

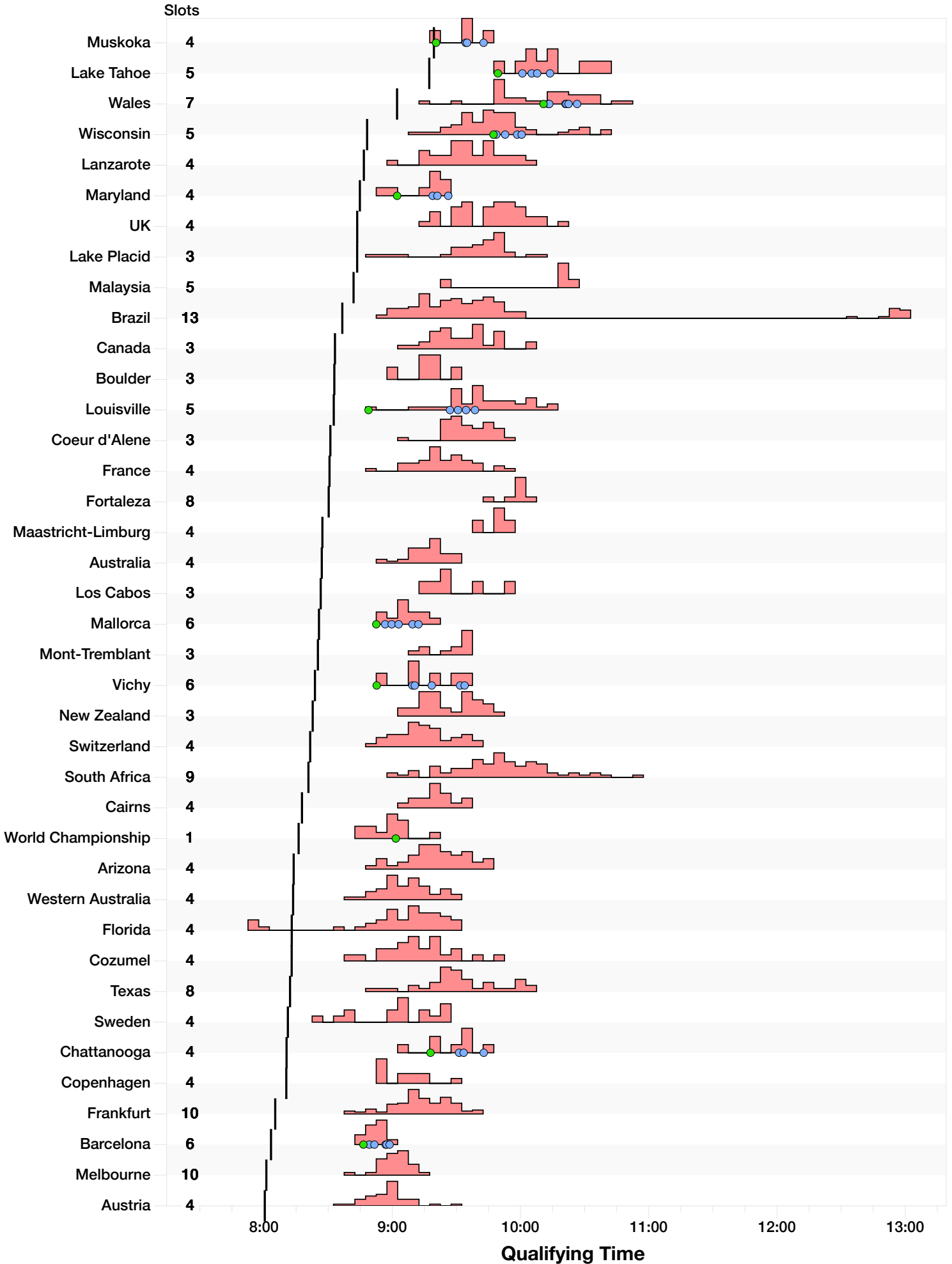
Ironman World Championship

M35-39

2016 Qualification Stats

2016 Qualification Comparison for M35-39

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



M35-39 Past Qualifying Times

Ironman Vichy (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2015	8:23:49	8:52:42	9:33:51
Average	8:23:49	8:52:42	9:33:51

Ironman Muskoka (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	9:19:28	9:20:28	9:42:43
Average	9:19:28	9:20:28	9:42:43

Ironman Wisconsin (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2003	8:55:26	9:22:59	10:29:11
2004	8:52:33	9:12:29	10:03:01
2005	9:01:34	10:17:45	10:40:21
2006	9:07:24	9:38:48	9:55:22
2007	8:52:49	9:14:34	9:57:01
2008	8:43:29	9:20:05	9:49:28
2009	8:45:19	9:32:32	9:49:19
2010	8:38:32	9:28:19	9:57:15
2011	8:45:18	9:36:08	10:04:43
2012	8:32:51	9:32:18	9:43:09
2013	8:40:15	9:23:47	9:56:45
2014	8:31:20	9:31:19	9:47:33
2015	8:59:59	9:47:21	10:00:31
Average	8:48:13	9:32:11	10:01:03

Ironman Wales (7 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	7th Place Age Group Time
2011	9:04:20	9:16:23	10:15:17
2012	8:52:43	9:28:43	9:53:37
2013	9:09:10	9:51:36	10:33:22
2014	9:07:28	9:55:23	10:47:31
2015	8:57:33	10:10:45	10:26:28
Average	9:02:14	9:44:34	10:23:15

Ironman Lake Tahoe (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2013	8:55:14	10:03:14	10:38:41
2015	9:39:23	9:49:25	10:13:47
Average	9:17:18	9:56:19	10:26:14

Ironman Mallorca (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2014	8:34:02	9:02:30	9:18:10
2015	8:17:22	8:52:30	9:12:14
Average	8:25:42	8:57:30	9:15:12

Ironman Chattanooga (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:12:32	9:07:09	9:36:17
2015	8:08:32	9:17:52	9:42:47
Average	8:10:32	9:12:30	9:39:32

Ironman Barcelona (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2014	8:04:13	8:44:17	8:57:07
2015	8:02:20	8:46:30	8:58:45
Average	8:03:16	8:45:23	8:57:56

Ironman World Championship (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2003	8:59:36	8:59:36
2004	8:33:29	9:19:38
2005	8:14:17	8:54:36
2006	8:11:56	8:47:02
2007	8:15:34	9:04:25
2008	8:17:45	9:01:16
2009	8:20:21	9:01:32
2010	8:10:37	9:04:14
2011	8:03:56	8:50:09
2012	8:18:37	9:06:09
2013	8:12:29	8:45:00
2014	8:14:18	8:50:22
2015	8:14:40	9:01:38
Average	8:19:02	8:58:53

Ironman Louisville (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2007	8:38:39	9:41:39	9:58:24
2008	8:33:58	9:31:06	10:14:28
2010	8:29:59	9:45:19	10:10:01
2011	8:27:36	9:10:29	9:41:56
2012	8:42:44	9:47:08	10:05:01
2013	8:21:34	9:28:33	9:57:23
2014	8:24:44	9:16:15	9:38:05
2015	8:48:53	8:48:53	9:38:41
Average	8:33:30	9:26:10	9:55:29

Ironman Maryland (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:51:19	8:56:21	9:24:34
2015	8:38:21	9:02:16	9:26:11
Average	8:44:50	8:59:18	9:25:22

