

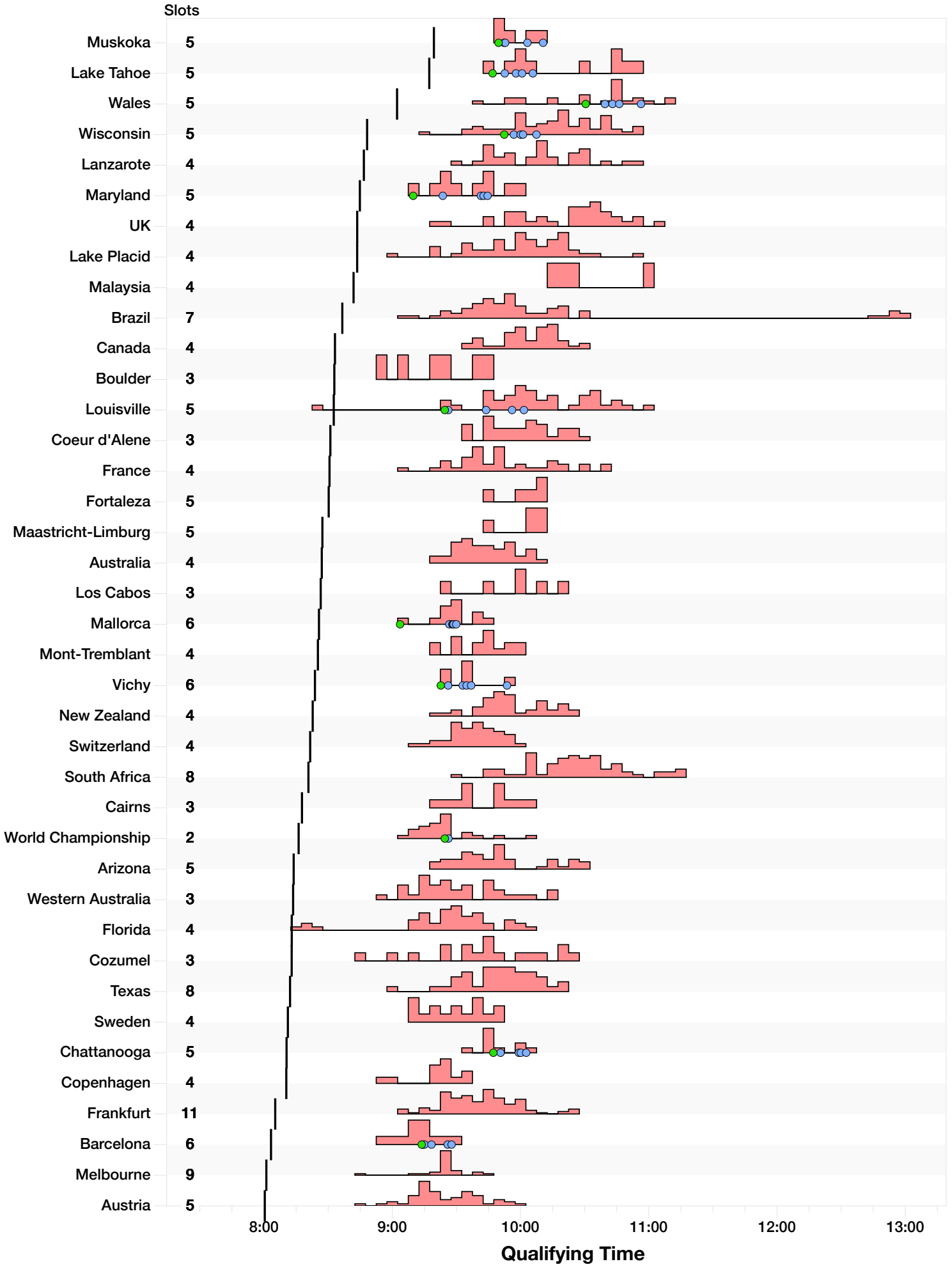
Ironman World Championship

M45-49

2016 Qualification Stats

2016 Qualification Comparison for M45-49

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



M45-49 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	9:22:41	9:53:40
Average	8:23:49	9:22:41	9:53:40

Ironman Muskoka (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2015	9:19:28	9:49:43	10:10:33
Average	9:19:28	9:49:43	10:10:33

Ironman Wisconsin (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2003	8:55:26	10:14:33	10:54:16
2004	8:52:33	9:41:46	10:41:28
2005	9:01:34	10:37:46	10:55:19
2006	9:07:24	9:58:42	10:39:37
2007	8:52:49	9:57:37	10:19:33
2008	8:43:29	9:33:36	10:23:51
2009	8:45:19	9:35:12	10:21:32
2010	8:38:32	9:40:25	10:28:07
2011	8:45:18	10:25:31	10:40:46
2012	8:32:51	10:07:26	10:19:04
2013	8:40:15	9:52:06	10:20:22
2014	8:31:20	9:17:23	10:30:20
2015	8:59:59	9:52:23	10:07:27
Average	8:48:13	9:54:57	10:30:54

Ironman Wales (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2011	9:04:20	10:44:14	10:48:10
2012	8:52:43	9:40:17	10:02:04
2013	9:09:10	10:16:03	10:58:26
2014	9:07:28	10:13:42	11:11:24
2015	8:57:33	10:30:28	10:56:22
Average	9:02:14	10:16:56	10:47:17

Ironman Lake Tahoe (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2013	8:55:14	10:30:13	10:56:20
2015	9:39:23	9:46:56	10:05:45
Average	9:17:18	10:08:34	10:31:02

Ironman Mallorca (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2014	8:34:02	9:21:10	9:43:42
2015	8:17:22	9:03:39	9:29:55
Average	8:25:42	9:12:24	9:36:48

Ironman Chattanooga (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2014	8:12:32	9:35:44	9:47:09
2015	8:08:32	9:47:17	10:02:39
Average	8:10:32	9:41:30	9:54:54

Ironman Barcelona (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2014	8:04:13	8:57:13	9:10:17
2015	8:02:20	9:13:45	9:27:44
Average	8:03:16	9:05:29	9:19:00

Ironman World Championship (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:59:36	9:12:09	9:27:09
2004	8:33:29	9:49:42	10:06:33
2005	8:14:17	9:11:56	9:17:40
2006	8:11:56	9:14:15	9:19:06
2007	8:15:34	9:19:02	9:26:06
2008	8:17:45	9:33:06	9:37:31
2009	8:20:21	9:11:24	9:36:26
2010	8:10:37	9:18:21	9:24:48
2011	8:03:56	9:12:43	9:17:55
2012	8:18:37	9:17:22	9:25:18
2013	8:12:29	9:02:51	9:12:31
2014	8:14:18	9:22:59	9:25:23
2015	8:14:40	9:24:34	9:26:16
Average	8:19:02	9:19:15	9:27:54

Ironman Louisville (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2007	8:38:39	10:09:18	11:01:27
2008	8:33:58	9:46:54	10:42:46
2010	8:29:59	9:48:14	10:44:15
2011	8:27:36	9:31:11	9:59:37
2012	8:42:44	10:15:18	10:39:21
2013	8:21:34	9:57:49	10:15:51
2014	8:24:44	8:24:44	10:04:01
2015	8:48:53	9:24:33	10:01:35
Average	8:33:30	9:39:45	10:26:06

