

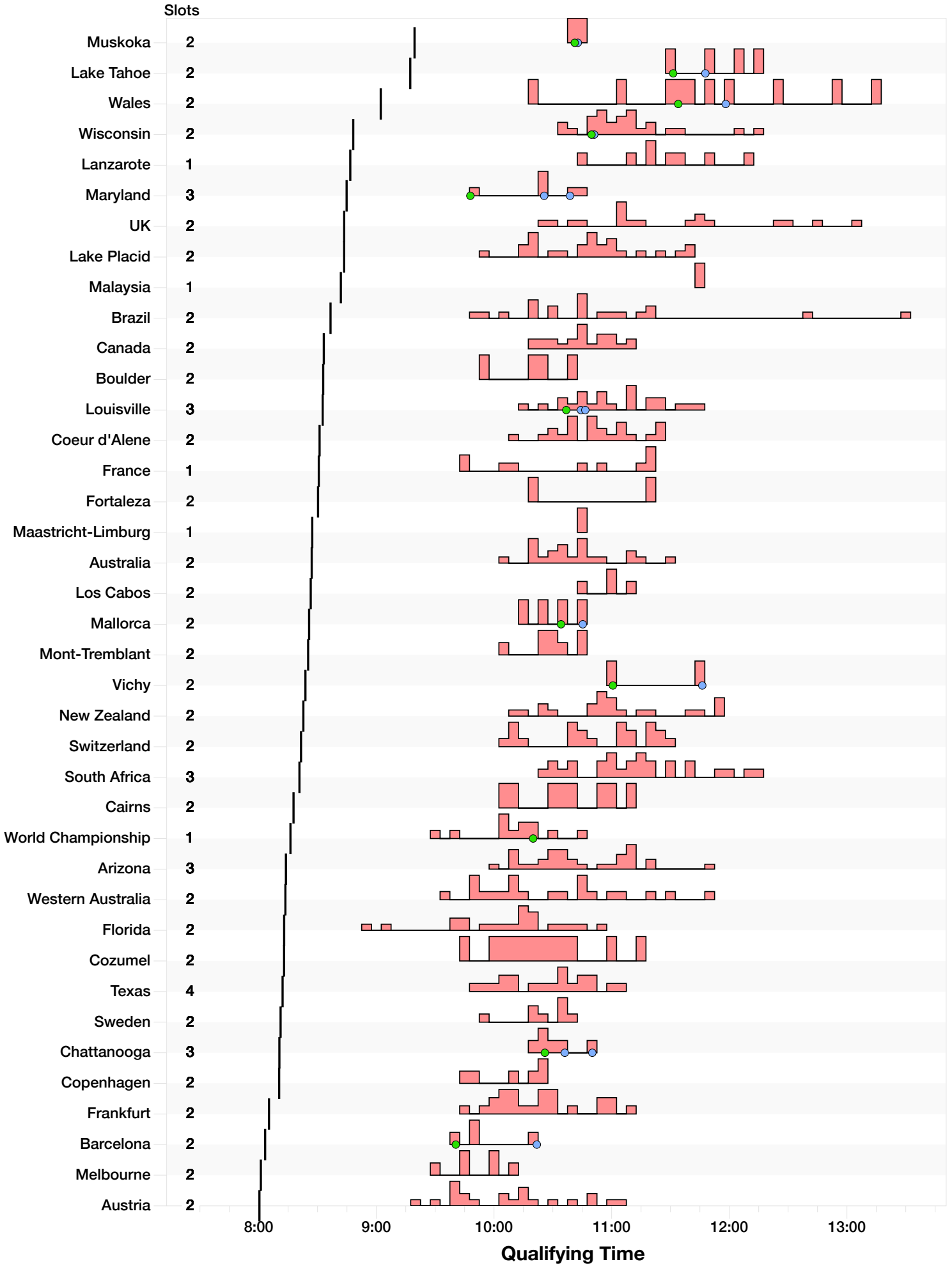
# Ironman World Championship

F40-44

2016 Qualification Stats

# 2016 Qualification Comparison for F40-44

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



## F40-44 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	11:00:38	11:46:13
Average	9:25:27	11:00:38	11:46:13

### Ironman Muskoka (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:53:37	10:41:10	10:42:45
Average	9:53:37	10:41:10	10:42:45

### Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:05:10	11:20:02
2004	10:05:40	11:20:27	11:35:50
2005	10:11:22	12:04:16	12:15:04
2006	10:01:22	10:53:23	11:29:50
2007	9:37:03	11:08:19	11:10:27
2008	9:47:25	10:34:52	10:49:49
2009	9:43:59	11:10:57	11:13:00
2010	9:27:26	10:54:02	10:59:42
2011	9:41:03	11:04:56	11:07:52
2012	9:34:35	11:02:00	11:03:27
2013	9:47:07	10:34:13	10:53:02
2014	9:30:08	10:39:41	10:55:22
2015	10:08:05	10:49:44	10:51:06
Average	9:47:49	11:01:41	11:12:39

### Ironman Wales (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	10:15:23	11:02:57	11:28:31
2012	9:45:09	10:20:10	11:49:31
2013	9:51:21	12:55:29	13:13:30
2014	10:57:26	11:38:55	12:22:58
2015	9:56:31	11:33:58	11:58:11
Average	10:09:10	11:30:17	12:10:32

### Ironman Lake Tahoe (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:58:53	12:03:28	12:17:29
2015	10:28:55	11:31:22	11:47:47
Average	10:13:54	11:47:25	12:02:38

### Ironman Mallorca (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:24:17	10:14:47	10:25:22
2015	9:24:48	10:34:11	10:45:16
Average	9:24:32	10:24:29	10:35:19

**Ironman Chattanooga (3 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:54:55	10:22:20	10:29:04
2015	8:56:00	10:25:57	10:50:08
<b>Average</b>	<b>8:55:27</b>	<b>10:24:08</b>	<b>10:39:36</b>

**Ironman Barcelona (2 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:49:21	9:49:46	9:51:36
2015	8:46:44	9:40:31	10:21:50
<b>Average</b>	<b>8:48:02</b>	<b>9:45:08</b>	<b>10:06:43</b>

**Ironman World Championship (1 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	10:47:29
2005	9:09:30	10:12:00
2006	9:18:31	10:03:06
2007	9:08:45	10:29:30
2008	9:06:23	10:20:36
2009	8:54:02	10:15:05
2010	8:58:36	10:02:35
2011	8:55:08	9:32:05
2012	9:15:54	10:13:42
2013	8:52:14	9:41:40
2014	9:00:55	10:06:22
2015	8:57:57	10:19:57
<b>Average</b>	<b>9:07:19</b>	<b>10:10:20</b>

**Ironman Louisville (3 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	9:23:22	11:11:59	11:26:36
2008	9:54:17	11:37:24	11:44:49
2010	9:33:15	10:13:53	11:22:12
2011	9:38:14	10:32:35	10:55:54
2012	9:36:27	10:25:09	11:10:34
2013	9:29:02	10:41:04	10:53:09
2014	9:31:19	10:56:48	11:07:39
2015	10:00:04	10:36:51	10:46:34
<b>Average</b>	<b>9:38:15</b>	<b>10:46:57</b>	<b>11:10:55</b>

**Ironman Maryland (3 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	9:26:02	10:23:59	10:46:06
2015	9:42:56	9:47:56	10:38:46
<b>Average</b>	<b>9:34:29</b>	<b>10:05:57</b>	<b>10:42:26</b>

**Ironman Los Cabos (2 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:35:34	10:57:37	11:09:58
2014	9:16:43	10:46:05	10:57:32
<b>Average</b>	<b>9:26:08</b>	<b>10:51:51</b>	<b>11:03:45</b>

### Ironman Florida (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:28:54	10:16:01	10:43:48
2005	9:33:09	10:37:18	10:39:20
2006	9:28:28	10:32:26	10:56:06
2007	9:05:35	9:41:38	10:08:17
2008	9:07:48	10:02:58	10:22:18
2009	9:08:38	10:14:57	10:22:29
2010	9:07:49	9:55:19	9:58:09
2011	8:55:10	9:46:22	10:13:56
2012	8:51:35	10:14:48	10:20:05
2013	8:43:07	9:40:59	9:44:59
2014	8:01:47	8:52:46	9:06:31
<b>Average</b>	<b>9:02:54</b>	<b>9:59:35</b>	<b>10:14:10</b>

### Ironman Fortaleza (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:09:20	10:22:20	11:19:36
<b>Average</b>	<b>9:09:20</b>	<b>10:22:20</b>	<b>11:19:36</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	11:44:01
<b>Average</b>	<b>9:26:38</b>	<b>11:44:01</b>

### Ironman Arizona (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	9:44:02	11:06:03	11:11:31
2006	9:12:53	10:43:25	11:05:14
2007	9:36:40	11:08:47	11:19:05
2008	9:21:06	10:10:01	10:41:01
2009	9:21:06	10:10:01	10:41:01
2010	9:09:19	10:30:23	10:34:17
2011	8:36:13	10:12:04	11:07:46
2012	9:01:41	10:09:09	10:34:56
2013	8:52:49	10:02:19	10:27:13
2014	8:50:41	10:15:25	11:01:08
<b>Average</b>	<b>9:10:39</b>	<b>10:26:45</b>	<b>10:52:19</b>

