

Russell Cox Race History

These are all your past race results that I've been able to identify in my Ironman Database.

I've used your result from **Ironman New Zealand 2010**, highlighted with a red border, as the comparison point for the following data analysis.

Race	Date	Division	Overall	Rank	Division Rank	Swim	Bike	Run
Ironman 70.3 World Championship 2006		M30-34	4:26:50	241	43	32:27	2:18:24	1:29:41
Ironman World Championship 2009	9 Oct 2009	M30-34	9:47:30	191	28	1:09:47	5:15:21	3:14:36
Ironman New Zealand 2010	6 Mar 2010	M30-34	9:31:12	30	10	58:05	5:07:11	3:19:06
Ironman World Championship 2010	8 Oct 2010	M30-34	10:00:38	460	94	1:06:12	5:04:00	3:43:21
Ironman Lanzarote 2012	18 May 2012	M35-39	12:02:36	574	133	1:08:21	6:38:11	3:57:31
Ironman 70.3 UK 2012	16 Jun 2012	M35-39		0	0	31:35		

Data Overview

A brief overview of the data tables presented here and any restrictions on the data included in this analysis.

Summary Tables

The first 5 data tables summarise statistics across all qualifying races. Splits represent the average split across a number of years of available race data.

Average Male Winning Splits: Average times for each split for the overall Male winner (in most cases a Professional athlete).

Average Male Splits: Average times for each split for all Male athletes. How your Ironman New Zealand 2010 result differs from this is shown along with the average differences between those who have raced both Ironman New Zealand and the particular race. **Red** indicates a slower or lower ranked placing at Ironman New Zealand 2010, **green** indicates a faster or higher ranked placing.

Average M40-44 Winning Splits: Average times for each split for the overall M40-44 winner. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

Average M40-44 Final Kona Qualifying Splits: Average times for each split for the final M40-44 qualifier, determined from previous slot allocations and race numbers. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

Average M40-44 10th Place Splits: Average times for each split for the M40-44 10th placed athlete. This position matches your position at Ironman New Zealand 2010. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

Average 6th Percentile in M40-44 Splits: Average times for each split for the 6th Percentile position in M40-44 for each race. This percentile is calculated from your position at Ironman New Zealand 2010 and then the equivalent placing for that percentile is determined at each race based on recent age group sizes. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

Races are order from slowest to fastest overall split

Race Detail Tables

The remaining tables give more detailed data for each qualifying race. Races are listed in alphabetical order and the following data tables are provided:

Male Winning Times: The fastest, average and slowest times for each split for the overall Male winner (in most cases a Professional athlete).

Male Times: Fastest, average and slowest times for each split for all Male athletes. How your Ironman New Zealand 2010 result differs from these is shown along with the average differences between those who have raced both Ironman New Zealand and the particular race. **Red** indicates a slower or lower ranked placing at Ironman New Zealand 2010, **green** indicates a faster or higher ranked placing.

M40-44 Race Winner: Fastest, average and slowest times for each split for the overall M40-44 winner. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

M40-44 Final Kona Qualifier: Fastest, average and slowest times for each split for the final M40-44 qualifier, determined from previous slot allocations and race numbers. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

M40-44 10th Athlete: Fastest, average and slowest times for each split for the M40-44 10th placed athlete. This position matches your position at Ironman New Zealand 2010. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

M40-44 Placed Athlete (6th percentile in division): Fastest, average and slowest times for each split for the 6th Percentile position in M40-44 for each race. This percentile is calculated from your position at Ironman New Zealand 2010 and then the equivalent placing for that percentile is determined at each race based on recent age group sizes. For comparison the difference between each race average and your race splits are listed. **Red** indicates you were slower or placed further back at Ironman New Zealand, **green** indicates you were faster or placed higher.

Average Performance differences between Races: A cross referencing of performances at the two races. Averaging time differences of athletes who raced both events. This helps give a picture of how these races have differed based on those who actually raced them both. The average performance difference between each race is listed. **Red** indicates Ironman New Zealand was slower, **green** indicates Ironman New Zealand was the faster race.

Exclusions

Where race courses have received major adjustments that significantly impacted on race splits exclusions have been applied.

Typically the affected year's specific split and the resulting overall split are excluded from statistical calculations for that particular races. For example, if a swim course was halved, I will have excluded swim and overall times for that year from the race statistics.

In a few, rare instances the entire race data is excluded from consideration where I consider the adjustments to have significantly affected every element of the day.

Exclusions do not apply where unusual race day conditions result in unusually slow or fast years of racing.

Average Male Winning Splits

The average Male race winning splits at each race series.

Race	Overall	Swim	Bike	Run
Ironman Gurye	9:21:48	55:44	4:53:59	3:25:31
Ironman Wales	9:01:40	49:06	5:05:48	2:58:38
Ironman Norway	8:55:10	55:14	4:58:04	2:55:51
Ironman Philippines	8:50:13	55:07	4:45:43	3:03:47
Ironman Maryland	8:47:08	58:00	4:38:10	3:04:32
Ironman Taiwan	8:47:07	51:44	4:42:54	3:04:56
Ironman Wisconsin	8:47:04	53:31	4:47:29	2:59:21
Ironman St George	8:46:25	52:10	4:51:51	2:58:46
Ironman Lanzarote	8:46:10	49:45	4:57:55	2:52:37
Ironman Lake Placid	8:44:21	51:58	4:49:36	2:57:28
Ironman Santa Rosa	8:43:48	53:50	4:36:28	3:05:09
Ironman UK	8:42:53	49:17	4:54:59	2:54:02
Ironman Malaysia	8:37:23	49:59	4:40:16	3:03:02
Ironman Louisville	8:34:39	52:10	4:37:50	2:57:59
Ironman Argentina	8:32:40	46:00	4:31:55	2:57:01
Ironman Vichy	8:32:25	56:12	4:34:37	2:56:13
Ironman France	8:30:15	50:35	4:46:06	2:48:08
Ironman Chattanooga	8:26:51	45:04	4:32:56	2:59:29
Ironman Brazil	8:24:34	48:02	4:22:44	2:53:04
Ironman Australia	8:23:21	47:41	4:39:44	2:53:22
Ironman Florida	8:22:12	52:32	4:27:29	2:57:16
Ironman Switzerland	8:19:38	53:17	4:32:02	2:51:32
Ironman Mont-Tremblant	8:19:33	52:00	4:29:02	2:53:43
Ironman New Zealand	8:16:24	48:11	4:38:37	2:50:21
Ironman Sweden	8:16:10	50:52	4:27:48	2:54:04
Ironman South Africa	8:14:16	49:16	4:31:30	2:49:28
Ironman World Championship	8:14:06	51:30	4:29:29	2:48:51
Ironman Copenhagen	8:11:13	49:28	4:25:33	2:51:56
Ironman Cairns	8:10:58	48:39	4:28:49	2:49:37
Ironman Arizona	8:10:49	51:25	4:24:59	2:50:12
Ironman Tallinn	8:10:36	54:07	4:19:44	2:52:52
Ironman Western Australia	8:07:53	49:26	4:26:14	2:50:18
Ironman Cozumel	8:05:49	46:59	4:29:40	2:51:44
Ironman Frankfurt	8:02:09	48:05	4:21:51	2:48:23
Ironman Austria	8:01:39	48:07	4:21:46	2:47:31

Ironman Texas	7:57:27	51:30	4:15:55	2:45:10
Ironman Italy	7:57:24	47:08	4:14:47	2:48:33
Ironman Barcelona	7:57:04	48:18	4:18:18	2:46:42
Ironman Vitoria-Gasteiz	7:55:16	48:11	4:16:15	2:46:51
Ironman Hamburg	7:45:49	40:18	4:14:17	2:44:57

Average Male Splits

The average Male splits at each race series. Covering all age groups including professionals.

Race	Overall	Rank	Swim	Bike	Run
Ironman Philippines	14:28:07	533	1:31:16	6:56:27	5:42:06
<i>Your Difference</i>	<i>4:56:55</i>	<i>503</i>	<i>33:11</i>	<i>1:49:16</i>	<i>2:23:00</i>
<i>New Zealand Difference</i>	<i>09:45</i>	<i>-327</i>	<i>00:05</i>	<i>-03:23</i>	<i>12:15</i>
Ironman Taiwan	13:57:11	343	1:25:47	6:45:05	5:24:51
<i>Your Difference</i>	<i>4:25:59</i>	<i>313</i>	<i>27:42</i>	<i>1:37:54</i>	<i>2:05:45</i>
<i>New Zealand Difference</i>	<i>17:03</i>	<i>-375</i>	<i>-01:44</i>	<i>-04:38</i>	<i>17:09</i>
Ironman Malaysia	13:48:43	438	1:25:14	6:40:31	5:27:29
<i>Your Difference</i>	<i>4:17:31</i>	<i>408</i>	<i>27:09</i>	<i>1:33:20</i>	<i>2:08:23</i>
<i>New Zealand Difference</i>	<i>26:08</i>	<i>-179</i>	<i>-01:12</i>	<i>05:02</i>	<i>23:31</i>
Ironman Gurye	13:47:00	662	1:27:43	6:37:36	5:21:22
<i>Your Difference</i>	<i>4:15:48</i>	<i>632</i>	<i>29:38</i>	<i>1:30:25</i>	<i>2:02:16</i>
<i>New Zealand Difference</i>	<i>-38:05</i>	<i>-198</i>	<i>-04:16</i>	<i>-29:06</i>	<i>-05:55</i>
Ironman Lake Placid	13:29:59	1003	1:19:11	6:44:39	5:08:12
<i>Your Difference</i>	<i>3:58:47</i>	<i>973</i>	<i>21:06</i>	<i>1:37:28</i>	<i>1:49:06</i>
<i>New Zealand Difference</i>	<i>08:36</i>	<i>237</i>	<i>-00:41</i>	<i>07:54</i>	<i>00:12</i>
Ironman Wales	13:27:22	839	1:15:19	7:02:23	4:48:46
<i>Your Difference</i>	<i>3:56:10</i>	<i>809</i>	<i>17:14</i>	<i>1:55:12</i>	<i>1:29:40</i>
<i>New Zealand Difference</i>	<i>51:58</i>	<i>314</i>	<i>-01:55</i>	<i>44:48</i>	<i>00:19</i>
Ironman Wisconsin	13:26:13	1008	1:23:13	6:38:26	5:04:34
<i>Your Difference</i>	<i>3:55:01</i>	<i>978</i>	<i>25:08</i>	<i>1:31:15</i>	<i>1:45:28</i>
<i>New Zealand Difference</i>	<i>14:30</i>	<i>313</i>	<i>05:49</i>	<i>04:25</i>	<i>01:29</i>
Ironman Chattanooga	13:23:56	843	1:06:33	6:25:38	5:30:29
<i>Your Difference</i>	<i>3:52:44</i>	<i>813</i>	<i>08:28</i>	<i>1:18:27</i>	<i>2:11:23</i>
<i>New Zealand Difference</i>	<i>03:37</i>	<i>87</i>	<i>-14:27</i>	<i>-10:48</i>	<i>20:28</i>
Ironman UK	13:17:20	803	1:21:35	6:46:27	4:50:35
<i>Your Difference</i>	<i>3:46:08</i>	<i>773</i>	<i>23:30</i>	<i>1:39:16</i>	<i>1:31:29</i>
<i>New Zealand Difference</i>	<i>07:58</i>	<i>153</i>	<i>01:04</i>	<i>-01:46</i>	<i>-03:52</i>
Ironman Florida	13:13:12	984	1:24:00	6:08:58	5:19:43
<i>Your Difference</i>	<i>3:42:00</i>	<i>954</i>	<i>25:55</i>	<i>1:01:47</i>	<i>2:00:37</i>
<i>New Zealand Difference</i>	<i>-25:59</i>	<i>227</i>	<i>02:12</i>	<i>-38:04</i>	<i>06:24</i>
Ironman Santa Rosa	13:11:12	760	1:21:06	6:26:27	5:03:43

<i>Your Difference</i>	<i>3:40:00</i>	<i>730</i>	<i>23:01</i>	<i>1:19:16</i>	<i>1:44:37</i>
<i>New Zealand Difference</i>	<i>03:39</i>	<i>122</i>	<i>01:19</i>	<i>-05:41</i>	<i>04:11</i>
Ironman Arizona	13:07:24	1042	1:24:30	6:12:05	5:12:14
<i>Your Difference</i>	<i>3:36:12</i>	<i>1012</i>	<i>26:25</i>	<i>1:04:54</i>	<i>1:53:08</i>
<i>New Zealand Difference</i>	<i>-31:11</i>	<i>183</i>	<i>02:20</i>	<i>-27:32</i>	<i>-06:46</i>
Ironman Lanzarote	13:05:50	740	1:15:46	7:00:43	4:33:05
<i>Your Difference</i>	<i>3:34:38</i>	<i>710</i>	<i>17:41</i>	<i>1:53:32</i>	<i>1:13:59</i>
<i>New Zealand Difference</i>	<i>1:04:12</i>	<i>337</i>	<i>00:33</i>	<i>59:10</i>	<i>01:53</i>
Ironman Maryland	13:03:30	650	1:17:54	6:10:04	5:15:40
<i>Your Difference</i>	<i>3:32:18</i>	<i>620</i>	<i>19:49</i>	<i>1:02:53</i>	<i>1:56:34</i>
<i>New Zealand Difference</i>	<i>-30:52</i>	<i>-101</i>	<i>-00:31</i>	<i>-32:30</i>	<i>00:41</i>
Ironman Cozumel	12:55:27	665	1:12:18	6:19:42	5:07:31
<i>Your Difference</i>	<i>3:24:15</i>	<i>635</i>	<i>14:13</i>	<i>1:12:31</i>	<i>1:48:25</i>
<i>New Zealand Difference</i>	<i>-15:46</i>	<i>44</i>	<i>-07:44</i>	<i>-17:11</i>	<i>10:31</i>
Ironman Louisville	12:52:58	1094	1:14:05	6:23:46	4:55:14
<i>Your Difference</i>	<i>3:21:46</i>	<i>1064</i>	<i>16:00</i>	<i>1:16:35</i>	<i>1:36:08</i>
<i>New Zealand Difference</i>	<i>-32:25</i>	<i>335</i>	<i>-05:39</i>	<i>-09:54</i>	<i>-14:07</i>
Ironman Mont-Tremblant	12:51:40	989	1:19:43	6:19:45	4:56:53
<i>Your Difference</i>	<i>3:20:28</i>	<i>959</i>	<i>21:38</i>	<i>1:12:34</i>	<i>1:37:47</i>
<i>New Zealand Difference</i>	<i>-02:22</i>	<i>397</i>	<i>00:59</i>	<i>-05:47</i>	<i>02:28</i>
Ironman Texas	12:49:15	1053	1:24:40	5:51:50	5:14:06
<i>Your Difference</i>	<i>3:18:03</i>	<i>1023</i>	<i>26:35</i>	<i>44:39</i>	<i>1:55:00</i>
<i>New Zealand Difference</i>	<i>-38:33</i>	<i>242</i>	<i>04:07</i>	<i>-46:48</i>	<i>02:51</i>
Ironman New Zealand	12:40:31	541	1:16:07	6:18:14	4:52:23
<i>Your Difference</i>	<i>3:09:19</i>	<i>511</i>	<i>18:02</i>	<i>1:11:03</i>	<i>1:33:17</i>
<i>New Zealand Difference</i>	<i>23:37</i>	<i>167</i>	<i>-00:22</i>	<i>10:35</i>	<i>12:02</i>
Ironman South Africa	12:35:57	804	1:10:12	6:23:12	4:47:24
<i>Your Difference</i>	<i>3:04:45</i>	<i>774</i>	<i>12:07</i>	<i>1:16:01</i>	<i>1:28:18</i>
<i>New Zealand Difference</i>	<i>-03:10</i>	<i>268</i>	<i>-01:19</i>	<i>01:37</i>	<i>-04:42</i>
Ironman Australia	12:25:23	570	1:09:52	6:15:54	4:48:12
<i>Your Difference</i>	<i>2:54:11</i>	<i>540</i>	<i>11:47</i>	<i>1:08:43</i>	<i>1:29:06</i>
<i>New Zealand Difference</i>	<i>-08:02</i>	<i>21</i>	<i>-04:54</i>	<i>02:46</i>	<i>-03:35</i>
Ironman France	12:24:50	1084	1:13:52	6:26:48	4:28:49

<i>Your Difference</i>	<i>2:53:38</i>	<i>1054</i>	<i>15:47</i>	<i>1:19:37</i>	<i>1:09:43</i>
<i>New Zealand Difference</i>	<i>25:00</i>	<i>744</i>	<i>-01:35</i>	<i>24:57</i>	<i>-00:13</i>
Ironman Norway	12:15:44	217	1:15:18	6:22:08	4:24:27
<i>Your Difference</i>	<i>2:44:32</i>	<i>187</i>	<i>17:13</i>	<i>1:14:57</i>	<i>1:05:21</i>
<i>New Zealand Difference</i>	<i>-02:12</i>	<i>-317</i>	<i>-03:16</i>	<i>22:11</i>	<i>-21:05</i>
Ironman Western Australia	12:14:22	541	1:16:19	5:55:35	4:54:07
<i>Your Difference</i>	<i>2:43:10</i>	<i>511</i>	<i>18:14</i>	<i>48:24</i>	<i>1:35:01</i>
<i>New Zealand Difference</i>	<i>-23:21</i>	<i>36</i>	<i>-00:43</i>	<i>-21:31</i>	<i>07:29</i>
Ironman Cairns	12:14:06	504	1:16:13	6:02:09	4:43:01
<i>Your Difference</i>	<i>2:42:54</i>	<i>474</i>	<i>18:08</i>	<i>54:58</i>	<i>1:23:55</i>
<i>New Zealand Difference</i>	<i>03:23</i>	<i>71</i>	<i>01:39</i>	<i>-05:14</i>	<i>07:08</i>
Ironman Switzerland	12:13:26	693	1:20:10	6:05:22	4:35:23
<i>Your Difference</i>	<i>2:42:14</i>	<i>663</i>	<i>22:05</i>	<i>58:11</i>	<i>1:16:17</i>
<i>New Zealand Difference</i>	<i>08:52</i>	<i>280</i>	<i>02:16</i>	<i>00:34</i>	<i>06:46</i>
Ironman Vichy	12:07:48	630	1:21:59	5:55:44	4:35:43
<i>Your Difference</i>	<i>2:36:36</i>	<i>600</i>	<i>23:54</i>	<i>48:33</i>	<i>1:16:37</i>
<i>New Zealand Difference</i>	<i>-02:20</i>	<i>138</i>	<i>07:08</i>	<i>-13:44</i>	<i>03:06</i>
Ironman Sweden	11:55:35	966	1:20:32	5:48:49	4:34:06
<i>Your Difference</i>	<i>2:24:23</i>	<i>936</i>	<i>22:27</i>	<i>41:38</i>	<i>1:15:00</i>
<i>New Zealand Difference</i>	<i>-48:24</i>	<i>583</i>	<i>-04:23</i>	<i>-37:31</i>	<i>-04:29</i>
Ironman Argentina	11:55:05	418	1:11:53	6:06:32	4:17:36
<i>Your Difference</i>	<i>2:23:53</i>	<i>388</i>	<i>13:48</i>	<i>59:21</i>	<i>58:30</i>
<i>New Zealand Difference</i>	<i>-20:25</i>	<i>-66</i>	<i>-02:00</i>	<i>-05:28</i>	<i>-07:27</i>
Ironman Frankfurt	11:51:37	1111	1:15:49	5:50:25	4:32:34
<i>Your Difference</i>	<i>2:20:25</i>	<i>1081</i>	<i>17:44</i>	<i>43:14</i>	<i>1:13:28</i>
<i>New Zealand Difference</i>	<i>-03:11</i>	<i>702</i>	<i>-00:13</i>	<i>-13:12</i>	<i>09:40</i>
Ironman Italy	11:51:20	1097	1:11:49	5:49:29	4:32:54
<i>Your Difference</i>	<i>2:20:08</i>	<i>1067</i>	<i>13:44</i>	<i>42:18</i>	<i>1:13:48</i>
<i>New Zealand Difference</i>	<i>-35:24</i>	<i>726</i>	<i>-06:41</i>	<i>-23:11</i>	<i>-09:43</i>
Ironman Austria	11:49:40	1147	1:16:30	5:53:06	4:26:19
<i>Your Difference</i>	<i>2:18:28</i>	<i>1117</i>	<i>18:25</i>	<i>45:55</i>	<i>1:07:13</i>
<i>New Zealand Difference</i>	<i>-09:43</i>	<i>927</i>	<i>01:20</i>	<i>-10:59</i>	<i>-01:45</i>
Ironman Brazil	11:39:22	825	1:11:22	5:51:37	4:22:44
<i>Your Difference</i>	<i>2:08:10</i>	<i>795</i>	<i>13:17</i>	<i>44:26</i>	<i>1:03:38</i>

<i>New Zealand Difference</i>	<i>-42:16</i>	<i>183</i>	<i>-03:30</i>	<i>-26:58</i>	<i>-10:56</i>
Ironman Copenhagen	11:37:53	1118	1:16:03	5:40:01	4:28:23
<i>Your Difference</i>	<i>2:06:41</i>	<i>1088</i>	<i>17:58</i>	<i>32:50</i>	<i>1:09:17</i>
<i>New Zealand Difference</i>	<i>-57:46</i>	<i>760</i>	<i>-05:19</i>	<i>-40:07</i>	<i>-12:24</i>
Ironman Tallinn	11:33:06	458	1:18:54	5:38:53	4:23:19
<i>Your Difference</i>	<i>2:01:54</i>	<i>428</i>	<i>20:49</i>	<i>31:42</i>	<i>1:04:13</i>
<i>New Zealand Difference</i>	<i>-35:34</i>	<i>16</i>	<i>01:26</i>	<i>-32:23</i>	<i>-05:28</i>
Ironman Barcelona	11:30:52	1168	1:14:42	5:34:12	4:29:04
<i>Your Difference</i>	<i>1:59:40</i>	<i>1138</i>	<i>16:37</i>	<i>27:01</i>	<i>1:09:58</i>
<i>New Zealand Difference</i>	<i>-1:11:09</i>	<i>696</i>	<i>-04:30</i>	<i>-47:37</i>	<i>-17:19</i>
Ironman Vitoria-Gasteiz	11:29:02	781	1:14:33	5:42:25	4:20:14
<i>Your Difference</i>	<i>1:57:50</i>	<i>751</i>	<i>16:28</i>	<i>35:14</i>	<i>1:01:08</i>
<i>New Zealand Difference</i>	<i>-42:51</i>	<i>464</i>	<i>-04:03</i>	<i>-43:17</i>	<i>06:04</i>
Ironman Hamburg	11:27:01	956	1:01:39	5:43:48	4:26:55
<i>Your Difference</i>	<i>1:55:49</i>	<i>926</i>	<i>03:34</i>	<i>36:37</i>	<i>1:07:49</i>
<i>New Zealand Difference</i>	<i>-47:08</i>	<i>569</i>	<i>-19:28</i>	<i>-26:48</i>	<i>-03:08</i>
Ironman World Championship	11:11:16	985	1:10:42	5:34:29	4:15:24
<i>Your Difference</i>	<i>1:40:04</i>	<i>955</i>	<i>12:37</i>	<i>27:18</i>	<i>56:18</i>
<i>New Zealand Difference</i>	<i>24:38</i>	<i>874</i>	<i>04:00</i>	<i>01:29</i>	<i>18:11</i>

Average M40-44 Winning Splits

The average M40-44 winning splits at each race series.

Race	Overall	Rank	Division Rank	Swim	Bike	Run
Ironman Taiwan	10:07:58	16	1	1:02:25	5:16:04	3:35:54
<i>Your Difference</i>	<i>36:46</i>	<i>-14</i>	<i>-9</i>	<i>04:20</i>	<i>08:53</i>	<i>16:48</i>
Ironman Philippines	10:00:00	17	1	1:00:55	5:01:57	3:48:24
<i>Your Difference</i>	<i>28:48</i>	<i>-13</i>	<i>-9</i>	<i>02:50</i>	<i>-05:14</i>	<i>29:18</i>
Ironman Wales	9:55:59	16	1	57:20	5:30:53	3:16:55
<i>Your Difference</i>	<i>24:47</i>	<i>-14</i>	<i>-9</i>	<i>-00:45</i>	<i>23:42</i>	<i>-02:11</i>
Ironman Gurye	9:50:44	6	1	1:00:14	5:16:56	3:26:58
<i>Your Difference</i>	<i>19:32</i>	<i>-24</i>	<i>-9</i>	<i>02:09</i>	<i>09:45</i>	<i>07:52</i>
Ironman St George	9:50:18	18	1	58:21	5:22:43	3:23:05
<i>Your Difference</i>	<i>19:06</i>	<i>-12</i>	<i>-9</i>	<i>00:16</i>	<i>15:32</i>	<i>03:59</i>
Ironman Norway	9:46:47	19	1	1:12:41	5:08:17	3:16:09
<i>Your Difference</i>	<i>15:35</i>	<i>-11</i>	<i>-9</i>	<i>14:36</i>	<i>01:06</i>	<i>-02:57</i>
Ironman UK	9:45:00	18	1	1:00:05	5:22:04	3:16:19
<i>Your Difference</i>	<i>13:48</i>	<i>-12</i>	<i>-9</i>	<i>02:00</i>	<i>14:53</i>	<i>-02:47</i>
Ironman Malaysia	9:41:43	17	1	1:03:24	5:10:14	4:12:37
<i>Your Difference</i>	<i>10:31</i>	<i>-13</i>	<i>-9</i>	<i>05:19</i>	<i>03:03</i>	<i>53:31</i>
Ironman South Africa	9:39:10	74	1	1:00:59	5:04:31	3:27:15
<i>Your Difference</i>	<i>07:58</i>	<i>44</i>	<i>-9</i>	<i>02:54</i>	<i>-02:40</i>	<i>08:09</i>
Ironman Lanzarote	9:38:52	22	1	57:05	5:23:53	3:09:57
<i>Your Difference</i>	<i>07:40</i>	<i>-8</i>	<i>-9</i>	<i>-01:00</i>	<i>16:42</i>	<i>-09:09</i>
Ironman Lake Placid	9:37:07	16	1	1:02:00	5:11:19	3:18:42
<i>Your Difference</i>	<i>05:55</i>	<i>-14</i>	<i>-9</i>	<i>03:55</i>	<i>04:08</i>	<i>-00:24</i>
Ironman Wisconsin	9:33:09	14	1	1:01:59	5:07:40	3:14:40
<i>Your Difference</i>	<i>01:57</i>	<i>-16</i>	<i>-9</i>	<i>03:54</i>	<i>00:29</i>	<i>-04:26</i>
Ironman Australia	9:28:24	76	1	56:13	5:09:57	3:18:48
<i>Your Difference</i>	<i>-02:48</i>	<i>46</i>	<i>-9</i>	<i>-01:52</i>	<i>02:46</i>	<i>-00:18</i>
Ironman Louisville	9:27:06	13	1	56:17	5:02:21	3:19:46
<i>Your Difference</i>	<i>-04:06</i>	<i>-17</i>	<i>-9</i>	<i>-01:48</i>	<i>-04:50</i>	<i>00:40</i>
Ironman France	9:25:29	19	1	1:01:12	5:09:43	3:06:26
<i>Your Difference</i>	<i>-05:43</i>	<i>-11</i>	<i>-9</i>	<i>03:07</i>	<i>02:32</i>	<i>-12:40</i>
Ironman Chattanooga	9:25:03	20	1	50:04	5:00:59	3:24:57

