



### Florida Polytechnic Time Trial Pacing Chart 8 Miles

Time	Average Speed MPH	Average Speed KPH	1/2 Split (4 miles)
15:00	32	51.5	7:30
15:30	31	49.9	7:45
<b>16:00</b>	<b>30</b>	<b>48.3</b>	<b>8:00</b>
16:30	29.1	46.9	8:15
17:00	28.3	45.6	8:30
17:30	27.5	44.3	8:45
18:00	26.7	43	9:00
18:30	26	41.9	9:15
19:00	25.3	40.8	9:30
19:30	24.7	39.8	9:45
<b>20:00</b>	<b>24</b>	<b>38.7</b>	<b>10:00</b>
20:30	23.4	37.7	10:15
21:00	22.9	36.9	10:30
21:30	22.4	36.1	10:45
22:00	21.9	35.3	11:00
22:30	21.4	34.5	11:15
23:00	20.9	33.7	11:30
23:30	20.5	33	11:45

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<b>24:00</b>	<b>20</b>	<b>32.2</b>	<b>12:00</b>
24:30	19.6	31.6	12:15
25:00	19.2	30.9	12:30
25:30	18.9	30.5	12:45
26:00	18.5	29.8	13:00
26:30	18.2	29.3	13:15
27:00	17.8	28.7	13:30
27:30	17.5	28.2	13:45
28:00	17.2	27.7	14:00
28:30	16.9	27.2	14:15
29:00	16.6	26.8	14:30
29:30	16.3	26.3	14:45
<b>30:00</b>	<b>16</b>	<b>25.8</b>	<b>15:00</b>

### Notes:

- 8 miles= 12.88 Kilometers
- Neutral wind should result in close to even 1/2 split
- Rate (Average Speed)= Distance/Time

