

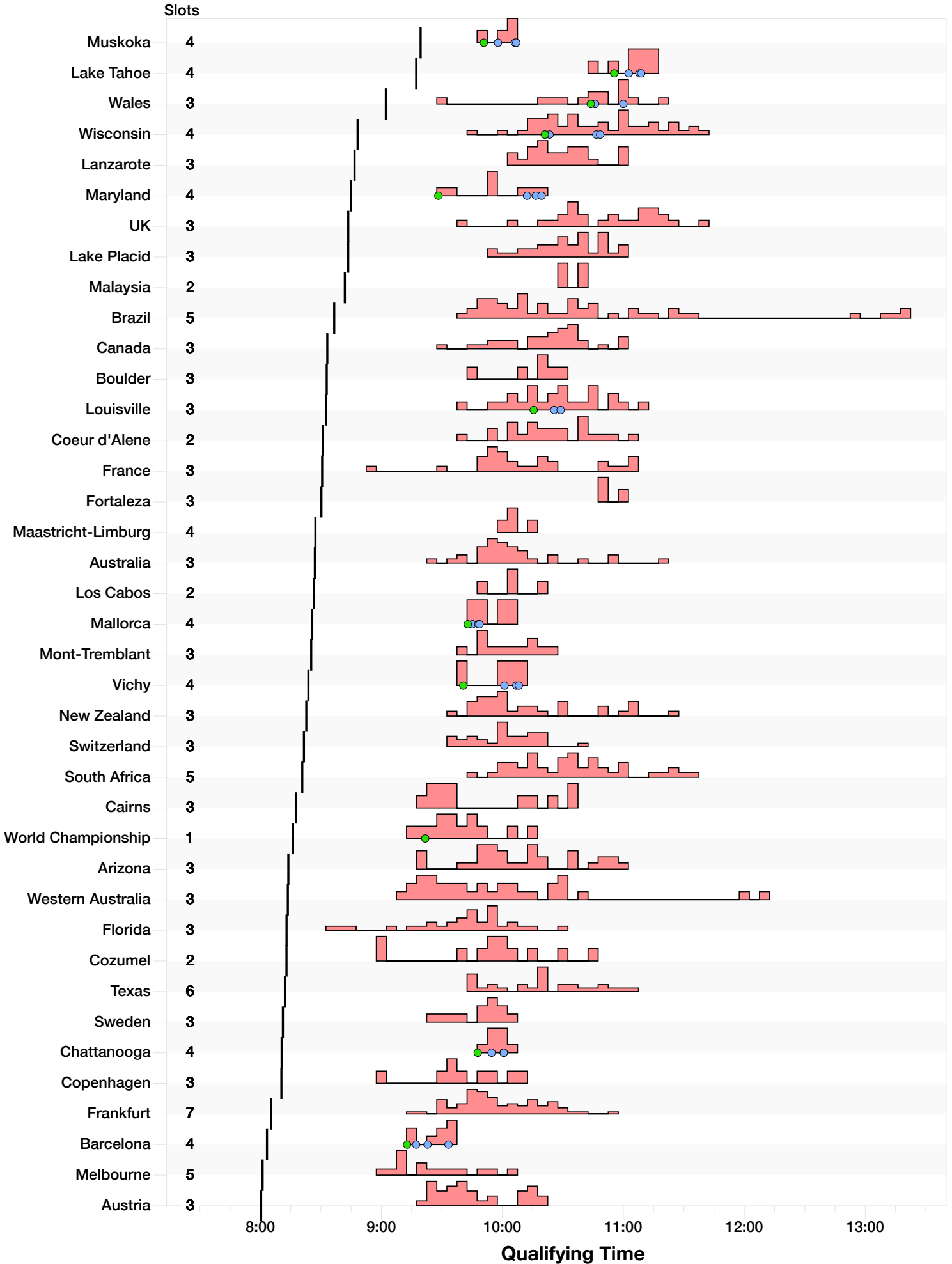
Ironman World Championship

M50-54

2016 Qualification Stats

2016 Qualification Comparison for M50-54

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



M50-54 Past Qualifying Times

Ironman Vichy (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	8:23:49	9:40:38	10:08:10
Average	8:23:49	9:40:38	10:08:10

Ironman Muskoka (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	9:19:28	9:50:46	10:06:54
Average	9:19:28	9:50:46	10:06:54

Ironman Wisconsin (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2003	8:55:26	11:16:32	11:27:19
2004	8:52:33	11:06:40	11:15:48
2005	9:01:34	10:50:38	11:42:17
2006	9:07:24	10:45:11	11:30:21
2007	8:52:49	9:44:08	10:59:47
2008	8:43:29	10:12:29	10:35:06
2009	8:45:19	10:21:41	10:50:42
2010	8:38:32	10:39:04	11:00:12
2011	8:45:18	10:41:12	11:04:58
2012	8:32:51	10:17:19	10:25:46
2013	8:40:15	10:14:39	10:37:19
2014	8:31:20	10:02:25	10:33:59
2015	8:59:59	10:21:05	10:48:30
Average	8:48:13	10:30:14	10:59:23

Ironman Wales (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	9:04:20	10:51:44	10:59:11
2012	8:52:43	9:31:14	10:24:38
2013	9:09:10	10:30:33	10:59:45
2014	9:07:28	10:38:57	11:18:07
2015	8:57:33	10:43:51	11:00:00
Average	9:02:14	10:27:15	10:56:20

Ironman Lake Tahoe (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2013	8:55:14	10:44:48	11:13:40
2015	9:39:23	10:55:28	11:08:50
Average	9:17:18	10:50:08	11:11:15

Ironman Mallorca (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:34:02	9:58:44	10:06:58
2015	8:17:22	9:42:52	9:48:41
Average	8:25:42	9:50:48	9:57:49

Ironman Chattanooga (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:12:32	9:53:13	10:04:40
2015	8:08:32	9:47:47	10:00:42
Average	8:10:32	9:50:30	10:02:41

Ironman Barcelona (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:04:13	9:31:12	9:36:51
2015	8:02:20	9:12:46	9:33:18
Average	8:03:16	9:21:59	9:35:04

Ironman World Championship (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2003	8:59:36	10:04:20
2004	8:33:29	10:12:33
2005	8:14:17	9:33:06
2006	8:11:56	9:26:23
2007	8:15:34	9:46:36
2008	8:17:45	9:38:47
2009	8:20:21	9:33:09
2010	8:10:37	9:48:48
2011	8:03:56	9:42:38
2012	8:18:37	9:31:50
2013	8:12:29	9:16:38
2014	8:14:18	9:31:41
2015	8:14:40	9:21:45
Average	8:19:02	9:39:05

Ironman Louisville (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:38:39	10:11:26	10:34:27
2008	8:33:58	10:43:11	11:11:11
2010	8:29:59	10:45:23	11:02:27
2011	8:27:36	9:40:49	10:20:18
2012	8:42:44	10:16:30	10:45:00
2013	8:21:34	9:55:57	10:31:35
2014	8:24:44	9:58:35	10:06:58
2015	8:48:53	10:15:32	10:28:55
Average	8:33:30	10:13:25	10:37:36

Ironman Maryland (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2014	8:51:19	9:34:58	9:56:04
2015	8:38:21	9:28:17	10:19:26
Average	8:44:50	9:31:37	10:07:45

