

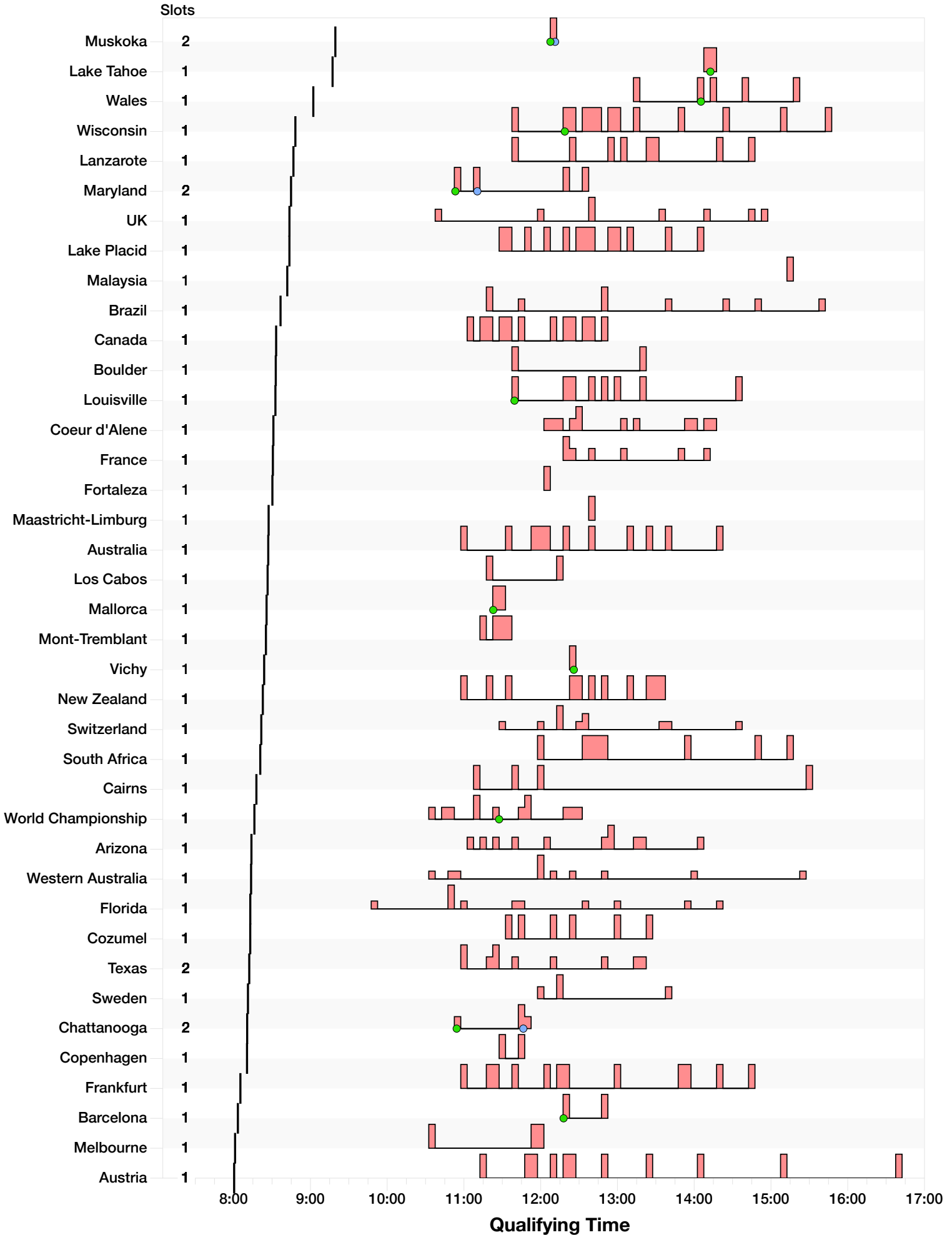
Ironman World Championship

F55-59

2016 Qualification Stats

2016 Qualification Comparison for F55-59

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



F55-59 Past Qualifying Times

Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	12:25:53
Average	9:25:27	12:25:53

Ironman Muskoka (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:53:37	12:07:36	12:11:15
Average	9:53:37	12:07:36	12:11:15

Ironman Wisconsin (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:46:28	14:24:42
2004	10:05:40	15:10:10
2005	10:11:22	15:45:38
2006	10:01:22	13:16:13
2007	9:37:03	12:33:30
2008	9:47:25	13:49:42
2009	9:43:59	12:44:27
2010	9:27:26	12:53:02
2011	9:41:03	12:39:51
2012	9:34:35	13:02:24
2013	9:47:07	12:25:01
2014	9:30:08	11:39:29
2015	10:08:05	12:18:51
Average	9:47:49	13:17:09

Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	13:16:06
2012	9:45:09	15:20:00
2013	9:51:21	14:38:46
2014	10:57:26	14:16:57
2015	9:56:31	14:05:17
Average	10:09:10	14:19:25

Ironman Lake Tahoe (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:58:53	14:10:32
2015	10:28:55	14:12:39
Average	10:13:54	14:11:35

Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	11:29:50
2015	9:24:48	11:22:53
Average	9:24:32	11:26:21

Ironman Chattanooga (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:54:55	11:44:44	11:47:34
2015	8:56:00	10:54:19	11:46:25
Average	8:55:27	11:19:31	11:46:59

Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	12:50:37
2015	8:46:44	12:17:53
Average	8:48:02	12:34:15

Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	12:24:04
2005	9:09:30	11:43:33
2006	9:18:31	12:21:47
2007	9:08:45	12:28:14
2008	9:06:23	11:52:10
2009	8:54:02	11:49:34
2010	8:58:36	10:51:43
2011	8:55:08	10:45:35
2012	9:15:54	11:09:30
2013	8:52:14	10:33:10
2014	9:00:55	11:11:06
2015	8:57:57	11:27:29
Average	9:07:19	11:33:09

