

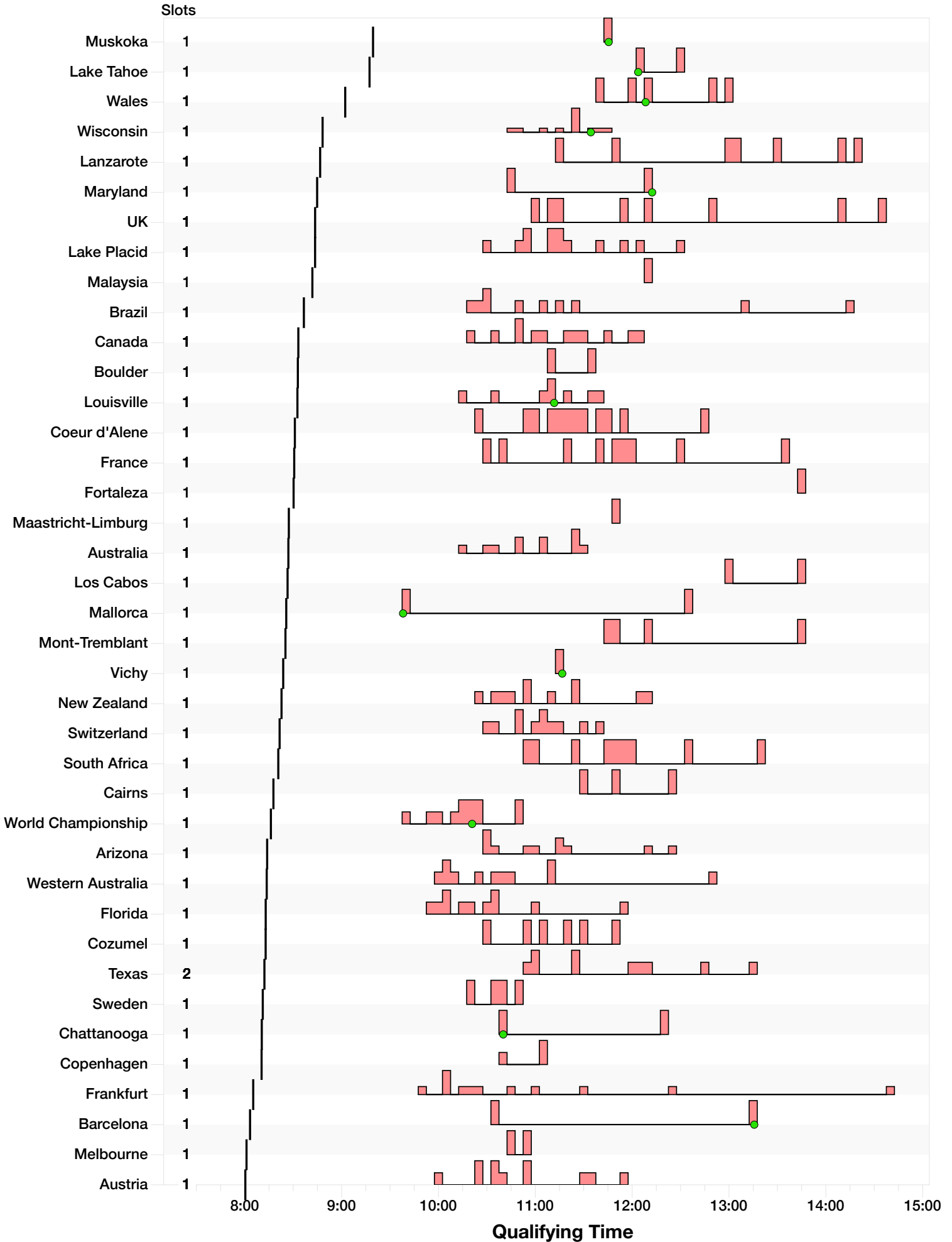
Ironman World Championship

F18-24

2016 Qualification Stats

2016 Qualification Comparison for F18-24

■ Distribution of Past Qualifying Times | Average Race Winning Time
● 2016 Age Group Qualifier ● 2016 Age Group Winner



F18-24 Past Qualifying Times

Ironman Vichy (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---------|---------------------|------------------------|
| 2015 | 9:25:27 | 11:16:41 |
| Average | 9:25:27 | 11:16:41 |

Ironman Muskoka (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---------|---------------------|------------------------|
| 2015 | 9:53:37 | 11:45:26 |
| Average | 9:53:37 | 11:45:26 |

Ironman Wisconsin (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---------|---------------------|------------------------|
| 2003 | 9:46:28 | 11:25:54 |
| 2004 | 10:05:40 | 11:26:51 |
| 2005 | 10:11:22 | 11:04:40 |
| 2006 | 10:01:22 | 11:44:40 |
| 2007 | 9:37:03 | 11:23:59 |
| 2008 | 9:47:25 | 10:47:29 |
| 2009 | 9:43:59 | 11:25:28 |
| 2010 | 9:27:26 | 11:22:53 |
| 2011 | 9:41:03 | 11:14:23 |
| 2012 | 9:34:35 | 11:23:18 |
| 2013 | 9:47:07 | 10:50:54 |
| 2014 | 9:30:08 | 11:41:02 |
| 2015 | 10:08:05 | 11:34:24 |
| Average | 9:47:49 | 11:20:27 |

Ironman Wales (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---------|---------------------|------------------------|
| 2011 | 10:15:23 | 12:58:00 |
| 2012 | 9:45:09 | 11:41:21 |
| 2013 | 9:51:21 | 12:02:21 |
| 2014 | 10:57:26 | 12:49:47 |
| 2015 | 9:56:31 | 12:08:21 |
| Average | 10:09:10 | 12:19:58 |

Ironman Lake Tahoe (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---------|---------------------|------------------------|
| 2013 | 9:58:53 | 12:32:02 |
| 2015 | 10:28:55 | 12:03:45 |
| Average | 10:13:54 | 12:17:53 |

Ironman Mallorca (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---------|---------------------|------------------------|
| 2014 | 9:24:17 | 12:36:05 |
| 2015 | 9:24:48 | 9:38:05 |
| Average | 9:24:32 | 11:07:05 |

Ironman Chattanooga (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2014 | 8:54:55 | 12:18:24 |
| 2015 | 8:56:00 | 10:40:07 |
| Average | 8:55:27 | 11:29:15 |

Ironman Barcelona (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2014 | 8:49:21 | 10:34:32 |
| 2015 | 8:46:44 | 13:15:39 |
| Average | 8:48:02 | 11:55:05 |

Ironman World Championship (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2004 | 9:50:04 | 10:51:04 |
| 2005 | 9:09:30 | 10:17:41 |
| 2006 | 9:18:31 | 10:13:47 |
| 2007 | 9:08:45 | 10:11:21 |
| 2008 | 9:06:23 | 10:23:55 |
| 2009 | 8:54:02 | 10:50:52 |
| 2010 | 8:58:36 | 10:24:18 |
| 2011 | 8:55:08 | 10:01:39 |
| 2012 | 9:15:54 | 10:16:31 |
| 2013 | 8:52:14 | 9:38:26 |
| 2014 | 9:00:55 | 9:57:24 |
| 2015 | 8:57:57 | 10:20:52 |
| Average | 9:07:19 | 10:17:19 |

Ironman Louisville (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2007 | 9:23:22 | 11:20:10 |
| 2008 | 9:54:17 | 10:36:26 |
| 2010 | 9:33:15 | 11:36:21 |
| 2011 | 9:38:14 | 11:39:15 |
| 2012 | 9:36:27 | 11:06:03 |
| 2013 | 9:29:02 | 10:14:30 |
| 2014 | 9:31:19 | 11:10:51 |
| 2015 | 10:00:04 | 11:11:42 |
| Average | 9:38:15 | 11:06:54 |

Ironman Maryland (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2014 | 9:26:02 | 10:43:16 |
| 2015 | 9:42:56 | 12:12:23 |
| Average | 9:34:29 | 11:27:49 |

Ironman Los Cabos (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2013 | 9:35:34 | 13:46:40 |
| 2014 | 9:16:43 | 12:58:05 |
| Average | 9:26:08 | 13:22:22 |

