

# Ironman World Championship

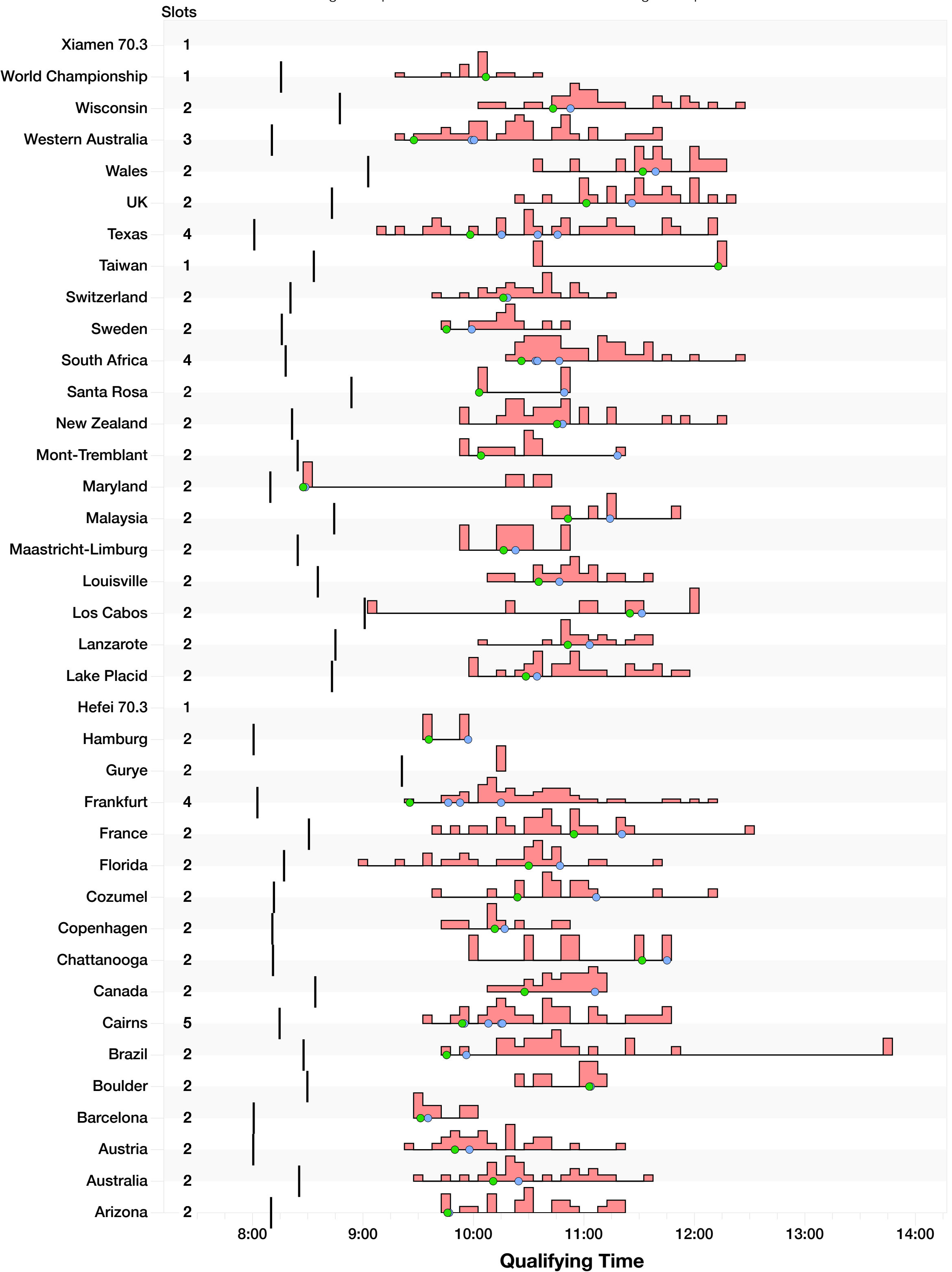
M55-59

2017 Qualification Stats

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# 2017 Qualification Comparison for M55-59