<i>Your Difference</i>	<i>-06:09</i>	<i>-10</i>	<i>-9</i>	<i>-08:01</i>	<i>-06:12</i>	<i>05:51</i>
Ironman Brazil	9:23:43	22	1	56:11	4:55:04	3:11:04
<i>Your Difference</i>	<i>-07:29</i>	<i>-8</i>	<i>-9</i>	<i>-01:54</i>	<i>-12:07</i>	<i>-08:02</i>
Ironman Switzerland	9:19:49	28	1	1:02:25	4:58:43	3:13:41
<i>Your Difference</i>	<i>-11:23</i>	<i>-2</i>	<i>-9</i>	<i>04:20</i>	<i>-08:28</i>	<i>-05:25</i>
Ironman Mont-Tremblant	9:19:06	17	1	1:00:08	4:57:30	3:14:55
<i>Your Difference</i>	<i>-12:06</i>	<i>-13</i>	<i>-9</i>	<i>02:03</i>	<i>-09:41</i>	<i>-04:11</i>
Ironman Santa Rosa	9:15:38	11	1	1:01:40	4:50:28	3:15:36
<i>Your Difference</i>	<i>-15:34</i>	<i>-19</i>	<i>-9</i>	<i>03:35</i>	<i>-16:43</i>	<i>-03:30</i>
Ironman Argentina	9:15:15	15	1	57:28	4:58:09	3:14:00
<i>Your Difference</i>	<i>-15:57</i>	<i>-15</i>	<i>-9</i>	<i>-00:37</i>	<i>-09:02</i>	<i>-05:06</i>
Ironman Arizona	9:14:47	27	1	59:09	4:52:46	3:16:23
<i>Your Difference</i>	<i>-16:25</i>	<i>-3</i>	<i>-9</i>	<i>01:04</i>	<i>-14:25</i>	<i>-02:43</i>
Ironman Cairns	9:14:18	18	1	57:22	4:53:40	3:17:25
<i>Your Difference</i>	<i>-16:54</i>	<i>-12</i>	<i>-9</i>	<i>-00:43</i>	<i>-13:31</i>	<i>-01:41</i>
Ironman Florida	9:11:16	24	1	1:00:34	4:49:59	3:12:30
<i>Your Difference</i>	<i>-19:56</i>	<i>-6</i>	<i>-9</i>	<i>02:29</i>	<i>-17:12</i>	<i>-06:36</i>
Ironman World Championship	9:10:18	72	1	59:33	4:53:31	3:11:43
<i>Your Difference</i>	<i>-20:54</i>	<i>42</i>	<i>-9</i>	<i>01:28</i>	<i>-13:40</i>	<i>-07:23</i>
Ironman New Zealand	9:07:41	16	1	54:45	4:58:32	3:14:46
<i>Your Difference</i>	<i>-23:31</i>	<i>-14</i>	<i>-9</i>	<i>-03:20</i>	<i>-08:39</i>	<i>-04:20</i>
Ironman Maryland	9:07:28	7	1	58:47	4:42:33	3:19:33
<i>Your Difference</i>	<i>-23:44</i>	<i>-23</i>	<i>-9</i>	<i>00:42</i>	<i>-24:38</i>	<i>00:27</i>
Ironman Cozumel	9:07:11	21	1	51:12	5:02:57	3:17:09
<i>Your Difference</i>	<i>-24:01</i>	<i>-9</i>	<i>-9</i>	<i>-06:53</i>	<i>-04:14</i>	<i>-01:57</i>
Ironman Texas	9:03:23	28	1	1:00:44	4:41:10	3:15:18
<i>Your Difference</i>	<i>-27:49</i>	<i>-2</i>	<i>-9</i>	<i>02:39</i>	<i>-26:01</i>	<i>-03:48</i>
Ironman Frankfurt	9:01:55	24	1	58:37	4:50:03	3:07:28
<i>Your Difference</i>	<i>-29:17</i>	<i>-6</i>	<i>-9</i>	<i>00:32</i>	<i>-17:08</i>	<i>-11:38</i>
Ironman Vichy	9:00:58	10	1	1:00:48	4:45:50	3:08:04
<i>Your Difference</i>	<i>-30:14</i>	<i>-20</i>	<i>-9</i>	<i>02:43</i>	<i>-21:21</i>	<i>-11:02</i>
Ironman Sweden	8:59:38	17	1	59:26	4:45:27	3:10:23
<i>Your Difference</i>	<i>-31:34</i>	<i>-13</i>	<i>-9</i>	<i>01:21</i>	<i>-21:44</i>	<i>-08:43</i>
Ironman Western Australia	8:59:10	17	1	57:56	4:47:49	3:10:15
<i>Your Difference</i>	<i>-32:02</i>	<i>-13</i>	<i>-9</i>	<i>-00:09</i>	<i>-19:22</i>	<i>-08:51</i>

Ironman Austria	8:55:57	21	1	1:00:20	4:49:45	3:07:00
<i>Your Difference</i>	<i>-35:15</i>	<i>-9</i>	<i>-9</i>	<i>02:15</i>	<i>-17:26</i>	<i>-12:06</i>
Ironman Italy	8:55:22	21	1	56:41	4:44:15	3:03:49
<i>Your Difference</i>	<i>-35:50</i>	<i>-9</i>	<i>-9</i>	<i>-01:24</i>	<i>-22:56</i>	<i>-15:17</i>
Ironman Tallinn	8:52:59	12	1	1:02:35	4:39:59	3:05:14
<i>Your Difference</i>	<i>-38:13</i>	<i>-18</i>	<i>-9</i>	<i>04:30</i>	<i>-27:12</i>	<i>-13:52</i>
Ironman Copenhagen	8:49:08	13	1	56:55	4:42:05	3:07:28
<i>Your Difference</i>	<i>-42:04</i>	<i>-17</i>	<i>-9</i>	<i>-01:10</i>	<i>-25:06</i>	<i>-11:38</i>
Ironman Hamburg	8:48:50	21	1	45:23	4:53:22	3:02:19
<i>Your Difference</i>	<i>-42:22</i>	<i>-9</i>	<i>-9</i>	<i>-12:42</i>	<i>-13:49</i>	<i>-16:47</i>
Ironman Vitoria-Gasteiz	8:48:29	14	1	56:53	4:39:14	3:06:49
<i>Your Difference</i>	<i>-42:43</i>	<i>-16</i>	<i>-9</i>	<i>-01:12</i>	<i>-27:57</i>	<i>-12:17</i>
Ironman Barcelona	8:47:26	27	1	57:44	4:39:37	3:04:52
<i>Your Difference</i>	<i>-43:46</i>	<i>-3</i>	<i>-9</i>	<i>-00:21</i>	<i>-27:34</i>	<i>-14:14</i>

Average M40-44 Final Kona Qualifying Splits

The average M40-44 final qualifying splits at each race series. Splits are averaged for the final qualifying place determined by the most recently available allocation of slots for a given race.

Race	Overall	Rank	Division Rank	Swim	Bike	Run
Ironman Philippines	11:17:45	53	3	1:07:46	5:47:06	4:14:35
<i>Your Difference</i>	<i>1:46:33</i>	<i>23</i>	<i>-7</i>	<i>09:41</i>	<i>39:55</i>	<i>55:29</i>
Ironman Malaysia	10:49:15	68	9	1:06:14	5:31:21	4:03:43
<i>Your Difference</i>	<i>1:18:03</i>	<i>38</i>	<i>-1</i>	<i>08:09</i>	<i>24:10</i>	<i>44:37</i>
Ironman Taiwan	10:25:55	26	4	1:07:19	5:21:11	3:46:56
<i>Your Difference</i>	<i>54:43</i>	<i>-4</i>	<i>-6</i>	<i>09:14</i>	<i>14:00</i>	<i>27:50</i>
Ironman Wales	10:24:13	44	6	1:02:35	5:46:06	3:23:56
<i>Your Difference</i>	<i>53:01</i>	<i>14</i>	<i>-4</i>	<i>04:30</i>	<i>38:55</i>	<i>04:50</i>
Ironman South Africa	10:21:26	97	12	1:03:13	5:25:49	3:45:01
<i>Your Difference</i>	<i>50:14</i>	<i>67</i>	<i>2</i>	<i>05:08</i>	<i>18:38</i>	<i>25:55</i>
Ironman St George	10:18:11	41	6	1:09:57	5:35:18	3:26:38
<i>Your Difference</i>	<i>46:59</i>	<i>11</i>	<i>-4</i>	<i>11:52</i>	<i>28:07</i>	<i>07:32</i>
Ironman UK	10:14:51	44	5	1:04:37	5:39:39	3:22:52
<i>Your Difference</i>	<i>43:39</i>	<i>14</i>	<i>-5</i>	<i>06:32</i>	<i>32:28</i>	<i>03:46</i>
Ironman Lanzarote	10:05:54	53	6	1:00:39	5:35:17	3:21:34
<i>Your Difference</i>	<i>34:42</i>	<i>23</i>	<i>-4</i>	<i>02:34</i>	<i>28:06</i>	<i>02:28</i>
Ironman Gurye	10:01:07	11	3	1:05:01	5:06:59	3:40:32
<i>Your Difference</i>	<i>29:55</i>	<i>-19</i>	<i>-7</i>	<i>06:56</i>	<i>-00:12</i>	<i>21:26</i>
Ironman Norway	9:59:28	28	4	1:05:51	5:20:56	3:23:16
<i>Your Difference</i>	<i>28:16</i>	<i>-2</i>	<i>-6</i>	<i>07:46</i>	<i>13:45</i>	<i>04:10</i>
Ironman Cairns	9:57:35	72	10	1:05:06	5:10:40	3:33:39
<i>Your Difference</i>	<i>26:23</i>	<i>42</i>	<i>0</i>	<i>07:01</i>	<i>03:29</i>	<i>14:33</i>
Ironman Brazil	9:53:54	73	7	1:01:27	5:07:44	3:55:37
<i>Your Difference</i>	<i>22:42</i>	<i>43</i>	<i>-3</i>	<i>03:22</i>	<i>00:33</i>	<i>36:31</i>
Ironman Wisconsin	9:53:11	27	3	1:05:38	5:17:19	3:21:14
<i>Your Difference</i>	<i>21:59</i>	<i>-3</i>	<i>-7</i>	<i>07:33</i>	<i>10:08</i>	<i>02:08</i>
Ironman Lake Placid	9:53:05	31	3	1:05:31	5:19:03	3:23:05
<i>Your Difference</i>	<i>21:53</i>	<i>1</i>	<i>-7</i>	<i>07:26</i>	<i>11:52</i>	<i>03:59</i>
Ironman Chattanooga	9:50:20	41	3	50:03	5:11:36	3:38:08
<i>Your Difference</i>	<i>19:08</i>	<i>11</i>	<i>-7</i>	<i>-08:02</i>	<i>04:25</i>	<i>19:02</i>
Ironman France	9:46:53	47	5	1:01:45	5:17:59	3:18:03

<i>Your Difference</i>	15:41	17	-5	03:40	10:48	-01:03
Ironman Louisville	9:45:27	27	3	59:27	5:04:56	3:30:40
<i>Your Difference</i>	14:15	-3	-7	01:22	-02:15	11:34
Ironman Argentina	9:42:48	59	13	58:18	5:17:24	3:18:39
<i>Your Difference</i>	11:36	29	3	00:13	10:13	-00:27
Ironman Santa Rosa	9:42:45	31	4	58:32	5:06:10	3:28:48
<i>Your Difference</i>	11:33	1	-6	00:27	-01:01	09:42
Ironman New Zealand	9:42:43	47	4	59:45	5:08:21	3:27:49
<i>Your Difference</i>	11:31	17	-6	01:40	01:10	08:43
Ironman Western Australia	9:40:01	65	7	1:02:00	5:00:42	3:33:13
<i>Your Difference</i>	08:49	35	-3	03:55	-06:29	14:07
Ironman Switzerland	9:39:24	67	6	1:04:24	5:04:51	3:24:47
<i>Your Difference</i>	08:12	37	-4	06:19	-02:20	05:41
Ironman Australia	9:39:23	45	5	56:22	5:13:47	3:28:06
<i>Your Difference</i>	08:11	15	-5	-01:43	06:36	09:00
Ironman Texas	9:37:51	75	9	1:04:29	4:54:56	3:30:55
<i>Your Difference</i>	06:39	45	-1	06:24	-12:15	11:49
Ironman Frankfurt	9:34:16	102	12	1:01:40	5:01:08	3:24:17
<i>Your Difference</i>	03:04	72	2	03:35	-06:03	05:11
Ironman Mont-Tremblant	9:32:44	28	3	1:01:46	5:05:55	3:17:48
<i>Your Difference</i>	01:32	-2	-7	03:41	-01:16	-01:18
Ironman Arizona	9:30:53	43	3	1:03:08	5:00:58	3:19:52
<i>Your Difference</i>	-00:19	13	-7	05:03	-06:13	00:46
Ironman Cozumel	9:30:08	41	4	53:33	5:04:13	3:25:56
<i>Your Difference</i>	-01:04	11	-6	-04:32	-02:58	06:50
Ironman Florida	9:23:26	38	3	1:00:37	4:52:06	3:22:18
<i>Your Difference</i>	-07:46	8	-7	02:32	-15:05	03:12
Ironman Maryland	9:21:19	15	3	1:02:48	4:44:00	3:26:44
<i>Your Difference</i>	-09:53	-15	-7	04:43	-23:11	07:38
Ironman Vichy	9:20:55	32	4	1:03:25	4:54:51	3:14:57
<i>Your Difference</i>	-10:17	2	-6	05:20	-12:20	-04:09
Ironman Tallinn	9:20:34	37	5	1:05:34	4:45:56	3:22:22
<i>Your Difference</i>	-10:38	7	-5	07:29	-21:15	03:16
Ironman Sweden	9:18:56	39	5	1:02:54	4:52:32	3:17:55

<i>Your Difference</i>	<i>-12:16</i>	<i>9</i>	<i>-5</i>	<i>04:49</i>	<i>-14:39</i>	<i>-01:11</i>
Ironman Austria	9:16:43	54	5	59:26	4:57:27	3:12:45
<i>Your Difference</i>	<i>-14:29</i>	<i>24</i>	<i>-5</i>	<i>01:21</i>	<i>-09:44</i>	<i>-06:21</i>
Ironman World Championship	9:13:19	65	2	1:02:16	4:56:45	3:08:35
<i>Your Difference</i>	<i>-17:53</i>	<i>35</i>	<i>-8</i>	<i>04:11</i>	<i>-10:26</i>	<i>-10:31</i>
Ironman Italy	9:09:42	43	5	54:47	4:56:19	3:08:50
<i>Your Difference</i>	<i>-21:30</i>	<i>13</i>	<i>-5</i>	<i>-03:18</i>	<i>-10:52</i>	<i>-10:16</i>
Ironman Hamburg	9:09:38	55	5	49:54	4:51:05	3:19:54
<i>Your Difference</i>	<i>-21:34</i>	<i>25</i>	<i>-5</i>	<i>-08:11</i>	<i>-16:06</i>	<i>00:48</i>
Ironman Copenhagen	9:09:29	36	4	1:01:45	4:42:23	3:18:11
<i>Your Difference</i>	<i>-21:43</i>	<i>6</i>	<i>-6</i>	<i>03:40</i>	<i>-24:48</i>	<i>-00:55</i>
Ironman Vitoria-Gasteiz	9:04:03	28	6	57:44	4:50:17	3:10:18
<i>Your Difference</i>	<i>-27:09</i>	<i>-2</i>	<i>-4</i>	<i>-00:21</i>	<i>-16:54</i>	<i>-08:48</i>
Ironman Barcelona	8:59:40	51	5	57:02	4:46:19	3:10:22
<i>Your Difference</i>	<i>-31:32</i>	<i>21</i>	<i>-5</i>	<i>-01:03</i>	<i>-20:52</i>	<i>-08:44</i>

Average M40-44 10th Place Splits

The average splits for M40-44 finishers in 10th age group place at each race series.

This is the same finishing position as your finish at Ironman New Zealand 2010

Race	Overall	Rank	Swim	Bike	Run
Ironman Philippines	12:19:06	134	1:13:20	6:12:17	4:42:21
<i>Your Difference</i>	<i>2:47:54</i>	<i>104</i>	<i>15:15</i>	<i>1:05:06</i>	<i>1:23:15</i>
Ironman Taiwan	11:19:45	65	1:09:55	5:49:40	4:01:20
<i>Your Difference</i>	<i>1:48:33</i>	<i>35</i>	<i>11:50</i>	<i>42:29</i>	<i>42:14</i>
Ironman Malaysia	10:53:34	73	1:07:49	5:32:10	4:07:06
<i>Your Difference</i>	<i>1:22:22</i>	<i>43</i>	<i>09:44</i>	<i>24:59</i>	<i>48:00</i>
Ironman Wales	10:33:10	60	1:01:09	5:47:57	3:31:02
<i>Your Difference</i>	<i>1:01:58</i>	<i>30</i>	<i>03:04</i>	<i>40:46</i>	<i>11:56</i>
Ironman St George	10:31:59	61	1:10:47	5:49:51	3:24:45
<i>Your Difference</i>	<i>1:00:47</i>	<i>31</i>	<i>12:42</i>	<i>42:40</i>	<i>05:39</i>
Ironman UK	10:30:51	67	1:06:02	5:42:44	3:33:17
<i>Your Difference</i>	<i>59:39</i>	<i>37</i>	<i>07:57</i>	<i>35:33</i>	<i>14:11</i>
Ironman Chattanooga	10:28:07	83	53:36	5:19:28	4:02:09
<i>Your Difference</i>	<i>56:55</i>	<i>53</i>	<i>-04:29</i>	<i>12:17</i>	<i>43:03</i>
Ironman Gurye	10:26:46	30	1:10:11	5:27:24	3:41:06
<i>Your Difference</i>	<i>55:34</i>	<i>0</i>	<i>12:06</i>	<i>20:13</i>	<i>22:00</i>
Ironman Wisconsin	10:26:32	77	1:04:11	5:26:42	3:47:11
<i>Your Difference</i>	<i>55:20</i>	<i>47</i>	<i>06:06</i>	<i>19:31</i>	<i>28:05</i>
Ironman Lanzarote	10:18:14	75	1:03:30	5:38:12	3:27:02
<i>Your Difference</i>	<i>47:02</i>	<i>45</i>	<i>05:25</i>	<i>31:01</i>	<i>07:56</i>
Ironman South Africa	10:16:40	88	1:02:53	5:24:24	3:42:26
<i>Your Difference</i>	<i>45:28</i>	<i>58</i>	<i>04:48</i>	<i>17:13</i>	<i>23:20</i>
Ironman Lake Placid	10:15:00	67	1:03:17	5:32:57	3:32:20
<i>Your Difference</i>	<i>43:48</i>	<i>37</i>	<i>05:12</i>	<i>25:46</i>	<i>13:14</i>
Ironman Norway	10:14:03	44	1:07:20	5:21:12	3:35:26
<i>Your Difference</i>	<i>42:51</i>	<i>14</i>	<i>09:15</i>	<i>14:01</i>	<i>16:20</i>
Ironman Santa Rosa	10:13:20	73	1:09:40	5:16:51	3:35:07
<i>Your Difference</i>	<i>42:08</i>	<i>43</i>	<i>11:35</i>	<i>09:40</i>	<i>16:01</i>
Ironman Louisville	10:12:58	68	1:03:06	5:16:04	3:42:09
<i>Your Difference</i>	<i>41:46</i>	<i>38</i>	<i>05:01</i>	<i>08:53</i>	<i>23:03</i>
Ironman New Zealand	10:04:14	84	1:01:01	5:16:57	3:38:41
<i>Your Difference</i>	<i>33:02</i>	<i>54</i>	<i>02:56</i>	<i>09:46</i>	<i>19:35</i>
Ironman France	10:02:37	78	1:02:19	5:26:23	3:25:19

<i>Your Difference</i>	<i>31:25</i>	<i>48</i>	<i>04:14</i>	<i>19:12</i>	<i>06:13</i>
Ironman Brazil	10:00:34	91	1:01:40	5:05:50	4:06:53
<i>Your Difference</i>	<i>29:22</i>	<i>61</i>	<i>03:35</i>	<i>-01:21</i>	<i>47:47</i>
Ironman Cozumel	10:00:18	85	58:32	5:13:41	3:41:35
<i>Your Difference</i>	<i>29:06</i>	<i>55</i>	<i>00:27</i>	<i>06:30</i>	<i>22:29</i>
Ironman Maryland	9:59:45	50	1:03:02	4:59:23	3:47:39
<i>Your Difference</i>	<i>28:33</i>	<i>20</i>	<i>04:57</i>	<i>-07:48</i>	<i>28:33</i>
Ironman Mont-Tremblant	9:58:37	67	1:08:05	5:13:04	3:29:14
<i>Your Difference</i>	<i>27:25</i>	<i>37</i>	<i>10:00</i>	<i>05:53</i>	<i>10:08</i>
Ironman Cairns	9:57:35	72	1:05:06	5:10:40	3:33:39
<i>Your Difference</i>	<i>26:23</i>	<i>42</i>	<i>07:01</i>	<i>03:29</i>	<i>14:33</i>
Ironman Arizona	9:56:07	87	1:04:51	5:04:13	3:40:00
<i>Your Difference</i>	<i>24:55</i>	<i>57</i>	<i>06:46</i>	<i>-02:58</i>	<i>20:54</i>
Ironman Australia	9:54:40	76	59:04	5:18:02	3:33:18
<i>Your Difference</i>	<i>23:28</i>	<i>46</i>	<i>00:59</i>	<i>10:51</i>	<i>14:12</i>
Ironman Switzerland	9:49:18	95	1:06:53	5:11:10	3:25:19
<i>Your Difference</i>	<i>18:06</i>	<i>65</i>	<i>08:48</i>	<i>03:59</i>	<i>06:13</i>
Ironman Western Australia	9:48:36	82	1:00:17	4:59:46	3:44:57
<i>Your Difference</i>	<i>17:24</i>	<i>52</i>	<i>02:12</i>	<i>-07:25</i>	<i>25:51</i>
Ironman Vichy	9:45:11	68	1:05:16	5:07:34	3:22:20
<i>Your Difference</i>	<i>13:59</i>	<i>38</i>	<i>07:11</i>	<i>00:23</i>	<i>03:14</i>
Ironman Florida	9:44:41	73	1:05:45	5:00:23	3:30:32
<i>Your Difference</i>	<i>13:29</i>	<i>43</i>	<i>07:40</i>	<i>-06:48</i>	<i>11:26</i>
Ironman Texas	9:40:47	80	1:05:14	4:49:24	3:38:26
<i>Your Difference</i>	<i>09:35</i>	<i>50</i>	<i>07:09</i>	<i>-17:47</i>	<i>19:20</i>
Ironman Argentina	9:38:05	50	58:35	5:21:37	3:13:07
<i>Your Difference</i>	<i>06:53</i>	<i>20</i>	<i>00:30</i>	<i>14:26</i>	<i>-05:59</i>
Ironman Tallinn	9:35:51	65	1:11:12	5:06:04	3:11:11
<i>Your Difference</i>	<i>04:39</i>	<i>35</i>	<i>13:07</i>	<i>-01:07</i>	<i>-07:55</i>
Ironman World Championship	9:32:22	142	1:03:13	5:01:16	3:21:24
<i>Your Difference</i>	<i>01:10</i>	<i>112</i>	<i>05:08</i>	<i>-05:55</i>	<i>02:18</i>
Ironman Sweden	9:32:18	63	1:06:24	4:53:45	3:25:54
<i>Your Difference</i>	<i>01:06</i>	<i>33</i>	<i>08:19</i>	<i>-13:26</i>	<i>06:48</i>
Ironman Frankfurt	9:31:49	91	1:01:13	5:01:48	3:22:01
<i>Your Difference</i>	<i>00:37</i>	<i>61</i>	<i>03:08</i>	<i>-05:23</i>	<i>02:55</i>
Ironman Copenhagen	9:28:48	73	1:01:44	4:52:58	3:27:20
<i>Your Difference</i>	<i>-02:24</i>	<i>43</i>	<i>03:39</i>	<i>-14:13</i>	<i>08:14</i>

Ironman Austria	9:27:28	83	1:02:32	4:56:02	3:22:02
<i>Your Difference</i>	<i>-03:44</i>	<i>53</i>	<i>04:27</i>	<i>-11:09</i>	<i>02:56</i>
Ironman Vitoria-Gasteiz	9:23:14	62	56:38	4:56:12	3:24:57
<i>Your Difference</i>	<i>-07:58</i>	<i>32</i>	<i>-01:27</i>	<i>-10:59</i>	<i>05:51</i>
Ironman Italy	9:22:50	78	58:29	4:53:29	3:20:34
<i>Your Difference</i>	<i>-08:22</i>	<i>48</i>	<i>00:24</i>	<i>-13:42</i>	<i>01:28</i>
Ironman Hamburg	9:19:31	81	47:33	4:56:36	3:27:03
<i>Your Difference</i>	<i>-11:41</i>	<i>51</i>	<i>-10:32</i>	<i>-10:35</i>	<i>07:57</i>
Ironman Barcelona	9:07:05	72	59:25	4:43:28	3:18:09
<i>Your Difference</i>	<i>-24:07</i>	<i>42</i>	<i>01:20</i>	<i>-23:43</i>	<i>-00:57</i>

Average 6th percentile in M40-44

The average splits for M40-44 finishers that finish at the 6th percentile in the age group at each race series.

Your age group finishing position of 10th at Ironman New Zealand 2010 was the 6th percentile in that age group. This table considers the same percentile finisher at other races.

Race	Overall	Rank	Division Rank	Swim	Bike	Run
Ironman Philippines	12:37:19	161	14	1:23:00	6:19:02	4:39:01
<i>Your Difference</i>	<i>3:06:07</i>	<i>131</i>	<i>4</i>	<i>24:55</i>	<i>1:11:51</i>	<i>1:19:55</i>
Ironman Malaysia	11:12:12	93	14	1:09:49	5:41:42	4:12:18
<i>Your Difference</i>	<i>1:41:00</i>	<i>63</i>	<i>4</i>	<i>11:44</i>	<i>34:31</i>	<i>53:12</i>
Ironman Wales	11:02:43	121	22	1:05:51	5:59:04	3:43:33
<i>Your Difference</i>	<i>1:31:31</i>	<i>91</i>	<i>12</i>	<i>07:46</i>	<i>51:53</i>	<i>24:27</i>
Ironman UK	10:44:31	90	15	1:07:16	5:52:19	3:36:25
<i>Your Difference</i>	<i>1:13:19</i>	<i>60</i>	<i>5</i>	<i>09:11</i>	<i>45:08</i>	<i>17:19</i>
Ironman St George	10:43:10	76	13	1:07:49	5:45:19	3:44:40
<i>Your Difference</i>	<i>1:11:58</i>	<i>46</i>	<i>3</i>	<i>09:44</i>	<i>38:08</i>	<i>25:34</i>
Ironman Gurye	10:43:03	46	14	1:11:59	5:24:49	3:58:08
<i>Your Difference</i>	<i>1:11:51</i>	<i>16</i>	<i>4</i>	<i>13:54</i>	<i>17:38</i>	<i>39:02</i>
Ironman Lanzarote	10:34:54	113	17	1:05:43	5:51:42	3:32:10
<i>Your Difference</i>	<i>1:03:42</i>	<i>83</i>	<i>7</i>	<i>07:38</i>	<i>44:31</i>	<i>13:04</i>
Ironman Taiwan	10:33:19	33	5	1:08:14	5:20:10	3:52:02
<i>Your Difference</i>	<i>1:02:07</i>	<i>3</i>	<i>-5</i>	<i>10:09</i>	<i>12:59</i>	<i>32:56</i>
Ironman Wisconsin	10:31:55	87	12	1:05:24	5:28:03	3:48:07
<i>Your Difference</i>	<i>1:00:43</i>	<i>57</i>	<i>2</i>	<i>07:19</i>	<i>20:52</i>	<i>29:01</i>
Ironman Chattanooga	10:30:32	86	11	53:35	5:24:45	3:59:14
<i>Your Difference</i>	<i>59:20</i>	<i>56</i>	<i>1</i>	<i>-04:30</i>	<i>17:34</i>	<i>40:08</i>
Ironman South Africa	10:29:02	114	16	1:04:06	5:25:58	3:51:36
<i>Your Difference</i>	<i>57:50</i>	<i>84</i>	<i>6</i>	<i>06:01</i>	<i>18:47</i>	<i>32:30</i>
Ironman Lake Placid	10:27:06	97	16	1:02:59	5:32:28	3:45:14
<i>Your Difference</i>	<i>55:54</i>	<i>67</i>	<i>6</i>	<i>04:54</i>	<i>25:17</i>	<i>26:08</i>
Ironman Santa Rosa	10:25:12	97	14	1:05:00	5:20:58	3:47:33
<i>Your Difference</i>	<i>54:00</i>	<i>67</i>	<i>4</i>	<i>06:55</i>	<i>13:47</i>	<i>28:27</i>
Ironman France	10:24:43	151	25	1:04:10	5:27:35	3:42:04
<i>Your Difference</i>	<i>53:31</i>	<i>121</i>	<i>15</i>	<i>06:05</i>	<i>20:24</i>	<i>22:58</i>
Ironman Louisville	10:17:26	76	12	1:03:03	5:17:52	3:45:07
<i>Your Difference</i>	<i>46:14</i>	<i>46</i>	<i>2</i>	<i>04:58</i>	<i>10:41</i>	<i>26:01</i>