Ironman Florida (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2004 | 9:28:54 | 10:17:27 |
| 2005 | 9:33:09 | 10:21:55 |
| 2006 | 9:28:28 | 11:00:47 |
| 2007 | 9:05:35 | 10:02:36 |
| 2008 | 9:07:48 | 10:30:38 |
| 2009 | 9:08:38 | 10:34:19 |
| 2010 | 9:07:49 | 10:05:13 |
| 2011 | 8:55:10 | 9:57:22 |
| 2012 | 8:51:35 | 11:56:36 |
| 2013 | 8:43:07 | 10:34:33 |
| 2014 | 8:01:47 | 9:58:29 |
| Average | 9:02:54 | 10:29:05 |

Ironman Fortaleza (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2014 | 9:09:20 | 13:46:09 |
| Average | 9:09:20 | 13:46:09 |

Ironman Malaysia (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2014 | 9:26:38 | 12:11:23 |
| Average | 9:26:38 | 12:11:23 |

Ironman Arizona (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2005 | 9:44:02 | 12:08:49 |
| 2006 | 9:12:53 | 10:54:09 |
| 2007 | 9:36:40 | 11:01:34 |
| 2008 | 9:21:06 | 10:31:54 |
| 2009 | 9:21:06 | 10:31:54 |
| 2010 | 9:09:19 | 10:30:21 |
| 2011 | 8:36:13 | 11:15:31 |
| 2012 | 9:01:41 | 10:36:50 |
| 2013 | 8:52:49 | 11:13:41 |
| 2014 | 8:50:41 | 12:23:18 |
| Average | 9:10:39 | 11:06:48 |

Ironman Cozumel (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2009 | 9:06:58 | 11:28:59 |
| 2010 | 9:07:08 | 11:19:14 |
| 2011 | 9:14:08 | 11:03:23 |
| 2012 | 9:15:38 | 11:50:15 |
| 2013 | 8:52:28 | 10:30:54 |
| 2014 | 9:14:07 | 10:56:58 |
| Average | 9:08:24 | 11:11:37 |

Ironman Western Australia (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2004 | 9:03:37 | 10:11:14 |
| 2005 | 9:31:32 | 11:09:36 |
| 2006 | 9:10:01 | 10:39:26 |
| 2007 | 9:00:55 | 10:23:16 |
| 2008 | 8:59:24 | 10:07:10 |
| 2009 | 9:16:52 | 10:06:19 |
| 2010 | 9:19:44 | 12:48:12 |
| 2011 | 9:25:38 | 10:34:47 |
| 2012 | 9:13:00 | 11:08:28 |
| 2013 | 8:59:44 | 10:00:57 |
| 2014 | 8:56:34 | 10:46:29 |
| Average | 9:10:38 | 10:43:15 |

Ironman New Zealand (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2003 | 9:17:55 | 10:34:17 |
| 2004 | 9:22:23 | 10:56:46 |
| 2005 | 9:30:13 | 11:22:39 |
| 2007 | 9:20:01 | 11:27:25 |
| 2008 | 9:16:00 | 10:40:40 |
| 2009 | 9:18:25 | 12:03:11 |
| 2010 | 9:14:35 | 12:09:09 |
| 2011 | 9:28:24 | 10:27:01 |
| 2013 | 9:17:10 | 11:07:36 |
| 2014 | 9:08:46 | 10:45:21 |
| 2015 | 9:05:45 | 10:53:21 |
| Average | 9:18:08 | 11:07:56 |

Ironman Melbourne (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2014 | 8:57:57 | 10:46:54 |
| 2015 | 8:52:51 | 10:56:12 |
| Average | 8:55:24 | 10:51:33 |

Ironman South Africa (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2007 | 9:22:00 | 11:45:51 |
| 2008 | 9:27:48 | 10:57:30 |
| 2009 | 9:16:32 | 11:23:07 |
| 2010 | 9:16:55 | 13:18:39 |
| 2011 | 8:33:56 | 10:53:42 |
| 2012 | 9:47:10 | 12:36:38 |
| 2013 | 9:10:58 | 11:50:34 |
| 2014 | 9:31:54 | 11:53:22 |
| 2015 | 9:26:56 | 12:00:49 |
| Average | 9:19:21 | 11:51:08 |

Ironman Australia (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2005 | 9:13:20 | 11:29:41 |
| 2006 | 9:19:44 | 11:23:06 |
| 2007 | 9:12:59 | 10:31:43 |
| 2008 | 9:03:55 | 10:48:03 |
| 2009 | 8:57:10 | 10:16:17 |
| 2010 | 9:23:46 | 11:25:02 |
| 2011 | 9:29:54 | 10:33:14 |
| 2012 | 9:34:57 | 11:24:01 |
| 2013 | 9:34:55 | 11:03:27 |
| 2014 | 9:28:43 | 11:05:38 |
| 2015 | 9:38:24 | 10:48:53 |
| Average | 9:21:37 | 10:59:00 |

Ironman Texas (2 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time | 2nd Place Age Group Time |
|----------------|---------------------|------------------------|--------------------------|
| 2011 | 8:57:51 | 10:58:03 | 11:24:57 |
| 2012 | 8:54:58 | 12:09:17 | 12:43:49 |
| 2013 | 8:49:14 | 12:01:48 | 13:17:16 |
| 2014 | 8:54:42 | 10:59:50 | 12:03:07 |
| 2015 | 8:55:19 | 10:57:23 | 11:22:44 |
| Average | 8:54:24 | 11:25:16 | 12:10:22 |

Ironman Lanzarote (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2008 | 10:02:27 | 14:18:12 |
| 2009 | 9:54:57 | 11:51:38 |
| 2010 | 10:03:52 | 13:04:02 |
| 2011 | 9:43:39 | 14:11:15 |
| 2013 | 9:37:34 | 13:00:36 |
| 2014 | 9:41:40 | 11:13:44 |
| 2015 | 9:56:03 | 13:29:29 |
| Average | 9:51:27 | 13:01:16 |

Ironman Brazil (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2006 | 9:20:46 | 14:14:08 |
| 2007 | 9:12:40 | 11:16:13 |
| 2008 | 9:42:50 | 11:23:34 |
| 2009 | 9:10:15 | 11:06:16 |
| 2010 | 9:19:13 | 10:28:36 |
| 2011 | 12:40:07 | 13:09:41 |
| 2012 | 9:17:42 | 10:22:41 |
| 2013 | 9:05:53 | 10:49:34 |
| 2014 | 8:56:32 | 10:19:22 |
| 2015 | 8:59:08 | 10:28:06 |
| Average | 9:34:30 | 11:21:49 |

Ironman France (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2005 | 10:12:29 | 13:33:21 |
| 2006 | 9:56:31 | 12:31:29 |
| 2007 | 9:49:11 | 10:29:46 |
| 2008 | 9:35:29 | 11:51:53 |
| 2011 | 9:34:31 | 11:57:25 |
| 2012 | 9:16:05 | 10:40:13 |
| 2013 | 9:12:54 | 12:02:29 |
| 2014 | 9:12:21 | 11:18:05 |
| 2015 | 9:24:50 | 11:40:26 |
| Average | 9:34:55 | 11:47:14 |

Ironman Cairns (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2013 | 9:19:51 | 12:25:00 |
| 2014 | 9:16:58 | 11:30:40 |
| 2015 | 9:11:49 | 11:48:13 |
| Average | 9:16:12 | 11:54:37 |

Ironman Austria (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2005 | 9:07:04 | 10:26:08 |
| 2006 | 9:12:09 | 10:26:23 |
| 2007 | 9:08:47 | 10:01:19 |
| 2008 | 8:47:26 | 10:34:51 |
| 2009 | 8:50:13 | 10:33:50 |
| 2010 | 9:18:50 | 10:37:47 |
| 2011 | 8:43:34 | 10:54:13 |
| 2012 | 9:09:58 | 11:52:39 |
| 2013 | 8:59:31 | 10:52:51 |
| 2014 | 8:42:42 | 11:34:05 |
| 2015 | | 11:31:58 |
| Average | 8:10:55 | 10:51:27 |

Ironman Frankfurt (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2003 | 9:03:11 | 11:28:00 |
| 2005 | 9:15:31 | 10:23:11 |
| 2006 | 9:16:17 | 10:14:45 |
| 2007 | 9:04:11 | 10:44:05 |
| 2008 | 8:51:24 | 10:03:35 |
| 2009 | 8:58:08 | 10:20:07 |
| 2010 | 9:04:27 | 10:59:50 |
| 2011 | 9:12:13 | 10:05:29 |
| 2012 | 8:52:33 | 12:25:04 |
| 2013 | 8:56:01 | 9:49:46 |
| 2014 | 8:52:40 | 10:04:28 |
| 2015 | 8:51:00 | 14:41:56 |
| Average | 9:01:28 | 10:56:41 |

