

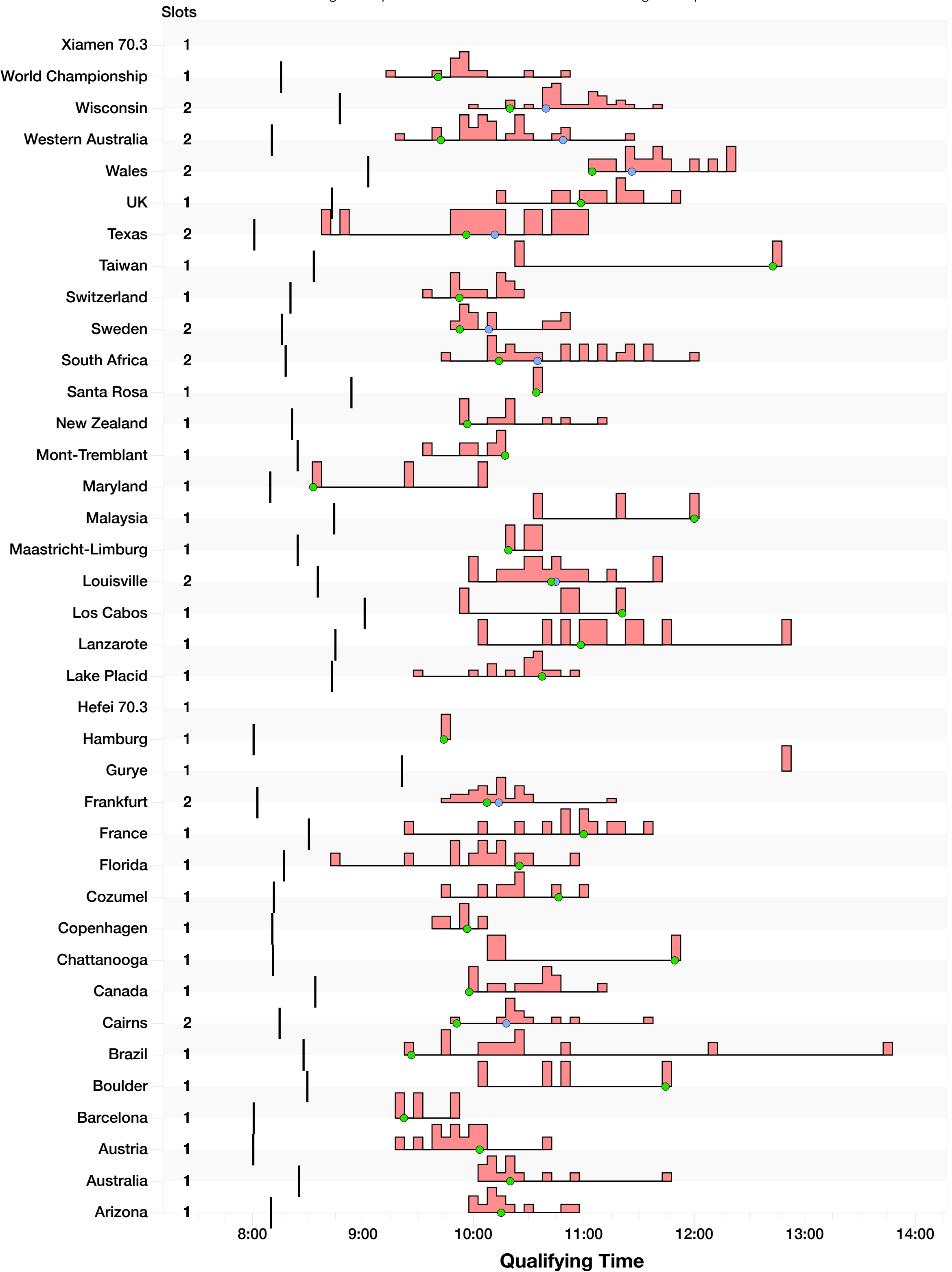
# Ironman World Championship

## F25-29 2017 Qualification Stats

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# 2017 Qualification Comparison for F25-29

■ Distribution of Past Qualifying Times      | Average Race Winning Time  
● 2017 Age Group Qualifier                      ● 2017 Age Group Winner



# F25-29 Past Qualifying Times

## Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	10:53:55
2006	9:12:53	10:16:06
2007	9:36:40	10:18:54
2008	9:21:06	10:05:45
2010	9:09:19	10:08:07
2011	8:36:13	10:29:11
2012	9:01:41	10:07:52
2013	8:52:49	9:59:08
2014	8:50:41	10:09:51
2015	8:44:00	10:01:32
2016	8:48:23	10:15:03
<b>Average</b>	<b>9:05:15</b>	<b>10:15:02</b>

## Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:13:20	10:13:42
2006	9:19:44	10:03:53
2007	9:12:59	10:02:41
2008	9:03:55	10:23:17
2009	8:57:10	10:21:53
2010	9:23:46	10:38:02
2011	9:29:54	10:12:16
2012	9:34:57	10:12:14
2013	9:34:55	10:12:01
2014	9:28:43	10:22:29
2015	9:38:24	11:46:05
2016	9:10:28	10:54:38
2017	9:16:38	10:19:57
<b>Average</b>	<b>9:20:22</b>	<b>10:26:23</b>

## Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	9:47:29
2006	9:12:09	9:54:55
2007	9:08:47	9:58:51
2008	8:47:26	9:49:55
2009	8:50:13	9:52:01
2010	9:18:50	9:41:19
2011	8:43:34	9:29:49
2012	9:09:58	9:57:41
2013	8:59:31	10:39:57
2014	8:42:42	9:20:52
2015		9:41:24
2016	8:41:17	10:06:47
2017	9:06:25	10:03:22
<b>Average</b>	<b>8:17:32</b>	<b>9:52:38</b>

### Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	9:50:58
2015	8:46:44	9:29:21
2016	8:54:27	9:22:14
<b>Average</b>	<b>8:50:10</b>	<b>9:34:11</b>

### Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	10:40:22
2015	9:53:41	10:06:10
2016	10:01:09	10:52:29
2017	9:13:32	11:44:20
<b>Average</b>	<b>9:37:04</b>	<b>10:50:50</b>

### Ironman Brazil (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2006	9:20:46	10:48:59	10:49:43
2007	9:12:40	10:17:41	10:45:24
2008	9:42:50	10:09:24	10:28:24
2009	9:10:15	12:09:21	12:18:52
2010	9:19:13	10:03:21	10:30:33
2011	12:40:07	13:45:13	13:45:21
2012	9:17:42	10:23:42	10:39:40
2013	9:05:53	10:12:55	10:50:58
2014	8:56:32	10:27:29	10:33:28
2015	8:59:08	9:43:02	9:48:22
2016	8:54:10	9:44:26	10:01:22
2017	8:52:00	9:26:15	9:49:06
<b>Average</b>	<b>9:27:36</b>	<b>10:35:59</b>	<b>10:51:46</b>

### Ironman Cairns (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:21:00	10:21:52	10:26:34
2013	9:19:51	10:21:29	10:56:36
2014	9:16:58	10:18:17	10:24:35
2015	9:11:49	10:27:33	11:36:32
2016	9:06:18	10:13:58	10:44:11
2017	8:58:14	9:50:56	10:17:53
<b>Average</b>	<b>9:12:21</b>	<b>10:15:40</b>	<b>10:44:23</b>

### Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:16:02	10:37:59
2005	9:51:31	10:31:27
2006	9:25:13	10:35:16
2007	9:41:01	10:25:05
2008	9:17:58	10:10:36
2009	9:11:20	10:38:11
2010	9:13:46	9:59:44
2011	9:03:13	10:43:47
2012	9:44:58	10:16:14
2013	9:28:13	10:01:35
2014	9:46:58	10:39:06
2015	9:46:19	10:46:52
2016	10:12:28	11:07:45
2017	9:17:12	9:57:39
<b>Average</b>	<b>9:31:09</b>	<b>10:27:56</b>

### Ironman Chattanooga (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:54:55	10:10:26
2015	8:56:00	10:15:06
2016	10:23:43	11:49:21
<b>Average</b>	<b>9:24:52</b>	<b>10:44:57</b>

### Ironman Coeur d'Alene (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:42:08	10:27:53	10:43:23
2005	9:59:08	10:10:44	10:16:40
2006	9:31:07	10:20:29	10:34:58
2007	10:27:55	10:42:57	11:12:55
2008	9:38:58	10:39:47	10:44:21
2009	9:23:21	10:48:44	10:49:25
2010	9:17:54	10:42:03	10:51:01
2011	9:16:40	10:16:02	10:30:19
2012	9:21:44	10:42:29	10:50:44
2013	9:16:02	10:25:34	10:33:13
2014	9:34:32	10:26:52	11:00:28
2015	9:23:27	10:59:03	11:27:10
2016	10:24:45	10:24:45	11:10:32
2017	10:19:06	10:57:00	11:35:07
<b>Average</b>	<b>9:41:11</b>	<b>10:34:35</b>	<b>10:52:52</b>

### Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	9:56:40
2014	8:53:33	10:06:40
2015	8:59:49	9:46:00
2016	9:37:53	9:42:00
2017	9:17:06	9:56:33
<b>Average</b>	<b>9:05:11</b>	<b>9:53:34</b>

### Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	10:23:32
2010	9:07:08	10:23:22
2011	9:14:08	10:15:11
2012	9:15:38	10:59:33
2013	8:52:28	10:06:30
2014	9:14:07	9:46:46
2015	9:06:40	10:18:31
2016	9:08:06	10:46:13
<b>Average</b>	<b>9:08:09</b>	<b>10:22:27</b>

### Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	10:14:29
2005	9:33:09	10:05:58
2006	9:28:28	10:32:20
2007	9:05:35	9:48:47
2008	9:07:48	10:05:42
2009	9:08:38	10:16:12
2010	9:07:49	10:02:13
2011	8:55:10	10:10:28
2012	8:51:35	9:49:47
2013	8:43:07	9:27:19
2014	8:01:47	8:43:30
2015	9:54:44	10:54:52
2016	9:47:49	10:25:00
<b>Average</b>	<b>9:10:21</b>	<b>10:02:49</b>

### Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	10:44:49
2015	10:45:10	11:06:01
2016	10:45:00	11:22:46
<b>Average</b>	<b>10:13:10</b>	<b>11:04:32</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	11:18:01
2006	9:56:31	10:40:53
2007	9:49:11	11:32:38
2008	9:35:29	10:23:31
2009	9:30:29	11:03:42
2011	9:34:31	10:49:02
2012	9:16:05	11:14:36
2013	9:12:54	9:22:51
2014	9:12:21	10:05:40
2015	9:24:50	10:49:27
2016	9:22:04	11:01:10
2017	9:27:53	10:59:52
<b>Average</b>	<b>9:32:53</b>	<b>10:46:46</b>

### Ironman Frankfurt (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:03:11	10:28:48
2005	9:15:31	10:14:27
2006	9:16:17	9:50:50
2007	9:04:11	9:57:33
2008	8:51:24	9:55:59
2009	8:58:08	9:58:10
2010	9:04:27	10:16:15
2011	9:12:13	10:07:00
2012	8:52:33	10:06:00
2013	8:56:01	10:01:08
2014	8:52:40	9:46:32
2015	8:51:00	10:20:17
2016	9:01:17	9:50:01
2017	8:47:58	10:07:19
<b>Average</b>	<b>9:00:29</b>	<b>10:04:18</b>

### Ironman Hamburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:07:49	9:43:54
<b>Average</b>	<b>9:07:49</b>	<b>9:43:54</b>

### Ironman Hefei 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:13:50	4:39:53
<b>Average</b>	<b>4:13:50</b>	<b>4:39:53</b>

### Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2002	9:29:41	10:36:13
2003	9:51:55	10:54:21
2004	9:24:42	10:35:54
2006	10:11:35	10:11:35
2007	9:40:20	10:38:08
2008	9:51:00	10:32:34
2009	9:29:36	10:31:14
2010	9:27:30	10:01:42
2011	9:19:03	10:21:01
2012	9:47:39	10:32:05
2013	9:35:06	10:29:53
2014	9:28:28	9:29:51
2015	10:13:19	10:44:02
2016	9:09:42	10:10:48
2017	9:46:00	10:37:18
<b>Average</b>	<b>9:39:02</b>	<b>10:25:46</b>

### Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	11:29:59
2009	9:54:57	11:03:56
2010	10:03:52	10:05:20
2011	9:43:39	11:44:29
2012	9:58:06	10:48:41
2013	9:37:34	11:12:12
2014	9:41:40	10:38:48
2015	9:56:03	12:47:58
2016	10:02:35	11:23:11
2017	9:35:40	10:58:16
<b>Average</b>	<b>9:51:39</b>	<b>11:13:17</b>

### Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	10:53:30
2014	9:16:43	9:55:11
2015	10:43:13	10:49:26
2016	10:58:27	11:20:44
<b>Average</b>	<b>10:08:29</b>	<b>10:44:42</b>

### Ironman Louisville (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:23:22	10:47:09
2008	9:54:17	11:41:38
2010	9:33:15	10:33:59
2011	9:38:14	10:26:49
2012	9:36:27	10:12:35
2013	9:29:02	10:18:04
2014	9:31:19	10:56:29
2015	10:00:04	10:00:04
2016	9:46:24	10:42:14
<b>Average</b>	<b>9:39:09</b>	<b>10:37:40</b>

### Ironman Maastricht-Limburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	10:36:14
2016	9:24:42	10:31:46
2017	9:37:17	10:18:57
<b>Average</b>	<b>9:33:47</b>	<b>10:28:59</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	11:18:23
2015	9:37:06	10:37:06
2016	9:25:34	11:59:53
<b>Average</b>	<b>9:29:46</b>	<b>11:18:27</b>



### Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	10:13:11
2015	9:24:48	10:49:33
2016	9:11:55	10:24:27
<b>Average</b>	<b>9:20:20</b>	<b>10:29:03</b>

### Ironman Maryland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:02	9:26:02
2015	9:42:56	10:04:03
2016	8:14:27	8:32:56
<b>Average</b>	<b>9:07:48</b>	<b>9:21:00</b>

### Ironman Mont-Tremblant (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:30:46	10:15:30
2013	9:07:56	9:33:05
2014	9:40:26	10:01:15
2015	9:09:05	9:55:40
2016	9:26:37	10:11:24
2017	9:19:08	10:17:08
<b>Average</b>	<b>9:22:19</b>	<b>10:02:20</b>

### Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	11:11:35
2004	9:22:23	10:09:34
2005	9:30:13	10:51:56
2007	9:20:01	10:17:59
2008	9:16:00	10:21:12
2009	9:18:25	10:19:44
2010	9:14:35	10:41:05
2011	9:28:24	9:56:41
2013	9:17:10	9:55:41
2014	9:08:46	10:17:54
2015	9:05:45	10:13:54
2016	8:56:08	9:54:25
2017	9:09:47	9:56:39
<b>Average</b>	<b>9:15:48</b>	<b>10:19:06</b>

### Ironman Santa Rosa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:58:45	10:34:06
<b>Average</b>	<b>9:58:45</b>	<b>10:34:06</b>

### Ironman South Africa (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:22:00	11:20:35	11:36:18
2008	9:27:48	10:12:07	10:21:39
2009	9:16:32	10:49:43	11:26:55
2010	9:16:55	10:11:13	10:12:23
2011	8:33:56	9:44:47	10:18:00
2012	9:47:10	10:26:42	11:58:33
2013	9:10:58	10:29:18	10:58:11
2014	9:31:54	11:23:38	11:33:01
2015	9:26:56	11:01:57	11:07:51
2016	9:06:50	10:47:58	11:12:08
2017	8:47:02	10:13:51	10:34:48
<b>Average</b>	<b>9:15:16</b>	<b>10:36:31</b>	<b>11:01:47</b>

### Ironman Sweden (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:13:27	9:51:50	9:56:04
2013	8:54:01	10:44:44	10:50:10
2014	8:56:50	9:57:17	10:07:59
2015	9:12:27	9:58:51	10:49:38
2016	9:14:39	10:00:22	10:38:34
2017	9:52:34	9:52:34	10:08:19
<b>Average</b>	<b>9:13:59</b>	<b>10:04:16</b>	<b>10:25:07</b>

### Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	10:22:22
2006	9:24:18	9:54:50
2007	9:20:43	9:50:45
2008	9:30:12	10:04:08
2009	9:14:35	9:32:57
2010	9:00:04	10:21:06
2011	9:03:26	10:12:38
2012	9:20:16	10:00:22
2013	9:21:31	10:26:21
2014	9:13:30	10:16:50
2015	9:21:05	10:17:15
2016	8:53:49	9:50:43
2017	9:23:02	9:52:21
<b>Average</b>	<b>9:15:11</b>	<b>10:04:49</b>

### Ironman Taiwan (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:20:23	10:23:04
2016	9:50:03	12:42:34
<b>Average</b>	<b>9:35:13</b>	<b>11:32:49</b>

### Ironman Texas (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	8:57:51	10:42:32	10:47:49
2012	8:54:58	9:59:45	10:13:58
2013	8:49:14	10:28:31	10:34:27
2014	8:54:42	9:51:44	10:07:11
2015	8:55:19	10:56:04	10:59:06
2016	8:11:01	8:41:02	8:48:08
2017	8:56:32	9:56:08	10:11:36
<b>Average</b>	<b>8:48:31</b>	<b>10:05:06</b>	<b>10:14:36</b>

### Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	11:05:02
2008	9:49:06	10:44:52
2009	9:33:59	10:49:08
2010	10:01:02	11:20:13
2011	9:37:31	11:12:04
2012	10:08:44	11:24:15
2013	9:29:12	11:18:42
2014	9:52:12	11:47:39
2015	9:31:58	10:15:32
2016	9:26:05	11:28:50
2017	9:39:48	10:58:22
<b>Average</b>	<b>9:42:20</b>	<b>11:07:41</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	10:58:49
2016	9:13:40	10:12:32
2017	9:51:10	10:33:32
<b>Average</b>	<b>9:30:05</b>	<b>10:34:57</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	10:58:49
2016	9:13:40	10:12:32
2017	9:51:10	10:33:32
<b>Average</b>	<b>9:30:05</b>	<b>10:34:57</b>

### Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	11:38:18
2012	9:45:09	11:07:55
2013	9:51:21	11:15:17
2014	10:57:26	11:35:14
2015	9:56:31	11:46:54
2016	10:00:17	11:04:26
2017	10:11:20	11:23:43
<b>Average</b>	<b>10:08:12</b>	<b>11:24:32</b>

### Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:03:37	10:26:48
2005	9:31:32	10:03:11
2006	9:10:01	10:22:28
2007	9:00:55	10:03:50
2008	8:59:24	9:53:38
2009	9:16:52	9:54:27
2010	9:19:44	10:00:17
2011	9:25:38	10:08:16
2012	9:13:00	9:53:37
2013	8:59:44	9:20:42
2014	8:56:34	10:06:25
2015	9:03:47	9:53:44
2016	8:54:39	9:42:17
<b>Average</b>	<b>9:08:52</b>	<b>9:59:12</b>

### Ironman Weymouth (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	10:32:25	12:07:09
<b>Average</b>	<b>10:32:25</b>	<b>12:07:09</b>

### Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:05:27	11:08:45
2004	10:05:40	11:07:24	11:12:06
2005	10:11:22	11:13:17	11:42:19
2006	10:01:22	11:07:29	11:19:44
2007	9:37:03	10:19:28	10:30:16
2008	9:47:25	10:43:22	10:44:39
2009	9:43:59	10:39:43	10:45:45
2010	9:27:26	10:39:56	10:44:40
2011	9:41:03	11:01:13	11:08:40
2012	9:34:35	10:38:43	10:38:59
2013	9:47:07	11:19:23	11:23:46
2014	9:30:08	10:43:52	10:46:20
2015	10:08:05	10:57:28	11:05:33
2016	9:33:47	10:19:47	10:39:21
2017	9:57:41	9:57:41	10:50:40
<b>Average</b>	<b>9:47:32</b>	<b>10:47:36</b>	<b>10:58:46</b>

### Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	10:51:46
2005	9:09:30	9:54:32
2006	9:18:31	9:53:41
2007	9:08:45	9:47:40
2008	9:06:23	10:28:53
2009	8:54:02	10:01:48
2010	8:58:36	10:07:16
2011	8:55:08	9:55:51
2012	9:15:54	9:51:07
2013	8:52:14	9:15:16
2014	9:00:55	9:50:39
2015	8:57:57	9:56:21
2016	8:46:46	9:40:48
<b>Average</b>	<b>9:05:45</b>	<b>9:58:07</b>

### Ironman Xiamen 70.3 (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2016	4:24:03	4:51:08	4:54:37
<b>Average</b>	<b>4:24:03</b>	<b>4:51:08</b>	<b>4:54:37</b>

Results from Ironman.com. Tables compiled by Russ Cox (russell.m.cox@gmail.com) for www.coachcox.co.uk

# F25-29 Average Top 10 and Kona Qualifying Splits

## Ironman Arizona

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:55:06</b>	<b>4:57:12</b>	<b>3:09:07</b>	<b>9:06:03</b>
<b>1st Age Grouper</b>	<b>1:06:44</b>	<b>5:26:12</b>	<b>3:34:46</b>	<b>10:15:02</b>
2nd Age Grouper	1:07:14	5:40:06	3:46:14	10:40:39
3rd Age Grouper	1:03:32	5:39:05	3:57:21	10:47:40
4th Age Grouper	1:08:27	5:46:11	3:58:13	11:00:48
5th Age Grouper	1:06:53	5:49:48	4:09:38	11:14:58
6th Age Grouper	1:08:15	5:55:59	4:05:53	11:18:47
7th Age Grouper	1:08:11	5:57:59	4:12:42	11:28:06
8th Age Grouper	1:08:50	5:58:15	4:21:15	11:38:10
9th Age Grouper	1:12:49	6:05:17	4:16:34	11:43:41
10th Age Grouper	1:12:45	6:06:21	4:18:53	11:48:21
<b>Kona Qualifier Average</b>	<b>1:06:05</b>	<b>5:27:01</b>	<b>3:37:44</b>	<b>10:18:04</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:59</b>	<b>5:50:44</b>	<b>4:04:37</b>	<b>11:11:52</b>

## Ironman Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:52:56</b>	<b>5:13:55</b>	<b>3:10:36</b>	<b>9:20:22</b>
<b>1st Age Grouper</b>	<b>0:57:46</b>	<b>5:43:49</b>	<b>3:40:35</b>	<b>10:26:23</b>
2nd Age Grouper	1:00:03	5:47:18	3:48:14	10:40:05
3rd Age Grouper	1:03:25	5:24:00	4:26:11	10:54:14
4th Age Grouper	1:03:16	5:31:58	4:36:07	11:11:35
5th Age Grouper	1:06:04	5:39:24	4:36:17	11:22:56
6th Age Grouper	1:05:50	6:14:41	4:08:25	11:35:04
7th Age Grouper	1:06:15	6:17:51	4:13:00	11:43:44
8th Age Grouper	1:02:27	5:57:13	4:56:11	11:56:49
9th Age Grouper	1:08:37	5:55:10	4:57:42	12:03:31
10th Age Grouper	1:10:42	6:28:31	4:32:09	12:18:54
<b>Kona Qualifier Average</b>	<b>0:57:46</b>	<b>5:43:49</b>	<b>3:40:35</b>	<b>10:26:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:26</b>	<b>5:54:00</b>	<b>4:23:29</b>	<b>11:25:19</b>

## Ironman Austria

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:54:08</b>	<b>4:56:30</b>	<b>3:03:12</b>	<b>8:58:59</b>
<b>1st Age Grouper</b>	<b>1:04:06</b>	<b>5:11:42</b>	<b>3:29:32</b>	<b>9:52:38</b>
2nd Age Grouper	1:05:56	5:25:32	3:37:24	10:16:34
3rd Age Grouper	1:06:18	5:23:54	3:49:52	10:28:19
4th Age Grouper	1:04:04	5:37:34	3:35:19	10:37:28
5th Age Grouper	1:08:45	5:35:31	3:50:09	10:43:37
6th Age Grouper	1:08:06	5:36:16	4:05:12	10:58:46
7th Age Grouper	1:10:50	5:47:56	3:58:38	11:08:43
8th Age Grouper	1:10:35	5:47:03	4:10:58	11:17:52
9th Age Grouper	1:05:20	5:29:27	4:42:00	11:25:20
10th Age Grouper	1:12:56	5:59:47	4:17:57	11:42:27
<b>Kona Qualifier Average</b>	<b>1:04:06</b>	<b>5:11:42</b>	<b>3:29:32</b>	<b>9:52:38</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:42</b>	<b>5:35:28</b>	<b>3:57:42</b>	<b>10:51:10</b>

## Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:00:22	4:41:03	3:05:18	8:50:10
1st Age Grouper	1:00:48	5:02:47	3:26:03	9:34:11
2nd Age Grouper	1:07:09	5:14:31	3:39:01	10:06:43
3rd Age Grouper	1:07:40	5:25:33	4:00:57	10:40:44
4th Age Grouper	1:03:49	5:22:35	4:15:10	10:47:22
5th Age Grouper	1:10:58	5:43:27	3:58:10	11:00:42
6th Age Grouper	1:05:28	5:27:12	4:26:33	11:06:05
7th Age Grouper	1:12:04	5:38:39	4:14:31	11:12:39
8th Age Grouper	1:09:54	5:39:09	4:36:30	11:31:54
9th Age Grouper	1:18:35	5:27:54	4:42:27	11:36:23
10th Age Grouper	1:18:25	5:56:44	4:20:39	11:44:25
<b>Kona Qualifier Average</b>	<b>1:00:48</b>	<b>5:02:47</b>	<b>3:26:03</b>	<b>9:34:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:29</b>	<b>5:29:51</b>	<b>4:10:00</b>	<b>10:56:07</b>

## Ironman Boulder

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:59:33	5:00:51	3:28:52	9:37:04
1st Age Grouper	1:08:45	5:27:43	4:03:40	10:50:50
2nd Age Grouper	1:07:42	5:42:59	4:12:44	11:13:00
3rd Age Grouper	1:11:53	5:41:15	4:20:49	11:24:10
4th Age Grouper	1:14:41	5:43:28	4:23:07	11:34:31
5th Age Grouper	1:16:08	5:56:22	4:28:50	11:53:34
6th Age Grouper	1:14:59	6:04:55	4:31:01	12:03:03
7th Age Grouper	1:16:30	6:15:45	4:31:13	12:20:35
8th Age Grouper	1:17:03	6:20:24	4:36:07	12:29:36
9th Age Grouper	1:21:48	6:00:31	4:56:35	12:34:10
10th Age Grouper	1:24:23	6:17:58	4:43:00	12:43:38
<b>Kona Qualifier Average</b>	<b>1:08:45</b>	<b>5:27:43</b>	<b>4:03:40</b>	<b>10:50:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:23</b>	<b>5:57:08</b>	<b>4:28:42</b>	<b>11:54:43</b>

## Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:43	4:56:35	3:49:23	9:27:36
1st Age Grouper	1:06:49	4:55:13	3:25:46	10:35:59
2nd Age Grouper	1:06:08	5:05:29	3:32:02	10:51:46
3rd Age Grouper	1:04:56	5:12:29	3:39:43	11:08:35
4th Age Grouper	1:11:37	5:14:35	3:41:02	11:17:56
5th Age Grouper	1:13:27	5:17:52	3:47:31	11:30:00
6th Age Grouper	1:09:18	5:29:43	3:52:46	11:46:42
7th Age Grouper	1:11:17	5:23:01	4:09:54	12:00:33
8th Age Grouper	1:18:24	5:35:57	4:03:44	12:14:30
9th Age Grouper	1:09:16	5:02:57	4:15:45	12:28:16
10th Age Grouper	1:18:35	5:43:44	4:03:21	12:34:17
<b>Kona Qualifier Average</b>	<b>1:06:28</b>	<b>5:00:21</b>	<b>3:28:54</b>	<b>10:43:52</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:55</b>	<b>5:17:53</b>	<b>3:51:03</b>	<b>11:38:23</b>

## Ironman Cairns

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:16	5:02:51	3:11:24	9:12:21
1st Age Grouper	1:02:18	5:30:41	3:36:02	10:15:40
2nd Age Grouper	1:02:46	5:34:35	3:59:05	10:44:23
3rd Age Grouper	1:05:06	5:42:07	3:59:29	10:53:49
4th Age Grouper	1:07:29	5:54:34	4:05:15	11:14:57
5th Age Grouper	1:09:24	5:53:51	4:23:37	11:35:20
6th Age Grouper	1:18:09	6:04:56	4:10:39	11:44:42
7th Age Grouper	1:15:16	6:10:51	4:18:58	11:55:28
8th Age Grouper	1:17:23	6:22:23	4:17:32	12:07:44
9th Age Grouper	1:20:40	6:25:17	4:27:41	12:24:23
10th Age Grouper	1:18:12	6:24:18	4:41:56	12:35:45
<b>Kona Qualifier Average</b>	<b>1:02:32</b>	<b>5:32:38</b>	<b>3:47:33</b>	<b>10:30:02</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:40</b>	<b>6:00:21</b>	<b>4:12:01</b>	<b>11:33:13</b>

## Ironman Canada

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:17	5:12:48	3:17:57	9:31:09
1st Age Grouper	1:06:02	5:35:40	3:40:18	10:27:56
2nd Age Grouper	1:03:50	5:45:33	3:44:23	10:39:51
3rd Age Grouper	1:04:21	5:50:22	3:54:06	10:55:42
4th Age Grouper	1:04:39	5:54:25	3:57:12	11:02:35
5th Age Grouper	1:03:45	5:58:12	3:59:31	11:08:22
6th Age Grouper	1:06:36	6:00:22	4:04:00	11:18:36
7th Age Grouper	1:08:27	6:03:53	4:06:32	11:26:43
8th Age Grouper	1:06:54	6:09:06	4:13:21	11:37:58
9th Age Grouper	1:07:08	6:12:10	4:17:19	11:44:57
10th Age Grouper	1:11:41	6:16:31	4:12:31	11:49:44
<b>Kona Qualifier Average</b>	<b>1:06:02</b>	<b>5:35:40</b>	<b>3:40:18</b>	<b>10:27:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:20</b>	<b>5:58:37</b>	<b>4:00:55</b>	<b>11:13:14</b>

## Ironman Chattanooga

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:49:09	5:04:51	3:24:59	9:24:52
1st Age Grouper	0:54:47	5:42:46	3:59:26	10:44:57
2nd Age Grouper	0:56:40	5:52:04	4:01:43	10:58:32
3rd Age Grouper	1:04:00	5:43:16	4:10:05	11:07:18
4th Age Grouper	0:58:21	5:58:10	4:06:12	11:12:28
5th Age Grouper	0:57:08	6:03:47	4:16:28	11:27:42
6th Age Grouper	0:53:09	5:53:52	4:37:56	11:36:58
7th Age Grouper	1:01:20	6:16:11	4:15:27	11:44:55
8th Age Grouper	1:00:55	6:15:00	4:20:30	11:50:03
9th Age Grouper	0:55:10	6:06:55	4:57:37	12:09:41
10th Age Grouper	1:06:49	6:17:58	4:41:48	12:15:29
<b>Kona Qualifier Average</b>	<b>0:54:47</b>	<b>5:42:46</b>	<b>3:59:26</b>	<b>10:44:57</b>
<b>Top 10 Age Grouper Average</b>	<b>0:58:50</b>	<b>6:01:00</b>	<b>4:20:43</b>	<b>11:30:48</b>



## Ironman Coeur d'Alene

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:58:25	5:18:09	3:19:58	9:41:11
1st Age Grouper	1:07:47	5:37:41	3:43:11	10:34:35
2nd Age Grouper	1:06:50	5:48:48	3:50:40	10:52:52
3rd Age Grouper	1:06:50	5:55:00	3:53:47	11:02:38
4th Age Grouper	1:07:59	5:57:55	4:00:59	11:14:34
5th Age Grouper	1:13:49	6:03:14	4:01:10	11:26:24
6th Age Grouper	1:07:55	6:09:00	4:09:14	11:34:12
7th Age Grouper	1:08:50	6:09:39	4:12:41	11:39:11
8th Age Grouper	1:02:48	6:15:42	4:22:22	11:49:15
9th Age Grouper	1:10:44	6:13:54	4:22:55	11:55:50
10th Age Grouper	1:13:52	6:20:46	4:18:05	12:02:40
<b>Kona Qualifier Average</b>	<b>1:07:18</b>	<b>5:43:15</b>	<b>3:46:56</b>	<b>10:43:44</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:44</b>	<b>6:03:10</b>	<b>4:05:30</b>	<b>11:25:13</b>

## Ironman Copenhagen

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:41	4:48:04	3:14:57	9:05:11
1st Age Grouper	0:58:53	5:20:02	3:28:46	9:53:34
2nd Age Grouper	1:02:48	5:18:59	3:35:16	10:03:19
3rd Age Grouper	1:07:56	5:17:56	3:41:40	10:14:31
4th Age Grouper	1:08:24	5:30:19	3:40:12	10:25:44
5th Age Grouper	1:08:01	5:24:40	3:46:44	10:26:51
6th Age Grouper	1:07:28	5:27:31	3:49:35	10:32:29
7th Age Grouper	1:11:39	5:30:37	3:43:14	10:35:21
8th Age Grouper	1:09:29	5:32:43	3:49:19	10:39:06
9th Age Grouper	1:09:44	5:30:08	3:54:07	10:43:23
10th Age Grouper	1:08:15	5:33:51	3:56:44	10:47:32
<b>Kona Qualifier Average</b>	<b>0:58:53</b>	<b>5:20:02</b>	<b>3:28:46</b>	<b>9:53:34</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:16</b>	<b>5:26:41</b>	<b>3:44:34</b>	<b>10:26:11</b>

## Ironman Cozumel

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:50:01	5:00:04	3:12:19	9:08:09
1st Age Grouper	0:56:51	5:33:03	3:46:54	10:22:27
2nd Age Grouper	1:03:43	5:44:19	3:48:14	10:43:18
3rd Age Grouper	1:02:09	5:45:57	4:00:30	10:56:34
4th Age Grouper	1:03:28	5:58:20	4:06:30	11:16:42
5th Age Grouper	1:07:19	5:57:11	4:15:51	11:27:50
6th Age Grouper	1:05:03	6:13:08	4:18:36	11:37:30
7th Age Grouper	1:01:16	6:10:28	4:23:02	11:45:58
8th Age Grouper	1:08:39	6:16:07	4:21:58	11:57:25
9th Age Grouper	1:09:43	6:26:02	4:20:36	12:06:30
10th Age Grouper	1:06:59	6:25:45	4:31:26	12:13:57
<b>Kona Qualifier Average</b>	<b>0:56:51</b>	<b>5:33:03</b>	<b>3:46:54</b>	<b>10:22:27</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:31</b>	<b>6:03:02</b>	<b>4:11:22</b>	<b>11:26:49</b>

## Ironman Florida

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:00:14	4:58:56	3:11:14	9:11:29
1st Age Grouper	0:59:30	5:19:42	3:35:44	10:02:49
2nd Age Grouper	1:01:27	5:22:47	3:43:27	10:14:57
3rd Age Grouper	1:00:29	5:31:19	3:52:52	10:33:26
4th Age Grouper	1:01:56	5:39:57	3:56:06	10:46:28
5th Age Grouper	1:03:26	5:32:28	4:11:08	10:56:03
6th Age Grouper	1:02:07	5:45:12	4:04:53	11:02:05
7th Age Grouper	1:02:08	5:40:00	4:16:24	11:08:35
8th Age Grouper	1:03:35	5:52:38	4:07:53	11:14:56
9th Age Grouper	1:06:14	5:52:46	4:10:49	11:21:31
10th Age Grouper	1:05:13	5:56:27	4:15:24	11:27:27
Kona Qualifier Average	0:59:30	5:19:42	3:35:44	10:02:49
Top 10 Age Grouper Average	1:02:37	5:39:20	4:01:28	10:52:50