Ironman Maryland (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2014	8:51:19	9:19:16	10:01:35
2015	8:38:21	9:09:47	9:44:35
Average	8:44:50	9:14:31	9:53:05

Ironman Los Cabos (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:26:48	9:58:01	10:18:04
2014	8:26:15	9:23:01	10:01:29
Average	8:26:31	9:40:31	10:09:46

Ironman Florida (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2004	8:31:07	9:08:51	9:41:41
2005	8:28:26	9:27:50	9:54:03
2006	8:22:44	9:54:24	10:03:01
2007	8:21:29	9:24:57	9:44:15
2008	8:07:59	9:14:38	9:39:33
2009	8:24:29	9:11:49	9:30:07
2010	8:15:59	9:25:58	9:37:40
2011	7:59:42	9:33:52	9:44:44
2012	8:06:17	9:12:37	9:29:13
2013	7:53:12	9:15:57	9:23:00
2014	7:33:47	8:13:42	8:24:02
Average	8:11:22	9:16:46	9:33:45

Ironman Fortaleza (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2014	8:30:15	9:43:58	10:10:19
Average	8:30:15	9:43:58	10:10:19

Ironman Malaysia (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:41:53	10:17:20	10:59:13
Average	8:41:53	10:17:20	10:59:13

Ironman Arizona (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2005	8:25:42	9:23:38	10:27:42
2006	8:20:56	9:52:33	10:20:34
2007	8:21:14	10:07:50	10:30:06
2008	8:14:16	9:35:24	9:52:20
2009	8:14:16	9:35:24	9:52:20
2010	8:13:35	9:22:53	9:48:38
2011	8:07:16	9:28:08	9:44:31
2012	8:03:13	9:27:26	9:39:36
2013	8:02:00	9:19:44	9:33:21
2014	7:55:48	9:34:39	9:52:44
Average	8:11:49	9:34:45	9:58:11

Ironman Cozumel (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2009	8:18:40	10:04:18	10:17:51
2010	8:12:20	9:25:45	9:34:52
2011	8:23:52	9:34:30	9:47:13
2012	8:15:07	9:42:15	9:50:06
2013	7:55:23	8:45:25	9:10:10
2014	8:12:16	10:02:16	10:23:16
Average	8:12:56	9:35:44	9:50:34

Ironman Western Australia (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:16:00	10:00:33	10:14:32
2005	8:27:36	9:34:43	10:06:22
2006	8:08:57	9:08:43	9:51:36
2007	8:06:00	8:55:10	9:49:09
2008	8:07:06	9:07:08	9:47:24
2009	8:13:59	9:16:29	9:44:30
2010	8:14:01	9:04:02	9:26:59
2011	8:12:39	9:14:10	9:24:44
2012	8:29:06	9:33:50	9:46:56
2013	8:08:16	9:22:13	9:22:51
2014	8:05:58	9:14:31	9:17:26
Average	8:13:36	9:19:13	9:42:57

Ironman New Zealand (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2003	8:22:04	9:26:31	10:23:28
2004	8:30:29	9:39:04	10:14:09
2005	8:20:14	9:29:24	10:24:11
2007	8:26:33	9:56:51	10:22:06
2008	8:24:49	9:42:56	10:12:19
2009	8:18:04	9:21:21	10:00:27
2010	8:21:52	9:49:56	10:08:52
2011	8:31:07	9:29:55	9:47:25
2013	8:15:35	9:41:23	9:51:49
2014	8:17:33	9:45:28	10:08:33
2015	8:22:13	9:52:00	9:55:21
Average	8:22:46	9:39:31	10:08:03

Ironman Melbourne (9 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	9th Place Age Group Time
2012	7:57:44	9:10:04	9:26:14
2014	8:01:02	8:47:22	9:30:22
2015	8:04:29	9:12:39	9:43:53
Average	8:01:05	9:03:21	9:33:29

Ironman South Africa (8 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	8th Place Age Group Time
2007	8:33:04	10:24:01	11:16:13
2008	8:18:23	9:48:45	10:37:53
2009	8:17:32	9:50:28	10:43:26
2010	8:23:28	9:43:00	10:37:24
2011	8:05:36	10:04:50	10:46:20
2012	8:34:45	10:20:27	11:10:34
2013	8:11:24	9:28:43	10:13:21
2014	8:26:07	10:18:59	10:44:09
2015	8:16:35	9:43:33	10:24:12
Average	8:20:46	9:58:05	10:43:43

Ironman Australia (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:25:44	9:29:59	9:42:52
2006	8:20:42	9:19:27	10:04:01
2007	8:21:49	9:42:17	9:57:16
2008	8:31:33	9:29:14	9:45:09
2009	8:24:53	9:26:38	9:33:14
2010	8:23:54	9:52:04	10:06:52
2011	8:29:28	9:22:21	10:07:49
2012	8:17:38	9:40:50	10:02:28
2013	8:30:23	9:25:42	9:56:33
2014	8:35:18	9:34:58	9:45:14
2015	8:35:53	9:29:01	9:54:08
Average	8:27:01	9:32:02	9:54:08

Ironman Texas (8 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	8th Place Age Group Time
2011	8:08:20	9:29:04	10:12:56
2012	8:10:44	9:35:39	10:21:56
2013	8:25:06	9:36:52	10:20:57
2014	8:09:37	8:59:52	9:55:49
2015	8:07:03	9:36:28	10:05:03
Average	8:12:10	9:27:35	10:11:20

Ironman Lanzarote (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2008	8:59:37	10:16:29	10:52:38
2009	8:54:03	9:46:26	10:29:10
2010	8:37:42	9:47:09	10:15:52
2011	8:30:34	9:38:10	10:04:39
2012	8:44:39	9:30:34	9:55:44
2013	8:42:40	9:42:35	10:10:38
2014	8:47:39	10:06:01	10:12:25
2015	8:56:49	10:26:22	10:30:10
Average	8:46:42	9:54:13	10:18:54

Ironman Brazil (7 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	7th Place Age Group Time
2006	8:15:18	9:58:08	10:31:32
2007	8:21:09	9:53:04	10:21:19
2008	8:28:24	10:01:30	10:19:54
2009	8:13:39	9:09:37	9:57:54
2010	8:07:39	9:25:51	9:55:55
2011	12:14:21	12:46:15	13:01:42
2012	8:22:40	9:27:32	9:59:50
2013	8:01:32	9:06:18	9:50:37
2014	8:07:52	9:34:53	9:54:30
2015	7:53:44	9:20:46	9:44:27
Average	8:36:37	9:52:23	10:21:46

Ironman France (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:49:06	10:00:22	10:20:05
2006	8:33:55	10:09:40	10:41:33
2007	8:38:45	9:56:31	10:30:30
2008	8:34:18	9:34:20	10:15:31
2009	8:30:06	9:41:42	9:50:09
2011	8:28:30	9:41:43	9:50:04
2012	8:21:51	9:33:25	9:44:21
2013	8:08:59	9:07:19	9:33:04
2014	8:33:22	9:20:09	9:40:02
2015	8:27:32	9:32:03	9:46:38
Average	8:30:38	9:39:43	10:01:11

Ironman Cairns (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:15:04	9:50:23	9:59:05
2013	8:17:43	9:50:57	10:04:30
2014	8:20:15	9:18:23	9:32:31
2015	8:18:01	9:31:48	9:37:01
Average	8:17:45	9:37:52	9:48:16