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



# M55-59 Past Qualifying Times

## Ironman Arizona (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:25:42	11:16:23	11:18:08
2006	8:20:56	10:45:11	11:20:56
2007	8:21:14	11:08:17	11:16:08
2008	8:14:16	10:30:18	10:55:29
2010	8:13:35	10:09:28	10:30:19
2011	8:07:16	10:45:41	10:52:27
2012	8:03:13	10:00:49	10:10:20
2013	8:02:00	9:52:39	10:23:35
2014	7:55:48	10:11:16	10:29:24
2015	7:58:22	9:42:55	10:25:11
2016	7:44:29	9:45:57	9:46:47
<b>Average</b>	<b>8:07:53</b>	<b>10:22:37</b>	<b>10:40:47</b>

## Ironman Australia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:25:44	10:15:03	10:39:35
2006	8:20:42	11:05:23	11:37:22
2007	8:21:49	10:47:55	11:13:15
2008	8:31:33	11:00:52	11:03:46
2009	8:24:53	10:12:18	10:25:28
2010	8:23:54	10:18:46	10:56:00
2011	8:29:28	10:55:57	11:11:44
2012	8:17:38	9:42:43	10:20:45
2013	8:30:23	9:55:08	10:07:17
2014	8:35:18	9:31:17	10:20:01
2015	8:35:53	10:09:22	10:29:43
2016	8:16:34	10:17:56	10:24:15
2017	8:15:35	10:10:43	10:24:30
<b>Average</b>	<b>8:25:20</b>	<b>10:20:15</b>	<b>10:42:35</b>

## Ironman Austria (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:14:37	9:39:58	10:18:25
2006	8:07:59	10:36:55	10:41:25
2007	8:06:39	10:03:22	10:18:18
2008	8:06:11	10:28:43	10:55:48
2009	8:01:38	10:19:50	10:42:04
2010	7:52:05	10:09:03	10:20:44
2011	7:45:58	9:49:37	9:54:16
2012	8:11:31	10:32:50	11:21:59
2013	7:59:51	9:23:50	9:56:14
2014	7:48:43	9:46:10	9:49:35
2015	7:48:45	9:57:40	10:04:22
2016	8:04:18	9:45:02	10:06:46
2017	7:57:20	9:49:55	9:57:49
<b>Average</b>	<b>8:00:25</b>	<b>10:01:45</b>	<b>10:20:35</b>

### Ironman Barcelona (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:04:13	9:32:11	10:02:05
2015	8:02:20	9:38:48	9:52:48
2016	7:55:28	9:31:15	9:35:18
<b>Average</b>	<b>8:00:40</b>	<b>9:34:04</b>	<b>9:50:03</b>

### Ironman Boulder (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:20:26	10:25:47	10:57:41
2015	8:45:20	10:34:57	11:07:48
2016	8:39:59	10:38:56	10:58:49
2017	8:13:30	11:02:57	11:03:40
<b>Average</b>	<b>8:29:48</b>	<b>10:40:39</b>	<b>11:01:59</b>

### Ironman Brazil (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2006	8:15:18	11:23:58	11:26:38
2007	8:21:09	10:24:27	12:13:36
2008	8:28:24	10:49:31	11:13:10
2009	8:13:39	10:14:14	11:06:50
2010	8:07:39	10:35:54	11:00:33
2011	12:14:21	13:43:42	13:51:35
2012	8:22:40	10:42:49	11:03:16
2013	8:01:32	10:29:40	11:03:11
2014	8:07:52	10:17:31	10:53:58
2015	7:53:44	10:37:36	10:49:55
2016	7:46:10	10:14:35	10:29:28
2017	7:40:23	9:45:25	10:03:45
<b>Average</b>	<b>8:27:44</b>	<b>10:46:36</b>	<b>11:16:19</b>

### Ironman Cairns (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2012	8:15:04	10:40:54	11:06:43
2013	8:17:43	10:42:41	11:40:40
2014	8:20:15	9:37:15	10:27:01
2015	8:18:01	10:03:23	11:31:59
2016	8:15:03	9:51:26	10:40:09
2017	8:02:17	9:53:55	10:15:03
<b>Average</b>	<b>8:14:43</b>	<b>10:08:15</b>	<b>10:56:55</b>

