

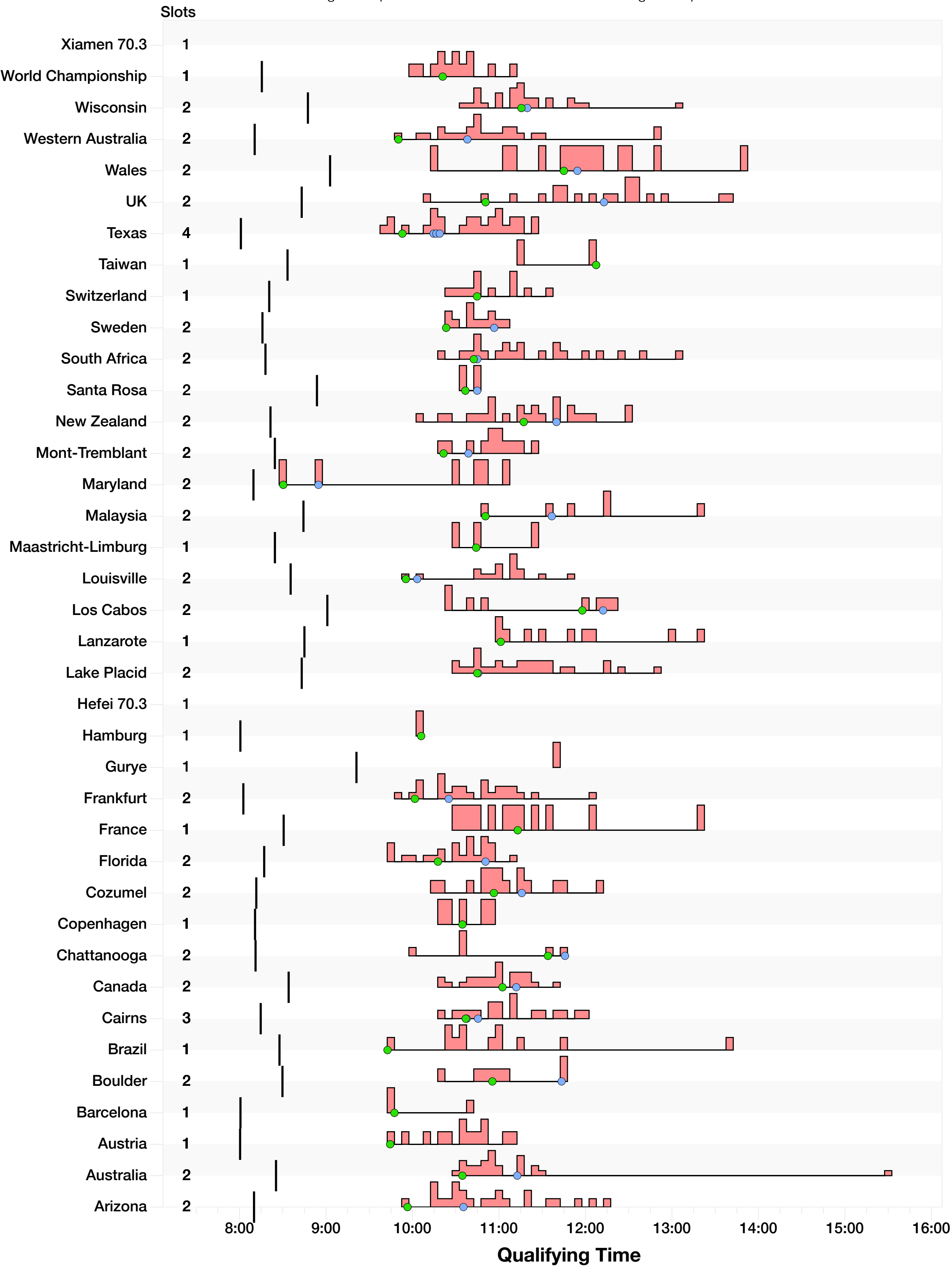
# Ironman World Championship

## F45-49 2017 Qualification Stats

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# 2017 Qualification Comparison for F45-49

