

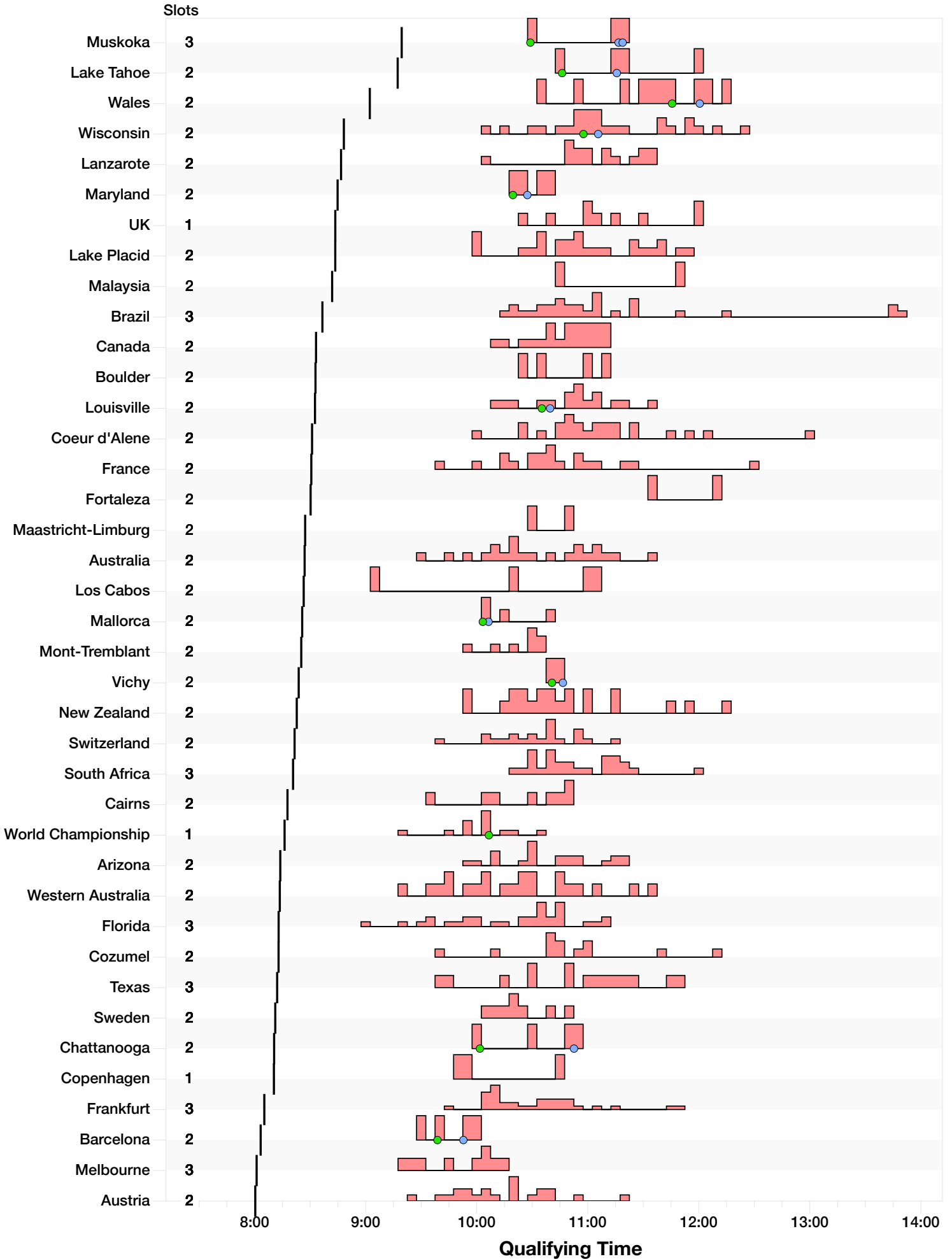
Ironman World Championship

M55-59

2016 Qualification Stats

2016 Qualification Comparison for M55-59

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



M55-59 Past Qualifying Times

Ironman Vichy (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	8:23:49	10:40:41	10:46:34
Average	8:23:49	10:40:41	10:46:34

Ironman Muskoka (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2015	9:19:28	10:29:00	11:18:51
Average	9:19:28	10:29:00	11:18:51

Ironman Wisconsin (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:55:26	11:59:31	12:23:24
2004	8:52:33	11:39:17	11:55:13
2005	9:01:34	11:37:45	12:12:05
2006	9:07:24	11:45:18	11:54:07
2007	8:52:49	11:09:01	11:12:44
2008	8:43:29	10:14:59	11:06:00
2009	8:45:19	10:54:09	11:02:45
2010	8:38:32	10:05:36	10:58:24
2011	8:45:18	10:52:49	10:53:32
2012	8:32:51	10:35:21	11:20:51
2013	8:40:15	10:29:33	10:52:13
2014	8:31:20	10:44:53	11:01:00
2015	8:59:59	10:57:40	11:05:39
Average	8:48:13	11:00:27	11:22:55

Ironman Wales (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	9:04:20	11:19:23	12:13:56
2012	8:52:43	10:33:03	11:29:28
2013	9:09:10	10:57:07	11:35:19
2014	9:07:28	11:41:09	12:03:49
2015	8:57:33	11:45:36	12:00:31
Average	9:02:14	11:15:15	11:52:36

Ironman Lake Tahoe (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:55:14	11:19:59	11:57:33
2015	9:39:23	10:46:09	11:15:42
Average	9:17:18	11:03:04	11:36:37

Ironman Mallorca (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:34:02	10:15:31	10:40:51
2015	8:17:22	10:03:17	10:06:24
Average	8:25:42	10:09:24	10:23:37

Ironman Chattanooga (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:12:32	10:27:52	10:47:48
2015	8:08:32	10:01:44	10:52:34
Average	8:10:32	10:14:48	10:50:11

Ironman Barcelona (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:04:13	9:32:11	10:02:05
2015	8:02:20	9:38:48	9:52:48
Average	8:03:16	9:35:29	9:57:26

Ironman World Championship (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2003	8:59:36	10:22:08
2004	8:33:29	9:53:14
2005	8:14:17	9:47:29
2006	8:11:56	10:05:39
2007	8:15:34	10:05:34
2008	8:17:45	10:16:38
2009	8:20:21	10:33:03
2010	8:10:37	9:53:38
2011	8:03:56	10:03:43
2012	8:18:37	10:05:48
2013	8:12:29	9:18:18
2014	8:14:18	9:55:07
2015	8:14:40	10:06:35
Average	8:19:02	10:02:04

Ironman Louisville (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	8:38:39	11:06:59	11:18:50
2008	8:33:58	10:52:22	11:32:48
2010	8:29:59	10:56:23	11:14:44
2011	8:27:36	10:50:06	10:52:47
2012	8:42:44	11:01:15	11:07:27
2013	8:21:34	10:17:03	10:22:05
2014	8:24:44	10:09:42	10:55:24
2015	8:48:53	10:35:12	10:39:40
Average	8:33:30	10:43:37	11:00:28

Ironman Maryland (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:51:19	10:34:11	10:40:53
2015	8:38:21	10:19:33	10:27:22
Average	8:44:50	10:26:52	10:34:07

Ironman Los Cabos (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:26:48	11:00:40	11:03:50
2014	8:26:15	9:04:45	10:19:52
Average	8:26:31	10:02:42	10:41:51

