



Florida Polytechnic Time Trial Pacing Chart 8 Miles

8.0 Miles=12.88KM

Time	Average Speed MPH	Average Speed KPH	5.5 Mile Split (1st Neutral Point)	10KM Equivalent Time	Average Speed MPH
15:00	32.00	51.49	10:19	11:39	32.00
15:30	30.97	49.83	10:40	12:02	30.97
16:00	30.00	48.27	11:00	12:36	30.00
16:30	29.09	46.81	11:20	12:49	29.09
17:00	28.24	45.43	11:41	13:12	28.24
17:30	27.43	44.13	12:02	13:35	27.43
17:47	27.00	43.45	12:13	13:48	27.00
18:00	26.67	42.91	12:23	13:59	26.67
18:30	25.95	41.75	12:43	14:22	25.95
19:00	25.26	40.65	13:04	14:46	25.26
19:12	25.00	40.23	13:12	14:55	25.00
19:30	24.62	39.61	13:25	15:09	24.62
20:00	24.00	38.62	13:45	15:32	24.00
20:30	23.41	37.67	14:05	15:55	23.41
21:00	22.86	36.78	14:26	16:19	22.86
21:30	22.33	35.92	14:47	16:42	22.33
21:49	22.00	35.40	15:00	16:57	22.00
22:00	21.82	35.11	15:08	17:05	21.82
22:30	21.33	34.33	15:28	17:29	21.33
23:00	20.87	33.58	15:49	17:52	20.87
23:30	20.43	32.86	16:10	18:15	20.43
24:00	20.00	32.18	16:30	18:38	20.00
24:30	19.59	31.52	16:50	19:02	19.59
25:00	19.20	30.89	17:11	19:25	19.20
25:30	18.82	30.29	17:32	19:49	18.82
26:00	18.46	29.70	17:53	20:11	18.46
26:30	18.11	29.14	18:13	20:35	18.11
26:40	18.00	28.96	18:20	20:52	18.00

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27:00	17.78	28.60	18:34	20:58	17.78
27:30	17.45	28.08	18:55	21:22	17.45
28:00	17.14	27.58	19:15	21:45	17.14
28:30	16.84	27.10	19:35	22:08	16.84
29:00	16.55	26.63	19:56	22:31	16.55
29:30	16.27	26.18	20:17	22:55	16.27
30:00	16.00	25.74	20:38	23:18	16.00
30:30	15.74	25.32	20:58	23:41	15.74
31:00	15.48	24.91	21:19	24:05	15.48
31:30	15.24	24.52	21:40	24:28	15.24
32:00	15.00	24.14	22:00	24:51	15.00

Notes:

- 8 miles= 12.88 Kilometers
- 5.5 miles is neutral point on course
- Rate (Average Speed)= Distance/Time
- Time= Distance/Speed

