



Florida Polytechnic Time Trial Pacing Chart 5.3 Miles

5.3 Miles= 8.53KM

| Time | Average Speed MPH | Average Speed KPH | 1/2 Split (2.65 miles) | 5KM Equivalent Time | Average Speed MPH |
|--------------|-------------------|-------------------|------------------------|---------------------|-------------------|
| 09:56 | 32.00 | 51.49 | 04:58 | 5:49 | 32.00 |
| 10:00 | 31.80 | 51.17 | 05:00 | 5:52 | 31.80 |
| 10:30 | 30.29 | 48.73 | 05:15 | 6:10 | 30.29 |
| 10:36 | 30.00 | 48.27 | 05:18 | 6:12 | 30.00 |
| 11:00 | 28.91 | 46.51 | 05:30 | 6:27 | 28.91 |
| 11:30 | 27.65 | 44.49 | 05:45 | 6:44 | 27.65 |
| 11:47 | 27.00 | 43.45 | 05:53 | 6:54 | 27.00 |
| 12:00 | 26.50 | 42.64 | 06:00 | 7:02 | 26.50 |
| 12:30 | 25.44 | 40.93 | 06:15 | 7:20 | 25.44 |
| 12:43 | 25.00 | 40.23 | 06:22 | 7:28 | 25.00 |
| 13:00 | 24.46 | 39.36 | 06:30 | 7:37 | 24.46 |
| 13:15 | 24.00 | 38.62 | 06:38 | 7:46 | 24.00 |
| 13:30 | 23.56 | 37.90 | 06:45 | 7:55 | 23.56 |
| 14:00 | 22.71 | 36.55 | 07:00 | 8:13 | 22.71 |
| 14:30 | 21.93 | 35.29 | 07:15 | 8:30 | 21.93 |
| 15:00 | 21.20 | 34.11 | 07:30 | 8:47 | 21.20 |
| 15:30 | 20.52 | 33.01 | 07:45 | 9:05 | 20.52 |
| 15:54 | 20.00 | 32.18 | 07:57 | 9:19 | 20.00 |
| 16:00 | 19.88 | 31.98 | 08:00 | 9:23 | 19.88 |
| 16:30 | 19.27 | 31.01 | 08:15 | 9:40 | 19.27 |
| 17:00 | 18.71 | 30.10 | 08:30 | 9:59 | 18.71 |
| 17:30 | 18.17 | 29.24 | 08:45 | 10:16 | 18.17 |
| 17:40 | 18.00 | 28.96 | 08:50 | 10:22 | 18.00 |
| 18:00 | 17.67 | 28.43 | 09:00 | 10:33 | 17.67 |
| 18:30 | 17.19 | 27.66 | 09:15 | 10:50 | 17.19 |
| 19:00 | 16.74 | 26.93 | 09:30 | 11:08 | 16.74 |
| 19:30 | 16.31 | 26.24 | 09:45 | 11:26 | 16.31 |
| 19:53 | 16.00 | 25.74 | 09:56 | 11:39 | 16.00 |
| 20:00 | 15.90 | 25.58 | 10:00 | 11:43 | 15.90 |

Florida Polytechnic Time Trial Pacing Chart 5.3 Miles

5.3 Miles= 8.53KM

| | | | | | |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 20:30 | 15.51 | 24.96 | 10:15 | 12:01 | 15.51 |
| 21:00 | 15.14 | 24.36 | 10:30 | 12:19 | 15.14 |
| 21:12 | 15.00 | 24.14 | 10:36 | 12:26 | 15.00 |

Notes:

- 5.3 miles= 8.53 Kilometers
- 2.75 miles is 1/2 point on course
- Rate (Average Speed)= Distance/Time
- Time= Distance/Speed

