

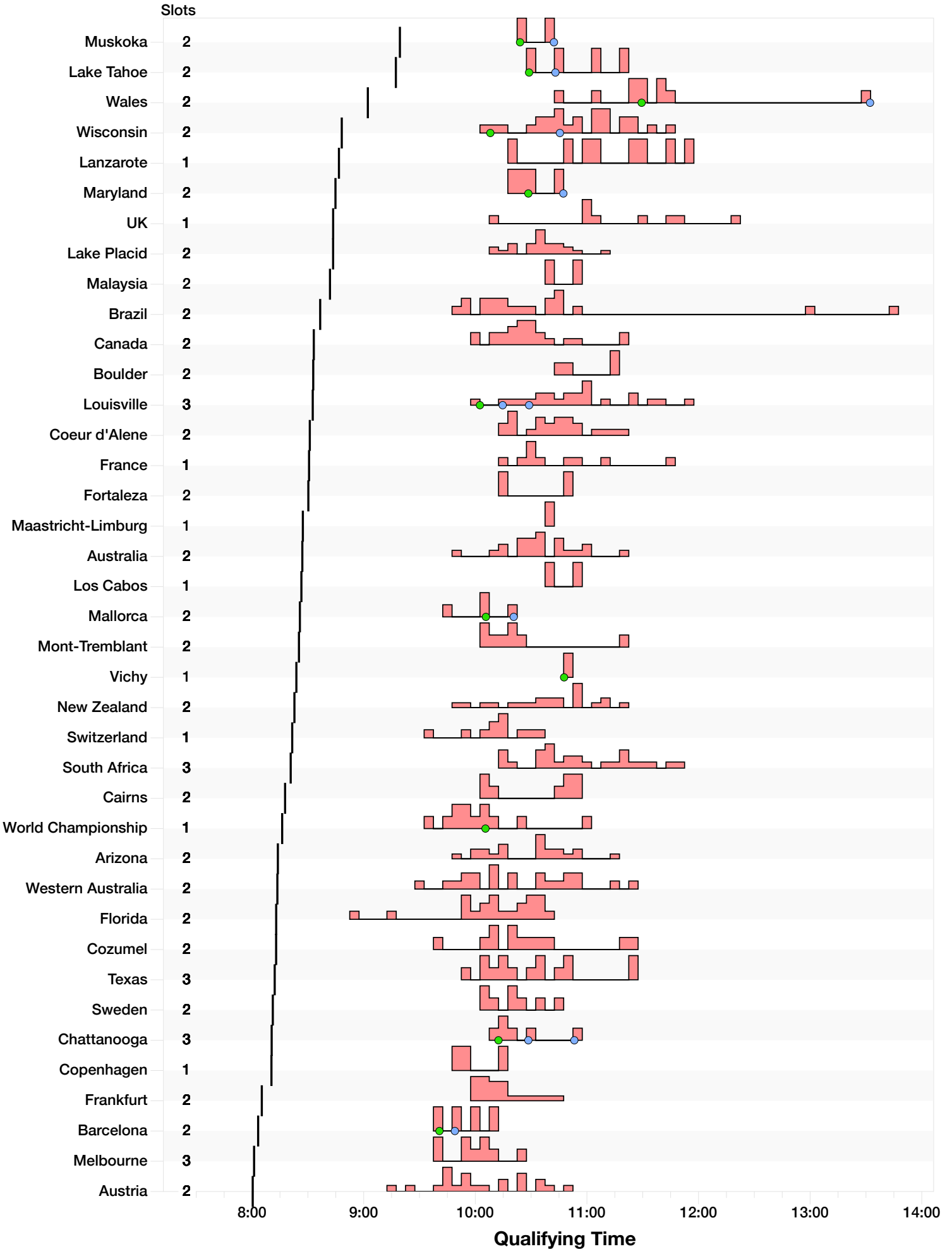
Ironman World Championship

F35-39

2016 Qualification Stats

2016 Qualification Comparison for F35-39

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



F35-39 Past Qualifying Times

Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	10:47:44
Average	9:25:27	10:47:44

Ironman Muskoka (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:53:37	10:24:03	10:42:16
Average	9:53:37	10:24:03	10:42:16

Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:18:38	11:45:25
2004	10:05:40	10:31:12	11:09:29
2005	10:11:22	11:18:29	11:35:30
2006	10:01:22	11:10:17	11:26:00
2007	9:37:03	10:35:59	10:37:18
2008	9:47:25	11:04:56	11:05:17
2009	9:43:59	10:46:25	10:51:35
2010	9:27:26	10:38:02	10:45:11
2011	9:41:03	10:13:34	10:37:35
2012	9:34:35	10:05:30	11:10:20
2013	9:47:07	11:02:45	11:23:36
2014	9:30:08	10:53:37	10:57:05
2015	10:08:05	10:08:05	10:45:29
Average	9:47:49	10:45:11	11:05:22

Ironman Wales (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	10:15:23	10:43:11	11:23:00
2012	9:45:09	11:05:06	11:23:08
2013	9:51:21	11:41:45	11:42:10
2014	10:57:26	11:29:30	11:45:42
2015	9:56:31	11:29:25	13:32:12
Average	10:09:10	11:17:47	11:57:14

Ironman Lake Tahoe (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:58:53	11:05:19	11:18:32
2015	10:28:55	10:28:55	10:43:04
Average	10:13:54	10:47:07	11:00:48

Ironman Mallorca (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:24:17	9:45:43	10:03:06
2015	9:24:48	10:05:42	10:20:39
Average	9:24:32	9:55:42	10:11:52

Ironman Chattanooga (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:54:55	10:14:48	10:22:09
2015	8:56:00	10:12:28	10:53:14
Average	8:55:27	10:13:38	10:37:41

Ironman Barcelona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:49:21	9:58:12	10:09:27
2015	8:46:44	9:40:43	9:49:01
Average	8:48:02	9:49:27	9:59:14

Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	10:58:44
2005	9:09:30	10:02:34
2006	9:18:31	10:00:58
2007	9:08:45	10:11:57
2008	9:06:23	9:53:51
2009	8:54:02	10:26:36
2010	8:58:36	9:44:19
2011	8:55:08	9:51:26
2012	9:15:54	9:50:03
2013	8:52:14	9:33:29
2014	9:00:55	9:53:02
2015	8:57:57	10:05:28
Average	9:07:19	10:02:42

Ironman Louisville (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	9:23:22	11:25:15	11:38:52
2008	9:54:17	11:08:32	11:52:49
2010	9:33:15	10:25:20	11:02:28
2011	9:38:14	10:42:02	11:01:44
2012	9:36:27	10:47:53	10:58:32
2013	9:29:02	10:21:03	10:38:13
2014	9:31:19	10:37:21	10:57:26
2015	10:00:04	10:02:29	10:28:56
Average	9:38:15	10:41:14	11:04:52

Ironman Maryland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:02	10:21:00	10:24:48
2015	9:42:56	10:28:31	10:47:20
Average	9:34:29	10:24:45	10:36:04

Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	10:37:49
2014	9:16:43	10:54:59
Average	9:26:08	10:46:24

