COACHCOX

# Ironman World Championship

## F65-69

## 2016 Qualification Stats

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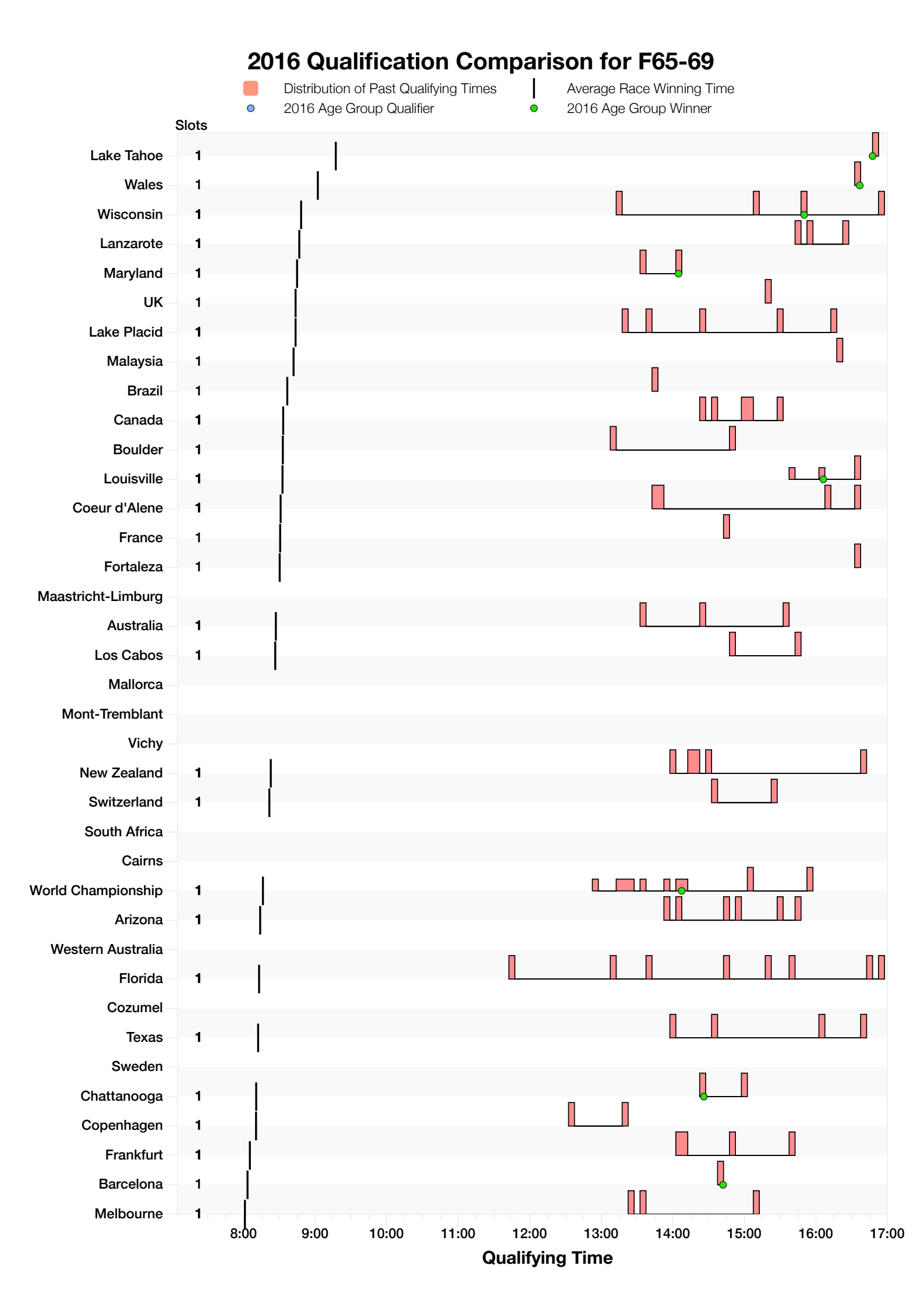
2016 Qualification Comparison for F65-69
Distribution of Past Qualifying Times
Average Race Winning Time
2016 Age Group Qualifier
2016 Age Group Winner
Slots
Lake Tahoe 1
Wales 1
Wisconsin 1
Lanzarote 1
Maryland 1
UK 1
Lake Placid 1
Malaysia 1
Brazil 1
Canada 1
Boulder 1
Louisville 1
Coeur d'Alene 1
France 1
Fortaleza 1
Maastricht-Limburg
Australia 1
Los Cabos 1
Mallorca
Mont-Tremblant
Vichy
New Zealand 1
Switzerland 1
South Africa
Cairns
World Championship 1
Arizona 1
Western Australia
Florida 1
Cozumel
Texas 1
Sweden
Chattanooga 1
Copenhagen 1
Frankfurt 1
Barcelona 1
Melbourne 1
8:00
9:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
Qualifying Time

