

Estimated Slow-Pace Turn-Around Time in Waikiki starting from the Bandstand (Workout Duration = 105, 120, or 135 Minutes)

| Slow Training Pace (Min/Mi) | Time Around DH (Mins) | Workout Target Duration (Mins) | Waikiki Turn Time (Mins) | Workout Target Duration (Mins) | Waikiki Turn Time (Mins) | Workout Target Duration (Mins) | Waikiki Turn Time (Mins) |
|------------------------------------|------------------------------|---------------------------------------|---------------------------------|---------------------------------------|---------------------------------|---------------------------------------|---------------------------------|
| 9.0 | 41.6 | 105 | 31.7 | 120 | 39.2 | 135 | 46.7 |
| 9.5 | 43.9 | 105 | 30.6 | 120 | 38.1 | 135 | 45.6 |
| 10.0 | 46.2 | 105 | 29.4 | 120 | 36.9 | 135 | 44.4 |
| 10.5 | 48.5 | 105 | 28.3 | 120 | 35.8 | 135 | 43.3 |
| 11.0 | 50.8 | 105 | 27.1 | 120 | 34.6 | 135 | 42.1 |
| 11.5 | 53.1 | 105 | 25.9 | 120 | 33.4 | 135 | 40.9 |
| 12.0 | 55.4 | 105 | 24.8 | 120 | 32.3 | 135 | 39.8 |
| 12.5 | 57.7 | 105 | 23.6 | 120 | 31.1 | 135 | 38.6 |
| 13.0 | 60.0 | 105 | 22.5 | 120 | 30.0 | 135 | 37.5 |
| 13.5 | 62.4 | 105 | 21.3 | 120 | 28.8 | 135 | 36.3 |
| 14.0 | 64.7 | 105 | 20.2 | 120 | 27.7 | 135 | 35.2 |
| 14.5 | 67.0 | 105 | 19.0 | 120 | 26.5 | 135 | 34.0 |
| 15.0 | 69.3 | 105 | 17.9 | 120 | 25.4 | 135 | 32.9 |
| 15.5 | 71.6 | 105 | 16.7 | 120 | 24.2 | 135 | 31.7 |
| 16.0 | 73.9 | 105 | 15.6 | 120 | 23.1 | 135 | 30.6 |
| 16.5 | 76.2 | 105 | 14.4 | 120 | 21.9 | 135 | 29.4 |
| 17.0 | 78.5 | 105 | 13.2 | 120 | 20.7 | 135 | 28.2 |
| 17.5 | 80.8 | 105 | 12.1 | 120 | 19.6 | 135 | 27.1 |
| 18.0 | 83.1 | 105 | 10.9 | 120 | 18.4 | 135 | 25.9 |
| 18.5 | 85.4 | 105 | 9.8 | 120 | 17.3 | 135 | 24.8 |
| 19.0 | 87.8 | 105 | 8.6 | 120 | 16.1 | 135 | 23.6 |
| 19.5 | 90.1 | 105 | 7.5 | 120 | 15.0 | 135 | 22.5 |
| 20.0 | 92.4 | 105 | 6.3 | 120 | 13.8 | 135 | 21.3 |

Using your group's average slow training pace (in the first column), your time around DH from the bandstand is in the 2nd column (the distance is 4.6 miles). If your total workout time is 120 minutes (2 hours), your Waikiki turn-around time (in minutes from the Zoo entrance) is in the next column. There are three panels covering your target duration for the workout: 105 mins, 120 mins, or 135 mins.