Ironman Louisville (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:23:22	13:20:54
2008	9:54:17	14:35:13
2010	9:33:15	12:37:46
2011	9:38:14	12:47:59
2012	9:36:27	12:27:08
2013	9:29:02	12:18:23
2014	9:31:19	12:58:45
2015	10:00:04	11:39:31
Average	9:38:15	12:50:42

Ironman Maryland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:02	12:22:17	12:35:24
2015	9:42:56	10:53:17	11:10:28
Average	9:34:29	11:37:47	11:52:56

Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	12:15:18
2014	9:16:43	11:18:08
Average	9:26:08	11:46:43

Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	12:58:35
2005	9:33:09	14:18:27
2006	9:28:28	13:53:06
2007	9:05:35	12:33:14
2008	9:07:48	11:43:58
2009	9:08:38	10:47:46
2010	9:07:49	10:50:21
2011	8:55:10	11:38:45
2012	8:51:35	11:01:08
2013	8:43:07	10:49:26
2014	8:01:47	9:49:33
Average	9:02:54	11:51:18

Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	12:06:04
Average	9:09:20	12:06:04

Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	15:15:57
Average	9:26:38	15:15:57

Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	13:17:32
2006	9:12:53	14:03:00
2007	9:36:40	12:50:34
2008	9:21:06	12:57:08
2009	9:21:06	12:57:08
2010	9:09:19	11:40:42
2011	8:36:13	11:16:58
2012	9:01:41	11:06:12
2013	8:52:49	11:25:52
2014	8:50:41	12:05:57
Average	9:10:39	12:22:06

Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	13:23:40
2010	9:07:08	12:23:12
2011	9:14:08	13:02:06
2012	9:15:38	11:36:37
2013	8:52:28	12:11:37
2014	9:14:07	11:45:19
Average	9:08:24	12:23:45

Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:03:37	12:01:14
2005	9:31:32	15:23:51
2006	9:10:01	11:59:03
2007	9:00:55	14:01:17
2008	8:59:24	12:48:37
2009	9:16:52	12:24:46
2010	9:19:44	11:58:54
2011	9:25:38	12:07:50
2012	9:13:00	10:47:36
2013	8:59:44	10:33:23
2014	8:56:34	10:53:08
Average	9:10:38	12:16:19

Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	13:27:24
2004	9:22:23	12:50:31
2005	9:30:13	12:30:29
2007	9:20:01	13:37:22
2008	9:16:00	13:32:21
2009	9:18:25	13:08:45
2010	9:14:35	11:35:07
2011	9:28:24	12:41:00
2013	9:17:10	12:25:00
2014	9:08:46	10:59:16
2015	9:05:45	11:20:41
Average	9:18:08	12:33:26

Ironman Melbourne (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	8:34:51	11:57:15
2014	8:57:57	10:33:25
2015	8:52:51	12:00:54
Average	8:48:33	11:30:31

Ironman South Africa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	9:27:48	12:41:50
2009	9:16:32	14:48:02
2010	9:16:55	12:49:20
2011	8:33:56	13:56:40
2012	9:47:10	15:16:50
2013	9:10:58	12:46:22
2014	9:31:54	12:00:59
2015	9:26:56	12:35:52
Average	9:19:01	13:21:59

Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:13:20	12:01:33
2006	9:19:44	12:19:07
2007	9:12:59	12:41:42
2008	9:03:55	13:10:44
2009	8:57:10	13:26:53
2010	9:23:46	13:38:04
2011	9:29:54	14:18:25
2012	9:34:57	10:59:32
2013	9:34:55	11:53:45
2014	9:28:43	12:03:40
2015	9:38:24	11:34:15
Average	9:21:37	12:33:25

Ironman Texas (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	8:57:51	10:59:53	11:22:36
2012	8:54:58	11:40:15	12:47:38
2013	8:49:14	11:24:55	12:12:28
2014	8:54:42	13:15:00	13:18:41
2015	8:55:19	10:58:14	11:18:35
Average	8:54:24	11:39:39	12:11:59

Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	14:18:39
2009	9:54:57	13:27:12
2010	10:03:52	14:46:12
2011	9:43:39	13:05:56
2012	9:58:06	11:41:01
2013	9:37:34	12:56:22
2014	9:41:40	12:25:11
2015	9:56:03	13:27:31
Average	9:52:17	13:16:00

Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:12:40	14:48:44
2008	9:42:50	15:39:01
2009	9:10:15	11:19:42
2010	9:19:13	12:51:12
2011	12:40:07	14:25:50
2012	9:17:42	12:51:25
2013	9:05:53	11:18:59
2014	8:56:32	11:43:12
2015	8:59:08	13:42:25
Average	9:36:02	13:11:10

Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:49:11	14:10:17
2009	9:30:29	13:49:32
2011	9:34:31	12:17:58
2012	9:16:05	12:19:54
2013	9:12:54	13:03:39
2014	9:12:21	12:39:57
2015	9:24:50	12:27:17
Average	9:25:45	12:58:22

Ironman Cairns (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:21:00	15:32:26
2013	9:19:51	12:02:08
2014	9:16:58	11:09:57
2015	9:11:49	11:41:41
Average	9:17:24	12:36:33

Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	12:22:01
2006	9:12:09	14:03:56
2007	9:08:47	16:42:21
2008	8:47:26	12:25:55
2009	8:50:13	15:10:04
2010	9:18:50	13:25:06
2011	8:43:34	11:14:50
2012	9:09:58	12:51:40
2013	8:59:31	11:48:23
2014	8:42:42	11:55:24
2015		12:09:01
Average	8:10:55	13:06:14

Ironman Frankfurt (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:03:11	13:57:03
2005	9:15:31	14:44:41
2006	9:16:17	14:20:28
2007	9:04:11	12:06:09
2008	8:51:24	11:37:31
2009	8:58:08	13:50:03
2010	9:04:27	12:20:13
2011	9:12:13	13:01:03
2012	8:52:33	11:23:18
2013	8:56:01	10:59:49
2014	8:52:40	11:19:19
2015	8:51:00	12:14:25
Average	9:01:28	12:39:30

Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	10:37:44
2008	9:49:06	14:55:58
2009	9:33:59	14:12:18
2010	10:01:02	12:42:02
2012	10:08:44	14:42:31
2013	9:29:12	11:59:02
2014	9:52:12	13:37:14
2015	9:31:58	12:38:33
Average	9:45:18	13:10:40

Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2002	9:29:41	12:38:21
2003	9:51:55	13:00:31
2004	9:24:42	12:55:32
2006	10:11:35	12:35:15
2007	9:40:20	14:06:24
2008	9:51:00	13:09:28
2009	9:29:36	13:38:43
2010	9:27:30	12:05:21
2011	9:19:03	12:28:03
2012	9:47:39	12:19:37
2013	9:35:06	11:28:52
2014	9:28:28	11:35:24
2015	10:13:19	11:48:10
Average	9:40:45	12:36:07

Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	13:37:47
2006	9:24:18	13:34:49
2007	9:20:43	14:35:30
2008	9:30:12	12:17:20
2009	9:14:35	12:14:32
2010	9:00:04	12:36:20
2011	9:03:26	12:14:08
2012	9:20:16	11:29:37
2013	9:21:31	11:59:17
2014	9:13:30	12:31:31
2015	9:21:05	12:34:20
Average	9:16:24	12:42:17

Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:16:02	12:26:36
2005	9:51:31	12:37:36
2006	9:25:13	11:34:36
2007	9:41:01	11:44:17
2008	9:17:58	12:11:01
2009	9:11:20	11:19:48
2010	9:13:46	11:06:00
2011	9:03:13	12:22:15
2012	9:44:58	11:30:45
2013	9:28:13	11:16:29
2014	9:46:58	12:33:55
2015	9:46:19	12:47:40
Average	9:28:52	11:57:34

Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	12:39:06
Average	9:39:24	12:39:06

Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	13:17:56
2015	9:53:41	11:40:48
Average	9:36:47	12:29:22

Ironman Sweden (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:13:27	13:42:10
2013	8:54:01	12:16:34
2014	8:56:50	12:16:21
2015	9:12:27	11:57:46
Average	9:04:11	12:33:12

Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:53:33	11:46:39
2015	8:59:49	11:31:10
Average	8:56:41	11:38:54

Ironman Coeur d'Alene (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	14:13:19
2005	9:59:08	12:09:36
2006	9:31:07	13:59:43
2007	10:27:55	14:07:43
2008	9:38:58	13:54:11
2009	9:23:21	12:16:40
2010	9:17:54	12:29:26
2011	9:16:40	12:32:29
2012	9:21:44	13:02:31
2013	9:16:02	12:04:57
2014	9:34:32	12:25:22
2015	9:23:27	13:15:47
Average	9:34:24	13:02:38

Ironman Mont-Tremblant (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:30:46	11:33:28
2013	9:07:56	11:12:46
2014	9:40:26	11:24:46
2015	9:09:05	11:29:43
Average	9:22:03	11:25:10

F55-59 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	1:16:18	6:05:58	4:54:30	12:25:53
2nd Age Grouper	1:33:11	7:15:49	6:04:48	15:27:41
3rd Age Grouper	1:25:25	8:04:26	5:42:49	15:35:57
4th Age Grouper	1:54:28	7:51:02	5:33:05	15:38:41
Kona Qualifier Average	1:16:18	6:05:58	4:54:30	12:25:53
Top 10 Age Grouper Average	1:32:20	7:19:18	5:33:48	14:47:03

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	1:14:01	6:15:45	4:28:35	12:07:36
2nd Age Grouper	1:14:50	6:23:48	4:21:33	12:11:15
3rd Age Grouper	1:11:43	6:22:27	4:56:22	12:39:19
4th Age Grouper	1:26:42	6:39:47	4:30:29	12:55:23
5th Age Grouper	1:18:11	6:22:37	5:07:54	13:04:45
6th Age Grouper	1:29:16	6:57:09	4:35:05	13:17:31
7th Age Grouper	1:17:35	7:01:50	5:16:26	13:49:24
8th Age Grouper	1:29:50	7:13:45	5:29:18	14:31:06
9th Age Grouper	1:30:24	7:29:08	5:16:18	14:38:53
10th Age Grouper	1:37:19	7:26:04	5:22:25	14:43:52
Kona Qualifier Average	1:14:25	6:19:46	4:25:04	12:09:25
Top 10 Age Grouper Average	1:22:59	6:49:14	4:56:26	13:23:54

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	1:20:37	6:46:04	4:54:25	13:17:09
2nd Age Grouper	1:23:29	6:49:19	5:03:03	13:32:03
3rd Age Grouper	1:25:31	7:04:02	5:07:54	13:56:31
4th Age Grouper	1:23:10	6:57:05	5:15:19	13:53:43
5th Age Grouper	1:29:46	7:02:19	5:26:11	14:18:31
6th Age Grouper	1:25:54	7:08:33	5:46:10	14:42:07
7th Age Grouper	1:30:18	7:06:01	5:48:43	14:45:00
8th Age Grouper	1:32:23	7:14:45	5:47:30	14:57:33
9th Age Grouper	1:30:50	7:28:31	6:00:57	15:19:20
10th Age Grouper	1:32:00	7:25:24	5:49:53	15:09:15
Kona Qualifier Average	1:20:37	6:46:04	4:54:25	13:17:09
Top 10 Age Grouper Average	1:26:44	7:03:56	5:26:21	14:16:13