# F65-69 Past Qualifying Times

### Ironman Wisconsin (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2009** | 9:43:59 | 16:53:39 |
| **2012** | 9:34:35 | 15:07:57 |
| **2014** | 9:30:08 | 13:16:27 |
| **2015** | 10:08:05 | 15:50:12 |
| **Average** | **9:44:11** | **15:17:03** |

### Ironman Wales (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2015** | 9:56:31 | 16:36:45 |
| **Average** | **9:56:31** | **16:36:45** |

### Ironman Lake Tahoe (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2013** | 9:58:53 | 16:50:39 |
| **2015** | 10:28:55 | 16:47:30 |
| **Average** | **10:13:54** | **16:49:04** |

### Ironman Chattanooga (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2014** | 8:54:55 | 15:00:37 |
| **2015** | 8:56:00 | 14:26:00 |
| **Average** | **8:55:27** | **14:43:18** |

### Ironman Barcelona (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2015** | 8:46:44 | 14:42:07 |
| **Average** | **8:46:44** | **14:42:07** |

### Ironman World Championship (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2004** | 9:50:04 | 15:53:58 |
| **2005** | 9:09:30 | 13:54:25 |
| **2006** | 9:18:31 | 15:05:36 |
| **2007** | 9:08:45 | 15:55:30 |
| **2008** | 9:06:23 | 15:05:38 |
| **2009** | 8:54:02 | 13:22:10 |
| **2010** | 8:58:36 | 13:16:32 |
| **2011** | 8:55:08 | 13:25:04 |
| **2012** | 9:15:54 | 13:35:14 |
| **2013** | 8:52:14 | 12:57:17 |
| **2014** | 9:00:55 | 14:11:11 |
| **2015** | 8:57:57 | 14:07:27 |
| **Average** | **9:07:19** | **14:14:10** |

## Ironman Louisville (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2011** | 9:38:14 | 16:35:56 |
| **2013** | 9:29:02 | 15:41:03 |
| **2014** | 9:31:19 | 16:37:29 |
| **2015** | 10:00:04 | 16:06:10 |
| **Average** | **9:39:39** | **16:15:09** |

## Ironman Maryland (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2014** | 9:26:02 | 13:33:16 |
| **2015** | 9:42:56 | 14:04:46 |
| **Average** | **9:34:29** | **13:49:01** |

## Ironman Los Cabos (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2013** | 9:35:34 | 14:51:45 |
| **2014** | 9:16:43 | 15:43:16 |
| **Average** | **9:26:08** | **15:17:30** |

## Ironman Florida (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2005** | 9:33:09 | 16:47:29 |
| **2006** | 9:28:28 | 16:55:43 |
| **2009** | 9:08:38 | 15:40:56 |
| **2010** | 9:07:49 | 14:45:57 |
| **2011** | 8:55:10 | 13:42:14 |
| **2012** | 8:51:35 | 13:08:53 |
| **2013** | 8:43:07 | 15:19:16 |
| **2014** | 8:01:47 | 11:45:38 |
| **Average** | **8:58:42** | **14:45:45** |

## Ironman Fortaleza (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2014** | 9:09:20 | 16:34:22 |
| **Average** | **9:09:20** | **16:34:22** |

## Ironman Malaysia (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2014** | 9:26:38 | 16:19:44 |
| **Average** | **9:26:38** | **16:19:44** |

