

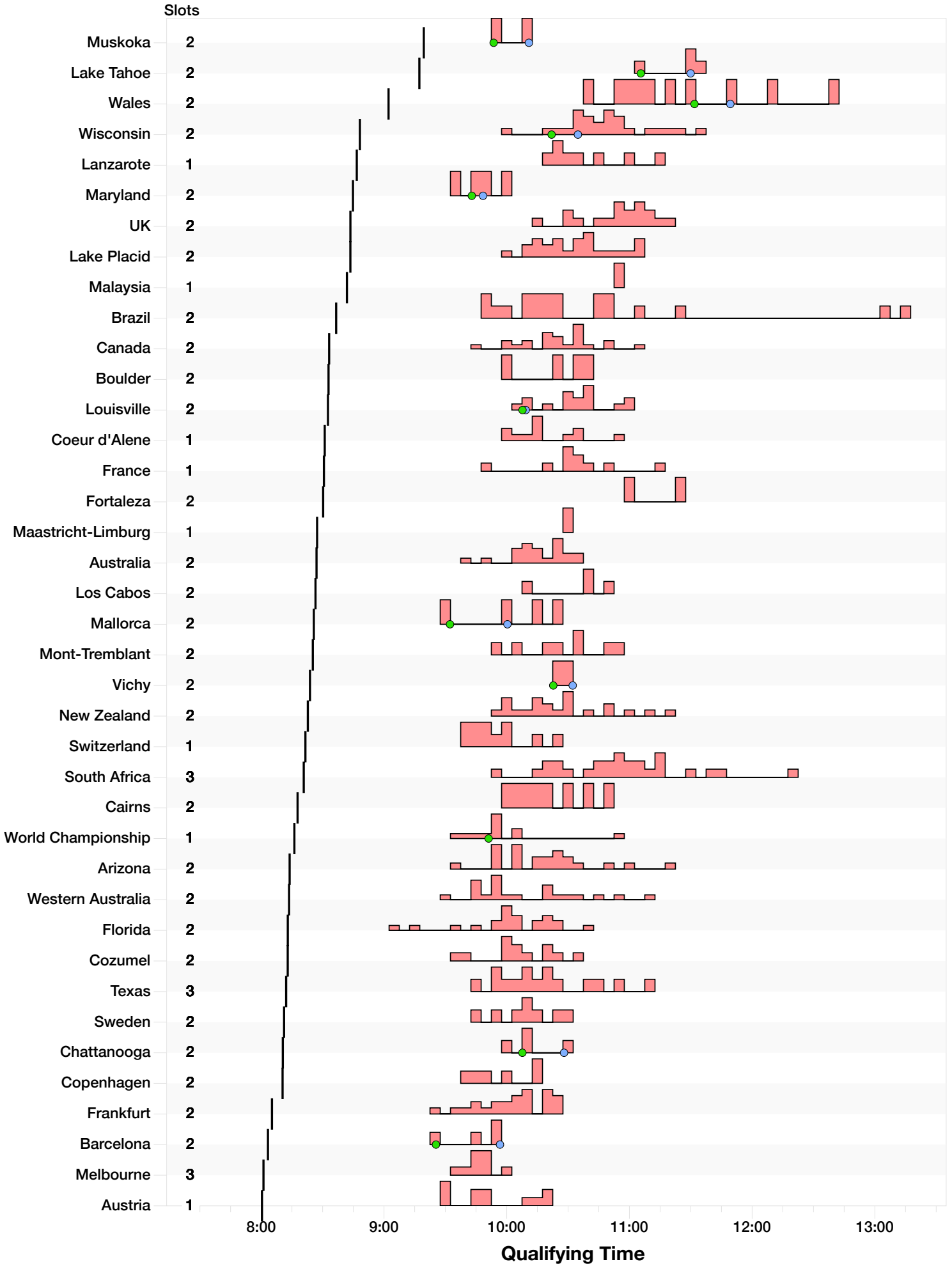
Ironman World Championship

F30-34

2016 Qualification Stats

2016 Qualification Comparison for F30-34

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



F30-34 Past Qualifying Times

Ironman Vichy (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:25:27	10:22:46	10:32:16
Average	9:25:27	10:22:46	10:32:16

Ironman Muskoka (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:53:37	9:53:37	10:10:52
Average	9:53:37	9:53:37	10:10:52

Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:01:11	11:16:16
2004	10:05:40	10:57:25	11:07:37
2005	10:11:22	11:23:03	11:35:09
2006	10:01:22	10:54:43	11:20:31
2007	9:37:03	10:43:45	10:51:26
2008	9:47:25	10:33:37	10:38:24
2009	9:43:59	10:39:52	10:52:21
2010	9:27:26	10:31:04	10:35:30
2011	9:41:03	10:48:51	10:51:43
2012	9:34:35	10:25:20	10:35:34
2013	9:47:07	10:47:14	10:55:36
2014	9:30:08	10:02:09	10:41:40
2015	10:08:05	10:21:57	10:34:49
Average	9:47:49	10:42:19	10:55:07

Ironman Wales (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	10:15:23	10:40:58	11:09:00
2012	9:45:09	10:54:12	11:06:30
2013	9:51:21	11:00:01	11:18:31
2014	10:57:26	12:12:26	12:40:02
2015	9:56:31	11:31:49	11:49:20
Average	10:09:10	11:15:53	11:36:40

Ironman Lake Tahoe (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:58:53	11:30:23	11:32:59
2015	10:28:55	11:05:34	11:29:55
Average	10:13:54	11:17:58	11:31:27

Ironman Mallorca (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:24:17	10:13:33	10:24:16
2015	9:24:48	9:32:17	10:00:21
Average	9:24:32	9:52:55	10:12:18

Ironman Chattanooga (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:54:55	10:00:50	10:08:00
2015	8:56:00	10:07:40	10:28:02
Average	8:55:27	10:04:15	10:18:01

Ironman Barcelona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:49:21	9:43:18	9:53:07
2015	8:46:44	9:25:25	9:56:43
Average	8:48:02	9:34:21	9:54:55

Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	10:55:01
2005	9:09:30	10:07:05
2006	9:18:31	10:05:58
2007	9:08:45	9:56:21
2008	9:06:23	9:55:52
2009	8:54:02	9:46:26
2010	8:58:36	9:55:19
2011	8:55:08	9:37:09
2012	9:15:54	9:53:50
2013	8:52:14	9:40:15
2014	9:00:55	9:53:23
2015	8:57:57	9:51:10
Average	9:07:19	9:58:09

Ironman Louisville (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:23:22	10:27:45	10:34:45
2008	9:54:17	10:38:56	11:00:46
2010	9:33:15	10:04:28	10:39:30
2011	9:38:14	10:20:44	10:41:58
2012	9:36:27	10:54:16	10:58:47
2013	9:29:02	10:28:46	10:32:30
2014	9:31:19	10:28:28	10:40:23
2015	10:00:04	10:07:43	10:09:18
Average	9:38:15	10:26:23	10:39:44

Ironman Maryland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:02	9:35:28	9:58:24
2015	9:42:56	9:42:56	9:48:26
Average	9:34:29	9:39:12	9:53:25

