

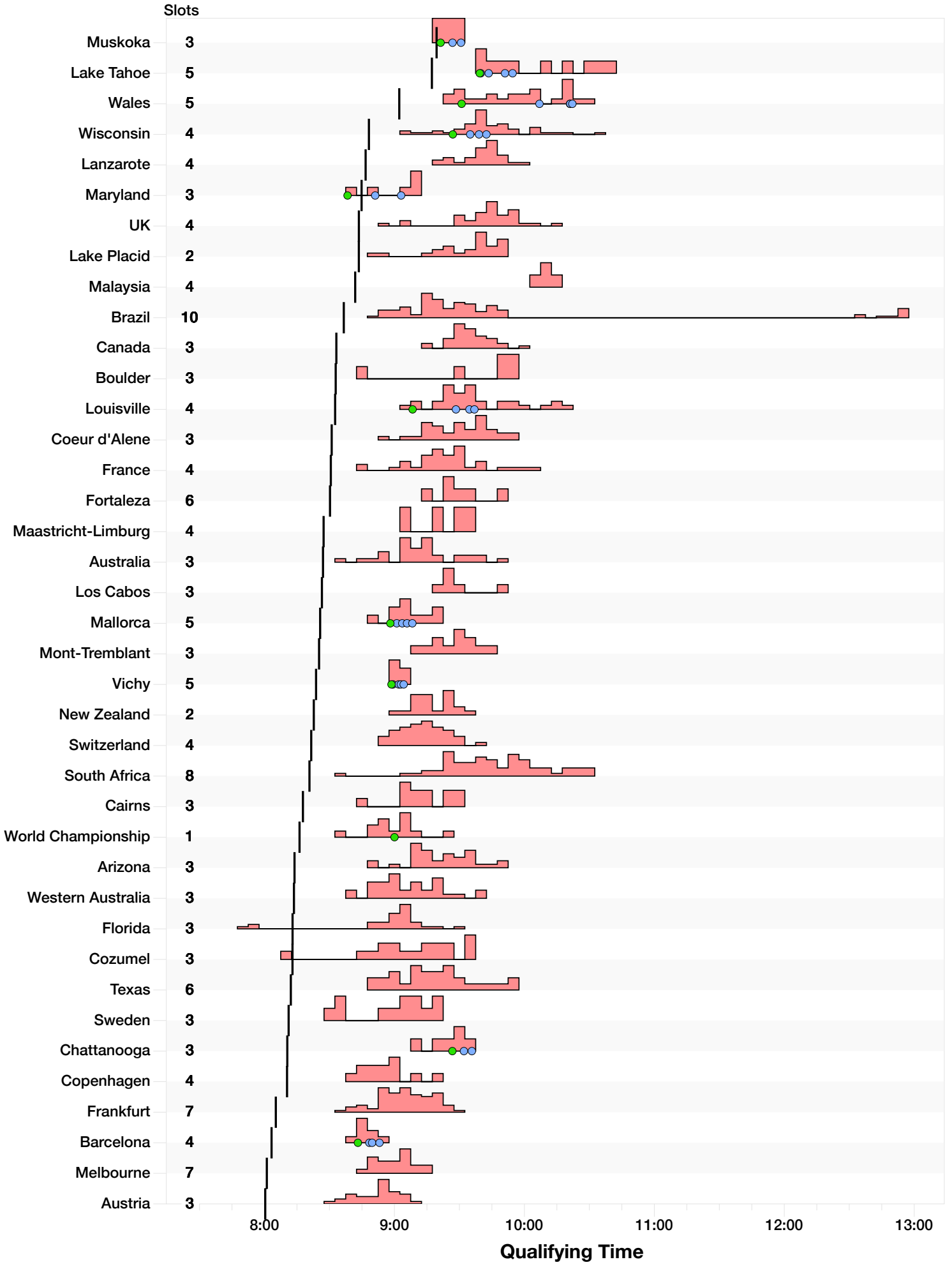
# Ironman World Championship

M30-34

2016 Qualification Stats

# 2016 Qualification Comparison for M30-34

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



# M30-34 Past Qualifying Times

## Ironman Vichy (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2015	8:23:49	8:58:38	9:04:16
Average	8:23:49	8:58:38	9:04:16

## Ironman Muskoka (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2015	9:19:28	9:21:19	9:30:44
Average	9:19:28	9:21:19	9:30:44

## Ironman Wisconsin (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2003	8:55:26	9:32:03	10:02:36
2004	8:52:33	9:19:17	9:53:56
2005	9:01:34	10:07:56	10:35:09
2006	9:07:24	9:41:56	10:05:11
2007	8:52:49	9:41:04	9:51:35
2008	8:43:29	9:06:56	9:39:13
2009	8:45:19	9:12:27	9:37:36
2010	8:38:32	9:16:43	9:41:40
2011	8:45:18	9:40:26	10:06:59
2012	8:32:51	9:21:09	9:42:57
2013	8:40:15	9:04:31	9:44:30
2014	8:31:20	9:32:22	9:49:54
2015	8:59:59	9:26:57	9:42:28
Average	8:48:13	9:27:59	9:53:21

## Ironman Wales (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2011	9:04:20	9:28:57	9:52:50
2012	8:52:43	9:24:26	9:43:55
2013	9:09:10	9:43:16	10:31:11
2014	9:07:28	9:59:34	10:26:07
2015	8:57:33	9:31:01	10:22:09
Average	9:02:14	9:37:26	10:11:14

## Ironman Lake Tahoe (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2013	8:55:14	10:09:06	10:42:28
2015	9:39:23	9:39:23	9:54:33
Average	9:17:18	9:54:14	10:18:30

## Ironman Mallorca (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2014	8:34:02	8:51:13	9:22:18
2015	8:17:22	8:58:06	9:08:16
Average	8:25:42	8:54:39	9:15:17

### Ironman Chattanooga (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:12:32	9:09:08	9:30:23
2015	8:08:32	9:26:45	9:35:45
<b>Average</b>	<b>8:10:32</b>	<b>9:17:56</b>	<b>9:33:04</b>

### Ironman Barcelona (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:04:13	8:39:06	8:44:15
2015	8:02:20	8:43:08	8:53:06
<b>Average</b>	<b>8:03:16</b>	<b>8:41:07</b>	<b>8:48:40</b>

### Ironman World Championship (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2003	8:59:36	9:04:47
2004	8:33:29	9:24:51
2005	8:14:17	8:51:18
2006	8:11:56	8:57:10
2007	8:15:34	9:05:06
2008	8:17:45	8:52:36
2009	8:20:21	9:04:03
2010	8:10:37	8:54:13
2011	8:03:56	8:48:44
2012	8:18:37	9:09:02
2013	8:12:29	8:37:26
2014	8:14:18	9:03:37
2015	8:14:40	9:00:02
<b>Average</b>	<b>8:19:02</b>	<b>8:59:27</b>

### Ironman Louisville (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2007	8:38:39	9:42:15	9:55:49
2008	8:33:58	10:09:31	10:20:04
2010	8:29:59	9:11:15	10:01:56
2011	8:27:36	9:21:43	9:38:38
2012	8:42:44	9:29:19	9:33:24
2013	8:21:34	9:26:46	9:34:19
2014	8:24:44	9:03:43	9:26:50
2015	8:48:53	9:08:23	9:36:55
<b>Average</b>	<b>8:33:30</b>	<b>9:26:36</b>	<b>9:45:59</b>

### Ironman Maryland (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:51:19	9:07:45	9:12:16
2015	8:38:21	8:38:21	9:03:05
<b>Average</b>	<b>8:44:50</b>	<b>8:53:03</b>	<b>9:07:40</b>

### Ironman Los Cabos (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:26:48	9:24:48	9:52:09
2014	8:26:15	9:21:47	9:25:13
<b>Average</b>	<b>8:26:31</b>	<b>9:23:17</b>	<b>9:38:41</b>

### Ironman Florida (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:31:07	9:02:28	9:10:46
2005	8:28:26	9:05:31	9:19:58
2006	8:22:44	8:54:13	9:15:13
2007	8:21:29	8:49:53	9:00:25
2008	8:07:59	9:01:27	9:12:26
2009	8:24:29	8:49:15	9:05:45
2010	8:15:59	8:58:49	9:06:43
2011	7:59:42	8:57:09	9:31:54
2012	8:06:17	9:04:43	9:05:16
2013	7:53:12	8:57:36	9:05:43
2014	7:33:47	7:52:19	7:55:40
<b>Average</b>	<b>8:11:22</b>	<b>8:52:07</b>	<b>9:04:31</b>

### Ironman Fortaleza (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2014	8:30:15	9:14:07	9:47:37
<b>Average</b>	<b>8:30:15</b>	<b>9:14:07</b>	<b>9:47:37</b>

### Ironman Malaysia (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:41:53	10:06:23	10:14:54
<b>Average</b>	<b>8:41:53</b>	<b>10:06:23</b>	<b>10:14:54</b>

