

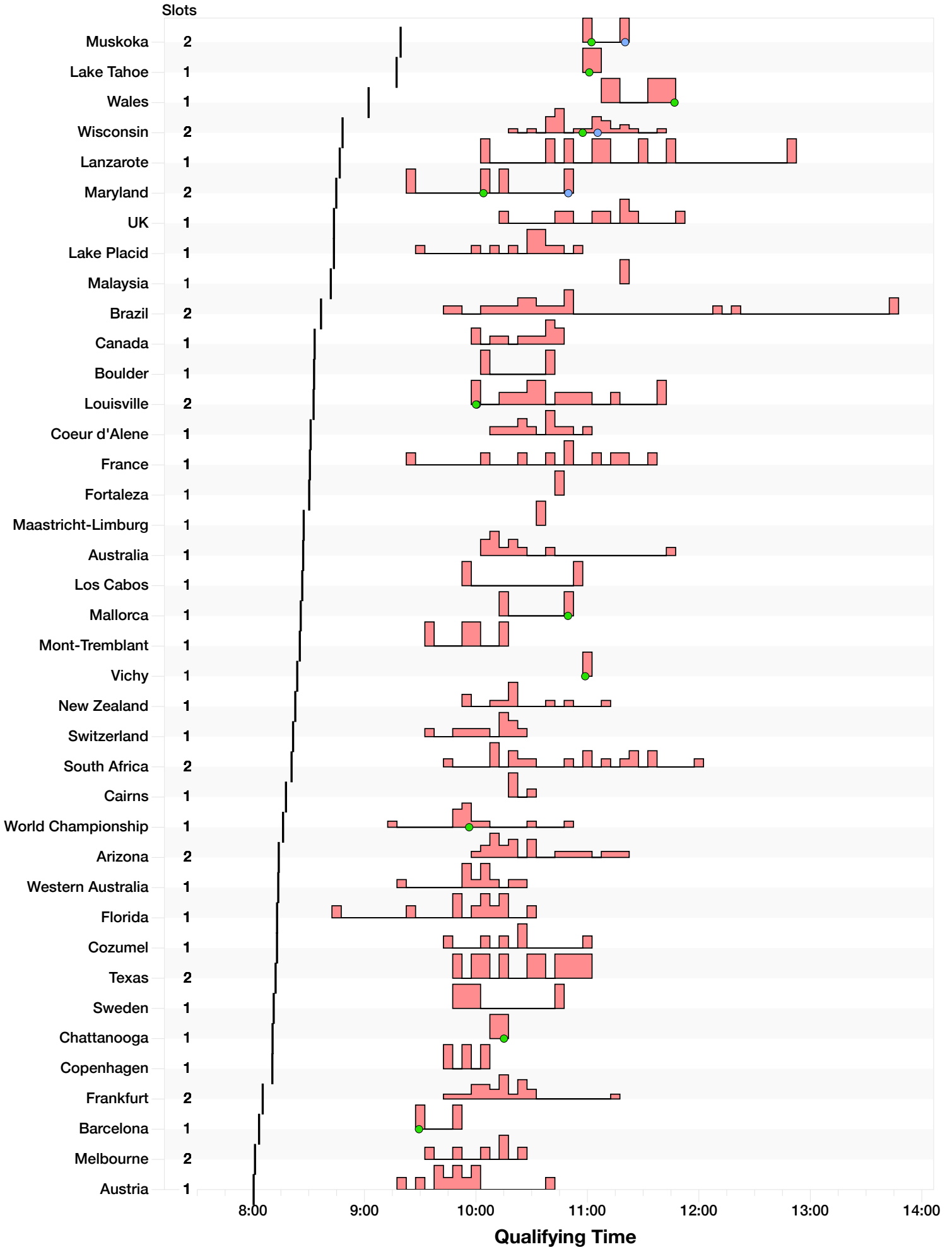
Ironman World Championship

F25-29

2016 Qualification Stats

2016 Qualification Comparison for F25-29

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



F25-29 Past Qualifying Times

Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	10:58:49
Average	9:25:27	10:58:49

Ironman Muskoka (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:53:37	11:02:12	11:20:19
Average	9:53:37	11:02:12	11:20:19

Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:05:27	11:08:45
2004	10:05:40	11:07:24	11:12:06
2005	10:11:22	11:13:17	11:42:19
2006	10:01:22	11:07:29	11:19:44
2007	9:37:03	10:19:28	10:30:16
2008	9:47:25	10:43:22	10:44:39
2009	9:43:59	10:39:43	10:45:45
2010	9:27:26	10:39:56	10:44:40
2011	9:41:03	11:01:13	11:08:40
2012	9:34:35	10:38:43	10:38:59
2013	9:47:07	11:19:23	11:23:46
2014	9:30:08	10:43:52	10:46:20
2015	10:08:05	10:57:28	11:05:33
Average	9:47:49	10:53:35	11:00:53

Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	11:38:18
2012	9:45:09	11:07:55
2013	9:51:21	11:15:17
2014	10:57:26	11:35:14
2015	9:56:31	11:46:54
Average	10:09:10	11:28:43

Ironman Lake Tahoe (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:58:53	11:03:01
2015	10:28:55	11:01:01
Average	10:13:54	11:02:01

Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	10:13:11
2015	9:24:48	10:49:33
Average	9:24:32	10:31:22

Ironman Chattanooga (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:54:55	10:10:26
2015	8:56:00	10:15:06
Average	8:55:27	10:12:46

Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	9:50:58
2015	8:46:44	9:29:21
Average	8:48:02	9:40:09

Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	10:51:46
2005	9:09:30	9:54:32
2006	9:18:31	9:53:41
2007	9:08:45	9:47:40
2008	9:06:23	10:28:53
2009	8:54:02	10:01:48
2010	8:58:36	10:07:16
2011	8:55:08	9:55:51
2012	9:15:54	9:51:07
2013	8:52:14	9:15:16
2014	9:00:55	9:50:39
2015	8:57:57	9:56:21
Average	9:07:19	9:59:34

Ironman Louisville (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:23:22	10:47:09	10:59:14
2008	9:54:17	11:41:38	11:41:44
2010	9:33:15	10:33:59	10:52:16
2011	9:38:14	10:26:49	10:31:35
2012	9:36:27	10:12:35	10:33:24
2013	9:29:02	10:18:04	10:28:48
2014	9:31:19	10:56:29	11:14:22
2015	10:00:04	10:00:04	10:00:31
Average	9:38:15	10:37:05	10:47:44

Ironman Maryland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:02	9:26:02	10:17:09
2015	9:42:56	10:04:03	10:49:44
Average	9:34:29	9:45:02	10:33:26

Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	10:53:30
2014	9:16:43	9:55:11
Average	9:26:08	10:24:20

Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	10:14:29
2005	9:33:09	10:05:58
2006	9:28:28	10:32:20
2007	9:05:35	9:48:47
2008	9:07:48	10:05:42
2009	9:08:38	10:16:12
2010	9:07:49	10:02:13
2011	8:55:10	10:10:28
2012	8:51:35	9:49:47
2013	8:43:07	9:27:19
2014	8:01:47	8:43:30
Average	9:02:54	9:56:04

Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	10:44:49
Average	9:09:20	10:44:49

Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	11:18:23
Average	9:26:38	11:18:23

Ironman Arizona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:44:02	10:53:55	11:00:33
2006	9:12:53	10:16:06	10:28:46
2007	9:36:40	10:18:54	11:18:30
2008	9:21:06	10:05:45	10:20:58
2009	9:21:06	10:05:45	10:20:58
2010	9:09:19	10:08:07	
2011	8:36:13	10:29:11	10:47:18
2012	9:01:41	10:07:52	10:09:43
2013	8:52:49	9:59:08	10:13:25
2014	8:50:41	10:09:51	11:15:04
Average	9:10:39	10:15:27	10:39:28

Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	10:23:32
2010	9:07:08	10:23:22
2011	9:14:08	10:15:11
2012	9:15:38	10:59:33
2013	8:52:28	10:06:30
2014	9:14:07	9:46:46
Average	9:08:24	10:19:09

Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:03:37	10:26:48
2005	9:31:32	10:03:11
2006	9:10:01	10:22:28
2007	9:00:55	10:03:50
2008	8:59:24	9:53:38
2009	9:16:52	9:54:27
2010	9:19:44	10:00:17
2011	9:25:38	10:08:16
2012	9:13:00	9:53:37
2013	8:59:44	9:20:42
2014	8:56:34	10:06:25
Average	9:10:38	10:01:14

Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	11:11:35
2004	9:22:23	10:09:34
2005	9:30:13	10:51:56
2007	9:20:01	10:17:59
2008	9:16:00	10:21:12
2009	9:18:25	10:19:44
2010	9:14:35	10:41:05
2011	9:28:24	9:56:41
2013	9:17:10	9:55:41
2014	9:08:46	10:17:54
2015	9:05:45	10:13:54
Average	9:18:08	10:23:23

Ironman Melbourne (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:34:51	10:05:57	10:15:53
2014	8:57:57	9:34:08	9:48:46
2015	8:52:51	10:16:38	10:25:52
Average	8:48:33	9:58:54	10:10:10

Ironman South Africa (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:22:00	11:20:35	11:36:18
2008	9:27:48	10:12:07	10:21:39
2009	9:16:32	10:49:43	11:26:55
2010	9:16:55	10:11:13	10:12:23
2011	8:33:56	9:44:47	10:18:00
2012	9:47:10	10:26:42	11:58:33
2013	9:10:58	10:29:18	10:58:11
2014	9:31:54	11:23:38	11:33:01
2015	9:26:56	11:01:57	11:07:51
Average	9:19:21	10:37:46	11:03:39

Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:13:20	10:13:42
2006	9:19:44	10:03:53
2007	9:12:59	10:02:41
2008	9:03:55	10:23:17
2009	8:57:10	10:21:53
2010	9:23:46	10:38:02
2011	9:29:54	10:12:16
2012	9:34:57	10:12:14
2013	9:34:55	10:12:01
2014	9:28:43	10:22:29
2015	9:38:24	11:46:05
Average	9:21:37	10:24:24

Ironman Texas (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	8:57:51	10:42:32	10:47:49
2012	8:54:58	9:59:45	10:13:58
2013	8:49:14	10:28:31	10:34:27
2014	8:54:42	9:51:44	10:07:11
2015	8:55:19	10:56:04	10:59:06
Average	8:54:24	10:23:43	10:32:30

Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	11:29:59
2009	9:54:57	11:03:56
2010	10:03:52	10:05:20
2011	9:43:39	11:44:29
2012	9:58:06	10:48:41
2013	9:37:34	11:12:12
2014	9:41:40	10:38:48
2015	9:56:03	12:47:58
Average	9:52:17	11:13:55

Ironman Brazil (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2006	9:20:46	10:48:59	10:49:43
2007	9:12:40	10:17:41	10:45:24
2008	9:42:50	10:09:24	10:28:24
2009	9:10:15	12:09:21	12:18:52
2010	9:19:13	10:03:21	10:30:33
2011	12:40:07	13:45:13	13:45:21
2012	9:17:42	10:23:42	10:39:40
2013	9:05:53	10:12:55	10:50:58
2014	8:56:32	10:27:29	10:33:28
2015	8:59:08	9:43:02	9:48:22
Average	9:34:30	10:48:06	11:03:04

Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	11:18:01
2006	9:56:31	10:40:53
2007	9:49:11	11:32:38
2008	9:35:29	10:23:31
2009	9:30:29	11:03:42
2011	9:34:31	10:49:02
2012	9:16:05	11:14:36
2013	9:12:54	9:22:51
2014	9:12:21	10:05:40
2015	9:24:50	10:49:27
Average	9:34:29	10:44:02

Ironman Cairns (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:21:00	10:21:52
2013	9:19:51	10:21:29
2014	9:16:58	10:18:17
2015	9:11:49	10:27:33
Average	9:17:24	10:22:17

Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	9:47:29
2006	9:12:09	9:54:55
2007	9:08:47	9:58:51
2008	8:47:26	9:49:55
2009	8:50:13	9:52:01
2010	9:18:50	9:41:19
2011	8:43:34	9:29:49
2012	9:09:58	9:57:41
2013	8:59:31	10:39:57
2014	8:42:42	9:20:52
2015		9:41:24
Average	8:10:55	9:50:23

Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	10:28:48	11:15:55
2005	9:15:31	10:14:27	10:24:22
2006	9:16:17	9:50:50	10:08:50
2007	9:04:11	9:57:33	10:14:25
2008	8:51:24	9:55:59	10:17:26
2009	8:58:08	9:58:10	10:06:45
2010	9:04:27	10:16:15	10:25:00
2011	9:12:13	10:07:00	10:09:26
2012	8:52:33	10:06:00	10:24:16
2013	8:56:01	10:01:08	10:12:58
2014	8:52:40	9:46:32	10:27:17
2015	8:51:00	10:20:17	10:27:54
Average	9:01:28	10:05:14	10:22:52

Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	11:05:02
2008	9:49:06	10:44:52
2009	9:33:59	10:49:08
2010	10:01:02	11:20:13
2011	9:37:31	11:12:04
2012	10:08:44	11:24:15
2013	9:29:12	11:18:42
2014	9:52:12	11:47:39
2015	9:31:58	10:15:32
Average	9:44:26	11:06:23

Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2002	9:29:41	10:36:13
2003	9:51:55	10:54:21
2004	9:24:42	10:35:54
2006	10:11:35	10:11:35
2007	9:40:20	10:38:08
2008	9:51:00	10:32:34
2009	9:29:36	10:31:14
2010	9:27:30	10:01:42
2011	9:19:03	10:21:01
2012	9:47:39	10:32:05
2013	9:35:06	10:29:53
2014	9:28:28	9:29:51
2015	10:13:19	10:44:02
Average	9:40:45	10:26:02

Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	10:22:22
2006	9:24:18	9:54:50
2007	9:20:43	9:50:45
2008	9:30:12	10:04:08
2009	9:14:35	9:32:57
2010	9:00:04	10:21:06
2011	9:03:26	10:12:38
2012	9:20:16	10:00:22
2013	9:21:31	10:26:21
2014	9:13:30	10:16:50
2015	9:21:05	10:17:15
Average	9:16:24	10:07:14

Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:16:02	10:37:59
2005	9:51:31	10:31:27
2006	9:25:13	10:35:16
2007	9:41:01	10:25:05
2008	9:17:58	10:10:36
2009	9:11:20	10:38:11
2010	9:13:46	9:59:44
2011	9:03:13	10:43:47
2012	9:44:58	10:16:14
2013	9:28:13	10:01:35
2014	9:46:58	10:39:06
2015	9:46:19	10:46:52
Average	9:28:52	10:27:09

Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	10:36:14
Average	9:39:24	10:36:14

Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	10:40:22
2015	9:53:41	10:06:10
Average	9:36:47	10:23:16

Ironman Sweden (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:13:27	9:51:50
2013	8:54:01	10:44:44
2014	8:56:50	9:57:17
2015	9:12:27	9:58:51
Average	9:04:11	10:08:10

Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	9:56:40
2014	8:53:33	10:06:40
2015	8:59:49	9:46:00
Average	8:50:19	9:56:26

Ironman Coeur d'Alene (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	10:27:53
2005	9:59:08	10:10:44
2006	9:31:07	10:20:29
2007	10:27:55	10:42:57
2008	9:38:58	10:39:47
2009	9:23:21	10:48:44
2010	9:17:54	10:42:03
2011	9:16:40	10:16:02
2012	9:21:44	10:42:29
2013	9:16:02	10:25:34
2014	9:34:32	10:26:52
2015	9:23:27	10:59:03
Average	9:34:24	10:33:33

Ironman Mont-Tremblant (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:30:46	10:15:30
2013	9:07:56	9:33:05
2014	9:40:26	10:01:15
2015	9:09:05	9:55:40
Average	9:22:03	9:56:22

F25-29 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	1:06:17	5:55:49	3:46:40	10:58:49
2nd Age Grouper	1:09:32	5:52:10	3:48:22	11:00:33
3rd Age Grouper	1:10:06	6:09:49	3:46:01	11:16:37
4th Age Grouper	1:13:04	6:03:10	4:04:03	11:31:05
5th Age Grouper	1:22:06	6:13:30	4:09:37	11:56:21
6th Age Grouper	1:21:24	6:01:37	5:08:44	12:42:20
7th Age Grouper	1:26:50	6:12:38	5:26:58	13:19:56
8th Age Grouper	1:17:53	6:43:30	5:03:06	13:26:34
9th Age Grouper	1:25:08	6:54:19	5:15:18	13:58:20
10th Age Grouper	1:22:56	6:36:24	6:13:54	14:26:13
Kona Qualifier Average	1:06:17	5:55:49	3:46:40	10:58:49
Top 10 Age Grouper Average	1:17:31	6:16:17	4:40:16	12:27:40

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	0:59:29	5:37:16	4:16:55	11:02:12
2nd Age Grouper	0:52:14	6:02:07	4:16:54	11:20:19
3rd Age Grouper	1:11:51	6:12:07	4:11:02	11:43:56
4th Age Grouper	1:03:02	6:06:10	4:28:30	11:46:42
5th Age Grouper	1:05:43	6:27:41	4:13:10	11:56:59
6th Age Grouper	1:20:11	6:28:05	4:03:01	12:01:15
7th Age Grouper	1:17:24	6:21:05	4:13:27	12:01:16
8th Age Grouper	1:19:01	6:32:13	4:02:46	12:08:03
9th Age Grouper	1:09:05	6:32:01	4:14:53	12:09:02
10th Age Grouper	1:15:59	6:53:06	4:10:02	12:35:31
Kona Qualifier Average	0:55:51	5:49:41	4:16:54	11:11:15
Top 10 Age Grouper Average	1:09:23	6:19:11	4:13:04	11:52:31

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	1:08:27	5:47:39	3:47:37	10:53:35
2nd Age Grouper	1:05:41	6:00:24	3:44:52	11:00:53
3rd Age Grouper	1:04:48	6:02:01	3:57:22	11:14:36
4th Age Grouper	1:07:36	6:02:07	3:58:12	11:19:14
5th Age Grouper	1:08:27	6:00:35	4:07:59	11:26:59
6th Age Grouper	1:09:33	6:06:23	4:06:30	11:32:46
7th Age Grouper	1:07:30	6:07:49	4:13:15	11:39:13
8th Age Grouper	1:10:32	6:13:21	4:10:39	11:45:38
9th Age Grouper	1:08:51	6:10:46	4:22:07	11:52:51
10th Age Grouper	1:08:25	6:13:56	4:23:50	11:57:34
Kona Qualifier Average	1:07:04	5:54:02	3:46:15	10:57:14
Top 10 Age Grouper Average	1:07:59	6:04:30	4:05:14	11:28:20

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	1:02:58	6:25:02	3:47:22	11:28:43
2nd Age Grouper	1:10:13	6:48:27	3:44:24	11:56:08
3rd Age Grouper	1:11:46	6:58:36	4:00:51	12:26:34
4th Age Grouper	1:10:50	7:00:17	4:18:21	12:48:51
5th Age Grouper	1:17:11	7:06:48	4:29:07	13:12:26
6th Age Grouper	1:11:55	7:18:45	4:46:40	13:37:26
7th Age Grouper	1:11:58	7:28:57	4:45:54	13:50:56
8th Age Grouper	1:27:35	7:34:09	4:33:10	13:57:51
9th Age Grouper	1:13:37	7:31:24	5:00:05	14:04:38
10th Age Grouper	1:18:21	7:39:09	5:05:23	14:23:48
Kona Qualifier Average	1:02:58	6:25:02	3:47:22	11:28:43
Top 10 Age Grouper Average	1:13:38	7:11:09	4:27:08	13:10:44

