

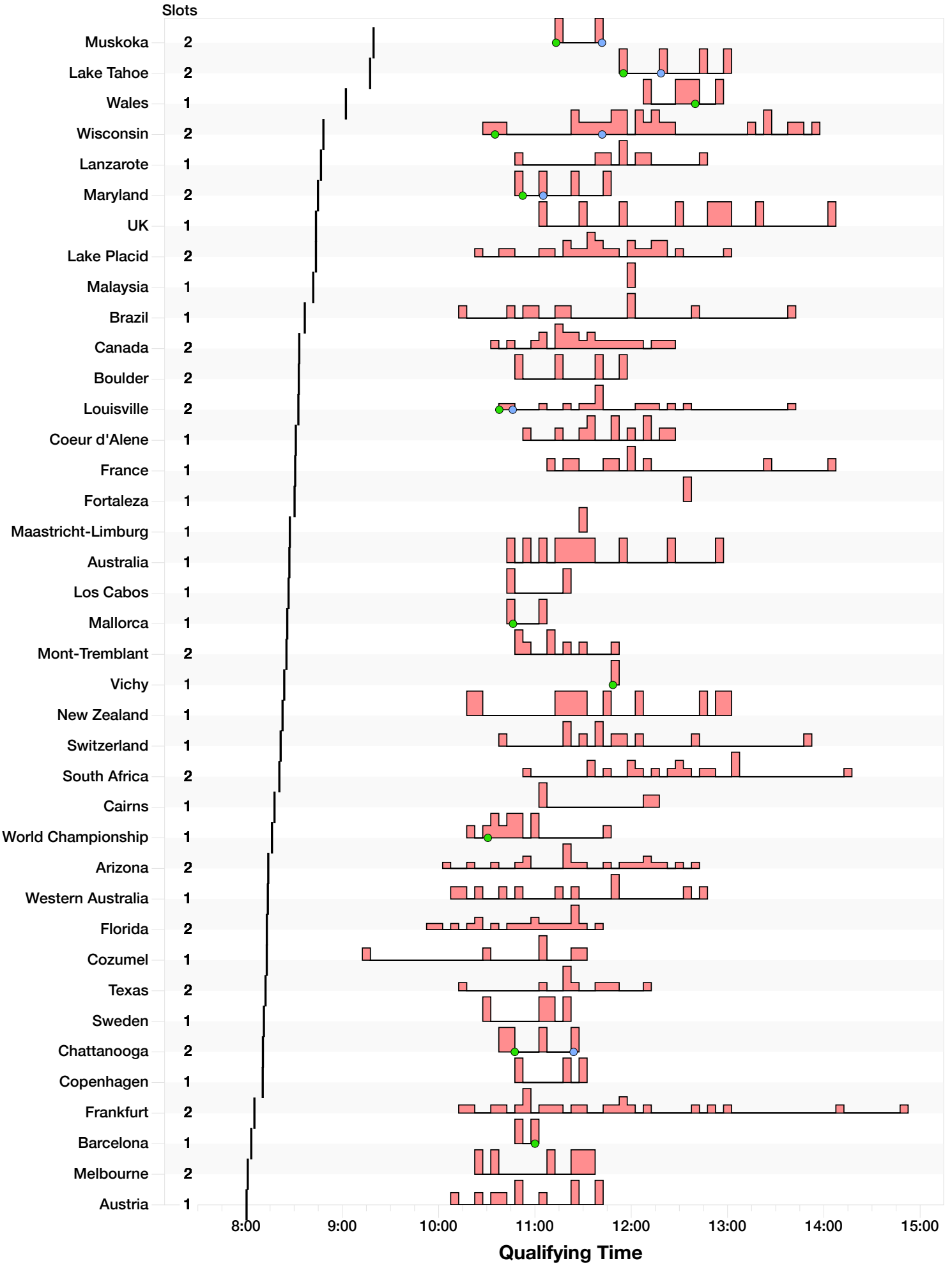
Ironman World Championship

F50-54

2016 Qualification Stats

2016 Qualification Comparison for F50-54

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



F50-54 Past Qualifying Times

Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	11:48:33
Average	9:25:27	11:48:33

Ironman Muskoka (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:53:37	11:13:10	11:41:47
Average	9:53:37	11:13:10	11:41:47

Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	12:19:04	13:54:26
2004	10:05:40	13:23:15	13:26:42
2005	10:11:22	13:41:36	13:44:44
2006	10:01:22	12:23:07	13:16:39
2007	9:37:03	11:55:53	12:07:22
2008	9:47:25	11:45:56	12:09:12
2009	9:43:59	10:28:19	11:51:23
2010	9:27:26	11:51:40	12:14:42
2011	9:41:03	10:42:04	11:29:34
2012	9:34:35	11:23:48	11:52:36
2013	9:47:07	12:03:17	12:15:00
2014	9:30:08	11:27:27	11:36:05
2015	10:08:05	10:35:09	11:41:53
Average	9:47:49	11:50:48	12:26:10

Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	12:55:53
2012	9:45:09	12:10:09
2013	9:51:21	12:37:15
2014	10:57:26	12:29:23
2015	9:56:31	12:39:52
Average	10:09:10	12:34:30

Ironman Lake Tahoe (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:58:53	12:42:40	13:01:02
2015	10:28:55	11:55:06	12:18:31
Average	10:13:54	12:18:53	12:39:46

Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	11:06:54
2015	9:24:48	10:46:22
Average	9:24:32	10:56:38

Ironman Chattanooga (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:54:55	10:40:46	11:04:21
2015	8:56:00	10:47:26	11:24:05
Average	8:55:27	10:44:06	11:14:13

Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	10:52:08
2015	8:46:44	11:00:02
Average	8:48:02	10:56:05

Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	11:44:26
2005	9:09:30	10:35:59
2006	9:18:31	10:48:51
2007	9:08:45	10:59:32
2008	9:06:23	10:38:46
2009	8:54:02	10:51:28
2010	8:58:36	10:36:19
2011	8:55:08	10:44:01
2012	9:15:54	10:58:40
2013	8:52:14	10:19:37
2014	9:00:55	10:44:43
2015	8:57:57	10:30:41
Average	9:07:19	10:47:45

Ironman Louisville (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:23:22	12:27:16	12:37:04
2008	9:54:17	12:10:51	13:42:15
2010	9:33:15	11:35:11	11:41:05
2011	9:38:14	12:03:30	12:17:26
2012	9:36:27	11:38:07	11:40:12
2013	9:29:02	11:04:35	11:29:11
2014	9:31:19	11:21:14	11:38:07
2015	10:00:04	10:37:47	10:46:12
Average	9:38:15	11:37:18	11:58:56

Ironman Maryland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:02	11:24:54	11:43:48
2015	9:42:56	10:52:24	11:05:10
Average	9:34:29	11:08:39	11:24:29

Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	11:18:20
2014	9:16:43	10:46:56
Average	9:26:08	11:02:38