Ironman Los Cabos (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:26:48	9:25:44	9:52:42
2014	8:26:15	9:15:22	9:25:53
Average	8:26:31	9:20:33	9:39:17

Ironman Florida (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2004	8:31:07	9:12:49	9:17:37
2005	8:28:26	9:18:29	9:31:07
2006	8:22:44	9:07:16	9:27:51
2007	8:21:29	9:07:14	9:19:45
2008	8:07:59	8:53:30	9:09:56
2009	8:24:29	8:47:23	9:07:42
2010	8:15:59	8:37:10	9:01:13
2011	7:59:42	9:04:01	9:23:38
2012	8:06:17	9:08:36	9:18:52
2013	7:53:12	8:48:57	9:01:03
2014	7:33:47	7:53:16	7:58:14
Average	8:11:22	8:54:25	9:08:48

Ironman Fortaleza (8 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	8th Place Age Group Time
2014	8:30:15	9:45:04	10:05:54
Average	8:30:15	9:45:04	10:05:54

Ironman Malaysia (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2014	8:41:53	9:27:16	10:25:07
Average	8:41:53	9:27:16	10:25:07

Ironman Arizona (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:25:42	9:31:40	9:45:49
2006	8:20:56	9:22:56	9:35:30
2007	8:21:14	9:31:37	9:43:42
2008	8:14:16	9:15:28	9:23:05
2009	8:14:16	9:15:28	9:23:05
2010	8:13:35	9:02:30	9:22:52
2011	8:07:16	9:14:03	9:21:19
2012	8:03:13	8:50:21	9:10:51
2013	8:02:00	9:08:51	9:20:15
2014	7:55:48	8:52:52	9:11:26
Average	8:11:49	9:12:34	9:25:47

Ironman Cozumel (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2009	8:18:40	9:03:05	9:39:11
2010	8:12:20	9:10:47	9:21:24
2011	8:23:52	9:05:01	9:10:55
2012	8:15:07	8:59:01	9:30:22
2013	7:55:23	8:39:34	8:55:52
2014	8:12:16	9:00:51	9:49:14
Average	8:12:56	8:59:43	9:24:29

Ironman Western Australia (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2004	8:16:00	9:01:43	9:26:05
2005	8:27:36	9:12:24	9:30:41
2006	8:08:57	9:01:35	9:21:27
2007	8:06:00	8:59:37	9:08:07
2008	8:07:06	8:53:26	9:03:57
2009	8:13:59	8:54:48	9:07:30
2010	8:14:01	8:39:43	8:58:40
2011	8:12:39	9:04:31	9:17:08
2012	8:29:06	8:56:35	9:27:01
2013	8:08:16	8:50:20	9:11:04
2014	8:05:58	8:49:14	9:08:01
Average	8:13:36	8:56:43	9:14:31

Ironman New Zealand (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:22:04	9:36:39	9:48:09
2004	8:30:29	9:20:51	9:47:09
2005	8:20:14	9:35:23	9:38:20
2007	8:26:33	9:39:26	9:41:16
2008	8:24:49	9:20:06	9:27:33
2009	8:18:04	9:09:26	9:17:34
2010	8:21:52	9:06:40	9:21:00
2011	8:31:07	9:07:10	9:17:14
2013	8:15:35	9:34:16	9:46:22
2014	8:17:33	9:14:41	9:16:21
2015	8:22:13	9:11:55	9:24:15
Average	8:22:46	9:21:30	9:31:23

Ironman Melbourne (10 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	10th Place Age Group Time
2012	7:57:44	8:50:19	9:13:58
2014	8:01:02	8:42:09	9:06:24
2015	8:04:29	8:57:01	9:07:47
Average	8:01:05	8:49:49	9:09:23

Ironman South Africa (9 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	9th Place Age Group Time
2007	8:33:04	9:24:37	10:11:21
2008	8:18:23	9:17:44	9:48:45
2009	8:17:32	9:21:24	10:25:08
2010	8:23:28	9:05:31	9:41:19
2011	8:05:36	9:19:19	10:04:20
2012	8:34:45	9:47:22	10:55:44
2013	8:11:24	9:00:27	9:50:10
2014	8:26:07	9:47:33	10:33:14
2015	8:16:35	9:28:57	10:07:59
Average	8:20:46	9:23:39	10:10:53

Ironman Australia (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:25:44	9:09:49	9:22:44
2006	8:20:42	9:11:11	9:25:40
2007	8:21:49	9:12:10	9:31:52
2008	8:31:33	9:14:02	9:28:26
2009	8:24:53	9:08:14	9:18:39
2010	8:23:54	9:04:21	9:20:39
2011	8:29:28	8:56:15	9:31:17
2012	8:17:38	9:03:05	9:23:07
2013	8:30:23	9:16:45	9:28:54
2014	8:35:18	8:55:35	9:21:55
2015	8:35:53	9:15:18	9:22:12
Average	8:27:01	9:07:53	9:25:02

Ironman Texas (8 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	8th Place Age Group Time
2011	8:08:20	8:55:33	10:05:43
2012	8:10:44	9:27:00	9:44:22
2013	8:25:06	9:12:21	10:00:59
2014	8:09:37	8:52:21	9:36:54
2015	8:07:03	9:01:03	9:37:03
Average	8:12:10	9:05:39	9:49:00

Ironman Lanzarote (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2008	8:59:37	9:35:31	9:54:41
2009	8:54:03	9:29:46	9:44:43
2010	8:37:42	9:01:43	9:48:03
2011	8:30:34	9:13:44	9:34:45
2012	8:44:39	9:15:24	9:46:06
2013	8:42:40	9:28:26	9:52:22
2014	8:47:39	9:12:30	9:35:52
2015	8:56:49	9:54:12	10:03:55
Average	8:46:42	9:23:54	9:47:33

Ironman Brazil (13 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	13th Place Age Group Time
2006	8:15:18	9:15:59	9:58:34
2007	8:21:09	9:16:50	9:46:57
2008	8:28:24	9:10:44	9:53:23
2009	8:13:39	9:27:33	9:59:21
2010	8:07:39	9:07:40	9:44:12
2011	12:14:21	12:35:59	13:00:50
2012	8:22:40	8:58:58	9:40:25
2013	8:01:32	8:59:23	9:33:22
2014	8:07:52	8:55:46	9:17:11
2015	7:53:44	8:57:21	9:22:47
Average	8:36:37	9:28:37	10:01:42

Ironman France (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:49:06	9:27:04	9:53:13
2006	8:33:55	9:17:45	9:49:49
2007	8:38:45	9:17:36	9:39:59
2008	8:34:18	9:14:34	9:29:01
2009	8:30:06	9:19:47	9:34:24
2011	8:28:30	9:12:57	9:23:45
2012	8:21:51	9:13:10	9:28:49
2013	8:08:59	8:50:53	9:08:25
2014	8:33:22	9:05:25	9:20:07
2015	8:27:32	9:11:37	9:35:54
Average	8:30:38	9:13:04	9:32:20

Ironman Cairns (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2012	8:15:04	9:09:40	9:34:37
2013	8:17:43	9:03:23	9:24:54
2014	8:20:15	9:11:37	9:22:40
2015	8:18:01	9:16:11	9:34:52
Average	8:17:45	9:10:12	9:29:15