Ironman Florida (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:28:54	9:53:26	10:26:56
2005	9:33:09	10:08:52	10:12:12
2006	9:28:28	10:20:46	10:32:39
2007	9:05:35	10:06:33	10:28:46
2008	9:07:48	9:56:00	9:56:53
2009	9:08:38	10:01:34	10:32:29
2010	9:07:49	10:03:43	10:16:38
2011	8:55:10	10:29:00	10:34:30
2012	8:51:35	10:10:54	10:23:37
2013	8:43:07	10:33:35	10:37:55
2014	8:01:47	8:53:02	9:12:57
Average	9:02:54	10:03:24	10:17:46

Ironman Fortaleza (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:09:20	10:17:27	10:51:14
Average	9:09:20	10:17:27	10:51:14

Ironman Malaysia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:38	10:38:36	10:56:11
Average	9:26:38	10:38:36	10:56:11

Ironman Arizona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:44:02	10:48:50	10:53:00
2006	9:12:53	10:45:48	11:12:44
2007	9:36:40	10:42:10	10:54:57
2008	9:21:06	10:33:06	10:34:55
2009	9:21:06	10:33:06	10:34:55
2010	9:09:19	10:02:11	10:05:24
2011	8:36:13	10:09:06	10:35:50
2012	9:01:41	10:14:11	10:15:53
2013	8:52:49	9:51:58	10:14:23
2014	8:50:41	9:59:34	10:05:52
Average	9:10:39	10:22:00	10:32:47

Ironman Cozumel (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	9:06:58	11:21:49	11:25:22
2010	9:07:08	10:23:26	10:30:56
2011	9:14:08	10:18:52	10:18:55
2012	9:15:38	10:10:22	10:39:35
2013	8:52:28	9:38:40	10:03:19
2014	9:14:07	10:11:21	10:34:57
Average	9:08:24	10:20:45	10:35:30

Ironman Western Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:03:37	10:38:20	10:49:36
2005	9:31:32	10:55:11	11:12:55
2006	9:10:01	10:56:30	11:24:36
2007	9:00:55	9:52:55	10:32:33
2008	8:59:24	9:56:23	10:01:02
2009	9:16:52	10:07:43	10:45:19
2010	9:19:44	9:49:41	10:18:49
2011	9:25:38	10:12:14	10:34:11
2012	9:13:00	10:19:39	10:52:25
2013	8:59:44	9:30:09	9:45:08
2014	8:56:34	9:59:53	10:09:13
Average	9:10:38	10:12:36	10:35:04

Ironman New Zealand (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:17:55	10:33:42	10:43:15
2004	9:22:23	11:10:28	11:20:10
2005	9:30:13	10:56:11	11:09:51
2007	9:20:01	10:37:16	10:38:35
2008	9:16:00	10:54:15	10:56:56
2009	9:18:25	10:37:48	10:47:25
2010	9:14:35	9:48:55	10:06:12
2011	9:28:24	9:55:17	10:17:55
2013	9:17:10	10:55:15	11:02:51
2014	9:08:46	10:07:31	10:28:25
2015	9:05:45	10:25:31	10:53:26
Average	9:18:08	10:32:55	10:45:54

Ironman Melbourne (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:34:51	9:42:05	10:24:45
2014	8:57:57	9:39:38	9:55:57
2015	8:52:51	9:58:48	10:11:40
Average	8:48:33	9:46:50	10:10:47

Ironman South Africa (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	9:22:00	11:22:26	11:45:35
2008	9:27:48	10:34:02	10:41:45
2009	9:16:32	10:39:04	11:14:07
2010	9:16:55	10:14:56	10:49:18
2011	8:33:56	10:14:46	10:44:32
2012	9:47:10	11:01:11	11:25:01
2013	9:10:58	10:20:51	10:54:37
2014	9:31:54	11:19:30	11:51:41
2015	9:26:56	10:41:15	10:54:54
Average	9:19:21	10:43:06	11:09:03

Ironman Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:13:20	10:22:45	10:44:32
2006	9:19:44	10:51:15	10:58:52
2007	9:12:59	10:37:23	11:19:34
2008	9:03:55	10:37:28	10:55:34
2009	8:57:10	10:26:10	10:29:16
2010	9:23:46	10:23:51	10:30:20
2011	9:29:54	10:43:36	10:59:50
2012	9:34:57	10:08:20	10:32:58
2013	9:34:55	9:50:46	10:29:25
2014	9:28:43	10:33:11	10:44:32
2015	9:38:24	10:12:44	10:17:28
Average	9:21:37	10:26:08	10:43:51

Ironman Texas (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	8:57:51	10:51:35	11:25:13
2012	8:54:58	9:53:59	10:14:57
2013	8:49:14	10:18:34	10:43:45
2014	8:54:42	10:02:36	10:36:14
2015	8:55:19	10:04:53	10:49:53
Average	8:54:24	10:14:19	10:46:00

Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	11:56:14
2009	9:54:57	11:25:23
2010	10:03:52	11:28:23
2011	9:43:39	10:52:28
2012	9:58:06	11:47:06
2013	9:37:34	11:05:41
2014	9:41:40	10:20:37
2015	9:56:03	10:59:49
Average	9:52:17	11:14:27

Ironman Brazil (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2006	9:20:46	10:09:36	10:42:34
2007	9:12:40	10:38:28	10:57:07
2008	9:42:50	9:52:40	10:07:50
2009	9:10:15	10:13:04	10:25:35
2010	9:19:13	10:30:03	10:43:40
2011	12:40:07	13:01:38	13:44:22
2012	9:17:42	10:38:28	10:46:42
2013	9:05:53	10:02:53	10:04:16
2014	8:56:32	9:54:23	10:17:43
2015	8:59:08	9:48:45	10:15:28
Average	9:34:30	10:28:59	10:48:31

Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	11:44:41
2006	9:56:31	10:48:44
2007	9:49:11	10:32:21
2008	9:35:29	11:11:40
2009	9:30:29	10:23:10
2011	9:34:31	10:27:50
2012	9:16:05	10:36:15
2013	9:12:54	10:54:55
2014	9:12:21	10:15:17
2015	9:24:50	10:29:52
Average	9:34:29	10:44:28

Ironman Cairns (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:21:00	10:04:41	10:54:01
2013	9:19:51	10:48:33	10:53:27
2014	9:16:58	10:02:48	10:09:12
2015	9:11:49	10:45:04	10:50:59
Average	9:17:24	10:25:16	10:41:54

Ironman Austria (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:07:04	10:35:23	10:35:30
2006	9:12:09	10:24:46	10:50:56
2007	9:08:47	9:52:09	10:25:27
2008	8:47:26	9:44:23	9:57:26
2009	8:50:13	9:39:01	10:38:56
2010	9:18:50	9:43:03	10:12:52
2011	8:43:34	9:14:16	9:24:31
2012	9:09:58	10:01:02	10:26:17
2013	8:59:31	9:56:29	10:13:42
2014	8:42:42	9:46:13	10:04:01
2015		9:44:21	9:53:28
Average	8:10:55	9:52:49	10:14:49

Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	10:11:40	10:23:34
2005	9:15:31	10:35:32	10:43:49
2006	9:16:17	10:07:01	10:15:40
2007	9:04:11	10:09:12	10:13:31
2008	8:51:24	10:11:14	10:14:48
2009	8:58:08	10:01:44	10:02:33
2010	9:04:27	9:59:51	10:30:38
2011	9:12:13	10:05:27	10:06:23
2012	8:52:33	9:58:13	10:40:04
2013	8:56:01	10:01:27	10:19:16
2014	8:52:40	9:59:48	10:15:03
2015	8:51:00	10:07:09	10:12:11
Average	9:01:28	10:07:21	10:19:47

Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	11:02:58
2008	9:49:06	11:42:30
2009	9:33:59	12:18:36
2010	10:01:02	10:59:43
2011	9:37:31	10:07:55
2012	10:08:44	11:47:43
2013	9:29:12	10:59:31
2014	9:52:12	11:28:09
2015	9:31:58	11:01:57
Average	9:44:26	11:16:33

Ironman Lake Placid (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	9:29:41	10:11:37	10:40:10
2003	9:51:55	10:35:29	11:10:14
2004	9:24:42	10:29:22	10:33:03
2006	10:11:35	10:32:49	10:45:56
2007	9:40:20	10:48:56	10:51:15
2008	9:51:00	10:18:34	10:33:57
2009	9:29:36	10:41:52	10:46:24
2010	9:27:30	10:34:33	10:36:20
2011	9:19:03	10:32:20	10:41:26
2012	9:47:39	10:45:45	10:56:33
2013	9:35:06	10:21:59	10:36:42
2014	9:28:28	10:12:24	10:22:23
2015	10:13:19	10:13:19	10:31:31
Average	9:40:45	10:29:09	10:41:59

Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	10:13:24
2006	9:24:18	10:27:02
2007	9:20:43	10:13:19
2008	9:30:12	10:36:33
2009	9:14:35	10:30:41
2010	9:00:04	9:36:25
2011	9:03:26	10:15:00
2012	9:20:16	9:55:40
2013	9:21:31	10:06:16
2014	9:13:30	10:09:47
2015	9:21:05	10:12:17
Average	9:16:24	10:12:24

Ironman Canada (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:16:02	10:29:36	10:54:04
2005	9:51:31	9:59:48	10:16:58
2006	9:25:13	10:33:48	10:38:10
2007	9:41:01	10:18:04	10:26:39
2008	9:17:58	10:29:49	10:51:29
2009	9:11:20	10:16:33	10:17:31
2010	9:13:46	10:09:25	10:25:38
2011	9:03:13	10:12:17	10:36:11
2012	9:44:58	10:28:24	10:31:53
2013	9:28:13	10:01:57	10:24:21
2014	9:46:58	10:19:26	10:24:57
2015	9:46:19	11:18:46	11:19:46
Average	9:28:52	10:23:09	10:35:38

Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	10:38:54
Average	9:39:24	10:38:54

Ironman Boulder (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:19:54	11:12:45	11:13:08
2015	9:53:41	10:46:41	10:50:17
Average	9:36:47	10:59:43	11:01:42

Ironman Sweden (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:13:27	10:05:48	10:26:29
2013	8:54:01	10:04:28	10:19:58
2014	8:56:50	10:09:54	10:19:54
2015	9:12:27	10:36:46	10:44:17
Average	9:04:11	10:14:14	10:27:39

Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	9:50:09
2014	8:53:33	9:55:16
2015	8:59:49	10:13:08
Average	8:50:19	9:59:31

Ironman Coeur d'Alene (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:42:08	11:02:58	11:20:11
2005	9:59:08	10:17:17	10:29:00
2006	9:31:07	10:37:41	10:46:50
2007	10:27:55	10:43:43	11:10:36
2008	9:38:58	10:34:52	10:35:44
2009	9:23:21	10:42:36	10:47:52
2010	9:17:54	10:16:51	10:20:37
2011	9:16:40	10:54:17	10:56:50
2012	9:21:44	10:18:46	10:21:23
2013	9:16:02	10:20:44	10:51:58
2014	9:34:32	10:33:25	10:42:14
2015	9:23:27	10:48:04	11:16:32
Average	9:34:24	10:35:56	10:48:18

Ironman Mont-Tremblant (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:30:46	10:14:13	10:27:24
2013	9:07:56	10:04:06	10:22:02
2014	9:40:26	10:05:05	10:09:42
2015	9:09:05	10:20:22	11:18:15
Average	9:22:03	10:10:56	10:34:20

F35-39 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	1:06:47	5:49:17	3:44:08	10:47:44
2nd Age Grouper	1:22:08	5:46:32	4:00:14	11:18:38
3rd Age Grouper	1:28:04	5:38:22	4:06:56	11:22:52
4th Age Grouper	1:15:58	5:42:57	4:23:12	11:29:37
5th Age Grouper	1:08:21	5:58:11	4:08:19	11:32:51
6th Age Grouper	1:15:10	6:11:02	4:30:28	12:10:47
7th Age Grouper	1:57:19	6:34:36	3:15:48	12:13:20
8th Age Grouper	1:18:18	6:25:41	4:38:40	12:33:10
9th Age Grouper	1:12:54	6:08:20	5:03:04	12:33:46
10th Age Grouper	1:08:35	6:25:49	4:47:26	12:36:15
Kona Qualifier Average	1:06:47	5:49:17	3:44:08	10:47:44
Top 10 Age Grouper Average	1:19:21	6:04:04	4:15:49	11:51:54

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	1:06:04	5:26:08	3:44:04	10:24:03
2nd Age Grouper	1:13:09	5:25:46	3:56:02	10:42:16
3rd Age Grouper	1:11:31	5:35:58	4:06:55	11:00:46
4th Age Grouper	1:07:24	5:40:26	4:04:44	11:00:58
5th Age Grouper	1:12:17	5:37:24	4:04:59	11:02:48
6th Age Grouper	1:07:45	6:00:19	3:54:38	11:10:17
7th Age Grouper	1:09:38	6:01:21	4:06:10	11:25:32
8th Age Grouper	1:12:09	6:16:55	4:04:12	11:44:33
9th Age Grouper	1:09:32	5:54:45	4:37:19	11:55:27
10th Age Grouper	1:06:36	6:20:28	4:18:03	11:59:10
Kona Qualifier Average	1:09:36	5:25:57	3:50:03	10:33:09
Top 10 Age Grouper Average	1:09:36	5:49:57	4:05:42	11:14:35

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	1:07:27	5:40:56	3:47:01	10:45:11
2nd Age Grouper	1:02:52	5:54:45	3:52:21	11:05:22
3rd Age Grouper	1:13:19	5:58:47	3:55:21	11:19:06
4th Age Grouper	1:11:58	6:03:38	3:58:58	11:25:35
5th Age Grouper	1:12:27	5:58:34	4:08:44	11:30:57
6th Age Grouper	1:13:10	6:02:00	4:11:41	11:38:54
7th Age Grouper	1:17:38	6:06:54	4:07:36	11:43:38
8th Age Grouper	1:11:39	6:11:02	4:12:01	11:47:24
9th Age Grouper	1:16:56	6:10:30	4:11:17	11:51:36
10th Age Grouper	1:12:50	6:12:39	4:19:12	11:57:15
Kona Qualifier Average	1:05:10	5:47:50	3:49:41	10:55:16
Top 10 Age Grouper Average	1:12:02	6:01:58	4:04:25	11:30:30