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



# F45-49 Past Qualifying Times

## Ironman Arizona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:44:02	11:21:50	12:14:07
2006	9:12:53	11:36:06	11:41:08
2007	9:36:40	11:07:01	11:22:02
2008	9:21:06	10:15:35	10:49:13
2010	9:09:19	10:25:19	10:30:13
2011	8:36:13	10:52:55	10:59:10
2012	9:01:41	10:16:39	10:31:58
2013	8:52:49	10:13:51	10:28:37
2014	8:50:41	10:40:51	10:58:09
2015	8:44:00	10:20:53	10:33:38
2016	8:48:23	9:56:34	10:35:22
<b>Average</b>	<b>9:05:15</b>	<b>10:38:52</b>	<b>10:58:30</b>

## Ironman Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:13:20	10:42:56	10:53:39
2006	9:19:44	10:40:47	11:13:38
2007	9:12:59	10:52:49	11:00:49
2008	9:03:55	10:51:33	11:24:39
2009	8:57:10	10:53:40	11:16:01
2010	9:23:46	11:13:11	11:15:06
2011	9:29:54	10:35:59	11:28:34
2012	9:34:57	10:27:55	10:55:45
2013	9:34:55	10:52:14	11:23:37
2014	9:28:43	10:38:35	10:58:51
2015	9:38:24	10:36:23	10:44:46
2016	9:10:28	10:50:10	10:53:01
2017	9:16:38	10:34:36	11:12:41
<b>Average</b>	<b>9:20:22</b>	<b>10:45:26</b>	<b>11:07:46</b>

## Ironman Austria (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:07:04	10:35:30	10:38:35
2006	9:12:09	11:02:56	11:30:53
2007	9:08:47	11:09:46	11:12:57
2008	8:47:26	10:47:34	11:17:57
2009	8:50:13	10:42:58	10:58:57
2010	9:18:50	10:22:28	11:27:08
2011	8:43:34	10:12:26	10:19:16
2012	9:09:58	10:33:07	11:14:52
2013	8:59:31	9:54:38	10:35:42
2014	8:42:42	10:39:05	11:02:59
2015		10:50:09	10:51:15
2016	8:41:17	10:24:16	10:46:35
2017	9:06:25	9:44:31	10:00:47
<b>Average</b>	<b>8:17:32</b>	<b>10:32:15</b>	<b>10:55:13</b>

### Ironman Barcelona (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:49:21	10:40:38	11:00:16
2015	8:46:44	9:47:28	10:04:25
2016	8:54:27	9:47:29	9:57:07
<b>Average</b>	<b>8:50:10</b>	<b>10:05:11</b>	<b>10:20:36</b>

### Ironman Boulder (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:19:54	11:00:15	11:03:37
2015	9:53:41	10:17:58	10:47:27
2016	10:01:09	10:49:00	11:45:54
2017	9:13:32	10:55:25	11:43:26
<b>Average</b>	<b>9:37:04</b>	<b>10:45:39</b>	<b>11:20:06</b>

### Ironman Brazil (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2006	9:20:46	11:44:28	11:49:54
2007	9:12:40	10:22:54	11:12:50
2008	9:42:50	10:56:17	10:57:18
2009	9:10:15	10:58:37	11:29:30
2010	9:19:13	10:33:38	10:54:26
2011	12:40:07	13:40:19	14:09:08
2012	9:17:42	11:01:05	11:23:58
2013	9:05:53	10:23:50	11:14:58
2014	8:56:32	10:31:07	11:40:44
2015	8:59:08	11:15:11	11:29:04
2016	8:54:10	10:34:16	10:59:41
2017	8:52:00	9:42:41	10:17:45
<b>Average</b>	<b>9:27:36</b>	<b>10:58:41</b>	<b>11:28:16</b>

### Ironman Cairns (3 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	3rd Place Age Group Time
2012	9:21:00	11:38:50	12:01:39
2013	9:19:51	11:01:34	11:42:36
2014	9:16:58	10:52:57	11:11:51
2015	9:11:49	10:56:15	11:29:59
2016	9:06:18	10:19:15	11:10:06
2017	8:58:14	10:36:58	10:45:27
<b>Average</b>	<b>9:12:21</b>	<b>10:54:18</b>	<b>11:23:36</b>

