

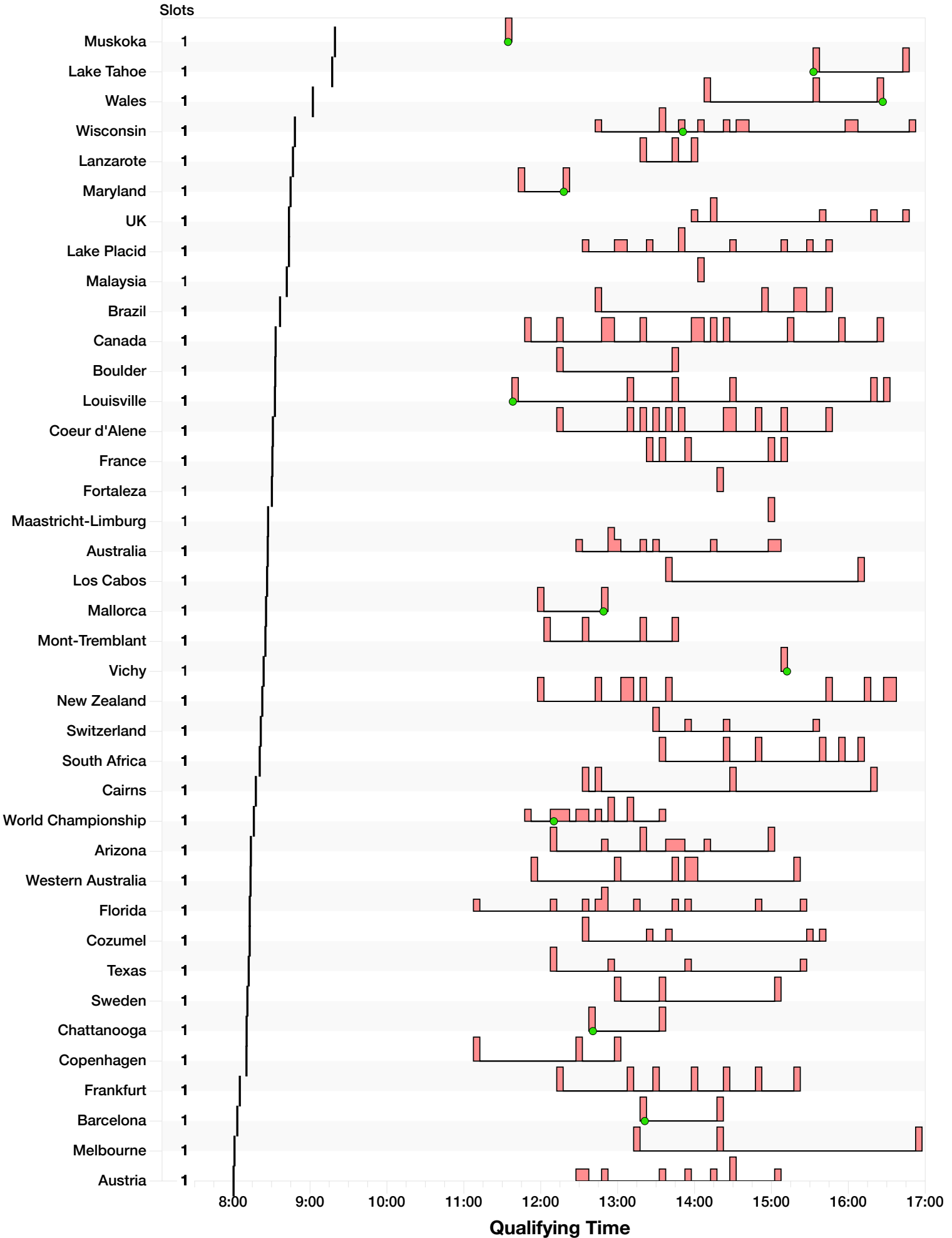
# Ironman World Championship

F60-64

2016 Qualification Stats

# 2016 Qualification Comparison for F60-64

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



## F60-64 Past Qualifying Times

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	15:12:09
Average	9:25:27	15:12:09

### Ironman Muskoka (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:53:37	11:34:30
Average	9:53:37	11:34:30

### Ironman Wisconsin (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:11:22	13:36:55
2006	10:01:22	14:03:33
2007	9:37:03	16:49:08
2008	9:47:25	14:26:28
2009	9:43:59	14:33:37
2010	9:27:26	14:40:35
2011	9:41:03	16:05:57
2012	9:34:35	15:59:55
2013	9:47:07	13:34:10
2014	9:30:08	12:44:48
2015	10:08:05	13:50:57
Average	9:46:19	14:35:05

### Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:45:09	14:09:05
2014	10:57:26	15:35:15
2015	9:56:31	16:26:52
Average	10:13:02	15:23:44

### Ironman Lake Tahoe (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:58:53	16:42:34
2015	10:28:55	15:32:48
Average	10:13:54	16:07:41

### Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	11:58:12
2015	9:24:48	12:49:00
Average	9:24:32	12:23:36

### Ironman Chattanooga (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:54:55	13:35:32
2015	8:56:00	12:40:43
<b>Average</b>	<b>8:55:27</b>	<b>13:08:07</b>

### Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	14:20:12
2015	8:46:44	13:21:11
<b>Average</b>	<b>8:48:02</b>	<b>13:50:41</b>

### Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	13:35:39
2005	9:09:30	12:34:52
2006	9:18:31	12:52:48
2007	9:08:45	13:11:19
2008	9:06:23	13:11:10
2009	8:54:02	12:42:51
2010	8:58:36	12:17:24
2011	8:55:08	12:20:16
2012	9:15:54	12:27:51
2013	8:52:14	11:50:41
2014	9:00:55	12:54:13
2015	8:57:57	12:10:14
<b>Average</b>	<b>9:07:19</b>	<b>12:40:46</b>

### Ironman Louisville (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:23:22	16:18:54
2010	9:33:15	16:28:14
2012	9:36:27	14:31:39
2013	9:29:02	13:07:57
2014	9:31:19	13:43:01
2015	10:00:04	11:38:14
<b>Average</b>	<b>9:35:34</b>	<b>14:17:59</b>

### Ironman Maryland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:02	11:45:46
2015	9:42:56	12:17:59
<b>Average</b>	<b>9:34:29</b>	<b>12:01:52</b>

### Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	16:12:24
2014	9:16:43	13:37:30
<b>Average</b>	<b>9:26:08</b>	<b>14:54:57</b>

### Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	12:34:23
2005	9:33:09	13:14:41
2006	9:28:28	15:22:56
2007	9:05:35	12:12:06
2008	9:07:48	12:49:49
2009	9:08:38	14:48:43
2010	9:07:49	13:45:08
2011	8:55:10	13:57:20
2012	8:51:35	12:43:37
2013	8:43:07	12:48:41
2014	8:01:47	11:11:25
<b>Average</b>	<b>9:02:54</b>	<b>13:13:31</b>

### Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	14:21:43
<b>Average</b>	<b>9:09:20</b>	<b>14:21:43</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	14:06:33
<b>Average</b>	<b>9:26:38</b>	<b>14:06:33</b>

### Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	13:37:52
2006	9:12:53	14:59:49
2007	9:36:40	13:20:30
2008	9:21:06	12:08:11
2009	9:21:06	12:08:11
2010	9:09:19	13:51:46
2011	8:36:13	15:01:01
2012	9:01:41	14:10:06
2013	8:52:49	13:20:38
2014	8:50:41	13:44:43
<b>Average</b>	<b>9:10:39</b>	<b>13:38:16</b>

### Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	15:40:54
2010	9:07:08	13:26:21
2011	9:14:08	13:38:38
2012	9:15:38	15:27:49
2013	8:52:28	12:34:30
2014	9:14:07	12:35:48
<b>Average</b>	<b>9:08:24</b>	<b>13:54:00</b>

### Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:03:37	15:22:14
2010	9:19:44	13:01:41
2011	9:25:38	13:43:12
2012	9:13:00	13:55:07
2013	8:59:44	11:54:10
2014	8:56:34	14:01:10
<b>Average</b>	<b>9:09:42</b>	<b>13:39:35</b>

### Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	16:31:03
2005	9:30:13	16:14:45
2007	9:20:01	16:32:56
2008	9:16:00	13:40:39
2009	9:18:25	12:42:34
2010	9:14:35	13:04:30
2011	9:28:24	15:47:00
2013	9:17:10	13:19:48
2014	9:08:46	13:10:53
2015	9:05:45	12:01:35
<b>Average</b>	<b>9:17:43</b>	<b>14:18:34</b>

