

# Ironman World Championship

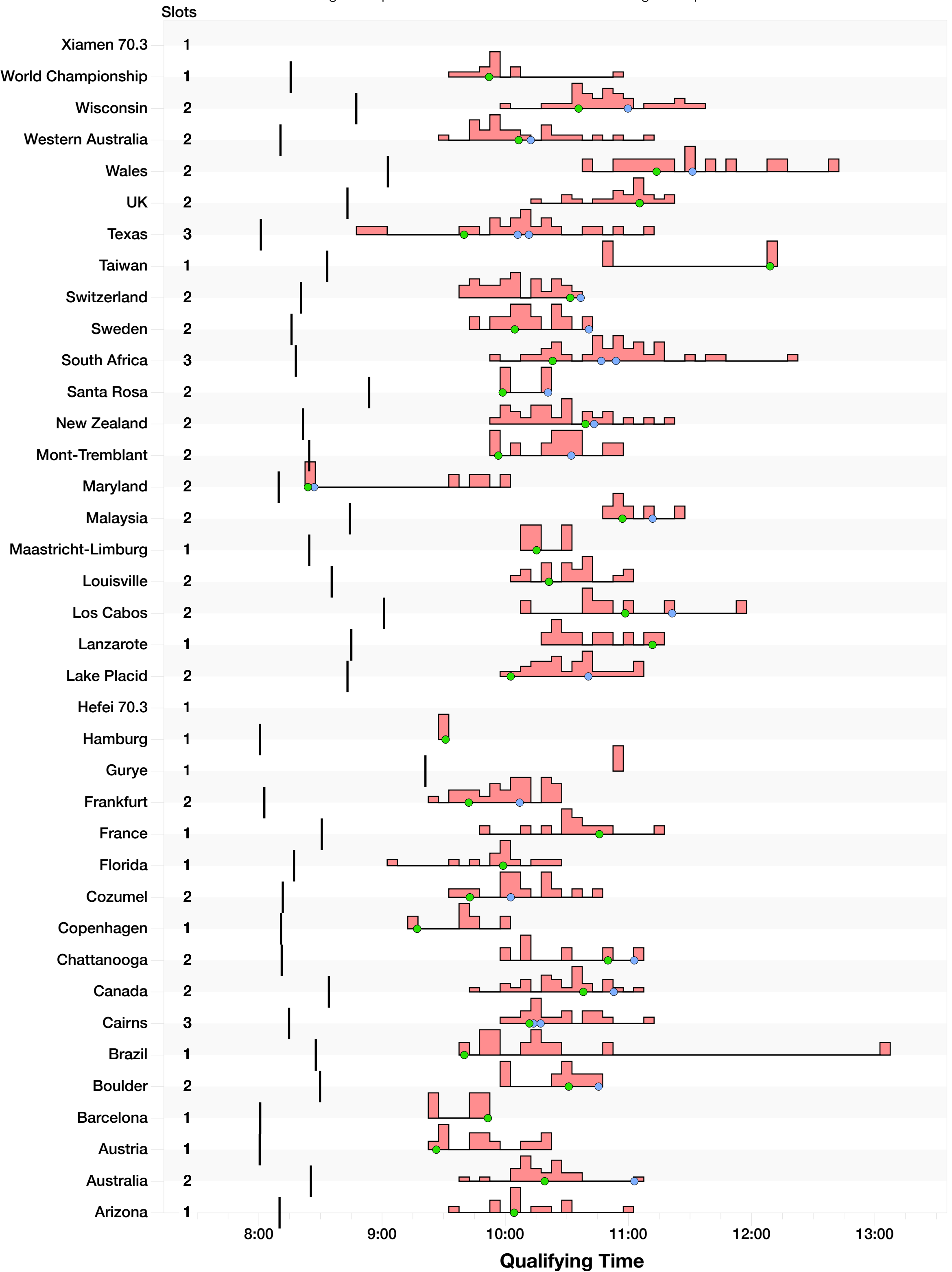
F30-34

2017 Qualification Stats

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# 2017 Qualification Comparison for F30-34

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



# F30-34 Past Qualifying Times

## Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	11:01:07
2006	9:12:53	10:27:53
2007	9:36:40	10:14:24
2008	9:21:06	9:56:41
2010	9:09:19	9:56:21
2011	8:36:13	10:22:09
2012	9:01:41	10:06:41
2013	8:52:49	9:35:54
2014	8:50:41	10:05:32
2015	8:44:00	10:30:34
2016	8:48:23	10:04:18
<b>Average</b>	<b>9:05:15</b>	<b>10:12:52</b>

## Ironman Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:13:20	10:16:13	10:23:41
2006	9:19:44	10:22:40	10:29:47
2007	9:12:59	10:24:19	10:33:58
2008	9:03:55	9:50:02	10:26:31
2009	8:57:10	9:38:52	10:08:09
2010	9:23:46	10:05:01	10:28:42
2011	9:29:54	10:07:57	10:36:46
2012	9:34:57	10:11:57	10:13:09
2013	9:34:55	10:17:45	10:23:37
2014	9:28:43	10:08:04	10:13:22
2015	9:38:24	10:04:02	10:04:16
2016	9:10:28	10:07:41	10:12:19
2017	9:16:38	10:19:13	11:02:53
<b>Average</b>	<b>9:20:22</b>	<b>10:08:45</b>	<b>10:24:23</b>

## Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	10:10:08
2006	9:12:09	10:21:02
2007	9:08:47	10:15:43
2008	8:47:26	9:46:40
2009	8:50:13	9:48:41
2010	9:18:50	9:46:43
2011	8:43:34	9:32:13
2012	9:09:58	10:21:00
2013	8:59:31	9:32:09
2014	8:42:42	9:50:49
2015		9:31:33
2016	8:41:17	9:53:00
2017	9:06:25	9:26:25
<b>Average</b>	<b>8:17:32</b>	<b>9:52:00</b>

### Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	9:43:18
2015	8:46:44	9:25:25
2016	8:54:27	9:51:33
<b>Average</b>	<b>8:50:10</b>	<b>9:40:05</b>

### Ironman Boulder (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:19:54	10:01:13	10:26:05
2015	9:53:41	10:36:20	10:40:23
2016	10:01:09	10:01:09	10:28:22
2017	9:13:32	10:30:56	10:45:29
<b>Average</b>	<b>9:37:04</b>	<b>10:17:24</b>	<b>10:35:04</b>

### Ironman Brazil (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2006	9:20:46	10:15:32	10:27:20
2007	9:12:40	9:51:28	10:42:48
2008	9:42:50	10:51:14	11:27:08
2009	9:10:15	10:21:14	10:43:51
2010	9:19:13	10:14:45	10:21:22
2011	12:40:07	13:05:58	13:14:17
2012	9:17:42	10:27:05	11:04:50
2013	9:05:53	9:50:49	10:12:06
2014	8:56:32	10:08:00	10:48:08
2015	8:59:08	9:55:28	9:59:47
2016	8:54:10	9:54:29	10:25:50
2017	8:52:00	9:40:03	9:53:55
<b>Average</b>	<b>9:27:36</b>	<b>10:23:00</b>	<b>10:46:46</b>

### Ironman Cairns (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	9:21:00	10:37:41	11:08:50
2013	9:19:51	10:00:14	10:15:07
2014	9:16:58	10:13:53	10:29:05
2015	9:11:49	10:05:34	10:40:10
2016	9:06:18	10:23:34	10:44:04
2017	8:58:14	10:11:47	10:17:15
<b>Average</b>	<b>9:12:21</b>	<b>10:15:27</b>	<b>10:35:45</b>

### Ironman Canada (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:16:02	10:33:26	10:33:56
2005	9:51:31	10:18:16	10:30:53
2006	9:25:13	10:39:39	10:48:07
2007	9:41:01	10:06:17	10:34:56
2008	9:17:58	9:59:54	10:21:18
2009	9:11:20	10:23:38	10:24:09
2010	9:13:46	10:17:46	10:37:17
2011	9:03:13	10:01:58	10:19:30
2012	9:44:58	9:44:58	10:11:09
2013	9:28:13	10:08:39	10:33:15
2014	9:46:58	10:27:17	10:34:23
2015	9:46:19	10:47:43	11:05:11
2016	10:12:28	10:12:28	10:51:45
2017	9:17:12	10:38:01	10:52:52
<b>Average</b>	<b>9:31:09</b>	<b>10:18:34</b>	<b>10:35:37</b>

### Ironman Chattanooga (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:54:55	10:00:50	10:08:00
2015	8:56:00	10:07:40	10:28:02
2016	10:23:43	10:50:01	11:02:50
<b>Average</b>	<b>9:24:52</b>	<b>10:19:30</b>	<b>10:32:57</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	10:52:31	10:58:10
2005	9:59:08	9:59:08	10:25:57
2006	9:31:07	10:35:34	10:46:00
2007	10:27:55	10:27:55	10:43:08
2008	9:38:58	10:13:27	10:35:13
2009	9:23:21	10:00:51	10:53:19
2010	9:17:54	10:14:54	10:27:17
2011	9:16:40	10:03:37	10:35:43
2012	9:21:44	10:09:19	10:11:00
2013	9:16:02	10:16:48	10:26:52
2014	9:34:32	10:33:34	10:34:54
2015	9:23:27	10:13:52	10:53:07
2016	10:24:45	10:47:43	11:00:41
2017	10:19:06	10:25:02	10:47:58
<b>Average</b>	<b>9:41:11</b>	<b>10:21:01</b>	<b>10:39:57</b>

### Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	9:45:59
2014	8:53:33	9:57:32
2015	8:59:49	9:41:37
2016	9:37:53	9:37:53
2017	9:17:06	9:17:06
<b>Average</b>	<b>9:05:11</b>	<b>9:40:01</b>

### Ironman Cozumel (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	9:06:58	10:22:06	10:25:18
2010	9:07:08	10:03:59	10:08:21
2011	9:14:08	9:57:59	10:00:33
2012	9:15:38	10:21:28	10:36:30
2013	8:52:28	9:35:01	9:38:49
2014	9:14:07	9:58:44	10:07:19
2015	9:06:40	10:20:43	10:44:49
2016	9:08:06	9:42:46	10:02:42
<b>Average</b>	<b>9:08:09</b>	<b>10:02:50</b>	<b>10:13:02</b>

### Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	10:01:13
2005	9:33:09	9:58:38
2006	9:28:28	10:23:11
2007	9:05:35	9:44:33
2008	9:07:48	9:58:36
2009	9:08:38	9:53:08
2010	9:07:49	10:14:29
2011	8:55:10	10:05:03
2012	8:51:35	10:18:37
2013	8:43:07	9:36:50
2014	8:01:47	9:04:54
2015	9:54:44	9:54:44
2016	9:47:49	9:58:57
<b>Average</b>	<b>9:10:21</b>	<b>9:56:22</b>

### Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	10:59:54
2015	10:45:10	11:08:31
2016	10:45:00	11:06:34
<b>Average</b>	<b>10:13:10</b>	<b>11:04:59</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	10:37:25
2006	9:56:31	10:28:21
2007	9:49:11	10:39:19
2008	9:35:29	10:34:29
2009	9:30:29	10:29:00
2011	9:34:31	10:19:05
2012	9:16:05	10:29:08
2013	9:12:54	11:15:29
2014	9:12:21	9:51:14
2015	9:24:50	10:50:20
2016	9:22:04	10:09:16
2017	9:27:53	10:45:50
<b>Average</b>	<b>9:32:53</b>	<b>10:32:24</b>

### Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	9:59:41	10:08:57
2005	9:15:31	10:18:49	10:18:52
2006	9:16:17	10:22:29	10:25:10
2007	9:04:11	9:55:23	10:19:31
2008	8:51:24	9:43:19	9:48:09
2009	8:58:08	9:41:09	10:07:10
2010	9:04:27	9:23:10	9:47:25
2011	9:12:13	10:03:50	10:08:24
2012	8:52:33	10:08:22	10:09:16
2013	8:56:01	9:33:25	10:02:28
2014	8:52:40	9:56:04	10:04:46
2015	8:51:00	10:24:30	10:25:43
2016	9:01:17	9:34:59	9:55:08
2017	8:47:58	9:42:15	10:07:03
<b>Average</b>	<b>9:00:29</b>	<b>9:54:48</b>	<b>10:07:43</b>

### Ironman Hamburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:07:49	9:30:57
<b>Average</b>	<b>9:07:49</b>	<b>9:30:57</b>

### Ironman Hefei 70.3 (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2016	4:13:50	4:33:45	4:53:14
<b>Average</b>	<b>4:13:50</b>	<b>4:33:45</b>	<b>4:53:14</b>

### Ironman Lake Placid (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	9:29:41	10:24:11	10:30:03
2003	9:51:55	10:19:34	11:02:58
2004	9:24:42	10:55:22	10:58:09
2006	10:11:35	10:15:12	11:05:03
2007	9:40:20	10:19:32	10:24:55
2008	9:51:00	10:36:45	10:39:21
2009	9:29:36	10:36:01	10:39:10
2010	9:27:30	10:41:05	10:43:23
2011	9:19:03	10:11:54	10:25:19
2012	9:47:39	10:51:46	11:02:31
2013	9:35:06	10:09:16	10:16:24
2014	9:28:28	10:00:34	10:15:18
2015	10:13:19	10:36:25	10:41:49
2016	9:09:42	10:20:49	10:24:39
2017	9:46:00	10:02:41	10:40:29
<b>Average</b>	<b>9:39:02</b>	<b>10:25:24</b>	<b>10:39:18</b>

### Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	11:01:22
2009	9:54:57	10:45:31
2010	10:03:52	10:20:48
2011	9:43:39	10:34:04
2012	9:58:06	10:25:12
2013	9:37:34	10:28:45
2014	9:41:40	10:24:01
2015	9:56:03	11:14:05
2016	10:02:35	10:48:22
2017	9:35:40	11:11:44
<b>Average</b>	<b>9:51:39</b>	<b>10:43:23</b>

### Ironman Los Cabos (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:35:34	10:39:08	10:49:03
2014	9:16:43	10:10:43	10:40:35
2015	10:43:13	10:43:13	11:52:49
2016	10:58:27	10:58:27	11:21:17
<b>Average</b>	<b>10:08:29</b>	<b>10:37:52</b>	<b>11:10:56</b>

### Ironman Louisville (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:23:22	10:27:45	10:34:45
2008	9:54:17	10:38:56	11:00:46
2010	9:33:15	10:04:28	10:39:30
2011	9:38:14	10:20:44	10:41:58
2012	9:36:27	10:54:16	10:58:47
2013	9:29:02	10:28:46	10:32:30
2014	9:31:19	10:28:28	10:40:23
2015	10:00:04	10:07:43	10:09:18
2016	9:46:24	10:21:17	10:21:24
<b>Average</b>	<b>9:39:09</b>	<b>10:25:49</b>	<b>10:37:42</b>

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

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	10:28:05
2016	9:24:42	10:10:20
2017	9:37:17	10:15:17
<b>Average</b>	<b>9:33:47</b>	<b>10:17:54</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	10:56:07
2015	9:37:06	10:50:01
2016	9:25:34	10:57:04
<b>Average</b>	<b>9:29:46</b>	<b>10:54:24</b>



### Ironman Mallorca (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:24:17	10:13:33	10:24:16
2015	9:24:48	9:32:17	10:00:21
2016	9:11:55	9:55:12	10:04:11
<b>Average</b>	<b>9:20:20</b>	<b>9:53:40</b>	<b>10:09:36</b>

### Ironman Maryland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:02	9:35:28	9:58:24
2015	9:42:56	9:42:56	9:48:26
2016	8:14:27	8:23:54	8:26:57
<b>Average</b>	<b>9:07:48</b>	<b>9:14:06</b>	<b>9:24:35</b>

### Ironman Mont-Tremblant (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:30:46	9:54:19	10:25:32
2013	9:07:56	10:07:04	10:36:05
2014	9:40:26	10:21:29	10:37:29
2015	9:09:05	10:52:23	10:53:39
2016	9:26:37	10:25:41	10:28:04
2017	9:19:08	9:56:38	10:32:10
<b>Average</b>	<b>9:22:19</b>	<b>10:16:15</b>	<b>10:35:29</b>

### Ironman New Zealand (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:17:55	10:52:26	10:58:46
2004	9:22:23	11:08:33	11:19:52
2005	9:30:13	10:28:53	10:29:27
2007	9:20:01	10:22:25	10:48:14
2008	9:16:00	10:32:26	10:41:35
2009	9:18:25	9:57:57	9:58:12
2010	9:14:35	10:23:56	10:28:03
2011	9:28:24	10:05:02	10:12:54
2013	9:17:10	9:56:30	10:08:41
2014	9:08:46	9:59:02	10:18:26
2015	9:05:45	10:12:37	10:16:35
2016	8:56:08	10:05:46	10:18:00
2017	9:09:47	10:39:02	10:43:17
<b>Average</b>	<b>9:15:48</b>	<b>10:21:53</b>	<b>10:30:55</b>

### Ironman Santa Rosa (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2017	9:58:45	9:58:45	10:20:51
<b>Average</b>	<b>9:58:45</b>	<b>9:58:45</b>	<b>10:20:51</b>

### Ironman South Africa (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2007	9:22:00	10:48:09	11:47:11
2008	9:27:48	10:54:01	11:02:18
2009	9:16:32	10:42:16	11:13:15
2010	9:16:55	9:53:19	11:39:18
2011	8:33:56	10:14:13	11:02:55
2012	9:47:10	10:54:13	12:18:24
2013	9:10:58	10:23:45	10:51:09
2014	9:31:54	10:25:11	11:05:37
2015	9:26:56	10:18:28	11:14:13
2016	9:06:50	10:12:04	11:05:04
2017	8:47:02	10:23:04	10:53:56
<b>Average</b>	<b>9:15:16</b>	<b>10:28:03</b>	<b>11:17:34</b>