Ironman Arizona	10:13:41	125	17	1:07:32	5:17:42	3:40:32
<i>Your Difference</i>	<i>42:29</i>	<i>95</i>	<i>7</i>	<i>09:27</i>	<i>10:31</i>	<i>21:26</i>
Ironman Cozumel	10:12:16	107	14	59:36	5:15:22	3:50:03
<i>Your Difference</i>	<i>41:04</i>	<i>77</i>	<i>4</i>	<i>01:31</i>	<i>08:11</i>	<i>30:57</i>
Ironman Brazil	10:11:32	128	16	1:03:50	5:08:33	4:10:26
<i>Your Difference</i>	<i>40:20</i>	<i>98</i>	<i>6</i>	<i>05:45</i>	<i>01:22</i>	<i>51:20</i>
Ironman Mont-Tremblant	10:08:54	86	14	1:05:48	5:17:39	3:36:55
<i>Your Difference</i>	<i>37:42</i>	<i>56</i>	<i>4</i>	<i>07:43</i>	<i>10:28</i>	<i>17:49</i>
Ironman New Zealand	10:04:14	84	10	1:01:01	5:16:57	3:38:41
<i>Your Difference</i>	<i>33:02</i>	<i>54</i>	<i>0</i>	<i>02:56</i>	<i>09:46</i>	<i>19:35</i>
Ironman Maryland	10:02:13	53	11	1:04:56	5:02:48	3:46:19
<i>Your Difference</i>	<i>31:01</i>	<i>23</i>	<i>1</i>	<i>06:51</i>	<i>-04:23</i>	<i>27:13</i>
Ironman Switzerland	9:59:25	132	17	1:05:13	5:13:26	3:35:01
<i>Your Difference</i>	<i>28:13</i>	<i>102</i>	<i>7</i>	<i>07:08</i>	<i>06:15</i>	<i>15:55</i>
Ironman Norway	9:59:00	27	3	1:07:48	5:28:19	3:15:32
<i>Your Difference</i>	<i>27:48</i>	<i>-3</i>	<i>-7</i>	<i>09:43</i>	<i>21:08</i>	<i>-03:34</i>
Ironman Florida	9:57:46	101	16	1:07:09	5:02:21	3:39:14
<i>Your Difference</i>	<i>26:34</i>	<i>71</i>	<i>6</i>	<i>09:04</i>	<i>-04:50</i>	<i>20:08</i>
Ironman Texas	9:57:29	118	17	1:08:47	4:58:28	3:41:43
<i>Your Difference</i>	<i>26:17</i>	<i>88</i>	<i>7</i>	<i>10:42</i>	<i>-08:43</i>	<i>22:37</i>
Ironman Cairns	9:53:22	65	9	1:01:51	5:15:51	3:28:17
<i>Your Difference</i>	<i>22:10</i>	<i>35</i>	<i>-1</i>	<i>03:46</i>	<i>08:40</i>	<i>09:11</i>
Ironman Frankfurt	9:49:30	170	26	1:05:07	5:08:13	3:51:00
<i>Your Difference</i>	<i>18:18</i>	<i>140</i>	<i>16</i>	<i>07:02</i>	<i>01:02</i>	<i>31:54</i>
Ironman Vichy	9:48:57	76	11	1:05:06	5:02:43	3:32:14
<i>Your Difference</i>	<i>17:45</i>	<i>46</i>	<i>1</i>	<i>07:01</i>	<i>-04:28</i>	<i>13:08</i>
Ironman Sweden	9:48:46	114	20	1:02:58	5:04:00	3:36:08
<i>Your Difference</i>	<i>17:34</i>	<i>84</i>	<i>10</i>	<i>04:53</i>	<i>-03:11</i>	<i>17:02</i>
Ironman Western Australia	9:48:36	82	10	1:00:17	4:59:46	3:44:57
<i>Your Difference</i>	<i>17:24</i>	<i>52</i>	<i>0</i>	<i>02:12</i>	<i>-07:25</i>	<i>25:51</i>
Ironman Copenhagen	9:48:29	149	22	1:03:20	5:06:44	3:30:20
<i>Your Difference</i>	<i>17:17</i>	<i>119</i>	<i>12</i>	<i>05:15</i>	<i>-00:27</i>	<i>11:14</i>
Ironman Austria	9:47:04	166	26	1:07:00	5:06:24	3:25:26
<i>Your Difference</i>	<i>15:52</i>	<i>136</i>	<i>16</i>	<i>08:55</i>	<i>-00:47</i>	<i>06:20</i>
Ironman Italy	9:42:31	147	25	1:00:27	5:02:38	3:29:21
<i>Your Difference</i>	<i>11:19</i>	<i>117</i>	<i>15</i>	<i>02:22</i>	<i>-04:33</i>	<i>10:15</i>

Ironman World Championship	9:38:53	186	16	1:02:51	5:04:15	3:25:03
<i>Your Difference</i>	<i>07:41</i>	<i>156</i>	<i>6</i>	<i>04:46</i>	<i>-02:56</i>	<i>05:57</i>
Ironman Barcelona	9:38:03	188	32	1:03:50	4:52:57	3:34:00
<i>Your Difference</i>	<i>06:51</i>	<i>158</i>	<i>22</i>	<i>05:45</i>	<i>-14:14</i>	<i>14:54</i>
Ironman Vitoria-Gasteiz	9:32:03	101	21	1:01:36	5:00:11	3:23:03
<i>Your Difference</i>	<i>00:51</i>	<i>71</i>	<i>11</i>	<i>03:31</i>	<i>-07:00</i>	<i>03:57</i>
Ironman Hamburg	9:31:56	126	19	47:43	5:00:35	3:34:17
<i>Your Difference</i>	<i>00:44</i>	<i>96</i>	<i>9</i>	<i>-10:22</i>	<i>-06:36</i>	<i>15:11</i>
Ironman Tallinn	9:31:35	54	8	1:05:02	4:49:35	3:30:30
<i>Your Difference</i>	<i>00:23</i>	<i>24</i>	<i>-2</i>	<i>06:57</i>	<i>-17:36</i>	<i>11:24</i>
Ironman Argentina	9:28:15	35	7	59:05	5:08:06	3:17:49
<i>Your Difference</i>	<i>-02:57</i>	<i>5</i>	<i>-3</i>	<i>01:00</i>	<i>00:55</i>	<i>-01:17</i>

Ironman Argentina

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:19:57	43:01	4:14:19	2:49:11
Average	8:32:40	46:00	4:31:55	2:57:01
Slowest	8:45:23	48:58	4:50:41	3:06:05

Fastest, average and slowest Male winning splits at Ironman Argentina

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:19:57	1	43:01	4:14:19	2:45:07
<i>Your Difference</i>	<i>-1:11:15</i>	<i>-29</i>	<i>-15:04</i>	<i>-52:52</i>	<i>-33:59</i>
Average	11:55:05	418	1:11:53	6:06:32	4:17:36
<i>Your Difference</i>	<i>2:23:53</i>	<i>388</i>	<i>13:48</i>	<i>59:21</i>	<i>58:30</i>
<i>New Zealand Difference</i>	<i>-20:25</i>	<i>-66</i>	<i>-02:00</i>	<i>-05:28</i>	<i>-07:27</i>
Slowest	16:54:51	1009	2:10:35	8:40:44	7:19:24
<i>Your Difference</i>	<i>7:23:39</i>	<i>979</i>	<i>1:12:30</i>	<i>3:33:33</i>	<i>4:00:18</i>

Fastest, average and slowest Male splits at Ironman Argentina

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:10:18	12	1	55:31	4:45:57	3:05:41
<i>Your Difference</i>	<i>-20:54</i>	<i>-18</i>	<i>-9</i>	<i>-02:34</i>	<i>-21:14</i>	<i>-13:25</i>
Average	9:15:15	15	1	57:28	4:58:09	3:14:00
<i>Your Difference</i>	<i>-15:57</i>	<i>-15</i>	<i>-9</i>	<i>-00:37</i>	<i>-09:02</i>	<i>-05:06</i>
Slowest	9:20:11	18	1	59:24	5:07:03	3:28:30
<i>Your Difference</i>	<i>-11:01</i>	<i>-12</i>	<i>-9</i>	<i>01:19</i>	<i>-00:08</i>	<i>09:24</i>

Fastest, average and slowest M40-44 winning splits at Ironman Argentina

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:37:44	52	13	52:07	5:12:44	3:15:35
<i>Your Difference</i>	<i>06:32</i>	<i>22</i>	<i>3</i>	<i>-05:58</i>	<i>05:33</i>	<i>-03:31</i>
Average	9:42:48	59	13	58:18	5:17:24	3:18:39
<i>Your Difference</i>	<i>11:36</i>	<i>29</i>	<i>3</i>	<i>00:13</i>	<i>10:13</i>	<i>-00:27</i>
Slowest	9:47:52	66	13	1:04:29	5:22:58	3:20:56
<i>Your Difference</i>	<i>16:40</i>	<i>36</i>	<i>3</i>	<i>06:24</i>	<i>15:47</i>	<i>01:50</i>

Fastest, average and slowest M40-44 final qualifier splits (13 place) at Ironman Argentina

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:33:37	45	52:53	5:08:53	3:03:13
<i>Your Difference</i>	02:25	15	-05:12	01:42	-15:53
Average	9:38:05	50	58:35	5:21:37	3:13:07
<i>Your Difference</i>	06:53	20	00:30	14:26	-05:59
Slowest	9:42:33	55	1:04:16	5:33:39	3:22:54
<i>Your Difference</i>	11:21	25	06:11	26:28	03:48

Fastest, average and slowest M40-44 splits for 10th place at Ironman Argentina

M40-44 7th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:27:06	34	7	53:19	5:01:04	3:14:01
<i>Your Difference</i>	-04:06	4	-3	-04:46	-06:07	-05:05
Average	9:28:15	35	7	59:05	5:08:06	3:17:49
<i>Your Difference</i>	-02:57	5	-3	01:00	00:55	-01:17
Slowest	9:29:24	36	7	1:04:51	5:12:00	3:21:09
<i>Your Difference</i>	-01:48	6	-3	06:46	04:49	02:03

Fastest, average and slowest splits for M40-44 7th place (6th percentile in division) at Ironman Argentina

Average Performance Differences between Ironman Argentina and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Argentina 2017		-26:32	-25:38	-06:23	07:10
Argentina 2018					
Argentina 2019	35:35	17:34		-56:38	-43:56

Average time difference between performances of athletes who raced both events

Ironman Arizona

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:44:29	46:10	4:04:38	2:42:31
Average	8:10:49	51:25	4:24:59	2:50:12
Slowest	8:42:38	58:59	4:41:10	3:09:35

Fastest, average and slowest Male winning splits at Ironman Arizona

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:44:29	1	45:31	4:03:35	2:40:17
<i>Your Difference</i>	<i>-1:46:43</i>	<i>-29</i>	<i>-12:34</i>	<i>-1:03:36</i>	<i>-38:49</i>
Average	13:07:24	1042	1:24:30	6:12:05	5:12:14
<i>Your Difference</i>	<i>3:36:12</i>	<i>1012</i>	<i>26:25</i>	<i>1:04:54</i>	<i>1:53:08</i>
<i>New Zealand Difference</i>	<i>-31:11</i>	<i>183</i>	<i>02:20</i>	<i>-27:32</i>	<i>-06:46</i>
Slowest	17:26:39	2323	2:32:12	8:29:26	9:31:33
<i>Your Difference</i>	<i>7:55:27</i>	<i>2293</i>	<i>1:34:07</i>	<i>3:22:15</i>	<i>6:12:27</i>

Fastest, average and slowest Male splits at Ironman Arizona

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:48:51	10	1	50:24	4:35:06	2:59:55
<i>Your Difference</i>	<i>-42:21</i>	<i>-20</i>	<i>-9</i>	<i>-07:41</i>	<i>-32:05</i>	<i>-19:11</i>
Average	9:14:47	27	1	59:09	4:52:46	3:16:23
<i>Your Difference</i>	<i>-16:25</i>	<i>-3</i>	<i>-9</i>	<i>01:04</i>	<i>-14:25</i>	<i>-02:43</i>
Slowest	9:48:09	37	1	1:06:39	5:12:19	3:34:30
<i>Your Difference</i>	<i>16:57</i>	<i>7</i>	<i>-9</i>	<i>08:34</i>	<i>05:08</i>	<i>15:24</i>

Fastest, average and slowest M40-44 winning splits at Ironman Arizona

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:02:16	26	3	52:09	4:40:25	3:08:10
<i>Your Difference</i>	<i>-28:56</i>	<i>-4</i>	<i>-7</i>	<i>-05:56</i>	<i>-26:46</i>	<i>-10:56</i>
Average	9:30:53	43	3	1:03:08	5:00:58	3:19:52
<i>Your Difference</i>	<i>-00:19</i>	<i>13</i>	<i>-7</i>	<i>05:03</i>	<i>-06:13</i>	<i>00:46</i>
Slowest	10:04:50	61	3	1:13:44	5:23:50	3:42:26
<i>Your Difference</i>	<i>33:38</i>	<i>31</i>	<i>-7</i>	<i>15:39</i>	<i>16:39</i>	<i>23:20</i>

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Arizona

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:26:35	63	55:10	4:43:02	3:24:41
<i>Your Difference</i>	<i>-04:37</i>	<i>33</i>	<i>-02:55</i>	<i>-24:09</i>	<i>05:35</i>
Average	9:56:07	87	1:04:51	5:04:13	3:40:00
<i>Your Difference</i>	<i>24:55</i>	<i>57</i>	<i>06:46</i>	<i>-02:58</i>	<i>20:54</i>
Slowest	10:25:51	108	1:13:06	5:34:28	4:02:11
<i>Your Difference</i>	<i>54:39</i>	<i>78</i>	<i>15:01</i>	<i>27:17</i>	<i>43:05</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Arizona

M40-44 17th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:42:15	86	17	54:12	4:53:38	3:25:00
<i>Your Difference</i>	<i>11:03</i>	<i>56</i>	<i>7</i>	<i>-03:53</i>	<i>-13:33</i>	<i>05:54</i>
Average	10:13:41	125	17	1:07:32	5:17:42	3:40:32
<i>Your Difference</i>	<i>42:29</i>	<i>95</i>	<i>7</i>	<i>09:27</i>	<i>10:31</i>	<i>21:26</i>
Slowest	10:48:38	185	17	1:16:47	5:41:50	3:59:21
<i>Your Difference</i>	<i>1:17:26</i>	<i>155</i>	<i>7</i>	<i>18:42</i>	<i>34:39</i>	<i>40:15</i>

Fastest, average and slowest splits for M40-44 17th place (6th percentile in division) at Ironman Arizona

Average Performance Differences between Ironman Arizona and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Arizona 2015	<i>-18:39</i>	<i>-06:34</i>	<i>-43:41</i>	<i>-34:52</i>	<i>-39:58</i>
Arizona 2016	<i>-1:01:19</i>	<i>-16:15</i>	<i>-1:45:51</i>	<i>-21:29</i>	<i>-42:16</i>
Arizona 2017	<i>13:10</i>	<i>-41:35</i>	<i>-39:42</i>	<i>-1:22:28</i>	<i>-57:41</i>
Arizona 2018	<i>-1:01:06</i>	<i>-19:19</i>	<i>-45:28</i>	<i>-27:16</i>	<i>-19:20</i>
Arizona 2019	<i>-33:36</i>	<i>30:30</i>	<i>-2:08:51</i>	<i>-12:50</i>	<i>-22:45</i>

Average time difference between performances of athletes who raced both events

Ironman Australia

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:06:17	44:49	4:22:53	2:45:58
Average	8:23:21	47:41	4:39:44	2:53:22
Slowest	8:35:53	50:51	4:49:09	3:05:22

Fastest, average and slowest Male winning splits at Ironman Australia

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:06:17	1	43:47	4:22:53	2:44:30
Your Difference	-1:24:55	-29	-14:18	-44:18	-34:36
Average	12:25:23	570	1:09:52	6:15:54	4:48:12
Your Difference	2:54:11	540	11:47	1:08:43	1:29:06
New Zealand Difference	-08:02	21	-04:54	02:46	-03:35
Slowest	16:54:28	1294	1:59:54	8:54:21	8:23:02
Your Difference	7:23:16	1264	1:01:49	3:47:10	5:03:56

Fastest, average and slowest Male splits at Ironman Australia

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:58:30	5	1	49:07	4:57:39	2:54:57
Your Difference	-32:42	-25	-9	-08:58	-09:32	-24:09
Average	9:28:24	76	1	56:13	5:09:57	3:18:48
Your Difference	-02:48	46	-9	-01:52	02:46	-00:18
Slowest	12:45:32	979	1	1:34:29	5:45:45	5:16:30
Your Difference	3:14:20	949	-9	36:24	38:34	1:57:24

Fastest, average and slowest M40-44 winning splits at Ironman Australia

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:25:13	15	5	49:42	4:52:16	3:18:18
Your Difference	-05:59	-15	-5	-08:23	-14:55	-00:48
Average	9:39:23	45	5	56:22	5:13:47	3:28:06
Your Difference	08:11	15	-5	-01:43	06:36	09:00
Slowest	9:54:12	86	5	1:08:54	5:52:15	3:42:31
Your Difference	23:00	56	-5	10:49	45:04	23:25

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman Australia

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:38:46	37	51:28	5:02:35	3:18:33
<i>Your Difference</i>	<i>07:34</i>	<i>7</i>	<i>-06:37</i>	<i>-04:36</i>	<i>-00:33</i>
Average	9:54:40	76	59:04	5:18:02	3:33:18
<i>Your Difference</i>	<i>23:28</i>	<i>46</i>	<i>00:59</i>	<i>10:51</i>	<i>14:12</i>
Slowest	10:10:43	141	1:07:12	5:32:53	3:43:10
<i>Your Difference</i>	<i>39:31</i>	<i>111</i>	<i>09:07</i>	<i>25:42</i>	<i>24:04</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Australia

M40-44 12th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:43:54	39	12	52:25	5:03:49	3:22:17
<i>Your Difference</i>	<i>12:42</i>	<i>9</i>	<i>2</i>	<i>-05:40</i>	<i>-03:22</i>	<i>03:11</i>
Average	9:59:00	82	12	58:32	5:20:15	3:36:10
<i>Your Difference</i>	<i>27:48</i>	<i>52</i>	<i>2</i>	<i>00:27</i>	<i>13:04</i>	<i>17:04</i>
Slowest	10:16:13	145	12	1:04:17	5:33:55	3:47:41
<i>Your Difference</i>	<i>45:01</i>	<i>115</i>	<i>2</i>	<i>06:12</i>	<i>26:44</i>	<i>28:35</i>

Fastest, average and slowest splits for M40-44 12th place (6th percentile in division) at Ironman Australia

Average Performance Differences between Ironman Australia and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Australia 2015	<i>10:53</i>	<i>15:07</i>	<i>-28:20</i>	<i>01:30</i>	<i>-08:04</i>
Australia 2016	<i>10:52</i>	<i>-28:50</i>	<i>-18:32</i>	<i>-25:21</i>	<i>-15:44</i>
Australia 2017	<i>-06:27</i>	<i>04:58</i>	<i>-51:09</i>	<i>05:42</i>	<i>-23:08</i>
Australia 2018	<i>-01:57</i>	<i>12:39</i>	<i>-58:44</i>	<i>-08:55</i>	<i>-12:41</i>
Australia 2019	<i>03:18</i>	<i>20:20</i>	<i>-27:36</i>	<i>-04:27</i>	<i>-07:14</i>

Average time difference between performances of athletes who raced both events

Ironman Austria

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:45:58	44:25	4:11:47	2:39:24
Average	8:01:39	48:07	4:21:46	2:47:31
Slowest	8:14:37	52:38	4:30:40	2:54:27

Fastest, average and slowest Male winning splits at Ironman Austria

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:48:45	1	44:31	4:11:47	2:39:57
<i>Your Difference</i>	<i>-1:42:27</i>	<i>-29</i>	<i>-13:34</i>	<i>-55:24</i>	<i>-39:09</i>
Average	11:49:40	1147	1:16:30	5:53:06	4:26:19
<i>Your Difference</i>	<i>2:18:28</i>	<i>1117</i>	<i>18:25</i>	<i>45:55</i>	<i>1:07:13</i>
<i>New Zealand Difference</i>	<i>-09:43</i>	<i>927</i>	<i>01:20</i>	<i>-10:59</i>	<i>-01:45</i>
Slowest	16:59:59	2595	2:23:13	8:42:49	11:46:00
<i>Your Difference</i>	<i>7:28:47</i>	<i>2565</i>	<i>1:25:08</i>	<i>3:35:38</i>	<i>8:26:54</i>

Fastest, average and slowest Male splits at Ironman Austria

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:34:21	1	1	50:45	4:23:27	2:55:31
<i>Your Difference</i>	<i>-56:51</i>	<i>-29</i>	<i>-9</i>	<i>-07:20</i>	<i>-43:44</i>	<i>-23:35</i>
Average	8:55:57	21	1	1:00:20	4:49:45	3:07:00
<i>Your Difference</i>	<i>-35:15</i>	<i>-9</i>	<i>-9</i>	<i>02:15</i>	<i>-17:26</i>	<i>-12:06</i>
Slowest	9:11:12	48	1	1:22:15	6:12:36	3:25:01
<i>Your Difference</i>	<i>-20:00</i>	<i>18</i>	<i>-9</i>	<i>24:10</i>	<i>1:05:25</i>	<i>05:55</i>

Fastest, average and slowest M40-44 winning splits at Ironman Austria

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:48:28	25	5	51:19	4:43:10	3:01:19
<i>Your Difference</i>	<i>-42:44</i>	<i>-5</i>	<i>-5</i>	<i>-06:46</i>	<i>-24:01</i>	<i>-17:47</i>
Average	9:16:43	54	5	59:26	4:57:27	3:12:45
<i>Your Difference</i>	<i>-14:29</i>	<i>24</i>	<i>-5</i>	<i>01:21</i>	<i>-09:44</i>	<i>-06:21</i>
Slowest	9:34:06	105	5	1:08:29	5:11:00	3:32:42
<i>Your Difference</i>	<i>02:54</i>	<i>75</i>	<i>-5</i>	<i>10:24</i>	<i>03:49</i>	<i>13:36</i>

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman Austria

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:01:27	47	50:42	4:40:14	3:02:20
<i>Your Difference</i>	<i>-29:45</i>	<i>17</i>	<i>-07:23</i>	<i>-26:57</i>	<i>-16:46</i>
Average	9:27:28	83	1:02:32	4:56:02	3:22:02
<i>Your Difference</i>	<i>-03:44</i>	<i>53</i>	<i>04:27</i>	<i>-11:09</i>	<i>02:56</i>
Slowest	9:51:42	152	1:13:06	5:07:15	3:38:28
<i>Your Difference</i>	<i>20:30</i>	<i>122</i>	<i>15:01</i>	<i>00:04</i>	<i>19:22</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Austria

M40-44 26th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:17:50	123	26	58:18	4:54:03	3:06:37
<i>Your Difference</i>	<i>-13:22</i>	<i>93</i>	<i>16</i>	<i>00:13</i>	<i>-13:08</i>	<i>-12:29</i>
Average	9:47:04	166	26	1:07:00	5:06:24	3:25:26
<i>Your Difference</i>	<i>15:52</i>	<i>136</i>	<i>16</i>	<i>08:55</i>	<i>-00:47</i>	<i>06:20</i>
Slowest	10:08:48	248	26	1:19:17	5:28:45	3:41:35
<i>Your Difference</i>	<i>37:36</i>	<i>218</i>	<i>16</i>	<i>21:12</i>	<i>21:34</i>	<i>22:29</i>

Fastest, average and slowest splits for M40-44 26th place (6th percentile in division) at Ironman Austria

Average Performance Differences between Ironman Austria and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Austria 2015	<i>-1:39:57</i>	<i>-10:12</i>		<i>-06:46</i>	<i>-1:15:50</i>
Austria 2016	<i>-15:59</i>	<i>-1:22:05</i>	<i>11:40</i>	<i>-1:10:51</i>	<i>-06:51</i>
Austria 2017	<i>-13:03</i>	<i>-04:42</i>		<i>-17:33</i>	<i>-48:28</i>
Austria 2018	<i>29:28</i>	<i>58:08</i>	<i>-1:03:21</i>	<i>-26:58</i>	<i>28:56</i>
Austria 2019	<i>1:16:42</i>	<i>-31:30</i>	<i>14:13</i>	<i>-26:11</i>	<i>28:01</i>

Average time difference between performances of athletes who raced both events

Ironman Barcelona

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:45:05	45:56	4:06:13	2:41:25
Average	7:57:04	48:18	4:18:18	2:46:42
Slowest	8:05:56	50:39	4:25:31	2:53:12

Fastest, average and slowest Male winning splits at Ironman Barcelona

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:45:05	1	45:34	4:06:13	2:41:25
<i>Your Difference</i>	<i>-1:46:07</i>	<i>-29</i>	<i>-12:31</i>	<i>-1:00:58</i>	<i>-37:41</i>
Average	11:30:52	1168	1:14:42	5:34:12	4:29:04
<i>Your Difference</i>	<i>1:59:40</i>	<i>1138</i>	<i>16:37</i>	<i>27:01</i>	<i>1:09:58</i>
<i>New Zealand Difference</i>	<i>-1:11:09</i>	<i>696</i>	<i>-04:30</i>	<i>-47:37</i>	<i>-17:19</i>
Slowest	16:01:29	2766	2:16:21	7:50:57	8:06:08
<i>Your Difference</i>	<i>6:30:17</i>	<i>2736</i>	<i>1:18:16</i>	<i>2:43:46</i>	<i>4:47:02</i>

Fastest, average and slowest Male splits at Ironman Barcelona

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:39:34	17	1	53:20	4:35:57	2:57:11
<i>Your Difference</i>	<i>-51:38</i>	<i>-13</i>	<i>-9</i>	<i>-04:45</i>	<i>-31:14</i>	<i>-21:55</i>
Average	8:47:26	27	1	57:44	4:39:37	3:04:52
<i>Your Difference</i>	<i>-43:46</i>	<i>-3</i>	<i>-9</i>	<i>-00:21</i>	<i>-27:34</i>	<i>-14:14</i>
Slowest	8:54:54	36	1	1:01:58	4:46:34	3:09:06
<i>Your Difference</i>	<i>-36:18</i>	<i>6</i>	<i>-9</i>	<i>03:53</i>	<i>-20:37</i>	<i>-10:00</i>

Fastest, average and slowest M40-44 winning splits at Ironman Barcelona

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:52:01	33	5	55:18	4:38:40	3:02:00
<i>Your Difference</i>	<i>-39:11</i>	<i>3</i>	<i>-5</i>	<i>-02:47</i>	<i>-28:31</i>	<i>-17:06</i>
Average	8:59:40	51	5	57:02	4:46:19	3:10:22
<i>Your Difference</i>	<i>-31:32</i>	<i>21</i>	<i>-5</i>	<i>-01:03</i>	<i>-20:52</i>	<i>-08:44</i>
Slowest	9:06:37	85	5	59:13	4:52:33	3:14:36
<i>Your Difference</i>	<i>-24:35</i>	<i>55</i>	<i>-5</i>	<i>01:08</i>	<i>-14:38</i>	<i>-04:30</i>

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman Barcelona

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:01:22	52	56:58	4:37:41	3:10:24
<i>Your Difference</i>	<i>-29:50</i>	<i>22</i>	<i>-01:07</i>	<i>-29:30</i>	<i>-08:42</i>
Average	9:07:05	72	59:25	4:43:28	3:18:09
<i>Your Difference</i>	<i>-24:07</i>	<i>42</i>	<i>01:20</i>	<i>-23:43</i>	<i>-00:57</i>
Slowest	9:16:57	93	1:03:01	4:47:05	3:26:14
<i>Your Difference</i>	<i>-14:15</i>	<i>63</i>	<i>04:56</i>	<i>-20:06</i>	<i>07:08</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Barcelona

M40-44 32nd Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:25:50	157	32	57:28	4:38:31	3:23:44
<i>Your Difference</i>	<i>-05:22</i>	<i>127</i>	<i>22</i>	<i>-00:37</i>	<i>-28:40</i>	<i>04:38</i>
Average	9:38:03	188	32	1:03:50	4:52:57	3:34:00
<i>Your Difference</i>	<i>06:51</i>	<i>158</i>	<i>22</i>	<i>05:45</i>	<i>-14:14</i>	<i>14:54</i>
Slowest	9:45:59	231	32	1:10:37	5:09:31	3:51:54
<i>Your Difference</i>	<i>14:47</i>	<i>201</i>	<i>22</i>	<i>12:32</i>	<i>02:20</i>	<i>32:48</i>

Fastest, average and slowest splits for M40-44 32nd place (6th percentile in division) at Ironman Barcelona

Average Performance Differences between Ironman Barcelona and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Barcelona 2015	<i>-34:09</i>	<i>-1:12:00</i>	<i>-2:25:45</i>	<i>-2:59:25</i>	<i>-1:03:41</i>
Barcelona 2016	<i>-45:30</i>	<i>-1:06:10</i>	<i>-1:19:33</i>	<i>-20:27</i>	<i>-1:02:38</i>
Barcelona 2017	<i>-51:44</i>	<i>-30:29</i>	<i>-2:21:18</i>	<i>-43:16</i>	<i>-1:32:21</i>
Barcelona 2018		<i>-24:32</i>	<i>-1:35:52</i>	<i>-1:16:13</i>	<i>-1:02:47</i>
Barcelona 2019	<i>06:45</i>	<i>-1:11:17</i>	<i>-1:54:56</i>	<i>-1:38:08</i>	<i>-1:05:10</i>

Average time difference between performances of athletes who raced both events

Ironman Brazil

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:40:23	42:27	4:06:56	2:42:52
Average	8:24:34	48:02	4:22:44	2:53:04
Slowest	12:14:21	59:12	4:34:30	3:00:55

Fastest, average and slowest Male winning splits at Ironman Brazil

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:40:23	1	43:47	4:01:41	2:42:52
<i>Your Difference</i>	<i>-1:50:49</i>	<i>-29</i>	<i>-14:18</i>	<i>-1:05:30</i>	<i>-36:14</i>
Average	11:39:22	825	1:11:22	5:51:37	4:22:44
<i>Your Difference</i>	<i>2:08:10</i>	<i>795</i>	<i>13:17</i>	<i>44:26</i>	<i>1:03:38</i>
<i>New Zealand Difference</i>	<i>-42:16</i>	<i>183</i>	<i>-03:30</i>	<i>-26:58</i>	<i>-10:56</i>
Slowest	17:27:36	2069	2:15:57	8:38:34	13:51:07
<i>Your Difference</i>	<i>7:56:24</i>	<i>2039</i>	<i>1:17:52</i>	<i>3:31:23</i>	<i>10:32:01</i>

Fastest, average and slowest Male splits at Ironman Brazil

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:34:26	11	1	49:03	4:43:31	2:54:49
<i>Your Difference</i>	<i>-56:46</i>	<i>-19</i>	<i>-9</i>	<i>-09:02</i>	<i>-23:40</i>	<i>-24:17</i>
Average	9:23:43	22	1	56:11	4:55:04	3:11:04
<i>Your Difference</i>	<i>-07:29</i>	<i>-8</i>	<i>-9</i>	<i>-01:54</i>	<i>-12:07</i>	<i>-08:02</i>
Slowest	12:55:12	39	1	1:10:30	5:21:10	3:33:13
<i>Your Difference</i>	<i>3:24:00</i>	<i>9</i>	<i>-9</i>	<i>12:25</i>	<i>13:59</i>	<i>14:07</i>

