

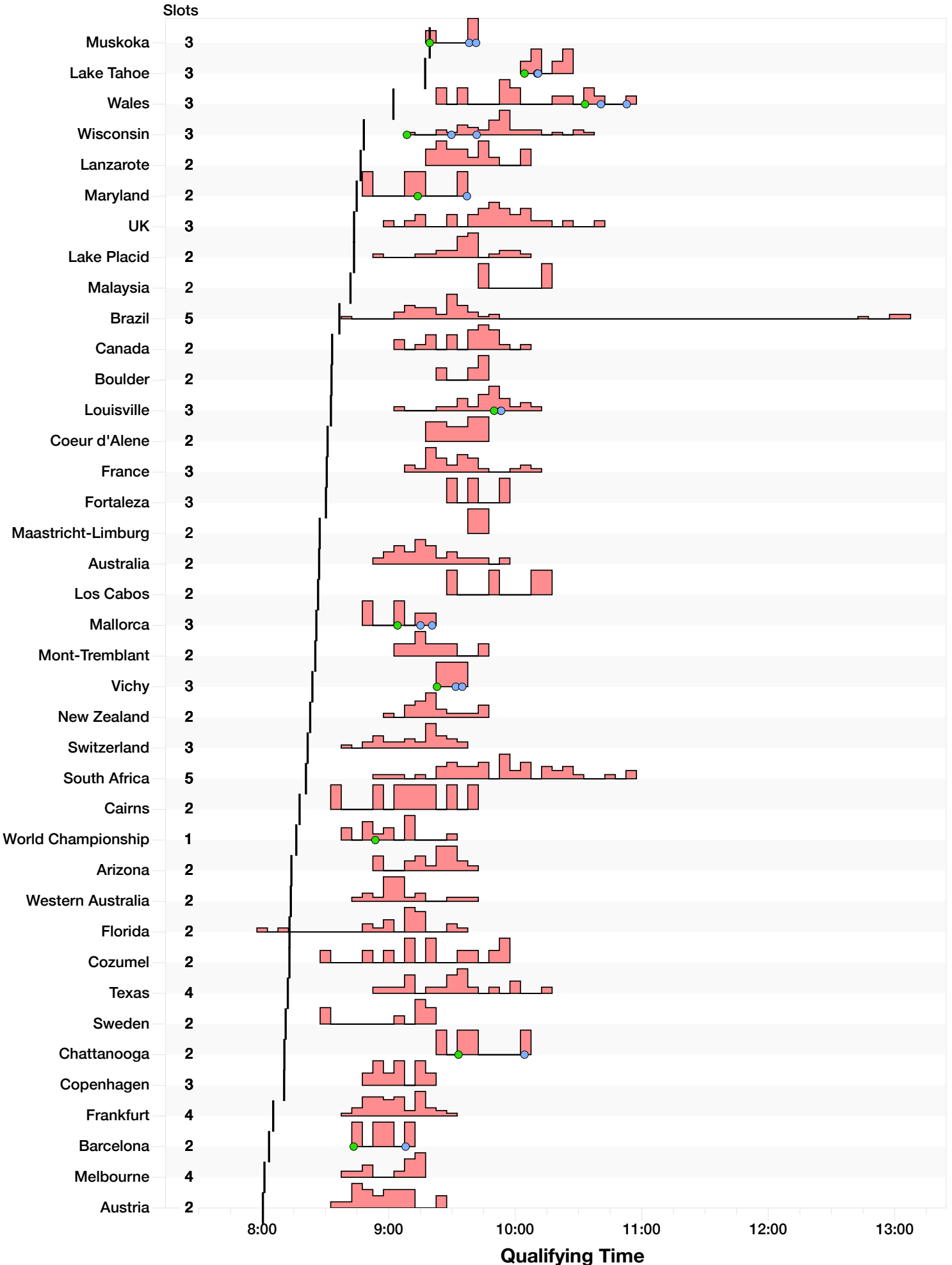
Ironman World Championship

M25-29

2016 Qualification Stats

2016 Qualification Comparison for M25-29

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



M25-29 Past Qualifying Times

Ironman Vichy (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2015	8:23:49	9:22:55	9:34:53
Average	8:23:49	9:22:55	9:34:53

Ironman Muskoka (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2015	9:19:28	9:19:28	9:41:26
Average	9:19:28	9:19:28	9:41:26

Ironman Wisconsin (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:55:26	9:35:45	9:57:18
2004	8:52:33	10:05:03	10:19:41
2005	9:01:34	10:29:36	10:34:38
2006	9:07:24	9:33:58	10:00:38
2007	8:52:49	9:43:30	9:49:18
2008	8:43:29	9:24:41	9:38:49
2009	8:45:19	9:49:30	9:55:35
2010	8:38:32	9:25:14	9:53:49
2011	8:45:18	9:54:41	10:11:45
2012	8:32:51	9:48:24	9:55:42
2013	8:40:15	9:57:08	10:03:17
2014	8:31:20	9:42:27	9:53:24
2015	8:59:59	9:08:39	9:41:43
Average	8:48:13	9:44:30	9:59:39

Ironman Wales (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	9:04:20	9:27:24	9:59:48
2012	8:52:43	9:23:36	9:37:03
2013	9:09:10	9:55:55	10:35:59
2014	9:07:28	9:56:06	10:26:30
2015	8:57:33	10:33:06	10:52:52
Average	9:02:14	9:51:13	10:18:26

Ironman Lake Tahoe (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:55:14	10:17:57	10:25:26
2015	9:39:23	10:04:24	10:10:48
Average	9:17:18	10:11:10	10:18:07

Ironman Mallorca (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:34:02	8:50:16	9:06:10
2015	8:17:22	9:04:11	9:20:36
Average	8:25:42	8:57:13	9:13:23

Ironman Chattanooga (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:12:32	9:22:38	9:41:27
2015	8:08:32	9:33:07	10:04:24
Average	8:10:32	9:27:52	9:52:55

Ironman Barcelona (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:04:13	8:54:13	9:01:08
2015	8:02:20	8:43:24	9:08:02
Average	8:03:16	8:48:48	9:04:35

Ironman World Championship (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2003	8:59:36	9:08:25
2004	8:33:29	9:29:25
2005	8:14:17	8:49:22
2006	8:11:56	8:41:02
2007	8:15:34	9:00:09
2008	8:17:45	9:09:36
2009	8:20:21	9:07:41
2010	8:10:37	8:40:43
2011	8:03:56	8:59:16
2012	8:18:37	9:08:43
2013	8:12:29	8:47:36
2014	8:14:18	8:52:14
2015	8:14:40	8:53:40
Average	8:19:02	8:59:04

Ironman Louisville (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:38:39	9:23:30	9:51:55
2008	8:33:58	9:51:46	9:58:04
2010	8:29:59	9:33:48	9:50:01
2011	8:27:36	9:07:25	9:33:24
2012	8:42:44	9:37:14	10:07:59
2013	8:21:34	9:42:40	9:47:11
2014	8:24:44	9:46:05	10:05:01
2015	8:48:53	9:49:59	9:53:22
Average	8:33:30	9:36:33	9:53:22

Ironman Maryland (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:51:19	8:51:19	9:12:05
2015	8:38:21	9:13:48	9:37:06
Average	8:44:50	9:02:33	9:24:35

Ironman Los Cabos (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:26:48	10:08:48	10:17:06
2014	8:26:15	9:30:01	9:51:22
Average	8:26:31	9:49:24	10:04:14

