

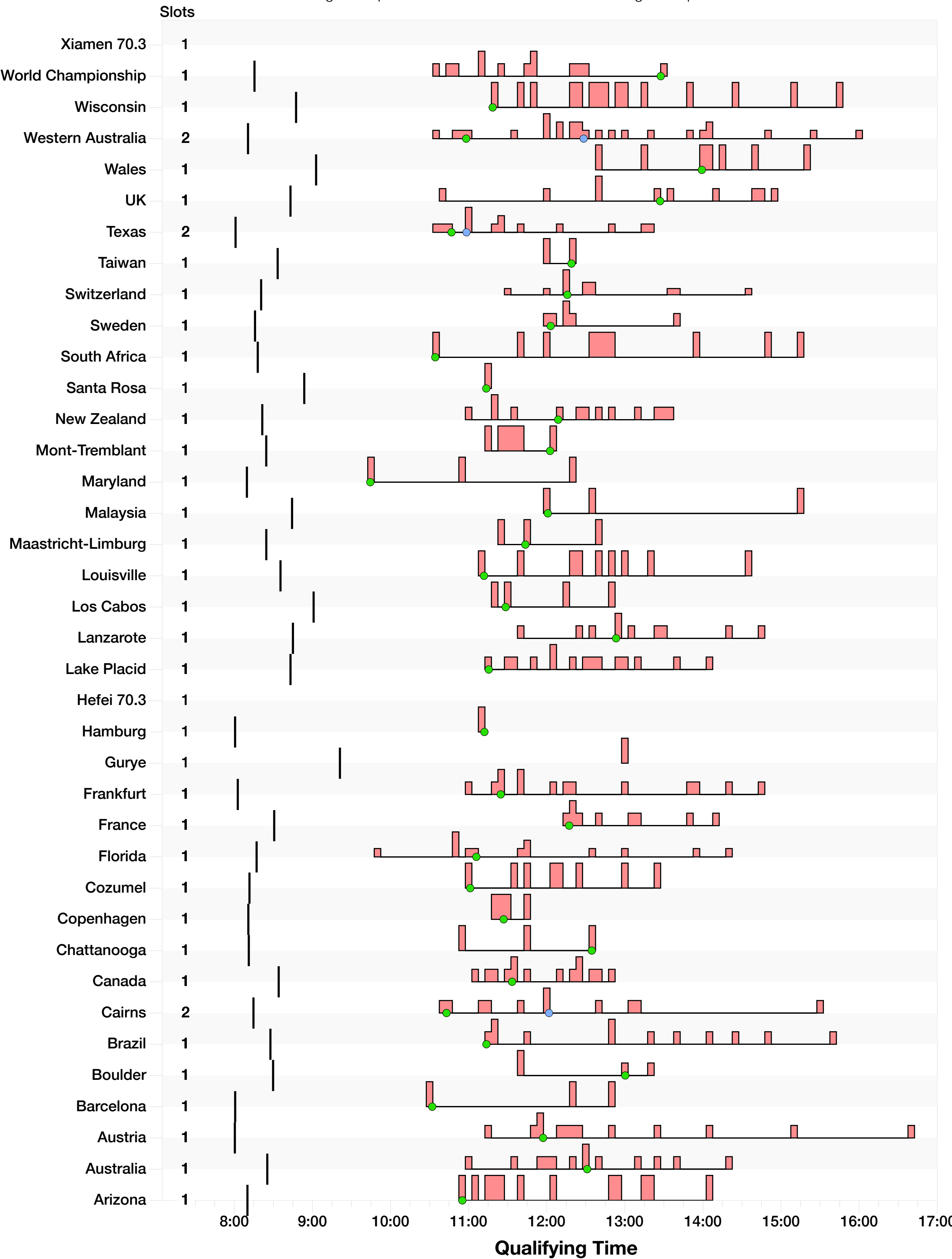
# Ironman World Championship

## F55-59 2017 Qualification Stats

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# 2017 Qualification Comparison for F55-59

