16:34:19