

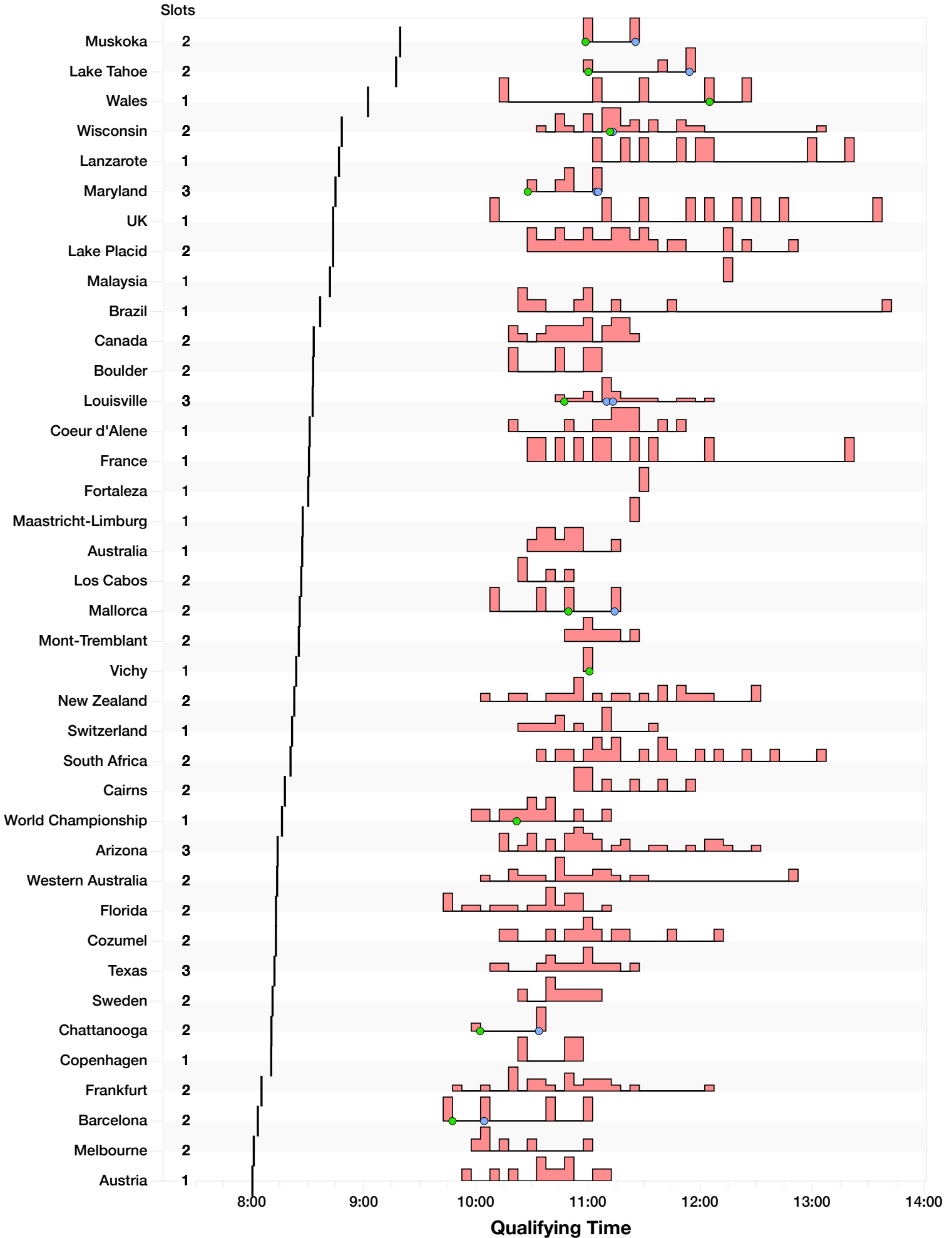
# Ironman World Championship

F45-49

2016 Qualification Stats

# 2016 Qualification Comparison for F45-49

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



# F45-49 Past Qualifying Times

## Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	11:00:48
Average	9:25:27	11:00:48

## Ironman Muskoka (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:53:37	10:58:43	11:25:28
Average	9:53:37	10:58:43	11:25:28

## Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:49:40	13:07:19
2004	10:05:40	10:49:17	11:10:58
2005	10:11:22	11:10:56	11:59:39
2006	10:01:22	11:07:58	11:55:14
2007	9:37:03	11:17:16	11:36:31
2008	9:47:25	10:44:41	11:36:53
2009	9:43:59	10:45:44	11:19:40
2010	9:27:26	11:15:14	
2011	9:41:03	11:24:24	11:27:01
2012	9:34:35	10:33:51	10:59:07
2013	9:47:07	11:01:26	11:15:13
2014	9:30:08	10:43:06	11:01:43
2015	10:08:05	11:11:53	11:13:18
Average	9:47:49	11:04:15	11:33:33

## Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	10:15:23
2012	9:45:09	11:04:32
2013	9:51:21	12:22:51
2014	10:57:26	11:30:45
2015	9:56:31	12:05:07
Average	10:09:10	11:27:43

## Ironman Lake Tahoe (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:58:53	11:39:50	11:52:59
2015	10:28:55	11:00:13	11:54:20
Average	10:13:54	11:20:01	11:53:39

## Ironman Mallorca (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:24:17	10:08:14	10:36:01
2015	9:24:48	10:49:33	11:14:16
Average	9:24:32	10:28:53	10:55:08

**Ironman Chattanooga (2 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:54:55	10:33:27	10:34:38
2015	8:56:00	10:02:18	10:33:46
<b>Average</b>	<b>8:55:27</b>	<b>10:17:52</b>	<b>10:34:12</b>

**Ironman Barcelona (2 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:49:21	10:40:38	11:00:16
2015	8:46:44	9:47:28	10:04:25
<b>Average</b>	<b>8:48:02</b>	<b>10:14:03</b>	<b>10:32:20</b>

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

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	11:10:41
2005	9:09:30	10:26:22
2006	9:18:31	10:38:27
2007	9:08:45	10:31:22
2008	9:06:23	10:31:37
2009	8:54:02	10:57:19
2010	8:58:36	10:01:30
2011	8:55:08	10:15:14
2012	9:15:54	10:37:36
2013	8:52:14	10:03:26
2014	9:00:55	10:36:37
2015	8:57:57	10:21:51
<b>Average</b>	<b>9:07:19</b>	<b>10:31:00</b>

**Ironman Louisville (3 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	9:23:22	11:01:02	12:02:59
2008	9:54:17	11:11:34	11:52:41
2010	9:33:15	11:10:53	11:32:36
2011	9:38:14	10:52:09	11:21:39
2012	9:36:27	10:43:30	11:11:07
2013	9:29:02	10:55:48	11:25:36
2014	9:31:19	10:59:53	11:10:48
2015	10:00:04	10:47:19	11:13:23
<b>Average</b>	<b>9:38:15</b>	<b>10:57:46</b>	<b>11:28:51</b>

**Ironman Maryland (3 Kona Slots)**

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	9:26:02	10:44:59	10:49:44
2015	9:42:56	10:27:48	11:05:23
<b>Average</b>	<b>9:34:29</b>	<b>10:36:23</b>	<b>10:57:33</b>

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

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:35:34	10:40:47	10:51:59
2014	9:16:43	10:22:59	10:25:25
<b>Average</b>	<b>9:26:08</b>	<b>10:31:53</b>	<b>10:38:42</b>

### Ironman Florida (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:28:54	9:42:44	10:43:17
2005	9:33:09	10:52:49	11:08:18
2006	9:28:28	10:52:21	10:56:25
2007	9:05:35	10:42:15	10:51:15
2008	9:07:48	10:10:59	10:33:06
2009	9:08:38	10:49:10	10:55:45
2010	9:07:49	10:20:29	10:40:57
2011	8:55:10	10:39:40	10:41:12
2012	8:51:35	9:46:21	10:16:48
2013	8:43:07	9:53:03	10:29:42
2014	8:01:47	9:44:33	10:02:20
<b>Average</b>	<b>9:02:54</b>	<b>10:19:29</b>	<b>10:39:55</b>

### Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	11:29:24
<b>Average</b>	<b>9:09:20</b>	<b>11:29:24</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	12:16:56
<b>Average</b>	<b>9:26:38</b>	<b>12:16:56</b>

### Ironman Arizona (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	9:44:02	11:21:50	12:29:52
2006	9:12:53	11:36:06	12:09:06
2007	9:36:40	11:07:01	12:08:51
2008	9:21:06	10:15:35	10:54:18
2009	9:21:06	10:49:13	10:57:44
2010	9:09:19	10:25:19	10:53:58
2011	8:36:13	10:52:55	11:15:45
2012	9:01:41	10:16:39	10:48:51
2013	8:52:49	10:13:51	10:38:51
2014	8:50:41	10:40:51	11:02:34
<b>Average</b>	<b>9:10:39</b>	<b>10:45:56</b>	<b>11:19:59</b>

### Ironman Cozumel (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	9:06:58	11:45:19	12:09:40
2010	9:07:08	10:52:53	11:02:16
2011	9:14:08	10:38:34	10:48:26
2012	9:15:38	10:59:16	11:20:51
2013	8:52:28	10:15:40	10:21:36
2014	9:14:07	11:07:08	11:15:04
<b>Average</b>	<b>9:08:24</b>	<b>10:56:28</b>	<b>11:09:38</b>

### Ironman Western Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:03:37	11:05:16	11:12:22
2005	9:31:32	12:50:43	12:51:33
2006	9:10:01	11:01:04	11:14:55
2007	9:00:55	10:04:59	10:53:14
2008	8:59:24	10:20:08	11:09:28
2009	9:16:52	10:44:12	11:03:59
2010	9:19:44	10:33:30	10:48:30
2011	9:25:38	10:46:10	11:31:06
2012	9:13:00	10:21:04	11:23:53
2013	8:59:44	10:42:58	10:45:51
2014	8:56:34	10:25:03	10:27:32
<b>Average</b>	<b>9:10:38</b>	<b>10:48:38</b>	<b>11:12:56</b>

### Ironman New Zealand (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:17:55	12:29:48	12:32:28
2004	9:22:23	11:18:54	11:30:02
2005	9:30:13	11:59:59	12:04:49
2007	9:20:01	11:49:57	11:51:50
2008	9:16:00	11:38:05	11:56:52
2009	9:18:25	10:46:11	10:49:36
2010	9:14:35	10:03:20	10:19:12
2011	9:28:24	10:40:47	11:05:20
2013	9:17:10	10:53:11	11:39:32
2014	9:08:46	10:24:33	10:56:10
2015	9:05:45	10:53:59	11:15:42
<b>Average</b>	<b>9:18:08</b>	<b>11:10:47</b>	<b>11:27:24</b>

### Ironman Melbourne (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:34:51	10:06:22	11:01:51
2014	8:57:57	10:00:26	10:16:59
2015	8:52:51	10:03:41	10:28:01
<b>Average</b>	<b>8:48:33</b>	<b>10:03:29</b>	<b>10:35:37</b>

### Ironman South Africa (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:22:00	12:25:08	13:06:59
2008	9:27:48	11:13:29	11:38:50
2009	9:16:32	11:38:54	11:47:26
2010	9:16:55	10:33:32	11:11:18
2011	8:33:56	11:01:22	11:29:04
2012	9:47:10	12:11:17	12:40:43
2013	9:10:58	10:46:37	11:06:00
2014	9:31:54	10:52:07	11:06:27
2015	9:26:56	11:15:08	12:00:23
<b>Average</b>	<b>9:19:21</b>	<b>11:19:43</b>	<b>11:47:27</b>

### Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:13:20	10:42:56
2006	9:19:44	10:40:47
2007	9:12:59	10:52:49
2008	9:03:55	10:51:33
2009	8:57:10	10:53:40
2010	9:23:46	11:13:11
2011	9:29:54	10:35:59
2012	9:34:57	10:27:55
2013	9:34:55	10:52:14
2014	9:28:43	10:38:35
2015	9:38:24	10:36:23
<b>Average</b>	<b>9:21:37</b>	<b>10:46:00</b>

### Ironman Texas (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	8:57:51	10:59:47	11:25:02
2012	8:54:58	10:48:25	11:12:31
2013	8:49:14	10:47:13	11:04:42
2014	8:54:42	10:35:22	10:52:31
2015	8:55:19	10:09:40	10:41:36
<b>Average</b>	<b>8:54:24</b>	<b>10:40:05</b>	<b>11:03:16</b>

### Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	13:20:31
2009	9:54:57	12:59:25
2010	10:03:52	12:06:48
2011	9:43:39	11:28:54
2012	9:58:06	11:04:49
2013	9:37:34	11:18:54
2014	9:41:40	12:01:43
2015	9:56:03	11:50:42
<b>Average</b>	<b>9:52:17</b>	<b>12:01:28</b>

### Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	9:20:46	11:44:28
2007	9:12:40	10:22:54
2008	9:42:50	10:56:17
2009	9:10:15	10:58:37
2010	9:19:13	10:33:38
2011	12:40:07	13:40:19
2012	9:17:42	11:01:05
2013	9:05:53	10:23:50
2014	8:56:32	10:31:07
2015	8:59:08	11:15:11
<b>Average</b>	<b>9:34:30</b>	<b>11:08:44</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	12:05:21
2006	9:56:31	13:18:21
2007	9:49:11	10:54:43
2008	9:35:29	11:04:53
2009	9:30:29	11:26:06
2011	9:34:31	11:10:04
2012	9:16:05	10:33:13
2013	9:12:54	10:27:35
2014	9:12:21	10:46:36
2015	9:24:50	11:37:10
<b>Average</b>	<b>9:34:29</b>	<b>11:20:24</b>

### Ironman Cairns (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:21:00	11:38:50	11:55:07
2013	9:19:51	11:01:34	11:23:44
2014	9:16:58	10:52:57	11:07:34
2015	9:11:49	10:56:15	11:01:25
<b>Average</b>	<b>9:17:24</b>	<b>11:07:24</b>	<b>11:21:57</b>

### Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	10:35:30
2006	9:12:09	11:02:56
2007	9:08:47	11:09:46
2008	8:47:26	10:47:34
2009	8:50:13	10:42:58
2010	9:18:50	10:22:28
2011	8:43:34	10:12:26
2012	9:09:58	10:33:07
2013	8:59:31	9:54:38
2014	8:42:42	10:39:05
2015		10:50:09
<b>Average</b>	<b>8:10:55</b>	<b>10:37:19</b>

### Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	11:05:25	12:04:04
2005	9:15:31	10:35:14	11:12:38
2006	9:16:17	11:07:09	11:08:57
2007	9:04:11	10:19:59	11:01:05
2008	8:51:24	10:51:02	11:09:22
2009	8:58:08	9:51:50	10:21:51
2010	9:04:27	10:27:55	10:56:41
2011	9:12:13	10:17:48	10:40:11
2012	8:52:33	10:48:09	11:25:37
2013	8:56:01	10:06:59	10:18:15
2014	8:52:40	10:34:51	10:47:55
2015	8:51:00	10:29:06	11:00:13
<b>Average</b>	<b>9:01:28</b>	<b>10:32:57</b>	<b>11:00:34</b>



### Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	10:07:38
2008	9:49:06	11:54:02
2009	9:33:59	12:18:21
2010	10:01:02	13:36:27
2011	9:37:31	11:09:30
2012	10:08:44	11:29:41
2013	9:29:12	12:29:05
2014	9:52:12	12:07:00
2015	9:31:58	12:46:54
<b>Average</b>	<b>9:44:26</b>	<b>11:59:50</b>

### Ironman Lake Placid (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	9:29:41	12:15:29	12:48:10
2003	9:51:55	12:15:07	12:25:32
2004	9:24:42	11:28:52	11:42:31
2006	10:11:35	11:32:34	11:52:20
2007	9:40:20	11:17:36	11:23:16
2008	9:51:00	10:39:17	11:20:51
2009	9:29:36	10:54:01	11:14:04
2010	9:27:30	10:43:54	10:58:20
2011	9:19:03	10:32:46	10:50:57
2012	9:47:39	11:12:11	11:15:45
2013	9:35:06	10:59:08	11:07:05
2014	9:28:28	10:29:28	10:32:13
2015	10:13:19	10:42:42	11:30:40
<b>Average</b>	<b>9:40:45</b>	<b>11:09:28</b>	<b>11:27:49</b>

### Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	11:35:26
2006	9:24:18	10:53:38
2007	9:20:43	11:10:20
2008	9:30:12	10:43:21
2009	9:14:35	10:23:36
2010	9:00:04	10:32:00
2011	9:03:26	11:07:55
2012	9:20:16	10:34:59
2013	9:21:31	10:45:13
2014	9:13:30	11:11:11
2015	9:21:05	10:37:38
<b>Average</b>	<b>9:16:24</b>	<b>10:52:17</b>

### Ironman Canada (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:16:02	10:21:58	10:57:36
2005	9:51:31	11:07:48	11:17:40
2006	9:25:13	11:15:13	11:19:15
2007	9:41:01	10:41:35	11:19:09
2008	9:17:58	10:59:02	11:14:04
2009	9:11:20	11:14:56	11:26:44
2010	9:13:46	10:49:04	10:54:01
2011	9:03:13	10:46:15	10:56:43
2012	9:44:58	10:22:24	10:25:29
2013	9:28:13	10:36:08	10:41:36
2014	9:46:58	10:46:57	11:01:12
2015	9:46:19	10:47:49	11:08:52
<b>Average</b>	<b>9:28:52</b>	<b>10:49:05</b>	<b>11:03:31</b>

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

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	11:23:53
<b>Average</b>	<b>9:39:24</b>	<b>11:23:53</b>

### Ironman Boulder (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:19:54	11:00:15	11:03:37
2015	9:53:41	10:17:58	10:47:27
<b>Average</b>	<b>9:36:47</b>	<b>10:39:06</b>	<b>10:55:32</b>

### Ironman Sweden (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:13:27	10:40:29	10:45:27
2013	8:54:01	10:55:39	11:00:53
2014	8:56:50	10:40:16	10:49:08
2015	9:12:27	10:25:09	11:02:36
<b>Average</b>	<b>9:04:11</b>	<b>10:40:23</b>	<b>10:54:31</b>

### Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	10:51:42
2014	8:53:33	10:24:22
2015	8:59:49	10:53:02
<b>Average</b>	<b>8:50:19</b>	<b>10:43:02</b>

### Ironman Coeur d'Alene (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	11:50:14
2005	9:59:08	10:19:37
2006	9:31:07	11:15:33
2007	10:27:55	11:39:10
2008	9:38:58	11:24:20
2009	9:23:21	11:26:38
2010	9:17:54	11:12:40
2011	9:16:40	10:52:06
2012	9:21:44	11:04:45
2013	9:16:02	11:17:41
2014	9:34:32	11:08:55
2015	9:23:27	11:19:07
<b>Average</b>	<b>9:34:24</b>	<b>11:14:13</b>

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

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:30:46	10:54:10	11:06:02
2013	9:07:56	10:47:41	10:57:50
2014	9:40:26	11:13:58	11:25:06
2015	9:09:05	11:00:08	11:10:05
<b>Average</b>	<b>9:22:03</b>	<b>10:58:59</b>	<b>11:09:45</b>