Ironman Florida (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2004	8:31:07	10:35:53	10:45:28
2005	8:28:26	11:03:55	11:09:03
2006	8:22:44	10:24:17	10:43:20
2007	8:21:29	10:32:57	10:46:35
2008	8:07:59	9:47:10	10:35:58
2009	8:24:29	10:00:05	10:09:23
2010	8:15:59	9:35:08	10:26:28
2011	7:59:42	9:55:35	10:59:37
2012	8:06:17	10:31:22	10:39:32
2013	7:53:12	9:51:31	10:44:30
2014	7:33:47	8:58:31	9:27:45
Average	8:11:22	10:06:56	10:35:14

Ironman Fortaleza (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:30:15	11:37:03	12:12:29
Average	8:30:15	11:37:03	12:12:29

Ironman Malaysia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:41:53	10:46:08	11:48:50
Average	8:41:53	10:46:08	11:48:50

Ironman Arizona (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:25:42	11:16:23	11:18:08
2006	8:20:56	10:45:11	11:20:56
2007	8:21:14	11:08:17	11:16:08
2008	8:14:16	10:30:18	10:55:29
2009	8:14:16	10:30:18	10:55:29
2010	8:13:35	10:09:28	10:30:19
2011	8:07:16	10:45:41	10:52:27
2012	8:03:13	10:00:49	10:10:20
2013	8:02:00	9:52:39	10:23:35
2014	7:55:48	10:11:16	10:29:24
Average	8:11:49	10:31:02	10:49:13

Ironman Cozumel (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	8:18:40	11:40:16	12:07:40
2010	8:12:20	10:56:04	11:00:08
2011	8:23:52	10:37:36	10:57:57
2012	8:15:07	10:39:31	10:43:28
2013	7:55:23	9:40:43	10:12:00
2014	8:12:16	10:41:00	10:44:15
Average	8:12:56	10:42:31	10:57:34

Ironman Western Australia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:16:00	10:52:45	11:23:07
2005	8:27:36	11:05:25	11:32:45
2006	8:08:57	10:26:33	10:44:04
2007	8:06:00	10:22:05	10:29:27
2008	8:07:06	9:59:32	10:03:00
2009	8:13:59	10:29:07	10:44:02
2010	8:14:01	9:35:40	9:57:19
2011	8:12:39	10:14:45	10:23:58
2012	8:29:06	9:41:09	10:51:28
2013	8:08:16	9:45:22	9:46:36
2014	8:05:58	9:18:15	10:06:58
Average	8:13:36	10:10:03	10:32:58

Ironman New Zealand (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:22:04	11:54:58	12:15:17
2004	8:30:29	11:00:47	11:14:05
2005	8:20:14	10:43:04	11:43:40
2007	8:26:33	10:59:10	11:13:23
2008	8:24:49	10:41:12	10:47:38
2009	8:18:04	10:41:13	10:48:39
2010	8:21:52	10:15:57	10:21:01
2011	8:31:07	9:53:23	10:32:54
2013	8:15:35	9:56:07	10:26:42
2014	8:17:33	10:32:04	10:33:55
2015	8:22:13	10:17:45	10:23:23
Average	8:22:46	10:37:47	10:56:25

Ironman Melbourne (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	7:57:44	9:58:38	10:06:30
2014	8:01:02	9:18:47	9:45:59
2015	8:04:29	9:29:53	10:15:15
Average	8:01:05	9:35:46	10:02:34

Ironman South Africa (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	8:33:04	10:41:26	11:22:18
2008	8:18:23	10:26:25	10:48:24
2009	8:17:32	10:27:54	10:43:32
2010	8:23:28	10:29:35	11:09:00
2011	8:05:36	10:39:46	11:09:11
2012	8:34:45	10:45:46	11:57:58
2013	8:11:24	10:19:33	11:08:12
2014	8:26:07	11:12:44	11:16:53
2015	8:16:35	10:29:01	10:52:20
Average	8:20:46	10:36:54	11:09:45

Ironman Australia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:25:44	10:15:03	10:39:35
2006	8:20:42	11:05:23	11:37:22
2007	8:21:49	10:47:55	11:13:15
2008	8:31:33	11:00:52	11:03:46
2009	8:24:53	10:12:18	10:25:28
2010	8:23:54	10:18:46	10:56:00
2011	8:29:28	10:55:57	11:11:44
2012	8:17:38	9:42:43	10:20:45
2013	8:30:23	9:55:08	10:07:17
2014	8:35:18	9:31:17	10:20:01
2015	8:35:53	10:09:22	10:29:43
Average	8:27:01	10:21:20	10:45:54

Ironman Texas (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	8:08:20	11:06:05	11:47:23
2012	8:10:44	10:50:17	11:18:03
2013	8:25:06	10:58:41	11:49:24
2014	8:09:37	10:16:05	10:49:01
2015	8:07:03	9:37:57	10:28:25
Average	8:12:10	10:33:49	11:14:27

Ironman Lanzarote (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2008	8:59:37	11:11:18	11:25:15
2009	8:54:03	10:03:58	11:08:50
2010	8:37:42	11:00:58	11:31:59
2011	8:30:34	10:59:36	11:34:58
2012	8:44:39	11:30:53	11:34:21
2013	8:42:40	10:48:04	10:53:26
2014	8:47:39	10:47:54	10:49:12
2015	8:56:49	10:55:22	11:15:37
Average	8:46:42	10:54:45	11:16:42

Ironman Brazil (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2006	8:15:18	11:23:58	11:26:38
2007	8:21:09	10:24:27	12:13:36
2008	8:28:24	10:49:31	11:13:10
2009	8:13:39	10:14:14	11:06:50
2010	8:07:39	10:35:54	11:00:33
2011	12:14:21	13:43:42	13:51:35
2012	8:22:40	10:42:49	11:03:16
2013	8:01:32	10:29:40	11:03:11
2014	8:07:52	10:17:31	10:53:58
2015	7:53:44	10:37:36	10:49:55
Average	8:36:37	10:55:56	11:28:16

Ironman France (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:49:06	9:40:37	11:25:38
2006	8:33:55	11:22:23	12:28:19
2007	8:38:45	10:57:15	11:01:37
2008	8:34:18	10:29:03	11:05:04
2009	8:30:06	10:34:35	10:54:05
2011	8:28:30	10:14:15	10:20:13
2012	8:21:51	10:27:32	10:41:16
2013	8:08:59	10:33:16	10:42:27
2014	8:33:22	9:57:35	10:15:40
2015	8:27:32	10:39:19	10:43:11
Average	8:30:38	10:29:35	10:57:45

Ironman Cairns (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:15:04	10:40:54	10:52:11
2013	8:17:43	10:42:41	10:47:57
2014	8:20:15	9:37:15	10:09:46
2015	8:18:01	10:03:23	10:29:07
Average	8:17:45	10:16:03	10:34:45

Ironman Austria (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:14:37	9:39:58	10:18:25
2006	8:07:59	10:36:55	10:41:25
2007	8:06:39	10:03:22	10:18:18
2008	8:06:11	10:28:43	10:55:48
2009	8:01:38	10:19:50	10:42:04
2010	7:52:05	10:09:03	10:20:44
2011	7:45:58	9:49:37	9:54:16
2012	8:11:31	10:32:50	11:21:59
2013	7:59:51	9:23:50	9:56:14
2014	7:48:43	9:46:10	9:49:35
2015	7:48:45	9:57:40	10:04:22
Average	8:00:21	10:04:21	10:23:55