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	1:05:46	6:19:51	3:39:23	11:17:47
2nd Age Grouper	1:08:25	6:44:50	3:48:54	11:57:14
3rd Age Grouper	1:15:05	6:32:59	4:06:38	12:09:36
4th Age Grouper	1:08:47	6:48:25	4:10:53	12:25:54
5th Age Grouper	1:12:46	7:00:37	4:08:00	12:43:04
6th Age Grouper	1:13:15	7:15:57	4:12:18	13:00:40
7th Age Grouper	1:08:49	7:12:24	4:40:46	13:22:26
8th Age Grouper	1:08:28	7:22:46	4:48:37	13:40:22
9th Age Grouper	1:15:48	7:21:47	4:47:22	13:43:52
10th Age Grouper	1:17:34	7:29:39	4:46:30	13:58:41
Kona Qualifier Average	1:07:06	6:32:21	3:44:08	11:37:30
Top 10 Age Grouper Average	1:11:28	7:00:56	4:18:56	12:49:57

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	1:00:54	5:48:47	3:50:26	10:47:07
2nd Age Grouper	0:59:30	6:03:07	3:47:13	11:00:48
3rd Age Grouper	1:07:43	6:08:05	3:49:45	11:17:12
4th Age Grouper	1:10:53	6:13:37	3:50:19	11:27:36
5th Age Grouper	1:00:10	6:18:48	4:22:21	11:54:41
6th Age Grouper	1:18:52	6:14:59	4:13:22	12:00:25
7th Age Grouper	1:18:00	6:33:09	4:07:35	12:11:06
8th Age Grouper	1:12:55	6:27:09	4:45:05	12:40:27
9th Age Grouper	1:12:53	6:57:45	4:18:41	12:48:38
10th Age Grouper	1:01:17	6:29:11	5:09:31	12:52:16
Kona Qualifier Average	1:00:12	5:55:57	3:48:49	10:53:57
Top 10 Age Grouper Average	1:08:19	6:19:28	4:13:26	11:54:01

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	0:59:23	5:24:47	3:23:53	9:55:42
2nd Age Grouper	1:02:37	5:29:12	3:33:02	10:11:52
3rd Age Grouper	0:56:26	5:30:03	3:40:57	10:15:46
4th Age Grouper	1:03:12	5:32:34	3:39:57	10:24:00
5th Age Grouper	1:08:35	5:32:25	3:38:31	10:28:22
6th Age Grouper	1:09:39	5:43:18	3:36:47	10:37:32
7th Age Grouper	1:11:23	5:31:47	3:51:21	10:46:08
8th Age Grouper	1:03:10	5:51:38	3:42:54	10:46:41
9th Age Grouper	1:08:29	5:53:14	3:39:50	10:49:03
10th Age Grouper	1:04:07	5:35:45	4:03:23	10:50:55
Kona Qualifier Average	1:01:00	5:26:59	3:28:27	10:03:47
Top 10 Age Grouper Average	1:04:42	5:36:28	3:41:03	10:30:36

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	0:56:33	5:24:07	3:46:07	10:13:38
2nd Age Grouper	0:56:07	5:30:53	3:47:36	10:22:14
3rd Age Grouper	0:54:57	5:42:39	3:53:21	10:37:41
4th Age Grouper	0:55:31	5:37:01	3:58:41	10:39:48
5th Age Grouper	0:51:41	5:57:04	3:47:58	10:45:58
6th Age Grouper	0:56:18	5:42:14	3:58:28	10:46:28
7th Age Grouper	1:03:30	5:33:25	4:05:42	10:50:26
8th Age Grouper	0:55:37	5:43:49	4:03:43	10:56:23
9th Age Grouper	0:56:51	5:51:23	4:03:04	10:59:54
10th Age Grouper	0:51:04	5:35:32	4:27:04	11:01:52
Kona Qualifier Average	0:55:52	5:32:33	3:49:01	10:24:31
Top 10 Age Grouper Average	0:55:49	5:39:48	3:59:10	10:43:26

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	1:04:09	4:58:07	3:42:46	9:49:27
2nd Age Grouper	1:10:39	5:08:35	3:35:33	9:59:14
3rd Age Grouper	1:05:59	5:13:16	3:48:44	10:13:26
4th Age Grouper	1:10:16	5:17:15	3:50:00	10:23:26
5th Age Grouper	1:19:38	5:14:06	3:57:41	10:37:25
6th Age Grouper	1:12:06	5:24:45	3:58:17	10:41:04
7th Age Grouper	1:24:47	5:31:01	3:50:45	10:51:58
8th Age Grouper	1:17:30	5:29:47	4:03:11	10:59:52
9th Age Grouper	1:08:50	5:19:07	4:30:29	11:05:23
10th Age Grouper	1:17:07	5:31:37	4:13:48	11:08:57
Kona Qualifier Average	1:07:24	5:03:21	3:39:09	9:54:20
Top 10 Age Grouper Average	1:13:06	5:18:45	3:57:07	10:35:01

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	1:02:31	5:24:42	3:29:31	10:02:42
2nd Age Grouper	1:06:55	5:26:32	3:33:35	10:13:56
3rd Age Grouper	1:08:30	5:32:04	3:32:00	10:19:07
4th Age Grouper	1:08:05	5:34:50	3:34:00	10:23:15
5th Age Grouper	1:06:44	5:35:48	3:37:20	10:27:25
6th Age Grouper	1:10:32	5:39:31	3:34:52	10:31:57
7th Age Grouper	1:08:31	5:38:14	3:42:03	10:36:05
8th Age Grouper	1:08:14	5:36:19	3:48:06	10:38:54
9th Age Grouper	1:10:06	5:41:43	3:42:38	10:42:45
10th Age Grouper	1:09:42	5:42:49	3:45:56	10:45:02
Kona Qualifier Average	1:02:31	5:24:42	3:29:31	10:02:42
Top 10 Age Grouper Average	1:07:59	5:35:15	3:38:00	10:28:07

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	1:03:33	5:34:34	3:53:54	10:41:14
2nd Age Grouper	1:15:00	5:38:51	3:51:54	10:54:34
3rd Age Grouper	1:13:02	5:02:47	4:09:38	11:04:52
4th Age Grouper	1:12:49	5:46:03	4:02:38	11:10:20
5th Age Grouper	1:10:27	5:58:38	4:07:00	11:26:17
6th Age Grouper	1:11:27	5:57:02	4:11:41	11:30:48
7th Age Grouper	1:08:59	6:00:31	4:15:31	11:35:54
8th Age Grouper	1:14:11	6:00:57	4:15:32	11:43:16
9th Age Grouper	1:09:20	6:02:51	4:22:10	11:47:16
10th Age Grouper	1:13:07	6:07:10	4:22:23	11:53:57
Kona Qualifier Average	1:10:32	5:25:24	3:58:29	10:53:33
Top 10 Age Grouper Average	1:11:11	5:48:56	4:09:14	11:22:51