### Ironman Cozumel (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	9:06:58	10:59:03	11:14:12
2010	9:07:08	10:11:35	10:37:40
2011	9:14:08	10:03:37	10:24:14
2012	9:15:38	10:14:29	10:17:55
2013	8:52:28	9:42:53	10:01:08
2014	9:14:07	10:30:38	10:36:11
<b>Average</b>	<b>9:08:24</b>	<b>10:17:02</b>	<b>10:31:53</b>

### Ironman Western Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:03:37	10:42:38	10:43:02
2005	9:31:32	11:18:32	11:47:36
2006	9:10:01	10:31:15	11:05:41
2007	9:00:55	10:11:25	10:32:31
2008	8:59:24	10:15:54	11:00:18
2009	9:16:52	9:50:10	10:48:31
2010	9:19:44	9:51:05	10:05:20
2011	9:25:38	10:10:08	10:46:28
2012	9:13:00	10:10:11	11:28:16
2013	8:59:44	9:36:54	10:01:25
2014	8:56:34	9:47:51	9:53:07
<b>Average</b>	<b>9:10:38</b>	<b>10:13:16</b>	<b>10:44:45</b>

### Ironman New Zealand (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:17:55	10:53:53	10:56:19
2004	9:22:23	11:45:44	11:54:46
2005	9:30:13	11:56:38	11:57:11
2007	9:20:01	11:01:05	11:12:37
2008	9:16:00	10:08:27	10:51:16
2009	9:18:25	10:17:02	10:30:41
2010	9:14:35	11:03:45	11:40:51
2011	9:28:24	10:26:02	11:02:15
2013	9:17:10	10:47:45	11:02:13
2014	9:08:46	10:26:59	11:18:39
2015	9:05:45	10:52:56	10:56:29
<b>Average</b>	<b>9:18:08</b>	<b>10:52:45</b>	<b>11:13:01</b>

### Ironman Melbourne (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:34:51	9:44:06	9:59:24
2014	8:57:57	9:31:20	9:59:58
2015	8:52:51	9:43:52	10:07:36
<b>Average</b>	<b>8:48:33</b>	<b>9:39:46</b>	<b>10:02:19</b>

### Ironman South Africa (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	9:22:00	11:28:07	12:15:14
2008	9:27:48	10:57:28	11:09:25
2009	9:16:32	10:31:03	11:04:08
2010	9:16:55	11:12:14	11:38:41
2011	8:33:56	10:30:22	11:19:31
2012	9:47:10	11:27:43	12:09:54
2013	9:10:58	10:26:29	10:41:16
2014	9:31:54	10:34:42	11:20:04
2015	9:26:56	10:58:38	11:41:52
<b>Average</b>	<b>9:19:21</b>	<b>10:54:05</b>	<b>11:28:53</b>

**Ironman Australia (2 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:13:20	10:21:16	10:43:30
2006	9:19:44	10:47:26	11:11:45
2007	9:12:59	10:34:32	10:35:14
2008	9:03:55	10:31:23	11:31:07
2009	8:57:10	10:03:44	10:25:28
2010	9:23:46	10:21:48	10:41:14
2011	9:29:54	11:10:47	11:13:55
2012	9:34:57	10:20:03	10:35:37
2013	9:34:55	10:44:57	10:55:08
2014	9:28:43	10:19:18	10:45:56
2015	9:38:24	10:31:30	10:48:58
<b>Average</b>	<b>9:21:37</b>	<b>10:31:31</b>	<b>10:51:37</b>

**Ironman Texas (4 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	4th Place Age Group Time
2011	8:57:51	10:02:01	11:02:56
2012	8:54:58	9:56:18	10:34:32
2013	8:49:14	10:25:14	10:51:43
2014	8:54:42	9:49:57	10:45:23
2015	8:55:19	10:06:18	10:46:25
<b>Average</b>	<b>8:54:24</b>	<b>10:03:57</b>	<b>10:48:11</b>

**Ironman Lanzarote (1 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	12:09:39
2009	9:54:57	11:28:39
2010	10:03:52	11:12:07
2011	9:43:39	10:45:56
2012	9:58:06	11:21:59
2013	9:37:34	11:21:06
2014	9:41:40	11:32:50
2015	9:56:03	11:48:03
<b>Average</b>	<b>9:52:17</b>	<b>11:27:32</b>

**Ironman Brazil (2 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2006	9:20:46	10:53:02	11:18:03
2007	9:12:40	10:59:59	11:07:17
2008	9:42:50	10:43:36	10:46:33
2009	9:10:15	11:14:25	11:19:33
2010	9:19:13	9:48:06	10:05:37
2011	12:40:07	12:40:07	13:32:10
2012	9:17:42	10:30:34	10:43:04
2013	9:05:53	10:30:48	10:47:09
2014	8:56:32	10:17:35	10:18:56
2015	8:59:08	9:55:10	10:18:39
<b>Average</b>	<b>9:34:30</b>	<b>10:45:20</b>	<b>11:01:42</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	11:20:46
2006	9:56:31	11:21:40
2007	9:49:11	11:15:42
2008	9:35:29	11:20:29
2009	9:30:29	10:07:07
2011	9:34:31	10:54:50
2012	9:16:05	10:44:47
2013	9:12:54	10:08:55
2014	9:12:21	9:42:46
2015	9:24:50	9:43:09
<b>Average</b>	<b>9:34:29</b>	<b>10:40:01</b>

### Ironman Cairns (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:21:00	10:11:41	10:33:42
2013	9:19:51	10:04:15	10:53:21
2014	9:16:58	10:30:12	10:39:04
2015	9:11:49	10:58:35	11:12:22
<b>Average</b>	<b>9:17:24</b>	<b>10:26:10</b>	<b>10:49:37</b>

### Ironman Austria (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:07:04	10:49:21	11:00:37
2006	9:12:09	10:13:57	10:31:23
2007	9:08:47	9:51:20	10:52:26
2008	8:47:26	9:32:03	10:06:31
2009	8:50:13	10:13:49	10:19:39
2010	9:18:50	9:38:56	10:05:28
2011	8:43:34	9:18:57	9:44:21
2012	9:09:58	10:41:12	11:03:52
2013	8:59:31	9:39:35	9:47:08
2014	8:42:42	9:39:12	9:40:33
2015		10:08:34	10:15:27
<b>Average</b>	<b>8:10:55</b>	<b>9:58:48</b>	<b>10:18:51</b>

### Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	10:24:52	10:52:49
2005	9:15:31	10:55:59	10:57:50
2006	9:16:17	10:28:29	10:32:19
2007	9:04:11	10:09:18	10:26:15
2008	8:51:24	10:03:34	10:11:43
2009	8:58:08	10:00:44	10:03:56
2010	9:04:27	10:17:41	11:11:53
2011	9:12:13	10:29:57	10:58:29
2012	8:52:33	10:04:46	10:16:26
2013	8:56:01	9:45:26	10:12:22
2014	8:52:40	9:54:19	10:27:14
2015	8:51:00	10:00:36	10:41:56
<b>Average</b>	<b>9:01:28</b>	<b>10:12:58</b>	<b>10:34:26</b>



### Ironman UK (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:36:13	11:05:30	11:44:29
2008	9:49:06	11:05:14	12:22:58
2009	9:33:59	12:29:23	12:45:52
2010	10:01:02	10:38:54	11:42:19
2011	9:37:31	10:30:49	11:04:32
2012	10:08:44	11:50:17	13:03:54
2013	9:29:12	11:04:08	11:10:27
2014	9:52:12	10:22:58	10:42:36
2015	9:31:58	11:13:24	11:44:47
<b>Average</b>	<b>9:44:26</b>	<b>11:08:57</b>	<b>11:49:06</b>

### Ironman Lake Placid (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	9:29:41	10:59:28	11:38:09
2003	9:51:55	11:33:16	11:38:39
2004	9:24:42	10:45:17	11:02:12
2006	10:11:35	10:49:11	10:53:24
2007	9:40:20	10:33:10	11:24:14
2008	9:51:00	10:18:04	10:47:12
2009	9:29:36	10:14:22	11:07:17
2010	9:27:30	10:21:57	10:56:50
2011	9:19:03	10:19:21	10:48:21
2012	9:47:39	10:48:48	10:52:25
2013	9:35:06	10:21:06	10:32:07
2014	9:28:28	9:55:55	10:16:28
2015	10:13:19	11:00:20	11:14:53
<b>Average</b>	<b>9:40:45</b>	<b>10:36:56</b>	<b>11:00:56</b>

### Ironman Switzerland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:10:54	11:04:30	11:21:42
2006	9:24:18	11:23:12	11:24:32
2007	9:20:43	11:08:39	11:17:39
2008	9:30:12	10:06:00	10:07:55
2009	9:14:35	10:45:24	10:47:38
2010	9:00:04	10:15:54	10:43:53
2011	9:03:26	10:08:46	10:12:08
2012	9:20:16	11:03:49	11:09:38
2013	9:21:31	11:19:15	11:31:57
2014	9:13:30	10:38:23	10:38:35
2015	9:21:05	10:42:12	11:03:42
<b>Average</b>	<b>9:16:24</b>	<b>10:46:54</b>	<b>10:56:18</b>