Ironman Florida (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:28:54	11:16:42	11:31:43
2005	9:33:09	10:57:41	11:17:44
2006	9:28:28	11:02:02	11:24:08
2007	9:05:35	10:45:37	10:56:31
2008	9:07:48	10:22:54	10:36:40
2009	9:08:38	10:27:25	11:22:32
2010	9:07:49	11:22:57	11:38:06
2011	8:55:10	11:07:34	11:24:31
2012	8:51:35	10:52:16	11:07:27
2013	8:43:07	10:08:37	10:20:08
2014	8:01:47	9:54:18	10:01:46
Average	9:02:54	10:45:16	11:03:45

Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	12:34:44
Average	9:09:20	12:34:44

Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	12:02:27
Average	9:26:38	12:02:27

Ironman Arizona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:44:02	12:18:52	12:30:09
2006	9:12:53	11:55:33	12:09:49
2007	9:36:40	11:57:37	12:04:07
2008	9:21:06	11:20:00	11:21:09
2009	9:21:06	11:20:00	11:21:09
2010	9:09:19	11:26:21	11:31:29
2011	8:36:13	11:45:23	12:08:24
2012	9:01:41	10:48:29	10:53:19
2013	8:52:49	10:32:58	10:53:39
2014	8:50:41	10:04:45	10:20:32
Average	9:10:39	11:20:59	11:31:22

Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	11:06:41
2010	9:07:08	9:15:27
2011	9:14:08	11:02:46
2012	9:15:38	11:27:02
2013	8:52:28	10:28:45
2014	9:14:07	11:31:47
Average	9:08:24	10:48:44

Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:03:37	10:51:39
2005	9:31:32	12:45:02
2006	9:10:01	11:48:45
2007	9:00:55	12:35:17
2008	8:59:24	11:49:44
2009	9:16:52	11:25:21
2010	9:19:44	11:14:07
2011	9:25:38	10:38:24
2012	9:13:00	10:24:10
2013	8:59:44	10:17:09
2014	8:56:34	10:08:37
Average	9:10:38	11:16:12

Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	12:55:48
2004	9:22:23	13:01:40
2005	9:30:13	12:46:32
2007	9:20:01	11:31:55
2008	9:16:00	12:06:38
2009	9:18:25	11:43:18
2010	9:14:35	11:19:18
2011	9:28:24	11:16:48
2013	9:17:10	11:23:32
2014	9:08:46	10:23:05
2015	9:05:45	10:20:46
Average	9:18:08	11:42:40

Ironman Melbourne (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:34:51	11:11:09	11:23:17
2014	8:57:57	10:24:51	10:33:41
2015	8:52:51	11:32:02	11:32:55
Average	8:48:33	11:02:40	11:09:57

Ironman South Africa (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:22:00	11:36:49	14:14:22
2008	9:27:48	12:16:09	12:45:54
2009	9:16:32	12:28:40	12:34:34
2010	9:16:55	12:00:43	12:26:09
2011	8:33:56	12:00:09	13:02:38
2012	9:47:10	12:31:25	12:48:17
2013	9:10:58	11:33:36	11:46:13
2014	9:31:54	10:55:55	12:04:54
2015	9:26:56	13:03:01	13:05:03
Average	9:19:21	12:02:56	12:45:20

Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:13:20	10:47:14
2006	9:19:44	11:03:20
2007	9:12:59	12:52:38
2008	9:03:55	11:36:14
2009	8:57:10	11:16:26
2010	9:23:46	11:28:08
2011	9:29:54	11:25:21
2012	9:34:57	11:55:00
2013	9:34:55	12:25:18
2014	9:28:43	11:20:49
2015	9:38:24	10:57:07
Average	9:21:37	11:33:25

Ironman Texas (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	8:57:51	11:24:38	11:52:22
2012	8:54:58	11:22:11	11:46:00
2013	8:49:14	11:18:37	12:12:19
2014	8:54:42	11:21:12	11:41:10
2015	8:55:19	10:16:01	11:04:34
Average	8:54:24	11:08:31	11:43:17

Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	10:48:07
2009	9:54:57	12:11:53
2010	10:03:52	12:46:17
2011	9:43:39	11:38:01
2012	9:58:06	12:03:51
2013	9:37:34	11:56:31
2014	9:41:40	11:44:46
2015	9:56:03	11:54:30
Average	9:52:17	11:52:59

Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	9:20:46	11:59:40
2007	9:12:40	12:40:31
2008	9:42:50	11:58:04
2009	9:10:15	10:56:58
2010	9:19:13	11:13:42
2011	12:40:07	13:40:55
2012	9:17:42	10:42:44
2013	9:05:53	11:18:00
2014	8:56:32	10:59:20
2015	8:59:08	10:17:10
Average	9:34:30	11:34:42

Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	13:24:25
2006	9:56:31	12:00:27
2007	9:49:11	14:03:38
2008	9:35:29	11:58:56
2009	9:30:29	12:10:00
2011	9:34:31	11:49:34
2012	9:16:05	11:43:06
2013	9:12:54	11:11:23
2014	9:12:21	11:22:30
2015	9:24:50	11:18:09
Average	9:34:29	12:06:12

Ironman Cairns (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:21:00	12:15:01
2013	9:19:51	11:04:24
2014	9:16:58	11:02:48
2015	9:11:49	12:08:53
Average	9:17:24	11:37:46

Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	11:23:18
2006	9:12:09	10:50:26
2007	9:08:47	11:25:12
2008	8:47:26	11:40:04
2009	8:50:13	10:47:43
2010	9:18:50	11:42:02
2011	8:43:34	10:42:29
2012	9:09:58	11:04:41
2013	8:59:31	10:26:03
2014	8:42:42	10:33:34
2015		10:11:24
Average	8:10:55	10:58:48

Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	12:10:10	14:49:11
2005	9:15:31	12:57:56	14:11:33
2006	9:16:17	10:33:44	12:51:08
2007	9:04:11	10:55:49	11:53:54
2008	8:51:24	10:50:18	11:32:00
2009	8:58:08	11:09:53	11:26:21
2010	9:04:27	10:53:55	11:52:23
2011	9:12:13	11:06:49	11:14:24
2012	8:52:33	11:46:01	12:00:03
2013	8:56:01	10:18:43	10:39:10
2014	8:52:40	10:14:57	10:55:26
2015	8:51:00	11:56:05	12:37:49
Average	9:01:28	11:14:31	12:10:16

Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	13:18:07
2008	9:49:06	14:05:42
2009	9:33:59	12:47:45
2010	10:01:02	12:56:33
2011	9:37:31	11:57:16
2012	10:08:44	13:01:45
2013	9:29:12	11:30:42
2014	9:52:12	11:05:04
2015	9:31:58	12:29:00
Average	9:44:26	12:34:39

Ironman Lake Placid (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	9:29:41	12:12:20	12:58:00
2003	9:51:55	11:57:34	12:20:20
2004	9:24:42	11:41:18	12:14:34
2006	10:11:35	11:38:34	12:05:38
2007	9:40:20	12:15:49	12:28:13
2008	9:51:00	11:33:14	11:36:22
2009	9:29:36	11:26:54	11:45:22
2010	9:27:30	10:40:24	11:51:44
2011	9:19:03	11:30:43	11:34:35
2012	9:47:39	12:01:15	12:22:08
2013	9:35:06	11:04:39	11:11:19
2014	9:28:28	10:27:12	10:46:04
2015	10:13:19	11:19:40	11:20:06
Average	9:40:45	11:31:30	11:53:25

Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	13:52:01
2006	9:24:18	11:48:05
2007	9:20:43	11:39:05
2008	9:30:12	11:30:06
2009	9:14:35	10:41:30
2010	9:00:04	11:53:36
2011	9:03:26	11:20:23
2012	9:20:16	11:41:42
2013	9:21:31	12:07:20
2014	9:13:30	11:20:16
2015	9:21:05	12:40:18
Average	9:16:24	11:52:12

Ironman Canada (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:16:02	11:33:22	11:56:34
2005	9:51:31	12:17:55	12:23:36
2006	9:25:13	12:01:11	12:13:31
2007	9:41:01	11:16:51	12:03:38
2008	9:17:58	11:16:02	11:48:15
2009	9:11:20	11:37:09	11:40:02
2010	9:13:46	10:34:14	11:27:30
2011	9:03:13	10:43:08	11:22:24
2012	9:44:58	11:00:18	11:18:17
2013	9:28:13	11:05:13	11:23:40
2014	9:46:58	11:06:20	11:15:16
2015	9:46:19	11:26:03	11:46:04
Average	9:28:52	11:19:48	11:43:13

Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	11:29:29
Average	9:39:24	11:29:29

Ironman Boulder (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:19:54	11:42:23	11:55:57
2015	9:53:41	10:50:59	11:12:39
Average	9:36:47	11:16:41	11:34:18

Ironman Sweden (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:13:27	10:30:30
2013	8:54:01	11:20:06
2014	8:56:50	11:08:01
2015	9:12:27	11:06:40
Average	9:04:11	11:01:19

Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	11:30:02
2014	8:53:33	10:51:50
2015	8:59:49	11:17:38
Average	8:50:19	11:13:10

Ironman Coeur d'Alene (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	12:07:46
2005	9:59:08	12:24:14
2006	9:31:07	12:09:36
2007	10:27:55	11:49:54
2008	9:38:58	12:19:06
2009	9:23:21	11:59:13
2010	9:17:54	11:29:19
2011	9:16:40	11:15:22
2012	9:21:44	11:48:09
2013	9:16:02	10:57:20
2014	9:34:32	11:33:12
2015	9:23:27	11:33:39
Average	9:34:24	11:47:14

Ironman Mont-Tremblant (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:30:46	11:08:29	11:10:05
2013	9:07:56	10:50:31	11:31:43
2014	9:40:26	11:20:23	11:49:06
2015	9:09:05	10:51:37	10:56:40
Average	9:22:03	11:02:45	11:21:53

F50-54 Average Top 10 and Kona Qualifying Splits

Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:03:09	5:10:51	3:05:46	9:25:27
1st Age Grouper	1:15:55	6:05:58	4:17:13	11:48:33
2nd Age Grouper	1:09:11	6:00:47	4:41:27	12:01:30
3rd Age Grouper	1:24:11	6:07:10	4:41:29	12:26:05
4th Age Grouper	1:16:37	6:26:40	4:43:48	12:37:18
5th Age Grouper	1:24:39	7:10:19	4:23:39	13:14:44
6th Age Grouper	1:46:09	6:26:00	5:11:28	13:42:47
7th Age Grouper	1:28:54	7:11:45	4:55:52	13:57:14
8th Age Grouper	1:22:22	7:03:50	5:17:49	13:59:31
9th Age Grouper	1:24:43	6:35:44	5:50:03	14:14:04
10th Age Grouper	1:20:03	7:11:55	5:42:08	14:35:09
Kona Qualifier Average	1:15:55	6:05:58	4:17:13	11:48:33
Top 10 Age Grouper Average	1:23:16	6:38:00	4:58:29	13:15:41

Ironman Muskoka

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:01:18	5:25:40	3:20:47	9:53:37
1st Age Grouper	1:08:52	6:04:34	3:51:23	11:13:10
2nd Age Grouper	1:08:26	5:57:24	4:28:24	11:41:47
3rd Age Grouper	1:14:02	6:08:25	4:11:09	11:44:50
4th Age Grouper	1:23:20	6:24:47	4:00:27	11:59:24
5th Age Grouper	1:11:11	5:52:38	4:44:36	11:59:34
6th Age Grouper	1:17:28	6:44:15	4:10:40	12:22:03
7th Age Grouper	1:17:46	7:05:18	4:06:40	12:42:52
8th Age Grouper	1:25:23	6:30:12	4:45:09	12:51:46
9th Age Grouper	1:11:39	6:37:05	5:06:48	13:10:15
10th Age Grouper	1:11:57	7:00:04	5:20:17	13:45:28
Kona Qualifier Average	1:08:39	6:00:59	4:09:53	11:27:28
Top 10 Age Grouper Average	1:15:00	6:26:28	4:28:33	12:21:06

Ironman Wisconsin

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:57	5:23:15	3:20:35	9:47:49
1st Age Grouper	1:11:13	6:07:58	4:18:40	11:50:48
2nd Age Grouper	1:19:05	6:20:48	4:32:18	12:26:10
3rd Age Grouper	1:17:43	6:25:45	4:42:40	12:41:10
4th Age Grouper	1:18:31	6:43:02	4:40:01	12:57:03
5th Age Grouper	1:20:17	6:38:56	4:50:55	13:07:30
6th Age Grouper	1:19:06	6:43:55	5:01:16	13:22:00
7th Age Grouper	1:22:44	7:00:42	4:46:59	13:28:21
8th Age Grouper	1:19:49	7:00:56	4:58:17	13:36:07
9th Age Grouper	1:18:52	6:53:30	5:16:06	13:46:19
10th Age Grouper	1:19:30	7:00:18	5:18:13	13:55:43
Kona Qualifier Average	1:15:09	6:14:23	4:25:29	12:08:29
Top 10 Age Grouper Average	1:18:41	6:41:35	4:50:32	13:07:07

Ironman Wales

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:58:39	5:42:08	3:18:40	10:09:10
1st Age Grouper	1:13:58	7:06:19	3:57:51	12:34:30
2nd Age Grouper	1:22:19	7:05:52	3:58:52	12:46:29
3rd Age Grouper	1:09:38	7:26:36	4:12:59	13:11:07
4th Age Grouper	1:22:08	7:23:19	4:38:49	13:46:03
5th Age Grouper	1:18:55	7:31:39	5:00:28	14:13:50
6th Age Grouper	1:22:46	7:56:47	4:51:13	14:33:28
7th Age Grouper	1:22:37	7:53:52	5:25:36	15:06:09
8th Age Grouper	1:41:08	8:07:31	5:23:57	15:36:07
9th Age Grouper	1:33:21	8:04:13	5:42:06	15:48:23
10th Age Grouper	1:21:24	8:46:13	5:27:15	16:04:19
Kona Qualifier Average	1:13:58	7:06:19	3:57:51	12:34:30
Top 10 Age Grouper Average	1:22:41	7:39:45	4:48:31	14:13:29