## Ironman Fortaleza

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:03:42	5:26:21	3:38:01	10:13:10
1st Age Grouper	1:14:35	5:48:56	3:56:20	11:04:32
2nd Age Grouper	1:35:25	6:16:03	3:47:40	11:48:25
3rd Age Grouper	1:34:17	6:28:46	4:34:45	12:49:13
4th Age Grouper	1:24:03	6:47:07	5:16:47	13:36:17
5th Age Grouper	1:31:54	6:57:43	4:44:38	13:27:02
6th Age Grouper	1:29:31	7:18:46	5:04:30	14:11:56
7th Age Grouper	1:17:12	6:47:51	5:52:49	14:11:35
8th Age Grouper	1:10:50	7:13:15	5:38:42	14:13:04
9th Age Grouper	1:21:25	7:07:09	6:26:27	15:04:20
Kona Qualifier Average	1:14:35	5:48:56	3:56:20	11:04:32
Top 10 Age Grouper Average	1:26:10	6:37:02	4:45:24	12:59:04

## Ironman France

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:20	5:21:29	3:07:50	9:32:53
1st Age Grouper	1:01:34	5:50:19	3:45:53	10:46:46
2nd Age Grouper	1:06:44	6:05:35	3:51:55	11:15:31
3rd Age Grouper	1:04:27	6:09:05	4:07:11	11:32:09
4th Age Grouper	1:04:03	6:12:53	4:12:58	11:48:17
5th Age Grouper	1:09:31	6:34:08	3:53:18	12:08:27
6th Age Grouper	1:09:10	6:42:26	4:21:13	12:27:12
7th Age Grouper	1:06:45	6:48:02	4:21:25	12:36:01
8th Age Grouper	1:11:58	6:39:07	4:53:22	12:57:57
9th Age Grouper	1:10:59	6:44:44	4:46:18	13:04:00
10th Age Grouper	1:17:50	7:04:13	5:53:35	13:25:28
Kona Qualifier Average	1:01:34	5:50:19	3:45:53	10:46:46
Top 10 Age Grouper Average	1:08:04	6:27:54	4:22:33	12:09:23

### Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:52:57</b>	<b>4:56:16</b>	<b>3:05:57</b>	<b>9:00:29</b>
<b>1st Age Grouper</b>	<b>1:02:11</b>	<b>5:16:42</b>	<b>3:23:39</b>	<b>10:04:18</b>
2nd Age Grouper	1:04:10	5:25:26	3:28:29	10:20:09
3rd Age Grouper	0:58:51	5:02:11	4:32:31	10:30:30
4th Age Grouper	1:06:02	5:33:27	3:34:47	10:38:41
5th Age Grouper	1:05:25	5:39:19	3:44:24	10:53:06
6th Age Grouper	1:08:22	5:45:43	4:21:57	11:08:02
7th Age Grouper	1:06:52	5:41:42	4:03:27	11:17:17
8th Age Grouper	1:08:03	5:58:34	4:28:54	11:31:20
9th Age Grouper	1:08:28	5:53:08	4:12:57	11:41:52
10th Age Grouper	1:11:53	6:09:34	4:47:06	12:02:43
<b>Kona Qualifier Average</b>	<b>1:02:11</b>	<b>5:16:42</b>	<b>3:23:39</b>	<b>10:04:18</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:02</b>	<b>5:38:35</b>	<b>4:03:49</b>	<b>11:00:48</b>

### Ironman Hamburg

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:55:53</b>	<b>4:55:24</b>	<b>3:08:53</b>	<b>9:07:49</b>
<b>1st Age Grouper</b>	<b>1:07:53</b>	<b>5:29:19</b>	<b>2:59:46</b>	<b>9:43:54</b>
2nd Age Grouper	0:58:07	5:49:31	3:34:44	10:30:23
3rd Age Grouper	0:55:44	5:50:21	3:57:35	10:55:09
4th Age Grouper	1:02:55	5:49:44	3:55:53	10:58:39
5th Age Grouper	1:04:28	5:48:55	3:56:16	11:00:01
6th Age Grouper	1:11:46	5:59:00	4:12:40	11:36:51
7th Age Grouper	1:23:01	6:04:34	3:54:52	11:37:19
8th Age Grouper	1:11:55	6:09:14	4:19:04	11:53:28
9th Age Grouper	1:06:05	6:24:58	4:30:30	12:10:32
10th Age Grouper	1:24:18	6:33:02	4:11:57	12:22:59
<b>Kona Qualifier Average</b>	<b>1:07:53</b>	<b>5:29:19</b>	<b>2:59:46</b>	<b>9:43:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:37</b>	<b>5:59:51</b>	<b>3:57:19</b>	<b>11:16:55</b>

### Ironman Hefei 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:24:59</b>	<b>2:22:16</b>	<b>1:22:59</b>	<b>4:13:50</b>
<b>1st Age Grouper</b>	<b>0:32:45</b>	<b>2:37:50</b>	<b>1:24:56</b>	<b>4:39:53</b>
2nd Age Grouper	0:36:41	2:31:42	1:46:52	5:01:13
3rd Age Grouper	0:32:38	2:48:00	1:54:50	5:22:38
4th Age Grouper	0:43:04	2:49:01	1:44:26	5:24:43
5th Age Grouper	0:33:35	2:58:55	1:51:30	5:31:50
6th Age Grouper	0:47:39	2:38:14	2:07:58	5:40:31
7th Age Grouper	0:41:35	2:48:36	2:13:14	5:49:59
8th Age Grouper	0:51:59	2:53:46	1:58:29	5:53:36
9th Age Grouper	0:45:20	3:05:01	2:04:20	6:03:37
10th Age Grouper	0:54:44	3:05:24	1:53:08	6:08:08
<b>Kona Qualifier Average</b>	<b>0:32:45</b>	<b>2:37:50</b>	<b>1:24:56</b>	<b>4:39:53</b>
<b>Top 10 Age Grouper Average</b>	<b>0:42:00</b>	<b>2:49:38</b>	<b>1:53:58</b>	<b>5:33:36</b>

## Ironman Lake Placid

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:58:44	5:18:39	3:16:14	9:39:02
1st Age Grouper	1:01:19	5:40:53	3:34:15	10:25:46
2nd Age Grouper	1:01:08	5:50:29	3:45:25	10:47:10
3rd Age Grouper	1:00:49	5:57:16	3:51:00	10:59:21
4th Age Grouper	1:03:38	6:00:42	3:59:36	11:16:13
5th Age Grouper	1:04:03	6:04:41	4:03:50	11:24:32
6th Age Grouper	1:05:01	6:07:17	4:10:00	11:31:23
7th Age Grouper	1:03:02	6:16:48	4:02:21	11:34:43
8th Age Grouper	1:01:46	6:18:30	4:04:59	11:38:20
9th Age Grouper	1:08:25	6:16:57	4:06:55	11:42:42
10th Age Grouper	1:05:00	6:12:57	4:18:53	11:49:25
<b>Kona Qualifier Average</b>	<b>1:01:19</b>	<b>5:40:53</b>	<b>3:34:15</b>	<b>10:25:46</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:25</b>	<b>6:04:39</b>	<b>3:59:43</b>	<b>11:18:58</b>

## Ironman Lanzarote

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:21	5:37:46	3:11:25	9:51:39
1st Age Grouper	1:07:46	6:18:11	3:36:59	11:13:17
2nd Age Grouper	1:08:21	6:23:31	3:53:58	11:36:25
3rd Age Grouper	1:10:15	6:46:40	4:21:42	12:30:45
4th Age Grouper	1:09:20	6:52:11	4:26:46	12:40:17
5th Age Grouper	1:13:50	7:02:50	4:25:42	12:57:50
6th Age Grouper	1:08:27	7:04:18	4:33:09	13:00:25
7th Age Grouper	1:09:15	7:14:19	4:55:12	13:36:22
8th Age Grouper	1:15:58	7:39:17	5:20:03	14:33:09
9th Age Grouper	1:20:36	8:06:11	5:01:44	14:46:50
10th Age Grouper	1:21:46	7:28:26	5:13:20	14:17:54
<b>Kona Qualifier Average</b>	<b>1:07:46</b>	<b>6:18:11</b>	<b>3:36:59</b>	<b>11:13:17</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:37</b>	<b>7:00:09</b>	<b>4:29:23</b>	<b>12:55:07</b>

## Ironman Los Cabos

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:58:42	5:44:09	5:01:49	10:08:29
1st Age Grouper	1:04:23	5:43:46	3:49:33	10:44:42
2nd Age Grouper	1:03:32	6:03:06	4:03:59	11:18:32
3rd Age Grouper	1:09:14	6:16:27	4:00:07	11:31:57
4th Age Grouper	1:07:38	6:26:31	4:35:57	12:19:21
5th Age Grouper	1:04:23	6:46:19	4:34:08	12:38:05
6th Age Grouper	1:14:45	6:45:38	4:54:44	13:05:19
7th Age Grouper	1:14:28	7:03:35	5:07:41	13:40:01
8th Age Grouper	1:15:15	7:10:22	5:03:33	13:41:04
9th Age Grouper	1:26:42	7:44:12	4:35:52	14:02:56
10th Age Grouper	1:15:05	7:26:25	5:44:42	14:41:53
<b>Kona Qualifier Average</b>	<b>1:04:23</b>	<b>5:43:46</b>	<b>3:49:33</b>	<b>10:44:42</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:55</b>	<b>6:40:15</b>	<b>4:35:18</b>	<b>12:37:14</b>