### Ironman Canada (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:16:02	11:00:41	11:09:51
2005	9:51:31	11:01:04	11:10:48
2006	9:25:13	10:45:35	10:52:16
2007	9:41:01	10:35:10	10:39:43
2008	9:17:58	10:17:53	10:55:43
2009	9:11:20	10:26:44	10:27:57
2010	9:13:46	10:30:07	10:47:18
2011	9:03:13	10:42:30	10:45:06
2012	9:44:58	10:18:26	10:22:58
2013	9:28:13	10:40:56	10:42:57
2014	9:46:58	10:55:48	11:00:18
2015	9:46:19	10:55:45	11:06:24
<b>Average</b>	<b>9:28:52</b>	<b>10:40:53</b>	<b>10:50:06</b>

### Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	10:43:38
<b>Average</b>	<b>9:39:24</b>	<b>10:43:38</b>

### Ironman Boulder (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:19:54	10:20:10	10:22:33
2015	9:53:41	9:53:41	10:40:15
<b>Average</b>	<b>9:36:47</b>	<b>10:06:55</b>	<b>10:31:24</b>

### Ironman Sweden (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:13:27	10:20:16	10:23:32
2013	8:54:01	9:56:27	10:42:20
2014	8:56:50	10:34:34	10:37:25
2015	9:12:27	10:20:04	10:37:22
<b>Average</b>	<b>9:04:11</b>	<b>10:17:50</b>	<b>10:35:09</b>

### Ironman Copenhagen (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:37:36	9:48:04	10:23:00
2014	8:53:33	9:47:22	10:09:28
2015	8:59:49	10:21:36	10:22:59
<b>Average</b>	<b>8:50:19</b>	<b>9:59:00</b>	<b>10:18:29</b>

### Ironman Coeur d'Alene (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:42:08	11:03:28	11:18:01
2005	9:59:08	10:40:04	10:48:25
2006	9:31:07	10:25:17	11:05:25
2007	10:27:55	11:22:38	11:23:12
2008	9:38:58	10:51:38	10:55:28
2009	9:23:21	10:36:08	10:41:53
2010	9:17:54	10:10:09	10:41:35
2011	9:16:40	10:52:30	11:05:15
2012	9:21:44	10:41:19	10:49:36
2013	9:16:02	11:07:30	11:23:45
2014	9:34:32	10:48:23	10:59:11
2015	9:23:27	10:29:26	10:32:05
<b>Average</b>	<b>9:34:24</b>	<b>10:45:42</b>	<b>10:58:39</b>

### Ironman Mont-Tremblant (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:30:46	10:27:29	10:37:22
2013	9:07:56	10:44:34	10:44:45
2014	9:40:26	10:27:18	10:27:41
2015	9:09:05	10:05:43	10:28:15
<b>Average</b>	<b>9:22:03</b>	<b>10:26:16</b>	<b>10:34:30</b>

## F40-44 Average Top 10 and Kona Qualifying Splits

### Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:03:09</b>	<b>5:10:51</b>	<b>3:05:46</b>	<b>9:25:27</b>
<b>1st Age Grouper</b>	<b>1:04:22</b>	<b>5:33:49</b>	<b>4:14:52</b>	<b>11:00:38</b>
<b>2nd Age Grouper</b>	<b>1:25:34</b>	<b>5:59:36</b>	<b>4:08:48</b>	<b>11:46:13</b>
3rd Age Grouper	1:34:05	6:09:03	3:51:16	11:47:09
4th Age Grouper	1:13:57	6:12:20	4:11:22	11:48:38
5th Age Grouper	1:15:49	5:58:25	4:39:19	12:04:53
6th Age Grouper	1:23:42	5:58:16	4:37:56	12:10:40
7th Age Grouper	1:28:13	6:36:14	4:26:18	12:44:27
8th Age Grouper	1:01:32	6:48:21	4:54:26	12:53:04
9th Age Grouper	1:16:57	6:36:20	4:56:18	13:05:11
10th Age Grouper	1:44:01	6:39:55	4:31:13	13:10:18
<b>Kona Qualifier Average</b>	<b>1:14:58</b>	<b>5:46:42</b>	<b>4:11:50</b>	<b>11:23:25</b>
<b>Top 10 Age Grouper Average</b>	<b>1:20:49</b>	<b>6:15:13</b>	<b>4:27:10</b>	<b>12:15:07</b>

### Ironman Muskoka

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:01:18</b>	<b>5:25:40</b>	<b>3:20:47</b>	<b>9:53:37</b>
<b>1st Age Grouper</b>	<b>1:06:37</b>	<b>5:39:54</b>	<b>3:46:56</b>	<b>10:41:10</b>
<b>2nd Age Grouper</b>	<b>1:13:20</b>	<b>5:38:14</b>	<b>3:42:05</b>	<b>10:42:45</b>
3rd Age Grouper	1:09:03	5:56:18	3:36:32	10:52:11
4th Age Grouper	1:13:49	5:56:16	3:54:56	11:13:56
5th Age Grouper	1:12:55	6:12:10	3:51:03	11:23:57
6th Age Grouper	1:18:24	6:05:56	3:49:54	11:24:06
7th Age Grouper	1:11:46	6:07:51	4:07:58	11:39:33
8th Age Grouper	1:08:44	6:26:40	3:56:40	11:42:07
9th Age Grouper	1:06:14	6:14:48	4:13:55	11:47:06
10th Age Grouper	1:11:57	6:33:14	4:00:02	11:59:22
<b>Kona Qualifier Average</b>	<b>1:09:58</b>	<b>5:39:04</b>	<b>3:44:30</b>	<b>10:41:57</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:16</b>	<b>6:05:08</b>	<b>3:54:00</b>	<b>11:20:37</b>

### Ironman Wisconsin

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:56:57</b>	<b>5:23:15</b>	<b>3:20:35</b>	<b>9:47:49</b>
<b>1st Age Grouper</b>	<b>1:11:36</b>	<b>5:47:48</b>	<b>3:51:38</b>	<b>11:01:41</b>
<b>2nd Age Grouper</b>	<b>1:09:40</b>	<b>5:53:52</b>	<b>3:58:30</b>	<b>11:12:39</b>
3rd Age Grouper	1:11:49	5:55:03	4:02:25	11:20:09
4th Age Grouper	1:11:55	6:02:28	4:04:52	11:29:50
5th Age Grouper	1:12:46	6:06:31	4:04:43	11:36:02
6th Age Grouper	1:11:41	6:04:58	4:11:23	11:40:12
7th Age Grouper	1:13:13	6:02:07	4:19:58	11:47:14
8th Age Grouper	1:11:08	6:12:26	4:19:39	11:55:15
9th Age Grouper	1:12:52	6:11:45	4:21:34	11:58:30
10th Age Grouper	1:10:21	6:17:13	4:23:48	12:04:01
<b>Kona Qualifier Average</b>	<b>1:10:38</b>	<b>5:50:50</b>	<b>3:55:04</b>	<b>11:07:10</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:42</b>	<b>6:03:25</b>	<b>4:09:51</b>	<b>11:36:33</b>

### Ironman Wales

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:58:39</b>	<b>5:42:08</b>	<b>3:18:40</b>	<b>10:09:10</b>
<b>1st Age Grouper</b>	<b>1:08:36</b>	<b>6:21:07</b>	<b>3:45:39</b>	<b>11:30:17</b>
<b>2nd Age Grouper</b>	<b>1:13:52</b>	<b>6:50:56</b>	<b>3:49:27</b>	<b>12:10:32</b>
3rd Age Grouper	1:05:02	6:58:23	4:09:43	12:30:20
4th Age Grouper	1:11:12	6:59:32	4:07:50	12:38:02
5th Age Grouper	1:10:49	7:04:12	4:15:22	12:50:19
6th Age Grouper	1:16:12	6:59:42	4:24:54	13:01:33
7th Age Grouper	1:14:02	7:07:36	4:26:00	13:08:37
8th Age Grouper	1:12:35	7:13:06	4:32:54	13:16:50
9th Age Grouper	1:18:44	7:17:27	4:32:26	13:31:25
10th Age Grouper	1:16:59	7:28:04	4:32:40	13:41:21
<b>Kona Qualifier Average</b>	<b>1:11:14</b>	<b>6:36:01</b>	<b>3:47:33</b>	<b>11:50:25</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:48</b>	<b>7:02:00</b>	<b>4:15:41</b>	<b>12:49:55</b>

### Ironman Lake Tahoe

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:59:46</b>	<b>5:34:49</b>	<b>3:33:30</b>	<b>10:13:54</b>
<b>1st Age Grouper</b>	<b>1:10:29</b>	<b>6:17:45</b>	<b>4:07:22</b>	<b>11:47:25</b>
<b>2nd Age Grouper</b>	<b>1:20:06</b>	<b>6:23:25</b>	<b>4:03:43</b>	<b>12:02:38</b>
3rd Age Grouper	1:05:29	6:40:17	4:21:10	12:22:58
4th Age Grouper	1:07:52	6:50:16	4:12:25	12:26:49
5th Age Grouper	1:05:54	6:43:47	4:28:14	12:31:26
6th Age Grouper	1:15:28	6:43:31	4:25:55	12:39:10
7th Age Grouper	1:14:28	6:38:17	4:37:44	12:47:53
8th Age Grouper	1:02:14	6:45:13	4:57:52	12:58:56
9th Age Grouper	1:04:10	6:42:03	5:06:06	13:05:31
10th Age Grouper	1:23:18	7:21:35	4:11:00	13:12:54
<b>Kona Qualifier Average</b>	<b>1:15:18</b>	<b>6:20:35</b>	<b>4:05:33</b>	<b>11:55:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:57</b>	<b>6:42:37</b>	<b>4:27:09</b>	<b>12:35:34</b>