Ironman Austria (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2005	8:14:37	9:33:08	9:59:24
2006	8:07:59	9:27:17	9:40:45
2007	8:06:39	9:26:40	9:52:06
2008	8:06:11	9:15:47	9:19:12
2009	8:01:38	9:21:48	9:40:53
2010	7:52:05	9:07:53	9:19:17
2011	7:45:58	8:59:59	9:15:59
2012	8:11:31	9:25:28	9:45:40
2013	7:59:51	9:09:47	9:21:16
2014	7:48:43	8:42:38	9:17:27
2015	7:48:45	9:08:09	9:30:13
Average	8:00:21	9:14:24	9:32:55

Ironman Frankfurt (11 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	11th Place Age Group Time
2003	8:12:29	9:17:04	10:05:14
2005	8:20:50	9:32:18	10:01:59
2006	8:13:39	9:56:56	10:27:16
2007	8:09:15	9:25:11	9:55:50
2008	7:59:55	9:17:22	9:43:00
2009	7:59:15	9:22:37	9:43:58
2010	8:05:15	9:22:44	9:54:37
2011	8:13:50	9:23:42	9:39:45
2012	8:03:31	9:26:46	9:47:35
2013	7:59:58	9:02:53	9:33:59
2014	7:55:14	9:02:50	9:33:40
2015	7:49:48	9:43:23	9:59:59
Average	8:05:14	9:24:28	9:52:14

Ironman UK (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2007	8:35:57	9:18:14	10:44:29
2008	8:53:58	9:47:16	10:51:40
2009	8:45:51	10:29:22	11:03:14
2010	8:40:17	9:44:30	10:26:45
2011	8:24:33	9:24:20	10:03:40
2012	8:55:11	9:54:02	10:53:28
2013	8:45:48	9:58:26	10:28:56
2014	8:44:10	9:58:57	10:35:58
2015	8:46:37	10:10:26	10:39:08
Average	8:43:35	9:51:43	10:38:35

Ironman Lake Placid (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2002	8:39:19	9:35:08	9:47:46
2003	8:46:15	10:03:26	10:52:38
2004	8:23:12	9:44:21	10:20:40
2006	8:38:18	10:06:06	10:18:55
2007	9:16:02	9:50:31	10:27:58
2008	8:43:32	10:10:28	10:18:00
2009	8:36:37	9:59:32	10:18:55
2010	8:39:34	9:51:32	10:05:31
2011	8:25:15	9:58:49	10:19:54
2012	8:25:07	9:39:19	9:59:03
2013	8:43:29	9:30:14	9:50:23
2014	8:38:43	8:58:40	9:20:53
2015	9:31:09	9:37:14	10:19:48
Average	8:43:34	9:46:33	10:10:48

Ironman Switzerland (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2005	8:21:50	9:29:29	9:54:32
2006	8:16:50	9:36:04	9:49:51
2007	8:25:00	9:22:39	9:50:44
2008	8:16:05	9:28:05	9:40:10
2009	8:20:00	9:12:57	9:29:05
2010	8:12:40	9:31:13	9:40:13
2011	8:19:51	9:33:36	9:44:20
2012	8:17:13	9:18:20	9:49:31
2013	8:33:39	9:39:52	10:02:13
2014	8:33:02	9:10:45	9:34:58
2015	8:21:19	9:17:48	9:45:51
Average	8:21:35	9:25:31	9:45:35

Ironman Canada (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2004	8:28:06	10:01:49	10:31:49
2005	8:33:32	10:14:34	10:30:18
2006	8:33:58	9:34:04	10:12:59
2007	8:32:45	9:34:01	10:00:47
2008	8:30:12	9:53:52	10:12:58
2009	8:25:13	9:53:23	10:09:07
2010	8:32:28	9:40:47	10:01:44
2011	8:28:09	10:11:16	10:15:11
2012	8:48:30	9:41:06	9:53:08
2013	8:39:33	9:46:28	10:01:01
2014	8:16:10	10:09:14	10:19:04
2015	8:49:46	9:57:43	10:17:08
Average	8:33:11	9:53:11	10:12:06

Ironman Maastricht-Limburg (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2015	8:27:18	9:46:22	10:11:04
Average	8:27:18	9:46:22	10:11:04

Ironman Boulder (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:20:26	8:56:45	9:27:16
2015	8:45:20	9:03:46	9:47:14
Average	8:32:53	9:00:15	9:37:15

Ironman Sweden (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2012	8:04:01	9:08:37	9:20:58
2013	8:19:30	9:12:47	9:51:57
2014	8:13:01	9:12:12	9:40:35
2015	8:08:05	9:26:38	9:47:15
Average	8:11:09	9:15:03	9:40:11

Ironman Copenhagen (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2013	8:12:41	8:54:25	9:21:19
2014	8:03:39	9:23:05	9:35:43
2015	8:14:56	9:19:37	9:37:02
Average	8:10:25	9:12:22	9:31:21

Ironman Coeur d'Alene (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:40:59	10:09:38	10:20:01
2005	8:23:29	9:33:33	10:02:23
2006	9:07:05	10:26:35	10:31:29
2007	8:33:32	10:09:00	10:23:03
2008	8:34:22	9:36:13	10:13:20
2009	8:32:12	9:36:26	10:06:15
2010	8:24:40	9:42:34	10:03:14
2011	8:19:48	9:36:48	9:58:43
2012	8:32:29	10:00:17	10:06:22
2013	8:17:31	9:43:09	9:50:49
2014	8:25:44	9:47:31	9:55:21
2015	8:20:35	9:43:01	10:11:29
Average	8:31:02	9:50:23	10:08:32

Ironman Mont-Tremblant (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2012	8:40:48	9:20:29	9:47:15
2013	8:26:06	9:18:56	10:00:39
2014	8:16:17	9:39:48	9:53:02
2015	8:17:37	9:39:51	9:57:35
Average	8:25:12	9:29:46	9:54:37

M45-49 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	1:04:17	4:58:53	3:13:29	9:22:41
2nd Age Grouper	1:02:31	5:02:03	3:13:40	9:26:08
3rd Age Grouper	1:03:35	4:51:12	3:31:18	9:32:56
4th Age Grouper	1:08:07	5:03:23	3:16:39	9:34:45
5th Age Grouper	1:04:36	5:02:52	3:23:32	9:36:54
6th Age Grouper	1:02:42	5:08:47	3:36:31	9:53:40
7th Age Grouper	0:58:15	5:13:57	3:40:07	9:59:40
8th Age Grouper	1:11:10	5:10:12	3:33:34	10:03:13
9th Age Grouper	0:58:40	5:23:38	3:33:18	10:03:50
10th Age Grouper	1:09:00	5:00:54	3:45:52	10:03:59
Kona Qualifier Average	1:04:18	5:01:11	3:22:31	9:34:30
Top 10 Age Grouper Average	1:04:17	5:05:35	3:28:48	9:45:46

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	1:06:02	5:12:37	3:21:11	9:49:43
2nd Age Grouper	0:56:53	5:24:01	3:21:33	9:52:20
3rd Age Grouper	0:52:33	5:15:38	3:36:47	9:52:49
4th Age Grouper	1:01:53	5:21:49	3:30:50	10:03:13
5th Age Grouper	1:05:06	5:20:45	3:37:40	10:10:33
6th Age Grouper	1:07:10	5:35:13	3:29:16	10:17:20
7th Age Grouper	1:03:46	4:52:04	4:13:27	10:17:52
8th Age Grouper	0:58:09	5:34:22	3:37:04	10:18:32
9th Age Grouper	0:55:10	5:34:16	3:55:12	10:32:47
10th Age Grouper	0:57:21	5:30:32	3:58:40	10:33:31
Kona Qualifier Average	1:00:29	5:18:58	3:29:36	9:57:43
Top 10 Age Grouper Average	1:00:24	5:22:07	3:40:10	10:10:52