Ironman Los Cabos (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:26:48	10:05:35	10:22:16
2014	8:26:15	9:50:15	10:06:28
Average	8:26:31	9:57:55	10:14:22

Ironman Florida (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:31:07	9:06:02	9:58:33
2005	8:28:26	9:18:19	9:53:38
2006	8:22:44	9:23:42	10:29:15
2007	8:21:29	9:23:10	10:04:26
2008	8:07:59	9:12:41	9:37:57
2009	8:24:29	9:27:52	9:55:58
2010	8:15:59	9:37:40	9:47:10
2011	7:59:42	9:43:48	10:12:07
2012	8:06:17	9:44:27	9:56:34
2013	7:53:12	9:36:43	9:48:50
2014	7:33:47	8:36:37	8:44:29
Average	8:11:22	9:22:49	9:51:43

Ironman Fortaleza (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:30:15	10:48:21	10:57:42
Average	8:30:15	10:48:21	10:57:42

Ironman Malaysia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:41:53	10:30:00	10:39:12
Average	8:41:53	10:30:00	10:39:12

Ironman Arizona (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:25:42	10:46:53	11:02:29
2006	8:20:56	10:33:36	10:37:17
2007	8:21:14	10:11:54	10:50:58
2008	8:14:16	9:21:03	10:15:30
2009	8:14:16	9:21:03	10:15:30
2010	8:13:35	9:39:56	9:57:20
2011	8:07:16	9:47:36	9:58:27
2012	8:03:13	9:49:39	10:04:24
2013	8:02:00	9:20:58	10:02:09
2014	7:55:48	9:48:03	10:21:20
Average	8:11:49	9:52:04	10:20:32

Ironman Cozumel (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	8:18:40	10:31:43	10:45:09
2010	8:12:20	9:59:37	10:06:46
2011	8:23:52	9:50:04	10:01:56
2012	8:15:07	9:40:41	9:53:40
2013	7:55:23	8:59:55	9:01:18
2014	8:12:16	9:57:08	10:14:28
Average	8:12:56	9:49:51	10:00:32

Ironman Western Australia (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:16:00	10:15:40	10:30:42
2005	8:27:36	10:32:21	12:09:40
2006	8:08:57	9:34:59	10:01:09
2007	8:06:00	9:25:15	10:05:41
2008	8:07:06	9:19:56	9:39:44
2009	8:13:59	9:20:15	10:41:42
2010	8:14:01	9:11:20	9:31:01
2011	8:12:39	9:51:33	10:25:45
2012	8:29:06	9:24:32	10:09:05
2013	8:08:16	9:16:53	9:41:26
2014	8:05:58	9:14:47	9:50:31
Average	8:13:36	9:35:13	10:15:07

Ironman New Zealand (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:22:04	11:00:36	11:25:01
2004	8:30:29	10:49:09	11:03:26
2005	8:20:14	10:28:31	11:06:51
2007	8:26:33	9:50:27	10:13:29
2008	8:24:49	9:46:19	10:17:45
2009	8:18:04	9:50:28	10:05:01
2010	8:21:52	9:45:49	10:10:37
2011	8:31:07	9:32:58	9:49:58
2013	8:15:35	9:47:37	10:27:45
2014	8:17:33	9:53:26	10:10:37
2015	8:22:13	9:52:34	9:58:11
Average	8:22:46	10:03:26	10:26:14

Ironman Melbourne (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2012	7:57:44	9:02:02	9:34:09
2014	8:01:02	9:06:41	9:37:57
2015	8:04:29	9:22:38	10:04:29
Average	8:01:05	9:10:27	9:45:31

Ironman South Africa (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2007	8:33:04	10:39:40	11:33:58
2008	8:18:23	10:11:07	10:51:24
2009	8:17:32	10:16:52	10:58:05
2010	8:23:28	9:58:55	10:17:19
2011	8:05:36	9:46:45	10:24:07
2012	8:34:45	10:15:43	11:26:43
2013	8:11:24	10:01:35	10:33:27
2014	8:26:07	10:29:54	10:59:36
2015	8:16:35	10:05:31	10:35:18
Average	8:20:46	10:11:46	10:51:06

Ironman Australia (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:25:44	9:56:17	10:05:28
2006	8:20:42	10:52:46	11:18:17
2007	8:21:49	10:07:57	10:38:23
2008	8:31:33	9:51:29	10:01:31
2009	8:24:53	9:34:09	9:56:20
2010	8:23:54	9:24:30	10:09:33
2011	8:29:28	9:37:34	9:57:48
2012	8:17:38	9:57:02	10:04:06
2013	8:30:23	9:59:14	10:25:21
2014	8:35:18	9:51:38	10:04:33
2015	8:35:53	9:56:18	10:08:36
Average	8:27:01	9:55:21	10:15:26

Ironman Texas (6 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	6th Place Age Group Time
2011	8:08:20	10:22:22	11:00:11
2012	8:10:44	9:43:05	10:39:20
2013	8:25:06	9:56:39	11:05:50
2014	8:09:37	9:45:52	10:20:21
2015	8:07:03	9:44:34	10:17:58
Average	8:12:10	9:54:30	10:40:44

Ironman Lanzarote (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2008	8:59:37	10:11:13	10:30:23
2009	8:54:03	10:19:46	10:59:44
2010	8:37:42	10:34:57	10:41:13
2011	8:30:34	10:12:46	10:43:00
2012	8:44:39	10:05:08	11:00:35
2013	8:42:40	10:20:57	10:37:38
2014	8:47:39	10:07:29	10:18:48
2015	8:56:49	10:15:28	10:40:35
Average	8:46:42	10:15:58	10:41:29

Ironman Brazil (5 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	5th Place Age Group Time
2006	8:15:18	10:35:49	11:37:22
2007	8:21:09	10:33:13	10:55:29
2008	8:28:24	10:41:40	11:28:45
2009	8:13:39	9:54:47	10:20:55
2010	8:07:39	9:40:26	10:32:33
2011	12:14:21	12:55:30	13:19:15
2012	8:22:40	10:02:30	11:14:32
2013	8:01:32	9:48:27	10:22:11
2014	8:07:52	9:42:46	10:11:12
2015	7:53:44	9:53:22	10:10:07
Average	8:36:37	10:22:51	11:01:14

Ironman France (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:49:06	10:59:25	11:07:23
2006	8:33:55	10:25:06	11:05:01
2007	8:38:45	10:15:05	10:49:49
2008	8:34:18	9:29:22	10:25:28
2009	8:30:06	9:49:15	10:04:46
2011	8:28:30	8:53:29	10:21:17
2012	8:21:51	9:49:28	10:21:12
2013	8:08:59	9:53:30	9:57:31
2014	8:33:22	9:59:10	10:11:42
2015	8:27:32	9:47:35	10:01:31
Average	8:30:38	9:56:08	10:26:34

Ironman Cairns (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:15:04	9:24:07	10:14:45
2013	8:17:43	9:24:01	9:35:28
2014	8:20:15	9:19:48	9:36:16
2015	8:18:01	10:23:16	10:36:11
Average	8:17:45	9:37:48	10:00:40

Ironman Austria (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:14:37	10:15:27	10:22:22
2006	8:07:59	10:07:44	10:13:28
2007	8:06:39	9:39:13	10:12:13
2008	8:06:11	9:18:12	9:46:29
2009	8:01:38	9:26:13	9:53:48
2010	7:52:05	9:31:38	9:49:25
2011	7:45:58	9:25:42	9:35:57
2012	8:11:31	9:46:35	10:15:46
2013	7:59:51	9:26:21	9:39:37
2014	7:48:43	9:24:19	9:40:27
2015	7:48:45	9:25:15	9:29:32
Average	8:00:21	9:36:58	9:54:27