### Ironman Canada (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:28:06	11:01:08	11:04:45
2005	8:33:32	10:58:39	11:11:23
2006	8:33:58	10:52:29	10:53:14
2007	8:32:45	10:23:14	11:10:15
2008	8:30:12	10:40:10	10:41:59
2009	8:25:13	10:53:10	11:03:01
2010	8:32:28	10:38:08	10:46:57
2011	8:28:09	10:55:35	11:06:10
2012	8:48:30	10:12:35	10:33:09
2013	8:39:33	10:09:36	10:29:25
2014	8:16:10	10:48:22	11:00:17
2015	8:49:46	10:50:28	11:09:24
2016	8:20:23	10:19:07	10:45:35
2017	8:58:46	10:27:45	11:05:59
<b>Average</b>	<b>8:34:06</b>	<b>10:39:19</b>	<b>10:55:49</b>

### Ironman Chattanooga (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:12:32	10:27:52	10:47:48
2015	8:08:32	10:01:44	10:52:34
2016	8:12:22	11:31:35	11:45:07
<b>Average</b>	<b>8:11:08</b>	<b>10:40:23</b>	<b>11:08:29</b>

### Ironman Coeur d'Alene (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2003	8:40:59	11:10:04	12:21:23
2005	8:23:29	10:35:53	11:24:51
2006	9:07:05	11:56:02	12:28:35
2007	8:33:32	11:06:01	11:26:33
2008	8:34:22	10:51:00	11:29:00
2009	8:32:12	10:22:40	11:00:15
2010	8:24:40	11:12:31	11:49:36
2011	8:19:48	10:57:12	11:16:27
2012	8:32:29	10:46:23	11:05:35
2013	8:17:31	10:42:37	11:14:04
2014	8:25:44	10:25:54	10:59:18
2015	8:20:35	9:59:32	13:26:53
2016	9:28:29	10:13:03	10:29:24
2017	9:29:52	10:39:09	11:15:29
<b>Average</b>	<b>8:39:20</b>	<b>10:47:00</b>	<b>11:33:23</b>

### Ironman Copenhagen (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:12:41	9:51:36	10:08:54
2014	8:03:39	9:52:40	10:07:34
2015	8:14:56	10:45:40	10:48:19
2016	7:49:18	9:45:12	10:23:31
2017	8:33:25	10:11:34	10:16:58
<b>Average</b>	<b>8:10:47</b>	<b>10:05:20</b>	<b>10:21:03</b>

### Ironman Cozumel (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2009	8:18:40	11:40:16	12:07:40
2010	8:12:20	10:56:04	11:00:08
2011	8:23:52	10:37:36	10:57:57
2012	8:15:07	10:39:31	10:43:28
2013	7:55:23	9:40:43	10:12:00
2014	8:12:16	10:41:00	10:44:15
2015	8:12:27	10:24:00	10:57:12
2016	8:03:09	10:23:53	11:06:41
<b>Average</b>	<b>8:11:39</b>	<b>10:37:52</b>	<b>10:58:40</b>

### Ironman Florida (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:31:07	10:35:53	10:42:03
2005	8:28:26	11:03:55	11:08:20
2006	8:22:44	10:24:17	10:36:56
2007	8:21:29	10:32:57	10:44:39
2008	8:07:59	9:47:10	9:52:45
2009	8:24:29	10:00:05	10:00:26
2010	8:15:59	9:35:08	9:37:20
2011	7:59:42	9:55:35	10:36:47
2012	8:06:17	10:31:22	10:32:15
2013	7:53:12	9:51:31	10:17:23
2014	7:33:47	8:58:31	9:17:39
2015	8:36:06	10:21:58	10:46:52
2016	8:48:15	10:30:01	10:47:00
<b>Average</b>	<b>8:16:07</b>	<b>10:09:52</b>	<b>10:23:06</b>