## Ironman Louisville

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:54:11	5:16:49	3:19:45	9:37:16
<b>1st Age Grouper</b>	<b>1:03:39</b>	<b>5:39:15</b>	<b>3:44:54</b>	<b>10:37:40</b>
2nd Age Grouper	1:02:20	5:48:06	3:48:26	10:47:24
3rd Age Grouper	1:01:59	5:43:07	4:03:03	10:57:57
4th Age Grouper	1:03:46	5:50:50	4:02:06	11:05:29
5th Age Grouper	1:04:18	5:49:32	4:10:27	11:13:28
6th Age Grouper	1:06:11	5:54:43	4:11:50	11:22:46
7th Age Grouper	1:07:39	6:03:07	4:07:37	11:29:12
8th Age Grouper	1:05:32	5:57:00	4:26:08	11:38:59
9th Age Grouper	1:10:40	6:03:21	4:19:54	11:43:55
10th Age Grouper	1:08:49	6:08:05	4:23:19	11:52:18
<b>Kona Qualifier Average</b>	<b>1:03:39</b>	<b>5:39:15</b>	<b>3:44:54</b>	<b>10:37:40</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:29</b>	<b>5:53:43</b>	<b>4:07:46</b>	<b>11:16:55</b>

## Ironman Maastricht-Limburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:52:11	5:18:33	3:17:38	9:33:47
<b>1st Age Grouper</b>	<b>1:03:47</b>	<b>5:39:25</b>	<b>3:39:04</b>	<b>10:28:59</b>
2nd Age Grouper	1:09:07	5:47:07	3:57:33	11:01:08
3rd Age Grouper	1:06:20	5:53:33	4:11:46	11:18:46
4th Age Grouper	1:14:55	5:57:48	4:17:54	11:41:58
5th Age Grouper	1:09:42	6:00:28	4:36:59	11:57:29
6th Age Grouper	1:13:00	6:25:41	4:21:08	12:13:12
7th Age Grouper	1:06:33	6:21:52	4:45:25	12:25:41
8th Age Grouper	1:09:27	6:19:15	4:37:57	12:18:19
9th Age Grouper	1:11:53	6:25:01	4:41:28	12:31:33
10th Age Grouper	1:10:04	6:41:29	4:37:25	12:43:10
<b>Kona Qualifier Average</b>	<b>1:03:47</b>	<b>5:39:25</b>	<b>3:39:04</b>	<b>10:28:59</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:22</b>	<b>6:07:00</b>	<b>4:20:51</b>	<b>11:47:41</b>

## Ironman Malaysia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:59:11	5:00:58	3:24:48	9:29:46
<b>1st Age Grouper</b>	<b>1:06:45</b>	<b>6:02:39</b>	<b>4:02:18</b>	<b>11:18:27</b>
2nd Age Grouper	1:08:05	6:08:27	4:11:23	11:34:22
3rd Age Grouper	1:15:50	6:35:17	4:36:54	12:36:02
4th Age Grouper	1:23:09	7:05:10	4:49:24	13:30:39
5th Age Grouper	1:40:07	7:26:26	5:18:37	14:41:26
6th Age Grouper	1:35:15	7:19:14	6:02:37	15:09:31
7th Age Grouper	1:31:07	7:39:12	5:34:54	15:01:41
8th Age Grouper	1:36:22	7:35:13	5:49:27	15:17:51
9th Age Grouper	1:41:17	7:47:10	6:23:15	16:10:34
<b>Kona Qualifier Average</b>	<b>1:06:45</b>	<b>6:02:39</b>	<b>4:02:18</b>	<b>11:18:27</b>
<b>Top 10 Age Grouper Average</b>	<b>1:25:13</b>	<b>6:59:47</b>	<b>5:06:37</b>	<b>13:43:49</b>

## Ironman Mallorca

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:14	5:08:33	3:09:40	9:20:20
1st Age Grouper	1:01:37	5:27:59	3:50:19	10:29:03
2nd Age Grouper	1:03:16	5:52:42	3:42:40	10:46:40
3rd Age Grouper	1:06:54	6:10:54	4:04:24	11:32:58
4th Age Grouper	1:14:40	6:11:46	4:04:15	11:41:26
5th Age Grouper	1:12:54	6:20:36	4:03:34	11:52:30
6th Age Grouper	1:04:48	6:20:57	4:21:55	11:59:10
7th Age Grouper	1:13:07	6:22:26	4:30:27	12:20:13
8th Age Grouper	1:18:53	6:25:05	4:46:06	12:40:58
9th Age Grouper	1:16:20	6:48:03	4:55:22	13:16:45
10th Age Grouper	1:19:15	7:12:15	4:50:35	13:36:40
<b>Kona Qualifier Average</b>	<b>1:01:37</b>	<b>5:27:59</b>	<b>3:50:19</b>	<b>10:29:03</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:10</b>	<b>6:19:16</b>	<b>4:18:58</b>	<b>12:01:38</b>

## Ironman Maryland

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:53:01	4:58:27	3:27:24	9:07:48
1st Age Grouper	0:35:25	5:05:56	3:32:33	9:21:00
2nd Age Grouper	0:35:21	5:31:27	3:43:48	9:57:05
3rd Age Grouper	0:44:15	5:20:21	3:55:20	10:08:01
4th Age Grouper	0:36:51	5:32:33	4:06:59	10:25:24
5th Age Grouper	0:47:52	5:22:37	4:10:10	10:30:18
6th Age Grouper	0:48:01	5:39:46	4:08:54	10:48:42
7th Age Grouper	0:47:44	5:35:30	4:19:01	10:51:54
8th Age Grouper	0:43:33	5:35:29	4:26:06	10:56:23
9th Age Grouper	0:42:22	6:01:47	4:11:04	11:07:52
10th Age Grouper	0:40:24	5:48:15	4:33:37	11:11:50
<b>Kona Qualifier Average</b>	<b>0:35:25</b>	<b>5:05:56</b>	<b>3:32:33</b>	<b>9:21:00</b>
<b>Top 10 Age Grouper Average</b>	<b>0:42:11</b>	<b>5:33:22</b>	<b>4:06:45</b>	<b>10:31:51</b>

## Ironman Mont-Tremblant

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:36	5:05:36	3:13:12	9:22:19
1st Age Grouper	1:03:26	5:22:33	3:29:21	10:02:20
2nd Age Grouper	1:07:02	5:31:43	3:38:50	10:25:44
3rd Age Grouper	1:06:31	5:41:49	3:46:57	10:43:35
4th Age Grouper	1:11:35	5:48:19	3:44:59	10:54:42
5th Age Grouper	1:07:34	5:53:17	3:57:12	11:07:32
6th Age Grouper	1:14:02	6:02:31	3:48:39	11:15:57
7th Age Grouper	1:15:02	5:54:31	3:58:36	11:18:48
8th Age Grouper	1:07:51	6:01:21	4:08:38	11:28:53
9th Age Grouper	1:16:08	5:57:22	4:09:27	11:32:02
10th Age Grouper	1:14:03	5:58:40	4:17:58	11:40:42
<b>Kona Qualifier Average</b>	<b>1:03:26</b>	<b>5:22:33</b>	<b>3:29:21</b>	<b>10:02:20</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:19</b>	<b>5:49:13</b>	<b>3:54:04</b>	<b>11:03:01</b>

### Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:50:48</b>	<b>5:08:22</b>	<b>3:11:33</b>	<b>9:15:48</b>
<b>1st Age Grouper</b>	<b>0:59:43</b>	<b>5:35:32</b>	<b>3:36:28</b>	<b>10:19:06</b>
2nd Age Grouper	1:00:31	5:40:48	3:43:23	10:31:41
3rd Age Grouper	1:02:30	5:51:16	3:50:39	10:52:26
4th Age Grouper	1:05:33	5:57:06	3:52:43	11:03:22
5th Age Grouper	1:03:41	5:53:17	4:04:22	11:09:28
6th Age Grouper	1:08:22	6:03:21	4:03:12	11:23:51
7th Age Grouper	1:06:59	6:04:45	4:15:30	11:36:42
8th Age Grouper	1:09:33	6:16:13	4:11:26	11:46:12
9th Age Grouper	1:03:46	6:16:22	4:23:36	11:54:25
10th Age Grouper	1:08:31	6:22:01	4:21:07	12:01:51
<b>Kona Qualifier Average</b>	<b>0:59:43</b>	<b>5:35:32</b>	<b>3:36:28</b>	<b>10:19:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:55</b>	<b>6:00:04</b>	<b>4:02:14</b>	<b>11:15:54</b>

### Ironman North Carolina

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>				
<b>Kona Qualifier Average</b>				