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	1:04:01	6:00:46	3:48:24	11:02:01
2nd Age Grouper	1:01:56	6:16:23	4:24:48	11:53:38
3rd Age Grouper	1:08:48	6:32:03	4:07:14	12:00:25
4th Age Grouper	1:05:15	6:50:18	4:11:42	12:19:56
5th Age Grouper	1:22:23	6:39:21	4:31:16	12:46:50
6th Age Grouper	1:29:16	6:49:45	4:25:11	13:03:29
7th Age Grouper	1:06:02	7:20:42	5:05:58	13:49:01
8th Age Grouper	1:14:51	7:05:32	5:15:33	13:52:40
9th Age Grouper	1:16:12	7:08:20	5:27:49	14:10:38
10th Age Grouper	1:16:28	7:18:11	5:27:36	14:21:06
Kona Qualifier Average	1:04:01	6:00:46	3:48:24	11:02:01
Top 10 Age Grouper Average	1:12:31	6:48:08	4:40:33	12:55:58

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	0:57:16	5:22:55	4:01:57	10:31:22
2nd Age Grouper	0:59:03	6:00:59	3:47:01	10:55:33
3rd Age Grouper	1:09:17	6:20:28	3:58:09	11:39:01
4th Age Grouper	1:11:49	6:13:25	4:11:27	11:47:22
5th Age Grouper	1:12:57	6:30:57	4:05:28	12:02:00
6th Age Grouper	1:00:22	6:22:25	4:34:28	12:08:12
7th Age Grouper	1:14:04	6:24:55	4:42:55	12:36:39
8th Age Grouper	1:21:21	6:28:00	4:56:38	12:57:15
9th Age Grouper	1:16:41	6:56:02	4:58:22	13:27:50
10th Age Grouper	1:18:57	7:28:03	4:56:45	13:57:27
Kona Qualifier Average	0:57:16	5:22:55	4:01:57	10:31:22
Top 10 Age Grouper Average	1:10:11	6:24:49	4:25:19	12:12:16

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	0:47:30	5:41:18	3:37:22	10:12:46
2nd Age Grouper	0:55:32	5:37:54	3:51:38	10:31:30
3rd Age Grouper	1:02:07	5:31:45	3:57:45	10:39:25
4th Age Grouper	1:03:30	5:39:16	3:53:36	10:45:23
5th Age Grouper	0:52:30	5:49:17	4:14:45	11:05:03
6th Age Grouper	0:50:34	5:35:31	4:33:51	11:08:29
7th Age Grouper	1:01:37	6:11:04	3:58:21	11:20:20
8th Age Grouper	1:02:08	6:00:34	4:08:41	11:24:37
9th Age Grouper	0:59:19	6:03:42	4:39:44	11:53:13
10th Age Grouper	1:04:30	6:13:11	4:33:56	11:59:40
Kona Qualifier Average	0:47:30	5:41:18	3:37:22	10:12:46
Top 10 Age Grouper Average	0:57:55	5:50:21	4:08:58	11:06:02

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	1:00:56	5:05:09	3:30:04	9:40:09
2nd Age Grouper	1:09:07	5:20:39	3:42:17	10:17:15
3rd Age Grouper	1:09:59	5:35:27	4:04:03	10:55:40
4th Age Grouper	1:04:42	5:30:16	4:21:56	11:02:52
5th Age Grouper	1:08:46	5:48:51	4:03:58	11:07:58
6th Age Grouper	1:10:39	5:31:27	4:23:44	11:12:49
7th Age Grouper	1:10:42	5:42:39	4:23:31	11:22:12
8th Age Grouper	1:11:42	5:44:02	4:43:51	11:45:21
9th Age Grouper	1:15:57	5:21:17	5:07:24	11:49:48
10th Age Grouper	1:21:03	6:12:50	4:18:28	12:00:11
Kona Qualifier Average	1:00:56	5:05:09	3:30:04	9:40:09
Top 10 Age Grouper Average	1:10:21	5:35:15	4:15:55	11:07:25

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	1:06:08	5:22:58	3:24:40	9:59:34
2nd Age Grouper	1:00:22	5:31:53	3:33:38	10:12:13
3rd Age Grouper	1:06:30	5:30:34	3:35:04	10:18:35
4th Age Grouper	1:04:54	5:38:18	3:34:04	10:23:43
5th Age Grouper	1:04:38	5:36:25	3:41:01	10:29:04
6th Age Grouper	1:08:27	5:42:04	3:35:13	10:32:30
7th Age Grouper	1:05:35	5:40:53	3:43:01	10:36:08
8th Age Grouper	1:05:51	5:40:48	3:45:21	10:38:46
9th Age Grouper	1:06:34	5:42:44	3:43:53	10:40:40
10th Age Grouper	1:04:37	5:46:34	3:45:27	10:43:37
Kona Qualifier Average	1:06:08	5:22:58	3:24:40	9:59:34
Top 10 Age Grouper Average	1:05:21	5:37:19	3:38:08	10:27:29

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	1:04:43	5:36:33	3:45:43	10:37:05
2nd Age Grouper	1:02:16	5:48:25	3:48:33	10:47:44
3rd Age Grouper	1:02:26	5:42:17	4:04:17	10:58:35
4th Age Grouper	1:04:23	5:52:24	4:01:58	11:06:57
5th Age Grouper	1:05:29	5:47:35	4:12:42	11:14:57
6th Age Grouper	1:06:15	5:55:15	4:13:18	11:24:42
7th Age Grouper	1:07:38	6:04:00	4:09:33	11:31:49
8th Age Grouper	1:05:50	6:00:11	4:25:43	11:42:08
9th Age Grouper	1:11:55	6:04:35	4:20:02	11:46:23
10th Age Grouper	1:09:19	6:07:41	4:26:11	11:54:34
Kona Qualifier Average	1:03:29	5:42:29	3:47:08	10:42:25
Top 10 Age Grouper Average	1:06:01	5:53:54	4:08:48	11:18:29

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	0:53:07	5:20:16	3:22:48	9:45:02
2nd Age Grouper	0:53:02	5:45:59	3:47:04	10:33:26
3rd Age Grouper	1:06:23	5:31:44	3:58:34	10:46:37
4th Age Grouper	0:55:17	5:39:35	4:12:19	10:56:22
5th Age Grouper	1:11:48	5:35:38	4:03:40	11:02:48
6th Age Grouper	1:12:01	5:49:36	4:13:28	11:27:16
7th Age Grouper	1:11:36	5:43:56	4:26:00	11:31:29
8th Age Grouper	1:05:20	5:45:54	4:28:19	11:32:57
9th Age Grouper	1:03:33	6:14:57	4:11:14	11:44:42
10th Age Grouper	1:00:36	6:00:07	4:36:56	11:49:33
Kona Qualifier Average	0:53:04	5:33:07	3:34:56	10:09:14
Top 10 Age Grouper Average	1:03:16	5:44:46	4:08:02	11:07:01

