


2022 Florida State Time Trial Championships Pace Chart

20km=12.43 Miles										
WIND *flip flop times on 1st/2nd half for head/tailwind	Neutral Wind (same 1st and 2nd half)		3-6 mph Tail/Head Wind (3.5% +/-)				6-10 mph Tail/Head Wind (7% +/-)			
TIME	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	31.46	11:49	29.41	12:41	32.42	11:24	28.45	13:06
24:51	30.00	12:26	31.01	11:59	29.00	12:52	31.96	11:33	28.05	13:18
25:00	29.82	12:30	30.83	12:04	28.82	12:56	31.77	11:38	27.88	13:23
25:30	29.24	12:45	30.22	12:18	28.26	13:12	31.15	11:51	27.33	13:39
25:42	29.01	12:51	29.99	12:24	28.04	13:18	30.90	11:57	27.12	13:45
26:00	28.68	13:00	29.64	12:33	27.71	13:27	30.55	12:05	26.81	13:55
26:30	28.14	13:15	29.08	12:47	27.19	13:43	29.97	12:19	26.30	14:11
26:38	28.00	13:19	28.94	12:51	27.06	13:47	29.82	12:23	26.17	14:15
27:00	27.62	13:30	28.54	13:02	26.69	13:58	29.42	12:33	25.82	14:27
27:30	27.11	13:45	28.02	13:16	26.20	14:14	28.88	12:47	25.35	14:43
27:37	27.00	13:49	27.91	13:20	26.09	14:17	28.76	12:51	25.24	14:46
28:00	26.63	14:00	27.52	13:31	25.73	14:29	28.37	13:01	24.89	14:59
28:30	26.16	14:15	27.04	13:45	25.28	14:45	27.87	13:15	24.46	15:15
28:40	26.01	14:20	26.88	13:50	25.14	14:50	27.71	13:20	24.31	15:20
29:00	25.71	14:30	26.57	14:00	24.85	15:00	27.39	13:29	24.03	15:31
29:30	25.28	14:45	26.12	14:14	24.43	15:16	26.92	13:43	23.63	15:47
29:49	25.01	14:55	25.85	14:23	24.17	15:26	26.64	13:52	23.38	15:57
30:00	24.85	15:00	25.69	14:29	24.02	15:32	26.47	13:57	23.23	16:03
30:30	24.45	15:15	25.27	14:43	23.63	15:47	26.04	14:11	22.85	16:19
31:00	24.05	15:30	24.86	14:57	23.24	16:03	25.62	14:25	22.48	16:35
31:04	24.00	15:32	24.81	14:59	23.19	16:05	25.57	14:27	22.44	16:37
31:30	23.67	15:45	24.47	15:12	22.88	16:18	25.21	14:39	22.13	16:51
32:00	23.30	16:00	24.08	15:26	22.52	16:34	24.82	14:53	21.78	17:07
32:25	23.00	16:13	23.77	15:38	22.23	16:47	24.50	15:04	21.50	17:21
32:30	22.94	16:15	23.71	15:41	22.17	16:49	24.44	15:07	21.45	17:23
33:00	22.59	16:30	23.35	15:55	21.84	17:05	24.07	15:21	21.12	17:39
33:30	22.26	16:45	23.00	16:10	21.51	17:20	23.71	15:35	20.81	17:55
33:53	22.01	16:57	22.74	16:21	21.27	17:32	23.44	15:45	20.57	18:08
34:00	21.93	17:00	22.67	16:24	21.19	17:36	23.36	15:49	20.50	18:11
34:30	21.61	17:15	22.34	16:39	20.89	17:51	23.02	16:03	20.20	18:27
35:00	21.30	17:30	22.02	16:53	20.59	18:07	22.69	16:17	19.91	18:44
35:30	21.00	17:45	21.71	17:08	20.30	18:22	22.37	17:00	19.63	19:00
36:00	20.71	18:00	21.41	17:22	20.02	18:38	22.06	16:44	19.36	19:16
36:30	20.43	18:15	21.11	17:37	19.74	18:53	21.76	16:58	19.10	19:32
37:00	20.15	18:30	20.83	17:51	19.48	19:09	21.47	17:12	18.84	19:48
37:17	20.00	18:39	20.67	17:59	19.33	19:18	21.30	17:20	18.69	19:57
37:30	19.88	18:45	20.55	18:06	19.22	19:24	21.18	17:26	18.59	20:04
38:00	19.62	19:00	20.28	18:20	18.96	19:40	20.90	17:40	18.34	20:20