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	1:21:35	7:49:44	4:44:11	14:19:25
2nd Age Grouper	1:28:23	8:16:41	5:10:12	15:20:28
3rd Age Grouper	1:27:42	7:51:55	5:37:17	15:20:40
4th Age Grouper	1:26:05	7:58:20	5:38:11	15:30:09
5th Age Grouper	1:31:44	8:10:48	5:29:04	15:47:31
6th Age Grouper	1:27:58	8:02:27	5:57:29	15:51:58
Kona Qualifier Average	1:21:35	7:49:44	4:44:11	14:19:25
Top 10 Age Grouper Average	1:26:04	8:01:50	5:11:25	15:04:41

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	1:23:24	7:10:33	5:22:23	14:11:35
2nd Age Grouper	1:17:05	7:03:00	5:39:03	14:15:27
3rd Age Grouper	1:11:43	7:10:47	5:35:05	14:19:38
4th Age Grouper	1:25:31	7:17:06	5:26:03	14:28:39
5th Age Grouper	1:25:45	7:32:51	5:59:52	15:17:34
6th Age Grouper	1:26:59	7:36:28	6:07:39	15:35:46
7th Age Grouper	1:26:18	8:02:30	5:55:30	15:54:56
8th Age Grouper	1:24:50	8:08:37	6:08:27	16:12:05
9th Age Grouper	1:32:03	8:01:48	6:17:58	16:18:07
10th Age Grouper	1:22:25	7:53:25	6:42:38	16:27:46
Kona Qualifier Average	1:23:24	7:10:33	5:22:23	14:11:35
Top 10 Age Grouper Average	1:23:36	7:35:42	5:55:28	15:18:09

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	1:09:05	6:02:15	4:05:18	11:26:21
2nd Age Grouper	1:21:28	6:03:34	4:36:00	12:13:21
3rd Age Grouper	1:20:13	6:38:17	4:22:03	12:32:39
4th Age Grouper	1:08:09	6:47:44	5:13:24	13:23:11
5th Age Grouper	1:29:27	7:15:24	5:03:49	14:06:30
6th Age Grouper	1:17:49	7:45:47	5:14:05	14:43:02
7th Age Grouper	1:17:10	7:30:24	5:48:06	14:54:16
8th Age Grouper	1:36:01	6:53:38	6:51:50	15:37:36
Kona Qualifier Average	1:09:05	6:02:15	4:05:18	11:26:21
Top 10 Age Grouper Average	1:19:03	6:44:57	4:58:05	13:16:50

Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:44:53	4:55:39	3:10:10	8:55:27
1st Age Grouper	0:56:32	5:43:37	4:29:14	11:19:31
2nd Age Grouper	1:05:25	6:00:00	4:27:21	11:46:59
3rd Age Grouper	1:04:00	6:08:37	4:42:45	12:09:51
4th Age Grouper	1:04:53	6:27:58	4:36:51	12:25:37
5th Age Grouper	1:06:36	6:25:46	5:02:51	12:48:58
6th Age Grouper	1:13:23	6:18:31	5:03:54	12:52:47
7th Age Grouper	1:05:06	6:09:42	5:28:17	13:00:06
8th Age Grouper	1:05:32	6:36:28	5:20:19	13:17:24
9th Age Grouper	1:06:14	6:40:10	5:21:02	13:21:54
10th Age Grouper	1:03:02	6:29:46	5:36:05	13:25:52
Kona Qualifier Average	1:00:59	5:51:48	4:28:17	11:33:15
Top 10 Age Grouper Average	1:05:04	6:18:03	5:00:52	12:38:54

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	1:30:02	6:01:35	4:51:13	12:34:15
2nd Age Grouper	1:17:02	6:05:41	5:41:11	13:12:36
3rd Age Grouper	1:28:36	7:24:43	4:50:22	13:53:57
4th Age Grouper	1:27:15	6:27:31	6:13:17	14:17:04
5th Age Grouper	1:35:12	6:37:06	6:03:30	14:25:18
6th Age Grouper	1:24:10	7:03:57	5:55:57	14:37:11
7th Age Grouper	1:40:26	6:53:46	5:56:17	14:42:11
8th Age Grouper	1:34:49	6:10:08	7:01:48	14:56:43
Kona Qualifier Average	1:30:02	6:01:35	4:51:13	12:34:15
Top 10 Age Grouper Average	1:28:22	6:33:40	5:40:48	13:53:05

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	1:18:26	6:01:44	4:04:03	11:33:09
2nd Age Grouper	1:19:02	6:13:14	4:11:08	11:52:33
3rd Age Grouper	1:20:20	6:17:47	4:20:04	12:08:16
4th Age Grouper	1:20:11	6:19:20	4:27:27	12:17:43
5th Age Grouper	1:20:00	6:29:28	4:29:39	12:29:39
6th Age Grouper	1:26:42	6:38:47	4:24:45	12:41:32
7th Age Grouper	1:23:23	6:38:02	4:35:53	12:49:08
8th Age Grouper	1:21:42	6:42:08	4:42:51	12:58:50
9th Age Grouper	1:24:11	6:40:06	4:49:09	13:04:17
10th Age Grouper	1:24:23	6:45:13	4:49:41	13:11:14
Kona Qualifier Average	1:18:26	6:01:44	4:04:03	11:33:09
Top 10 Age Grouper Average	1:21:50	6:28:35	4:29:28	12:30:38

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	1:21:27	6:18:29	4:56:33	12:50:42
2nd Age Grouper	1:26:15	6:37:07	4:55:00	13:12:48
3rd Age Grouper	1:23:42	6:28:20	5:21:26	13:32:06
4th Age Grouper	1:23:03	6:52:49	5:24:29	13:57:59
5th Age Grouper	1:23:45	6:53:57	5:48:01	14:22:18
6th Age Grouper	1:17:55	6:46:48	5:19:41	13:45:10
7th Age Grouper	1:19:20	6:48:40	5:41:37	14:07:50
8th Age Grouper	1:33:00	7:03:38	5:47:07	14:44:37
9th Age Grouper	1:27:55	6:57:39	6:13:48	14:58:07
10th Age Grouper	1:28:07	7:19:46	5:57:51	15:12:37
Kona Qualifier Average	1:21:27	6:18:29	4:56:33	12:50:42
Top 10 Age Grouper Average	1:24:20	6:47:13	5:30:21	14:00:15

