

Enter  
speed

MPH	7.3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KPH	11.748	1.609	3.219	4.828	6.437	8.047	9.656	11.265	12.875	14.484	16.093	17.703	19.312	20.921	22.531	24.140

min./mi.	8.2192	60	30	20	15	12	10	8.5714	7.5	6.6667	6	5.4545	5	4.6154	4.2857	4	dec. min.
min./mi.	08:13.2	1:00:00	30:00.0	20:00.0	15:00.0	12:00.0	10:00.0	08:34.3	07:30.0	06:40.0	06:00.0	05:27.3	05:00.0	04:36.9	04:17.1	04:00.0	mm:ss
min./km.	05:06.4	37:16.9	18:38.5	12:25.6	09:19.2	07:27.4	06:12.8	05:19.6	04:39.6	04:08.5	03:43.7	03:23.4	03:06.4	02:52.1	02:39.8	02:29.1	mm:ss

time/(5K)	0:25:32	3:06:25	1:33:12	1:02:08	0:46:36	0:37:17	0:31:04	0:26:38	0:23:18	0:20:43	0:18:38	0:16:57	0:15:32	0:14:20	0:13:19	0:12:26	[h]:mm:ss
time/(10K)	0:51:04	6:12:49	3:06:25	2:04:16	1:33:12	1:14:34	1:02:08	0:53:16	0:46:36	0:41:25	0:37:17	0:33:54	0:31:04	0:28:41	0:26:38	0:24:51	[h]:mm:ss

time/(half-marathon)	1:47:45	13:06:34	6:33:17	4:22:11	3:16:38	2:37:19	2:11:06	1:52:22	1:38:19	1:27:24	1:18:39	1:11:30	1:05:33	1:00:30	0:56:11	0:52:26	[h]:mm:ss
time/(marathon)	3:35:30	26:13:08	13:06:34	8:44:23	6:33:17	5:14:38	4:22:11	3:44:44	3:16:38	2:54:48	2:37:19	2:23:01	2:11:06	2:01:01	1:52:22	1:44:53	[h]:mm:ss