### Ironman Arizona (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:25:42	9:28:16	9:32:34
2006	8:20:56	9:30:27	9:43:06
2007	8:21:14	9:40:47	9:50:13
2008	8:14:16	9:08:21	9:12:45
2009	8:14:16	9:08:21	9:12:45
2010	8:13:35	8:50:25	9:12:07
2011	8:07:16	8:58:13	9:19:06
2012	8:03:13	9:08:50	9:17:30
2013	8:02:00	9:10:35	9:23:49
2014	7:55:48	9:27:02	9:37:04
<b>Average</b>	<b>8:11:49</b>	<b>9:15:07</b>	<b>9:26:05</b>

**Ironman Cozumel (3 Kona Slots)**

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2009	8:18:40	9:02:34	9:37:05
2010	8:12:20	8:12:24	9:19:59
2011	8:23:52	8:56:38	9:23:51
2012	8:15:07	9:01:46	9:12:34
2013	7:55:23	8:44:08	8:56:43
2014	8:12:16	9:02:03	9:34:33
<b>Average</b>	<b>8:12:56</b>	<b>8:49:55</b>	<b>9:20:47</b>

**Ironman Western Australia (3 Kona Slots)**

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:16:00	9:01:11	9:21:24
2005	8:27:36	9:31:33	9:41:10
2006	8:08:57	9:12:55	9:25:48
2007	8:06:00	8:40:23	8:53:19
2008	8:07:06	8:58:25	9:09:53
2009	8:13:59	9:10:28	9:22:00
2010	8:14:01	8:55:47	8:59:49
2011	8:12:39	9:09:57	9:22:29
2012	8:29:06	8:48:29	9:06:18
2013	8:08:16	8:50:52	9:02:28
2014	8:05:58	8:47:30	8:54:36
<b>Average</b>	<b>8:13:36</b>	<b>9:00:40</b>	<b>9:12:39</b>

**Ironman New Zealand (2 Kona Slots)**

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:22:04	9:13:37	9:23:22
2004	8:30:29	9:25:25	9:34:50
2005	8:20:14	9:29:25	9:31:10
2007	8:26:33	9:11:35	9:24:31
2008	8:24:49	9:07:52	9:23:49
2009	8:18:04	9:17:10	9:23:55
2010	8:21:52	9:06:56	9:13:40
2011	8:31:07	8:58:14	9:10:05
2013	8:15:35	9:21:57	9:23:15
2014	8:17:33	9:15:01	9:15:37
2015	8:22:13	9:08:24	9:11:47
<b>Average</b>	<b>8:22:46</b>	<b>9:14:08</b>	<b>9:21:27</b>

**Ironman Melbourne (7 Kona Slots)**

Year	Male Winning Time	Age Group Winning Time	7th Place Age Group Time
2012	7:57:44	8:52:13	9:15:14
2014	8:01:02	8:42:35	9:06:23
2015	8:04:29	8:53:24	9:06:35
<b>Average</b>	<b>8:01:05</b>	<b>8:49:24</b>	<b>9:09:24</b>

### Ironman South Africa (8 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	8th Place Age Group Time
2007	8:33:04	9:36:37	10:31:43
2008	8:18:23	9:18:07	9:47:00
2009	8:17:32	9:25:44	10:32:29
2010	8:23:28	9:11:18	9:39:06
2011	8:05:36	9:22:35	10:09:07
2012	8:34:45	9:32:41	10:20:01
2013	8:11:24	8:34:35	9:27:59
2014	8:26:07	9:23:17	10:02:24
2015	8:16:35	9:27:55	10:00:41
<b>Average</b>	<b>8:20:46</b>	<b>9:19:12</b>	<b>10:03:23</b>

### Ironman Australia (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:25:44	9:02:39	9:12:13
2006	8:20:42	9:04:19	9:15:57
2007	8:21:49	9:06:22	9:15:40
2008	8:31:33	9:09:02	9:15:54
2009	8:24:53	8:47:33	9:15:55
2010	8:23:54	8:32:52	9:20:27
2011	8:29:28	9:08:45	9:48:11
2012	8:17:38	9:04:24	9:18:01
2013	8:30:23	9:12:31	9:41:07
2014	8:35:18	8:43:01	8:56:29
2015	8:35:53	9:28:08	9:37:58
<b>Average</b>	<b>8:27:01</b>	<b>9:01:46</b>	<b>9:21:37</b>

### Ironman Texas (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2011	8:08:20	9:00:59	9:54:08
2012	8:10:44	8:51:45	9:27:17
2013	8:25:06	8:53:44	9:46:00
2014	8:09:37	8:48:09	9:26:22
2015	8:07:03	8:55:07	9:37:22
<b>Average</b>	<b>8:12:10</b>	<b>8:53:56</b>	<b>9:38:13</b>

### Ironman Lanzarote (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2008	8:59:37	9:43:04	9:50:38
2009	8:54:03	9:32:42	9:45:45
2010	8:37:42	9:21:30	9:43:46
2011	8:30:34	9:22:54	9:39:39
2012	8:44:39	9:20:56	9:38:53
2013	8:42:40	9:25:05	9:42:23
2014	8:47:39	9:40:28	9:51:56
2015	8:56:49	9:43:44	9:58:21
<b>Average</b>	<b>8:46:42</b>	<b>9:31:17</b>	<b>9:46:25</b>

### Ironman Brazil (10 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	10th Place Age Group Time
2006	8:15:18	9:13:08	9:48:23
2007	8:21:09	9:20:58	9:42:52
2008	8:28:24	9:30:39	9:52:09
2009	8:13:39	9:19:23	9:46:04
2010	8:07:39	9:03:55	9:33:35
2011	12:14:21	12:33:43	12:54:18
2012	8:22:40	8:57:15	9:33:18
2013	8:01:32	8:55:29	9:16:11
2014	8:07:52	8:49:32	9:06:04
2015	7:53:44	8:59:39	9:21:31
<b>Average</b>	<b>8:36:37</b>	<b>9:28:22</b>	<b>9:53:26</b>

### Ironman France (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:49:06	9:47:36	10:04:32
2006	8:33:55	9:13:52	9:41:39
2007	8:38:45	8:46:30	9:23:26
2008	8:34:18	9:12:34	9:30:20
2009	8:30:06	9:19:11	9:32:04
2011	8:28:30	9:27:27	9:28:51
2012	8:21:51	9:24:12	9:29:57
2013	8:08:59	9:09:21	9:17:51
2014	8:33:22	9:02:12	9:06:38
2015	8:27:32	8:44:48	9:38:57
<b>Average</b>	<b>8:30:38</b>	<b>9:12:46</b>	<b>9:31:25</b>

### Ironman Cairns (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:15:04	8:44:03	9:28:17
2013	8:17:43	9:09:18	9:30:11
2014	8:20:15	9:12:18	9:14:40
2015	8:18:01	9:03:58	9:06:14
<b>Average</b>	<b>8:17:45</b>	<b>9:02:24</b>	<b>9:19:50</b>

### Ironman Austria (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:14:37	8:50:15	9:05:56
2006	8:07:59	8:54:52	9:04:02
2007	8:06:39	8:41:44	9:00:41
2008	8:06:11	8:43:15	8:57:28
2009	8:01:38	8:50:14	9:04:10
2010	7:52:05	8:33:45	8:58:40
2011	7:45:58	8:31:37	8:39:47
2012	8:11:31	8:54:36	9:08:55
2013	7:59:51	8:40:55	8:56:43
2014	7:48:43	8:40:36	8:54:34
2015	7:48:45	8:53:42	9:00:44
<b>Average</b>	<b>8:00:21</b>	<b>8:45:02</b>	<b>8:59:14</b>



### Ironman Frankfurt (7 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	7th Place Age Group Time
2003	8:12:29	8:59:27	9:28:04
2005	8:20:50	9:12:01	9:22:36
2006	8:13:39	8:46:00	9:20:15
2007	8:09:15	8:55:30	9:13:18
2008	7:59:55	8:41:09	9:03:56
2009	7:59:15	8:43:37	9:10:39
2010	8:05:15	8:52:40	9:13:56
2011	8:13:50	8:33:54	9:08:38
2012	8:03:31	8:40:18	9:03:28
2013	7:59:58	8:49:53	9:02:56
2014	7:55:14	8:44:38	9:07:03
2015	7:49:48	9:09:28	9:26:44
<b>Average</b>	<b>8:05:14</b>	<b>8:50:42</b>	<b>9:13:27</b>

### Ironman UK (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2007	8:35:57	8:56:13	9:46:25
2008	8:53:58	9:42:17	9:55:52
2009	8:45:51	9:27:53	10:12:42
2010	8:40:17	9:32:06	9:52:58
2011	8:24:33	9:03:40	9:41:41
2012	8:55:11	9:46:04	9:58:53
2013	8:45:48	9:40:55	9:48:33
2014	8:44:10	9:45:25	9:46:45
2015	8:46:37	9:35:22	9:54:02
<b>Average</b>	<b>8:43:35</b>	<b>9:29:59</b>	<b>9:53:05</b>