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	1:03:51	5:48:53	4:32:19	11:37:47
2nd Age Grouper	1:02:14	6:07:53	4:26:07	11:52:56
3rd Age Grouper	1:18:58	6:10:23	4:29:44	12:14:37
4th Age Grouper	1:09:09	6:06:39	5:06:28	12:41:04
5th Age Grouper	1:18:07	6:09:04	5:04:31	12:50:38
6th Age Grouper	1:19:26	6:21:03	5:12:13	13:09:11
7th Age Grouper	1:23:33	6:52:22	5:01:37	13:41:41
8th Age Grouper	1:36:19	6:28:29	5:16:23	13:43:15
9th Age Grouper	1:25:16	6:33:26	5:26:35	13:48:12
10th Age Grouper	1:31:39	6:39:16	5:16:34	13:50:43
Kona Qualifier Average	1:03:02	5:58:23	4:29:13	11:45:21
Top 10 Age Grouper Average	1:18:51	6:19:45	4:59:15	12:57:00

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	1:15:26	6:14:04	4:09:54	11:46:43
2nd Age Grouper	1:15:58	6:25:11	5:05:48	12:57:47
3rd Age Grouper	1:29:32	7:33:54	4:50:41	13:11:28
4th Age Grouper	1:27:32	7:13:15	5:16:58	14:09:27
5th Age Grouper	1:28:13	7:04:48	6:51:00	15:38:30
6th Age Grouper	1:35:08	7:46:11	6:10:44	15:53:23
7th Age Grouper	1:23:27	8:45:34	5:57:32	16:34:09
8th Age Grouper	1:43:58	7:29:58	7:25:22	17:00:30
Kona Qualifier Average	1:15:26	6:14:04	4:09:54	11:46:43
Top 10 Age Grouper Average	1:26:30	7:12:10	5:35:13	14:20:39

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	1:11:45	5:57:04	4:29:40	11:51:18
2nd Age Grouper	1:14:52	6:12:39	4:56:13	12:38:11
3rd Age Grouper	1:19:27	6:21:17	4:59:56	12:58:35
4th Age Grouper	1:16:17	6:33:40	5:15:43	13:22:35
5th Age Grouper	1:20:14	6:41:51	5:30:38	13:51:01
6th Age Grouper	1:22:34	6:47:08	5:49:53	14:18:11
7th Age Grouper	1:30:34	6:52:17	5:58:47	14:44:18
8th Age Grouper	1:25:03	7:11:13	5:52:37	14:49:32
9th Age Grouper	1:20:38	6:57:03	6:04:49	14:40:42
10th Age Grouper	1:25:55	7:10:21	5:57:12	14:53:49
Kona Qualifier Average	1:11:45	5:57:04	4:29:40	11:51:18
Top 10 Age Grouper Average	1:20:19	6:37:44	5:26:00	13:41:56

Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:51:52	4:57:46	3:15:59	9:09:20
1st Age Grouper	1:08:06	6:14:02	4:38:23	12:06:04
2nd Age Grouper	1:40:16	7:17:05	5:40:49	14:49:18
Kona Qualifier Average	1:08:06	6:14:02	4:38:23	12:06:04
Top 10 Age Grouper Average	1:24:11	6:45:33	5:09:36	13:27:41

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	1:18:07	7:31:31	6:13:29	15:15:57
Kona Qualifier Average	1:18:07	7:31:31	6:13:29	15:15:57

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	1:21:24	6:04:45	4:42:36	12:22:06
2nd Age Grouper	1:21:11	6:12:57	5:00:43	12:46:30
3rd Age Grouper	1:27:41	6:09:56	5:15:48	13:10:47
4th Age Grouper	1:28:41	6:27:25	5:23:39	13:34:50
5th Age Grouper	1:29:11	6:30:01	5:24:05	13:42:43
6th Age Grouper	1:23:06	6:31:11	5:48:44	13:57:01
7th Age Grouper	1:37:20	6:47:12	5:19:47	14:03:36
8th Age Grouper	1:30:29	6:49:51	5:29:08	14:08:16
9th Age Grouper	1:35:56	6:48:33	5:42:41	14:23:12
10th Age Grouper	1:35:34	6:56:57	5:39:41	14:34:45
Kona Qualifier Average	1:21:09	6:06:32	4:46:01	12:26:56
Top 10 Age Grouper Average	1:28:18	6:29:43	5:21:29	13:35:52

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	1:08:36	6:14:07	4:47:33	12:23:45
2nd Age Grouper	1:15:10	5:31:14	6:14:54	12:58:10
3rd Age Grouper	1:19:42	6:57:45	5:24:43	13:49:18
4th Age Grouper	1:16:02	6:48:52	6:03:56	14:25:02
5th Age Grouper	1:20:21	7:14:57	5:18:23	14:13:09
6th Age Grouper	1:31:49	7:10:28	5:32:08	14:30:22
7th Age Grouper	1:28:08	7:05:00	5:53:54	14:44:36
8th Age Grouper	1:17:14	5:31:08	6:13:00	15:14:01
9th Age Grouper	1:06:16	7:42:13	5:26:21	14:30:52
10th Age Grouper	1:09:01	7:27:08	5:46:57	14:37:00
Kona Qualifier Average	1:08:36	6:14:07	4:47:33	12:23:45
Top 10 Age Grouper Average	1:17:40	6:37:39	5:40:04	13:58:13

