



TREADMILL PACE CONVERSION CHART

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TREADMILL SPEED (MPH)	TREADMILL SPEED (KPH)	RUNNING PACE (MIN/MILE)	RUNNING PACE (MIN/KM)	TREADMILL SPEED (MPH)	TREADMILL SPEED (KPH)	RUNNING PACE (MIN/MILE)	RUNNING PACE (MIN/KM)
3.0	4.82	20:00	12:26	8.0	12.87	7:30	4:40
3.1	4.99	19:21	12:01	8.1	13.04	7:24	4:36
3.2	5.15	18:45	11:39	8.2	13.20	7:19	4:33
3.3	5.31	18:11	11:18	8.3	13.36	7:14	4:30
3.4	5.47	17:39	10:58	8.4	13.52	7:09	4:27
3.5	5.63	17:08	10:39	8.5	13.68	7:03	4:23
3.6	5.79	16:40	10:21	8.6	13.84	6:58	4:20
3.7	5.95	16:13	10:05	8.7	14.00	6:54	4:17
3.8	6.11	15:47	9:48	8.8	14.16	6:49	4:14
3.9	6.28	15:23	9:34	8.9	14.32	6:44	4:11
4.0	6.44	15:00	9:19	9.0	14.48	6:40	4:09
4.1	6.59	14:38	9:06	9.1	14.65	6:35	4:05
4.2	6.76	14:17	8:53	9.2	14.81	6:31	4:03
4.3	6.92	13:57	8:40	9.3	14.97	6:27	4:00
4.4	7.08	13:38	8:28	9.4	15.13	6:23	3:58
4.5	7.24	13:20	8:17	9.5	15.29	6:18	3:55
4.6	7.40	13:03	8:07	9.6	15.45	6:15	3:53
4.7	7.56	12:46	7:56	9.7	15.61	6:11	3:51
4.8	7.72	12:30	7:46	9.8	15.77	6:07	3:48
4.9	7.89	12:15	7:37	9.9	15.93	6:03	3:46
5.0	8.05	12:00	7:27	10.0	16.09	6:00	3:44
5.1	8.21	11:46	7:19	10.1	16.25	5:56	3:41
5.2	8.37	11:32	7:10	10.2	16.42	5:53	3:39
5.3	8.53	11:19	7:02	10.3	16.58	5:49	3:37
5.4	8.69	11:07	6:54	10.4	16.74	5:46	3:35
5.5	8.85	10:54	6:46	10.5	16.90	5:43	3:33
5.6	9.01	10:43	6:40	10.6	17.06	5:40	3:31
5.7	9.17	10:30	6:31	10.7	17.22	5:36	3:29
5.8	9.33	10:21	6:26	10.8	17.38	5:33	3:27
5.9	9.50	10:10	6:19	10.9	17.54	5:30	3:25
6.0	9.66	10:00	6:13	11.0	17.70	5:27	3:23
6.1	9.82	9:50	6:07	11.1	17.86	5:24	3:21
6.2	9.98	9:41	6:01	11.2	18.02	5:21	3:19
6.3	10.14	9:31	5:55	11.3	18.19	5:19	3:18
6.4	10.30	9:23	5:50	11.4	18.35	5:16	3:16
6.5	10.46	9:13	5:44	11.5	18.51	5:13	3:14
6.6	10.62	9:05	5:39	11.6	18.67	5:10	3:13
6.7	10.78	8:57	5:34	11.7	18.93	5:08	3:11
6.8	10.94	8:49	5:29	11.8	18.99	5:05	3:10
6.9	11.10	8:42	5:24	11.9	19.15	5:03	3:08
7.0	11.27	8:34	5:19	12.0	19.31	5:00	3:06
7.1	11.43	8:27	5:15	12.1	19.47	4:58	3:05
7.2	11.59	8:20	5:11	12.2	19.63	4:55	3:03
7.3	11.75	8:13	5:06	12.3	19.79	4:52	3:01
7.4	11.91	8:06	5:02	12.4	19.96	4:50	3:00
7.5	12.07	8:00	4:58	12.5	20.11	4:48	2:59
7.6	12.23	7:54	4:55	12.6	20.28	4:46	2:58
7.7	12.39	7:48	4:51	12.7	20.44	4:43	2:56
7.8	12.55	7:42	4:47	12.8	20.60	4:40	2:54
7.9	12.71	7:36	4:43	12.9	20.76	4:39	2:53