Ironman Lake Tahoe

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:59:46	5:34:49	3:33:30	10:13:54
1st Age Grouper	1:14:47	6:28:33	4:19:38	12:18:53
2nd Age Grouper	1:28:46	6:24:55	4:25:55	12:39:46
3rd Age Grouper	1:16:15	6:45:00	4:40:08	12:53:22
4th Age Grouper	1:18:15	6:54:52	4:34:10	13:12:02
5th Age Grouper	1:17:44	6:56:07	4:44:05	13:15:05
6th Age Grouper	1:14:56	7:28:04	4:38:48	13:36:49
7th Age Grouper	1:11:06	7:16:53	5:02:00	13:50:35
8th Age Grouper	1:07:34	7:07:48	5:29:53	14:05:12
9th Age Grouper	1:19:04	7:26:42	5:04:19	14:17:45
10th Age Grouper	1:27:39	7:27:51	5:14:36	14:32:42
Kona Qualifier Average	1:21:46	6:26:44	4:22:46	12:29:19
Top 10 Age Grouper Average	1:17:36	7:01:40	4:49:21	13:28:13

Ironman Mallorca

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:21	5:09:44	3:12:35	9:24:32
1st Age Grouper	1:20:13	5:49:14	3:37:41	10:56:38
2nd Age Grouper	1:11:06	5:56:01	3:45:57	11:03:41
3rd Age Grouper	1:09:17	5:59:08	4:03:50	11:21:28
4th Age Grouper	1:06:15	5:54:49	4:32:26	11:44:32
5th Age Grouper	1:16:24	6:19:52	4:07:42	11:56:04
6th Age Grouper	1:12:02	6:24:10	4:12:17	12:00:15
7th Age Grouper	1:16:15	6:23:56	4:16:47	12:06:35
8th Age Grouper	1:17:07	6:13:38	4:31:48	12:15:38
9th Age Grouper	1:16:32	6:21:36	4:33:13	12:22:59
10th Age Grouper	1:07:15	6:28:34	4:47:13	12:32:48
Kona Qualifier Average	1:20:13	5:49:14	3:37:41	10:56:38
Top 10 Age Grouper Average	1:13:14	6:11:06	4:14:53	11:50:04

Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:44:53	4:55:39	3:10:10	8:55:27
1st Age Grouper	0:56:43	5:42:33	3:55:57	10:44:06
2nd Age Grouper	0:58:03	6:03:28	4:02:10	11:14:13
3rd Age Grouper	0:56:38	5:46:30	4:27:28	11:20:29
4th Age Grouper	0:59:57	5:43:47	4:29:23	11:23:12
5th Age Grouper	1:03:08	5:57:46	4:14:26	11:27:37
6th Age Grouper	0:59:18	5:57:44	4:21:56	11:30:09
7th Age Grouper	0:59:26	6:01:47	4:26:07	11:40:18
8th Age Grouper	0:59:32	5:55:25	4:35:45	11:42:18
9th Age Grouper	0:59:32	6:06:59	4:35:47	11:52:29
10th Age Grouper	1:03:00	6:09:05	4:26:57	11:54:29
Kona Qualifier Average	0:57:23	5:53:00	3:59:03	10:59:09
Top 10 Age Grouper Average	0:59:31	5:56:30	4:21:35	11:28:56

Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:00:19	4:41:29	3:03:25	8:48:02
1st Age Grouper	1:11:57	5:24:15	4:14:35	10:56:05
2nd Age Grouper	1:19:42	5:38:26	4:23:45	11:29:58
3rd Age Grouper	1:15:58	5:48:32	4:24:19	11:36:30
4th Age Grouper	1:09:21	5:41:33	4:40:01	11:38:34
5th Age Grouper	1:16:49	5:50:03	4:41:25	11:56:07
6th Age Grouper	1:20:15	5:39:26	4:52:27	12:02:57
7th Age Grouper	1:19:18	6:18:25	4:49:10	12:35:29
8th Age Grouper	1:35:57	6:14:04	5:21:13	13:22:24
9th Age Grouper	1:42:24	6:33:39	5:15:17	13:38:23
10th Age Grouper	1:15:05	5:35:05	5:39:17	12:38:30
Kona Qualifier Average	1:11:57	5:24:15	4:14:35	10:56:05
Top 10 Age Grouper Average	1:20:58	5:53:15	4:47:33	12:10:04

Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:25	5:01:56	2:59:45	9:03:53
1st Age Grouper	1:10:21	5:42:53	3:46:34	10:47:45
2nd Age Grouper	1:12:44	5:49:06	3:55:14	11:05:36
3rd Age Grouper	1:11:25	6:00:06	3:57:01	11:17:10
4th Age Grouper	1:15:53	6:05:28	4:00:50	11:32:12
5th Age Grouper	1:15:25	6:07:53	4:08:42	11:40:52
6th Age Grouper	1:11:33	6:09:40	4:16:29	11:47:29
7th Age Grouper	1:17:12	6:16:23	4:08:13	11:53:21
8th Age Grouper	1:17:05	6:12:57	4:18:17	11:59:21
9th Age Grouper	1:20:36	6:13:16	4:18:51	12:04:02
10th Age Grouper	1:19:23	6:24:32	4:15:35	12:09:13
Kona Qualifier Average	1:10:21	5:42:53	3:46:34	10:47:45
Top 10 Age Grouper Average	1:15:10	6:06:13	4:06:35	11:37:42

Ironman Louisville

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:32	5:16:29	3:19:50	9:36:15
1st Age Grouper	1:16:17	5:51:55	4:19:44	11:37:18
2nd Age Grouper	1:13:05	6:11:32	4:21:48	11:58:56
3rd Age Grouper	1:21:15	6:16:51	4:31:45	12:23:25
4th Age Grouper	1:15:41	6:17:38	4:45:20	12:31:20
5th Age Grouper	1:14:35	6:20:56	4:48:50	12:38:37
6th Age Grouper	1:18:37	6:28:11	4:45:13	12:46:49
7th Age Grouper	1:18:34	6:28:19	4:56:18	12:57:46
8th Age Grouper	1:18:39	6:32:11	5:07:20	13:15:01
9th Age Grouper	1:24:05	6:39:29	5:13:22	13:31:13
10th Age Grouper	1:30:42	6:37:53	5:19:46	13:47:26
Kona Qualifier Average	1:14:41	6:01:43	4:20:46	11:48:07
Top 10 Age Grouper Average	1:19:09	6:22:29	4:48:56	12:44:47

Ironman Maryland

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:01	5:06:43	3:26:46	9:34:29
1st Age Grouper	1:08:26	5:30:36	4:20:59	11:08:39
2nd Age Grouper	1:15:02	5:47:06	4:07:54	11:24:29
3rd Age Grouper	1:13:26	5:40:05	4:24:25	11:26:26
4th Age Grouper	1:12:48	5:55:56	4:22:27	11:54:07
5th Age Grouper	1:22:00	5:49:01	4:34:32	12:00:56
6th Age Grouper	0:59:55	5:58:06	4:49:00	12:03:33
7th Age Grouper	1:12:53	5:47:40	4:53:10	12:09:51
8th Age Grouper	1:09:21	6:01:05	4:50:14	12:19:47
9th Age Grouper	1:17:53	6:09:07	4:48:42	12:32:57
10th Age Grouper	1:23:33	6:22:11	4:33:34	12:42:40
Kona Qualifier Average	1:11:44	5:38:51	4:14:26	11:16:34
Top 10 Age Grouper Average	1:13:32	5:54:05	4:34:29	11:58:20