Ironman UK (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2007 | 9:36:13 | 12:50:09 |
| 2008 | 9:49:06 | 12:09:16 |
| 2009 | 9:33:59 | 14:32:47 |
| 2011 | 9:37:31 | 11:13:34 |
| 2012 | 10:08:44 | 11:54:58 |
| 2013 | 9:29:12 | 14:08:54 |
| 2014 | 9:52:12 | 11:10:45 |
| 2015 | 9:31:58 | 10:58:44 |
| Average | 9:42:21 | 12:22:23 |

Ironman Lake Placid (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2002 | 9:29:41 | 11:18:19 |
| 2003 | 9:51:55 | 10:55:10 |
| 2004 | 9:24:42 | 10:51:24 |
| 2006 | 10:11:35 | 12:06:37 |
| 2007 | 9:40:20 | 11:12:48 |
| 2008 | 9:51:00 | 11:08:11 |
| 2009 | 9:29:36 | 11:37:58 |
| 2010 | 9:27:30 | 11:12:05 |
| 2011 | 9:19:03 | 10:55:53 |
| 2012 | 9:47:39 | 11:15:21 |
| 2013 | 9:35:06 | 12:28:13 |
| 2014 | 9:28:28 | 10:31:21 |
| 2015 | 10:13:19 | 11:53:47 |
| Average | 9:40:45 | 11:20:32 |

Ironman Switzerland (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2005 | 9:10:54 | 11:31:18 |
| 2006 | 9:24:18 | 11:11:29 |
| 2007 | 9:20:43 | 10:31:23 |
| 2008 | 9:30:12 | 10:33:58 |
| 2009 | 9:14:35 | 11:13:37 |
| 2010 | 9:00:04 | 10:50:10 |
| 2011 | 9:03:26 | 11:05:16 |
| 2012 | 9:20:16 | 11:02:28 |
| 2013 | 9:21:31 | 11:07:21 |
| 2014 | 9:13:30 | 10:52:14 |
| 2015 | 9:21:05 | 11:38:14 |
| Average | 9:16:24 | 11:03:24 |

Ironman Canada (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2004 | 9:16:02 | 11:06:09 |
| 2005 | 9:51:31 | 10:50:33 |
| 2006 | 9:25:13 | 10:50:10 |
| 2007 | 9:41:01 | 11:00:51 |
| 2008 | 9:17:58 | 10:34:14 |
| 2009 | 9:11:20 | 10:19:37 |
| 2010 | 9:13:46 | 11:20:23 |
| 2011 | 9:03:13 | 11:43:00 |
| 2012 | 9:44:58 | 11:29:14 |
| 2013 | 9:28:13 | 12:00:35 |
| 2014 | 9:46:58 | 11:25:51 |
| 2015 | 9:46:19 | 12:05:17 |
| Average | 9:28:52 | 11:13:49 |

Ironman Maastricht-Limburg (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2015 | 9:39:24 | 11:51:28 |
| Average | 9:39:24 | 11:51:28 |

Ironman Boulder (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2014 | 9:19:54 | 11:37:17 |
| 2015 | 9:53:41 | 11:08:31 |
| Average | 9:36:47 | 11:22:54 |

Ironman Sweden (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2012 | 9:13:27 | 10:48:22 |
| 2013 | 8:54:01 | 10:19:52 |
| 2014 | 8:56:50 | 10:39:33 |
| 2015 | 9:12:27 | 10:32:30 |
| Average | 9:04:11 | 10:35:04 |

Ironman Copenhagen (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2013 | 8:37:36 | 11:03:31 |
| 2014 | 8:53:33 | 11:02:52 |
| 2015 | 8:59:49 | 10:42:00 |
| Average | 8:50:19 | 10:56:07 |

Ironman Coeur d'Alene (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2003 | 9:42:08 | 11:09:14 |
| 2005 | 9:59:08 | 11:32:12 |
| 2006 | 9:31:07 | 11:22:51 |
| 2007 | 10:27:55 | 10:59:16 |
| 2008 | 9:38:58 | 11:14:35 |
| 2009 | 9:23:21 | 10:27:26 |
| 2010 | 9:17:54 | 11:38:38 |
| 2011 | 9:16:40 | 10:57:13 |
| 2012 | 9:21:44 | 11:19:21 |
| 2013 | 9:16:02 | 11:44:23 |
| 2014 | 9:34:32 | 11:54:05 |
| 2015 | 9:23:27 | 12:45:48 |
| Average | 9:34:24 | 11:25:25 |

Ironman Mont-Tremblant (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|----------------|---------------------|------------------------|
| 2012 | 9:30:46 | 13:42:57 |
| 2013 | 9:07:56 | 11:47:49 |
| 2014 | 9:40:26 | 12:09:28 |
| 2015 | 9:09:05 | 11:45:15 |
| Average | 9:22:03 | 12:21:22 |

F18-24 Average Top 10 and Kona Qualifying Splits

Ironman Vichy

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 1:03:09 | 5:10:51 | 3:05:46 | 9:25:27 |
| 1st Age Grouper | 1:15:08 | 5:37:40 | 4:14:11 | 11:16:41 |
| 2nd Age Grouper | 1:08:43 | | 4:27:35 | 13:20:48 |
| 3rd Age Grouper | 1:04:19 | 6:56:22 | 5:21:19 | 13:34:52 |
| 4th Age Grouper | 1:28:38 | 7:12:12 | 5:24:33 | 14:18:00 |
| Kona Qualifier Average | 1:15:08 | 5:37:40 | 4:14:11 | 11:16:41 |
| Top 10 Age Grouper Average | 1:14:12 | 4:56:33 | 4:51:54 | 13:07:35 |

Ironman Muskoka

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 1:01:18 | 5:25:40 | 3:20:47 | 9:53:37 |
| 1st Age Grouper | 1:03:48 | 5:51:47 | 4:44:32 | 11:45:26 |
| 2nd Age Grouper | 1:26:58 | 6:52:46 | 4:12:38 | 12:46:57 |
| 3rd Age Grouper | 1:22:11 | 6:57:23 | 4:43:09 | 13:21:58 |
| 4th Age Grouper | 1:23:04 | 7:18:32 | 4:40:40 | 13:56:22 |
| 5th Age Grouper | 1:24:04 | 7:25:13 | 4:54:43 | 14:00:03 |
| 6th Age Grouper | 1:22:28 | 7:42:42 | 5:05:21 | 14:26:36 |
| 7th Age Grouper | 1:17:31 | 8:08:37 | 5:33:08 | 15:11:03 |
| 8th Age Grouper | 1:17:30 | 8:32:32 | 6:38:53 | 16:50:12 |
| Kona Qualifier Average | 1:03:48 | 5:51:47 | 4:44:32 | 11:45:26 |
| Top 10 Age Grouper Average | 1:19:41 | 7:21:11 | 5:04:08 | 14:02:19 |

Ironman Wisconsin

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:56:57 | 5:23:15 | 3:20:35 | 9:47:49 |
| 1st Age Grouper | 1:05:00 | 5:57:49 | 4:07:02 | 11:20:27 |
| 2nd Age Grouper | 1:12:45 | 6:05:24 | 4:14:43 | 11:44:49 |
| 3rd Age Grouper | 1:09:34 | 6:10:21 | 4:24:26 | 11:55:52 |
| 4th Age Grouper | 1:08:25 | 6:20:49 | 4:29:14 | 12:10:29 |
| 5th Age Grouper | 1:11:17 | 6:34:30 | 4:30:30 | 12:29:41 |
| 6th Age Grouper | 1:13:42 | 6:29:31 | 4:41:34 | 12:39:25 |
| 7th Age Grouper | 1:20:55 | 6:40:57 | 4:40:34 | 12:57:13 |
| 8th Age Grouper | 1:13:10 | 6:42:13 | 5:00:17 | 13:12:11 |
| 9th Age Grouper | 1:14:18 | 6:43:39 | 5:07:05 | 13:20:08 |
| 10th Age Grouper | 1:15:21 | 6:50:35 | 5:05:54 | 13:26:56 |
| Kona Qualifier Average | 1:05:00 | 5:57:49 | 4:07:02 | 11:20:27 |
| Top 10 Age Grouper Average | 1:12:27 | 6:27:35 | 4:38:08 | 12:31:43 |