Ironman Frankfurt (7 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	7th Place Age Group Time
2003	8:12:29	9:28:49	10:28:19
2005	8:20:50	9:56:12	10:52:53
2006	8:13:39	9:56:13	10:39:54
2007	8:09:15	9:31:05	10:09:27
2008	7:59:55	9:30:05	9:54:56
2009	7:59:15	9:31:54	9:52:36
2010	8:05:15	10:05:33	10:26:23
2011	8:13:50	9:36:42	10:06:54
2012	8:03:31	9:31:45	9:51:56
2013	7:59:58	9:13:59	9:51:16
2014	7:55:14	9:20:56	9:45:09
2015	7:49:48	9:44:11	10:14:43
Average	8:05:14	9:37:17	10:11:12

Ironman UK (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:35:57	10:55:48	11:20:03
2008	8:53:58	10:38:42	11:19:11
2009	8:45:51	11:09:29	11:37:44
2010	8:40:17	11:02:14	11:15:02
2011	8:24:33	9:39:25	10:29:42
2012	8:55:11	10:48:21	11:16:18
2013	8:45:48	10:36:21	10:39:18
2014	8:44:10	10:02:37	10:28:56
2015	8:46:37	10:33:40	10:56:55
Average	8:43:35	10:36:17	11:02:34

Ironman Lake Placid (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2002	8:39:19	10:07:48	10:40:47
2003	8:46:15	10:31:19	10:49:51
2004	8:23:12	10:45:48	10:47:58
2006	8:38:18	10:52:17	10:58:55
2007	9:16:02	10:49:52	11:01:31
2008	8:43:32	10:18:09	10:40:48
2009	8:36:37	9:57:47	10:34:17
2010	8:39:34	10:29:39	10:31:57
2011	8:25:15	10:05:38	10:19:34
2012	8:25:07	10:12:49	10:40:14
2013	8:43:29	10:17:36	10:39:14
2014	8:38:43	9:57:04	10:13:01
2015	9:31:09	10:25:51	10:37:54
Average	8:43:34	10:22:25	10:39:41

Ironman Switzerland (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2005	8:21:50	10:09:55	10:39:34
2006	8:16:50	9:47:08	10:16:39
2007	8:25:00	9:33:56	10:05:31
2008	8:16:05	9:45:51	10:10:02
2009	8:20:00	9:34:31	9:47:43
2010	8:12:40	9:36:00	9:43:31
2011	8:19:51	9:57:37	10:21:30
2012	8:17:13	10:01:35	10:05:17
2013	8:33:39	10:12:48	10:17:42
2014	8:33:02	9:59:25	10:01:18
2015	8:21:19	9:51:54	10:17:38
Average	8:21:35	9:51:52	10:09:40

Ironman Canada (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:28:06	10:25:04	10:40:10
2005	8:33:32	10:50:39	11:01:38
2006	8:33:58	10:16:25	11:00:05
2007	8:32:45	10:16:14	10:36:17
2008	8:30:12	10:22:40	10:32:51
2009	8:25:13	9:54:24	10:21:22
2010	8:32:28	9:28:33	9:48:37
2011	8:28:09	9:57:52	10:21:59
2012	8:48:30	10:16:24	10:29:37
2013	8:39:33	9:53:06	10:18:29
2014	8:16:10	10:23:10	10:34:39
2015	8:49:46	10:26:28	10:36:58
Average	8:33:11	10:12:34	10:31:53

Ironman Maastricht-Limburg (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2015	8:27:18	10:00:46	10:16:36
Average	8:27:18	10:00:46	10:16:36

Ironman Boulder (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2014	8:20:26	9:43:34	10:20:48
2015	8:45:20	10:18:29	10:27:39
Average	8:32:53	10:01:01	10:24:13

Ironman Sweden (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:04:01	9:34:01	9:49:14
2013	8:19:30	9:55:06	10:04:15
2014	8:13:01	9:28:21	10:00:50
2015	8:08:05	9:24:19	9:56:22
Average	8:11:09	9:35:26	9:57:40

Ironman Copenhagen (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2013	8:12:41	9:30:20	9:40:23
2014	8:03:39	9:37:18	10:07:56
2015	8:14:56	9:00:09	9:52:42
Average	8:10:25	9:22:35	9:53:40

Ironman Coeur d'Alene (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:40:59	10:54:52	11:05:11
2005	8:23:29	10:06:12	10:26:20
2006	9:07:05	9:55:12	10:45:40
2007	8:33:32	10:39:33	10:40:59
2008	8:34:22	10:29:54	10:49:59
2009	8:32:12	9:56:52	10:05:34
2010	8:24:40	10:15:38	10:23:56
2011	8:19:48	10:12:25	10:13:48
2012	8:32:29	10:20:35	10:38:43
2013	8:17:31	9:38:09	10:02:37
2014	8:25:44	10:15:59	10:28:39
2015	8:20:35	10:22:29	10:39:55
Average	8:31:02	10:15:39	10:31:46

Ironman Mont-Tremblant (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	8:40:48	9:39:58	9:51:47
2013	8:26:06	10:17:24	10:24:21
2014	8:16:17	9:49:44	10:03:30
2015	8:17:37	9:56:57	10:16:46
Average	8:25:12	9:56:00	10:09:06

M50-54 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	1:03:46	5:04:31	3:25:05	9:40:38
2nd Age Grouper	1:06:35	5:06:59	3:41:22	10:01:02
3rd Age Grouper	1:11:59	5:09:32	3:38:14	10:06:56
4th Age Grouper	1:05:12	5:10:56	3:43:17	10:08:10
5th Age Grouper	1:14:33	5:04:02	3:42:45	10:09:18
6th Age Grouper	1:04:28	5:20:33	3:36:44	10:10:05
7th Age Grouper	1:02:28	5:22:07	3:40:43	10:13:29
8th Age Grouper	1:01:28	5:24:34	3:41:04	10:16:26
9th Age Grouper	1:06:50	5:12:32	3:49:22	10:16:27
10th Age Grouper	1:05:46	5:10:16	3:55:51	10:19:05
Kona Qualifier Average	1:06:53	5:07:59	3:36:59	9:59:11
Top 10 Age Grouper Average	1:06:18	5:12:36	3:41:26	10:08:09

Ironman Muskoka

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:59:23	5:06:21	3:07:48	9:19:28
1st Age Grouper	0:57:31	5:20:01	3:25:29	9:50:46
2nd Age Grouper	0:59:08	5:21:58	3:27:54	9:57:49
3rd Age Grouper	1:00:55	5:11:13	3:46:27	10:06:15
4th Age Grouper	1:00:34	5:20:33	3:38:23	10:06:54
5th Age Grouper	1:10:06	5:23:33	3:43:46	10:24:45
6th Age Grouper	1:06:37	5:23:16	3:46:25	10:24:46
7th Age Grouper	1:22:09	5:14:08	3:40:00	10:30:21
8th Age Grouper	0:55:28	5:44:05	3:38:24	10:31:00
9th Age Grouper	0:59:43	5:40:17	3:43:49	10:31:22
10th Age Grouper	1:05:45	5:44:02	3:45:40	10:44:48
Kona Qualifier Average	0:59:32	5:18:26	3:34:33	10:00:26
Top 10 Age Grouper Average	1:03:47	5:26:18	3:39:37	10:18:52