### Ironman Lake Placid (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	8:39:19	9:39:23	9:41:21
2003	8:46:15	9:43:17	9:49:02
2004	8:23:12	9:43:10	9:47:34
2006	8:38:18	9:39:24	9:51:42
2007	9:16:02	9:25:25	9:41:31
2008	8:43:32	9:23:35	9:40:22
2009	8:36:37	9:46:24	9:48:33
2010	8:39:34	9:18:22	9:42:22
2011	8:25:15	9:36:11	9:42:29
2012	8:25:07	9:18:21	9:49:47
2013	8:43:29	9:14:25	9:22:46
2014	8:38:43	8:51:45	8:53:33
2015	9:31:09	9:31:09	9:34:12
<b>Average</b>	<b>8:43:34</b>	<b>9:28:31</b>	<b>9:38:51</b>

### Ironman Switzerland (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:21:50	9:07:20	9:24:00
2006	8:16:50	9:05:41	9:18:22
2007	8:25:00	9:09:07	9:12:54
2008	8:16:05	9:07:11	9:14:34
2009	8:20:00	8:54:33	8:59:53
2010	8:12:40	8:54:46	9:04:18
2011	8:19:51	9:10:52	9:19:30
2012	8:17:13	9:17:41	9:29:27
2013	8:33:39	9:18:52	9:42:20
2014	8:33:02	8:58:13	9:11:07
2015	8:21:19	9:10:14	9:23:31
<b>Average</b>	<b>8:21:35</b>	<b>9:06:46</b>	<b>9:18:10</b>

### Ironman Canada (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:28:06	9:34:38	9:39:04
2005	8:33:32	9:12:49	9:36:28
2006	8:33:58	9:28:17	9:43:13
2007	8:32:45	9:30:09	9:48:29
2008	8:30:12	9:28:37	9:46:00
2009	8:25:13	9:33:27	9:39:57
2010	8:32:28	9:26:13	9:31:42
2011	8:28:09	9:35:41	9:46:14
2012	8:48:30	9:28:28	9:48:18
2013	8:39:33	9:26:38	9:35:01
2014	8:16:10	9:13:59	9:28:40
2015	8:49:46	9:26:27	9:59:47
<b>Average</b>	<b>8:33:11</b>	<b>9:27:06</b>	<b>9:41:54</b>

### Ironman Maastricht-Limburg (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	8:27:18	9:07:19	9:33:59
<b>Average</b>	<b>8:27:18</b>	<b>9:07:19</b>	<b>9:33:59</b>

### Ironman Boulder (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:20:26	9:28:47	9:52:31
2015	8:45:20	8:45:20	9:53:54
<b>Average</b>	<b>8:32:53</b>	<b>9:07:03</b>	<b>9:53:12</b>

### Ironman Sweden (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:04:01	8:29:15	8:33:00
2013	8:19:30	8:52:44	9:12:05
2014	8:13:01	9:02:53	9:13:31
2015	8:08:05	9:00:49	9:22:26
<b>Average</b>	<b>8:11:09</b>	<b>8:51:25</b>	<b>9:05:15</b>

### Ironman Copenhagen (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2013	8:12:41	8:39:51	8:48:02
2014	8:03:39	8:53:31	9:00:33
2015	8:14:56	8:51:05	9:19:48
<b>Average</b>	<b>8:10:25</b>	<b>8:48:09</b>	<b>9:02:47</b>

### Ironman Coeur d'Alene (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:40:59	9:52:24	9:54:40
2005	8:23:29	9:22:04	9:28:12
2006	9:07:05	9:36:57	9:44:36
2007	8:33:32	9:35:00	9:50:45
2008	8:34:22	9:22:15	9:39:29
2009	8:32:12	9:10:58	9:21:57
2010	8:24:40	9:05:31	9:27:37
2011	8:19:48	9:19:09	9:31:52
2012	8:32:29	9:28:44	9:41:45
2013	8:17:31	8:53:00	9:14:04
2014	8:25:44	9:16:36	9:37:35
2015	8:20:35	9:41:08	9:46:54
<b>Average</b>	<b>8:31:02</b>	<b>9:23:38</b>	<b>9:36:37</b>

### Ironman Mont-Tremblant (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:40:48	9:18:13	9:44:59
2013	8:26:06	9:25:11	9:35:52
2014	8:16:17	9:19:02	9:31:01
2015	8:17:37	9:09:21	9:30:40
<b>Average</b>	<b>8:25:12</b>	<b>9:17:56</b>	<b>9:35:38</b>

## M30-34 Average Top 10 and Kona Qualifying Splits

### Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:54:34</b>	<b>4:31:24</b>	<b>2:52:34</b>	<b>8:23:49</b>
<b>1st Age Grouper</b>	<b>1:02:33</b>	<b>4:45:27</b>	<b>3:04:18</b>	<b>8:58:38</b>
<b>2nd Age Grouper</b>	<b>1:06:42</b>	<b>4:38:33</b>	<b>3:08:00</b>	<b>8:59:19</b>
<b>3rd Age Grouper</b>	<b>0:56:17</b>	<b>4:52:38</b>	<b>3:07:32</b>	<b>9:01:58</b>
<b>4th Age Grouper</b>	<b>0:52:39</b>	<b>4:56:41</b>	<b>3:07:48</b>	<b>9:02:56</b>
<b>5th Age Grouper</b>	<b>1:03:05</b>	<b>4:32:24</b>	<b>3:20:55</b>	<b>9:04:16</b>
6th Age Grouper	1:04:31	4:47:29	3:08:55	9:07:09
7th Age Grouper	0:53:50	4:49:26	3:19:26	9:08:46
8th Age Grouper	1:00:34	4:53:15	3:10:37	9:11:07
9th Age Grouper	1:05:13	4:54:53	3:07:39	9:13:38
10th Age Grouper	1:08:49	4:48:02	3:11:58	9:15:09
<b>Kona Qualifier Average</b>	<b>1:00:15</b>	<b>4:45:08</b>	<b>3:09:42</b>	<b>9:01:25</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:25</b>	<b>4:47:52</b>	<b>3:10:42</b>	<b>9:06:17</b>

### Ironman Muskoka

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:59:23</b>	<b>5:06:21</b>	<b>3:07:48</b>	<b>9:19:28</b>
<b>1st Age Grouper</b>	<b>0:51:47</b>	<b>5:14:06</b>	<b>3:08:52</b>	<b>9:21:19</b>
<b>2nd Age Grouper</b>	<b>1:01:12</b>	<b>5:03:38</b>	<b>3:14:20</b>	<b>9:26:49</b>
<b>3rd Age Grouper</b>	<b>0:57:26</b>	<b>5:03:03</b>	<b>3:23:49</b>	<b>9:30:44</b>
4th Age Grouper	1:00:36	5:17:40	3:08:45	9:33:30
5th Age Grouper	1:00:51	5:13:29	3:28:40	9:48:57
6th Age Grouper	1:00:30	5:21:26	3:22:35	9:50:42
7th Age Grouper	1:00:48	5:13:26	3:31:03	9:51:29
8th Age Grouper	1:06:35	5:18:10	3:28:30	9:59:42
9th Age Grouper	0:56:38	5:38:15	3:26:54	10:07:41
10th Age Grouper	1:05:47	5:27:31	3:28:28	10:09:57
<b>Kona Qualifier Average</b>	<b>0:56:48</b>	<b>5:06:55</b>	<b>3:15:40</b>	<b>9:26:17</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:13</b>	<b>5:17:04</b>	<b>3:22:11</b>	<b>9:46:05</b>

### Ironman Wisconsin

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:52:46</b>	<b>4:47:32</b>	<b>3:01:25</b>	<b>8:48:13</b>
<b>1st Age Grouper</b>	<b>1:00:05</b>	<b>5:06:48</b>	<b>3:13:06</b>	<b>9:27:59</b>
<b>2nd Age Grouper</b>	<b>0:59:40</b>	<b>5:12:46</b>	<b>3:21:29</b>	<b>9:41:51</b>
<b>3rd Age Grouper</b>	<b>0:59:51</b>	<b>5:16:07</b>	<b>3:24:16</b>	<b>9:48:46</b>
<b>4th Age Grouper</b>	<b>1:02:30</b>	<b>5:16:41</b>	<b>3:25:39</b>	<b>9:53:21</b>
5th Age Grouper	1:00:03	5:23:54	3:26:18	9:58:59
6th Age Grouper	1:03:56	5:21:20	3:28:35	10:02:25
7th Age Grouper	1:02:14	5:22:46	3:31:17	10:05:29
8th Age Grouper	1:03:08	5:29:25	3:27:28	10:08:57
9th Age Grouper	1:03:49	5:28:18	3:30:18	10:11:28
10th Age Grouper	1:00:52	5:24:10	3:39:56	10:14:08
<b>Kona Qualifier Average</b>	<b>1:00:32</b>	<b>5:13:06</b>	<b>3:21:07</b>	<b>9:42:59</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:37</b>	<b>5:20:14</b>	<b>3:26:50</b>	<b>9:57:20</b>