## F45-49 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>1:06:01</b>	<b>5:56:03</b>	<b>3:50:26</b>	<b>11:00:48</b>
2nd Age Grouper	1:13:22	5:47:41	4:03:43	11:12:45
3rd Age Grouper	1:23:55	6:20:32	4:01:10	11:55:05
4th Age Grouper	1:29:03	6:08:17	4:23:33	12:12:27
5th Age Grouper	1:24:52	6:14:38	4:20:55	12:18:38
6th Age Grouper	1:08:23	6:14:18	5:00:55	12:34:32
7th Age Grouper	1:29:20	6:05:10	4:52:35	12:39:22
8th Age Grouper	1:31:18	6:24:30	4:37:26	12:49:46
9th Age Grouper	1:24:25	6:51:11	4:17:58	12:50:24
10th Age Grouper	1:26:49	6:42:11	4:35:15	12:55:02
<b>Kona Qualifier Average</b>	<b>1:06:01</b>	<b>5:56:03</b>	<b>3:50:26</b>	<b>11:00:48</b>
<b>Top 10 Age Grouper Average</b>	<b>1:21:44</b>	<b>6:16:27</b>	<b>4:24:23</b>	<b>12:14:52</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>0:52:12</b>	<b>5:58:09</b>	<b>4:01:03</b>	<b>10:58:43</b>
<b>2nd Age Grouper</b>	<b>1:09:46</b>	<b>5:49:28</b>	<b>4:16:05</b>	<b>11:25:28</b>
3rd Age Grouper	1:02:40	6:09:15	4:13:48	11:33:54
4th Age Grouper	1:10:23	6:25:24	3:48:48	11:37:52
5th Age Grouper	1:08:03	5:51:54	4:39:08	11:49:18
6th Age Grouper	1:08:18	6:20:16	4:15:31	11:52:25
7th Age Grouper	1:08:13	6:23:06	4:24:10	12:10:46
8th Age Grouper	1:10:06	6:28:31	4:22:50	12:14:16
9th Age Grouper	1:13:00	6:31:02	4:18:33	12:17:05
10th Age Grouper	1:10:39	6:52:29	4:10:13	12:27:49
<b>Kona Qualifier Average</b>	<b>1:00:59</b>	<b>5:53:48</b>	<b>4:08:34</b>	<b>11:12:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:20</b>	<b>6:16:57</b>	<b>4:15:00</b>	<b>11:50:45</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>1:09:32</b>	<b>5:48:56</b>	<b>3:55:28</b>	<b>11:04:15</b>
<b>2nd Age Grouper</b>	<b>1:07:55</b>	<b>5:59:14</b>	<b>4:15:59</b>	<b>11:34:45</b>
3rd Age Grouper	1:11:49	6:08:58	4:12:56	11:46:22
4th Age Grouper	1:10:32	6:10:39	4:22:32	11:56:44
5th Age Grouper	1:12:21	6:18:00	4:23:04	12:07:01
6th Age Grouper	1:19:32	6:17:20	4:24:05	12:14:30
7th Age Grouper	1:12:29	6:20:49	4:36:58	12:23:58
8th Age Grouper	1:16:01	6:31:19	4:29:28	12:32:42
9th Age Grouper	1:17:52	6:35:33	4:30:01	12:39:02
10th Age Grouper	1:17:25	6:23:49	4:49:59	12:46:39
<b>Kona Qualifier Average</b>	<b>1:08:44</b>	<b>5:54:05</b>	<b>4:05:44</b>	<b>11:19:30</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:33</b>	<b>6:15:28</b>	<b>4:24:03</b>	<b>12:06:36</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>1:07:45</b>	<b>6:21:59</b>	<b>3:43:12</b>	<b>11:27:43</b>
2nd Age Grouper	1:12:19	6:42:09	4:07:11	12:17:28
3rd Age Grouper	1:18:48	7:00:50	4:09:04	12:50:06
4th Age Grouper	1:14:59	7:10:33	4:26:44	13:09:37
5th Age Grouper	1:16:05	5:42:13	4:46:36	13:25:44
6th Age Grouper	1:19:18	7:23:35	4:31:36	13:39:00
7th Age Grouper	1:22:37	7:06:03	4:53:34	13:54:26
8th Age Grouper	1:21:01	7:44:08	4:42:57	14:10:43
9th Age Grouper	1:20:46	7:34:24	5:06:08	14:24:51
10th Age Grouper	1:23:52	7:38:24	5:11:27	14:39:21
<b>Kona Qualifier Average</b>	<b>1:07:45</b>	<b>6:21:59</b>	<b>3:43:12</b>	<b>11:27:43</b>
<b>Top 10 Age Grouper Average</b>	<b>1:17:45</b>	<b>7:02:26</b>	<b>4:33:51</b>	<b>13:23:54</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>0:59:33</b>	<b>6:08:33</b>	<b>3:59:27</b>	<b>11:20:01</b>
<b>2nd Age Grouper</b>	<b>1:10:51</b>	<b>6:44:59</b>	<b>3:45:10</b>	<b>11:53:39</b>
3rd Age Grouper	1:11:13	6:44:22	4:11:49	12:20:44
4th Age Grouper	1:14:05	6:37:50	4:15:33	12:25:19
5th Age Grouper	1:14:33	6:33:12	4:24:39	12:27:49
6th Age Grouper	1:06:56	6:31:13	4:47:15	12:41:22
7th Age Grouper	1:12:31	6:33:07	4:47:39	12:48:30
8th Age Grouper	1:25:41	7:01:05	4:09:27	12:55:09
9th Age Grouper	1:06:03	6:55:18	5:15:56	13:35:20
10th Age Grouper	1:23:13	6:59:40	5:12:08	13:52:55
<b>Kona Qualifier Average</b>	<b>1:05:12</b>	<b>6:26:46</b>	<b>3:52:19</b>	<b>11:36:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:28</b>	<b>6:40:56</b>	<b>4:28:54</b>	<b>12:38:05</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>1:03:17</b>	<b>5:38:38</b>	<b>3:38:55</b>	<b>10:28:53</b>
<b>2nd Age Grouper</b>	<b>1:04:05</b>	<b>5:41:49</b>	<b>3:59:43</b>	<b>10:55:08</b>
3rd Age Grouper	1:00:10	5:52:28	4:03:17	11:05:06
4th Age Grouper	1:15:11	6:13:39	3:50:55	11:30:04
5th Age Grouper	1:11:14	6:05:54	4:01:33	11:31:13
6th Age Grouper	1:09:17	6:19:49	3:58:57	11:39:44
7th Age Grouper	1:01:38	6:00:48	4:39:28	11:49:43
8th Age Grouper	1:14:47	6:05:36	4:22:10	11:53:21
9th Age Grouper	1:16:57	6:13:31	4:13:32	11:54:27
10th Age Grouper	1:11:41	6:17:32	4:18:46	12:03:06
<b>Kona Qualifier Average</b>	<b>1:03:41</b>	<b>5:40:13</b>	<b>3:49:19</b>	<b>10:42:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:49</b>	<b>6:02:58</b>	<b>4:06:43</b>	<b>11:29:04</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>0:58:54</b>	<b>5:31:51</b>	<b>3:40:24</b>	<b>10:17:52</b>
<b>2nd Age Grouper</b>	<b>1:04:17</b>	<b>5:27:32</b>	<b>3:54:02</b>	<b>10:34:12</b>
3rd Age Grouper	0:57:35	5:45:34	3:49:03	10:39:51
4th Age Grouper	1:00:42	5:36:46	4:04:09	10:49:03
5th Age Grouper	1:03:25	5:35:22	4:06:40	10:54:12
6th Age Grouper	0:58:14	5:35:44	4:26:18	11:08:03
7th Age Grouper	1:03:25	5:41:13	4:16:12	11:12:49
8th Age Grouper	0:59:56	5:48:36	4:20:10	11:16:08
9th Age Grouper	0:56:12	5:51:20	4:19:41	11:19:04
10th Age Grouper	0:58:48	6:01:24	4:11:30	11:20:28
<b>Kona Qualifier Average</b>	<b>1:01:36</b>	<b>5:29:41</b>	<b>3:47:13</b>	<b>10:26:02</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:09</b>	<b>5:41:32</b>	<b>4:06:49</b>	<b>10:57:10</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>1:06:21</b>	<b>5:14:45</b>	<b>3:47:22</b>	<b>10:14:03</b>
<b>2nd Age Grouper</b>	<b>1:09:57</b>	<b>5:19:16</b>	<b>3:55:48</b>	<b>10:32:20</b>
3rd Age Grouper	1:04:49	5:20:22	4:13:00	10:43:01
4th Age Grouper	1:10:58	5:29:04	4:00:44	10:46:40
5th Age Grouper	1:17:40	5:28:04	4:07:11	11:00:56
6th Age Grouper	1:18:54	5:32:02	4:09:32	11:09:08
7th Age Grouper	1:20:40	5:23:17	4:30:08	11:20:59
8th Age Grouper	1:17:47	5:47:06	4:17:44	11:31:35
9th Age Grouper	1:22:31	5:36:07	4:29:45	11:36:02
10th Age Grouper	1:07:56	5:25:24	5:14:15	11:55:09