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	1:02:50	5:29:33	3:47:37	10:30:14
2nd Age Grouper	1:06:19	5:38:02	3:49:53	10:45:40
3rd Age Grouper	1:09:19	5:41:03	3:52:06	10:54:10
4th Age Grouper	1:11:42	5:37:31	3:58:42	10:59:23
5th Age Grouper	1:15:35	5:46:05	3:52:33	11:06:32
6th Age Grouper	1:09:18	5:46:44	4:06:51	11:15:12
7th Age Grouper	1:10:15	5:51:30	4:06:13	11:19:24
8th Age Grouper	1:10:30	5:50:46	4:10:37	11:24:16
9th Age Grouper	1:14:40	5:47:47	4:14:28	11:30:28
10th Age Grouper	1:12:52	5:52:49	4:13:54	11:33:16
Kona Qualifier Average	1:07:33	5:36:32	3:52:04	10:47:22
Top 10 Age Grouper Average	1:10:20	5:44:11	4:01:17	11:07:51

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	1:00:49	5:43:59	3:30:02	10:27:15
2nd Age Grouper	1:08:23	5:50:21	3:36:39	10:49:06
3rd Age Grouper	1:07:00	5:51:08	3:43:58	10:56:20
4th Age Grouper	1:06:15	6:01:52	3:49:21	11:12:48
5th Age Grouper	1:04:34	6:10:42	3:49:00	11:19:55
6th Age Grouper	1:12:27	6:13:01	3:51:28	11:33:03
7th Age Grouper	1:07:56	6:20:33	3:52:09	11:37:16
8th Age Grouper	1:08:29	6:25:13	3:53:49	11:43:39
9th Age Grouper	1:11:27	6:25:37	3:53:16	11:46:08
10th Age Grouper	1:06:58	6:26:27	4:01:11	11:52:33
Kona Qualifier Average	1:05:24	5:48:29	3:36:53	10:44:14
Top 10 Age Grouper Average	1:07:26	6:08:53	3:48:05	11:19:48

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	1:01:35	5:43:44	3:52:49	10:50:08
2nd Age Grouper	1:06:44	5:56:25	3:44:04	11:03:11
3rd Age Grouper	1:08:25	5:45:50	4:00:52	11:10:19
4th Age Grouper	1:06:05	5:50:20	4:00:55	11:11:15
5th Age Grouper	1:04:51	5:57:46	4:02:15	11:18:49
6th Age Grouper	1:01:58	6:10:14	3:55:59	11:21:50
7th Age Grouper	1:07:18	5:56:08	4:02:28	11:25:27
8th Age Grouper	1:02:46	5:59:24	4:14:52	11:33:25
9th Age Grouper	1:07:27	5:57:06	4:18:39	11:35:34
10th Age Grouper	1:03:55	5:55:01	4:28:37	11:44:29
Kona Qualifier Average	1:05:42	5:49:04	3:54:40	11:03:43
Top 10 Age Grouper Average	1:05:06	5:55:12	4:04:09	11:19:26

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	0:58:46	5:13:14	3:31:51	9:50:48
2nd Age Grouper	0:59:05	5:09:58	3:34:49	9:51:57
3rd Age Grouper	1:06:36	5:18:23	3:24:27	9:56:49
4th Age Grouper	0:57:47	5:11:34	3:41:07	9:57:49
5th Age Grouper	1:05:49	5:22:09	3:21:23	10:00:11
6th Age Grouper	1:02:21	5:24:00	3:29:58	10:03:44
7th Age Grouper	1:02:25	5:24:07	3:31:03	10:05:35
8th Age Grouper	1:04:55	5:18:17	3:34:32	10:07:23
9th Age Grouper	1:03:43	5:23:15	3:33:43	10:08:13
10th Age Grouper	0:59:29	5:24:41	3:39:31	10:12:58
Kona Qualifier Average	1:00:34	5:13:17	3:33:03	9:54:20
Top 10 Age Grouper Average	1:02:06	5:18:58	3:32:14	10:01:32

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	0:57:59	5:09:25	3:35:19	9:50:30
2nd Age Grouper	0:49:23	5:17:31	3:41:15	9:55:54
3rd Age Grouper	0:52:01	5:25:43	3:33:24	10:00:25
4th Age Grouper	0:55:18	5:22:53	3:35:02	10:02:41
5th Age Grouper	0:58:51	5:25:06	3:28:40	10:02:53
6th Age Grouper	0:53:13	5:30:32	3:38:52	10:10:01
7th Age Grouper	0:57:52	5:26:52	3:45:15	10:18:04
8th Age Grouper	0:57:13	5:23:06	3:48:24	10:18:30
9th Age Grouper	0:51:21	5:29:33	3:48:40	10:20:34
10th Age Grouper	1:00:56	5:30:28	3:48:15	10:28:25
Kona Qualifier Average	0:53:40	5:18:53	3:36:15	9:57:22
Top 10 Age Grouper Average	0:55:24	5:24:07	3:40:18	10:08:47

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	1:01:47	4:46:36	3:29:24	9:21:59
2nd Age Grouper	1:11:32	4:35:29	3:32:09	9:24:28
3rd Age Grouper	1:03:25	4:49:14	3:30:07	9:28:14
4th Age Grouper	1:02:39	4:48:51	3:39:20	9:35:04
5th Age Grouper	1:08:28	4:52:35	3:33:45	9:40:01
6th Age Grouper	1:09:22	4:47:13	3:41:32	9:43:07
7th Age Grouper	1:17:53	4:48:48	3:33:04	9:44:51
8th Age Grouper	1:08:52	4:54:03	3:36:41	9:45:34
9th Age Grouper	1:07:32	4:58:18	3:40:26	9:52:14
10th Age Grouper	1:09:21	5:01:47	3:41:36	9:57:11
Kona Qualifier Average	1:04:51	4:45:02	3:32:45	9:27:26
Top 10 Age Grouper Average	1:08:05	4:50:17	3:35:48	9:39:16

Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:52:20	4:31:38	2:50:49	8:19:02
1st Age Grouper	1:05:48	5:05:16	3:20:58	9:39:05
2nd Age Grouper	1:08:30	5:07:28	3:26:23	9:48:55
3rd Age Grouper	1:04:26	5:12:40	3:31:47	9:56:07
4th Age Grouper	1:07:57	5:10:41	3:36:35	10:02:38
5th Age Grouper	1:08:17	5:19:13	3:30:41	10:06:11
6th Age Grouper	1:05:38	5:21:28	3:35:52	10:10:54
7th Age Grouper	1:09:11	5:19:51	3:37:41	10:13:54
8th Age Grouper	1:10:54	5:21:17	3:38:23	10:17:57
9th Age Grouper	1:09:49	5:23:00	3:41:32	10:22:13
10th Age Grouper	1:11:54	5:22:09	3:41:40	10:24:15
Kona Qualifier Average	1:05:48	5:05:16	3:20:58	9:39:05
Top 10 Age Grouper Average	1:08:14	5:16:18	3:34:09	10:06:13