### 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	0:46:26	4:21:44	4:21:44	9:37:26
2nd Age Grouper	0:58:55	5:23:53	3:16:21	9:49:49
3rd Age Grouper	1:01:52	5:36:02	3:14:02	10:02:29
4th Age Grouper	1:01:27	5:35:33	3:17:36	10:06:29
5th Age Grouper	1:05:41	5:38:28	3:16:28	10:11:14
6th Age Grouper	1:01:57	5:37:15	3:23:55	10:13:37
7th Age Grouper	1:02:20	5:41:26	3:21:31	10:17:39
8th Age Grouper	0:50:18	5:42:00	3:27:03	10:20:17
9th Age Grouper	0:57:28	5:50:58	3:21:33	10:22:00
10th Age Grouper	1:06:30	5:48:06	3:19:27	10:25:19
<b>Kona Qualifier Average</b>	<b>0:58:52</b>	<b>5:19:08</b>	<b>3:29:14</b>	<b>9:57:30</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:17</b>	<b>5:31:32</b>	<b>3:25:58</b>	<b>10:08:38</b>

### 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	0:55:58	5:26:55	3:22:32	9:54:14
2nd Age Grouper	1:03:04	5:26:13	3:19:37	9:59:11
3rd Age Grouper	0:59:44	5:29:07	3:25:50	10:05:55
4th Age Grouper	0:53:40	5:39:06	3:32:22	10:14:04
5th Age Grouper	1:03:37	5:33:32	3:30:07	10:18:30
6th Age Grouper	1:02:30	5:22:55	3:51:05	10:24:13
7th Age Grouper	1:02:28	5:36:52	3:36:28	10:25:24
8th Age Grouper	1:03:22	5:25:50	3:42:42	10:27:09
9th Age Grouper	1:02:04	5:37:23	3:42:19	10:30:19
10th Age Grouper	1:04:48	5:38:05	3:45:51	10:38:15
<b>Kona Qualifier Average</b>	<b>0:59:13</b>	<b>5:30:59</b>	<b>3:26:06</b>	<b>10:06:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:07</b>	<b>5:31:36</b>	<b>3:34:53</b>	<b>10:17:43</b>

### 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	0:51:50	4:56:17	3:00:23	8:54:39
2nd Age Grouper	0:56:21	4:55:07	3:06:10	9:03:34
3rd Age Grouper	0:56:18	4:54:53	3:09:54	9:08:26
4th Age Grouper	0:58:47	5:00:35	3:08:07	9:13:43
5th Age Grouper	0:58:45	5:04:20	3:04:45	9:15:17
6th Age Grouper	0:57:07	5:02:44	3:14:28	9:20:54
7th Age Grouper	0:58:05	5:07:01	3:12:52	9:24:32
8th Age Grouper	1:00:25	5:06:38	3:11:22	9:25:14
9th Age Grouper	0:53:09	5:16:23	3:11:24	9:28:17
10th Age Grouper	1:01:30	5:05:41	3:13:50	9:30:16
<b>Kona Qualifier Average</b>	<b>0:56:24</b>	<b>4:58:14</b>	<b>3:05:52</b>	<b>9:07:08</b>
<b>Top 10 Age Grouper Average</b>	<b>0:57:13</b>	<b>5:02:58</b>	<b>3:09:19</b>	<b>9:16:29</b>

### Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:42:50</b>	<b>4:33:53</b>	<b>2:49:16</b>	<b>8:10:32</b>
<b>1st Age Grouper</b>	<b>0:52:47</b>	<b>5:03:30</b>	<b>3:15:10</b>	<b>9:17:56</b>
<b>2nd Age Grouper</b>	<b>0:47:11</b>	<b>5:11:04</b>	<b>3:20:59</b>	<b>9:25:48</b>
<b>3rd Age Grouper</b>	<b>0:49:22</b>	<b>5:10:29</b>	<b>3:25:15</b>	<b>9:33:04</b>
4th Age Grouper	0:54:47	5:07:37	3:24:28	9:34:02
5th Age Grouper	0:55:07	5:13:45	3:28:01	9:44:06
6th Age Grouper	0:59:31	5:10:52	3:28:44	9:45:37
7th Age Grouper	0:53:22	5:19:14	3:27:42	9:47:11
8th Age Grouper	0:49:23	5:12:18	3:42:16	9:51:06
9th Age Grouper	0:56:20	5:15:26	3:36:10	9:56:06
10th Age Grouper	0:47:22	5:17:14	3:45:38	9:57:23
<b>Kona Qualifier Average</b>	<b>0:49:47</b>	<b>5:08:21</b>	<b>3:20:28</b>	<b>9:25:36</b>
<b>Top 10 Age Grouper Average</b>	<b>0:52:31</b>	<b>5:12:09</b>	<b>3:29:26</b>	<b>9:41:14</b>

### Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:50:00</b>	<b>4:25:29</b>	<b>2:44:56</b>	<b>8:03:16</b>
<b>1st Age Grouper</b>	<b>0:58:49</b>	<b>4:38:39</b>	<b>2:58:58</b>	<b>8:41:07</b>
<b>2nd Age Grouper</b>	<b>0:57:07</b>	<b>4:38:49</b>	<b>3:05:53</b>	<b>8:45:48</b>
<b>3rd Age Grouper</b>	<b>0:57:07</b>	<b>4:40:05</b>	<b>3:05:40</b>	<b>8:46:34</b>
<b>4th Age Grouper</b>	<b>1:03:09</b>	<b>4:39:42</b>	<b>3:01:03</b>	<b>8:48:40</b>
5th Age Grouper	0:58:27	4:31:32	3:15:08	8:49:03
6th Age Grouper	0:59:21	4:39:20	3:07:42	8:50:47
7th Age Grouper	1:02:19	4:39:43	3:08:18	8:54:34
8th Age Grouper	0:58:45	4:38:02	3:14:50	8:55:22
9th Age Grouper	0:58:24	4:40:22	3:14:04	8:57:10
10th Age Grouper	1:01:42	4:43:49	3:08:10	8:57:48
<b>Kona Qualifier Average</b>	<b>0:59:03</b>	<b>4:39:19</b>	<b>3:02:53</b>	<b>8:45:32</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:31</b>	<b>4:39:00</b>	<b>3:07:58</b>	<b>8:50:41</b>

### Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:52:20</b>	<b>4:31:38</b>	<b>2:50:49</b>	<b>8:19:02</b>
<b>1st Age Grouper</b>	<b>1:00:32</b>	<b>4:48:23</b>	<b>3:05:23</b>	<b>8:59:27</b>
2nd Age Grouper	1:00:04	4:54:21	3:05:29	9:05:35
3rd Age Grouper	0:58:08	4:56:21	3:09:37	9:09:27
4th Age Grouper	1:00:08	4:59:20	3:07:24	9:12:20
5th Age Grouper	1:03:38	4:56:26	3:07:53	9:14:05
6th Age Grouper	0:59:46	4:57:31	3:12:29	9:15:37
7th Age Grouper	1:01:34	4:58:23	3:10:31	9:17:00
8th Age Grouper	1:00:24	5:00:59	3:11:34	9:18:20
9th Age Grouper	1:01:05	4:59:24	3:12:55	9:19:22
10th Age Grouper	0:59:46	5:01:37	3:13:09	9:20:28
<b>Kona Qualifier Average</b>	<b>1:00:32</b>	<b>4:48:23</b>	<b>3:05:23</b>	<b>8:59:27</b>
<b>Top 10 Age Grouper Average</b>	<b>1:00:31</b>	<b>4:57:17</b>	<b>3:09:38</b>	<b>9:13:10</b>

### 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	0:59:46	4:23:58	3:18:21	9:26:36
2nd Age Grouper	1:04:07	5:00:49	3:22:13	9:35:18
3rd Age Grouper	1:01:10	5:10:48	3:23:09	9:43:03
4th Age Grouper	0:58:23	5:12:17	3:27:31	9:45:59
5th Age Grouper	1:05:38	5:05:47	3:32:26	9:51:37
6th Age Grouper	1:00:58	5:18:57	3:27:15	9:55:32
7th Age Grouper	1:04:32	5:13:12	3:33:39	9:58:45
8th Age Grouper	1:00:05	5:12:37	3:40:56	10:02:31
9th Age Grouper	0:58:03	5:17:18	3:39:57	10:04:09
10th Age Grouper	1:02:20	5:16:48	3:37:32	10:05:59
Kona Qualifier Average	1:00:51	4:56:58	3:22:48	9:37:44
Top 10 Age Grouper Average	1:01:30	5:07:15	3:30:18	9:50:57