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



# F55-59 Past Qualifying Times

## Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	13:17:32
2006	9:12:53	14:03:00
2007	9:36:40	12:50:34
2008	9:21:06	12:57:08
2010	9:09:19	11:40:42
2011	8:36:13	11:16:58
2012	9:01:41	11:06:12
2013	8:52:49	11:25:52
2014	8:50:41	12:05:57
2015	8:44:00	11:20:02
2016	8:48:23	10:55:11
<b>Average</b>	<b>9:05:15</b>	<b>12:05:22</b>

## Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:13:20	12:01:33
2006	9:19:44	12:19:07
2007	9:12:59	12:41:42
2008	9:03:55	13:10:44
2009	8:57:10	13:26:53
2010	9:23:46	13:38:04
2011	9:29:54	14:18:25
2012	9:34:57	10:59:32
2013	9:34:55	11:53:45
2014	9:28:43	12:03:40
2015	9:38:24	11:34:15
2016	9:10:28	12:31:24
2017	9:16:38	12:31:05
<b>Average</b>	<b>9:20:22</b>	<b>12:33:05</b>

## Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	12:22:01
2006	9:12:09	14:03:56
2007	9:08:47	16:42:21
2008	8:47:26	12:25:55
2009	8:50:13	15:10:04
2010	9:18:50	13:25:06
2011	8:43:34	11:14:50
2012	9:09:58	12:51:40
2013	8:59:31	11:48:23
2014	8:42:42	11:55:24
2015		12:09:01
2016	8:41:17	12:16:06
2017	9:06:25	11:57:12
<b>Average</b>	<b>8:17:32</b>	<b>12:57:04</b>

### Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	12:50:37
2015	8:46:44	12:17:53
2016	8:54:27	10:32:03
<b>Average</b>	<b>8:50:10</b>	<b>11:53:31</b>

### Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	13:17:56
2015	9:53:41	11:40:48
2016	10:01:09	11:40:26
2017	9:13:32	13:00:19
<b>Average</b>	<b>9:37:04</b>	<b>12:24:52</b>

### Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	9:20:46	14:02:51
2007	9:12:40	14:48:44
2008	9:42:50	15:39:01
2009	9:10:15	11:19:42
2010	9:19:13	12:51:12
2011	12:40:07	14:25:50
2012	9:17:42	12:51:25
2013	9:05:53	11:18:59
2014	8:56:32	11:43:12
2015	8:59:08	13:42:25
2016	8:54:10	13:17:49
2017	8:52:00	11:13:40
<b>Average</b>	<b>9:27:36</b>	<b>13:06:14</b>

### Ironman Cairns (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	9:21:00	15:32:26	
2013	9:19:51	12:02:08	12:41:19
2014	9:16:58	11:09:57	13:09:01
2015	9:11:49	11:41:41	13:04:27
2016	9:06:18	10:39:25	11:15:19
2017	8:58:14	10:43:01	12:01:46
<b>Average</b>	<b>9:12:21</b>	<b>11:58:06</b>	<b>12:26:22</b>

### Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:16:02	12:26:36
2005	9:51:31	12:37:36
2006	9:25:13	11:34:36
2007	9:41:01	11:44:17
2008	9:17:58	12:11:01
2009	9:11:20	11:19:48
2010	9:13:46	11:06:00
2011	9:03:13	12:22:15
2012	9:44:58	11:30:45
2013	9:28:13	11:16:29
2014	9:46:58	12:33:55
2015	9:46:19	12:47:40
2016	10:12:28	12:26:38
2017	9:17:12	11:33:23
<b>Average</b>	<b>9:31:09</b>	<b>11:57:55</b>

### Ironman Chattanooga (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:54:55	11:44:44
2015	8:56:00	10:54:19
2016	10:23:43	12:34:37
<b>Average</b>	<b>9:24:52</b>	<b>11:44:33</b>

