

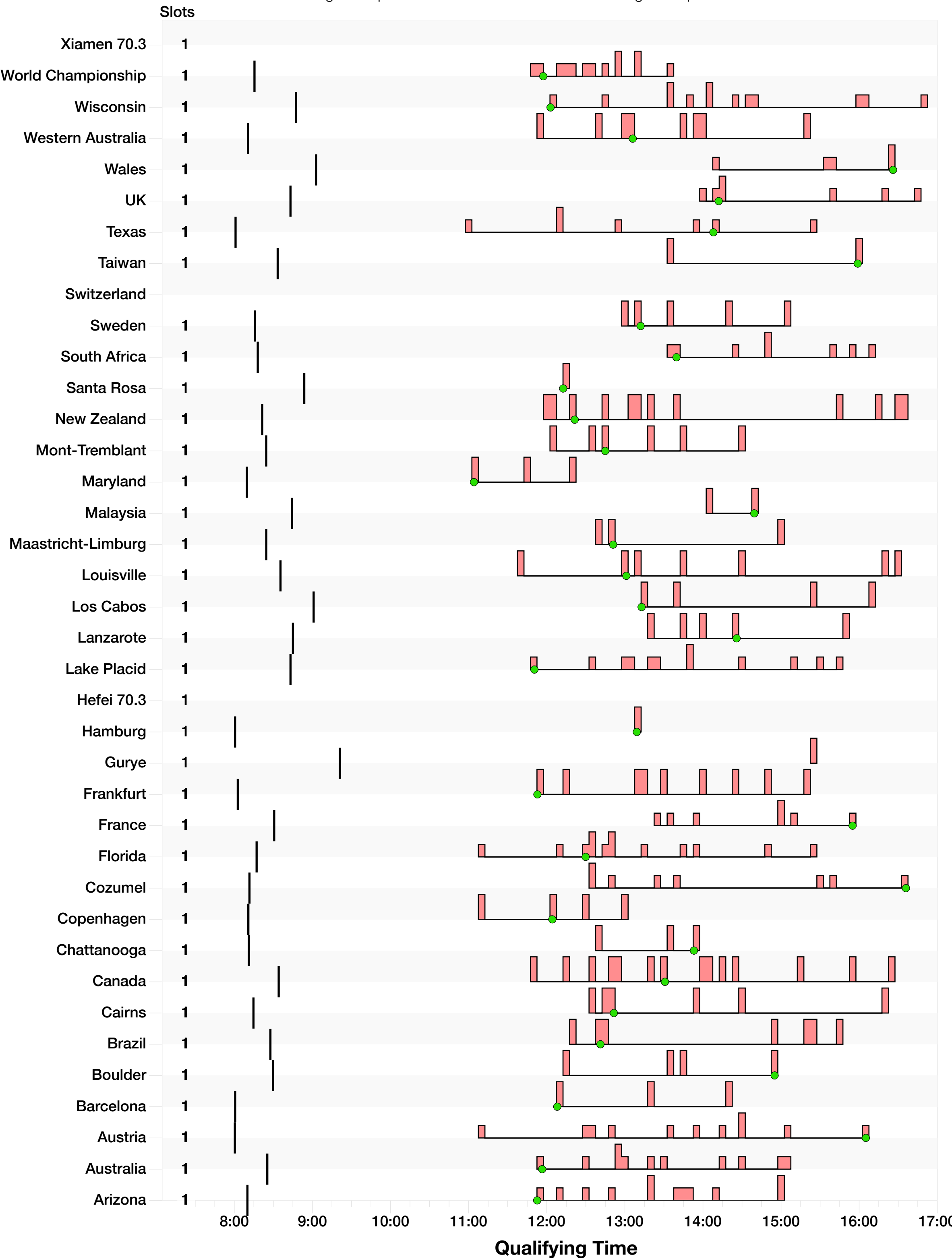
# Ironman World Championship

## F60-64 2017 Qualification Stats

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# 2017 Qualification Comparison for F60-64

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



# F60-64 Past Qualifying Times

## Ironman Arizona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:44:02	13:37:52
2006	9:12:53	14:59:49
2007	9:36:40	13:20:30
2008	9:21:06	12:08:11
2010	9:09:19	13:51:46
2011	8:36:13	15:01:01
2012	9:01:41	14:10:06
2013	8:52:49	13:20:38
2014	8:50:41	13:44:43
2015	8:44:00	12:27:57
2016	8:48:23	11:52:39
<b>Average</b>	<b>9:05:15</b>	<b>13:30:28</b>