Ironman Los Cabos (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:35:34	10:39:08	10:49:03
2014	9:16:43	10:10:43	10:40:35
Average	9:26:08	10:24:55	10:44:49

Ironman Florida (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:28:54	10:01:13	10:07:04
2005	9:33:09	9:58:38	10:20:13
2006	9:28:28	10:23:11	10:39:55
2007	9:05:35	9:44:33	10:02:57
2008	9:07:48	9:58:36	9:59:46
2009	9:08:38	9:53:08	10:01:35
2010	9:07:49	10:14:29	10:26:21
2011	8:55:10	10:05:03	10:12:38
2012	8:51:35	10:18:37	10:18:55
2013	8:43:07	9:36:50	9:54:08
2014	8:01:47	9:04:54	9:15:24
Average	9:02:54	9:56:17	10:07:10

Ironman Fortaleza (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:09:20	10:59:54	11:26:35
Average	9:09:20	10:59:54	11:26:35

Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	10:56:07
Average	9:26:38	10:56:07

Ironman Arizona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:44:02	11:01:07	11:20:01
2006	9:12:53	10:27:53	10:36:14
2007	9:36:40	10:14:24	10:16:31
2008	9:21:06	9:56:41	10:23:20
2009	9:21:06	9:56:41	10:23:20
2010	9:09:19	9:56:21	10:04:50
2011	8:36:13	10:22:09	10:22:41
2012	9:01:41	10:06:41	10:49:06
2013	8:52:49	9:35:54	9:54:20
2014	8:50:41	10:05:32	10:17:34
Average	9:10:39	10:10:20	10:26:47

Ironman Cozumel (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	9:06:58	10:22:06	10:25:18
2010	9:07:08	10:03:59	10:08:21
2011	9:14:08	9:57:59	10:00:33
2012	9:15:38	10:21:28	10:36:30
2013	8:52:28	9:35:01	9:38:49
2014	9:14:07	9:58:44	10:07:19
Average	9:08:24	10:03:12	10:09:28

Ironman Western Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:03:37	9:46:23	10:24:14
2005	9:31:32	10:55:30	11:09:57
2006	9:10:01	10:30:16	10:33:53
2007	9:00:55	9:45:55	9:56:08
2008	8:59:24	9:55:30	9:58:51
2009	9:16:52	9:57:01	10:03:10
2010	9:19:44	10:21:05	10:22:02
2011	9:25:38	10:19:18	10:45:31
2012	9:13:00	9:50:51	9:55:59
2013	8:59:44	9:30:26	9:42:41
2014	8:56:34	9:47:11	9:56:11
Average	9:10:38	10:03:35	10:15:19

Ironman New Zealand (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:17:55	10:52:26	10:58:46
2004	9:22:23	11:08:33	11:19:52
2005	9:30:13	10:28:53	10:29:27
2007	9:20:01	10:22:25	10:48:14
2008	9:16:00	10:32:26	10:41:35
2009	9:18:25	9:57:57	9:58:12
2010	9:14:35	10:23:56	10:28:03
2011	9:28:24	10:05:02	10:12:54
2013	9:17:10	9:56:30	10:08:41
2014	9:08:46	9:59:02	10:18:26
2015	9:05:45	10:12:37	10:16:35
Average	9:18:08	10:21:47	10:30:58

Ironman Melbourne (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:34:51	9:45:53	9:51:32
2014	8:57:57	9:32:34	9:44:28
2015	8:52:51	9:38:18	10:01:20
Average	8:48:33	9:38:55	9:52:26

Ironman South Africa (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	9:22:00	10:48:09	11:47:11
2008	9:27:48	10:54:01	11:02:18
2009	9:16:32	10:42:16	11:13:15
2010	9:16:55	9:53:19	11:39:18
2011	8:33:56	10:14:13	11:02:55
2012	9:47:10	10:54:13	12:18:24
2013	9:10:58	10:23:45	10:51:09
2014	9:31:54	10:25:11	11:05:37
2015	9:26:56	10:18:28	11:14:13
Average	9:19:21	10:30:23	11:21:35

Ironman Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:13:20	10:16:13	10:23:41
2006	9:19:44	10:22:40	10:29:47
2007	9:12:59	10:24:19	10:33:58
2008	9:03:55	9:50:02	10:26:31
2009	8:57:10	9:38:52	10:08:09
2010	9:23:46	10:05:01	10:28:42
2011	9:29:54	10:07:57	10:36:46
2012	9:34:57	10:11:57	10:13:09
2013	9:34:55	10:17:45	10:23:37
2014	9:28:43	10:08:04	10:13:22
2015	9:38:24	10:04:02	10:04:16
Average	9:21:37	10:07:53	10:21:59

Ironman Texas (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	8:57:51	9:53:05	10:18:05
2012	8:54:58	9:47:05	10:09:17
2013	8:49:14	10:47:21	11:12:03
2014	8:54:42	9:56:29	10:15:49
2015	8:55:19	10:20:22	10:38:28
Average	8:54:24	10:08:52	10:30:44

Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	11:01:22
2009	9:54:57	10:45:31
2010	10:03:52	10:20:48
2011	9:43:39	10:34:04
2012	9:58:06	10:25:12
2013	9:37:34	10:28:45
2014	9:41:40	10:24:01
2015	9:56:03	11:14:05
Average	9:52:17	10:39:13

Ironman Brazil (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2006	9:20:46	10:15:32	10:27:20
2007	9:12:40	9:51:28	10:42:48
2008	9:42:50	10:51:14	11:27:08
2009	9:10:15	10:21:14	10:43:51
2010	9:19:13	10:14:45	10:21:22
2011	12:40:07	13:05:58	13:14:17
2012	9:17:42	10:27:05	11:04:50
2013	9:05:53	9:50:49	10:12:06
2014	8:56:32	10:08:00	10:48:08
2015	8:59:08	9:55:28	9:59:47
Average	9:34:30	10:30:09	10:54:09

Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	10:37:25
2006	9:56:31	10:28:21
2007	9:49:11	10:39:19
2008	9:35:29	10:34:29
2009	9:30:29	10:29:00
2011	9:34:31	10:19:05
2012	9:16:05	10:29:08
2013	9:12:54	11:15:29
2014	9:12:21	9:51:14
2015	9:24:50	10:50:20
Average	9:34:29	10:33:23

Ironman Cairns (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:21:00	10:37:41	10:52:12
2013	9:19:51	10:00:14	10:09:32
2014	9:16:58	10:13:53	10:18:30
2015	9:11:49	10:05:34	10:30:51
Average	9:17:24	10:14:20	10:27:46

Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	10:10:08
2006	9:12:09	10:21:02
2007	9:08:47	10:15:43
2008	8:47:26	9:46:40
2009	8:50:13	9:48:41
2010	9:18:50	9:46:43
2011	8:43:34	9:32:13
2012	9:09:58	10:21:00
2013	8:59:31	9:32:09
2014	8:42:42	9:50:49
2015		9:31:33
Average	8:10:55	9:54:14

Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	9:59:41	10:08:57
2005	9:15:31	10:18:49	10:18:52
2006	9:16:17	10:22:29	10:25:10
2007	9:04:11	9:55:23	10:19:31
2008	8:51:24	9:43:19	9:48:09
2009	8:58:08	9:41:09	10:07:10
2010	9:04:27	9:23:10	9:47:25
2011	9:12:13	10:03:50	10:08:24
2012	8:52:33	10:08:22	10:09:16
2013	8:56:01	9:33:25	10:02:28
2014	8:52:40	9:56:04	10:04:46
2015	8:51:00	10:24:30	10:25:43
Average	9:01:28	9:57:30	10:08:49

Ironman UK (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:36:13	10:54:40	11:02:30
2008	9:49:06	10:43:08	11:05:41
2009	9:33:59	11:13:15	11:19:10
2010	10:01:02	10:59:29	11:12:27
2011	9:37:31	10:12:31	10:33:59
2012	10:08:44	10:52:13	11:10:02
2013	9:29:12	10:56:03	10:57:07
2014	9:52:12	10:29:10	11:04:12
2015	9:31:58	10:28:53	11:00:23
Average	9:44:26	10:45:29	11:02:50

Ironman Lake Placid (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	9:29:41	10:24:11	10:30:03
2003	9:51:55	10:19:34	11:02:58
2004	9:24:42	10:55:22	10:58:09
2006	10:11:35	10:15:12	11:05:03
2007	9:40:20	10:19:32	10:24:55
2008	9:51:00	10:36:45	10:39:21
2009	9:29:36	10:36:01	10:39:10
2010	9:27:30	10:41:05	10:43:23
2011	9:19:03	10:11:54	10:25:19
2012	9:47:39	10:51:46	11:02:31
2013	9:35:06	10:09:16	10:16:24
2014	9:28:28	10:00:34	10:15:18
2015	10:13:19	10:36:25	10:41:49
Average	9:40:45	10:27:30	10:40:20

Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	9:44:38
2006	9:24:18	10:00:59
2007	9:20:43	9:54:25
2008	9:30:12	9:46:03
2009	9:14:35	9:39:23
2010	9:00:04	9:48:33
2012	9:20:16	10:17:14
2013	9:21:31	9:51:24
2014	9:13:30	9:39:17
2015	9:21:05	10:00:06
Average	9:17:42	9:52:12

Ironman Canada (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:16:02	10:33:26	10:33:56
2005	9:51:31	10:18:16	10:30:53
2006	9:25:13	10:39:39	10:48:07
2007	9:41:01	10:06:17	10:34:56
2008	9:17:58	9:59:54	10:21:18
2009	9:11:20	10:23:38	10:24:09
2010	9:13:46	10:17:46	10:37:17
2011	9:03:13	10:01:58	10:19:30
2012	9:44:58	9:44:58	10:11:09
2013	9:28:13	10:08:39	10:33:15
2014	9:46:58	10:27:17	10:34:23
2015	9:46:19	10:47:43	11:05:11
Average	9:28:52	10:17:27	10:32:50

Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	10:28:05
Average	9:39:24	10:28:05

Ironman Boulder (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:19:54	10:01:13	10:26:05
2015	9:53:41	10:36:20	10:40:23
Average	9:36:47	10:18:46	10:33:14

Ironman Sweden (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:13:27	9:47:11	9:56:29
2013	8:54:01	10:07:04	10:08:41
2014	8:56:50	10:10:20	10:22:55
2015	9:12:27	10:17:00	10:27:51
Average	9:04:11	10:05:23	10:13:59

Ironman Copenhagen (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:37:36	9:45:59	10:12:41
2014	8:53:33	9:57:32	10:15:43
2015	8:59:49	9:41:37	9:51:26
Average	8:50:19	9:48:22	10:06:36

Ironman Coeur d'Alene (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	10:52:31
2005	9:59:08	9:59:08
2006	9:31:07	10:35:34
2007	10:27:55	10:27:55
2008	9:38:58	10:13:27
2009	9:23:21	10:00:51
2010	9:17:54	10:14:54
2011	9:16:40	10:03:37
2012	9:21:44	10:09:19
2013	9:16:02	10:16:48
2014	9:34:32	10:33:34
2015	9:23:27	10:13:52
Average	9:34:24	10:18:27

Ironman Mont-Tremblant (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:30:46	9:54:19	10:25:32
2013	9:07:56	10:07:04	10:36:05
2014	9:40:26	10:21:29	10:37:29
2015	9:09:05	10:52:23	10:53:39
Average	9:22:03	10:18:48	10:38:11

F30-34 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	1:22:21	5:34:34	3:18:27	10:22:46
2nd Age Grouper	0:59:15	5:39:06	3:48:12	10:32:16
3rd Age Grouper	1:05:32	5:52:25	3:45:32	10:49:41
4th Age Grouper	1:06:24	5:59:06	3:50:48	11:03:53
5th Age Grouper	1:13:16	5:42:27	4:04:09	11:07:38
6th Age Grouper	1:21:47	5:41:26	3:58:16	11:11:32
7th Age Grouper	1:12:34	5:42:31	4:42:31	11:46:44
8th Age Grouper	1:16:27	6:08:11	4:12:05	11:47:33
9th Age Grouper	1:09:24	6:11:42	4:35:32	12:11:43
10th Age Grouper	1:07:08	6:33:10	4:35:32	12:25:04
Kona Qualifier Average	1:10:48	5:36:50	3:33:19	10:27:31
Top 10 Age Grouper Average	1:11:24	5:54:27	4:05:06	11:19:53

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	1:01:18	5:25:40	3:20:47	9:53:37
2nd Age Grouper	1:00:58	5:33:04	3:30:03	10:10:52
3rd Age Grouper	0:56:31	5:43:39	3:43:22	10:29:42
4th Age Grouper	0:59:11	6:04:51	3:44:15	11:00:04
5th Age Grouper	1:03:07	5:44:49	4:11:46	11:06:41
6th Age Grouper	1:08:13	5:48:30	4:01:25	11:08:37
7th Age Grouper	1:00:18	6:14:26	3:44:19	11:08:38
8th Age Grouper	1:08:25	6:02:12	3:54:50	11:13:03
9th Age Grouper	1:03:17	6:04:53	4:16:00	11:33:37
10th Age Grouper	1:10:01	6:20:54	4:11:28	11:54:00
Kona Qualifier Average	1:01:08	5:29:22	3:25:25	10:02:14
Top 10 Age Grouper Average	1:03:07	5:54:17	3:51:49	10:57:53

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	1:04:44	5:43:03	3:45:31	10:42:19
2nd Age Grouper	1:07:37	5:53:11	3:44:42	10:55:07
3rd Age Grouper	1:04:49	5:53:31	3:55:18	11:04:05
4th Age Grouper	1:05:30	5:58:17	3:55:56	11:10:18
5th Age Grouper	1:08:10	5:59:53	3:55:17	11:14:36
6th Age Grouper	1:09:58	5:57:20	4:02:50	11:20:38
7th Age Grouper	1:09:05	6:00:49	4:03:37	11:24:35
8th Age Grouper	1:09:11	6:02:29	4:08:33	11:30:44
9th Age Grouper	1:12:43	6:06:29	4:07:02	11:37:45
10th Age Grouper	1:15:03	6:11:12	4:03:37	11:42:14
Kona Qualifier Average	1:06:11	5:48:07	3:45:06	10:48:43
Top 10 Age Grouper Average	1:08:41	5:58:37	3:58:14	11:16:14

