

Time Conversion Chart
 Minutes Required to Travel Tenths of Miles Based on a Constant Speed

| | | Speed | | | | | | | | | | | | | | | | |
|---------|-----|------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| MPH | | 3.00 | 3.25 | 3.50 | 3.75 | 4.00 | 4.25 | 4.50 | 4.75 | 5.00 | 5.25 | 5.50 | 5.75 | 6.00 | 6.25 | 6.50 | 6.75 | 7.00 |
| | | Minutes Required | | | | | | | | | | | | | | | | |
| # Miles | | | | | | | | | | | | | | | | | | |
| # | 0.1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| # | 0.2 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| # | 0.3 | 6 | 6 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| # | 0.4 | 8 | 7 | 7 | 6 | 6 | 6 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 3 |
| # | 0.5 | 10 | 9 | 9 | 8 | 8 | 7 | 7 | 6 | 6 | 6 | 5 | 5 | 5 | 5 | 5 | 4 | 4 |
| # | 0.6 | 12 | 11 | 10 | 10 | 9 | 8 | 8 | 8 | 7 | 7 | 7 | 6 | 6 | 6 | 6 | 5 | 5 |
| # | 0.7 | 14 | 13 | 12 | 11 | 11 | 10 | 9 | 9 | 8 | 8 | 8 | 7 | 7 | 7 | 6 | 6 | 6 |
| # | 0.8 | 16 | 15 | 14 | 13 | 12 | 11 | 11 | 10 | 10 | 9 | 9 | 8 | 8 | 8 | 7 | 7 | 7 |
| # | 0.9 | 18 | 17 | 15 | 14 | 14 | 13 | 12 | 11 | 11 | 10 | 10 | 9 | 9 | 9 | 8 | 8 | 8 |
| # | 1.0 | 20 | 18 | 17 | 16 | 15 | 14 | 13 | 13 | 12 | 11 | 11 | 10 | 10 | 10 | 9 | 9 | 9 |
| # | 1.1 | 22 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 13 | 12 | 11 | 11 | 11 | 10 | 10 | 9 |
| # | 1.2 | 24 | 22 | 21 | 19 | 18 | 17 | 16 | 15 | 14 | 14 | 13 | 13 | 12 | 12 | 11 | 11 | 10 |
| # | 1.3 | 26 | 24 | 22 | 21 | 20 | 18 | 17 | 16 | 16 | 15 | 14 | 14 | 13 | 12 | 12 | 12 | 11 |
| # | 1.4 | 28 | 26 | 24 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 15 | 14 | 13 | 13 | 12 | 12 |
| # | 1.5 | 30 | 28 | 26 | 24 | 23 | 21 | 20 | 19 | 18 | 17 | 16 | 16 | 15 | 14 | 14 | 13 | 13 |
| # | 1.6 | 32 | 30 | 27 | 26 | 24 | 23 | 21 | 20 | 19 | 18 | 17 | 17 | 16 | 15 | 15 | 14 | 14 |
| # | 1.7 | 34 | 31 | 29 | 27 | 26 | 24 | 23 | 21 | 20 | 19 | 19 | 18 | 17 | 16 | 16 | 15 | 15 |
| D | 1.8 | 36 | 33 | 31 | 29 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 17 | 16 | 15 |
| T | 1.9 | 38 | 35 | 33 | 30 | 29 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 18 | 17 | 16 |
| S | 2.0 | 40 | 37 | 34 | 32 | 30 | 28 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 18 | 17 |
| T | 2.1 | 42 | 39 | 36 | 34 | 32 | 30 | 28 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 19 | 18 |
| A | 2.2 | 44 | 41 | 38 | 35 | 33 | 31 | 29 | 28 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 20 | 19 |
| N | 2.3 | 46 | 42 | 39 | 37 | 35 | 32 | 31 | 29 | 28 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 20 |