### Ironman Mallorca

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:56:21</b>	<b>5:09:44</b>	<b>3:12:35</b>	<b>9:24:32</b>
<b>1st Age Grouper</b>	<b>1:01:48</b>	<b>5:45:22</b>	<b>3:28:08</b>	<b>10:24:29</b>
<b>2nd Age Grouper</b>	<b>1:03:19</b>	<b>5:36:53</b>	<b>3:47:21</b>	<b>10:35:19</b>
3rd Age Grouper	1:07:28	5:53:00	3:40:53	10:50:13
4th Age Grouper	1:02:43	5:37:21	4:02:29	10:52:08
5th Age Grouper	1:10:30	6:01:40	3:48:29	11:09:51
6th Age Grouper	1:13:38	5:53:15	3:58:29	11:14:53
7th Age Grouper	1:10:46	5:57:05	3:57:24	11:15:39
8th Age Grouper	1:07:48	5:50:48	4:09:19	11:18:24
9th Age Grouper	1:06:29	6:03:11	4:02:05	11:21:27
10th Age Grouper	1:09:08	6:03:04	4:02:06	11:27:05
<b>Kona Qualifier Average</b>	<b>1:02:33</b>	<b>5:41:07</b>	<b>3:37:44</b>	<b>10:29:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:21</b>	<b>5:52:10</b>	<b>3:53:40</b>	<b>11:02:57</b>

### Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:44:53</b>	<b>4:55:39</b>	<b>3:10:10</b>	<b>8:55:27</b>
<b>1st Age Grouper</b>	<b>0:49:47</b>	<b>5:31:02</b>	<b>3:57:11</b>	<b>10:24:08</b>
<b>2nd Age Grouper</b>	<b>0:51:59</b>	<b>5:31:12</b>	<b>3:57:05</b>	<b>10:30:08</b>
<b>3rd Age Grouper</b>	<b>0:57:16</b>	<b>5:47:12</b>	<b>3:45:36</b>	<b>10:39:36</b>
4th Age Grouper	0:52:18	5:37:42	4:05:01	10:43:31
5th Age Grouper	0:51:00	5:48:35	4:04:55	10:51:57
6th Age Grouper	1:00:09	5:30:25	4:21:03	11:02:14
7th Age Grouper	0:54:57	6:01:58	4:05:16	11:13:42
8th Age Grouper	1:09:04	6:03:04	3:52:04	11:15:34
9th Age Grouper	0:58:34	5:56:11	4:11:41	11:17:19
10th Age Grouper	0:59:41	5:49:02	4:24:36	11:23:36
<b>Kona Qualifier Average</b>	<b>0:53:01</b>	<b>5:36:29</b>	<b>3:53:17</b>	<b>10:31:17</b>
<b>Top 10 Age Grouper Average</b>	<b>0:56:28</b>	<b>5:45:38</b>	<b>4:04:27</b>	<b>10:56:10</b>

### Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:00:19</b>	<b>4:41:29</b>	<b>3:03:25</b>	<b>8:48:02</b>
<b>1st Age Grouper</b>	<b>1:08:31</b>	<b>5:00:36</b>	<b>3:30:46</b>	<b>9:45:08</b>
<b>2nd Age Grouper</b>	<b>1:13:57</b>	<b>5:05:59</b>	<b>3:41:42</b>	<b>10:06:43</b>
3rd Age Grouper	1:07:23	5:09:45	3:48:05	10:10:30
4th Age Grouper	1:11:44	5:21:25	3:43:16	10:21:03
5th Age Grouper	1:04:40	5:18:08	4:10:33	10:38:15
6th Age Grouper	1:05:01	5:23:25	4:06:40	10:42:34
7th Age Grouper	1:14:50	5:17:51	4:10:34	10:49:12
8th Age Grouper	0:59:38	5:33:05	4:14:58	10:53:46
9th Age Grouper	1:23:49	5:39:38	3:45:53	10:58:38
10th Age Grouper	1:05:52	5:32:36	4:15:12	10:59:57
<b>Kona Qualifier Average</b>	<b>1:11:14</b>	<b>5:03:17</b>	<b>3:36:14</b>	<b>9:55:55</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:32</b>	<b>5:20:15</b>	<b>3:56:46</b>	<b>10:32:34</b>

### Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:57:25</b>	<b>5:01:56</b>	<b>2:59:45</b>	<b>9:03:53</b>
<b>1st Age Grouper</b>	<b>1:07:41</b>	<b>5:26:16</b>	<b>3:30:03</b>	<b>10:10:20</b>
2nd Age Grouper	1:05:56	5:32:22	3:36:02	10:21:21
3rd Age Grouper	1:05:49	5:33:12	3:41:21	10:27:39
4th Age Grouper	1:09:15	5:39:29	3:36:21	10:32:35
5th Age Grouper	1:09:20	5:37:35	3:41:45	10:36:18
6th Age Grouper	1:08:41	5:43:32	3:41:51	10:41:21
7th Age Grouper	1:06:22	5:45:30	3:45:34	10:44:30
8th Age Grouper	1:10:30	5:43:54	3:46:50	10:48:46
9th Age Grouper	1:07:32	5:49:52	3:47:12	10:52:15
10th Age Grouper	1:07:40	5:49:45	3:50:31	10:54:46
<b>Kona Qualifier Average</b>	<b>1:07:41</b>	<b>5:26:16</b>	<b>3:30:03</b>	<b>10:10:20</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:52</b>	<b>5:40:09</b>	<b>3:41:45</b>	<b>10:36:59</b>

### Ironman Louisville

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:53:32</b>	<b>5:16:29</b>	<b>3:19:50</b>	<b>9:36:15</b>
<b>1st Age Grouper</b>	<b>1:08:06</b>	<b>5:46:26</b>	<b>3:43:46</b>	<b>10:46:57</b>
<b>2nd Age Grouper</b>	<b>1:08:48</b>	<b>5:45:00</b>	<b>4:03:22</b>	<b>11:06:12</b>
<b>3rd Age Grouper</b>	<b>1:05:08</b>	<b>5:50:01</b>	<b>4:06:07</b>	<b>11:10:55</b>
4th Age Grouper	1:12:08	5:51:32	4:02:40	11:15:50
5th Age Grouper	1:11:23	5:55:08	4:09:54	11:27:05
6th Age Grouper	1:11:29	5:57:23	4:16:27	11:35:46
7th Age Grouper	1:09:46	5:56:15	4:23:43	11:41:09
8th Age Grouper	1:18:04	5:56:07	4:19:15	11:45:22
9th Age Grouper	1:12:58	5:52:23	4:32:13	11:48:54
10th Age Grouper	1:10:08	5:56:15	4:35:09	11:53:03
<b>Kona Qualifier Average</b>	<b>1:07:21</b>	<b>5:47:09</b>	<b>3:57:45</b>	<b>11:01:22</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:48</b>	<b>5:52:39</b>	<b>4:13:16</b>	<b>11:27:07</b>

### Ironman Maryland

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:53:01</b>	<b>5:06:43</b>	<b>3:26:46</b>	<b>9:34:29</b>
<b>1st Age Grouper</b>	<b>1:08:36</b>	<b>5:12:31</b>	<b>3:37:38</b>	<b>10:05:57</b>
<b>2nd Age Grouper</b>	<b>0:56:22</b>	<b>5:27:18</b>	<b>3:53:54</b>	<b>10:25:33</b>
<b>3rd Age Grouper</b>	<b>1:09:33</b>	<b>5:27:53</b>	<b>3:52:52</b>	<b>10:42:26</b>
4th Age Grouper	1:11:37	5:34:09	4:00:50	11:00:50
5th Age Grouper	1:06:03	5:36:53	4:07:45	11:03:07
6th Age Grouper	1:02:00	5:45:40	4:10:48	11:13:28
7th Age Grouper	1:13:40	5:44:48	4:10:43	11:21:31
8th Age Grouper	1:15:51	5:40:49	4:15:55	11:26:40
9th Age Grouper	0:59:15	5:58:53	4:19:17	11:29:03
10th Age Grouper	1:11:11	5:56:12	4:10:26	11:31:53
<b>Kona Qualifier Average</b>	<b>1:04:50</b>	<b>5:22:34</b>	<b>3:48:08</b>	<b>10:24:39</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:24</b>	<b>5:38:30</b>	<b>4:04:01</b>	<b>11:02:03</b>

### Ironman Los Cabos

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:53:11</b>	<b>5:06:17</b>	<b>6:23:48</b>	<b>9:26:08</b>
<b>1st Age Grouper</b>	<b>1:10:28</b>	<b>6:00:17</b>	<b>3:33:02</b>	<b>10:51:51</b>
<b>2nd Age Grouper</b>	<b>1:08:51</b>	<b>5:57:03</b>	<b>3:51:00</b>	<b>11:03:45</b>
3rd Age Grouper	1:14:54	6:04:12	3:46:36	11:13:20
4th Age Grouper	1:02:52	6:13:14	3:52:47	11:16:19
5th Age Grouper	1:15:52	6:08:33	3:47:44	11:19:11
6th Age Grouper	1:06:46	6:11:57	4:05:35	11:30:58
7th Age Grouper	1:11:36	6:18:44	4:21:47	11:59:43
8th Age Grouper	1:13:57	6:48:05	3:52:37	12:06:45
9th Age Grouper	1:17:39	7:02:03	4:09:44	12:40:34
10th Age Grouper	1:19:20	6:36:56	4:32:40	12:42:14
<b>Kona Qualifier Average</b>	<b>1:09:39</b>	<b>5:58:40</b>	<b>3:42:01</b>	<b>10:57:48</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:13</b>	<b>6:20:06</b>	<b>3:59:21</b>	<b>11:40:28</b>