Ironman Florida (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:31:07	9:12:32	9:12:35
2005	8:28:26	9:14:46	9:17:14
2006	8:22:44	9:09:41	9:34:45
2007	8:21:29	8:48:22	8:54:13
2008	8:07:59	9:02:12	9:07:41
2009	8:24:29	8:51:42	9:08:35
2010	8:15:59	9:09:11	9:12:07
2011	7:59:42	9:31:35	9:32:11
2012	8:06:17	8:58:18	9:10:26
2013	7:53:12	8:58:21	9:13:44
2014	7:33:47	7:59:54	8:11:56
Average	8:11:22	8:59:41	9:08:40

Ironman Fortaleza (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:30:15	9:30:09	9:54:51
Average	8:30:15	9:30:09	9:54:51

Ironman Malaysia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:41:53	9:45:49	10:13:53
Average	8:41:53	9:45:49	10:13:53

Ironman Arizona (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:25:42	9:28:40	9:34:54
2006	8:20:56	9:23:02	9:24:27
2007	8:21:14	9:32:19	9:37:49
2008	8:14:16	8:52:36	9:12:45
2009	8:14:16	8:52:36	9:12:45
2010	8:13:35	9:07:49	9:11:38
2011	8:07:16	9:21:06	9:32:14
2012	8:03:13	8:55:34	9:15:06
2013	8:02:00	9:29:27	9:34:22
2014	7:55:48	9:22:37	9:27:09
Average	8:11:49	9:14:34	9:24:18

Ironman Cozumel (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	8:18:40	9:56:30	9:56:55
2010	8:12:20	8:32:24	9:07:38
2011	8:23:52	9:33:12	9:42:12
2012	8:15:07	9:18:19	9:52:13
2013	7:55:23	8:52:26	9:00:58
2014	8:12:16	9:09:42	9:22:02
Average	8:12:56	9:13:45	9:30:19

Ironman Western Australia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:16:00	9:07:12	9:09:48
2005	8:27:36	9:30:15	9:34:00
2006	8:08:57	8:59:20	9:04:01
2007	8:06:00	8:50:43	8:59:55
2008	8:07:06	8:57:10	8:59:10
2009	8:13:59	9:04:35	9:06:29
2010	8:14:01	8:59:51	9:02:21
2011	8:12:39	9:15:23	9:40:15
2012	8:29:06	9:05:36	9:16:23
2013	8:08:16	8:58:40	9:04:04
2014	8:05:58	8:45:29	8:51:27
Average	8:13:36	9:03:06	9:09:48

Ironman New Zealand (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:22:04	9:12:12	9:19:00
2004	8:30:29	8:59:10	9:38:58
2005	8:20:14	9:19:37	9:24:12
2007	8:26:33	9:11:35	9:31:27
2008	8:24:49	9:19:16	9:21:46
2009	8:18:04	9:18:42	9:22:50
2010	8:21:52	9:12:23	9:14:58
2011	8:31:07	9:13:52	9:14:27
2013	8:15:35	9:35:37	9:45:51
2014	8:17:33	9:43:54	9:44:49
2015	8:22:13	9:16:27	9:19:56
Average	8:22:46	9:18:25	9:27:06

Ironman Melbourne (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2012	7:57:44	8:48:35	9:17:21
2014	8:01:02	8:40:56	9:08:43
2015	8:04:29	8:46:17	9:17:02
Average	8:01:05	8:45:16	9:14:22

Ironman South Africa (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2007	8:33:04	9:28:49	10:05:16
2008	8:18:23	9:01:14	9:53:57
2009	8:17:32	9:32:40	10:16:03
2010	8:23:28	8:53:32	9:39:24
2011	8:05:36	9:15:06	10:21:29
2012	8:34:45	9:27:05	10:55:57
2013	8:11:24	9:07:28	10:32:22
2014	8:26:07	9:55:15	10:24:40
2015	8:16:35	9:30:42	10:01:14
Average	8:20:46	9:21:19	10:14:29

Ironman Australia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:25:44	9:00:09	9:12:32
2006	8:20:42	9:09:15	9:22:16
2007	8:21:49	9:05:43	9:16:36
2008	8:31:33	9:16:20	9:21:24
2009	8:24:53	8:55:55	8:58:38
2010	8:23:54	9:08:25	9:14:29
2011	8:29:28	9:07:08	9:31:16
2012	8:17:38	9:44:18	9:54:35
2013	8:30:23	9:36:04	9:40:36
2014	8:35:18	9:05:56	9:22:27
2015	8:35:53	9:22:56	9:32:02
Average	8:27:01	9:13:49	9:24:15

Ironman Texas (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2011	8:08:20	9:31:51	10:17:21
2012	8:10:44	9:10:09	9:32:32
2013	8:25:06	8:58:09	9:49:40
2014	8:09:37	9:08:20	9:37:10
2015	8:07:03	8:56:53	9:35:28
Average	8:12:10	9:09:04	9:46:26

Ironman Lanzarote (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2008	8:59:37	9:27:59	9:36:58
2009	8:54:03	9:43:21	9:45:09
2010	8:37:42	9:23:58	9:25:24
2011	8:30:34	9:44:07	10:03:00
2012	8:44:39	9:29:18	9:36:25
2013	8:42:40	9:22:04	9:38:00
2014	8:47:39	9:19:53	9:26:14
2015	8:56:49	9:50:50	10:04:19
Average	8:46:42	9:32:41	9:41:56

Ironman Brazil (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2006	8:15:18	9:18:46	9:43:41
2007	8:21:09	9:16:57	9:33:36
2008	8:28:24	9:04:46	9:34:03
2009	8:13:39	9:05:17	9:32:47
2010	8:07:39	8:40:27	9:34:51
2011	12:14:21	12:46:14	13:04:38
2012	8:22:40	9:17:51	9:48:27
2013	8:01:32	9:11:07	9:30:01
2014	8:07:52	9:09:34	9:35:29
2015	7:53:44	9:03:58	9:16:57
Average	8:36:37	9:29:29	9:55:27

Ironman France (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:49:06	9:43:10	10:12:04
2006	8:33:55	9:20:47	9:39:01
2007	8:38:45	9:22:40	9:23:37
2008	8:34:18	9:10:56	9:39:50
2009	8:30:06	9:17:39	9:36:17
2011	8:28:30	9:40:43	10:04:57
2012	8:21:51	9:18:54	9:32:37
2013	8:08:59	9:07:34	9:23:16
2014	8:33:22	9:18:34	9:37:18
2015	8:27:32	9:20:47	9:38:56
Average	8:30:38	9:22:10	9:40:47

Ironman Cairns (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:15:04	9:22:25	9:39:17
2013	8:17:43	9:14:49	9:30:25
2014	8:20:15	8:56:43	9:02:47
2015	8:18:01	8:36:57	9:09:10
Average	8:17:45	9:02:43	9:20:24

Ironman Austria (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:14:37	9:02:23	9:12:16
2006	8:07:59	8:45:18	8:49:12
2007	8:06:39	8:59:14	9:06:59
2008	8:06:11	8:41:58	8:46:15
2009	8:01:38	8:43:09	9:02:48
2010	7:52:05	8:33:27	8:49:52
2011	7:45:58	8:49:05	8:55:34
2012	8:11:31	9:24:38	9:24:39
2013	7:59:51	9:00:04	9:04:11
2014	7:48:43	8:46:53	9:07:47
2015	7:48:45	8:56:27	9:09:22
Average	8:00:21	8:52:57	9:02:37

Ironman Frankfurt (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2003	8:12:29	9:12:58	9:23:41
2005	8:20:50	9:04:37	9:12:47
2006	8:13:39	8:40:04	9:02:37
2007	8:09:15	8:48:17	8:54:48
2008	7:59:55	8:49:40	9:03:24
2009	7:59:15	8:46:07	8:58:43
2010	8:05:15	9:03:19	9:19:44
2011	8:13:50	9:04:37	9:15:36
2012	8:03:31	8:53:20	9:21:32
2013	7:59:58	8:45:10	8:59:25
2014	7:55:14	8:45:13	8:55:25
2015	7:49:48	9:06:13	9:31:27
Average	8:05:14	8:54:57	9:09:55