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	1:02:23	5:23:11	3:47:55	10:24:45
2nd Age Grouper	0:54:28	5:29:30	4:03:42	10:36:04
3rd Age Grouper	0:56:37	5:42:20	3:53:35	10:43:11
4th Age Grouper	1:03:14	5:43:14	4:00:17	10:58:03
5th Age Grouper	1:05:26	5:44:14	3:57:07	10:59:42
6th Age Grouper	0:59:39	5:41:40	4:17:31	11:12:06
7th Age Grouper	1:18:20	5:41:49	4:04:18	11:21:14
8th Age Grouper	1:02:59	5:42:33	4:37:24	11:35:47
9th Age Grouper	1:06:04	5:50:02	4:33:16	11:41:28
10th Age Grouper	0:57:25	5:56:16	4:39:18	11:46:42
Kona Qualifier Average	0:58:25	5:26:20	3:55:48	10:30:24
Top 10 Age Grouper Average	1:02:39	5:41:29	4:11:26	11:07:54

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	1:08:08	5:43:22	3:47:49	10:46:24
2nd Age Grouper	1:03:51	5:57:07	3:50:37	11:00:45
3rd Age Grouper	1:02:59	5:47:48	4:11:07	11:08:02
4th Age Grouper	1:12:30	6:01:57	3:48:37	11:08:51
5th Age Grouper	1:21:29	5:47:47	4:01:32	11:17:29
6th Age Grouper	1:15:08	6:03:39	3:53:29	11:19:09
7th Age Grouper	1:08:05	6:09:17	3:56:56	11:20:39
8th Age Grouper	1:07:10	6:05:36	4:11:23	11:31:02
9th Age Grouper	1:01:22	5:56:52	4:29:33	11:33:36
10th Age Grouper	1:06:34	6:14:57	4:10:15	11:41:38
Kona Qualifier Average	1:08:08	5:43:22	3:47:49	10:46:24
Top 10 Age Grouper Average	1:08:43	5:58:50	4:02:08	11:16:45

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	0:59:45	5:17:06	3:38:48	10:03:24
2nd Age Grouper	1:03:35	5:24:59	3:40:25	10:17:46
3rd Age Grouper	1:01:35	5:24:28	3:48:20	10:24:18
4th Age Grouper	1:00:49	5:33:07	3:47:53	10:31:06
5th Age Grouper	1:04:31	5:29:40	3:53:10	10:36:18
6th Age Grouper	1:05:23	5:24:48	4:00:18	10:39:51
7th Age Grouper	1:01:02	5:33:25	4:01:31	10:45:24
8th Age Grouper	1:06:34	5:39:53	3:52:56	10:49:22
9th Age Grouper	1:06:18	5:35:22	4:02:26	10:53:41
10th Age Grouper	1:06:19	5:35:54	4:05:47	10:58:21
Kona Qualifier Average	1:01:40	5:21:03	3:39:37	10:10:35
Top 10 Age Grouper Average	1:03:35	5:29:52	3:53:09	10:35:57

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	1:08:02	5:17:46	3:44:19	10:17:27
2nd Age Grouper	1:20:44	5:33:01	3:51:41	10:51:14
3rd Age Grouper	1:11:44	5:27:24	4:10:57	10:55:24
4th Age Grouper	1:13:31	5:51:37	4:31:27	11:44:24
5th Age Grouper	1:30:54	6:07:21	4:06:11	11:50:38
6th Age Grouper	1:12:54	6:00:01	4:32:17	11:53:16
7th Age Grouper	1:19:56	6:00:07	4:27:14	11:58:06
8th Age Grouper	1:06:45	6:00:02	4:47:32	12:00:45
9th Age Grouper	1:13:29	6:00:47	5:23:55	12:45:54
10th Age Grouper	1:31:25	5:50:21	5:22:34	12:55:19
Kona Qualifier Average	1:14:23	5:25:23	3:48:00	10:34:20
Top 10 Age Grouper Average	1:16:56	5:48:50	4:29:48	11:43:14

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	1:14:54	5:31:47	3:44:59	10:38:36
2nd Age Grouper	1:13:41	6:10:26	3:24:14	10:56:11
3rd Age Grouper	1:03:09	5:43:05	4:36:51	11:31:47
4th Age Grouper	1:04:34	5:52:23	4:27:40	11:32:23
5th Age Grouper	1:14:47	5:59:22	4:12:59	11:37:12
6th Age Grouper	1:25:49	6:30:28	4:18:06	12:27:22
7th Age Grouper	1:26:24	6:22:31	4:38:12	12:38:17
8th Age Grouper	1:16:58	6:14:20	5:03:06	12:45:26
9th Age Grouper	1:05:25	6:30:51	5:15:54	13:01:39
10th Age Grouper	1:14:59	6:42:02	4:53:20	13:03:24
Kona Qualifier Average	1:14:17	5:51:06	3:34:36	10:47:23
Top 10 Age Grouper Average	1:14:04	6:09:43	4:27:32	12:01:13

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	1:06:32	5:22:35	3:46:19	10:22:00
2nd Age Grouper	1:06:04	5:29:43	3:48:43	10:32:47
3rd Age Grouper	1:10:45	5:30:54	3:53:45	10:42:48
4th Age Grouper	1:07:35	5:36:14	3:56:44	10:47:59
5th Age Grouper	1:07:23	5:39:26	4:04:32	10:59:02
6th Age Grouper	1:06:55	5:44:28	4:03:54	11:03:22
7th Age Grouper	1:12:01	5:41:49	4:08:02	11:09:59
8th Age Grouper	1:15:40	5:42:54	4:07:56	11:15:30
9th Age Grouper	1:11:42	5:49:40	4:05:50	11:19:06
10th Age Grouper	1:13:46	5:51:34	4:11:29	11:25:36
Kona Qualifier Average	1:06:05	5:26:57	3:48:30	10:28:58
Top 10 Age Grouper Average	1:09:54	5:39:19	4:00:49	10:58:18

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	0:53:05	5:28:06	3:44:48	10:20:45
2nd Age Grouper	0:54:30	5:46:23	3:39:49	10:35:30
3rd Age Grouper	1:05:12	5:45:22	3:44:49	10:43:16
4th Age Grouper	1:01:29	5:43:59	3:56:35	10:48:27
5th Age Grouper	1:04:10	4:47:21	3:58:11	10:53:16
6th Age Grouper	1:03:16	5:46:13	4:00:08	10:58:51
7th Age Grouper	0:56:02	5:54:20	4:08:46	11:07:31
8th Age Grouper	1:00:15	6:02:23	4:02:07	11:12:36
9th Age Grouper	0:56:00	4:47:42	5:25:08	11:15:43
10th Age Grouper	1:07:18	5:59:31	4:04:59	11:20:33
Kona Qualifier Average	0:53:47	5:37:14	3:42:19	10:28:07
Top 10 Age Grouper Average	1:00:08	5:36:08	4:04:32	10:55:39