### Ironman Coeur d'Alene (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	14:13:19
2005	9:59:08	12:09:36
2006	9:31:07	13:59:43
2007	10:27:55	14:07:43
2008	9:38:58	13:54:11
2009	9:23:21	12:16:40
2010	9:17:54	12:29:26
2011	9:16:40	12:32:29
2012	9:21:44	13:02:31
2013	9:16:02	12:04:57
2014	9:34:32	12:25:22
2015	9:23:27	13:15:47
2016	10:24:45	13:11:57
2017	10:19:06	11:50:41
<b>Average</b>	<b>9:41:11</b>	<b>12:58:10</b>

### Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:53:33	11:46:39
2015	8:59:49	11:31:10
2016	9:37:53	11:20:01
2017	9:17:06	11:26:54
<b>Average</b>	<b>9:12:05</b>	<b>11:31:11</b>

### Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	13:23:40
2010	9:07:08	12:23:12
2011	9:14:08	13:02:06
2012	9:15:38	11:36:37
2013	8:52:28	12:11:37
2014	9:14:07	11:45:19
2015	9:06:40	12:03:10
2016	9:08:06	11:01:14
<b>Average</b>	<b>9:08:09</b>	<b>12:10:51</b>

### Ironman Florida (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	12:58:35
2005	9:33:09	14:18:27
2006	9:28:28	13:53:06
2007	9:05:35	12:33:14
2008	9:07:48	11:43:58
2009	9:08:38	10:47:46
2010	9:07:49	10:50:21
2011	8:55:10	11:38:45
2012	8:51:35	11:01:08
2013	8:43:07	10:49:26
2014	8:01:47	9:49:33
2015	9:54:44	11:47:18
2016	9:47:49	11:05:55
<b>Average</b>	<b>9:10:21</b>	<b>11:47:30</b>

### Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	12:06:04
2015	10:45:10	12:15:57
2016	10:45:00	12:02:06
<b>Average</b>	<b>10:13:10</b>	<b>12:08:02</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:49:11	14:10:17
2009	9:30:29	13:49:32
2011	9:34:31	12:17:58
2012	9:16:05	12:19:54
2013	9:12:54	13:03:39
2014	9:12:21	12:39:57
2015	9:24:50	12:27:17
2016	9:22:04	13:12:26
2017	9:27:53	12:17:17
<b>Average</b>	<b>9:25:35</b>	<b>12:55:21</b>

### Ironman Frankfurt (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:03:11	13:57:03
2005	9:15:31	14:44:41
2006	9:16:17	14:20:28
2007	9:04:11	12:06:09
2008	8:51:24	11:37:31
2009	8:58:08	13:50:03
2010	9:04:27	12:20:13
2011	9:12:13	13:01:03
2012	8:52:33	11:23:18
2013	8:56:01	10:59:49
2014	8:52:40	11:19:19
2015	8:51:00	12:14:25
2016	9:01:17	11:41:31
2017	8:47:58	11:24:40
<b>Average</b>	<b>9:00:29</b>	<b>12:30:00</b>

### Ironman Hamburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:07:49	11:12:07
<b>Average</b>	<b>9:07:49</b>	<b>11:12:07</b>

### Ironman Hefei 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:13:50	5:17:32
<b>Average</b>	<b>4:13:50</b>	<b>5:17:32</b>

### Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2002	9:29:41	12:38:21
2003	9:51:55	13:00:31
2004	9:24:42	12:55:32
2006	10:11:35	12:35:15
2007	9:40:20	14:06:24
2008	9:51:00	13:09:28
2009	9:29:36	13:38:43
2010	9:27:30	12:05:21
2011	9:19:03	12:28:03
2012	9:47:39	12:19:37
2013	9:35:06	11:28:52
2014	9:28:28	11:35:24
2015	10:13:19	11:48:10
2016	9:09:42	12:07:12
2017	9:46:00	11:15:28
<b>Average</b>	<b>9:39:02</b>	<b>12:28:49</b>

### Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	10:02:27	14:18:39
2009	9:54:57	13:27:12
2010	10:03:52	14:46:12
2011	9:43:39	13:05:56
2012	9:58:06	11:41:01
2013	9:37:34	12:56:22
2014	9:41:40	12:25:11
2015	9:56:03	13:27:31
2016	10:02:35	12:35:04
2017	9:35:40	12:53:15
<b>Average</b>	<b>9:51:39</b>	<b>13:09:38</b>

### Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	12:15:18
2014	9:16:43	11:18:08
2015	10:43:13	12:49:39
2016	10:58:27	11:28:26
<b>Average</b>	<b>10:08:29</b>	<b>11:57:52</b>

### Ironman Louisville (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:23:22	13:20:54
2008	9:54:17	14:35:13
2010	9:33:15	12:37:46
2011	9:38:14	12:47:59
2012	9:36:27	12:27:08
2013	9:29:02	12:18:23
2014	9:31:19	12:58:45
2015	10:00:04	11:39:31
2016	9:46:24	11:11:47
<b>Average</b>	<b>9:39:09</b>	<b>12:39:42</b>

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

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	12:39:06
2016	9:24:42	11:26:29
2017	9:37:17	11:43:35
<b>Average</b>	<b>9:33:47</b>	<b>11:56:23</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	15:15:57
2015	9:37:06	12:36:24
2016	9:25:34	12:00:49
<b>Average</b>	<b>9:29:46</b>	<b>13:17:43</b>



### Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	11:29:50
2015	9:24:48	11:22:53
2016	9:11:55	12:13:53
<b>Average</b>	<b>9:20:20</b>	<b>11:42:12</b>

### Ironman Maryland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:02	12:22:17
2015	9:42:56	10:53:17
2016	8:14:27	9:44:28
<b>Average</b>	<b>9:07:48</b>	<b>11:00:00</b>

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

Year	Female Winning Time	Age Group Winning Time
2012	9:30:46	11:33:28
2013	9:07:56	11:12:46
2014	9:40:26	11:24:46
2015	9:09:05	11:29:43
2016	9:26:37	11:37:34
2017	9:19:08	12:02:33
<b>Average</b>	<b>9:22:19</b>	<b>11:33:28</b>

### Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	13:27:24
2004	9:22:23	12:50:31
2005	9:30:13	12:30:29
2007	9:20:01	13:37:22
2008	9:16:00	13:32:21
2009	9:18:25	13:08:45
2010	9:14:35	11:35:07
2011	9:28:24	12:41:00
2013	9:17:10	12:25:00
2014	9:08:46	10:59:16
2015	9:05:45	11:20:41
2016	8:56:08	11:19:42
2017	9:09:47	12:08:47
<b>Average</b>	<b>9:15:48</b>	<b>12:25:52</b>

### Ironman Santa Rosa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:58:45	11:13:32
<b>Average</b>	<b>9:58:45</b>	<b>11:13:32</b>

### Ironman South Africa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	9:27:48	12:41:50
2009	9:16:32	14:48:02
2010	9:16:55	12:49:20
2011	8:33:56	13:56:40
2012	9:47:10	15:16:50
2013	9:10:58	12:46:22
2014	9:31:54	12:00:59
2015	9:26:56	12:35:52
2016	9:06:50	11:41:31
2017	8:47:02	10:34:22
<b>Average</b>	<b>9:14:36</b>	<b>12:55:10</b>

### Ironman Sweden (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:13:27	13:42:10
2013	8:54:01	12:16:34
2014	8:56:50	12:16:21
2015	9:12:27	11:57:46
2016	9:14:39	12:18:16
2017	9:52:34	12:03:01
<b>Average</b>	<b>9:13:59</b>	<b>12:25:41</b>

### Ironman Switzerland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:10:54	13:37:47
2006	9:24:18	13:34:49
2007	9:20:43	14:35:30
2008	9:30:12	12:17:20
2009	9:14:35	12:14:32
2010	9:00:04	12:36:20
2011	9:03:26	12:14:08
2012	9:20:16	11:29:37
2013	9:21:31	11:59:17
2014	9:13:30	12:31:31
2015	9:21:05	12:34:20
2016	8:53:49	12:28:45
2017	9:23:02	12:15:51
<b>Average</b>	<b>9:15:11</b>	<b>12:39:12</b>