Ironman UK (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:35:57	8:59:34	9:30:39
2008	8:53:58	9:41:07	9:56:12
2009	8:45:51	9:49:20	10:42:19
2010	8:40:17	9:47:30	9:59:04
2011	8:24:33	9:17:24	9:46:52
2012	8:55:11	9:11:10	10:17:20
2013	8:45:48	9:47:23	9:57:07
2014	8:44:10	9:40:20	10:07:49
2015	8:46:37	9:30:44	10:06:37
Average	8:43:35	9:31:36	10:02:39

Ironman Lake Placid (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	8:39:19	9:31:39	9:33:01
2003	8:46:15	9:36:09	10:02:13
2004	8:23:12	9:33:05	9:35:00
2006	8:38:18	9:30:29	9:38:55
2007	9:16:02	9:16:02	10:03:54
2008	8:43:32	9:38:32	9:40:33
2009	8:36:37	9:41:04	9:41:29
2010	8:39:34	9:33:13	9:36:56
2011	8:25:15	9:41:28	9:53:28
2012	8:25:07	9:52:19	9:58:14
2013	8:43:29	9:25:08	9:26:31
2014	8:38:43	8:56:21	9:19:09
2015	9:31:09	9:42:12	9:57:29
Average	8:43:34	9:32:07	9:43:36

Ironman Switzerland (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:21:50	9:18:17	9:28:31
2006	8:16:50	8:51:13	9:01:04
2007	8:25:00	8:56:42	9:12:04
2008	8:16:05	9:04:18	9:21:58
2009	8:20:00	8:39:55	8:56:48
2010	8:12:40	9:00:33	9:17:48
2011	8:19:51	8:56:34	9:23:48
2012	8:17:13	9:12:30	9:17:53
2013	8:33:39	9:21:11	9:34:29
2014	8:33:02	9:17:32	9:28:56
2015	8:21:19	9:23:42	9:32:19
Average	8:21:35	9:05:40	9:19:36

Ironman Canada (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:28:06	9:07:12	9:31:33
2005	8:33:32	9:48:27	10:04:07
2006	8:33:58	9:16:39	9:21:48
2007	8:32:45	9:29:11	9:46:38
2008	8:30:12	9:18:09	9:38:37
2009	8:25:13	9:43:31	9:47:31
2010	8:32:28	9:19:45	9:40:12
2011	8:28:09	9:47:58	9:52:12
2012	8:48:30	9:04:10	9:27:44
2013	8:39:33	9:40:53	9:41:54
2014	8:16:10	9:43:59	9:46:02
2015	8:49:46	9:45:12	9:57:19
Average	8:33:11	9:30:25	9:42:58

Ironman Maastricht-Limburg (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	8:27:18	9:41:20	9:44:27
Average	8:27:18	9:41:20	9:44:27

Ironman Boulder (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:20:26	9:23:13	9:38:21
2015	8:45:20	9:42:50	9:43:33
Average	8:32:53	9:33:01	9:40:57

Ironman Sweden (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:04:01	8:31:06	8:32:27
2013	8:19:30	9:13:49	9:19:17
2014	8:13:01	9:04:12	9:17:03
2015	8:08:05	9:12:59	9:18:15
Average	8:11:09	9:00:31	9:06:45

Ironman Copenhagen (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:12:41	8:49:09	8:59:37
2014	8:03:39	8:56:29	9:05:24
2015	8:14:56	9:15:39	9:18:05
Average	8:10:25	9:00:25	9:07:42

Ironman Coeur d'Alene (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:40:59	9:40:00	9:46:07
2005	8:23:29	9:25:49	9:40:21
2006	9:07:05	9:20:52	9:23:43
2007	8:33:32	9:24:31	9:38:43
2008	8:34:22	9:21:05	9:37:27
2009	8:32:12	9:20:07	9:31:09
2010	8:24:40	9:43:06	9:44:02
2011	8:19:48	9:25:19	9:30:55
2012	8:32:29	9:41:54	9:45:49
2013	8:17:31	9:20:49	9:29:44
2014	8:25:44	9:36:43	9:37:53
2015	8:20:35	9:34:49	9:43:14
Average	8:31:02	9:29:35	9:37:25

Ironman Mont-Tremblant (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:40:48	9:06:34	9:43:21
2013	8:26:06	9:12:44	9:15:36
2014	8:16:17	9:08:40	9:31:44
2015	8:17:37	9:22:11	9:24:13
Average	8:25:12	9:12:32	9:28:43

M25-29 Average Top 10 and Kona Qualifying Splits

Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:54:34	4:31:24	2:52:34	8:23:49
1st Age Grouper	0:59:18	5:00:06	3:18:00	9:22:55
2nd Age Grouper	0:58:19	4:54:04	3:31:14	9:31:49
3rd Age Grouper	1:08:06	5:07:03	3:14:48	9:34:53
4th Age Grouper	1:09:01	4:56:05	3:29:02	9:40:25
5th Age Grouper	1:08:11	4:55:02	3:34:10	9:44:26
6th Age Grouper	1:15:46	5:16:16	3:15:31	9:55:26
7th Age Grouper	0:56:07	5:02:22	3:50:27	9:56:07
8th Age Grouper	1:08:46	5:10:55	3:30:37	9:59:01
9th Age Grouper	1:03:27	5:07:58	3:45:25	10:03:37
10th Age Grouper	1:18:04	5:23:37	3:20:52	10:10:02
Kona Qualifier Average	1:01:54	5:00:24	3:21:20	9:29:52
Top 10 Age Grouper Average	1:06:30	5:05:20	3:29:00	9:47:52

Ironman Muskoka

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:59:23	5:06:21	3:07:48	9:19:28
1st Age Grouper	0:59:23	5:06:21	3:07:48	9:19:28
2nd Age Grouper	0:56:02	5:15:47	3:19:59	9:38:11
3rd Age Grouper	1:10:40	5:06:59	3:15:13	9:41:26
4th Age Grouper	0:56:32	5:14:39	3:32:01	9:50:12
5th Age Grouper	0:56:08	5:19:06	3:29:14	9:51:56
6th Age Grouper	1:01:40	5:14:02	3:40:46	10:02:14
7th Age Grouper	1:08:55	5:34:39	3:28:09	10:18:17
8th Age Grouper	1:11:08	5:07:31	4:01:21	10:26:39
9th Age Grouper	0:54:35	5:18:13	4:17:44	10:40:15
10th Age Grouper	1:07:34	5:30:43	3:57:16	10:47:01
Kona Qualifier Average	1:02:01	5:09:42	3:14:20	9:33:01
Top 10 Age Grouper Average	1:02:15	5:16:48	3:36:57	10:03:33

Ironman Wisconsin

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:46	4:47:32	3:01:25	8:48:13
1st Age Grouper	1:02:14	5:13:25	3:21:13	9:44:30
2nd Age Grouper	1:00:29	5:21:54	3:22:38	9:52:52
3rd Age Grouper	1:01:00	5:21:21	3:28:45	9:59:39
4th Age Grouper	1:04:09	5:22:33	3:28:00	10:03:26
5th Age Grouper	1:03:27	5:24:42	3:31:52	10:09:37
6th Age Grouper	1:05:56	5:25:10	3:33:26	10:13:05
7th Age Grouper	1:04:11	5:23:37	3:40:36	10:17:30
8th Age Grouper	1:08:46	5:29:25	3:33:31	10:20:40
9th Age Grouper	1:07:25	5:26:02	3:42:34	10:25:11
10th Age Grouper	1:02:36	5:32:34	3:44:49	10:28:59
Kona Qualifier Average	1:01:14	5:18:53	3:24:12	9:52:20
Top 10 Age Grouper Average	1:04:01	5:24:04	3:32:44	10:09:33