## Ironman Arizona (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2005** | 9:44:02 | 15:44:42 |
| **2008** | 9:21:06 | 15:29:57 |
| **2010** | 9:09:19 | 14:53:53 |
| **2012** | 9:01:41 | 13:52:55 |
| **2013** | 8:52:49 | 14:46:46 |
| **2014** | 8:50:41 | 14:05:39 |
| **Average** | **9:09:56** | **14:48:58** |

## Ironman New Zealand (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2010** | 9:14:35 | 16:38:05 |
| **2011** | 9:28:24 | 14:01:00 |
| **2013** | 9:17:10 | 14:21:44 |
| **2014** | 9:08:46 | 14:16:58 |
| **2015** | 9:05:45 | 14:28:17 |
| **Average** | **9:14:56** | **14:45:12** |

## Ironman Melbourne (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2012** | 8:34:51 | 13:24:03 |
| **2014** | 8:57:57 | 13:32:44 |
| **2015** | 8:52:51 | 15:08:25 |
| **Average** | **8:48:33** | **14:01:44** |

## Ironman Australia (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2011** | 9:29:54 | 14:27:24 |
| **2012** | 9:34:57 | 13:33:10 |
| **2015** | 9:38:24 | 15:33:13 |
| **Average** | **9:34:25** | **14:31:15** |

## Ironman Texas (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2011** | 8:57:51 | 14:37:28 |
| **2012** | 8:54:58 | 14:00:09 |
| **2013** | 8:49:14 | 16:07:22 |
| **2015** | 8:55:19 | 16:38:54 |
| **Average** | **8:54:20** | **15:20:58** |

## Ironman Lanzarote (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2009** | 9:54:57 | 15:52:55 |
| **2010** | 10:03:52 | 15:45:09 |
| **2015** | 9:56:03 | 16:27:01 |
| **Average** | **9:58:17** | **16:01:41** |

## Ironman Brazil (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2015** | 8:59:08 | 13:43:28 |
| **Average** | **8:59:08** | **13:43:28** |

## Ironman France (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2005** | 10:12:29 | 14:44:31 |
| **Average** | **10:12:29** | **14:44:31** |

## Ironman Frankfurt (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2007** | 9:04:11 | 15:37:41 |
| **2011** | 9:12:13 | 14:02:32 |
| **2013** | 8:56:01 | 14:11:44 |
| **2015** | 8:51:00 | 14:47:51 |
| **Average** | **9:00:51** | **14:39:57** |

## Ironman UK (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2015** | 9:31:58 | 15:19:36 |
| **Average** | **9:31:58** | **15:19:36** |

## Ironman Lake Placid (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2006** | 10:11:35 | 14:22:59 |
| **2008** | 9:51:00 | 13:38:22 |
| **2009** | 9:29:36 | 16:15:05 |
| **2012** | 9:47:39 | 15:30:27 |
| **2015** | 10:13:19 | 13:22:01 |
| **Average** | **9:54:37** | **14:37:46** |

## Ironman Switzerland (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2008** | 9:30:12 | 14:36:38 |
| **2012** | 9:20:16 | 15:23:52 |
| **Average** | **9:25:14** | **15:00:15** |

## Ironman Canada (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2005** | 9:51:31 | 14:35:06 |
| **2006** | 9:25:13 | 15:05:07 |
| **2007** | 9:41:01 | 15:31:23 |
| **2010** | 9:13:46 | 14:24:46 |
| **2012** | 9:44:58 | 14:57:33 |
| **Average** | **9:35:17** | **14:54:47** |

## Ironman Boulder (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2014** | 9:19:54 | 13:12:09 |
| **2015** | 9:53:41 | 14:51:39 |
| **Average** | **9:36:47** | **14:01:54** |

## Ironman Copenhagen (1 Kona Slots)

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2014** | 8:53:33 | 12:33:28 |
| **2015** | 8:59:49 | 13:20:12 |
| **Average** | **8:56:41** | **12:56:50** |

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

| Year | Female Winning Time | Age Group Winning Time |
|---|---|---|
| **2011** | 9:16:40 | 13:47:06 |
| **2012** | 9:21:44 | 16:32:51 |
| **2013** | 9:16:02 | 13:49:01 |
| **2014** | 9:34:32 | 16:08:35 |
| **Average** | **9:22:14** | **15:04:23** |