### Ironman Taiwan (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:20:23	12:01:45
2016	9:50:03	12:19:00
<b>Average</b>	<b>9:35:13</b>	<b>12:10:22</b>

### Ironman Texas (2 Kona Slots)

Year	Female Winning Time	Age Group Winning Time	2nd Place Age Group Time
2011	8:57:51	10:59:53	11:22:36
2012	8:54:58	11:40:15	12:47:38
2013	8:49:14	11:24:55	12:12:28
2014	8:54:42	13:15:00	13:18:41
2015	8:55:19	10:58:14	11:18:35
2016	8:11:01	10:36:12	10:38:03
2017	8:56:32	10:46:51	10:58:23
<b>Average</b>	<b>8:48:31</b>	<b>11:23:02</b>	<b>11:48:03</b>

### Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:36:13	10:37:44
2008	9:49:06	14:55:58
2009	9:33:59	14:12:18
2010	10:01:02	12:42:02
2012	10:08:44	14:42:31
2013	9:29:12	11:59:02
2014	9:52:12	13:37:14
2015	9:31:58	12:38:33
2016	9:26:05	14:38:30
2017	9:39:48	13:27:07
<b>Average</b>	<b>9:42:49</b>	<b>13:21:05</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	12:25:53
2016	9:13:40	12:27:04
2017	9:51:10	12:02:06
<b>Average</b>	<b>9:30:05</b>	<b>12:18:21</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	12:25:53
2016	9:13:40	12:27:04
2017	9:51:10	12:02:06
<b>Average</b>	<b>9:30:05</b>	<b>12:18:21</b>

### Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	10:15:23	13:16:06
2012	9:45:09	15:20:00
2013	9:51:21	14:38:46
2014	10:57:26	14:16:57
2015	9:56:31	14:05:17
2016	10:00:17	13:59:10
2017	10:11:20	12:38:28
<b>Average</b>	<b>10:08:12</b>	<b>14:02:06</b>

### Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:03:37	12:01:14
2005	9:31:32	15:23:51
2006	9:10:01	11:59:03
2007	9:00:55	14:01:17
2008	8:59:24	12:48:37
2009	9:16:52	12:24:46
2010	9:19:44	11:58:54
2011	9:25:38	12:07:50
2012	9:13:00	10:47:36
2013	8:59:44	10:33:23
2014	8:56:34	10:53:08
2015	9:03:47	12:07:45
2016	8:54:39	10:58:06
<b>Average</b>	<b>9:08:52</b>	<b>12:09:39</b>

### Ironman Wisconsin (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:46:28	14:24:42
2004	10:05:40	15:10:10
2005	10:11:22	15:45:38
2006	10:01:22	13:16:13
2007	9:37:03	12:33:30
2008	9:47:25	13:49:42
2009	9:43:59	12:44:27
2010	9:27:26	12:53:02
2011	9:41:03	12:39:51
2012	9:34:35	13:02:24
2013	9:47:07	12:25:01
2014	9:30:08	11:39:29
2015	10:08:05	12:18:51
2016	9:33:47	11:18:28
2017	9:57:41	11:49:44
<b>Average</b>	<b>9:47:32</b>	<b>13:03:24</b>

### Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	12:24:04
2005	9:09:30	11:43:33
2006	9:18:31	12:21:47
2007	9:08:45	12:28:14
2008	9:06:23	11:52:10
2009	8:54:02	11:49:34
2010	8:58:36	10:51:43
2011	8:55:08	10:45:35
2012	9:15:54	11:09:30
2013	8:52:14	10:33:10
2014	9:00:55	11:11:06
2015	8:57:57	11:27:29
2016	8:46:46	13:27:36
<b>Average</b>	<b>9:05:45</b>	<b>11:41:57</b>