### Ironman Canada (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:16:02	10:21:58	10:57:36
2005	9:51:31	11:07:48	11:17:40
2006	9:25:13	11:15:13	11:19:15
2007	9:41:01	10:41:35	11:19:09
2008	9:17:58	10:59:02	11:14:04
2009	9:11:20	11:14:56	11:26:44
2010	9:13:46	10:49:04	10:54:01
2011	9:03:13	10:46:15	10:56:43
2012	9:44:58	10:22:24	10:25:29
2013	9:28:13	10:36:08	10:41:36
2014	9:46:58	10:46:57	11:01:12
2015	9:46:19	10:47:49	11:08:52
2016	10:12:28	10:59:17	11:41:02
2017	9:17:12	11:02:26	11:12:00
<b>Average</b>	<b>9:31:09</b>	<b>10:50:46</b>	<b>11:06:48</b>

### Ironman Chattanooga (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:54:55	10:33:27	10:34:38
2015	8:56:00	10:02:18	10:33:46
2016	10:23:43	11:33:59	11:45:48
<b>Average</b>	<b>9:24:52</b>	<b>10:43:14</b>	<b>10:58:04</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	11:50:14	12:22:10
2005	9:59:08	10:19:37	11:17:03
2006	9:31:07	11:15:33	11:27:01
2007	10:27:55	11:39:10	11:51:58
2008	9:38:58	11:24:20	11:39:14
2009	9:23:21	11:26:38	11:28:51
2010	9:17:54	11:12:40	11:29:17
2011	9:16:40	10:52:06	11:18:04
2012	9:21:44	11:04:45	11:16:20
2013	9:16:02	11:17:41	11:37:00
2014	9:34:32	11:08:55	11:31:59
2015	9:23:27	11:19:07	11:41:44
2016	10:24:45	11:10:53	11:16:43
2017	10:19:06	11:28:23	11:58:22
<b>Average</b>	<b>9:41:11</b>	<b>11:15:00</b>	<b>11:35:24</b>

### Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	10:51:42
2014	8:53:33	10:24:22
2015	8:59:49	10:53:02
2016	9:37:53	10:18:47
2017	9:17:06	10:34:38
<b>Average</b>	<b>9:05:11</b>	<b>10:36:30</b>

### Ironman Cozumel (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	9:06:58	11:45:19	12:09:40
2010	9:07:08	10:52:53	11:02:16
2011	9:14:08	10:38:34	10:48:26
2012	9:15:38	10:59:16	11:20:51
2013	8:52:28	10:15:40	10:21:36
2014	9:14:07	11:07:08	11:15:04
2015	9:06:40	10:51:05	11:41:40
2016	9:08:06	10:56:27	11:15:49
<b>Average</b>	<b>9:08:09</b>	<b>10:55:47</b>	<b>11:14:25</b>

### Ironman Florida (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:28:54	9:42:44	10:43:17
2005	9:33:09	10:52:49	11:08:18
2006	9:28:28	10:52:21	10:56:25
2007	9:05:35	10:42:15	10:51:15
2008	9:07:48	10:10:59	10:33:06
2009	9:08:38	10:49:10	10:55:45
2010	9:07:49	10:20:29	10:40:57
2011	8:55:10	10:39:40	10:41:12
2012	8:51:35	9:46:21	10:16:48
2013	8:43:07	9:53:03	10:29:42
2014	8:01:47	9:44:33	10:02:20
2015	9:54:44	10:28:03	10:31:32
2016	9:47:49	10:17:40	10:50:40
<b>Average</b>	<b>9:10:21</b>	<b>10:20:00</b>	<b>10:40:05</b>

### Ironman Fortaleza (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:09:20	11:29:24	11:51:51
2015	10:45:10	11:47:03	12:22:16
2016	10:45:00	12:17:34	12:34:14
<b>Average</b>	<b>10:13:10</b>	<b>11:51:20</b>	<b>12:16:07</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:12:29	12:05:21
2006	9:56:31	13:18:21
2007	9:49:11	10:54:43
2008	9:35:29	11:04:53
2009	9:30:29	11:26:06
2011	9:34:31	11:10:04
2012	9:16:05	10:33:13
2013	9:12:54	10:27:35
2014	9:12:21	10:46:36
2015	9:24:50	11:37:10
2016	9:22:04	10:41:49
2017	9:27:53	11:13:00
<b>Average</b>	<b>9:32:53</b>	<b>11:16:34</b>