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	1:01:53	6:13:24	3:48:26	11:15:53
2nd Age Grouper	1:12:52	6:28:18	3:42:19	11:36:40
3rd Age Grouper	1:06:38	6:32:11	3:55:54	11:48:33
4th Age Grouper	1:06:18	6:46:26	3:56:47	12:04:27
5th Age Grouper	1:04:45	6:46:01	4:08:38	12:15:06
6th Age Grouper	1:13:04	6:41:04	4:12:49	12:24:15
7th Age Grouper	1:11:50	6:51:52	4:11:58	12:33:12
8th Age Grouper	1:13:05	6:57:09	4:14:15	12:42:34
9th Age Grouper	1:16:52	7:02:48	4:12:55	12:52:35
10th Age Grouper	1:07:57	7:11:46	4:24:43	13:02:13
Kona Qualifier Average	1:07:22	6:20:51	3:45:23	11:26:16
Top 10 Age Grouper Average	1:09:31	6:45:06	4:04:52	12:15:33

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	1:04:53	6:12:50	3:51:24	11:17:58
2nd Age Grouper	1:08:58	6:23:11	3:47:14	11:31:27
3rd Age Grouper	1:07:47	6:16:59	4:11:47	11:51:15
4th Age Grouper	1:13:10	6:20:59	4:08:59	11:56:55
5th Age Grouper	1:17:30	6:25:20	3:59:45	11:57:37
6th Age Grouper	1:06:01	6:40:53	4:06:00	12:09:04
7th Age Grouper	1:10:13	6:23:31	4:21:58	12:11:05
8th Age Grouper	1:03:43	6:33:32	4:35:19	12:24:00
9th Age Grouper	1:07:19	6:24:52	4:53:37	12:38:12
10th Age Grouper	1:11:41	6:51:15	4:20:50	12:39:38
Kona Qualifier Average	1:06:55	6:18:00	3:49:19	11:24:42
Top 10 Age Grouper Average	1:09:07	6:27:20	4:13:41	12:03:43

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	1:00:58	5:21:39	3:23:57	9:52:55
2nd Age Grouper	0:57:18	5:24:03	3:43:32	10:12:18
3rd Age Grouper	1:06:42	5:31:00	3:41:57	10:26:29
4th Age Grouper	0:58:55	5:44:44	3:38:43	10:29:08
5th Age Grouper	1:02:22	5:55:28	3:32:41	10:38:05
6th Age Grouper	1:07:09	6:01:58	3:27:59	10:46:34
7th Age Grouper	1:05:04	5:51:07	3:53:18	10:57:31
8th Age Grouper	1:01:37	5:50:25	4:06:59	11:12:42
9th Age Grouper	1:04:50	5:54:04	4:07:15	11:15:49
10th Age Grouper	1:02:37	5:54:54	4:10:31	11:16:52
Kona Qualifier Average	0:59:08	5:22:51	3:33:44	10:02:36
Top 10 Age Grouper Average	1:02:45	5:44:56	3:46:41	10:42:50

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	0:52:49	5:33:02	3:30:16	10:04:15
2nd Age Grouper	0:50:19	5:36:46	3:42:27	10:18:01
3rd Age Grouper	0:53:29	5:35:18	3:47:50	10:25:15
4th Age Grouper	0:58:13	5:33:41	3:57:51	10:37:39
5th Age Grouper	0:51:30	5:35:06	4:05:34	10:40:01
6th Age Grouper	0:54:33	5:51:48	3:51:28	10:46:01
7th Age Grouper	0:54:40	5:43:21	4:04:21	10:51:55
8th Age Grouper	0:54:38	5:38:07	4:14:41	10:55:28
9th Age Grouper	0:56:40	5:47:39	4:08:09	11:00:19
10th Age Grouper	0:52:46	5:49:07	4:11:26	11:01:40
Kona Qualifier Average	0:51:34	5:34:54	3:36:21	10:11:08
Top 10 Age Grouper Average	0:53:57	5:40:23	3:57:24	10:40:03

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	1:10:42	4:59:38	3:18:48	9:34:21
2nd Age Grouper	1:03:09	5:05:26	3:41:22	9:54:55
3rd Age Grouper	1:01:25	5:12:13	3:52:32	10:10:36
4th Age Grouper	1:10:04	5:08:11	3:56:57	10:20:19
5th Age Grouper	1:04:09	5:19:30	3:58:43	10:27:55
6th Age Grouper	1:04:31	5:25:36	4:10:44	10:45:43
7th Age Grouper	1:07:52	5:33:38	3:58:37	10:46:42
8th Age Grouper	1:13:54	5:27:18	4:03:04	10:50:46
9th Age Grouper	1:19:18	5:24:57	4:10:25	11:01:03
10th Age Grouper	1:23:06	5:44:28	3:52:13	11:09:01
Kona Qualifier Average	1:06:55	5:02:32	3:30:05	9:44:38
Top 10 Age Grouper Average	1:09:49	5:20:05	3:54:20	10:30:08

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	1:04:58	5:19:04	3:27:45	9:58:09
2nd Age Grouper	1:05:43	5:25:38	3:28:58	10:06:37
3rd Age Grouper	1:03:53	5:31:26	3:28:28	10:09:56
4th Age Grouper	1:06:19	5:26:43	3:36:02	10:15:43
5th Age Grouper	1:04:42	5:33:44	3:33:24	10:18:53
6th Age Grouper	1:09:28	5:32:12	3:35:11	10:23:12
7th Age Grouper	1:05:18	5:31:02	3:42:37	10:26:01
8th Age Grouper	1:06:41	5:35:33	3:38:27	10:28:19
9th Age Grouper	1:07:55	5:41:25	3:34:05	10:30:40
10th Age Grouper	1:06:57	5:44:35	3:34:33	10:33:43
Kona Qualifier Average	1:04:58	5:19:04	3:27:45	9:58:09
Top 10 Age Grouper Average	1:06:12	5:32:08	3:33:57	10:19:07

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	1:02:53	5:32:34	3:43:13	10:26:23
2nd Age Grouper	1:05:06	5:44:20	3:41:39	10:39:44
3rd Age Grouper	1:05:35	5:41:53	3:53:27	10:49:41
4th Age Grouper	1:04:10	5:44:34	3:59:12	10:56:45
5th Age Grouper	1:10:14	5:54:52	3:50:02	11:04:38
6th Age Grouper	1:03:55	5:51:33	4:06:49	11:12:56
7th Age Grouper	1:07:44	5:54:40	4:07:16	11:19:42
8th Age Grouper	1:12:40	5:56:11	4:07:00	11:25:54
9th Age Grouper	1:13:38	6:01:26	4:06:58	11:33:21
10th Age Grouper	0:58:32	6:03:51	4:18:59	11:39:06
Kona Qualifier Average	1:04:00	5:38:27	3:42:26	10:33:03
Top 10 Age Grouper Average	1:06:27	5:50:35	3:59:28	11:06:49