Ironman Austria (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:14:37	8:45:06	8:59:54
2006	8:07:59	8:51:18	9:08:07
2007	8:06:39	8:56:44	9:10:15
2008	8:06:11	8:48:19	8:58:54
2009	8:01:38	8:49:45	9:09:05
2010	7:52:05	8:40:34	9:02:32
2011	7:45:58	8:33:42	8:52:56
2012	8:11:31	8:59:34	9:29:32
2013	7:59:51	8:54:01	9:02:06
2014	7:48:43	8:46:35	8:59:24
2015	7:48:45	8:45:43	9:01:03
Average	8:00:21	8:48:18	9:04:53

Ironman Frankfurt (10 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	10th Place Age Group Time
2003	8:12:29	9:04:59	9:27:22
2005	8:20:50	8:54:01	9:32:35
2006	8:13:39	9:21:55	9:34:48
2007	8:09:15	8:50:45	9:15:06
2008	7:59:55	8:44:06	9:11:36
2009	7:59:15	8:38:57	9:09:35
2010	8:05:15	8:39:55	9:28:39
2011	8:13:50	9:06:34	9:26:33
2012	8:03:31	9:08:30	9:20:14
2013	7:59:58	8:52:55	9:15:13
2014	7:55:14	8:42:04	9:10:08
2015	7:49:48	9:14:18	9:41:59
Average	8:05:14	8:56:34	9:22:49

Ironman UK (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2007	8:35:57	9:29:08	9:33:58
2008	8:53:58	9:43:20	9:51:04
2009	8:45:51	9:17:42	10:10:11
2010	8:40:17	9:22:04	9:53:31
2011	8:24:33	9:19:17	9:37:00
2012	8:55:11	9:15:51	9:58:15
2013	8:45:48	9:34:19	10:01:58
2014	8:44:10	9:49:46	10:19:13
2015	8:46:37	9:44:33	9:57:52
Average	8:43:35	9:30:40	9:55:53

Ironman Lake Placid (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2002	8:39:19	9:27:21	9:42:21
2003	8:46:15	9:47:48	9:54:57
2004	8:23:12	9:31:17	9:32:29
2006	8:38:18	9:43:54	9:54:19
2007	9:16:02	9:42:51	9:50:17
2008	8:43:32	9:51:21	9:52:26
2009	8:36:37	9:32:56	9:48:04
2010	8:39:34	9:27:30	9:37:00
2011	8:25:15	9:37:50	9:45:55
2012	8:25:07	9:32:58	9:51:20
2013	8:43:29	9:06:44	9:42:07
2014	8:38:43	8:49:17	8:58:13
2015	9:31:09	9:42:30	10:07:38
Average	8:43:34	9:31:52	9:44:23

Ironman Switzerland (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:21:50	9:13:25	9:35:58
2006	8:16:50	8:59:00	9:21:18
2007	8:25:00	9:05:56	9:12:29
2008	8:16:05	9:16:30	9:28:36
2009	8:20:00	8:50:30	9:04:42
2010	8:12:40	8:54:53	9:05:18
2011	8:19:51	9:09:47	9:20:32
2012	8:17:13	9:00:52	9:22:18
2013	8:33:39	9:13:54	9:40:15
2014	8:33:02	9:03:18	9:10:56
2015	8:21:19	9:23:37	9:37:18
Average	8:21:35	9:06:31	9:21:47

Ironman Canada (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:28:06	9:25:46	9:38:35
2005	8:33:32	9:32:26	9:50:31
2006	8:33:58	9:24:32	9:48:24
2007	8:32:45	9:36:19	9:42:52
2008	8:30:12	9:21:23	9:22:08
2009	8:25:13	9:20:08	9:38:12
2010	8:32:28	9:06:21	9:20:47
2011	8:28:09	9:12:10	9:39:07
2012	8:48:30	9:16:03	9:37:57
2013	8:39:33	9:25:52	9:38:51
2014	8:16:10	9:24:37	9:47:30
2015	8:49:46	9:50:41	10:05:21
Average	8:33:11	9:24:41	9:40:51

Ironman Maastricht-Limburg (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	8:27:18	9:38:26	9:52:30
Average	8:27:18	9:38:26	9:52:30

Ironman Boulder (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:20:26	9:15:30	9:28:02
2015	8:45:20	8:58:43	9:17:56
Average	8:32:53	9:07:06	9:22:59

Ironman Sweden (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2012	8:04:01	8:24:27	8:41:29
2013	8:19:30	9:06:11	9:26:06
2014	8:13:01	8:57:48	9:15:31
2015	8:08:05	9:05:15	9:25:35
Average	8:11:09	8:53:25	9:12:10

Ironman Copenhagen (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2013	8:12:41	8:53:57	8:57:08
2014	8:03:39	8:56:00	9:11:21
2015	8:14:56	9:09:42	9:27:52
Average	8:10:25	8:59:53	9:12:07

Ironman Coeur d'Alene (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:40:59	9:33:43	9:55:14
2005	8:23:29	9:25:34	9:43:41
2006	9:07:05	9:07:05	9:34:04
2007	8:33:32	9:33:41	9:48:25
2008	8:34:22	9:30:17	9:47:16
2009	8:32:12	9:24:31	9:42:22
2010	8:24:40	9:24:21	9:31:49
2011	8:19:48	9:23:21	9:29:51
2012	8:32:29	9:41:06	9:50:59
2013	8:17:31	9:27:40	9:28:37
2014	8:25:44	9:25:19	9:33:59
2015	8:20:35	9:36:26	9:51:40
Average	8:31:02	9:27:45	9:41:29

Ironman Mont-Tremblant (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:40:48	9:16:27	9:34:21
2013	8:26:06	9:12:08	9:34:19
2014	8:16:17	9:12:38	9:33:36
2015	8:17:37	9:31:32	9:37:18
Average	8:25:12	9:18:11	9:34:53

M35-39 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	1:00:04	4:43:23	3:03:32	8:52:42
2nd Age Grouper	1:03:01	4:41:00	3:16:36	9:09:26
3rd Age Grouper	0:59:34	4:58:00	3:06:50	9:10:31
4th Age Grouper	0:54:55	4:53:31	3:22:54	9:18:27
5th Age Grouper	0:56:12	5:11:13	3:16:06	9:31:44
6th Age Grouper	0:57:45	4:51:59	3:36:34	9:33:51
7th Age Grouper	1:10:33	5:01:52	3:18:54	9:37:51
8th Age Grouper	1:05:14	4:48:09	3:40:50	9:41:06
9th Age Grouper	0:55:50	5:01:56	3:36:43	9:41:44
10th Age Grouper	1:15:50	5:01:29	3:19:19	9:45:03
Kona Qualifier Average	0:58:35	4:53:11	3:17:05	9:16:06
Top 10 Age Grouper Average	1:01:53	4:55:15	3:21:49	9:26:14

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	1:06:12	4:53:48	3:12:46	9:20:28
2nd Age Grouper	0:56:04	5:16:25	3:15:05	9:34:21
3rd Age Grouper	0:55:00	5:16:51	3:16:42	9:35:00
4th Age Grouper	0:54:37	5:23:42	3:18:37	9:42:43
5th Age Grouper	1:02:29	5:13:36	3:31:11	9:53:04
6th Age Grouper	0:56:34	5:13:03	3:38:11	9:54:52
7th Age Grouper	1:07:49	5:28:31	3:12:26	10:01:57
8th Age Grouper	0:52:05	5:49:15	3:20:18	10:09:04
9th Age Grouper	1:10:34	5:28:30	3:30:35	10:20:19
10th Age Grouper	1:04:48	5:16:46	3:49:55	10:21:01
Kona Qualifier Average	0:57:58	5:12:41	3:15:47	9:33:08
Top 10 Age Grouper Average	1:00:37	5:20:02	3:24:34	9:53:16