Fastest, average and slowest M40-44 winning splits at Ironman Brazil

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:12:27	45	7	54:09	4:48:07	3:02:53
<i>Your Difference</i>	<i>-18:45</i>	<i>15</i>	<i>-3</i>	<i>-03:56</i>	<i>-19:04</i>	<i>-16:13</i>
Average	9:53:54	73	7	1:01:27	5:07:44	3:55:37
<i>Your Difference</i>	<i>22:42</i>	<i>43</i>	<i>-3</i>	<i>03:22</i>	<i>00:33</i>	<i>36:31</i>
Slowest	13:00:07	120	7	1:16:21	5:18:52	10:19:21
<i>Your Difference</i>	<i>3:28:55</i>	<i>90</i>	<i>-3</i>	<i>18:16</i>	<i>11:41</i>	<i>7:00:15</i>

Fastest, average and slowest M40-44 final qualifier splits (7 place) at Ironman Brazil

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:20:00	52	50:50	4:50:19	3:14:22
<i>Your Difference</i>	<i>-11:12</i>	<i>22</i>	<i>-07:15</i>	<i>-16:52</i>	<i>-04:44</i>
Average	10:00:34	91	1:01:40	5:05:50	4:06:53
<i>Your Difference</i>	<i>29:22</i>	<i>61</i>	<i>03:35</i>	<i>-01:21</i>	<i>47:47</i>
Slowest	13:02:44	138	1:12:03	5:28:47	10:23:29
<i>Your Difference</i>	<i>3:31:32</i>	<i>108</i>	<i>13:58</i>	<i>21:36</i>	<i>7:04:23</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Brazil

M40-44 16th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:24:12	64	16	51:45	4:43:44	3:17:42
<i>Your Difference</i>	<i>-07:00</i>	<i>34</i>	<i>6</i>	<i>-06:20</i>	<i>-23:27</i>	<i>-01:24</i>
Average	10:11:32	128	16	1:03:50	5:08:33	4:10:26
<i>Your Difference</i>	<i>40:20</i>	<i>98</i>	<i>6</i>	<i>05:45</i>	<i>01:22</i>	<i>51:20</i>
Slowest	13:08:37	195	16	1:17:03	5:30:33	10:40:17
<i>Your Difference</i>	<i>3:37:25</i>	<i>165</i>	<i>6</i>	<i>18:58</i>	<i>23:22</i>	<i>7:21:11</i>

Fastest, average and slowest splits for M40-44 16th place (6th percentile in division) at Ironman Brazil

Average Performance Differences between Ironman Brazil and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Brazil 2015		<i>-1:03:25</i>		<i>43:43</i>	<i>-35:34</i>
Brazil 2016	<i>-1:07:22</i>	<i>-10:25</i>			<i>-1:11:35</i>
Brazil 2017		<i>-37:59</i>	<i>-50:31</i>	<i>-49:05</i>	<i>-11:56</i>
Brazil 2018		<i>-1:06:26</i>	<i>-55:13</i>	<i>18:37</i>	<i>-45:52</i>
Brazil 2019	<i>-55:19</i>	<i>-48:05</i>	<i>-2:08:14</i>	<i>-29:27</i>	<i>-24:50</i>

Average time difference between performances of athletes who raced both events

Ironman Cairns

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:54:58	46:45	4:17:29	2:39:59
Average	8:10:58	48:39	4:28:49	2:49:37
Slowest	8:20:15	55:16	4:36:58	3:01:32

Fastest, average and slowest Male winning splits at Ironman Cairns

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:54:58	1	44:54	4:15:13	2:33:33
Your Difference	-1:36:14	-29	-13:11	-51:58	-45:33
Average	12:14:06	504	1:16:13	6:02:09	4:43:01
Your Difference	2:42:54	474	18:08	54:58	1:23:55
New Zealand Difference	03:23	71	01:39	-05:14	07:08
Slowest	16:51:53	1307	2:16:34	8:26:48	8:05:48
Your Difference	7:20:41	1277	1:18:29	3:19:37	4:46:42

Fastest, average and slowest Male splits at Ironman Cairns

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:53:00	7	1	51:18	4:34:35	3:02:51
Your Difference	-38:12	-23	-9	-06:47	-32:36	-16:15
Average	9:14:18	18	1	57:22	4:53:40	3:17:25
Your Difference	-16:54	-12	-9	-00:43	-13:31	-01:41
Slowest	9:32:35	25	1	1:09:32	5:04:26	3:43:52
Your Difference	01:23	-5	-9	11:27	-02:45	24:46

Fastest, average and slowest M40-44 winning splits at Ironman Cairns

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:37:59	59	10	1:00:27	4:50:40	3:22:52
Your Difference	06:47	29	0	02:22	-16:31	03:46
Average	9:57:35	72	10	1:05:06	5:10:40	3:33:39
Your Difference	26:23	42	0	07:01	03:29	14:33
Slowest	10:21:19	84	10	1:17:11	5:29:58	3:40:32
Your Difference	50:07	54	0	19:06	22:47	21:26

Fastest, average and slowest M40-44 final qualifier splits (10 place) at Ironman Cairns

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:37:59	59	1:00:27	4:50:40	3:22:52
<i>Your Difference</i>	06:47	29	02:22	-16:31	03:46
Average	9:57:35	72	1:05:06	5:10:40	3:33:39
<i>Your Difference</i>	26:23	42	07:01	03:29	14:33
Slowest	10:21:19	84	1:17:11	5:29:58	3:40:32
<i>Your Difference</i>	50:07	54	19:06	22:47	21:26

Fastest, average and slowest M40-44 splits for 10th place at Ironman Cairns

M40-44 9th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:34:32	57	9	55:47	4:58:33	3:09:36
<i>Your Difference</i>	03:20	27	-1	-02:18	-08:38	-09:30
Average	9:53:22	65	9	1:01:51	5:15:51	3:28:17
<i>Your Difference</i>	22:10	35	-1	03:46	08:40	09:11
Slowest	10:13:14	78	9	1:09:51	5:35:05	3:39:47
<i>Your Difference</i>	42:02	48	-1	11:46	27:54	20:41

Fastest, average and slowest splits for M40-44 9th place (6th percentile in division) at Ironman Cairns

Average Performance Differences between Ironman Cairns and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Cairns 2015	37:53	02:07	-50:16	00:15	08:28
Cairns 2016	30:40	24:57	-24:22	20:42	23:20
Cairns 2017	-04:46	-06:49	-47:00	07:39	-15:26
Cairns 2018	-00:22	02:12	-35:36	05:39	18:16
Cairns 2019	21:57	42:13	-06:01	29:19	12:00

Average time difference between performances of athletes who raced both events

Ironman Chattanooga

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:08:32	40:49	4:20:25	2:47:40
Average	8:26:51	45:04	4:32:56	2:59:29
Slowest	9:18:29	47:42	4:58:07	3:27:45

Fastest, average and slowest Male winning splits at Ironman Chattanooga

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:08:32	1	40:48	4:20:25	2:48:17
<i>Your Difference</i>	<i>-1:22:40</i>	<i>-29</i>	<i>-17:17</i>	<i>-46:46</i>	<i>-30:49</i>
Average	13:23:56	843	1:06:33	6:25:38	5:30:29
<i>Your Difference</i>	<i>3:52:44</i>	<i>813</i>	<i>08:28</i>	<i>1:18:27</i>	<i>2:11:23</i>
<i>New Zealand Difference</i>	<i>03:37</i>	<i>87</i>	<i>-14:27</i>	<i>-10:48</i>	<i>20:28</i>
Slowest	16:29:35	2078	2:09:06	9:04:34	8:33:21
<i>Your Difference</i>	<i>6:58:23</i>	<i>2048</i>	<i>1:11:01</i>	<i>3:57:23</i>	<i>5:14:15</i>

Fastest, average and slowest Male splits at Ironman Chattanooga

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:08:18	3	1	44:58	4:44:50	3:07:36
<i>Your Difference</i>	<i>-22:54</i>	<i>-27</i>	<i>-9</i>	<i>-13:07</i>	<i>-22:21</i>	<i>-11:30</i>
Average	9:25:03	20	1	50:04	5:00:59	3:24:57
<i>Your Difference</i>	<i>-06:09</i>	<i>-10</i>	<i>-9</i>	<i>-08:01</i>	<i>-06:12</i>	<i>05:51</i>
Slowest	9:40:29	51	1	56:34	5:10:49	3:39:35
<i>Your Difference</i>	<i>09:17</i>	<i>21</i>	<i>-9</i>	<i>-01:31</i>	<i>03:38</i>	<i>20:29</i>

Fastest, average and slowest M40-44 winning splits at Ironman Chattanooga

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:23:24	16	3	42:59	4:58:54	3:27:08
<i>Your Difference</i>	<i>-07:48</i>	<i>-14</i>	<i>-7</i>	<i>-15:06</i>	<i>-08:17</i>	<i>08:02</i>
Average	9:50:20	41	3	50:03	5:11:36	3:38:08
<i>Your Difference</i>	<i>19:08</i>	<i>11</i>	<i>-7</i>	<i>-08:02</i>	<i>04:25</i>	<i>19:02</i>
Slowest	10:10:21	101	3	58:34	5:31:36	3:53:05
<i>Your Difference</i>	<i>39:09</i>	<i>71</i>	<i>-7</i>	<i>00:29</i>	<i>24:25</i>	<i>33:59</i>

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Chattanooga

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:36:21	49	45:11	5:06:34	3:37:55
<i>Your Difference</i>	05:09	19	-12:54	-00:37	18:49
Average	10:28:07	83	53:36	5:19:28	4:02:09
<i>Your Difference</i>	56:55	53	-04:29	12:17	43:03
Slowest	11:04:39	164	58:03	5:34:14	4:33:52
<i>Your Difference</i>	1:33:27	134	-00:02	27:03	1:14:46

Fastest, average and slowest M40-44 splits for 10th place at Ironman Chattanooga

M40-44 11th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:41:30	52	11	45:55	4:50:49	3:24:52
<i>Your Difference</i>	10:18	22	1	-12:10	-16:22	05:46
Average	10:30:32	86	11	53:35	5:24:45	3:59:14
<i>Your Difference</i>	59:20	56	1	-04:30	17:34	40:08
Slowest	11:05:32	166	11	1:00:05	6:03:32	4:26:40
<i>Your Difference</i>	1:34:20	136	1	02:00	56:21	1:07:34

Fastest, average and slowest splits for M40-44 11th place (6th percentile in division) at Ironman Chattanooga

Average Performance Differences between Ironman Chattanooga and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Chattanooga 2015	-32:28	-1:24:54	-01:16	-1:13:38	39:41
Chattanooga 2016	31:38	13:06		1:00:44	1:06:46
Chattanooga 2017		1:00:13	-12:18	04:11	-1:06:20
Chattanooga 2018		-04:46		02:30	
Chattanooga 2019		44:54	54:12	25:43	23:18

Average time difference between performances of athletes who raced both events

Ironman Copenhagen

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:49:18	46:09	4:14:15	2:43:14
Average	8:11:13	49:28	4:25:33	2:51:56
Slowest	8:33:25	54:39	4:34:56	3:03:00

Fastest, average and slowest Male winning splits at Ironman Copenhagen

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:49:18	1	45:54	4:13:57	2:31:08
<i>Your Difference</i>	<i>-1:41:54</i>	<i>-29</i>	<i>-12:11</i>	<i>-53:14</i>	<i>-47:58</i>
Average	11:37:53	1118	1:16:03	5:40:01	4:28:23
<i>Your Difference</i>	<i>2:06:41</i>	<i>1088</i>	<i>17:58</i>	<i>32:50</i>	<i>1:09:17</i>
<i>New Zealand Difference</i>	<i>-57:46</i>	<i>760</i>	<i>-05:19</i>	<i>-40:07</i>	<i>-12:24</i>
Slowest	16:01:56	2543	2:18:03	8:04:14	7:33:28
<i>Your Difference</i>	<i>6:30:44</i>	<i>2513</i>	<i>1:19:58</i>	<i>2:57:03</i>	<i>4:14:22</i>

Fastest, average and slowest Male splits at Ironman Copenhagen

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:33:20	4	1	50:59	4:25:20	2:56:48
<i>Your Difference</i>	<i>-57:52</i>	<i>-26</i>	<i>-9</i>	<i>-07:06</i>	<i>-41:51</i>	<i>-22:18</i>
Average	8:49:08	13	1	56:55	4:42:05	3:07:28
<i>Your Difference</i>	<i>-42:04</i>	<i>-17</i>	<i>-9</i>	<i>-01:10</i>	<i>-25:06</i>	<i>-11:38</i>
Slowest	9:14:00	31	1	1:03:35	5:05:04	3:27:05
<i>Your Difference</i>	<i>-17:12</i>	<i>1</i>	<i>-9</i>	<i>05:30</i>	<i>-02:07</i>	<i>07:59</i>

Fastest, average and slowest M40-44 winning splits at Ironman Copenhagen

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:51:11	14	4	53:21	4:27:57	3:02:14
<i>Your Difference</i>	<i>-40:01</i>	<i>-16</i>	<i>-6</i>	<i>-04:44</i>	<i>-39:14</i>	<i>-16:52</i>
Average	9:09:29	36	4	1:01:45	4:42:23	3:18:11
<i>Your Difference</i>	<i>-21:43</i>	<i>6</i>	<i>-6</i>	<i>03:40</i>	<i>-24:48</i>	<i>-00:55</i>
Slowest	9:30:59	56	4	1:14:20	4:55:36	3:32:47
<i>Your Difference</i>	<i>-00:13</i>	<i>26</i>	<i>-6</i>	<i>16:15</i>	<i>-11:35</i>	<i>13:41</i>

Fastest, average and slowest M40-44 final qualifier splits (4 place) at Ironman Copenhagen

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:18:22	51	56:19	4:42:00	3:13:36
<i>Your Difference</i>	<i>-12:50</i>	<i>21</i>	<i>-01:46</i>	<i>-25:11</i>	<i>-05:30</i>
Average	9:28:48	73	1:01:44	4:52:58	3:27:20
<i>Your Difference</i>	<i>-02:24</i>	<i>43</i>	<i>03:39</i>	<i>-14:13</i>	<i>08:14</i>
Slowest	9:44:55	89	1:09:00	5:08:11	3:39:01
<i>Your Difference</i>	<i>13:43</i>	<i>59</i>	<i>10:55</i>	<i>01:00</i>	<i>19:55</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Copenhagen

M40-44 22nd Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:32:45	115	22	57:18	4:57:40	3:15:52
<i>Your Difference</i>	<i>01:33</i>	<i>85</i>	<i>12</i>	<i>-00:47</i>	<i>-09:31</i>	<i>-03:14</i>
Average	9:48:29	149	22	1:03:20	5:06:44	3:30:20
<i>Your Difference</i>	<i>17:17</i>	<i>119</i>	<i>12</i>	<i>05:15</i>	<i>-00:27</i>	<i>11:14</i>
Slowest	10:07:01	170	22	1:10:01	5:21:18	3:46:10
<i>Your Difference</i>	<i>35:49</i>	<i>140</i>	<i>12</i>	<i>11:56</i>	<i>14:07</i>	<i>27:04</i>

Fastest, average and slowest splits for M40-44 22nd place (6th percentile in division) at Ironman Copenhagen

Average Performance Differences between Ironman Copenhagen and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Copenhagen 2015	<i>-1:46:45</i>	<i>-26:13</i>	<i>-1:37:23</i>	<i>-40:30</i>	<i>-43:52</i>
Copenhagen 2016	<i>-54:13</i>	<i>-1:05:51</i>		<i>-21:28</i>	<i>-1:12:59</i>
Copenhagen 2017	<i>-14:17</i>	<i>-22:44</i>	<i>-2:05:11</i>	<i>-1:17:00</i>	<i>-54:41</i>
Copenhagen 2018	<i>-1:23:38</i>	<i>-48:32</i>	<i>-1:39:19</i>		<i>-1:06:36</i>
Copenhagen 2019	<i>-34:06</i>	<i>-1:25:59</i>	<i>-1:13:53</i>	<i>-35:01</i>	<i>-2:08:19</i>

Average time difference between performances of athletes who raced both events

Ironman Cozumel

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:44:01	36:54	4:10:48	2:38:29
Average	8:05:49	46:59	4:29:40	2:51:44
Slowest	8:23:52	1:01:26	5:38:01	3:01:41

Fastest, average and slowest Male winning splits at Ironman Cozumel

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:44:01	1	39:17	4:07:21	2:38:29
<i>Your Difference</i>	<i>-1:47:11</i>	<i>-29</i>	<i>-18:48</i>	<i>-59:50</i>	<i>-40:37</i>
Average	12:55:27	665	1:12:18	6:19:42	5:07:31
<i>Your Difference</i>	<i>3:24:15</i>	<i>635</i>	<i>14:13</i>	<i>1:12:31</i>	<i>1:48:25</i>
<i>New Zealand Difference</i>	<i>-15:46</i>	<i>44</i>	<i>-07:44</i>	<i>-17:11</i>	<i>10:31</i>
Slowest	16:59:59	1544	2:19:59	8:50:41	9:06:13
<i>Your Difference</i>	<i>7:28:47</i>	<i>1514</i>	<i>1:21:54</i>	<i>3:43:30</i>	<i>5:47:07</i>

Fastest, average and slowest Male splits at Ironman Cozumel

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:12:20	1	1	38:04	4:47:43	3:04:55
<i>Your Difference</i>	<i>-1:18:52</i>	<i>-29</i>	<i>-9</i>	<i>-20:01</i>	<i>-19:28</i>	<i>-14:11</i>
Average	9:07:11	21	1	51:12	5:02:57	3:17:09
<i>Your Difference</i>	<i>-24:01</i>	<i>-9</i>	<i>-9</i>	<i>-06:53</i>	<i>-04:14</i>	<i>-01:57</i>
Slowest	9:43:41	29	1	1:01:26	5:38:01	3:43:14
<i>Your Difference</i>	<i>12:29</i>	<i>-1</i>	<i>-9</i>	<i>03:21</i>	<i>30:50</i>	<i>24:08</i>

Fastest, average and slowest M40-44 winning splits at Ironman Cozumel

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:04:03	27	4	37:43	4:44:27	3:06:35
<i>Your Difference</i>	<i>-27:09</i>	<i>-3</i>	<i>-6</i>	<i>-20:22</i>	<i>-22:44</i>	<i>-12:31</i>
Average	9:30:08	41	4	53:33	5:04:13	3:25:56
<i>Your Difference</i>	<i>-01:04</i>	<i>11</i>	<i>-6</i>	<i>-04:32</i>	<i>-02:58</i>	<i>06:50</i>
Slowest	9:55:27	62	4	1:09:22	5:19:29	3:40:23
<i>Your Difference</i>	<i>24:15</i>	<i>32</i>	<i>-6</i>	<i>11:17</i>	<i>12:18</i>	<i>21:17</i>

Fastest, average and slowest M40-44 final qualifier splits (4 place) at Ironman Cozumel

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:16:41	58	47:37	4:55:38	3:14:02
<i>Your Difference</i>	<i>-14:31</i>	<i>28</i>	<i>-10:28</i>	<i>-11:33</i>	<i>-05:04</i>
Average	10:00:18	85	58:32	5:13:41	3:41:35
<i>Your Difference</i>	<i>29:06</i>	<i>55</i>	<i>00:27</i>	<i>06:30</i>	<i>22:29</i>
Slowest	10:46:40	138	1:09:10	5:28:20	4:20:35
<i>Your Difference</i>	<i>1:15:28</i>	<i>108</i>	<i>11:05</i>	<i>21:09</i>	<i>1:01:29</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Cozumel

M40-44 14th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:26:27	82	14	40:41	4:44:47	3:34:37
<i>Your Difference</i>	<i>-04:45</i>	<i>52</i>	<i>4</i>	<i>-17:24</i>	<i>-22:24</i>	<i>15:31</i>
Average	10:12:16	107	14	59:36	5:15:22	3:50:03
<i>Your Difference</i>	<i>41:04</i>	<i>77</i>	<i>4</i>	<i>01:31</i>	<i>08:11</i>	<i>30:57</i>
Slowest	10:49:23	144	14	1:09:35	5:53:46	4:49:33
<i>Your Difference</i>	<i>1:18:11</i>	<i>114</i>	<i>4</i>	<i>11:30</i>	<i>46:35</i>	<i>1:30:27</i>

Fastest, average and slowest splits for M40-44 14th place (6th percentile in division) at Ironman Cozumel

Average Performance Differences between Ironman Cozumel and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Cozumel 2015	<i>39:59</i>	<i>-21:45</i>	<i>-34:21</i>	<i>-03:09</i>	<i>-2:03:25</i>
Cozumel 2016	<i>23:37</i>	<i>-12:54</i>	<i>-30:07</i>	<i>34:11</i>	<i>-40:14</i>
Cozumel 2017	<i>-01:03</i>	<i>-1:25:22</i>	<i>-51:49</i>	<i>-1:08:50</i>	<i>-1:04:57</i>
Cozumel 2018	<i>-1:12:57</i>	<i>1:05:33</i>	<i>-27:14</i>	<i>20:36</i>	<i>-01:27</i>
Cozumel 2019	<i>-2:26:36</i>	<i>-03:02</i>	<i>-35:06</i>	<i>-24:03</i>	<i>17:04</i>

Average time difference between performances of athletes who raced both events

Ironman Florida

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:46:28	48:15	4:04:39	2:37:29
Average	8:22:12	52:32	4:27:29	2:57:16
Slowest	9:09:52	1:06:10	4:48:51	3:33:15

Fastest, average and slowest Male winning splits at Ironman Florida

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:46:28	1	47:57	4:01:19	2:36:09
<i>Your Difference</i>	-1:44:44	-29	-10:08	-1:05:52	-42:57
Average	13:13:12	984	1:24:00	6:08:58	5:19:43
<i>Your Difference</i>	3:42:00	954	25:55	1:01:47	2:00:37
<i>New Zealand Difference</i>	-25:59	227	02:12	-38:04	06:24
Slowest	17:17:11	2274	2:20:41	8:58:57	8:35:50
<i>Your Difference</i>	7:45:59	2244	1:22:36	3:51:46	5:16:44

Fastest, average and slowest Male splits at Ironman Florida

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:48:57	2	1	53:29	4:36:48	2:56:58
<i>Your Difference</i>	-42:15	-28	-9	-04:36	-30:23	-22:08
Average	9:11:16	24	1	1:00:34	4:49:59	3:12:30
<i>Your Difference</i>	-19:56	-6	-9	02:29	-17:12	-06:36
Slowest	9:28:14	46	1	1:07:12	5:02:57	3:24:24
<i>Your Difference</i>	-02:58	16	-9	09:07	-04:14	05:18

Fastest, average and slowest M40-44 winning splits at Ironman Florida

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:05:14	6	3	55:31	4:43:00	3:10:15
<i>Your Difference</i>	-25:58	-24	-7	-02:34	-24:11	-08:51
Average	9:23:26	38	3	1:00:37	4:52:06	3:22:18
<i>Your Difference</i>	-07:46	8	-7	02:32	-15:05	03:12
Slowest	9:43:34	65	3	1:08:08	5:08:25	3:34:20
<i>Your Difference</i>	12:22	35	-7	10:03	01:14	15:14

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Florida

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:21:52	28	50:26	4:44:40	3:13:51
<i>Your Difference</i>	<i>-09:20</i>	<i>-2</i>	<i>-07:39</i>	<i>-22:31</i>	<i>-05:15</i>
Average	9:44:41	73	1:05:45	5:00:23	3:30:32
<i>Your Difference</i>	<i>13:29</i>	<i>43</i>	<i>07:40</i>	<i>-06:48</i>	<i>11:26</i>
Slowest	10:21:30	108	1:15:19	5:15:47	3:56:31
<i>Your Difference</i>	<i>50:18</i>	<i>78</i>	<i>17:14</i>	<i>08:36</i>	<i>37:25</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Florida

M40-44 16th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:32:08	69	16	1:00:00	4:48:21	3:21:45
<i>Your Difference</i>	<i>00:56</i>	<i>39</i>	<i>6</i>	<i>01:55</i>	<i>-18:50</i>	<i>02:39</i>
Average	9:57:46	101	16	1:07:09	5:02:21	3:39:14
<i>Your Difference</i>	<i>26:34</i>	<i>71</i>	<i>6</i>	<i>09:04</i>	<i>-04:50</i>	<i>20:08</i>
Slowest	10:45:07	126	16	1:18:43	5:14:06	4:25:47
<i>Your Difference</i>	<i>1:13:55</i>	<i>96</i>	<i>6</i>	<i>20:38</i>	<i>06:55</i>	<i>1:06:41</i>

Fastest, average and slowest splits for M40-44 16th place (6th percentile in division) at Ironman Florida

Average Performance Differences between Ironman Florida and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Florida 2015	<i>-37:07</i>	<i>-28:58</i>	<i>-08:14</i>	<i>01:28</i>	<i>-1:20:43</i>
Florida 2016	<i>-20:31</i>	<i>22:10</i>	<i>-59:17</i>	<i>-26:50</i>	<i>-52:52</i>
Florida 2017	<i>46:13</i>	<i>-29:17</i>	<i>-2:34:21</i>	<i>-28:50</i>	<i>-57:00</i>
Florida 2018	<i>26:33</i>	<i>-34:01</i>	<i>-16:43</i>	<i>14:49</i>	<i>-51:33</i>
Florida 2019	<i>-50:37</i>	<i>-31:06</i>		<i>04:52</i>	<i>-22:23</i>

Average time difference between performances of athletes who raced both events

Ironman France

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:08:59	44:36	4:33:29	2:42:07
Average	8:30:15	50:35	4:46:06	2:48:08
Slowest	8:49:06	56:58	4:57:37	2:57:19

Fastest, average and slowest Male winning splits at Ironman France

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:25:22	1	49:06	4:32:20	2:42:04
<i>Your Difference</i>	<i>-1:05:50</i>	<i>-29</i>	<i>-08:59</i>	<i>-34:51</i>	<i>-37:02</i>
Average	12:24:50	1084	1:13:52	6:26:48	4:28:49
<i>Your Difference</i>	<i>2:53:38</i>	<i>1054</i>	<i>15:47</i>	<i>1:19:37</i>	<i>1:09:43</i>
<i>New Zealand Difference</i>	<i>25:00</i>	<i>744</i>	<i>-01:35</i>	<i>24:57</i>	<i>-00:13</i>
Slowest	16:14:07	2407	2:13:46	9:12:02	14:34:11
<i>Your Difference</i>	<i>6:42:55</i>	<i>2377</i>	<i>1:15:41</i>	<i>4:04:51</i>	<i>11:15:05</i>

Fastest, average and slowest Male splits at Ironman France

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:54:31	7	1	50:02	4:50:27	2:47:23
<i>Your Difference</i>	<i>-36:41</i>	<i>-23</i>	<i>-9</i>	<i>-08:03</i>	<i>-16:44</i>	<i>-31:43</i>
Average	9:25:29	19	1	1:01:12	5:09:43	3:06:26
<i>Your Difference</i>	<i>-05:43</i>	<i>-11</i>	<i>-9</i>	<i>03:07</i>	<i>02:32</i>	<i>-12:40</i>
Slowest	9:53:39	34	1	1:15:55	5:35:55	3:24:12
<i>Your Difference</i>	<i>22:27</i>	<i>4</i>	<i>-9</i>	<i>17:50</i>	<i>28:44</i>	<i>05:06</i>

Fastest, average and slowest M40-44 winning splits at Ironman France

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:24:32	31	5	52:59	5:01:35	3:01:53
<i>Your Difference</i>	<i>-06:40</i>	<i>1</i>	<i>-5</i>	<i>-05:06</i>	<i>-05:36</i>	<i>-17:13</i>
Average	9:46:53	47	5	1:01:45	5:17:59	3:18:03
<i>Your Difference</i>	<i>15:41</i>	<i>17</i>	<i>-5</i>	<i>03:40</i>	<i>10:48</i>	<i>-01:03</i>
Slowest	10:17:20	83	5	1:12:33	5:37:00	3:44:29
<i>Your Difference</i>	<i>46:08</i>	<i>53</i>	<i>-5</i>	<i>14:28</i>	<i>29:49</i>	<i>25:23</i>

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman France

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:35:48	55	54:10	5:12:59	3:07:37
<i>Your Difference</i>	04:36	25	-03:55	05:48	-11:29
Average	10:02:37	78	1:02:19	5:26:23	3:25:19
<i>Your Difference</i>	31:25	48	04:14	19:12	06:13
Slowest	10:40:26	107	1:15:27	5:46:28	3:53:40
<i>Your Difference</i>	1:09:14	77	17:22	39:17	34:34

Fastest, average and slowest M40-44 splits for 10th place at Ironman France

M40-44 25th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:54:50	105	25	53:27	4:57:47	3:21:46
<i>Your Difference</i>	23:38	75	15	-04:38	-09:24	02:40
Average	10:24:43	151	25	1:04:10	5:27:35	3:42:04
<i>Your Difference</i>	53:31	121	15	06:05	20:24	22:58
Slowest	11:13:55	179	25	1:16:54	5:48:47	4:37:14
<i>Your Difference</i>	1:42:43	149	15	18:49	41:36	1:18:08

Fastest, average and slowest splits for M40-44 25th place (6th percentile in division) at Ironman France

Average Performance Differences between Ironman France and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
France 2015	30:40	46:16	50:35		1:28:41
France 2016	37:11	09:50	-14:16	-41:43	-25:24
France 2017		1:21:43	08:12		58:06
France 2018	-10:31	34:49	26:13	-06:55	-06:27

Average time difference between performances of athletes who raced both events

Ironman Frankfurt

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:41:42	44:38	4:02:22	2:39:06
Average	8:02:09	48:05	4:21:51	2:48:23
Slowest	8:20:50	52:12	4:31:30	2:58:57