## Ironman Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2006	9:19:44	15:03:18
2007	9:12:59	15:01:02
2009	8:57:10	12:59:48
2010	9:23:46	14:14:33
2011	9:29:54	12:54:21
2012	9:34:57	12:57:12
2013	9:34:55	13:21:46
2014	9:28:43	13:28:40
2015	9:38:24	12:32:24
2016	9:10:28	14:30:26
2017	9:16:38	11:56:28
<b>Average</b>	<b>9:22:30</b>	<b>13:32:43</b>

## Ironman Austria (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	9:07:04	13:54:08
2006	9:12:09	15:05:04
2008	8:47:26	14:13:29
2009	8:50:13	14:31:20
2011	8:43:34	14:32:03
2012	9:09:58	12:52:05
2013	8:59:31	12:31:38
2014	8:42:42	13:34:09
2015		12:35:18
2016	8:41:17	11:11:58
2017	9:06:25	16:05:09
<b>Average</b>	<b>8:07:18</b>	<b>13:44:12</b>

## Ironman Barcelona (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:49:21	14:20:12
2015	8:46:44	13:21:11
2016	8:54:27	12:08:05
<b>Average</b>	<b>8:50:10</b>	<b>13:16:29</b>

### Ironman Boulder (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:19:54	12:13:24
2015	9:53:41	13:47:13
2016	10:01:09	13:34:52
2017	9:13:32	14:55:03
<b>Average</b>	<b>9:37:04</b>	<b>13:37:38</b>

### Ironman Brazil (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2010	9:19:13	15:44:47
2011	12:40:07	15:23:17
2013	9:05:53	14:55:32
2014	8:56:32	12:45:42
2015	8:59:08	15:18:42
2016	8:54:10	12:21:46
2017	8:52:00	12:41:15
<b>Average</b>	<b>9:32:26</b>	<b>14:10:08</b>

### Ironman Cairns (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:21:00	14:27:51
2013	9:19:51	16:17:59
2014	9:16:58	12:37:10
2015	9:11:49	12:43:49
2016	9:06:18	13:55:00
2017	8:58:14	12:51:33
<b>Average</b>	<b>9:12:21</b>	<b>13:48:53</b>

### Ironman Canada (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:16:02	13:19:01
2005	9:51:31	15:56:55
2006	9:25:13	16:23:42
2007	9:41:01	12:56:34
2008	9:17:58	12:51:30
2009	9:11:20	14:25:12
2010	9:13:46	11:50:42
2011	9:03:13	14:04:04
2012	9:44:58	14:15:37
2013	9:28:13	15:15:27
2014	9:46:58	12:14:17
2015	9:46:19	14:00:59
2016	10:12:28	12:36:37
2017	9:17:12	13:30:49
<b>Average</b>	<b>9:31:09</b>	<b>13:50:06</b>

### Ironman Chattanooga (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	8:54:55	13:35:32
2015	8:56:00	12:40:43
2016	10:23:43	13:53:04
<b>Average</b>	<b>9:24:52</b>	<b>13:23:06</b>

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

Year	Female Winning Time	Age Group Winning Time
2003	9:42:08	15:07:44
2005	9:59:08	13:50:00
2007	10:27:55	13:10:46
2008	9:38:58	15:47:00
2009	9:23:21	13:40:30
2010	9:17:54	13:19:57
2011	9:16:40	14:28:49
2012	9:21:44	14:48:11
2013	9:16:02	14:23:56
2014	9:34:32	13:31:54
2015	9:23:27	12:17:24
2016	10:24:45	14:34:13
2017	10:19:06	13:49:42
<b>Average</b>	<b>9:41:58</b>	<b>14:03:51</b>

### Ironman Copenhagen (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	8:37:36	12:29:40
2014	8:53:33	12:59:45
2015	8:59:49	11:09:56
2017	9:17:06	12:04:16
<b>Average</b>	<b>8:57:01</b>	<b>12:10:54</b>

### Ironman Cozumel (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:06:58	15:40:54
2010	9:07:08	13:26:21
2011	9:14:08	13:38:38
2012	9:15:38	15:27:49
2013	8:52:28	12:34:30
2014	9:14:07	12:35:48
2015	9:06:40	12:51:39
2016	9:08:06	16:35:54
<b>Average</b>	<b>9:08:09</b>	<b>14:06:26</b>