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	0:57:12	5:08:49	3:26:52	9:39:12
2nd Age Grouper	0:55:18	5:08:46	3:40:24	9:53:25
3rd Age Grouper	1:01:06	5:10:06	3:45:08	10:04:14
4th Age Grouper	0:56:18	5:17:54	3:48:25	10:10:08
5th Age Grouper	1:10:11	5:22:31	3:38:26	10:19:19
6th Age Grouper	1:06:37	5:13:55	3:55:47	10:24:38
7th Age Grouper	1:05:05	5:30:38	4:03:28	10:49:02
8th Age Grouper	1:02:04	5:46:28	3:49:47	10:56:35
9th Age Grouper	1:12:30	5:49:35	3:48:42	10:59:56
10th Age Grouper	1:08:23	5:39:37	4:18:30	11:14:32
Kona Qualifier Average	0:56:15	5:08:48	3:33:38	9:46:18
Top 10 Age Grouper Average	1:03:28	5:24:50	3:49:33	10:27:06

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	0:59:18	5:45:33	3:34:39	10:24:55
2nd Age Grouper	1:03:18	5:45:23	3:48:54	10:44:49
3rd Age Grouper	0:58:59	5:55:52	3:50:44	10:52:31
4th Age Grouper	1:11:16	5:41:48	4:02:38	11:02:03
5th Age Grouper	1:04:44	5:48:42	4:09:57	11:09:11
6th Age Grouper	1:05:16	6:11:27	4:01:28	11:26:06
7th Age Grouper	1:06:28	5:52:21	4:22:43	11:28:39
8th Age Grouper	1:07:17	6:05:44	4:13:05	11:34:10
9th Age Grouper	1:10:12	6:11:23	4:14:02	11:44:59
10th Age Grouper	1:10:17	6:31:06	3:55:26	11:47:12
Kona Qualifier Average	1:01:18	5:45:28	3:41:46	10:34:52
Top 10 Age Grouper Average	1:05:42	5:58:56	4:01:21	11:13:27

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	0:57:24	5:17:59	3:33:11	9:56:17
2nd Age Grouper	1:02:03	5:17:52	3:38:55	10:07:10
3rd Age Grouper	1:03:14	5:24:40	3:41:10	10:18:14
4th Age Grouper	1:00:20	5:25:48	3:49:49	10:24:46
5th Age Grouper	1:01:11	5:30:55	3:49:49	10:30:44
6th Age Grouper	1:02:50	5:29:01	3:56:50	10:37:11
7th Age Grouper	1:03:39	5:36:04	3:52:47	10:42:02
8th Age Grouper	1:00:51	5:33:25	4:02:58	10:46:04
9th Age Grouper	1:02:31	5:40:27	3:58:44	10:51:48
10th Age Grouper	1:04:17	5:40:28	3:59:19	10:54:30
Kona Qualifier Average	0:59:44	5:17:55	3:36:03	10:01:44
Top 10 Age Grouper Average	1:01:50	5:29:40	3:50:21	10:30:53

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	1:25:19	5:33:13	3:54:33	10:59:54
2nd Age Grouper	1:12:08	6:07:29	4:00:35	11:26:35
3rd Age Grouper	1:12:22	6:05:26	4:16:58	11:40:54
4th Age Grouper	1:28:33	6:15:54	3:53:41	11:49:44
5th Age Grouper	1:12:28	6:11:22	4:20:11	11:51:47
6th Age Grouper	1:52:21	6:00:19	3:51:03	11:52:26
7th Age Grouper	1:26:05	6:17:07	4:13:11	12:02:51
8th Age Grouper	1:14:25	6:09:22	4:34:50	12:04:55
9th Age Grouper	1:27:40	6:03:05	4:46:59	12:27:21
10th Age Grouper	1:22:55	6:27:49	4:37:45	12:35:26
Kona Qualifier Average	1:18:43	5:50:21	3:57:34	11:13:14
Top 10 Age Grouper Average	1:23:25	6:07:06	4:14:58	11:53:11

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	0:58:28	5:38:00	4:09:10	10:56:07
2nd Age Grouper	1:03:13	6:07:22	4:04:53	11:26:17
3rd Age Grouper	1:03:03	6:10:29	5:09:36	12:33:38
4th Age Grouper	1:18:17	6:23:14	4:39:47	12:34:37
5th Age Grouper	1:13:39	6:41:49	4:41:37	12:47:21
6th Age Grouper	1:27:35	6:44:17	4:32:20	12:55:35
7th Age Grouper	1:14:48	6:24:08	5:17:26	13:06:35
8th Age Grouper	1:04:15	6:49:47	5:19:11	13:28:34
9th Age Grouper	1:29:26	6:41:53	5:04:56	13:29:29
10th Age Grouper	1:30:52	6:58:56	4:48:35	13:32:55
Kona Qualifier Average	0:58:28	5:38:00	4:09:10	10:56:07
Top 10 Age Grouper Average	1:14:21	6:27:59	4:46:45	12:41:06

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	1:04:23	5:24:56	3:35:08	10:11:03
2nd Age Grouper	1:08:41	5:28:40	3:41:28	10:26:47
3rd Age Grouper	1:06:32	5:39:31	3:44:30	10:38:12
4th Age Grouper	1:07:07	5:32:23	3:58:52	10:46:17
5th Age Grouper	1:08:16	5:44:10	3:46:35	10:46:23
6th Age Grouper	1:10:26	5:37:36	3:55:33	10:50:33
7th Age Grouper	1:09:27	5:42:05	4:02:03	11:02:19
8th Age Grouper	1:09:10	5:43:22	3:58:35	10:59:54
9th Age Grouper	1:11:37	5:40:52	4:04:46	11:06:05
10th Age Grouper	1:07:30	5:44:14	4:11:08	11:11:22
Kona Qualifier Average	1:05:37	5:26:57	3:38:38	10:18:21
Top 10 Age Grouper Average	1:08:28	5:38:56	3:54:24	10:49:47

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	1:01:48	5:25:47	3:30:00	10:03:12
2nd Age Grouper	1:01:16	5:28:55	4:37:15	10:09:28
3rd Age Grouper	0:49:33	5:39:37	3:42:26	10:26:29
4th Age Grouper	1:01:49	5:42:49	3:48:48	10:40:47
5th Age Grouper	0:56:00	5:48:28	3:57:54	10:51:14
6th Age Grouper	1:01:14	6:00:13	4:03:39	10:57:43
7th Age Grouper	0:55:16	5:56:53	3:58:20	11:05:58
8th Age Grouper	1:02:27	5:53:33	4:10:35	11:14:17
9th Age Grouper	1:03:38	5:51:03	4:15:51	11:19:49
10th Age Grouper	0:58:16	5:54:25	4:14:11	11:22:19
Kona Qualifier Average	1:01:32	5:27:21	4:03:38	10:06:20
Top 10 Age Grouper Average	0:59:08	5:46:10	4:01:54	10:49:08