<b>Kona Qualifier Average</b>	<b>1:08:09</b>	<b>5:17:01</b>	<b>3:51:35</b>	<b>10:23:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:45</b>	<b>5:27:33</b>	<b>4:16:33</b>	<b>11:04:59</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>1:09:07</b>	<b>5:32:17</b>	<b>3:42:33</b>	<b>10:31:00</b>
2nd Age Grouper	1:10:43	5:35:34	3:46:52	10:40:21
3rd Age Grouper	1:07:58	5:46:27	3:48:39	10:50:24
4th Age Grouper	1:09:13	5:43:35	3:56:32	10:57:16
5th Age Grouper	1:13:52	5:54:27	3:48:47	11:04:49
6th Age Grouper	1:11:13	5:58:09	3:52:41	11:10:26
7th Age Grouper	1:10:17	5:57:57	3:56:30	11:14:01
8th Age Grouper	1:12:11	6:04:40	3:51:46	11:17:28
9th Age Grouper	1:10:35	5:57:08	4:03:55	11:20:25
10th Age Grouper	1:12:22	5:57:39	4:05:41	11:23:12
<b>Kona Qualifier Average</b>	<b>1:09:07</b>	<b>5:32:17</b>	<b>3:42:33</b>	<b>10:31:00</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:45</b>	<b>5:50:47</b>	<b>3:53:23</b>	<b>11:02:56</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>1:04:58</b>	<b>5:44:55</b>	<b>3:58:59</b>	<b>10:57:46</b>
<b>2nd Age Grouper</b>	<b>1:13:54</b>	<b>5:47:09</b>	<b>4:05:36</b>	<b>11:16:40</b>
<b>3rd Age Grouper</b>	<b>1:12:47</b>	<b>5:54:21</b>	<b>4:11:35</b>	<b>11:28:51</b>
4th Age Grouper	1:05:23	6:01:18	4:18:25	11:37:33
5th Age Grouper	1:18:12	6:09:59	4:06:46	11:46:40
6th Age Grouper	1:17:24	6:04:04	4:20:37	11:53:28
7th Age Grouper	1:16:24	6:14:10	4:23:28	12:03:38
8th Age Grouper	1:18:10	6:10:37	4:25:21	12:09:15
9th Age Grouper	1:18:09	6:03:36	4:39:28	12:14:48
10th Age Grouper	1:20:53	6:12:35	4:33:27	12:19:05
<b>Kona Qualifier Average</b>	<b>1:10:33</b>	<b>5:48:48</b>	<b>4:05:23</b>	<b>11:14:26</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:37</b>	<b>6:02:16</b>	<b>4:18:22</b>	<b>11:46:46</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>1:03:21</b>	<b>5:12:03</b>	<b>4:09:08</b>	<b>10:36:23</b>
<b>2nd Age Grouper</b>	<b>1:00:05</b>	<b>5:31:31</b>	<b>4:16:14</b>	<b>10:56:07</b>
<b>3rd Age Grouper</b>	<b>1:06:25</b>	<b>5:22:52</b>	<b>4:18:26</b>	<b>10:57:33</b>
4th Age Grouper	1:10:13	5:33:11	4:06:43	10:59:25
5th Age Grouper	1:04:11	5:31:19	4:15:58	11:05:05
6th Age Grouper	1:04:37	6:03:03	3:45:14	11:06:46
7th Age Grouper	1:08:27	5:42:55	4:08:32	11:10:31
8th Age Grouper	1:04:56	5:41:03	4:21:46	11:17:53
9th Age Grouper	1:02:05	5:40:11	4:23:58	11:19:07
10th Age Grouper	1:06:29	5:33:34	4:34:45	11:25:19
<b>Kona Qualifier Average</b>	<b>1:03:17</b>	<b>5:22:08</b>	<b>4:14:36</b>	<b>10:50:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:05</b>	<b>5:35:10</b>	<b>4:14:04</b>	<b>11:05:25</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>1:00:54</b>	<b>5:40:49</b>	<b>3:43:26</b>	<b>10:31:53</b>
<b>2nd Age Grouper</b>	<b>1:22:10</b>	<b>2:50:38</b>	<b>7:05:06</b>	<b>10:38:42</b>
3rd Age Grouper	1:20:20	6:04:41	3:52:30	11:25:14
4th Age Grouper	1:18:05	6:16:55	4:04:13	11:48:45
5th Age Grouper	1:19:48	6:06:36	4:23:28	11:59:05
6th Age Grouper	1:21:46	6:25:28	4:03:32	11:59:29
7th Age Grouper	1:13:47	6:13:55	4:33:26	12:09:57
8th Age Grouper	1:16:10	6:29:11	4:19:13	12:14:34
9th Age Grouper	1:03:38	6:08:18	4:55:48	12:18:28
10th Age Grouper	1:14:51	6:39:11	4:37:27	12:39:56
<b>Kona Qualifier Average</b>	<b>1:11:32</b>	<b>4:15:43</b>	<b>5:24:16</b>	<b>10:35:17</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:09</b>	<b>5:53:34</b>	<b>4:33:49</b>	<b>11:46:36</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>0:58:27</b>	<b>5:18:33</b>	<b>3:53:37</b>	<b>10:19:29</b>
<b>2nd Age Grouper</b>	<b>1:02:05</b>	<b>5:31:56</b>	<b>3:57:09</b>	<b>10:39:55</b>
3rd Age Grouper	0:56:28	5:00:30	4:43:01	10:48:21
4th Age Grouper	1:06:55	5:35:43	4:04:05	10:56:53
5th Age Grouper	1:02:10	5:29:37	4:20:50	11:01:42
6th Age Grouper	1:06:21	5:39:07	4:14:50	11:11:06
7th Age Grouper	1:03:53	5:40:55	4:20:02	11:17:45
8th Age Grouper	1:04:50	5:50:00	4:14:16	11:21:41
9th Age Grouper	1:08:22	5:48:12	4:17:59	11:26:29
10th Age Grouper	1:05:01	5:47:44	4:29:32	11:33:10
<b>Kona Qualifier Average</b>	<b>1:00:16</b>	<b>5:25:14</b>	<b>3:55:23</b>	<b>10:29:42</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:27</b>	<b>5:34:14</b>	<b>4:15:32</b>	<b>11:03:39</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>1:12:09</b>	<b>5:32:05</b>	<b>4:39:14</b>	<b>11:29:24</b>
2nd Age Grouper	1:18:08	6:06:22	4:20:26	11:51:51
3rd Age Grouper	1:30:34	6:25:46	4:14:11	12:20:04
4th Age Grouper	1:26:23	6:08:06	4:39:32	12:22:00
5th Age Grouper	1:30:03	6:05:38	4:42:03	12:27:55
6th Age Grouper	1:26:48	6:00:35	5:07:53	12:41:59
7th Age Grouper	1:18:30	6:13:14	5:23:53	13:07:20
8th Age Grouper	1:23:59	6:22:16	5:27:16	13:19:59
9th Age Grouper	1:20:26	6:49:59	5:16:46	13:36:17
10th Age Grouper	1:41:38	7:10:12	4:59:06	14:03:32
<b>Kona Qualifier Average</b>	<b>1:12:09</b>	<b>5:32:05</b>	<b>4:39:14</b>	<b>11:29:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:24:51</b>	<b>6:17:25</b>	<b>4:53:02</b>	<b>12:44:02</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>1:19:02</b>	<b>6:18:31</b>	<b>4:29:41</b>	<b>12:16:56</b>
2nd Age Grouper	1:38:37	6:55:37	4:27:01	13:20:09
3rd Age Grouper	1:23:04	6:52:57	4:52:35	13:24:14
4th Age Grouper	1:33:15	6:39:36	5:54:56	14:25:23
5th Age Grouper	1:28:01	7:09:58	5:56:27	14:49:13
6th Age Grouper	2:05:09	7:10:51	5:20:52	14:49:33
7th Age Grouper	1:56:41	7:43:25	5:22:19	15:23:06
8th Age Grouper	1:48:01	7:35:58	5:57:57	15:37:45
9th Age Grouper	1:47:30	8:14:55	5:35:35	15:51:45
10th Age Grouper	1:36:43	6:50:16	7:16:17	15:58:09
<b>Kona Qualifier Average</b>	<b>1:19:02</b>	<b>6:18:31</b>	<b>4:29:41</b>	<b>12:16:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:39:36</b>	<b>7:09:12</b>	<b>5:31:22</b>	<b>14:35:37</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>1:06:08</b>	<b>5:31:06</b>	<b>4:00:49</b>	<b>10:45:56</b>
<b>2nd Age Grouper</b>	<b>1:10:23</b>	<b>5:43:40</b>	<b>4:00:32</b>	<b>11:02:53</b>
<b>3rd Age Grouper</b>	<b>1:10:19</b>	<b>5:45:19</b>	<b>4:15:12</b>	<b>11:19:59</b>
4th Age Grouper	1:10:16	5:55:07	4:18:24	11:33:33
5th Age Grouper	1:18:28	5:56:01	4:18:19	11:42:25
6th Age Grouper	1:16:27	5:57:10	4:25:13	11:50:26