Ironman Wales

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:58:39 | 5:42:08 | 3:18:40 | 10:09:10 |
| 1st Age Grouper | 1:08:15 | 6:46:00 | 4:11:30 | 12:19:58 |
| 2nd Age Grouper | 1:10:59 | 7:16:56 | 4:36:10 | 13:23:21 |
| 3rd Age Grouper | 1:12:19 | 7:39:21 | 4:54:33 | 14:05:41 |
| 4th Age Grouper | 1:18:28 | 7:33:13 | 5:38:52 | 14:53:50 |
| 5th Age Grouper | 1:22:47 | 7:44:54 | 5:30:52 | 15:02:24 |
| 6th Age Grouper | 1:20:05 | 7:45:07 | 6:05:46 | 15:33:42 |
| Kona Qualifier Average | 1:08:15 | 6:46:00 | 4:11:30 | 12:19:58 |
| Top 10 Age Grouper Average | 1:13:16 | 7:21:14 | 4:53:06 | 13:46:54 |

Ironman Lake Tahoe

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|----------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 0:59:46 | 5:34:49 | 3:33:30 | 10:13:54 |
| 1st Age Grouper | 1:03:49 | 6:22:02 | 4:42:46 | 12:17:53 |
| 2nd Age Grouper | 1:05:49 | 6:45:08 | 4:50:51 | 12:56:01 |
| 3rd Age Grouper | 1:10:59 | 6:41:59 | 5:21:24 | 13:29:19 |
| 4th Age Grouper | 1:05:10 | 7:42:16 | 4:55:36 | 14:01:29 |
| 5th Age Grouper | 0:31:57 | 7:36:51 | 5:32:03 | 14:33:21 |
| 6th Age Grouper | 1:15:18 | 6:46:21 | 6:00:19 | 14:22:44 |
| 7th Age Grouper | 1:22:04 | 7:15:59 | 6:01:25 | 14:58:57 |
| 8th Age Grouper | 0:59:34 | 8:17:41 | 6:19:30 | 15:53:10 |
| 9th Age Grouper | 1:21:50 | 8:00:21 | 6:33:50 | 16:12:47 |
| Kona Qualifier Average | 1:03:49 | 6:22:02 | 4:42:46 | 12:17:53 |
| Top 10 Age Grouper Average | 1:03:52 | 7:11:12 | 5:24:19 | 14:00:16 |

Ironman Mallorca

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|----------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 0:56:21 | 5:09:44 | 3:12:35 | 9:24:32 |
| 1st Age Grouper | 1:04:41 | 5:59:16 | 3:54:06 | 11:07:05 |
| 2nd Age Grouper | 1:18:59 | 6:25:13 | 4:03:27 | 11:57:50 |
| 3rd Age Grouper | 0:59:55 | 6:10:20 | 4:12:33 | 11:30:09 |
| 4th Age Grouper | 0:57:16 | 6:15:37 | 4:43:48 | 12:15:19 |
| Kona Qualifier Average | 1:04:41 | 5:59:16 | 3:54:06 | 11:07:05 |
| Top 10 Age Grouper Average | 1:07:25 | 6:12:29 | 4:08:34 | 11:39:13 |

Ironman Chattanooga

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|----------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 0:44:53 | 4:55:39 | 3:10:10 | 8:55:27 |
| 1st Age Grouper | 0:58:10 | 6:09:46 | 4:12:54 | 11:29:15 |
| 2nd Age Grouper | 0:59:45 | 6:15:50 | 4:37:20 | 12:05:41 |
| 3rd Age Grouper | 0:55:17 | 6:43:45 | 5:06:27 | 12:56:32 |
| 4th Age Grouper | 0:56:21 | 6:22:52 | 4:37:31 | 12:06:33 |
| 5th Age Grouper | 1:01:11 | 6:53:16 | 4:59:03 | 13:09:08 |
| 6th Age Grouper | 0:54:32 | 7:17:00 | 5:41:51 | 14:09:39 |
| 7th Age Grouper | 1:11:06 | 6:45:48 | 6:17:16 | 14:34:44 |
| 8th Age Grouper | 1:03:26 | 6:46:37 | 6:38:11 | 14:38:42 |
| 9th Age Grouper | 1:07:27 | 8:04:23 | 5:32:36 | 14:57:16 |
| 10th Age Grouper | 1:05:38 | 7:30:18 | 5:56:06 | 14:57:32 |
| Kona Qualifier Average | 0:58:10 | 6:09:46 | 4:12:54 | 11:29:15 |
| Top 10 Age Grouper Average | 1:00:28 | 6:46:04 | 5:11:59 | 13:12:02 |

Ironman Barcelona

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|----------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 1:00:19 | 4:41:29 | 3:03:25 | 8:48:02 |
| 1st Age Grouper | 1:18:30 | 5:50:04 | 4:39:25 | 11:55:05 |
| 2nd Age Grouper | 1:04:51 | 5:50:09 | 4:53:33 | 11:54:57 |
| 3rd Age Grouper | 1:31:52 | 6:49:01 | 5:29:42 | 14:07:38 |
| Kona Qualifier Average | 1:18:30 | 5:50:04 | 4:39:25 | 11:55:05 |
| Top 10 Age Grouper Average | 1:18:26 | 6:04:49 | 4:55:31 | 12:28:11 |

Ironman World Championship

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:57:25 | 5:01:56 | 2:59:45 | 9:03:53 |
| 1st Age Grouper | 1:02:21 | 5:32:26 | 3:36:14 | 10:17:19 |
| 2nd Age Grouper | 1:07:47 | 5:43:30 | 3:37:45 | 10:35:36 |
| 3rd Age Grouper | 1:05:05 | 5:42:59 | 3:50:49 | 10:45:20 |
| 4th Age Grouper | 1:02:06 | 5:54:41 | 3:50:24 | 10:53:39 |
| 5th Age Grouper | 1:05:54 | 5:53:16 | 3:53:01 | 11:00:16 |
| 6th Age Grouper | 1:08:13 | 5:58:20 | 3:52:57 | 11:06:53 |
| 7th Age Grouper | 1:06:59 | 5:55:40 | 4:02:06 | 11:12:20 |
| 8th Age Grouper | 1:11:53 | 6:05:58 | 3:54:02 | 11:19:31 |
| 9th Age Grouper | 1:11:25 | 6:02:36 | 4:07:33 | 11:30:15 |
| 10th Age Grouper | 1:10:08 | 6:11:43 | 4:08:22 | 11:38:00 |
| Kona Qualifier Average | 1:02:21 | 5:32:26 | 3:36:14 | 10:17:19 |
| Top 10 Age Grouper Average | 1:07:11 | 5:54:07 | 3:53:19 | 11:01:55 |

Ironman Louisville

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:53:32 | 5:16:29 | 3:19:50 | 9:36:15 |
| 1st Age Grouper | 1:02:46 | 5:51:36 | 4:03:36 | 11:06:54 |
| 2nd Age Grouper | 1:08:26 | 6:01:14 | 4:09:42 | 11:30:55 |
| 3rd Age Grouper | 1:05:44 | 6:19:08 | 4:16:40 | 11:54:15 |
| 4th Age Grouper | 1:05:41 | 6:25:18 | 4:41:24 | 12:25:23 |
| 5th Age Grouper | 1:09:04 | 6:28:03 | 4:45:13 | 12:36:37 |
| 6th Age Grouper | 1:13:56 | 6:38:17 | 5:02:24 | 13:08:57 |
| 7th Age Grouper | 1:12:09 | 6:46:30 | 5:16:40 | 13:31:39 |
| 8th Age Grouper | 1:11:30 | 6:50:04 | 5:29:20 | 13:45:43 |
| 9th Age Grouper | 1:15:27 | 7:04:49 | 5:27:39 | 14:01:51 |
| 10th Age Grouper | 1:21:19 | 6:55:06 | 5:22:44 | 13:55:17 |
| Kona Qualifier Average | 1:02:46 | 5:51:36 | 4:03:36 | 11:06:54 |
| Top 10 Age Grouper Average | 1:10:28 | 6:31:43 | 4:51:08 | 12:46:54 |