### Ironman Florida

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:58:39</b>	<b>4:56:41</b>	<b>3:09:30</b>	<b>9:04:51</b>
<b>1st Age Grouper</b>	<b>0:58:20</b>	<b>5:13:55</b>	<b>3:39:30</b>	<b>9:59:35</b>
<b>2nd Age Grouper</b>	<b>0:59:07</b>	<b>5:20:54</b>	<b>3:46:37</b>	<b>10:14:10</b>
3rd Age Grouper	1:01:07	5:27:11	3:47:42	10:24:39
4th Age Grouper	1:02:55	5:33:55	3:45:10	10:30:40
5th Age Grouper	1:03:35	5:24:47	4:02:03	10:39:23
6th Age Grouper	1:06:31	5:33:50	3:53:10	10:44:08
7th Age Grouper	1:11:34	5:34:17	3:53:15	10:49:43
8th Age Grouper	1:05:49	5:43:15	3:55:12	10:54:26
9th Age Grouper	1:03:09	5:35:57	4:08:42	10:58:12
10th Age Grouper	1:05:41	5:40:58	4:05:08	11:02:01
<b>Kona Qualifier Average</b>	<b>0:58:43</b>	<b>5:17:25</b>	<b>3:43:03</b>	<b>10:06:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:47</b>	<b>5:30:54</b>	<b>3:53:39</b>	<b>10:37:42</b>

### Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:51:52</b>	<b>4:57:46</b>	<b>3:15:59</b>	<b>9:09:20</b>
<b>1st Age Grouper</b>	<b>1:17:37</b>	<b>5:25:52</b>	<b>3:34:19</b>	<b>10:22:20</b>
<b>2nd Age Grouper</b>	<b>1:12:15</b>	<b>5:46:07</b>	<b>4:14:41</b>	<b>11:19:36</b>
3rd Age Grouper	1:20:40	5:51:26	4:23:47	11:44:08
4th Age Grouper	1:14:14	6:13:26	4:24:17	11:57:49
5th Age Grouper	1:40:17	6:15:42	4:11:43	12:21:22
6th Age Grouper	1:36:16	6:13:25	4:39:39	12:36:32
7th Age Grouper	1:11:45	6:16:45	5:04:10	12:39:57
8th Age Grouper	1:27:53	6:16:48	4:49:42	12:40:45
9th Age Grouper	1:47:53	6:09:54	4:45:21	12:53:53
10th Age Grouper	1:27:34	6:49:17	4:55:01	13:23:45
<b>Kona Qualifier Average</b>	<b>1:14:56</b>	<b>5:35:59</b>	<b>3:54:30</b>	<b>10:50:58</b>
<b>Top 10 Age Grouper Average</b>	<b>1:25:38</b>	<b>6:07:52</b>	<b>4:30:16</b>	<b>12:12:00</b>

### Ironman Malaysia

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:59:11</b>	<b>4:58:44</b>	<b>3:23:11</b>	<b>9:26:38</b>
<b>1st Age Grouper</b>	<b>1:09:01</b>	<b>6:27:32</b>	<b>4:00:29</b>	<b>11:44:01</b>
2nd Age Grouper	1:13:16	6:10:41	4:18:10	11:53:28
3rd Age Grouper	1:23:11	6:20:32	4:27:08	12:23:27
4th Age Grouper	1:13:50	6:38:27	4:29:44	12:34:44
5th Age Grouper	1:31:12	6:15:51	4:49:48	12:48:06
6th Age Grouper	1:32:42	6:54:01	4:36:31	13:17:58
7th Age Grouper	1:33:39	7:28:01	4:22:25	13:41:33
8th Age Grouper	1:28:47	7:09:41	5:12:11	14:05:56
9th Age Grouper	1:35:58	6:56:52	5:32:39	14:26:31
10th Age Grouper	1:22:13	7:22:29	5:35:13	14:38:03
<b>Kona Qualifier Average</b>	<b>1:09:01</b>	<b>6:27:32</b>	<b>4:00:29</b>	<b>11:44:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:24:22</b>	<b>6:46:24</b>	<b>4:44:25</b>	<b>13:09:22</b>



### Ironman Arizona

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:57:13</b>	<b>5:00:14</b>	<b>3:08:59</b>	<b>9:11:01</b>
<b>1st Age Grouper</b>	<b>1:06:27</b>	<b>5:29:16</b>	<b>3:43:33</b>	<b>10:26:45</b>
<b>2nd Age Grouper</b>	<b>1:10:14</b>	<b>5:32:50</b>	<b>3:50:02</b>	<b>10:40:24</b>
<b>3rd Age Grouper</b>	<b>1:07:36</b>	<b>5:43:18</b>	<b>4:00:27</b>	<b>10:59:23</b>
4th Age Grouper	1:01:38	5:06:03	4:03:36	10:58:49
5th Age Grouper	1:14:12	5:47:42	4:02:22	11:13:24
6th Age Grouper	1:12:27	5:46:27	4:11:32	11:19:32
7th Age Grouper	1:13:49	5:49:52	4:12:47	11:26:20
8th Age Grouper	1:12:37	5:46:44	4:16:30	11:25:14
9th Age Grouper	1:10:26	5:54:11	4:21:01	11:35:51
10th Age Grouper	1:14:02	5:55:53	4:15:06	11:35:11
<b>Kona Qualifier Average</b>	<b>1:08:19</b>	<b>5:36:23</b>	<b>3:51:34</b>	<b>10:43:55</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:16</b>	<b>5:42:23</b>	<b>4:06:02</b>	<b>11:11:09</b>

### Ironman Cozumel

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:49:18</b>	<b>5:00:51</b>	<b>3:11:56</b>	<b>9:08:24</b>
<b>1st Age Grouper</b>	<b>1:00:40</b>	<b>5:31:25</b>	<b>3:38:32</b>	<b>10:17:02</b>
<b>2nd Age Grouper</b>	<b>0:50:22</b>	<b>4:45:27</b>	<b>5:00:23</b>	<b>10:31:53</b>
3rd Age Grouper	1:02:20	5:35:59	4:03:16	10:49:27
4th Age Grouper	1:04:35	5:44:10	3:57:43	10:54:51
5th Age Grouper	1:05:02	5:46:18	4:09:36	11:09:01
6th Age Grouper	1:07:12	5:51:01	4:09:04	11:16:08
7th Age Grouper	1:07:03	6:01:10	4:07:15	11:23:30
8th Age Grouper	1:09:35	6:07:34	4:10:08	11:37:02
9th Age Grouper	1:04:58	6:06:35	4:24:20	11:44:51
10th Age Grouper	1:08:32	6:09:12	4:22:46	11:49:50
<b>Kona Qualifier Average</b>	<b>0:55:31</b>	<b>5:08:26</b>	<b>4:19:28</b>	<b>10:24:27</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:02</b>	<b>5:45:53</b>	<b>4:12:18</b>	<b>11:09:21</b>

### Ironman Western Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:55:48</b>	<b>4:59:23</b>	<b>3:12:57</b>	<b>9:10:38</b>
<b>1st Age Grouper</b>	<b>1:04:10</b>	<b>5:19:53</b>	<b>3:46:08</b>	<b>10:13:16</b>
<b>2nd Age Grouper</b>	<b>1:06:49</b>	<b>5:39:07</b>	<b>3:54:41</b>	<b>10:44:45</b>
3rd Age Grouper	1:06:11	5:40:08	4:10:55	11:01:59
4th Age Grouper	1:11:37	5:46:07	4:12:50	11:15:38
5th Age Grouper	1:12:45	5:56:50	4:13:38	11:28:22
6th Age Grouper	1:08:09	5:47:31	4:37:20	11:38:30
7th Age Grouper	1:11:14	5:59:25	4:28:23	11:44:31
8th Age Grouper	1:09:13	5:59:15	4:39:13	11:53:43
9th Age Grouper	1:10:49	5:57:29	4:47:05	12:01:03
10th Age Grouper	1:10:33	6:03:23	4:49:48	12:09:38
<b>Kona Qualifier Average</b>	<b>1:05:29</b>	<b>5:29:30</b>	<b>3:50:25</b>	<b>10:29:00</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:09</b>	<b>5:48:55</b>	<b>4:22:00</b>	<b>11:25:08</b>

### Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:50:18</b>	<b>5:09:42</b>	<b>3:13:07</b>	<b>9:18:08</b>
<b>1st Age Grouper</b>	<b>1:01:19</b>	<b>5:45:35</b>	<b>3:56:41</b>	<b>10:52:45</b>
<b>2nd Age Grouper</b>	<b>1:05:05</b>	<b>5:54:23</b>	<b>4:05:28</b>	<b>11:13:01</b>
3rd Age Grouper	1:05:23	5:57:22	4:14:33	11:27:22
4th Age Grouper	1:07:30	6:03:41	4:18:21	11:40:00
5th Age Grouper	1:11:17	6:07:43	4:18:59	11:47:39
6th Age Grouper	1:13:43	6:13:35	4:21:06	11:58:34
7th Age Grouper	1:11:59	6:14:50	4:27:43	12:05:56
8th Age Grouper	1:12:00	6:24:00	4:25:12	12:13:33
9th Age Grouper	1:20:37	6:22:44	4:26:44	12:21:41
10th Age Grouper	1:12:08	6:27:40	4:34:00	12:27:19
<b>Kona Qualifier Average</b>	<b>1:03:12</b>	<b>5:49:59</b>	<b>4:01:05</b>	<b>11:02:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:06</b>	<b>6:09:09</b>	<b>4:18:53</b>	<b>11:48:47</b>

### Ironman Melbourne

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:53:25</b>	<b>4:46:42</b>	<b>3:04:12</b>	<b>8:48:33</b>
<b>1st Age Grouper</b>	<b>1:03:07</b>	<b>5:02:05</b>	<b>3:29:44</b>	<b>9:39:46</b>
<b>2nd Age Grouper</b>	<b>1:01:43</b>	<b>5:21:57</b>	<b>3:32:23</b>	<b>10:02:19</b>
3rd Age Grouper	0:58:49	5:16:44	3:55:25	10:17:58
4th Age Grouper	1:10:36	5:23:23	3:40:50	10:23:27
5th Age Grouper	1:05:03	5:22:17	3:54:47	10:29:21
6th Age Grouper	1:04:01	5:31:42	3:48:57	10:32:36
7th Age Grouper	1:02:55	5:21:04	4:06:49	10:38:13
8th Age Grouper	1:11:12	5:27:32	3:56:05	10:40:16
9th Age Grouper	1:04:09	5:29:13	4:03:40	10:44:04
10th Age Grouper	1:10:33	5:30:03	4:04:57	10:53:57
<b>Kona Qualifier Average</b>	<b>1:02:25</b>	<b>5:12:01</b>	<b>3:31:04</b>	<b>9:51:02</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:13</b>	<b>5:22:36</b>	<b>3:51:22</b>	<b>10:26:12</b>

### Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:59:05</b>	<b>5:05:20</b>	<b>3:10:03</b>	<b>9:19:21</b>
<b>1st Age Grouper</b>	<b>1:16:02</b>	<b>5:05:29</b>	<b>4:36:19</b>	<b>10:54:05</b>
<b>2nd Age Grouper</b>	<b>1:16:35</b>	<b>5:54:14</b>	<b>3:53:43</b>	<b>11:14:20</b>
<b>3rd Age Grouper</b>	<b>1:16:19</b>	<b>6:00:59</b>	<b>4:01:02</b>	<b>11:28:53</b>
4th Age Grouper	1:16:45	5:59:51	4:15:32	11:41:09
5th Age Grouper	1:18:23	5:59:38	4:22:49	11:51:01
6th Age Grouper	1:19:30	6:15:26	4:11:46	11:57:52
7th Age Grouper	1:18:49	6:21:12	4:17:20	12:09:32
8th Age Grouper	1:18:24	6:20:25	4:25:29	12:15:10
9th Age Grouper	1:21:21	6:17:45	4:30:49	12:24:55
10th Age Grouper	1:21:09	6:24:00	4:30:25	12:28:46
<b>Kona Qualifier Average</b>	<b>1:16:19</b>	<b>5:40:14</b>	<b>4:10:21</b>	<b>11:12:26</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:20</b>	<b>6:03:54</b>	<b>4:18:31</b>	<b>11:50:34</b>

### Ironman Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:52:16</b>	<b>5:14:54</b>	<b>3:11:41</b>	<b>9:21:37</b>
<b>1st Age Grouper</b>	<b>0:59:10</b>	<b>5:44:16</b>	<b>3:44:33</b>	<b>10:31:31</b>
<b>2nd Age Grouper</b>	<b>1:05:21</b>	<b>5:48:58</b>	<b>3:52:41</b>	<b>10:51:37</b>
3rd Age Grouper	1:02:15	5:53:22	4:01:33	11:02:01
4th Age Grouper	1:02:50	5:59:40	4:02:47	11:09:47
5th Age Grouper	1:07:22	5:30:30	4:46:43	11:23:41
6th Age Grouper	1:06:15	5:32:19	4:50:52	11:29:56
7th Age Grouper	1:07:46	5:31:17	4:56:58	11:35:23
8th Age Grouper	1:05:45	5:39:57	4:58:32	11:45:05
9th Age Grouper	1:08:14	6:15:42	4:24:06	11:54:28
10th Age Grouper	1:09:32	6:24:37	4:18:34	11:58:57
<b>Kona Qualifier Average</b>	<b>1:02:15</b>	<b>5:46:37</b>	<b>3:48:37</b>	<b>10:41:34</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:27</b>	<b>5:50:04</b>	<b>4:23:44</b>	<b>11:22:14</b>

### Ironman Texas

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:54:44</b>	<b>5:01:01</b>	<b>3:05:21</b>	<b>8:54:24</b>
<b>1st Age Grouper</b>	<b>1:06:28</b>	<b>5:17:24</b>	<b>3:33:32</b>	<b>10:03:57</b>
<b>2nd Age Grouper</b>	<b>1:07:59</b>	<b>5:21:42</b>	<b>3:44:09</b>	<b>10:21:21</b>
<b>3rd Age Grouper</b>	<b>1:07:53</b>	<b>5:29:36</b>	<b>3:53:36</b>	<b>10:39:28</b>
<b>4th Age Grouper</b>	<b>1:14:48</b>	<b>5:26:33</b>	<b>3:56:22</b>	<b>10:48:11</b>
5th Age Grouper	1:09:39	5:33:31	4:02:21	10:53:38
6th Age Grouper	0:59:28	4:34:23	5:16:56	10:57:52
7th Age Grouper	1:19:47	5:47:04	3:56:01	11:12:05
8th Age Grouper	1:22:07	5:37:36	4:10:23	11:20:00
9th Age Grouper	1:23:46	5:37:45	4:10:09	11:23:08
10th Age Grouper	1:22:56	5:46:02	4:08:40	11:27:50
<b>Kona Qualifier Average</b>	<b>1:09:17</b>	<b>5:23:49</b>	<b>3:46:55</b>	<b>10:28:14</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:29</b>	<b>5:27:09</b>	<b>4:05:13</b>	<b>10:54:45</b>

### Ironman Lanzarote

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:55:38</b>	<b>5:39:59</b>	<b>3:09:28</b>	<b>9:52:17</b>
<b>1st Age Grouper</b>	<b>1:07:50</b>	<b>6:19:24</b>	<b>3:48:46</b>	<b>11:27:32</b>
2nd Age Grouper	1:09:25	6:40:09	3:57:18	11:58:16
3rd Age Grouper	1:11:18	6:42:35	4:06:19	12:11:27
4th Age Grouper	1:14:09	6:59:34	4:02:32	12:30:20
5th Age Grouper	1:14:47	6:58:04	4:13:49	12:40:26
6th Age Grouper	1:14:31	7:01:18	4:27:32	12:58:04
7th Age Grouper	1:18:44	7:09:07	4:30:11	13:15:31
8th Age Grouper	1:17:56	7:11:14	4:39:03	13:23:33
9th Age Grouper	1:14:39	7:34:41	4:42:09	13:49:01
10th Age Grouper	1:17:13	7:19:36	5:05:15	13:59:45
<b>Kona Qualifier Average</b>	<b>1:07:50</b>	<b>6:19:24</b>	<b>3:48:46</b>	<b>11:27:32</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:03</b>	<b>6:59:34</b>	<b>4:21:17</b>	<b>12:49:23</b>

### Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:56:08</b>	<b>4:58:02</b>	<b>3:59:39</b>	<b>9:34:30</b>
<b>1st Age Grouper</b>	<b>1:08:27</b>	<b>4:19:49</b>	<b>3:33:41</b>	<b>10:45:20</b>
<b>2nd Age Grouper</b>	<b>0:58:25</b>	<b>4:59:35</b>	<b>3:35:54</b>	<b>11:01:42</b>
3rd Age Grouper	1:05:18	5:06:28	3:33:04	11:13:40
4th Age Grouper	1:12:23	5:16:11	3:33:46	11:23:52
5th Age Grouper	1:14:32	5:12:37	3:45:51	11:36:56
6th Age Grouper	1:16:43	5:14:20	3:49:49	11:46:31
7th Age Grouper	1:12:53	5:21:49	3:52:08	11:53:31
8th Age Grouper	1:22:26	5:20:11	3:53:37	12:02:48
9th Age Grouper	1:15:50	5:24:33	4:02:20	12:11:07
10th Age Grouper	1:21:07	5:25:15	4:04:58	12:18:46
<b>Kona Qualifier Average</b>	<b>1:03:26</b>	<b>4:39:42</b>	<b>3:34:47</b>	<b>10:53:31</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:49</b>	<b>5:10:05</b>	<b>3:46:31</b>	<b>11:37:25</b>