### Ironman Sweden (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:13:27	9:47:11	9:56:29
2013	8:54:01	10:07:04	10:08:41
2014	8:56:50	10:10:20	10:22:55
2015	9:12:27	10:17:00	10:27:51
2016	9:14:39	10:00:10	10:23:34
2017	9:52:34	10:04:39	10:40:45
<b>Average</b>	<b>9:13:59</b>	<b>10:04:24</b>	<b>10:20:02</b>

### Ironman Switzerland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:10:54	9:44:38	10:15:21
2006	9:24:18	10:00:59	10:14:34
2007	9:20:43	9:54:25	9:57:30
2008	9:30:12	9:46:03	9:54:26
2009	9:14:35	9:39:23	10:05:40
2010	9:00:04	9:48:33	10:06:03
2011	9:03:26	10:22:40	10:22:40
2012	9:20:16	10:17:14	10:21:36
2013	9:21:31	9:51:24	10:24:13
2014	9:13:30	9:39:17	9:42:33
2015	9:21:05	10:00:06	10:27:34
2016	8:53:49	10:02:35	10:06:45
2017	9:23:02	10:31:39	10:36:45
<b>Average</b>	<b>9:15:11</b>	<b>9:58:22</b>	<b>10:11:58</b>

### Ironman Taiwan (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:20:23	10:48:43
2016	9:50:03	12:08:59
<b>Average</b>	<b>9:35:13</b>	<b>11:28:51</b>

### Ironman Texas (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	8:57:51	9:53:05	10:18:05
2012	8:54:58	9:47:05	10:09:17
2013	8:49:14	10:47:21	11:12:03
2014	8:54:42	9:56:29	10:15:49
2015	8:55:19	10:20:22	10:38:28
2016	8:11:01	8:50:29	9:02:08
2017	8:56:32	9:39:57	10:11:31
<b>Average</b>	<b>8:48:31</b>	<b>9:53:32</b>	<b>10:15:20</b>

### Ironman UK (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:36:13	10:54:40	11:02:30
2008	9:49:06	10:43:08	11:05:41
2009	9:33:59	11:13:15	11:19:10
2010	10:01:02	10:59:29	11:12:27
2011	9:37:31	10:12:31	10:33:59
2012	10:08:44	10:52:13	11:10:02
2013	9:29:12	10:56:03	10:57:07
2014	9:52:12	10:29:10	11:04:12
2015	9:31:58	10:28:53	11:00:23
2016	9:26:05	11:07:26	11:19:01
2017	9:39:48	11:05:23	11:05:34
<b>Average</b>	<b>9:42:20</b>	<b>10:49:17</b>	<b>11:04:33</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	10:22:46
2016	9:13:40	10:27:53
2017	9:51:10	10:02:51
<b>Average</b>	<b>9:30:05</b>	<b>10:17:50</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	10:22:46
2016	9:13:40	10:27:53
2017	9:51:10	10:02:51
<b>Average</b>	<b>9:30:05</b>	<b>10:17:50</b>

### Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	10:40:58
2012	9:45:09	10:54:12
2013	9:51:21	11:00:01
2014	10:57:26	12:12:26
2015	9:56:31	11:31:49
2016	10:00:17	11:13:43
2017	10:11:20	11:38:15
<b>Average</b>	<b>10:08:12</b>	<b>11:18:46</b>

### Ironman Western Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:03:37	9:46:23	10:24:14
2005	9:31:32	10:55:30	11:09:57
2006	9:10:01	10:30:16	10:33:53
2007	9:00:55	9:45:55	9:56:08
2008	8:59:24	9:55:30	9:58:51
2009	9:16:52	9:57:01	10:03:10
2010	9:19:44	10:21:05	10:22:02
2011	9:25:38	10:19:18	10:45:31
2012	9:13:00	9:50:51	9:55:59
2013	8:59:44	9:30:26	9:42:41
2014	8:56:34	9:47:11	9:56:11
2015	9:03:47	9:49:46	9:59:33
2016	8:54:39	10:06:34	10:12:27
<b>Average</b>	<b>9:08:52</b>	<b>10:02:45</b>	<b>10:13:53</b>

### Ironman Weymouth (1 Kona Slots)

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

### Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:01:11	11:16:16
2004	10:05:40	10:57:25	11:07:37
2005	10:11:22	11:23:03	11:35:09
2006	10:01:22	10:54:43	11:20:31
2007	9:37:03	10:43:45	10:51:26
2008	9:47:25	10:33:37	10:38:24
2009	9:43:59	10:39:52	10:52:21
2010	9:27:26	10:31:04	10:35:30
2011	9:41:03	10:48:51	10:51:43
2012	9:34:35	10:25:20	10:35:34
2013	9:47:07	10:47:14	10:55:36
2014	9:30:08	10:02:09	10:41:40
2015	10:08:05	10:21:57	10:34:49
2016	9:33:47	10:35:44	10:59:45
2017	9:57:41	11:25:07	11:29:04
<b>Average</b>	<b>9:47:32</b>	<b>10:44:44</b>	<b>10:57:41</b>

### Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	10:55:01
2005	9:09:30	10:07:05
2006	9:18:31	10:05:58
2007	9:08:45	9:56:21
2008	9:06:23	9:55:52
2009	8:54:02	9:46:26
2010	8:58:36	9:55:19
2011	8:55:08	9:37:09
2012	9:15:54	9:53:50
2013	8:52:14	9:40:15
2014	9:00:55	9:53:23
2015	8:57:57	9:51:10
2016	8:46:46	9:52:08
<b>Average</b>	<b>9:05:45</b>	<b>9:57:41</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	5:14:59	5:19:29
<b>Average</b>	<b>4:24:03</b>	<b>5:14:59</b>	<b>5:19:29</b>

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

# F30-34 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>1:05:46</b>	<b>5:23:32</b>	<b>3:37:41</b>	<b>10:13:31</b>
2nd Age Grouper	1:08:39	5:29:34	3:42:44	10:29:07
3rd Age Grouper	1:06:10	5:40:31	3:45:34	10:40:29
4th Age Grouper	1:07:27	5:35:41	3:57:55	10:50:03
5th Age Grouper	1:11:04	5:47:28	3:50:19	10:56:24
6th Age Grouper	1:09:41	5:37:51	4:01:11	10:55:54
7th Age Grouper	1:09:23	5:45:33	4:03:17	11:07:52
8th Age Grouper	1:08:48	5:41:45	4:06:03	11:05:16
9th Age Grouper	1:13:03	5:42:10	4:07:02	11:11:25
10th Age Grouper	1:10:25	5:48:32	4:15:24	11:23:41
<b>Kona Qualifier Average</b>	<b>1:04:40</b>	<b>5:22:52</b>	<b>3:38:05</b>	<b>10:12:06</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:48</b>	<b>5:39:35</b>	<b>3:56:47</b>	<b>10:53:30</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>0:58:49</b>	<b>5:33:26</b>	<b>3:32:41</b>	<b>10:08:45</b>
<b>2nd Age Grouper</b>	<b>1:00:59</b>	<b>5:39:51</b>	<b>3:39:50</b>	<b>10:24:23</b>
3rd Age Grouper	1:01:40	5:14:00	4:19:03	10:34:16
4th Age Grouper	1:01:40	5:44:28	3:54:46	10:45:44
5th Age Grouper	0:59:32	5:48:12	3:58:09	10:50:06
6th Age Grouper	1:02:04	5:21:56	4:32:38	10:56:36
7th Age Grouper	1:03:01	5:55:53	4:03:12	11:06:58
8th Age Grouper	1:02:37	6:00:01	4:04:26	11:12:22
9th Age Grouper	1:03:42	6:01:30	4:06:54	11:17:23
10th Age Grouper	1:03:57	6:07:39	4:07:56	11:24:31
<b>Kona Qualifier Average</b>	<b>0:59:54</b>	<b>5:36:38</b>	<b>3:36:16</b>	<b>10:16:34</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:48</b>	<b>5:44:42</b>	<b>4:01:57</b>	<b>10:52:06</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>1:02:25</b>	<b>5:12:02</b>	<b>3:29:13</b>	<b>9:52:00</b>
2nd Age Grouper	1:04:16	5:16:08	3:36:59	10:04:49
3rd Age Grouper	1:06:35	5:20:53	3:42:27	10:17:33
4th Age Grouper	1:05:44	5:26:08	3:45:30	10:25:50
5th Age Grouper	1:08:33	5:35:34	4:12:48	10:33:46
6th Age Grouper	1:06:57	5:33:57	3:52:44	10:41:53
7th Age Grouper	1:07:09	5:41:59	4:20:44	10:45:29
8th Age Grouper	1:09:08	5:34:28	3:56:31	10:49:17
9th Age Grouper	1:05:44	5:37:14	4:35:59	10:55:27
10th Age Grouper	1:06:10	5:39:10	4:06:36	11:00:18
<b>Kona Qualifier Average</b>	<b>1:02:25</b>	<b>5:12:02</b>	<b>3:29:13</b>	<b>9:52:00</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:16</b>	<b>5:29:45</b>	<b>3:57:57</b>	<b>10:32:38</b>