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

# F65-69 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** |
| **Kona Qualifier Average** | | | | |

## 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** |
| **Kona Qualifier Average** | | | | |

## 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** | **0:48:46** | **5:54:16** | **5:52:18** | **15:17:03** |
| 2nd Age Grouper | 1:29:43 | 8:03:28 | 6:24:12 | 16:16:11 |
| **Kona Qualifier Average** | **0:48:46** | **5:54:16** | **5:52:18** | **15:17:03** |
| **Top 10 Age Grouper Average** | **1:02:25** | **6:37:20** | **6:02:56** | **15:36:46** |

## 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** | **1:21:10** | **8:51:49** | **5:58:49** | **16:36:45** |
| **Kona Qualifier Average** | **1:21:10** | **8:51:49** | **5:58:49** | **16:36:45** |

## 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** | **1:23:03** | **8:02:41** | **6:51:51** | **16:49:04** |
| **Kona Qualifier Average** | **1:23:03** | **8:02:41** | **6:51:51** | **16:49:04** |

## 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 | 1:48:41 | 8:10:29 | 5:54:37 | 16:16:44 |
| **Kona Qualifier Average** | **1:48:41** | **8:10:29** | **5:54:37** | **16:16:44** |

## 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** | **1:13:55** | **7:02:59** | **6:09:55** | **14:43:18** |
| **Kona Qualifier Average** | **1:13:55** | **7:02:59** | **6:09:55** | **14:43:18** |

## 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** | **1:12:56** | **6:53:38** | **6:26:05** | **14:42:07** |
| 2nd Age Grouper | 1:30:01 | 7:08:46 | 6:21:02 | 15:13:15 |
| **Kona Qualifier Average** | **1:12:56** | **6:53:38** | **6:26:05** | **14:42:07** |
| **Top 10 Age Grouper Average** | **1:21:28** | **7:01:12** | **6:23:33** | **14:57:41** |

## 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** | **1:30:43** | **7:07:54** | **5:20:11** | **14:14:10** |
| 2nd Age Grouper | 1:43:27 | 7:21:17 | 5:27:17 | 14:46:53 |
| 3rd Age Grouper | 1:47:02 | 7:29:45 | 5:36:49 | 15:09:52 |
| 4th Age Grouper | 1:39:16 | 7:39:26 | 5:49:38 | 15:22:02 |
| 5th Age Grouper | 1:32:38 | 7:29:14 | 5:50:58 | 15:17:47 |
| 6th Age Grouper | 1:35:26 | 7:43:31 | 5:55:18 | 15:29:18 |
| 7th Age Grouper | 1:48:46 | 7:25:40 | 6:02:46 | 15:33:48 |
| 8th Age Grouper | 1:47:17 | 7:35:33 | 6:13:25 | 15:52:03 |
| 9th Age Grouper | 1:47:15 | 7:41:18 | 6:23:32 | 16:05:45 |
| 10th Age Grouper | 1:50:39 | 7:54:16 | 6:17:47 | 16:19:12 |
| **Kona Qualifier Average** | **1:30:43** | **7:07:54** | **5:20:11** | **14:14:10** |
| **Top 10 Age Grouper Average** | **1:41:08** | **7:30:03** | **5:47:41** | **15:15:05** |

## 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** | **1:49:28** | **7:29:53** | **6:28:43** | **16:15:09** |
| **Kona Qualifier Average** | **1:49:28** | **7:29:53** | **6:28:43** | **16:15:09** |

## 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** | **1:18:26** | **6:48:30** | **5:24:40** | **13:49:01** |
| 2nd Age Grouper | 1:23:53 | 6:58:20 | 6:18:07 | 15:00:51 |
| 3rd Age Grouper | 1:37:03 | 6:56:54 | 7:02:56 | 15:58:01 |
| 4th Age Grouper | 1:33:03 | 7:32:05 | 6:40:54 | 16:12:43 |
| **Kona Qualifier Average** | **1:18:26** | **6:48:30** | **5:24:40** | **13:49:01** |
| **Top 10 Age Grouper Average** | **1:28:06** | **7:03:57** | **6:21:39** | **15:15:09** |