### Ironman Melbourne (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	8:34:51	13:13:01
2014	8:57:57	14:20:42
2015	8:52:51	16:56:45
<b>Average</b>	<b>8:48:33</b>	<b>14:50:09</b>

### Ironman South Africa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	9:27:48	15:37:37
2010	9:16:55	14:24:23
2011	8:33:56	14:50:31
2012	9:47:10	13:33:24
2014	9:31:54	15:53:56
2015	9:26:56	16:11:14
<b>Average</b>	<b>9:20:46</b>	<b>15:05:10</b>

### Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	9:19:44	15:03:18
2007	9:12:59	15:01:02
2009	8:57:10	12:59:48
2010	9:23:46	14:14:33
2011	9:29:54	12:54:21
2012	9:34:57	12:57:12
2013	9:34:55	13:21:46
2014	9:28:43	13:28:40
2015	9:38:24	12:32:24
<b>Average</b>	<b>9:24:30</b>	<b>13:37:00</b>

### Ironman Texas (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	8:57:51	12:57:11
2012	8:54:58	13:55:25
2013	8:49:14	12:11:17
2014	8:54:42	12:11:29
2015	8:55:19	15:23:30
<b>Average</b>	<b>8:54:24</b>	<b>13:19:46</b>

### Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:58:06	13:20:45
2013	9:37:34	14:01:06
2014	9:41:40	13:44:32
<b>Average</b>	<b>9:45:46</b>	<b>13:42:07</b>

### Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2010	9:19:13	15:44:47
2011	12:40:07	15:23:17
2013	9:05:53	14:55:32
2014	8:56:32	12:45:42
2015	8:59:08	15:18:42
<b>Average</b>	<b>9:48:10</b>	<b>14:49:36</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:30:29	13:53:29
2011	9:34:31	13:25:38
2012	9:16:05	15:07:45
2014	9:12:21	13:35:55
2015	9:24:50	14:57:39
<b>Average</b>	<b>9:23:39</b>	<b>14:12:05</b>

### Ironman Cairns (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:21:00	14:27:51
2013	9:19:51	16:17:59
2014	9:16:58	12:37:10
2015	9:11:49	12:43:49
<b>Average</b>	<b>9:17:24</b>	<b>14:01:42</b>

### Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	13:54:08
2006	9:12:09	15:05:04
2008	8:47:26	14:13:29
2009	8:50:13	14:31:20
2011	8:43:34	14:32:03
2012	9:09:58	12:52:05
2013	8:59:31	12:31:38
2014	8:42:42	13:34:09
2015		12:35:18
<b>Average</b>	<b>7:56:57</b>	<b>13:45:28</b>

### Ironman Frankfurt (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:04:11	14:49:36
2008	8:51:24	15:17:48
2009	8:58:08	13:59:59
2011	9:12:13	14:26:38
2012	8:52:33	12:13:47
2014	8:52:40	13:08:41
2015	8:51:00	13:30:08
<b>Average</b>	<b>8:57:27</b>	<b>13:55:13</b>

### Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	9:49:06	16:21:28
2010	10:01:02	13:59:10
2011	9:37:31	14:13:42
2012	10:08:44	14:12:42
2014	9:52:12	16:44:00
2015	9:31:58	15:38:50
<b>Average</b>	<b>9:50:05</b>	<b>15:11:38</b>



### Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:24:42	13:26:21
2006	10:11:35	14:28:35
2007	9:40:20	13:47:31
2008	9:51:00	15:10:29
2010	9:27:30	13:00:34
2011	9:19:03	13:06:13
2012	9:47:39	15:46:18
2013	9:35:06	15:29:22
2014	9:28:28	12:36:30
2015	10:13:19	13:48:40
<b>Average</b>	<b>9:41:52</b>	<b>14:04:03</b>

### Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	15:35:36
2006	9:24:18	13:28:39
2008	9:30:12	13:53:52
2010	9:00:04	14:24:22
2011	9:03:26	13:29:43
<b>Average</b>	<b>9:13:46</b>	<b>14:10:26</b>

### Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:16:02	13:19:01
2005	9:51:31	15:56:55
2006	9:25:13	16:23:42
2007	9:41:01	12:56:34
2008	9:17:58	12:51:30
2009	9:11:20	14:25:12
2010	9:13:46	11:50:42
2011	9:03:13	14:04:04
2012	9:44:58	14:15:37
2013	9:28:13	15:15:27
2014	9:46:58	12:14:17
2015	9:46:19	14:00:59
<b>Average</b>	<b>9:28:52</b>	<b>13:57:50</b>