## Ironman Barcelona

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:00:22</b>	<b>4:41:03</b>	<b>3:05:18</b>	<b>8:50:10</b>
<b>1st Age Grouper</b>	<b>1:06:59</b>	<b>5:04:51</b>	<b>3:22:58</b>	<b>9:40:05</b>
2nd Age Grouper	1:04:44	5:02:53	3:42:43	9:55:58
3rd Age Grouper	1:00:39	5:10:56	3:50:34	10:07:15
4th Age Grouper	1:06:41	5:17:20	3:53:44	10:23:08
5th Age Grouper	1:05:05	5:20:07	3:58:05	10:30:32
6th Age Grouper	1:06:33	5:27:18	4:03:43	10:43:50
7th Age Grouper	1:06:38	5:34:55	3:58:38	10:47:25
8th Age Grouper	1:13:01	5:28:44	4:04:25	10:53:54
9th Age Grouper	1:11:46	5:38:25	4:01:54	11:01:03
10th Age Grouper	1:19:49	5:38:39	4:03:54	11:11:43
<b>Kona Qualifier Average</b>	<b>1:06:59</b>	<b>5:04:51</b>	<b>3:22:58</b>	<b>9:40:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:11</b>	<b>5:22:25</b>	<b>3:54:04</b>	<b>10:31:29</b>

## Ironman Boulder

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:59:33</b>	<b>5:00:51</b>	<b>3:28:52</b>	<b>9:37:04</b>
<b>1st Age Grouper</b>	<b>1:05:19</b>	<b>5:12:09</b>	<b>3:51:25</b>	<b>10:17:24</b>
<b>2nd Age Grouper</b>	<b>1:09:23</b>	<b>5:20:12</b>	<b>3:57:00</b>	<b>10:35:04</b>
3rd Age Grouper	1:05:58	5:26:38	4:15:21	10:56:31
4th Age Grouper	1:16:04	5:48:50	3:53:51	11:10:24
5th Age Grouper	1:07:08	5:37:50	4:23:37	11:16:47
6th Age Grouper	1:11:12	5:32:30	4:28:53	11:21:55
7th Age Grouper	1:14:00	5:36:00	4:28:50	11:29:17
8th Age Grouper	1:12:30	5:47:17	4:31:53	11:42:52
9th Age Grouper	1:10:56	5:55:23	4:32:29	11:50:23
10th Age Grouper	1:19:37	6:03:24	4:18:53	11:57:20
<b>Kona Qualifier Average</b>	<b>1:07:21</b>	<b>5:16:11</b>	<b>3:54:12</b>	<b>10:26:14</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:12</b>	<b>5:38:01</b>	<b>4:16:13</b>	<b>11:15:48</b>

## Ironman Brazil

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:55:43</b>	<b>4:56:35</b>	<b>3:49:23</b>	<b>9:27:36</b>
<b>1st Age Grouper</b>	<b>1:04:42</b>	<b>4:52:57</b>	<b>3:18:30</b>	<b>10:23:00</b>
<b>2nd Age Grouper</b>	<b>1:05:57</b>	<b>5:07:48</b>	<b>3:26:09</b>	<b>10:46:46</b>
3rd Age Grouper	1:08:44	5:11:05	3:33:03	11:02:22
4th Age Grouper	1:08:03	5:12:11	3:41:06	11:13:14
5th Age Grouper	1:11:39	5:16:08	3:46:09	11:25:26
6th Age Grouper	1:13:13	5:21:57	3:43:34	11:32:06
7th Age Grouper	1:07:29	5:17:54	3:55:36	11:39:56
8th Age Grouper	1:07:40	5:26:47	3:51:44	11:47:10
9th Age Grouper	1:13:12	5:23:57	4:04:13	11:57:13
10th Age Grouper	1:13:25	5:32:34	4:02:06	12:01:34
<b>Kona Qualifier Average</b>	<b>1:05:20</b>	<b>5:00:23</b>	<b>3:22:19</b>	<b>10:34:53</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:24</b>	<b>5:16:20</b>	<b>3:44:13</b>	<b>11:22:53</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	1:07:09	5:24:06	3:37:57	10:15:27
2nd Age Grouper	1:03:58	5:27:42	3:49:00	10:28:01
3rd Age Grouper	1:04:38	5:35:08	3:50:36	10:35:45
4th Age Grouper	1:11:13	5:37:25	3:46:17	10:41:13
5th Age Grouper	1:06:02	5:40:36	3:58:45	10:51:59
6th Age Grouper	1:08:53	5:45:05	3:56:27	10:57:57
7th Age Grouper	1:12:45	5:42:10	4:07:10	11:09:57
8th Age Grouper	1:10:57	5:56:15	4:03:44	11:19:40
9th Age Grouper	1:13:25	6:04:24	3:56:24	11:24:08
10th Age Grouper	1:14:44	5:57:02	4:08:09	11:30:40
<b>Kona Qualifier Average</b>	<b>1:05:15</b>	<b>5:28:58</b>	<b>3:45:51</b>	<b>10:26:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:22</b>	<b>5:42:59</b>	<b>3:55:27</b>	<b>10:55:28</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	1:01:55	5:38:38	3:32:14	10:18:34
2nd Age Grouper	1:05:34	5:41:57	3:42:14	10:35:37
3rd Age Grouper	1:07:49	5:40:46	3:48:57	10:43:02
4th Age Grouper	1:06:40	5:44:37	3:50:35	10:48:06
5th Age Grouper	1:06:09	5:44:18	3:58:35	10:55:24
6th Age Grouper	1:05:21	5:53:28	4:00:04	11:04:46
7th Age Grouper	1:08:09	5:52:09	4:02:00	11:10:07
8th Age Grouper	1:09:03	5:55:02	4:05:26	11:16:43
9th Age Grouper	1:06:21	5:56:15	4:10:39	11:20:15
10th Age Grouper	1:07:21	5:56:37	4:12:50	11:23:23
<b>Kona Qualifier Average</b>	<b>1:03:44</b>	<b>5:40:18</b>	<b>3:37:14</b>	<b>10:27:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:26</b>	<b>5:48:23</b>	<b>3:56:21</b>	<b>10:57:36</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	0:54:30	5:38:59	3:36:00	10:19:30
2nd Age Grouper	0:51:47	5:41:04	3:52:00	10:32:57
3rd Age Grouper	0:57:07	5:34:30	3:57:39	10:38:14
4th Age Grouper	1:00:04	5:42:27	4:09:46	11:00:41
5th Age Grouper	0:53:38	5:47:42	4:12:04	11:02:32
6th Age Grouper	0:55:40	5:58:00	4:03:30	11:06:51
7th Age Grouper	0:57:26	5:52:01	4:11:37	11:10:53
8th Age Grouper	0:56:51	5:48:39	4:20:34	11:14:48
9th Age Grouper	0:59:08	5:57:19	4:12:57	11:18:54
10th Age Grouper	0:58:32	5:51:54	4:24:02	11:25:45
<b>Kona Qualifier Average</b>	<b>0:53:08</b>	<b>5:40:01</b>	<b>3:44:00</b>	<b>10:26:13</b>
<b>Top 10 Age Grouper Average</b>	<b>0:56:28</b>	<b>5:47:15</b>	<b>4:06:01</b>	<b>10:59:06</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	1:04:01	5:36:03	3:34:57	10:21:01
2nd Age Grouper	1:04:09	5:44:49	3:43:58	10:39:57
3rd Age Grouper	1:01:46	5:55:15	3:46:22	10:49:57
4th Age Grouper	1:06:37	5:51:48	3:51:35	10:57:28
5th Age Grouper	1:11:08	5:52:58	3:57:21	11:09:18
6th Age Grouper	1:11:17	5:57:14	3:59:50	11:16:12
7th Age Grouper	1:05:39	6:02:11	4:05:38	11:21:19
8th Age Grouper	1:09:44	6:05:26	4:04:35	11:28:14
9th Age Grouper	1:09:05	6:07:37	4:09:15	11:35:51
10th Age Grouper	1:11:31	6:07:32	4:17:04	11:44:45
<b>Kona Qualifier Average</b>	<b>1:04:05</b>	<b>5:40:26</b>	<b>3:39:27</b>	<b>10:30:29</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:30</b>	<b>5:56:05</b>	<b>3:57:03</b>	<b>11:08:24</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	1:05:15	5:00:50	3:27:09	9:40:01
2nd Age Grouper	1:06:11	5:19:36	3:34:36	10:08:36
3rd Age Grouper	1:10:11	5:18:27	3:48:52	10:25:09
4th Age Grouper	1:07:54	5:28:17	3:55:34	10:41:09
5th Age Grouper	1:12:48	5:40:11	3:43:42	10:43:57
6th Age Grouper	1:04:30	5:35:40	3:58:09	10:46:51
7th Age Grouper	1:10:26	5:25:18	4:04:50	10:50:17
8th Age Grouper	1:03:54	5:42:39	3:59:33	10:55:20
9th Age Grouper	1:08:00	5:42:48	4:00:35	11:01:37
10th Age Grouper	1:13:28	5:33:56	4:08:58	11:05:07
<b>Kona Qualifier Average</b>	<b>1:05:15</b>	<b>5:00:50</b>	<b>3:27:09</b>	<b>9:40:01</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:16</b>	<b>5:28:46</b>	<b>3:52:12</b>	<b>10:37:48</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	1:00:17	5:25:53	3:30:04	10:02:50
2nd Age Grouper	1:03:51	5:27:45	4:23:25	10:13:02
3rd Age Grouper	0:51:46	5:40:11	3:43:22	10:27:54
4th Age Grouper	1:01:14	5:40:08	3:54:06	10:42:55
5th Age Grouper	0:58:59	5:50:58	3:58:04	10:57:24
6th Age Grouper	1:01:51	6:03:22	4:01:19	11:03:20
7th Age Grouper	1:00:26	5:54:29	4:02:08	11:11:24
8th Age Grouper	1:04:16	5:54:59	4:12:09	11:19:21
9th Age Grouper	1:05:55	5:54:29	4:18:01	11:27:58
10th Age Grouper	1:03:58	5:59:06	4:13:34	11:31:20
<b>Kona Qualifier Average</b>	<b>1:02:04</b>	<b>5:26:49</b>	<b>3:56:44</b>	<b>10:07:56</b>
<b>Top 10 Age Grouper Average</b>	<b>1:01:15</b>	<b>5:47:08</b>	<b>4:01:37</b>	<b>10:53:45</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	0:58:23	5:16:27	3:33:45	9:56:22
2nd Age Grouper	1:03:32	5:16:24	3:39:09	10:07:22
3rd Age Grouper	1:03:28	5:24:35	3:41:50	10:19:02
4th Age Grouper	1:00:51	5:23:50	3:53:35	10:27:21
5th Age Grouper	1:03:24	5:31:20	3:50:04	10:33:35
6th Age Grouper	1:04:25	5:29:34	3:57:50	10:41:08
7th Age Grouper	1:04:05	5:35:52	3:55:45	10:45:39
8th Age Grouper	1:01:59	5:34:43	4:04:29	10:50:21
9th Age Grouper	1:05:45	5:39:36	3:59:18	10:55:16
10th Age Grouper	1:06:11	5:40:44	4:02:06	10:59:32
Kona Qualifier Average	0:58:23	5:16:27	3:33:45	9:56:22
Top 10 Age Grouper Average	1:03:12	5:29:19	3:51:47	10:33:34