### 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	0:56:02	4:43:18	3:07:12	8:53:03
2nd Age Grouper	0:56:36	4:41:14	3:18:07	9:01:41
3rd Age Grouper	0:58:10	4:46:08	3:16:20	9:07:40
4th Age Grouper	0:57:39	4:50:58	3:14:46	9:12:28
5th Age Grouper	0:59:48	4:56:39	3:13:41	9:18:15
6th Age Grouper	1:02:15	5:01:44	3:14:00	9:25:09
7th Age Grouper	0:59:37	5:10:49	3:11:16	9:29:27
8th Age Grouper	0:57:17	4:58:52	3:43:32	9:46:15
9th Age Grouper	1:05:51	5:15:23	3:21:20	9:52:08
10th Age Grouper	0:56:28	5:10:45	3:41:49	9:56:23
Kona Qualifier Average	0:56:56	4:43:33	3:13:53	9:00:48
Top 10 Age Grouper Average	0:58:58	4:57:35	3:20:12	9:24:15

### 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	0:57:04	5:40:08	3:14:37	9:23:17
2nd Age Grouper	1:00:51	5:08:48	3:10:54	9:26:16
3rd Age Grouper	0:56:49	5:12:15	3:23:22	9:38:41
4th Age Grouper	1:04:36	5:19:45	3:14:13	9:43:54
5th Age Grouper	0:59:45	5:18:33	3:25:04	9:49:38
6th Age Grouper	0:57:20	5:20:43	3:30:55	9:55:42
7th Age Grouper	1:03:03	5:16:31	3:34:15	9:59:23
8th Age Grouper	0:53:53	5:33:21	3:29:03	10:03:35
9th Age Grouper	1:02:49	5:28:34	3:27:51	10:05:23
10th Age Grouper	1:03:07	5:27:08	3:30:40	10:06:38
Kona Qualifier Average	0:58:15	5:20:23	3:16:17	9:29:24
Top 10 Age Grouper Average	0:59:55	5:22:34	3:24:05	9:49:14

### Ironman Florida

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:51:09</b>	<b>4:27:24</b>	<b>2:54:25</b>	<b>8:12:58</b>
<b>1st Age Grouper</b>	<b>0:53:06</b>	<b>4:50:49</b>	<b>3:01:36</b>	<b>8:52:07</b>
<b>2nd Age Grouper</b>	<b>0:54:02</b>	<b>4:49:57</b>	<b>3:05:56</b>	<b>8:55:51</b>
<b>3rd Age Grouper</b>	<b>0:53:35</b>	<b>4:48:56</b>	<b>3:15:18</b>	<b>9:04:31</b>
4th Age Grouper	0:55:26	4:51:23	3:15:11	9:09:24
5th Age Grouper	0:55:43	4:52:27	3:16:03	9:11:51
6th Age Grouper	0:53:39	4:54:54	3:19:12	9:14:29
7th Age Grouper	0:55:20	4:58:17	3:16:59	9:18:12
8th Age Grouper	0:57:43	4:56:40	3:19:14	9:21:13
9th Age Grouper	0:58:04	4:55:03	3:22:50	9:24:26
10th Age Grouper	0:56:36	5:00:57	3:21:42	9:26:28
<b>Kona Qualifier Average</b>	<b>0:53:34</b>	<b>4:49:54</b>	<b>3:07:37</b>	<b>8:57:30</b>
<b>Top 10 Age Grouper Average</b>	<b>0:55:19</b>	<b>4:53:56</b>	<b>3:15:24</b>	<b>9:11:51</b>

### Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:52:20</b>	<b>4:32:09</b>	<b>3:02:22</b>	<b>8:30:15</b>
<b>1st Age Grouper</b>	<b>1:06:05</b>	<b>4:51:32</b>	<b>3:13:15</b>	<b>9:14:07</b>
<b>2nd Age Grouper</b>	<b>1:05:28</b>	<b>4:43:49</b>	<b>3:27:50</b>	<b>9:23:33</b>
<b>3rd Age Grouper</b>	<b>0:57:08</b>	<b>4:52:58</b>	<b>3:32:46</b>	<b>9:27:22</b>
<b>4th Age Grouper</b>	<b>1:07:35</b>	<b>5:07:51</b>	<b>3:10:25</b>	<b>9:32:04</b>
<b>5th Age Grouper</b>	<b>1:09:02</b>	<b>4:59:18</b>	<b>3:19:28</b>	<b>9:33:05</b>
<b>6th Age Grouper</b>	<b>1:02:45</b>	<b>4:52:08</b>	<b>3:47:51</b>	<b>9:47:37</b>
7th Age Grouper	0:58:25	5:03:29	3:41:38	9:49:32
8th Age Grouper	0:57:06	4:55:16	3:54:08	9:51:39
9th Age Grouper	0:59:06	5:10:19	3:37:32	9:52:32
10th Age Grouper	1:10:13	5:04:42	3:34:37	9:54:38
<b>Kona Qualifier Average</b>	<b>1:04:40</b>	<b>4:54:36</b>	<b>3:25:15</b>	<b>9:29:38</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:17</b>	<b>4:58:08</b>	<b>3:31:57</b>	<b>9:38:36</b>

### Ironman Malaysia

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:49:49</b>	<b>4:40:31</b>	<b>3:05:37</b>	<b>8:41:53</b>
<b>1st Age Grouper</b>	<b>0:57:22</b>	<b>5:20:04</b>	<b>3:40:06</b>	<b>10:06:23</b>
<b>2nd Age Grouper</b>	<b>1:04:14</b>	<b>5:12:12</b>	<b>3:43:35</b>	<b>10:08:48</b>
<b>3rd Age Grouper</b>	<b>1:03:12</b>	<b>5:18:04</b>	<b>3:43:55</b>	<b>10:11:41</b>
<b>4th Age Grouper</b>	<b>1:08:37</b>	<b>5:09:10</b>	<b>3:46:34</b>	<b>10:14:54</b>
5th Age Grouper	1:06:58	5:27:16	3:35:33	10:17:32
6th Age Grouper	1:11:27	5:20:25	3:46:38	10:24:49
7th Age Grouper	1:04:44	5:29:42	3:48:58	10:28:56
8th Age Grouper	1:03:39	5:16:52	4:09:11	10:35:35
9th Age Grouper	1:14:43	6:01:21	3:15:39	10:38:15
10th Age Grouper	1:08:37	5:28:50	4:05:24	10:50:59
<b>Kona Qualifier Average</b>	<b>1:03:21</b>	<b>5:14:52</b>	<b>3:43:32</b>	<b>10:10:26</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:21</b>	<b>5:24:23</b>	<b>3:45:33</b>	<b>10:23:47</b>



### 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	0:54:21	4:59:47	3:14:37	9:15:07
2nd Age Grouper	1:00:14	4:57:30	3:18:18	9:21:21
3rd Age Grouper	1:01:25	4:58:35	3:22:34	9:28:11
4th Age Grouper	1:03:02	5:05:29	3:20:36	9:35:29
5th Age Grouper	1:01:48	5:01:35	3:28:42	9:37:55
6th Age Grouper	1:03:18	5:03:05	3:29:01	9:41:38
7th Age Grouper	1:02:07	5:09:29	3:24:21	9:42:41
8th Age Grouper	1:03:40	5:06:10	3:29:42	9:45:46
9th Age Grouper	1:03:08	5:10:31	3:30:56	9:50:53
10th Age Grouper	1:01:24	5:11:15	3:35:23	9:54:29
Kona Qualifier Average	0:58:48	4:59:16	3:17:42	9:21:34
Top 10 Age Grouper Average	1:01:30	5:04:30	3:24:59	9:37:07

### 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	0:44:47	5:09:49	2:35:05	8:49:55
2nd Age Grouper	0:54:11	4:59:32	3:14:56	9:15:01
3rd Age Grouper	0:51:11	5:06:36	3:17:31	9:20:47
4th Age Grouper	0:54:24	4:15:13	4:21:31	9:27:07
5th Age Grouper	0:53:05	5:09:42	3:22:01	9:31:11
6th Age Grouper	0:58:05	5:03:09	3:29:35	9:36:37
7th Age Grouper	0:53:00	5:06:24	3:33:00	9:38:17
8th Age Grouper	0:46:09	5:30:39	4:25:53	9:41:31
9th Age Grouper	0:54:25	5:10:03	3:35:41	9:46:14
10th Age Grouper	0:56:20	5:12:09	3:37:23	9:50:39
Kona Qualifier Average	0:50:03	5:05:19	3:02:31	9:08:34
Top 10 Age Grouper Average	0:52:34	5:04:20	3:33:15	9:29:44