Ironman Wales

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:20	5:08:59	2:56:04	9:02:14
1st Age Grouper	0:58:02	5:27:54	3:14:24	9:51:13
2nd Age Grouper	0:59:48	5:34:54	3:20:33	10:06:25
3rd Age Grouper	0:58:50	5:48:14	3:19:40	10:18:26
4th Age Grouper	0:59:09	5:41:43	3:30:33	10:22:41
5th Age Grouper	1:03:33	5:43:25	3:30:39	10:31:22
6th Age Grouper	1:01:06	5:51:35	3:30:15	10:35:30
7th Age Grouper	1:02:45	5:52:28	3:32:57	10:39:51
8th Age Grouper	1:03:37	5:55:34	3:33:45	10:44:51
9th Age Grouper	1:03:22	5:53:01	3:41:10	10:48:40
10th Age Grouper	1:05:13	6:00:28	3:32:57	10:51:22
Kona Qualifier Average	0:58:53	5:37:01	3:18:12	10:05:21
Top 10 Age Grouper Average	1:01:33	5:46:56	3:28:41	10:29:02

Ironman Lake Tahoe

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:56:06	5:02:47	3:11:51	9:17:18
1st Age Grouper	0:58:31	5:28:24	3:34:23	10:11:10
2nd Age Grouper	1:01:34	5:33:33	3:32:26	10:16:59
3rd Age Grouper	1:00:26	5:25:09	3:42:29	10:18:07
4th Age Grouper	0:57:32	5:42:57	3:41:57	10:35:28
5th Age Grouper	1:02:42	5:41:47	3:52:28	10:47:54
6th Age Grouper	1:05:14	5:51:20	3:45:37	10:59:15
7th Age Grouper	1:12:03	5:44:20	3:51:36	11:02:25
8th Age Grouper	1:02:58	5:39:20	4:10:37	11:07:23
9th Age Grouper	1:03:00	5:43:41	4:13:38	11:13:17
10th Age Grouper	1:03:35	6:02:31	3:58:04	11:19:36
Kona Qualifier Average	1:00:10	5:29:02	3:36:26	10:15:25
Top 10 Age Grouper Average	1:02:45	5:41:18	3:50:19	10:47:09

Ironman Mallorca

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:41	4:41:48	2:51:33	8:25:42
1st Age Grouper	0:58:01	4:51:25	3:01:45	8:57:13
2nd Age Grouper	0:54:52	4:53:40	3:06:44	9:02:54
3rd Age Grouper	0:53:59	4:59:00	3:14:18	9:13:23
4th Age Grouper	0:54:22	5:00:11	3:15:18	9:16:47
5th Age Grouper	0:52:43	5:07:39	3:11:33	9:18:58
6th Age Grouper	0:54:01	5:10:02	3:11:45	9:21:47
7th Age Grouper	0:55:06	5:05:55	3:19:20	9:26:57
8th Age Grouper	0:58:35	5:08:59	3:13:56	9:28:22
9th Age Grouper	0:56:58	5:04:12	3:22:04	9:30:30
10th Age Grouper	0:55:29	5:06:32	3:23:47	9:31:26
Kona Qualifier Average	0:55:37	4:54:42	3:07:35	9:04:30
Top 10 Age Grouper Average	0:55:24	5:02:45	3:14:03	9:18:49

Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:42:50	4:33:53	2:49:16	8:10:32
1st Age Grouper	0:49:10	5:13:16	3:15:23	9:27:52
2nd Age Grouper	0:55:19	5:17:20	3:32:11	9:52:55
3rd Age Grouper	0:51:25	5:23:34	3:40:14	10:01:15
4th Age Grouper	0:45:45	5:40:07	3:33:20	10:05:59
5th Age Grouper	0:47:23	5:26:06	4:02:46	10:24:34
6th Age Grouper	0:55:12	5:28:12	3:55:28	10:27:52
7th Age Grouper	0:55:07	5:34:51	3:57:56	10:34:21
8th Age Grouper	0:54:20	5:34:51	4:01:51	10:39:18
9th Age Grouper	0:59:09	5:29:06	4:05:20	10:43:22
10th Age Grouper	0:52:28	5:30:45	4:11:01	10:46:16
Kona Qualifier Average	0:52:14	5:15:18	3:23:47	9:40:24
Top 10 Age Grouper Average	0:52:32	5:27:49	3:49:33	10:18:22

Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:00	4:25:29	2:44:56	8:03:16
1st Age Grouper	0:54:31	4:37:54	3:12:41	8:48:48
2nd Age Grouper	0:54:00	4:47:06	3:20:02	9:04:35
3rd Age Grouper	1:01:35	4:38:26	3:25:05	9:09:04
4th Age Grouper	1:09:14	4:49:07	3:14:07	9:17:22
5th Age Grouper	1:04:17	4:45:52	3:26:12	9:20:38
6th Age Grouper	1:03:04	4:49:15	3:30:08	9:27:15
7th Age Grouper	1:00:53	4:45:09	3:38:06	9:28:59
8th Age Grouper	1:05:31	4:40:07	3:42:41	9:33:05
9th Age Grouper	0:58:45	4:49:56	3:40:24	9:34:37
10th Age Grouper	1:03:13	4:59:45	3:30:15	9:38:17
Kona Qualifier Average	0:54:15	4:42:30	3:16:22	8:56:41
Top 10 Age Grouper Average	1:01:30	4:46:16	3:27:58	9:20:16

Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:20	4:31:38	2:50:49	8:19:02
1st Age Grouper	0:58:34	4:55:55	2:46:52	8:59:04
2nd Age Grouper	0:58:46	4:57:13	3:06:06	9:07:15
3rd Age Grouper	0:58:44	4:55:51	3:09:10	9:09:03
4th Age Grouper	1:03:16	4:54:34	3:07:46	9:11:45
5th Age Grouper	1:01:38	4:57:47	3:09:38	9:14:54
6th Age Grouper	0:59:39	5:00:09	3:11:44	9:17:23
7th Age Grouper	1:01:04	4:58:14	3:14:07	9:19:00
8th Age Grouper	1:01:49	5:00:44	3:12:03	9:20:27
9th Age Grouper	1:02:27	5:04:38	3:09:35	9:22:08
10th Age Grouper	0:59:56	4:59:57	3:17:37	9:23:47
Kona Qualifier Average	0:58:34	4:55:55	2:46:52	8:59:04
Top 10 Age Grouper Average	1:00:35	4:58:30	3:08:28	9:14:29

Ironman Louisville

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:21	4:38:36	2:57:00	8:32:37
1st Age Grouper	0:58:57	5:08:22	3:21:59	9:36:33
2nd Age Grouper	1:06:36	5:08:50	3:24:16	9:47:53
3rd Age Grouper	1:03:23	5:20:01	3:22:29	9:53:22
4th Age Grouper	0:57:08	5:16:27	3:34:57	9:57:20
5th Age Grouper	1:00:31	5:13:50	3:41:53	10:04:32
6th Age Grouper	1:02:49	5:19:18	3:38:16	10:09:27
7th Age Grouper	1:03:26	5:23:02	3:39:50	10:15:14
8th Age Grouper	1:01:42	5:18:42	3:50:54	10:20:11
9th Age Grouper	1:04:11	5:26:11	3:42:28	10:23:05
10th Age Grouper	1:04:44	5:17:37	3:54:44	10:26:19
Kona Qualifier Average	1:02:58	5:12:24	3:22:55	9:45:56
Top 10 Age Grouper Average	1:02:21	5:17:14	3:37:11	10:05:23

