

# 2019 Florida State Time Trial Championships Pace Chart



## 30 Kilometers (18.64 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% +/-)			
			1ST HALF		2ND HALF		1ST HALF		2ND HALF	
TIME	Average Speed	1/2 Split TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME
	9.32 Miles		9.32 Miles				9.32 Miles			
37:00	30.23	18:30	28.38	19:42	32.07	17:18	27.11	20:38	33.35	16:22
37:30	29.83	18:45	28.01	19:58	31.65	17:32	26.75	20:54	32.90	16:36
38:00	29.43	19:00	27.64	20:14	31.23	17:46	26.40	21:11	32.47	16:49
38:30	28.20	19:15	27.28	20:30	29.12	18:00	26.05	21:28	30.35	17:02
39:00	28.68	19:30	26.93	20:46	30.43	18:14	25.72	21:45	31.64	17:15
39:30	28.32	19:45	26.59	21:02	30.04	18:28	25.40	22:01	31.24	17:29
40:00	27.96	20:00	26.25	21:18	29.67	18:42	25.08	22:18	30.85	17:42
40:30	27.62	20:15	25.93	21:34	29.30	18:56	24.77	22:35	30.46	17:55
41:00	27.28	20:30	25.61	21:50	28.94	19:10	24.47	22:51	30.09	18:09
41:30	26.95	20:45	25.31	22:06	28.60	19:24	24.17	23:08	29.73	18:22
42:00	26.63	21:00	25.00	22:22	28.26	19:38	23.88	23:25	29.38	18:35
42:30	26.32	21:15	24.71	22:38	27.92	19:52	23.60	23:42	29.03	18:48
43:00	26.01	21:30	24.42	22:54	27.60	20:06	23.33	23:58	28.69	19:02
43:30	25.71	21:45	24.14	23:10	27.28	20:20	23.06	24:15	28.36	19:15
44:00	25.42	22:00	23.87	23:26	26.97	20:34	22.80	24:32	28.04	19:28
44:30	25.13	22:15	23.60	23:42	26.67	20:48	22.54	24:49	27.73	19:41
45:00	24.85	22:30	23.34	23:58	26.37	21:02	22.29	25:05	27.42	19:55
45:30	24.58	22:45	23.08	24:14	26.08	21:16	22.05	25:22	27.12	20:08
46:00	24.31	23:00	22.83	24:30	25.80	21:30	21.81	25:39	26.82	20:21
46:30	24.05	23:15	22.58	24:46	25.52	21:44	21.57	25:55	26.53	20:35
47:00	21.30	23:30	22.34	25:02	20.26	21:58	21.34	26:12	21.26	20:48
47:30	23.55	23:45	22.11	25:18	24.98	22:12	21.12	26:29	25.98	21:31
48:00	23.30	24:00	21.88	25:34	24.72	22:26	20.90	26:46	25.70	21:14
48:30	23.06	24:15	21.65	25:50	24.47	22:40	20.68	27:02	25.44	21:28
49:00	22.83	24:30	21.43	26:06	24.22	22:54	20.47	27:19	25.18	21:41
49:30	22.60	24:45	21.22	26:22	23.97	23:08	20.26	27:36	24.93	21:54
50:00	22.37	25:00	21.00	26:38	23.73	23:23	20.06	27:53	24.68	22:08
50:30	22.15	25:15	20.80	26:53	23.50	23:37	19.86	28:09	24.43	22:21
51:00	21.93	25:30	20.59	27:09	23.27	23:51	19.67	28:26	24.19	22:34
51:30	21.72	25:45	20.39	27:25	23.04	24:05	19.48	28:43	23.96	22:47
52:00	21.51	26:00	20.20	27:41	22.82	24:19	19.29	28:59	23.73	23:01
52:30	21.30	26:15	20.00	27:57	22.60	24:33	19.11	29:16	23.50	23:14
53:00	21.10	26:30	19.82	28:13	22.39	24:47	18.93	29:33	23.28	23:27
53:30	20.91	26:45	19.63	28:29	22.18	25:01	18.75	29:50	23.06	23:40
54:00	20.71	27:00	19.45	28:45	21.98	25:15	18.58	30:06	22.85	23:54
54:30	20.52	27:15	19.27	29:01	21.77	25:29	18.41	30:23	22.64	24:07
55:00	20.34	27:30	19.09	29:17	21.58	25:43	18.24	30:40	22.43	24:20