Ironman Frankfurt (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:12:29	9:44:32	10:34:40
2005	8:20:50	10:19:15	11:48:03
2006	8:13:39	10:35:13	11:45:53
2007	8:09:15	10:37:49	11:12:51
2008	7:59:55	10:05:29	10:11:03
2009	7:59:15	10:08:06	10:46:04
2010	8:05:15	10:39:03	10:49:01
2011	8:13:50	10:10:29	10:15:53
2012	8:03:31	10:07:27	10:50:14
2013	7:59:58	10:03:02	10:11:30
2014	7:55:14	10:05:38	10:25:33
2015	7:49:48	10:09:21	10:37:36
Average	8:05:14	10:13:47	10:47:21

Ironman UK (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2007	8:35:57	10:24:32
2008	8:53:58	11:59:54
2009	8:45:51	11:05:11
2010	8:40:17	10:38:31
2011	8:24:33	11:16:53
2012	8:55:11	11:59:53
2013	8:45:48	10:59:59
2014	8:44:10	11:01:38
2015	8:46:37	11:28:11
Average	8:43:35	11:12:44

Ironman Lake Placid (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	8:39:19	10:29:20	11:39:37
2003	8:46:15	11:35:58	11:49:07
2004	8:23:12	10:53:12	11:10:02
2006	8:38:18	11:32:16	11:54:15
2007	9:16:02	11:26:55	11:40:12
2008	8:43:32	10:25:54	11:23:51
2009	8:36:37	10:34:49	11:02:47
2010	8:39:34	10:43:52	10:53:13
2011	8:25:15	10:51:18	10:55:13
2012	8:25:07	10:35:03	10:45:55
2013	8:43:29	10:52:14	11:02:19
2014	8:38:43	10:01:34	10:02:04
2015	9:31:09	10:01:57	10:35:17
Average	8:43:34	10:46:29	11:08:45

Ironman Switzerland (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:21:50	9:38:39	11:00:27
2006	8:16:50	10:55:08	11:17:24
2007	8:25:00	10:37:48	10:41:05
2008	8:16:05	10:41:29	10:43:54
2009	8:20:00	10:06:34	10:11:45
2010	8:12:40	10:14:51	10:33:34
2011	8:19:51	10:42:15	10:56:02
2012	8:17:13	10:20:00	10:20:47
2013	8:33:39	10:28:39	10:31:27
2014	8:33:02	10:07:21	10:23:46
2015	8:21:19	10:39:53	10:52:34
Average	8:21:35	10:24:47	10:41:09

Ironman Canada (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:28:06	11:01:08	11:04:45
2005	8:33:32	10:58:39	11:11:23
2006	8:33:58	10:52:29	10:53:14
2007	8:32:45	10:23:14	11:10:15
2008	8:30:12	10:40:10	10:41:59
2009	8:25:13	10:53:10	11:03:01
2010	8:32:28	10:38:08	10:46:57
2011	8:28:09	10:55:35	11:06:10
2012	8:48:30	10:12:35	10:33:09
2013	8:39:33	10:09:36	10:29:25
2014	8:16:10	10:48:22	11:00:17
2015	8:49:46	10:50:28	11:09:24
Average	8:33:11	10:41:57	10:55:49

Ironman Maastricht-Limburg (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	8:27:18	10:28:54	10:50:22
Average	8:27:18	10:28:54	10:50:22

Ironman Boulder (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:20:26	10:25:47	10:57:41
2015	8:45:20	10:34:57	11:07:48
Average	8:32:53	10:30:22	11:02:44

Ironman Sweden (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:04:01	10:03:56	10:13:48
2013	8:19:30	10:11:19	10:26:18
2014	8:13:01	10:19:31	10:21:42
2015	8:08:05	10:40:44	10:51:25
Average	8:11:09	10:18:52	10:28:18

Ironman Copenhagen (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2013	8:12:41	9:51:36
2014	8:03:39	9:52:40
2015	8:14:56	10:45:40
Average	8:10:25	10:09:58

Ironman Coeur d'Alene (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:40:59	11:10:04	11:24:19
2005	8:23:29	10:35:53	11:22:46
2006	9:07:05	11:56:02	12:05:30
2007	8:33:32	11:06:01	11:16:30
2008	8:34:22	10:51:00	11:09:42
2009	8:32:12	10:22:40	10:50:06
2010	8:24:40	11:12:31	11:46:17
2011	8:19:48	10:57:12	10:57:29
2012	8:32:29	10:46:23	11:01:05
2013	8:17:31	10:42:37	11:06:57
2014	8:25:44	10:25:54	10:50:50
2015	8:20:35	9:59:32	13:00:53
Average	8:31:02	10:50:29	11:24:22

Ironman Mont-Tremblant (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:40:48	10:20:38	10:28:55
2013	8:26:06	10:30:25	10:35:59
2014	8:16:17	10:30:21	10:34:11
2015	8:17:37	9:55:57	10:09:25
Average	8:25:12	10:19:20	10:27:07

M55-59 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	1:02:30	5:39:53	3:47:26	10:40:41
2nd Age Grouper	1:07:28	5:36:13	3:54:45	10:46:34
3rd Age Grouper	1:01:37	5:27:00	4:11:27	10:47:34
4th Age Grouper	0:57:55	5:32:07	4:17:44	10:57:51
5th Age Grouper	1:14:02	5:34:07	4:08:58	11:06:03
6th Age Grouper	1:21:26	5:37:47	4:36:16	11:43:55
7th Age Grouper	1:21:24	5:56:53	4:12:45	11:44:19
8th Age Grouper	1:10:11	6:03:11	4:22:01	11:47:07
9th Age Grouper	1:19:27	6:07:27	4:11:55	11:49:50
10th Age Grouper	1:20:20	5:50:49	4:26:40	11:57:13
Kona Qualifier Average	1:04:59	5:38:03	3:51:05	10:43:37
Top 10 Age Grouper Average	1:11:38	5:44:32	4:12:59	11:20:06

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	1:14:17	5:27:07	3:39:29	10:29:00
2nd Age Grouper	1:17:11	5:51:54	3:57:27	11:16:40
3rd Age Grouper	1:05:43	5:42:59	4:15:58	11:18:51
4th Age Grouper	1:19:36	6:11:02	3:58:31	11:37:44
5th Age Grouper	1:22:42	6:15:21	3:56:08	11:44:32
6th Age Grouper	1:14:22	6:16:48	4:05:34	11:51:49
7th Age Grouper	1:06:52	5:34:45	5:15:00	12:04:44
8th Age Grouper	1:06:17	6:07:46	4:40:09	12:07:10
9th Age Grouper	1:00:52	5:49:20	4:57:05	12:08:21
10th Age Grouper	1:03:55	6:15:22	4:36:05	12:11:59
Kona Qualifier Average	1:12:23	5:40:40	3:57:38	11:01:30
Top 10 Age Grouper Average	1:11:10	5:57:14	4:20:08	11:41:05