### Ironman Fortaleza (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:30:15	11:37:03	12:12:29
2015	9:14:23	10:54:11	11:07:35
2016	9:12:09	11:53:04	12:28:07
<b>Average</b>	<b>8:58:55</b>	<b>11:28:06</b>	<b>11:56:03</b>

### Ironman France (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:49:06	9:40:37	11:25:38
2006	8:33:55	11:22:23	12:28:19
2007	8:38:45	10:57:15	11:01:37
2008	8:34:18	10:29:03	11:05:04
2009	8:30:06	10:34:35	10:54:05
2011	8:28:30	10:14:15	10:20:13
2012	8:21:51	10:27:32	10:41:16
2013	8:08:59	10:33:16	10:42:27
2014	8:33:22	9:57:35	10:15:40
2015	8:27:32	10:39:19	10:43:11
2016	8:30:00	9:51:16	10:05:34
2017	8:31:31	10:54:33	11:20:37
<b>Average</b>	<b>8:30:39</b>	<b>10:28:28</b>	<b>10:55:18</b>

### Ironman Frankfurt (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2003	8:12:29	9:44:32	10:40:48
2005	8:20:50	10:19:15	12:02:01
2006	8:13:39	10:35:13	12:10:24
2007	8:09:15	10:37:49	11:18:51
2008	7:59:55	10:05:29	10:18:14
2009	7:59:15	10:08:06	10:59:10
2010	8:05:15	10:39:03	10:51:38
2011	8:13:50	10:10:29	10:23:13
2012	8:03:31	10:07:27	10:57:19
2013	7:59:58	10:03:02	10:22:26
2014	7:55:14	10:05:38	10:28:42
2015	7:49:48	10:09:21	10:45:05
2016	7:52:43	9:49:10	9:56:08
2017	7:41:42	9:25:24	10:15:01
<b>Average</b>	<b>8:02:40</b>	<b>10:08:34</b>	<b>10:49:12</b>

### Ironman Hamburg (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2017	8:00:36	9:35:45	9:57:06
<b>Average</b>	<b>8:00:36</b>	<b>9:35:45</b>	<b>9:57:06</b>

### Ironman Hefei 70.3 (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2016	3:55:32	4:43:29	4:44:23
<b>Average</b>	<b>3:55:32</b>	<b>4:43:29</b>	<b>4:44:23</b>

### Ironman Lake Placid (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2002	8:39:19	10:29:20	11:39:37
2003	8:46:15	11:35:58	11:49:07
2004	8:23:12	10:53:12	11:10:02
2006	8:38:18	11:32:16	11:54:15
2007	9:16:02	11:26:55	11:40:12
2008	8:43:32	10:25:54	11:23:51
2009	8:36:37	10:34:49	11:02:47
2010	8:39:34	10:43:52	10:53:13
2011	8:25:15	10:51:18	10:55:13
2012	8:25:07	10:35:03	10:45:55
2013	8:43:29	10:52:14	11:02:19
2014	8:38:43	10:01:34	10:02:04
2015	9:31:09	10:01:57	10:35:17
2016	9:07:15	10:13:09	10:56:26
2017	8:13:53	10:28:29	10:34:31
<b>Average</b>	<b>8:43:10</b>	<b>10:43:04</b>	<b>11:05:39</b>

### Ironman Lanzarote (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2008	8:59:37	11:11:18	11:25:15
2009	8:54:03	10:03:58	11:08:50
2010	8:37:42	11:00:58	11:31:59
2011	8:30:34	10:59:36	11:34:58
2012	8:44:39	11:30:53	11:34:21
2013	8:42:40	10:48:04	10:53:26
2014	8:47:39	10:47:54	10:49:12
2015	8:56:49	10:55:22	11:15:37
2016	8:42:33	10:39:11	10:47:35
2017	8:34:13	10:51:13	11:03:04
<b>Average</b>	<b>8:45:02</b>	<b>10:52:50</b>	<b>11:12:25</b>