### 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	0:57:26	4:53:29	3:06:45	9:00:40
2nd Age Grouper	0:58:11	4:52:03	3:13:22	9:06:45
3rd Age Grouper	0:56:30	4:55:29	3:17:58	9:12:39
4th Age Grouper	0:58:05	4:50:10	3:24:42	9:16:10
5th Age Grouper	0:58:57	4:55:01	3:23:44	9:21:00
6th Age Grouper	0:57:45	4:59:30	3:24:47	9:25:21
7th Age Grouper	1:00:59	5:01:51	3:23:47	9:29:49
8th Age Grouper	0:59:30	4:59:38	3:30:52	9:33:27
9th Age Grouper	0:58:05	5:00:52	3:33:16	9:35:56
10th Age Grouper	0:58:32	5:00:14	3:35:40	9:38:10
Kona Qualifier Average	0:57:22	4:53:40	3:12:42	9:06:42
Top 10 Age Grouper Average	0:58:24	4:56:50	3:23:29	9:22:00

### Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:48:04</b>	<b>4:41:22</b>	<b>2:48:44</b>	<b>8:22:46</b>
<b>1st Age Grouper</b>	<b>0:53:55</b>	<b>5:05:49</b>	<b>3:08:23</b>	<b>9:14:08</b>
<b>2nd Age Grouper</b>	<b>0:58:05</b>	<b>5:05:02</b>	<b>3:11:58</b>	<b>9:21:27</b>
3rd Age Grouper	0:57:19	5:06:44	3:18:04	9:28:14
4th Age Grouper	0:57:16	5:10:50	3:17:50	9:32:39
5th Age Grouper	0:58:40	5:09:02	3:21:24	9:35:42
6th Age Grouper	1:00:29	5:09:20	3:22:52	9:39:35
7th Age Grouper	0:58:41	5:13:39	3:22:50	9:42:04
8th Age Grouper	0:57:52	5:12:12	3:27:01	9:44:05
9th Age Grouper	0:56:50	5:16:38	3:25:54	9:46:54
10th Age Grouper	1:00:44	5:14:31	3:27:04	9:49:56
<b>Kona Qualifier Average</b>	<b>0:56:00</b>	<b>5:05:25</b>	<b>3:10:10</b>	<b>9:17:48</b>
<b>Top 10 Age Grouper Average</b>	<b>0:57:59</b>	<b>5:10:23</b>	<b>3:20:20</b>	<b>9:35:28</b>

### Ironman Melbourne

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:48:36</b>	<b>4:25:06</b>	<b>2:43:51</b>	<b>8:01:05</b>
<b>1st Age Grouper</b>	<b>0:51:29</b>	<b>4:46:26</b>	<b>3:06:56</b>	<b>8:49:24</b>
<b>2nd Age Grouper</b>	<b>0:55:32</b>	<b>4:43:37</b>	<b>3:08:45</b>	<b>8:52:40</b>
<b>3rd Age Grouper</b>	<b>0:53:33</b>	<b>4:47:11</b>	<b>3:09:49</b>	<b>8:55:55</b>
<b>4th Age Grouper</b>	<b>0:53:28</b>	<b>4:50:30</b>	<b>3:13:08</b>	<b>9:01:29</b>
<b>5th Age Grouper</b>	<b>0:57:24</b>	<b>4:53:25</b>	<b>3:09:48</b>	<b>9:06:06</b>
<b>6th Age Grouper</b>	<b>0:57:32</b>	<b>4:50:01</b>	<b>3:14:00</b>	<b>9:07:21</b>
<b>7th Age Grouper</b>	<b>1:01:31</b>	<b>4:51:54</b>	<b>3:09:29</b>	<b>9:09:24</b>
8th Age Grouper	0:52:53	4:52:17	3:20:17	9:10:50
9th Age Grouper	0:57:12	4:51:42	3:16:32	9:11:57
10th Age Grouper	0:58:33	4:48:30	3:21:41	9:14:49
<b>Kona Qualifier Average</b>	<b>0:55:47</b>	<b>4:49:01</b>	<b>3:10:16</b>	<b>9:00:20</b>
<b>Top 10 Age Grouper Average</b>	<b>0:55:55</b>	<b>4:49:33</b>	<b>3:13:02</b>	<b>9:03:59</b>

### Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:51:32</b>	<b>4:33:27</b>	<b>2:51:49</b>	<b>8:20:46</b>
<b>1st Age Grouper</b>	<b>0:57:14</b>	<b>5:01:49</b>	<b>3:14:59</b>	<b>9:19:12</b>
<b>2nd Age Grouper</b>	<b>1:02:10</b>	<b>5:04:02</b>	<b>3:19:14</b>	<b>9:31:28</b>
<b>3rd Age Grouper</b>	<b>1:02:28</b>	<b>5:07:49</b>	<b>3:24:21</b>	<b>9:40:36</b>
<b>4th Age Grouper</b>	<b>1:02:00</b>	<b>5:11:20</b>	<b>3:28:10</b>	<b>9:46:53</b>
<b>5th Age Grouper</b>	<b>1:05:09</b>	<b>5:21:36</b>	<b>3:06:41</b>	<b>9:54:16</b>
<b>6th Age Grouper</b>	<b>1:03:10</b>	<b>5:16:25</b>	<b>3:31:29</b>	<b>9:57:08</b>
<b>7th Age Grouper</b>	<b>1:03:22</b>	<b>5:16:02</b>	<b>3:32:42</b>	<b>9:59:23</b>
<b>8th Age Grouper</b>	<b>1:03:30</b>	<b>5:18:48</b>	<b>3:34:15</b>	<b>10:03:23</b>
9th Age Grouper	1:06:18	5:18:51	3:36:00	10:06:58
10th Age Grouper	1:06:58	5:19:22	3:36:09	10:09:05
<b>Kona Qualifier Average</b>	<b>1:02:23</b>	<b>5:12:14</b>	<b>3:23:59</b>	<b>9:46:32</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:14</b>	<b>5:13:36</b>	<b>3:26:24</b>	<b>9:50:50</b>

### 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	0:51:19	5:02:08	3:05:50	9:01:46
2nd Age Grouper	0:52:28	5:05:46	3:12:33	9:13:42
3rd Age Grouper	0:55:38	5:04:47	3:18:09	9:21:37
4th Age Grouper	0:57:49	5:12:20	3:13:08	9:26:43
5th Age Grouper	0:54:51	5:10:06	3:23:38	9:31:45
6th Age Grouper	0:54:39	5:12:32	3:22:38	9:32:56
7th Age Grouper	0:57:19	5:11:59	3:22:14	9:35:36
8th Age Grouper	0:56:01	5:13:37	3:25:13	9:38:15
9th Age Grouper	0:59:03	5:12:06	3:25:10	9:40:06
10th Age Grouper	0:56:54	5:13:41	3:26:31	9:41:09
Kona Qualifier Average	0:53:08	5:04:13	3:12:11	9:12:22
Top 10 Age Grouper Average	0:55:36	5:09:54	3:19:30	9:28:22

### 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	0:57:58	4:44:41	3:05:29	8:53:56
2nd Age Grouper	1:03:58	4:46:48	3:08:26	9:05:13
3rd Age Grouper	1:00:13	4:54:45	3:17:52	9:19:16
4th Age Grouper	1:02:25	4:58:38	3:15:56	9:23:44
5th Age Grouper	1:08:26	4:46:46	3:30:25	9:32:43
6th Age Grouper	1:02:17	4:57:24	3:31:40	9:38:13
7th Age Grouper	1:01:35	4:59:53	3:33:42	9:42:22
8th Age Grouper	0:58:47	5:01:09	3:39:19	9:46:41
9th Age Grouper	1:02:51	5:01:42	3:37:48	9:49:32
10th Age Grouper	0:57:20	4:59:51	3:47:16	9:51:34
Kona Qualifier Average	1:02:33	4:51:30	3:18:18	9:18:51
Top 10 Age Grouper Average	1:01:35	4:55:10	3:26:47	9:30:19

### 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	0:56:13	5:19:02	3:08:26	9:31:17
2nd Age Grouper	0:57:05	5:22:52	3:11:08	9:39:02
3rd Age Grouper	1:00:14	5:24:13	3:12:11	9:44:32
4th Age Grouper	0:58:01	5:28:05	3:12:02	9:46:25
5th Age Grouper	0:57:50	5:28:08	3:16:46	9:51:00
6th Age Grouper	1:00:52	5:25:18	3:19:55	9:54:09
7th Age Grouper	1:05:35	5:31:19	3:12:32	9:57:26
8th Age Grouper	1:01:15	5:25:52	3:24:34	10:00:19
9th Age Grouper	0:59:53	5:33:24	3:20:04	10:02:30
10th Age Grouper	1:02:06	5:36:03	3:17:50	10:04:48
Kona Qualifier Average	0:57:53	5:23:33	3:10:57	9:40:19
Top 10 Age Grouper Average	0:59:54	5:27:26	3:15:33	9:51:09