## 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** | **1:26:05** | **7:36:36** | **5:55:12** | **15:17:30** |
| **Kona Qualifier Average** | **1:26:05** | **7:36:36** | **5:55:12** | **15:17:30** |

## 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** | **1:22:00** | **6:57:58** | **6:09:35** | **14:45:45** |
| 2nd Age Grouper | 1:31:24 | 7:26:45 | 6:38:14 | 15:58:30 |
| 3rd Age Grouper | 1:54:17 | 6:50:16 | 6:44:26 | 15:53:05 |
| **Kona Qualifier Average** | **1:22:00** | **6:57:58** | **6:09:35** | **14:45:45** |
| **Top 10 Age Grouper Average** | **1:29:26** | **7:06:32** | **6:23:47** | **15:18:59** |

## 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** | **2:20:00** | **7:57:22** | **5:59:13** | **16:34:22** |
| **Kona Qualifier Average** | **2:20:00** | **7:57:22** | **5:59:13** | **16:34:22** |

## 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** | **1:28:18** | **7:45:44** | **6:48:57** | **16:19:44** |
| **Kona Qualifier Average** | **1:28:18** | **7:45:44** | **6:48:57** | **16:19:44** |

## 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** | **1:33:42** | **6:59:23** | **5:54:56** | **14:48:58** |
| 2nd Age Grouper | 1:10:01 | 7:10:56 | 6:43:45 | 15:53:25 |
| 3rd Age Grouper | 2:09:02 | 7:20:51 | 6:39:52 | 16:26:23 |
| 4th Age Grouper | 1:33:20 | 7:25:52 | 7:01:15 | 16:34:54 |
| 5th Age Grouper | 1:17:11 | 6:47:59 | 8:25:35 | 16:53:22 |
| **Kona Qualifier Average** | **1:33:42** | **6:59:23** | **5:54:56** | **14:48:58** |
| **Top 10 Age Grouper Average** | **1:30:46** | **7:06:50** | **6:30:48** | **15:37:45** |

## 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** |
| **Kona Qualifier Average** | | | | |

## 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 | 1:03:32 | 6:38:49 | 5:53:30 | 14:14:00 |
| 2nd Age Grouper | 1:44:07 | 6:53:23 | 6:51:17 | 15:57:52 |
| **Kona Qualifier Average** | **1:13:41** | **6:42:27** | **6:07:56** | **14:39:58** |

## 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** | **1:22:36** | **7:14:53** | **5:52:25** | **14:45:12** |
| 2nd Age Grouper | 1:24:05 | 7:48:14 | 5:29:05 | 15:02:59 |
| **Kona Qualifier Average** | **1:22:36** | **7:14:53** | **5:52:25** | **14:45:12** |
| **Top 10 Age Grouper Average** | **1:23:09** | **7:27:24** | **5:43:40** | **14:51:52** |

## 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** | **1:31:23** | **6:38:33** | **5:39:40** | **14:01:44** |
| 2nd Age Grouper | 1:30:36 | 7:18:19 | 5:36:38 | 14:41:28 |
| 3rd Age Grouper | | 7:45:28 | 6:57:46 | 16:44:19 |
| **Kona Qualifier Average** | **1:31:23** | **6:38:33** | **5:39:40** | **14:01:44** |
| **Top 10 Age Grouper Average** | **1:15:53** | **7:02:57** | **5:51:40** | **14:42:04** |

## 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** |
| **Kona Qualifier Average** | | | | |

## 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** | **1:30:44** | **7:13:17** | **5:34:37** | **14:31:15** |
| 2nd Age Grouper | 1:22:02 | 7:51:02 | 5:43:31 | 15:15:30 |
| **Kona Qualifier Average** | **1:30:44** | **7:13:17** | **5:34:37** | **14:31:15** |
| **Top 10 Age Grouper Average** | **1:28:34** | **7:22:43** | **5:36:51** | **14:42:19** |

## 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** | **1:36:25** | **7:23:21** | **5:57:22** | **15:20:58** |
| 2nd Age Grouper | 1:40:30 | 6:39:53 | 7:50:15 | 16:41:14 |
| **Kona Qualifier Average** | **1:36:25** | **7:23:21** | **5:57:22** | **15:20:58** |
| **Top 10 Age Grouper Average** | **1:37:14** | **7:14:39** | **6:19:57** | **15:37:01** |