### Ironman Frankfurt (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:03:11	11:05:25	12:04:04
2005	9:15:31	10:35:14	11:12:38
2006	9:16:17	11:07:09	11:08:57
2007	9:04:11	10:19:59	11:01:05
2008	8:51:24	10:51:02	11:09:22
2009	8:58:08	9:51:50	10:21:51
2010	9:04:27	10:27:55	10:56:41
2011	9:12:13	10:17:48	10:40:11
2012	8:52:33	10:48:09	11:25:37
2013	8:56:01	10:06:59	10:18:15
2014	8:52:40	10:34:51	10:47:55
2015	8:51:00	10:29:06	11:00:13
2016	9:01:17	10:05:45	10:06:18
2017	8:47:58	10:01:40	10:25:08
<b>Average</b>	<b>9:00:29</b>	<b>10:28:46</b>	<b>10:54:09</b>

### Ironman Hamburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:07:49	10:06:01
<b>Average</b>	<b>9:07:49</b>	<b>10:06:01</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	5:07:00	5:14:44
<b>Average</b>	<b>4:13:50</b>	<b>5:07:00</b>	<b>5:14:44</b>

### Ironman Lake Placid (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	9:29:41	12:15:29	12:48:10
2003	9:51:55	12:15:07	12:25:32
2004	9:24:42	11:28:52	11:42:31
2006	10:11:35	11:32:34	11:52:20
2007	9:40:20	11:17:36	11:23:16
2008	9:51:00	10:39:17	11:20:51
2009	9:29:36	10:54:01	11:14:04
2010	9:27:30	10:43:54	10:58:20
2011	9:19:03	10:32:46	10:50:57
2012	9:47:39	11:12:11	11:15:45
2013	9:35:06	10:59:08	11:07:05
2014	9:28:28	10:29:28	10:32:13
2015	10:13:19	10:42:42	11:30:40
2016	9:09:42	11:24:16	11:36:28
2017	9:46:00	10:44:57	10:45:37
<b>Average</b>	<b>9:39:02</b>	<b>11:08:49</b>	<b>11:25:35</b>

### Ironman Lanzarote (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2008	10:02:27	13:20:31	
2009	9:54:57	12:59:25	13:52:47
2010	10:03:52	12:06:48	12:52:49
2011	9:43:39	11:28:54	12:01:37
2012	9:58:06	11:04:49	11:24:59
2013	9:37:34	11:18:54	11:38:31
2014	9:41:40	12:01:43	12:23:26
2015	9:56:03	11:50:42	11:56:06
2016	10:02:35	11:01:36	11:36:39
2017	9:35:40	11:01:12	11:13:39
<b>Average</b>	<b>9:51:39</b>	<b>11:49:27</b>	<b>12:06:43</b>

### Ironman Los Cabos (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	9:35:34	10:40:47	10:51:59
2014	9:16:43	10:22:59	10:25:25
2015	10:43:13	12:17:15	12:18:21
2016	10:58:27	11:57:47	12:12:14
<b>Average</b>	<b>10:08:29</b>	<b>11:19:42</b>	<b>11:26:59</b>

### Ironman Louisville (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:23:22	11:01:02	11:10:29
2008	9:54:17	11:11:34	11:47:35
2010	9:33:15	11:10:53	11:28:05
2011	9:38:14	10:52:09	11:14:14
2012	9:36:27	10:43:30	11:08:09
2013	9:29:02	10:55:48	11:12:35
2014	9:31:19	10:59:53	11:02:18
2015	10:00:04	10:47:19	11:10:02
2016	9:46:24	9:55:25	10:03:16
<b>Average</b>	<b>9:39:09</b>	<b>10:50:50</b>	<b>11:08:31</b>

### Ironman Maastricht-Limburg (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	9:39:24	11:23:53	11:44:24
2016	9:24:42	10:27:50	10:39:17
2017	9:37:17	10:44:10	11:13:02
<b>Average</b>	<b>9:33:47</b>	<b>10:51:57</b>	<b>11:12:14</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	12:16:56
2015	9:37:06	11:51:50
2016	9:25:34	10:50:37
<b>Average</b>	<b>9:29:46</b>	<b>11:39:47</b>



### Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	10:08:14
2015	9:24:48	10:49:33
2016	9:11:55	9:56:24
<b>Average</b>	<b>9:20:20</b>	<b>10:18:03</b>