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	1:06:39	5:41:57	3:59:06	11:00:27
2nd Age Grouper	1:12:05	5:45:19	4:12:25	11:22:55
3rd Age Grouper	1:12:32	5:52:15	4:14:29	11:33:42
4th Age Grouper	1:16:12	6:00:38	4:14:24	11:45:02
5th Age Grouper	1:21:38	5:56:33	4:23:08	11:58:10
6th Age Grouper	1:16:59	6:03:18	4:29:55	12:04:55
7th Age Grouper	1:25:48	6:06:28	4:24:10	12:12:41
8th Age Grouper	1:23:03	6:06:02	4:36:00	12:20:42
9th Age Grouper	1:20:47	6:11:47	4:40:59	12:29:11
10th Age Grouper	1:17:15	6:13:13	4:53:18	12:40:41
Kona Qualifier Average	1:09:22	5:43:38	4:05:45	11:11:41
Top 10 Age Grouper Average	1:17:18	5:59:45	4:24:47	11:56:50

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	1:10:18	6:00:30	3:47:35	11:15:15
2nd Age Grouper	1:07:20	6:21:15	4:03:24	11:52:36
3rd Age Grouper	1:10:36	6:19:18	4:18:19	12:04:46
4th Age Grouper	1:12:54	6:25:37	4:17:02	12:12:00
5th Age Grouper	1:12:22	6:33:40	4:14:10	12:18:59
6th Age Grouper	1:09:57	6:45:58	4:13:21	12:28:00
7th Age Grouper	1:11:36	6:40:13	4:23:37	12:34:09
8th Age Grouper	1:18:12	6:38:30	4:28:46	12:49:22
9th Age Grouper	1:18:38	6:53:30	4:30:52	13:04:50
10th Age Grouper	1:17:36	6:56:30	4:33:03	13:09:08
Kona Qualifier Average	1:08:49	6:10:52	3:55:30	11:33:56
Top 10 Age Grouper Average	1:12:57	6:33:30	4:17:01	12:22:54

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	1:09:36	5:38:51	3:55:05	11:03:04
2nd Age Grouper	1:08:17	6:05:21	4:04:01	11:36:37
3rd Age Grouper	1:08:22	6:10:46	4:08:32	11:46:13
4th Age Grouper	1:04:38	6:03:00	4:31:50	11:55:55
5th Age Grouper	1:00:15	6:25:21	4:29:09	12:10:37
6th Age Grouper	1:06:40	6:39:27	4:17:43	12:21:16
7th Age Grouper	1:14:23	6:09:12	4:53:39	12:35:11
8th Age Grouper	1:23:35	6:13:15	4:49:33	12:49:28
9th Age Grouper	1:23:19	6:44:49	4:29:54	12:59:57
10th Age Grouper	1:24:12	6:39:39	4:44:55	13:14:46
Kona Qualifier Average	1:08:56	5:52:06	3:59:33	11:19:50
Top 10 Age Grouper Average	1:12:19	6:16:58	4:26:26	12:15:18

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	1:04:24	5:19:21	3:37:18	10:09:24
2nd Age Grouper	1:09:39	5:27:49	3:38:26	10:23:37
3rd Age Grouper	1:10:44	5:25:30	3:41:56	10:26:18
4th Age Grouper	1:00:49	5:28:48	3:50:30	10:29:47
5th Age Grouper	1:09:53	5:25:33	3:46:36	10:31:47
6th Age Grouper	1:08:47	5:29:53	3:47:14	10:36:41
7th Age Grouper	1:02:57	5:34:57	3:51:29	10:41:08
8th Age Grouper	1:15:06	5:31:07	3:47:40	10:43:57
9th Age Grouper	1:13:54	5:32:38	3:51:37	10:50:32
10th Age Grouper	1:11:51	5:32:18	3:57:46	10:52:21
Kona Qualifier Average	1:07:01	5:23:35	3:37:52	10:16:30
Top 10 Age Grouper Average	1:08:48	5:28:47	3:47:03	10:34:33

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	0:56:43	5:21:59	3:46:44	10:14:48
2nd Age Grouper	0:54:12	5:30:54	4:14:10	10:50:11
3rd Age Grouper	0:56:29	5:36:01	4:13:02	10:57:01
4th Age Grouper	0:54:08	5:35:24	4:17:39	10:59:12
5th Age Grouper	1:01:39	5:38:27	4:25:26	11:15:57
6th Age Grouper	1:03:55	5:51:45	4:14:48	11:23:20
7th Age Grouper	0:57:46	5:44:09	4:30:48	11:25:02
8th Age Grouper	1:02:31	5:56:07	4:19:06	11:27:33
9th Age Grouper	0:58:06	5:43:28	4:36:10	11:30:39
10th Age Grouper	0:58:35	5:38:43	4:45:36	11:35:21
Kona Qualifier Average	0:55:27	5:26:26	4:00:27	10:32:29
Top 10 Age Grouper Average	0:58:24	5:39:41	4:20:21	11:09:54

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	1:04:09	4:53:55	3:32:04	9:35:29
2nd Age Grouper	1:09:11	4:47:31	3:54:41	9:57:26
3rd Age Grouper	1:07:56	5:00:49	3:48:15	10:02:48
4th Age Grouper	1:07:54	4:49:48	4:04:13	10:07:14
5th Age Grouper	1:05:55	4:59:07	4:05:07	10:16:08
6th Age Grouper	1:12:49	5:03:43	4:02:07	10:25:14
7th Age Grouper	1:09:44	5:03:30	4:09:08	10:30:10
8th Age Grouper	1:12:47	5:02:15	4:12:44	10:35:36
9th Age Grouper	1:21:16	5:16:12	4:04:57	10:50:15
10th Age Grouper	1:15:29	5:16:39	4:11:14	10:50:45
Kona Qualifier Average	1:06:40	4:50:43	3:43:22	9:46:28
Top 10 Age Grouper Average	1:10:43	5:01:21	4:00:27	10:19:06

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	1:09:14	5:14:18	3:30:51	10:02:04
2nd Age Grouper	1:09:36	5:25:30	3:40:11	10:23:53
3rd Age Grouper	1:12:35	5:30:05	3:39:51	10:30:14
4th Age Grouper	1:13:17	5:28:00	3:46:26	10:35:36
5th Age Grouper	1:13:21	5:32:14	3:48:42	10:43:56
6th Age Grouper	1:08:48	5:35:31	3:56:56	10:50:26
7th Age Grouper	1:15:42	5:42:16	3:49:22	10:56:18
8th Age Grouper	1:15:27	5:44:02	3:51:54	10:59:56
9th Age Grouper	1:13:22	5:43:37	3:56:08	11:03:01
10th Age Grouper	1:17:26	5:47:24	3:52:21	11:06:43
Kona Qualifier Average	1:09:14	5:14:18	3:30:51	10:02:04
Top 10 Age Grouper Average	1:12:53	5:34:18	3:47:16	10:43:13

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	1:02:54	5:30:48	4:00:22	10:43:37
2nd Age Grouper	1:10:10	5:26:52	4:12:32	11:00:28
3rd Age Grouper	1:10:24	5:40:37	4:04:38	11:07:47
4th Age Grouper	1:14:51	5:35:25	4:19:59	11:21:51
5th Age Grouper	1:12:58	5:45:07	4:23:54	11:34:07
6th Age Grouper	1:21:03	5:49:27	4:22:47	11:44:53
7th Age Grouper	1:16:53	5:50:49	4:33:24	11:56:38
8th Age Grouper	1:16:26	5:57:22	4:41:38	12:09:31
9th Age Grouper	1:15:11	5:52:22	4:50:56	12:14:29
10th Age Grouper	1:17:53	5:56:19	4:56:48	12:25:14
Kona Qualifier Average	1:06:32	5:28:50	4:06:27	10:52:02
Top 10 Age Grouper Average	1:13:52	5:44:31	4:26:42	11:37:51