| C | 2.4 | 48 | 44 | 41 | 38 | 36 | 34 | 32 | 30 | 29 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 21 |
| E | 2.5 | 50 | 46 | 43 | 40 | 38 | 35 | 33 | 32 | 30 | 29 | 27 | 26 | 25 | 24 | 23 | 22 | 21 |
| | 2.6 | 52 | 48 | 45 | 42 | 39 | 37 | 35 | 33 | 31 | 30 | 28 | 27 | 26 | 25 | 24 | 23 | 22 |
| # | 2.7 | 54 | 50 | 46 | 43 | 41 | 38 | 36 | 34 | 32 | 31 | 29 | 28 | 27 | 26 | 25 | 24 | 23 |
| # | 2.8 | 56 | 52 | 48 | 45 | 42 | 40 | 37 | 35 | 34 | 32 | 31 | 29 | 28 | 27 | 26 | 25 | 24 |
| # | 2.9 | 58 | 54 | 50 | 46 | 44 | 41 | 39 | 37 | 35 | 33 | 32 | 30 | 29 | 28 | 27 | 26 | 25 |
| # | 3.0 | 60 | 55 | 51 | 48 | 45 | 42 | 40 | 38 | 36 | 34 | 33 | 31 | 30 | 29 | 28 | 27 | 26 |
| # | 3.1 | 62 | 57 | 53 | 50 | 47 | 44 | 41 | 39 | 37 | 35 | 34 | 32 | 31 | 30 | 29 | 28 | 27 |
| # | 3.2 | 64 | 59 | 55 | 51 | 48 | 45 | 43 | 40 | 38 | 37 | 35 | 33 | 32 | 31 | 30 | 28 | 27 |
| # | 3.3 | 66 | 61 | 57 | 53 | 50 | 47 | 44 | 42 | 40 | 38 | 36 | 34 | 33 | 32 | 30 | 29 | 28 |
| # | 3.4 | 68 | 63 | 58 | 54 | 51 | 48 | 45 | 43 | 41 | 39 | 37 | 35 | 34 | 33 | 31 | 30 | 29 |
| # | 3.5 | 70 | 65 | 60 | 56 | 53 | 49 | 47 | 44 | 42 | 40 | 38 | 37 | 35 | 34 | 32 | 31 | 30 |
| # | 3.6 | 72 | 66 | 62 | 58 | 54 | 51 | 48 | 45 | 43 | 41 | 39 | 38 | 36 | 35 | 33 | 32 | 31 |
| # | 3.7 | 74 | 68 | 63 | 59 | 56 | 52 | 49 | 47 | 44 | 42 | 40 | 39 | 37 | 36 | 34 | 33 | 32 |
| # | 3.8 | 76 | 70 | 65 | 61 | 57 | 54 | 51 | 48 | 46 | 43 | 41 | 40 | 38 | 36 | 35 | 34 | 33 |
| # | 3.9 | 78 | 72 | 67 | 62 | 59 | 55 | 52 | 49 | 47 | 45 | 43 | 41 | 39 | 37 | 36 | 35 | 33 |
| # | 4.0 | 80 | 74 | 69 | 64 | 60 | 56 | 53 | 51 | 48 | 46 | 44 | 42 | 40 | 38 | 37 | 36 | 34 |
| # | 4.1 | 82 | 76 | 70 | 66 | 62 | 58 | 55 | 52 | 49 | 47 | 45 | 43 | 41 | 39 | 38 | 36 | 35 |
| # | 4.2 | 84 | 78 | 72 | 67 | 63 | 59 | 56 | 53 | 50 | 48 | 46 | 44 | 42 | 40 | 39 | 37 | 36 |
| # | 4.3 | 86 | 79 | 74 | 69 | 65 | 61 | 57 | 54 | 52 | 49 | 47 | 45 | 43 | 41 | 40 | 38 | 37 |
| # | 4.4 | 88 | 81 | 75 | 70 | 66 | 62 | 59 | 56 | 53 | 50 | 48 | 46 | 44 | 42 | 41 | 39 | 38 |
| # | 4.5 | 90 | 83 | 77 | 72 | 68 | 64 | 60 | 57 | 54 | 51 | 49 | 47 | 45 | 43 | 42 | 40 | 39 |
| # | 4.6 | 92 | 85 | 79 | 74 | 69 | 65 | 61 | 58 | 55 | 53 | 50 | 48 | 46 | 44 | 42 | 41 | 39 |
| # | 4.7 | 94 | 87 | 81 | 75 | 71 | 66 | 63 | 59 | 56 | 54 | 51 | 49 | 47 | 45 | 43 | 42 | 40 |
| # | 4.8 | 96 | 89 | 82 | 77 | 72 | 68 | 64 | 61 | 58 | 55 | 52 | 50 | 48 | 46 | 44 | 43 | 41 |
| # | 4.9 | 98 | 90 | 84 | 78 | 74 | 69 | 65 | 62 | 59 | 56 | 53 | 51 | 49 | 47 | 45 | 44 | 42 |
| # | 5.0 | 100 | 92 | 86 | 80 | 75 | 71 | 67 | 63 | 60 | 57 | 55 | 52 | 50 | 48 | 46 | 44 | 43 |
| | | Minutes Required | | | | | | | | | | | | | | | | |