## 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	1:20:18	5:45:16	3:53:09	11:04:59
2nd Age Grouper	1:12:31	6:05:15	4:06:55	11:31:00
3rd Age Grouper	1:14:02	6:07:26	4:23:47	11:52:47
4th Age Grouper	1:34:17	6:17:29	4:00:33	12:01:19
5th Age Grouper	1:10:17	6:14:28	4:52:22	12:25:15
6th Age Grouper	1:02:32	4:15:57	4:35:28	12:33:59
7th Age Grouper	1:31:55	6:30:50	4:40:09	12:52:25
8th Age Grouper	1:21:36	6:20:04	4:44:22	12:34:25
9th Age Grouper	1:25:15	6:23:18	3:59:58	12:51:27
10th Age Grouper	1:33:10	6:43:38	5:25:47	13:54:19
Kona Qualifier Average	1:20:18	5:45:16	3:53:09	11:04:59
Top 10 Age Grouper Average	1:19:55	6:01:38	4:26:34	12:17:14

## 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	1:03:17	5:42:39	3:37:35	10:32:24
2nd Age Grouper	1:06:03	5:52:50	3:38:29	10:46:54
3rd Age Grouper	1:03:25	6:00:31	3:50:46	11:09:53
4th Age Grouper	1:08:03	6:09:36	4:00:01	11:30:29
5th Age Grouper	1:10:31	6:23:37	3:57:56	11:38:54
6th Age Grouper	1:04:16	5:50:38	4:47:52	11:53:32
7th Age Grouper	1:07:28	6:31:34	4:13:22	12:04:26
8th Age Grouper	1:02:33	5:57:24	4:21:03	12:13:48
9th Age Grouper	1:06:56	6:04:46	4:18:02	12:25:07
10th Age Grouper	1:13:51	6:46:28	4:23:34	12:36:41
Kona Qualifier Average	1:03:17	5:42:39	3:37:35	10:32:24
Top 10 Age Grouper Average	1:06:38	6:08:00	4:06:52	11:41:13

### Ironman Frankfurt

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:52:57	4:56:16	3:05:57	9:00:29
1st Age Grouper	1:01:54	5:15:15	3:15:09	9:54:48
2nd Age Grouper	1:01:14	5:22:52	3:21:41	10:07:43
3rd Age Grouper	1:04:13	5:23:54	3:43:20	10:16:12
4th Age Grouper	1:06:40	5:29:23	3:27:29	10:26:23
5th Age Grouper	1:03:19	5:31:09	3:52:22	10:36:12
6th Age Grouper	1:06:46	5:34:47	3:37:51	10:43:00
7th Age Grouper	1:07:06	5:37:02	3:40:18	10:50:33
8th Age Grouper	1:06:53	5:42:46	3:42:12	10:57:24
9th Age Grouper	1:08:24	5:40:14	3:47:46	11:03:19
10th Age Grouper	1:07:31	5:15:44	4:25:49	11:09:07
<b>Kona Qualifier Average</b>	<b>1:01:34</b>	<b>5:19:03</b>	<b>3:18:25</b>	<b>10:01:15</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:24</b>	<b>5:29:19</b>	<b>3:41:23</b>	<b>10:36:28</b>

### Ironman Hamburg

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:55:53	4:55:24	3:08:53	9:07:49
1st Age Grouper	1:02:07	5:07:22	3:14:58	9:30:57
2nd Age Grouper	1:03:35	5:33:09	3:29:26	10:16:04
3rd Age Grouper	1:20:03	5:34:19	3:18:01	10:21:44
4th Age Grouper	1:02:47	5:24:27	3:54:22	10:31:15
5th Age Grouper	1:06:54	5:37:53	3:36:48	10:35:08
6th Age Grouper	1:06:48	5:39:45	3:51:18	10:46:37
7th Age Grouper	1:18:16	5:53:45	3:37:50	11:00:23
8th Age Grouper	1:33:50	5:42:41	3:34:34	11:02:49
9th Age Grouper	1:02:06	6:33:48	3:19:23	11:04:13
10th Age Grouper	1:08:29	6:19:46	3:44:18	11:27:38
<b>Kona Qualifier Average</b>	<b>1:02:07</b>	<b>5:07:22</b>	<b>3:14:58</b>	<b>9:30:57</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:29</b>	<b>5:44:41</b>	<b>3:34:05</b>	<b>10:39:40</b>