### Ironman Maryland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	9:26:02	10:44:59	10:47:40
2015	9:42:56	10:27:48	11:04:34
2016	8:14:27	8:30:22	8:54:47
<b>Average</b>	<b>9:07:48</b>	<b>9:54:23</b>	<b>10:15:40</b>

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

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:30:46	10:54:10	11:06:02
2013	9:07:56	10:47:41	10:57:50
2014	9:40:26	11:13:58	11:25:06
2015	9:09:05	11:00:08	11:10:05
2016	9:26:37	10:25:10	10:57:04
2017	9:19:08	10:21:32	10:38:50
<b>Average</b>	<b>9:22:19</b>	<b>10:47:06</b>	<b>11:02:29</b>

### Ironman New Zealand (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:17:55	12:29:48	12:32:28
2004	9:22:23	11:18:54	11:30:02
2005	9:30:13	11:59:59	12:04:49
2007	9:20:01	11:49:57	11:51:50
2008	9:16:00	11:38:05	11:56:52
2009	9:18:25	10:46:11	10:49:36
2010	9:14:35	10:03:20	10:19:12
2011	9:28:24	10:40:47	11:05:20
2013	9:17:10	10:53:11	11:39:32
2014	9:08:46	10:24:33	10:56:10
2015	9:05:45	10:53:59	11:15:42
2016	8:56:08	11:23:32	11:25:55
2017	9:09:47	11:17:11	11:39:53
<b>Average</b>	<b>9:15:48</b>	<b>11:12:15</b>	<b>11:28:15</b>

### Ironman Santa Rosa (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2017	9:58:45	10:36:41	10:44:53
<b>Average</b>	<b>9:58:45</b>	<b>10:36:41</b>	<b>10:44:53</b>

### Ironman South Africa (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	9:22:00	12:25:08	13:06:59
2008	9:27:48	11:13:29	11:38:50
2009	9:16:32	11:38:54	11:47:26
2010	9:16:55	10:33:32	11:11:18
2011	8:33:56	11:01:22	11:29:04
2012	9:47:10	12:11:17	12:40:43
2013	9:10:58	10:46:37	11:06:00
2014	9:31:54	10:52:07	11:06:27
2015	9:26:56	11:15:08	12:00:23
2016	9:06:50	10:21:00	10:38:53
2017	8:47:02	10:42:32	10:45:00
<b>Average</b>	<b>9:15:16</b>	<b>11:11:00</b>	<b>11:35:33</b>

### Ironman Sweden (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:13:27	10:40:29	10:45:27
2013	8:54:01	10:55:39	11:00:53
2014	8:56:50	10:40:16	10:49:08
2015	9:12:27	10:25:09	11:02:36
2016	9:14:39	10:30:55	10:39:19
2017	9:52:34	10:23:21	10:56:40
<b>Average</b>	<b>9:13:59</b>	<b>10:35:58</b>	<b>10:52:20</b>

### Ironman Switzerland (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	9:10:54	11:35:26	12:13:15
2006	9:24:18	10:53:38	11:32:44
2007	9:20:43	11:10:20	11:44:59
2008	9:30:12	10:43:21	10:53:04
2009	9:14:35	10:23:36	10:41:18
2010	9:00:04	10:32:00	10:51:17
2011	9:03:26	11:07:55	11:09:03
2012	9:20:16	10:34:59	11:06:09
2013	9:21:31	10:45:13	10:51:51
2014	9:13:30	11:11:11	11:15:19
2015	9:21:05	10:37:38	11:01:59
2016	8:53:49	11:20:26	11:35:14
2017	9:23:02	10:44:50	11:11:50
<b>Average</b>	<b>9:15:11</b>	<b>10:53:53</b>	<b>11:14:27</b>

### Ironman Taiwan (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:20:23	11:16:52
2016	9:50:03	12:07:23
<b>Average</b>	<b>9:35:13</b>	<b>11:42:07</b>

### Ironman Texas (4 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	4th Place Age Group Time
2011	8:57:51	10:59:47	11:26:49
2012	8:54:58	10:48:25	11:16:38
2013	8:49:14	10:47:13	11:08:12
2014	8:54:42	10:35:22	10:55:47
2015	8:55:19	10:09:40	10:45:23
2016	8:11:01	9:42:01	10:21:36
2017	8:56:32	9:52:59	10:18:55
<b>Average</b>	<b>8:48:31</b>	<b>10:25:03</b>	<b>10:53:20</b>

### Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	10:07:38
2008	9:49:06	11:54:02
2009	9:33:59	12:18:21
2010	10:01:02	13:36:27
2011	9:37:31	11:09:30
2012	10:08:44	11:29:41
2013	9:29:12	12:29:05
2014	9:52:12	12:07:00
2015	9:31:58	12:46:54
2016	9:26:05	11:38:13
2017	9:39:48	10:50:43
<b>Average</b>	<b>9:42:20</b>	<b>11:51:35</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	11:00:48
2016	9:13:40	11:01:26
2017	9:51:10	11:08:56
<b>Average</b>	<b>9:30:05</b>	<b>11:03:43</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	11:00:48
2016	9:13:40	11:01:26
2017	9:51:10	11:08:56
<b>Average</b>	<b>9:30:05</b>	<b>11:03:43</b>

### Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	10:15:23
2012	9:45:09	11:04:32
2013	9:51:21	12:22:51
2014	10:57:26	11:30:45
2015	9:56:31	12:05:07
2016	10:00:17	11:44:59
2017	10:11:20	11:59:26
<b>Average</b>	<b>10:08:12</b>	<b>11:34:43</b>

### Ironman Western Australia (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	9:03:37	11:05:16	11:12:22
2005	9:31:32	12:50:43	12:51:33
2006	9:10:01	11:01:04	11:14:55
2007	9:00:55	10:04:59	10:53:14
2008	8:59:24	10:20:08	11:09:28
2009	9:16:52	10:44:12	11:03:59
2010	9:19:44	10:33:30	10:48:30
2011	9:25:38	10:46:10	11:31:06
2012	9:13:00	10:21:04	11:23:53
2013	8:59:44	10:42:58	10:45:51
2014	8:56:34	10:25:03	10:27:32
2015	9:03:47	10:12:07	10:38:07
2016	8:54:39	9:50:14	10:38:05
<b>Average</b>	<b>9:08:52</b>	<b>10:41:20</b>	<b>11:07:35</b>

### Ironman Weymouth (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	10:32:25	11:59:22
<b>Average</b>	<b>10:32:25</b>	<b>11:59:22</b>

### Ironman Wisconsin (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	9:46:28	11:49:40	13:07:19
2004	10:05:40	10:49:17	11:10:58
2005	10:11:22	11:10:56	11:59:39
2006	10:01:22	11:07:58	11:55:14
2007	9:37:03	11:17:16	11:36:31
2008	9:47:25	10:44:41	11:36:53
2009	9:43:59	10:45:44	11:19:40
2010	9:27:26	11:15:14	
2011	9:41:03	11:24:24	11:27:01
2012	9:34:35	10:33:51	10:59:07
2013	9:47:07	11:01:26	11:15:13
2014	9:30:08	10:43:06	11:01:43
2015	10:08:05	11:11:53	11:13:18
2016	9:33:47	11:15:34	11:19:37
2017	9:57:41	10:42:26	10:44:10
<b>Average</b>	<b>9:47:32</b>	<b>11:03:33</b>	<b>11:29:01</b>

### Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	11:10:41
2005	9:09:30	10:26:22
2006	9:18:31	10:38:27
2007	9:08:45	10:31:22
2008	9:06:23	10:31:37
2009	8:54:02	10:57:19
2010	8:58:36	10:01:30
2011	8:55:08	10:15:14
2012	9:15:54	10:37:36
2013	8:52:14	10:03:26
2014	9:00:55	10:36:37
2015	8:57:57	10:21:51
2016	8:46:46	10:20:57
<b>Average</b>	<b>9:05:45</b>	<b>10:30:13</b>

### Ironman Xiamen 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:24:03	5:37:50
<b>Average</b>	<b>4:24:03</b>	<b>5:37:50</b>

