

M50-54 Age Groupers

Ironman Arizona (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:25:42	10:46:53	11:02:29
2006	8:20:56	10:33:36	10:37:17
2007	8:21:14	10:11:54	10:50:58
2008	8:34:19	10:14:40	10:55:31
2009	8:14:16	9:21:03	10:15:30
2010	8:13:35	9:39:56	9:57:20
2011	8:07:16	9:47:36	9:58:27
2012	8:03:13	9:49:39	10:04:24
2013	8:02:00	9:20:58	10:02:09
2014	7:55:48	9:48:03	10:21:20
Average	8:13:49	9:57:25	10:24:32

Ironman Australia (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:25:44	9:56:17	10:05:28
2006	8:20:42	10:52:46	11:18:17
2007	8:21:49	10:07:57	10:38:23
2008	8:31:33	9:51:29	10:01:31
2009	8:24:53	9:34:09	9:56:20
2010	8:23:54	9:24:30	10:09:33
2011	8:29:28	9:37:34	9:57:48
2012	8:17:38	9:57:02	10:04:06
2013	8:30:23	9:59:14	10:25:21
2014	8:35:18	9:51:38	10:04:33
2015	8:35:53	9:56:18	10:08:36
Average	8:27:01	9:55:21	10:15:26

Ironman Austria (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:14:37	10:15:27	10:23:18
2006	8:07:59	10:07:44	10:27:00
2007	8:06:39	9:39:13	10:20:10
2008	8:06:11	9:18:12	9:53:18
2009	8:01:38	9:26:13	9:58:27
2010	7:52:05	9:31:38	9:53:29
2011	7:45:58	9:25:42	9:41:43
2012	8:11:31	9:46:35	10:29:40
2013	7:59:51	9:26:21	9:42:54
2014	7:48:43	9:24:19	9:55:40
2015	7:48:45	9:25:15	9:30:15
Average	8:00:21	9:36:58	10:01:26

Ironman Boulder (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:20:26	9:43:34	10:21:37
2015	8:45:20	10:18:29	10:32:25
Average	8:32:53	10:01:01	10:27:01

Ironman Brazil (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2006	8:15:18	10:35:49	11:25:00
2007	8:21:09	10:33:13	10:41:36
2008	8:28:24	10:41:40	11:03:33
2009	8:13:39	9:54:47	10:05:30
2010	8:07:39	9:40:26	9:47:47
2011	12:14:21	12:55:30	13:14:16
2012	8:22:40	10:02:30	10:30:36
2013	8:01:32	9:48:27	9:55:25
2014	8:07:52	9:42:46	10:08:45
2015	7:53:44	9:53:22	9:58:08
Average	8:36:37	10:22:51	10:41:03

Ironman Cairns (2 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:15:04	9:24:07	10:09:07
2013	8:17:43	9:24:01	9:30:21
2014	8:20:15	9:19:48	9:28:26
2015	8:18:01	10:23:16	10:34:37
Average	8:17:45	9:37:48	9:55:37

Ironman Canada (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2004	8:28:06	10:25:04	10:52:59
2005	8:33:32	10:50:39	11:03:13
2006	8:33:58	10:16:25	11:02:15
2007	8:32:45	10:16:14	10:36:28
2008	8:30:12	10:22:40	10:43:47
2009	8:25:13	9:54:24	10:29:12
2010	8:32:28	9:28:33	10:12:10
2011	8:28:09	9:57:52	10:23:30
2012	8:48:30	10:16:24	10:30:58
2013	8:39:33	9:53:06	10:22:11
2014	8:16:10	10:23:10	10:40:11
2015	8:49:46	10:26:28	10:41:11
Average	8:33:11	10:12:34	10:38:10

Ironman Copenhagen (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:12:41	9:30:20	9:40:23
2014	8:03:39	9:37:18	10:07:56
Average	8:08:10	9:33:49	9:54:09

Ironman Cozumel (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2009	8:18:40	10:31:43	
2010	8:12:20	9:59:37	10:15:57
2011	8:23:52	9:50:04	10:16:24
2012	8:15:07	9:40:41	10:12:11
2013	7:55:23	8:59:55	9:17:22
2014	8:12:16	9:57:08	10:36:06
Average	8:12:56	9:49:51	10:07:36

Ironman Florida (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:31:07	9:06:02	9:58:33
2005	8:28:26	9:18:19	9:53:38
2006	8:22:44	9:23:42	10:29:15
2007	8:21:29	9:23:10	10:04:26
2008	8:07:59	9:12:41	9:37:57
2009	8:24:29	9:27:52	9:55:58
2010	8:15:59	9:37:40	9:47:10
2011	7:59:42	9:43:48	10:12:07
2012	8:06:17	9:44:27	9:56:34
2013	7:53:12	9:36:43	9:48:50
2014	7:33:47	8:36:37	8:44:29
Average	8:11:22	9:22:49	9:51:43