### 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	0:53:59	4:24:27	2:55:54	9:28:22
2nd Age Grouper	0:53:05	3:58:08	2:35:28	9:34:11
3rd Age Grouper	0:53:49	4:28:38	2:59:02	9:37:13
4th Age Grouper	0:56:15	4:30:57	2:57:19	9:40:27
5th Age Grouper	0:58:35	4:33:59	2:55:17	9:43:50
6th Age Grouper	0:39:54	4:01:02	2:43:54	9:45:29
7th Age Grouper	0:57:30	4:31:33	2:41:07	9:47:07
8th Age Grouper	0:55:10	4:31:57	3:06:55	9:50:14
9th Age Grouper	0:58:47	4:32:23	3:43:29	9:52:29
10th Age Grouper	0:55:26	4:33:37	3:08:03	9:53:26
Kona Qualifier Average	0:54:15	4:24:40	2:58:39	9:43:17

### 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	0:57:57	5:04:43	3:02:27	9:12:46
2nd Age Grouper	0:56:52	5:07:51	3:10:24	9:22:02
3rd Age Grouper	0:53:19	4:41:28	3:46:29	9:28:10
4th Age Grouper	0:57:25	5:12:36	3:13:45	9:31:25
5th Age Grouper	1:00:06	5:11:22	3:16:44	9:35:55
6th Age Grouper	1:00:01	5:12:23	3:18:50	9:38:38
7th Age Grouper	0:57:44	5:13:43	3:21:40	9:40:52
8th Age Grouper	0:58:00	5:14:42	3:21:41	9:43:05
9th Age Grouper	1:00:49	5:14:12	3:21:02	9:44:32
10th Age Grouper	0:57:30	5:22:18	3:19:56	9:47:42
Kona Qualifier Average	0:56:23	5:01:40	3:18:16	9:23:36
Top 10 Age Grouper Average	0:57:58	5:09:32	3:19:18	9:34:31

### 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	0:53:54	4:47:24	3:16:03	9:02:24
2nd Age Grouper	0:58:28	4:59:04	3:15:30	9:17:44
3rd Age Grouper	1:02:44	4:56:03	3:16:10	9:19:50
4th Age Grouper	1:03:15	5:03:16	3:09:24	9:22:16
5th Age Grouper	0:57:15	5:02:44	3:22:59	9:28:38
6th Age Grouper	1:00:20	5:02:59	3:23:22	9:33:10
7th Age Grouper	0:58:40	5:04:10	3:25:19	9:35:11
8th Age Grouper	1:02:10	5:08:10	3:25:06	9:41:23
9th Age Grouper	0:58:37	5:03:05	3:39:03	9:45:43
10th Age Grouper	1:00:24	5:09:05	3:36:48	9:52:28
Kona Qualifier Average	0:58:22	4:54:10	3:15:55	9:13:19
Top 10 Age Grouper Average	0:59:35	5:01:36	3:22:58	9:29:53

### 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	0:55:17	4:45:02	2:59:12	8:45:02
2nd Age Grouper	0:59:15	4:19:12	3:03:09	8:53:34
3rd Age Grouper	0:58:51	4:47:40	3:06:51	8:59:14
4th Age Grouper	1:00:24	4:48:36	3:08:03	9:02:35
5th Age Grouper	0:56:53	4:51:12	3:09:28	9:04:55
6th Age Grouper	0:57:00	4:53:03	3:11:48	9:08:27
7th Age Grouper	0:59:34	4:53:44	3:12:26	9:13:12
8th Age Grouper	0:57:49	4:55:04	3:16:10	9:15:05
9th Age Grouper	0:59:21	4:53:20	3:17:42	9:16:32
10th Age Grouper	0:59:58	4:55:42	3:15:59	9:18:01
Kona Qualifier Average	0:57:48	4:37:18	3:03:04	8:52:37
Top 10 Age Grouper Average	0:58:26	4:48:16	3:10:05	9:05:40

### 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	0:53:16	4:46:56	3:24:31	8:50:42
2nd Age Grouper	0:56:25	4:49:01	2:51:44	8:58:32
3rd Age Grouper	0:58:52	4:53:17	3:33:15	9:03:55
4th Age Grouper	0:58:00	4:52:10	3:36:53	9:06:37
5th Age Grouper	0:59:07	4:51:41	2:56:34	9:09:14
6th Age Grouper	0:55:08	4:57:12	3:17:22	9:11:25
7th Age Grouper	0:54:37	4:55:43	3:01:18	9:13:27
8th Age Grouper	0:57:33	4:58:03	3:29:58	9:15:47
9th Age Grouper	0:58:46	4:55:18	3:01:49	9:17:35
10th Age Grouper	0:59:13	4:58:17	3:40:45	9:18:39
Kona Qualifier Average	0:56:29	4:52:17	3:14:31	9:04:50
Top 10 Age Grouper Average	0:57:06	4:53:46	3:17:25	9:08:35

### 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	0:58:46	5:15:37	3:10:05	9:29:59
2nd Age Grouper	0:57:31	5:26:28	3:09:39	9:39:34
3rd Age Grouper	1:02:21	5:23:14	3:16:25	9:48:34
4th Age Grouper	0:59:22	5:30:08	3:17:17	9:53:05
5th Age Grouper	1:03:31	5:30:22	3:17:44	9:58:13
6th Age Grouper	1:00:14	5:26:16	3:28:48	10:01:56
7th Age Grouper	1:03:57	5:38:03	3:17:55	10:06:12
8th Age Grouper	1:00:59	5:36:26	3:25:59	10:10:02
9th Age Grouper	1:01:42	5:32:24	3:34:32	10:16:07
10th Age Grouper	1:02:19	5:41:46	3:28:07	10:19:57
Kona Qualifier Average	0:59:30	5:23:52	3:13:21	9:42:48
Top 10 Age Grouper Average	1:01:04	5:30:04	3:20:39	9:58:22

### Ironman Lake Placid

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:50:43</b>	<b>4:50:15</b>	<b>2:57:23</b>	<b>8:43:34</b>
<b>1st Age Grouper</b>	<b>0:53:41</b>	<b>5:12:31</b>	<b>3:13:30</b>	<b>9:28:31</b>
<b>2nd Age Grouper</b>	<b>0:55:25</b>	<b>5:17:12</b>	<b>3:16:55</b>	<b>9:38:51</b>
3rd Age Grouper	0:54:20	5:20:38	3:19:09	9:42:52
4th Age Grouper	0:56:35	5:19:06	3:21:23	9:45:40
5th Age Grouper	0:55:32	5:20:01	3:23:55	9:49:00
6th Age Grouper	0:58:40	5:24:15	3:20:43	9:53:01
7th Age Grouper	0:57:08	5:24:29	3:24:42	9:56:05
8th Age Grouper	0:56:54	5:25:27	3:26:43	9:58:31
9th Age Grouper	0:57:02	5:28:26	3:26:15	10:01:39
10th Age Grouper	0:59:12	5:26:20	3:28:27	10:04:34
<b>Kona Qualifier Average</b>	<b>0:54:33</b>	<b>5:14:51</b>	<b>3:15:13</b>	<b>9:33:41</b>
<b>Top 10 Age Grouper Average</b>	<b>0:56:27</b>	<b>5:21:51</b>	<b>3:22:10</b>	<b>9:49:52</b>

### Ironman Switzerland

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:53:56</b>	<b>4:32:06</b>	<b>2:53:03</b>	<b>8:21:35</b>
<b>1st Age Grouper</b>	<b>1:00:41</b>	<b>4:54:16</b>	<b>3:08:01</b>	<b>9:06:46</b>
<b>2nd Age Grouper</b>	<b>0:58:01</b>	<b>4:56:59</b>	<b>3:12:08</b>	<b>9:11:33</b>
<b>3rd Age Grouper</b>	<b>1:00:20</b>	<b>4:58:22</b>	<b>3:12:18</b>	<b>9:15:11</b>
<b>4th Age Grouper</b>	<b>1:02:32</b>	<b>4:58:34</b>	<b>3:12:56</b>	<b>9:18:10</b>
5th Age Grouper	1:01:32	4:57:51	3:16:48	9:20:44
6th Age Grouper	1:01:34	5:01:53	3:15:59	9:23:53
7th Age Grouper	1:03:40	4:59:59	3:17:50	9:25:32
8th Age Grouper	1:07:04	4:36:07	3:49:24	9:27:02
9th Age Grouper	1:03:53	5:05:02	3:15:20	9:28:09
10th Age Grouper	1:02:29	5:05:11	3:18:17	9:30:03
<b>Kona Qualifier Average</b>	<b>1:00:23</b>	<b>4:57:03</b>	<b>3:11:21</b>	<b>9:12:55</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:11</b>	<b>4:57:25</b>	<b>3:17:54</b>	<b>9:20:42</b>