### Ironman Hefei 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:24:59	2:22:16	1:22:59	4:13:50
1st Age Grouper	0:26:16	2:24:24	1:38:12	4:33:45
2nd Age Grouper	0:32:15	2:35:26	1:38:31	4:53:14
3rd Age Grouper	0:33:56	2:35:35	1:49:13	5:04:35
4th Age Grouper	0:29:48	2:43:58	1:46:26	5:07:10
5th Age Grouper	0:30:40	2:27:38	2:10:56	5:14:47
6th Age Grouper	0:46:24	2:44:10	1:46:13	5:23:19
7th Age Grouper	0:28:59	2:53:41	1:58:16	5:29:01
8th Age Grouper	0:39:13	2:41:57	2:02:10	5:30:29
9th Age Grouper	0:43:10	2:50:36	1:52:56	5:36:40
10th Age Grouper	0:36:50	3:10:35	2:32:18	6:29:56
<b>Kona Qualifier Average</b>	<b>0:29:15</b>	<b>2:29:55</b>	<b>1:38:21</b>	<b>4:43:29</b>
<b>Top 10 Age Grouper Average</b>	<b>0:34:45</b>	<b>2:42:48</b>	<b>1:55:31</b>	<b>5:20:17</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	0:57:09	5:42:21	3:35:51	10:25:24
2nd Age Grouper	0:58:15	5:49:24	3:42:06	10:39:18
3rd Age Grouper	1:05:53	5:53:27	3:33:33	10:49:30
4th Age Grouper	1:01:24	5:53:01	3:53:16	10:58:02
5th Age Grouper	1:05:06	6:00:20	3:52:03	11:05:37
6th Age Grouper	1:03:29	6:02:35	3:51:26	11:09:51
7th Age Grouper	1:03:21	6:09:00	3:45:34	11:15:54
8th Age Grouper	1:03:15	6:04:40	4:01:56	11:21:18
9th Age Grouper	1:03:18	6:07:08	4:03:13	11:25:02
10th Age Grouper	1:07:23	6:03:10	4:05:49	11:29:03
<b>Kona Qualifier Average</b>	<b>0:57:42</b>	<b>5:45:52</b>	<b>3:38:58</b>	<b>10:32:21</b>
<b>Top 10 Age Grouper Average</b>	<b>1:02:51</b>	<b>5:58:31</b>	<b>3:50:29</b>	<b>11:03:54</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	1:02:30	5:59:53	3:32:30	10:43:23
2nd Age Grouper	1:07:30	6:09:57	3:39:52	11:07:07
3rd Age Grouper	1:07:10	6:18:51	3:51:00	11:28:25
4th Age Grouper	1:09:41	6:35:14	3:52:40	11:48:57
5th Age Grouper	1:11:21	6:39:48	3:59:25	12:00:55
6th Age Grouper	1:10:32	6:45:58	4:12:42	12:22:55
7th Age Grouper	1:09:59	6:58:55	4:20:31	12:42:25
8th Age Grouper	1:09:39	7:04:33	4:26:41	12:56:03
9th Age Grouper	1:19:12	6:51:44	4:43:10	13:09:06
10th Age Grouper	1:16:19	7:10:55	4:37:10	13:20:25
<b>Kona Qualifier Average</b>	<b>1:02:30</b>	<b>5:59:53</b>	<b>3:32:30</b>	<b>10:43:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:10:23</b>	<b>6:39:35</b>	<b>4:07:34</b>	<b>12:09:58</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	1:00:23	5:54:19	3:37:14	10:37:52
2nd Age Grouper	1:06:41	5:57:32	3:59:14	11:10:56
3rd Age Grouper	1:02:13	6:11:17	4:03:10	11:23:45
4th Age Grouper	1:12:49	6:07:42	4:02:32	11:30:48
5th Age Grouper	1:09:21	6:22:23	4:06:59	11:46:53
6th Age Grouper	1:15:32	6:25:53	4:09:22	11:58:49
7th Age Grouper	1:06:48	6:04:57	4:52:02	12:10:21
8th Age Grouper	1:12:26	6:24:15	4:32:26	12:20:26
9th Age Grouper	1:10:14	6:26:11	4:39:36	12:26:53
10th Age Grouper	1:07:00	6:33:54	4:43:06	12:33:32
<b>Kona Qualifier Average</b>	<b>1:03:32</b>	<b>5:55:55</b>	<b>3:48:14</b>	<b>10:54:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:21</b>	<b>6:14:50</b>	<b>4:16:34</b>	<b>11:48:02</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
1st Age Grouper	1:03:03	5:33:23	3:41:28	10:25:49
2nd Age Grouper	1:04:09	5:41:50	3:43:11	10:37:42
3rd Age Grouper	1:05:16	5:39:56	3:52:42	10:46:44
4th Age Grouper	1:03:32	5:44:31	3:57:39	10:54:50
5th Age Grouper	1:08:50	5:54:04	3:50:15	11:02:46
6th Age Grouper	1:05:39	5:50:56	4:03:25	11:10:43
7th Age Grouper	1:07:01	5:55:04	4:05:19	11:17:33
8th Age Grouper	1:12:17	5:55:30	4:04:52	11:23:14
9th Age Grouper	1:11:27	6:00:09	4:07:25	11:30:12
10th Age Grouper	1:00:35	5:59:38	4:18:07	11:35:21
<b>Kona Qualifier Average</b>	<b>1:03:36</b>	<b>5:37:37</b>	<b>3:42:20</b>	<b>10:31:45</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:11</b>	<b>5:49:30</b>	<b>3:58:26</b>	<b>11:04:29</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
1st Age Grouper	1:04:48	5:33:17	3:33:00	10:17:54
2nd Age Grouper	1:06:17	5:40:51	3:47:21	10:42:31
3rd Age Grouper	1:02:40	5:53:11	3:43:08	10:46:08
4th Age Grouper	0:59:26	5:53:48	3:56:32	10:56:50
5th Age Grouper	1:05:27	5:57:29	3:57:36	11:10:19
6th Age Grouper	1:08:37	5:56:54	4:23:36	11:37:43
7th Age Grouper	1:09:50	6:13:03	4:15:57	11:48:46
8th Age Grouper	1:06:21	6:32:28	4:16:31	12:10:14
9th Age Grouper	1:13:51	6:33:54	4:23:43	12:23:45
10th Age Grouper	1:16:42	6:58:58	4:32:16	13:00:00
<b>Kona Qualifier Average</b>	<b>1:04:48</b>	<b>5:33:17</b>	<b>3:33:00</b>	<b>10:17:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:07:24</b>	<b>6:07:23</b>	<b>4:04:58</b>	<b>11:29:25</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
1st Age Grouper	0:56:47	5:46:54	4:03:16	10:54:24
2nd Age Grouper	1:08:56	5:51:31	4:04:45	11:12:59
3rd Age Grouper	1:07:01	6:01:30	4:25:50	11:43:06
4th Age Grouper	1:21:22	6:25:16	4:16:52	12:15:25
5th Age Grouper	1:23:45	6:29:31	4:34:39	12:39:41
6th Age Grouper	1:17:56	6:35:12	5:16:50	13:20:48
7th Age Grouper	1:20:47	6:54:53	5:14:15	13:40:05
8th Age Grouper	1:22:07	6:53:09	5:25:08	13:58:28
9th Age Grouper	1:29:23	6:47:12	5:32:30	14:05:02
10th Age Grouper	1:43:42	7:22:24	5:31:23	14:55:15
<b>Kona Qualifier Average</b>	<b>0:56:47</b>	<b>5:46:54</b>	<b>4:03:16</b>	<b>10:54:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:19:10</b>	<b>6:30:45</b>	<b>4:50:33</b>	<b>12:52:31</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	1:02:00	5:22:32	3:22:09	9:53:40
2nd Age Grouper	0:59:02	5:22:23	3:40:51	10:09:36
3rd Age Grouper	1:02:54	5:28:21	3:50:53	10:28:58
4th Age Grouper	1:00:22	5:43:09	3:42:46	10:34:31
5th Age Grouper	1:05:57	5:51:23	3:39:14	10:45:09
6th Age Grouper	1:06:58	5:51:59	3:43:35	10:51:29
7th Age Grouper	1:05:45	5:55:13	3:53:03	11:02:44
8th Age Grouper	1:00:52	5:53:02	4:06:23	11:14:23
9th Age Grouper	1:08:25	6:03:25	3:57:41	11:19:43
10th Age Grouper	1:05:19	5:58:02	4:07:23	11:20:46
<b>Kona Qualifier Average</b>	<b>1:00:31</b>	<b>5:22:27</b>	<b>3:31:30</b>	<b>10:01:38</b>
<b>Top 10 Age Grouper Average</b>	<b>1:03:45</b>	<b>5:44:57</b>	<b>3:48:24</b>	<b>10:46:06</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	0:38:08	5:02:21	3:28:12	9:14:06
2nd Age Grouper	0:36:52	4:59:43	3:40:35	9:24:35
3rd Age Grouper	0:40:44	5:10:20	3:43:13	9:42:09
4th Age Grouper	0:37:32	5:13:59	3:49:26	9:47:22
5th Age Grouper	0:46:47	5:16:14	3:44:18	9:54:06
6th Age Grouper	0:44:25	5:07:07	4:00:05	9:59:00
7th Age Grouper	0:43:23	5:23:58	4:00:58	10:16:54
8th Age Grouper	0:41:23	5:30:52	3:57:21	10:23:53
9th Age Grouper	0:48:20	5:39:00	3:53:57	10:29:57
10th Age Grouper	0:45:35	5:31:27	4:20:11	10:44:42
<b>Kona Qualifier Average</b>	<b>0:37:30</b>	<b>5:01:02</b>	<b>3:34:24</b>	<b>9:19:20</b>
<b>Top 10 Age Grouper Average</b>	<b>0:42:19</b>	<b>5:17:30</b>	<b>3:51:49</b>	<b>9:59:40</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	1:06:29	5:30:18	3:31:08	10:16:15
2nd Age Grouper	1:06:47	5:38:14	3:40:21	10:35:29
3rd Age Grouper	1:07:49	5:45:16	3:48:24	10:51:01
4th Age Grouper	1:08:53	5:47:17	3:51:44	10:56:32
5th Age Grouper	1:05:34	5:46:47	3:56:47	10:58:18
6th Age Grouper	1:08:57	5:45:43	4:00:15	11:04:15
7th Age Grouper	1:11:09	5:43:38	4:06:05	11:09:15
8th Age Grouper	1:07:33	6:02:39	3:54:46	11:15:03
9th Age Grouper	1:16:23	5:54:32	3:57:35	11:19:43
10th Age Grouper	1:14:52	5:58:46	3:57:53	11:23:10
<b>Kona Qualifier Average</b>	<b>1:06:38</b>	<b>5:34:16</b>	<b>3:35:44</b>	<b>10:25:52</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:26</b>	<b>5:47:19</b>	<b>3:52:30</b>	<b>10:58:54</b>

### Ironman New Zealand

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:50:48	5:08:22	3:11:33	9:15:48
1st Age Grouper	1:04:32	5:29:21	3:39:33	10:21:53
2nd Age Grouper	0:59:54	5:38:50	3:44:01	10:30:55
3rd Age Grouper	1:03:10	5:46:45	3:43:54	10:41:33
4th Age Grouper	1:02:16	5:50:23	3:48:39	10:48:59
5th Age Grouper	1:11:09	5:44:37	3:55:36	10:59:51
6th Age Grouper	1:06:45	5:52:10	4:03:54	11:10:45
7th Age Grouper	1:07:04	6:00:34	4:00:06	11:17:53
8th Age Grouper	1:08:15	5:58:01	4:08:18	11:23:46
9th Age Grouper	1:07:24	6:05:37	4:06:16	11:28:41
10th Age Grouper	1:07:49	6:17:40	4:06:57	11:42:32
<b>Kona Qualifier Average</b>	<b>1:02:13</b>	<b>5:34:05</b>	<b>3:41:47</b>	<b>10:26:24</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:50</b>	<b>5:52:24</b>	<b>3:55:43</b>	<b>11:02:41</b>