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	1:01:27	5:16:19	3:27:57	9:54:57
2nd Age Grouper	1:02:28	5:24:19	3:31:14	10:07:29
3rd Age Grouper	1:05:56	5:27:10	3:35:22	10:17:49
4th Age Grouper	1:05:15	5:30:05	3:41:30	10:26:42
5th Age Grouper	1:04:53	5:30:07	3:46:14	10:30:54
6th Age Grouper	1:08:18	5:33:50	3:43:35	10:36:20
7th Age Grouper	1:10:12	5:35:19	3:43:01	10:40:19
8th Age Grouper	1:05:24	5:34:40	3:53:50	10:45:10
9th Age Grouper	1:08:51	5:37:26	3:52:27	10:49:11
10th Age Grouper	1:05:45	5:36:58	3:57:59	10:52:00
Kona Qualifier Average	1:04:00	5:25:36	3:36:27	10:15:34
Top 10 Age Grouper Average	1:05:51	5:30:37	3:43:19	10:30:05

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	1:01:17	5:37:53	3:25:10	10:16:56
2nd Age Grouper	1:04:49	5:45:50	3:26:31	10:30:08
3rd Age Grouper	1:04:51	5:49:18	3:26:26	10:34:09
4th Age Grouper	1:04:29	5:47:09	3:36:11	10:40:24
5th Age Grouper	1:09:10	5:52:53	3:31:43	10:47:17
6th Age Grouper	1:07:34	5:58:15	3:31:07	10:49:25
7th Age Grouper	1:07:01	5:55:26	3:35:48	10:52:13
8th Age Grouper	1:07:23	6:00:00	3:34:39	10:55:02
9th Age Grouper	1:02:57	5:57:23	3:45:01	10:57:58
10th Age Grouper	1:10:46	5:54:58	3:39:56	10:59:52
Kona Qualifier Average	1:04:55	5:46:36	3:29:12	10:33:47
Top 10 Age Grouper Average	1:06:02	5:51:54	3:33:15	10:44:20

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	1:06:11	5:22:17	3:23:58	10:08:34
2nd Age Grouper	1:04:07	5:35:26	3:31:26	10:19:42
3rd Age Grouper	1:05:01	5:32:56	3:32:02	10:22:24
4th Age Grouper	0:58:09	5:40:07	3:35:34	10:25:04
5th Age Grouper	1:00:14	5:42:41	3:37:26	10:31:02
6th Age Grouper	1:00:51	5:46:28	3:37:36	10:37:12
7th Age Grouper	1:01:54	5:41:52	3:46:31	10:44:30
8th Age Grouper	1:08:18	5:42:00	3:44:06	10:49:11
9th Age Grouper	1:01:42	5:46:11	3:51:18	10:50:01
10th Age Grouper	0:58:30	5:45:19	3:58:37	10:57:40
Kona Qualifier Average	1:02:44	5:34:41	3:32:05	10:21:21
Top 10 Age Grouper Average	1:02:29	5:39:31	3:39:51	10:34:32

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	0:58:36	4:53:08	3:13:27	9:12:24
2nd Age Grouper	0:57:40	5:07:29	3:14:18	9:25:27
3rd Age Grouper	1:01:07	5:06:12	3:12:20	9:27:00
4th Age Grouper	1:01:11	5:12:56	3:12:47	9:33:46
5th Age Grouper	1:02:51	5:02:18	3:21:10	9:34:17
6th Age Grouper	1:03:51	5:07:06	3:17:06	9:36:48
7th Age Grouper	0:55:04	5:18:58	3:22:04	9:41:40
8th Age Grouper	0:59:51	5:12:21	3:24:57	9:44:49
9th Age Grouper	1:00:21	5:09:26	3:29:07	9:46:31
10th Age Grouper	0:59:45	5:08:09	3:30:51	9:47:33
Kona Qualifier Average	1:00:52	5:04:51	3:15:11	9:28:17
Top 10 Age Grouper Average	1:00:01	5:07:48	3:19:48	9:35:01

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	0:50:48	5:11:28	3:30:29	9:41:30
2nd Age Grouper	0:57:30	5:11:43	3:29:32	9:46:55
3rd Age Grouper	0:45:15	5:07:40	3:49:43	9:52:03
4th Age Grouper	0:59:08	5:08:41	3:37:47	9:53:11
5th Age Grouper	0:49:11	5:16:17	3:42:12	9:54:54
6th Age Grouper	0:58:41	5:18:48	3:31:54	9:58:43
7th Age Grouper	0:57:23	5:23:50	3:34:08	10:03:38
8th Age Grouper	0:55:41	5:17:54	3:44:19	10:05:28
9th Age Grouper	0:56:55	5:19:08	3:44:28	10:09:15
10th Age Grouper	0:56:15	5:18:48	3:48:17	10:10:54
Kona Qualifier Average	0:52:22	5:11:10	3:37:57	9:49:42
Top 10 Age Grouper Average	0:54:40	5:15:25	3:39:17	9:57:39

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	0:58:27	4:40:41	3:22:15	9:05:29
2nd Age Grouper	0:59:56	4:42:55	3:19:52	9:07:30
3rd Age Grouper	0:51:31	4:42:03	3:33:11	9:10:30
4th Age Grouper	0:57:49	4:50:46	3:19:24	9:13:06
5th Age Grouper	1:05:30	4:42:23	3:23:38	9:16:57
6th Age Grouper	1:02:57	4:45:23	3:25:36	9:19:00
7th Age Grouper	0:59:01	4:43:28	3:33:08	9:19:51
8th Age Grouper	1:03:52	4:49:28	3:24:36	9:22:20
9th Age Grouper	0:54:30	4:46:52	3:39:31	9:25:29
10th Age Grouper	1:08:15	4:49:24	3:24:42	9:27:09
Kona Qualifier Average	0:59:21	4:44:02	3:23:59	9:12:05
Top 10 Age Grouper Average	1:00:11	4:45:20	3:26:35	9:16:44

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	1:00:27	5:00:31	3:11:52	9:19:15
2nd Age Grouper	1:01:05	5:00:55	3:19:18	9:27:54
3rd Age Grouper	1:04:53	5:04:21	3:15:55	9:31:49
4th Age Grouper	1:02:32	5:07:59	3:19:12	9:35:57
5th Age Grouper	1:03:56	5:09:05	3:20:58	9:40:22
6th Age Grouper	1:06:22	5:06:23	3:23:44	9:44:00
7th Age Grouper	1:05:51	5:10:29	3:23:32	9:47:10
8th Age Grouper	1:05:29	5:14:06	3:22:26	9:49:25
9th Age Grouper	1:07:00	5:10:59	3:26:33	9:51:48
10th Age Grouper	1:07:34	5:15:06	3:23:29	9:53:34
Kona Qualifier Average	1:00:46	5:00:43	3:15:35	9:23:34
Top 10 Age Grouper Average	1:04:31	5:07:59	3:20:42	9:40:07