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	1:06:12	5:22:12	3:36:04	10:13:25
2nd Age Grouper	0:59:34	4:46:45	3:44:56	10:31:34
3rd Age Grouper	1:07:46	5:31:14	3:47:48	10:37:36
4th Age Grouper	1:14:40	5:24:19	3:55:55	10:45:49
5th Age Grouper	1:10:59	5:31:52	3:55:13	10:48:46
6th Age Grouper	1:11:06	5:36:41	3:56:40	10:56:55
7th Age Grouper	1:12:35	5:36:16	4:01:35	11:03:52
8th Age Grouper	1:05:49	5:40:06	4:11:01	11:10:46
9th Age Grouper	1:19:45	5:41:13	4:04:55	11:17:29
10th Age Grouper	1:10:45	5:36:24	4:24:42	11:24:29
Kona Qualifier Average	1:04:31	5:13:24	3:42:56	10:27:32
Top 10 Age Grouper Average	1:09:55	5:28:42	3:57:53	10:53:04

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	0:58:29	5:04:05	3:20:50	9:31:37
2nd Age Grouper	1:05:41	5:01:06	3:44:00	10:02:56
3rd Age Grouper	1:03:56	5:11:51	3:40:36	10:05:17
4th Age Grouper	1:08:00	5:00:00	3:51:04	10:07:45
5th Age Grouper	0:57:40	5:10:00	3:50:11	10:10:07
6th Age Grouper	1:05:03	5:04:26	3:53:34	10:15:20
7th Age Grouper	1:03:38	5:29:00	3:41:27	10:26:20
8th Age Grouper	1:07:28	5:04:59	4:09:45	10:31:47
9th Age Grouper	1:06:46	5:25:08	3:54:12	10:38:20
10th Age Grouper	1:01:50	5:37:04	3:48:41	10:39:50
Kona Qualifier Average	1:04:01	5:04:15	3:39:07	9:56:54
Top 10 Age Grouper Average	1:03:51	5:12:46	3:47:26	10:14:56

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	1:10:40	5:16:08	3:22:29	9:57:55
2nd Age Grouper	0:54:22	5:27:43	3:43:01	10:14:22
3rd Age Grouper	1:02:12	5:38:11	3:38:12	10:26:53
4th Age Grouper	1:28:54	2:49:05	7:09:27	10:34:32
5th Age Grouper	0:34:02	2:43:45	7:17:19	10:38:50
6th Age Grouper	1:03:04	5:28:19	3:59:57	10:40:00
7th Age Grouper	1:08:39	5:52:03	3:43:31	10:52:29
8th Age Grouper	1:11:11	5:49:26	3:48:10	10:57:07
9th Age Grouper	1:05:21	5:42:37	4:13:01	11:09:37
10th Age Grouper	1:05:11	5:46:19	4:16:57	11:16:04
Kona Qualifier Average	1:02:31	5:21:56	3:32:45	10:06:08
Top 10 Age Grouper Average	1:04:21	5:03:21	4:31:12	10:40:47

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	0:55:24	4:55:29	3:23:38	9:22:49
2nd Age Grouper	0:59:56	5:03:59	3:33:05	9:45:38
3rd Age Grouper	0:59:43	5:04:29	3:38:37	9:51:43
4th Age Grouper	1:00:06	5:03:21	3:48:27	10:00:59
5th Age Grouper	1:00:29	5:10:23	3:47:04	10:07:17
6th Age Grouper	1:00:19	5:14:34	3:46:04	10:10:22
7th Age Grouper	1:02:01	5:15:57	3:49:36	10:16:49
8th Age Grouper	0:59:26	5:22:53	3:47:50	10:19:51
9th Age Grouper	1:02:43	5:20:12	3:49:56	10:25:23
10th Age Grouper	1:02:44	5:19:48	3:57:59	10:30:13
Kona Qualifier Average	0:58:21	5:01:19	3:31:46	9:40:03
Top 10 Age Grouper Average	1:00:17	5:11:07	3:44:13	10:05:06

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	1:17:37	5:27:50	3:57:09	10:48:21
2nd Age Grouper	1:07:44	5:28:39	3:58:50	10:51:46
3rd Age Grouper	1:05:17	5:23:48	4:18:59	10:57:42
4th Age Grouper	1:26:23	5:37:39	3:54:54	11:06:41
5th Age Grouper	1:03:56	5:19:35	4:48:25	11:24:00
6th Age Grouper	1:20:00	5:25:00	4:45:13	11:38:52
7th Age Grouper	1:17:13	5:26:24	4:49:45	11:42:47
8th Age Grouper	1:07:22	5:38:28	4:57:40	11:54:47
9th Age Grouper	1:30:27	5:43:55	4:33:48	11:56:27
10th Age Grouper	1:20:33	5:35:11	4:52:56	11:59:05
Kona Qualifier Average	1:10:12	5:26:45	4:04:59	10:52:36
Top 10 Age Grouper Average	1:15:39	5:30:38	4:29:45	11:26:02

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	1:13:18	5:17:53	3:51:52	10:30:00
2nd Age Grouper	1:11:32	5:31:25	3:43:22	10:39:12
3rd Age Grouper	1:13:01	5:32:25	3:54:44	10:50:35
4th Age Grouper	1:17:34	5:39:57	4:07:19	11:14:57
5th Age Grouper	1:08:49	5:29:38	4:30:56	11:17:35
6th Age Grouper	1:08:30	5:54:28	4:07:28	11:18:48
7th Age Grouper	1:20:51	5:59:46	3:55:34	11:26:09
8th Age Grouper	1:04:01	5:45:23	4:30:13	11:29:55
9th Age Grouper	1:14:11	5:38:12	4:27:27	11:30:18
10th Age Grouper	1:22:06	5:53:22	4:06:05	11:32:03
Kona Qualifier Average	1:12:25	5:24:39	3:47:37	10:34:36
Top 10 Age Grouper Average	1:13:23	5:40:14	4:07:30	11:10:57

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	1:03:33	5:10:45	3:36:14	9:57:25
2nd Age Grouper	1:06:11	5:15:59	3:43:02	10:13:50
3rd Age Grouper	1:05:38	5:10:37	3:56:02	10:20:32
4th Age Grouper	1:05:16	5:22:46	3:54:03	10:30:36
5th Age Grouper	1:08:57	5:27:58	3:48:38	10:35:30
6th Age Grouper	1:11:08	5:19:37	4:03:35	10:43:30
7th Age Grouper	1:04:14	5:27:36	4:07:51	10:48:22
8th Age Grouper	1:06:11	5:30:47	4:13:33	11:00:19
9th Age Grouper	1:07:51	5:32:46	4:09:51	11:00:28
10th Age Grouper	1:06:49	5:35:09	4:13:26	11:05:35
Kona Qualifier Average	1:05:14	5:11:51	3:44:51	10:10:01
Top 10 Age Grouper Average	1:06:32	5:23:05	3:59:59	10:38:36

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	0:59:10	5:13:29	3:31:39	9:49:51
2nd Age Grouper	0:59:01	5:13:03	4:45:49	10:00:32
3rd Age Grouper	1:01:21	5:19:59	3:50:46	10:18:52
4th Age Grouper	0:53:00	5:25:08	3:54:28	10:27:27
5th Age Grouper	1:02:34	5:27:09	3:58:21	10:35:50
6th Age Grouper	1:08:33	5:29:11	4:01:17	10:46:50
7th Age Grouper	1:03:16	5:37:41	4:06:10	10:55:51
8th Age Grouper	1:05:14	5:43:44	4:02:08	10:59:14
9th Age Grouper	1:08:24	5:39:29	4:14:59	11:10:24
10th Age Grouper	1:06:07	5:55:41	4:04:36	11:15:57
Kona Qualifier Average	0:59:06	5:13:16	4:08:44	9:55:12
Top 10 Age Grouper Average	1:02:40	5:30:27	4:03:01	10:38:05