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

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	15:00:28
<b>Average</b>	<b>9:39:24</b>	<b>15:00:28</b>

### Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	12:13:24
2015	9:53:41	13:47:13
<b>Average</b>	<b>9:36:47</b>	<b>13:00:18</b>

### Ironman Sweden (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:13:27	13:34:53
2014	8:56:50	12:58:29
2015	9:12:27	15:05:35
<b>Average</b>	<b>9:07:34</b>	<b>13:52:59</b>

### Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	12:29:40
2014	8:53:33	12:59:45
2015	8:59:49	11:09:56
<b>Average</b>	<b>8:50:19</b>	<b>12:13:07</b>

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

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	15:07:44
2005	9:59:08	13:50:00
2007	10:27:55	13:10:46
2008	9:38:58	15:47:00
2009	9:23:21	13:40:30
2010	9:17:54	13:19:57
2011	9:16:40	14:28:49
2012	9:21:44	14:48:11
2013	9:16:02	14:23:56
2014	9:34:32	13:31:54
2015	9:23:27	12:17:24
<b>Average</b>	<b>9:34:42</b>	<b>14:02:22</b>

### Ironman Mont-Tremblant (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:30:46	12:34:40
2013	9:07:56	13:20:56
2014	9:40:26	12:05:25
2015	9:09:05	13:44:17
<b>Average</b>	<b>9:22:03</b>	<b>12:56:19</b>

## F60-64 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	1:22:12	8:24:21	5:12:17	15:12:09
Kona Qualifier Average	1:22:12	8:24:21	5:12:17	15:12:09

### 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	1:05:40	6:00:03	4:17:56	11:34:30
2nd Age Grouper	1:20:28	6:49:52	4:01:51	12:24:18
3rd Age Grouper	1:14:54	6:34:33	5:07:49	13:08:32
4th Age Grouper	1:35:27	6:24:43	5:41:42	13:52:19
5th Age Grouper	1:13:29	7:09:55	6:36:36	15:19:01
6th Age Grouper	1:11:51	7:32:38	6:33:34	15:35:20
7th Age Grouper	1:27:40	7:18:04	6:27:43	15:36:26
8th Age Grouper	1:49:22	8:31:25	5:52:36	16:32:39
Kona Qualifier Average	1:05:40	6:00:03	4:17:56	11:34:30
Top 10 Age Grouper Average	1:22:21	7:02:39	5:34:58	14:15:23

### 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	1:25:27	7:09:54	5:40:11	14:35:05
2nd Age Grouper	1:38:42	7:24:59	6:03:34	15:27:14
3rd Age Grouper	1:37:24	7:46:10	6:10:13	15:54:27
4th Age Grouper	1:46:46	7:37:55	6:16:11	16:02:08
5th Age Grouper	1:43:34	7:32:47	6:24:06	16:02:28
6th Age Grouper	1:19:37	7:18:36	6:22:09	15:23:32
Kona Qualifier Average	1:25:27	7:09:54	5:40:11	14:35:05
Top 10 Age Grouper Average	1:35:18	7:26:49	6:01:38	15:24:11

### 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	1:24:01	8:07:36	5:25:22	15:23:44
Kona Qualifier Average	1:24:01	8:07:36	5:25:22	15:23:44

### 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	1:20:20	7:44:35	6:42:11	16:07:41
Kona Qualifier Average	1:20:20	7:44:35	6:42:11	16:07:41

### 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	1:19:11	6:26:48	4:25:27	12:23:36
2nd Age Grouper	1:31:24	7:14:02	5:37:55	14:37:59
<b>Kona Qualifier Average</b>	<b>1:19:11</b>	<b>6:26:48</b>	<b>4:25:27</b>	<b>12:23:36</b>
<b>Top 10 Age Grouper Average</b>	<b>1:25:18</b>	<b>6:50:25</b>	<b>5:01:41</b>	<b>13:30:47</b>