Ironman Maryland

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:53:01 | 5:06:43 | 3:26:46 | 9:34:29 |
| 1st Age Grouper | 1:01:19 | 5:59:43 | 4:16:20 | 11:27:49 |
| 2nd Age Grouper | 1:01:22 | 6:18:26 | 4:20:47 | 11:55:01 |
| 3rd Age Grouper | 1:15:28 | 6:22:12 | 4:47:18 | 12:46:40 |
| 4th Age Grouper | 1:14:24 | 7:08:36 | 4:57:37 | 13:40:37 |
| 5th Age Grouper | 1:08:29 | 7:13:54 | 5:09:40 | 13:52:50 |
| 6th Age Grouper | 1:31:05 | 7:05:22 | 5:21:28 | 14:12:23 |
| 7th Age Grouper | 1:34:38 | 6:26:09 | 4:16:35 | 12:35:20 |
| 8th Age Grouper | 1:42:56 | 6:19:24 | 4:35:29 | 12:51:24 |
| 9th Age Grouper | 1:24:40 | 6:16:33 | 5:04:15 | 13:05:57 |
| 10th Age Grouper | 1:30:10 | 6:37:04 | 4:55:24 | 13:17:23 |
| Kona Qualifier Average | 1:01:19 | 5:59:43 | 4:16:20 | 11:27:49 |
| Top 10 Age Grouper Average | 1:17:17 | 6:37:13 | 4:47:22 | 12:58:47 |

Ironman Los Cabos

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|----------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 0:53:11 | 5:06:17 | 6:23:48 | 9:26:08 |
| 1st Age Grouper | 1:07:59 | 6:46:43 | 5:14:57 | 13:22:22 |
| 2nd Age Grouper | 1:21:33 | 7:37:29 | 4:39:35 | 13:52:35 |
| 3rd Age Grouper | 1:17:24 | 7:27:17 | 6:01:12 | 15:18:14 |
| Kona Qualifier Average | 1:07:59 | 6:46:43 | 5:14:57 | 13:22:22 |
| Top 10 Age Grouper Average | 1:15:17 | 7:15:08 | 5:10:03 | 13:57:37 |

Ironman Florida

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|----------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 0:58:39 | 4:56:41 | 3:09:30 | 9:04:51 |
| 1st Age Grouper | 0:58:34 | 5:35:27 | 3:46:40 | 10:29:05 |
| 2nd Age Grouper | 1:02:00 | 5:48:00 | 4:11:02 | 11:09:53 |
| 3rd Age Grouper | 1:01:02 | 5:54:04 | 4:30:35 | 11:35:07 |
| 4th Age Grouper | 1:05:34 | 6:00:19 | 4:39:07 | 11:56:23 |
| 5th Age Grouper | 1:03:27 | 6:26:39 | 4:30:27 | 12:14:55 |
| 6th Age Grouper | 1:06:47 | 6:27:25 | 4:55:07 | 12:42:19 |
| 7th Age Grouper | 1:07:32 | 6:36:49 | 5:08:07 | 13:07:02 |
| 8th Age Grouper | 1:10:39 | 6:34:54 | 5:13:11 | 13:13:25 |
| 9th Age Grouper | 1:14:15 | 6:43:00 | 5:35:40 | 13:50:37 |
| 10th Age Grouper | 1:24:41 | 7:10:12 | 5:04:27 | 14:03:50 |
| Kona Qualifier Average | 0:58:34 | 5:35:27 | 3:46:40 | 10:29:05 |
| Top 10 Age Grouper Average | 1:06:34 | 6:16:45 | 4:42:55 | 12:19:23 |

Ironman Fortaleza

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 0:51:52 | 4:57:46 | 3:15:59 | 9:09:20 |
| 1st Age Grouper | 1:42:43 | 6:39:10 | 5:13:54 | 13:46:09 |
| Kona Qualifier Average | 1:42:43 | 6:39:10 | 5:13:54 | 13:46:09 |

Ironman Malaysia

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|----------------------------|--------------|--------------|-------------|-----------------|
| Female Winner | 0:59:11 | 4:58:44 | 3:23:11 | 9:26:38 |
| 1st Age Grouper | 1:10:13 | 6:19:00 | 4:33:31 | 12:11:23 |
| 2nd Age Grouper | 1:06:00 | 7:21:18 | 5:50:24 | 14:31:29 |
| 3rd Age Grouper | 1:36:05 | 7:48:07 | 6:15:29 | 15:56:21 |
| Kona Qualifier Average | 1:10:13 | 6:19:00 | 4:33:31 | 12:11:23 |
| Top 10 Age Grouper Average | 1:17:26 | 7:09:28 | 5:33:08 | 14:13:04 |

Ironman Arizona

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:57:13 | 5:00:14 | 3:08:59 | 9:11:01 |
| 1st Age Grouper | 1:06:56 | 5:51:35 | 4:00:02 | 11:06:48 |
| 2nd Age Grouper | 1:10:42 | 5:57:53 | 4:19:05 | 11:37:58 |
| 3rd Age Grouper | 1:09:36 | 6:17:57 | 4:30:10 | 12:09:04 |
| 4th Age Grouper | 1:08:14 | 6:24:22 | 4:40:41 | 12:22:51 |
| 5th Age Grouper | 1:15:29 | 6:47:13 | 4:56:26 | 13:11:56 |
| 6th Age Grouper | 1:20:12 | 6:42:28 | 5:03:09 | 13:19:05 |
| 7th Age Grouper | 1:26:49 | 6:58:56 | 5:28:19 | 14:10:04 |
| 8th Age Grouper | 1:24:50 | 7:06:29 | 5:21:59 | 14:05:52 |
| 9th Age Grouper | 1:27:04 | 7:04:39 | 5:55:19 | 14:41:38 |
| 10th Age Grouper | 1:25:07 | 7:09:23 | 6:18:48 | 15:13:15 |
| Kona Qualifier Average | 1:05:44 | 5:51:50 | 4:02:17 | 11:07:56 |
| Top 10 Age Grouper Average | 1:16:51 | 6:36:32 | 5:00:46 | 13:06:44 |

Ironman Cozumel

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:49:18 | 5:00:51 | 3:11:56 | 9:08:24 |
| 1st Age Grouper | 0:59:45 | 5:50:48 | 4:13:26 | 11:11:37 |
| 2nd Age Grouper | 1:01:08 | 6:23:21 | 4:42:36 | 12:15:08 |
| 3rd Age Grouper | 1:10:19 | 6:48:58 | 5:16:21 | 13:28:14 |
| 4th Age Grouper | 1:10:34 | 7:08:59 | 5:37:25 | 14:08:55 |
| 5th Age Grouper | 1:22:17 | 7:16:48 | 6:07:43 | 14:55:10 |
| 6th Age Grouper | 0:55:03 | 5:42:02 | 5:50:04 | 15:06:14 |
| 7th Age Grouper | 1:11:37 | 7:41:32 | 5:58:49 | 15:15:14 |
| 8th Age Grouper | 1:26:46 | 7:40:08 | 5:55:41 | 15:21:49 |
| 9th Age Grouper | 0:47:03 | 7:07:25 | 6:43:51 | 14:54:19 |
| Kona Qualifier Average | 0:59:45 | 5:50:48 | 4:13:26 | 11:11:37 |
| Top 10 Age Grouper Average | 1:07:54 | 6:42:22 | 5:22:31 | 13:39:10 |

Ironman Western Australia

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:55:48 | 4:59:23 | 3:12:57 | 9:10:38 |
| 1st Age Grouper | 1:02:07 | 5:39:22 | 3:57:38 | 10:43:15 |
| 2nd Age Grouper | 1:05:59 | 5:52:33 | 4:23:14 | 11:27:43 |
| 3rd Age Grouper | 1:08:57 | 6:01:04 | 4:29:35 | 11:44:41 |
| 4th Age Grouper | 1:12:46 | 6:12:26 | 4:48:14 | 12:19:16 |
| 5th Age Grouper | 1:02:26 | 6:24:59 | 5:27:09 | 13:09:19 |
| 6th Age Grouper | 1:10:55 | 6:38:39 | 5:23:30 | 13:26:51 |
| 7th Age Grouper | 1:15:57 | 7:01:39 | 5:26:17 | 13:52:28 |
| 8th Age Grouper | 1:15:05 | 6:37:35 | 6:11:24 | 14:32:19 |
| 9th Age Grouper | 1:23:21 | 7:06:39 | 6:10:40 | 14:54:50 |
| 10th Age Grouper | 1:35:47 | 7:03:15 | 6:07:12 | 15:01:08 |
| Kona Qualifier Average | 1:02:07 | 5:39:22 | 3:57:38 | 10:43:15 |
| Top 10 Age Grouper Average | 1:09:57 | 6:18:25 | 5:00:00 | 12:38:28 |