### Ironman Los Cabos (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2013	8:26:48	11:00:40	11:03:50
2014	8:26:15	9:04:45	10:19:52
2015	9:25:06	11:58:20	11:58:20
2016	9:45:35	11:24:57	11:31:26
<b>Average</b>	<b>9:00:56</b>	<b>10:52:10</b>	<b>11:13:22</b>

### Ironman Louisville (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	8:38:39	11:06:59	11:18:50
2008	8:33:58	10:52:22	11:32:48
2010	8:29:59	10:56:23	11:14:44
2011	8:27:36	10:50:06	10:52:47
2012	8:42:44	11:01:15	11:07:27
2013	8:21:34	10:17:03	10:22:05
2014	8:24:44	10:09:42	10:55:24
2015	8:48:53	10:35:12	10:39:40
2016	9:01:17	10:35:24	10:46:39
<b>Average</b>	<b>8:36:36</b>	<b>10:42:42</b>	<b>10:58:56</b>

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

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	8:27:18	10:28:54	10:50:22
2016	8:28:17	9:56:04	10:18:11
2017	8:18:09	10:16:22	10:22:50
<b>Average</b>	<b>8:24:34</b>	<b>10:13:46</b>	<b>10:30:27</b>

### Ironman Malaysia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:41:53	10:46:08	11:48:50
2015	8:52:02	11:05:23	11:13:58
2016	8:39:12	10:51:20	11:14:09
<b>Average</b>	<b>8:44:22</b>	<b>10:54:17</b>	<b>11:25:39</b>



### Ironman Mallorca (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:34:02	10:15:31	10:40:51
2015	8:17:22	10:03:17	10:06:24
2016	8:26:09	9:49:13	10:12:01
<b>Average</b>	<b>8:25:51</b>	<b>10:02:40</b>	<b>10:19:45</b>

### Ironman Maryland (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2014	8:51:19	10:34:11	10:40:53
2015	8:38:21	10:19:33	10:27:22
2016	6:59:24	8:27:33	8:28:43
<b>Average</b>	<b>8:09:41</b>	<b>9:47:05</b>	<b>9:52:19</b>

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

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:40:48	10:20:38	10:28:55
2013	8:26:06	10:30:25	10:35:59
2014	8:16:17	10:30:21	10:34:11
2015	8:17:37	9:55:57	10:09:25
2016	8:24:59	9:56:54	10:13:33
2017	8:21:29	10:04:05	11:18:14
<b>Average</b>	<b>8:24:32</b>	<b>10:13:03</b>	<b>10:33:22</b>

### Ironman New Zealand (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:22:04	11:54:58	12:15:17
2004	8:30:29	11:00:47	11:14:05
2005	8:20:14	10:43:04	11:43:40
2007	8:26:33	10:59:10	11:13:23
2008	8:24:49	10:41:12	10:47:38
2009	8:18:04	10:41:13	10:48:39
2010	8:21:52	10:15:57	10:21:01
2011	8:31:07	9:53:23	10:32:54
2013	8:15:35	9:56:07	10:26:42
2014	8:17:33	10:32:04	10:33:55
2015	8:22:13	10:17:45	10:23:23
2016	8:07:58	10:20:08	10:22:38
2017	8:20:58	10:45:25	10:48:24
<b>Average</b>	<b>8:21:29</b>	<b>10:37:01</b>	<b>10:53:12</b>

### Ironman Santa Rosa (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2017	8:53:44	10:03:05	10:49:18
<b>Average</b>	<b>8:53:44</b>	<b>10:03:05</b>	<b>10:49:18</b>

### Ironman South Africa (4 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	4th Place Age Group Time
2007	8:33:04	10:41:26	11:35:59
2008	8:18:23	10:26:25	11:44:56
2009	8:17:32	10:27:54	11:32:19
2010	8:23:28	10:29:35	11:35:07
2011	8:05:36	10:39:46	11:37:14
2012	8:34:45	10:45:46	12:23:10
2013	8:11:24	10:19:33	11:10:12
2014	8:26:07	11:12:44	11:19:13
2015	8:16:35	10:29:01	10:58:45
2016	8:12:37	10:22:49	10:55:37
2017	7:58:40	10:26:02	10:46:35
<b>Average</b>	<b>8:18:01</b>	<b>10:34:38</b>	<b>11:25:22</b>