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	1:01:34	5:02:26	3:27:51	9:35:13
2nd Age Grouper	1:09:13	5:10:56	3:38:51	10:03:16
3rd Age Grouper	1:08:40	5:18:20	3:43:56	10:15:07
4th Age Grouper	1:05:13	5:15:16	3:57:26	10:22:33
5th Age Grouper	1:04:59	5:19:40	4:00:22	10:30:38
6th Age Grouper	1:11:17	5:24:43	3:58:57	10:39:38
7th Age Grouper	1:09:03	5:26:33	4:03:27	10:43:55
8th Age Grouper	1:05:24	5:31:50	4:07:12	10:50:29
9th Age Grouper	1:09:25	5:29:42	4:12:32	10:56:51
10th Age Grouper	1:09:29	5:35:40	4:16:01	11:05:26
Kona Qualifier Average	1:06:29	5:10:34	3:36:53	9:57:52
Top 10 Age Grouper Average	1:07:26	5:21:31	3:56:40	10:30:19

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	0:57:58	5:18:59	3:38:06	10:03:26
2nd Age Grouper	0:59:30	5:21:24	3:42:48	10:11:51
3rd Age Grouper	1:05:00	5:28:13	3:43:58	10:26:14
4th Age Grouper	1:03:58	5:35:59	3:51:53	10:40:23
5th Age Grouper	1:04:59	5:34:18	3:56:20	10:45:05
6th Age Grouper	1:06:30	5:39:12	3:54:20	10:50:21
7th Age Grouper	1:05:27	5:38:14	4:01:13	10:55:04
8th Age Grouper	1:06:03	5:39:10	4:05:08	10:59:31
9th Age Grouper	1:07:16	5:44:28	4:00:08	11:02:45
10th Age Grouper	1:07:42	5:42:08	4:10:08	11:09:55
Kona Qualifier Average	1:00:49	5:22:52	3:41:37	10:13:50
Top 10 Age Grouper Average	1:04:26	5:34:12	3:54:24	10:42:28

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	0:58:09	4:49:40	3:16:52	9:10:27
2nd Age Grouper	0:55:17	4:52:33	3:23:16	9:16:40
3rd Age Grouper	1:02:11	4:56:43	3:18:20	9:23:51
4th Age Grouper	0:56:59	4:54:56	3:34:47	9:32:33
5th Age Grouper	0:59:48	5:03:37	3:35:23	9:45:31
6th Age Grouper	1:08:21	5:04:34	3:32:26	9:53:14
7th Age Grouper	1:00:47	5:04:52	3:40:49	9:54:40
8th Age Grouper	1:02:22	5:03:04	3:42:58	9:56:28
9th Age Grouper	1:06:24	5:07:11	3:37:07	9:58:38
10th Age Grouper	0:57:40	4:57:40	3:59:14	10:00:45
Kona Qualifier Average	0:58:29	4:55:30	3:25:44	9:25:48
Top 10 Age Grouper Average	1:00:48	4:59:29	3:34:07	9:41:16

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	1:07:45	5:22:20	3:35:05	10:11:46
2nd Age Grouper	1:08:43	5:24:39	3:45:40	10:26:44
3rd Age Grouper	1:12:41	5:31:37	3:46:27	10:38:15
4th Age Grouper	1:09:44	5:35:59	3:52:33	10:44:44
5th Age Grouper	1:13:53	5:32:35	3:56:23	10:51:06
6th Age Grouper	1:16:10	5:39:40	3:51:54	10:56:43
7th Age Grouper	1:10:04	5:42:52	4:00:59	11:02:55
8th Age Grouper	1:12:12	5:43:04	4:03:21	11:08:48
9th Age Grouper	1:08:17	5:42:21	4:18:06	11:17:08
10th Age Grouper	1:13:21	5:50:22	4:09:51	11:22:06
Kona Qualifier Average	1:10:33	5:29:26	3:47:14	10:34:31
Top 10 Age Grouper Average	1:11:17	5:36:33	3:56:02	10:52:01

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	0:58:30	5:19:58	3:33:39	9:55:21
2nd Age Grouper	1:00:40	4:53:50	4:12:00	10:04:36
3rd Age Grouper	1:01:56	5:26:04	3:42:52	10:15:26
4th Age Grouper	1:02:49	5:28:09	3:46:57	10:22:42
5th Age Grouper	1:02:55	5:32:30	3:51:34	10:31:41
6th Age Grouper	1:03:09	5:35:28	3:53:21	10:36:26
7th Age Grouper	1:00:36	5:00:39	4:43:08	10:42:48
8th Age Grouper	1:04:20	5:36:05	4:02:20	10:47:32
9th Age Grouper	1:02:55	5:40:27	4:03:35	10:51:23
10th Age Grouper	1:03:49	5:38:17	4:06:40	10:53:43
Kona Qualifier Average	1:00:22	5:13:17	3:49:31	10:05:08
Top 10 Age Grouper Average	1:02:10	5:25:09	3:59:37	10:30:10

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	1:02:26	5:07:05	3:36:27	9:54:30
2nd Age Grouper	1:05:52	5:01:38	3:44:38	10:00:21
3rd Age Grouper	1:11:52	5:04:42	3:47:50	10:12:35
4th Age Grouper	1:07:25	5:18:22	3:55:11	10:30:59
5th Age Grouper	1:16:48	5:09:35	3:56:56	10:34:01
6th Age Grouper	1:18:40	5:16:16	3:55:16	10:40:44
7th Age Grouper	1:14:06	5:18:26	3:57:58	10:42:48
8th Age Grouper	1:18:03	5:17:49	4:02:20	10:48:37
9th Age Grouper	1:11:18	5:19:29	4:11:25	10:51:33
10th Age Grouper	1:14:21	5:23:10	4:09:51	10:58:33
Kona Qualifier Average	1:10:30	5:09:36	3:49:23	10:18:52
Top 10 Age Grouper Average	1:12:05	5:13:39	3:55:47	10:31:28

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	1:00:02	5:35:44	3:31:01	10:15:58
2nd Age Grouper	1:02:00	5:39:27	3:40:22	10:31:08
3rd Age Grouper	1:07:29	5:53:44	3:30:31	10:41:29
4th Age Grouper	1:05:28	5:54:47	3:40:08	10:51:05
5th Age Grouper	1:09:53	5:59:35	3:36:50	10:57:35
6th Age Grouper	1:03:10	6:07:27	3:43:00	11:04:02
7th Age Grouper	1:08:14	5:59:22	3:52:25	11:11:54
8th Age Grouper	1:08:08	6:03:15	3:50:47	11:14:07
9th Age Grouper	1:08:07	6:06:31	3:54:21	11:20:25
10th Age Grouper	1:11:23	6:06:10	3:59:35	11:28:23
Kona Qualifier Average	1:03:10	5:42:58	3:33:58	10:29:32
Top 10 Age Grouper Average	1:06:23	5:56:36	3:43:54	10:57:36