### Ironman North Carolina

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

### Ironman Santa Rosa

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	1:05:39	5:12:07	3:31:59	9:58:45
1st Age Grouper	1:05:39	5:12:07	3:31:59	9:58:45
2nd Age Grouper	0:53:34	5:37:44	3:38:49	10:20:51
3rd Age Grouper	1:05:57	5:29:54	3:50:08	10:34:57
4th Age Grouper	1:07:46	5:35:39	3:49:57	10:45:40
5th Age Grouper	1:03:20	5:36:59	3:57:15	10:46:58
6th Age Grouper	1:12:05	5:34:34	3:54:36	10:55:21
7th Age Grouper	1:06:43	5:43:18	3:55:42	10:58:32
8th Age Grouper	1:18:42	6:08:52	3:42:56	11:26:04
9th Age Grouper	1:13:18	6:09:04	4:00:41	11:38:32
10th Age Grouper	1:15:11	5:37:55	4:41:16	11:46:49
<b>Kona Qualifier Average</b>	<b>0:59:36</b>	<b>5:24:55</b>	<b>3:35:24</b>	<b>10:09:48</b>
<b>Top 10 Age Grouper Average</b>	<b>1:08:13</b>	<b>5:40:36</b>	<b>3:54:19</b>	<b>10:55:14</b>

### Ironman South Africa

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:58:32	5:03:30	3:08:14	9:15:16
1st Age Grouper	1:06:16	5:35:36	3:39:57	10:28:03
2nd Age Grouper	1:06:44	5:44:27	3:54:03	10:53:05
3rd Age Grouper	1:09:58	5:53:03	4:06:07	11:17:34
4th Age Grouper	1:11:17	6:03:03	4:06:25	11:29:40
5th Age Grouper	1:15:13	6:07:00	4:05:27	11:37:32
6th Age Grouper	1:13:28	6:05:20	4:11:39	11:42:07
7th Age Grouper	1:11:18	6:09:17	4:20:00	11:49:00
8th Age Grouper	1:14:17	6:16:33	4:17:05	11:58:40
9th Age Grouper	1:17:24	6:16:25	4:19:06	12:04:35
10th Age Grouper	1:13:31	6:26:27	4:17:37	12:09:26
<b>Kona Qualifier Average</b>	<b>1:07:39</b>	<b>5:44:22</b>	<b>3:53:22</b>	<b>10:52:54</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:57</b>	<b>6:03:43</b>	<b>4:07:45</b>	<b>11:32:58</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	1:08:19	5:22:38	3:27:40	10:04:24
2nd Age Grouper	1:08:16	5:27:50	3:38:48	10:20:02
3rd Age Grouper	1:11:18	5:36:12	3:38:56	10:32:28
4th Age Grouper	1:09:29	5:30:29	3:51:07	10:36:54
5th Age Grouper	1:10:40	5:40:35	3:45:12	10:43:45
6th Age Grouper	1:09:43	5:43:40	3:50:37	10:51:33
7th Age Grouper	1:15:50	5:42:23	3:54:25	11:00:30
8th Age Grouper	1:13:18	5:41:32	4:02:34	11:05:00
9th Age Grouper	1:12:43	5:44:49	4:05:27	11:11:11
10th Age Grouper	1:13:50	5:49:56	4:03:45	11:16:09
<b>Kona Qualifier Average</b>	<b>1:08:17</b>	<b>5:25:14</b>	<b>3:33:14</b>	<b>10:12:13</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:20</b>	<b>5:38:00</b>	<b>3:49:51</b>	<b>10:46:12</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	1:04:44	5:20:49	3:28:11	9:58:22
2nd Age Grouper	1:06:53	5:27:42	3:32:13	10:11:58
3rd Age Grouper	1:09:03	5:32:14	3:43:41	10:29:49
4th Age Grouper	1:07:32	5:34:39	3:49:25	10:36:50
5th Age Grouper	1:06:21	5:39:55	3:47:50	10:39:07
6th Age Grouper	1:06:14	5:46:07	3:53:44	10:52:04
7th Age Grouper	1:09:28	5:46:00	3:59:27	11:01:32
8th Age Grouper	1:12:43	5:46:38	4:01:44	11:07:56
9th Age Grouper	1:15:37	5:50:04	3:58:41	11:11:24
10th Age Grouper	1:13:13	5:53:20	4:04:00	11:16:59
<b>Kona Qualifier Average</b>	<b>1:05:48</b>	<b>5:24:15</b>	<b>3:30:12</b>	<b>10:05:10</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:11</b>	<b>5:39:45</b>	<b>3:49:54</b>	<b>10:44:36</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	1:09:11	5:56:09	4:15:37	11:28:51
2nd Age Grouper	1:15:06	6:15:43	4:25:08	12:04:34
3rd Age Grouper	1:20:28	6:20:37	4:24:36	12:17:42
4th Age Grouper	1:16:26	6:16:11	5:20:46	13:05:09
5th Age Grouper	1:18:39	6:56:35	4:55:38	13:32:51
6th Age Grouper	1:25:00	7:02:13	5:14:59	14:06:12
7th Age Grouper	1:29:33	7:11:31	5:11:41	14:11:37
8th Age Grouper	1:24:10	7:15:56	5:15:15	14:14:18
9th Age Grouper	1:15:16	7:07:52	5:43:39	14:23:20
10th Age Grouper	1:32:07	7:03:38	5:32:20	14:32:25
<b>Kona Qualifier Average</b>	<b>1:09:11</b>	<b>5:56:09</b>	<b>4:15:37</b>	<b>11:28:51</b>
<b>Top 10 Age Grouper Average</b>	<b>1:20:35</b>	<b>6:44:38</b>	<b>5:01:58</b>	<b>13:23:42</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	1:08:03	5:08:37	3:29:59	9:53:32
2nd Age Grouper	1:06:15	5:12:49	3:38:31	10:04:17
3rd Age Grouper	1:09:13	5:22:01	3:36:56	10:15:20
4th Age Grouper	1:10:44	5:12:38	3:56:05	10:26:57
5th Age Grouper	1:14:55	5:17:23	3:53:35	10:33:33
6th Age Grouper	1:13:04	5:16:57	4:03:27	10:42:00
7th Age Grouper	1:13:37	5:28:19	3:56:47	10:49:11
8th Age Grouper	1:15:08	5:23:49	4:05:05	10:52:33
9th Age Grouper	1:10:28	5:30:17	4:06:36	10:55:20
10th Age Grouper	1:16:00	5:28:44	4:06:53	11:00:38
<b>Kona Qualifier Average</b>	<b>1:07:50</b>	<b>5:14:29</b>	<b>3:35:09</b>	<b>10:04:23</b>
<b>Top 10 Age Grouper Average</b>	<b>1:11:45</b>	<b>5:20:09</b>	<b>3:53:23</b>	<b>10:33:20</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	1:05:25	6:00:12	3:35:57	10:49:17
2nd Age Grouper	1:10:03	5:31:50	3:39:53	11:04:33
3rd Age Grouper	1:08:49	6:15:55	3:41:54	11:16:09
4th Age Grouper	1:06:05	6:29:16	3:43:04	11:27:59
5th Age Grouper	1:07:47	6:29:37	3:58:16	11:45:29
6th Age Grouper	1:10:14	6:31:50	4:03:55	11:58:08
7th Age Grouper	1:07:29	6:47:33	4:02:44	12:10:10
8th Age Grouper	1:12:25	6:44:22	4:11:38	12:21:32
9th Age Grouper	1:11:53	6:46:32	4:23:24	12:33:50
10th Age Grouper	1:10:36	6:58:33	4:23:09	12:47:02
<b>Kona Qualifier Average</b>	<b>1:07:44</b>	<b>5:46:01</b>	<b>3:37:55</b>	<b>10:56:55</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:04</b>	<b>6:27:34</b>	<b>3:58:23</b>	<b>11:49:25</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	1:14:22	5:18:58	3:35:39	10:17:50
2nd Age Grouper	1:09:55	5:27:20	3:39:47	10:23:59
3rd Age Grouper	1:10:17	5:28:52	3:52:55	10:39:52
4th Age Grouper	1:17:50	5:39:48	3:49:02	10:53:58
5th Age Grouper	1:10:01	5:37:09	4:10:43	11:06:56
6th Age Grouper	1:16:54	5:44:32	4:05:08	11:15:10
7th Age Grouper	1:14:23	5:47:24	4:21:31	11:32:09
8th Age Grouper	1:20:03	5:59:04	4:09:37	11:39:41
9th Age Grouper	1:21:06	5:57:29	4:24:50	11:54:25
10th Age Grouper	1:12:03	6:01:03	4:39:53	12:03:11
<b>Kona Qualifier Average</b>	<b>1:14:22</b>	<b>5:18:58</b>	<b>3:35:39</b>	<b>10:17:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:41</b>	<b>5:42:10</b>	<b>4:04:54</b>	<b>11:10:43</b>