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	1:03:17	5:05:58	4:09:12	10:26:52
2nd Age Grouper	1:05:02	5:20:32	3:58:36	10:34:07
3rd Age Grouper	1:07:06	5:23:45	4:02:20	10:43:42
4th Age Grouper	1:06:55	5:24:20	4:09:30	10:56:55
5th Age Grouper	1:17:49	5:34:46	3:52:38	11:03:27
6th Age Grouper	1:08:54	5:20:52	4:29:52	11:10:47
7th Age Grouper	1:06:41	5:47:07	4:15:31	11:23:05
8th Age Grouper	1:12:50	5:50:16	4:06:11	11:25:32
9th Age Grouper	1:06:28	5:52:22	4:17:20	11:32:39
10th Age Grouper	1:10:17	5:41:12	4:33:07	11:37:07
Kona Qualifier Average	1:04:10	5:13:15	4:03:54	10:30:29
Top 10 Age Grouper Average	1:08:32	5:32:07	4:11:25	11:05:25

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	1:14:01	6:22:56		10:02:42
2nd Age Grouper	1:03:13	5:38:46	3:52:39	10:41:51
3rd Age Grouper	1:03:17	5:35:42	4:08:17	10:54:12
4th Age Grouper	1:01:45	5:43:11	4:20:20	11:12:40
5th Age Grouper	1:09:15	5:58:11	4:00:49	11:18:43
6th Age Grouper	1:18:13	5:48:58	4:13:59	11:31:35
7th Age Grouper	1:11:12	6:11:41	4:17:57	11:48:59
8th Age Grouper	1:03:25	6:02:53	4:45:52	12:01:09
9th Age Grouper	1:18:46	6:05:56	4:50:32	12:27:52
10th Age Grouper	1:19:41	6:35:00	4:32:18	12:39:05
Kona Qualifier Average	1:08:37	6:00:51	1:56:19	10:22:16
Top 10 Age Grouper Average	1:10:16	6:00:19	3:54:16	11:27:53

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	1:00:21	5:09:53	3:47:57	10:06:56
2nd Age Grouper	1:00:22	5:14:28	3:54:54	10:18:46
3rd Age Grouper	1:01:40	5:23:50	4:00:20	10:35:14
4th Age Grouper	1:08:51	5:23:42	4:04:08	10:47:09
5th Age Grouper	1:06:16	5:29:27	4:07:22	10:54:53
6th Age Grouper	1:06:43	5:28:39	4:14:07	11:01:38
7th Age Grouper	1:13:06	5:37:54	4:05:18	11:08:25
8th Age Grouper	1:08:28	5:31:31	4:23:55	11:16:23
9th Age Grouper	1:06:54	5:34:34	4:26:24	11:21:12
10th Age Grouper	1:06:39	5:43:55	4:23:26	11:30:07
Kona Qualifier Average	1:00:48	5:16:04	3:54:24	10:20:19
Top 10 Age Grouper Average	1:05:56	5:27:47	4:08:47	10:54:04

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	1:13:45	5:39:37	4:38:31	11:37:03
2nd Age Grouper	1:32:08	6:23:52	4:04:35	12:12:29
3rd Age Grouper	1:31:17	5:52:32	4:57:56	12:38:36
4th Age Grouper	1:24:54	5:59:38	5:10:46	12:47:12
5th Age Grouper	1:29:06	6:01:10	5:21:49	13:02:58
6th Age Grouper	1:33:56	6:43:21	4:51:36	13:21:30
7th Age Grouper	1:29:11	6:08:03	5:30:21	13:22:59
8th Age Grouper	1:29:24	6:29:26	5:06:56	13:36:46
9th Age Grouper	1:34:49	6:49:44	5:14:22	13:57:03
10th Age Grouper	1:47:49	6:47:51	5:12:06	13:59:14
Kona Qualifier Average	1:22:56	6:01:44	4:21:33	11:54:46
Top 10 Age Grouper Average	1:30:37	6:17:31	5:00:53	13:03:35

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	1:08:42	5:26:36	4:01:41	10:46:08
2nd Age Grouper	1:18:26	6:08:48	4:11:42	11:48:50
3rd Age Grouper	1:12:51	5:58:25	4:30:25	11:50:47
4th Age Grouper	1:17:36	6:11:51	4:15:57	11:58:21
5th Age Grouper	1:17:49	6:11:43	4:14:12	11:59:33
6th Age Grouper	1:31:47	6:07:54	4:11:45	12:00:05
7th Age Grouper	1:21:37	6:16:37	4:07:47	12:07:42
8th Age Grouper	1:29:27	6:11:43	4:36:52	12:34:18
9th Age Grouper	1:13:50	6:16:39	4:57:29	12:43:33
10th Age Grouper	1:18:14	6:02:56	5:14:58	12:47:18
Kona Qualifier Average	1:13:34	5:47:42	4:06:41	11:17:29
Top 10 Age Grouper Average	1:19:01	6:05:19	4:26:16	12:03:39

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	1:09:19	5:19:08	3:53:17	10:31:02
2nd Age Grouper	1:08:38	5:26:19	4:05:24	10:48:46
3rd Age Grouper	1:11:14	5:29:59	4:08:41	11:00:22
4th Age Grouper	1:13:07	5:32:02	4:22:35	11:18:27
5th Age Grouper	1:11:40	5:41:16	4:15:52	11:19:58
6th Age Grouper	1:14:47	5:44:29	4:23:46	11:35:18
7th Age Grouper	1:10:44	5:42:08	4:35:23	11:39:25
8th Age Grouper	1:14:19	5:51:32	4:26:07	11:43:58
9th Age Grouper	1:15:39	5:54:18	4:36:44	12:00:39
10th Age Grouper	1:10:30	5:46:03	4:54:23	12:01:39
Kona Qualifier Average	1:09:05	5:23:49	3:58:10	10:40:03
Top 10 Age Grouper Average	1:12:09	5:39:58	4:22:38	11:25:53

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	1:04:09	5:34:33	4:04:16	10:42:31
2nd Age Grouper	1:07:05	6:01:46	3:23:30	10:57:34
3rd Age Grouper	1:00:22	5:42:12	4:20:16	11:10:57
4th Age Grouper	0:53:29	4:46:52	5:31:00	11:19:15
5th Age Grouper	0:57:41	6:07:32	4:15:24	11:30:27
6th Age Grouper	1:14:47	5:50:32	4:25:49	11:42:15
7th Age Grouper	1:13:54	5:59:27	4:27:24	11:51:56
8th Age Grouper	1:13:41	5:57:12	4:37:24	11:58:58
9th Age Grouper	1:11:19	5:50:10	6:06:39	12:08:36
10th Age Grouper	1:13:48	6:03:29	4:44:41	12:15:00
Kona Qualifier Average	1:05:37	5:48:10	3:43:53	10:50:03
Top 10 Age Grouper Average	1:07:01	5:47:23	4:35:38	11:33:45