7th Age Grouper	1:18:29	6:00:07	4:23:37	11:53:44
8th Age Grouper	1:15:36	6:10:08	4:31:48	12:11:38
9th Age Grouper	1:16:00	6:14:18	4:34:36	12:17:17
10th Age Grouper	1:15:15	6:15:24	4:34:46	12:20:32
<b>Kona Qualifier Average</b>	<b>1:08:52</b>	<b>5:42:43</b>	<b>4:08:06</b>	<b>11:08:15</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:15</b>	<b>5:56:17</b>	<b>4:21:03</b>	<b>11:41:26</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>1:01:28</b>	<b>5:42:59</b>	<b>4:04:45</b>	<b>10:56:28</b>
<b>2nd Age Grouper</b>	<b>0:59:00</b>	<b>5:46:02</b>	<b>4:08:26</b>	<b>11:09:38</b>
3rd Age Grouper	1:01:07	5:47:04	4:11:04	11:15:22
4th Age Grouper	1:11:02	5:54:10	4:10:57	11:25:36
5th Age Grouper	1:11:59	5:58:07	4:12:25	11:31:10
6th Age Grouper	1:09:56	6:02:49	4:23:13	11:45:47
7th Age Grouper	1:09:31	6:09:41	4:24:18	11:52:49
8th Age Grouper	1:17:09	6:09:06	4:24:27	12:00:04
9th Age Grouper	1:18:42	6:12:22	4:22:54	12:04:44
10th Age Grouper	1:11:22	5:06:21	5:53:34	12:11:36
<b>Kona Qualifier Average</b>	<b>1:00:14</b>	<b>5:44:30</b>	<b>4:06:35</b>	<b>11:03:03</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:08</b>	<b>5:52:52</b>	<b>4:25:36</b>	<b>11:37:20</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>1:08:36</b>	<b>5:34:30</b>	<b>4:01:11</b>	<b>10:48:38</b>
<b>2nd Age Grouper</b>	<b>1:08:39</b>	<b>5:49:03</b>	<b>4:09:42</b>	<b>11:12:56</b>
3rd Age Grouper	1:15:55	5:49:18	4:14:43	11:25:33
4th Age Grouper	1:14:11	5:59:41	4:21:56	11:42:09
5th Age Grouper	1:15:39	6:03:14	4:37:06	12:03:37
6th Age Grouper	1:14:49	6:14:29	4:34:22	12:10:15
7th Age Grouper	1:12:58	6:14:43	4:45:04	12:19:27
8th Age Grouper	1:18:57	6:21:58	4:44:47	12:32:59
9th Age Grouper	1:17:43	6:14:19	4:40:08	12:20:20
10th Age Grouper	1:14:17	6:13:11	4:50:32	12:25:31
<b>Kona Qualifier Average</b>	<b>1:08:37</b>	<b>5:41:47</b>	<b>4:05:26</b>	<b>11:00:47</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:08</b>	<b>6:03:15</b>	<b>4:29:40</b>	<b>11:53:37</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>1:08:39</b>	<b>5:53:55</b>	<b>3:57:20</b>	<b>11:10:47</b>
<b>2nd Age Grouper</b>	<b>1:08:59</b>	<b>6:06:05</b>	<b>4:03:49</b>	<b>11:27:24</b>
3rd Age Grouper	1:11:06	6:03:49	4:19:58	11:45:26
4th Age Grouper	1:16:22	6:05:55	4:26:17	11:59:09
5th Age Grouper	1:10:32	6:14:20	4:33:58	12:10:38
6th Age Grouper	1:15:22	6:24:18	4:30:34	12:22:17
7th Age Grouper	1:16:37	6:32:51	4:32:53	12:35:09
8th Age Grouper	1:14:22	6:36:25	4:39:58	12:45:33
9th Age Grouper	1:17:28	6:39:30	4:51:14	13:01:31
10th Age Grouper	1:13:56	6:44:55	4:58:20	13:12:03
<b>Kona Qualifier Average</b>	<b>1:08:49</b>	<b>6:00:00</b>	<b>4:00:34</b>	<b>11:19:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:20</b>	<b>6:20:12</b>	<b>4:29:26</b>	<b>12:15:00</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>1:04:52</b>	<b>5:07:34</b>	<b>3:44:51</b>	<b>10:03:29</b>
<b>2nd Age Grouper</b>	<b>1:04:22</b>	<b>5:27:35</b>	<b>3:56:05</b>	<b>10:35:37</b>
3rd Age Grouper	1:06:27	5:32:24	3:52:16	10:37:09
4th Age Grouper	1:11:11	5:30:23	3:56:38	10:44:47
5th Age Grouper	1:06:51	5:30:44	4:09:32	10:56:02
6th Age Grouper	1:04:05	5:37:52	4:15:19	11:06:36
7th Age Grouper	1:03:35	5:33:14	4:24:20	11:08:55
8th Age Grouper	1:15:34	5:42:07	4:12:21	11:17:44
9th Age Grouper	1:14:01	5:46:24	4:11:09	11:21:25
10th Age Grouper	1:17:05	5:42:21	4:14:42	11:26:50
<b>Kona Qualifier Average</b>	<b>1:04:37</b>	<b>5:17:34</b>	<b>3:50:28</b>	<b>10:19:33</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:48</b>	<b>5:33:04</b>	<b>4:05:43</b>	<b>10:55:51</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>1:20:13</b>	<b>5:46:42</b>	<b>4:02:59</b>	<b>11:19:43</b>
<b>2nd Age Grouper</b>	<b>1:18:45</b>	<b>6:11:53</b>	<b>4:07:28</b>	<b>11:47:27</b>
3rd Age Grouper	1:20:00	6:18:59	4:11:01	12:01:03
4th Age Grouper	1:17:19	6:24:27	4:17:37	12:12:34
5th Age Grouper	1:25:54	6:20:14	4:23:18	12:23:47
6th Age Grouper	1:25:03	6:32:39	4:20:53	12:33:35
7th Age Grouper	1:21:10	6:29:50	4:39:21	12:44:00
8th Age Grouper	1:27:21	6:39:09	4:33:37	12:53:48
9th Age Grouper	1:23:37	6:37:05	4:50:44	13:06:53
10th Age Grouper	1:31:18	6:47:20	4:42:06	13:17:16
<b>Kona Qualifier Average</b>	<b>1:19:29</b>	<b>5:59:18</b>	<b>4:05:14</b>	<b>11:33:35</b>
<b>Top 10 Age Grouper Average</b>	<b>1:23:04</b>	<b>6:24:50</b>	<b>4:24:54</b>	<b>12:26:01</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>1:01:53</b>	<b>5:49:51</b>	<b>3:50:33</b>	<b>10:46:00</b>
2nd Age Grouper	1:06:25	5:56:32	4:00:14	11:08:40
3rd Age Grouper	1:06:47	5:33:08	4:51:28	11:30:36
4th Age Grouper	1:08:16	6:13:42	4:12:59	11:40:23
5th Age Grouper	1:12:26	6:17:31	4:10:21	11:46:53
6th Age Grouper	1:12:30	6:19:08	4:19:34	11:57:30
7th Age Grouper	1:10:01	6:20:45	4:26:55	12:04:36
8th Age Grouper	1:13:20	6:25:00	4:31:25	12:17:47
9th Age Grouper	1:10:28	6:32:17	4:38:38	12:28:07
10th Age Grouper	1:11:07	6:34:02	4:44:27	12:37:28
<b>Kona Qualifier Average</b>	<b>1:01:53</b>	<b>5:49:51</b>	<b>3:50:33</b>	<b>10:46:00</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:19</b>	<b>6:12:12</b>	<b>4:22:39</b>	<b>11:49:48</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>1:10:51</b>	<b>5:29:24</b>	<b>3:51:57</b>	<b>10:40:05</b>
<b>2nd Age Grouper</b>	<b>1:14:52</b>	<b>5:31:46</b>	<b>3:54:39</b>	<b>10:49:55</b>
<b>3rd Age Grouper</b>	<b>1:16:00</b>	<b>5:29:31</b>	<b>4:09:17</b>	<b>11:03:16</b>
4th Age Grouper	1:15:42	5:38:01	4:04:12	11:06:33
5th Age Grouper	1:15:59	5:31:12	4:16:49	11:12:31
6th Age Grouper	1:11:29	5:41:45	4:18:36	11:20:20
7th Age Grouper	1:18:31	5:37:42	4:19:39	11:28:16
8th Age Grouper	1:17:36	5:46:00	4:28:50	11:44:10
9th Age Grouper	1:24:49	5:41:30	4:32:30	11:49:01
10th Age Grouper	1:17:05	5:58:09	4:30:04	11:56:10
<b>Kona Qualifier Average</b>	<b>1:13:55</b>	<b>5:30:14</b>	<b>3:58:37</b>	<b>10:51:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:17</b>	<b>5:38:30</b>	<b>4:14:39</b>	<b>11:19:02</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>1:09:52</b>	<b>6:37:05</b>	<b>4:02:05</b>	<b>12:01:28</b>
2nd Age Grouper	1:08:34	6:44:42	4:12:14	12:18:36