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	0:59:41	5:07:32	3:16:49	9:32:11
2nd Age Grouper	1:02:58	5:11:58	3:20:14	9:43:25
3rd Age Grouper	0:58:59	5:19:24	3:24:49	9:51:25
4th Age Grouper	1:04:22	5:16:50	3:25:47	9:56:04
5th Age Grouper	1:04:14	5:20:09	3:27:31	10:01:03
6th Age Grouper	1:03:13	5:23:00	3:31:11	10:06:25
7th Age Grouper	1:05:01	5:25:35	3:30:01	10:10:20
8th Age Grouper	1:05:02	5:25:57	3:33:10	10:13:25
9th Age Grouper	1:03:21	5:22:50	3:40:37	10:15:56
10th Age Grouper	1:02:10	5:27:46	3:39:26	10:18:40
Kona Qualifier Average	1:02:03	5:15:11	3:23:02	9:48:49
Top 10 Age Grouper Average	1:02:54	5:20:06	3:28:58	10:00:53

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	0:56:30	5:27:36	3:09:30	9:44:34
2nd Age Grouper	0:59:18	5:37:19	3:17:32	10:05:13
3rd Age Grouper	1:04:03	5:42:17	3:10:44	10:08:04
4th Age Grouper	1:01:46	5:38:48	3:20:17	10:13:22
5th Age Grouper	0:58:27	5:40:06	3:25:08	10:14:57
6th Age Grouper	1:03:23	5:44:24	3:21:50	10:20:54
7th Age Grouper	1:03:18	5:41:06	3:26:47	10:23:15
8th Age Grouper	1:00:10	5:49:07	3:25:40	10:26:01
9th Age Grouper	1:05:01	5:51:04	3:21:43	10:30:40
10th Age Grouper	1:01:33	5:51:05	3:27:39	10:32:44
Kona Qualifier Average	1:00:58	5:38:48	3:18:50	10:10:02
Top 10 Age Grouper Average	1:01:21	5:42:17	3:20:41	10:15:58

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	0:56:36	5:32:49	3:19:26	9:56:19
2nd Age Grouper	0:28:11	5:23:28	3:34:57	10:08:42
3rd Age Grouper	0:59:54	5:30:27	3:38:07	10:17:32
4th Age Grouper	1:00:19	5:31:23	3:39:05	10:21:16
5th Age Grouper	0:58:44	5:41:09	3:33:24	10:26:14
6th Age Grouper	1:05:56	5:43:21	3:32:18	10:34:13
7th Age Grouper	1:04:42	5:48:23	3:36:44	10:42:49
8th Age Grouper	1:12:17	5:45:05	3:38:49	10:45:59
9th Age Grouper	1:02:56	5:47:51	3:46:56	10:51:06
10th Age Grouper	0:59:58	5:41:09	3:59:35	10:52:18
Kona Qualifier Average	0:52:45	5:31:51	3:33:00	10:14:01
Top 10 Age Grouper Average	0:58:57	5:38:30	3:37:56	10:29:39

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	0:54:24	4:56:43	3:00:43	8:57:30
2nd Age Grouper	0:54:33	4:52:47	3:08:36	9:01:27
3rd Age Grouper	0:54:59	4:55:15	3:06:55	9:03:27
4th Age Grouper	0:55:38	5:01:42	3:04:36	9:07:51
5th Age Grouper	0:56:15	5:02:45	3:07:16	9:12:48
6th Age Grouper	0:55:41	5:00:31	3:11:57	9:15:12
7th Age Grouper	1:00:03	4:58:28	3:09:13	9:15:18
8th Age Grouper	0:54:03	5:05:29	3:13:59	9:20:40
9th Age Grouper	0:59:36	5:05:58	3:09:37	9:22:12
10th Age Grouper	0:58:25	5:01:25	3:17:28	9:23:18
Kona Qualifier Average	0:55:15	4:58:17	3:06:40	9:06:22
Top 10 Age Grouper Average	0:56:22	5:00:06	3:09:02	9:11:58

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	0:52:58	4:49:59	3:23:34	9:12:30
2nd Age Grouper	0:51:32	5:08:01	3:18:17	9:26:15
3rd Age Grouper	0:54:03	5:01:17	3:33:29	9:34:48
4th Age Grouper	0:51:52	5:10:11	3:29:55	9:39:32
5th Age Grouper	0:53:28	5:21:35	3:18:31	9:41:14
6th Age Grouper	0:46:51	5:15:17	3:35:50	9:44:58
7th Age Grouper	0:51:36	5:12:12	3:37:17	9:47:41
8th Age Grouper	0:55:30	5:18:05	3:29:10	9:49:51
9th Age Grouper	0:56:18	5:10:22	3:35:19	9:50:42
10th Age Grouper	0:56:12	5:13:05	3:36:46	9:53:09
Kona Qualifier Average	0:52:36	5:02:22	3:26:18	9:28:16
Top 10 Age Grouper Average	0:53:02	5:10:00	3:29:48	9:40:04

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	1:03:14	4:36:19	3:01:00	8:45:23
2nd Age Grouper	0:58:58	4:36:48	3:09:22	8:48:49
3rd Age Grouper	0:55:16	4:44:55	3:06:58	8:50:46
4th Age Grouper	0:52:34	4:43:28	3:15:05	8:55:20
5th Age Grouper	0:57:09	4:42:17	3:13:55	8:57:08
6th Age Grouper	0:55:31	4:39:04	3:18:31	8:57:56
7th Age Grouper	0:57:36	4:39:18	3:18:08	8:58:54
8th Age Grouper	0:58:10	4:38:40	3:18:51	8:59:39
9th Age Grouper	1:00:40	4:39:56	3:16:45	9:01:34
10th Age Grouper	1:00:54	4:37:22	3:19:38	9:02:54
Kona Qualifier Average	0:57:07	4:40:28	3:10:48	8:52:34
Top 10 Age Grouper Average	0:58:00	4:39:48	3:13:49	8:55:50

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	1:02:43	4:45:56	3:04:29	8:58:53
2nd Age Grouper	1:00:35	4:53:03	3:04:50	9:04:03
3rd Age Grouper	0:58:41	4:55:17	3:08:45	9:08:24
4th Age Grouper	0:59:20	4:57:40	3:08:10	9:11:21
5th Age Grouper	1:02:28	4:58:39	3:06:30	9:13:28
6th Age Grouper	1:01:21	4:56:39	3:11:04	9:15:22
7th Age Grouper	1:01:34	5:00:03	3:10:01	9:17:27
8th Age Grouper	1:01:20	5:02:20	3:08:24	9:18:35
9th Age Grouper	1:01:51	4:57:23	3:15:08	9:19:58
10th Age Grouper	1:02:32	4:59:01	3:13:35	9:21:28
Kona Qualifier Average	1:02:43	4:45:56	3:04:29	8:58:53
Top 10 Age Grouper Average	1:01:15	4:56:36	3:09:05	9:12:54