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	1:06:36	5:14:53	3:44:22	10:10:03
2nd Age Grouper	1:10:08	5:26:12	3:52:20	10:32:58
3rd Age Grouper	1:09:23	5:30:26	4:05:40	10:49:40
4th Age Grouper	1:10:54	5:37:43	4:12:18	11:06:54
5th Age Grouper	1:09:01	5:40:32	4:23:06	11:17:59
6th Age Grouper	1:14:40	5:46:01	4:20:11	11:27:17
7th Age Grouper	1:15:26	6:00:18	4:20:28	11:43:29
8th Age Grouper	1:12:34	5:44:32	4:51:07	11:54:37
9th Age Grouper	1:17:05	5:55:42	4:42:19	12:02:01
10th Age Grouper	1:14:42	5:50:09	4:59:57	12:12:12
Kona Qualifier Average	1:08:22	5:20:33	3:48:21	10:21:31
Top 10 Age Grouper Average	1:12:03	5:40:39	4:21:11	11:19:43

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	1:03:51	5:30:19	3:53:53	10:37:47
2nd Age Grouper	1:08:30	5:40:11	3:58:44	10:56:25
3rd Age Grouper	1:07:21	5:51:45	4:00:39	11:08:57
4th Age Grouper	1:07:22	5:49:32	4:13:28	11:20:39
5th Age Grouper	1:14:33	5:49:54	4:14:09	11:30:16
6th Age Grouper	1:07:35	5:57:08	4:20:39	11:38:15
7th Age Grouper	1:14:11	5:58:41	4:25:25	11:48:57
8th Age Grouper	1:12:53	6:03:45	4:32:17	12:01:11
9th Age Grouper	1:14:04	6:07:10	4:33:32	12:08:16
10th Age Grouper	1:10:52	6:02:50	4:48:58	12:14:53
Kona Qualifier Average	1:06:10	5:35:15	3:56:19	10:47:06
Top 10 Age Grouper Average	1:10:07	5:53:07	4:18:10	11:32:34

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	0:58:48	4:48:45	3:42:11	9:35:46
2nd Age Grouper	1:07:01	5:05:30	3:32:20	9:52:53
3rd Age Grouper	1:04:06	5:03:38	3:47:18	10:02:34
4th Age Grouper	1:04:29	5:11:55	3:47:12	10:11:48
5th Age Grouper	1:07:18	5:10:38	3:55:39	10:21:45
6th Age Grouper	1:06:10	5:18:52	3:52:13	10:24:54
7th Age Grouper	1:00:03	5:20:57	3:59:41	10:29:51
8th Age Grouper	1:06:32	5:13:10	4:06:25	10:34:19
9th Age Grouper	1:06:47	5:18:10	4:03:21	10:38:39
10th Age Grouper	1:19:49	5:25:41	3:49:00	10:44:13
Kona Qualifier Average	1:03:18	4:59:18	3:40:36	9:50:24
Top 10 Age Grouper Average	1:06:06	5:11:44	3:51:32	10:17:40

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	1:11:41	5:34:13	3:42:32	10:36:54
2nd Age Grouper	1:14:37	5:39:23	3:53:34	10:56:06
3rd Age Grouper	1:16:33	5:41:27	4:02:27	11:09:45
4th Age Grouper	1:16:09	5:54:14	4:12:34	11:32:59
5th Age Grouper	1:22:35	5:51:15	4:23:08	11:48:51
6th Age Grouper	1:18:45	6:03:52	4:44:43	12:19:03
7th Age Grouper	1:22:08	6:12:00	4:41:43	12:29:57
8th Age Grouper	1:26:06	6:23:07	4:41:30	12:44:34
9th Age Grouper	1:25:31	6:28:32	4:41:27	12:48:47
10th Age Grouper	1:27:08	6:29:55	4:46:35	13:00:46
Kona Qualifier Average	1:14:17	5:38:21	3:52:51	10:54:15
Top 10 Age Grouper Average	1:20:07	6:01:48	4:23:01	11:56:46

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	1:04:32	5:28:43	3:43:56	10:21:20
2nd Age Grouper	1:04:17	5:39:21	3:57:26	10:45:54
3rd Age Grouper	1:07:29	5:44:48	4:05:19	11:02:42
4th Age Grouper	1:04:42	5:20:46	4:45:20	11:09:48
5th Age Grouper	1:06:52	5:56:25	4:11:52	11:19:55
6th Age Grouper	1:08:43	5:29:15	4:51:23	11:27:55
7th Age Grouper	1:07:13	6:02:11	4:19:40	11:34:48
8th Age Grouper	1:06:36	6:06:36	4:21:48	11:40:37
9th Age Grouper	1:09:07	6:08:06	4:26:30	11:49:33
10th Age Grouper	1:09:19	6:12:18	4:28:48	11:57:08
Kona Qualifier Average	1:04:25	5:34:02	3:50:41	10:33:37
Top 10 Age Grouper Average	1:06:53	5:48:51	4:19:12	11:18:58

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	1:13:21	5:22:40	3:47:51	10:33:49
2nd Age Grouper	1:14:23	5:23:20	4:02:56	10:50:21
3rd Age Grouper	1:15:42	5:21:54	4:26:14	11:14:27
4th Age Grouper	1:09:26	5:38:48	4:34:03	11:32:39
5th Age Grouper	1:25:53	5:34:21	4:31:43	11:45:03
6th Age Grouper	1:22:30	5:57:02	4:20:38	11:53:50
7th Age Grouper	1:25:28	5:52:47	4:32:40	12:03:46
8th Age Grouper	1:34:25	5:50:39	4:30:26	12:12:09
9th Age Grouper	1:20:59	5:44:43	5:00:44	12:18:36
10th Age Grouper	1:29:03	5:54:42	4:45:44	12:26:28
Kona Qualifier Average	1:14:29	5:22:38	4:05:40	10:52:52
Top 10 Age Grouper Average	1:21:07	5:40:05	4:27:18	11:41:07

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	1:05:04	6:05:06	3:19:00	10:54:45
2nd Age Grouper	1:10:17	6:06:10	3:49:24	11:16:42
3rd Age Grouper	1:11:45	6:13:30	3:54:08	11:32:03
4th Age Grouper	1:12:12	6:14:33	4:04:30	11:42:23
5th Age Grouper	1:12:35	6:24:40	3:58:26	11:48:26
6th Age Grouper	1:13:35	6:34:46	4:06:18	12:07:27
7th Age Grouper	1:16:10	6:23:40	4:28:28	12:22:37
8th Age Grouper	1:18:31	6:35:48	4:30:21	12:37:35
9th Age Grouper	1:19:14	6:34:30	4:38:43	12:45:42
10th Age Grouper	1:13:25	6:41:46	4:43:04	12:53:50
Kona Qualifier Average	1:07:40	6:05:38	3:34:12	11:05:43
Top 10 Age Grouper Average	1:13:17	6:23:27	4:09:14	12:00:09

Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
Male Winner	0:49:05	4:25:58	2:54:46	8:36:37
1st Age Grouper	1:10:05	4:53:35	3:30:05	10:55:56
2nd Age Grouper	1:13:22	5:02:55	3:33:45	11:12:51
3rd Age Grouper	1:15:37	5:01:20	3:45:56	11:28:16
4th Age Grouper	1:04:32	5:31:34	3:47:23	11:47:08
5th Age Grouper	1:18:57	5:16:09	4:00:01	11:59:26
6th Age Grouper	1:18:52	5:21:58	3:59:23	12:05:04
7th Age Grouper	1:28:40	5:23:47	4:00:07	12:10:12
8th Age Grouper	1:20:31	5:24:28	4:11:29	12:23:12
9th Age Grouper	1:13:15	5:28:04	4:13:10	12:31:29
10th Age Grouper	1:19:55	5:33:37	4:16:40	12:38:31
Kona Qualifier Average	1:13:01	4:59:17	3:36:35	11:12:21
Top 10 Age Grouper Average	1:16:23	5:17:45	3:55:48	11:55:12

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	1:06:09	5:40:19	3:32:43	10:29:35
2nd Age Grouper	1:10:39	5:47:45	3:47:27	10:57:45
3rd Age Grouper	1:04:04	5:55:43	4:03:01	11:23:32
4th Age Grouper	1:02:42	5:19:14	4:56:40	11:30:18
5th Age Grouper	1:10:46	6:02:10	4:15:03	11:40:26
6th Age Grouper	1:13:11	6:05:24	4:19:22	11:52:13
7th Age Grouper	1:04:07	6:10:55	4:24:12	11:57:41
8th Age Grouper	1:14:43	6:15:36	4:21:14	12:06:57
9th Age Grouper	1:05:03	6:10:50	4:36:26	12:14:11
10th Age Grouper	1:13:19	6:27:06	4:38:14	12:34:01
Kona Qualifier Average	1:08:24	5:44:02	3:40:05	10:43:40
Top 10 Age Grouper Average	1:08:28	5:59:30	4:17:26	11:40:40

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	1:01:27	5:16:12	3:50:27	10:16:03
2nd Age Grouper	1:08:22	5:25:09	3:52:44	10:34:45
3rd Age Grouper	1:13:03	5:41:30	3:53:47	10:59:37
4th Age Grouper	1:10:10	5:44:00	4:07:56	11:11:35
5th Age Grouper	1:11:11	5:46:40	4:17:41	11:25:22
6th Age Grouper	1:09:44	5:48:28	4:28:42	11:37:49
7th Age Grouper	1:09:49	5:49:12	4:31:20	11:44:07
8th Age Grouper	1:06:53	5:48:45	4:41:53	11:48:56
9th Age Grouper	1:13:37	5:56:08	4:30:44	11:51:37
10th Age Grouper	1:21:34	6:05:55	4:16:47	11:56:04
Kona Qualifier Average	1:04:54	5:20:41	3:51:36	10:25:24
Top 10 Age Grouper Average	1:10:35	5:44:12	4:15:12	11:20:35

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	1:04:58	5:09:14	3:41:58	10:04:21
2nd Age Grouper	1:07:36	5:18:56	3:47:07	10:23:55
3rd Age Grouper	1:11:48	5:23:21	4:31:58	10:37:24
4th Age Grouper	1:11:34	5:26:44	3:58:32	10:47:57
5th Age Grouper	1:14:50	5:30:43	4:00:01	10:54:54
6th Age Grouper	1:14:37	5:28:08	4:10:39	11:04:49
7th Age Grouper	1:18:36	4:59:54	4:14:16	11:12:18
8th Age Grouper	1:18:15	4:41:52	4:18:35	11:14:37
9th Age Grouper	1:17:51	5:42:17	4:07:38	11:19:49
10th Age Grouper	1:13:36	5:39:36	4:19:35	11:24:47
Kona Qualifier Average	1:06:17	5:14:05	3:44:32	10:14:08
Top 10 Age Grouper Average	1:13:22	5:20:04	4:07:02	10:54:29

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	1:10:36	5:12:21	3:56:19	10:13:47
2nd Age Grouper	1:10:33	4:53:28	4:08:00	10:31:56
3rd Age Grouper	1:10:38	5:28:33	3:38:04	10:47:21
4th Age Grouper	1:19:43	5:24:29	3:41:26	10:56:29
5th Age Grouper	1:17:31	5:36:22	4:09:42	11:07:27
6th Age Grouper	1:15:55	5:38:02	4:41:23	11:19:04
7th Age Grouper	1:14:08	5:07:00	4:33:42	11:23:20
8th Age Grouper	1:18:40	5:39:36	3:57:49	11:30:38
9th Age Grouper	1:21:07	5:17:29	5:02:00	11:37:57
10th Age Grouper	1:18:02	5:41:22	5:02:22	11:44:50
Kona Qualifier Average	1:10:36	5:11:28	3:54:08	10:31:01
Top 10 Age Grouper Average	1:15:41	5:23:52	4:17:05	11:07:17

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	1:08:08	6:00:27	3:53:59	11:12:44
2nd Age Grouper	1:15:42	6:20:46	3:56:33	11:45:19
3rd Age Grouper	1:14:08	6:24:36	4:18:59	12:09:41
4th Age Grouper	1:23:25	6:43:53	4:13:26	12:33:37
5th Age Grouper	1:19:05	6:40:21	4:33:57	12:49:08
6th Age Grouper	1:18:23	6:53:48	4:44:24	13:13:26
7th Age Grouper	1:18:52	6:58:04	4:51:16	13:28:14
8th Age Grouper	1:23:46	7:11:07	4:54:42	13:48:31
9th Age Grouper	1:15:47	7:30:12	5:02:26	14:07:34
10th Age Grouper	1:25:06	7:11:21	5:23:49	14:19:47
Kona Qualifier Average	1:08:08	6:00:27	3:53:59	11:12:44
Top 10 Age Grouper Average	1:18:14	6:47:27	4:35:21	12:56:48

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	1:04:55	5:51:02	3:52:34	10:46:29
2nd Age Grouper	1:05:38	5:48:54	4:00:18	11:08:45
3rd Age Grouper	1:07:31	5:55:03	4:01:40	11:18:09
4th Age Grouper	1:07:23	5:57:44	4:10:57	11:30:07
5th Age Grouper	1:09:43	5:56:08	4:22:11	11:39:50
6th Age Grouper	1:11:18	6:07:31	4:12:38	11:45:20
7th Age Grouper	1:05:49	6:10:28	4:22:35	11:53:45
8th Age Grouper	1:10:12	6:09:37	4:28:33	12:03:23
9th Age Grouper	1:08:48	6:03:47	4:39:05	12:07:28
10th Age Grouper	1:13:50	6:25:12	4:23:14	12:15:19
Kona Qualifier Average	1:05:16	5:49:58	3:56:26	10:57:37
Top 10 Age Grouper Average	1:08:31	6:02:32	4:15:22	11:38:51

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	1:12:23	5:26:12	3:39:32	10:24:47
2nd Age Grouper	1:15:10	5:30:29	3:47:59	10:41:09
3rd Age Grouper	1:17:27	5:33:26	3:55:17	10:53:53
4th Age Grouper	1:21:15	5:44:09	3:52:31	11:04:41
5th Age Grouper	1:19:30	5:41:37	4:02:42	11:10:43
6th Age Grouper	1:18:44	5:48:26	4:08:38	11:22:52
7th Age Grouper	1:20:56	5:55:49	4:06:16	11:30:04
8th Age Grouper	1:21:32	5:54:26	4:14:55	11:38:41
9th Age Grouper	1:20:18	5:52:38	4:24:31	11:45:11
10th Age Grouper	1:23:19	5:55:08	4:23:04	11:51:06
Kona Qualifier Average	1:13:46	5:28:21	3:43:45	10:32:58
Top 10 Age Grouper Average	1:19:03	5:44:14	4:03:32	11:14:19