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	1:02:38	5:30:32	3:44:03	10:24:20
2nd Age Grouper	1:06:35	6:03:40	3:41:46	10:58:40
3rd Age Grouper	1:05:22	6:08:45	3:52:00	11:11:47
4th Age Grouper	1:05:39	6:10:28	4:31:43	11:55:05
5th Age Grouper	1:02:21	6:41:21	4:30:59	12:23:20
6th Age Grouper	1:06:40	6:40:18	5:02:44	12:59:41
7th Age Grouper	1:18:02	7:01:30	5:15:15	13:49:50
8th Age Grouper	1:16:38	7:10:49	5:11:48	13:51:21
9th Age Grouper	1:35:22	7:48:47	4:20:56	14:01:00
10th Age Grouper	1:17:59	7:30:10	5:48:09	14:52:27
Kona Qualifier Average	1:02:38	5:30:32	3:44:03	10:24:20
Top 10 Age Grouper Average	1:11:43	6:40:38	4:35:56	12:38:45

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	0:58:00	5:18:04	3:32:08	9:56:04
2nd Age Grouper	1:00:36	5:19:06	3:42:00	10:08:28
3rd Age Grouper	0:57:55	5:30:42	3:50:23	10:27:24
4th Age Grouper	0:58:37	5:38:07	3:53:25	10:37:42
5th Age Grouper	1:01:41	5:29:18	4:07:10	10:46:45
6th Age Grouper	1:00:10	5:41:15	4:02:39	10:52:55
7th Age Grouper	1:00:02	5:40:02	4:09:52	10:59:47
8th Age Grouper	1:02:21	5:48:38	4:04:45	11:06:05
9th Age Grouper	1:01:40	5:49:55	4:10:49	11:13:16
10th Age Grouper	1:03:09	5:51:49	4:12:54	11:17:44
Kona Qualifier Average	0:58:00	5:18:04	3:32:08	9:56:04
Top 10 Age Grouper Average	1:00:25	5:36:41	3:58:37	10:44:37

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	1:08:44	5:37:08	3:55:15	10:44:49
2nd Age Grouper	1:40:30	6:06:42	3:38:29	11:38:15
3rd Age Grouper	1:44:48	6:21:56	5:09:12	13:26:59
4th Age Grouper	1:30:49	6:39:49	5:24:51	13:46:55
5th Age Grouper	1:36:52	7:16:15	5:03:57	14:06:46
6th Age Grouper	1:24:45	7:36:28	5:28:55	14:47:18
Kona Qualifier Average	1:08:44	5:37:08	3:55:15	10:44:49
Top 10 Age Grouper Average	1:31:04	6:36:23	4:46:46	13:05:10

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	1:12:06	5:45:49	4:13:27	11:18:23
2nd Age Grouper	1:08:52	5:54:49	4:40:33	11:51:51
3rd Age Grouper	1:10:46	6:22:43	4:30:05	12:10:02
4th Age Grouper	1:27:36	7:17:13	4:22:14	13:19:42
5th Age Grouper	1:38:43	7:36:41	4:51:37	14:18:43
6th Age Grouper	1:31:53	6:50:46	6:19:17	14:51:54
7th Age Grouper	1:19:21	7:33:14	5:49:48	14:55:07
8th Age Grouper	1:34:47	7:14:18	6:01:13	15:09:44
9th Age Grouper	1:45:15	8:16:18	6:21:02	16:35:55
Kona Qualifier Average	1:12:06	5:45:49	4:13:27	11:18:23
Top 10 Age Grouper Average	1:25:28	6:59:05	5:14:21	13:50:09

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	1:04:54	5:29:23	3:38:45	10:20:01
2nd Age Grouper	1:08:34	5:38:43	3:44:43	10:38:16
3rd Age Grouper	1:03:14	5:40:52	3:57:14	10:49:18
4th Age Grouper	1:07:41	5:45:34	4:01:07	11:02:20
5th Age Grouper	1:06:11	5:50:59	4:11:42	11:17:41
6th Age Grouper	1:07:35	5:55:37	4:09:36	11:21:35
7th Age Grouper	1:07:11	6:00:54	4:13:45	11:30:43
8th Age Grouper	1:08:13	5:55:05	4:17:58	11:30:18
9th Age Grouper	1:11:04	6:04:07	4:18:02	11:41:40
10th Age Grouper	1:13:22	6:02:20	4:20:39	11:45:38
Kona Qualifier Average	1:05:41	5:34:36	3:43:03	10:30:00
Top 10 Age Grouper Average	1:07:12	5:50:45	4:05:54	11:12:07

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	0:57:38	5:31:22	3:44:33	10:19:09
2nd Age Grouper	1:02:52	5:45:14	3:50:15	10:45:17
3rd Age Grouper	1:02:36	5:47:01	4:04:00	11:01:55
4th Age Grouper	1:02:45	5:54:31	4:06:45	11:12:17
5th Age Grouper	1:05:27	5:50:44	4:16:27	11:19:41
6th Age Grouper	1:06:52	6:11:44	4:10:42	11:28:10
7th Age Grouper	0:58:08	6:03:47	4:25:25	11:36:43
8th Age Grouper	1:03:45	6:06:59	4:27:12	11:47:37
9th Age Grouper	1:07:11	6:15:56	4:22:57	11:56:08
10th Age Grouper	1:05:40	6:19:16	4:31:01	12:04:06
Kona Qualifier Average	0:57:38	5:31:22	3:44:33	10:19:09
Top 10 Age Grouper Average	1:03:17	5:58:39	4:11:56	11:21:06

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	1:01:10	5:19:25	3:36:18	10:01:14
2nd Age Grouper	1:06:46	5:26:00	3:46:18	10:23:39
3rd Age Grouper	1:03:41	5:31:08	3:54:45	10:33:59
4th Age Grouper	1:05:23	5:33:27	4:04:13	10:47:37
5th Age Grouper	0:59:13	5:44:05	4:12:16	11:00:34
6th Age Grouper	1:03:49	5:33:42	4:09:08	10:51:33
7th Age Grouper	1:03:09	5:36:18	4:15:50	11:00:33
8th Age Grouper	1:06:34	5:45:35	4:12:35	11:11:34
9th Age Grouper	1:06:03	5:48:32	4:18:13	11:18:57
10th Age Grouper	1:08:55	5:53:51	4:17:17	11:25:11
Kona Qualifier Average	1:01:10	5:19:25	3:36:18	10:01:14
Top 10 Age Grouper Average	1:04:25	5:36:54	4:04:13	10:50:37