Ironman France (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:49:06	10:59:25	11:14:44
2006	8:33:55	10:25:06	11:20:21
2007	8:38:45	10:15:05	10:53:39
2008	8:34:18	9:29:22	10:33:56
2009	8:30:06	9:49:15	10:04:58
2011	8:28:30	8:53:29	10:24:17
2012	8:21:51	9:49:28	10:29:10
2013	8:08:59	9:53:30	10:04:25
2014	8:33:22	9:59:10	10:14:11
2015	8:27:32	9:47:35	10:03:45
Average	8:30:38	9:56:08	10:32:20

Ironman Frankfurt (10 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	10th Place Age Group Time
2003	8:12:29	9:28:49	10:49:40
2005	8:20:50	9:56:12	11:07:02
2006	8:13:39	9:56:13	10:45:58
2007	8:09:15	9:31:05	10:21:45
2008	7:59:55	9:30:05	10:24:49
2009	7:59:15	9:31:54	9:57:16
2010	8:05:15	10:05:33	10:38:18
2011	8:13:50	9:36:42	10:10:43
2012	8:03:31	9:31:45	9:58:50
2013	7:59:58	9:13:59	9:56:00
2014	7:55:14	9:20:56	9:56:10
2015	7:49:48	9:44:11	10:28:00
Average	8:05:14	9:37:17	10:22:52

Ironman Japan (5 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	5th Place Age Group Time
2006	8:43:20	10:52:41	11:29:04
2007	8:46:32	10:47:02	11:12:46
2008	8:29:11	10:12:57	10:44:05
2009	8:28:31	10:05:07	10:39:20
2013	8:47:53	9:52:53	10:38:17
2014	8:38:04	10:01:19	10:58:07
Average	8:38:55	10:18:39	10:56:56

Ironman Japan (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2006	8:43:20	10:52:41	11:22:43
2007	8:46:32	10:47:02	11:00:39
2008	8:29:11	10:12:57	10:38:56
2009	8:28:31	10:05:07	10:35:07
2013	8:47:53	9:52:53	10:37:07
2014	8:38:04	10:01:19	10:56:28
Average	8:38:55	10:18:39	10:51:50

Ironman Lake Placid (5 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	5th Place Age Group Time
2002	8:39:19	10:07:48	10:45:10
2003	8:46:15	10:31:19	11:05:08
2004	8:23:12	10:45:48	11:29:32
2006	8:38:18	10:52:17	11:11:00
2007	9:16:02	10:49:52	11:10:33
2008	8:43:32	10:18:09	10:47:38
2009	8:36:37	9:57:47	11:02:21
2010	8:39:34	10:29:39	10:36:05
2011	8:25:15	10:05:38	10:41:20
2012	8:25:07	10:12:49	10:43:10
2013	8:43:29	10:17:36	10:44:50
2014	8:38:43	9:57:04	10:26:54
2015	9:31:09	10:25:51	10:46:36
Average	8:43:34	10:22:25	10:53:05

Ironman Lake Tahoe (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:55:14	10:44:48	11:12:40
Average	8:55:14	10:44:48	11:12:40

Ironman Lanzarote (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2008	8:59:37	10:11:13	10:30:23
2009	8:54:03	10:19:46	10:59:44
2010	8:37:42	10:34:57	10:41:13
2011	8:30:34	10:12:46	10:43:00
2012	8:44:39	10:05:08	11:00:35
2013	8:42:40	10:20:57	10:37:38
2014	8:47:39	10:07:29	10:18:48
Average	8:45:16	10:16:02	10:41:37

Ironman Los Cabos (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:26:48	10:05:35	10:34:19
2014	8:26:15	9:50:15	10:19:28
Average	8:26:31	9:57:55	10:26:53

Ironman Louisville (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:38:39	10:11:26	10:34:27
2008	8:33:58	10:43:11	11:11:11
2010	8:29:59	10:45:23	11:02:27
2011	8:27:36	9:40:49	10:20:18
2012	8:42:44	10:16:30	10:45:00
2013	8:21:34	9:55:57	10:31:35
2014	8:24:44	9:58:35	10:06:58
Average	8:31:19	10:13:07	10:38:50

Ironman Melbourne (8 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	8th Place Age Group Time
2012	7:57:44	9:02:02	9:57:40
2013	7:36:08	8:36:14	9:16:18
2014	8:01:02	9:06:41	9:43:45
2015	8:04:29	9:22:38	10:08:00
Average	7:54:50	9:01:53	9:46:25

Ironman Mont-Tremblant (7 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	7th Place Age Group Time
2012	8:40:48	9:39:58	10:06:22
2013	8:26:06	10:17:24	10:30:48
2014	8:16:17	9:49:44	10:16:15
Average	8:27:43	9:55:42	10:17:48