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

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	1:14:16	6:29:22	4:39:16	12:33:26
2nd Age Grouper	1:22:39	6:36:55	4:51:13	13:04:42
3rd Age Grouper	1:19:52	6:51:52	5:07:03	13:33:32
4th Age Grouper	1:23:46	7:07:26	5:30:46	14:20:26
5th Age Grouper	1:14:36	6:57:48	5:47:16	14:15:26
6th Age Grouper	1:29:22	7:06:42	5:48:55	14:42:16
7th Age Grouper	1:20:17	7:22:30	5:46:00	14:47:53
8th Age Grouper	1:34:08	7:39:37	5:27:33	15:00:10
9th Age Grouper	1:29:21	7:21:14	5:29:11	14:38:20
10th Age Grouper	1:28:30	7:14:34	5:56:50	15:00:48
Kona Qualifier Average	1:14:16	6:29:22	4:39:16	12:33:26
Top 10 Age Grouper Average	1:22:03	6:58:14	5:19:34	13:55:43

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	1:14:55	5:57:01	4:09:39	11:30:31
2nd Age Grouper	1:21:30	6:09:59	4:39:21	12:22:26
3rd Age Grouper	1:28:14	6:19:30	4:56:37	12:55:42
4th Age Grouper	1:28:39	6:43:01	5:01:32	13:27:39
5th Age Grouper	1:31:45	7:00:31	5:17:21	14:04:35
6th Age Grouper	1:38:50	7:31:18	5:46:11	15:15:50
7th Age Grouper	1:30:14	7:07:31	6:03:51	14:56:30
8th Age Grouper	1:27:28	7:43:25	5:51:40	15:19:02
9th Age Grouper	1:34:37	7:29:04	6:30:36	15:51:13
10th Age Grouper		7:11:47	6:28:42	15:27:38
Kona Qualifier Average	1:14:55	5:57:01	4:09:39	11:30:31
Top 10 Age Grouper Average	1:24:39	6:50:14	5:18:55	13:51:39

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	1:18:29	6:46:32	5:03:14	13:21:59
2nd Age Grouper	1:20:07	7:17:56	5:19:50	14:15:01
3rd Age Grouper	1:28:07	7:05:46	5:31:31	14:25:58
4th Age Grouper	1:28:15	7:24:50	5:24:05	14:30:55
5th Age Grouper	1:31:20	7:27:26	5:24:37	14:43:01
6th Age Grouper	1:29:53	7:43:09	5:25:54	14:54:39
7th Age Grouper	1:31:08	8:00:27	5:42:14	15:34:08
8th Age Grouper	1:37:01	8:00:05	5:41:00	15:37:26
Kona Qualifier Average	1:18:29	6:46:32	5:03:14	13:21:59
Top 10 Age Grouper Average	1:25:23	7:16:48	5:21:35	14:20:39

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	1:10:33	6:03:03	5:20:05	12:33:25
2nd Age Grouper	1:14:46	7:04:38	4:53:47	13:19:28
3rd Age Grouper	1:23:35	7:07:21	5:27:40	14:07:27
4th Age Grouper	1:26:34	7:32:15	5:42:25	14:52:14
5th Age Grouper	1:20:43	7:27:45	5:58:18	14:56:08
6th Age Grouper	1:26:18	7:35:34	6:01:44	15:15:44
7th Age Grouper	1:22:44	7:48:24	5:30:15	15:01:11
8th Age Grouper	1:11:09	7:28:47	6:11:00	15:03:47
9th Age Grouper	1:13:20	7:46:54	6:01:28	15:17:45
10th Age Grouper	1:21:23	8:07:54	6:21:29	16:03:42
Kona Qualifier Average	1:10:33	6:03:03	5:20:05	12:33:25
Top 10 Age Grouper Average	1:19:08	7:08:55	5:33:03	14:09:21

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

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	1:16:44	7:13:07	4:30:56	13:16:00
2nd Age Grouper	1:22:36	7:33:16	4:54:16	14:09:06
3rd Age Grouper	1:21:38	7:35:34	4:50:00	14:05:09
4th Age Grouper	1:35:22	8:29:28	5:23:50	15:50:35
5th Age Grouper	2:04:17	7:26:55	5:59:27	15:57:33
6th Age Grouper	1:25:23	8:41:58	6:00:24	16:27:56
7th Age Grouper	1:28:00	8:53:16	6:09:49	16:56:37
Kona Qualifier Average	1:16:44	7:13:07	4:30:56	13:16:00
Top 10 Age Grouper Average	1:24:44	7:42:42	4:59:19	14:25:34

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	1:17:48	5:47:00	4:27:57	13:11:10
2nd Age Grouper	1:30:12	6:00:40	4:35:16	13:57:47
3rd Age Grouper	1:39:11	5:35:02	4:06:42	13:52:09
4th Age Grouper	1:21:59	5:48:56	4:32:11	14:35:31
5th Age Grouper	1:26:22	6:56:08	5:58:02	14:38:58
6th Age Grouper	1:29:18	7:15:35	6:40:39	15:49:45
Kona Qualifier Average	1:17:48	5:47:00	4:27:57	13:11:10
Top 10 Age Grouper Average	1:26:39	5:59:45	4:42:25	14:01:19

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	1:18:58	6:49:49	4:34:56	12:58:22
2nd Age Grouper	1:24:35	7:11:15	4:54:25	13:45:59
3rd Age Grouper	1:20:18	7:21:53	4:50:21	13:51:01
4th Age Grouper	1:22:38	7:35:53	5:17:32	14:36:12
5th Age Grouper	0:46:05	7:54:25	5:14:58	15:08:18
Kona Qualifier Average	1:18:58	6:49:49	4:34:56	12:58:22
Top 10 Age Grouper Average	1:18:20	7:14:00	4:52:24	13:46:17