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	0:54:48	5:03:41	3:20:04	9:26:10
2nd Age Grouper	1:00:19	5:08:00	3:21:21	9:37:01
3rd Age Grouper	1:01:17	5:04:59	3:29:17	9:43:28
4th Age Grouper	1:02:18	5:07:57	3:34:48	9:53:01
5th Age Grouper	1:02:15	5:13:59	3:31:19	9:55:29
6th Age Grouper	1:04:04	5:09:23	3:38:35	9:59:47
7th Age Grouper	1:00:39	5:11:19	3:43:16	10:03:45
8th Age Grouper	1:16:22	4:37:24	4:27:02	10:06:56
9th Age Grouper	1:02:32	5:19:18	3:39:50	10:10:29
10th Age Grouper	1:03:35	5:23:12	3:37:53	10:13:31
Kona Qualifier Average	1:00:11	5:07:43	3:27:22	9:43:02
Top 10 Age Grouper Average	1:02:49	5:07:55	3:38:20	9:54:58

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	0:56:28	4:38:03	3:17:56	8:59:18
2nd Age Grouper	0:50:36	4:53:09	3:25:43	9:17:26
3rd Age Grouper	0:59:58	4:54:01	3:14:38	9:20:09
4th Age Grouper	0:58:27	4:51:03	3:27:12	9:25:22
5th Age Grouper	0:57:19	4:58:29	3:20:26	9:27:48
6th Age Grouper	0:57:24	4:58:59	3:25:43	9:31:22
7th Age Grouper	0:56:22	4:55:38	3:32:49	9:34:10
8th Age Grouper	1:00:23	4:50:30	3:36:08	9:34:23
9th Age Grouper	0:57:23	4:55:18	3:35:04	9:35:57
10th Age Grouper	0:58:05	4:58:52	3:30:19	9:38:06
Kona Qualifier Average	0:56:22	4:49:04	3:21:22	9:15:34
Top 10 Age Grouper Average	0:57:14	4:53:24	3:26:35	9:26:24

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	0:54:27	5:04:49	3:16:46	9:20:33
2nd Age Grouper	0:59:43	5:06:00	3:20:19	9:32:01
3rd Age Grouper	0:57:09	5:17:04	3:17:58	9:39:17
4th Age Grouper	0:56:36	5:20:03	3:25:07	9:47:35
5th Age Grouper	1:01:15	5:19:04	3:25:10	9:51:49
6th Age Grouper	1:00:00	5:25:32	3:25:04	9:57:09
7th Age Grouper	1:02:38	5:20:47	3:31:20	10:02:06
8th Age Grouper	1:11:26	5:25:28	3:22:31	10:05:22
9th Age Grouper	1:01:48	5:35:35	3:33:39	10:16:32
10th Age Grouper	1:01:42	5:14:37	3:57:46	10:22:02
Kona Qualifier Average	0:57:06	5:09:18	3:18:21	9:30:37
Top 10 Age Grouper Average	1:00:40	5:18:54	3:27:34	9:53:26

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	0:53:18	4:48:53	3:06:17	8:54:25
2nd Age Grouper	0:52:43	4:52:15	3:09:31	9:01:14
3rd Age Grouper	0:53:47	4:52:32	3:12:59	9:05:44
4th Age Grouper	0:52:14	4:53:19	3:16:02	9:08:48
5th Age Grouper	0:53:16	4:54:26	3:15:39	9:10:41
6th Age Grouper	0:55:04	4:53:09	3:20:14	9:15:20
7th Age Grouper	0:56:44	4:56:10	3:18:54	9:18:55
8th Age Grouper	0:56:45	4:55:40	3:22:27	9:21:55
9th Age Grouper	0:54:55	4:58:37	3:24:00	9:24:57
10th Age Grouper	0:56:15	5:00:09	3:22:42	9:26:47
Kona Qualifier Average	0:53:00	4:51:45	3:11:12	9:02:33
Top 10 Age Grouper Average	0:54:30	4:54:31	3:16:52	9:12:53

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	1:04:13	5:11:18	3:25:16	9:45:04
2nd Age Grouper	1:07:26	5:12:42	3:32:20	9:56:59
3rd Age Grouper	1:12:06	5:05:44	3:33:54	9:57:54
4th Age Grouper	1:07:42	5:04:11	3:40:53	9:59:18
5th Age Grouper	1:14:25	5:03:51	3:35:13	9:59:20
6th Age Grouper	1:02:11	5:01:41	3:52:18	10:01:21
7th Age Grouper	1:05:11	5:15:16	3:32:53	10:01:38
8th Age Grouper	1:14:53	5:09:35	3:37:20	10:05:54
9th Age Grouper	1:19:31	5:15:44	3:22:52	10:07:31
10th Age Grouper	1:08:39	5:16:54	3:37:59	10:09:37
Kona Qualifier Average	1:08:30	5:08:02	3:36:15	9:58:26
Top 10 Age Grouper Average	1:09:37	5:09:41	3:35:05	10:00:27

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	1:00:04	5:07:50	3:14:20	9:27:16
2nd Age Grouper	1:04:27	5:29:05	3:40:14	10:21:10
3rd Age Grouper	1:08:59	5:18:47	3:44:45	10:21:10
4th Age Grouper	1:03:45	5:08:07	4:01:26	10:21:49
5th Age Grouper	1:14:17	5:13:25	3:49:34	10:25:07
6th Age Grouper	0:58:37	5:17:05	4:04:18	10:26:54
7th Age Grouper	1:06:14	5:23:35	3:49:25	10:29:06
8th Age Grouper	1:11:11	5:22:26	3:55:03	10:35:24
9th Age Grouper	1:11:34	5:01:25	4:14:13	10:36:04
10th Age Grouper	1:04:02	5:16:21	4:09:40	10:37:20
Kona Qualifier Average	1:06:18	5:15:26	3:42:03	10:11:18
Top 10 Age Grouper Average	1:06:19	5:15:48	3:52:17	10:22:08

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	0:57:20	4:57:18	3:13:45	9:14:03
2nd Age Grouper	1:00:07	4:57:44	3:15:24	9:18:48
3rd Age Grouper	0:59:08	4:58:23	3:18:12	9:21:50
4th Age Grouper	1:02:09	4:28:30	3:20:14	9:25:47
5th Age Grouper	1:00:04	4:59:59	3:25:42	9:31:27
6th Age Grouper	1:03:47	5:01:17	3:21:24	9:33:16
7th Age Grouper	1:01:44	5:05:17	3:24:47	9:37:40
8th Age Grouper	1:01:46	5:04:58	3:29:55	9:42:58
9th Age Grouper	1:06:10	5:07:26	3:28:31	9:48:54
10th Age Grouper	1:03:39	5:09:41	3:28:38	9:48:39
Kona Qualifier Average	0:59:26	4:51:57	3:16:50	9:20:39
Top 10 Age Grouper Average	1:01:24	5:00:04	3:22:36	9:32:54

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	0:49:53	5:09:05	3:06:16	8:59:43
2nd Age Grouper	0:52:41	4:58:22	3:13:52	9:09:56
3rd Age Grouper	0:47:05	5:00:18	3:16:48	9:16:19
4th Age Grouper	0:52:36	4:09:52	3:24:24	9:24:29
5th Age Grouper	0:48:50	5:06:13	3:19:55	9:28:15
6th Age Grouper	0:52:01	5:05:15	3:31:25	9:34:30
7th Age Grouper	0:54:58	5:18:05	3:26:17	9:37:20
8th Age Grouper	0:55:48	5:14:11	3:23:34	9:40:13
9th Age Grouper	0:56:05	5:14:34	3:25:58	9:42:42
10th Age Grouper	0:57:22	5:09:36	3:30:45	9:44:01
Kona Qualifier Average	0:50:34	4:49:24	3:15:20	9:12:37
Top 10 Age Grouper Average	0:52:44	5:02:33	3:21:55	9:27:45