Ironman New Zealand

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:50:18 | 5:09:42 | 3:13:07 | 9:18:08 |
| 1st Age Grouper | 1:02:28 | 5:54:28 | 4:02:41 | 11:07:56 |
| 2nd Age Grouper | 1:03:47 | 6:16:10 | 4:28:13 | 11:58:53 |
| 3rd Age Grouper | 1:08:38 | 6:38:35 | 4:50:09 | 12:49:46 |
| 4th Age Grouper | 1:07:59 | 6:41:48 | 5:00:52 | 13:07:11 |
| 5th Age Grouper | 1:00:58 | 6:06:30 | 6:07:19 | 13:27:38 |
| 6th Age Grouper | 0:58:11 | 7:05:06 | 5:18:58 | 13:45:42 |
| 7th Age Grouper | 1:09:09 | 7:13:43 | 5:09:27 | 13:47:02 |
| 8th Age Grouper | 1:09:48 | 7:13:42 | 4:59:30 | 13:34:29 |
| 9th Age Grouper | 1:15:11 | 7:12:12 | 5:23:22 | 14:05:45 |
| 10th Age Grouper | 1:10:00 | 7:35:04 | 5:51:09 | 14:49:58 |
| Kona Qualifier Average | 1:02:28 | 5:54:28 | 4:02:41 | 11:07:56 |
| Top 10 Age Grouper Average | 1:05:30 | 6:35:39 | 4:57:40 | 12:52:17 |

Ironman Melbourne

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:53:25 | 4:46:42 | 3:04:12 | 8:48:33 |
| 1st Age Grouper | 1:04:23 | 5:28:51 | 4:11:22 | 10:51:33 |
| 2nd Age Grouper | 1:07:07 | 5:49:46 | 4:17:13 | 11:21:24 |
| 3rd Age Grouper | 1:16:54 | 6:00:03 | 4:42:51 | 12:07:13 |
| 4th Age Grouper | 0:36:59 | 6:28:04 | 5:20:29 | 13:06:14 |
| Kona Qualifier Average | 1:04:23 | 5:28:51 | 4:11:22 | 10:51:33 |
| Top 10 Age Grouper Average | 1:01:21 | 5:56:41 | 4:37:59 | 11:51:36 |

Ironman South Africa

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:59:05 | 5:05:20 | 3:10:03 | 9:19:21 |
| 1st Age Grouper | 1:13:45 | 6:19:16 | 4:10:07 | 11:51:08 |
| 2nd Age Grouper | 1:18:47 | 6:34:37 | 4:46:22 | 12:50:45 |
| 3rd Age Grouper | 1:22:20 | 6:55:05 | 5:27:49 | 14:02:06 |
| 4th Age Grouper | 1:30:35 | 7:19:50 | 5:52:57 | 15:03:45 |
| 5th Age Grouper | 1:37:35 | 7:51:45 | 5:41:04 | 15:33:59 |
| 6th Age Grouper | 1:30:03 | 7:22:32 | 5:31:22 | 14:47:07 |
| 7th Age Grouper | 1:42:56 | 6:39:34 | 6:04:31 | 14:38:29 |
| 8th Age Grouper | 1:27:08 | 7:21:53 | 5:56:25 | 14:55:19 |
| 9th Age Grouper | 1:21:39 | 8:11:13 | 6:36:53 | 16:43:22 |
| Kona Qualifier Average | 1:13:45 | 6:19:16 | 4:10:07 | 11:51:08 |
| Top 10 Age Grouper Average | 1:23:51 | 6:57:14 | 5:11:48 | 13:48:24 |

Ironman Australia

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:52:16 | 5:14:54 | 3:11:41 | 9:21:37 |
| 1st Age Grouper | 0:56:47 | 5:23:27 | 4:39:18 | 10:59:00 |
| 2nd Age Grouper | 1:03:02 | 5:37:06 | 4:53:51 | 11:32:39 |
| 3rd Age Grouper | 0:55:56 | 6:19:36 | 4:37:26 | 12:05:00 |
| 4th Age Grouper | 1:09:12 | 6:36:48 | 4:51:02 | 12:41:58 |
| 5th Age Grouper | 1:18:10 | 6:58:13 | 5:01:13 | 13:23:25 |
| 6th Age Grouper | 1:07:59 | 7:18:29 | 5:31:52 | 14:03:43 |
| 7th Age Grouper | 1:17:51 | 7:08:45 | 5:42:51 | 14:10:48 |
| 8th Age Grouper | 1:14:00 | 7:32:44 | 5:50:28 | 14:38:56 |
| 9th Age Grouper | 1:18:40 | 7:04:20 | 5:50:10 | 14:18:22 |
| 10th Age Grouper | 1:14:08 | 8:07:35 | 6:50:32 | 16:16:01 |
| Kona Qualifier Average | 0:56:47 | 5:23:27 | 4:39:18 | 10:59:00 |
| Top 10 Age Grouper Average | 1:05:19 | 6:19:58 | 4:58:43 | 12:27:47 |

Ironman Texas

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:54:44 | 5:01:01 | 3:05:21 | 8:54:24 |
| 1st Age Grouper | 1:11:09 | 5:45:33 | 4:19:23 | 11:25:16 |
| 2nd Age Grouper | 1:12:42 | 5:57:31 | 4:49:37 | 12:10:22 |
| 3rd Age Grouper | 1:23:36 | 6:28:21 | 4:35:45 | 12:40:43 |
| 4th Age Grouper | 1:19:44 | 6:40:57 | 4:54:54 | 13:10:17 |
| 5th Age Grouper | 1:21:05 | 7:02:02 | 4:48:35 | 13:24:35 |
| 6th Age Grouper | 1:15:56 | 6:36:07 | 5:38:35 | 13:42:00 |
| 7th Age Grouper | 1:28:50 | 6:40:43 | 5:46:46 | 14:13:11 |
| 8th Age Grouper | 1:29:26 | 6:50:44 | 5:37:51 | 14:13:51 |
| 9th Age Grouper | 1:43:52 | 6:49:45 | 5:30:22 | 14:23:54 |
| 10th Age Grouper | 1:25:48 | 7:08:56 | 5:56:30 | 14:47:20 |
| Kona Qualifier Average | 1:11:55 | 5:51:32 | 4:34:30 | 11:47:49 |
| Top 10 Age Grouper Average | 1:21:52 | 6:32:20 | 5:06:32 | 13:14:20 |

Ironman Lanzarote

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:55:38 | 5:39:59 | 3:09:28 | 9:52:17 |
| 1st Age Grouper | 1:10:19 | 7:08:28 | 4:29:21 | 13:01:16 |
| 2nd Age Grouper | 1:29:00 | 7:35:21 | 5:09:42 | 14:27:43 |
| 3rd Age Grouper | 1:14:03 | 7:16:51 | 5:24:55 | 14:13:20 |
| 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 | | 9:20:34 | 5:29:46 | 16:56:23 |
| Kona Qualifier Average | 1:10:19 | 7:08:28 | 4:29:21 | 13:01:16 |
| Top 10 Age Grouper Average | 1:09:35 | 7:34:49 | 5:03:46 | 14:12:21 |

Ironman Brazil

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:56:08 | 4:58:02 | 3:59:39 | 9:34:30 |
| 1st Age Grouper | 1:09:35 | 5:05:17 | 3:47:45 | 11:21:49 |
| 2nd Age Grouper | 1:14:22 | 5:22:42 | 4:21:28 | 12:21:44 |
| 3rd Age Grouper | 1:14:04 | 5:25:47 | 4:04:17 | 12:28:25 |
| 4th Age Grouper | 1:15:19 | 5:07:20 | 3:52:37 | 12:58:02 |
| 5th Age Grouper | 1:24:46 | 4:59:01 | 4:05:33 | 13:50:51 |
| 6th Age Grouper | 1:19:48 | 4:42:53 | 3:07:22 | 13:55:32 |
| 7th Age Grouper | 1:32:06 | 4:50:54 | 3:20:36 | 14:24:25 |
| 8th Age Grouper | 1:45:26 | 7:35:33 | 6:15:34 | 15:43:13 |
| 9th Age Grouper | 1:14:18 | 7:01:44 | 7:05:29 | 15:43:40 |
| Kona Qualifier Average | 1:09:35 | 5:05:17 | 3:47:45 | 11:21:49 |
| Top 10 Age Grouper Average | 1:17:08 | 5:18:59 | 4:06:21 | 12:48:50 |