### 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	1:05:18	6:45:35	5:05:05	13:08:07
2nd Age Grouper	1:27:19	6:51:09	5:01:56	13:38:05
3rd Age Grouper	1:09:16	6:51:21	5:44:19	13:57:44
4th Age Grouper	1:05:33	6:56:17	6:09:18	14:32:49
5th Age Grouper	1:13:46	7:03:11	6:13:27	14:56:45
6th Age Grouper	1:10:43	7:38:23	6:12:41	15:23:47
7th Age Grouper	1:15:57	7:51:36	6:03:47	15:38:17
8th Age Grouper	1:21:35	7:35:38	5:50:58	15:17:57
9th Age Grouper	1:23:58	7:39:06	6:07:14	15:27:45
10th Age Grouper	1:10:54	7:54:22	6:08:54	15:31:47
<b>Kona Qualifier Average</b>	<b>1:05:18</b>	<b>6:45:35</b>	<b>5:05:05</b>	<b>13:08:07</b>
<b>Top 10 Age Grouper Average</b>	<b>1:13:39</b>	<b>7:14:21</b>	<b>5:49:53</b>	<b>14:38:09</b>

### 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	1:25:03	6:44:46	5:30:12	13:50:41
2nd Age Grouper	1:33:32	6:48:20	5:52:28	14:25:56
3rd Age Grouper	1:20:03	6:40:49	6:56:59	15:07:02
<b>Kona Qualifier Average</b>	<b>1:25:03</b>	<b>6:44:46</b>	<b>5:30:12</b>	<b>13:50:41</b>
<b>Top 10 Age Grouper Average</b>	<b>1:27:26</b>	<b>6:45:24</b>	<b>5:56:28</b>	<b>14:20:03</b>

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

### 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	1:33:58	6:58:19	5:23:44	14:17:59
2nd Age Grouper	1:03:21	6:57:58	5:56:04	14:40:27
3rd Age Grouper	1:35:04	7:20:58	5:47:47	15:05:24
4th Age Grouper	1:09:33	7:53:20	6:02:51	15:48:46
5th Age Grouper	1:21:22	8:02:55	5:30:41	15:17:58
6th Age Grouper	1:40:43	7:23:40	6:07:30	15:32:47
7th Age Grouper	1:40:54	6:30:57	5:34:07	14:15:36
8th Age Grouper	1:28:22	6:38:46	6:15:15	14:45:45
9th Age Grouper	1:25:27	7:33:01	5:48:38	15:06:33
10th Age Grouper	1:38:33	7:08:22	5:52:24	15:08:18
Kona Qualifier Average	1:33:58	6:58:19	5:23:44	14:17:59
Top 10 Age Grouper Average	1:24:19	7:16:20	5:47:07	14:57:12

### 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	1:01:41	5:52:02	4:53:26	12:01:52
2nd Age Grouper	1:12:00	6:03:37	5:13:14	12:48:10
3rd Age Grouper	1:16:07	6:20:03	5:31:22	13:29:33
4th Age Grouper	1:28:16	6:52:45	5:23:13	14:06:35
5th Age Grouper	1:20:55	6:31:53	6:04:24	14:16:15
6th Age Grouper	1:35:39	6:49:35	6:08:12	15:01:13
7th Age Grouper	1:24:19	6:55:29	6:28:37	15:23:21
8th Age Grouper	1:27:05	7:55:48	6:24:13	16:13:02
Kona Qualifier Average	1:01:41	5:52:02	4:53:26	12:01:52
Top 10 Age Grouper Average	1:20:45	6:40:09	5:45:50	14:10:00

### 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	1:28:20	7:36:46	5:33:26	14:54:57
2nd Age Grouper	1:21:31	8:03:30	5:42:31	15:28:36
3rd Age Grouper	1:28:51	7:11:55	6:12:18	15:07:42
Kona Qualifier Average	1:28:20	7:36:46	5:33:26	14:54:57
Top 10 Age Grouper Average	1:25:42	7:42:29	5:44:50	15:10:57

### 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	1:21:57	6:23:33	5:12:10	13:13:31
2nd Age Grouper	1:23:26	7:00:31	5:58:53	14:51:17
3rd Age Grouper	1:23:14	6:53:53	6:08:09	14:42:30
4th Age Grouper	1:24:34	7:11:16	6:23:56	15:18:17
5th Age Grouper	1:04:34	7:13:05	6:06:58	14:38:37
6th Age Grouper	1:23:14	7:05:06	6:42:08	15:25:58
7th Age Grouper	1:27:02	7:07:05	6:59:26	15:49:44
8th Age Grouper	0:54:24	7:25:08	6:35:33	15:09:56
9th Age Grouper		7:53:50	5:10:02	13:30:43
10th Age Grouper		6:25:09	7:07:39	13:42:39
Kona Qualifier Average	1:21:57	6:23:33	5:12:10	13:13:31
Top 10 Age Grouper Average	1:17:57	6:56:36	6:04:28	14:37:57

### Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:51:52	4:57:46	3:15:59	9:09:20
1st Age Grouper	1:32:59	6:54:42	5:45:25	14:21:43
2nd Age Grouper	2:06:19	7:19:38	6:43:38	16:19:21
Kona Qualifier Average	1:32:59	6:54:42	5:45:25	14:21:43
Top 10 Age Grouper Average	1:49:39	7:07:10	6:14:31	15:20:32

### 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	1:25:05	7:29:01	5:00:03	14:06:33
2nd Age Grouper	1:41:53	8:16:25	6:41:02	16:54:29
Kona Qualifier Average	1:25:05	7:29:01	5:00:03	14:06:33
Top 10 Age Grouper Average	1:33:29	7:52:43	5:50:32	15:30:31

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

### 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	1:16:38	6:56:25	5:25:18	13:54:00
2nd Age Grouper	1:18:25	7:36:56	5:56:06	15:07:55
3rd Age Grouper	1:10:40	8:24:34	4:43:54	14:04:24
4th Age Grouper	1:16:22	7:31:37	6:10:05	15:17:07
5th Age Grouper	1:16:09	7:44:51	6:22:32	15:40:24
6th Age Grouper	1:16:00	8:26:35	6:24:43	16:28:39
7th Age Grouper		8:18:41	7:09:08	16:39:41
Kona Qualifier Average	1:16:38	6:56:25	5:25:18	13:54:00
Top 10 Age Grouper Average	1:12:12	7:36:51	5:49:53	14:55:36

### 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	1:21:01	6:40:43	5:26:05	13:39:35
2nd Age Grouper	1:45:15	6:56:15	5:27:18	14:24:44
3rd Age Grouper	1:32:19	6:53:21	6:40:44	15:23:57
4th Age Grouper	1:39:10	7:10:42	6:46:03	15:56:25
5th Age Grouper	1:31:00	7:37:47	6:58:08	16:29:05
6th Age Grouper	1:38:01	7:18:43	7:38:18	16:51:58
Kona Qualifier Average	1:21:01	6:40:43	5:26:05	13:39:35
Top 10 Age Grouper Average	1:33:24	7:00:18	6:12:14	15:02:45

### 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	1:21:11	7:14:23	5:28:28	14:18:34
2nd Age Grouper	1:27:11	7:20:34	5:25:58	14:28:32
3rd Age Grouper	1:22:38	7:16:33	5:40:57	14:35:33
4th Age Grouper	1:28:45	7:42:32	5:56:16	15:26:03
5th Age Grouper	1:01:37	7:54:50	6:18:47	16:00:04
6th Age Grouper	1:23:59	7:59:30	6:09:24	15:49:34
7th Age Grouper	1:24:25	7:30:00	5:32:03	14:45:37
8th Age Grouper	1:23:12	6:48:16	6:05:11	14:48:36
9th Age Grouper	1:27:11	7:19:09	6:16:23	15:18:23
10th Age Grouper	1:34:06	7:52:27	5:45:50	15:32:22
Kona Qualifier Average	1:21:11	7:14:23	5:28:28	14:18:34
Top 10 Age Grouper Average	1:22:14	7:27:03	5:43:52	14:52:27

### Ironman Melbourne

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:25	4:46:42	3:04:12	8:48:33
1st Age Grouper	1:27:50	7:18:15	5:45:26	14:50:09
2nd Age Grouper	1:25:07	7:20:10	5:30:00	14:31:44
3rd Age Grouper	1:17:12	7:03:45	6:37:13	15:16:02
4th Age Grouper	1:52:03	7:34:42	4:58:49	14:47:03
5th Age Grouper	1:33:10	7:19:37	7:12:34	16:26:03
Kona Qualifier Average	1:27:50	7:18:15	5:45:26	14:50:09
Top 10 Age Grouper Average	1:28:09	7:17:26	5:58:00	15:02:07

### 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	1:33:17	7:17:48	5:51:45	15:05:10
2nd Age Grouper	1:40:57	8:16:39	6:07:23	16:24:37
Kona Qualifier Average	1:33:17	7:17:48	5:51:45	15:05:10
Top 10 Age Grouper Average	1:35:12	7:32:30	5:55:39	15:25:02

