

2020 Florida State Time Trial Championships Pace Chart



24.5KM=15.26 MILES											
WIND *flip flop times on 1st/2nd half for head/tailwind		Neutral Wind (same 1st and 2nd half)		2-4 mph tailwind (2.5% +/-)				4-7 mph Headwind (5% +/-)			
TIME	Average Speed (mph)		1ST HALF		2ND HALF		1ST HALF		2ND HALF		
	Average Speed (mph)	1/2 Split TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME	Average Speed (mph)	TIME	
	7.63 Miles		7.63 Miles		7.63 Miles		7.63 Miles		7.63 Miles		
30:00	30.52	15:00	31.26	14:38	29.78	15:23	31.97	14:15	29.07	15:45	
30:30	30.02	15:15	30.75	14:52	29.29	15:38	31.45	14:29	28.59	16:01	
30:31	30.00	15:16	30.74	14:53	29.27	15:38	31.43	14:30	28.57	16:01	
31:00	29.54	15:30	30.26	15:07	28.82	15:53	30.94	14:44	28.13	16:17	
31:30	29.07	15:45	29.78	15:21	28.36	16:09	30.45	14:58	27.68	16:32	
31:34	29.01	15:47	29.71	15:23	28.30	16:11	30.39	15:00	27.62	16:34	
32:00	28.61	16:00	29.31	15:36	27.91	16:24	29.98	15:12	27.25	16:48	
32:30	28.17	16:15	28.86	15:51	27.49	16:39	29.51	15:26	26.83	17:04	
32:42	28.00	16:21	28.68	15:56	27.32	16:46	29.33	15:32	26.67	17:10	
33:00	27.75	16:30	28.42	16:05	27.07	16:55	29.07	15:41	26.42	17:20	
33:30	27.33	16:45	28.00	16:20	26.66	17:10	28.63	15:55	26.03	17:35	
33:55	27.00	16:58	27.65	16:32	26.34	17:23	28.28	16:07	25.71	17:48	
34:00	26.93	17:00	27.59	16:35	26.27	17:26	28.21	16:09	25.65	17:51	
34:30	26.54	17:15	27.19	16:49	25.89	17:41	27.80	16:23	25.28	18:07	
35:00	26.16	17:30	26.80	17:04	25.52	17:56	27.41	16:38	24.91	18:23	
35:13	26.00	17:37	26.63	17:10	25.36	18:03	27.24	16:44	24.76	18:29	
35:30	25.79	17:45	26.42	17:18	25.16	18:12	27.02	16:52	24.56	18:38	
36:00	25.43	18:00	26.05	17:33	24.81	18:27	26.64	17:06	24.22	18:54	
36:30	25.08	18:15	25.70	17:48	24.47	18:42	26.28	17:20	23.89	19:10	
36:37	25.01	18:19	25.61	17:51	24.40	18:46	26.20	17:24	23.81	19:13	
37:00	24.75	18:30	25.35	18:02	24.14	18:58	25.92	17:35	23.57	19:26	
37:30	24.42	18:45	25.01	18:17	23.82	19:13	25.58	17:49	23.25	19:41	
38:00	24.09	19:00	24.68	18:32	23.51	19:29	25.24	18:03	22.95	19:57	
38:09	24.00	19:05	24.59	18:36	23.41	19:33	25.14	18:07	22.86	20:02	
39:00	23.48	19:30	24.05	19:01	22.90	19:59	24.59	18:32	22.36	20:29	
39:30	23.18	19:45	23.75	19:15	22.61	20:15	24.28	18:46	22.08	20:44	
39:49	23.00	19:55	23.56	19:25	22.43	20:24	24.09	18:55	21.90	20:54	
40:00	22.89	20:00	23.45	19:30	22.33	20:30	23.98	19:00	21.80	21:00	
40:30	22.61	20:15	23.16	19:45	22.06	20:45	23.68	19:14	21.53	21:16	
41:00	22.33	20:30	22.88	19:59	21.79	21:01	23.40	19:29	21.27	21:32	
41:30	22.06	20:45	22.60	20:14	21.52	21:16	23.11	19:43	21.01	21:47	
41:37	22.00	20:49	22.54	20:17	21.46	21:20	23.05	19:46	20.95	21:51	
42:00	21.80	21:00	22.33	20:29	21.27	21:32	22.84	19:57	20.76	22:03	
42:30	21.54	21:15	22.07	20:43	21.02	21:47	22.57	20:11	20.52	22:19	
43:00	21.29	21:30	21.81	20:58	20.77	22:02	22.31	20:26	20.28	22:35	
43:30	21.05	21:45	21.56	21:12	20.53	22:18	22.05	20:40	20.05	22:50	
43:36	21.00	21:48	21.51	21:15	20.49	22:21	22.00	20:43	20.00	22:53	
44:00	20.81	22:00	21.32	21:27	20.30	22:33	21.80	20:54	19.82	23:06	
44:30	20.58	22:15	21.08	21:42	20.07	22:48	21.56	21:08	19.60	23:22	
45:00	20.35	22:30	20.84	21:56	19.85	23:04	21.32	21:23	19.38	23:38	
45:30	20.12	22:45	20.61	22:11	19.63	23:19	21.08	21:37	19.16	23:53	
45:47	20.00	22:54	20.49	22:19	19.51	23:28	20.95	21:45	19.05	24:02	