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	0:55:02	4:50:40	3:08:22	8:56:43
2nd Age Grouper	0:55:54	4:53:29	3:13:40	9:05:57
3rd Age Grouper	0:56:48	4:54:00	3:16:45	9:10:30
4th Age Grouper	0:58:10	4:57:18	3:16:02	9:14:31
5th Age Grouper	0:55:44	4:57:28	3:22:00	9:18:01
6th Age Grouper	0:56:24	4:55:27	3:28:25	9:23:30
7th Age Grouper	0:59:47	4:58:23	3:25:31	9:27:23
8th Age Grouper	0:58:49	4:58:06	3:30:47	9:30:55
9th Age Grouper	0:59:16	4:56:12	3:32:58	9:32:14
10th Age Grouper	0:57:35	5:00:17	3:33:29	9:34:58
Kona Qualifier Average	0:56:28	4:53:52	3:13:42	9:06:55
Top 10 Age Grouper Average	0:57:21	4:56:08	3:22:48	9:19:28

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	0:56:06	5:04:01	3:14:36	9:21:30
2nd Age Grouper	0:57:10	5:04:44	3:19:02	9:27:21
3rd Age Grouper	0:56:43	5:09:13	3:19:05	9:31:23
4th Age Grouper	0:59:18	5:10:38	3:17:03	9:34:14
5th Age Grouper	0:57:46	5:11:02	3:24:20	9:39:49
6th Age Grouper	0:57:42	5:11:13	3:26:16	9:42:33
7th Age Grouper	1:00:04	5:12:33	3:25:41	9:45:46
8th Age Grouper	1:00:14	5:15:30	3:28:22	9:51:06
9th Age Grouper	1:00:29	5:16:09	3:30:01	9:53:52
10th Age Grouper	1:01:59	5:17:00	3:30:06	9:56:52
Kona Qualifier Average	0:56:40	5:05:59	3:17:35	9:26:44
Top 10 Age Grouper Average	0:58:45	5:11:12	3:23:27	9:40:27

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	0:53:06	4:43:00	3:08:40	8:49:49
2nd Age Grouper	0:58:47	4:45:54	3:06:16	8:56:10
3rd Age Grouper	0:53:10	4:48:51	3:09:49	8:57:19
4th Age Grouper	1:01:32	4:46:09	3:04:39	8:58:36
5th Age Grouper	0:54:55	4:47:56	3:13:21	9:01:31
6th Age Grouper	0:57:48	4:48:23	3:12:01	9:03:27
7th Age Grouper	0:52:39	4:54:22	3:13:10	9:05:38
8th Age Grouper	0:57:59	4:44:46	3:19:06	9:07:52
9th Age Grouper	0:53:59	4:50:17	3:18:09	9:08:23
10th Age Grouper	0:57:51	4:53:24	3:13:08	9:09:23
Kona Qualifier Average	0:56:10	4:48:18	3:11:50	9:01:49

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	1:01:47	5:03:10	3:13:24	9:23:39
2nd Age Grouper	0:59:55	5:04:07	3:25:47	9:35:23
3rd Age Grouper	1:02:57	5:17:01	3:15:09	9:40:58
4th Age Grouper	1:03:08	5:14:49	3:21:09	9:45:24
5th Age Grouper	1:04:40	5:18:07	3:20:35	9:50:37
6th Age Grouper	1:02:56	5:12:30	3:34:07	9:55:24
7th Age Grouper	1:03:07	5:13:35	3:38:07	10:00:35
8th Age Grouper	1:08:49	5:13:15	3:36:44	10:04:44
9th Age Grouper	1:06:10	5:22:12	3:36:14	10:10:53
10th Age Grouper	1:01:55	5:18:25	3:46:53	10:13:55
Kona Qualifier Average	1:03:43	5:13:12	3:26:48	9:49:44
Top 10 Age Grouper Average	1:03:32	5:13:43	3:28:49	9:52:09

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	0:52:06	5:01:53	3:11:22	9:07:53
2nd Age Grouper	0:53:38	5:03:34	3:14:23	9:14:50
3rd Age Grouper	0:54:27	5:08:22	3:12:57	9:18:57
4th Age Grouper	0:55:51	5:07:46	3:18:12	9:25:02
5th Age Grouper	0:54:35	5:10:17	3:19:44	9:27:56
6th Age Grouper	0:49:20	5:14:00	3:24:05	9:31:22
7th Age Grouper	0:56:45	4:41:21	3:58:31	9:34:54
8th Age Grouper	0:55:42	5:11:47	3:26:21	9:37:11
9th Age Grouper	0:57:35	5:12:14	3:26:26	9:39:48
10th Age Grouper	0:56:59	5:11:10	3:29:30	9:41:00
Kona Qualifier Average	0:54:01	5:05:23	3:14:14	9:16:40
Top 10 Age Grouper Average	0:54:42	5:06:14	3:24:09	9:27:53

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	1:00:40	4:45:03	3:13:38	9:05:39
2nd Age Grouper	1:05:01	4:47:52	3:18:53	9:18:02
3rd Age Grouper	1:00:34	4:57:58	3:20:26	9:25:38
4th Age Grouper	0:59:38	4:56:06	3:29:59	9:33:03
5th Age Grouper	1:00:23	4:59:29	3:29:03	9:35:50
6th Age Grouper	1:06:16	4:01:50	4:45:29	9:43:38
7th Age Grouper	1:06:02	5:01:15	3:32:06	9:46:35
8th Age Grouper	1:04:37	5:01:25	3:35:03	9:49:00
9th Age Grouper	1:03:48	5:02:07	3:37:37	9:50:56
10th Age Grouper	1:02:34	5:00:24	3:43:36	9:52:52
Kona Qualifier Average	1:02:54	4:48:52	3:35:35	9:32:11
Top 10 Age Grouper Average	1:02:57	4:51:21	3:36:35	9:36:07

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	0:56:40	5:21:13	2:44:22	9:23:54
2nd Age Grouper	0:59:04	5:17:19	3:10:08	9:34:38
3rd Age Grouper	0:56:35	5:21:51	3:13:30	9:39:17
4th Age Grouper	0:58:10	5:23:10	3:17:45	9:47:33
5th Age Grouper	0:57:56	5:26:12	3:19:20	9:51:20
6th Age Grouper	0:59:43	5:26:26	3:19:01	9:53:12
7th Age Grouper	0:59:15	5:30:11	3:17:25	9:55:14
8th Age Grouper	1:00:58	5:26:09	3:21:00	9:56:36
9th Age Grouper	0:59:29	5:31:14	3:19:45	9:58:51
10th Age Grouper	1:01:46	5:28:39	3:22:27	10:01:38
Kona Qualifier Average	0:57:37	5:20:53	3:06:26	9:36:20
Top 10 Age Grouper Average	0:58:58	5:25:14	3:14:28	9:48:13

