

Bike Pace Chart



mph	40k	50 mi	56 mi	100 mi	112 mi
16	1:33:12	3:07:30	3:30:00	6:15:00	7:00:00
16.5	1:30:23	3:01:49	3:23:38	6:03:38	6:47:16
17	1:27:44	2:56:28	3:17:39	5:52:56	6:35:18
17.5	1:25:13	2:51:26	3:12:00	5:42:51	6:24:00
18	1:22:51	2:46:40	3:06:40	5:33:20	6:13:20
18.5	1:20:37	2:42:10	3:01:37	5:24:19	6:03:15
19	1:18:29	2:37:54	2:56:51	5:15:47	5:53:41
19.5	1:16:29	2:33:51	2:52:18	5:07:42	5:44:37
20	1:14:34	2:30:00	2:48:00	5:00:00	5:36:00
20.5	1:12:45	2:26:20	2:43:54	4:52:41	5:27:48
21	1:11:01	2:22:51	2:40:00	4:45:43	5:20:00
21.5	1:09:22	2:19:32	2:36:17	4:39:04	5:12:33
22	1:07:47	2:16:22	2:32:44	4:32:44	5:05:27
22.5	1:06:17	2:13:20	2:29:20	4:26:40	4:58:40
23	1:04:50	2:10:26	2:26:05	4:20:52	4:52:10
23.5	1:03:28	2:07:40	2:22:59	4:15:19	4:45:57
24	1:02:08	2:05:00	2:20:00	4:10:00	4:40:00
24.5	1:00:52	2:02:27	2:17:09	4:04:54	4:34:17
25	0:59:39	2:00:00	2:14:24	4:00:00	4:28:48
25.5	0:58:29	1:57:39	2:11:46	3:55:18	4:23:32
26	0:57:22	1:55:23	2:09:14	3:50:46	4:18:28