

Cycling Pace Chart

Miles Per Hour	Distance								
	10 Miles	20K / 12.4 Miles	15 Miles	40K / 25 Miles	50 Miles	90K / 56 Miles	75 Miles	100 Miles	180K / 112 Miles
10	1:00:00	1:14:22	1:30:00	2:28:48	5:00:00	5:36:00	7:30:00	10:00:00	11:12:00
11	0:54:33	1:07:36	1:21:49	2:15:16	4:32:44	5:05:27	6:49:05	9:05:27	10:10:55
12	0:50:00	1:01:58	1:15:00	2:04:00	4:10:00	4:40:00	6:15:00	8:20:00	9:20:00
13	0:46:09	0:57:12	1:09:14	1:54:28	3:50:46	4:18:28	5:46:09	7:41:32	8:36:55
14	0:42:51	0:53:07	1:04:17	1:46:17	3:34:17	4:00:00	5:21:26	7:08:34	8:00:00
15	0:40:00	0:49:35	1:00:00	1:39:12	3:20:00	3:44:00	5:00:00	6:40:00	7:28:00
16	0:37:30	0:46:29	0:56:15	1:33:00	3:07:30	3:30:00	4:41:15	6:15:00	7:00:00
17	0:35:18	0:43:45	0:52:56	1:27:32	2:56:28	3:17:39	4:24:42	5:52:56	6:35:18
18	0:33:20	0:41:19	0:50:00	1:22:40	2:46:40	3:06:40	4:10:00	5:33:20	6:13:20
19	0:31:35	0:39:08	0:47:22	1:18:19	2:37:54	2:56:51	3:56:51	5:15:47	5:53:41
20	0:30:00	0:37:11	0:45:00	1:14:24	2:30:00	2:48:00	3:45:00	5:00:00	5:36:00
21	0:28:34	0:35:25	0:42:51	1:10:51	2:22:51	2:40:00	3:34:17	4:45:43	5:20:00
22	0:27:16	0:33:48	0:40:55	1:07:38	2:16:22	2:32:44	3:24:33	4:32:44	5:05:27
23	0:26:05	0:32:20	0:39:08	1:04:42	2:10:26	2:26:05	3:15:39	4:20:52	4:52:10
24	0:25:00	0:30:59	0:37:30	1:02:00	2:05:00	2:20:00	3:07:30	4:10:00	4:40:00
25	0:24:00	0:29:45	0:36:00	0:59:31	2:00:00	2:14:24	3:00:00	4:00:00	4:28:48
26	0:23:05	0:28:36	0:34:37	0:57:14	1:55:23	2:09:14	2:53:05	3:50:46	4:18:28
27	0:22:13	0:27:33	0:33:20	0:55:07	1:51:07	2:04:27	2:46:40	3:42:13	4:08:53
28	0:21:26	0:26:34	0:32:09	0:53:09	1:47:09	2:00:00	2:40:43	3:34:17	4:00:00
29	0:20:41	0:25:39	0:31:02	0:51:19	1:43:27	1:55:52	2:35:10	3:26:54	3:51:43
30	0:20:00	0:24:47	0:30:00	0:49:36	1:40:00	1:52:00	2:30:00	3:20:00	3:44:00