### 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	1:14:45	7:21:12	4:52:35	13:37:00
2nd Age Grouper	1:30:17	7:24:29	5:45:51	14:55:47
3rd Age Grouper	1:09:27	7:00:05	5:35:36	13:55:43
4th Age Grouper	1:25:14	7:29:58	6:05:58	15:19:06
5th Age Grouper	1:26:31	7:36:46	5:55:49	15:14:22
6th Age Grouper	1:27:19	8:02:33	6:24:36	16:11:16
Kona Qualifier Average	1:14:45	7:21:12	4:52:35	13:37:00
Top 10 Age Grouper Average	1:21:03	7:25:03	5:31:45	14:30:32

### 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	1:24:17	6:12:29	5:28:56	13:19:46
2nd Age Grouper	1:38:31	6:50:27	5:37:00	14:28:49
3rd Age Grouper	1:48:45	7:03:03	6:07:00	15:15:57
4th Age Grouper	1:38:40	7:20:00	6:07:02	15:27:10
5th Age Grouper	1:44:06	8:04:55	6:20:43	16:28:27
6th Age Grouper	1:48:46	7:55:26	6:25:44	16:35:38
Kona Qualifier Average	1:24:17	6:12:29	5:28:56	13:19:46
Top 10 Age Grouper Average	1:39:49	7:09:04	5:58:11	15:06:37

### 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	1:24:31	7:28:21	4:31:10	13:42:07
2nd Age Grouper	1:21:58	8:34:02	5:27:19	15:42:48
3rd Age Grouper	1:25:13	8:35:08	5:34:26	16:11:56
Kona Qualifier Average	1:24:31	7:28:21	4:31:10	13:42:07
Top 10 Age Grouper Average	1:24:08	7:54:51	4:55:03	14:36:13

### 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	1:34:31	5:32:34	4:41:22	14:49:36
2nd Age Grouper	1:29:52	2:59:46	2:34:28	14:17:23
3rd Age Grouper	1:33:22	7:11:50	5:45:51	14:48:19
Kona Qualifier Average	1:34:31	5:32:34	4:41:22	14:49:36
Top 10 Age Grouper Average	1:33:13	5:06:46	4:17:42	14:41:23



### 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	1:27:16	7:23:22	5:04:08	14:12:05
2nd Age Grouper	1:33:10	7:43:11	5:24:56	14:57:17
3rd Age Grouper	1:22:34	7:50:20	5:51:35	15:27:15
Kona Qualifier Average	1:27:16	7:23:22	5:04:08	14:12:05
Top 10 Age Grouper Average	1:28:06	7:34:42	5:19:51	14:40:40

### 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	1:27:48	6:55:44	5:23:11	14:01:42
2nd Age Grouper	1:38:49	7:06:58	6:26:46	15:24:49
Kona Qualifier Average	1:27:48	6:55:44	5:23:11	14:01:42
Top 10 Age Grouper Average	1:32:32	7:00:33	5:50:26	14:37:19

### 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	1:03:40	6:41:12	5:23:07	13:45:28
2nd Age Grouper	1:11:49	7:14:06	5:21:41	14:21:38
3rd Age Grouper	1:51:55	7:12:58	5:31:17	14:58:41
4th Age Grouper	1:30:50	7:28:23	5:57:32	15:23:07
5th Age Grouper	1:53:55	7:13:27	5:54:48	15:34:35
6th Age Grouper	1:24:23	8:04:56	6:29:43	16:15:01
7th Age Grouper	1:52:14	7:59:31	6:12:13	16:27:16
Kona Qualifier Average	1:03:40	6:41:12	5:23:07	13:45:28
Top 10 Age Grouper Average	1:21:23	7:07:37	5:34:06	14:34:24

### 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	1:03:57	5:44:13	5:45:59	13:55:13
2nd Age Grouper	1:26:54	7:04:26	5:45:16	14:30:41
3rd Age Grouper	1:37:33	6:51:41	5:20:53	14:09:07
4th Age Grouper	1:32:25	7:02:49	5:45:32	14:31:18
Kona Qualifier Average	1:03:57	5:44:13	5:45:59	13:55:13
Top 10 Age Grouper Average	1:14:52	6:16:26	5:43:41	14:08:15