# Ironman Xiamen 70.3 (1 Kona Slots)

**Year**

**Female Winning Time**

**Age Group Winning Time**

**2016**

**4:24:03**

**5:41:59**

**Average**

**4:24:03**

**5:41:59**

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

# F55-59 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>1:19:53</b>	<b>5:57:20</b>	<b>4:35:41</b>	<b>12:05:22</b>
2nd Age Grouper	1:21:53	6:06:32	4:52:53	12:33:30
3rd Age Grouper	1:24:23	6:08:21	5:12:22	13:00:31
4th Age Grouper	1:27:45	6:26:38	5:16:33	13:25:50
5th Age Grouper	1:27:54	6:24:56	5:23:43	13:33:40
6th Age Grouper	1:27:03	6:28:21	5:34:22	13:45:20
7th Age Grouper	1:33:06	6:40:48	5:19:30	13:52:52
8th Age Grouper	1:31:25	6:39:34	5:23:23	13:53:51
9th Age Grouper	1:35:59	6:40:29	5:31:39	14:04:20
10th Age Grouper	1:33:16	6:48:28	5:29:38	14:14:32
<b>Kona Qualifier Average</b>	<b>1:19:46</b>	<b>5:59:35</b>	<b>4:39:23</b>	<b>12:11:11</b>
<b>Top 10 Age Grouper Average</b>	<b>1:27:33</b>	<b>6:24:31</b>	<b>5:15:08</b>	<b>13:23:25</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>1:11:16</b>	<b>6:06:24</b>	<b>5:14:13</b>	<b>12:33:05</b>
2nd Age Grouper	1:14:53	6:58:54	4:52:27	13:13:17
3rd Age Grouper	1:21:58	7:00:46	5:22:51	13:54:38
4th Age Grouper	1:24:00	7:26:41	5:30:25	14:31:34
5th Age Grouper	1:20:43	7:14:43	5:46:16	14:30:53
6th Age Grouper	1:23:19	7:18:41	5:53:25	14:47:28
7th Age Grouper	1:27:11	7:34:05	5:30:02	14:47:18
8th Age Grouper	1:12:43	7:21:55	5:43:38	14:30:44
9th Age Grouper	1:12:39	7:41:44	5:47:16	14:55:48
10th Age Grouper	1:25:33	7:38:24	6:11:38	15:29:00
<b>Kona Qualifier Average</b>	<b>1:11:16</b>	<b>6:06:24</b>	<b>5:14:13</b>	<b>12:33:05</b>
<b>Top 10 Age Grouper Average</b>	<b>1:18:58</b>	<b>7:03:48</b>	<b>5:26:50</b>	<b>13:58:21</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>1:21:22</b>	<b>5:56:22</b>	<b>5:32:56</b>	<b>12:57:04</b>
2nd Age Grouper	1:17:49	6:44:32	5:02:17	13:26:05
3rd Age Grouper	1:10:52	6:53:43	5:10:46	13:45:19
4th Age Grouper	1:31:37	6:58:49	5:13:15	13:59:18
5th Age Grouper	1:32:19	7:07:55	5:33:24	14:33:42
6th Age Grouper	1:32:55	7:07:25	5:35:18	14:37:20
7th Age Grouper	1:28:16	7:05:31	5:48:41	14:40:12
8th Age Grouper	1:26:41	7:24:21	5:56:39	15:08:18
9th Age Grouper	1:31:42	7:19:29	6:20:18	15:30:06
10th Age Grouper	1:42:58	7:27:51	6:01:35	15:35:01
<b>Kona Qualifier Average</b>	<b>1:21:22</b>	<b>5:56:22</b>	<b>5:32:56</b>	<b>12:57:04</b>
<b>Top 10 Age Grouper Average</b>	<b>1:24:41</b>	<b>6:51:39</b>	<b>5:29:09</b>	<b>14:04:33</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	1:28:16	5:46:02	4:28:10	11:53:31
2nd Age Grouper	1:17:16	5:51:50	5:02:22	12:20:06
3rd Age Grouper	1:23:25	6:57:22	4:41:04	13:11:52
4th Age Grouper	1:22:31	6:22:59	5:57:45	13:52:46
5th Age Grouper	1:38:20	6:27:04	5:33:38	13:52:14
6th Age Grouper	1:25:36	6:54:30	5:23:08	14:02:01
7th Age Grouper	1:30:41	6:44:57	5:37:41	14:06:32
8th Age Grouper	1:24:05	5:57:35	6:41:49	14:14:50
9th Age Grouper	1:22:12	6:31:28	5:52:09	14:00:42
10th Age Grouper	1:27:06	6:37:07	6:38:21	14:59:58
<b>Kona Qualifier Average</b>	<b>1:28:16</b>	<b>5:46:02</b>	<b>4:28:10</b>	<b>11:53:31</b>
<b>Top 10 Age Grouper Average</b>	<b>1:25:30</b>	<b>6:22:20</b>	<b>5:25:57</b>	<b>13:25:45</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	1:15:43	5:56:34	4:58:46	12:24:52
2nd Age Grouper	1:22:31	6:22:53	5:13:38	13:15:42
3rd Age Grouper	1:28:46	6:24:03	5:20:06	13:33:02
