

CONVERSION DISTANCE & ALLURE MILES > KM

TRIMES.WORDPRESS.COM

km/h	MPH	Min/Mi	Min/Km	5 km	10 km	1/2 mar.	Marathon
9.7	6.0	0:10:00	0:06:13	0:31:04	1:02:08	2:11:07	4:22:13
10.0	6.2	0:09:41	0:06:01	0:30:04	1:00:08	2:06:53	4:13:46
10.3	6.4	0:09:22	0:05:50	0:29:08	0:58:15	2:02:55	4:05:50
10.6	6.6	0:09:05	0:05:39	0:28:15	0:56:29	1:59:11	3:58:23
10.9	6.8	0:08:49	0:05:29	0:27:25	0:54:50	1:55:41	3:51:22
11.3	7.0	0:08:34	0:05:20	0:26:38	0:53:16	1:52:23	3:44:46
11.6	7.2	0:08:20	0:05:11	0:25:53	0:51:47	1:49:15	3:38:31
11.9	7.4	0:08:06	0:05:02	0:25:11	0:50:23	1:46:18	3:32:37
12.2	7.6	0:07:54	0:04:54	0:24:32	0:49:03	1:43:30	3:27:01
12.6	7.8	0:07:42	0:04:47	0:23:54	0:47:48	1:40:51	3:21:42
12.9	8.0	0:07:30	0:04:40	0:23:18	0:46:36	1:38:20	3:16:40
13.2	8.2	0:07:19	0:04:33	0:22:44	0:45:28	1:35:56	3:11:52
13.5	8.4	0:07:09	0:04:26	0:22:12	0:44:23	1:33:39	3:07:18
13.8	8.6	0:06:59	0:04:20	0:21:41	0:43:21	1:31:28	3:02:57
14.2	8.8	0:06:49	0:04:14	0:21:11	0:42:22	1:29:24	2:58:47
14.5	9.0	0:06:40	0:04:09	0:20:43	0:41:25	1:27:24	2:54:49
14.8	9.2	0:06:31	0:04:03	0:20:16	0:40:31	1:25:30	2:51:01
15.1	9.4	0:06:23	0:03:58	0:19:50	0:39:40	1:23:41	2:47:22
15.4	9.6	0:06:15	0:03:53	0:19:25	0:38:50	1:21:57	2:43:53
15.8	9.8	0:06:07	0:03:48	0:19:01	0:38:03	1:20:16	2:40:33
16.1	10.0	0:06:00	0:03:44	0:18:38	0:37:17	1:18:40	2:37:20
16.4	10.2	0:05:53	0:03:39	0:18:17	0:36:33	1:17:07	2:34:15
16.7	10.4	0:05:46	0:03:35	0:17:55	0:35:51	1:15:38	2:31:17
17.1	10.6	0:05:40	0:03:31	0:17:35	0:35:10	1:14:13	2:28:26
17.4	10.8	0:05:33	0:03:27	0:17:16	0:34:31	1:12:50	2:25:41
17.7	11.0	0:05:27	0:03:23	0:16:57	0:33:54	1:11:31	2:23:02
18.0	11.2	0:05:21	0:03:20	0:16:39	0:33:17	1:10:14	2:20:28
18.3	11.4	0:05:16	0:03:16	0:16:21	0:32:42	1:09:00	2:18:01
18.7	11.6	0:05:10	0:03:13	0:16:04	0:32:08	1:07:49	2:15:38
19.0	11.8	0:05:05	0:03:10	0:15:48	0:31:36	1:06:40	2:13:20
19.3	12.0	0:05:00	0:03:06	0:15:32	0:31:04	1:05:33	2:11:07

Miles	km	Miles	km
0.5	0.8	13.5	21.7
1.0	1.6	14.0	22.5
1.5	2.4	14.5	23.3
2.0	3.2	15.0	24.1
2.5	4.0	15.5	24.9
3.0	4.8	16.0	25.7
3.5	5.6	16.5	26.6
4.0	6.4	17.0	27.4
4.5	7.2	17.5	28.2
5.0	8.0	18.0	29.0
5.5	8.9	18.5	29.8
6.0	9.7	19.0	30.6
6.5	10.5	19.5	31.4
7.0	11.3	20.0	32.2
7.5	12.1	20.5	33.0
8.0	12.9	21.0	33.8
8.5	13.7	21.5	34.6
9.0	14.5	22.0	35.4
9.5	15.3	22.5	36.2
10.0	16.1	23.0	37.0
10.5	16.9	23.5	37.8
11.0	17.7	24.0	38.6
11.5	18.5	24.5	39.4
12.0	19.3	25.0	40.2
12.5	20.1	25.5	41.0
13.0	20.9	26.0	41.8
13.11	21.1	26.22	42.2

1 Mile 1.6093 Kilometers
1 Km 0.6214 Miles