## Ironman Vichy

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>1:02:37</b>	<b>4:58:58</b>	<b>3:22:32</b>	<b>9:30:05</b>
<b>1st Age Grouper</b>	<b>1:14:22</b>	<b>5:18:58</b>	<b>3:35:39</b>	<b>10:17:50</b>
2nd Age Grouper	1:09:55	5:27:20	3:39:47	10:23:59
3rd Age Grouper	1:10:17	5:28:52	3:52:55	10:39:52
4th Age Grouper	1:17:50	5:39:48	3:49:02	10:53:58
5th Age Grouper	1:10:01	5:37:09	4:10:43	11:06:56
6th Age Grouper	1:16:54	5:44:32	4:05:08	11:15:10
7th Age Grouper	1:14:23	5:47:24	4:21:31	11:32:09
8th Age Grouper	1:20:03	5:59:04	4:09:37	11:39:41
9th Age Grouper	1:21:06	5:57:29	4:24:50	11:54:25
10th Age Grouper	1:12:03	6:01:03	4:39:53	12:03:11
<b>Kona Qualifier Average</b>	<b>1:14:22</b>	<b>5:18:58</b>	<b>3:35:39</b>	<b>10:17:50</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:41</b>	<b>5:42:10</b>	<b>4:04:54</b>	<b>11:10:43</b>

## Ironman Wales

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:57:31</b>	<b>5:43:20</b>	<b>3:18:07</b>	<b>10:08:12</b>
<b>1st Age Grouper</b>	<b>1:00:04</b>	<b>6:17:17</b>	<b>3:49:10</b>	<b>11:18:46</b>
2nd Age Grouper	1:10:40	6:31:00	3:47:05	11:41:19
3rd Age Grouper	1:09:43	6:32:07	3:56:27	11:51:35
4th Age Grouper	1:07:23	6:44:59	3:57:48	12:04:46
5th Age Grouper	1:04:33	6:46:40	4:14:57	12:21:12
6th Age Grouper	1:10:06	6:43:18	4:18:27	12:28:44
7th Age Grouper	1:10:54	6:55:20	4:15:13	12:37:33
8th Age Grouper	1:11:58	7:03:11	4:15:41	12:49:29
9th Age Grouper	1:16:50	7:06:05	4:16:02	12:58:39
10th Age Grouper	1:08:51	7:09:41	4:31:25	13:06:43
<b>Kona Qualifier Average</b>	<b>1:00:04</b>	<b>6:17:17</b>	<b>3:49:10</b>	<b>11:18:46</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:06</b>	<b>6:46:58</b>	<b>4:08:13</b>	<b>12:19:53</b>

## Ironman Western Australia

Position	Average Swim	Average Bike	Average Run	Average Overall
<b>Female Winner</b>	<b>0:56:33</b>	<b>4:57:54</b>	<b>3:11:34</b>	<b>9:08:52</b>
<b>1st Age Grouper</b>	<b>1:04:00</b>	<b>5:18:26</b>	<b>3:36:15</b>	<b>10:02:45</b>
<b>2nd Age Grouper</b>	<b>1:01:26</b>	<b>5:23:21</b>	<b>3:44:42</b>	<b>10:13:53</b>
3rd Age Grouper	1:04:18	5:24:42	3:48:10	10:22:19
4th Age Grouper	1:04:32	5:28:43	3:56:41	10:34:19
5th Age Grouper	1:07:14	5:43:19	3:49:24	10:44:51
6th Age Grouper	1:05:17	5:39:00	4:03:28	10:52:46
7th Age Grouper	1:04:04	5:41:38	4:12:30	11:04:08
8th Age Grouper	1:06:31	5:44:06	4:11:34	11:07:53
9th Age Grouper	1:06:10	5:38:02	4:22:38	11:12:40
10th Age Grouper	1:09:28	5:49:06	4:16:04	11:20:52
<b>Kona Qualifier Average</b>	<b>1:02:43</b>	<b>5:20:54</b>	<b>3:40:28</b>	<b>10:08:19</b>
<b>Top 10 Age Grouper Average</b>	<b>1:05:18</b>	<b>5:35:02</b>	<b>4:00:09</b>	<b>10:45:38</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>1:04:38</b>	<b>5:50:51</b>	<b>3:29:27</b>	<b>10:32:25</b>
2nd Age Grouper	1:01:13	5:50:48	4:15:38	11:15:07
3rd Age Grouper	1:12:42	6:26:18	3:46:31	11:34:06
4th Age Grouper	1:20:42	6:17:56	4:11:07	11:59:55
5th Age Grouper	1:10:02	6:37:38	4:25:59	12:22:57
6th Age Grouper	1:10:20	7:20:18	4:40:27	13:25:21
7th Age Grouper	1:20:25	7:15:21	4:38:56	13:33:29
8th Age Grouper	1:23:19	7:03:39	5:06:32	13:54:31
9th Age Grouper	1:22:29	7:55:29	5:34:06	15:11:16
10th Age Grouper	1:28:46	8:07:21	5:33:40	15:24:40
<b>Kona Qualifier Average</b>	<b>1:04:38</b>	<b>5:50:51</b>	<b>3:29:27</b>	<b>10:32:25</b>
<b>Top 10 Age Grouper Average</b>	<b>1:15:27</b>	<b>6:52:33</b>	<b>4:34:14</b>	<b>12:55:22</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>1:05:08</b>	<b>5:43:35</b>	<b>3:46:56</b>	<b>10:44:44</b>
<b>2nd Age Grouper</b>	<b>1:08:20</b>	<b>5:53:23</b>	<b>3:46:17</b>	<b>10:57:41</b>
3rd Age Grouper	1:05:32	5:55:41	3:54:22	11:06:26
4th Age Grouper	1:07:29	5:58:23	3:55:56	11:12:26
5th Age Grouper	1:08:23	6:03:23	3:54:13	11:17:10
6th Age Grouper	1:10:20	5:56:35	4:05:59	11:23:24
7th Age Grouper	1:10:07	6:01:45	4:04:43	11:28:10
8th Age Grouper	1:08:51	6:05:33	4:08:53	11:34:12
9th Age Grouper	1:11:33	6:07:57	4:09:25	11:40:41
10th Age Grouper	1:15:37	6:15:00	4:02:04	11:45:35
<b>Kona Qualifier Average</b>	<b>1:06:44</b>	<b>5:48:29</b>	<b>3:46:36</b>	<b>10:51:12</b>
<b>Top 10 Age Grouper Average</b>	<b>1:09:08</b>	<b>6:00:08</b>	<b>3:58:53</b>	<b>11:19:03</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>1:04:48</b>	<b>5:18:51</b>	<b>3:27:43</b>	<b>9:57:41</b>
2nd Age Grouper	1:06:06	5:26:14	3:27:01	10:06:01
3rd Age Grouper	1:03:51	5:31:50	3:27:44	10:09:31
4th Age Grouper	1:06:18	5:27:08	3:35:10	10:15:10
5th Age Grouper	1:05:32	5:33:29	3:32:26	10:18:29
6th Age Grouper	1:09:03	5:32:44	3:34:41	10:22:45
7th Age Grouper	1:05:32	5:31:31	3:41:51	10:26:02
8th Age Grouper	1:06:59	5:37:02	3:36:43	10:28:15
9th Age Grouper	1:07:06	5:42:43	3:33:22	10:30:31
10th Age Grouper	1:06:33	5:44:30	3:34:58	10:33:32
<b>Kona Qualifier Average</b>	<b>1:04:48</b>	<b>5:18:51</b>	<b>3:27:43</b>	<b>9:57:41</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:11</b>	<b>5:32:36</b>	<b>3:33:10</b>	<b>10:18:48</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	0:38:17	2:39:37	1:48:53	5:14:59
2nd Age Grouper	0:32:18	2:49:27	1:48:19	5:19:29
3rd Age Grouper	0:39:40	2:39:27	1:58:53	5:27:55
4th Age Grouper	0:43:31	2:49:37	1:51:06	5:33:43
5th Age Grouper	0:40:07	2:44:00	2:37:02	6:09:55
6th Age Grouper	1:04:54	2:56:45	2:06:47	6:22:43
7th Age Grouper	0:50:01	3:25:43	1:52:24	6:24:28
8th Age Grouper	0:59:21	2:56:08	2:13:00	6:28:40
9th Age Grouper	0:51:40	3:03:20	2:23:08	6:30:37
10th Age Grouper	0:54:27	3:18:19	2:05:56	6:30:45
<b>Kona Qualifier Average</b>	<b>0:35:17</b>	<b>2:44:32</b>	<b>1:48:36</b>	<b>5:17:14</b>
<b>Top 10 Age Grouper Average</b>	<b>0:47:25</b>	<b>2:56:14</b>	<b>2:04:32</b>	<b>6:00:19</b>

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