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	1:04:49	5:18:39	3:36:28	10:03:35
2nd Age Grouper	1:00:57	5:24:48	3:45:30	10:15:19
3rd Age Grouper	1:04:29	5:27:18	3:46:31	10:23:11
4th Age Grouper	1:05:05	5:27:20	3:58:41	10:34:57
5th Age Grouper	1:07:09	5:43:49	3:49:43	10:44:59
6th Age Grouper	1:05:23	5:39:12	4:03:35	10:52:46
7th Age Grouper	1:03:42	5:40:08	4:13:56	11:02:52
8th Age Grouper	1:06:38	5:44:12	4:10:36	11:06:21
9th Age Grouper	1:05:35	5:37:01	4:22:15	11:09:49
10th Age Grouper	1:08:03	5:49:06	4:15:51	11:17:36
Kona Qualifier Average	1:02:53	5:21:44	3:40:59	10:09:27
Top 10 Age Grouper Average	1:05:11	5:35:09	4:00:19	10:45:08

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	1:04:39	5:26:57	3:41:23	10:21:47
2nd Age Grouper	0:58:53	5:39:32	3:44:27	10:30:58
3rd Age Grouper	1:02:22	5:46:08	3:44:07	10:40:34
4th Age Grouper	1:02:16	5:51:37	3:46:17	10:47:59
5th Age Grouper	1:11:38	5:41:51	3:57:15	10:59:01
6th Age Grouper	1:07:02	5:52:10	4:03:47	11:10:54
7th Age Grouper	1:07:28	6:00:38	3:59:19	11:17:33
8th Age Grouper	1:08:11	5:58:37	4:07:15	11:23:22
9th Age Grouper	1:06:06	6:04:14	4:08:07	11:28:00
10th Age Grouper	1:07:07	6:16:59	4:07:29	11:41:42
Kona Qualifier Average	1:01:46	5:33:14	3:42:55	10:26:23
Top 10 Age Grouper Average	1:05:34	5:51:52	3:55:57	11:02:11

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	1:01:35	5:02:36	3:29:23	9:38:55
2nd Age Grouper	1:04:29	5:03:11	3:33:44	9:47:02
3rd Age Grouper	1:02:24	5:05:59	3:38:16	9:52:26
4th Age Grouper	1:03:43	5:13:38	3:37:14	9:59:27
5th Age Grouper	1:06:14	5:14:36	3:41:36	10:08:39
6th Age Grouper	1:02:56	5:22:38	3:41:58	10:14:25
7th Age Grouper	0:59:26	5:21:40	3:48:21	10:15:51
8th Age Grouper	1:08:11	5:33:31	3:40:07	10:31:20
9th Age Grouper	1:05:57	5:38:28	3:42:59	10:35:38
10th Age Grouper	1:12:42	5:26:39	3:51:28	10:39:11
Kona Qualifier Average	1:02:49	5:03:55	3:33:48	9:46:08
Top 10 Age Grouper Average	1:04:46	5:18:17	3:40:30	10:10:17

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	1:06:36	5:38:18	3:39:21	10:30:23
2nd Age Grouper	1:07:42	5:44:06	3:55:23	10:54:35
3rd Age Grouper	1:09:17	5:56:11	4:07:48	11:21:35
4th Age Grouper	1:12:04	6:06:45	4:06:32	11:34:30
5th Age Grouper	1:15:53	6:09:11	4:07:09	11:42:29
6th Age Grouper	1:15:31	6:12:19	4:07:07	11:47:13
7th Age Grouper	1:12:44	6:09:39	4:20:27	11:51:33
8th Age Grouper	1:13:55	6:17:43	4:18:54	12:01:41
9th Age Grouper	1:17:17	6:17:57	4:21:23	12:08:10
10th Age Grouper	1:13:35	6:28:38	4:18:22	12:13:08
Kona Qualifier Average	1:07:52	5:46:12	3:54:10	10:55:31
Top 10 Age Grouper Average	1:12:27	6:06:05	4:08:15	11:36:32

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	0:59:01	5:32:06	3:33:16	10:07:53
2nd Age Grouper	1:01:15	5:38:24	3:38:57	10:21:59
3rd Age Grouper	1:01:48	5:08:07	4:23:24	10:31:24
4th Age Grouper	1:00:59	5:41:52	3:56:06	10:43:06
5th Age Grouper	0:59:48	5:48:48	3:54:46	10:47:14
6th Age Grouper	1:02:02	5:18:08	4:34:21	10:53:22
7th Age Grouper	1:03:38	5:55:09	4:01:50	11:05:03
8th Age Grouper	1:02:48	6:00:26	4:02:33	11:10:47
9th Age Grouper	1:03:52	6:00:41	4:06:06	11:15:19
10th Age Grouper	1:03:51	6:05:45	4:03:57	11:18:15
Kona Qualifier Average	1:00:08	5:35:15	3:36:06	10:14:56
Top 10 Age Grouper Average	1:01:54	5:42:56	4:01:32	10:49:26

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	1:10:43	5:16:15	3:35:14	10:08:52
2nd Age Grouper	1:07:12	5:20:55	3:43:06	10:17:50
3rd Age Grouper	1:08:45	5:32:05	3:42:41	10:30:44
4th Age Grouper	1:12:36	5:19:01	4:01:33	10:40:53
5th Age Grouper	1:13:05	5:30:06	3:57:02	10:47:50
6th Age Grouper	1:14:20	5:25:55	4:08:23	10:57:23
7th Age Grouper	1:12:30	5:41:19	4:01:44	11:07:08
8th Age Grouper	1:17:06	5:31:21	4:12:56	11:09:57
9th Age Grouper	1:13:09	5:43:12	4:08:45	11:13:22
10th Age Grouper	1:20:01	5:37:57	4:10:48	11:17:46
Kona Qualifier Average	1:08:53	5:23:05	3:40:20	10:19:09
Top 10 Age Grouper Average	1:12:57	5:29:49	3:58:13	10:49:10

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	1:02:06	5:57:06	3:32:11	10:39:13
2nd Age Grouper	1:07:47	6:09:37	3:39:31	11:06:13
3rd Age Grouper	1:06:43	6:17:39	3:50:14	11:25:13
4th Age Grouper	1:07:04	6:33:31	3:53:26	11:44:50
5th Age Grouper	1:10:51	6:39:06	3:55:43	11:56:01
6th Age Grouper	1:11:00	6:44:04	4:13:22	12:21:56
7th Age Grouper	1:10:43	7:06:09	4:12:25	12:41:53
8th Age Grouper	1:10:24	7:03:53	4:27:54	12:57:38
9th Age Grouper	1:20:49	6:53:08	4:39:37	13:08:48
10th Age Grouper	1:17:51	7:09:29	4:37:13	13:21:07
Kona Qualifier Average	1:02:06	5:57:06	3:32:11	10:39:13
Top 10 Age Grouper Average	1:10:32	6:39:22	4:06:10	12:08:17

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	1:04:38	4:49:31	3:17:07	10:30:09
2nd Age Grouper	1:07:12	5:04:15	3:24:03	10:54:09
3rd Age Grouper	1:10:45	5:07:01	3:33:06	11:12:18
4th Age Grouper	1:09:02	5:10:38	3:40:17	11:24:32
5th Age Grouper	1:11:38	5:15:37	3:46:14	11:37:47
6th Age Grouper	1:14:10	5:20:11	3:44:37	11:44:46
7th Age Grouper	1:08:10	5:16:08	3:56:07	11:52:51
8th Age Grouper	1:06:57	5:25:30	3:53:25	12:01:17
9th Age Grouper	1:14:26	5:20:55	4:06:48	12:10:54
10th Age Grouper	1:15:47	5:30:38	4:01:53	12:14:46
Kona Qualifier Average	1:05:55	4:56:53	3:20:35	10:42:09
Top 10 Age Grouper Average	1:10:17	5:14:02	3:44:22	11:34:21