Fastest, average and slowest Male winning splits at Ironman Frankfurt

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:41:42	1	45:44	4:02:22	2:39:06
<i>Your Difference</i>	<i>-1:49:30</i>	<i>-29</i>	<i>-12:21</i>	<i>-1:04:49</i>	<i>-40:00</i>
Average	11:51:37	1111	1:15:49	5:50:25	4:32:34
<i>Your Difference</i>	<i>2:20:25</i>	<i>1081</i>	<i>17:44</i>	<i>43:14</i>	<i>1:13:28</i>
<i>New Zealand Difference</i>	<i>-03:11</i>	<i>702</i>	<i>-00:13</i>	<i>-13:12</i>	<i>09:40</i>
Slowest	15:05:20	2606	2:20:39	8:24:04	12:44:57
<i>Your Difference</i>	<i>5:34:08</i>	<i>2576</i>	<i>1:22:34</i>	<i>3:16:53</i>	<i>9:25:51</i>

Fastest, average and slowest Male splits at Ironman Frankfurt

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:38:21	11	1	51:25	4:35:27	2:58:11
<i>Your Difference</i>	<i>-52:51</i>	<i>-19</i>	<i>-9</i>	<i>-06:40</i>	<i>-31:44</i>	<i>-20:55</i>
Average	9:01:55	24	1	58:37	4:50:03	3:07:28
<i>Your Difference</i>	<i>-29:17</i>	<i>-6</i>	<i>-9</i>	<i>00:32</i>	<i>-17:08</i>	<i>-11:38</i>
Slowest	9:22:08	41	1	1:10:16	5:07:01	3:15:31
<i>Your Difference</i>	<i>-09:04</i>	<i>11</i>	<i>-9</i>	<i>12:11</i>	<i>-00:10</i>	<i>-03:35</i>

Fastest, average and slowest M40-44 winning splits at Ironman Frankfurt

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:17:18	75	12	50:29	4:48:20	3:09:35
<i>Your Difference</i>	<i>-13:54</i>	<i>45</i>	<i>2</i>	<i>-07:36</i>	<i>-18:51</i>	<i>-09:31</i>
Average	9:34:16	102	12	1:01:40	5:01:08	3:24:17
<i>Your Difference</i>	<i>03:04</i>	<i>72</i>	<i>2</i>	<i>03:35</i>	<i>-06:03</i>	<i>05:11</i>
Slowest	10:06:30	168	12	1:20:38	5:14:07	3:43:44
<i>Your Difference</i>	<i>35:18</i>	<i>138</i>	<i>2</i>	<i>22:33</i>	<i>06:56</i>	<i>24:38</i>

Fastest, average and slowest M40-44 final qualifier splits (12 place) at Ironman Frankfurt

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:14:14	60	48:57	4:42:51	3:10:19
<i>Your Difference</i>	<i>-16:58</i>	<i>30</i>	<i>-09:08</i>	<i>-24:20</i>	<i>-08:47</i>
Average	9:31:49	91	1:01:13	5:01:48	3:22:01
<i>Your Difference</i>	<i>00:37</i>	<i>61</i>	<i>03:08</i>	<i>-05:23</i>	<i>02:55</i>
Slowest	10:06:01	153	1:17:07	5:28:19	3:43:48
<i>Your Difference</i>	<i>34:49</i>	<i>123</i>	<i>19:02</i>	<i>21:08</i>	<i>24:42</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Frankfurt

M40-44 26th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:29:52	134	26	53:08	4:49:33	3:07:20
<i>Your Difference</i>	<i>-01:20</i>	<i>104</i>	<i>16</i>	<i>-04:57</i>	<i>-17:38</i>	<i>-11:46</i>
Average	9:49:30	170	26	1:05:07	5:08:13	3:51:00
<i>Your Difference</i>	<i>18:18</i>	<i>140</i>	<i>16</i>	<i>07:02</i>	<i>01:02</i>	<i>31:54</i>
Slowest	10:28:03	276	26	1:21:56	5:31:32	9:07:46
<i>Your Difference</i>	<i>56:51</i>	<i>246</i>	<i>16</i>	<i>23:51</i>	<i>24:21</i>	<i>5:48:40</i>

Fastest, average and slowest splits for M40-44 26th place (6th percentile in division) at Ironman Frankfurt

Average Performance Differences between Ironman Frankfurt and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Frankfurt 2015	1:25:32	1:29:56	35:29	1:38:42	58:29
Frankfurt 2016		<i>-32:39</i>	<i>-1:27:50</i>	<i>-1:20:09</i>	<i>-35:26</i>
Frankfurt 2017	04:27	<i>-02:17</i>	<i>-1:02:35</i>	<i>-18:29</i>	<i>-05:02</i>
Frankfurt 2018	<i>-1:45:54</i>	02:29	<i>-1:21:11</i>	<i>-34:23</i>	<i>-44:13</i>
Frankfurt 2019	1:24:05	16:26	<i>-21:04</i>	18:10	1:02:41

Average time difference between performances of athletes who raced both events

Ironman Gurye

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	9:21:08	48:18	4:43:08	3:23:50
Average	9:21:48	55:44	4:53:59	3:25:31
Slowest	9:22:28	1:03:10	5:04:50	3:27:12

Fastest, average and slowest Male winning splits at Ironman Gurye

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	9:21:08	1	48:18	4:43:08	2:36:42
Your Difference	-10:04	-29	-09:47	-24:03	-42:24
Average	13:47:00	662	1:27:43	6:37:36	5:21:22
Your Difference	4:15:48	632	29:38	1:30:25	2:02:16
New Zealand Difference	-38:05	-198	-04:16	-29:06	-05:55
Slowest	17:17:07	1445	2:31:37	9:03:01	7:55:04
Your Difference	7:45:55	1415	1:33:32	3:55:50	4:35:58

Fastest, average and slowest Male splits at Ironman Gurye

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:44:34	5	1	52:00	5:07:53	3:20:10
Your Difference	13:22	-25	-9	-06:05	00:42	01:04
Average	9:50:44	6	1	1:00:14	5:16:56	3:26:58
Your Difference	19:32	-24	-9	02:09	09:45	07:52
Slowest	9:56:54	6	1	1:08:28	5:25:59	3:33:45
Your Difference	25:42	-24	-9	10:23	18:48	14:39

Fastest, average and slowest M40-44 winning splits at Ironman Gurye

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:46:48	8	3	1:03:49	4:59:20	3:36:46
Your Difference	15:36	-22	-7	05:44	-07:51	17:40
Average	10:01:07	11	3	1:05:01	5:06:59	3:40:32
Your Difference	29:55	-19	-7	06:56	-00:12	21:26
Slowest	10:15:26	14	3	1:06:13	5:14:38	3:44:18
Your Difference	44:14	-16	-7	08:08	07:27	25:12

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Gurye

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	10:09:55	26	1:09:50	5:24:13	3:27:29
<i>Your Difference</i>	<i>38:43</i>	<i>-4</i>	<i>11:45</i>	<i>17:02</i>	<i>08:23</i>
Average	10:26:46	30	1:10:11	5:27:24	3:41:06
<i>Your Difference</i>	<i>55:34</i>	<i>0</i>	<i>12:06</i>	<i>20:13</i>	<i>22:00</i>
Slowest	10:43:37	33	1:10:32	5:30:35	3:54:42
<i>Your Difference</i>	<i>1:12:25</i>	<i>3</i>	<i>12:27</i>	<i>23:24</i>	<i>35:36</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Gurye

M40-44 14th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:30:50	42	14	1:08:18	5:13:29	3:40:10
<i>Your Difference</i>	<i>59:38</i>	<i>12</i>	<i>4</i>	<i>10:13</i>	<i>06:18</i>	<i>21:04</i>
Average	10:43:03	46	14	1:11:59	5:24:49	3:58:08
<i>Your Difference</i>	<i>1:11:51</i>	<i>16</i>	<i>4</i>	<i>13:54</i>	<i>17:38</i>	<i>39:02</i>
Slowest	10:55:16	49	14	1:15:40	5:36:09	4:16:06
<i>Your Difference</i>	<i>1:24:04</i>	<i>19</i>	<i>4</i>	<i>17:35</i>	<i>28:58</i>	<i>57:00</i>

Fastest, average and slowest splits for M40-44 14th place (6th percentile in division) at Ironman Gurye

Average Performance Differences between Ironman Gurye and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Gurye 2017	<i>46:05</i>	<i>-46:10</i>	<i>-1:17:32</i>	<i>-40:45</i>	<i>-12:09</i>
Gurye 2018	<i>-53:18</i>	<i>14:16</i>	<i>-1:42:53</i>	<i>-11:54</i>	<i>-53:05</i>

Average time difference between performances of athletes who raced both events

Ironman Hamburg

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:05:26	19:47	4:00:50	2:39:51
Average	7:45:49	40:18	4:14:17	2:44:57
Slowest	8:11:26	52:03	4:24:32	2:54:03

Fastest, average and slowest Male winning splits at Ironman Hamburg

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:05:26	1	19:47	4:00:44	2:39:51
Your Difference	-2:25:46	-29	-38:18	-1:06:27	-39:15
Average	11:27:01	956	1:01:39	5:43:48	4:26:55
Your Difference	1:55:49	926	03:34	36:37	1:07:49
New Zealand Difference	-47:08	569	-19:28	-26:48	-03:08
Slowest	15:48:47	2003	2:15:12	8:11:06	7:37:49
Your Difference	6:17:35	1973	1:17:07	3:03:55	4:18:43

Fastest, average and slowest Male splits at Ironman Hamburg

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:00:06	19	1	21:24	4:36:39	2:54:30
Your Difference	-1:31:06	-11	-9	-36:41	-30:32	-24:36
Average	8:48:50	21	1	45:23	4:53:22	3:02:19
Your Difference	-42:22	-9	-9	-12:42	-13:49	-16:47
Slowest	9:17:30	24	1	1:02:35	5:02:20	3:06:54
Your Difference	-13:42	-6	-9	04:30	-04:51	-12:12

Fastest, average and slowest M40-44 winning splits at Ironman Hamburg

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:34:37	33	5	26:30	4:32:27	2:54:21
Your Difference	-56:35	3	-5	-31:35	-34:44	-24:45
Average	9:09:38	55	5	49:54	4:51:05	3:19:54
Your Difference	-21:34	25	-5	-08:11	-16:06	00:48
Slowest	9:31:55	78	5	1:08:06	5:11:29	3:38:37
Your Difference	00:43	48	-5	10:01	04:18	19:31

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman Hamburg

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	8:40:25	52	23:20	4:50:11	3:17:33
<i>Your Difference</i>	<i>-50:47</i>	<i>22</i>	<i>-34:45</i>	<i>-17:00</i>	<i>-01:33</i>
Average	9:19:31	81	47:33	4:56:36	3:27:03
<i>Your Difference</i>	<i>-11:41</i>	<i>51</i>	<i>-10:32</i>	<i>-10:35</i>	<i>07:57</i>
Slowest	9:49:50	103	59:50	5:03:34	3:44:13
<i>Your Difference</i>	<i>18:38</i>	<i>73</i>	<i>01:45</i>	<i>-03:37</i>	<i>25:07</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Hamburg

M40-44 19th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:48:31	90	19	23:41	4:54:39	3:19:08
<i>Your Difference</i>	<i>-42:41</i>	<i>60</i>	<i>9</i>	<i>-34:24</i>	<i>-12:32</i>	<i>00:02</i>
Average	9:31:56	126	19	47:43	5:00:35	3:34:17
<i>Your Difference</i>	<i>00:44</i>	<i>96</i>	<i>9</i>	<i>-10:22</i>	<i>-06:36</i>	<i>15:11</i>
Slowest	10:06:56	150	19	1:01:24	5:06:29	3:51:13
<i>Your Difference</i>	<i>35:44</i>	<i>120</i>	<i>9</i>	<i>03:19</i>	<i>-00:42</i>	<i>32:07</i>

Fastest, average and slowest splits for M40-44 19th place (6th percentile in division) at Ironman Hamburg

Average Performance Differences between Ironman Hamburg and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Hamburg 2017	<i>07:36</i>	<i>11:12</i>		<i>-1:08:33</i>	<i>-21:49</i>
Hamburg 2018	<i>20:14</i>	<i>-1:42:27</i>	<i>-3:18:51</i>	<i>-1:19:57</i>	<i>-2:18:38</i>
Hamburg 2019	<i>-1:29:08</i>	<i>06:41</i>	<i>-22:43</i>	<i>1:08:42</i>	<i>-31:04</i>

Average time difference between performances of athletes who raced both events

Ironman Italy

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:46:54	46:39	4:09:03	2:45:02
Average	7:57:24	47:08	4:14:47	2:48:33
Slowest	8:03:27	47:52	4:18:31	2:51:53

Fastest, average and slowest Male winning splits at Ironman Italy

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:46:54	1	44:30	4:09:03	2:43:37
<i>Your Difference</i>	<i>-1:44:18</i>	<i>-29</i>	<i>-13:35</i>	<i>-58:08</i>	<i>-35:29</i>
Average	11:51:20	1097	1:11:49	5:49:29	4:32:54
<i>Your Difference</i>	<i>2:20:08</i>	<i>1067</i>	<i>13:44</i>	<i>42:18</i>	<i>1:13:48</i>
<i>New Zealand Difference</i>	<i>-35:24</i>	<i>726</i>	<i>-06:41</i>	<i>-23:11</i>	<i>-09:43</i>
Slowest	15:57:50	2555	2:17:47	8:09:16	8:08:28
<i>Your Difference</i>	<i>6:26:38</i>	<i>2525</i>	<i>1:19:42</i>	<i>3:02:05</i>	<i>4:49:22</i>

Fastest, average and slowest Male splits at Ironman Italy

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:46:13	17	1	55:12	4:35:47	2:59:36
<i>Your Difference</i>	<i>-44:59</i>	<i>-13</i>	<i>-9</i>	<i>-02:53</i>	<i>-31:24</i>	<i>-19:30</i>
Average	8:55:22	21	1	56:41	4:44:15	3:03:49
<i>Your Difference</i>	<i>-35:50</i>	<i>-9</i>	<i>-9</i>	<i>-01:24</i>	<i>-22:56</i>	<i>-15:17</i>
Slowest	9:00:07	24	1	59:39	4:51:51	3:10:18
<i>Your Difference</i>	<i>-31:05</i>	<i>-6</i>	<i>-9</i>	<i>01:34</i>	<i>-15:20</i>	<i>-08:48</i>

Fastest, average and slowest M40-44 winning splits at Ironman Italy

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:55:03	39	5	53:20	4:49:54	3:02:08
<i>Your Difference</i>	<i>-36:09</i>	<i>9</i>	<i>-5</i>	<i>-04:45</i>	<i>-17:17</i>	<i>-16:58</i>
Average	9:09:42	43	5	54:47	4:56:19	3:08:50
<i>Your Difference</i>	<i>-21:30</i>	<i>13</i>	<i>-5</i>	<i>-03:18</i>	<i>-10:52</i>	<i>-10:16</i>
Slowest	9:19:40	49	5	55:54	5:05:12	3:14:43
<i>Your Difference</i>	<i>-11:32</i>	<i>19</i>	<i>-5</i>	<i>-02:11</i>	<i>-01:59</i>	<i>-04:23</i>

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman Italy

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:09:55	68	54:51	4:42:24	3:16:05
<i>Your Difference</i>	<i>-21:17</i>	<i>38</i>	<i>-03:14</i>	<i>-24:47</i>	<i>-03:01</i>
Average	9:22:50	78	58:29	4:53:29	3:20:34
<i>Your Difference</i>	<i>-08:22</i>	<i>48</i>	<i>00:24</i>	<i>-13:42</i>	<i>01:28</i>
Slowest	9:30:59	83	1:02:18	5:01:11	3:23:10
<i>Your Difference</i>	<i>-00:13</i>	<i>53</i>	<i>04:13</i>	<i>-06:00</i>	<i>04:04</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Italy

M40-44 25th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:30:10	124	25	52:38	4:53:43	3:18:45
<i>Your Difference</i>	<i>-01:02</i>	<i>94</i>	<i>15</i>	<i>-05:27</i>	<i>-13:28</i>	<i>-00:21</i>
Average	9:42:31	147	25	1:00:27	5:02:38	3:29:21
<i>Your Difference</i>	<i>11:19</i>	<i>117</i>	<i>15</i>	<i>02:22</i>	<i>-04:33</i>	<i>10:15</i>
Slowest	9:52:30	166	25	1:07:38	5:10:04	3:39:29
<i>Your Difference</i>	<i>21:18</i>	<i>136</i>	<i>15</i>	<i>09:33</i>	<i>02:53</i>	<i>20:23</i>

Fastest, average and slowest splits for M40-44 25th place (6th percentile in division) at Ironman Italy

Average Performance Differences between Ironman Italy and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Italy 2017	<i>-36:01</i>	<i>-06:35</i>	<i>-23:00</i>	<i>-20:55</i>	<i>-44:45</i>
Italy 2018	<i>11:51</i>	<i>-29:13</i>	<i>-1:05:37</i>	<i>01:38</i>	<i>-49:19</i>
Italy 2019	<i>-51:24</i>	<i>-14:41</i>	<i>-2:22:11</i>	<i>-13:18</i>	<i>-26:42</i>

Average time difference between performances of athletes who raced both events

Ironman Lake Placid

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:13:53	45:01	4:27:27	2:43:39
Average	8:44:21	51:58	4:49:36	2:57:28
Slowest	9:31:09	1:00:52	5:17:54	3:09:38

Fastest, average and slowest Male winning splits at Ironman Lake Placid

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:13:53	1	48:59	4:27:27	2:43:39
<i>Your Difference</i>	-1:17:19	-29	-09:06	-39:44	-35:27
Average	13:29:59	1003	1:19:11	6:44:39	5:08:12
<i>Your Difference</i>	3:58:47	973	21:06	1:37:28	1:49:06
<i>New Zealand Difference</i>	08:36	237	-00:41	07:54	00:12
Slowest	17:01:16	2266	2:18:02	9:09:19	8:26:41
<i>Your Difference</i>	7:30:04	2236	1:19:57	4:02:08	5:07:35

Fastest, average and slowest Male splits at Ironman Lake Placid

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:01:07	2	1	53:08	4:51:15	3:02:41
<i>Your Difference</i>	-30:05	-28	-9	-04:57	-15:56	-16:25
Average	9:37:07	16	1	1:02:00	5:11:19	3:18:42
<i>Your Difference</i>	05:55	-14	-9	03:55	04:08	-00:24
Slowest	9:59:46	37	1	1:11:02	5:40:56	3:40:52
<i>Your Difference</i>	28:34	7	-9	12:57	33:45	21:46

Fastest, average and slowest M40-44 winning splits at Ironman Lake Placid

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:14:23	15	3	50:56	4:58:17	3:10:09
<i>Your Difference</i>	-16:49	-15	-7	-07:09	-08:54	-08:57
Average	9:53:05	31	3	1:05:31	5:19:03	3:23:05
<i>Your Difference</i>	21:53	1	-7	07:26	11:52	03:59
Slowest	10:03:17	49	3	1:28:09	5:43:06	3:40:29
<i>Your Difference</i>	32:05	19	-7	30:04	35:55	21:23

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Lake Placid

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:29:35	46	51:10	5:07:24	3:10:07
<i>Your Difference</i>	<i>-01:37</i>	<i>16</i>	<i>-06:55</i>	<i>00:13</i>	<i>-08:59</i>
Average	10:15:00	67	1:03:17	5:32:57	3:32:20
<i>Your Difference</i>	<i>43:48</i>	<i>37</i>	<i>05:12</i>	<i>25:46</i>	<i>13:14</i>
Slowest	10:42:46	92	1:13:52	5:55:37	3:49:03
<i>Your Difference</i>	<i>1:11:34</i>	<i>62</i>	<i>15:47</i>	<i>48:26</i>	<i>29:57</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Lake Placid

M40-44 16th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:44:00	60	16	50:12	5:18:49	3:13:25
<i>Your Difference</i>	<i>12:48</i>	<i>30</i>	<i>6</i>	<i>-07:53</i>	<i>11:38</i>	<i>-05:41</i>
Average	10:27:06	97	16	1:02:59	5:32:28	3:45:14
<i>Your Difference</i>	<i>55:54</i>	<i>67</i>	<i>6</i>	<i>04:54</i>	<i>25:17</i>	<i>26:08</i>
Slowest	10:59:05	126	16	1:11:54	5:47:27	4:13:44
<i>Your Difference</i>	<i>1:27:53</i>	<i>96</i>	<i>6</i>	<i>13:49</i>	<i>40:16</i>	<i>54:38</i>

Fastest, average and slowest splits for M40-44 16th place (6th percentile in division) at Ironman Lake Placid

Average Performance Differences between Ironman Lake Placid and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Lake Placid 2015	<i>19:02</i>	<i>-54:34</i>	<i>08:07</i>		<i>-29:03</i>
Lake Placid 2016	<i>-03:21</i>		<i>-22:46</i>		<i>12:34</i>
Lake Placid 2017	<i>21:04</i>	<i>-24:02</i>	<i>15:05</i>	<i>04:04</i>	<i>36:07</i>
Lake Placid 2018	<i>18:00</i>	<i>17:09</i>	<i>1:33:14</i>	<i>33:04</i>	<i>-10:08</i>
Lake Placid 2019	<i>3:08:03</i>	<i>24:31</i>		<i>-13:17</i>	<i>06:42</i>

Average time difference between performances of athletes who raced both events

Ironman Lanzarote

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:30:34	47:31	4:48:22	2:46:56
Average	8:46:10	49:45	4:57:55	2:52:37
Slowest	8:59:37	53:35	5:12:12	3:03:20

Fastest, average and slowest Male winning splits at Ironman Lanzarote

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:34:13	1	46:52	4:48:22	2:45:35
<i>Your Difference</i>	<i>-56:59</i>	<i>-29</i>	<i>-11:13</i>	<i>-18:49</i>	<i>-33:31</i>
Average	13:05:50	740	1:15:46	7:00:43	4:33:05
<i>Your Difference</i>	<i>3:34:38</i>	<i>710</i>	<i>17:41</i>	<i>1:53:32</i>	<i>1:13:59</i>
<i>New Zealand Difference</i>	<i>1:04:12</i>	<i>337</i>	<i>00:33</i>	<i>59:10</i>	<i>01:53</i>
Slowest	17:33:34	1641	8:39:54	9:51:06	7:31:33
<i>Your Difference</i>	<i>8:02:22</i>	<i>1611</i>	<i>7:41:49</i>	<i>4:43:55</i>	<i>4:12:27</i>

Fastest, average and slowest Male splits at Ironman Lanzarote

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:26:13	16	1	52:01	5:08:40	2:55:18
<i>Your Difference</i>	<i>-04:59</i>	<i>-14</i>	<i>-9</i>	<i>-06:04</i>	<i>01:29</i>	<i>-23:48</i>
Average	9:38:52	22	1	57:05	5:23:53	3:09:57
<i>Your Difference</i>	<i>07:40</i>	<i>-8</i>	<i>-9</i>	<i>-01:00</i>	<i>16:42</i>	<i>-09:09</i>
Slowest	10:11:53	34	1	1:02:07	5:42:05	3:24:57
<i>Your Difference</i>	<i>40:41</i>	<i>4</i>	<i>-9</i>	<i>04:02</i>	<i>34:54</i>	<i>05:51</i>

Fastest, average and slowest M40-44 winning splits at Ironman Lanzarote

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:48:19	28	6	54:26	5:26:33	3:10:32
<i>Your Difference</i>	<i>17:07</i>	<i>-2</i>	<i>-4</i>	<i>-03:39</i>	<i>19:22</i>	<i>-08:34</i>
Average	10:05:54	53	6	1:00:39	5:35:17	3:21:34
<i>Your Difference</i>	<i>34:42</i>	<i>23</i>	<i>-4</i>	<i>02:34</i>	<i>28:06</i>	<i>02:28</i>
Slowest	10:39:58	76	6	1:21:37	6:03:01	3:31:26
<i>Your Difference</i>	<i>1:08:46</i>	<i>46</i>	<i>-4</i>	<i>23:32</i>	<i>55:50</i>	<i>12:20</i>

Fastest, average and slowest M40-44 final qualifier splits (6 place) at Ironman Lanzarote

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:58:49	43	51:56	4:59:04	3:13:49
<i>Your Difference</i>	<i>27:37</i>	<i>13</i>	<i>-06:09</i>	<i>-08:07</i>	<i>-05:17</i>
Average	10:18:14	75	1:03:30	5:38:12	3:27:02
<i>Your Difference</i>	<i>47:02</i>	<i>45</i>	<i>05:25</i>	<i>31:01</i>	<i>07:56</i>
Slowest	10:49:09	102	1:11:22	6:11:45	3:42:18
<i>Your Difference</i>	<i>1:17:57</i>	<i>72</i>	<i>13:17</i>	<i>1:04:34</i>	<i>23:12</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Lanzarote

M40-44 17th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:16:57	85	17	55:28	5:28:52	3:20:37
<i>Your Difference</i>	<i>45:45</i>	<i>55</i>	<i>7</i>	<i>-02:37</i>	<i>21:41</i>	<i>01:31</i>
Average	10:34:54	113	17	1:05:43	5:51:42	3:32:10
<i>Your Difference</i>	<i>1:03:42</i>	<i>83</i>	<i>7</i>	<i>07:38</i>	<i>44:31</i>	<i>13:04</i>
Slowest	10:57:56	136	17	1:14:32	6:34:57	3:43:00
<i>Your Difference</i>	<i>1:26:44</i>	<i>106</i>	<i>7</i>	<i>16:27</i>	<i>1:27:46</i>	<i>23:54</i>

Fastest, average and slowest splits for M40-44 17th place (6th percentile in division) at Ironman Lanzarote

Average Performance Differences between Ironman Lanzarote and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Lanzarote 2015	<i>40:32</i>	<i>38:25</i>	<i>1:08:07</i>	<i>32:28</i>	
Lanzarote 2016	<i>1:26:05</i>		<i>00:36</i>	<i>48:04</i>	
Lanzarote 2017	<i>1:30:11</i>	<i>2:09:04</i>		<i>-1:09:51</i>	
Lanzarote 2018	<i>1:11:47</i>	<i>1:53:17</i>	<i>48:46</i>	<i>26:57</i>	<i>1:02:47</i>
Lanzarote 2019	<i>2:31:59</i>	<i>1:39:41</i>	<i>1:02:57</i>	<i>1:20:38</i>	

Average time difference between performances of athletes who raced both events

Ironman Louisville

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:10:11	46:47	4:08:19	2:38:54
Average	8:34:39	52:10	4:37:50	2:57:59
Slowest	9:01:17	59:35	4:53:05	3:08:27

Fastest, average and slowest Male winning splits at Ironman Louisville

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:10:11	1	46:47	4:08:19	2:38:54
<i>Your Difference</i>	<i>-1:21:01</i>	<i>-29</i>	<i>-11:18</i>	<i>-58:52</i>	<i>-40:12</i>
Average	12:52:58	1094	1:14:05	6:23:46	4:55:14
<i>Your Difference</i>	<i>3:21:46</i>	<i>1064</i>	<i>16:00</i>	<i>1:16:35</i>	<i>1:36:08</i>
<i>New Zealand Difference</i>	<i>-32:25</i>	<i>335</i>	<i>-05:39</i>	<i>-09:54</i>	<i>-14:07</i>
Slowest	16:28:39	2428	2:19:18	8:37:42	11:11:58
<i>Your Difference</i>	<i>6:57:27</i>	<i>2398</i>	<i>1:21:13</i>	<i>3:30:31</i>	<i>7:52:52</i>

Fastest, average and slowest Male splits at Ironman Louisville

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:09:38	5	1	51:36	4:43:04	2:55:39
<i>Your Difference</i>	<i>-21:34</i>	<i>-25</i>	<i>-9</i>	<i>-06:29</i>	<i>-24:07</i>	<i>-23:27</i>
Average	9:27:06	13	1	56:17	5:02:21	3:19:46
<i>Your Difference</i>	<i>-04:06</i>	<i>-17</i>	<i>-9</i>	<i>-01:48</i>	<i>-04:50</i>	<i>00:40</i>
Slowest	10:01:29	27	1	1:03:11	5:16:53	3:37:30
<i>Your Difference</i>	<i>30:17</i>	<i>-3</i>	<i>-9</i>	<i>05:06</i>	<i>09:42</i>	<i>18:24</i>

Fastest, average and slowest M40-44 winning splits at Ironman Louisville

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:20:00	14	3	53:11	4:48:27	3:12:44
<i>Your Difference</i>	<i>-11:12</i>	<i>-16</i>	<i>-7</i>	<i>-04:54</i>	<i>-18:44</i>	<i>-06:22</i>
Average	9:45:27	27	3	59:27	5:04:56	3:30:40
<i>Your Difference</i>	<i>14:15</i>	<i>-3</i>	<i>-7</i>	<i>01:22</i>	<i>-02:15</i>	<i>11:34</i>
Slowest	10:10:05	40	3	1:05:45	5:21:26	3:46:56
<i>Your Difference</i>	<i>38:53</i>	<i>10</i>	<i>-7</i>	<i>07:40</i>	<i>14:15</i>	<i>27:50</i>

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Louisville

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:43:46	35	57:03	4:58:21	3:10:49
<i>Your Difference</i>	<i>12:34</i>	<i>5</i>	<i>-01:02</i>	<i>-08:50</i>	<i>-08:17</i>
Average	10:12:58	68	1:03:06	5:16:04	3:42:09
<i>Your Difference</i>	<i>41:46</i>	<i>38</i>	<i>05:01</i>	<i>08:53</i>	<i>23:03</i>
Slowest	10:54:33	105	1:12:09	5:24:58	4:14:02
<i>Your Difference</i>	<i>1:23:21</i>	<i>75</i>	<i>14:04</i>	<i>17:47</i>	<i>54:56</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Louisville