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	0:53:32	4:33:19	3:02:28	9:39:45
2nd Age Grouper	1:03:41	5:17:03	3:31:21	10:00:53
3rd Age Grouper	1:02:28	5:15:53	3:42:54	10:10:04
4th Age Grouper	1:02:27	5:20:18	3:46:25	10:18:19
5th Age Grouper	1:06:08	5:21:33	3:49:57	10:26:06
6th Age Grouper	1:03:51	5:25:17	3:51:17	10:30:05
7th Age Grouper	1:10:30	5:21:16	3:52:10	10:33:43
8th Age Grouper	1:02:51	5:28:38	3:57:32	10:38:46
9th Age Grouper	1:07:57	5:29:47	3:54:32	10:41:53
10th Age Grouper	1:09:38	5:31:34	3:52:00	10:44:48
Kona Qualifier Average	1:01:39	5:09:37	3:34:37	10:07:01
Top 10 Age Grouper Average	1:04:18	5:18:28	3:44:04	10:22:26

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	0:52:33	4:49:36	3:25:13	9:14:31
2nd Age Grouper	1:00:33	4:44:48	3:31:09	9:24:29
3rd Age Grouper	0:56:51	5:04:39	3:23:48	9:34:28
4th Age Grouper	1:02:26	5:02:31	3:33:54	9:47:48
5th Age Grouper	0:57:22	4:57:29	3:48:40	9:53:05
6th Age Grouper	1:00:00	4:57:26	3:48:46	9:57:16
7th Age Grouper	0:58:17	5:05:40	3:54:35	10:06:40
8th Age Grouper	0:58:58	5:16:25	3:46:07	10:10:22
9th Age Grouper	1:01:07	5:09:26	3:53:03	10:12:14
10th Age Grouper	1:05:44	5:03:12	4:02:00	10:20:00
Kona Qualifier Average	0:57:57	4:55:49	3:32:33	9:34:52
Top 10 Age Grouper Average	0:59:23	5:01:07	3:42:43	9:52:05

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	1:01:52	5:08:27	3:23:32	9:40:31
2nd Age Grouper	1:00:34	5:24:45	3:26:20	9:56:41
3rd Age Grouper	1:04:55	5:28:09	3:30:01	10:09:46
4th Age Grouper	1:01:43	5:31:22	3:40:01	10:20:03
5th Age Grouper	1:07:25	5:30:10	3:38:39	10:22:38
6th Age Grouper	0:56:18	5:37:15	3:45:39	10:26:19
7th Age Grouper	1:09:35	5:26:59	3:45:50	10:30:59
8th Age Grouper	1:02:15	5:38:05	3:54:14	10:41:05
9th Age Grouper	1:01:40	3:07:07	6:58:48	10:42:30
10th Age Grouper	1:09:45	5:35:13	3:52:58	10:46:14
Kona Qualifier Average	1:02:27	5:20:27	3:26:38	9:55:39
Top 10 Age Grouper Average	1:03:36	5:14:45	3:59:36	10:21:40

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	0:55:37	4:54:55	3:18:19	9:16:46
2nd Age Grouper	0:55:23	4:52:49	3:27:19	9:23:03
3rd Age Grouper	0:57:59	4:59:18	3:23:00	9:27:42
4th Age Grouper	0:58:35	4:57:24	3:29:47	9:33:45
5th Age Grouper	0:56:47	5:01:20	3:30:37	9:36:25
6th Age Grouper	0:59:02	5:00:24	3:31:39	9:39:47
7th Age Grouper	0:57:41	5:06:21	3:29:38	9:42:51
8th Age Grouper	1:00:15	5:03:59	3:31:51	9:44:17
9th Age Grouper	0:59:14	5:03:33	3:34:31	9:46:53
10th Age Grouper	0:58:56	5:01:42	3:40:15	9:50:05
Kona Qualifier Average	0:56:53	4:56:06	3:24:36	9:25:19
Top 10 Age Grouper Average	0:57:57	5:00:10	3:29:42	9:36:09

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	1:06:38	5:04:04	3:25:26	9:43:58
2nd Age Grouper	1:11:18	4:55:17	3:45:17	9:59:35
3rd Age Grouper	0:57:16	5:06:24	3:55:48	10:06:12
4th Age Grouper	1:05:10	5:09:09	3:48:09	10:09:49
5th Age Grouper	1:07:59	5:09:51	3:47:00	10:10:19
6th Age Grouper	1:12:50	5:06:14	4:00:21	10:24:50
7th Age Grouper	1:04:02	5:02:59	4:12:45	10:25:28
8th Age Grouper	1:12:40	5:26:11	3:47:35	10:36:47
9th Age Grouper	1:12:12	5:20:05	4:04:50	10:45:18
10th Age Grouper	0:57:37	4:58:32	4:49:51	10:52:09
Kona Qualifier Average	1:05:40	5:04:57	3:44:20	10:01:58
Top 10 Age Grouper Average	1:06:46	5:07:52	3:57:42	10:19:26

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	1:06:34	5:21:56	3:40:08	10:17:20
2nd Age Grouper	0:59:21	5:07:49	4:03:22	10:18:23
3rd Age Grouper	1:09:36	5:01:28	4:10:25	10:27:13
4th Age Grouper	1:11:54	5:51:15	3:48:30	10:59:13
5th Age Grouper	1:24:23	5:35:57	3:53:07	11:04:33
6th Age Grouper	1:17:24	5:46:22	4:01:40	11:17:49
7th Age Grouper	1:14:31	5:35:06	4:18:48	11:20:28
8th Age Grouper	1:17:12	5:43:11	4:21:13	11:31:16
9th Age Grouper	1:13:13	6:04:18	4:06:12	11:35:44
10th Age Grouper	1:11:48	5:51:55	4:21:53	11:36:37
Kona Qualifier Average	1:06:51	5:20:37	3:55:36	10:30:32
Top 10 Age Grouper Average	1:12:35	5:35:55	4:04:31	11:02:51

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	0:57:52	5:02:10	3:27:44	9:34:45
2nd Age Grouper	1:04:28	5:08:07	3:26:58	9:46:20
3rd Age Grouper	1:07:57	5:10:33	3:26:17	9:52:12
4th Age Grouper	1:05:17	5:07:46	3:35:18	9:55:03
5th Age Grouper	1:05:37	5:15:08	3:32:45	10:00:32
6th Age Grouper	1:06:45	5:10:11	3:35:54	10:00:18
7th Age Grouper	1:03:32	5:15:47	3:37:28	10:04:01
8th Age Grouper	1:02:38	5:08:35	3:51:02	10:09:24
9th Age Grouper	1:03:14	5:16:53	3:46:05	10:14:04
10th Age Grouper	1:05:56	5:12:13	3:52:02	10:18:37
Kona Qualifier Average	1:04:08	5:08:24	3:29:42	9:49:11
Top 10 Age Grouper Average	1:04:23	5:10:44	3:37:27	9:59:53

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	0:52:20	5:15:08	3:29:13	9:35:44
2nd Age Grouper	0:50:38	5:07:25	3:32:55	9:43:56
3rd Age Grouper	0:56:31	5:20:39	3:34:12	9:50:34
4th Age Grouper	0:58:41	5:15:58	3:41:11	9:55:21
5th Age Grouper	1:01:50	5:15:14	3:37:42	10:00:19
6th Age Grouper	1:03:10	5:14:39	3:40:08	10:04:58
7th Age Grouper	0:59:09	5:23:42	3:39:38	10:09:41
8th Age Grouper	1:04:37	5:19:14	3:41:15	10:12:25
9th Age Grouper	1:00:39	5:34:15	3:38:07	10:20:43
10th Age Grouper	1:00:19	5:32:57	3:43:43	10:24:36
Kona Qualifier Average	0:53:10	5:14:24	3:32:06	9:43:25
Top 10 Age Grouper Average	0:58:47	5:19:55	3:37:48	10:01:50