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	0:56:41	4:46:42	3:15:33	10:22:51
2nd Age Grouper	1:05:47	4:42:04	3:22:32	10:29:26
3rd Age Grouper	0:58:08	4:18:55	4:04:36	10:41:03
4th Age Grouper	1:05:14	4:54:30	3:33:16	10:52:19
5th Age Grouper	1:09:03	4:57:45	3:36:13	11:01:14
6th Age Grouper	1:11:50	5:00:53	3:32:10	11:04:19
7th Age Grouper	1:12:24	5:03:13	3:36:00	11:11:44
8th Age Grouper	1:10:58	5:00:10	3:43:14	11:15:47
9th Age Grouper	1:11:32	5:03:05	3:45:46	11:20:31
10th Age Grouper	1:11:35	5:14:13	3:41:49	11:29:25
Kona Qualifier Average	1:02:59	4:43:59	3:34:26	10:41:22
Top 10 Age Grouper Average	1:07:19	4:54:09	3:37:07	10:58:52

Ironman France

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:50:18	4:46:51	2:48:07	8:30:38
1st Age Grouper	0:56:20	5:32:47	3:10:36	9:56:08
2nd Age Grouper	1:05:38	5:35:37	3:33:07	10:17:34
3rd Age Grouper	1:05:20	5:36:16	3:34:58	10:26:34
4th Age Grouper	1:05:30	5:36:44	3:39:14	10:32:20
5th Age Grouper	1:06:29	5:38:57	3:42:11	10:38:04
6th Age Grouper	1:06:56	5:43:12	3:41:39	10:43:11
7th Age Grouper	1:07:56	5:39:49	3:50:52	10:48:35
8th Age Grouper	1:07:21	5:44:07	3:50:08	10:52:50
9th Age Grouper	1:08:19	5:41:50	3:55:14	10:56:19
10th Age Grouper	1:06:20	5:53:49	3:49:20	11:01:24
Kona Qualifier Average	1:02:26	5:34:53	3:26:14	10:13:25
Top 10 Age Grouper Average	1:05:37	5:40:19	3:40:44	10:37:18

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	1:00:20	5:00:46	3:31:12	9:37:48
2nd Age Grouper	1:06:51	5:11:35	3:29:30	9:55:37
3rd Age Grouper	1:07:34	5:22:42	3:22:11	10:00:40
4th Age Grouper	1:07:52	5:12:27	3:41:24	10:08:27
5th Age Grouper	1:09:53	5:19:49	3:50:11	10:28:30
6th Age Grouper	1:05:26	5:29:10	3:51:35	10:34:07
7th Age Grouper	1:12:19	5:21:44	3:56:19	10:39:54
8th Age Grouper	1:08:08	5:31:03	4:00:28	10:50:01
9th Age Grouper	1:09:29	5:36:24	3:57:43	10:52:10
10th Age Grouper	1:09:22	5:24:17	4:12:58	10:55:58
Kona Qualifier Average	1:04:55	5:11:41	3:27:37	9:51:21
Top 10 Age Grouper Average	1:07:43	5:21:00	3:47:21	10:24:19

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	1:08:23	5:00:24	3:20:58	9:36:58
2nd Age Grouper	1:03:02	5:01:30	3:36:01	9:48:44
3rd Age Grouper	1:05:44	5:10:06	3:31:14	9:54:27
4th Age Grouper	1:11:51	5:20:04	3:17:35	10:01:26
5th Age Grouper	1:10:01	5:07:43	3:39:50	10:05:52
6th Age Grouper	1:11:17	5:10:29	3:42:17	10:13:02
7th Age Grouper	1:07:49	5:12:59	3:44:42	10:15:43
8th Age Grouper	1:10:31	5:14:24	4:19:55	10:18:20
9th Age Grouper	1:14:15	5:09:41	3:46:00	10:20:18
10th Age Grouper	1:09:54	5:18:52	4:22:39	10:22:05
Kona Qualifier Average	1:05:43	5:04:00	3:29:24	9:46:43
Top 10 Age Grouper Average	1:09:17	5:10:37	3:44:07	10:05:41

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	1:01:32	4:36:38	4:24:24	9:37:17
2nd Age Grouper	1:03:38	5:05:35	3:16:43	9:50:34
3rd Age Grouper	1:04:45	5:09:45	3:44:31	9:55:48
4th Age Grouper	1:01:06	5:10:56	3:53:36	9:59:45
5th Age Grouper	1:06:11	5:11:45	3:48:53	10:03:01
6th Age Grouper	1:04:09	4:44:46	3:25:38	10:06:46
7th Age Grouper	1:06:06	5:12:51	3:57:07	10:11:12
8th Age Grouper	1:08:29	5:12:50	3:43:05	10:15:18
9th Age Grouper	1:02:43	5:19:10	3:32:07	10:20:19
10th Age Grouper	1:11:41	5:15:58	3:27:27	10:22:52
Kona Qualifier Average	1:03:55	5:01:45	3:47:16	9:57:46
Top 10 Age Grouper Average	1:05:02	5:06:01	3:43:21	10:04:17

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	1:04:28	5:47:39	3:35:27	10:36:17
2nd Age Grouper	1:06:01	5:55:02	3:44:03	10:53:37
3rd Age Grouper	1:09:01	6:01:11	3:43:49	11:02:34
4th Age Grouper	1:09:49	6:05:37	3:46:27	11:11:55
5th Age Grouper	1:12:29	6:10:24	3:48:17	11:21:32
6th Age Grouper	1:07:45	6:13:36	3:53:42	11:25:40
7th Age Grouper	1:10:12	6:07:35	4:03:55	11:32:36
8th Age Grouper	1:10:00	6:05:25	4:09:56	11:36:12
9th Age Grouper	1:12:49	6:14:28	4:01:45	11:41:44
10th Age Grouper	1:14:12	6:24:50	3:59:38	11:49:28
Kona Qualifier Average	1:06:30	5:54:37	3:41:07	10:50:49
Top 10 Age Grouper Average	1:09:41	6:06:35	3:52:42	11:19:09

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	0:57:13	5:34:14	3:38:55	10:22:25
2nd Age Grouper	1:02:25	5:36:29	3:43:32	10:33:40
3rd Age Grouper	1:01:35	5:39:08	3:46:26	10:39:41
4th Age Grouper	1:03:39	5:37:51	3:51:03	10:46:08
5th Age Grouper	1:03:56	5:45:45	3:50:28	10:53:05
6th Age Grouper	1:00:05	5:48:38	3:57:19	10:58:45
7th Age Grouper	1:03:12	5:47:32	3:57:28	11:02:36
8th Age Grouper	1:04:10	5:50:43	3:57:32	11:06:16
9th Age Grouper	1:04:00	5:50:11	4:02:52	11:10:05
10th Age Grouper	1:04:32	5:54:01	4:02:20	11:14:46
Kona Qualifier Average	1:00:24	5:36:37	3:42:57	10:31:55
Top 10 Age Grouper Average	1:02:29	5:44:27	3:52:47	10:52:45

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	1:07:01	5:13:15	3:26:01	9:51:52
2nd Age Grouper	1:08:52	5:17:56	3:29:33	10:01:35
3rd Age Grouper	1:08:43	5:19:08	3:36:18	10:09:40
4th Age Grouper	1:08:15	5:19:41	3:41:14	10:14:25
5th Age Grouper	1:09:09	5:21:47	3:44:32	10:21:48
6th Age Grouper	1:08:20	5:21:48	3:50:18	10:25:47
7th Age Grouper	1:09:50	5:25:56	3:48:20	10:30:44
8th Age Grouper	1:13:45	5:25:52	3:50:33	10:36:53
9th Age Grouper	1:18:09	5:26:33	3:48:21	10:40:20
10th Age Grouper	1:11:28	5:31:24	3:55:39	10:44:07
Kona Qualifier Average	1:08:12	5:16:46	3:30:37	10:01:03
Top 10 Age Grouper Average	1:10:21	5:22:20	3:43:05	10:21:43