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	1:03:32	5:42:11	3:38:45	10:33:23
2nd Age Grouper	1:06:28	5:54:28	3:38:31	10:48:44
3rd Age Grouper	1:02:46	5:57:38	3:52:18	11:08:58
4th Age Grouper	1:08:28	6:06:52	3:58:44	11:26:42
5th Age Grouper	1:09:54	6:22:56	3:56:55	11:35:21
6th Age Grouper	1:01:25	5:43:24	4:55:35	11:50:48
7th Age Grouper	1:06:08	6:31:01	4:12:21	12:01:41
8th Age Grouper	1:07:46	6:29:17	4:21:47	12:11:42
9th Age Grouper	1:12:43	6:40:11	4:17:23	12:24:27
10th Age Grouper	1:14:05	6:47:39	4:21:24	12:35:57
Kona Qualifier Average	1:03:32	5:42:11	3:38:45	10:33:23
Top 10 Age Grouper Average	1:07:19	6:13:34	4:07:22	11:39:46

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	1:08:04	5:24:45	3:35:28	10:14:20
2nd Age Grouper	1:04:13	5:24:32	3:51:50	10:27:46
3rd Age Grouper	1:01:57	5:36:51	3:54:28	10:38:18
4th Age Grouper	1:11:14	5:34:52	3:53:44	10:46:11
5th Age Grouper	1:06:14	5:43:44	4:04:04	11:00:12
6th Age Grouper	1:10:51	5:49:03	3:56:39	11:03:44
7th Age Grouper	1:12:02	5:41:31	4:08:03	11:09:15
8th Age Grouper	1:13:20	5:53:16	4:04:11	11:19:33
9th Age Grouper	1:13:05	6:00:11	4:00:28	11:22:36
10th Age Grouper	1:17:00	5:58:35	4:02:24	11:29:35
Kona Qualifier Average	1:06:09	5:24:39	3:43:39	10:21:03
Top 10 Age Grouper Average	1:09:48	5:42:44	3:57:08	10:57:09

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	1:01:06	5:12:21	3:32:22	9:54:14
2nd Age Grouper	1:05:26	5:15:43	3:34:22	10:02:39
3rd Age Grouper	1:06:13	5:19:02	3:43:07	10:15:59
4th Age Grouper	1:05:58	5:24:10	3:45:35	10:23:48
5th Age Grouper	1:07:19	5:34:32	4:18:40	10:31:32
6th Age Grouper	1:06:59	5:32:59	3:51:44	10:39:43
7th Age Grouper	1:07:05	5:41:49	4:24:50	10:43:31
8th Age Grouper	1:09:25	5:33:14	3:55:51	10:47:40
9th Age Grouper	1:06:05	5:37:31	4:39:51	10:53:56
10th Age Grouper	1:06:13	5:39:13	4:05:02	10:58:30
Kona Qualifier Average	1:01:06	5:12:21	3:32:22	9:54:14
Top 10 Age Grouper Average	1:06:11	5:29:03	3:59:08	10:31:09

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	1:01:15	5:16:57	3:14:01	9:57:30
2nd Age Grouper	1:01:48	5:23:59	3:18:25	10:08:49
3rd Age Grouper	1:04:09	5:26:18	3:42:33	10:17:30
4th Age Grouper	1:06:45	5:30:43	3:24:50	10:27:33
5th Age Grouper	1:03:36	5:31:17	3:54:50	10:38:56
6th Age Grouper	1:06:54	5:35:42	3:36:55	10:45:26
7th Age Grouper	1:07:39	5:35:54	3:40:55	10:53:35
8th Age Grouper	1:07:27	5:45:00	3:38:19	10:59:26
9th Age Grouper	1:08:50	5:43:19	3:43:21	11:05:34
10th Age Grouper	1:06:40	5:11:06	4:30:18	11:10:00
Kona Qualifier Average	1:01:32	5:20:28	3:16:13	10:03:10
Top 10 Age Grouper Average	1:05:30	5:30:01	3:40:27	10:38:26

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	1:05:22	5:58:42	3:33:55	10:45:29
2nd Age Grouper	1:10:19	5:22:51	3:39:50	11:02:50
3rd Age Grouper	1:10:28	6:15:40	3:39:39	11:15:10
4th Age Grouper	1:05:19	6:30:56	3:43:06	11:28:42
5th Age Grouper	1:08:54	6:29:19	3:56:21	11:43:47
6th Age Grouper	1:07:48	6:32:55	4:02:47	11:55:10
7th Age Grouper	1:07:49	6:45:52	4:02:08	12:08:02
8th Age Grouper	1:11:35	6:43:50	4:13:45	12:21:23
9th Age Grouper	1:11:49	6:45:43	4:25:10	12:34:33
10th Age Grouper	1:10:01	7:02:02	4:21:30	12:49:10
Kona Qualifier Average	1:07:51	5:40:46	3:36:52	10:54:09
Top 10 Age Grouper Average	1:08:56	6:26:47	3:57:49	11:48:25

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	0:55:31	5:43:43	3:37:53	10:27:30
2nd Age Grouper	0:58:23	5:49:45	3:42:21	10:40:20
3rd Age Grouper	1:05:13	5:54:05	3:32:50	10:50:00
4th Age Grouper	1:01:03	5:54:21	3:52:53	10:59:03
5th Age Grouper	1:04:25	6:01:16	3:52:30	11:06:23
6th Age Grouper	1:03:14	6:03:43	3:50:40	11:10:26
7th Age Grouper	1:03:41	6:10:26	3:43:07	11:16:33
8th Age Grouper	1:03:11	6:05:25	4:01:27	11:21:58
9th Age Grouper	1:03:31	6:06:17	4:04:36	11:25:51
10th Age Grouper	1:06:39	6:04:39	4:05:15	11:29:54
Kona Qualifier Average	0:56:57	5:46:44	3:40:07	10:33:55
Top 10 Age Grouper Average	1:02:29	5:59:22	3:50:21	11:04:48

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	1:04:42	5:19:41	3:26:10	9:54:58
2nd Age Grouper	1:06:59	5:25:57	3:32:21	10:10:11
3rd Age Grouper	1:09:45	5:31:11	3:44:07	10:29:39
4th Age Grouper	1:07:35	5:34:24	3:48:30	10:35:18
5th Age Grouper	1:05:49	5:38:46	3:48:07	10:37:31
6th Age Grouper	1:07:40	5:44:25	3:51:32	10:49:10
7th Age Grouper	1:07:59	5:42:50	3:58:42	10:55:13
8th Age Grouper	1:11:23	5:44:34	3:58:28	11:00:50
9th Age Grouper	1:15:44	5:47:13	3:54:55	11:04:24
10th Age Grouper	1:12:19	5:51:39	4:00:21	11:10:12
Kona Qualifier Average	1:04:42	5:19:41	3:26:10	9:54:58
Top 10 Age Grouper Average	1:09:00	5:38:04	3:48:19	10:40:45