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	1:00:08	4:56:36	3:19:16	9:19:13
2nd Age Grouper	1:00:42	5:01:12	3:26:22	9:31:58
3rd Age Grouper	0:59:53	5:02:15	3:36:58	9:42:57
4th Age Grouper	1:01:46	5:06:35	3:41:18	9:53:37
5th Age Grouper	1:01:49	5:13:49	3:39:24	9:59:09
6th Age Grouper	1:02:03	5:16:05	3:43:57	10:06:34
7th Age Grouper	1:02:48	5:08:22	3:57:26	10:12:35
8th Age Grouper	1:06:48	5:13:53	3:53:48	10:19:16
9th Age Grouper	1:07:55	5:15:49	3:57:09	10:25:04
10th Age Grouper	1:05:45	5:22:34	3:54:39	10:27:40
Kona Qualifier Average	1:00:14	5:00:01	3:27:32	9:31:23
Top 10 Age Grouper Average	1:02:58	5:09:43	3:43:02	9:59:48

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	0:56:28	5:10:26	3:25:44	9:39:31
2nd Age Grouper	0:59:36	5:17:38	3:30:01	9:55:27
3rd Age Grouper	1:00:16	5:19:32	3:35:02	10:02:08
4th Age Grouper	0:59:07	5:20:58	3:39:57	10:08:03
5th Age Grouper	1:01:13	5:20:04	3:47:16	10:16:50
6th Age Grouper	0:59:52	5:26:39	3:46:35	10:20:27
7th Age Grouper	1:01:53	5:28:49	3:44:21	10:23:33
8th Age Grouper	1:00:40	5:33:12	3:42:59	10:25:21
9th Age Grouper	1:06:42	5:28:00	3:43:06	10:26:45
10th Age Grouper	1:01:51	5:26:25	3:53:39	10:29:47
Kona Qualifier Average	0:58:52	5:17:08	3:32:41	9:56:17
Top 10 Age Grouper Average	1:00:46	5:23:10	3:40:52	10:12:47

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	0:51:41	4:47:20	3:19:43	9:03:21
2nd Age Grouper	0:59:18	4:55:42	3:20:26	9:20:56
3rd Age Grouper	1:01:33	4:52:43	3:24:10	9:24:38
4th Age Grouper	0:58:48	4:55:03	3:24:56	9:25:07
5th Age Grouper	0:55:48	4:59:32	3:24:15	9:26:09
6th Age Grouper	0:59:13	4:52:35	3:29:28	9:27:09
7th Age Grouper	0:56:40	4:58:18	3:28:09	9:30:06
8th Age Grouper	0:55:54	5:02:11	3:25:39	9:30:21
9th Age Grouper	0:59:44	4:57:57	3:29:37	9:33:29
10th Age Grouper	0:57:42	4:56:59	3:33:46	9:34:14
Kona Qualifier Average	0:57:38	4:55:42	3:25:09	9:24:35
Top 10 Age Grouper Average	0:57:38	4:55:50	3:26:01	9:25:33

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	1:03:21	5:19:34	3:28:21	9:58:05
2nd Age Grouper	1:06:57	5:19:03	3:37:13	10:11:08
3rd Age Grouper	1:04:02	5:24:25	3:45:03	10:20:46
4th Age Grouper	1:04:30	5:24:07	3:51:01	10:26:02
5th Age Grouper	1:07:09	5:26:44	3:47:50	10:28:54
6th Age Grouper	1:12:32	5:30:29	3:44:13	10:35:42
7th Age Grouper	1:10:56	5:31:26	3:49:49	10:40:25
8th Age Grouper	1:11:25	5:29:34	3:54:23	10:43:43
9th Age Grouper	1:13:43	5:36:56	3:46:01	10:45:37
10th Age Grouper	1:07:36	5:30:57	4:02:09	10:48:41
Kona Qualifier Average	1:07:36	5:25:40	3:44:44	10:25:36
Top 10 Age Grouper Average	1:08:13	5:27:19	3:46:36	10:29:54

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	0:55:48	5:11:57	3:21:11	9:32:02
2nd Age Grouper	0:58:07	5:13:45	3:25:53	9:40:38
3rd Age Grouper	1:01:21	5:15:04	3:28:27	9:48:53
4th Age Grouper	0:58:48	5:20:35	3:30:27	9:54:08
5th Age Grouper	0:59:41	5:20:44	3:36:30	10:01:14
6th Age Grouper	1:00:05	4:56:15	4:08:47	10:03:24
7th Age Grouper	0:58:11	5:24:44	3:39:33	10:07:08
8th Age Grouper	1:03:16	5:26:16	3:38:08	10:11:06
9th Age Grouper	1:00:15	5:25:56	3:45:10	10:15:08
10th Age Grouper	1:02:49	5:23:19	3:47:08	10:17:52
Kona Qualifier Average	0:58:31	5:15:20	3:26:30	9:43:55
Top 10 Age Grouper Average	0:59:50	5:17:51	3:38:07	9:59:09

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	0:59:17	4:55:09	3:25:47	9:27:35
2nd Age Grouper	0:59:21	5:00:59	3:30:54	9:38:44
3rd Age Grouper	1:00:40	5:00:04	3:36:23	9:44:18
4th Age Grouper	1:08:51	4:58:21	3:34:14	9:49:05
5th Age Grouper	1:04:34	5:01:30	3:38:09	9:51:43
6th Age Grouper	1:13:16	5:00:08	3:37:54	9:59:28
7th Age Grouper	1:07:00	5:05:50	3:40:47	10:01:33
8th Age Grouper	1:13:55	5:06:51	3:42:11	10:11:20
9th Age Grouper	1:04:05	5:12:45	3:51:33	10:16:13
10th Age Grouper	1:09:37	5:09:24	3:55:01	10:22:32
Kona Qualifier Average	1:05:52	5:01:07	3:35:47	9:50:28
Top 10 Age Grouper Average	1:06:04	5:03:06	3:39:17	9:56:15

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	0:59:37	5:34:26	3:11:12	9:54:13
2nd Age Grouper	1:03:55	5:31:45	3:22:20	10:06:41
3rd Age Grouper	0:59:32	5:36:51	3:29:57	10:15:13
4th Age Grouper	0:59:52	5:36:11	3:32:41	10:18:54
5th Age Grouper	1:02:57	5:46:13	3:24:21	10:22:16
6th Age Grouper	1:05:48	5:42:50	3:27:56	10:26:23
7th Age Grouper	1:04:33	5:44:16	3:31:37	10:29:47
8th Age Grouper	1:04:07	5:45:17	3:34:01	10:32:41
9th Age Grouper	1:03:04	5:46:03	3:35:26	10:34:26
10th Age Grouper	1:09:01	5:51:55	3:24:44	10:36:21
Kona Qualifier Average	1:00:44	5:34:48	3:24:03	10:08:45
Top 10 Age Grouper Average	1:03:14	5:41:34	3:27:26	10:21:41

