

# 2019 Florida State Time Trial Championships Pace Chart



## 20 Kilometers (12.43 Miles)

NOTES: Flip flop 1st/2nd half times for headwind vs tailwind

WIND	Neutral Wind (same 1st and 2nd half)		5-10 mph headwind (5-8% +/-)				15-20mph Headwind (10-13% +/-)			
	Average Speed	1/2 Split TIME	1ST HALF		2ND HALF		1ST HALF		2ND HALF	
Average Speed (mph)			TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME	
TIME	6.215 Miles		6.215 Miles				6.215 Miles			
25:00	29.8	12:30	28.01	13:19	31.59	11:41	26.76	13:56	32.84	11:04
25:30	29.2	12:45	27.46	13:35	30.94	11:55	26.23	14:13	32.17	11:17
26:00	28.7	13:00	26.93	13:51	30.47	12:09	25.73	14:30	31.67	11:30
26:30	28.2	13:15	26.43	14:07	29.97	12:23	25.24	14:46	31.16	11:44
27:00	27.6	13:30	25.94	14:23	29.26	12:37	24.77	15:03	30.43	11:57
27:30	27.1	13:45	25.46	14:39	28.74	12:51	24.32	15:20	29.88	12:10
28:00	26.7	14:00	25.01	14:55	28.39	13:05	23.89	15:37	29.51	12:23
28:30	26.2	14:15	24.57	15:11	27.83	13:19	23.47	15:53	28.93	12:37
29:00	25.7	14:30	24.15	15:27	27.25	13:33	23.06	16:10	28.34	12:50
29:30	25.3	14:45	23.74	15:43	26.86	13:47	22.67	16:27	27.93	13:03
30:00	25.0	15:00	23.34	15:59	26.66	14:02	22.30	16:44	27.70	13:17
30:30	24.5	15:15	22.96	16:14	26.04	14:16	21.93	17:00	27.07	13:30
31:00	24.0	15:30	22.59	16:30	25.41	14:30	21.58	17:17	26.42	13:43
31:30	23.7	15:45	22.23	16:46	25.17	14:44	21.23	17:34	26.17	13:56
32:00	23.3	16:00	21.88	17:02	24.72	14:58	20.90	17:50	25.70	14:10
32:30	23.0	16:15	21.55	17:18	24.45	15:12	20.58	18:07	25.42	14:23
33:00	22.6	16:30	21.22	17:34	23.98	15:26	20.27	18:24	24.93	14:36
33:30	22.3	16:45	20.90	17:50	23.70	15:40	19.97	18:41	24.63	14:49
34:00	22.0	17:00	20.60	18:06	23.40	15:54	19.67	18:57	24.33	15:03
34:30	21.6	17:15	20.30	18:22	22.90	16:08	19.39	19:14	23.81	15:16
35:00	21.3	17:30	20.01	18:38	22.59	16:22	19.11	19:31	23.49	15:29
35:30	21.0	17:45	19.73	18:54	22.27	16:36	18.84	19:47	23.16	16:13
36:00	20.7	18:00	19.45	19:10	21.95	16:50	18.58	20:04	22.82	15:56
36:30	20.4	18:15	19.19	19:26	21.61	17:04	18.33	20:21	22.47	16:09
37:00	20.2	18:30	18.93	19:42	21.47	17:18	18.08	20:38	22.32	16:22