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	1:24:28	6:20:53	4:41:16	12:36:33
2nd Age Grouper	1:23:22	6:16:28	5:06:31	12:58:15
3rd Age Grouper	1:27:31	6:40:52	4:58:13	13:20:06
4th Age Grouper	1:29:20	6:47:08	5:18:11	13:46:57
5th Age Grouper	1:30:58	7:12:39	5:16:20	14:15:42
6th Age Grouper	1:28:59	7:00:55	5:41:13	14:23:24
7th Age Grouper	1:36:43	7:18:12	5:19:26	14:28:47
8th Age Grouper	1:34:10	7:10:49	5:49:31	14:51:47
9th Age Grouper	1:48:43	7:10:22	5:53:08	15:12:59
10th Age Grouper	1:27:43	7:47:28	5:59:25	15:31:41
Kona Qualifier Average	1:24:28	6:20:53	4:41:16	12:36:33
Top 10 Age Grouper Average	1:30:07	6:52:43	5:18:52	13:55:38

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	1:21:08	5:58:22	5:41:02	13:06:14
2nd Age Grouper	1:17:20	6:48:20	5:07:20	13:35:58
3rd Age Grouper	1:08:26	6:57:32	5:19:07	13:57:56
4th Age Grouper	1:37:33	6:58:44	5:16:07	14:08:14
5th Age Grouper	1:32:07	7:12:00	5:39:29	14:45:29
6th Age Grouper	1:36:27	7:21:20	5:30:11	14:49:34
7th Age Grouper	1:29:42	7:03:25	5:48:18	14:37:20
8th Age Grouper	1:27:43	7:25:39	5:58:46	15:13:56
9th Age Grouper	1:21:15	7:20:27	6:38:46	15:37:26
10th Age Grouper	1:36:20	7:35:50	6:24:38	15:57:14
Kona Qualifier Average	1:21:08	5:58:22	5:41:02	13:06:14
Top 10 Age Grouper Average	1:23:46	6:52:37	5:33:07	14:09:09

Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:52:09	4:57:30	3:06:29	9:01:28
1st Age Grouper	1:11:37	5:44:16	5:03:23	12:39:30
2nd Age Grouper	1:28:12	6:32:06	5:08:34	13:01:57
3rd Age Grouper	1:29:41	6:34:01	5:12:38	13:29:37
4th Age Grouper	1:35:37	6:57:20	5:04:26	13:52:30
5th Age Grouper	1:33:39	6:53:42	5:26:53	14:09:35
6th Age Grouper	1:11:42	7:12:41	5:31:14	14:24:32
7th Age Grouper	1:19:14	6:51:13	5:24:36	13:52:32
8th Age Grouper	1:31:57	6:31:20	5:25:02	13:38:35
9th Age Grouper	2:00:29	6:54:28	4:35:56	13:49:00
10th Age Grouper	1:08:48	6:40:32	6:11:20	14:14:35
Kona Qualifier Average	1:11:37	5:44:16	5:03:23	12:39:30
Top 10 Age Grouper Average	1:25:02	6:32:55	5:12:54	13:28:01

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	1:24:24	7:23:39	4:02:58	13:10:40
2nd Age Grouper	1:26:54	7:51:39	5:16:21	14:52:58
3rd Age Grouper	1:29:36	7:38:40	5:39:19	15:04:19
4th Age Grouper	1:27:41	7:43:11	5:27:19	14:57:51
5th Age Grouper	1:25:43	8:02:47	5:52:02	15:42:36
6th Age Grouper	1:26:51	7:59:53	6:18:14	16:04:37
7th Age Grouper	1:36:33	8:28:58	5:52:30	16:15:18
Kona Qualifier Average	1:24:24	7:23:39	4:02:58	13:10:40
Top 10 Age Grouper Average	1:26:46	7:43:30	5:05:45	14:34:59

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	1:10:59	6:33:26	4:38:41	12:36:07
2nd Age Grouper	1:15:27	6:40:52	5:04:03	13:18:09
3rd Age Grouper	1:18:08	6:59:01	5:08:24	13:44:29
4th Age Grouper	1:22:29	7:13:58	5:23:09	14:16:21
5th Age Grouper	1:25:37	7:23:47	5:34:43	14:42:12
6th Age Grouper	1:24:32	7:22:15	5:22:59	14:28:24
7th Age Grouper	1:26:57	7:24:59	5:47:32	14:57:13
8th Age Grouper	1:23:42	7:34:52	5:38:36	14:58:04
9th Age Grouper	1:22:25	7:44:16	5:28:20	14:51:43
10th Age Grouper	1:23:34	7:27:59	5:53:08	15:06:21
Kona Qualifier Average	1:10:59	6:33:26	4:38:41	12:36:07
Top 10 Age Grouper Average	1:20:29	7:09:09	5:19:22	14:06:40

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	1:16:47	5:48:49	5:36:08	12:42:17
2nd Age Grouper	1:26:26	6:44:35	4:46:40	13:09:45
3rd Age Grouper	1:39:26	6:51:08	4:35:23	13:17:08
4th Age Grouper	1:29:07	7:07:14	5:10:24	13:58:56
5th Age Grouper	1:27:03	7:24:32	5:13:53	14:38:59
6th Age Grouper	1:42:18	7:12:10	5:28:00	14:37:41
7th Age Grouper	1:53:59	7:09:43	5:15:40	14:30:00
8th Age Grouper	1:43:30	7:04:40	5:36:40	14:40:20
Kona Qualifier Average	1:16:47	5:48:49	5:36:08	12:42:17
Top 10 Age Grouper Average	1:28:25	6:41:59	5:08:47	13:30:52

