TREADMILL PACE CONVERSION CHART

kilometers per hour (kph) to minutes per kilometer (min/km)

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TREADMILL SPEED (KPH)	RUNNING PACE (MIN/KM)	TREADMILL SPEED (KPH)	RUNNING PACE (MIN/KM)	TREADMILL SPEED (KPH)	RUNNING PACE (MIN/KM)	TREADMILL SPEED (KPH)	RUNNING PACE (MIN/KM)
7.0	8:34	9.5	6:19	12.0	5:00	14.5	4:08
7.1	8:27	9.6	6:15	12.1	4:58	14.6	4:07
7.2	8:20	9.7	6:11	12.2	4:55	14.7	4:05
7.3	8:13	9.8	6:07	12.3	4:52	14.8	4:03
7.4	8:06	9.9	6:04	12.4	4:50	14.9	4:02
7.5	8:00	10.0	6:00	12.5	4:48	15.0	4:00
7.6	7:53	10.1	5:56	12.6	4:46	15.1	3:58
7.7	7:47	10.2	5:53	12.7	4:43	15.2	3:57
7.8	7:41	10.3	5:50	12.8	4:41	15.3	3:55
7.9	7:35	10.4	5:46	12.9	4:39	15.4	3:54
8.0	7:30	10.5	5:43	13.0	4:37	15.5	3:52
8.1	7:25	10.6	5:40	13.1	4:35	15.6	3:51
8.2	7:19	10.7	5:37	13.2	4:33	15.7	3:49
8.3	7:14	10.8	5:34	13.3	4:31	15.8	3:48
8.4	7:08	10.9	5:30	13.4	4:29	15.9	3:46
8.5	7:04	11.0	5:27	13.5	4:26	16.0	3:45
8.6	6:59	11.1	5:25	13.6	4:25	16.1	3:44
8.7	6:54	11.2	5:22	13.7	4:23	16.2	3:42
8.8	6:49	11.3	5:19	13.8	4:21	16.3	3:41
8.9	6:44	11.4	5:16	13.9	4:19	16.4	3:40
9.0	6:40	11.5	5:13	14.0	4:17	16.5	3:38
9.1	6:35	11.6	5:10	14.1	4:16	16.6	3:37
9.2	6:31	11.7	5:08	14.2	4:14	16.7	3:35
9.3	6:27	11.8	5:05	14.3	4:12	16.8	3:34
9.4	6:23	11.9	5:02	14.4	4:10	16.9	3:33