Select (4.86/(AVG(Speed)* 1.60934))*60 As Journey_Time

FROM (SELECT "Speed (mph)" As Speed

FROM updated_rawpvr_2018-02-01_1415

WHERE "Flag Text" = 'Friday'

AND EXTRACT(HOUR FROM "Date") BETWEEN 17 AND 18

AND Direction = 1;)

UNION ALL

(SELECT "Speed (mph)" As Speed

FROM updated_rawpvr_2018-02-01

WHERE "Flag Text" = 'Friday'

AND EXTRACT(HOUR FROM "Date") BETWEEN 17 AND 18

AND Direction = 1;)