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	1:03:36	5:16:00	3:46:22	10:12:34
2nd Age Grouper	1:07:47	5:26:24	3:42:14	10:23:22
3rd Age Grouper	1:05:45	5:30:21	3:48:04	10:31:53
4th Age Grouper	1:09:52	5:33:18	3:47:52	10:38:10
5th Age Grouper	1:05:43	5:31:38	3:54:44	10:40:39
6th Age Grouper	1:05:46	5:32:35	3:58:43	10:45:18
7th Age Grouper	1:09:39	5:36:56	3:52:24	10:47:49
8th Age Grouper	1:09:28	5:36:16	3:56:20	10:51:47
9th Age Grouper	1:10:48	5:39:38	3:56:00	10:55:41
10th Age Grouper	1:10:37	5:37:48	4:03:39	11:01:01
Kona Qualifier Average	1:05:43	5:24:15	3:45:34	10:22:37
Top 10 Age Grouper Average	1:07:54	5:32:05	3:52:38	10:40:49

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	0:59:45	5:13:48	3:39:46	10:00:46
2nd Age Grouper	1:00:56	5:19:09	3:35:25	10:02:35
3rd Age Grouper	1:04:53	5:17:02	3:32:19	10:02:47
4th Age Grouper	1:02:30	5:15:49	3:50:30	10:16:36
5th Age Grouper	1:04:59	5:32:30	3:35:04	10:22:20
6th Age Grouper	1:00:20	5:24:10	3:52:57	10:24:44
7th Age Grouper	1:04:47	5:33:56	3:35:09	10:25:17
8th Age Grouper	1:11:12	5:27:22	3:43:13	10:31:09
9th Age Grouper	1:16:13	5:31:00	3:36:50	10:33:57
10th Age Grouper	1:05:10	5:30:36	3:54:31	10:38:54
Kona Qualifier Average	1:02:01	5:16:27	3:39:30	10:05:41
Top 10 Age Grouper Average	1:05:04	5:24:32	3:41:34	10:19:54

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	1:14:05	4:49:17	3:46:29	10:01:01
2nd Age Grouper	1:09:49	5:03:10	3:53:00	10:17:10
3rd Age Grouper	1:08:25	5:10:35	3:53:43	10:24:13
4th Age Grouper	1:07:23	5:05:07	4:04:58	10:27:01
5th Age Grouper	1:20:14	5:13:51	3:54:21	10:40:42
6th Age Grouper	1:11:04	5:16:10	4:05:57	10:45:29
7th Age Grouper	1:04:49	5:24:15	4:07:19	10:47:11
8th Age Grouper	1:03:22	5:13:33	4:23:26	10:51:31
9th Age Grouper	1:07:34	5:14:25	4:18:39	10:53:21
10th Age Grouper	1:10:43	5:02:04	4:39:41	11:01:41
Kona Qualifier Average	1:10:46	5:01:01	3:51:04	10:14:08
Top 10 Age Grouper Average	1:09:45	5:09:14	4:06:45	10:36:56

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	1:02:48	5:03:20	3:24:07	9:35:26
2nd Age Grouper	1:00:46	5:06:23	3:37:30	9:50:28
3rd Age Grouper	1:08:31	5:06:06	3:37:18	9:57:40
4th Age Grouper	1:10:46	5:14:48	3:30:01	10:02:43
5th Age Grouper	1:14:20	5:13:40	3:36:45	10:11:00
6th Age Grouper	1:12:37	5:16:06	3:37:57	10:12:23
7th Age Grouper	1:04:52	5:10:03	3:56:55	10:18:14
8th Age Grouper	1:10:25	5:11:06	3:50:22	10:19:27
9th Age Grouper	1:08:12	5:20:37	3:45:21	10:21:33
10th Age Grouper	1:07:07	5:25:16	3:43:24	10:23:03
Kona Qualifier Average	1:04:02	5:05:16	3:32:58	9:47:51
Top 10 Age Grouper Average	1:08:02	5:12:44	3:39:58	10:07:12

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	1:01:12	4:50:42	3:23:13	9:22:35
2nd Age Grouper	1:05:35	4:56:33	3:42:04	9:51:21
3rd Age Grouper	1:10:27	4:53:42	3:40:12	9:53:40
4th Age Grouper	1:04:49	5:07:09	3:40:34	9:59:36
5th Age Grouper	1:06:14	5:05:25	3:43:24	10:02:37
6th Age Grouper	1:05:43	5:06:03	3:50:26	10:09:00
7th Age Grouper	1:09:35	5:10:38	3:42:11	10:10:36
8th Age Grouper	1:10:12	5:09:27	3:43:40	10:12:56
9th Age Grouper	1:05:28	5:16:05	3:46:00	10:15:54
10th Age Grouper	1:01:19	5:42:31	3:46:39	10:16:48
Kona Qualifier Average	1:05:44	4:53:39	3:35:10	9:42:32
Top 10 Age Grouper Average	1:06:03	5:07:49	3:41:50	10:01:30

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	1:08:09	5:22:34	3:37:41	10:15:39
2nd Age Grouper	1:05:11	5:30:31	3:48:54	10:31:46
3rd Age Grouper	1:07:01	5:34:46	3:46:52	10:37:41
4th Age Grouper	1:06:06	5:39:09	3:52:12	10:44:15
5th Age Grouper	1:05:11	5:40:33	3:58:17	10:52:05
6th Age Grouper	1:06:22	5:39:06	4:05:21	10:58:35
7th Age Grouper	1:10:40	5:44:51	3:59:15	11:02:54
8th Age Grouper	1:13:32	5:40:27	4:06:38	11:09:04
9th Age Grouper	1:15:02	5:46:46	4:04:06	11:15:08
10th Age Grouper	1:10:25	5:50:49	4:09:49	11:20:00
Kona Qualifier Average	1:06:40	5:26:32	3:43:17	10:23:42
Top 10 Age Grouper Average	1:08:46	5:38:57	3:56:54	10:52:43

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	1:02:11	5:15:54	3:30:22	9:56:00
2nd Age Grouper	1:07:23	5:12:39	3:37:12	10:04:39
3rd Age Grouper	1:05:29	5:19:14	3:36:21	10:09:06
4th Age Grouper	1:04:42	5:21:43	3:38:23	10:12:37
5th Age Grouper	1:05:27	5:14:14	3:48:07	10:16:23
6th Age Grouper	1:02:03	5:28:41	3:37:11	10:17:25
7th Age Grouper	1:05:20	5:20:25	3:47:02	10:21:30
8th Age Grouper	1:02:36	5:25:03	3:47:00	10:22:58
9th Age Grouper	1:06:23	5:27:09	3:42:44	10:26:23
10th Age Grouper	1:06:39	5:23:48	3:51:35	10:30:35
Kona Qualifier Average	1:05:01	5:15:55	3:34:38	10:03:15
Top 10 Age Grouper Average	1:04:49	5:20:53	3:41:36	10:15:46