Ironman Maryland

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:53:10	4:40:10	3:05:37	8:44:50
1st Age Grouper	0:53:32	4:44:29	3:18:37	9:02:33
2nd Age Grouper	0:51:47	4:58:19	3:27:33	9:24:35
3rd Age Grouper	1:05:22	5:06:01	3:20:18	9:43:18
4th Age Grouper	0:55:15	5:12:14	3:38:26	9:55:01
5th Age Grouper	1:00:31	5:00:37	3:54:41	10:05:12
6th Age Grouper	1:02:14	5:16:32	3:44:48	10:13:03
7th Age Grouper	0:55:52	5:22:08	3:55:33	10:28:29
8th Age Grouper	1:06:28	5:18:46	3:53:49	10:31:05
9th Age Grouper	0:58:31	5:33:26	3:47:22	10:34:12
10th Age Grouper	1:10:47	5:18:07	4:01:23	10:41:32
Kona Qualifier Average	0:52:40	4:51:24	3:23:05	9:13:34
Top 10 Age Grouper Average	1:00:02	5:11:04	3:42:15	10:03:54

Ironman Los Cabos

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:33	4:38:43	2:53:22	8:26:31
1st Age Grouper	0:57:56	5:19:12	3:26:44	9:49:24
2nd Age Grouper	1:11:21	5:25:03	3:20:31	10:04:14
3rd Age Grouper	1:00:05	5:27:52	3:45:01	10:18:51
4th Age Grouper	1:02:04	5:30:40	3:45:25	10:24:19
5th Age Grouper	1:05:37	5:33:36	3:56:28	10:41:47
6th Age Grouper	0:58:05	5:46:11	3:53:46	10:43:49
7th Age Grouper	1:20:24	5:46:58	3:41:00	10:56:35
8th Age Grouper	0:59:12	5:34:09	4:27:51	11:08:04
9th Age Grouper	1:03:54	5:40:54	4:23:47	11:14:37
10th Age Grouper	1:05:11	6:22:04	3:45:52	11:19:57
Kona Qualifier Average	1:04:38	5:22:07	3:23:38	9:56:49
Top 10 Age Grouper Average	1:04:23	5:38:40	3:50:38	10:40:09

Ironman Florida

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:09	4:27:24	2:54:25	8:12:58
1st Age Grouper	0:54:32	4:48:32	3:10:34	8:59:41
2nd Age Grouper	0:56:43	4:53:10	3:12:03	9:08:40
3rd Age Grouper	0:56:26	5:01:06	3:13:37	9:17:48
4th Age Grouper	0:54:32	5:00:22	3:22:10	9:24:06
5th Age Grouper	0:54:34	5:01:28	3:27:27	9:30:58
6th Age Grouper	0:55:20	5:04:24	3:30:27	9:37:02
7th Age Grouper	0:56:43	5:01:51	3:35:24	9:41:59
8th Age Grouper	0:55:11	5:03:20	3:40:13	9:46:39
9th Age Grouper	0:59:01	5:07:39	3:37:08	9:52:00
10th Age Grouper	1:00:01	5:08:56	3:39:19	9:56:02
Kona Qualifier Average	0:55:38	4:50:51	3:11:18	9:04:10
Top 10 Age Grouper Average	0:56:18	5:01:05	3:26:50	9:31:29

Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:20	4:32:09	3:02:22	8:30:15
1st Age Grouper	1:02:16	4:54:12	3:24:15	9:30:09
2nd Age Grouper	1:08:45	4:57:00	3:28:05	9:40:37
3rd Age Grouper	0:57:32	5:13:01	3:37:32	9:54:51
4th Age Grouper	1:08:27	5:06:17	3:39:37	9:59:53
5th Age Grouper	1:03:28	5:07:34	3:49:03	10:05:46
6th Age Grouper	1:08:06	5:02:49	3:51:05	10:06:53
7th Age Grouper	1:02:21	5:11:43	3:49:04	10:08:38
8th Age Grouper	1:08:54	5:20:32	3:38:32	10:12:10
9th Age Grouper	1:09:38	5:16:27	3:53:15	10:23:14
10th Age Grouper	1:25:45	5:25:06	3:32:17	10:31:17
Kona Qualifier Average	1:02:51	5:01:24	3:29:57	9:41:52
Top 10 Age Grouper Average	1:07:31	5:09:28	3:40:16	10:03:20

Ironman Malaysia

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:49	4:40:31	3:05:37	8:41:53
1st Age Grouper	1:07:02	5:02:34	3:30:22	9:45:49
2nd Age Grouper	1:04:11	5:07:49	3:56:37	10:13:53
3rd Age Grouper	0:59:26	5:30:27	3:42:55	10:19:47
4th Age Grouper	1:04:27	5:27:54	3:42:06	10:25:26
5th Age Grouper	1:06:36	5:18:37	4:20:55	10:53:06
6th Age Grouper	1:24:26	5:30:56	3:59:00	11:00:55
7th Age Grouper	1:10:54	5:46:33	4:01:09	11:07:15
8th Age Grouper	1:06:24	5:50:02	4:08:28	11:13:36
9th Age Grouper	1:19:33	5:27:19	4:27:12	11:21:54
10th Age Grouper	1:20:30	5:36:51	4:16:16	11:22:10
Kona Qualifier Average	1:05:36	5:05:11	3:43:29	9:59:51
Top 10 Age Grouper Average	1:10:20	5:27:54	4:00:30	10:46:23

Ironman Arizona

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:41	4:29:35	2:49:35	8:13:52
1st Age Grouper	0:59:14	4:54:07	3:15:14	9:14:34
2nd Age Grouper	0:58:44	5:01:43	3:18:23	9:24:18
3rd Age Grouper	0:59:17	5:04:34	3:25:58	9:35:49
4th Age Grouper	1:02:22	5:03:04	3:31:47	9:44:02
5th Age Grouper	1:05:32	5:10:11	3:22:31	9:45:18
6th Age Grouper	1:02:16	5:07:15	3:34:44	9:51:45
7th Age Grouper	1:03:10	5:10:57	3:35:35	9:56:23
8th Age Grouper	1:06:18	5:14:09	3:34:49	10:02:22
9th Age Grouper	1:04:06	5:17:06	3:40:45	10:08:52
10th Age Grouper	1:03:54	5:22:13	3:42:41	10:15:35
Kona Qualifier Average	0:58:43	4:58:55	3:16:47	9:20:08
Top 10 Age Grouper Average	1:02:10	5:08:22	3:29:53	9:47:02

Ironman Cozumel

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:06	4:38:56	2:53:19	8:12:56
1st Age Grouper	0:53:02	5:04:09	3:11:28	9:13:45
2nd Age Grouper	0:57:15	5:13:55	3:20:52	9:30:19
3rd Age Grouper	0:52:37	5:06:47	3:31:32	9:43:42
4th Age Grouper	0:55:39	5:13:01	3:32:48	9:48:10
5th Age Grouper	0:46:27	5:23:55	3:31:33	9:55:14
6th Age Grouper	0:57:06	5:24:05	3:31:44	9:59:47
7th Age Grouper	0:56:24	5:23:47	3:37:14	10:05:07
8th Age Grouper	0:48:13	5:26:43	3:49:15	10:09:43
9th Age Grouper	0:58:59	5:31:43	3:34:21	10:12:06
10th Age Grouper	0:51:03	5:26:28	3:44:55	10:17:50
Kona Qualifier Average	0:55:08	5:09:02	3:16:10	9:22:02
Top 10 Age Grouper Average	0:53:40	5:19:27	3:32:34	9:53:34

