

# 2020 Florida State Time Trial Championships Pace Chart



20km=12.43 Miles

**WIND** \*flip flop times on 1st/2nd half for head/tailwind

TIME	Neutral Wind (same 1st and 2nd half)		2-4 mph tailwind (2.5% +/-)				4-7 mph Headwind (5% +/-)			
	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
	6.215 Miles		6.215 Miles		6.215 Miles		6.215 Miles		6.215 Miles	
24:30	30.43	12:15	31.17	11:57	29.70	12:33	31.88	11:38	28.99	12:52
24:51	30.00	12:26	30.73	12:07	29.28	12:44	31.43	11:48	28.58	13:03
25:00	29.82	12:30	30.55	12:11	29.10	12:49	31.24	11:53	28.41	13:08
25:30	29.24	12:45	29.95	12:26	28.53	13:04	30.63	12:07	27.85	13:23
25:42	29.01	12:51	29.71	12:32	28.31	13:10	30.39	12:12	27.64	13:30
26:00	28.68	13:00	29.37	12:41	27.98	13:20	30.04	12:21	27.32	13:39
26:30	28.14	13:15	28.82	12:55	27.46	13:35	29.47	12:35	26.80	13:55
26:38	28.00	13:19	28.67	12:59	27.32	13:39	29.32	12:39	26.67	13:59
27:00	27.62	13:30	28.28	13:10	26.95	13:50	28.92	12:50	26.31	14:11
27:30	27.11	13:45	27.77	13:24	26.46	14:06	28.40	13:04	25.83	14:26
27:37	27.00	13:49	27.65	13:28	26.35	14:09	28.28	13:07	25.72	14:30
28:00	26.63	14:00	27.27	13:39	25.99	14:21	27.89	13:18	25.37	14:42
28:30	26.16	14:15	26.79	13:54	25.53	14:36	27.40	13:32	24.92	14:58
28:40	26.01	14:20	26.64	13:59	25.38	14:42	27.24	13:37	24.78	15:03
29:00	25.71	14:30	26.33	14:08	25.09	14:52	26.93	13:47	24.49	15:14
29:30	25.28	14:45	25.89	14:23	24.66	15:07	26.47	14:01	24.08	15:29
29:49	25.01	14:55	25.61	14:32	24.40	15:17	26.19	14:10	23.82	15:39
30:00	24.85	15:00	25.45	14:38	24.25	15:23	26.03	14:15	23.68	15:45
30:30	24.45	15:15	25.04	14:52	23.86	15:38	25.61	14:29	23.29	16:01
31:00	24.05	15:30	24.63	15:07	23.47	15:53	25.19	14:44	22.91	16:17
31:04	24.00	15:32	24.58	15:09	23.42	15:55	25.14	14:45	22.86	16:19
31:30	23.67	15:45	24.24	15:21	23.10	16:09	24.79	14:58	22.55	16:32
32:00	23.30	16:00	23.86	15:36	22.74	16:24	24.40	15:12	22.20	16:48
32:25	23.00	16:13	23.56	15:48	22.45	16:37	24.09	15:24	21.91	17:01
32:30	22.94	16:15	23.50	15:51	22.39	16:39	24.03	15:26	21.85	17:04
33:00	22.59	16:30	23.14	16:05	22.05	16:55	23.67	15:41	21.52	17:20
33:30	22.26	16:45	22.79	16:20	21.72	17:10	23.31	15:55	21.20	17:35
33:53	22.01	16:57	22.54	16:31	21.47	17:22	23.05	16:06	20.96	17:47
34:00	21.93	17:00	22.46	16:35	21.40	17:26	22.97	16:09	20.89	17:51
34:30	21.61	17:15	22.13	16:49	21.09	17:41	22.64	16:23	20.59	18:07
35:00	21.30	17:30	21.82	17:04	20.79	17:56	22.31	16:38	20.29	18:23
35:30	21.00	17:45	21.51	17:18	20.50	18:12	22.00	17:22	20.01	18:38
36:00	20.71	18:00	21.21	17:33	20.21	18:27	21.69	17:06	19.73	18:54
36:30	20.43	18:15	20.92	17:48	19.93	18:42	21.40	17:20	19.46	19:10
37:00	20.15	18:30	20.64	18:02	19.67	18:58	21.11	17:35	19.20	19:26
37:17	20.00	18:39	20.48	18:11	19.52	19:06	20.95	17:43	19.05	19:34
37:30	19.88	18:45	20.36	18:17	19.40	19:13	20.83	17:49	18.94	19:41
38:00	19.62	19:00	20.10	18:32	19.15	19:29	20.55	18:03	18.69	19:57