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	1:02:45	5:38:56	3:29:54	10:17:27
2nd Age Grouper	1:06:10	5:39:30	3:41:10	10:32:50
3rd Age Grouper	1:08:13	5:37:15	3:48:27	10:39:33
4th Age Grouper	1:07:04	5:42:52	3:47:58	10:44:06
5th Age Grouper	1:06:48	5:40:26	3:57:40	10:51:27
6th Age Grouper	1:05:19	5:51:37	3:58:21	11:01:09
7th Age Grouper	1:08:19	5:48:04	4:01:39	11:05:37
8th Age Grouper	1:09:59	5:53:32	4:00:15	11:10:42
9th Age Grouper	1:05:48	5:53:27	4:07:35	11:13:34
10th Age Grouper	1:08:20	5:53:09	4:08:55	11:16:49
Kona Qualifier Average	1:04:28	5:39:13	3:35:32	10:25:08
Top 10 Age Grouper Average	1:06:52	5:45:53	3:54:11	10:53:19

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	1:12:31	5:38:52	3:29:20	10:28:05
2nd Age Grouper	1:07:30	5:55:08	3:45:45	10:57:40
3rd Age Grouper	1:00:01	5:58:59	3:50:56	10:58:04
4th Age Grouper	0:55:08	5:52:41	4:04:16	10:58:48
5th Age Grouper	1:11:19	5:41:37	4:01:15	11:04:11
6th Age Grouper	1:08:31	5:47:25	4:13:21	11:18:05
7th Age Grouper	1:02:39	5:54:59	4:21:39	11:27:43
8th Age Grouper	1:16:31	6:32:15	4:12:35	12:17:29
9th Age Grouper	1:13:57	6:24:42	4:48:53	12:37:02
10th Age Grouper	1:18:38	7:14:25	5:01:56	13:51:40
Kona Qualifier Average	1:12:31	5:38:52	3:29:20	10:28:05
Top 10 Age Grouper Average	1:08:40	6:06:06	4:10:59	11:35:52

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	1:11:21	5:10:28	3:49:03	10:18:46
2nd Age Grouper	1:12:07	5:12:00	4:00:02	10:33:14
3rd Age Grouper	1:12:41	5:30:24	4:13:32	11:05:25
4th Age Grouper	1:31:14	5:27:45	3:56:24	11:07:49
5th Age Grouper	1:08:58	5:32:29	4:22:58	11:12:32
6th Age Grouper	1:03:30	5:31:58	4:31:29	11:16:05
7th Age Grouper	1:17:40	5:35:27	4:21:51	11:27:11
8th Age Grouper	1:09:57	5:33:24	4:33:42	11:27:46
9th Age Grouper	1:13:25	5:56:32	4:13:24	11:34:13
10th Age Grouper	1:16:26	5:58:01	4:08:13	11:36:38
Kona Qualifier Average	1:11:44	5:11:14	3:54:33	10:26:00
Top 10 Age Grouper Average	1:13:44	5:32:50	4:13:04	11:09:58

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	1:07:28	5:23:51	3:28:02	10:05:23
2nd Age Grouper	1:08:30	5:27:28	3:33:00	10:13:59
3rd Age Grouper	1:06:33	5:37:13	3:37:42	10:27:24
4th Age Grouper	1:07:26	5:28:51	3:50:38	10:32:23
5th Age Grouper	1:13:29	5:38:20	3:43:26	10:42:30
6th Age Grouper	1:13:31	5:46:02	3:41:56	10:49:05
7th Age Grouper	1:17:36	5:41:04	3:53:32	10:59:19
8th Age Grouper	1:15:52	5:40:48	4:00:33	11:04:41
9th Age Grouper	1:16:23	5:42:21	4:03:36	11:10:19
10th Age Grouper	1:15:58	5:45:35	4:04:52	11:14:13
Kona Qualifier Average	1:07:59	5:25:39	3:30:31	10:09:41
Top 10 Age Grouper Average	1:12:17	5:37:09	3:47:43	10:43:55

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	1:05:02	5:06:46	3:30:05	9:48:22
2nd Age Grouper	1:04:21	5:28:09	3:26:14	10:06:36
3rd Age Grouper	1:11:33	5:17:16	3:49:18	10:26:27
4th Age Grouper	1:08:39	5:30:55	3:50:36	10:38:48
5th Age Grouper	1:10:51	5:43:17	3:40:06	10:40:41
6th Age Grouper	1:02:01	5:36:30	3:57:04	10:42:50
7th Age Grouper	1:10:30	5:27:29	3:58:47	10:46:19
8th Age Grouper	1:06:10	5:37:12	4:01:36	10:53:28
9th Age Grouper	1:09:05	5:40:08	4:01:48	10:59:30
10th Age Grouper	1:11:49	5:28:12	4:12:34	11:00:49
Kona Qualifier Average	1:04:42	5:17:27	3:28:09	9:57:29
Top 10 Age Grouper Average	1:08:00	5:29:35	3:50:49	10:36:23

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	1:03:38	5:34:50	3:34:13	10:18:27
2nd Age Grouper	1:04:32	5:44:01	3:42:11	10:37:33
3rd Age Grouper	1:00:48	5:53:38	3:44:47	10:45:14
4th Age Grouper	1:06:00	5:52:00	3:48:39	10:53:26
5th Age Grouper	1:12:57	5:49:36	3:53:26	11:03:39
6th Age Grouper	1:11:29	5:52:27	3:58:36	11:09:53
7th Age Grouper	1:04:50	5:56:57	4:05:21	11:14:01
8th Age Grouper	1:10:33	6:01:05	4:00:47	11:20:35
9th Age Grouper	1:08:25	6:05:03	4:05:10	11:28:04
10th Age Grouper	1:10:51	6:04:03	4:13:12	11:36:22
Kona Qualifier Average	1:03:38	5:34:50	3:34:13	10:18:27
Top 10 Age Grouper Average	1:07:24	5:53:22	3:54:38	11:02:43

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	1:07:27	5:30:28	3:32:49	10:18:48
2nd Age Grouper	1:06:45	5:39:21	3:41:03	10:38:11
3rd Age Grouper	1:07:06	5:43:28	3:47:14	10:47:54
4th Age Grouper	1:06:14	5:43:23	3:54:06	10:51:57
5th Age Grouper	1:06:29	5:47:09	3:50:35	10:53:22
6th Age Grouper	1:06:54	5:45:35	3:57:39	10:58:39
7th Age Grouper	1:11:42	5:41:02	4:03:53	11:05:07
8th Age Grouper	1:05:17	6:05:22	3:51:10	11:11:06
9th Age Grouper	1:16:21	5:53:39	3:53:04	11:14:32
10th Age Grouper	1:15:44	5:57:45	3:52:17	11:17:51
Kona Qualifier Average	1:07:06	5:34:54	3:36:56	10:28:30
Top 10 Age Grouper Average	1:09:00	5:46:43	3:50:23	10:55:45