M40-44 12th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:50:19	53	12	54:08	5:05:50	3:25:21
<i>Your Difference</i>	<i>19:07</i>	<i>23</i>	<i>2</i>	<i>-03:57</i>	<i>-01:21</i>	<i>06:15</i>
Average	10:17:26	76	12	1:03:03	5:17:52	3:45:07
<i>Your Difference</i>	<i>46:14</i>	<i>46</i>	<i>2</i>	<i>04:58</i>	<i>10:41</i>	<i>26:01</i>
Slowest	10:56:58	111	12	1:20:02	5:33:58	4:21:27
<i>Your Difference</i>	<i>1:25:46</i>	<i>81</i>	<i>2</i>	<i>21:57</i>	<i>26:47</i>	<i>1:02:21</i>

Fastest, average and slowest splits for M40-44 12th place (6th percentile in division) at Ironman Louisville

Average Performance Differences between Ironman Louisville and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Louisville 2015	<i>03:50</i>		<i>-2:13:07</i>	<i>-07:30</i>	<i>-56:57</i>
Louisville 2016		<i>-18:04</i>	<i>47:09</i>	<i>-40:05</i>	<i>-19:59</i>
Louisville 2017	<i>15:06</i>	<i>-19:09</i>		<i>-10:52</i>	<i>-35:24</i>
Louisville 2018		<i>-04:07</i>			<i>-10:56</i>
Louisville 2019					

Average time difference between performances of athletes who raced both events

Ironman Malaysia

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:18:59	47:17	4:29:17	2:54:44
Average	8:37:23	49:59	4:40:16	3:03:02
Slowest	8:52:02	54:02	4:49:25	3:10:58

Fastest, average and slowest Male winning splits at Ironman Malaysia

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:18:59	1	47:17	4:20:51	2:54:44
Your Difference	-1:12:13	-29	-10:48	-46:20	-24:22
Average	13:48:43	438	1:25:14	6:40:31	5:27:29
Your Difference	4:17:31	408	27:09	1:33:20	2:08:23
New Zealand Difference	26:08	-179	-01:12	05:02	23:31
Slowest	17:00:02	964	2:20:33	8:49:42	9:45:56
Your Difference	7:28:50	934	1:22:28	3:42:31	6:26:50

Fastest, average and slowest Male splits at Ironman Malaysia

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:04:43	8	1	56:05	5:00:23	3:03:52
Your Difference	-26:29	-22	-9	-02:00	-06:48	-15:14
Average	9:41:43	17	1	1:03:24	5:10:14	4:12:37
Your Difference	10:31	-13	-9	05:19	03:03	53:31
Slowest	10:14:55	31	1	1:26:03	5:22:53	9:29:45
Your Difference	43:43	1	-9	27:58	15:42	6:10:39

Fastest, average and slowest M40-44 winning splits at Ironman Malaysia

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:15:30	51	9	58:46	5:13:31	3:35:23
Your Difference	44:18	21	-1	00:41	06:20	16:17
Average	10:49:15	68	9	1:06:14	5:31:21	4:03:43
Your Difference	1:18:03	38	-1	08:09	24:10	44:37
Slowest	11:31:33	89	9	1:18:08	5:48:28	4:32:07
Your Difference	2:00:21	59	-1	20:03	41:17	1:13:01

Fastest, average and slowest M40-44 final qualifier splits (9 place) at Ironman Malaysia

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	10:17:20	55	1:02:47	5:07:16	3:30:58
<i>Your Difference</i>	<i>46:08</i>	<i>25</i>	<i>04:42</i>	<i>00:05</i>	<i>11:52</i>
Average	10:53:34	73	1:07:49	5:32:10	4:07:06
<i>Your Difference</i>	<i>1:22:22</i>	<i>43</i>	<i>09:44</i>	<i>24:59</i>	<i>48:00</i>
Slowest	11:34:28	93	1:15:37	5:53:56	5:02:44
<i>Your Difference</i>	<i>2:03:16</i>	<i>63</i>	<i>17:32</i>	<i>46:45</i>	<i>1:43:38</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Malaysia

M40-44 14th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:42:03	74	14	1:02:15	5:08:10	3:43:55
<i>Your Difference</i>	<i>1:10:51</i>	<i>44</i>	<i>4</i>	<i>04:10</i>	<i>00:59</i>	<i>24:49</i>
Average	11:12:12	93	14	1:09:49	5:41:42	4:12:18
<i>Your Difference</i>	<i>1:41:00</i>	<i>63</i>	<i>4</i>	<i>11:44</i>	<i>34:31</i>	<i>53:12</i>
Slowest	12:09:47	118	14	1:14:09	6:09:55	4:41:15
<i>Your Difference</i>	<i>2:38:35</i>	<i>88</i>	<i>4</i>	<i>16:04</i>	<i>1:02:44</i>	<i>1:22:09</i>

Fastest, average and slowest splits for M40-44 14th place (6th percentile in division) at Ironman Malaysia

Average Performance Differences between Ironman Malaysia and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Malaysia 2015	<i>16:22</i>	<i>40:23</i>	<i>37:53</i>	<i>31:10</i>	<i>44:05</i>
Malaysia 2016	<i>13:38</i>	<i>54:14</i>	<i>-11:08</i>	<i>56:42</i>	<i>07:49</i>
Malaysia 2017	<i>10:32</i>	<i>12:28</i>	<i>-32:25</i>	<i>22:21</i>	<i>36:42</i>
Malaysia 2018	<i>1:52:36</i>	<i>17:57</i>	<i>35:16</i>	<i>38:11</i>	<i>26:21</i>
Malaysia 2019	<i>43:06</i>	<i>1:37:58</i>	<i>-09:51</i>	<i>1:31:00</i>	<i>19:38</i>

Average time difference between performances of athletes who raced both events

Ironman Maryland

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:38:21	41:16	4:35:36	2:59:27
Average	8:47:08	58:00	4:38:10	3:04:32
Slowest	8:51:19	1:05:05	4:41:46	3:10:49

Fastest, average and slowest Male winning splits at Ironman Maryland

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:38:21	1	37:41	4:27:44	2:59:10
Your Difference	-52:51	-29	-20:24	-39:27	-19:56
Average	13:03:30	650	1:17:54	6:10:04	5:15:40
Your Difference	3:32:18	620	19:49	1:02:53	1:56:34
New Zealand Difference	-30:52	-101	-00:31	-32:30	00:41
Slowest	17:17:24	1692	2:18:46	8:36:20	9:27:44
Your Difference	7:46:12	1662	1:20:41	3:29:09	6:08:38

Fastest, average and slowest Male splits at Ironman Maryland

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:50:21	2	1	43:26	4:37:02	3:10:23
Your Difference	-40:51	-28	-9	-14:39	-30:09	-08:43
Average	9:07:28	7	1	58:47	4:42:33	3:19:33
Your Difference	-23:44	-23	-9	00:42	-24:38	00:27
Slowest	9:20:03	15	1	1:05:11	4:49:12	3:28:49
Your Difference	-11:09	-15	-9	07:06	-17:59	09:43

Fastest, average and slowest M40-44 winning splits at Ironman Maryland

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:05:52	5	3	48:39	4:34:51	3:18:03
Your Difference	-25:20	-25	-7	-09:26	-32:20	-01:03
Average	9:21:19	15	3	1:02:48	4:44:00	3:26:44
Your Difference	-09:53	-15	-7	04:43	-23:11	07:38
Slowest	9:27:49	20	3	1:13:16	4:53:40	3:34:05
Your Difference	-03:23	-10	-7	15:11	-13:31	14:59

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Maryland

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:44:49	36	46:02	4:51:11	3:38:18
<i>Your Difference</i>	13:37	6	-12:03	-16:00	19:12
Average	9:59:45	50	1:03:02	4:59:23	3:47:39
<i>Your Difference</i>	28:33	20	04:57	-07:48	28:33
Slowest	10:30:28	71	1:12:07	5:11:02	3:55:41
<i>Your Difference</i>	59:16	41	14:02	03:51	36:35

Fastest, average and slowest M40-44 splits for 10th place at Ironman Maryland

M40-44 11th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:48:28	39	11	44:59	4:53:33	3:30:11
<i>Your Difference</i>	17:16	9	1	-13:06	-13:38	11:05
Average	10:02:13	53	11	1:04:56	5:02:48	3:46:19
<i>Your Difference</i>	31:01	23	1	06:51	-04:23	27:13
Slowest	10:30:49	72	11	1:13:19	5:28:41	4:19:55
<i>Your Difference</i>	59:37	42	1	15:14	21:30	1:00:49

Fastest, average and slowest splits for M40-44 11th place (6th percentile in division) at Ironman Maryland

Average Performance Differences between Ironman Maryland and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Maryland 2015		-21:00		-43:02	
Maryland 2017	54:03	-02:37	-1:11:49		01:23
Maryland 2018		-42:04	-44:50		-44:13
Maryland 2019	-53:07		-1:06:21	-02:00	-1:10:01

Average time difference between performances of athletes who raced both events

Ironman Mont-Tremblant

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:58:34	47:50	4:20:52	2:42:28
Average	8:19:33	52:00	4:29:02	2:53:43
Slowest	8:40:48	58:56	4:36:36	3:09:09

Fastest, average and slowest Male winning splits at Ironman Mont-Tremblant

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:58:34	1	48:16	4:15:12	2:42:28
<i>Your Difference</i>	<i>-1:32:38</i>	<i>-29</i>	<i>-09:49</i>	<i>-51:59</i>	<i>-36:38</i>
Average	12:51:40	989	1:19:43	6:19:45	4:56:53
<i>Your Difference</i>	<i>3:20:28</i>	<i>959</i>	<i>21:38</i>	<i>1:12:34</i>	<i>1:37:47</i>
<i>New Zealand Difference</i>	<i>-02:22</i>	<i>397</i>	<i>00:59</i>	<i>-05:47</i>	<i>02:28</i>
Slowest	17:00:00	2251	2:19:55	8:59:36	10:05:38
<i>Your Difference</i>	<i>7:28:48</i>	<i>2221</i>	<i>1:21:50</i>	<i>3:52:25</i>	<i>6:46:32</i>

Fastest, average and slowest Male splits at Ironman Mont-Tremblant

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:54:31	8	1	54:21	4:36:09	3:03:48
<i>Your Difference</i>	<i>-36:41</i>	<i>-22</i>	<i>-9</i>	<i>-03:44</i>	<i>-31:02</i>	<i>-15:18</i>
Average	9:19:06	17	1	1:00:08	4:57:30	3:14:55
<i>Your Difference</i>	<i>-12:06</i>	<i>-13</i>	<i>-9</i>	<i>02:03</i>	<i>-09:41</i>	<i>-04:11</i>
Slowest	9:35:36	25	1	1:04:57	5:11:45	3:33:00
<i>Your Difference</i>	<i>04:24</i>	<i>-5</i>	<i>-9</i>	<i>06:52</i>	<i>04:34</i>	<i>13:54</i>

Fastest, average and slowest M40-44 winning splits at Ironman Mont-Tremblant

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:07:19	18	3	58:30	4:44:00	3:15:21
<i>Your Difference</i>	<i>-23:53</i>	<i>-12</i>	<i>-7</i>	<i>00:25</i>	<i>-23:11</i>	<i>-03:45</i>
Average	9:32:44	28	3	1:01:46	5:05:55	3:17:48
<i>Your Difference</i>	<i>01:32</i>	<i>-2</i>	<i>-7</i>	<i>03:41</i>	<i>-01:16</i>	<i>-01:18</i>
Slowest	9:42:33	36	3	1:04:34	5:18:03	3:21:51
<i>Your Difference</i>	<i>11:21</i>	<i>6</i>	<i>-7</i>	<i>06:29</i>	<i>10:52</i>	<i>02:45</i>

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Mont-Tremblant

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:51:40	47	59:56	5:01:28	3:16:44
<i>Your Difference</i>	20:28	17	01:51	-05:43	-02:22
Average	9:58:37	67	1:08:05	5:13:04	3:29:14
<i>Your Difference</i>	27:25	37	10:00	05:53	10:08
Slowest	10:06:43	80	1:15:39	5:24:12	3:40:01
<i>Your Difference</i>	35:31	50	17:34	17:01	20:55

Fastest, average and slowest M40-44 splits for 10th place at Ironman Mont-Tremblant

M40-44 14th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:57:37	68	14	59:23	5:09:49	3:29:43
<i>Your Difference</i>	26:25	38	4	01:18	02:38	10:37
Average	10:08:54	86	14	1:05:48	5:17:39	3:36:55
<i>Your Difference</i>	37:42	56	4	07:43	10:28	17:49
Slowest	10:25:23	101	14	1:12:34	5:25:32	3:52:03
<i>Your Difference</i>	54:11	71	4	14:29	18:21	32:57

Fastest, average and slowest splits for M40-44 14th place (6th percentile in division) at Ironman Mont-Tremblant

Average Performance Differences between Ironman Mont-Tremblant and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Mont-Tremblant 2015	-33:06	02:10	-21:29	02:01	32:26
Mont-Tremblant 2016		17:32	-36:49	20:08	-39:27
Mont-Tremblant 2017	-00:06		-27:45	-30:02	-33:03
Mont-Tremblant 2018		16:54	09:20	22:23	-56:37
Mont-Tremblant 2019	34:49	1:24:17	-1:01:08	03:03	32:19

Average time difference between performances of athletes who raced both events

Ironman New Zealand

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:37:46	45:44	4:22:05	2:40:05
Average	8:16:24	48:11	4:38:37	2:50:21
Slowest	8:31:07	50:21	4:50:06	3:31:58

Fastest, average and slowest Male winning splits at Ironman New Zealand

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:59:57	1	44:26	4:12:08	2:40:05
<i>Your Difference</i>	<i>-1:31:15</i>	<i>-29</i>	<i>-13:39</i>	<i>-55:03</i>	<i>-39:01</i>
Average	12:40:31	541	1:16:07	6:18:14	4:52:23
<i>Your Difference</i>	<i>3:09:19</i>	<i>511</i>	<i>18:02</i>	<i>1:11:03</i>	<i>1:33:17</i>
<i>New Zealand Difference</i>	<i>23:37</i>	<i>167</i>	<i>-00:22</i>	<i>10:35</i>	<i>12:02</i>
Slowest	16:59:21	1330	2:22:50	14:35:01	8:11:36
<i>Your Difference</i>	<i>7:28:09</i>	<i>1300</i>	<i>1:24:45</i>	<i>9:27:50</i>	<i>4:52:30</i>

Fastest, average and slowest Male splits at Ironman New Zealand

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	7:56:16	8	1	49:36	4:38:19	3:00:15
<i>Your Difference</i>	<i>-1:34:56</i>	<i>-22</i>	<i>-9</i>	<i>-08:29</i>	<i>-28:52</i>	<i>-18:51</i>
Average	9:07:41	16	1	54:45	4:58:32	3:14:46
<i>Your Difference</i>	<i>-23:31</i>	<i>-14</i>	<i>-9</i>	<i>-03:20</i>	<i>-08:39</i>	<i>-04:20</i>
Slowest	9:43:58	29	1	1:04:59	5:09:54	3:37:37
<i>Your Difference</i>	<i>12:46</i>	<i>-1</i>	<i>-9</i>	<i>06:54</i>	<i>02:43</i>	<i>18:31</i>

Fastest, average and slowest M40-44 winning splits at Ironman New Zealand

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:18:16	26	4	50:31	4:52:00	3:06:56
<i>Your Difference</i>	<i>-12:56</i>	<i>-4</i>	<i>-6</i>	<i>-07:34</i>	<i>-15:11</i>	<i>-12:10</i>
Average	9:42:43	47	4	59:45	5:08:21	3:27:49
<i>Your Difference</i>	<i>11:31</i>	<i>17</i>	<i>-6</i>	<i>01:40</i>	<i>01:10</i>	<i>08:43</i>
Slowest	10:07:51	75	4	1:16:01	5:26:43	3:53:41
<i>Your Difference</i>	<i>36:39</i>	<i>45</i>	<i>-6</i>	<i>17:56</i>	<i>19:32</i>	<i>34:35</i>

Fastest, average and slowest M40-44 final qualifier splits (4 place) at Ironman New Zealand

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:46:10	54	49:57	5:05:28	3:20:36
<i>Your Difference</i>	14:58	24	-08:08	-01:43	01:30
Average	10:04:14	84	1:01:01	5:16:57	3:38:41
<i>Your Difference</i>	33:02	54	02:56	09:46	19:35
Slowest	10:37:28	148	1:18:56	5:31:19	3:56:55
<i>Your Difference</i>	1:06:16	118	20:51	24:08	37:49

Fastest, average and slowest M40-44 splits for 10th place at Ironman New Zealand

M40-44 10th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:46:10	54	10	49:57	5:05:28	3:20:36
<i>Your Difference</i>	14:58	24	0	-08:08	-01:43	01:30
Average	10:04:14	84	10	1:01:01	5:16:57	3:38:41
<i>Your Difference</i>	33:02	54	0	02:56	09:46	19:35
Slowest	10:37:28	148	10	1:18:56	5:31:19	3:56:55
<i>Your Difference</i>	1:06:16	118	0	20:51	24:08	37:49

Fastest, average and slowest splits for M40-44 10th place (6th percentile in division) at Ironman New Zealand

Average Performance Differences between Ironman New Zealand and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
New Zealand 2015		42:35	-05:06	50:31	45:32
New Zealand 2016			-11:05	24:21	26:49
New Zealand 2017				1:15:40	
New Zealand 2018					
New Zealand 2019			-01:41	23:24	

Average time difference between performances of athletes who raced both events

Ironman Norway

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:48:41	53:12	4:57:17	2:53:11
Average	8:55:10	55:14	4:58:04	2:55:51
Slowest	9:01:38	57:15	4:58:50	2:58:30

Fastest, average and slowest Male winning splits at Ironman Norway

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:48:41	1	47:36	4:57:17	2:49:33
Your Difference	-42:31	-29	-10:29	-09:54	-29:33
Average	12:15:44	217	1:15:18	6:22:08	4:24:27
Your Difference	2:44:32	187	17:13	1:14:57	1:05:21
New Zealand Difference	-02:12	-317	-03:16	22:11	-21:05
Slowest	16:15:48	525	2:08:44	8:27:58	6:50:44
Your Difference	6:44:36	495	1:10:39	3:20:47	3:31:38

Fastest, average and slowest Male splits at Ironman Norway

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:27:28	12	1	59:57	5:00:51	3:14:08
Your Difference	-03:44	-18	-9	01:52	-06:20	-04:58
Average	9:46:47	19	1	1:12:41	5:08:17	3:16:09
Your Difference	15:35	-11	-9	14:36	01:06	-02:57
Slowest	10:06:06	26	1	1:25:24	5:15:43	3:18:10
Your Difference	34:54	-4	-9	27:19	08:32	-00:56

Fastest, average and slowest M40-44 winning splits at Ironman Norway

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:41:11	19	4	1:04:33	5:03:27	3:22:38
Your Difference	09:59	-11	-6	06:28	-03:44	03:32
Average	9:59:28	28	4	1:05:51	5:20:56	3:23:16
Your Difference	28:16	-2	-6	07:46	13:45	04:10
Slowest	10:17:45	37	4	1:07:08	5:38:25	3:23:54
Your Difference	46:33	7	-6	09:03	31:14	04:48

Fastest, average and slowest M40-44 final qualifier splits (4 place) at Ironman Norway

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:54:11	30	57:07	5:13:19	3:20:25
<i>Your Difference</i>	22:59	0	-00:58	06:08	01:19
Average	10:14:03	44	1:07:20	5:21:12	3:35:26
<i>Your Difference</i>	42:51	14	09:15	14:01	16:20
Slowest	10:33:54	58	1:17:33	5:29:04	3:50:26
<i>Your Difference</i>	1:02:42	28	19:28	21:53	31:20

Fastest, average and slowest M40-44 splits for 10th place at Ironman Norway

M40-44 3rd Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:40:17	18	3	1:05:00	5:06:28	3:14:09
<i>Your Difference</i>	09:05	-12	-7	06:55	-00:43	-04:57
Average	9:59:00	27	3	1:07:48	5:28:19	3:15:32
<i>Your Difference</i>	27:48	-3	-7	09:43	21:08	-03:34
Slowest	10:17:42	36	3	1:10:35	5:50:09	3:16:54
<i>Your Difference</i>	46:30	6	-7	12:30	42:58	-02:12

Fastest, average and slowest splits for M40-44 3rd place (6th percentile in division) at Ironman Norway

Average Performance Differences between Ironman Norway and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Norway 2018	1:30:12	01:52	-1:06:10	-16:34	-31:23
Norway 2019	-55:16			40:45	-20:07

Average time difference between performances of athletes who raced both events

Ironman Philippines

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:50:13	55:07	4:45:43	3:03:47
Average	8:50:13	55:07	4:45:43	3:03:47
Slowest	8:50:13	55:07	4:45:43	3:03:47

Fastest, average and slowest Male winning splits at Ironman Philippines

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:50:13	1	51:14	4:45:43	3:01:49
<i>Your Difference</i>	<i>-40:59</i>	<i>-29</i>	<i>-06:51</i>	<i>-21:28</i>	<i>-17:17</i>
Average	14:28:07	533	1:31:16	6:56:27	5:42:06
<i>Your Difference</i>	<i>4:56:55</i>	<i>503</i>	<i>33:11</i>	<i>1:49:16</i>	<i>2:23:00</i>
<i>New Zealand Difference</i>	<i>09:45</i>	<i>-327</i>	<i>00:05</i>	<i>-03:23</i>	<i>12:15</i>
Slowest	16:59:54	1058	2:16:20	8:39:32	8:29:50
<i>Your Difference</i>	<i>7:28:42</i>	<i>1028</i>	<i>1:18:15</i>	<i>3:32:21</i>	<i>5:10:44</i>

Fastest, average and slowest Male splits at Ironman Philippines

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:00:00	17	1	1:00:55	5:01:57	3:48:24
<i>Your Difference</i>	<i>28:48</i>	<i>-13</i>	<i>-9</i>	<i>02:50</i>	<i>-05:14</i>	<i>29:18</i>
Average	10:00:00	17	1	1:00:55	5:01:57	3:48:24
<i>Your Difference</i>	<i>28:48</i>	<i>-13</i>	<i>-9</i>	<i>02:50</i>	<i>-05:14</i>	<i>29:18</i>
Slowest	10:00:00	17	1	1:00:55	5:01:57	3:48:24
<i>Your Difference</i>	<i>28:48</i>	<i>-13</i>	<i>-9</i>	<i>02:50</i>	<i>-05:14</i>	<i>29:18</i>

Fastest, average and slowest M40-44 winning splits at Ironman Philippines

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	11:17:45	53	3	1:07:46	5:47:06	4:14:35
<i>Your Difference</i>	<i>1:46:33</i>	<i>23</i>	<i>-7</i>	<i>09:41</i>	<i>39:55</i>	<i>55:29</i>
Average	11:17:45	53	3	1:07:46	5:47:06	4:14:35
<i>Your Difference</i>	<i>1:46:33</i>	<i>23</i>	<i>-7</i>	<i>09:41</i>	<i>39:55</i>	<i>55:29</i>
Slowest	11:17:45	53	3	1:07:46	5:47:06	4:14:35
<i>Your Difference</i>	<i>1:46:33</i>	<i>23</i>	<i>-7</i>	<i>09:41</i>	<i>39:55</i>	<i>55:29</i>

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Philippines

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	12:19:06	134	1:13:20	6:12:17	4:42:21
<i>Your Difference</i>	<i>2:47:54</i>	<i>104</i>	<i>15:15</i>	<i>1:05:06</i>	<i>1:23:15</i>
Average	12:19:06	134	1:13:20	6:12:17	4:42:21
<i>Your Difference</i>	<i>2:47:54</i>	<i>104</i>	<i>15:15</i>	<i>1:05:06</i>	<i>1:23:15</i>
Slowest	12:19:06	134	1:13:20	6:12:17	4:42:21
<i>Your Difference</i>	<i>2:47:54</i>	<i>104</i>	<i>15:15</i>	<i>1:05:06</i>	<i>1:23:15</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Philippines

M40-44 14th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	12:37:19	161	14	1:23:00	6:19:02	4:39:01
<i>Your Difference</i>	<i>3:06:07</i>	<i>131</i>	<i>4</i>	<i>24:55</i>	<i>1:11:51</i>	<i>1:19:55</i>
Average	12:37:19	161	14	1:23:00	6:19:02	4:39:01
<i>Your Difference</i>	<i>3:06:07</i>	<i>131</i>	<i>4</i>	<i>24:55</i>	<i>1:11:51</i>	<i>1:19:55</i>
Slowest	12:37:19	161	14	1:23:00	6:19:02	4:39:01
<i>Your Difference</i>	<i>3:06:07</i>	<i>131</i>	<i>4</i>	<i>24:55</i>	<i>1:11:51</i>	<i>1:19:55</i>

Fastest, average and slowest splits for M40-44 14th place (6th percentile in division) at Ironman Philippines

Average Performance Differences between Ironman Philippines and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Philippines 2018	1:23:51	07:45	-24:20	19:30	06:57

Average time difference between performances of athletes who raced both events

Ironman Santa Rosa

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:27:58	49:00	4:30:39	3:00:13
Average	8:43:48	53:50	4:36:28	3:05:09
Slowest	8:53:44	1:00:58	4:43:42	3:12:31

Fastest, average and slowest Male winning splits at Ironman Santa Rosa

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:27:58	1	37:52	4:30:39	2:49:10
<i>Your Difference</i>	<i>-1:03:14</i>	<i>-29</i>	<i>-20:13</i>	<i>-36:32</i>	<i>-29:56</i>
Average	13:11:12	760	1:21:06	6:26:27	5:03:43
<i>Your Difference</i>	<i>3:40:00</i>	<i>730</i>	<i>23:01</i>	<i>1:19:16</i>	<i>1:44:37</i>
<i>New Zealand Difference</i>	<i>03:39</i>	<i>122</i>	<i>01:19</i>	<i>-05:41</i>	<i>04:11</i>
Slowest	16:59:41	1720	2:19:42	9:11:42	9:12:19
<i>Your Difference</i>	<i>7:28:29</i>	<i>1690</i>	<i>1:21:37</i>	<i>4:04:31</i>	<i>5:53:13</i>

Fastest, average and slowest Male splits at Ironman Santa Rosa

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:54:46	3	1	1:00:07	4:32:01	3:10:11
<i>Your Difference</i>	<i>-36:26</i>	<i>-27</i>	<i>-9</i>	<i>02:02</i>	<i>-35:10</i>	<i>-08:55</i>
Average	9:15:38	11	1	1:01:40	4:50:28	3:15:36
<i>Your Difference</i>	<i>-15:34</i>	<i>-19</i>	<i>-9</i>	<i>03:35</i>	<i>-16:43</i>	<i>-03:30</i>
Slowest	9:26:02	19	1	1:05:55	5:01:37	3:20:18
<i>Your Difference</i>	<i>-05:10</i>	<i>-11</i>	<i>-9</i>	<i>07:50</i>	<i>-05:34</i>	<i>01:12</i>

Fastest, average and slowest M40-44 winning splits at Ironman Santa Rosa

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:30:49	24	4	50:38	5:02:21	3:05:32
<i>Your Difference</i>	<i>-00:23</i>	<i>-6</i>	<i>-6</i>	<i>-07:27</i>	<i>-04:50</i>	<i>-13:34</i>
Average	9:42:45	31	4	58:32	5:06:10	3:28:48
<i>Your Difference</i>	<i>11:33</i>	<i>1</i>	<i>-6</i>	<i>00:27</i>	<i>-01:01</i>	<i>09:42</i>
Slowest	9:53:21	36	4	1:04:10	5:10:27	3:40:05
<i>Your Difference</i>	<i>22:09</i>	<i>6</i>	<i>-6</i>	<i>06:05</i>	<i>03:16</i>	<i>20:59</i>

Fastest, average and slowest M40-44 final qualifier splits (4 place) at Ironman Santa Rosa

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	10:00:14	64	1:05:13	5:07:27	3:14:42
<i>Your Difference</i>	29:02	34	07:08	00:16	-04:24
Average	10:13:20	73	1:09:40	5:16:51	3:35:07
<i>Your Difference</i>	42:08	43	11:35	09:40	16:01
Slowest	10:23:06	85	1:13:32	5:29:35	3:48:26
<i>Your Difference</i>	51:54	55	15:27	22:24	29:20

Fastest, average and slowest M40-44 splits for 10th place at Ironman Santa Rosa

M40-44 14th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:04:57	69	14	51:31	5:00:49	3:34:28
<i>Your Difference</i>	33:45	39	4	-06:34	-06:22	15:22
Average	10:25:12	97	14	1:05:00	5:20:58	3:47:33
<i>Your Difference</i>	54:00	67	4	06:55	13:47	28:27
Slowest	10:44:24	121	14	1:15:16	5:29:50	3:57:38
<i>Your Difference</i>	1:13:12	91	4	17:11	22:39	38:32

Fastest, average and slowest splits for M40-44 14th place (6th percentile in division) at Ironman Santa Rosa

Average Performance Differences between Ironman Santa Rosa and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Santa Rosa 2016	1:09:43	-19:37		26:24	-34:56
Santa Rosa 2017	08:57	22:37	-10:01	-00:58	-19:51
Santa Rosa 2018	18:04	1:02:34	05:08	10:17	08:49
Santa Rosa 2019	-05:08	-26:39	-54:47	-01:22	41:38