### Ironman Canada

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:52:06</b>	<b>4:41:41</b>	<b>2:55:55</b>	<b>8:33:11</b>
<b>1st Age Grouper</b>	<b>0:59:31</b>	<b>5:04:27</b>	<b>3:17:46</b>	<b>9:27:06</b>
<b>2nd Age Grouper</b>	<b>0:59:40</b>	<b>5:12:57</b>	<b>3:16:35</b>	<b>9:35:07</b>
<b>3rd Age Grouper</b>	<b>1:01:07</b>	<b>5:14:18</b>	<b>3:21:10</b>	<b>9:41:54</b>
4th Age Grouper	0:58:36	5:14:38	3:28:27	9:46:50
5th Age Grouper	1:03:06	5:11:50	3:27:50	9:48:46
6th Age Grouper	0:59:51	5:17:00	3:30:08	9:52:32
7th Age Grouper	1:02:44	5:19:29	3:27:00	9:55:11
8th Age Grouper	1:03:04	5:15:03	3:33:37	9:58:08
9th Age Grouper	1:01:16	5:19:44	3:33:00	10:00:00
10th Age Grouper	1:03:03	5:23:12	3:30:22	10:03:33
<b>Kona Qualifier Average</b>	<b>1:00:06</b>	<b>5:10:34</b>	<b>3:18:30</b>	<b>9:34:42</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:12</b>	<b>5:15:16</b>	<b>3:26:35</b>	<b>9:48:55</b>

### 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	0:59:46	5:02:30	2:58:22	9:07:19
2nd Age Grouper	1:01:14	4:58:37	3:13:17	9:19:02
3rd Age Grouper	0:53:27	5:09:43	3:19:42	9:29:34
4th Age Grouper	1:00:34	5:11:42	3:10:34	9:33:59
5th Age Grouper	0:50:44	5:17:28	3:19:52	9:34:00
6th Age Grouper	1:00:52	5:01:10	3:29:37	9:39:21
7th Age Grouper	1:05:43	5:15:44	3:13:14	9:42:03
8th Age Grouper	1:01:10	5:06:42	3:34:18	9:49:20
9th Age Grouper	0:57:51	5:17:03	3:27:38	9:49:29
10th Age Grouper	0:53:32	5:11:52	3:41:35	9:54:31
<b>Kona Qualifier Average</b>	<b>0:58:45</b>	<b>5:05:38</b>	<b>3:10:28</b>	<b>9:22:28</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:29</b>	<b>5:09:15</b>	<b>3:20:48</b>	<b>9:35:51</b>

### 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	1:01:38	4:36:25	3:20:33	9:07:03
2nd Age Grouper	1:05:54	4:58:14	3:37:31	9:52:10
3rd Age Grouper	1:04:55	5:04:20	3:37:10	9:53:12
4th Age Grouper	1:11:20	4:58:41	3:38:21	9:57:46
5th Age Grouper	1:11:46	4:57:36	3:45:07	10:04:16
6th Age Grouper	1:05:50	5:10:51	3:43:57	10:10:08
7th Age Grouper	1:13:02	5:07:06	3:50:17	10:19:06
8th Age Grouper	1:03:15	5:08:43	3:59:51	10:20:43
9th Age Grouper	1:10:21	5:15:43	3:52:33	10:29:43
10th Age Grouper	1:09:55	5:10:34	4:01:37	10:31:25
<b>Kona Qualifier Average</b>	<b>1:04:09</b>	<b>4:53:00</b>	<b>3:31:45</b>	<b>9:37:28</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:47</b>	<b>5:02:49</b>	<b>3:44:41</b>	<b>10:04:33</b>

### 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	1:01:57	4:44:06	3:01:09	8:51:25
2nd Age Grouper	1:01:51	4:50:04	3:05:31	9:01:46
3rd Age Grouper	0:58:56	4:55:48	3:05:55	9:05:15
4th Age Grouper	1:00:18	4:51:50	3:13:26	9:10:17
5th Age Grouper	1:02:10	4:53:31	3:15:44	9:16:23
6th Age Grouper	1:06:21	4:58:11	3:08:49	9:18:47
7th Age Grouper	1:02:46	4:57:56	3:14:16	9:19:56
8th Age Grouper	1:03:29	4:56:05	3:16:53	9:21:46
9th Age Grouper	1:05:20	5:03:08	3:10:27	9:24:15
10th Age Grouper	0:59:25	5:02:33	3:18:30	9:26:40
<b>Kona Qualifier Average</b>	<b>1:00:55</b>	<b>4:49:59</b>	<b>3:04:11</b>	<b>8:59:29</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:15</b>	<b>4:55:19</b>	<b>3:11:04</b>	<b>9:13:39</b>

### Ironman Copenhagen

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:48:03</b>	<b>4:25:45</b>	<b>2:52:09</b>	<b>8:10:25</b>
<b>1st Age Grouper</b>	<b>0:57:31</b>	<b>4:36:38</b>	<b>3:08:11</b>	<b>8:48:09</b>
<b>2nd Age Grouper</b>	<b>1:02:40</b>	<b>4:35:17</b>	<b>3:09:38</b>	<b>8:53:18</b>
<b>3rd Age Grouper</b>	<b>0:57:38</b>	<b>4:42:46</b>	<b>3:11:14</b>	<b>8:57:58</b>
<b>4th Age Grouper</b>	<b>0:55:19</b>	<b>4:43:06</b>	<b>3:19:10</b>	<b>9:02:47</b>
5th Age Grouper	0:58:48	4:47:25	3:11:58	9:04:41
6th Age Grouper	1:01:05	4:41:16	3:19:26	9:07:24
7th Age Grouper	0:58:38	4:47:16	3:17:32	9:09:55
8th Age Grouper	0:59:25	4:47:31	3:17:00	9:10:31
9th Age Grouper	1:01:13	4:51:40	3:13:54	9:13:12
10th Age Grouper	1:02:21	4:51:58	3:14:15	9:15:08
<b>Kona Qualifier Average</b>	<b>0:58:17</b>	<b>4:39:27</b>	<b>3:12:03</b>	<b>8:55:33</b>
<b>Top 10 Age Grouper Average</b>	<b>0:59:28</b>	<b>4:44:29</b>	<b>3:14:14</b>	<b>9:04:18</b>

### Ironman Coeur d'Alene

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:50:12</b>	<b>4:43:20</b>	<b>2:53:58</b>	<b>8:31:02</b>
<b>1st Age Grouper</b>	<b>0:59:28</b>	<b>5:05:01</b>	<b>3:13:03</b>	<b>9:23:38</b>
<b>2nd Age Grouper</b>	<b>1:01:12</b>	<b>5:12:32</b>	<b>3:12:52</b>	<b>9:31:44</b>
<b>3rd Age Grouper</b>	<b>0:56:42</b>	<b>5:14:51</b>	<b>3:20:07</b>	<b>9:36:37</b>
4th Age Grouper	1:03:57	5:11:06	3:19:23	9:40:26
5th Age Grouper	1:02:57	5:14:00	3:21:46	9:44:19
6th Age Grouper	1:02:12	5:18:38	3:26:45	9:53:10
7th Age Grouper	1:03:27	5:18:05	3:28:46	9:56:44
8th Age Grouper	1:03:28	5:15:20	3:35:29	9:59:44
9th Age Grouper	1:03:09	5:19:51	3:33:31	10:02:55
10th Age Grouper	1:02:32	5:21:23	3:34:53	10:05:19
<b>Kona Qualifier Average</b>	<b>0:59:07</b>	<b>5:10:48</b>	<b>3:15:21</b>	<b>9:30:40</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:54</b>	<b>5:15:05</b>	<b>3:24:40</b>	<b>9:47:28</b>

### Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Male Winner</b>	<b>0:50:07</b>	<b>4:30:57</b>	<b>2:59:07</b>	<b>8:25:12</b>
<b>1st Age Grouper</b>	<b>0:57:49</b>	<b>5:02:58</b>	<b>3:11:05</b>	<b>9:17:56</b>
<b>2nd Age Grouper</b>	<b>0:58:30</b>	<b>5:04:29</b>	<b>3:21:03</b>	<b>9:30:40</b>
<b>3rd Age Grouper</b>	<b>1:04:06</b>	<b>5:05:56</b>	<b>3:18:47</b>	<b>9:35:38</b>
4th Age Grouper	1:05:13	5:04:33	3:19:37	9:36:27
5th Age Grouper	1:07:45	5:06:24	3:19:20	9:40:54
6th Age Grouper	1:04:20	5:07:39	3:25:05	9:44:27
7th Age Grouper	1:00:57	5:15:59	3:24:17	9:47:42
8th Age Grouper	1:00:51	5:15:22	3:26:27	9:49:14
9th Age Grouper	1:02:41	5:12:05	3:31:36	9:53:46
10th Age Grouper	1:03:14	5:13:40	3:34:23	9:58:08
<b>Kona Qualifier Average</b>	<b>1:00:08</b>	<b>5:04:28</b>	<b>3:16:58</b>	<b>9:28:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:32</b>	<b>5:08:54</b>	<b>3:23:10</b>	<b>9:41:29</b>