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	1:01:35	4:24:22	2:54:21	9:28:37
2nd Age Grouper	0:58:08	4:28:36	2:54:04	9:36:03
3rd Age Grouper	0:58:06	4:27:59	2:57:33	9:41:08
4th Age Grouper	0:53:12	3:29:44	2:41:23	9:45:25
5th Age Grouper	0:59:54	4:02:20	3:36:08	9:47:27
6th Age Grouper	1:15:49	4:03:37	2:40:54	9:49:40
7th Age Grouper	0:55:36	4:00:58	2:43:59	9:51:33
8th Age Grouper	0:58:11	4:34:45	3:03:44	9:52:42
9th Age Grouper	0:58:13	4:33:05	3:05:59	9:54:49
10th Age Grouper	0:59:06	4:35:25	3:04:59	9:56:22
11th Age Grouper	0:58:17	4:34:02	3:09:22	9:58:13
12th Age Grouper	1:00:57	4:34:14	3:08:43	10:00:09
13th Age Grouper	0:57:37	4:35:22	3:11:21	10:01:42
Kona Qualifier Average	0:59:35	4:20:21	3:00:58	9:49:31

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	0:52:23	5:09:26	3:39:53	9:13:04
2nd Age Grouper	0:56:55	5:09:37	3:07:56	9:21:26
3rd Age Grouper	0:57:52	5:09:08	3:13:18	9:28:07
4th Age Grouper	0:58:12	5:10:07	3:16:29	9:32:20
5th Age Grouper	1:00:27	5:09:37	3:16:10	9:34:55
6th Age Grouper	1:00:10	5:19:56	3:12:18	9:39:32
7th Age Grouper	1:03:23	5:13:16	3:17:02	9:41:23
8th Age Grouper	1:02:43	5:15:28	3:16:44	9:43:30
9th Age Grouper	1:03:42	5:17:25	3:17:44	9:47:00
10th Age Grouper	0:59:20	5:23:24	4:02:04	9:48:27
Kona Qualifier Average	0:56:21	5:09:35	3:19:24	9:23:44
Top 10 Age Grouper Average	0:59:31	5:13:44	3:21:58	9:34:58

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	0:57:50	4:54:52	3:12:40	9:10:12
2nd Age Grouper	0:58:13	4:59:03	3:17:14	9:20:08
3rd Age Grouper	0:59:42	5:01:31	3:16:55	9:23:34
4th Age Grouper	0:58:27	5:00:08	3:24:33	9:29:15
5th Age Grouper	1:01:34	5:02:12	3:21:59	9:31:31
6th Age Grouper	0:59:58	5:05:21	3:23:07	9:36:21
7th Age Grouper	1:01:57	5:05:08	3:27:17	9:40:32
8th Age Grouper	0:56:44	5:07:14	3:30:38	9:41:16
9th Age Grouper	1:01:40	5:06:18	3:30:17	9:44:58
10th Age Grouper	1:00:53	5:06:50	3:37:40	9:51:12
Kona Qualifier Average	0:58:33	4:58:54	3:17:50	9:20:47
Top 10 Age Grouper Average	0:59:42	5:02:52	3:24:14	9:32:54

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	0:54:44	4:44:55	3:02:58	8:48:18
2nd Age Grouper	0:57:04	4:48:36	3:04:26	8:56:21
3rd Age Grouper	0:57:22	4:49:25	3:08:25	9:01:46
4th Age Grouper	1:00:46	4:52:51	3:05:21	9:04:53
5th Age Grouper	0:57:46	4:53:40	3:10:54	9:08:27
6th Age Grouper	0:59:12	4:51:39	3:13:29	9:11:36
7th Age Grouper	1:00:23	4:53:29	3:15:08	9:15:14
8th Age Grouper	1:02:08	4:55:30	3:11:49	9:16:24
9th Age Grouper	1:01:43	4:55:26	3:14:28	9:17:58
10th Age Grouper	1:00:45	4:56:43	3:14:14	9:19:14
Kona Qualifier Average	0:57:29	4:48:57	3:05:17	8:57:49
Top 10 Age Grouper Average	0:59:11	4:52:13	3:10:07	9:08:01

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	0:57:06	4:47:13	2:50:53	8:56:34
2nd Age Grouper	0:57:32	4:51:28	3:35:36	9:04:21
3rd Age Grouper	1:02:35	4:48:55	2:54:26	9:08:50
4th Age Grouper	0:58:20	4:52:56	3:38:18	9:11:20
5th Age Grouper	0:57:51	4:56:12	2:59:01	9:14:54
6th Age Grouper	1:01:31	4:54:57	2:57:32	9:16:25
7th Age Grouper	0:54:29	4:30:03	3:46:48	9:18:39
8th Age Grouper	1:00:01	4:56:40	3:01:42	9:21:06
9th Age Grouper	0:59:33	4:29:22	3:04:40	9:21:44
10th Age Grouper	1:01:29	4:55:35	3:02:56	9:22:49
Kona Qualifier Average	0:59:03	4:48:20	3:11:11	9:13:40

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	0:59:50	5:18:58	3:05:40	9:30:40
2nd Age Grouper	0:59:12	5:26:21	3:14:27	9:46:01
3rd Age Grouper	1:00:31	5:29:20	3:14:51	9:51:35
4th Age Grouper	1:00:47	5:30:52	3:17:32	9:55:53
5th Age Grouper	0:57:42	5:37:05	3:19:46	10:01:04
6th Age Grouper	0:58:18	5:34:42	3:25:53	10:05:20
7th Age Grouper	1:02:11	5:37:03	3:23:42	10:09:37
8th Age Grouper	1:01:40	5:39:34	3:25:18	10:13:54
9th Age Grouper	0:59:04	5:38:51	3:32:00	10:17:22
10th Age Grouper	1:02:13	5:41:51	3:29:00	10:22:29
Kona Qualifier Average	1:00:05	5:26:23	3:13:08	9:46:02
Top 10 Age Grouper Average	1:00:09	5:33:28	3:20:49	10:01:23

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	0:56:45	5:14:46	3:11:04	9:31:52
2nd Age Grouper	0:55:48	5:18:30	3:18:18	9:41:19
3rd Age Grouper	0:57:15	5:21:51	3:15:38	9:44:23
4th Age Grouper	0:56:37	5:24:40	3:04:43	9:47:13
5th Age Grouper	0:57:15	5:19:49	3:25:03	9:51:41
6th Age Grouper	0:56:25	5:23:36	3:25:36	9:54:52
7th Age Grouper	0:56:55	5:25:08	3:25:19	9:56:58
8th Age Grouper	0:57:52	5:24:09	3:28:00	9:59:30
9th Age Grouper	1:01:34	5:25:33	3:25:40	10:02:34
10th Age Grouper	0:59:27	5:27:24	3:29:15	10:05:21
Kona Qualifier Average	0:56:36	5:18:23	3:15:00	9:39:11
Top 10 Age Grouper Average	0:57:35	5:22:33	3:20:52	9:51:34

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	0:56:59	4:56:59	3:08:46	9:06:31
2nd Age Grouper	1:01:18	4:57:39	3:10:39	9:14:05
3rd Age Grouper	1:01:46	4:59:48	3:12:19	9:18:07
4th Age Grouper	1:03:59	4:56:33	3:16:28	9:21:47
5th Age Grouper	1:01:01	5:03:16	3:15:59	9:24:19
6th Age Grouper	0:59:24	5:06:01	3:18:25	9:27:49
7th Age Grouper	1:05:07	5:02:38	3:16:45	9:28:52
8th Age Grouper	1:01:39	5:04:36	3:20:02	9:30:32
9th Age Grouper	1:01:23	5:04:19	3:22:55	9:32:45
10th Age Grouper	1:02:25	5:06:21	3:20:56	9:34:23
Kona Qualifier Average	1:01:01	4:57:45	3:12:03	9:15:08
Top 10 Age Grouper Average	1:01:30	5:01:49	3:16:19	9:23:55