Ironman Western Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:56	4:31:17	2:50:16	8:13:36
1st Age Grouper	0:57:21	4:51:12	3:11:24	9:03:06
2nd Age Grouper	0:55:27	4:53:40	3:17:55	9:09:48
3rd Age Grouper	0:55:59	4:49:54	3:26:24	9:15:53
4th Age Grouper	0:57:44	4:57:50	3:24:57	9:24:11
5th Age Grouper	0:58:40	5:00:33	3:26:46	9:29:19
6th Age Grouper	0:58:40	5:04:36	3:27:02	9:33:53
7th Age Grouper	0:59:03	5:04:25	3:31:48	9:39:03
8th Age Grouper	0:58:04	5:08:30	3:34:39	9:44:58
9th Age Grouper	0:57:08	5:11:14	3:37:44	9:49:39
10th Age Grouper	0:58:17	5:11:58	3:38:01	9:51:58
Kona Qualifier Average	0:56:24	4:52:26	3:14:40	9:06:27
Top 10 Age Grouper Average	0:57:38	5:01:23	3:27:40	9:30:11

Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:04	4:41:22	2:48:44	8:22:46
1st Age Grouper	0:56:09	5:02:58	3:13:40	9:18:25
2nd Age Grouper	0:54:14	5:06:40	3:20:10	9:27:06
3rd Age Grouper	0:56:17	5:11:24	3:17:53	9:33:58
4th Age Grouper	0:57:08	5:13:15	3:22:19	9:39:40
5th Age Grouper	0:56:32	5:13:44	3:30:42	9:47:19
6th Age Grouper	0:58:50	5:14:56	3:30:56	9:51:10
7th Age Grouper	0:58:36	5:15:24	3:35:35	9:56:28
8th Age Grouper	0:58:43	5:16:50	3:38:03	10:00:30
9th Age Grouper	0:58:48	5:22:18	3:35:53	10:03:56
10th Age Grouper	0:58:48	5:22:08	3:37:18	10:05:58
Kona Qualifier Average	0:55:11	5:04:49	3:16:55	9:22:46
Top 10 Age Grouper Average	0:57:24	5:13:58	3:28:15	9:46:27

Ironman Melbourne

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:36	4:25:06	2:43:51	8:01:05
1st Age Grouper	0:53:51	4:44:49	3:01:46	8:45:16
2nd Age Grouper	0:54:00	4:46:48	3:17:52	9:03:48
3rd Age Grouper	0:58:02	4:48:20	3:19:11	9:11:52
4th Age Grouper	1:04:46	4:48:50	3:15:34	9:14:22
5th Age Grouper	0:55:19	4:53:59	3:21:44	9:16:20
6th Age Grouper	1:02:31	4:56:00	3:17:30	9:21:58
7th Age Grouper	0:57:52	5:00:08	3:20:43	9:25:14
8th Age Grouper	0:54:08	5:04:34	3:22:56	9:29:04
9th Age Grouper	1:02:39	4:51:29	3:28:24	9:30:39
10th Age Grouper	0:57:18	5:05:35	3:23:40	9:34:28
Kona Qualifier Average	0:57:40	4:47:12	3:13:36	9:03:49
Top 10 Age Grouper Average	0:58:03	4:54:03	3:18:56	9:17:18

Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:51:32	4:33:27	2:51:49	8:20:46
1st Age Grouper	0:57:39	5:02:30	3:16:17	9:21:19
2nd Age Grouper	1:02:21	5:08:05	3:30:30	9:46:47
3rd Age Grouper	1:03:14	5:13:43	3:33:34	9:56:09
4th Age Grouper	1:05:14	5:15:01	3:40:37	10:07:16
5th Age Grouper	1:02:06	5:22:26	3:43:15	10:14:29
6th Age Grouper	1:04:19	5:27:06	3:43:19	10:21:36
7th Age Grouper	1:05:55	5:22:01	3:51:14	10:25:54
8th Age Grouper	1:02:43	5:30:11	3:54:52	10:34:42
9th Age Grouper	1:08:56	5:32:30	3:50:50	10:41:38
10th Age Grouper	1:04:27	5:33:06	4:01:03	10:47:07
Kona Qualifier Average	1:02:06	5:12:21	3:32:51	9:53:12
Top 10 Age Grouper Average	1:03:41	5:20:40	3:42:33	10:13:42

Ironman Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:37	4:43:01	2:54:15	8:27:01
1st Age Grouper	0:51:35	5:05:23	3:13:37	9:13:49
2nd Age Grouper	0:52:48	5:08:49	3:19:01	9:24:15
3rd Age Grouper	0:58:26	5:09:40	3:20:01	9:31:56
4th Age Grouper	0:55:33	5:13:39	3:24:58	9:37:20
5th Age Grouper	0:57:14	5:13:09	3:28:59	9:43:03
6th Age Grouper	0:56:38	5:16:11	3:30:54	9:47:09
7th Age Grouper	0:57:05	4:51:10	4:04:48	9:51:05
8th Age Grouper	0:55:38	5:21:42	3:33:34	9:54:19
9th Age Grouper	0:56:09	5:18:50	3:38:19	9:57:16
10th Age Grouper	0:57:02	5:18:13	3:42:46	10:01:43
Kona Qualifier Average	0:52:12	5:07:06	3:16:19	9:19:02
Top 10 Age Grouper Average	0:55:49	5:11:41	3:31:42	9:42:11

Ironman Texas

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:11	4:25:50	2:49:28	8:12:10
1st Age Grouper	0:59:30	4:49:07	3:14:29	9:09:04
2nd Age Grouper	1:04:05	4:53:46	3:19:01	9:23:26
3rd Age Grouper	1:03:05	4:56:35	3:32:40	9:39:25
4th Age Grouper	1:05:34	5:02:37	3:30:12	9:46:26
5th Age Grouper	1:05:39	5:08:43	3:33:21	9:55:15
6th Age Grouper	1:04:03	5:01:51	3:48:51	10:01:17
7th Age Grouper	1:07:37	5:09:14	3:38:45	10:04:34
8th Age Grouper	1:05:45	5:07:32	3:52:47	10:12:58
9th Age Grouper	1:05:37	5:12:10	3:49:34	10:14:37
10th Age Grouper	1:09:26	5:09:18	3:54:06	10:20:15
Kona Qualifier Average	1:03:04	4:55:31	3:24:05	9:29:35
Top 10 Age Grouper Average	1:05:02	5:03:05	3:37:22	9:52:44

Ironman Lanzarote

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:28	4:57:52	2:53:31	8:46:42
1st Age Grouper	0:58:41	5:15:28	3:11:01	9:32:41
2nd Age Grouper	0:56:11	5:28:36	3:08:59	9:41:56
3rd Age Grouper	1:00:14	5:29:17	3:16:11	9:53:46
4th Age Grouper	0:57:55	5:35:34	3:25:35	10:08:09
5th Age Grouper	0:58:38	5:33:48	3:33:03	10:13:51
6th Age Grouper	1:00:17	5:40:37	3:28:10	10:17:30
7th Age Grouper	1:03:35	5:36:42	3:33:55	10:24:07
8th Age Grouper	1:01:05	5:47:22	3:30:51	10:28:43
9th Age Grouper	1:00:53	5:45:08	3:37:58	10:32:40
10th Age Grouper	1:00:01	5:52:00	3:35:33	10:37:14
Kona Qualifier Average	0:57:26	5:22:02	3:10:00	9:37:18
Top 10 Age Grouper Average	0:59:45	5:36:27	3:26:08	10:11:04

Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:05	4:25:58	2:54:46	8:36:37
1st Age Grouper	0:53:28	4:25:09	2:55:49	9:29:29
2nd Age Grouper	0:53:45	4:00:07	3:01:38	9:41:26
3rd Age Grouper	0:56:43	4:33:08	2:41:02	9:48:00
4th Age Grouper	0:58:45	4:31:20	3:04:58	9:52:56
5th Age Grouper	0:57:58	4:32:34	3:06:36	9:55:27
6th Age Grouper	0:50:17	4:08:47	3:05:01	9:59:14
7th Age Grouper	0:57:27	4:37:59	3:09:20	10:03:33
8th Age Grouper	0:59:38	4:41:09	3:49:51	10:08:14
9th Age Grouper	0:51:00	4:40:43	3:14:27	10:09:41
10th Age Grouper	0:59:12	4:42:38	3:10:16	10:12:47
Kona Qualifier Average	0:56:08	4:24:28	2:58:01	9:45:28
Top 10 Age Grouper Average	0:55:49	4:29:21	3:07:54	9:56:05