### Ironman Sweden (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2012	8:04:01	10:03:56	10:13:48
2013	8:19:30	10:11:19	10:26:18
2014	8:13:01	10:19:31	10:21:42
2015	8:08:05	10:40:44	10:51:25
2016	8:43:10	10:15:48	10:17:54
2017	8:07:48	9:45:21	9:59:03
<b>Average</b>	<b>8:15:55</b>	<b>10:12:46</b>	<b>10:21:41</b>

### Ironman Switzerland (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2005	8:21:50	9:38:39	11:00:27
2006	8:16:50	10:55:08	11:17:24
2007	8:25:00	10:37:48	10:41:05
2008	8:16:05	10:41:29	10:43:54
2009	8:20:00	10:06:34	10:11:45
2010	8:12:40	10:14:51	10:33:34
2011	8:19:51	10:42:15	10:56:02
2012	8:17:13	10:20:00	10:20:47
2013	8:33:39	10:28:39	10:31:27
2014	8:33:02	10:07:21	10:23:46
2015	8:21:19	10:39:53	10:52:34
2016	8:17:04	9:53:50	10:22:59
2017	8:13:28	10:16:13	10:18:28
<b>Average</b>	<b>8:20:37</b>	<b>10:21:44</b>	<b>10:38:00</b>

### Ironman Taiwan (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2015	8:25:54	10:33:46
2016	8:40:45	12:12:56
<b>Average</b>	<b>8:33:19</b>	<b>11:23:21</b>

### Ironman Texas (3 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	3rd Place Age Group Time
2011	8:08:20	11:06:05	11:47:23
2012	8:10:44	10:50:17	11:18:03
2013	8:25:06	10:58:41	11:49:24
2014	8:09:37	10:16:05	10:49:01
2015	8:07:03	9:37:57	10:28:25
2016	7:13:13	9:10:42	9:35:43
2017	7:52:44	9:58:15	10:34:53
<b>Average</b>	<b>8:00:58</b>	<b>10:16:51</b>	<b>10:54:41</b>

### Ironman UK (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2007	8:35:57	10:24:32	11:14:18
2008	8:53:58	11:59:54	12:20:13
2009	8:45:51	11:05:11	11:51:05
2010	8:40:17	10:38:31	11:58:04
2011	8:24:33	11:16:53	11:29:56
2012	8:55:11	11:59:53	12:09:36
2013	8:45:48	10:59:59	11:41:53
2014	8:44:10	11:01:38	11:29:57
2015	8:46:37	11:28:11	11:32:56
2016	8:41:13	11:45:25	11:46:25
2017	8:41:07	11:01:19	11:26:04
<b>Average</b>	<b>8:43:09</b>	<b>11:14:40</b>	<b>11:43:40</b>

### Ironman Vichy (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	8:23:49	10:40:41	10:46:34
2016	8:17:14	9:49:37	9:50:52
2017	8:40:32	10:43:20	10:44:28
<b>Average</b>	<b>8:27:11</b>	<b>10:24:32</b>	<b>10:27:18</b>

### Ironman Vichy (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2015	8:23:49	10:40:41	10:46:34
2016	8:17:14	9:49:37	9:50:52
2017	8:40:32	10:43:20	10:44:28
<b>Average</b>	<b>8:27:11</b>	<b>10:24:32</b>	<b>10:27:18</b>

### Ironman Wales (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2011	9:04:20	11:19:23
2012	8:52:43	10:33:03
2013	9:09:10	10:57:07
2014	9:07:28	11:41:09
2015	8:57:33	11:45:36
2016	9:01:39	11:31:58
2017	9:07:03	11:58:30
<b>Average</b>	<b>9:02:50</b>	<b>11:23:49</b>