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	1:14:27	6:09:50	4:23:05	11:57:34
2nd Age Grouper	1:21:05	6:27:09	4:43:32	12:45:15
3rd Age Grouper	1:26:23	6:44:36	4:45:57	13:10:50
4th Age Grouper	1:20:41	6:42:34	5:18:54	13:35:20
5th Age Grouper	1:29:09	7:07:08	5:02:18	13:55:06
6th Age Grouper	1:23:01	7:11:48	5:22:49	14:11:29
7th Age Grouper	1:28:36	7:11:54	5:28:29	14:26:28
8th Age Grouper	1:24:42	7:17:13	5:43:59	14:40:11
9th Age Grouper	1:26:22	7:34:00	5:29:34	14:47:36
10th Age Grouper	1:31:03	7:31:34	5:38:48	14:58:20
Kona Qualifier Average	1:14:27	6:09:50	4:23:05	11:57:34
Top 10 Age Grouper Average	1:24:33	6:59:46	5:11:44	13:50:49

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	1:27:10	6:30:48	4:28:33	12:39:06
2nd Age Grouper	1:31:48	6:29:52	5:06:44	13:30:09
3rd Age Grouper	1:21:47	7:25:32	6:04:51	15:06:38
Kona Qualifier Average	1:27:10	6:30:48	4:28:33	12:39:06
Top 10 Age Grouper Average	1:26:55	6:48:44	5:13:22	13:45:17

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	1:14:43	5:56:03	5:05:22	12:29:22
2nd Age Grouper	1:21:42	6:27:32	5:33:28	13:41:02
3rd Age Grouper	1:30:40	6:49:43	5:17:57	14:00:58
4th Age Grouper	1:30:46	6:31:01	5:40:13	14:04:00
5th Age Grouper	1:18:09	6:18:49	6:19:05	14:12:42
6th Age Grouper	1:27:19	6:32:36	5:59:33	14:15:51
7th Age Grouper	1:18:32	6:33:35	6:07:09	14:19:01
8th Age Grouper	1:27:52	6:37:53	5:54:15	14:23:31
9th Age Grouper	1:32:21	6:37:26	6:16:31	14:44:05
10th Age Grouper	1:23:53	6:49:18	6:13:01	14:49:21
Kona Qualifier Average	1:14:43	5:56:03	5:05:22	12:29:22
Top 10 Age Grouper Average	1:24:36	6:31:23	5:50:39	14:05:59

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	1:31:11	6:06:56	4:41:58	12:33:12
2nd Age Grouper	1:35:50	6:03:06	4:44:30	12:32:06
3rd Age Grouper	1:25:35	6:26:52	5:10:18	13:14:49
4th Age Grouper	1:16:05	6:50:48	5:27:33	13:53:57
5th Age Grouper	1:37:12	6:53:27	5:17:08	14:01:36
6th Age Grouper	1:27:10	6:49:20	6:02:01	14:34:39
7th Age Grouper	1:44:14	7:21:25	5:51:08	15:11:34
8th Age Grouper	1:30:06	7:38:20	6:22:38	15:43:05
Kona Qualifier Average	1:31:11	6:06:56	4:41:58	12:33:12
Top 10 Age Grouper Average	1:30:58	6:36:06	5:16:21	13:36:51

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	1:28:24	5:43:13	4:13:29	11:38:54
2nd Age Grouper	1:21:54	6:08:17	4:25:42	12:12:42
3rd Age Grouper	1:22:42	6:07:02	4:53:36	12:43:39
4th Age Grouper	1:24:32	6:19:22	5:08:45	13:05:57
5th Age Grouper	1:20:01	6:46:09	5:11:49	13:36:20
6th Age Grouper	1:38:17	6:50:43	5:31:50	14:23:38
7th Age Grouper	1:34:41	7:13:33	5:26:55	14:39:54
8th Age Grouper	1:31:17	7:02:11	5:26:45	14:22:53
9th Age Grouper	1:55:25	7:02:02	6:08:25	15:35:21
Kona Qualifier Average	1:28:24	5:43:13	4:13:29	11:38:54
Top 10 Age Grouper Average	1:29:14	6:31:18	5:04:57	13:25:01

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	1:21:37	6:35:06	4:52:27	13:02:38
2nd Age Grouper	1:25:13	6:55:50	5:12:39	13:47:18
3rd Age Grouper	1:25:24	7:02:13	5:34:06	14:17:31
4th Age Grouper	1:34:39	7:14:13	5:41:01	14:49:09
5th Age Grouper	1:36:38	7:21:40	5:45:06	15:03:27
6th Age Grouper	1:33:51	7:32:29	5:53:37	15:19:40
7th Age Grouper	1:31:21	7:27:59	6:08:06	15:27:30
8th Age Grouper	1:34:10	7:43:14	6:04:14	15:46:24
9th Age Grouper	1:34:28	7:52:51	6:09:29	15:53:30
10th Age Grouper	1:47:29	7:36:02	6:23:19	16:08:28
Kona Qualifier Average	1:21:37	6:35:06	4:52:27	13:02:38
Top 10 Age Grouper Average	1:31:37	7:17:01	5:42:36	14:49:26

Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:05	5:06:36	3:12:59	9:22:03
1st Age Grouper	1:07:25	5:52:43	4:15:10	11:25:10
2nd Age Grouper	1:15:34	6:09:10	4:32:26	12:09:57
3rd Age Grouper	1:20:16	6:34:44	4:26:11	12:34:39
4th Age Grouper	1:17:46	6:27:45	4:37:13	12:39:23
5th Age Grouper	1:14:21	6:16:43	5:03:32	12:49:28
6th Age Grouper	1:23:47	6:42:15	4:43:29	13:06:27
7th Age Grouper	1:22:39	6:42:07	4:54:25	13:14:36
8th Age Grouper	1:16:48	6:58:07	4:55:25	13:28:15
9th Age Grouper	1:25:44	7:00:19	4:50:49	13:39:01
10th Age Grouper	1:33:12	6:58:52	4:55:37	13:45:22
Kona Qualifier Average	1:07:25	5:52:43	4:15:10	11:25:10
Top 10 Age Grouper Average	1:19:45	6:34:16	4:43:26	12:53:14

Results from Ironman.com. Tables compiled by Russ Cox (russell.m.cox@gmail.com) for www.coachcox.co.uk