### Ironman Santa Rosa

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:05:39</b>	<b>5:12:07</b>	<b>3:31:59</b>	<b>9:58:45</b>
<b>1st Age Grouper</b>	<b>1:03:41</b>	<b>5:27:30</b>	<b>3:53:20</b>	<b>10:34:06</b>
2nd Age Grouper	0:56:55		3:36:17	10:36:40
3rd Age Grouper	1:09:38	5:29:39	3:55:02	10:44:22
4th Age Grouper	1:13:38	5:30:43	3:55:01	10:54:10
5th Age Grouper	1:25:52	5:41:09	3:57:11	11:14:28
6th Age Grouper	1:07:43	5:56:29	4:08:13	11:27:08
7th Age Grouper	1:01:50	5:37:34	4:38:28	11:30:50
8th Age Grouper	1:06:08	5:43:13	4:29:08	11:38:12
9th Age Grouper	1:24:31	6:11:55	3:59:32	11:49:21
10th Age Grouper	1:12:28	6:08:04	4:18:45	11:51:21
<b>Kona Qualifier Average</b>	<b>1:03:41</b>	<b>5:27:30</b>	<b>3:53:20</b>	<b>10:34:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:14</b>	<b>5:10:37</b>	<b>4:05:05</b>	<b>11:14:03</b>

### Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:58:32</b>	<b>5:03:30</b>	<b>3:08:14</b>	<b>9:15:16</b>
<b>1st Age Grouper</b>	<b>1:08:25</b>	<b>5:35:22</b>	<b>3:45:37</b>	<b>10:36:31</b>
<b>2nd Age Grouper</b>	<b>1:10:27</b>	<b>5:53:06</b>	<b>3:50:33</b>	<b>11:01:47</b>
3rd Age Grouper	1:04:42	6:05:06	4:06:12	11:23:53
4th Age Grouper	1:09:22	6:04:38	4:14:55	11:38:31
5th Age Grouper	1:13:40	6:11:38	4:16:49	11:51:55
6th Age Grouper	1:14:06	6:17:54	4:17:52	12:00:20
7th Age Grouper	1:18:57	6:14:09	4:24:51	12:09:11
8th Age Grouper	1:14:43	6:33:00	4:19:39	12:20:08
9th Age Grouper	1:14:49	6:29:27	4:27:36	12:23:53
10th Age Grouper	1:16:19	6:30:32	4:35:14	12:34:57
<b>Kona Qualifier Average</b>	<b>1:09:26</b>	<b>5:44:14</b>	<b>3:48:05</b>	<b>10:49:09</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:33</b>	<b>6:11:29</b>	<b>4:13:56</b>	<b>11:48:07</b>

## Ironman Sweden

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:58	5:01:18	3:13:00	9:13:59
1st Age Grouper	0:59:56	5:21:11	3:37:45	10:04:16
2nd Age Grouper	1:06:51	5:30:48	3:42:24	10:25:07
3rd Age Grouper	1:10:56	5:31:12	3:42:07	10:32:28
4th Age Grouper	1:17:13	5:40:46	3:42:18	10:48:39
5th Age Grouper	1:06:26	5:48:07	3:59:36	11:01:25
6th Age Grouper	1:13:23	5:49:36	4:04:17	11:15:18
7th Age Grouper	1:10:53	6:03:49	4:01:01	11:23:46
8th Age Grouper	1:18:41	5:57:18	4:08:07	11:32:38
9th Age Grouper	1:23:06	6:02:56	4:02:37	11:38:35
10th Age Grouper	1:16:22	6:12:29	4:08:06	11:45:46
<b>Kona Qualifier Average</b>	<b>1:03:24</b>	<b>5:25:59</b>	<b>3:40:04</b>	<b>10:14:41</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:23</b>	<b>5:47:49</b>	<b>3:54:50</b>	<b>11:02:48</b>

## Ironman Switzerland

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:57	5:00:20	3:13:23	9:15:11
1st Age Grouper	1:04:20	5:24:54	3:17:43	10:04:49
2nd Age Grouper	1:04:03	5:29:22	3:40:07	10:18:01
3rd Age Grouper	1:07:52	5:42:21	3:45:40	10:41:05
4th Age Grouper	1:09:14	5:43:07	3:54:38	10:52:19
5th Age Grouper	1:08:46	5:47:32	4:02:10	11:03:58
6th Age Grouper	1:10:22	5:53:24	4:04:52	11:15:35
7th Age Grouper	1:09:16	5:58:10	4:11:08	11:25:44
8th Age Grouper	1:14:55	5:58:06	4:14:51	11:35:38
9th Age Grouper	1:15:15	6:08:09	4:17:36	11:48:22
10th Age Grouper	1:15:47	6:12:34	4:26:28	12:03:20
<b>Kona Qualifier Average</b>	<b>1:04:20</b>	<b>5:24:54</b>	<b>3:17:43</b>	<b>10:04:49</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:59</b>	<b>5:49:46</b>	<b>3:59:31</b>	<b>11:06:53</b>

## Ironman Taiwan

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:01	5:08:07	3:24:24	9:35:13
1st Age Grouper	1:05:04	6:05:36	4:10:22	11:32:49
2nd Age Grouper	1:21:25	6:02:55	4:01:39	11:43:24
3rd Age Grouper	1:22:45	6:39:35	4:55:56	13:11:50
4th Age Grouper	1:18:33	6:38:23	5:09:05	13:25:32
5th Age Grouper	1:40:04	6:24:05	5:46:07	15:07:47
6th Age Grouper	1:23:08	7:57:10	6:06:15	15:45:51
7th Age Grouper	1:00:17	9:01:58	6:17:50	16:42:42
<b>Kona Qualifier Average</b>	<b>1:05:04</b>	<b>6:05:36</b>	<b>4:10:22</b>	<b>11:32:49</b>
<b>Top 10 Age Grouper Average</b>	<b>1:20:10</b>	<b>6:49:02</b>	<b>5:07:26</b>	<b>13:42:51</b>



## Ironman Texas

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:03	4:50:04	3:05:37	8:48:31
1st Age Grouper	1:05:09	5:17:03	3:35:01	10:05:06
2nd Age Grouper	1:07:58	5:15:52	3:43:17	10:14:36
3rd Age Grouper	1:10:13	5:26:23	3:48:40	10:33:01
4th Age Grouper	1:10:33	5:23:53	3:59:46	10:42:57
5th Age Grouper	1:08:54	5:32:10	4:04:44	10:54:18
6th Age Grouper	1:09:00	5:31:26	4:13:20	11:01:43
7th Age Grouper	1:14:21	5:36:55	4:10:13	11:11:46
8th Age Grouper	1:12:26	5:38:12	4:26:12	11:28:04
9th Age Grouper	1:11:49	5:42:11	4:37:08	11:40:32
10th Age Grouper	1:14:05	5:51:57	4:29:54	11:47:22
<b>Kona Qualifier Average</b>	<b>1:06:34</b>	<b>5:16:27</b>	<b>3:39:09</b>	<b>10:09:51</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:27</b>	<b>5:31:36</b>	<b>4:06:49</b>	<b>10:57:57</b>

## Ironman UK

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:30	5:32:04	3:09:09	9:42:20
1st Age Grouper	1:05:01	6:09:57	3:43:46	11:07:41
2nd Age Grouper	1:06:05	6:25:57	3:55:52	11:40:46
3rd Age Grouper	1:10:14	6:30:48	4:06:10	11:59:13
4th Age Grouper	1:11:03	6:50:52	4:03:37	12:18:20
5th Age Grouper	1:11:42	6:50:48	4:15:49	12:31:22
6th Age Grouper	1:17:44	7:02:21	4:11:28	12:45:56
7th Age Grouper	1:09:35	7:02:40	4:37:24	13:00:55
8th Age Grouper	1:13:10	7:09:09	4:40:17	13:17:26
9th Age Grouper	1:21:17	7:14:01	4:34:15	13:27:45
10th Age Grouper	1:18:52	7:20:10	4:42:56	13:38:58
<b>Kona Qualifier Average</b>	<b>1:05:01</b>	<b>6:09:57</b>	<b>3:43:46</b>	<b>11:07:41</b>
<b>Top 10 Age Grouper Average</b>	<b>1:12:28</b>	<b>6:51:40</b>	<b>4:17:09</b>	<b>12:34:50</b>

## Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:02:37	4:58:58	3:22:32	9:30:05
1st Age Grouper	1:07:34	5:41:32	3:37:05	10:34:57
2nd Age Grouper	1:14:26	5:36:47	3:48:53	10:48:57
3rd Age Grouper	1:13:09	5:43:05	3:53:26	10:57:47
4th Age Grouper	1:15:23	5:47:14	4:09:14	11:20:30
5th Age Grouper	1:21:49	5:49:09	4:18:43	11:40:16
6th Age Grouper	1:18:23	6:01:42	4:37:11	12:08:39
7th Age Grouper	1:17:15	6:07:59	4:48:16	12:27:31
8th Age Grouper	1:28:36	6:28:04	4:34:47	12:45:01
9th Age Grouper	1:31:04	6:21:29	4:50:08	13:00:55
10th Age Grouper	1:27:04	6:18:47	5:18:31	13:14:42
<b>Kona Qualifier Average</b>	<b>1:07:34</b>	<b>5:41:32</b>	<b>3:37:05</b>	<b>10:34:57</b>
<b>Top 10 Age Grouper Average</b>	<b>1:19:28</b>	<b>5:59:35</b>	<b>4:23:37</b>	<b>11:53:55</b>

## Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:02:37	4:58:58	3:22:32	9:30:05
1st Age Grouper	1:07:34	5:41:32	3:37:05	10:34:57
2nd Age Grouper	1:14:26	5:36:47	3:48:53	10:48:57
3rd Age Grouper	1:13:09	5:43:05	3:53:26	10:57:47
4th Age Grouper	1:15:23	5:47:14	4:09:14	11:20:30
5th Age Grouper	1:21:49	5:49:09	4:18:43	11:40:16
6th Age Grouper	1:18:23	6:01:42	4:37:11	12:08:39
7th Age Grouper	1:17:15	6:07:59	4:48:16	12:27:31
8th Age Grouper	1:28:36	6:28:04	4:34:47	12:45:01
9th Age Grouper	1:31:04	6:21:29	4:50:08	13:00:55
10th Age Grouper	1:27:04	6:18:47	5:18:31	13:14:42
<b>Kona Qualifier Average</b>	<b>1:07:34</b>	<b>5:41:32</b>	<b>3:37:05</b>	<b>10:34:57</b>
<b>Top 10 Age Grouper Average</b>	<b>1:19:28</b>	<b>5:59:35</b>	<b>4:23:37</b>	<b>11:53:55</b>

## Ironman Wales

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:57:31	5:43:20	3:18:07	10:08:12
1st Age Grouper	1:02:04	6:23:39	3:46:13	11:24:32
2nd Age Grouper	1:09:23	6:42:57	3:49:16	11:55:12
3rd Age Grouper	1:10:48	6:56:03	3:57:00	12:18:36
4th Age Grouper	1:08:21	7:00:41	4:16:00	12:43:03
5th Age Grouper	1:12:29	7:08:24	4:25:41	13:04:29
6th Age Grouper	1:11:38	7:17:29	4:34:19	13:23:23
7th Age Grouper	1:10:14	7:19:19	4:46:22	13:38:03
8th Age Grouper	1:22:16	7:28:37	4:39:38	13:51:57
9th Age Grouper	1:10:35	7:33:22	4:57:46	14:00:44
10th Age Grouper	1:16:59	7:38:17	5:00:09	14:15:32
<b>Kona Qualifier Average</b>	<b>1:02:04</b>	<b>6:23:39</b>	<b>3:46:13</b>	<b>11:24:32</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:29</b>	<b>7:08:53</b>	<b>4:25:14</b>	<b>13:03:33</b>

## Ironman Western Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:56:33	4:57:54	3:11:34	9:08:52
1st Age Grouper	1:00:30	5:19:36	3:34:26	9:59:12
2nd Age Grouper	1:06:52	5:27:07	3:46:29	10:26:00
3rd Age Grouper	1:04:49	5:31:18	3:55:51	10:36:38
4th Age Grouper	1:06:41	5:35:22	4:03:05	10:50:04
5th Age Grouper	1:00:38	5:45:03	4:10:04	11:01:44
6th Age Grouper	1:03:57	5:36:11	4:09:29	10:54:56
7th Age Grouper	1:03:41	5:39:45	4:15:52	11:04:58
8th Age Grouper	1:08:06	5:47:54	4:12:34	11:16:02
9th Age Grouper	1:06:47	5:51:45	4:18:26	11:24:13
10th Age Grouper	1:10:14	5:56:27	4:19:00	11:31:57
<b>Kona Qualifier Average</b>	<b>1:00:30</b>	<b>5:19:36</b>	<b>3:34:26</b>	<b>9:59:12</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:10</b>	<b>5:38:45</b>	<b>4:04:06</b>	<b>10:53:47</b>

### Ironman Weymouth

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:04:38</b>	<b>5:50:51</b>	<b>3:29:27</b>	<b>10:32:25</b>
<b>1st Age Grouper</b>	<b>1:13:07</b>	<b>6:30:32</b>	<b>4:09:05</b>	<b>12:07:09</b>
2nd Age Grouper	1:03:26	6:56:59	4:41:21	12:52:13
3rd Age Grouper	1:12:25	7:00:24	5:11:04	13:39:04
4th Age Grouper	1:21:56	7:19:12	4:33:36	13:42:16
5th Age Grouper	1:23:02	7:23:43	4:50:49	13:51:18
6th Age Grouper	1:01:03	7:39:32	5:07:12	13:57:37
7th Age Grouper	1:27:08	8:01:52	5:09:12	14:52:14
8th Age Grouper	1:37:21	8:28:41	5:14:52	15:36:58
9th Age Grouper	1:14:04	8:24:17	5:47:40	15:42:34
10th Age Grouper	1:36:03	8:02:39	5:43:12	15:46:13
<b>Kona Qualifier Average</b>	<b>1:13:07</b>	<b>6:30:32</b>	<b>4:09:05</b>	<b>12:07:09</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:57</b>	<b>7:34:47</b>	<b>5:02:48</b>	<b>14:12:45</b>

### Ironman Wisconsin

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:57:38</b>	<b>5:22:50</b>	<b>3:19:39</b>	<b>9:47:32</b>
<b>1st Age Grouper</b>	<b>1:08:14</b>	<b>5:45:09</b>	<b>3:44:13</b>	<b>10:47:36</b>
<b>2nd Age Grouper</b>	<b>1:04:44</b>	<b>5:58:52</b>	<b>3:45:21</b>	<b>10:58:46</b>
3rd Age Grouper	1:04:52	6:02:04	3:54:37	11:12:13
4th Age Grouper	1:07:21	6:03:05	3:56:29	11:18:13
5th Age Grouper	1:09:11	6:01:06	4:05:34	11:26:01
6th Age Grouper	1:09:13	6:06:26	4:06:20	11:32:19
7th Age Grouper	1:06:52	6:10:07	4:11:26	11:39:12
8th Age Grouper	1:10:21	6:13:23	4:10:56	11:46:07
9th Age Grouper	1:08:24	6:12:17	4:22:01	11:54:02
10th Age Grouper	1:07:33	6:15:14	4:24:38	11:58:58
<b>Kona Qualifier Average</b>	<b>1:06:29</b>	<b>5:52:00</b>	<b>3:44:47</b>	<b>10:53:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:40</b>	<b>6:04:46</b>	<b>4:04:09</b>	<b>11:27:21</b>

### Ironman World Championship

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:57:05</b>	<b>5:01:15</b>	<b>2:59:32</b>	<b>9:02:40</b>
<b>1st Age Grouper</b>	<b>1:05:46</b>	<b>5:22:45</b>	<b>3:23:50</b>	<b>9:58:07</b>
2nd Age Grouper	1:00:00	5:31:42	3:33:20	10:11:15
3rd Age Grouper	1:05:46	5:31:08	3:34:21	10:17:40
4th Age Grouper	1:04:19	5:37:35	3:34:09	10:22:26
5th Age Grouper	1:03:49	5:36:48	3:40:00	10:27:29
6th Age Grouper	1:08:10	5:41:37	3:34:17	10:30:49
7th Age Grouper	1:05:16	5:41:01	3:41:36	10:34:26
8th Age Grouper	1:06:09	5:41:13	3:42:57	10:37:10
9th Age Grouper	1:06:18	5:42:34	3:42:57	10:39:25
10th Age Grouper	1:04:22	5:46:14	3:44:51	10:42:15
<b>Kona Qualifier Average</b>	<b>1:05:46</b>	<b>5:22:45</b>	<b>3:23:50</b>	<b>9:58:07</b>
<b>Top 10 Age Grouper Average</b>	<b>1:04:59</b>	<b>5:37:16</b>	<b>3:37:14</b>	<b>10:26:06</b>

# Ironman Xiamen 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:32:33	2:20:15	1:25:08	4:24:03
1st Age Grouper	0:35:17	2:34:30	1:34:06	4:51:08
2nd Age Grouper	0:35:58	2:29:03	1:42:00	4:54:37
3rd Age Grouper	0:41:18	2:53:56	1:31:18	5:15:12
4th Age Grouper	0:46:59	2:52:27	1:46:38	5:37:28
5th Age Grouper	0:36:27	2:58:36	1:57:15	5:47:37
6th Age Grouper	0:39:49	2:54:58	2:07:25	5:52:29
7th Age Grouper	0:59:07	2:48:07	2:06:31	6:04:05
8th Age Grouper	0:47:40	2:59:48	2:11:45	6:09:58
9th Age Grouper	0:57:51	3:04:42	1:54:13	6:12:07
10th Age Grouper	0:53:46	3:02:56	2:02:40	6:12:14
<b>Kona Qualifier Average</b>	<b>0:35:37</b>	<b>2:31:46</b>	<b>1:38:03</b>	<b>4:52:52</b>
<b>Top 10 Age Grouper Average</b>	<b>0:45:25</b>	<b>2:51:54</b>	<b>1:53:23</b>	<b>5:41:41</b>

Results from Ironman.com. Tables compiled by Russ Cox (russell.m.cox@gmail.com) for www.coachcox.co.uk