4th Age Grouper	1:23:49	6:22:27	5:38:41	13:44:13
5th Age Grouper	1:17:49	6:19:24	6:00:22	13:54:25
6th Age Grouper	1:28:47	6:30:30	5:53:03	14:09:44
7th Age Grouper	1:26:22	6:36:00	5:52:06	14:14:13
8th Age Grouper	1:22:38	6:26:18	6:14:18	14:25:08
9th Age Grouper	1:26:40	6:35:43	6:25:23	14:45:52
10th Age Grouper	1:25:41	6:48:27	6:20:00	14:54:58
<b>Kona Qualifier Average</b>	<b>1:15:43</b>	<b>5:56:34</b>	<b>4:58:46</b>	<b>12:24:52</b>
<b>Top 10 Age Grouper Average</b>	<b>1:23:52</b>	<b>6:26:14</b>	<b>5:47:38</b>	<b>13:56:13</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	1:18:25	5:53:42	4:37:35	13:06:14
2nd Age Grouper	1:28:00	6:22:47	4:39:10	13:53:14
3rd Age Grouper	1:37:30	6:17:41	4:27:31	14:06:50
4th Age Grouper	1:23:07	5:52:40	4:32:02	14:17:05
5th Age Grouper	1:26:37	7:06:21	5:17:37	14:06:13
6th Age Grouper	1:30:08	6:52:25	6:06:39	14:47:11
7th Age Grouper	1:23:00	6:16:03	5:00:09	12:47:56
8th Age Grouper	1:21:11	6:08:56	5:11:43	12:50:25
9th Age Grouper	1:29:10	6:45:37	4:54:01	13:20:16
<b>Kona Qualifier Average</b>	<b>1:18:25</b>	<b>5:53:42</b>	<b>4:37:35</b>	<b>13:06:14</b>
<b>Top 10 Age Grouper Average</b>	<b>1:26:30</b>	<b>6:15:50</b>	<b>4:45:31</b>	<b>13:48:42</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	1:19:27	6:04:53	4:24:03	11:58:06
2nd Age Grouper	1:22:13	6:11:13	4:41:44	12:26:22
3rd Age Grouper	1:28:02	6:28:41	4:41:45	12:50:24
4th Age Grouper	1:27:26	6:37:42	4:55:32	13:12:18
5th Age Grouper	1:27:36	6:48:51	4:57:41	13:27:47
6th Age Grouper	1:24:32	6:47:52	5:16:59	13:41:30
7th Age Grouper	1:23:32	6:56:46	5:14:54	13:48:44
8th Age Grouper	1:35:34	7:06:18	5:39:29	14:40:44
9th Age Grouper	1:41:18	7:16:54	5:39:46	14:56:22
10th Age Grouper	1:35:08	7:32:02	5:57:51	15:22:44
<b>Kona Qualifier Average</b>	<b>1:20:43</b>	<b>6:07:46</b>	<b>4:32:05</b>	<b>12:10:57</b>
<b>Top 10 Age Grouper Average</b>	<b>1:27:54</b>	<b>6:43:49</b>	<b>5:05:28</b>	<b>13:30:47</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	1:14:02	6:10:04	4:24:07	11:57:55
2nd Age Grouper	1:20:22	6:27:19	4:44:47	12:45:03
3rd Age Grouper	1:24:15	6:43:25	4:47:16	13:08:36
4th Age Grouper	1:20:29	6:45:06	5:11:59	13:30:40
5th Age Grouper	1:27:31	7:03:10	5:04:00	13:50:29
6th Age Grouper	1:22:56	7:09:26	5:20:57	14:07:02
7th Age Grouper	1:27:30	7:10:45	5:26:46	14:21:45
8th Age Grouper	1:24:30	7:19:27	5:39:54	14:38:25
9th Age Grouper	1:26:51	7:33:56	5:29:02	14:46:57
10th Age Grouper	1:32:51	6:59:52	6:18:47	14:58:15
<b>Kona Qualifier Average</b>	<b>1:14:02</b>	<b>6:10:04</b>	<b>4:24:07</b>	<b>11:57:55</b>
<b>Top 10 Age Grouper Average</b>	<b>1:24:08</b>	<b>6:56:15</b>	<b>5:14:46</b>	<b>13:48:31</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	1:01:37	5:55:02	4:36:47	11:44:33
2nd Age Grouper	1:01:41	5:58:48	4:51:37	12:09:36
3rd Age Grouper	1:06:05	6:10:42	4:54:01	12:27:28
4th Age Grouper	1:05:17	6:28:31	4:50:00	12:39:19
5th Age Grouper	1:12:28	6:31:03	5:04:48	13:02:40
6th Age Grouper	1:10:40	6:30:27	5:12:20	13:11:45
7th Age Grouper	1:07:14	6:12:58	5:41:13	13:19:57
8th Age Grouper	1:05:59	6:44:19	5:27:40	13:33:35
9th Age Grouper	1:10:04	6:40:11	5:33:49	13:41:58
10th Age Grouper	1:03:17	6:35:22	5:55:16	13:49:53
<b>Kona Qualifier Average</b>	<b>1:01:37</b>	<b>5:55:02</b>	<b>4:36:47</b>	<b>11:44:33</b>
<b>Top 10 Age Grouper Average</b>	<b>1:06:26</b>	<b>6:22:44</b>	<b>5:12:45</b>	<b>12:58:04</b>