Ironman France

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:18	4:46:51	2:48:07	8:30:38
1st Age Grouper	0:56:48	5:08:34	3:10:14	9:22:10
2nd Age Grouper	0:58:13	5:13:52	3:13:26	9:32:25
3rd Age Grouper	0:59:27	5:12:55	3:20:24	9:40:47
4th Age Grouper	0:54:43	5:16:23	3:19:43	9:44:34
5th Age Grouper	0:58:50	5:15:12	3:27:37	9:48:58
6th Age Grouper	1:01:52	5:21:24	3:20:49	9:52:28
7th Age Grouper	0:54:48	5:20:02	3:27:26	9:56:36
8th Age Grouper	1:02:45	5:17:24	3:30:07	9:58:55
9th Age Grouper	1:03:59	5:18:53	3:29:49	10:01:22
10th Age Grouper	1:00:11	5:23:36	3:28:58	10:03:01
Kona Qualifier Average	0:58:09	5:11:47	3:14:41	9:31:47
Top 10 Age Grouper Average	0:59:09	5:16:49	3:22:51	9:48:07

Ironman Cairns

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:04	4:30:34	2:53:07	8:17:45
1st Age Grouper	0:56:37	4:54:26	3:06:52	9:02:43
2nd Age Grouper	0:43:08	5:00:07	3:18:08	9:20:24
3rd Age Grouper	1:01:21	5:06:51	3:14:24	9:29:05
4th Age Grouper	1:00:56	5:00:50	3:26:44	9:35:33
5th Age Grouper	0:57:56	5:12:40	3:26:52	9:43:06
6th Age Grouper	0:58:50	5:14:31	3:33:59	9:52:15
7th Age Grouper	1:00:14	5:18:41	3:42:03	10:08:41
8th Age Grouper	1:00:39	5:20:58	3:43:14	10:11:43
9th Age Grouper	1:04:50	5:17:38	3:45:50	10:15:44
10th Age Grouper	1:03:55	5:22:20	3:45:08	10:18:06
Kona Qualifier Average	0:49:52	4:57:17	3:12:30	9:11:34
Top 10 Age Grouper Average	0:58:51	5:10:54	3:30:19	9:47:44

Ironman Austria

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:35	4:22:02	2:46:46	8:00:21
1st Age Grouper	0:58:39	4:45:45	3:03:09	8:52:57
2nd Age Grouper	0:56:23	4:49:41	2:54:08	9:02:37
3rd Age Grouper	0:56:39	4:52:51	3:11:58	9:07:03
4th Age Grouper	0:58:41	4:24:37	2:59:21	9:11:38
5th Age Grouper	0:58:56	4:53:56	3:16:14	9:15:05
6th Age Grouper	0:55:20	4:26:15	3:49:52	9:17:13
7th Age Grouper	0:59:49	4:56:44	3:18:17	9:21:50
8th Age Grouper	1:03:06	4:27:19	3:19:23	9:24:44
9th Age Grouper	1:02:01	4:57:40	3:20:15	9:27:00
10th Age Grouper	1:01:21	4:56:44	3:23:18	9:29:02
Kona Qualifier Average	0:57:31	4:47:43	2:58:39	8:57:47
Top 10 Age Grouper Average	0:59:06	4:45:09	3:15:35	9:14:55

Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:34	4:23:50	2:50:18	8:05:14
1st Age Grouper	0:54:45	4:49:12	2:50:55	8:54:57
2nd Age Grouper	0:52:50	4:50:27	2:56:52	9:01:21
3rd Age Grouper	0:58:23	4:50:58	2:56:24	9:06:19
4th Age Grouper	0:58:38	4:53:24	2:56:35	9:09:55
5th Age Grouper	0:56:41	4:53:32	3:01:19	9:12:11
6th Age Grouper	0:55:47	4:54:53	3:03:44	9:14:53
7th Age Grouper	0:58:32	4:55:28	3:02:25	9:17:18
8th Age Grouper	0:57:28	4:57:18	3:36:29	9:19:21
9th Age Grouper	0:59:26	4:56:40	3:04:32	9:22:15
10th Age Grouper	0:58:09	4:58:42	3:06:05	9:25:30
Kona Qualifier Average	0:56:09	4:51:00	2:55:11	9:03:08
Top 10 Age Grouper Average	0:57:04	4:54:03	3:03:32	9:12:24

Ironman UK

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:47:06	4:58:56	2:53:37	8:43:35
1st Age Grouper	0:58:24	5:20:00	3:07:31	9:31:36
2nd Age Grouper	0:59:23	5:26:24	3:21:51	9:54:01
3rd Age Grouper	1:02:13	5:36:25	3:17:30	10:02:39
4th Age Grouper	1:00:49	5:35:29	3:30:18	10:13:01
5th Age Grouper	0:59:42	5:43:03	3:28:13	10:18:08
6th Age Grouper	1:01:14	5:45:24	3:29:44	10:23:20
7th Age Grouper	1:02:42	5:47:55	3:28:34	10:27:07
8th Age Grouper	1:01:20	5:46:51	3:35:01	10:31:30
9th Age Grouper	1:04:33	5:51:11	3:35:29	10:40:12
10th Age Grouper	1:04:20	5:55:58	3:36:32	10:45:02
Kona Qualifier Average	1:00:00	5:27:36	3:15:38	9:49:26
Top 10 Age Grouper Average	1:01:28	5:40:52	3:27:04	10:16:40

Ironman Lake Placid

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:43	4:50:15	2:57:23	8:43:34
1st Age Grouper	0:55:15	5:17:44	3:10:51	9:32:07
2nd Age Grouper	0:56:29	5:23:17	3:15:24	9:43:36
3rd Age Grouper	0:52:39	5:25:09	3:20:35	9:47:45
4th Age Grouper	0:56:02	5:23:59	3:10:19	9:56:04
5th Age Grouper	0:57:16	5:30:31	3:25:42	10:01:18
6th Age Grouper	0:59:40	5:28:03	3:29:05	10:06:34
7th Age Grouper	0:58:18	5:29:38	3:31:59	10:09:13
8th Age Grouper	1:00:44	5:34:10	3:28:45	10:14:27
9th Age Grouper	0:59:43	5:32:15	3:36:29	10:18:21
10th Age Grouper	0:59:10	5:35:46	3:36:37	10:21:22
Kona Qualifier Average	0:55:52	5:20:30	3:13:08	9:37:52
Top 10 Age Grouper Average	0:57:31	5:28:03	3:24:35	10:01:05

Ironman Switzerland

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:53:56	4:32:06	2:53:03	8:21:35
1st Age Grouper	0:57:13	4:56:51	3:07:53	9:05:40
2nd Age Grouper	0:59:41	4:58:57	3:11:02	9:13:32
3rd Age Grouper	0:58:08	5:04:15	3:13:33	9:19:36
4th Age Grouper	1:01:35	5:03:18	3:14:51	9:23:44
5th Age Grouper	1:00:04	5:04:44	3:19:03	9:28:00
6th Age Grouper	1:01:11	5:05:36	3:20:56	9:31:50
7th Age Grouper	1:00:28	5:08:10	3:21:35	9:34:28
8th Age Grouper	1:04:21	5:11:06	3:17:42	9:37:31
9th Age Grouper	1:02:20	5:06:39	3:25:45	9:38:51
10th Age Grouper	1:07:36	5:08:46	3:19:05	9:40:22
Kona Qualifier Average	0:58:21	5:00:01	3:10:49	9:12:56
Top 10 Age Grouper Average	1:01:16	5:04:50	3:17:08	9:27:21