## 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** | **1:53:21** | **8:20:16** | **5:23:31** | **16:01:41** |
| 2nd Age Grouper | 1:18:36 | 9:14:03 | 6:02:48 | 16:55:57 |
| **Kona Qualifier Average** | **1:53:21** | **8:20:16** | **5:23:31** | **16:01:41** |
| **Top 10 Age Grouper Average** | **1:44:40** | **8:33:43** | **5:33:20** | **16:15:15** |

## 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** | **1:46:26** | **6:40:11** | **5:01:43** | **13:43:28** |
| **Kona Qualifier Average** | **1:46:26** | **6:40:11** | **5:01:43** | **13:43:28** |

## 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** | | **7:23:02** | **5:07:10** | **14:44:31** |
| **Kona Qualifier Average** | | **7:23:02** | **5:07:10** | **14:44:31** |

## 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 | 1:41:31 | 7:04:13 | 5:32:01 | 14:38:35 |
| **Kona Qualifier Average** | **1:41:31** | **7:04:13** | **5:32:01** | **14:38:35** |

## 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 | 1:06:41 | 7:42:34 | 5:48:54 | 15:40:17 |
| 2nd Age Grouper | | 7:22:16 | 6:39:19 | 15:39:51 |
| **Kona Qualifier Average** | **0:44:27** | **7:35:48** | **6:05:42** | **15:40:08** |

## 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** | **1:08:12** | **7:14:06** | **5:36:39** | **14:39:57** |
| **Kona Qualifier Average** | **1:08:12** | **7:14:06** | **5:36:39** | **14:39:57** |

## 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** | **1:15:02** | **8:10:44** | **5:35:44** | **15:19:36** |
| **Kona Qualifier Average** | **1:15:02** | **8:10:44** | **5:35:44** | **15:19:36** |

## 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** | **1:27:19** | **7:12:15** | **5:39:37** | **14:37:46** |
| 2nd Age Grouper | 1:28:42 | 7:51:26 | 6:11:38 | 15:55:50 |
| 3rd Age Grouper | 1:34:52 | 8:46:11 | 6:02:42 | 16:59:02 |
| **Kona Qualifier Average** | **1:27:19** | **7:12:15** | **5:39:37** | **14:37:46** |
| **Top 10 Age Grouper Average** | **1:28:37** | **7:35:45** | **5:52:51** | **15:19:29** |

## 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 | 1:47:03 | 7:32:03 | 5:29:12 | 15:00:15 |
| Kona Qualifier Average | 1:47:03 | 7:32:03 | 5:29:12 | 15:00:15 |

## 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 | 1:33:13 | 7:25:22 | 5:39:30 | 14:54:47 |
| 2nd Age Grouper | 0:57:39 | 7:22:42 | 6:09:43 | 15:17:55 |
| Kona Qualifier Average | 1:33:13 | 7:25:22 | 5:39:30 | 14:54:47 |
| Top 10 Age Grouper Average | 1:19:53 | 7:24:22 | 5:50:50 | 15:03:27 |

## 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 |
| Kona Qualifier Average | | | | |

## 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 | 1:43:52 | 6:34:41 | 5:25:44 | 14:01:54 |
| 2nd Age Grouper | 1:28:44 | 7:07:26 | 7:01:00 | 15:56:38 |
| Kona Qualifier Average | 1:43:52 | 6:34:41 | 5:25:44 | 14:01:54 |
| Top 10 Age Grouper Average | 1:36:18 | 6:51:03 | 6:13:22 | 14:59:16 |

## 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 |
| Kona Qualifier Average | | | | |

## 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 | 1:15:49 | 6:10:08 | 5:11:08 | 12:56:50 |
| Kona Qualifier Average | 1:15:49 | 6:10:08 | 5:11:08 | 12:56:50 |

## 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 | 1:33:25 | 7:21:02 | 5:55:15 | 15:04:23 |
| Kona Qualifier Average | 1:33:25 | 7:21:02 | 5:55:15 | 15:04:23 |

## 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 |
| Kona Qualifier Average | | | | |