### 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	1:25:50	8:02:02	5:19:44	15:11:38
Kona Qualifier Average	1:25:50	8:02:02	5:19:44	15:11:38

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

### 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	1:13:36	5:36:57	7:11:13	14:10:26
2nd Age Grouper	1:46:26	7:28:19	5:26:29	14:55:01
3rd Age Grouper	1:37:50	7:28:55	5:41:18	15:04:42
4th Age Grouper		7:06:05	6:31:36	15:37:37
<b>Kona Qualifier Average</b>	<b>1:13:36</b>	<b>5:36:57</b>	<b>7:11:13</b>	<b>14:10:26</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:24</b>	<b>6:24:02</b>	<b>6:33:33</b>	<b>14:36:03</b>

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

### 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	1:21:34	7:38:27	5:47:38	15:00:28
<b>Kona Qualifier Average</b>	<b>1:21:34</b>	<b>7:38:27</b>	<b>5:47:38</b>	<b>15:00:28</b>

### 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	1:13:43	6:06:47	5:21:37	13:00:18
2nd Age Grouper	1:28:26	6:37:17	5:35:39	14:01:57
3rd Age Grouper	1:41:13	6:19:07	6:14:25	14:32:30
4th Age Grouper	1:46:24	6:57:05	6:20:25	15:35:55
5th Age Grouper	1:37:57	6:54:33	6:43:39	15:39:55
6th Age Grouper	1:41:13	7:55:22	6:15:10	16:21:44
7th Age Grouper	1:53:50	7:10:54	7:16:37	16:50:09
8th Age Grouper	1:43:04	7:51:52	6:53:51	16:48:21
9th Age Grouper	1:54:44	7:55:35	6:40:50	16:52:16
Kona Qualifier Average	1:13:43	6:06:47	5:21:37	13:00:18
Top 10 Age Grouper Average	1:38:57	6:59:21	6:19:21	15:21:35

### 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	1:31:00	6:54:48	5:13:23	13:52:59
2nd Age Grouper	1:44:34	7:18:26	5:44:16	15:05:31
3rd Age Grouper	2:12:40	7:04:56	5:30:14	15:04:21
4th Age Grouper	1:27:56	8:16:05	5:15:12	15:10:22
Kona Qualifier Average	1:31:00	6:54:48	5:13:23	13:52:59
Top 10 Age Grouper Average	1:40:54	7:15:05	5:27:18	14:38:46

### 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	1:15:53	6:19:49	4:22:05	12:13:07
2nd Age Grouper	0:45:27	6:17:02	5:25:22	13:33:31
Kona Qualifier Average	1:15:53	6:19:49	4:22:05	12:13:07
Top 10 Age Grouper Average	1:03:42	6:18:42	4:47:23	12:45:16

### 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	1:30:48	6:52:28	5:25:01	14:02:22
2nd Age Grouper	1:29:07	7:21:10	6:08:34	15:16:45
3rd Age Grouper	1:40:39	7:44:59	5:59:33	15:43:21
4th Age Grouper	1:42:30	7:48:25	5:52:39	15:44:43
5th Age Grouper	1:36:59	7:49:06	6:14:08	16:02:38
6th Age Grouper	1:52:03	8:02:13	6:05:44	16:17:15
7th Age Grouper	1:44:25	7:55:11	6:02:55	15:59:59
8th Age Grouper	1:36:38	7:43:24	6:21:22	16:08:44
Kona Qualifier Average	1:30:48	6:52:28	5:25:01	14:02:22
Top 10 Age Grouper Average	1:35:24	7:25:50	5:53:30	15:12:29

## 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	1:20:06	6:44:58	4:36:48	12:56:19
2nd Age Grouper	1:29:49	6:54:03	5:00:19	13:40:06
3rd Age Grouper	1:23:29	7:31:46	5:11:38	14:25:22
4th Age Grouper	1:30:54	7:36:54	5:48:55	15:14:26
5th Age Grouper	1:30:28	7:37:46	5:40:40	15:13:13
6th Age Grouper	1:21:03	7:26:24	7:46:06	16:56:54
<b>Kona Qualifier Average</b>	<b>1:20:06</b>	<b>6:44:58</b>	<b>4:36:48</b>	<b>12:56:19</b>
<b>Top 10 Age Grouper Average</b>	<b>1:26:10</b>	<b>7:13:11</b>	<b>5:19:51</b>	<b>14:16:58</b>

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