### Ironman Florida (1Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:28:54	12:34:23
2005	9:33:09	13:14:41
2006	9:28:28	15:22:56
2007	9:05:35	12:12:06
2008	9:07:48	12:49:49
2009	9:08:38	14:48:43
2010	9:07:49	13:45:08
2011	8:55:10	13:57:20
2012	8:51:35	12:43:37
2013	8:43:07	12:48:41
2014	8:01:47	11:11:25
2015	9:54:44	12:33:11
2016	9:47:49	12:29:54
<b>Average</b>	<b>9:10:21</b>	<b>13:07:04</b>

### Ironman Fortaleza (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:09:20	14:21:43
<b>Average</b>	<b>9:09:20</b>	<b>14:21:43</b>

### Ironman France (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2009	9:30:29	13:53:29
2011	9:34:31	13:25:38
2012	9:16:05	15:07:45
2014	9:12:21	13:35:55
2015	9:24:50	14:57:39
2016	9:22:04	14:59:54
2017	9:27:53	15:54:55
<b>Average</b>	<b>9:24:01</b>	<b>14:33:36</b>

### Ironman Frankfurt (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:04:11	14:49:36
2008	8:51:24	15:17:48
2009	8:58:08	13:59:59
2011	9:12:13	14:26:38
2012	8:52:33	12:13:47
2014	8:52:40	13:08:41
2015	8:51:00	13:30:08
2016	9:01:17	13:17:22
2017	8:47:58	11:52:49
<b>Average</b>	<b>8:56:49</b>	<b>13:37:25</b>

### Ironman Hamburg (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:07:49	13:09:11
<b>Average</b>	<b>9:07:49</b>	<b>13:09:11</b>

### Ironman Hefei 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:13:50	5:17:28
<b>Average</b>	<b>4:13:50</b>	<b>5:17:28</b>

### Ironman Lake Placid (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:24:42	13:26:21
2006	10:11:35	14:28:35
2007	9:40:20	13:47:31
2008	9:51:00	15:10:29
2010	9:27:30	13:00:34
2011	9:19:03	13:06:13
2012	9:47:39	15:46:18
2013	9:35:06	15:29:22
2014	9:28:28	12:36:30
2015	10:13:19	13:48:40
2016	9:09:42	13:19:06
2017	9:46:00	11:50:32
<b>Average</b>	<b>9:39:32</b>	<b>13:49:10</b>

### Ironman Lanzarote (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:58:06	13:20:45
2013	9:37:34	14:01:06
2014	9:41:40	13:44:32
2016	10:02:35	15:51:51
2017	9:35:40	14:25:51
<b>Average</b>	<b>9:47:07</b>	<b>14:16:49</b>

### Ironman Los Cabos (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2013	9:35:34	16:12:24
2014	9:16:43	13:37:30
2015	10:43:13	15:22:54
2016	10:58:27	13:12:52
<b>Average</b>	<b>10:08:29</b>	<b>14:36:25</b>

### Ironman Louisville (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2007	9:23:22	16:18:54
2010	9:33:15	16:28:14
2012	9:36:27	14:31:39
2013	9:29:02	13:07:57
2014	9:31:19	13:43:01
2015	10:00:04	11:38:14
2016	9:46:24	13:01:07
<b>Average</b>	<b>9:37:07</b>	<b>14:07:00</b>

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

Year	Female Winning Time	Age Group Winning Time
2015	9:39:24	15:00:28
2016	9:24:42	12:39:53
2017	9:37:17	12:50:59
<b>Average</b>	<b>9:33:47</b>	<b>13:30:26</b>

### Ironman Malaysia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:38	14:06:33
2016	9:25:34	14:39:25
<b>Average</b>	<b>9:26:06</b>	<b>14:22:59</b>

### Ironman Mallorca (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:24:17	11:58:12
2015	9:24:48	12:49:00
2016	9:11:55	12:34:26
<b>Average</b>	<b>9:20:20</b>	<b>12:27:12</b>

### Ironman Maryland (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2014	9:26:02	11:45:46
2015	9:42:56	12:17:59
2016	8:14:27	11:04:07
<b>Average</b>	<b>9:07:48</b>	<b>11:42:37</b>

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

Year	Female Winning Time	Age Group Winning Time
2012	9:30:46	12:34:40
2013	9:07:56	13:20:56
2014	9:40:26	12:05:25
2015	9:09:05	13:44:17
2016	9:26:37	14:30:44
2017	9:19:08	12:44:57
<b>Average</b>	<b>9:22:19</b>	<b>13:10:09</b>