### Ironman Coeur d'Alene

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

### Ironman Copenhagen

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

### Ironman Cozumel

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

## Ironman Louisville

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



## Ironman UK

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

## Ironman Xiamen 70.3

Position	Average Swim	Average Bike	Average Run	Average Overall
Female Winner	0:32:33	2:20:15	1:25:08	4:24:03
<b>1st Age Grouper</b>	<b>0:50:36</b>	<b>2:48:28</b>	<b>1:52:56</b>	<b>5:41:59</b>
2nd Age Grouper	0:43:51	3:10:39	2:07:03	6:16:01
3rd Age Grouper	0:53:48	2:58:20	2:38:51	6:49:18
4th Age Grouper	0:44:34	4:24:16	2:06:06	7:26:55
5th Age Grouper	0:51:28	3:46:08	2:51:09	7:51:13
6th Age Grouper	0:59:42	3:47:22	2:41:36	7:56:45
7th Age Grouper	1:01:08	4:01:58	2:34:49	8:00:37
<b>Kona Qualifier Average</b>	<b>0:50:36</b>	<b>2:48:28</b>	<b>1:52:56</b>	<b>5:41:59</b>
<b>Top 10 Age Grouper Average</b>	<b>0:52:09</b>	<b>3:33:53</b>	<b>2:24:38</b>	<b>7:08:58</b>