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	1:08:00	5:27:42	3:57:29	10:41:57
2nd Age Grouper	1:12:05	5:34:39	3:59:32	10:55:49
3rd Age Grouper	1:10:43	5:43:44	4:00:50	11:03:54
4th Age Grouper	1:10:47	5:50:23	4:04:42	11:15:12
5th Age Grouper	1:12:38	5:47:50	4:10:28	11:20:46
6th Age Grouper	1:12:28	5:47:22	4:16:30	11:28:31
7th Age Grouper	1:13:59	5:55:40	4:15:33	11:37:20
8th Age Grouper	1:11:51	5:56:46	4:24:22	11:44:25
9th Age Grouper	1:14:13	5:53:52	4:33:03	11:50:16
10th Age Grouper	1:19:10	5:55:11	4:29:14	11:55:22
Kona Qualifier Average	1:10:02	5:31:10	3:58:30	10:48:53
Top 10 Age Grouper Average	1:12:35	5:47:19	4:13:10	11:23:21

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	1:04:32	5:21:12	3:54:18	10:28:54
2nd Age Grouper	1:08:58	5:35:23	3:58:12	10:50:22
3rd Age Grouper	0:58:47	5:22:48	4:42:28	11:15:04
4th Age Grouper	1:03:35	5:42:54	4:24:19	11:26:02
5th Age Grouper	1:17:17	5:50:34	4:09:37	11:32:05
6th Age Grouper	1:20:50	6:02:21	4:01:59	11:39:05
7th Age Grouper	1:10:58	5:59:26	4:45:00	12:07:01
8th Age Grouper	1:04:47	5:56:03	5:08:04	12:28:49
9th Age Grouper	1:08:23	6:20:05	4:40:12	12:31:05
10th Age Grouper	1:15:58	5:56:54	5:15:58	12:43:28
Kona Qualifier Average	1:06:45	5:28:17	3:56:15	10:39:38
Top 10 Age Grouper Average	1:09:24	5:48:46	4:30:00	11:42:11

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	1:09:30	5:13:51	3:57:04	10:30:22
2nd Age Grouper	1:11:25	5:26:44	4:12:36	11:02:44
3rd Age Grouper	1:13:51	5:17:38	4:24:03	11:07:46
4th Age Grouper	1:19:35	5:23:31	4:37:13	11:34:27
5th Age Grouper	1:13:21	5:31:29	4:38:09	11:36:44
6th Age Grouper	1:27:44	5:44:27	4:22:47	11:51:08
7th Age Grouper	1:17:36	5:53:38	4:31:29	11:56:14
8th Age Grouper	1:06:46	5:45:58	4:51:56	11:58:26
9th Age Grouper	1:24:28	5:46:37	4:34:30	11:59:37
10th Age Grouper	1:25:13	5:50:09	4:30:09	12:03:19
Kona Qualifier Average	1:10:27	5:20:17	4:04:50	10:46:33
Top 10 Age Grouper Average	1:16:57	5:35:24	4:27:59	11:34:04

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	1:13:37	5:14:24	3:43:05	10:18:52
2nd Age Grouper	1:13:30	5:15:19	3:53:05	10:28:18
3rd Age Grouper	1:13:24	5:16:54	4:01:07	10:40:42
4th Age Grouper	1:15:08	5:37:56	3:50:53	10:51:10
5th Age Grouper	1:14:32	5:32:43	4:14:32	11:10:01
6th Age Grouper	1:17:25	5:27:13	4:20:43	11:15:45
7th Age Grouper	1:23:08	5:39:52	4:19:05	11:29:53
8th Age Grouper	1:21:41	5:43:06	4:24:35	11:39:32
9th Age Grouper	1:20:16	5:29:03	4:41:25	11:43:49
10th Age Grouper	1:30:40	5:56:07	4:23:43	12:04:23
Kona Qualifier Average	1:13:34	5:14:51	3:48:05	10:23:35
Top 10 Age Grouper Average	1:18:20	5:31:16	4:11:13	11:10:14

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	1:02:53	5:14:17	3:42:12	10:09:58
2nd Age Grouper	1:03:46	5:22:36	3:46:15	10:21:35
3rd Age Grouper	1:07:38	5:30:27	3:53:01	10:41:16
4th Age Grouper	1:08:38	5:25:39	4:03:28	10:47:26
5th Age Grouper	1:08:13	5:32:45	4:08:46	10:58:22
6th Age Grouper	1:16:59	5:35:57	4:05:23	11:09:35
7th Age Grouper	1:15:24	5:43:54	4:07:31	11:19:06
8th Age Grouper	1:19:28	5:44:57	4:07:16	11:26:17
9th Age Grouper	1:21:44	5:32:23	4:19:43	11:29:06
10th Age Grouper	1:23:54	5:44:23	4:10:46	11:34:04
Kona Qualifier Average	1:02:53	5:14:17	3:42:12	10:09:58
Top 10 Age Grouper Average	1:12:52	5:32:44	4:02:26	10:59:41

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	1:08:10	5:38:47	3:55:29	10:50:29
2nd Age Grouper	1:11:17	5:49:58	4:12:58	11:24:22
3rd Age Grouper	1:10:20	5:53:25	4:26:46	11:40:12
4th Age Grouper	1:12:50	5:55:29	4:33:48	11:53:13
5th Age Grouper	1:16:58	6:03:44	4:38:05	12:10:37
6th Age Grouper	1:14:04	6:11:20	4:44:11	12:22:12
7th Age Grouper	1:14:03	6:07:56	4:38:23	12:11:50
8th Age Grouper	1:22:24	6:08:42	4:35:12	12:19:21
9th Age Grouper	1:12:58	6:19:06	4:37:02	12:23:52
10th Age Grouper	1:15:20	6:15:59	4:48:29	12:32:39
Kona Qualifier Average	1:09:43	5:44:22	4:04:13	11:07:25
Top 10 Age Grouper Average	1:13:45	6:02:05	4:30:44	11:58:05

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	1:08:28	5:17:28	3:44:40	10:19:20
2nd Age Grouper	1:05:39	5:31:12	3:42:14	10:27:07
3rd Age Grouper	1:04:09	5:37:25	3:49:45	10:41:46
4th Age Grouper	1:08:46	5:40:31	3:51:39	10:50:24
5th Age Grouper	1:09:26	5:37:25	4:00:59	11:00:45
6th Age Grouper	1:11:51	5:45:07	3:59:42	11:06:27
7th Age Grouper	1:15:19	5:50:31	3:56:07	11:13:11
8th Age Grouper	1:10:39	5:43:27	4:13:56	11:20:22
9th Age Grouper	1:11:23	5:50:12	4:12:31	11:25:18
10th Age Grouper	1:14:40	5:48:12	4:16:18	11:31:56
Kona Qualifier Average	1:07:04	5:24:20	3:43:27	10:23:13
Top 10 Age Grouper Average	1:10:02	5:40:09	3:58:47	10:59:39