Ironman Canada

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:06	4:41:41	2:55:55	8:33:11
1st Age Grouper	1:01:19	5:06:35	3:17:22	9:30:25
2nd Age Grouper	1:01:32	5:15:14	3:20:01	9:42:58
3rd Age Grouper	1:04:29	5:10:25	3:31:09	9:52:02
4th Age Grouper	0:59:54	5:18:10	3:34:18	9:57:28
5th Age Grouper	1:02:55	5:15:19	3:37:11	10:01:08
6th Age Grouper	1:00:26	5:20:18	3:40:28	10:07:56
7th Age Grouper	1:03:30	5:21:26	3:40:27	10:11:32
8th Age Grouper	1:03:56	5:25:47	3:39:02	10:16:28
9th Age Grouper	1:02:35	5:26:37	3:48:24	10:24:34
10th Age Grouper	1:04:54	5:27:08	3:49:10	10:27:34
Kona Qualifier Average	1:01:25	5:10:54	3:18:41	9:36:41
Top 10 Age Grouper Average	1:02:33	5:18:42	3:35:45	10:03:12

Ironman Maastricht-Limburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:46:22	4:43:33	2:51:59	8:27:18
1st Age Grouper	0:58:19	5:11:36	3:24:13	9:41:20
2nd Age Grouper	0:59:26	5:14:11	3:25:20	9:44:27
3rd Age Grouper	0:57:18	5:09:47	3:32:04	9:45:26
4th Age Grouper	1:04:31	5:18:03	3:18:55	9:48:53
5th Age Grouper	0:55:40	5:14:12	3:42:34	9:59:06
6th Age Grouper	0:50:46	5:22:41	3:50:13	10:11:22
7th Age Grouper	0:53:44	5:34:17	3:35:31	10:13:56
8th Age Grouper	1:08:33	5:15:45	3:42:53	10:14:52
9th Age Grouper	1:03:04	5:13:37	3:54:43	10:17:10
10th Age Grouper	0:59:48	5:26:31	3:50:07	10:28:04
Kona Qualifier Average	0:58:52	5:12:53	3:24:46	9:42:53
Top 10 Age Grouper Average	0:59:06	5:18:04	3:37:39	10:02:27

Ironman Boulder

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:55:43	4:27:22	3:03:06	8:32:53
1st Age Grouper	1:13:07	5:01:41	3:09:09	9:33:01
2nd Age Grouper	1:07:21	4:53:41	3:31:48	9:40:57
3rd Age Grouper	1:07:55	5:02:10	3:26:27	9:45:45
4th Age Grouper	1:15:04	5:04:48	3:39:28	10:08:59
5th Age Grouper	1:02:29	5:09:27	3:56:27	10:18:24
6th Age Grouper	1:15:33	5:23:28	3:43:54	10:30:48
7th Age Grouper	1:04:58	5:16:15	4:01:31	10:31:57
8th Age Grouper	0:58:09	5:16:50	4:11:51	10:40:03
9th Age Grouper	1:10:30	5:14:27	4:07:11	10:41:14
10th Age Grouper	1:06:16	5:12:59	4:22:21	10:52:24
Kona Qualifier Average	1:10:14	4:57:41	3:20:28	9:36:59
Top 10 Age Grouper Average	1:08:08	5:09:34	3:49:00	10:16:21

Ironman Sweden

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:39	4:29:16	2:49:12	8:11:09
1st Age Grouper	0:59:12	4:44:54	3:11:52	9:00:31
2nd Age Grouper	0:59:42	4:52:54	3:09:53	9:06:45
3rd Age Grouper	1:05:28	4:49:47	3:07:55	9:08:36
4th Age Grouper	1:01:49	4:52:08	3:17:57	9:16:06
5th Age Grouper	1:01:13	4:55:48	3:19:37	9:21:24
6th Age Grouper	1:06:00	4:53:54	3:19:58	9:24:26
7th Age Grouper	1:03:34	4:53:08	3:28:48	9:29:55
8th Age Grouper	1:04:40	5:05:19	3:17:19	9:33:51
9th Age Grouper	1:04:51	5:04:55	3:20:41	9:36:11
10th Age Grouper	0:59:40	5:05:05	3:28:07	9:37:49
Kona Qualifier Average	0:59:27	4:48:54	3:10:53	9:03:38
Top 10 Age Grouper Average	1:02:37	4:55:47	3:18:13	9:21:33

Ironman Copenhagen

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:48:03	4:25:45	2:52:09	8:10:25
1st Age Grouper	0:55:46	4:46:22	3:12:15	9:00:25
2nd Age Grouper	0:56:35	4:50:57	3:11:31	9:05:24
3rd Age Grouper	1:00:23	4:46:10	3:15:54	9:07:42
4th Age Grouper	0:56:33	4:46:53	3:21:44	9:10:40
5th Age Grouper	0:56:30	3:09:26	3:23:41	9:11:59
6th Age Grouper	0:53:25	4:49:29	3:23:53	9:13:21
7th Age Grouper	1:04:25	4:50:17	3:13:33	9:14:06
8th Age Grouper	1:06:31	4:52:08	3:14:25	9:19:29
9th Age Grouper	1:05:35	4:46:18	3:22:40	9:20:57
10th Age Grouper	1:00:53	4:52:08	3:26:05	9:24:21
Kona Qualifier Average	0:57:35	4:47:50	3:13:13	9:04:30
Top 10 Age Grouper Average	0:59:40	4:39:01	3:18:34	9:12:50

Ironman Coeur d'Alene

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:12	4:43:20	2:53:58	8:31:02
1st Age Grouper	1:01:57	5:08:25	3:13:51	9:29:35
2nd Age Grouper	1:00:30	5:12:35	3:19:06	9:37:25
3rd Age Grouper	1:02:04	5:11:34	3:27:27	9:47:21
4th Age Grouper	1:00:02	5:19:16	3:28:56	9:53:37
5th Age Grouper	1:02:46	5:24:53	3:26:04	10:00:05
6th Age Grouper	1:05:44	5:26:22	3:25:15	10:04:06
7th Age Grouper	1:04:40	5:23:55	3:32:54	10:08:01
8th Age Grouper	1:04:40	5:29:12	3:31:42	10:11:14
9th Age Grouper	1:03:45	5:20:05	3:45:19	10:15:57
10th Age Grouper	1:02:14	5:30:41	3:39:40	10:18:34
Kona Qualifier Average	1:01:13	5:10:30	3:16:28	9:33:30
Top 10 Age Grouper Average	1:02:50	5:20:42	3:29:01	9:58:36

Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:07	4:30:57	2:59:07	8:25:12
1st Age Grouper	0:58:52	4:51:40	3:15:20	9:12:32
2nd Age Grouper	1:01:06	5:03:13	3:18:12	9:28:43
3rd Age Grouper	1:01:11	5:04:10	3:21:18	9:33:45
4th Age Grouper	1:00:27	5:10:16	3:21:47	9:38:41
5th Age Grouper	1:01:49	5:13:11	3:22:59	9:44:25
6th Age Grouper	1:06:29	5:16:57	3:22:28	9:52:43
7th Age Grouper	1:02:15	5:14:44	3:34:50	9:58:45
8th Age Grouper	1:01:05	5:10:45	3:42:43	10:01:46
9th Age Grouper	1:04:15	5:17:22	3:36:00	10:05:11
10th Age Grouper	1:02:48	5:18:45	3:38:38	10:08:30
Kona Qualifier Average	0:59:59	4:57:26	3:16:46	9:20:37
Top 10 Age Grouper Average	1:02:02	5:10:06	3:27:25	9:46:30