Average time difference between performances of athletes who raced both events

Ironman South Africa

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:34:19	26:03	4:19:41	2:39:18
Average	8:14:16	49:16	4:31:30	2:49:28
Slowest	8:34:45	1:03:58	4:48:52	3:01:31

Fastest, average and slowest Male winning splits at Ironman South Africa

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:34:19	1	24:59	4:19:44	2:39:18
<i>Your Difference</i>	-1:56:53	-29	-33:06	-47:27	-39:48
Average	12:35:57	804	1:10:12	6:23:12	4:47:24
<i>Your Difference</i>	3:04:45	774	12:07	1:16:01	1:28:18
<i>New Zealand Difference</i>	-03:10	268	-01:19	01:37	-04:42
Slowest	17:00:38	1760	2:18:21	9:18:22	8:09:09
<i>Your Difference</i>	7:29:26	1730	1:20:16	4:11:11	4:50:03

Fastest, average and slowest Male splits at Ironman South Africa

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:44:34	13	1	31:59	4:47:59	2:58:37
<i>Your Difference</i>	-46:38	-17	-9	-26:06	-19:12	-20:29
Average	9:39:10	74	1	1:00:59	5:04:31	3:27:15
<i>Your Difference</i>	07:58	44	-9	02:54	-02:40	08:09
Slowest	12:34:33	673	1	1:10:06	5:55:19	5:21:21
<i>Your Difference</i>	3:03:21	643	-9	12:01	48:08	2:02:15

Fastest, average and slowest M40-44 winning splits at Ironman South Africa

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:15:27	76	12	33:39	5:05:00	3:16:18
<i>Your Difference</i>	-15:45	46	2	-24:26	-02:11	-02:48
Average	10:21:26	97	12	1:03:13	5:25:49	3:45:01
<i>Your Difference</i>	50:14	67	2	05:08	18:38	25:55
Slowest	11:03:23	131	12	1:26:21	5:59:47	4:14:08
<i>Your Difference</i>	1:32:11	101	2	28:16	52:36	55:02

Fastest, average and slowest M40-44 final qualifier splits (12 place) at Ironman South Africa

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:14:26	68	34:53	5:07:03	3:17:36
<i>Your Difference</i>	<i>-16:46</i>	<i>38</i>	<i>-23:12</i>	<i>-00:08</i>	<i>-01:30</i>
Average	10:16:40	88	1:02:53	5:24:24	3:42:26
<i>Your Difference</i>	<i>45:28</i>	<i>58</i>	<i>04:48</i>	<i>17:13</i>	<i>23:20</i>
Slowest	10:57:44	117	1:22:13	6:00:43	4:02:34
<i>Your Difference</i>	<i>1:26:32</i>	<i>87</i>	<i>24:08</i>	<i>53:32</i>	<i>43:28</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman South Africa

M40-44 16th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:19:22	91	16	41:13	5:04:02	3:07:32
<i>Your Difference</i>	<i>-11:50</i>	<i>61</i>	<i>6</i>	<i>-16:52</i>	<i>-03:09</i>	<i>-11:34</i>
Average	10:29:02	114	16	1:04:06	5:25:58	3:51:36
<i>Your Difference</i>	<i>57:50</i>	<i>84</i>	<i>6</i>	<i>06:01</i>	<i>18:47</i>	<i>32:30</i>
Slowest	11:09:07	150	16	1:19:11	6:00:17	4:21:01
<i>Your Difference</i>	<i>1:37:55</i>	<i>120</i>	<i>6</i>	<i>21:06</i>	<i>53:06</i>	<i>1:01:55</i>

Fastest, average and slowest splits for M40-44 16th place (6th percentile in division) at Ironman South Africa

Average Performance Differences between Ironman South Africa and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
South Africa 2015		1:09:41	-08:31	14:37	42:51
South Africa 2016	-04:41	06:35	-28:00	32:17	-02:54
South Africa 2017		-01:43	-02:33	-10:29	-1:01:18
South Africa 2018		-10:57	-01:22	-07:58	-21:32
South Africa 2019		-03:26	-11:42	02:59	-41:30

Average time difference between performances of athletes who raced both events

Ironman St George

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:32:03	49:16	4:42:32	2:56:50
Average	8:46:25	52:10	4:51:51	2:58:46
Slowest	9:07:04	54:29	5:10:01	3:01:24

Fastest, average and slowest Male winning splits at Ironman St George

Male Times

Overall	Rank	Swim	Bike	Run
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Fastest, average and slowest Male splits at Ironman St George

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:31:56	16	1	50:43	5:15:27	3:17:49
<i>Your Difference</i>	00:44	-14	-9	-07:22	08:16	-01:17
Average	9:50:18	18	1	58:21	5:22:43	3:23:05
<i>Your Difference</i>	19:06	-12	-9	00:16	15:32	03:59
Slowest	10:18:48	20	1	1:08:23	5:36:05	3:29:24
<i>Your Difference</i>	47:36	-10	-9	10:18	28:54	10:18

Fastest, average and slowest M40-44 winning splits at Ironman St George

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:06:35	32	6	1:06:53	5:21:51	3:18:09
<i>Your Difference</i>	35:23	2	-4	08:48	14:40	-00:57
Average	10:18:11	41	6	1:09:57	5:35:18	3:26:38
<i>Your Difference</i>	46:59	11	-4	11:52	28:07	07:32
Slowest	10:30:34	48	6	1:11:43	5:55:59	3:35:18
<i>Your Difference</i>	59:22	18	-4	13:38	48:48	16:12

Fastest, average and slowest M40-44 final qualifier splits (6 place) at Ironman St George

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	10:23:19	50	1:03:56	5:29:39	3:13:17
<i>Your Difference</i>	<i>52:07</i>	<i>20</i>	<i>05:51</i>	<i>22:28</i>	<i>-05:49</i>
Average	10:31:59	61	1:10:47	5:49:51	3:24:45
<i>Your Difference</i>	<i>1:00:47</i>	<i>31</i>	<i>12:42</i>	<i>42:40</i>	<i>05:39</i>
Slowest	10:45:04	78	1:22:02	6:03:47	3:39:54
<i>Your Difference</i>	<i>1:13:52</i>	<i>48</i>	<i>23:57</i>	<i>56:36</i>	<i>20:48</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman St George

M40-44 13th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:36:21	59	13	1:01:50	5:30:44	3:35:45
<i>Your Difference</i>	<i>1:05:09</i>	<i>29</i>	<i>3</i>	<i>03:45</i>	<i>23:33</i>	<i>16:39</i>
Average	10:43:10	76	13	1:07:49	5:45:19	3:44:40
<i>Your Difference</i>	<i>1:11:58</i>	<i>46</i>	<i>3</i>	<i>09:44</i>	<i>38:08</i>	<i>25:34</i>
Slowest	10:53:35	98	13	1:12:41	5:59:45	3:59:07
<i>Your Difference</i>	<i>1:22:23</i>	<i>68</i>	<i>3</i>	<i>14:36</i>	<i>52:34</i>	<i>40:01</i>

Fastest, average and slowest splits for M40-44 13th place (6th percentile in division) at Ironman St George

Average Performance Differences between Ironman St George and Ironman New Zealand

New Zealand

Average time difference between performances of athletes who raced both events

Ironman Sweden

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:49:14	47:29	4:03:08	2:45:44
Average	8:16:10	50:52	4:27:48	2:54:04
Slowest	8:44:29	57:28	4:42:00	3:08:23

Fastest, average and slowest Male winning splits at Ironman Sweden

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:49:14	1	43:50	4:03:08	2:30:30
Your Difference	-1:41:58	-29	-14:15	-1:04:03	-48:36
Average	11:55:35	966	1:20:32	5:48:49	4:34:06
Your Difference	2:24:23	936	22:27	41:38	1:15:00
New Zealand Difference	-48:24	583	-04:23	-37:31	-04:29
Slowest	15:59:32	2161	2:19:49	8:02:47	7:36:35
Your Difference	6:28:20	2131	1:21:44	2:55:36	4:17:29

Fastest, average and slowest Male splits at Ironman Sweden

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:36:59	7	1	54:08	4:35:01	3:02:02
Your Difference	-54:13	-23	-9	-03:57	-32:10	-17:04
Average	8:59:38	17	1	59:26	4:45:27	3:10:23
Your Difference	-31:34	-13	-9	01:21	-21:44	-08:43
Slowest	9:15:35	27	1	1:09:24	4:58:32	3:19:37
Your Difference	-15:37	-3	-9	11:19	-08:39	00:31

Fastest, average and slowest M40-44 winning splits at Ironman Sweden

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:51:13	19	5	53:03	4:38:34	2:57:25
Your Difference	-39:59	-11	-5	-05:02	-28:37	-21:41
Average	9:18:56	39	5	1:02:54	4:52:32	3:17:55
Your Difference	-12:16	9	-5	04:49	-14:39	-01:11
Slowest	9:35:27	52	5	1:21:22	5:09:34	3:38:30
Your Difference	04:15	22	-5	23:17	02:23	19:24

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman Sweden

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:09:38	35	57:50	4:42:05	3:12:12
<i>Your Difference</i>	<i>-21:34</i>	<i>5</i>	<i>-00:15</i>	<i>-25:06</i>	<i>-06:54</i>
Average	9:32:18	63	1:06:24	4:53:45	3:25:54
<i>Your Difference</i>	<i>01:06</i>	<i>33</i>	<i>08:19</i>	<i>-13:26</i>	<i>06:48</i>
Slowest	9:49:27	89	1:14:26	5:06:20	3:38:02
<i>Your Difference</i>	<i>18:15</i>	<i>59</i>	<i>16:21</i>	<i>-00:51</i>	<i>18:56</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Sweden

M40-44 20th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:28:27	78	20	55:27	4:48:25	3:13:41
<i>Your Difference</i>	<i>-02:45</i>	<i>48</i>	<i>10</i>	<i>-02:38</i>	<i>-18:46</i>	<i>-05:25</i>
Average	9:48:46	114	20	1:02:58	5:04:00	3:36:08
<i>Your Difference</i>	<i>17:34</i>	<i>84</i>	<i>10</i>	<i>04:53</i>	<i>-03:11</i>	<i>17:02</i>
Slowest	10:05:52	156	20	1:12:05	5:15:47	3:50:39
<i>Your Difference</i>	<i>34:40</i>	<i>126</i>	<i>10</i>	<i>14:00</i>	<i>08:36</i>	<i>31:33</i>

Fastest, average and slowest splits for M40-44 20th place (6th percentile in division) at Ironman Sweden

Average Performance Differences between Ironman Sweden and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Sweden 2015	<i>-10:47</i>	<i>01:06</i>			<i>-22:23</i>
Sweden 2016	<i>-14:30</i>	<i>-1:23:22</i>		<i>-24:01</i>	<i>-16:29</i>
Sweden 2017	<i>-1:01:58</i>	<i>-10:13</i>	<i>-35:31</i>	<i>-1:01:11</i>	
Sweden 2018	<i>-25:47</i>	<i>-1:58:43</i>	<i>-1:11:31</i>	<i>-1:29:01</i>	
Sweden 2019		<i>-42:53</i>	<i>-1:11:03</i>	<i>-1:13:42</i>	<i>-55:01</i>

Average time difference between performances of athletes who raced both events

Ironman Switzerland

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:09:18	48:18	4:23:59	2:45:18
Average	8:19:38	53:17	4:32:02	2:51:32
Slowest	8:33:39	58:49	4:36:54	3:01:59

Fastest, average and slowest Male winning splits at Ironman Switzerland

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:09:18	1	48:16	4:14:52	2:45:18
<i>Your Difference</i>	<i>-1:21:54</i>	<i>-29</i>	<i>-09:49</i>	<i>-52:19</i>	<i>-33:48</i>
Average	12:13:26	693	1:20:10	6:05:22	4:35:23
<i>Your Difference</i>	<i>2:42:14</i>	<i>663</i>	<i>22:05</i>	<i>58:11</i>	<i>1:16:17</i>
<i>New Zealand Difference</i>	<i>08:52</i>	<i>280</i>	<i>02:16</i>	<i>00:34</i>	<i>06:46</i>
Slowest	16:01:21	1591	2:20:33	8:25:29	7:58:23
<i>Your Difference</i>	<i>6:30:09</i>	<i>1561</i>	<i>1:22:28</i>	<i>3:18:18</i>	<i>4:39:17</i>

Fastest, average and slowest Male splits at Ironman Switzerland

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:01:55	12	1	52:54	4:49:15	2:59:49
<i>Your Difference</i>	<i>-29:17</i>	<i>-18</i>	<i>-9</i>	<i>-05:11</i>	<i>-17:56</i>	<i>-19:17</i>
Average	9:19:49	28	1	1:02:25	4:58:43	3:13:41
<i>Your Difference</i>	<i>-11:23</i>	<i>-2</i>	<i>-9</i>	<i>04:20</i>	<i>-08:28</i>	<i>-05:25</i>
Slowest	9:44:56	57	1	1:16:26	5:21:13	3:31:47
<i>Your Difference</i>	<i>13:44</i>	<i>27</i>	<i>-9</i>	<i>18:21</i>	<i>14:02</i>	<i>12:41</i>

Fastest, average and slowest M40-44 winning splits at Ironman Switzerland

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:16:03	40	6	54:41	4:43:29	3:07:36
<i>Your Difference</i>	<i>-15:09</i>	<i>10</i>	<i>-4</i>	<i>-03:24</i>	<i>-23:42</i>	<i>-11:30</i>
Average	9:39:24	67	6	1:04:24	5:04:51	3:24:47
<i>Your Difference</i>	<i>08:12</i>	<i>37</i>	<i>-4</i>	<i>06:19</i>	<i>-02:20</i>	<i>05:41</i>
Slowest	10:06:12	140	6	1:17:05	5:13:12	3:43:29
<i>Your Difference</i>	<i>35:00</i>	<i>110</i>	<i>-4</i>	<i>19:00</i>	<i>06:01</i>	<i>24:23</i>

Fastest, average and slowest M40-44 final qualifier splits (6 place) at Ironman Switzerland

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:26:43	72	56:34	5:00:32	3:06:17
<i>Your Difference</i>	<i>-04:29</i>	<i>42</i>	<i>-01:31</i>	<i>-06:39</i>	<i>-12:49</i>
Average	9:49:18	95	1:06:53	5:11:10	3:25:19
<i>Your Difference</i>	<i>18:06</i>	<i>65</i>	<i>08:48</i>	<i>03:59</i>	<i>06:13</i>
Slowest	10:12:16	162	1:20:04	5:19:12	3:46:55
<i>Your Difference</i>	<i>41:04</i>	<i>132</i>	<i>21:59</i>	<i>12:01</i>	<i>27:49</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Switzerland

M40-44 17th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:34:35	88	17	48:18	4:59:37	3:08:02
<i>Your Difference</i>	<i>03:23</i>	<i>58</i>	<i>7</i>	<i>-09:47</i>	<i>-07:34</i>	<i>-11:04</i>
Average	9:59:25	132	17	1:05:13	5:13:26	3:35:01
<i>Your Difference</i>	<i>28:13</i>	<i>102</i>	<i>7</i>	<i>07:08</i>	<i>06:15</i>	<i>15:55</i>
Slowest	10:21:16	201	17	1:15:22	5:29:21	4:15:35
<i>Your Difference</i>	<i>50:04</i>	<i>171</i>	<i>7</i>	<i>17:17</i>	<i>22:10</i>	<i>56:29</i>

Fastest, average and slowest splits for M40-44 17th place (6th percentile in division) at Ironman Switzerland

Average Performance Differences between Ironman Switzerland and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Switzerland 2015		<i>21:43</i>	<i>37:02</i>	<i>-09:31</i>	<i>-21:29</i>
Switzerland 2016		<i>23:48</i>	<i>-14:07</i>	<i>1:17:03</i>	<i>16:50</i>
Switzerland 2017	<i>-10:30</i>	<i>-09:44</i>	<i>-22:37</i>	<i>41:13</i>	<i>-02:03</i>
Switzerland 2018	<i>-37:27</i>	<i>33:08</i>	<i>-36:49</i>	<i>-20:30</i>	<i>24:17</i>
Switzerland 2019		<i>-22:25</i>	<i>-30:45</i>	<i>40:41</i>	<i>14:13</i>

Average time difference between performances of athletes who raced both events

Ironman Taiwan

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:25:54	48:30	4:32:16	2:55:52
Average	8:47:07	51:44	4:42:54	3:04:56
Slowest	9:27:10	54:34	5:20:18	3:12:53

Fastest, average and slowest Male winning splits at Ironman Taiwan

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:25:54	1	48:30	4:29:46	2:49:48
Your Difference	-1:05:18	-29	-09:35	-37:25	-29:18
Average	13:57:11	343	1:25:47	6:45:05	5:24:51
Your Difference	4:25:59	313	27:42	1:37:54	2:05:45
New Zealand Difference	17:03	-375	-01:44	-04:38	17:09
Slowest	17:03:02	814	2:18:42	8:58:05	8:19:57
Your Difference	7:31:50	784	1:20:37	3:50:54	5:00:51

Fastest, average and slowest Male splits at Ironman Taiwan

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:50:50	8	1	55:45	5:05:25	3:23:07
Your Difference	19:38	-22	-9	-02:20	-01:46	04:01
Average	10:07:58	16	1	1:02:25	5:16:04	3:35:54
Your Difference	36:46	-14	-9	04:20	08:53	16:48
Slowest	10:41:43	23	1	1:06:29	5:24:47	4:01:49
Your Difference	1:10:31	-7	-9	08:24	17:36	42:43

Fastest, average and slowest M40-44 winning splits at Ironman Taiwan

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:04:11	19	4	55:34	5:05:10	3:41:20
Your Difference	32:59	-11	-6	-02:31	-02:01	22:14
Average	10:25:55	26	4	1:07:19	5:21:11	3:46:56
Your Difference	54:43	-4	-6	09:14	14:00	27:50
Slowest	11:07:03	30	4	1:24:44	5:51:57	3:53:33
Your Difference	1:35:51	0	-6	26:39	44:46	34:27

Fastest, average and slowest M40-44 final qualifier splits (4 place) at Ironman Taiwan

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	10:35:06	45	1:04:32	5:25:18	3:23:11
<i>Your Difference</i>	<i>1:03:54</i>	<i>15</i>	<i>06:27</i>	<i>18:07</i>	<i>04:05</i>
Average	11:19:45	65	1:09:55	5:49:40	4:01:20
<i>Your Difference</i>	<i>1:48:33</i>	<i>35</i>	<i>11:50</i>	<i>42:29</i>	<i>42:14</i>
Slowest	12:20:04	84	1:14:45	6:17:23	4:42:31
<i>Your Difference</i>	<i>2:48:52</i>	<i>54</i>	<i>16:40</i>	<i>1:10:12</i>	<i>1:23:25</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Taiwan

M40-44 5th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:04:32	20	5	57:27	5:11:37	3:37:28
<i>Your Difference</i>	<i>33:20</i>	<i>-10</i>	<i>-5</i>	<i>-00:38</i>	<i>04:26</i>	<i>18:22</i>
Average	10:33:19	33	5	1:08:14	5:20:10	3:52:02
<i>Your Difference</i>	<i>1:02:07</i>	<i>3</i>	<i>-5</i>	<i>10:09</i>	<i>12:59</i>	<i>32:56</i>
Slowest	11:12:42	51	5	1:16:10	5:35:42	4:09:52
<i>Your Difference</i>	<i>1:41:30</i>	<i>21</i>	<i>-5</i>	<i>18:05</i>	<i>28:31</i>	<i>50:46</i>

Fastest, average and slowest splits for M40-44 5th place (6th percentile in division) at Ironman Taiwan

Average Performance Differences between Ironman Taiwan and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Taiwan 2015	<i>34:35</i>	<i>12:13</i>	<i>06:35</i>	<i>19:40</i>	<i>-21:40</i>
Taiwan 2016	<i>36:32</i>	<i>23:55</i>	<i>-2:27:26</i>	<i>1:20:38</i>	<i>18:00</i>
Taiwan 2017	<i>10:39</i>		<i>19:58</i>	<i>23:19</i>	<i>01:26</i>
Taiwan 2018				<i>19:44</i>	<i>-06:57</i>
Taiwan 2019	<i>-02:53</i>	<i>-40:52</i>		<i>-09:22</i>	<i>36:44</i>

Average time difference between performances of athletes who raced both events

Ironman Tallinn

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:01:18	49:41	4:19:38	2:47:43
Average	8:10:36	54:07	4:19:44	2:52:52
Slowest	8:19:54	58:33	4:19:49	2:58:01

Fastest, average and slowest Male winning splits at Ironman Tallinn

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:01:18	1	46:12	4:17:24	2:46:44
<i>Your Difference</i>	-1:29:54	-29	-11:53	-49:47	-32:22
Average	11:33:06	458	1:18:54	5:38:53	4:23:19
<i>Your Difference</i>	2:01:54	428	20:49	31:42	1:04:13
<i>New Zealand Difference</i>	-35:34	16	01:26	-32:23	-05:28
Slowest	16:59:37	1072	2:16:42	8:18:39	7:48:28
<i>Your Difference</i>	7:28:25	1042	1:18:37	3:11:28	4:29:22

Fastest, average and slowest Male splits at Ironman Tallinn

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:49:53	2	1	1:00:33	4:39:51	3:04:25
<i>Your Difference</i>	-41:19	-28	-9	02:28	-27:20	-14:41
Average	8:52:59	12	1	1:02:35	4:39:59	3:05:14
<i>Your Difference</i>	-38:13	-18	-9	04:30	-27:12	-13:52
Slowest	8:56:05	22	1	1:04:37	4:40:07	3:06:03
<i>Your Difference</i>	-35:07	-8	-9	06:32	-27:04	-13:03

Fastest, average and slowest M40-44 winning splits at Ironman Tallinn

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:11:09	34	5	1:03:53	4:42:21	3:16:21
<i>Your Difference</i>	-20:03	4	-5	05:48	-24:50	-02:45
Average	9:20:34	37	5	1:05:34	4:45:56	3:22:22
<i>Your Difference</i>	-10:38	7	-5	07:29	-21:15	03:16
Slowest	9:29:59	40	5	1:07:15	4:49:30	3:28:22
<i>Your Difference</i>	-01:13	10	-5	09:10	-17:41	09:16

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman Tallinn

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:29:36	63	1:08:58	5:04:10	3:10:30
<i>Your Difference</i>	<i>-01:36</i>	<i>33</i>	<i>10:53</i>	<i>-03:01</i>	<i>-08:36</i>
Average	9:35:51	65	1:11:12	5:06:04	3:11:11
<i>Your Difference</i>	<i>04:39</i>	<i>35</i>	<i>13:07</i>	<i>-01:07</i>	<i>-07:55</i>
Slowest	9:42:06	67	1:13:25	5:07:58	3:11:51
<i>Your Difference</i>	<i>10:54</i>	<i>37</i>	<i>15:20</i>	<i>00:47</i>	<i>-07:15</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Tallinn

M40-44 8th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:26:56	48	8	1:03:38	4:42:09	3:25:54
<i>Your Difference</i>	<i>-04:16</i>	<i>18</i>	<i>-2</i>	<i>05:33</i>	<i>-25:02</i>	<i>06:48</i>
Average	9:31:35	54	8	1:05:02	4:49:35	3:30:30
<i>Your Difference</i>	<i>00:23</i>	<i>24</i>	<i>-2</i>	<i>06:57</i>	<i>-17:36</i>	<i>11:24</i>
Slowest	9:36:13	59	8	1:06:25	4:57:00	3:35:06
<i>Your Difference</i>	<i>05:01</i>	<i>29</i>	<i>-2</i>	<i>08:20</i>	<i>-10:11</i>	<i>16:00</i>

Fastest, average and slowest splits for M40-44 8th place (6th percentile in division) at Ironman Tallinn

Average Performance Differences between Ironman Tallinn and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Tallinn 2018	<i>-24:38</i>	<i>09:40</i>	<i>-48:03</i>	<i>-50:28</i>	<i>-2:07:51</i>
Tallinn 2019	<i>55:40</i>	<i>49:35</i>		<i>-45:33</i>	<i>-44:39</i>

Average time difference between performances of athletes who raced both events

Ironman Texas

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:13:13	47:55	3:39:28	2:34:39
Average	7:57:27	51:30	4:15:55	2:45:10
Slowest	8:25:06	55:02	4:29:07	2:56:18

Fastest, average and slowest Male winning splits at Ironman Texas

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:13:13	1	48:43	3:31:47	2:34:39
<i>Your Difference</i>	<i>-2:17:59</i>	<i>-29</i>	<i>-09:22</i>	<i>-1:35:24</i>	<i>-44:27</i>
Average	12:49:15	1053	1:24:40	5:51:50	5:14:06
<i>Your Difference</i>	<i>3:18:03</i>	<i>1023</i>	<i>26:35</i>	<i>44:39</i>	<i>1:55:00</i>
<i>New Zealand Difference</i>	<i>-38:33</i>	<i>242</i>	<i>04:07</i>	<i>-46:48</i>	<i>02:51</i>
Slowest	17:44:33	2334	2:22:57	8:48:59	9:09:44
<i>Your Difference</i>	<i>8:13:21</i>	<i>2304</i>	<i>1:24:52</i>	<i>3:41:48</i>	<i>5:50:38</i>

Fastest, average and slowest Male splits at Ironman Texas

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:21:39	18	1	55:07	3:54:32	2:53:38
<i>Your Difference</i>	<i>-1:09:33</i>	<i>-12</i>	<i>-9</i>	<i>-02:58</i>	<i>-1:12:39</i>	<i>-25:28</i>
Average	9:03:23	28	1	1:00:44	4:41:10	3:15:18
<i>Your Difference</i>	<i>-27:49</i>	<i>-2</i>	<i>-9</i>	<i>02:39</i>	<i>-26:01</i>	<i>-03:48</i>
Slowest	9:36:27	42	1	1:12:21	5:09:33	3:24:27
<i>Your Difference</i>	<i>05:15</i>	<i>12</i>	<i>-9</i>	<i>14:16</i>	<i>02:22</i>	<i>05:21</i>

Fastest, average and slowest M40-44 winning splits at Ironman Texas

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:44:13	60	9	56:40	3:58:45	3:11:49
<i>Your Difference</i>	<i>-46:59</i>	<i>30</i>	<i>-1</i>	<i>-01:25</i>	<i>-1:08:26</i>	<i>-07:17</i>
Average	9:37:51	75	9	1:04:29	4:54:56	3:30:55
<i>Your Difference</i>	<i>06:39</i>	<i>45</i>	<i>-1</i>	<i>06:24</i>	<i>-12:15</i>	<i>11:49</i>
Slowest	10:29:45	98	9	1:15:54	5:25:01	4:01:55
<i>Your Difference</i>	<i>58:33</i>	<i>68</i>	<i>-1</i>	<i>17:49</i>	<i>17:50</i>	<i>42:49</i>

Fastest, average and slowest M40-44 final qualifier splits (9 place) at Ironman Texas

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	8:44:34	62	57:10	3:54:27	3:16:52
<i>Your Difference</i>	<i>-46:38</i>	<i>32</i>	<i>-00:55</i>	<i>-1:12:44</i>	<i>-02:14</i>
Average	9:40:47	80	1:05:14	4:49:24	3:38:26
<i>Your Difference</i>	<i>09:35</i>	<i>50</i>	<i>07:09</i>	<i>-17:47</i>	<i>19:20</i>
Slowest	10:33:47	104	1:22:32	5:09:18	4:19:15
<i>Your Difference</i>	<i>1:02:35</i>	<i>74</i>	<i>24:27</i>	<i>02:07</i>	<i>1:00:09</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Texas

M40-44 17th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:54:10	87	17	56:10	4:03:27	3:19:12
<i>Your Difference</i>	<i>-37:02</i>	<i>57</i>	<i>7</i>	<i>-01:55</i>	<i>-1:03:44</i>	<i>00:06</i>
Average	9:57:29	118	17	1:08:47	4:58:28	3:41:43
<i>Your Difference</i>	<i>26:17</i>	<i>88</i>	<i>7</i>	<i>10:42</i>	<i>-08:43</i>	<i>22:37</i>
Slowest	10:54:38	159	17	1:19:09	5:30:20	4:05:47
<i>Your Difference</i>	<i>1:23:26</i>	<i>129</i>	<i>7</i>	<i>21:04</i>	<i>23:09</i>	<i>46:41</i>

Fastest, average and slowest splits for M40-44 17th place (6th percentile in division) at Ironman Texas

Average Performance Differences between Ironman Texas and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Texas 2015	<i>-06:13</i>		<i>-1:20:49</i>	<i>16:32</i>	<i>-39:45</i>
Texas 2016	<i>-1:06:06</i>	<i>-1:22:19</i>	<i>-1:28:25</i>	<i>-51:14</i>	<i>-2:05:41</i>
Texas 2017	<i>-11:50</i>	<i>-27:31</i>	<i>-1:18:38</i>	<i>-19:58</i>	<i>-30:53</i>
Texas 2018	<i>-22:58</i>	<i>-1:19:12</i>	<i>-45:45</i>	<i>-35:54</i>	<i>-45:06</i>
Texas 2019	<i>-1:10:20</i>	<i>03:30</i>	<i>-50:33</i>	<i>23:58</i>	<i>08:11</i>

Average time difference between performances of athletes who raced both events

Ironman UK

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:55:34	43:34	4:08:30	2:41:45
Average	8:42:53	49:17	4:54:59	2:54:02
Slowest	9:27:12	59:50	5:11:02	3:10:06