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	1:04:17	5:20:02	3:45:13	10:12:36
2nd Age Grouper	1:03:46	5:30:10	3:56:49	10:35:04
3rd Age Grouper	1:09:37	5:32:14	4:03:09	10:49:12
4th Age Grouper	1:07:19	5:38:51	4:04:53	10:55:01
5th Age Grouper	1:13:14	5:44:00	4:01:44	11:03:48
6th Age Grouper	1:08:40	5:46:27	4:12:32	11:12:31
7th Age Grouper	1:07:44	5:43:50	4:23:16	11:20:47
8th Age Grouper	1:11:44	6:00:13	4:17:25	11:34:36
9th Age Grouper	1:11:20	5:51:18	4:36:46	11:44:08
10th Age Grouper	1:10:32	6:03:09	4:32:43	11:51:32
Kona Qualifier Average	1:04:02	5:25:06	3:51:01	10:23:50
Top 10 Age Grouper Average	1:08:49	5:43:01	4:11:27	11:07:55

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	1:01:08	5:39:24	3:39:13	10:32:55
2nd Age Grouper	1:06:58	5:44:40	3:45:27	10:45:54
3rd Age Grouper	1:07:26	5:52:19	3:49:38	10:58:25
4th Age Grouper	1:06:16	5:53:40	3:59:25	11:08:01
5th Age Grouper	1:04:14	6:00:21	4:05:17	11:18:13
6th Age Grouper	1:09:43	6:00:35	4:02:53	11:21:48
7th Age Grouper	1:06:55	5:59:40	4:11:07	11:27:51
8th Age Grouper	1:12:42	6:04:59	4:07:32	11:35:14
9th Age Grouper	1:07:37	6:12:47	4:09:23	11:39:27
10th Age Grouper	1:07:29	6:08:47	4:19:34	11:46:41
Kona Qualifier Average	1:04:03	5:42:02	3:42:20	10:39:25
Top 10 Age Grouper Average	1:07:03	5:57:43	4:00:57	11:15:27

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	1:03:08	5:15:26	3:22:09	9:46:50
2nd Age Grouper	1:00:27	5:17:32	3:38:18	10:01:15
3rd Age Grouper	1:05:00	5:16:37	3:41:36	10:10:47
4th Age Grouper	1:01:03	5:14:20	3:52:00	10:14:12
5th Age Grouper	1:04:47	5:18:23	3:48:49	10:18:59
6th Age Grouper	1:09:16	5:11:45	3:54:33	10:22:16
7th Age Grouper	1:04:23	5:32:36	3:44:16	10:29:45
8th Age Grouper	1:05:07	5:23:03	3:59:59	10:34:38
9th Age Grouper	1:06:58	5:18:12	4:04:40	10:36:54
10th Age Grouper	1:05:08	5:24:45	4:03:17	10:40:11
Kona Qualifier Average	1:02:52	5:16:32	3:34:01	9:59:37
Top 10 Age Grouper Average	1:04:32	5:19:16	3:48:58	10:19:35

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	1:10:40	5:42:42	3:42:38	10:43:06
2nd Age Grouper	1:10:37	5:49:14	3:50:03	10:57:10
3rd Age Grouper	1:13:19	5:56:08	3:50:29	11:09:03
4th Age Grouper	1:16:22	6:00:06	3:53:34	11:19:10
5th Age Grouper	1:15:30	5:56:44	4:07:58	11:29:08
6th Age Grouper	1:10:44	6:04:51	4:15:38	11:41:34
7th Age Grouper	1:15:10	6:15:59	4:06:47	11:49:35
8th Age Grouper	1:18:58	6:16:46	4:08:05	11:55:15
9th Age Grouper	1:18:31	6:15:21	4:17:13	12:03:12
10th Age Grouper	1:15:44	6:23:28	4:18:29	12:09:31
Kona Qualifier Average	1:11:32	5:49:21	3:47:43	10:56:26
Top 10 Age Grouper Average	1:14:33	6:04:08	4:03:05	11:31:40

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	1:01:08	5:09:47	4:17:17	10:26:08
2nd Age Grouper	1:04:36	5:48:40	3:46:35	10:43:51
3rd Age Grouper	1:06:32	5:19:33	4:31:19	10:55:59
4th Age Grouper	1:05:52	5:26:19	4:36:29	11:06:59
5th Age Grouper	1:07:55	5:57:09	4:00:53	11:11:32
6th Age Grouper	1:03:24	6:04:33	4:05:13	11:17:29
7th Age Grouper	1:08:30	6:04:23	4:08:04	11:25:31
8th Age Grouper	1:08:10	6:02:23	4:14:10	11:29:11
9th Age Grouper	1:07:26	5:32:18	4:56:42	11:34:45
10th Age Grouper	1:08:36	6:15:52	4:11:24	11:41:01
Kona Qualifier Average	1:02:52	5:29:13	4:01:56	10:34:59
Top 10 Age Grouper Average	1:06:13	5:46:06	4:16:49	11:11:15

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	1:07:22	5:20:39	3:39:30	10:14:19
2nd Age Grouper	1:11:12	5:31:39	3:43:47	10:34:55
3rd Age Grouper	1:09:59	5:27:44	4:00:01	10:46:00
4th Age Grouper	1:16:42	5:30:41	3:57:00	10:52:33
5th Age Grouper	1:11:52	5:35:37	4:07:45	11:04:14
6th Age Grouper	1:13:39	5:48:31	4:04:52	11:15:24
7th Age Grouper	1:17:19	5:43:41	4:08:36	11:19:47
8th Age Grouper	1:13:15	5:44:50	4:18:04	11:28:03
9th Age Grouper	1:11:12	5:39:16	4:33:14	11:32:38
10th Age Grouper	1:14:28	5:55:02	4:19:17	11:39:54
Kona Qualifier Average	1:09:31	5:26:41	3:47:46	10:31:45
Top 10 Age Grouper Average	1:12:42	5:37:46	4:05:13	11:04:47

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	1:08:40	6:10:56	3:44:15	11:14:27
2nd Age Grouper	1:07:07	6:25:59	3:47:49	11:30:46
3rd Age Grouper	1:06:08	6:39:41	3:57:15	11:55:34
4th Age Grouper	1:09:08	6:44:05	4:04:43	12:10:01
5th Age Grouper	1:08:14	6:39:28	4:18:50	12:18:50
6th Age Grouper	1:15:34	6:49:38	4:07:33	12:27:29
7th Age Grouper	1:12:45	6:59:12	4:11:42	12:38:18
8th Age Grouper	1:14:18	7:01:29	4:34:15	13:03:18
9th Age Grouper	1:14:40	7:12:55	4:29:47	13:12:45
10th Age Grouper	1:17:09	7:22:37	4:25:31	13:21:30
Kona Qualifier Average	1:08:40	6:10:56	3:44:15	11:14:27
Top 10 Age Grouper Average	1:11:22	6:48:36	4:10:10	12:23:18

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	1:03:44	4:52:19	3:15:09	10:28:59
2nd Age Grouper	1:10:46	4:56:27	3:19:06	10:48:31
3rd Age Grouper	1:09:54	5:05:40	3:24:13	11:02:08
4th Age Grouper	1:09:57	5:05:37	3:32:13	11:11:26
5th Age Grouper	1:13:48	5:08:52	3:33:35	11:18:32
6th Age Grouper	1:12:50	5:10:06	3:37:31	11:23:49
7th Age Grouper	1:07:49	5:08:14	3:53:29	11:32:01
8th Age Grouper	1:12:06	5:14:43	3:46:38	11:38:00
9th Age Grouper	1:10:13	5:19:47	3:49:15	11:43:26
10th Age Grouper	1:15:28	5:21:05	3:48:43	11:49:42
Kona Qualifier Average	1:07:15	4:54:23	3:17:07	10:38:45
Top 10 Age Grouper Average	1:10:39	5:08:17	3:35:59	11:17:39