Ironman Los Cabos

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:11	5:06:17	6:23:48	9:26:08
1st Age Grouper	1:15:17	5:51:57	3:48:50	11:02:38
2nd Age Grouper	1:10:43	6:06:42	3:52:09	11:16:01
3rd Age Grouper	1:18:14	6:13:44	3:59:19	11:40:27
4th Age Grouper	1:10:06	6:22:12	4:20:58	12:01:53
5th Age Grouper	1:12:35	6:02:11	4:38:19	12:03:22
6th Age Grouper	1:15:13	6:23:44	4:36:26	12:23:56
7th Age Grouper	1:15:46	6:12:06	4:50:08	12:29:04
8th Age Grouper	1:17:48	6:46:36	4:30:56	12:47:26
9th Age Grouper	1:15:32	6:32:18	4:59:45	12:58:06
10th Age Grouper	1:19:53	6:50:44	4:57:32	13:21:48
Kona Qualifier Average	1:15:17	5:51:57	3:48:50	11:02:38
Top 10 Age Grouper Average	1:15:06	6:20:13	4:27:26	12:12:28

Ironman Florida

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:58:39	4:56:41	3:09:30	9:04:51
1st Age Grouper	1:03:59	5:34:09	3:57:02	10:45:16
2nd Age Grouper	1:04:28	5:37:52	4:09:50	11:03:45
3rd Age Grouper	1:03:19	5:40:59	4:22:20	11:17:12
4th Age Grouper	1:05:26	5:42:19	4:27:52	11:27:41
5th Age Grouper	1:10:44	5:49:04	4:27:34	11:40:21
6th Age Grouper	1:11:24	6:03:10	4:23:33	11:51:50
7th Age Grouper	1:11:36	5:57:04	4:39:01	12:01:19
8th Age Grouper	1:10:12	6:06:28	4:40:42	12:11:24
9th Age Grouper	1:11:26	6:12:33	4:49:20	12:27:17
10th Age Grouper	1:11:21	6:13:31	4:54:12	12:34:09
Kona Qualifier Average	1:04:13	5:36:01	4:03:26	10:54:30
Top 10 Age Grouper Average	1:08:23	5:53:43	4:29:09	11:44:01

Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:51:52	4:57:46	3:15:59	9:09:20
1st Age Grouper	1:24:14	5:49:23	5:14:20	12:34:44
2nd Age Grouper	1:17:32	6:11:30	5:08:44	12:51:32
3rd Age Grouper	2:11:14	7:08:00	6:16:02	15:49:21
4th Age Grouper	1:56:46	7:54:05	5:49:15	15:59:49
Kona Qualifier Average	1:24:14	5:49:23	5:14:20	12:34:44
Top 10 Age Grouper Average	1:42:26	6:45:44	5:37:05	14:18:51

Ironman Malaysia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:59:11	4:58:44	3:23:11	9:26:38
1st Age Grouper	1:11:47	6:25:30	4:14:51	12:02:27
2nd Age Grouper	1:27:06	6:41:15	4:00:09	12:19:38
3rd Age Grouper	1:23:09	6:26:24	4:40:19	12:44:53
4th Age Grouper	1:23:00	7:43:23	5:51:59	15:20:22
5th Age Grouper	1:41:51	7:51:14	6:36:50	16:33:21
6th Age Grouper	1:50:29	8:06:23	6:28:46	16:49:20
Kona Qualifier Average	1:11:47	6:25:30	4:14:51	12:02:27
Top 10 Age Grouper Average	1:29:33	7:12:21	5:18:49	14:18:20

Ironman Arizona

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:13	5:00:14	3:08:59	9:11:01
1st Age Grouper	1:12:34	5:51:53	4:10:55	11:26:18
2nd Age Grouper	1:13:20	5:47:41	4:20:13	11:31:22
3rd Age Grouper	1:15:21	5:57:04	4:22:08	11:45:24
4th Age Grouper	1:19:29	6:14:04	4:42:44	12:27:47
5th Age Grouper	1:14:44	5:57:59	4:54:33	12:19:11
6th Age Grouper	1:24:57	6:19:34	4:53:54	12:52:39
7th Age Grouper	1:31:55	6:24:04	4:48:45	12:58:29
8th Age Grouper	1:17:53	6:08:04	5:09:16	12:47:58
9th Age Grouper	1:19:00	6:25:08	5:00:53	12:58:35
10th Age Grouper	1:24:05	6:27:56	4:58:56	13:07:16
Kona Qualifier Average	1:13:18	5:50:45	4:16:56	11:31:33
Top 10 Age Grouper Average	1:19:47	6:12:07	4:46:39	12:31:31

Ironman Cozumel

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:49:18	5:00:51	3:11:56	9:08:24
1st Age Grouper	1:04:47	5:57:08	3:23:38	10:48:44
2nd Age Grouper	1:05:28	5:59:46	4:20:10	11:34:58
3rd Age Grouper	1:12:15	6:19:23	4:33:02	12:04:30
4th Age Grouper	1:09:22	6:15:43	4:38:15	12:14:50
5th Age Grouper	1:15:47	6:27:16	4:37:16	12:29:53
6th Age Grouper	1:13:31	6:35:59	5:00:55	12:55:27
7th Age Grouper	1:14:53	6:29:37	4:52:45	13:00:13
8th Age Grouper	1:18:55	6:45:24	4:49:30	13:07:33
9th Age Grouper	1:09:02	6:40:32	5:13:27	13:17:01
10th Age Grouper	1:15:14	6:48:57	5:12:10	13:30:35
Kona Qualifier Average	1:04:47	5:57:08	3:23:38	10:48:44
Top 10 Age Grouper Average	1:11:55	6:25:58	4:40:07	12:30:22

Ironman Western Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:48	4:59:23	3:12:57	9:10:38
1st Age Grouper	1:09:26	5:51:27	4:10:24	11:16:12
2nd Age Grouper	1:14:34	6:00:10	4:20:07	11:39:36
3rd Age Grouper	1:17:59	6:03:11	4:37:59	12:04:20
4th Age Grouper	1:18:21	6:14:42	4:46:17	12:26:34
5th Age Grouper	1:20:17	6:24:29	4:55:49	12:46:44
6th Age Grouper	1:25:13	6:33:13	5:02:16	13:09:02
7th Age Grouper	1:10:27	6:23:56	5:43:21	13:32:25
8th Age Grouper	1:23:38	6:59:32	5:17:14	13:47:42
9th Age Grouper	1:23:23	6:47:28	5:26:58	13:45:18
10th Age Grouper	1:24:09	6:41:33	5:16:09	13:34:00
Kona Qualifier Average	1:09:26	5:51:27	4:10:24	11:16:12
Top 10 Age Grouper Average	1:18:27	6:22:40	4:56:22	12:45:12

Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:50:18	5:09:42	3:13:07	9:18:08
1st Age Grouper	1:08:29	6:03:25	4:21:01	11:42:40
2nd Age Grouper	1:13:46	6:25:44	4:24:15	12:15:18
3rd Age Grouper	1:13:39	6:37:47	4:38:07	12:41:28
4th Age Grouper	1:16:44	6:36:55	4:46:39	12:55:16
5th Age Grouper	1:20:53	6:56:59	4:57:25	13:22:17
6th Age Grouper	1:15:15	7:01:52	4:59:22	13:31:06
7th Age Grouper	1:20:40	7:01:04	5:07:42	13:44:25
8th Age Grouper	1:15:07	6:59:49	5:19:09	13:49:09
9th Age Grouper	1:16:03	7:05:49	5:29:12	14:06:31
10th Age Grouper	1:18:43	7:04:53	5:22:33	14:05:07
Kona Qualifier Average	1:08:29	6:03:25	4:21:01	11:42:40
Top 10 Age Grouper Average	1:15:53	6:46:48	4:55:32	13:11:31

Ironman Melbourne

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:25	4:46:42	3:04:12	8:48:33
1st Age Grouper	1:06:08	5:33:38	4:13:25	11:02:40
2nd Age Grouper	1:15:04	5:40:41	4:06:23	11:09:57
3rd Age Grouper	1:10:27	5:42:02	4:25:21	11:27:25
4th Age Grouper	1:13:47	5:55:21	4:27:10	11:47:47
5th Age Grouper	1:14:55	6:01:15	4:31:58	11:57:02
6th Age Grouper	1:11:02	5:57:46	4:45:52	12:04:13
7th Age Grouper	1:22:24	6:12:39	4:26:34	12:13:22
8th Age Grouper	1:19:51	6:25:47	4:34:21	12:32:20
9th Age Grouper	1:19:48	6:09:11	5:09:45	12:49:25
10th Age Grouper	1:20:45	6:00:10	5:24:55	12:55:36
Kona Qualifier Average	1:10:36	5:37:10	4:09:54	11:06:19
Top 10 Age Grouper Average	1:15:25	5:57:51	4:36:34	11:59:59

Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:59:05	5:05:20	3:10:03	9:19:21
1st Age Grouper	1:17:06	6:16:49	4:18:27	12:02:56
2nd Age Grouper	1:22:38	6:39:48	4:29:09	12:45:20
3rd Age Grouper	1:23:08	6:43:21	4:42:56	13:06:13
4th Age Grouper	1:27:22	6:46:06	5:02:18	13:31:54
5th Age Grouper	1:33:30	7:06:39	5:05:41	14:04:03
6th Age Grouper	1:28:19	7:12:14	4:50:55	13:48:10
7th Age Grouper	1:28:22	7:01:33	5:18:38	14:05:14
8th Age Grouper	1:24:07	7:13:58	5:20:12	14:16:47
9th Age Grouper	1:27:57	7:26:58	5:16:53	14:32:17
10th Age Grouper	1:37:20	7:20:22	5:18:48	14:35:13
Kona Qualifier Average	1:19:52	6:28:18	4:23:48	12:24:08
Top 10 Age Grouper Average	1:26:34	6:56:27	4:56:17	13:35:44

Ironman Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:52:16	5:14:54	3:11:41	9:21:37
1st Age Grouper	1:06:59	6:17:43	4:03:19	11:33:25
2nd Age Grouper	1:11:14	5:43:44	5:04:18	11:59:56
3rd Age Grouper	1:12:44	6:31:22	4:30:47	12:21:51
4th Age Grouper	1:12:29	6:39:43	4:44:47	12:44:04
5th Age Grouper	1:18:05	6:49:43	4:52:03	13:06:42
6th Age Grouper	1:17:03	7:02:27	4:59:53	13:27:05
7th Age Grouper	1:20:19	6:59:02	5:10:58	13:39:31
8th Age Grouper	1:22:06	7:08:29	5:19:31	13:59:27
9th Age Grouper	1:21:48	6:43:11	6:05:32	14:12:55
10th Age Grouper	1:21:48	7:23:43	5:33:28	14:31:27
Kona Qualifier Average	1:06:59	6:17:43	4:03:19	11:33:25
Top 10 Age Grouper Average	1:16:27	6:43:55	5:02:28	13:09:38

Ironman Texas

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:54:44	5:01:01	3:05:21	8:54:24
1st Age Grouper	1:17:10	5:33:17	4:08:59	11:08:31
2nd Age Grouper	1:17:38	5:55:27	4:20:17	11:43:17
3rd Age Grouper	1:25:18	5:50:57	4:37:21	12:05:29
4th Age Grouper	1:17:14	6:07:21	4:44:35	12:21:14
5th Age Grouper	1:20:31	6:06:40	4:47:44	12:27:51
6th Age Grouper	1:21:58	6:02:26	4:57:30	12:36:22
7th Age Grouper	1:31:25	6:10:38	4:50:11	12:47:00
8th Age Grouper	1:27:39	6:11:48	4:55:33	12:56:56
9th Age Grouper	1:33:42	6:18:55	4:59:29	13:05:11
10th Age Grouper	1:34:05	6:26:03	4:55:52	13:10:26
Kona Qualifier Average	1:17:24	5:44:22	4:14:38	11:25:54
Top 10 Age Grouper Average	1:24:40	6:04:21	4:43:45	12:26:14

Ironman Lanzarote

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:38	5:39:59	3:09:28	9:52:17
1st Age Grouper	1:07:58	6:39:32	3:33:33	11:52:59
2nd Age Grouper	1:13:37	7:03:07	4:25:35	12:57:29
3rd Age Grouper	1:14:37	7:08:50	4:35:48	13:15:02
4th Age Grouper	1:20:20	7:33:53	4:34:33	13:45:39
5th Age Grouper	1:22:59	7:29:19	4:51:45	14:03:10
6th Age Grouper	1:22:10	7:43:12	4:42:10	14:07:32
7th Age Grouper	1:17:20	7:33:41	5:14:03	14:27:28
8th Age Grouper	1:24:29	7:52:30	5:18:42	14:57:14
9th Age Grouper	1:22:54	8:09:23	5:17:57	15:14:27
10th Age Grouper	1:25:24	8:02:53	5:35:29	15:28:21
Kona Qualifier Average	1:07:58	6:39:32	3:33:33	11:52:59
Top 10 Age Grouper Average	1:18:29	7:27:33	4:44:06	13:51:02

Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:08	4:58:02	3:59:39	9:34:30
1st Age Grouper	1:10:16	5:12:30	3:48:56	11:34:42
2nd Age Grouper	1:17:50	5:30:56	4:07:09	12:19:36
3rd Age Grouper	1:25:08	5:46:12	4:19:36	12:59:09
4th Age Grouper	1:28:17	5:50:42	4:25:47	13:24:17
5th Age Grouper	1:13:42	5:04:42	4:31:02	14:00:16
6th Age Grouper	1:31:30	6:17:49	4:58:34	14:48:06
7th Age Grouper	1:34:10	5:59:59	6:26:14	15:01:14
8th Age Grouper	1:42:17	6:03:47	4:59:10	15:47:54
9th Age Grouper	1:26:07	3:54:55	2:33:30	15:15:02
10th Age Grouper	1:17:32	7:12:00	6:29:42	15:22:56
Kona Qualifier Average	1:10:16	5:12:30	3:48:56	11:34:42
Top 10 Age Grouper Average	1:23:32	5:38:44	4:31:01	13:31:45