### Ironman France

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:57:30</b>	<b>5:23:21</b>	<b>3:07:26</b>	<b>9:34:29</b>
<b>1st Age Grouper</b>	<b>1:05:34</b>	<b>5:45:24</b>	<b>3:23:45</b>	<b>10:40:01</b>
2nd Age Grouper	1:08:15	5:57:09	3:55:13	11:10:37
3rd Age Grouper	1:12:08	6:11:56	4:00:16	11:36:21
4th Age Grouper	1:10:05	6:16:05	4:08:53	11:47:04
5th Age Grouper	1:16:56	5:51:54	3:58:50	11:59:51
6th Age Grouper	1:14:03	5:51:25	4:15:06	12:12:01
7th Age Grouper	1:14:25	5:46:35	4:09:23	12:07:16
8th Age Grouper	1:15:31	5:48:15	4:22:50	12:26:49
9th Age Grouper	1:12:42	6:48:41	4:21:51	12:36:06
10th Age Grouper	1:16:01	6:53:30	4:20:14	12:44:33
<b>Kona Qualifier Average</b>	<b>1:05:34</b>	<b>5:45:24</b>	<b>3:23:45</b>	<b>10:40:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:29</b>	<b>6:06:35</b>	<b>4:05:06</b>	<b>11:54:42</b>

### Ironman Cairns

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:53:21</b>	<b>5:09:07</b>	<b>3:10:14</b>	<b>9:17:24</b>
<b>1st Age Grouper</b>	<b>1:00:26</b>	<b>5:25:38</b>	<b>3:53:06</b>	<b>10:26:10</b>
<b>2nd Age Grouper</b>	<b>1:12:26</b>	<b>5:41:10</b>	<b>3:48:14</b>	<b>10:49:37</b>
3rd Age Grouper	1:09:23	5:49:40	3:53:41	11:01:18
4th Age Grouper	1:11:58	5:46:09	4:05:53	11:13:19
5th Age Grouper	1:17:34	5:57:19	4:06:05	11:29:31
6th Age Grouper	1:12:55	5:56:25	4:22:48	11:40:01
7th Age Grouper	1:02:40	6:13:49	4:27:15	11:53:17
8th Age Grouper	1:19:23	6:09:44	4:19:14	11:58:28
9th Age Grouper	1:14:57	6:04:53	4:34:51	12:07:02
10th Age Grouper	1:14:10	6:10:55	4:38:17	12:14:19
<b>Kona Qualifier Average</b>	<b>1:06:26</b>	<b>5:33:24</b>	<b>3:50:40</b>	<b>10:37:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:35</b>	<b>5:55:34</b>	<b>4:12:56</b>	<b>11:29:18</b>

### Ironman Austria

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:53:12</b>	<b>4:56:35</b>	<b>3:05:10</b>	<b>9:00:01</b>
<b>1st Age Grouper</b>	<b>1:09:59</b>	<b>5:29:03</b>	<b>3:10:16</b>	<b>9:58:48</b>
<b>2nd Age Grouper</b>	<b>1:07:21</b>	<b>5:19:55</b>	<b>3:43:32</b>	<b>10:18:51</b>
3rd Age Grouper	1:09:11	5:31:05	3:49:15	10:37:58
4th Age Grouper	1:09:20	5:35:09	3:57:05	10:49:49
5th Age Grouper	1:13:16	5:42:18	3:58:11	11:03:06
6th Age Grouper	1:18:04	5:43:01	3:55:33	11:08:10
7th Age Grouper	1:15:59	5:50:47	4:01:45	11:18:43
8th Age Grouper	1:14:02	5:46:20	4:13:03	11:22:57
9th Age Grouper	1:17:11	5:47:42	4:13:07	11:28:18
10th Age Grouper	1:15:31	5:52:50	4:52:09	11:33:00
<b>Kona Qualifier Average</b>	<b>1:08:40</b>	<b>5:24:29</b>	<b>3:26:54</b>	<b>10:08:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:59</b>	<b>5:39:49</b>	<b>3:59:23</b>	<b>10:57:58</b>

### Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:52:09</b>	<b>4:57:30</b>	<b>3:06:29</b>	<b>9:01:28</b>
<b>1st Age Grouper</b>	<b>1:05:36</b>	<b>5:17:12</b>	<b>3:24:40</b>	<b>10:12:58</b>
<b>2nd Age Grouper</b>	<b>1:08:21</b>	<b>5:32:15</b>	<b>3:27:34</b>	<b>10:34:26</b>
3rd Age Grouper	1:07:35	5:37:56	3:35:42	10:47:07
4th Age Grouper	1:08:43	5:41:04	4:20:16	11:00:05
5th Age Grouper	1:08:09	5:45:42	3:44:46	11:07:01
6th Age Grouper	1:15:34	5:42:59	4:18:21	11:15:23
7th Age Grouper	1:08:11	5:50:42	3:56:09	11:23:28
8th Age Grouper	1:15:58	5:58:53	4:22:51	11:31:19
9th Age Grouper	1:16:14	5:56:10	3:54:21	11:36:12
10th Age Grouper	1:16:35	5:56:01	4:00:23	11:43:35
<b>Kona Qualifier Average</b>	<b>1:06:59</b>	<b>5:24:44</b>	<b>3:26:07</b>	<b>10:23:42</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:06</b>	<b>5:43:53</b>	<b>3:54:30</b>	<b>11:07:09</b>

### Ironman UK

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:54:47</b>	<b>5:34:58</b>	<b>3:09:13</b>	<b>9:44:26</b>
<b>1st Age Grouper</b>	<b>1:08:00</b>	<b>6:16:04</b>	<b>3:35:19</b>	<b>11:08:57</b>
<b>2nd Age Grouper</b>	<b>1:14:24</b>	<b>6:37:33</b>	<b>3:32:33</b>	<b>11:49:06</b>
3rd Age Grouper	1:09:52	6:45:30	4:04:47	12:13:56
4th Age Grouper	1:16:36	6:44:39	4:14:00	12:28:58
5th Age Grouper	1:16:56	7:02:21	4:08:58	12:43:50
6th Age Grouper	1:18:17	6:56:50	4:25:27	12:54:52
7th Age Grouper	1:18:21	7:17:58	4:12:11	13:04:56
8th Age Grouper	1:18:07	7:15:14	4:31:04	13:21:18
9th Age Grouper	1:23:14	7:21:08	4:42:07	13:43:29
10th Age Grouper	1:22:45	7:22:47	4:54:47	13:59:46
<b>Kona Qualifier Average</b>	<b>1:11:12</b>	<b>6:26:49</b>	<b>3:33:56</b>	<b>11:29:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:39</b>	<b>6:58:00</b>	<b>4:14:07</b>	<b>12:44:55</b>

### Ironman Lake Placid

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:58:19</b>	<b>5:19:59</b>	<b>3:16:59</b>	<b>9:40:45</b>
<b>1st Age Grouper</b>	<b>0:58:58</b>	<b>5:48:29</b>	<b>3:39:19</b>	<b>10:36:56</b>
<b>2nd Age Grouper</b>	<b>1:03:43</b>	<b>5:53:49</b>	<b>3:52:34</b>	<b>11:00:56</b>
3rd Age Grouper	1:03:07	6:04:37	3:53:38	11:12:48
4th Age Grouper	1:05:07	6:01:44	4:00:00	11:18:35
5th Age Grouper	1:06:36	6:07:36	3:57:50	11:23:19
6th Age Grouper	1:07:11	6:06:51	4:03:13	11:26:16
7th Age Grouper	1:05:18	6:08:22	4:05:35	11:32:06
8th Age Grouper	1:11:24	6:10:22	4:05:33	11:37:14
9th Age Grouper	1:03:21	6:17:30	4:08:24	11:43:34
10th Age Grouper	1:15:10	6:14:06	4:06:08	11:47:31
<b>Kona Qualifier Average</b>	<b>1:01:20</b>	<b>5:51:09</b>	<b>3:45:56</b>	<b>10:48:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:59</b>	<b>6:05:20</b>	<b>3:59:13</b>	<b>11:21:55</b>

### Ironman Switzerland

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:58:45</b>	<b>5:00:37</b>	<b>3:13:43</b>	<b>9:16:24</b>
<b>1st Age Grouper</b>	<b>1:04:17</b>	<b>5:15:55</b>	<b>4:21:06</b>	<b>10:46:54</b>
<b>2nd Age Grouper</b>	<b>1:10:38</b>	<b>5:46:20</b>	<b>3:53:14</b>	<b>10:56:18</b>
3rd Age Grouper	1:16:52	5:53:35	3:55:39	11:12:19
4th Age Grouper	1:13:54	5:57:40	4:02:15	11:21:12
5th Age Grouper	1:13:53	6:00:36	4:11:55	11:34:04
6th Age Grouper	1:11:45	6:01:57	4:18:26	11:39:46
7th Age Grouper	1:19:09	6:05:59	4:14:29	11:47:14
8th Age Grouper	1:18:22	5:35:09	4:59:54	11:53:45
9th Age Grouper	1:18:22	6:11:30	4:19:33	11:57:14
10th Age Grouper	1:17:51	6:16:46	4:18:31	12:03:53
<b>Kona Qualifier Average</b>	<b>1:07:27</b>	<b>5:31:07</b>	<b>4:07:10</b>	<b>10:51:36</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:30</b>	<b>5:54:33</b>	<b>4:15:30</b>	<b>11:31:16</b>

