

One way to think about this is we are defining a new "ad hoc" set of custom units

\dot{m} , \dot{l} , \dot{t} , $\dot{v} = \dot{l}/\dot{t}$, etc.

We can choose 2 of these to be whatever we want, eg.

$$1 \dot{m} = 10^6 M_{\odot} = 1.9891 \times 10^{41} \text{ kg}$$

$$1 \dot{l} = 1.5 \text{ kpc} = 4.629 \times 10^{19} \text{ m}$$

$$1 \dot{t} = ?$$

$$1 \dot{v} = ?$$

Then we can impose $G=1$ in our units and relate that to SI units

$$G = 1 \frac{(\dot{l})^3}{(\dot{m})(\dot{t})^2} = 1 \frac{(\dot{l})(\dot{v})^2}{(\dot{m})}$$

$$= 6.6743 \times 10^{-11} \text{ m}^3 \text{ kg}^{-1} \text{ s}^{-2}$$

All other units, in this case \hat{t} or \hat{v} , will be determined by this.

Explicitly,

$$1 \hat{v} = \left(\frac{G \cdot (1 \hat{m})}{1 \hat{t}} \right)^{1/2}$$

$$1 \hat{v} = \left(\frac{(6.6743 \times 10^{-11} \text{ m}^3 \text{ kg}^{-1} \text{ s}^{-2}) (1.9891 \times 10^{41} \text{ kg})}{4.629 \times 10^{19} \text{ m}} \right)^{1/2}$$
$$= 5.3556 \times 10^5 \text{ m/s} = 5.477 \times 10^{-7} \text{ kpc/yr}$$

$$1 \hat{t} = \frac{1 \hat{m}}{1 \hat{v}} = \frac{4.629 \times 10^{19} \text{ m}}{5.3556 \times 10^5 \text{ m/s}}$$

$$= 8.6423 \times 10^{13} \text{ s} = 2.7387 \times 10^6 \text{ yr}$$

So "1" in velocity units means
 $\sim 5.4 \times 10^5 \text{ m/s}$