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

# F45-49 Average Top 10 and Kona Qualifying Splits

## Ironman Arizona

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

## Ironman Australia

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

## Ironman Austria

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

### 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	1:17:28	5:54:22	4:31:02	11:51:20
2nd Age Grouper	1:18:57	6:14:14	4:36:04	12:16:07
3rd Age Grouper	1:35:11	7:09:11	4:53:37	13:49:46
4th Age Grouper	1:31:32	7:09:05	5:20:28	14:12:52
5th Age Grouper	1:31:27	6:28:51	4:42:30	12:53:43
6th Age Grouper	1:25:40	6:31:44	5:24:15	13:30:14
7th Age Grouper	1:36:39	6:55:06	6:07:19	14:57:34
8th Age Grouper	1:23:59	6:22:16	5:27:16	13:19:59
9th Age Grouper	1:20:26	6:49:59	5:16:46	13:36:17
10th Age Grouper	1:41:38	7:10:12	4:59:06	14:03:32
<b>Kona Qualifier Average</b>	<b>1:18:12</b>	<b>6:04:18</b>	<b>4:33:33</b>	<b>12:03:43</b>
<b>Top 10 Age Grouper Average</b>	<b>1:27:45</b>	<b>6:38:47</b>	<b>5:03:33</b>	<b>13:20:37</b>

### 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	1:08:55	6:04:50	3:50:44	11:16:34
2nd Age Grouper	1:10:37	6:24:35	4:06:21	11:46:26
3rd Age Grouper	1:18:31	6:30:10	4:12:10	12:13:49
4th Age Grouper	1:17:04	6:37:04	4:19:32	12:28:43
5th Age Grouper	1:05:42	6:40:12	4:40:53	12:49:03
6th Age Grouper	1:13:42	6:44:53	4:39:41	12:54:52
7th Age Grouper	1:17:20	6:47:29	4:51:39	13:13:31
8th Age Grouper	1:18:21	7:01:09	4:44:36	13:23:16
9th Age Grouper	1:15:37	7:01:44	4:58:13	13:42:34
10th Age Grouper	1:24:05	6:52:25	5:03:57	13:38:29
<b>Kona Qualifier Average</b>	<b>1:08:55</b>	<b>6:04:50</b>	<b>3:50:44</b>	<b>11:16:34</b>
<b>Top 10 Age Grouper Average</b>	<b>1:14:43</b>	<b>6:39:09</b>	<b>4:30:46</b>	<b>12:40:48</b>

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

## 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	0:42:14	5:01:14	4:01:26	9:54:23
2nd Age Grouper	0:40:03	5:23:57	4:04:18	10:15:40
3rd Age Grouper	0:44:16	5:18:03	4:09:24	10:19:55
4th Age Grouper	0:46:49	5:21:19	4:05:44	10:22:03
5th Age Grouper	0:42:47	5:27:06	4:04:41	10:26:26
6th Age Grouper	0:43:05	5:43:43	3:51:34	10:29:29
7th Age Grouper	0:45:38	5:28:07	4:11:18	10:34:20
8th Age Grouper	0:43:17	5:26:39	4:21:51	10:40:06
9th Age Grouper	0:41:23	5:33:22	4:15:06	10:41:33
10th Age Grouper	0:44:19	5:23:26	4:33:17	10:51:15
Kona Qualifier Average	0:41:08	5:12:35	4:02:52	10:05:01
Top 10 Age Grouper Average	0:43:23	5:24:41	4:09:52	10:27:31

## 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	1:09:42	5:45:08	3:43:17	10:47:06
2nd Age Grouper	1:09:27	5:45:15	3:57:36	11:02:29
3rd Age Grouper	1:11:37	5:51:54	4:06:21	11:18:24
4th Age Grouper	1:13:34	5:59:16	4:02:17	11:24:47
5th Age Grouper	1:08:16	5:59:33	4:13:09	11:30:31
6th Age Grouper	1:09:40	5:57:34	4:17:41	11:35:19
7th Age Grouper	1:16:40	6:04:57	4:08:06	11:41:02
8th Age Grouper	1:15:22	6:06:49	4:14:06	11:47:00
9th Age Grouper	1:23:32	6:06:59	4:09:03	11:49:08
10th Age Grouper	1:17:38	6:06:39	4:19:28	11:55:11
Kona Qualifier Average	1:09:34	5:45:12	3:50:26	10:54:48
Top 10 Age Grouper Average	1:13:33	5:58:24	4:07:06	11:29:06

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

## Ironman Weymouth

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

## Ironman Wisconsin

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

## Ironman World Championship

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

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