Fastest, average and slowest Male winning splits at Ironman UK

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:55:34	1	45:35	4:06:21	2:45:56
<i>Your Difference</i>	-1:35:38	-29	-12:30	-1:00:50	-33:10
Average	13:17:20	803	1:21:35	6:46:27	4:50:35
<i>Your Difference</i>	3:46:08	773	23:30	1:39:16	1:31:29
<i>New Zealand Difference</i>	07:58	153	01:04	-01:46	-03:52
Slowest	17:02:23	1805	2:18:04	9:06:00	8:02:49
<i>Your Difference</i>	7:31:11	1775	1:19:59	3:58:49	4:43:43

Fastest, average and slowest Male splits at Ironman UK

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:46:30	9	1	50:55	4:30:04	2:57:09
<i>Your Difference</i>	-44:42	-21	-9	-07:10	-37:07	-21:57
Average	9:45:00	18	1	1:00:05	5:22:04	3:16:19
<i>Your Difference</i>	13:48	-12	-9	02:00	14:53	-02:47
Slowest	10:12:11	30	1	1:08:48	5:44:40	3:31:20
<i>Your Difference</i>	40:59	0	-9	10:43	37:29	12:14

Fastest, average and slowest M40-44 winning splits at Ironman UK

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:07:11	25	5	52:32	4:25:46	3:12:47
<i>Your Difference</i>	-24:01	-5	-5	-05:33	-41:25	-06:19
Average	10:14:51	44	5	1:04:37	5:39:39	3:22:52
<i>Your Difference</i>	43:39	14	-5	06:32	32:28	03:46
Slowest	10:47:06	80	5	1:11:58	6:12:12	3:44:05
<i>Your Difference</i>	1:15:54	50	-5	13:53	1:05:01	24:59

Fastest, average and slowest M40-44 final qualifier splits (5 place) at Ironman UK

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:23:27	47	53:48	4:40:12	3:17:57
<i>Your Difference</i>	<i>-07:45</i>	<i>17</i>	<i>-04:17</i>	<i>-26:59</i>	<i>-01:09</i>
Average	10:30:51	67	1:06:02	5:42:44	3:33:17
<i>Your Difference</i>	<i>59:39</i>	<i>37</i>	<i>07:57</i>	<i>35:33</i>	<i>14:11</i>
Slowest	11:23:03	121	1:15:11	6:29:06	3:59:45
<i>Your Difference</i>	<i>1:51:51</i>	<i>91</i>	<i>17:06</i>	<i>1:21:55</i>	<i>40:39</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman UK

M40-44 15th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:39:23	59	15	58:40	4:32:06	3:20:11
<i>Your Difference</i>	<i>08:11</i>	<i>29</i>	<i>5</i>	<i>00:35</i>	<i>-35:05</i>	<i>01:05</i>
Average	10:44:31	90	15	1:07:16	5:52:19	3:36:25
<i>Your Difference</i>	<i>1:13:19</i>	<i>60</i>	<i>5</i>	<i>09:11</i>	<i>45:08</i>	<i>17:19</i>
Slowest	11:33:05	147	15	1:24:19	6:34:51	3:55:31
<i>Your Difference</i>	<i>2:01:53</i>	<i>117</i>	<i>5</i>	<i>26:14</i>	<i>1:27:40</i>	<i>36:25</i>

Fastest, average and slowest splits for M40-44 15th place (6th percentile in division) at Ironman UK

Average Performance Differences between Ironman UK and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
UK 2015	<i>-38:32</i>	<i>-11:57</i>	<i>1:14:16</i>	<i>50:43</i>	
UK 2016	<i>-15:29</i>		<i>19:44</i>		
UK 2017	<i>2:41:59</i>	<i>03:02</i>	<i>-58:52</i>	<i>-1:18:14</i>	
UK 2018	<i>-34:07</i>	<i>-10:23</i>	<i>-1:09:59</i>	<i>-10:10</i>	<i>-20:59</i>
UK 2019	<i>1:24:39</i>	<i>1:58:00</i>	<i>-13:16</i>	<i>2:02:37</i>	<i>1:34:17</i>

Average time difference between performances of athletes who raced both events

Ironman Vichy

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:17:14	50:24	4:31:24	2:51:04
Average	8:32:25	56:12	4:34:37	2:56:13
Slowest	8:42:51	1:00:11	4:41:37	3:01:11

Fastest, average and slowest Male winning splits at Ironman Vichy

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:17:14	1	50:18	4:22:29	2:45:37
Your Difference	-1:13:58	-29	-07:47	-44:42	-33:29
Average	12:07:48	630	1:21:59	5:55:44	4:35:43
Your Difference	2:36:36	600	23:54	48:33	1:16:37
New Zealand Difference	-02:20	138	07:08	-13:44	03:06
Slowest	16:41:03	1551	2:19:56	9:08:40	7:30:06
Your Difference	7:09:51	1521	1:21:51	4:01:29	4:11:00

Fastest, average and slowest Male splits at Ironman Vichy

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:40:32	1	1	54:59	4:34:42	3:01:11
Your Difference	-50:40	-29	-9	-03:06	-32:29	-17:55
Average	9:00:58	10	1	1:00:48	4:45:50	3:08:04
Your Difference	-30:14	-20	-9	02:43	-21:21	-11:02
Slowest	9:24:03	20	1	1:09:50	5:08:45	3:16:39
Your Difference	-07:09	-10	-9	11:45	01:34	-02:27

Fastest, average and slowest M40-44 winning splits at Ironman Vichy

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:57:01	9	4	52:19	4:42:05	3:05:10
Your Difference	-34:11	-21	-6	-05:46	-25:06	-13:56
Average	9:20:55	32	4	1:03:25	4:54:51	3:14:57
Your Difference	-10:17	2	-6	05:20	-12:20	-04:09
Slowest	9:40:57	49	4	1:11:39	5:03:02	3:24:16
Your Difference	09:45	19	-6	13:34	-04:09	05:10

Fastest, average and slowest M40-44 final qualifier splits (4 place) at Ironman Vichy

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:18:58	55	1:02:52	4:48:34	3:17:16
<i>Your Difference</i>	<i>-12:14</i>	<i>25</i>	<i>04:47</i>	<i>-18:37</i>	<i>-01:50</i>
Average	9:45:11	68	1:05:16	5:07:34	3:22:20
<i>Your Difference</i>	<i>13:59</i>	<i>38</i>	<i>07:11</i>	<i>00:23</i>	<i>03:14</i>
Slowest	10:15:21	86	1:07:45	5:40:40	3:32:29
<i>Your Difference</i>	<i>44:09</i>	<i>56</i>	<i>09:40</i>	<i>33:29</i>	<i>13:23</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Vichy

M40-44 11th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:20:27	63	11	57:58	4:47:56	3:21:41
<i>Your Difference</i>	<i>-10:45</i>	<i>33</i>	<i>1</i>	<i>-00:07</i>	<i>-19:15</i>	<i>02:35</i>
Average	9:48:57	76	11	1:05:06	5:02:43	3:32:14
<i>Your Difference</i>	<i>17:45</i>	<i>46</i>	<i>1</i>	<i>07:01</i>	<i>-04:28</i>	<i>13:08</i>
Slowest	10:17:40	99	11	1:20:44	5:27:27	3:41:25
<i>Your Difference</i>	<i>46:28</i>	<i>69</i>	<i>1</i>	<i>22:39</i>	<i>20:16</i>	<i>22:19</i>

Fastest, average and slowest splits for M40-44 11th place (6th percentile in division) at Ironman Vichy

Average Performance Differences between Ironman Vichy and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Vichy 2015		<i>-04:26</i>		<i>39:34</i>	<i>51:29</i>
Vichy 2016	<i>-30:35</i>	<i>10:44</i>	<i>-1:39:54</i>	<i>-1:06:55</i>	<i>-09:50</i>
Vichy 2017	<i>39:20</i>	<i>-55:57</i>		<i>41:30</i>	<i>28:47</i>
Vichy 2018	<i>-17:52</i>	<i>-12:28</i>	<i>-2:33:56</i>	<i>-59:02</i>	<i>-42:31</i>
Vichy 2019	<i>29:39</i>	<i>19:29</i>	<i>22:11</i>	<i>14:54</i>	<i>46:48</i>

Average time difference between performances of athletes who raced both events

Ironman Vitoria-Gasteiz

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:55:16	48:11	4:16:15	2:46:51
Average	7:55:16	48:11	4:16:15	2:46:51
Slowest	7:55:16	48:11	4:16:15	2:46:51

Fastest, average and slowest Male winning splits at Ironman Vitoria-Gasteiz

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:55:16	1	46:45	4:16:15	2:46:51
Your Difference	-1:35:56	-29	-11:20	-50:56	-32:15
Average	11:29:02	781	1:14:33	5:42:25	4:20:14
Your Difference	1:57:50	751	16:28	35:14	1:01:08
New Zealand Difference	-42:51	464	-04:03	-43:17	06:04
Slowest	15:26:59	1600	2:07:29	7:30:02	7:04:58
Your Difference	5:55:47	1570	1:09:24	2:22:51	3:45:52

Fastest, average and slowest Male splits at Ironman Vitoria-Gasteiz

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:48:29	14	1	56:53	4:39:14	3:06:49
Your Difference	-42:43	-16	-9	-01:12	-27:57	-12:17
Average	8:48:29	14	1	56:53	4:39:14	3:06:49
Your Difference	-42:43	-16	-9	-01:12	-27:57	-12:17
Slowest	8:48:29	14	1	56:53	4:39:14	3:06:49
Your Difference	-42:43	-16	-9	-01:12	-27:57	-12:17

Fastest, average and slowest M40-44 winning splits at Ironman Vitoria-Gasteiz

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:04:03	28	6	57:44	4:50:17	3:10:18
Your Difference	-27:09	-2	-4	-00:21	-16:54	-08:48
Average	9:04:03	28	6	57:44	4:50:17	3:10:18
Your Difference	-27:09	-2	-4	-00:21	-16:54	-08:48
Slowest	9:04:03	28	6	57:44	4:50:17	3:10:18
Your Difference	-27:09	-2	-4	-00:21	-16:54	-08:48

Fastest, average and slowest M40-44 final qualifier splits (6 place) at Ironman Vitoria-Gasteiz

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:23:14	62	56:38	4:56:12	3:24:57
<i>Your Difference</i>	<i>-07:58</i>	<i>32</i>	<i>-01:27</i>	<i>-10:59</i>	<i>05:51</i>
Average	9:23:14	62	56:38	4:56:12	3:24:57
<i>Your Difference</i>	<i>-07:58</i>	<i>32</i>	<i>-01:27</i>	<i>-10:59</i>	<i>05:51</i>
Slowest	9:23:14	62	56:38	4:56:12	3:24:57
<i>Your Difference</i>	<i>-07:58</i>	<i>32</i>	<i>-01:27</i>	<i>-10:59</i>	<i>05:51</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Vitoria-Gasteiz

M40-44 21st Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:32:03	101	21	1:01:36	5:00:11	3:23:03
<i>Your Difference</i>	<i>00:51</i>	<i>71</i>	<i>11</i>	<i>03:31</i>	<i>-07:00</i>	<i>03:57</i>
Average	9:32:03	101	21	1:01:36	5:00:11	3:23:03
<i>Your Difference</i>	<i>00:51</i>	<i>71</i>	<i>11</i>	<i>03:31</i>	<i>-07:00</i>	<i>03:57</i>
Slowest	9:32:03	101	21	1:01:36	5:00:11	3:23:03
<i>Your Difference</i>	<i>00:51</i>	<i>71</i>	<i>11</i>	<i>03:31</i>	<i>-07:00</i>	<i>03:57</i>

Fastest, average and slowest splits for M40-44 21st place (6th percentile in division) at Ironman Vitoria-Gasteiz

Average Performance Differences between Ironman Vitoria-Gasteiz and Ironman New Zealand

	New Zealand		
	2017	2018	2019
Vitoria-Gasteiz 2019	-1:17:18	-22:21	-40:22

Average time difference between performances of athletes who raced both events

Ironman Wales

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:52:43	45:01	4:54:47	2:48:00
Average	9:01:40	49:06	5:05:48	2:58:38
Slowest	9:09:10	54:20	5:22:16	3:11:00

Fastest, average and slowest Male winning splits at Ironman Wales

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:53:21	1	45:25	4:54:47	2:49:18
<i>Your Difference</i>	<i>-37:51</i>	<i>-29</i>	<i>-12:40</i>	<i>-12:24</i>	<i>-29:48</i>
Average	13:27:22	839	1:15:19	7:02:23	4:48:46
<i>Your Difference</i>	<i>3:56:10</i>	<i>809</i>	<i>17:14</i>	<i>1:55:12</i>	<i>1:29:40</i>
<i>New Zealand Difference</i>	<i>51:58</i>	<i>314</i>	<i>-01:55</i>	<i>44:48</i>	<i>00:19</i>
Slowest	17:02:49	2043	2:17:55	9:00:36	7:54:06
<i>Your Difference</i>	<i>7:31:37</i>	<i>2013</i>	<i>1:19:50</i>	<i>3:53:25</i>	<i>4:35:00</i>

Fastest, average and slowest Male splits at Ironman Wales

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:18:45	6	1	51:29	5:23:03	2:56:10
<i>Your Difference</i>	<i>-12:27</i>	<i>-24</i>	<i>-9</i>	<i>-06:36</i>	<i>15:52</i>	<i>-22:56</i>
Average	9:55:59	16	1	57:20	5:30:53	3:16:55
<i>Your Difference</i>	<i>24:47</i>	<i>-14</i>	<i>-9</i>	<i>-00:45</i>	<i>23:42</i>	<i>-02:11</i>
Slowest	10:16:51	27	1	1:05:26	5:48:46	3:26:07
<i>Your Difference</i>	<i>45:39</i>	<i>-3</i>	<i>-9</i>	<i>07:21</i>	<i>41:35</i>	<i>07:01</i>

Fastest, average and slowest M40-44 winning splits at Ironman Wales

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:46:48	32	6	56:46	5:30:35	3:06:00
<i>Your Difference</i>	<i>15:36</i>	<i>2</i>	<i>-4</i>	<i>-01:19</i>	<i>23:24</i>	<i>-13:06</i>
Average	10:24:13	44	6	1:02:35	5:46:06	3:23:56
<i>Your Difference</i>	<i>53:01</i>	<i>14</i>	<i>-4</i>	<i>04:30</i>	<i>38:55</i>	<i>04:50</i>
Slowest	10:39:49	60	6	1:10:00	5:54:27	3:42:47
<i>Your Difference</i>	<i>1:08:37</i>	<i>30</i>	<i>-4</i>	<i>11:55</i>	<i>47:16</i>	<i>23:41</i>

Fastest, average and slowest M40-44 final qualifier splits (6 place) at Ironman Wales

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:55:22	46	55:25	5:23:49	3:19:21
<i>Your Difference</i>	24:10	16	-02:40	16:38	00:15
Average	10:33:10	60	1:01:09	5:47:57	3:31:02
<i>Your Difference</i>	1:01:58	30	03:04	40:46	11:56
Slowest	10:51:44	81	1:07:08	6:12:13	3:48:27
<i>Your Difference</i>	1:20:32	51	09:03	1:05:02	29:21

Fastest, average and slowest M40-44 splits for 10th place at Ironman Wales

M40-44 22nd Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:37:31	93	22	50:14	5:45:05	3:15:53
<i>Your Difference</i>	1:06:19	63	12	-07:51	37:54	-03:13
Average	11:02:43	121	22	1:05:51	5:59:04	3:43:33
<i>Your Difference</i>	1:31:31	91	12	07:46	51:53	24:27
Slowest	11:22:42	157	22	1:16:03	6:11:06	4:05:13
<i>Your Difference</i>	1:51:30	127	12	17:58	1:03:55	46:07

Fastest, average and slowest splits for M40-44 22nd place (6th percentile in division) at Ironman Wales

Average Performance Differences between Ironman Wales and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Wales 2015	32:52	1:55:47	34:58		1:48:19
Wales 2016	24:04	1:02:25	16:35	1:02:09	47:01
Wales 2017	1:39:07	47:23	-16:28	1:33:24	17:34
Wales 2018		1:09:24	-26:20	43:46	37:55

Average time difference between performances of athletes who raced both events

Ironman Western Australia

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:45:20	46:23	4:08:12	2:43:39
Average	8:07:53	49:26	4:26:14	2:50:18
Slowest	8:29:06	57:11	4:40:11	2:59:44

Fastest, average and slowest Male winning splits at Ironman Western Australia

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:45:20	1	46:10	4:07:14	2:43:39
Your Difference	-1:45:52	-29	-11:55	-59:57	-35:27
Average	12:14:22	541	1:16:19	5:55:35	4:54:07
Your Difference	2:43:10	511	18:14	48:24	1:35:01
New Zealand Difference	-23:21	36	-00:43	-21:31	07:29
Slowest	16:59:31	1317	2:17:58	8:32:08	8:47:25
Your Difference	7:28:19	1287	1:19:53	3:24:57	5:28:19

Fastest, average and slowest Male splits at Ironman Western Australia

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:43:12	8	1	52:17	4:28:32	2:54:54
Your Difference	-48:00	-22	-9	-05:48	-38:39	-24:12
Average	8:59:10	17	1	57:56	4:47:49	3:10:15
Your Difference	-32:02	-13	-9	-00:09	-19:22	-08:51
Slowest	9:28:30	33	1	1:06:02	5:04:29	3:31:24
Your Difference	-02:42	3	-9	07:57	-02:42	12:18

Fastest, average and slowest M40-44 winning splits at Ironman Western Australia

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:17:10	43	7	55:07	4:37:26	3:07:04
Your Difference	-14:02	13	-3	-02:58	-29:45	-12:02
Average	9:40:01	65	7	1:02:00	5:00:42	3:33:13
Your Difference	08:49	35	-3	03:55	-06:29	14:07
Slowest	10:37:42	97	7	1:11:43	5:35:50	3:56:57
Your Difference	1:06:30	67	-3	13:38	28:39	37:51

Fastest, average and slowest M40-44 final qualifier splits (7 place) at Ironman Western Australia

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:24:36	52	52:30	4:30:07	3:22:34
<i>Your Difference</i>	<i>-06:36</i>	<i>22</i>	<i>-05:35</i>	<i>-37:04</i>	<i>03:28</i>
Average	9:48:36	82	1:00:17	4:59:46	3:44:57
<i>Your Difference</i>	<i>17:24</i>	<i>52</i>	<i>02:12</i>	<i>-07:25</i>	<i>25:51</i>
Slowest	10:44:04	114	1:11:18	5:30:52	4:07:53
<i>Your Difference</i>	<i>1:12:52</i>	<i>84</i>	<i>13:13</i>	<i>23:41</i>	<i>48:47</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Western Australia

M40-44 10th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:24:36	52	10	52:30	4:30:07	3:22:34
<i>Your Difference</i>	<i>-06:36</i>	<i>22</i>	<i>0</i>	<i>-05:35</i>	<i>-37:04</i>	<i>03:28</i>
Average	9:48:36	82	10	1:00:17	4:59:46	3:44:57
<i>Your Difference</i>	<i>17:24</i>	<i>52</i>	<i>0</i>	<i>02:12</i>	<i>-07:25</i>	<i>25:51</i>
Slowest	10:44:04	114	10	1:11:18	5:30:52	4:07:53
<i>Your Difference</i>	<i>1:12:52</i>	<i>84</i>	<i>0</i>	<i>13:13</i>	<i>23:41</i>	<i>48:47</i>

Fastest, average and slowest splits for M40-44 10th place (6th percentile in division) at Ironman Western Australia

Average Performance Differences between Ironman Western Australia and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Western Australia 2015	<i>-24:37</i>	<i>-20:21</i>	<i>-1:03:03</i>	<i>-01:04</i>	<i>-29:50</i>
Western Australia 2016	<i>-30:59</i>	<i>-22:43</i>	<i>-59:29</i>	<i>-22:47</i>	<i>-12:08</i>
Western Australia 2017	<i>01:26</i>	<i>-02:44</i>	<i>-10:42</i>	<i>-06:30</i>	<i>-13:48</i>
Western Australia 2018	<i>-05:08</i>	<i>03:28</i>	<i>-39:30</i>	<i>-01:03</i>	<i>-21:24</i>
Western Australia 2019	<i>41:39</i>	<i>02:23</i>	<i>-29:47</i>	<i>-09:44</i>	<i>-19:07</i>

Average time difference between performances of athletes who raced both events

Ironman Wisconsin

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	8:17:19	49:40	4:31:47	2:46:39
Average	8:47:04	53:31	4:47:29	2:59:21
Slowest	9:07:43	1:03:12	5:05:18	3:15:38

Fastest, average and slowest Male winning splits at Ironman Wisconsin

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	8:17:19	1	47:48	4:24:08	2:43:09
Your Difference	-1:13:53	-29	-10:17	-43:03	-35:57
Average	13:26:13	1008	1:23:13	6:38:26	5:04:34
Your Difference	3:55:01	978	25:08	1:31:15	1:45:28
New Zealand Difference	14:30	313	05:49	04:25	01:29
Slowest	17:07:54	2387	2:29:24	9:04:43	12:09:01
Your Difference	7:36:42	2357	1:31:19	3:57:32	8:49:55

Fastest, average and slowest Male splits at Ironman Wisconsin

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:08:18	5	1	54:29	4:50:49	3:01:53
Your Difference	-22:54	-25	-9	-03:36	-16:22	-17:13
Average	9:33:09	14	1	1:01:59	5:07:40	3:14:40
Your Difference	01:57	-16	-9	03:54	00:29	-04:26
Slowest	9:51:35	26	1	1:10:23	5:25:45	3:27:52
Your Difference	20:23	-4	-9	12:18	18:34	08:46

Fastest, average and slowest M40-44 winning splits at Ironman Wisconsin

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:27:10	12	3	54:23	5:04:20	2:58:30
Your Difference	-04:02	-18	-7	-03:42	-02:51	-20:36
Average	9:53:11	27	3	1:05:38	5:17:19	3:21:14
Your Difference	21:59	-3	-7	07:33	10:08	02:08
Slowest	10:30:26	61	3	1:22:47	5:38:06	3:47:29
Your Difference	59:14	31	-7	24:42	30:55	28:23

Fastest, average and slowest M40-44 final qualifier splits (3 place) at Ironman Wisconsin

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	10:04:26	49	54:26	5:08:45	3:25:46
<i>Your Difference</i>	<i>33:14</i>	<i>19</i>	<i>-03:39</i>	<i>01:34</i>	<i>06:40</i>
Average	10:26:32	77	1:04:11	5:26:42	3:47:11
<i>Your Difference</i>	<i>55:20</i>	<i>47</i>	<i>06:06</i>	<i>19:31</i>	<i>28:05</i>
Slowest	11:04:53	118	1:16:58	5:50:27	4:17:33
<i>Your Difference</i>	<i>1:33:41</i>	<i>88</i>	<i>18:53</i>	<i>43:16</i>	<i>58:27</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman Wisconsin

M40-44 12th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	10:08:03	63	12	52:34	5:10:45	3:20:15
<i>Your Difference</i>	<i>36:51</i>	<i>33</i>	<i>2</i>	<i>-05:31</i>	<i>03:34</i>	<i>01:09</i>
Average	10:31:55	87	12	1:05:24	5:28:03	3:48:07
<i>Your Difference</i>	<i>1:00:43</i>	<i>57</i>	<i>2</i>	<i>07:19</i>	<i>20:52</i>	<i>29:01</i>
Slowest	11:06:38	133	12	1:20:50	5:55:49	4:10:15
<i>Your Difference</i>	<i>1:35:26</i>	<i>103</i>	<i>2</i>	<i>22:45</i>	<i>48:38</i>	<i>51:09</i>

Fastest, average and slowest splits for M40-44 12th place (6th percentile in division) at Ironman Wisconsin

Average Performance Differences between Ironman Wisconsin and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
Wisconsin 2015	<i>53:37</i>	<i>18:50</i>			<i>23:13</i>
Wisconsin 2016	<i>1:23:06</i>	<i>14:25</i>			<i>-37:01</i>
Wisconsin 2017	<i>50:41</i>		<i>-1:24:23</i>	<i>14:23</i>	<i>43:37</i>
Wisconsin 2018	<i>13:10</i>			<i>06:56</i>	<i>18:44</i>
Wisconsin 2019		<i>39:05</i>	<i>05:55</i>	<i>09:22</i>	<i>-06:27</i>

Average time difference between performances of athletes who raced both events

Ironman World Championship

Male Winning Times

	Overall	Swim	Bike	Run
Fastest	7:51:13	47:31	4:16:02	2:39:59
Average	8:14:06	51:30	4:29:29	2:48:51
Slowest	8:59:36	56:06	4:52:10	3:03:55

Fastest, average and slowest Male winning splits at Ironman World Championship

Male Times

	Overall	Rank	Swim	Bike	Run
Fastest	7:51:13	1	46:29	4:09:06	2:39:45
<i>Your Difference</i>	<i>-1:39:59</i>	<i>-29</i>	<i>-11:36</i>	<i>-58:05</i>	<i>-39:21</i>
Average	11:11:16	985	1:10:42	5:34:29	4:15:24
<i>Your Difference</i>	<i>1:40:04</i>	<i>955</i>	<i>12:37</i>	<i>27:18</i>	<i>56:18</i>
<i>New Zealand Difference</i>	<i>24:38</i>	<i>874</i>	<i>04:00</i>	<i>01:29</i>	<i>18:11</i>
Slowest	16:57:09	2306	2:18:51	8:41:12	8:43:37
<i>Your Difference</i>	<i>7:25:57</i>	<i>2276</i>	<i>1:20:46</i>	<i>3:34:01</i>	<i>5:24:31</i>

Fastest, average and slowest Male splits at Ironman World Championship

M40-44 Race Winner

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:41:22	20	1	53:48	4:30:28	2:57:33
<i>Your Difference</i>	<i>-49:50</i>	<i>-10</i>	<i>-9</i>	<i>-04:17</i>	<i>-36:43</i>	<i>-21:33</i>
Average	9:10:18	72	1	59:33	4:53:31	3:11:43
<i>Your Difference</i>	<i>-20:54</i>	<i>42</i>	<i>-9</i>	<i>01:28</i>	<i>-13:40</i>	<i>-07:23</i>
Slowest	10:34:30	509	1	1:04:29	5:20:02	4:20:26
<i>Your Difference</i>	<i>1:03:18</i>	<i>479</i>	<i>-9</i>	<i>06:24</i>	<i>12:51</i>	<i>1:01:20</i>

Fastest, average and slowest M40-44 winning splits at Ironman World Championship

M40-44 Final Kona Qualifier

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	8:50:33	31	2	54:56	4:30:55	3:00:12
<i>Your Difference</i>	<i>-40:39</i>	<i>1</i>	<i>-8</i>	<i>-03:09</i>	<i>-36:16</i>	<i>-18:54</i>
Average	9:13:19	65	2	1:02:16	4:56:45	3:08:35
<i>Your Difference</i>	<i>-17:53</i>	<i>35</i>	<i>-8</i>	<i>04:11</i>	<i>-10:26</i>	<i>-10:31</i>
Slowest	9:50:35	112	2	1:11:32	5:17:37	3:27:36
<i>Your Difference</i>	<i>19:23</i>	<i>82</i>	<i>-8</i>	<i>13:27</i>	<i>10:26</i>	<i>08:30</i>

Fastest, average and slowest M40-44 final qualifier splits (2 place) at Ironman World Championship

M40-44 10th Athlete

	Overall	Rank	Swim	Bike	Run
Fastest	9:04:33	102	53:04	4:40:35	3:07:34
<i>Your Difference</i>	<i>-26:39</i>	<i>72</i>	<i>-05:01</i>	<i>-26:36</i>	<i>-11:32</i>
Average	9:32:22	142	1:03:13	5:01:16	3:21:24
<i>Your Difference</i>	<i>01:10</i>	<i>112</i>	<i>05:08</i>	<i>-05:55</i>	<i>02:18</i>
Slowest	10:17:48	182	1:11:51	5:29:22	3:44:03
<i>Your Difference</i>	<i>46:36</i>	<i>152</i>	<i>13:46</i>	<i>22:11</i>	<i>24:57</i>

Fastest, average and slowest M40-44 splits for 10th place at Ironman World Championship

M40-44 16th Athlete (6th percentile in division)

	Overall	Rank	Division Rank	Swim	Bike	Run
Fastest	9:07:22	131	16	55:03	4:43:28	3:03:55
<i>Your Difference</i>	<i>-23:50</i>	<i>101</i>	<i>6</i>	<i>-03:02</i>	<i>-23:43</i>	<i>-15:11</i>
Average	9:38:53	186	16	1:02:51	5:04:15	3:25:03
<i>Your Difference</i>	<i>07:41</i>	<i>156</i>	<i>6</i>	<i>04:46</i>	<i>-02:56</i>	<i>05:57</i>
Slowest	10:26:12	248	16	1:14:54	5:43:02	3:41:25
<i>Your Difference</i>	<i>55:00</i>	<i>218</i>	<i>6</i>	<i>16:49</i>	<i>35:51</i>	<i>22:19</i>

Fastest, average and slowest splits for M40-44 16th place (6th percentile in division) at Ironman World Championship

Average Performance Differences between Ironman World Championship and Ironman New Zealand

	New Zealand				
	2015	2016	2017	2018	2019
World Championship 2015	1:03:30	1:11:41	-24:12	1:14:20	21:39
World Championship 2016	03:12	48:05	-04:19	34:57	-07:33
World Championship 2017	56:20	50:11	17:03	25:38	30:41
World Championship 2018	-00:27	-04:28	-23:07	19:27	03:18
World Championship 2019	14:58	26:00	-10:53	39:11	33:01

Average time difference between performances of athletes who raced both events