



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)	10KM Equivalent Time	Average Speed MPH
09:56	32.00	51.49	04:58	11:39	32.00
10:00	31.80	51.17	05:00	11:44	31.80
10:30	30.29	48.73	05:15	12:20	30.29
10:36	30.00	48.27	05:18	12:24	30.00
11:00	28.91	46.51	05:30	12:54	28.91
11:30	27.65	44.49	05:45	13:28	27.65
11:47	27.00	43.45	05:53	13:48	27.00
12:00	26.50	42.64	06:00	14:04	26.50
12:30	25.44	40.93	06:15	14:40	25.44
12:43	25.00	40.23	06:22	14:56	25.00
13:00	24.46	39.36	06:30	15:14	24.46
13:15	24.00	38.62	06:38	15:32	24.00
13:30	23.56	37.90	06:45	15:50	23.56
14:00	22.71	36.55	07:00	16:26	22.71
14:30	21.93	35.29	07:15	17:00	21.93
15:00	21.20	34.11	07:30	17:34	21.20
15:30	20.52	33.01	07:45	18:10	20.52
15:54	20.00	32.18	07:57	18:38	20.00
16:00	19.88	31.98	08:00	18:46	19.88
16:30	19.27	31.01	08:15	19:20	19.27
17:00	18.71	30.10	08:30	19:58	18.71
17:30	18.17	29.24	08:45	20:32	18.17
17:40	18.00	28.96	08:50	21:28	18.00
18:00	17.67	28.43	09:00	22:12	17.67
18:30	17.19	27.66	09:15	21:40	17.19
19:00	16.74	26.93	09:30	22:16	16.74
19:30	16.31	26.24	09:45	22:52	16.31
19:53	16.00	25.74	09:56	23:18	16.00
20:00	15.90	25.58	10:00	23:26	15.90

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20:30	15.51	24.96	10:15	24:02	15.51
21:00	15.14	24.36	10:30	24:38	15.14
21:12	15.00	24.14	10:36	24:52	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