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	1:06:07	4:20:36	2:40:37	9:52:23
2nd Age Grouper	1:00:24	4:35:07	3:10:03	10:01:11
3rd Age Grouper	1:02:56	4:36:37	3:13:10	10:08:57
4th Age Grouper	0:56:45	4:38:24	3:15:36	10:13:29
5th Age Grouper	1:02:06	4:37:43	3:19:23	10:17:07
6th Age Grouper	1:02:23	4:42:25	3:58:03	10:20:18
7th Age Grouper	1:08:33	4:42:17	3:12:34	10:21:46
8th Age Grouper	1:04:51	4:15:27	3:15:01	10:27:07
9th Age Grouper	1:02:27	4:44:50	3:23:42	10:29:10
10th Age Grouper	1:04:45	4:45:50	3:22:30	10:31:10
Kona Qualifier Average	1:02:45	4:36:10	3:15:38	10:10:44
Top 10 Age Grouper Average	1:03:08	4:35:55	3:17:04	10:16:16

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	0:58:58	5:12:01	3:20:49	9:39:43
2nd Age Grouper	0:59:13	5:21:06	3:21:22	9:50:08
3rd Age Grouper	1:02:42	5:22:57	3:21:32	9:55:46
4th Age Grouper	1:01:29	5:21:03	3:28:45	10:01:11
5th Age Grouper	1:02:11	5:24:48	3:28:42	10:05:11
6th Age Grouper	1:06:27	5:23:41	3:29:45	10:09:06
7th Age Grouper	0:57:54	5:30:28	3:27:54	10:13:06
8th Age Grouper	1:07:16	5:30:00	3:28:35	10:16:26
9th Age Grouper	1:05:46	5:25:59	3:36:31	10:18:23
10th Age Grouper	1:02:04	5:35:02	3:35:38	10:22:10
Kona Qualifier Average	1:00:36	5:19:17	3:23:07	9:51:42
Top 10 Age Grouper Average	1:02:24	5:24:43	3:27:57	10:05:07

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	1:00:08	5:04:23	3:25:48	9:37:52
2nd Age Grouper	1:02:07	5:07:24	3:24:44	9:41:33
3rd Age Grouper	0:59:18	5:11:50	3:30:38	9:48:16
4th Age Grouper	0:58:07	5:21:18	3:31:45	9:58:00
5th Age Grouper	1:02:41	5:11:49	3:41:04	10:03:39
6th Age Grouper	1:04:01	5:18:10	3:40:33	10:09:26
7th Age Grouper	1:10:54	5:14:54	3:40:07	10:12:24
8th Age Grouper	1:03:35	5:28:23	3:36:33	10:17:44
9th Age Grouper	1:07:59	5:16:20	3:47:15	10:20:25
10th Age Grouper	1:03:36	5:21:35	3:49:25	10:22:23
Kona Qualifier Average	1:00:31	5:07:52	3:27:03	9:42:34
Top 10 Age Grouper Average	1:03:14	5:15:37	3:36:47	10:03:10

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	0:59:48	4:54:47	3:13:33	9:14:24
2nd Age Grouper	1:00:45	4:55:50	3:18:23	9:22:00
3rd Age Grouper	1:03:06	4:51:29	3:22:59	9:25:12
4th Age Grouper	1:01:57	4:57:18	3:24:06	9:30:15
5th Age Grouper	1:00:55	4:54:50	3:29:59	9:32:55
6th Age Grouper	1:06:33	5:01:13	3:20:30	9:35:55
7th Age Grouper	1:05:43	5:01:58	3:24:33	9:39:37
8th Age Grouper	1:06:32	5:04:42	3:22:10	9:41:02
9th Age Grouper	1:04:21	5:00:11	3:31:34	9:43:05
10th Age Grouper	1:03:02	5:06:36	3:28:11	9:45:08
Kona Qualifier Average	1:01:18	4:54:51	3:21:48	9:24:57
Top 10 Age Grouper Average	1:03:16	4:58:53	3:23:36	9:32:57

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	0:59:21	4:58:46	3:01:25	9:24:28
2nd Age Grouper	1:02:34	4:57:54	3:03:52	9:28:23
3rd Age Grouper	1:03:42	5:01:20	3:04:14	9:33:18
4th Age Grouper	1:01:17	4:59:13	4:06:49	9:36:24
5th Age Grouper	1:04:59	5:05:49	3:05:25	9:39:52
6th Age Grouper	1:06:04	5:02:01	3:10:28	9:42:37
7th Age Grouper	1:03:56	5:01:28	3:12:30	9:44:36
8th Age Grouper	1:04:10	5:07:27	3:57:48	9:46:18
9th Age Grouper	1:04:31	5:05:26	3:13:01	9:49:03
10th Age Grouper	1:02:00	5:07:45	3:14:53	9:50:46
11th Age Grouper	1:04:37	5:07:47	3:52:24	9:52:14
Kona Qualifier Average	1:03:23	5:03:11	3:22:04	9:40:43

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	1:00:19	5:29:16	3:15:24	9:51:43
2nd Age Grouper	1:07:19	5:38:37	3:26:49	10:21:22
3rd Age Grouper	1:05:05	5:44:02	3:34:05	10:31:07
4th Age Grouper	1:06:39	5:47:52	3:35:49	10:38:35
5th Age Grouper	1:06:51	5:50:19	3:40:21	10:45:42
6th Age Grouper	1:11:58	5:55:50	3:36:11	10:52:37
7th Age Grouper	1:08:19	5:57:57	3:42:35	10:58:01
8th Age Grouper	1:06:20	5:58:31	3:47:14	11:01:20
9th Age Grouper	1:12:19	6:00:19	3:42:03	11:04:02
10th Age Grouper	1:06:10	5:59:40	3:52:00	11:07:14
Kona Qualifier Average	1:04:51	5:39:57	3:28:02	10:20:42
Top 10 Age Grouper Average	1:07:08	5:50:14	3:37:15	10:43:10

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	0:57:18	5:15:41	3:24:00	9:46:33
2nd Age Grouper	0:59:02	5:22:05	3:26:52	9:57:47
3rd Age Grouper	0:58:18	5:23:11	3:32:17	10:04:23
4th Age Grouper	0:59:46	5:27:11	3:33:54	10:10:48
5th Age Grouper	0:58:24	5:39:56	3:20:29	10:15:27
6th Age Grouper	0:58:50	5:27:27	3:43:18	10:20:59
7th Age Grouper	0:59:25	5:33:30	3:42:07	10:25:21
8th Age Grouper	0:59:20	5:32:06	3:47:15	10:29:42
9th Age Grouper	1:03:04	5:36:18	3:41:37	10:33:04
10th Age Grouper	0:58:49	5:36:27	3:49:58	10:37:01
Kona Qualifier Average	0:58:36	5:22:02	3:29:16	9:59:53
Top 10 Age Grouper Average	0:59:14	5:29:23	3:36:11	10:16:07

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	1:02:04	5:00:34	3:18:36	9:25:31
2nd Age Grouper	1:03:09	5:04:04	3:25:43	9:37:51
3rd Age Grouper	1:03:18	5:06:24	3:27:57	9:42:42
4th Age Grouper	1:05:54	4:38:54	3:28:43	9:45:35
5th Age Grouper	1:06:36	5:07:43	3:29:08	9:48:57
6th Age Grouper	1:05:17	5:10:23	3:31:30	9:52:03
7th Age Grouper	1:06:05	5:14:21	3:30:15	9:55:59
8th Age Grouper	1:08:06	5:16:48	3:29:52	9:59:56
9th Age Grouper	1:09:55	5:13:59	3:34:12	10:03:14
10th Age Grouper	1:05:29	5:17:26	3:37:14	10:05:06
Kona Qualifier Average	1:03:36	4:57:29	3:25:15	9:37:55
Top 10 Age Grouper Average	1:05:35	5:07:04	3:29:19	9:49:41