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	1:05:11	5:47:19	3:42:59	10:44:28
2nd Age Grouper	1:05:03	5:56:23	3:41:53	10:53:04
3rd Age Grouper	1:04:19	6:02:54	3:43:17	11:08:12
4th Age Grouper	1:10:30	6:08:29	3:55:06	11:26:55
5th Age Grouper	1:09:26	6:22:24	4:02:14	11:46:27
6th Age Grouper	1:15:28	5:45:29	4:50:40	11:52:36
7th Age Grouper	1:14:37	6:22:17	4:06:16	11:55:57
8th Age Grouper	1:09:14	5:47:06	4:17:11	12:05:28
9th Age Grouper	1:16:05	6:40:04	4:08:33	12:18:20
10th Age Grouper	1:14:00	6:36:23	4:24:55	12:28:16
Kona Qualifier Average	1:05:11	5:47:19	3:42:59	10:44:28
Top 10 Age Grouper Average	1:10:23	6:08:53	4:05:18	11:39:58

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	1:03:07	5:32:58	3:42:00	10:25:16
2nd Age Grouper	1:03:31	5:38:18	3:51:46	10:41:54
3rd Age Grouper	1:07:55	5:42:13	3:55:33	10:55:11
4th Age Grouper	1:12:27	5:42:40	3:58:46	11:05:23
5th Age Grouper	1:08:16	5:46:30	4:15:53	11:19:14
6th Age Grouper	1:17:08	5:59:03	4:00:34	11:24:22
7th Age Grouper	1:12:32	5:59:01	4:08:26	11:29:35
8th Age Grouper	1:07:25	5:56:21	4:24:14	11:37:23
9th Age Grouper	1:10:48	5:56:44	4:31:31	11:48:54
10th Age Grouper	1:08:03	6:07:16	4:25:56	11:51:10
Kona Qualifier Average	1:03:19	5:35:38	3:46:53	10:33:35
Top 10 Age Grouper Average	1:09:07	5:50:06	4:07:28	11:15:50

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	1:04:02	5:11:55	4:08:04	9:52:49
2nd Age Grouper	1:04:24	5:21:40	3:41:27	10:14:49
3rd Age Grouper	1:07:55	5:25:41	3:43:34	10:25:23
4th Age Grouper	1:09:35	5:00:38	3:49:45	10:36:39
5th Age Grouper	1:07:33	5:35:35	3:51:05	10:43:01
6th Age Grouper	1:10:41	5:31:19	3:57:52	10:49:16
7th Age Grouper	1:10:21	5:34:50	3:59:18	10:53:38
8th Age Grouper	1:11:55	5:40:01	4:00:16	11:02:32
9th Age Grouper	1:13:26	5:42:56	4:01:25	11:08:59
10th Age Grouper	1:13:11	5:44:54	4:44:59	11:14:54
Kona Qualifier Average	1:04:13	5:16:47	3:54:46	10:03:49
Top 10 Age Grouper Average	1:09:18	5:28:57	3:59:47	10:42:12

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	1:05:43	5:30:51	3:47:08	10:07:21
2nd Age Grouper	1:05:25	5:26:19	3:24:37	10:19:47
3rd Age Grouper	1:06:34	5:29:19	3:29:16	10:30:03
4th Age Grouper	1:10:29	5:30:34	3:33:35	10:40:16
5th Age Grouper	1:08:30	5:38:17	3:34:38	10:47:31
6th Age Grouper	1:05:49	5:41:22	3:37:32	10:52:58
7th Age Grouper	1:10:10	5:43:28	4:18:52	11:01:14
8th Age Grouper	1:13:37	5:45:40	3:43:57	11:09:41
9th Age Grouper	1:06:20	5:44:48	4:43:59	11:15:26
10th Age Grouper	1:12:16	5:48:09	3:50:37	11:20:56
Kona Qualifier Average	1:05:34	5:28:35	3:35:52	10:13:34
Top 10 Age Grouper Average	1:08:29	5:37:53	3:48:25	10:48:31

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	1:08:16	6:13:39	3:45:08	11:16:33
2nd Age Grouper	1:07:36	6:25:42	3:56:07	11:41:03
3rd Age Grouper	1:11:37	6:37:20	3:56:36	11:58:15
4th Age Grouper	1:12:22	6:42:20	4:06:29	12:14:09
5th Age Grouper	1:11:10	6:35:53	4:24:35	12:24:48
6th Age Grouper	1:14:23	6:57:57	4:25:04	12:49:10
7th Age Grouper	1:17:53	6:57:59	4:27:34	13:00:30
8th Age Grouper	1:15:30	7:10:02	4:25:08	13:06:21
9th Age Grouper	1:21:01	7:16:37	4:24:18	13:17:34
10th Age Grouper	1:17:20	7:09:38	4:48:57	13:30:30
Kona Qualifier Average	1:08:16	6:13:39	3:45:08	11:16:33
Top 10 Age Grouper Average	1:13:43	6:48:43	4:15:59	12:31:53

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	0:59:25	5:45:15	3:35:36	10:29:09
2nd Age Grouper	1:01:02	5:51:33	3:38:10	10:41:59
3rd Age Grouper	0:58:28	5:57:36	3:43:07	10:50:52
4th Age Grouper	1:02:44	6:01:24	3:44:26	11:00:17
5th Age Grouper	1:06:44	6:00:33	3:51:45	11:07:47
6th Age Grouper	1:11:55	6:12:36	3:31:20	11:13:11
7th Age Grouper	1:02:57	5:59:42	4:05:59	11:20:36
8th Age Grouper	1:08:31	6:01:51	4:05:52	11:25:37
9th Age Grouper	1:03:41	6:08:49	4:04:30	11:28:59
10th Age Grouper	1:06:03	6:12:17	4:06:15	11:33:19
Kona Qualifier Average	1:00:13	5:48:24	3:36:53	10:35:34
Top 10 Age Grouper Average	1:04:09	6:01:10	3:50:42	11:07:11

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	1:06:08	5:28:01	3:33:59	10:12:24
2nd Age Grouper	1:12:14	5:39:29	3:40:26	10:37:52
3rd Age Grouper	1:11:51	5:34:02	3:54:48	10:46:33
4th Age Grouper	1:13:50	5:43:44	3:58:49	11:01:38
5th Age Grouper	1:11:37	5:46:00	4:07:46	11:10:37
6th Age Grouper	1:11:57	5:55:05	4:06:29	11:19:41
7th Age Grouper	1:15:24	5:57:24	4:05:54	11:25:44
8th Age Grouper	1:13:37	6:01:11	4:09:24	11:31:35
9th Age Grouper	1:20:11	6:06:22	4:05:05	11:39:51
10th Age Grouper	1:19:24	6:04:41	4:16:57	11:48:01
Kona Qualifier Average	1:06:08	5:28:01	3:33:59	10:12:24
Top 10 Age Grouper Average	1:13:37	5:49:36	3:59:58	11:09:23