### Ironman New Zealand (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2003	9:17:55	16:31:03
2005	9:30:13	16:14:45
2007	9:20:01	16:32:56
2008	9:16:00	13:40:39
2009	9:18:25	12:42:34
2010	9:14:35	13:04:30
2011	9:28:24	15:47:00
2013	9:17:10	13:19:48
2014	9:08:46	13:10:53
2015	9:05:45	12:01:35
2016	8:56:08	12:07:09
2017	9:09:47	12:21:30
<b>Average</b>	<b>9:15:15</b>	<b>13:57:51</b>

### Ironman Santa Rosa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2017	9:58:45	12:12:35
<b>Average</b>	<b>9:58:45</b>	<b>12:12:35</b>

### Ironman South Africa (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	9:27:48	15:37:37
2010	9:16:55	14:24:23
2011	8:33:56	14:50:31
2012	9:47:10	13:33:24
2014	9:31:54	15:53:56
2015	9:26:56	16:11:14
2016	9:06:50	14:50:24
2017	8:47:02	13:39:39
<b>Average</b>	<b>9:14:48</b>	<b>14:52:38</b>

### Ironman Sweden (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:13:27	13:34:53
2014	8:56:50	12:58:29
2015	9:12:27	15:05:35
2016	9:14:39	14:19:06
2017	9:52:34	13:12:09
<b>Average</b>	<b>9:17:59</b>	<b>13:50:02</b>

### Ironman Taiwan (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:20:23	13:37:25
2016	9:50:03	15:58:53
<b>Average</b>	<b>9:35:13</b>	<b>14:48:09</b>

### Ironman Texas (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2011	8:57:51	12:57:11
2012	8:54:58	13:55:25
2013	8:49:14	12:11:17
2014	8:54:42	12:11:29
2015	8:55:19	15:23:30
2016	8:11:01	11:01:24
2017	8:56:32	14:07:59
<b>Average</b>	<b>8:48:31</b>	<b>13:06:53</b>

### Ironman UK (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2008	9:49:06	16:21:28
2010	10:01:02	13:59:10
2011	9:37:31	14:13:42
2012	10:08:44	14:12:42
2014	9:52:12	16:44:00
2015	9:31:58	15:38:50
2017	9:39:48	14:12:07
<b>Average</b>	<b>9:48:37</b>	<b>15:03:08</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	15:12:09
2016	9:13:40	13:20:50
2017	9:51:10	14:16:21
<b>Average</b>	<b>9:30:05</b>	<b>14:16:26</b>

### Ironman Vichy (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2015	9:25:27	15:12:09
2016	9:13:40	13:20:50
2017	9:51:10	14:16:21
<b>Average</b>	<b>9:30:05</b>	<b>14:16:26</b>

### Ironman Wales (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2012	9:45:09	14:09:05
2014	10:57:26	15:35:15
2015	9:56:31	16:26:52
2016	10:00:17	16:26:01
2017	10:11:20	15:37:49
<b>Average</b>	<b>10:10:08</b>	<b>15:39:00</b>

### Ironman Western Australia (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:03:37	15:22:14
2010	9:19:44	13:01:41
2011	9:25:38	13:43:12
2012	9:13:00	13:55:07
2013	8:59:44	11:54:10
2014	8:56:34	14:01:10
2015	9:03:47	12:38:37
2016	8:54:39	13:06:04
<b>Average</b>	<b>9:07:05</b>	<b>13:27:46</b>

### Ironman Wisconsin (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2005	10:11:22	13:36:55
2006	10:01:22	14:03:33
2007	9:37:03	16:49:08
2008	9:47:25	14:26:28
2009	9:43:59	14:33:37
2010	9:27:26	14:40:35
2011	9:41:03	16:05:57
2012	9:34:35	15:59:55
2013	9:47:07	13:34:10
2014	9:30:08	12:44:48
2015	10:08:05	13:50:57
2016	9:33:47	12:02:56
2017	9:57:41	14:04:39
<b>Average</b>	<b>9:46:14</b>	<b>14:21:02</b>

### Ironman World Championship (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2004	9:50:04	13:35:39
2005	9:09:30	12:34:52
2006	9:18:31	12:52:48
2007	9:08:45	13:11:19
2008	9:06:23	13:11:10
2009	8:54:02	12:42:51
2010	8:58:36	12:17:24
2011	8:55:08	12:20:16
2012	9:15:54	12:27:51
2013	8:52:14	11:50:41
2014	9:00:55	12:54:13
2015	8:57:57	12:10:14
2016	8:46:46	11:57:19
<b>Average</b>	<b>9:05:45</b>	<b>12:37:25</b>