Ironman New Zealand (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2003	8:22:04	11:00:36	11:48:21
2004	8:30:29	10:49:09	11:06:36
2005	8:20:14	10:28:31	11:09:55
2007	8:26:33	9:50:27	10:48:25
2008	8:24:49	9:46:19	10:35:05
2009	8:18:04	9:50:28	10:16:49
2010	8:21:52	9:45:49	10:24:04
2011	8:31:07	9:32:58	10:09:00
2013	8:15:35	9:47:37	10:36:46
2014	8:17:33	9:53:26	10:14:45
2015	8:22:13	9:52:34	10:14:37
Average	8:22:46	10:03:26	10:40:23

Ironman South Africa (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:33:04	10:39:40	11:24:56
2008	8:18:23	10:11:07	10:42:16
2009	8:17:32	10:16:52	10:42:54
2010	8:23:28	9:58:55	10:08:36
2011	8:05:36	9:46:45	9:58:06
2012	8:34:45	10:15:43	11:13:31
2013	8:11:24	10:01:35	10:30:42
2014	8:26:07	10:29:54	10:42:30
2015	8:16:35	10:05:31	10:20:46
Average	8:20:46	10:11:46	10:38:15

Ironman Sweden (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:04:01	9:34:01	9:49:14
2013	8:19:30	9:55:06	10:04:15
2014	8:13:01	9:28:21	10:00:50
Average	8:12:10	9:39:09	9:58:06

Ironman Switzerland (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:21:50	10:09:55	10:40:54
2006	8:16:50	9:47:08	10:20:35
2007	8:25:00	9:33:56	10:08:19
2008	8:16:05	9:45:51	10:18:28
2009	8:20:00	9:34:31	9:49:11
2010	8:12:40	9:36:00	9:51:53
2011	8:19:51	9:57:37	10:29:52
2012	8:17:13	10:01:35	10:18:58
2013	8:33:39	10:12:48	10:18:01
2014	8:33:02	9:59:25	10:04:38
2015	8:21:19	9:51:54	10:17:47
Average	8:21:35	9:51:52	10:14:25

Ironman Texas (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	8:08:20	10:22:22	10:27:39
2012	8:10:44	9:43:05	10:17:40
2013	8:25:06	9:56:39	10:22:09
2014	8:09:37	9:45:52	9:55:57
2015	8:07:03	9:44:34	9:59:32
Average	8:12:10	9:54:30	10:12:35

Ironman UK (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:35:57	10:55:48	11:20:03
2008	8:53:58	10:38:42	11:19:11
2009	8:45:51	11:09:29	11:37:44
2010	8:40:17	11:02:14	11:15:02
2011	8:24:33	9:39:25	10:29:42
2012	8:55:11	10:48:21	11:16:18
2013	8:45:48	10:36:21	10:39:18
2014	8:44:10	10:02:37	10:28:56
2015	8:46:37	10:33:40	10:56:55
Average	8:43:35	10:36:17	11:02:34

Ironman Wales (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	9:04:20	10:51:44	10:59:11
2012	8:52:43	9:31:14	10:24:38
2013	9:09:10	10:30:33	10:59:45
2014	9:07:28	10:38:57	11:18:07
Average	9:03:25	10:23:07	10:55:25

Ironman Western Australia (3 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:16:00	10:15:40	10:30:42
2005	8:27:36	10:32:21	12:09:40
2006	8:08:57	9:34:59	10:01:09
2007	8:06:00	9:25:15	10:05:41
2008	8:07:06	9:19:56	9:39:44
2009	8:13:59	9:20:15	10:41:42
2010	8:14:01	9:11:20	9:31:01
2011	8:12:39	9:51:33	10:25:45
2012	8:29:06	9:24:32	10:09:05
2013	8:08:16	9:16:53	9:41:26
2014	8:05:58	9:14:47	9:50:31
Average	8:13:36	9:35:13	10:15:07

Ironman Wisconsin (4 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time	4th Place Age Group Time
2003	8:55:26	11:16:32	11:27:19
2004	8:52:33	11:06:40	11:15:48
2005	9:01:34	10:50:38	11:42:17
2006	9:07:24	10:45:11	11:30:21
2007	8:52:49	9:44:08	10:59:47
2008	8:43:29	10:12:29	10:35:06
2009	8:45:19	10:21:41	10:50:42
2010	8:38:32	10:39:04	11:00:12
2011	8:45:18	10:41:12	11:04:58
2012	8:32:51	10:17:19	10:25:46
2013	8:40:15	10:14:39	10:37:19
2014	8:31:20	10:02:25	10:33:59
Average	8:47:14	10:30:59	11:00:17

Ironman World Championship (1 Kona Slots)

Year	Overall Winning Time	Age Group Winning Time
2003	8:22:35	10:04:20
2004	8:33:29	10:12:33
2005	8:14:17	9:33:06
2006	8:11:56	9:26:23
2007	8:15:34	9:46:36
2008	8:17:45	9:38:47
2009	8:20:21	9:33:09
2010	8:10:37	9:48:48
2011	8:03:56	9:42:38
2012	8:18:37	9:31:50
2013	8:12:29	9:16:38
2014	8:14:18	9:31:41
Average	8:16:19	9:40:32