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	1:00:03	5:37:21	3:38:21	10:23:23
2nd Age Grouper	0:59:15	5:42:54	3:45:26	10:34:41
3rd Age Grouper	1:02:12	5:52:37	3:50:21	10:53:31
4th Age Grouper	1:04:28	5:56:59	3:54:06	11:03:29
5th Age Grouper	1:04:15	5:54:34	4:03:19	11:10:20
6th Age Grouper	1:06:55	6:02:28	4:05:57	11:24:07
7th Age Grouper	1:07:00	6:01:11	4:20:17	11:38:03
8th Age Grouper	1:08:07	6:14:54	4:12:39	11:44:47
9th Age Grouper	1:02:56	6:15:04	4:25:12	11:53:30
10th Age Grouper	1:06:14	6:21:42	4:22:07	12:00:15
Kona Qualifier Average	1:00:03	5:37:21	3:38:21	10:23:23
Top 10 Age Grouper Average	1:04:09	5:59:59	4:03:46	11:16:36

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	0:58:21	5:15:48	3:39:10	9:58:54
2nd Age Grouper	1:00:51	5:14:36	3:48:04	10:10:10
3rd Age Grouper	0:56:48	5:40:02	3:46:19	10:29:14
4th Age Grouper	1:04:57	5:39:07	3:55:13	10:46:09
5th Age Grouper	1:03:11	5:47:21	3:54:39	10:51:53
6th Age Grouper	1:03:59	5:41:41	4:03:50	10:57:20
7th Age Grouper	1:11:54	5:45:42	4:02:24	11:08:44
8th Age Grouper	1:04:40	5:49:36	4:16:50	11:20:30
9th Age Grouper	1:03:20	5:56:44	4:21:18	11:30:50
10th Age Grouper	1:09:08	5:43:46	4:35:59	11:40:41
Kona Qualifier Average	0:59:36	5:15:12	3:43:37	10:04:32
Top 10 Age Grouper Average	1:03:43	5:39:26	4:02:23	10:53:26

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	1:07:53	5:36:19	3:46:37	10:37:46
2nd Age Grouper	1:10:34	5:55:25	3:49:48	11:03:39
3rd Age Grouper	1:05:03	6:06:51	4:08:59	11:28:50
4th Age Grouper	1:09:37	6:07:43	4:14:31	11:41:19
5th Age Grouper	1:14:44	6:16:47	4:13:53	11:55:35
6th Age Grouper	1:15:34	6:20:28	4:17:13	12:04:14
7th Age Grouper	1:20:33	6:16:51	4:22:13	12:11:38
8th Age Grouper	1:14:51	6:35:21	4:18:21	12:21:20
9th Age Grouper	1:15:33	6:30:10	4:27:28	12:24:09
10th Age Grouper	1:15:29	6:33:06	4:34:12	12:36:03
Kona Qualifier Average	1:09:13	5:45:52	3:48:12	10:50:42
Top 10 Age Grouper Average	1:12:59	6:13:54	4:13:20	11:50:27

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	0:57:33	5:44:09	3:38:38	10:24:24
2nd Age Grouper	0:59:46	5:44:08	3:49:36	10:37:57
3rd Age Grouper	1:03:25	5:18:03	4:31:24	10:52:19
4th Age Grouper	1:02:41	5:25:28	4:43:52	11:11:10
5th Age Grouper	1:05:38	5:32:14	4:42:44	11:20:50
6th Age Grouper	1:05:44	6:12:59	4:09:02	11:33:41
7th Age Grouper	1:04:04	6:14:06	4:18:33	11:42:36
8th Age Grouper	1:01:20	5:52:53	5:01:28	11:55:06
9th Age Grouper	1:07:54	5:48:16	5:04:30	12:01:33
10th Age Grouper	1:08:44	6:27:12	4:31:11	12:13:41
Kona Qualifier Average	0:57:33	5:44:09	3:38:38	10:24:24
Top 10 Age Grouper Average	1:03:41	5:49:57	4:27:06	11:23:20

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	1:03:08	5:32:21	3:39:48	10:23:43
2nd Age Grouper	1:09:09	5:26:23	3:49:14	10:32:30
3rd Age Grouper	1:09:16	5:36:34	3:54:10	10:48:20
4th Age Grouper	1:09:53	5:34:03	4:06:16	10:58:57
5th Age Grouper	1:07:39	5:44:28	4:09:07	11:09:10
6th Age Grouper	1:10:26	5:41:50	4:17:54	11:18:23
7th Age Grouper	1:15:42	5:47:54	4:09:35	11:23:04
8th Age Grouper	1:07:37	5:46:25	4:36:48	11:41:36
9th Age Grouper	1:13:35	5:54:21	4:40:25	11:58:06
10th Age Grouper	1:17:51	6:06:40	4:29:49	12:06:17
Kona Qualifier Average	1:06:08	5:29:22	3:44:31	10:28:06
Top 10 Age Grouper Average	1:10:25	5:43:06	4:11:19	11:14:00

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	1:07:40	6:18:48	3:37:11	11:13:55
2nd Age Grouper	1:08:25	6:22:24	3:57:51	11:39:08
3rd Age Grouper	1:10:41	6:54:25	4:23:08	12:40:37
4th Age Grouper	1:07:43	6:53:04	4:29:05	12:41:35
5th Age Grouper	1:13:43	7:03:21	4:26:43	12:59:13
6th Age Grouper	1:07:04	7:00:51	4:33:58	12:56:05
7th Age Grouper	1:10:04	7:13:13	4:59:15	13:38:03
8th Age Grouper	1:15:42	7:33:20	5:09:31	14:12:39
9th Age Grouper	1:20:36	8:06:11	5:01:44	14:46:50
10th Age Grouper	1:21:46	7:28:26	5:13:20	14:17:54
Kona Qualifier Average	1:07:40	6:18:48	3:37:11	11:13:55
Top 10 Age Grouper Average	1:11:42	7:01:26	4:30:33	12:57:06

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	1:08:33	4:54:37	3:24:39	10:48:06
2nd Age Grouper	1:06:53	5:04:03	3:31:40	11:03:04
3rd Age Grouper	1:06:30	5:10:16	3:38:20	11:19:03
4th Age Grouper	1:11:51	5:12:35	3:41:28	11:29:31
5th Age Grouper	1:16:04	5:17:06	3:43:46	11:40:48
6th Age Grouper	1:09:33	5:26:09	3:52:25	11:56:08
7th Age Grouper	1:12:10	5:17:29	4:12:24	12:11:39
8th Age Grouper	1:19:01	5:32:36	4:05:31	12:27:12
9th Age Grouper	1:07:53	4:54:02	4:16:48	12:39:51
10th Age Grouper	1:19:53	5:41:00	4:00:45	12:47:09
Kona Qualifier Average	1:07:43	4:59:20	3:28:09	10:55:35
Top 10 Age Grouper Average	1:11:45	5:14:43	3:50:40	11:49:41