### Ironman Xiamen 70.3 (1 Kona Slots)

Year	Female Winning Time	Age Group Winning Time
2016	4:24:03	6:38:10
<b>Average</b>	<b>4:24:03</b>	<b>6:38:10</b>

# F60-64 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
<b>1st Age Grouper</b>	<b>1:22:05</b>	<b>6:25:52</b>	<b>5:31:58</b>	<b>13:34:27</b>
2nd Age Grouper	1:39:09	6:51:57	5:39:47	14:29:26
3rd Age Grouper	1:34:41	7:00:59	6:01:52	15:00:44
4th Age Grouper	1:38:27	6:55:19	5:50:07	14:45:19
5th Age Grouper	1:30:31	7:17:34	6:06:18	15:16:48
6th Age Grouper	1:46:35	7:01:45	6:14:48	15:24:06
7th Age Grouper	1:36:54	7:21:59	6:27:50	15:44:02
8th Age Grouper	1:38:52	7:35:26	6:08:56	15:48:02
9th Age Grouper	1:47:20	7:40:29	6:09:51	15:54:28
10th Age Grouper	1:44:28	7:32:48	5:57:59	15:36:16
<b>Kona Qualifier Average</b>	<b>1:20:59</b>	<b>6:24:25</b>	<b>5:27:39</b>	<b>13:27:15</b>
<b>Top 10 Age Grouper Average</b>	<b>1:34:49</b>	<b>6:58:21</b>	<b>5:52:20</b>	<b>14:44:42</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
<b>1st Age Grouper</b>	<b>1:14:37</b>	<b>7:12:54</b>	<b>4:57:01</b>	<b>13:32:43</b>
2nd Age Grouper	1:28:44	7:24:31	5:50:06	14:58:34
3rd Age Grouper	1:17:58	7:12:47	5:41:05	14:26:00
4th Age Grouper	1:23:36	7:42:06	6:10:29	15:31:44
5th Age Grouper	1:29:45	7:48:20	6:07:06	15:43:11
6th Age Grouper	1:28:40	8:02:58	6:27:42	16:14:51
<b>Kona Qualifier Average</b>	<b>1:14:37</b>	<b>7:12:54</b>	<b>4:57:01</b>	<b>13:32:43</b>
<b>Top 10 Age Grouper Average</b>	<b>1:22:19</b>	<b>7:27:38</b>	<b>5:40:29</b>	<b>14:43:44</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
<b>1st Age Grouper</b>	<b>1:09:42</b>	<b>6:42:56</b>	<b>5:18:12</b>	<b>13:44:12</b>
2nd Age Grouper	1:13:58	7:14:27	5:17:55	14:19:34
3rd Age Grouper	1:51:55	7:12:58	5:31:17	14:58:41
4th Age Grouper	1:30:50	7:28:23	5:57:32	15:23:07
5th Age Grouper	1:53:55	7:13:27	5:54:48	15:34:35
6th Age Grouper	1:24:23	8:04:56	6:29:43	16:15:01
7th Age Grouper	1:52:14	7:59:31	6:12:13	16:27:16
<b>Kona Qualifier Average</b>	<b>1:09:42</b>	<b>6:42:56</b>	<b>5:18:12</b>	<b>13:44:12</b>
<b>Top 10 Age Grouper Average</b>	<b>1:22:41</b>	<b>7:06:44</b>	<b>5:30:00</b>	<b>14:29:26</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
<b>1st Age Grouper</b>	<b>1:23:19</b>	<b>6:30:15</b>	<b>5:11:03</b>	<b>13:16:29</b>
2nd Age Grouper	1:27:43	6:33:03	5:33:45	13:46:48
3rd Age Grouper	1:22:45	6:40:21	6:18:30	14:37:16
4th Age Grouper	1:17:04	7:08:51	6:42:07	15:23:25
5th Age Grouper	1:26:51	7:17:39	6:32:39	15:31:59
<b>Kona Qualifier Average</b>	<b>1:23:19</b>	<b>6:30:15</b>	<b>5:11:03</b>	<b>13:16:29</b>
<b>Top 10 Age Grouper Average</b>	<b>1:24:15</b>	<b>6:41:42</b>	<b>5:48:37</b>	<b>14:07:58</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	1:19:08	6:22:39	5:38:58	13:37:38
2nd Age Grouper	1:31:38	6:51:12	5:46:51	14:30:02
3rd Age Grouper	1:40:03	6:49:39	6:06:19	14:55:21
4th Age Grouper	1:32:57	6:58:53	6:32:03	15:30:16
5th Age Grouper	1:42:19	7:09:15	6:26:09	15:41:35
6th Age Grouper	1:32:43	7:31:09	6:26:33	15:58:24
7th Age Grouper	1:48:47	7:17:37	6:51:46	16:24:06
8th Age Grouper	1:33:57	7:47:25	6:55:04	16:36:24
9th Age Grouper	1:42:56	7:40:17	6:53:43	16:40:40
10th Age Grouper	1:39:40	7:23:44	7:05:07	16:30:44
Kona Qualifier Average	1:19:08	6:22:39	5:38:58	13:37:38
Top 10 Age Grouper Average	1:35:33	7:04:54	6:20:37	15:23:36

