

# 2022 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)		3-6 mph Tail/Head Wind (3.5% +/-)				6-10 mph Tail/Head Wind (7% +/-)				
			1ST HALF		2ND HALF		1ST HALF		2ND HALF		
TIME	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	31.55	14:29	29.49	15:32	32.52	13:57	28.52	16:03	
30:30	30.02	15:15	31.03	14:43	29.00	15:47	31.98	14:11	28.06	16:19	
30:31	<b>30.00</b>	15:16	31.02	14:43	28.99	15:48	31.97	14:11	28.04	16:20	
31:00	29.54	15:30	30.53	14:57	28.54	16:03	31.47	14:25	27.60	16:35	
31:30	29.07	15:45	30.05	15:12	28.08	16:18	30.97	14:39	27.17	16:51	
31:34	<b>29.01</b>	15:47	29.99	15:14	28.02	16:20	30.90	14:41	27.11	16:53	
32:00	28.61	16:00	29.58	15:26	27.64	16:34	30.48	14:53	26.74	17:07	
32:30	28.17	16:15	29.12	15:41	27.22	16:49	30.02	15:07	26.33	17:23	
32:42	<b>28.00</b>	16:21	28.95	15:47	27.05	16:55	29.83	15:12	26.17	17:30	
33:00	27.75	16:30	28.68	15:55	26.81	17:05	29.56	15:21	25.93	17:39	
33:30	27.33	16:45	28.26	16:10	26.41	17:20	29.12	15:35	25.54	17:55	
33:55	<b>27.00</b>	16:58	27.91	16:22	26.08	17:33	28.76	15:46	25.23	18:09	
34:00	26.93	17:00	27.84	16:24	26.02	17:36	28.69	15:49	25.17	18:11	
34:30	26.54	17:15	27.44	16:39	25.64	17:51	28.28	16:03	24.80	18:27	
35:00	26.16	17:30	27.04	16:53	25.28	18:07	27.87	16:17	24.45	18:44	
35:13	<b>26.00</b>	17:37	26.88	17:00	25.12	18:13	27.70	16:23	24.30	18:50	
35:30	25.79	17:45	26.66	17:08	24.92	18:22	27.48	16:30	24.10	19:00	
36:00	25.43	18:00	26.29	17:22	24.57	18:38	27.10	16:44	23.77	19:16	
36:30	25.08	18:15	25.93	17:37	24.24	18:53	26.73	16:58	23.44	19:32	
36:37	<b>25.01</b>	18:19	25.85	17:40	24.16	18:57	26.64	17:02	23.37	19:35	
37:00	24.75	18:30	25.58	17:51	23.91	19:09	26.36	17:12	23.13	19:48	
37:30	24.42	18:45	25.24	18:06	23.59	19:24	26.01	17:26	22.82	20:04	
38:00	24.09	19:00	24.91	18:20	23.28	19:40	25.67	17:40	22.52	20:20	
38:09	<b>24.00</b>	19:05	24.81	18:24	23.19	19:45	25.57	17:44	22.43	20:25	
39:00	23.48	19:30	24.27	18:49	22.68	20:11	25.01	18:08	21.94	20:52	
39:30	23.18	19:45	23.96	19:04	22.40	20:26	24.70	18:22	21.66	21:08	
39:49	<b>23.00</b>	19:55	23.77	19:13	22.22	20:36	24.50	18:31	21.49	21:18	
40:00	22.89	20:00	23.66	19:18	22.12	20:42	24.39	18:36	21.39	21:24	
40:30	22.61	20:15	23.37	19:32	21.84	20:58	24.09	18:50	21.13	21:40	
41:00	22.33	20:30	23.09	19:47	21.58	21:13	23.79	19:04	20.87	21:56	
41:30	22.06	20:45	22.81	20:01	21.32	21:29	23.51	19:18	20.62	22:12	
41:37	<b>22.00</b>	20:49	22.74	20:05	21.26	21:32	23.44	19:21	20.56	22:16	
42:00	21.80	21:00	22.54	20:16	21.06	21:44	23.23	19:32	20.37	22:28	
42:30	21.54	21:15	22.27	20:30	20.82	22:00	22.95	19:46	20.13	22:44	
43:00	21.29	21:30	22.01	20:45	20.57	22:15	22.69	20:00	19.90	23:00	
43:30	21.05	21:45	21.76	20:59	20.34	22:31	22.43	20:14	19.67	23:16	
43:36	<b>21.00</b>	21:48	21.71	21:02	20.29	22:34	22.37	20:16	19.63	23:20	
44:00	20.81	22:00	21.51	21:14	20.11	22:46	22.17	20:28	19.45	23:32	
44:30	20.58	22:15	21.27	21:28	19.88	23:02	21.92	20:42	19.23	23:48	
45:00	20.35	22:30	21.03	21:43	19.66	23:17	21.68	20:56	19.02	24:05	
45:30	20.12	22:45	20.80	21:57	19.44	23:33	21.44	21:09	18.81	24:21	
45:47	<b>20.00</b>	22:54	20.67	22:05	19.32	23:42	21.31	21:17	18.69	24:30	