Ironman France

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:57:30 | 5:23:21 | 3:07:26 | 9:34:29 |
| 1st Age Grouper | 1:03:36 | 6:18:16 | 4:15:07 | 11:47:14 |
| 2nd Age Grouper | 1:02:30 | 6:56:55 | 4:44:18 | 13:06:28 |
| 3rd Age Grouper | 1:04:00 | 7:44:19 | 5:05:59 | 14:21:22 |
| 4th Age Grouper | 0:27:32 | 7:57:59 | 5:23:57 | 15:11:56 |
| 5th Age Grouper | 1:43:14 | 8:00:19 | 5:36:07 | 15:30:24 |
| Kona Qualifier Average | 1:03:36 | 6:18:16 | 4:15:07 | 11:47:14 |
| Top 10 Age Grouper Average | 1:01:00 | 7:04:52 | 4:46:22 | 13:17:54 |

Ironman Cairns

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:53:21 | 5:09:07 | 3:10:14 | 9:17:24 |
| 1st Age Grouper | 1:10:13 | 6:09:46 | 4:28:22 | 11:54:37 |
| 2nd Age Grouper | 1:01:54 | 6:36:06 | 4:06:45 | 11:53:31 |
| 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 | 1:10:13 | 6:09:46 | 4:28:22 | 11:54:37 |
| Top 10 Age Grouper Average | 1:15:43 | 6:27:13 | 4:27:59 | 12:19:27 |

Ironman Austria

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:53:12 | 4:56:35 | 3:05:10 | 9:00:01 |
| 1st Age Grouper | 1:10:20 | 5:35:26 | 3:58:16 | 10:51:27 |
| 2nd Age Grouper | 1:17:37 | 6:02:50 | 4:16:23 | 11:46:37 |
| 3rd Age Grouper | 1:03:06 | 6:11:01 | 4:53:12 | 12:27:54 |
| 4th Age Grouper | 1:09:39 | 6:08:32 | 5:58:22 | 12:17:17 |
| 5th Age Grouper | 1:02:19 | 6:31:54 | 6:15:02 | 12:53:01 |
| 6th Age Grouper | 0:53:52 | 6:44:20 | 5:16:12 | 13:34:50 |
| 7th Age Grouper | 1:18:22 | 6:43:35 | 5:21:06 | 13:34:42 |
| 8th Age Grouper | 1:22:19 | 5:39:27 | 4:32:02 | 11:42:27 |
| 9th Age Grouper | 1:00:33 | 6:30:20 | 4:43:14 | 12:21:44 |
| 10th Age Grouper | 1:13:56 | 6:26:20 | 5:26:43 | 13:18:37 |
| Kona Qualifier Average | 1:10:20 | 5:35:26 | 3:58:16 | 10:51:27 |
| Top 10 Age Grouper Average | 1:09:01 | 6:07:12 | 4:52:01 | 12:06:51 |

Ironman Frankfurt

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

Ironman UK

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:54:47 | 5:34:58 | 3:09:13 | 9:44:26 |
| 1st Age Grouper | 1:08:21 | 6:47:02 | 4:12:49 | 12:22:23 |
| 2nd Age Grouper | 0:58:14 | 7:22:22 | 4:37:23 | 13:24:04 |
| 3rd Age Grouper | 1:13:34 | 7:05:11 | 4:30:06 | 13:05:28 |
| 4th Age Grouper | 1:18:23 | 7:46:46 | 5:16:28 | 14:40:14 |
| 5th Age Grouper | 0:58:14 | 7:58:33 | 5:29:06 | 14:59:45 |
| 6th Age Grouper | 1:28:18 | 8:21:18 | 5:16:08 | 15:26:17 |
| 7th Age Grouper | 1:14:20 | 8:25:32 | 4:54:08 | 14:52:17 |
| 8th Age Grouper | 1:00:26 | 8:08:52 | 6:16:52 | 15:48:55 |
| Kona Qualifier Average | 1:08:21 | 6:47:02 | 4:12:49 | 12:22:23 |
| Top 10 Age Grouper Average | 1:08:43 | 7:27:39 | 4:48:52 | 13:46:16 |

Ironman Lake Placid

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:58:19 | 5:19:59 | 3:16:59 | 9:40:45 |
| 1st Age Grouper | 1:00:38 | 6:07:36 | 4:01:58 | 11:20:32 |
| 2nd Age Grouper | 1:04:06 | 6:21:14 | 4:20:25 | 11:57:57 |
| 3rd Age Grouper | 1:06:38 | 6:44:37 | 4:29:17 | 12:34:22 |
| 4th Age Grouper | 1:09:31 | 6:53:22 | 4:38:07 | 12:55:44 |
| 5th Age Grouper | 1:07:17 | 6:56:27 | 4:59:46 | 13:19:34 |
| 6th Age Grouper | 1:07:58 | 7:02:01 | 5:01:55 | 13:30:52 |
| 7th Age Grouper | 1:16:48 | 7:05:53 | 5:24:50 | 14:03:37 |
| 8th Age Grouper | 1:13:55 | 7:15:54 | 5:23:48 | 14:11:21 |
| 9th Age Grouper | 1:01:02 | 7:25:24 | 5:31:45 | 14:15:12 |
| 10th Age Grouper | 1:12:15 | 7:38:34 | 5:42:04 | 14:47:51 |
| Kona Qualifier Average | 1:00:38 | 6:07:36 | 4:01:58 | 11:20:32 |
| Top 10 Age Grouper Average | 1:07:53 | 6:54:07 | 4:53:44 | 13:10:47 |

Ironman Switzerland

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:58:45 | 5:00:37 | 3:13:43 | 9:16:24 |
| 1st Age Grouper | 1:07:27 | 5:49:18 | 4:01:15 | 11:03:24 |
| 2nd Age Grouper | 1:04:26 | 6:08:38 | 4:15:47 | 11:48:11 |
| 3rd Age Grouper | 1:09:41 | 6:22:22 | 4:39:04 | 12:18:40 |
| 4th Age Grouper | 1:10:06 | 6:33:08 | 5:11:20 | 13:17:25 |
| 5th Age Grouper | 0:59:43 | 5:25:31 | 7:04:54 | 13:37:58 |
| 6th Age Grouper | 0:45:01 | 7:10:56 | 5:12:43 | 14:05:33 |
| 7th Age Grouper | 1:19:53 | 7:58:42 | 5:02:05 | 14:28:51 |
| 8th Age Grouper | 1:00:12 | 7:17:52 | 6:07:44 | 14:33:45 |
| 9th Age Grouper | 1:17:58 | 7:18:13 | 5:50:40 | 14:34:08 |
| 10th Age Grouper | 1:18:13 | 7:16:01 | 5:59:50 | 14:45:11 |
| Kona Qualifier Average | 1:07:27 | 5:49:18 | 4:01:15 | 11:03:24 |
| Top 10 Age Grouper Average | 1:06:20 | 6:14:45 | 4:51:52 | 12:27:07 |

Ironman Canada

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:56:18 | 5:11:00 | 3:17:27 | 9:28:52 |
| 1st Age Grouper | 1:04:56 | 6:01:39 | 4:00:37 | 11:13:49 |
| 2nd Age Grouper | 1:10:35 | 6:04:24 | 4:13:26 | 11:34:53 |
| 3rd Age Grouper | 1:07:26 | 6:15:41 | 4:26:12 | 11:57:37 |
| 4th Age Grouper | 1:08:00 | 6:22:15 | 4:39:20 | 12:17:40 |
| 5th Age Grouper | 1:11:46 | 6:30:05 | 4:46:35 | 12:37:17 |
| 6th Age Grouper | 1:16:48 | 6:38:41 | 4:57:30 | 13:03:43 |
| 7th Age Grouper | 1:15:35 | 6:50:45 | 5:00:54 | 13:20:09 |
| 8th Age Grouper | 1:11:43 | 6:59:05 | 5:16:23 | 13:40:24 |
| 9th Age Grouper | 1:12:17 | 7:02:39 | 5:34:21 | 14:02:38 |
| 10th Age Grouper | 1:14:44 | 7:21:54 | 5:23:04 | 14:16:08 |
| Kona Qualifier Average | 1:04:56 | 6:01:39 | 4:00:37 | 11:13:49 |
| Top 10 Age Grouper Average | 1:11:23 | 6:36:43 | 4:49:50 | 12:48:26 |