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	1:02:10	5:47:56	3:45:38	10:44:02
2nd Age Grouper	1:07:02	6:04:55	3:52:08	11:15:06
3rd Age Grouper	1:04:42	6:10:24	4:08:05	11:34:04
4th Age Grouper	1:03:39	6:16:28	4:11:15	11:50:59
5th Age Grouper	1:11:03	6:33:40	3:53:10	12:12:46
6th Age Grouper	1:10:02	6:45:02	4:22:11	12:32:08
7th Age Grouper	1:05:32	6:53:56	4:20:49	12:42:00
8th Age Grouper	1:12:00	6:41:37	4:58:55	13:06:24
9th Age Grouper	1:10:11	6:40:37	4:55:25	13:10:50
10th Age Grouper	1:21:13	7:08:17	6:07:44	13:31:01
Kona Qualifier Average	1:02:10	5:47:56	3:45:38	10:44:02
Top 10 Age Grouper Average	1:08:28	6:28:53	4:24:33	12:12:21

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	1:04:02	5:31:28	3:39:57	10:22:17
2nd Age Grouper	1:03:55	5:42:28	3:56:48	10:51:04
3rd Age Grouper	1:05:42	5:46:59	4:02:03	11:01:23
4th Age Grouper	1:08:17	5:58:15	4:10:13	11:25:12
5th Age Grouper	1:12:08	5:50:40	4:29:03	11:40:33
6th Age Grouper	1:18:44	6:09:02	4:11:33	11:48:24
7th Age Grouper	1:16:02	6:15:20	4:17:36	11:59:44
8th Age Grouper	1:20:12	6:22:49	4:18:50	12:12:54
9th Age Grouper	1:23:35	6:26:44	4:24:01	12:23:57
10th Age Grouper	1:18:33	6:28:06	4:42:03	12:38:33
Kona Qualifier Average	1:04:02	5:31:28	3:39:57	10:22:17
Top 10 Age Grouper Average	1:13:07	6:03:11	4:13:13	11:38:24

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	1:03:39	5:11:49	3:27:43	9:50:23
2nd Age Grouper	1:04:59	5:23:57	3:37:48	10:14:15
3rd Age Grouper	1:06:32	5:23:45	3:45:50	10:24:19
4th Age Grouper	1:04:28	5:36:53	3:29:28	10:34:00
5th Age Grouper	1:08:42	5:32:57	3:49:40	10:40:36
6th Age Grouper	1:05:52	5:35:19	4:05:02	10:54:56
7th Age Grouper	1:11:54	5:43:33	3:56:29	11:03:15
8th Age Grouper	1:09:35	5:42:21	4:11:32	11:12:16
9th Age Grouper	1:04:46	5:19:17	4:45:48	11:18:13
10th Age Grouper	1:10:40	5:53:58	4:18:04	11:33:55
Kona Qualifier Average	1:03:39	5:11:49	3:27:43	9:50:23
Top 10 Age Grouper Average	1:07:07	5:32:23	3:56:44	10:46:37

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	1:02:47	5:17:57	3:20:09	10:05:14
2nd Age Grouper	1:03:38	5:27:14	3:27:29	10:22:52
3rd Age Grouper	0:59:52	5:00:06	4:39:15	10:34:26
4th Age Grouper	1:07:05	5:35:58	3:32:18	10:42:41
5th Age Grouper	1:05:35	5:40:50	3:43:58	10:57:08
6th Age Grouper	1:09:15	5:45:03	4:30:39	11:13:41
7th Age Grouper	1:06:01	5:46:25	4:03:11	11:23:51
8th Age Grouper	1:07:39	6:03:02	4:33:37	11:38:03
9th Age Grouper	1:09:14	5:55:52	4:11:59	11:47:54
10th Age Grouper	1:12:28	6:16:14	4:51:07	12:11:06
Kona Qualifier Average	1:03:13	5:22:36	3:23:49	10:14:03
Top 10 Age Grouper Average	1:06:21	5:40:52	4:05:22	11:05:42

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	1:05:23	6:09:57	3:42:49	11:06:23
2nd Age Grouper	1:07:37	6:25:56	3:57:51	11:44:49
3rd Age Grouper	1:11:11	6:34:30	4:08:08	12:06:23
4th Age Grouper	1:10:19	6:55:05	4:05:18	12:23:25
5th Age Grouper	1:10:56	6:53:26	4:19:01	12:36:17
6th Age Grouper	1:17:26	7:04:41	4:16:01	12:50:37
7th Age Grouper	1:09:30	7:05:27	4:37:20	13:03:03
8th Age Grouper	1:14:10	7:11:39	4:39:27	13:19:57
9th Age Grouper	1:21:40	7:15:21	4:35:46	13:30:06
10th Age Grouper	1:19:54	7:20:57	4:45:16	13:42:42
Kona Qualifier Average	1:05:23	6:09:57	3:42:49	11:06:23
Top 10 Age Grouper Average	1:12:49	6:53:42	4:18:42	12:38:22

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	1:00:44	5:40:50	3:35:00	10:26:02
2nd Age Grouper	0:59:45	5:51:16	3:45:14	10:46:31
3rd Age Grouper	0:59:30	5:57:26	3:51:29	10:59:00
4th Age Grouper	1:03:41	6:03:18	3:58:08	11:18:13
5th Age Grouper	1:03:25	6:04:22	4:05:16	11:25:26
6th Age Grouper	1:05:08	6:09:08	4:09:26	11:32:52
7th Age Grouper	1:02:56	6:17:48	4:03:09	11:36:26
8th Age Grouper	1:01:37	6:19:24	4:05:29	11:40:08
9th Age Grouper	1:09:04	6:17:17	4:08:18	11:44:54
10th Age Grouper	1:03:46	6:15:07	4:19:48	11:51:59
Kona Qualifier Average	1:00:44	5:40:50	3:35:00	10:26:02
Top 10 Age Grouper Average	1:02:58	6:05:36	4:00:08	11:20:09

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	1:05:23	5:26:04	3:15:28	10:07:14
2nd Age Grouper	1:04:20	5:29:01	3:41:37	10:19:09
3rd Age Grouper	1:07:52	5:38:27	3:44:20	10:35:33
4th Age Grouper	1:09:41	5:39:57	3:51:00	10:45:38
5th Age Grouper	1:09:07	5:45:28	3:57:45	10:57:25
6th Age Grouper	1:09:59	5:50:11	4:00:41	11:07:39
7th Age Grouper	1:07:14	5:52:41	4:07:34	11:13:47
8th Age Grouper	1:12:39	5:52:08	4:11:27	11:23:52
9th Age Grouper	1:14:49	5:59:51	4:10:59	11:32:09
10th Age Grouper	1:15:30	6:03:01	4:17:17	11:43:40
Kona Qualifier Average	1:05:23	5:26:04	3:15:28	10:07:14
Top 10 Age Grouper Average	1:09:39	5:45:41	3:55:49	10:58:36

