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Tinman's Heat Index and Running Performance Chart

Heat Index		Pace per Mile for continuous runs over 20 minutes											
Fahrenheit	Celcius	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
120	48.9	5:22.7	5:58.6	6:34.4	7:10.3	7:46.1	8:22.0	8:57.8	9:33.7	10:09.5	10:45.4	11:21.3	11:57.1
110	43.3	5:06.8	5:40.9	6:15.0	6:49.1	7:23.2	7:57.3	8:31.4	9:05.4	9:39.5	10:13.6	10:47.7	11:21.8
100	37.8	4:54.5	5:27.3	6:00.0	6:32.7	7:05.4	7:38.2	8:10.9	8:43.6	9:16.4	9:49.1	10:21.8	10:54.5
90	32.2	4:45.2	5:16.9	5:48.6	6:20.3	6:52.0	7:23.6	7:55.3	8:27.0	8:58.7	9:30.4	10:02.1	10:33.8
80	26.7	4:38.3	5:09.3	5:40.2	6:11.1	6:42.0	7:13.0	7:43.9	8:14.8	8:45.7	9:16.7	9:47.6	10:18.5
70	21.1	4:33.6	5:04.0	5:34.4	6:04.8	6:35.2	7:05.6	7:36.0	8:06.4	8:36.8	9:07.2	9:37.6	10:08.0
60	15.6	4:30.9	5:01.0	5:31.1	6:01.1	6:31.2	7:01.3	7:31.4	8:01.5	8:31.6	9:01.7	9:31.8	10:01.9
53	11.4	4:30.0	5:00.0	5:30.0	6:00.0	6:30.0	7:00.0	7:30.0	8:00.0	8:30.0	9:00.0	9:30.0	10:00.0
50	10.0	4:29.9	4:59.9	5:29.9	5:59.9	6:29.9	6:59.9	7:29.9	7:59.9	8:29.9	8:59.9	9:29.9	9:59.9
40	4.4	4:30.8	5:00.9	5:31.0	6:01.1	6:31.2	7:01.3	7:31.4	8:01.5	8:31.6	9:01.6	9:31.7	10:01.8
30	-1.1	4:33.5	5:03.9	5:34.3	6:04.7	6:35.1	7:05.5	7:35.9	8:06.3	8:36.7	9:07.1	9:37.5	10:07.9
20	-6.7	4:38.2	5:09.1	5:40.0	6:10.9	6:41.9	7:12.8	7:43.7	8:14.6	8:45.5	9:16.4	9:47.3	10:18.2
10	-12.2	4:45.0	5:16.7	5:48.4	6:20.0	6:51.7	7:23.4	7:55.0	8:26.7	8:58.4	9:30.1	10:01.7	10:33.4
0	-17.8	4:54.3	5:27.0	5:59.7	6:32.4	7:05.1	7:37.8	8:10.5	8:43.2	9:15.9	9:48.6	10:21.3	10:54.0
-10	-23.3	5:06.5	5:40.6	6:14.6	6:48.7	7:22.7	7:56.8	8:30.8	9:04.9	9:39.0	10:13.0	10:47.1	11:21.1
-20	-28.9	5:22.3	5:58.1	6:33.9	7:09.7	7:45.6	8:21.4	8:57.2	9:33.0	10:08.8	10:44.6	11:20.4	11:56.2
-30	-34.4	5:42.7	6:20.8	6:58.8	7:36.9	8:15.0	8:53.1	9:31.2	10:09.2	10:47.3	11:25.4	12:03.5	12:41.5
-40	-40.0	6:09.2	6:50.2	7:31.2	8:12.2	8:53.2	9:34.2	10:15.3	10:56.3	11:37.3	12:18.3	12:59.3	13:40.4
-50	-45.6	6:44.0	7:28.9	8:13.8	8:58.7	9:43.6	10:28.5	11:13.4	11:58.3	12:43.2	13:28.1	14:13.0	14:57.9
-60	-51.1	7:31.2	8:21.3	9:11.4	10:01.5	10:51.7	11:41.8	12:31.9	13:22.1	14:12.2	15:02.3	15:52.5	16:42.6

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