3rd Age Grouper	1:15:36	6:52:26	4:20:46	12:44:48
4th Age Grouper	1:05:34	6:09:31	5:47:39	13:17:12
5th Age Grouper	1:19:00	7:15:11	4:46:11	13:37:47
6th Age Grouper	1:19:13	7:27:08	4:49:05	13:53:29
7th Age Grouper	1:25:17	7:29:09	4:56:28	14:12:00
8th Age Grouper	1:27:37	8:02:42	4:41:42	14:31:05
9th Age Grouper	1:22:51	7:43:51	4:55:58	14:22:49
10th Age Grouper	1:21:48	7:45:39	5:12:02	14:37:23
<b>Kona Qualifier Average</b>	<b>1:09:52</b>	<b>6:37:05</b>	<b>4:02:05</b>	<b>12:01:28</b>
<b>Top 10 Age Grouper Average</b>	<b>1:17:17</b>	<b>7:11:18</b>	<b>4:45:16</b>	<b>13:30:41</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>1:07:26</b>	<b>5:04:01</b>	<b>3:34:59</b>	<b>11:08:44</b>
2nd Age Grouper	1:12:27	5:16:39	3:43:52	11:38:11
3rd Age Grouper	1:17:08	5:26:06	3:48:54	11:57:28
4th Age Grouper	1:15:53	5:29:58	3:58:47	12:10:57
5th Age Grouper	1:15:40	5:34:38	4:13:04	12:30:24
6th Age Grouper	1:28:48	5:45:53	4:19:50	13:04:21
7th Age Grouper	1:22:38	5:08:00	4:01:55	13:17:21
8th Age Grouper	1:26:40	6:06:24	4:27:37	13:31:04
9th Age Grouper	1:25:53	6:10:58	4:40:14	13:52:04
10th Age Grouper	1:28:10	6:07:32	5:06:17	14:16:16
<b>Kona Qualifier Average</b>	<b>1:07:26</b>	<b>5:04:01</b>	<b>3:34:59</b>	<b>11:08:44</b>
<b>Top 10 Age Grouper Average</b>	<b>1:20:04</b>	<b>5:37:01</b>	<b>4:11:33</b>	<b>12:44:41</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>1:09:35</b>	<b>6:07:11</b>	<b>3:50:58</b>	<b>11:20:24</b>
2nd Age Grouper	1:10:26	6:27:54	4:09:51	11:52:24
3rd Age Grouper	1:18:55	6:34:41	4:15:11	12:22:14
4th Age Grouper	1:17:20	6:43:08	4:21:51	12:37:38
5th Age Grouper	1:06:02	6:42:17	4:46:59	12:59:54
6th Age Grouper	1:14:15	6:47:44	4:47:06	13:06:50
7th Age Grouper	1:17:35	6:49:08	5:00:58	13:25:21
8th Age Grouper	1:17:55	7:07:41	4:49:21	13:35:54
9th Age Grouper	1:13:47	7:03:55	5:12:07	13:59:33
10th Age Grouper	1:24:39	7:02:13	5:06:42	13:52:14
<b>Kona Qualifier Average</b>	<b>1:09:35</b>	<b>6:07:11</b>	<b>3:50:58</b>	<b>11:20:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:43</b>	<b>6:42:52</b>	<b>4:35:26</b>	<b>12:50:03</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>1:11:53</b>	<b>5:42:10</b>	<b>4:05:17</b>	<b>11:07:24</b>
<b>2nd Age Grouper</b>	<b>1:13:54</b>	<b>5:49:42</b>	<b>4:07:48</b>	<b>11:21:57</b>
3rd Age Grouper	1:05:18	5:44:51	4:37:10	11:36:31
4th Age Grouper	1:20:07	6:06:43	4:13:10	11:50:56
5th Age Grouper	1:12:22	6:03:09	4:38:15	12:04:25
6th Age Grouper	1:19:16	5:56:26	4:53:27	12:19:19
7th Age Grouper	1:18:10	6:36:21	4:32:31	12:41:13
8th Age Grouper	1:18:52	6:31:41	4:48:31	12:53:07
9th Age Grouper	1:20:12	6:44:06	4:40:24	12:55:22
10th Age Grouper	1:20:16	6:38:32	5:01:04	13:12:54
<b>Kona Qualifier Average</b>	<b>1:12:53</b>	<b>5:45:56</b>	<b>4:06:32</b>	<b>11:14:40</b>
<b>Top 10 Age Grouper Average</b>	<b>1:16:02</b>	<b>6:11:22</b>	<b>4:33:46</b>	<b>12:12:19</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>1:06:34</b>	<b>5:29:38</b>	<b>3:52:24</b>	<b>10:37:19</b>
2nd Age Grouper	1:11:54	5:40:48	3:58:14	11:00:57
3rd Age Grouper	1:10:35	5:43:46	4:53:35	11:20:02
4th Age Grouper	1:14:28	5:58:43	4:01:05	11:26:20
5th Age Grouper	1:15:43	6:03:18	4:40:05	11:31:18
6th Age Grouper	1:12:32	5:58:21	4:16:55	11:39:07
7th Age Grouper	1:10:27	5:32:00	4:15:34	11:49:59
8th Age Grouper	1:15:06	6:02:53	4:26:51	11:56:53
9th Age Grouper	1:15:43	6:06:43	4:25:46	12:03:17
10th Age Grouper	1:21:27	5:56:09	4:36:19	12:09:03
<b>Kona Qualifier Average</b>	<b>1:06:34</b>	<b>5:29:38</b>	<b>3:52:24</b>	<b>10:37:19</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:27</b>	<b>5:51:14</b>	<b>4:20:41</b>	<b>11:33:26</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>1:04:48</b>	<b>5:31:56</b>	<b>3:29:49</b>	<b>10:32:57</b>
<b>2nd Age Grouper</b>	<b>1:08:01</b>	<b>5:43:46</b>	<b>3:41:48</b>	<b>11:00:34</b>
3rd Age Grouper	1:15:31	5:49:13	3:42:04	11:14:44
4th Age Grouper	1:19:18	5:50:07	3:45:01	11:24:20
5th Age Grouper	1:19:57	5:52:45	3:53:52	11:35:17
6th Age Grouper	1:17:53	6:01:52	4:49:26	11:48:22
7th Age Grouper	1:17:05	6:10:02	5:09:44	12:06:37
8th Age Grouper	1:17:39	6:04:36	4:05:36	12:00:05
9th Age Grouper	1:18:17	6:10:06	4:02:22	12:09:30
10th Age Grouper	1:19:35	5:33:53	4:57:40	12:18:23
<b>Kona Qualifier Average</b>	<b>1:06:24</b>	<b>5:37:51</b>	<b>3:35:48</b>	<b>10:46:45</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:44</b>	<b>5:52:44</b>	<b>4:09:25</b>	<b>11:36:15</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>1:15:43</b>	<b>6:30:21</b>	<b>4:01:38</b>	<b>11:59:50</b>
2nd Age Grouper	1:13:37	6:49:47	4:15:24	12:31:37
3rd Age Grouper	1:19:01	6:56:42	4:31:48	13:02:00
4th Age Grouper	1:20:10	7:11:42	4:32:10	13:19:51
5th Age Grouper	1:22:33	7:21:37	4:25:05	13:24:42
6th Age Grouper	1:24:26	7:09:02	4:53:23	13:44:33
7th Age Grouper	1:25:39	7:26:24	4:52:03	14:01:32
8th Age Grouper	1:23:15	7:23:10	5:08:10	14:11:01
9th Age Grouper	1:26:58	7:29:05	4:56:01	14:09:44
10th Age Grouper	1:27:10	7:36:41	5:05:43	14:29:19
<b>Kona Qualifier Average</b>	<b>1:15:43</b>	<b>6:30:21</b>	<b>4:01:38</b>	<b>11:59:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:21:44</b>	<b>7:10:58</b>	<b>4:39:40</b>	<b>13:28:16</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>1:05:41</b>	<b>5:58:10</b>	<b>3:57:13</b>	<b>11:09:28</b>
<b>2nd Age Grouper</b>	<b>1:03:09</b>	<b>6:10:27</b>	<b>4:01:00</b>	<b>11:27:49</b>
3rd Age Grouper	1:04:01	6:14:15	4:04:22	11:38:34
4th Age Grouper	1:10:31	6:14:32	4:11:59	11:47:28
5th Age Grouper	1:09:36	6:15:51	4:18:35	11:54:14
6th Age Grouper	1:04:34	6:20:08	4:21:56	12:00:50
7th Age Grouper	1:07:43	6:20:28	4:25:49	12:07:20
8th Age Grouper	1:15:44	6:19:48	4:29:54	12:16:28
9th Age Grouper	1:10:47	6:24:03	4:37:10	12:24:02
10th Age Grouper	1:09:38	6:26:31	4:40:46	12:29:24
<b>Kona Qualifier Average</b>	<b>1:04:25</b>	<b>6:04:19</b>	<b>3:59:06</b>	<b>11:18:38</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:08</b>	<b>6:16:25</b>	<b>4:18:52</b>	<b>11:55:34</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>1:12:48</b>	<b>5:42:50</b>	<b>3:51:03</b>	<b>10:52:17</b>