Ironman France

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:30	5:23:21	3:07:26	9:34:29
1st Age Grouper	1:03:10	6:23:24	4:18:55	12:06:12
2nd Age Grouper	1:15:38	6:44:16	4:26:07	12:41:17
3rd Age Grouper	1:08:13	6:59:38	4:44:04	13:18:05
4th Age Grouper	1:06:15	6:59:12	4:42:02	13:12:48
5th Age Grouper	1:18:31	7:03:56	4:52:48	13:35:05
6th Age Grouper	1:10:50	6:59:49	4:54:58	13:36:16
7th Age Grouper	1:24:06	7:06:35	4:58:02	13:47:11
8th Age Grouper	1:09:26	7:16:41	5:00:59	14:01:56
9th Age Grouper	1:13:52	7:40:44	5:04:01	14:32:12
10th Age Grouper	1:29:41	7:30:41	5:26:23	14:51:17
Kona Qualifier Average	1:03:10	6:23:24	4:18:55	12:06:12
Top 10 Age Grouper Average	1:12:53	6:59:52	4:46:32	13:23:21

Ironman Cairns

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:21	5:09:07	3:10:14	9:17:24
1st Age Grouper	1:14:19	5:56:55	4:15:34	11:37:46
2nd Age Grouper	1:20:22	6:08:44	4:21:03	12:00:48
3rd Age Grouper	1:18:48	6:10:39	4:27:13	12:09:09
4th Age Grouper	1:15:21	6:15:24	4:37:45	12:21:04
5th Age Grouper	1:15:48	6:14:52	4:52:05	12:35:10
6th Age Grouper	1:21:50	6:19:37	4:59:58	12:54:55
7th Age Grouper	1:20:28	6:31:28	5:15:17	13:21:54
8th Age Grouper	1:29:04	6:57:00	4:54:02	13:37:29
9th Age Grouper	1:22:47	7:03:11	5:03:03	13:50:09
10th Age Grouper	1:48:49	6:58:11	5:21:11	14:21:59
Kona Qualifier Average	1:14:19	5:56:55	4:15:34	11:37:46
Top 10 Age Grouper Average	1:22:04	6:25:51	4:47:29	12:49:12

Ironman Austria

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:12	4:56:35	3:05:10	9:00:01
1st Age Grouper	1:10:20	5:40:07	4:38:20	10:58:48
2nd Age Grouper	1:21:51	5:56:28	3:51:56	11:21:30
3rd Age Grouper	1:15:35	6:06:02	4:15:41	11:48:20
4th Age Grouper	1:16:33	6:09:16	4:27:19	12:04:53
5th Age Grouper	1:27:21	6:21:48	4:19:29	12:22:28
6th Age Grouper	1:20:19	6:24:18	4:42:47	12:42:35
7th Age Grouper	1:21:43	6:34:35	4:49:17	13:01:19
8th Age Grouper	1:20:19	6:37:09	5:09:29	13:22:13
9th Age Grouper	1:19:16	6:44:42	5:14:31	13:37:34
10th Age Grouper	1:27:40	6:54:40	5:18:32	13:57:44
Kona Qualifier Average	1:10:20	5:40:07	4:38:20	10:58:48
Top 10 Age Grouper Average	1:20:02	6:20:22	4:40:04	12:30:20

Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:52:09	4:57:30	3:06:29	9:01:28
1st Age Grouper	1:15:45	5:51:19	3:41:16	11:14:31
2nd Age Grouper	1:17:17	5:32:44	5:12:58	12:10:16
3rd Age Grouper	1:17:33	6:10:40	5:10:52	12:27:49
4th Age Grouper	1:23:54	5:50:15	5:07:55	12:54:52
5th Age Grouper	1:19:44	5:48:47	5:45:44	12:57:41
6th Age Grouper	1:11:27	5:49:18	6:00:47	13:13:58
7th Age Grouper	1:19:49	6:34:34	5:06:34	13:12:44
8th Age Grouper	1:15:02	6:36:31	5:16:42	13:32:39
9th Age Grouper	1:29:30	6:40:40	5:26:16	13:49:31
10th Age Grouper	1:25:43	6:42:24	5:06:04	13:29:36
Kona Qualifier Average	1:16:31	5:42:01	4:27:07	11:42:24
Top 10 Age Grouper Average	1:19:14	6:06:37	5:09:42	12:49:03

Ironman UK

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:54:47	5:34:58	3:09:13	9:44:26
1st Age Grouper	1:14:07	6:44:11	4:24:58	12:34:39
2nd Age Grouper	1:22:27	7:12:57	4:32:56	13:23:28
3rd Age Grouper	1:17:10	7:37:20	4:58:05	14:23:36
4th Age Grouper	1:24:13	7:16:33	4:44:48	13:45:34
5th Age Grouper	1:25:17	7:27:04	5:06:18	14:15:59
6th Age Grouper	1:28:27	7:40:18	5:14:28	14:42:54
7th Age Grouper	1:30:05	7:48:52	5:15:24	14:55:53
8th Age Grouper	1:37:19	8:01:46	5:16:28	15:15:04
9th Age Grouper	1:31:59	8:06:09	5:25:32	15:24:27
10th Age Grouper	1:30:49	7:53:23	5:27:21	15:16:14
Kona Qualifier Average	1:14:07	6:44:11	4:24:58	12:34:39
Top 10 Age Grouper Average	1:24:33	7:29:52	4:57:43	14:11:56

Ironman Lake Placid

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:58:19	5:19:59	3:16:59	9:40:45
1st Age Grouper	1:05:39	6:04:21	4:08:28	11:31:30
2nd Age Grouper	1:04:18	6:12:58	4:21:13	11:53:25
3rd Age Grouper	1:07:04	6:19:53	4:28:47	12:09:10
4th Age Grouper	1:07:00	6:26:55	4:34:26	12:21:56
5th Age Grouper	1:10:52	6:38:51	4:32:17	12:36:14
6th Age Grouper	1:10:09	6:35:15	4:49:41	12:47:45
7th Age Grouper	1:15:56	6:45:15	4:49:22	13:04:40
8th Age Grouper	1:17:46	6:52:24	4:51:56	13:15:15
9th Age Grouper	1:14:20	6:48:21	4:52:11	13:09:10
10th Age Grouper	1:19:55	6:47:29	5:01:29	13:22:55
Kona Qualifier Average	1:04:59	6:08:39	4:14:51	11:42:27
Top 10 Age Grouper Average	1:11:12	6:32:56	4:38:42	12:36:35