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	1:05:50	5:34:05	3:41:08	10:27:09
2nd Age Grouper	1:04:18	5:42:59	3:45:04	10:38:04
3rd Age Grouper	1:04:35	5:45:26	3:51:21	10:48:03
4th Age Grouper	1:03:52	5:51:48	3:53:49	10:55:44
5th Age Grouper	1:03:34	5:54:46	3:57:11	11:01:41
6th Age Grouper	1:06:12	5:54:52	4:01:33	11:09:53
7th Age Grouper	1:07:28	6:00:12	4:02:39	11:17:57
8th Age Grouper	1:06:25	6:03:31	4:09:51	11:27:56
9th Age Grouper	1:06:05	6:02:56	4:14:16	11:31:42
10th Age Grouper	1:09:48	6:04:38	4:14:06	11:36:34
Kona Qualifier Average	1:05:50	5:34:05	3:41:08	10:27:09
Top 10 Age Grouper Average	1:05:49	5:53:31	3:59:06	11:05:28

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	1:00:59	6:01:06	3:25:55	10:36:14
2nd Age Grouper	1:16:12	6:00:24	4:07:04	11:32:57
3rd Age Grouper	1:10:31	6:14:49	4:20:47	11:54:07
4th Age Grouper	1:19:48	6:06:07	4:34:19	12:12:24
5th Age Grouper	1:06:31	6:14:53	5:22:11	12:52:15
6th Age Grouper	1:09:39	7:01:10	4:58:43	13:24:31
7th Age Grouper	1:11:00	6:31:04	5:55:30	13:51:12
Kona Qualifier Average	1:00:59	6:01:06	3:25:55	10:36:14
Top 10 Age Grouper Average	1:10:40	6:18:30	4:40:38	12:20:31

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	1:08:12	5:17:57	3:48:17	10:23:16
2nd Age Grouper	1:06:40	5:35:35	4:01:54	10:53:25
3rd Age Grouper	1:18:59	5:30:54	4:03:45	11:03:37
4th Age Grouper	1:14:36	5:34:10	4:10:35	11:11:26
5th Age Grouper	1:14:17	5:51:43	4:24:08	11:41:09
6th Age Grouper	1:16:01	5:48:44	4:28:27	11:45:44
7th Age Grouper	1:15:37	6:09:52	4:36:43	12:17:47
8th Age Grouper	1:12:51	6:18:24	4:41:08	12:26:20
9th Age Grouper	1:23:53	5:52:13	5:01:50	12:30:58
10th Age Grouper	1:33:51	6:19:40	4:30:14	12:40:55
Kona Qualifier Average	1:08:12	5:17:57	3:48:17	10:23:16
Top 10 Age Grouper Average	1:16:29	5:49:55	4:22:42	11:41:27

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	1:02:00	5:23:06	3:38:05	10:08:10
2nd Age Grouper	1:09:29	5:33:50	3:36:56	10:25:57
3rd Age Grouper	1:12:20	5:28:25	3:46:57	10:34:54
4th Age Grouper	1:13:13	5:42:30	3:48:07	10:52:12
5th Age Grouper	1:04:20	5:55:06	4:01:51	11:08:53
6th Age Grouper	1:15:25	5:53:30	4:11:18	11:28:33
7th Age Grouper	1:13:28	6:15:20	3:58:49	11:35:57
8th Age Grouper	1:20:56	6:06:29	4:10:44	11:46:53
9th Age Grouper	1:25:47	6:13:04	4:05:18	11:54:48
10th Age Grouper	1:19:40	6:19:51	4:13:01	12:01:49
Kona Qualifier Average	1:02:00	5:23:06	3:38:05	10:08:10
Top 10 Age Grouper Average	1:13:40	5:53:07	3:57:07	11:11:48

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	1:00:18	5:20:53	3:29:42	9:56:26
2nd Age Grouper	1:01:28	5:24:09	3:38:18	10:10:06
3rd Age Grouper	1:13:31	5:17:53	3:42:56	10:21:57
4th Age Grouper	1:07:46	5:29:46	3:43:23	10:27:34
5th Age Grouper	1:08:57	5:21:30	3:50:39	10:28:47
6th Age Grouper	1:06:46	5:30:24	3:49:42	10:35:12
7th Age Grouper	1:13:40	5:32:48	3:40:42	10:37:38
8th Age Grouper	1:13:45	5:30:51	3:48:05	10:40:52
9th Age Grouper	1:12:47	5:28:26	3:56:21	10:47:28
10th Age Grouper	1:06:04	5:36:23	4:03:08	10:53:01
Kona Qualifier Average	1:00:18	5:20:53	3:29:42	9:56:26
Top 10 Age Grouper Average	1:08:30	5:27:18	3:46:17	10:29:54

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	1:07:03	5:37:16	3:43:34	10:33:33
2nd Age Grouper	1:06:24	5:47:12	3:47:55	10:47:53
3rd Age Grouper	1:06:39	5:54:01	3:50:08	10:57:35
4th Age Grouper	1:08:19	5:54:01	3:57:49	11:07:17
5th Age Grouper	1:12:23	5:56:56	4:01:02	11:17:51
6th Age Grouper	1:08:05	6:02:01	4:07:37	11:25:30
7th Age Grouper	1:09:46	6:04:32	4:09:02	11:31:03
8th Age Grouper	1:00:07	6:12:35	4:21:48	11:41:15
9th Age Grouper	1:10:08	6:09:15	4:20:08	11:47:17
10th Age Grouper	1:13:05	6:15:22	4:14:35	11:52:09
Kona Qualifier Average	1:07:03	5:37:16	3:43:34	10:33:33
Top 10 Age Grouper Average	1:08:12	5:59:19	4:03:22	11:18:08

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	1:01:06	5:19:16	3:29:03	9:56:22
2nd Age Grouper	1:05:28	5:29:35	3:44:03	10:26:16
3rd Age Grouper	1:06:17	5:46:19	3:44:38	10:45:45
4th Age Grouper	1:12:21	5:50:00	3:38:27	10:50:44
5th Age Grouper	1:07:47	5:55:00	3:56:32	11:08:21
6th Age Grouper	1:14:20	6:07:15	3:44:11	11:17:24
7th Age Grouper	1:14:07	5:55:47	3:59:32	11:20:30
8th Age Grouper	1:08:50	6:03:15	4:00:59	11:25:25
9th Age Grouper	1:13:48	5:59:36	4:05:45	11:28:38
10th Age Grouper	1:12:51	5:51:26	4:24:37	11:38:17
Kona Qualifier Average	1:01:06	5:19:16	3:29:03	9:56:22
Top 10 Age Grouper Average	1:09:41	5:49:45	3:52:47	11:01:46