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	1:08:30	5:35:23	3:33:15	10:23:09
2nd Age Grouper	1:04:05	5:40:30	3:44:37	10:35:38
3rd Age Grouper	1:08:18	5:37:59	3:53:21	10:46:11
4th Age Grouper	1:10:10	5:40:19	3:55:44	10:52:31
5th Age Grouper	1:10:59	5:51:15	3:52:02	11:01:24
6th Age Grouper	1:08:47	5:47:48	4:02:11	11:06:02
7th Age Grouper	1:10:36	5:52:13	4:02:02	11:12:34
8th Age Grouper	1:10:21	5:55:56	4:02:42	11:16:47
9th Age Grouper	1:12:06	5:55:35	4:03:14	11:18:54
10th Age Grouper	1:10:34	5:58:32	4:04:47	11:22:50
Kona Qualifier Average	1:06:18	5:37:57	3:38:56	10:29:23
Top 10 Age Grouper Average	1:09:27	5:47:33	3:55:23	10:59:36

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	1:01:33	5:31:04	3:59:54	10:38:54
2nd Age Grouper	1:06:02	5:48:19	3:57:15	10:59:11
3rd Age Grouper	1:09:58	6:05:36	3:41:17	11:05:17
4th Age Grouper	1:09:48	5:52:42	3:59:28	11:10:46
5th Age Grouper	1:13:53	5:55:06	3:57:16	11:22:09
6th Age Grouper	1:20:36	5:57:09	3:58:57	11:27:23
7th Age Grouper	1:05:39	6:15:50	4:20:09	11:48:54
8th Age Grouper	1:22:16	5:51:10	4:27:57	11:50:29
9th Age Grouper	1:06:57	6:10:27	5:14:15	12:41:49
10th Age Grouper	1:09:28	7:12:53	5:19:07	13:53:10
Kona Qualifier Average	1:01:33	5:31:04	3:59:54	10:38:54
Top 10 Age Grouper Average	1:10:37	6:04:01	4:17:33	11:41:48

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	1:09:59	5:33:06	4:07:05	10:59:43
2nd Age Grouper	1:16:17	5:56:11	3:37:03	11:01:42
3rd Age Grouper	1:09:14	5:24:17	4:24:30	11:08:16
4th Age Grouper	1:24:00	5:53:37	3:48:37	11:20:24
5th Age Grouper	1:16:29	5:37:33	4:18:33	11:21:50
6th Age Grouper	1:16:54	5:41:00	4:18:37	11:26:06
7th Age Grouper	1:20:22	5:43:17	4:12:39	11:30:45
8th Age Grouper	1:20:26	5:42:45	4:22:03	11:35:21
9th Age Grouper	1:21:23	5:33:34	4:33:56	11:39:40
10th Age Grouper	1:10:26	5:45:27	4:35:27	11:43:21
Kona Qualifier Average	1:13:08	5:44:39	3:52:04	11:00:42
Top 10 Age Grouper Average	1:16:33	5:41:04	4:13:51	11:22:43

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	1:08:40	5:28:00	3:32:36	10:14:14
2nd Age Grouper	1:17:28	5:20:49	3:42:54	10:27:39
3rd Age Grouper	1:13:50	5:35:20	3:43:41	10:39:53
4th Age Grouper	1:14:20	5:36:00	3:51:15	10:49:16
5th Age Grouper	1:14:58	5:33:42	4:01:48	10:55:28
6th Age Grouper	1:15:56	5:47:37	3:47:38	10:58:25
7th Age Grouper	1:16:42	5:35:42	4:04:15	11:04:40
8th Age Grouper	1:13:13	5:30:57	4:18:10	11:08:07
9th Age Grouper	1:14:18	5:55:00	3:56:39	11:14:24
10th Age Grouper	1:08:53	5:42:01	4:17:16	11:17:42
Kona Qualifier Average	1:13:04	5:24:25	3:37:45	10:20:56
Top 10 Age Grouper Average	1:13:50	5:36:31	3:55:37	10:52:59

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	1:09:30	5:08:27	3:34:28	9:59:31
2nd Age Grouper	1:08:23	5:19:24	3:38:42	10:12:50
3rd Age Grouper	1:13:15	5:16:35	3:41:43	10:20:40
4th Age Grouper	1:07:38	5:32:56	3:41:59	10:30:14
5th Age Grouper	1:08:15	5:29:42	3:52:32	10:37:27
6th Age Grouper	1:08:21	5:28:16	3:56:25	10:40:38
7th Age Grouper	1:08:15	5:31:47	3:55:38	10:44:09
8th Age Grouper	1:11:50	5:29:54	3:56:59	10:47:59
9th Age Grouper	1:13:29	5:36:22	3:51:44	10:52:14
10th Age Grouper	1:14:08	5:39:35	3:51:09	10:56:50
Kona Qualifier Average	1:09:30	5:08:27	3:34:28	9:59:31
Top 10 Age Grouper Average	1:10:18	5:27:18	3:48:08	10:34:15

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	1:05:32	5:42:08	3:41:16	10:35:56
2nd Age Grouper	1:08:03	5:44:57	3:47:43	10:48:18
3rd Age Grouper	1:07:05	5:44:00	3:53:44	10:51:43
4th Age Grouper	1:07:38	5:50:11	3:56:19	11:00:40
5th Age Grouper	1:10:24	5:53:06	3:55:32	11:07:04
6th Age Grouper	1:11:10	5:53:41	3:59:00	11:10:50
7th Age Grouper	1:10:43	5:56:02	4:00:58	11:16:25
8th Age Grouper	1:12:41	5:59:52	4:03:15	11:23:16
9th Age Grouper	1:09:53	6:01:53	4:10:08	11:31:32
10th Age Grouper	1:11:48	6:03:56	4:11:10	11:36:32
Kona Qualifier Average	1:06:48	5:43:33	3:44:29	10:42:07
Top 10 Age Grouper Average	1:09:30	5:52:59	3:57:54	11:08:14

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	1:04:41	5:25:59	3:33:07	10:10:56
2nd Age Grouper	1:09:57	5:40:06	3:35:44	10:34:20
3rd Age Grouper	1:10:33	5:39:09	3:37:50	10:37:08
4th Age Grouper	1:07:20	5:37:56	3:51:47	10:45:25
5th Age Grouper	1:08:33	5:45:49	3:49:01	10:51:34
6th Age Grouper	1:14:20	5:49:06	3:42:10	10:55:08
7th Age Grouper	1:06:43	5:51:59	3:53:28	11:00:42
8th Age Grouper	1:08:49	5:58:59	3:47:03	11:04:05
9th Age Grouper	1:10:30	5:51:05	4:01:19	11:11:52
10th Age Grouper	1:11:35	5:51:15	4:05:44	11:18:31
Kona Qualifier Average	1:07:19	5:33:03	3:34:25	10:22:38
Top 10 Age Grouper Average	1:09:18	5:45:08	3:47:43	10:50:58