### Ironman Canada

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:56:18</b>	<b>5:11:00</b>	<b>3:17:27</b>	<b>9:28:52</b>
<b>1st Age Grouper</b>	<b>1:07:52</b>	<b>5:40:35</b>	<b>3:46:02</b>	<b>10:40:53</b>
<b>2nd Age Grouper</b>	<b>1:10:44</b>	<b>5:41:25</b>	<b>3:51:14</b>	<b>10:50:06</b>
3rd Age Grouper	1:05:28	5:45:13	3:58:30	10:55:53
4th Age Grouper	1:09:47	5:46:13	3:59:28	11:02:43
5th Age Grouper	1:07:26	5:49:29	4:03:24	11:07:33
6th Age Grouper	1:08:56	5:52:27	4:02:04	11:11:24
7th Age Grouper	1:08:47	5:53:46	4:06:00	11:15:48
8th Age Grouper	1:09:38	5:57:58	4:04:47	11:20:22
9th Age Grouper	1:11:55	5:53:08	4:14:05	11:27:13
10th Age Grouper	1:11:59	5:58:56	4:12:24	11:31:03
<b>Kona Qualifier Average</b>	<b>1:09:18</b>	<b>5:41:00</b>	<b>3:48:38</b>	<b>10:45:29</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:15</b>	<b>5:49:55</b>	<b>4:01:48</b>	<b>11:08:18</b>

### Ironman Maastricht-Limburg

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:56:26</b>	<b>5:16:10</b>	<b>3:21:17</b>	<b>9:39:24</b>
<b>1st Age Grouper</b>	<b>1:10:53</b>	<b>5:42:39</b>	<b>3:43:08</b>	<b>10:43:38</b>
2nd Age Grouper	1:09:24	6:17:29	3:50:30	11:28:07
3rd Age Grouper	1:07:24	6:01:26	4:10:12	11:29:15
4th Age Grouper	1:16:02	6:16:16	4:06:37	11:51:28
5th Age Grouper	1:17:22	6:21:40	4:06:45	11:56:03
6th Age Grouper	1:05:23	6:25:01	4:21:08	12:02:01
7th Age Grouper	1:22:00	7:06:02	4:09:20	12:49:02
8th Age Grouper	1:34:12	6:55:02	4:56:10	13:37:04
9th Age Grouper	1:34:33	7:43:08	4:17:50	13:52:44
10th Age Grouper	1:08:29	6:54:05	5:59:05	14:15:49
<b>Kona Qualifier Average</b>	<b>1:10:53</b>	<b>5:42:39</b>	<b>3:43:08</b>	<b>10:43:38</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:34</b>	<b>6:34:16</b>	<b>4:22:04</b>	<b>12:24:31</b>

### Ironman Boulder

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:05:01</b>	<b>4:56:46</b>	<b>3:27:02</b>	<b>9:36:47</b>
<b>1st Age Grouper</b>	<b>1:01:10</b>	<b>5:12:54</b>	<b>3:42:53</b>	<b>10:06:55</b>
<b>2nd Age Grouper</b>	<b>1:23:43</b>	<b>5:15:23</b>	<b>3:44:27</b>	<b>10:31:24</b>
3rd Age Grouper	1:11:56	5:36:23	3:58:50	10:55:57
4th Age Grouper	1:15:28	5:30:37	4:08:56	11:04:13
5th Age Grouper	1:16:36	5:31:29	4:11:19	11:09:59
6th Age Grouper	1:38:45	5:26:22	4:00:34	11:16:36
7th Age Grouper	1:05:49	5:37:00	4:28:11	11:21:16
8th Age Grouper	1:21:28	6:01:53	3:50:32	11:28:10
9th Age Grouper	1:19:41	5:44:09	4:15:03	11:31:18
10th Age Grouper	1:06:31	5:43:40	4:34:51	11:36:05
<b>Kona Qualifier Average</b>	<b>1:12:26</b>	<b>5:14:08</b>	<b>3:43:40</b>	<b>10:19:09</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:06</b>	<b>5:33:59</b>	<b>4:05:33</b>	<b>11:06:11</b>

### Ironman Sweden

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:55:01</b>	<b>4:54:58</b>	<b>3:10:40</b>	<b>9:04:11</b>
<b>1st Age Grouper</b>	<b>1:12:36</b>	<b>5:17:57</b>	<b>3:41:07</b>	<b>10:17:50</b>
<b>2nd Age Grouper</b>	<b>1:14:04</b>	<b>5:16:39</b>	<b>3:58:03</b>	<b>10:35:09</b>
3rd Age Grouper	1:15:55	5:28:39	3:50:40	10:42:33
4th Age Grouper	1:14:29	5:30:26	4:00:51	10:52:46
5th Age Grouper	1:14:06	5:38:49	3:57:47	10:57:41
6th Age Grouper	1:22:49	5:40:05	3:55:23	11:05:45
7th Age Grouper	1:13:39	5:55:50	3:52:33	11:08:58
8th Age Grouper	1:22:04	5:47:42	3:56:57	11:14:43
9th Age Grouper	1:29:04	5:48:17	3:53:19	11:21:22
10th Age Grouper	1:19:33	5:45:56	4:12:38	11:26:54
<b>Kona Qualifier Average</b>	<b>1:13:20</b>	<b>5:17:18</b>	<b>3:49:35</b>	<b>10:26:30</b>
<b>Top 10 Age Grouper Average</b>	<b>1:17:50</b>	<b>5:37:02</b>	<b>3:55:56</b>	<b>10:58:22</b>

### Ironman Copenhagen

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:50:45</b>	<b>4:45:29</b>	<b>3:09:45</b>	<b>8:50:19</b>
<b>1st Age Grouper</b>	<b>1:09:31</b>	<b>5:11:18</b>	<b>3:29:09</b>	<b>9:59:00</b>
<b>2nd Age Grouper</b>	<b>1:04:16</b>	<b>5:28:41</b>	<b>3:37:12</b>	<b>10:18:29</b>
3rd Age Grouper	1:12:11	5:34:01	3:37:05	10:31:04
4th Age Grouper	1:13:47	5:25:05	3:49:44	10:37:07
5th Age Grouper	1:08:37	5:34:13	3:53:23	10:44:30
6th Age Grouper	1:12:56	5:43:05	3:52:50	10:56:41
7th Age Grouper	1:08:28	5:30:49	4:09:26	11:00:59
8th Age Grouper	1:16:11	5:30:25	4:07:26	11:06:17
9th Age Grouper	1:18:38	5:46:53	3:53:05	11:11:41
10th Age Grouper	1:16:21	5:43:00	4:03:40	11:17:44
<b>Kona Qualifier Average</b>	<b>1:06:54</b>	<b>5:19:59</b>	<b>3:33:10</b>	<b>10:08:44</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:05</b>	<b>5:32:45</b>	<b>3:51:18</b>	<b>10:46:21</b>

### Ironman Coeur d'Alene

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:56:54</b>	<b>5:15:10</b>	<b>3:18:02</b>	<b>9:34:24</b>
<b>1st Age Grouper</b>	<b>1:06:37</b>	<b>5:43:44</b>	<b>3:48:44</b>	<b>10:45:42</b>
<b>2nd Age Grouper</b>	<b>1:09:20</b>	<b>5:49:04</b>	<b>3:52:50</b>	<b>10:58:39</b>
3rd Age Grouper	1:07:12	5:50:30	4:04:13	11:09:09
4th Age Grouper	1:11:41	5:57:14	3:57:59	11:15:04
5th Age Grouper	1:10:09	5:56:36	4:09:15	11:25:06
6th Age Grouper	1:07:13	6:06:02	4:07:45	11:30:08
7th Age Grouper	1:10:21	6:02:11	4:16:32	11:38:02
8th Age Grouper	1:07:41	6:03:29	4:23:06	11:43:42
9th Age Grouper	1:16:22	6:01:15	4:20:17	11:47:40
10th Age Grouper	1:13:45	6:04:37	4:25:44	11:53:08
<b>Kona Qualifier Average</b>	<b>1:07:58</b>	<b>5:46:24</b>	<b>3:50:47</b>	<b>10:52:10</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:02</b>	<b>5:57:28</b>	<b>4:08:39</b>	<b>11:24:38</b>

### Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:57:05</b>	<b>5:06:36</b>	<b>3:12:59</b>	<b>9:22:03</b>
<b>1st Age Grouper</b>	<b>1:08:13</b>	<b>5:37:31</b>	<b>3:33:07</b>	<b>10:26:16</b>
<b>2nd Age Grouper</b>	<b>1:08:48</b>	<b>5:35:00</b>	<b>3:41:12</b>	<b>10:34:30</b>
3rd Age Grouper	1:04:31	5:37:56	4:01:25	10:52:23
4th Age Grouper	1:07:05	5:50:57	3:47:56	10:56:29
5th Age Grouper	1:07:34	5:46:19	3:58:50	11:02:55
6th Age Grouper	1:08:40	5:56:03	3:54:08	11:08:43
7th Age Grouper	1:12:56	5:48:27	4:03:08	11:15:48
8th Age Grouper	1:10:38	5:59:42	4:00:10	11:20:53
9th Age Grouper	1:20:16	5:54:33	3:59:38	11:25:36
10th Age Grouper	1:11:30	5:55:19	4:10:23	11:27:52
<b>Kona Qualifier Average</b>	<b>1:08:31</b>	<b>5:36:16</b>	<b>3:37:09</b>	<b>10:30:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:01</b>	<b>5:48:11</b>	<b>3:54:59</b>	<b>11:03:09</b>