### Ironman Western Australia (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2004	8:16:00	10:52:45	11:23:07
2005	8:27:36	11:05:25	11:32:45
2006	8:08:57	10:26:33	10:44:04
2007	8:06:00	10:22:05	10:29:27
2008	8:07:06	9:59:32	10:03:00
2009	8:13:59	10:29:07	10:44:02
2010	8:14:01	9:35:40	9:57:19
2011	8:12:39	10:14:45	10:23:58
2012	8:29:06	9:41:09	10:51:28
2013	8:08:16	9:45:22	9:46:36
2014	8:05:58	9:18:15	10:06:58
2015	7:55:58	10:18:59	10:19:38
2016	7:51:26	9:27:38	9:58:59
<b>Average</b>	<b>8:10:32</b>	<b>10:07:28</b>	<b>10:29:20</b>

### Ironman Wisconsin (2 Kona Slots)

Year	Male Winning Time	Age Group Winning Time	2nd Place Age Group Time
2003	8:55:26	11:59:31	12:23:24
2004	8:52:33	11:39:17	11:55:13
2005	9:01:34	11:37:45	12:12:05
2006	9:07:24	11:45:18	11:54:07
2007	8:52:49	11:09:01	11:12:44
2008	8:43:29	10:14:59	11:06:00
2009	8:45:19	10:54:09	11:02:45
2010	8:38:32	10:05:36	10:58:24
2011	8:45:18	10:52:49	10:53:32
2012	8:32:51	10:35:21	11:20:51
2013	8:40:15	10:29:33	10:52:13
2014	8:31:20	10:44:53	11:01:00
2015	8:59:59	10:57:40	11:05:39
2016	9:07:43	10:43:12	10:52:41
2017	8:17:19	10:11:49	10:49:06
<b>Average</b>	<b>8:47:27</b>	<b>10:56:03</b>	<b>11:18:38</b>

### Ironman World Championship (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2003	8:59:36	10:22:08
2004	8:33:29	9:53:14
2005	8:14:17	9:47:29
2006	8:11:56	10:05:39
2007	8:15:34	10:05:34
2008	8:17:45	10:16:38
2009	8:20:21	10:33:03
2010	8:10:37	9:53:38
2011	8:03:56	10:03:43
2012	8:18:37	10:05:48
2013	8:12:29	9:18:18
2014	8:14:18	9:55:07
2015	8:14:40	10:06:35
2016	8:06:30	10:06:44
<b>Average</b>	<b>8:18:08</b>	<b>10:02:24</b>

# Ironman Xiamen 70.3 (1 Kona Slots)

Year	Male Winning Time	Age Group Winning Time
2016	3:56:51	5:19:42
Average	3:56:51	5:19:42

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

# M55-59 Average Top 10 and Kona Qualifying Splits

## Ironman Arizona

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

## Ironman Australia

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

## Ironman Austria

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

## Ironman Barcelona

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

## Ironman Boulder

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

## Ironman Brazil

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

## Ironman Cairns

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

## Ironman Canada

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

## Ironman Chattanooga

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



### Ironman Coeur d'Alene

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

### Ironman Copenhagen

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

### Ironman Cozumel

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

## Ironman Florida

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

## Ironman Fortaleza

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

## Ironman France

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

### Ironman Frankfurt

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

### Ironman Hamburg

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

### Ironman Hefei 70.3

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

### Ironman Lake Placid

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

### Ironman Lanzarote

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

### Ironman Los Cabos

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

## Ironman Louisville

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

## Ironman Maastricht-Limburg

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

## Ironman Malaysia

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

## Ironman Mallorca

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

## Ironman Maryland

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

## Ironman Mont-Tremblant

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

### Ironman New Zealand

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

### Ironman North Carolina

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

### Ironman Santa Rosa

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

### Ironman South Africa

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

## Ironman Sweden

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

## Ironman Switzerland

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

## Ironman Taiwan

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



## Ironman Texas

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

## Ironman UK

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

## Ironman Vichy

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

## Ironman Vichy

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

## Ironman Wales

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

## Ironman Western Australia

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

## Ironman Weymouth

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

## Ironman Wisconsin

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

## Ironman World Championship

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

# Ironman Xiamen 70.3

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

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