2nd Age Grouper	1:15:43	5:54:23	4:40:43	11:12:48
3rd Age Grouper	1:17:33	6:01:08	4:08:39	11:35:02
4th Age Grouper	1:15:18	6:05:27	4:26:18	11:55:20
5th Age Grouper	1:21:40	5:36:08	5:10:33	12:07:44
6th Age Grouper	1:18:22	5:35:47	5:23:12	12:17:42
7th Age Grouper	1:20:02	5:42:37	5:27:48	12:29:05
8th Age Grouper	1:21:49	6:21:29	4:28:23	12:20:43
9th Age Grouper	1:22:23	6:26:46	4:31:53	12:30:44
10th Age Grouper	1:25:29	6:28:33	4:34:07	12:40:50
<b>Kona Qualifier Average</b>	<b>1:12:48</b>	<b>5:42:50</b>	<b>3:51:03</b>	<b>10:52:17</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:52</b>	<b>5:58:09</b>	<b>4:40:19</b>	<b>11:58:10</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>1:07:12</b>	<b>5:48:16</b>	<b>3:47:04</b>	<b>10:49:05</b>
<b>2nd Age Grouper</b>	<b>1:05:38</b>	<b>5:49:53</b>	<b>4:00:48</b>	<b>11:03:31</b>
3rd Age Grouper	1:09:23	5:53:50	4:03:20	11:14:12
4th Age Grouper	1:12:42	6:03:09	3:57:57	11:22:30
5th Age Grouper	1:09:55	5:59:42	4:11:45	11:30:19
6th Age Grouper	1:11:18	6:00:43	4:16:55	11:37:42
7th Age Grouper	1:15:10	5:59:20	4:17:48	11:40:39
8th Age Grouper	1:14:59	6:04:38	4:16:33	11:45:29
9th Age Grouper	1:11:36	6:03:16	4:27:03	11:51:08
10th Age Grouper	1:15:36	6:06:19	4:25:27	11:56:53
<b>Kona Qualifier Average</b>	<b>1:06:25</b>	<b>5:49:04</b>	<b>3:53:56</b>	<b>10:56:18</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:21</b>	<b>5:58:54</b>	<b>4:10:28</b>	<b>11:29:09</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>1:02:07</b>	<b>6:12:30</b>	<b>4:00:21</b>	<b>11:23:53</b>
2nd Age Grouper	1:14:52	6:16:34	4:04:56	11:44:24
3rd Age Grouper	1:18:49	6:11:22	4:47:08	12:25:04
4th Age Grouper	1:10:51	6:44:43	4:42:27	12:47:13
5th Age Grouper	1:12:19	6:13:11	5:05:08	12:47:38
6th Age Grouper	1:10:50	6:37:54	4:48:21	12:55:39
7th Age Grouper	1:23:22	6:50:50	4:38:44	13:06:26
8th Age Grouper	1:14:25	6:54:54	4:41:40	13:07:34
9th Age Grouper	1:35:54	7:29:15	5:11:54	14:27:40
10th Age Grouper	1:53:51	7:24:06	5:49:43	15:27:59
<b>Kona Qualifier Average</b>	<b>1:02:07</b>	<b>6:12:30</b>	<b>4:00:21</b>	<b>11:23:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:19:44</b>	<b>6:41:31</b>	<b>4:47:02</b>	<b>13:01:21</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>1:05:38</b>	<b>5:21:49</b>	<b>4:02:23</b>	<b>10:39:06</b>
<b>2nd Age Grouper</b>	<b>1:21:52</b>	<b>5:28:27</b>	<b>3:53:26</b>	<b>10:55:32</b>
3rd Age Grouper	1:09:43	5:21:37	4:16:46	10:58:00
4th Age Grouper	1:10:16	5:37:04	4:07:36	11:04:24
5th Age Grouper	1:15:37	5:33:09	4:19:49	11:18:15
6th Age Grouper	1:21:37	5:45:07	4:19:54	11:39:18
7th Age Grouper	1:09:05	5:57:09	4:40:28	11:58:01
8th Age Grouper	1:26:12	5:33:39	4:47:38	12:01:40
9th Age Grouper	1:36:19	5:51:41	4:38:25	12:20:28
10th Age Grouper	1:16:46	6:04:41	4:45:24	12:21:29
<b>Kona Qualifier Average</b>	<b>1:13:45</b>	<b>5:25:08</b>	<b>3:57:55</b>	<b>10:47:19</b>
<b>Top 10 Age Grouper Average</b>	<b>1:17:18</b>	<b>5:39:26</b>	<b>4:23:11</b>	<b>11:31:37</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>1:10:22</b>	<b>5:23:59</b>	<b>3:58:30</b>	<b>10:40:23</b>
<b>2nd Age Grouper</b>	<b>1:11:26</b>	<b>5:38:56</b>	<b>3:57:42</b>	<b>10:54:31</b>
3rd Age Grouper	1:11:24	5:42:33	4:05:24	11:05:22
4th Age Grouper	1:12:34	5:40:35	4:12:13	11:11:19
5th Age Grouper	1:19:54	5:41:54	4:05:14	11:14:59
6th Age Grouper	1:10:23	5:49:27	4:18:44	11:28:59
7th Age Grouper	1:31:01	6:01:01	4:10:28	11:54:51
8th Age Grouper	1:21:49	6:10:13	4:26:00	12:07:08
9th Age Grouper	1:26:28	6:00:01	4:32:44	12:09:58
10th Age Grouper	1:16:29	6:23:49	4:27:39	12:18:39
<b>Kona Qualifier Average</b>	<b>1:10:54</b>	<b>5:31:27</b>	<b>3:58:06</b>	<b>10:47:27</b>
<b>Top 10 Age Grouper Average</b>	<b>1:17:11</b>	<b>5:51:15</b>	<b>4:13:28</b>	<b>11:30:37</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>1:12:12</b>	<b>5:27:39</b>	<b>3:54:03</b>	<b>10:43:02</b>
2nd Age Grouper	1:11:10	5:33:02	3:56:13	10:48:35
3rd Age Grouper	1:15:04	5:27:55	4:00:07	10:55:25
4th Age Grouper	1:08:36	5:40:22	4:06:59	11:04:02
5th Age Grouper	1:10:57	5:36:19	4:10:02	11:12:32
6th Age Grouper	1:11:58	5:41:56	4:09:31	11:15:01
7th Age Grouper	1:20:17	5:39:47	4:06:50	11:20:32
8th Age Grouper	1:16:43	6:00:16	3:59:12	11:28:13
9th Age Grouper	1:09:27	5:48:12	4:22:23	11:34:07
10th Age Grouper	1:16:56	5:46:42	4:21:57	11:40:10
<b>Kona Qualifier Average</b>	<b>1:12:12</b>	<b>5:27:39</b>	<b>3:54:03</b>	<b>10:43:02</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:20</b>	<b>5:40:13</b>	<b>4:06:44</b>	<b>11:12:10</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>1:09:09</b>	<b>5:59:05</b>	<b>3:58:08</b>	<b>11:14:13</b>
2nd Age Grouper	1:12:23	6:02:24	4:12:36	11:35:03
3rd Age Grouper	1:12:02	6:06:40	4:20:02	11:47:56
4th Age Grouper	1:16:45	6:10:48	4:20:36	11:58:20
5th Age Grouper	1:20:39	6:17:05	4:19:41	12:06:55
6th Age Grouper	1:18:25	6:18:50	4:27:19	12:15:39
7th Age Grouper	1:15:04	6:21:08	4:33:13	12:21:01
8th Age Grouper	1:15:25	6:19:53	4:40:50	12:28:23
9th Age Grouper	1:20:21	6:17:40	4:45:51	12:34:35
10th Age Grouper	1:16:39	6:28:19	4:43:55	12:41:03
<b>Kona Qualifier Average</b>	<b>1:09:09</b>	<b>5:59:05</b>	<b>3:58:08</b>	<b>11:14:13</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:41</b>	<b>6:14:11</b>	<b>4:26:13</b>	<b>12:06:19</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>1:13:18</b>	<b>5:52:14</b>	<b>3:45:05</b>	<b>10:58:59</b>
<b>2nd Age Grouper</b>	<b>1:08:36</b>	<b>5:52:34</b>	<b>3:58:38</b>	<b>11:09:45</b>
3rd Age Grouper	1:09:57	5:48:32	4:17:35	11:24:03
4th Age Grouper	1:11:09	5:59:48	4:09:12	11:28:50
5th Age Grouper	1:09:08	6:04:08	4:09:19	11:32:18
6th Age Grouper	1:12:07	6:00:28	4:16:25	11:38:10
7th Age Grouper	1:20:00	6:08:27	4:02:22	11:42:06
8th Age Grouper	1:14:52	6:05:31	4:17:42	11:48:37
9th Age Grouper	1:25:00	6:03:25	4:13:13	11:51:30
10th Age Grouper	1:18:20	6:08:26	4:15:59	11:54:52
<b>Kona Qualifier Average</b>	<b>1:10:57</b>	<b>5:52:24</b>	<b>3:51:52</b>	<b>11:04:22</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:15</b>	<b>6:00:21</b>	<b>4:08:33</b>	<b>11:32:55</b>