

Table S1. Overall times in the Ironman World Championship from 1983 to 2018 for women and men.

YEAR	POSITION	MEN		WOMEN	
		Total Race Time (s)	Total Race Time (hr:min:sec)	Total Race Time (s)	Total Race Time (hr:min:sec)
1983	1 ^o 🏆	32640	09:04:00	38520	10:42:00
	2 ^o	32700	09:05:00	38880	10:48:00
	3 ^o	33600	09:20:00	39600	11:00:00
1984	1 ^o 🏆	32060	08:54:20	32060	08:54:20
	2 ^o	33525	09:18:45	33523	09:18:43
	3 ^o	33835	09:23:55	33835	09:23:55
1985	1 ^o 🏆	31854	08:50:54	37551	10:25:51
	2 ^o	33400	09:16:40	37614	10:26:54
	3 ^o	33992	09:26:32	37063	10:17:43
1986	1 ^o 🏆	30480	08:28:00	35340	09:49:00
	2 ^o	30960	08:36:00	35460	09:51:00
	3 ^o	32400	09:00:00	35940	09:59:00
1987	1 ^o 🏆	30675	08:31:15	33944	09:25:44
	2 ^o	31519	08:45:19	34260	09:31:00
	3 ^o	32333	08:58:53	33978	09:26:18
1988	1 ^o 🏆	30660	08:31:00	32460	09:01:00
	2 ^o	30791	08:33:11	33133	09:12:13
	3 ^o	31117	08:38:37	34644	09:37:24
1989	1 ^o 🏆	29355	08:09:15	32456	09:00:56
	2 ^o	29413	08:10:13	33714	09:21:54
	3 ^o	30736	08:32:16	33871	09:24:31
1990	1 ^o 🏆	30497	08:28:17	33222	09:13:42
	2 ^o	31060	08:37:40	33600	09:20:00
	3 ^o	31164	08:39:24	36033	10:00:33
1991	1 ^o 🏆	29912	08:18:32	32872	09:07:52
	2 ^o	30274	08:24:34	33818	09:23:38
	3 ^o	30475	08:27:55	34400	09:33:20
1992	1 ^o 🏆	29348	08:09:08	32128	08:55:28
	2 ^o	29789	08:16:29	33700	09:21:40
	3 ^o	29849	08:17:29	34017	09:26:57
1993	1 ^o 🏆	29265	08:07:45	32303	08:58:23
	2 ^o	29667	08:14:27	32884	09:08:04
	3 ^o	30013	08:20:13	33640	09:20:40
1994	1 ^o 🏆	30027	08:20:27	33614	09:20:14
	2 ^o	30272	08:24:32	34088	09:28:08
	3 ^o	30716	08:31:56	35010	09:43:30
1995	1 ^o 🏆	30034	08:20:34	33406	09:16:46
	2 ^o	30179	08:22:59	33913	09:25:13
	3 ^o	30323	08:25:23	34668	09:37:48
1996	1 ^o 🏆	29048	08:04:08	32809	09:06:49
	2 ^o	29167	08:06:07	33079	09:11:19
	3 ^o	29937	08:18:57	33553	09:19:13
1997	1 ^o 🏆	30781	08:33:01	34168	09:29:28
	2 ^o	31158	08:39:18	34302	09:31:42
	3 ^o	31119	08:38:39	34958	09:42:38
1998	1 ^o 🏆	30260	08:24:20	33652	09:20:52
	2 ^o	30717	08:31:57	33880	09:24:40
	3 ^o	30777	08:32:57	33974	09:26:14
1999	1 ^o 🏆	29837	08:17:17	33009	09:10:09
	2 ^o	30174	08:22:54	33457	09:17:37

	3º	30342	08:25:42	33727	09:22:07
2000	1º 🏆	30060	08:21:00	33828	09:23:48
	2º	30189	08:23:09	33978	09:26:18
	3º	30404	08:26:44	34171	09:29:31
2001	1º 🏆	30678	08:31:18	33935	09:25:35
	2º	31570	08:46:10	34208	09:30:08
	3º	31660	08:47:40	34677	09:37:57
2002	1º 🏆	30596	08:29:56	32704	09:05:04
	2º	30786	08:33:06	33105	09:11:45
	3º	30934	08:35:34	33446	09:17:26
2003	1º 🏆	30155	08:22:35	32881	09:08:01
	2º	30767	08:32:47	33272	09:14:32
	3º	30951	08:35:51	33527	09:18:47
2004	1º 🏆	30809	08:33:29	35098	09:44:58
	2º	31420	08:43:40	35494	09:51:34
	3º	31514	08:45:14	35855	09:57:35
2005	1º 🏆	29657	08:14:17	32455	09:00:55
	2º	29976	08:19:36	32841	09:07:21
	3º	30004	08:20:04	32919	09:08:39
2006	1º 🏆	29516	08:11:56	33226	09:13:46
	2º	29587	08:13:07	33522	09:18:42
	3º	29944	08:19:04	33657	09:20:57
2007	1º 🏆	29734	08:15:34	32662	09:04:22
	2º	29944	08:19:04	32970	09:09:30
	3º	30090	08:21:30	33299	09:14:59
2008	1º 🏆	29865	08:17:45	32540	09:02:20
	2º	30050	08:20:50	33410	09:16:50
	3º	30083	08:21:23	33414	09:16:54
2009	1º 🏆	30021	08:20:21	31784	08:49:44
	2º	30176	08:22:56	32994	09:09:54
	3º	30272	08:24:32	33077	09:11:17
2010	1º 🏆	29437	08:10:37	32064	08:54:24
	2º	29537	08:12:17	32467	09:01:07
	3º	29594	08:13:14	32730	09:05:30
2011	1º 🏆	29036	08:03:56	31837	08:50:37
	2º	29351	08:09:11	32023	08:53:43
	3º	29467	08:11:07	32351	08:59:11
2012	1º 🏆	29917	08:18:37	33082	09:15:54
	2º	30220	08:23:40	33154	09:16:58
	3º	30249	08:24:09	33448	09:21:41
2013	1º 🏆	29549	08:12:29	31668	08:52:14
	2º	29719	08:15:19	31991	08:57:28
	3º	29964	08:19:24	32110	09:03:35
2014	1º 🏆	29658	08:14:18	32188	09:00:55
	2º	29963	08:19:23	32308	09:02:57
	3º	30032	08:20:32	32403	09:04:23
2015	1º 🏆	29680	08:14:40	32017	08:57:57
	2º	29863	08:17:43	32782	09:10:59
	3º	29930	08:18:50	33003	09:14:52
2016	1º 🏆	29190	08:06:30	31327	08:46:46
	2º	29402	08:10:02	32758	09:10:30
	3º	29474	08:11:14	32835	09:11:32
2017	1º 🏆	28900	08:01:40	31582	08:50:47
	2º	29047	08:04:07	32116	08:59:38
	3º	29231	08:07:11	32194	09:01:38
2018	1º 🏆	28359	07:52:39	30039	08:26:18

2º	28601	07:56:41	30734	08:36:34
3º	28869	08:01:09	31046	08:41:58