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	1:00:16	5:04:32	3:15:13	9:24:41
2nd Age Grouper	0:58:52	5:09:39	3:19:36	9:33:53
3rd Age Grouper	1:00:35	5:12:30	3:22:09	9:40:51
4th Age Grouper	1:03:18	5:10:28	3:24:11	9:43:52
5th Age Grouper	1:00:17	5:16:28	3:25:32	9:48:44
6th Age Grouper	1:03:06	5:19:38	3:22:52	9:51:44
7th Age Grouper	1:05:08	5:13:30	3:29:13	9:54:03
8th Age Grouper	1:03:17	5:16:04	3:31:30	9:56:16
9th Age Grouper	1:00:39	5:19:01	3:32:36	9:58:07
10th Age Grouper	1:05:05	5:18:01	3:31:28	10:01:18
Kona Qualifier Average	0:59:54	5:08:54	3:18:59	9:33:08
Top 10 Age Grouper Average	1:02:03	5:13:59	3:25:26	9:47:21

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	0:50:48	5:13:05	3:28:45	9:38:26
2nd Age Grouper	0:57:03	5:25:02	3:18:50	9:47:58
3rd Age Grouper	0:57:33	5:27:13	3:16:43	9:48:31
4th Age Grouper	0:55:52	5:28:20	3:19:38	9:52:30
5th Age Grouper	0:59:27	5:13:01	3:38:03	9:56:34
6th Age Grouper	1:00:17	5:15:31	3:32:37	9:58:29
7th Age Grouper	0:57:40	5:21:17	3:31:16	9:59:05
8th Age Grouper	0:57:32	5:12:04	3:44:35	10:02:10
9th Age Grouper	1:03:11	5:14:36	3:39:28	10:05:34
10th Age Grouper	0:57:26	5:20:43	3:40:01	10:05:55
Kona Qualifier Average	0:55:19	5:23:25	3:20:59	9:46:51
Top 10 Age Grouper Average	0:57:40	5:19:05	3:30:59	9:55:31

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	1:07:36	4:40:52	3:11:08	9:07:06
2nd Age Grouper	0:56:09	4:46:25	3:28:08	9:18:00
3rd Age Grouper	1:06:39	4:44:37	3:24:24	9:22:59
4th Age Grouper	1:09:06	4:52:58	3:26:05	9:36:22
5th Age Grouper	1:04:47	4:48:34	3:41:00	9:41:07
6th Age Grouper	1:08:30	5:00:05	3:30:43	9:48:17
7th Age Grouper	1:06:17	5:00:39	3:36:02	9:52:25
8th Age Grouper	1:12:10	5:05:19	3:33:05	9:58:44
9th Age Grouper	1:11:32	4:57:24	3:46:06	10:02:31
10th Age Grouper	1:12:23	5:02:54	3:41:07	10:04:47
Kona Qualifier Average	1:03:28	4:43:58	3:21:13	9:16:01
Top 10 Age Grouper Average	1:07:31	4:53:58	3:31:47	9:41:14

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	0:58:15	4:48:04	3:02:44	8:53:25
2nd Age Grouper	1:01:42	4:50:25	3:02:18	8:59:41
3rd Age Grouper	1:04:33	4:50:22	3:07:10	9:07:05
4th Age Grouper	1:02:41	4:51:06	3:12:32	9:12:10
5th Age Grouper	1:03:42	4:56:17	3:13:15	9:18:34
6th Age Grouper	1:04:09	4:53:49	3:17:03	9:20:18
7th Age Grouper	0:58:22	4:57:40	3:19:58	9:21:15
8th Age Grouper	1:00:28	4:54:35	3:23:42	9:25:13
9th Age Grouper	1:00:33	5:01:45	3:19:07	9:26:29
10th Age Grouper	1:01:54	4:59:51	3:20:28	9:28:21
Kona Qualifier Average	1:01:47	4:49:59	3:06:11	9:03:05
Top 10 Age Grouper Average	1:01:38	4:54:23	3:13:49	9:15:15

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	0:58:33	4:45:28	3:11:01	8:59:53
2nd Age Grouper	0:57:42	4:41:08	3:18:05	9:03:44
3rd Age Grouper	0:59:46	4:49:47	3:10:38	9:05:06
4th Age Grouper	0:53:39	4:51:27	3:19:22	9:12:07
5th Age Grouper	0:58:51	4:50:49	3:20:30	9:15:35
6th Age Grouper	0:58:41	4:55:08	3:16:37	9:16:26
7th Age Grouper	1:01:25	4:57:57	3:15:12	9:20:55
8th Age Grouper	0:55:55	4:50:18	3:30:05	9:21:43
9th Age Grouper	1:01:12	4:52:34	3:24:35	9:25:04
10th Age Grouper	1:01:48	4:56:00	3:21:01	9:25:54
Kona Qualifier Average	0:57:25	4:46:57	3:14:46	9:05:12
Top 10 Age Grouper Average	0:58:45	4:51:04	3:18:42	9:14:39

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	1:03:29	5:07:28	3:11:24	9:27:45
2nd Age Grouper	1:04:00	5:07:22	3:20:27	9:37:14
3rd Age Grouper	1:03:19	5:11:31	3:20:58	9:41:29
4th Age Grouper	1:04:55	5:13:18	3:20:24	9:44:16
5th Age Grouper	1:01:08	5:14:34	3:26:00	9:48:15
6th Age Grouper	1:05:25	5:14:28	3:25:34	9:51:39
7th Age Grouper	1:03:24	5:14:31	3:30:38	9:55:03
8th Age Grouper	1:04:44	5:19:33	3:26:36	9:57:16
9th Age Grouper	1:05:03	5:16:17	3:31:36	9:59:26
10th Age Grouper	1:02:17	5:18:35	3:33:59	10:00:59
Kona Qualifier Average	1:03:36	5:08:47	3:17:36	9:35:29
Top 10 Age Grouper Average	1:03:46	5:13:46	3:24:46	9:48:20

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	1:02:54	5:00:04	3:08:11	9:18:11
2nd Age Grouper	0:59:15	5:07:23	3:18:21	9:31:53
3rd Age Grouper	1:06:44	5:02:41	3:17:56	9:34:53
4th Age Grouper	0:59:22	5:10:03	3:25:33	9:41:21
5th Age Grouper	1:00:38	5:12:34	3:23:08	9:44:05
6th Age Grouper	0:56:39	5:13:55	3:26:37	9:45:19
7th Age Grouper	0:59:38	5:05:21	3:33:36	9:46:06
8th Age Grouper	1:04:38	5:04:46	3:29:31	9:46:50
9th Age Grouper	1:03:16	5:12:47	3:24:26	9:48:24
10th Age Grouper	1:01:46	5:17:26	3:24:35	9:51:27
Kona Qualifier Average	1:02:57	5:03:22	3:14:49	9:28:19
Top 10 Age Grouper Average	1:01:29	5:08:42	3:23:11	9:40:51