TIMING CHART

SPEED IN MILES PER HOUR

| | | 3.00 | 3.25 | 3.50 | 3.75 | 4.00 | 4.25 | 4.50 | 4.75 | 5.00 | 5.25 | 5.50 | 5.75 | 6.00 |
|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| * | 0.1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| * | 0.2 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 |
| * | 0.3 | 6 | 6 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 |
| * | 0.4 | 8 | 7 | 7 | 6 | 6 | 6 | 5 | 5 | 5 | 5 | 4 | 4 | 4 |
| D | 0.5 | 10 | 9 | 9 | 8 | 8 | 7 | 7 | 6 | 6 | 6 | 5 | 5 | 5 |
| I | 0.6 | 12 | 11 | 10 | 10 | 9 | 8 | 8 | 8 | 7 | 7 | 7 | 6 | 6 |
| S | 0.7 | 14 | 13 | 12 | 11 | 11 | 10 | 9 | 9 | 8 | 8 | 8 | 7 | 7 |
| T | 0.8 | 16 | 15 | 14 | 13 | 12 | 11 | 11 | 10 | 10 | 9 | 9 | 8 | 8 |
| A | 0.9 | 18 | 17 | 15 | 14 | 13 | 13 | 12 | 11 | 11 | 10 | 10 | 9 | 9 |
| ~~~~~ | | | | | | | | | | | | | | |
| C | 1.0 | 20 | 18 | 17 | 16 | 15 | 14 | 13 | 13 | 12 | 11 | 11 | 10 | 10 |
| E | 2.0 | 40 | 37 | 34 | 32 | 30 | 28 | 27 | 25 | 24 | 23 | 22 | 21 | 20 |
| | 3.0 | 60 | 55 | 51 | 48 | 45 | 42 | 40 | 38 | 36 | 34 | 33 | 31 | 30 |
| I | 4.0 | 80 | 74 | 69 | 64 | 60 | 56 | 53 | 51 | 48 | 46 | 44 | 42 | 40 |
| N | 5.0 | 100 | 92 | 86 | 80 | 75 | 71 | 67 | 63 | 60 | 57 | 55 | 52 | 50 |
| | 6.0 | 120 | 111 | 103 | 96 | 90 | 85 | 80 | 76 | 72 | 69 | 65 | 63 | 60 |
| M | 7.0 | 140 | 129 | 120 | 112 | 105 | 99 | 93 | 88 | 84 | 80 | 76 | 73 | 70 |
| I | 8.0 | 160 | 148 | 137 | 128 | 120 | 113 | 107 | 101 | 96 | 91 | 87 | 83 | 80 |
| L | 9.0 | 180 | 166 | 154 | 144 | 135 | 127 | 120 | 114 | 108 | 103 | 98 | 94 | 90 |
| E | 10.0 | 200 | 185 | 171 | 160 | 150 | 141 | 133 | 126 | 120 | 114 | 109 | 104 | 100 |
| S | 11.0 | 220 | 203 | 189 | 176 | 165 | 155 | 147 | 139 | 132 | 126 | 120 | 115 | 110 |
| * | 12.0 | 240 | 222 | 206 | 192 | 180 | 169 | 160 | 152 | 144 | 137 | 131 | 125 | 120 |
| * | 13.0 | 260 | 240 | 223 | 208 | 195 | 184 | 173 | 164 | 156 | 149 | 142 | 136 | 130 |
| * | 14.0 | 280 | 258 | 240 | 224 | 210 | 198 | 187 | 177 | 168 | 160 | 153 | 146 | 140 |
| * | 15.0 | 300 | 277 | 257 | 240 | 225 | 212 | 200 | 189 | 180 | 171 | 164 | 157 | 150 |

How to use the Timing Chart

First find the speed in MPH across the top. Then find the distance in miles along the left column. Where the two lines cross is the number of minutes it takes.

Examples: To go 5 miles at 4 mph it will take you 75 minutes (1:15).

To go 3.6 miles at 4 mph, find 0.6 miles (9 minutes), then 3 miles (45 minutes) and add them together. It takes 54 minutes to go 3.6 miles.