Ironman Switzerland

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

Ironman Canada

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:18	5:11:00	3:17:27	9:28:52
1st Age Grouper	1:12:27	5:57:40	4:01:47	11:19:48
2nd Age Grouper	1:11:37	6:04:52	4:17:16	11:43:13
3rd Age Grouper	1:14:39	6:10:15	4:20:43	11:54:49
4th Age Grouper	1:16:59	6:13:20	4:23:22	12:03:33
5th Age Grouper	1:13:43	6:18:24	4:28:13	12:11:33
6th Age Grouper	1:19:43	6:14:33	4:33:54	12:18:57
7th Age Grouper	1:20:02	6:22:39	4:28:19	12:22:52
8th Age Grouper	1:14:27	6:20:04	4:42:40	12:27:59
9th Age Grouper	1:15:08	6:25:18	4:42:52	12:34:05
10th Age Grouper	1:16:51	6:31:58	4:43:35	12:44:50
Kona Qualifier Average	1:12:02	6:01:16	4:09:31	11:31:31
Top 10 Age Grouper Average	1:15:34	6:15:54	4:28:16	12:10:10

Ironman Maastricht-Limburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:26	5:16:10	3:21:17	9:39:24
1st Age Grouper	1:01:28	6:09:17	4:11:26	11:29:29
2nd Age Grouper	0:59:30	6:12:51	4:34:13	11:55:00
3rd Age Grouper	1:14:23	6:39:21	4:20:04	12:24:10
4th Age Grouper	1:23:52	6:26:20	5:33:14	13:38:48
5th Age Grouper	1:26:10	7:13:36	4:51:38	13:46:16
6th Age Grouper	1:33:39	7:34:49	4:52:28	14:15:06
7th Age Grouper	1:18:47	7:11:31	5:56:15	14:40:31
8th Age Grouper	1:24:46	7:31:14	6:36:17	15:56:31
9th Age Grouper	1:30:03	8:00:09	6:45:35	16:40:13
Kona Qualifier Average	1:01:28	6:09:17	4:11:26	11:29:29
Top 10 Age Grouper Average	1:19:10	6:59:54	5:17:54	13:51:47

Ironman Boulder

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:05:01	4:56:46	3:27:02	9:36:47
1st Age Grouper	1:11:38	5:32:16	4:20:23	11:16:41
2nd Age Grouper	1:14:23	5:39:06	4:30:30	11:34:18
3rd Age Grouper	1:24:51	5:51:48	4:32:07	12:01:17
4th Age Grouper	1:19:33	5:48:01	4:42:42	12:06:52
5th Age Grouper	1:17:52	6:01:07	4:48:58	12:21:09
6th Age Grouper	1:23:31	5:57:19	5:05:37	12:42:20
7th Age Grouper	1:21:57	6:21:03	4:48:21	12:48:18
8th Age Grouper	1:17:35	5:57:07	5:19:09	12:52:10
9th Age Grouper	1:28:54	6:05:35	5:07:06	12:55:13
10th Age Grouper	1:33:08	6:22:02	4:49:57	13:05:51
Kona Qualifier Average	1:13:00	5:35:41	4:25:26	11:25:29
Top 10 Age Grouper Average	1:21:20	5:57:32	4:48:29	12:22:25

Ironman Sweden

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:01	4:54:58	3:10:40	9:04:11
1st Age Grouper	1:07:38	5:46:23	3:59:23	11:01:19
2nd Age Grouper	1:19:57	5:49:17	4:17:36	11:36:03
3rd Age Grouper	1:27:50	6:06:29	4:19:40	12:05:12
4th Age Grouper	1:15:01	5:59:39	5:02:42	12:26:41
5th Age Grouper	1:29:50	6:16:07	4:35:56	12:33:38
6th Age Grouper	1:27:23	6:24:57	4:45:19	12:49:19
7th Age Grouper	1:32:49	6:13:52	5:21:29	13:22:35
8th Age Grouper	1:35:38	6:30:46	5:11:29	13:32:01
9th Age Grouper	1:37:15	6:44:05	5:14:57	13:47:04
10th Age Grouper	1:41:43	6:47:21	5:14:04	14:02:33
Kona Qualifier Average	1:07:38	5:46:23	3:59:23	11:01:19
Top 10 Age Grouper Average	1:27:30	6:15:54	4:48:15	12:43:38

Ironman Copenhagen

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:50:45	4:45:29	3:09:45	8:50:19
1st Age Grouper	1:20:10	5:42:21	4:00:10	11:13:10
2nd Age Grouper	1:13:55	5:55:06	4:07:15	11:26:11
3rd Age Grouper	1:22:15	5:41:49	4:14:38	11:31:42
4th Age Grouper	1:23:31	6:11:36	4:07:33	11:56:09
5th Age Grouper	1:12:37	6:01:37	4:35:43	12:03:57
6th Age Grouper	1:15:36	6:13:23	4:32:40	12:13:16
7th Age Grouper	1:18:57	6:16:24	4:29:22	12:20:37
8th Age Grouper	1:24:08	6:15:22	4:40:37	12:35:52
9th Age Grouper	1:33:07	6:25:38	4:24:42	12:40:22
10th Age Grouper	1:22:19	6:41:05	5:09:45	13:31:22
Kona Qualifier Average	1:20:10	5:42:21	4:00:10	11:13:10
Top 10 Age Grouper Average	1:20:39	6:08:26	4:26:14	12:09:16

Ironman Coeur d'Alene

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:54	5:15:10	3:18:02	9:34:24
1st Age Grouper	1:12:19	6:01:23	4:23:56	11:47:14
2nd Age Grouper	1:17:24	6:16:10	4:27:56	12:11:51
3rd Age Grouper	1:18:07	6:28:11	4:31:53	12:29:18
4th Age Grouper	1:20:12	6:30:13	4:43:31	12:45:50
5th Age Grouper	1:18:24	6:43:42	4:45:24	12:58:56
6th Age Grouper	1:21:57	6:36:57	5:02:19	13:13:58
7th Age Grouper	1:26:19	6:42:22	5:00:35	13:25:28
8th Age Grouper	1:19:37	6:48:25	5:19:54	13:40:37
9th Age Grouper	1:26:11	6:50:04	5:21:55	13:53:21
10th Age Grouper	1:24:53	6:57:22	5:34:36	14:10:37
Kona Qualifier Average	1:12:19	6:01:23	4:23:56	11:47:14
Top 10 Age Grouper Average	1:20:32	6:35:29	4:55:12	13:03:43

Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:05	5:06:36	3:12:59	9:22:03
1st Age Grouper	1:09:32	5:46:47	3:56:22	11:02:45
2nd Age Grouper	1:13:19	5:51:17	4:06:13	11:21:53
3rd Age Grouper	1:07:39	5:50:57	4:28:44	11:37:52
4th Age Grouper	1:13:33	5:52:43	4:26:27	11:43:57
5th Age Grouper	1:12:12	6:04:33	4:20:26	11:49:14
6th Age Grouper	1:12:14	6:06:31	4:19:56	11:56:28
7th Age Grouper	1:16:03	6:15:37	4:21:46	12:04:36
8th Age Grouper	1:16:37	6:33:20	4:07:26	12:10:11
9th Age Grouper	1:15:16	6:16:34	4:34:55	12:18:07
10th Age Grouper	1:20:43	6:21:27	4:25:59	12:22:02
Kona Qualifier Average	1:11:25	5:49:02	4:01:17	11:12:19
Top 10 Age Grouper Average	1:13:43	6:05:58	4:18:49	11:50:42