

# MCMILLANRUNNING

## Treadmill Conversion Chart

MPH	Minutes/Mile	KPH	Minutes/KM
5.0	12:00	8.0	07:27
5.1	11:46	8.2	07:19
5.2	11:32	8.4	07:10
5.3	11:19	8.5	07:02
5.4	11:07	8.7	06:54
5.5	10:55	8.9	06:47
5.6	10:43	9.0	06:39
5.7	10:32	9.2	06:32
5.8	10:21	9.3	06:26
5.9	10:10	9.5	06:19
6.0	10:00	9.7	06:13
6.1	09:50	9.8	06:07
6.2	09:41	10.0	06:01
6.3	09:31	10.1	05:55
6.4	09:23	10.3	05:50
6.5	09:14	10.5	05:44
6.6	09:05	10.6	05:39
6.7	08:57	10.8	05:34
6.8	08:49	10.9	05:29
6.9	08:42	11.1	05:24
7.0	08:34	11.3	05:20
7.1	08:27	11.4	05:15
7.2	08:20	11.6	05:11
7.3	08:13	11.7	05:06
7.4	08:06	11.9	05:02
7.5	08:00	12.1	04:58
7.6	07:54	12.2	04:54
7.7	07:48	12.4	04:51
7.8	07:42	12.6	04:47
7.9	07:36	12.7	04:43
8.0	07:30	12.9	04:40
8.1	07:24	13.0	04:36
8.2	07:19	13.2	04:33
8.3	07:14	13.4	04:30

MPH = Miles per Hour

MPH	Minutes/Mile	KPH	Minutes/KM
8.4	07:09	13.5	04:26
8.5	07:04	13.7	04:23
8.6	06:59	13.8	04:20
8.7	06:54	14.0	04:17
8.8	06:49	14.2	04:14
8.9	06:44	14.3	04:11
9.0	06:40	14.5	04:09
9.1	06:36	14.6	04:06
9.2	06:31	14.8	04:03
9.3	06:27	15.0	04:01
9.4	06:23	15.1	03:58
9.5	06:19	15.3	03:55
9.6	06:15	15.4	03:53
9.7	06:11	15.6	03:51
9.8	06:07	15.8	03:48
9.9	06:04	15.9	03:46
10.0	06:00	16.1	03:44
10.1	05:56	16.3	03:41
10.2	05:53	16.4	03:39
10.3	05:50	16.6	03:37
10.4	05:46	16.7	03:35
10.5	05:43	16.9	03:33
10.6	05:40	17.1	03:31
10.7	05:36	17.2	03:29
10.8	05:33	17.4	03:27
10.9	05:30	17.5	03:25
11.0	05:27	17.7	03:23
11.1	05:24	17.9	03:22
11.2	05:21	18.0	03:20
11.3	05:19	18.2	03:18
11.4	05:16	18.3	03:16
11.5	05:13	18.5	03:15
11.6	05:10	18.7	03:13
11.7	05:08	18.8	03:11

KPH = Kilometers per Hour

MPH	Minutes per mile	KPH	Minutes per KM
11.8	05:05	19.0	03:10
11.9	05:03	19.2	03:08
12.0	05:00	19.3	03:06
12.1	04:58	19.5	03:05
12.2	04:55	19.6	03:03
12.3	04:53	19.8	03:02
12.4	04:50	20.0	03:00
12.5	04:48	20.1	02:59
12.6	04:46	20.3	02:58
12.7	04:43	20.4	02:56
12.8	04:41	20.6	02:55
12.9	04:39	20.8	02:53
13.0	04:37	20.9	02:52
13.1	04:35	21.1	02:51
13.2	04:33	21.2	02:49
13.3	04:31	21.4	02:48
13.4	04:29	21.6	02:47
13.5	04:27	21.7	02:46
13.6	04:25	21.9	02:44
13.7	04:23	22.0	02:43
13.8	04:21	22.2	02:42
13.9	04:19	22.4	02:41
14.0	04:17	22.5	02:40
14.1	04:15	22.7	02:39
14.2	04:14	22.9	02:38
14.3	04:12	23.0	02:36
14.4	04:10	23.2	02:35
14.5	04:08	23.3	02:34
14.6	04:07	23.5	02:33
14.7	04:05	23.7	02:32
14.8	04:03	23.8	02:31
14.9	04:02	24.0	02:30
15.0	04:00	24.1	02:29

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