Ironman Maastricht-Limburg

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:56:26 | 5:16:10 | 3:21:17 | 9:39:24 |
| 1st Age Grouper | 1:07:23 | 6:06:21 | 4:25:58 | 11:51:28 |
| Kona Qualifier Average | 1:07:23 | 6:06:21 | 4:25:58 | 11:51:28 |

Ironman Boulder

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 1:05:01 | 4:56:46 | 3:27:02 | 9:36:47 |
| 1st Age Grouper | 1:09:34 | 5:36:11 | 4:27:06 | 11:22:54 |
| 2nd Age Grouper | 1:15:43 | 5:56:50 | 4:46:27 | 12:07:53 |
| 3rd Age Grouper | 1:19:00 | 6:06:51 | 4:30:55 | 12:11:08 |
| 4th Age Grouper | 1:24:04 | 6:44:08 | 4:19:50 | 12:43:55 |
| 5th Age Grouper | 1:22:36 | 6:14:11 | 4:58:29 | 12:49:50 |
| 6th Age Grouper | 1:15:00 | 6:39:14 | 5:27:20 | 13:36:16 |
| 7th Age Grouper | 1:18:58 | 6:10:57 | 6:04:35 | 13:48:30 |
| 8th Age Grouper | 1:17:26 | 6:39:17 | 5:47:31 | 13:59:39 |
| 9th Age Grouper | 1:29:06 | 6:39:18 | 5:05:18 | 13:34:13 |
| 10th Age Grouper | 1:22:36 | 6:40:18 | 5:51:35 | 14:30:44 |
| Kona Qualifier Average | 1:09:34 | 5:36:11 | 4:27:06 | 11:22:54 |
| Top 10 Age Grouper Average | 1:18:41 | 6:18:36 | 5:05:38 | 12:58:03 |

Ironman Sweden

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:55:01 | 4:54:58 | 3:10:40 | 9:04:11 |
| 1st Age Grouper | 1:02:24 | 5:37:27 | 3:49:21 | 10:35:04 |
| 2nd Age Grouper | 1:07:31 | 5:45:43 | 4:19:43 | 11:18:28 |
| 3rd Age Grouper | 1:14:14 | 6:12:19 | 4:26:20 | 12:01:58 |
| 4th Age Grouper | 1:18:45 | 6:48:33 | 4:57:07 | 13:13:48 |
| 5th Age Grouper | 1:37:51 | 6:26:56 | 4:58:16 | 13:17:48 |
| 6th Age Grouper | 1:25:54 | 6:41:25 | 4:23:30 | 12:43:45 |
| 7th Age Grouper | 1:18:47 | 6:54:24 | 4:48:06 | 13:12:56 |
| 8th Age Grouper | 1:22:11 | 6:44:33 | 5:14:40 | 13:35:16 |
| 9th Age Grouper | 1:44:57 | 6:37:45 | 5:09:19 | 13:44:41 |
| 10th Age Grouper | 1:31:53 | 7:19:42 | 5:09:32 | 14:10:42 |
| Kona Qualifier Average | 1:02:24 | 5:37:27 | 3:49:21 | 10:35:04 |
| Top 10 Age Grouper Average | 1:19:45 | 6:23:53 | 4:38:27 | 12:31:54 |

Ironman Copenhagen

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:50:45 | 4:45:29 | 3:09:45 | 8:50:19 |
| 1st Age Grouper | 1:05:32 | 5:31:47 | 4:09:25 | 10:56:07 |
| 2nd Age Grouper | 1:10:15 | 5:47:41 | 4:08:07 | 11:15:22 |
| 3rd Age Grouper | 1:13:14 | 5:54:43 | 4:14:26 | 11:33:05 |
| 4th Age Grouper | 1:11:29 | 5:46:26 | 4:40:15 | 11:45:54 |
| 5th Age Grouper | 1:21:08 | 5:51:31 | 4:49:30 | 12:12:27 |
| 6th Age Grouper | 1:20:06 | 6:08:20 | 4:56:40 | 12:38:30 |
| 7th Age Grouper | 1:16:34 | 5:51:02 | 4:28:41 | 11:49:54 |
| 8th Age Grouper | 1:08:34 | 6:15:39 | 4:47:59 | 12:22:43 |
| 9th Age Grouper | 1:10:37 | 6:21:41 | 4:47:32 | 12:34:39 |
| 10th Age Grouper | 1:22:22 | 6:09:11 | 4:41:32 | 12:25:33 |
| Kona Qualifier Average | 1:05:32 | 5:31:47 | 4:09:25 | 10:56:07 |
| Top 10 Age Grouper Average | 1:13:34 | 5:55:29 | 4:33:00 | 11:52:58 |

Ironman Coeur d'Alene

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:56:54 | 5:15:10 | 3:18:02 | 9:34:24 |
| 1st Age Grouper | 1:09:35 | 6:03:29 | 4:04:03 | 11:25:25 |
| 2nd Age Grouper | 1:12:50 | 6:08:52 | 4:30:32 | 12:00:59 |
| 3rd Age Grouper | 1:11:35 | 6:22:27 | 4:34:21 | 12:17:08 |
| 4th Age Grouper | 1:14:25 | 6:31:10 | 4:42:31 | 12:38:47 |
| 5th Age Grouper | 1:12:59 | 6:42:53 | 4:46:21 | 12:53:50 |
| 6th Age Grouper | 1:15:43 | 6:57:04 | 5:04:29 | 13:28:16 |
| 7th Age Grouper | 1:24:06 | 6:56:47 | 5:13:23 | 13:49:42 |
| 8th Age Grouper | 1:22:00 | 6:54:07 | 5:38:18 | 14:07:47 |
| 9th Age Grouper | 1:24:39 | 6:59:53 | 5:36:33 | 14:16:21 |
| 10th Age Grouper | 1:15:27 | 7:27:59 | 5:16:27 | 14:27:09 |
| Kona Qualifier Average | 1:09:35 | 6:03:29 | 4:04:03 | 11:25:25 |
| Top 10 Age Grouper Average | 1:16:17 | 6:41:33 | 4:56:01 | 13:06:37 |

Ironman Mont-Tremblant

| Position | Average Swim | Average Bike | Average Run | Average Overall |
|-----------------------------------|----------------|----------------|----------------|-----------------|
| Female Winner | 0:57:05 | 5:06:36 | 3:12:59 | 9:22:03 |
| 1st Age Grouper | 1:17:38 | 6:17:31 | 4:34:33 | 12:21:22 |
| 2nd Age Grouper | 1:16:29 | 6:37:07 | 4:29:31 | 12:36:45 |
| 3rd Age Grouper | 1:21:16 | 6:50:27 | 4:51:56 | 13:18:47 |
| 4th Age Grouper | 1:18:54 | 6:39:38 | 5:49:01 | 14:05:42 |
| 5th Age Grouper | 1:22:14 | 7:10:08 | 5:26:30 | 14:11:49 |
| 6th Age Grouper | 1:15:54 | 6:58:43 | 5:47:09 | 14:17:42 |
| 7th Age Grouper | 1:22:39 | 7:22:53 | 5:38:00 | 14:40:31 |
| 8th Age Grouper | 1:22:41 | 7:39:58 | 5:12:47 | 14:32:48 |
| 9th Age Grouper | 1:21:50 | 7:18:59 | 5:50:17 | 14:48:13 |
| 10th Age Grouper | 0:35:11 | 7:34:15 | 6:18:04 | 15:38:08 |
| Kona Qualifier Average | 1:17:38 | 6:17:31 | 4:34:33 | 12:21:22 |
| Top 10 Age Grouper Average | 1:16:55 | 6:57:12 | 5:18:15 | 13:50:57 |