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	1:03:02	5:15:25	3:28:43	9:53:11
2nd Age Grouper	1:05:58	5:16:49	3:34:34	10:03:17
3rd Age Grouper	1:02:14	5:21:36	3:37:21	10:07:13
4th Age Grouper	1:04:32	5:19:46	3:41:06	10:12:06
5th Age Grouper	1:06:41	5:21:04	3:41:29	10:16:24
6th Age Grouper	1:06:02	5:21:10	3:44:56	10:19:44
7th Age Grouper	1:06:06	5:22:53	3:45:34	10:21:43
8th Age Grouper	1:06:03	5:29:40	3:39:29	10:23:06
9th Age Grouper	1:09:06	5:26:00	3:43:21	10:25:47
10th Age Grouper	1:04:09	5:25:20	3:50:43	10:27:32
Kona Qualifier Average	1:03:56	5:18:24	3:35:26	10:03:57
Top 10 Age Grouper Average	1:05:23	5:21:58	3:40:44	10:15:00

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	0:55:55	5:14:27	3:28:17	9:46:22
2nd Age Grouper	1:08:39	5:25:16	3:20:59	10:04:08
3rd Age Grouper	1:00:07	5:25:20	3:33:07	10:06:19
4th Age Grouper	1:06:09	5:16:55	3:40:06	10:10:31
5th Age Grouper	0:55:14	5:16:50	3:51:24	10:11:04
6th Age Grouper	0:56:59	5:24:23	3:43:24	10:11:44
7th Age Grouper	1:01:24	5:26:44	3:46:01	10:20:52
8th Age Grouper	0:59:44	5:29:13	3:45:23	10:22:21
9th Age Grouper	0:55:45	5:17:27	4:02:38	10:22:48
10th Age Grouper	1:01:43	5:25:28	3:47:11	10:23:22
Kona Qualifier Average	1:01:12	5:19:45	3:34:46	10:03:40
Top 10 Age Grouper Average	1:00:09	5:22:12	3:41:51	10:11:57

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	1:01:35	4:34:56	3:16:08	9:00:15
2nd Age Grouper	1:03:57	4:50:46	3:28:21	9:31:18
3rd Age Grouper	1:07:52	4:48:51	3:33:00	9:37:15
4th Age Grouper	1:10:03	4:55:05	3:34:37	9:49:14
5th Age Grouper	1:13:01	4:58:21	3:35:29	9:57:04
6th Age Grouper	1:06:16	5:00:59	3:45:16	10:00:49
7th Age Grouper	1:11:53	5:07:47	3:39:39	10:07:47
8th Age Grouper	1:09:01	4:56:13	4:00:51	10:15:07
9th Age Grouper	1:07:19	5:09:36	3:53:28	10:20:46
10th Age Grouper	1:12:44	5:02:04	3:58:52	10:23:10
Kona Qualifier Average	1:04:28	4:44:51	3:25:50	9:22:56
Top 10 Age Grouper Average	1:08:22	4:56:27	3:40:34	9:54:16

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	0:59:49	4:55:00	3:15:18	9:15:03
2nd Age Grouper	1:02:40	4:53:07	3:25:46	9:27:00
3rd Age Grouper	1:09:25	5:01:52	3:19:32	9:36:45
4th Age Grouper	1:05:03	5:00:12	3:28:25	9:40:11
5th Age Grouper	1:07:30	5:01:33	3:29:02	9:43:48
6th Age Grouper	1:10:13	5:03:40	3:27:05	9:47:29
7th Age Grouper	0:57:14	5:07:10	3:39:16	9:48:49
8th Age Grouper	1:09:51	5:00:32	3:34:52	9:50:26
9th Age Grouper	1:06:38	5:06:52	3:33:30	9:52:51
10th Age Grouper	1:03:44	5:04:21	3:40:28	9:54:43
Kona Qualifier Average	1:04:14	4:57:33	3:22:15	9:29:44
Top 10 Age Grouper Average	1:05:12	5:01:26	3:29:19	9:41:42

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	0:59:14	4:45:23	3:20:40	9:12:22
2nd Age Grouper	0:59:27	4:49:09	3:20:23	9:16:30
3rd Age Grouper	1:05:21	4:57:00	3:16:06	9:25:14
4th Age Grouper	1:05:54	4:51:04	3:26:38	9:31:21
5th Age Grouper	1:01:59	5:02:20	3:22:38	9:35:12
6th Age Grouper	0:59:55	4:57:15	3:32:03	9:36:36
7th Age Grouper	1:01:46	5:00:56	3:25:23	9:37:45
8th Age Grouper	1:05:14	5:16:41	3:33:53	9:40:47
9th Age Grouper	0:57:23	4:59:30	3:36:53	9:42:03
10th Age Grouper	0:58:57	4:55:28	3:39:14	9:42:41
Kona Qualifier Average	1:02:29	4:50:39	3:20:56	9:21:22
Top 10 Age Grouper Average	1:01:31	4:57:29	3:27:23	9:32:03

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	1:03:23	5:13:58	3:27:14	9:50:23
2nd Age Grouper	1:01:41	5:20:49	3:33:02	10:01:51
3rd Age Grouper	1:07:53	5:18:51	3:33:57	10:08:32
4th Age Grouper	1:05:49	5:27:28	3:33:50	10:13:44
5th Age Grouper	1:05:54	5:28:39	3:37:34	10:18:49
6th Age Grouper	1:05:11	5:26:11	3:46:45	10:25:28
7th Age Grouper	1:09:26	5:30:01	3:40:55	10:27:26
8th Age Grouper	1:04:53	5:26:24	3:52:09	10:30:31
9th Age Grouper	1:10:18	5:30:44	3:44:45	10:33:18
10th Age Grouper	1:06:10	5:33:27	3:48:12	10:35:20
Kona Qualifier Average	1:04:19	5:17:53	3:31:24	10:00:15
Top 10 Age Grouper Average	1:06:04	5:25:39	3:39:50	10:18:32

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	1:00:17	5:01:49	3:21:39	9:29:46
2nd Age Grouper	0:57:04	5:10:02	3:23:31	9:36:50
3rd Age Grouper	1:01:39	5:08:06	3:27:51	9:44:08
4th Age Grouper	1:07:00	5:14:09	3:24:10	9:54:37
5th Age Grouper	1:00:33	5:12:55	3:33:47	9:55:45
6th Age Grouper	1:03:28	5:11:53	3:35:30	10:00:02
7th Age Grouper	0:58:50	5:23:37	3:35:38	10:06:44
8th Age Grouper	0:58:17	5:17:18	3:45:42	10:09:20
9th Age Grouper	1:04:48	5:15:32	3:42:10	10:11:34
10th Age Grouper	1:07:45	5:16:15	3:41:11	10:13:54
Kona Qualifier Average	1:01:30	5:08:31	3:24:18	9:41:20
Top 10 Age Grouper Average	1:01:58	5:13:09	3:33:07	9:56:16