## 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	1:29:44	5:52:12	4:34:04	14:10:08
2nd Age Grouper	1:26:40	4:58:14	3:57:56	14:05:09
3rd Age Grouper	1:28:09	7:14:44	6:17:33	15:25:28
Kona Qualifier Average	1:29:44	5:52:12	4:34:04	14:10:08
Top 10 Age Grouper Average	1:28:33	5:48:17	4:38:52	14:20:11

## 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	1:27:35	6:51:23	5:15:12	13:48:53
2nd Age Grouper	1:36:32	7:00:41	6:02:53	14:52:03
3rd Age Grouper	1:32:29	7:12:41	5:56:50	14:57:04
4th Age Grouper	1:37:04	7:32:35	6:17:25	15:49:51
5th Age Grouper	1:47:22	7:37:26	6:26:05	16:20:44
Kona Qualifier Average	1:27:35	6:51:23	5:15:12	13:48:53
Top 10 Age Grouper Average	1:33:25	7:04:59	5:47:31	14:41:45

## 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	1:24:03	6:53:04	5:19:12	13:50:06
2nd Age Grouper	1:23:53	7:19:08	5:11:23	14:07:46
3rd Age Grouper	1:19:19	7:27:50	5:34:56	14:46:51
4th Age Grouper	1:05:59	6:48:57	6:42:12	15:01:33
5th Age Grouper	1:26:50	7:52:50	6:04:24	15:41:46
6th Age Grouper	1:34:03	7:59:23	6:04:37	15:52:01
7th Age Grouper	1:07:03	8:05:20	6:17:13	16:11:50
8th Age Grouper	1:37:14	7:45:03	6:19:48	16:05:21
9th Age Grouper	1:28:22	7:36:28	6:57:10	16:22:25
10th Age Grouper	1:38:30	7:57:30	6:27:27	16:24:49
Kona Qualifier Average	1:24:03	6:53:04	5:19:12	13:50:06
Top 10 Age Grouper Average	1:21:19	7:21:50	5:49:51	14:52:41

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

### 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	1:41:49	6:37:27	4:29:35	13:09:11
2nd Age Grouper	1:34:01	6:48:25	5:22:33	14:09:41
Kona Qualifier Average	1:41:49	6:37:27	4:29:35	13:09:11
Top 10 Age Grouper Average	1:37:55	6:42:56	4:56:04	13:39:26

### 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	0:35:51	2:48:57	1:45:37	5:17:28
2nd Age Grouper	0:45:10	2:50:18	2:11:45	5:55:41
Kona Qualifier Average	0:35:51	2:48:57	1:45:37	5:17:28
Top 10 Age Grouper Average	0:40:30	2:49:37	1:58:41	5:36:34

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

### 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	1:29:22	7:39:12	4:47:42	14:16:49
2nd Age Grouper	1:21:58	8:34:02	5:27:19	15:42:48
3rd Age Grouper	1:25:13	8:35:08	5:34:26	16:11:56
Kona Qualifier Average	1:29:22	7:39:12	4:47:42	14:16:49
Top 10 Age Grouper Average	1:27:43	7:55:02	5:00:02	14:45:32



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

## Ironman Maastricht-Limburg

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

## Ironman Maryland

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

## Ironman Mont-Tremblant

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

## Ironman New Zealand

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

## Ironman North Carolina

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

### Ironman Santa Rosa

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

### Ironman World Championship

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

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