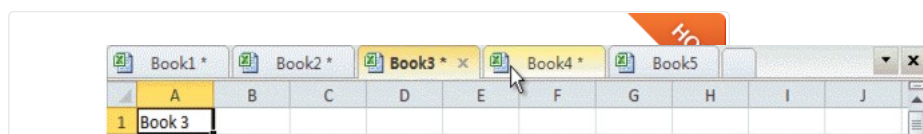**ExtendOffice** (https://www.extendoffice.com)

How To Convert Seconds To Time (Hh Mm Ss) Or Vice Versa In Excel?

Have you ever tried to convert a number of seconds to hh:mm:ss time format or display the time format to seconds in Excel? This article, I will talk about some tricks to solve this task, please read the following details:

Convert a number of seconds to time format with formulas

Convert hh:mm:ss time format to seconds / minutes / hours with Kutools for Excel

● Convert A Number Of Seconds To Time Format With Formulas

(/product/office-tab.html)

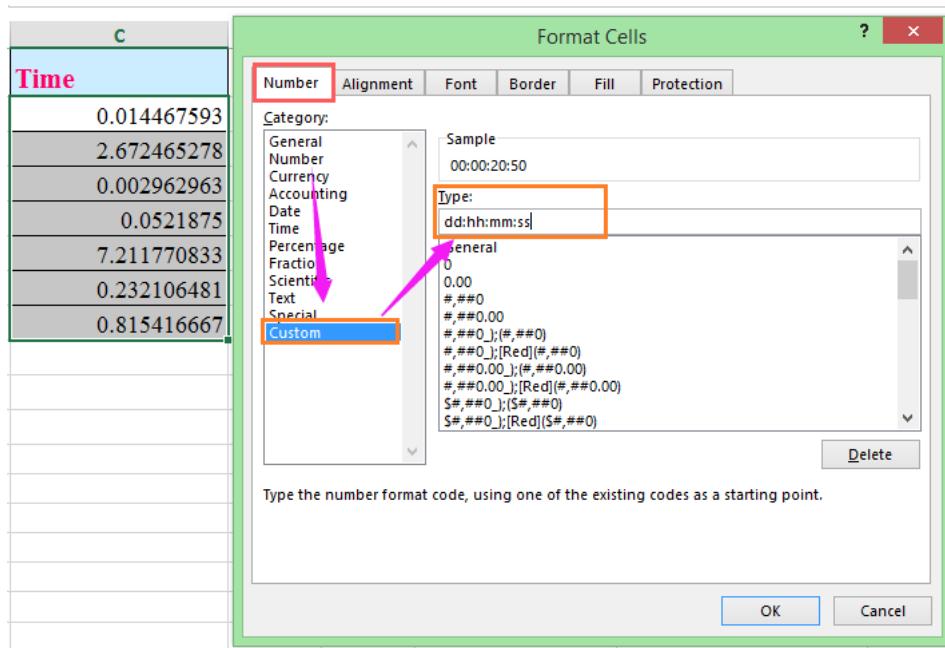**Amazing! Using Tabs In Excel Like Firefox, Chrome, Internet Explore 10! (/Product/Office-Tab.Html)**

Supposing, I have the following numbers of seconds in a column, to convert them to days, hours, minutes, seconds time format, you can apply the formulas:

	Seconds		Time
1	**Seconds**		**Time**
2	1250		00:00:20:50
3	230901		02:16:08:21
4	256		00:00:04:16
5	4509		00:01:15:09
6	623097		07:05:04:57
7	20054		00:05:34:14
8	70452		00:19:34:12

1. Enter this formula: **=A2/86400** into a blank cell where you want to output the result, and drag the fill handle down to the cells that you want to apply this formula, and you will get some numbers as following screenshot shown:

	A	B	C
1	**Seconds**		**Time**
2	1250		0.014467593
3	230901		2.672465278
4	256		0.002962963
5	4509		0.0521875
6	623097		7.211770833
7	20054		0.232106481
8	70452		0.815416667
9			

2. Select theses formula cells, and right click to choose **Format Cells** option from the context menu, in the popped out **Format Cells** dialog box, under the **Number** tab, click **Custom** option, and enter **dd:hh:mm:ss** into the **Type** box, see screenshot:

^

3. And then click **OK** button, and the cells have been displayed as dd:hh:mm:ss time format, see screenshot:

Note: Here is another formula also can help you to display the number of seconds as the text format like this: x hours x minutes x seconds: **=TEXT(A2/86400,CHOOSE(MATCH(A2,{0,60,3600},1),"s ""sec""","m ""min"" s ""sec""","[h] ""hrs"" m ""min"" s ""sec"""))**, after applying this formula, you will get this result, see screenshot:

🔘 **Convert Hh:mm:ss Time Format To Seconds / Minutes / Hours With Kutools For Excel**

On the contrary of above problem, if you want to convert hh:mm:ss time format to seconds, minutes or hours, I can recommend a useful tool-**Kutools for Excel**, with its **Convert Time** feature, you can quickly convert the time format to the number of hours, minutes or seconds.

After installing **Kutools for Excel**, please do as follows:

1. Select the times that you want to convert.

2. Click **Kutools** > **Content** > **Convert Time**, then choose **Time to Hours** / **Time to Minutes** / **Time to Seconds** as you need, see screenshot:

3. And your selected time cells have been converted into the desired hours, minutes or seconds you need, see screenshot:

(/downloads/KutoolsforExcelSetup.exe)

Note: If you don't like the converted result located in the original cells, you can go the **Convert Time** dialog by clicking **Kutools** > **Content** > **Convert Time**, in the **Convert Time** dialog box, choose the convert type you need, and then check **Save to another location** checkbox, and click a cell where you want to put the result, see screenshot:

(/downloads/KutoolsforExcelSetup.exe)

Then click **OK** button, the converted results will be located at the cells you selected.

Download and free trial Kutools for Excel Now ! (/downloads/KutoolsforExcelSetup.exe)

   Demo: Convert Hh:mm:ss Time Format To Minutes, Seconds Or Hours With Kutools For Excel

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Kutools for Excel: with more than 200 handy Excel add-ins, free to try with no limitation in 60 days. **Download and free trial Now!** (/downloads/KutoolsforExcelSetup.exe)
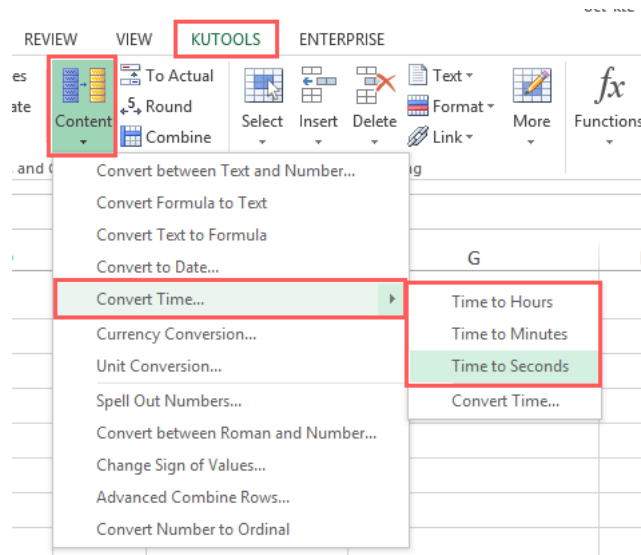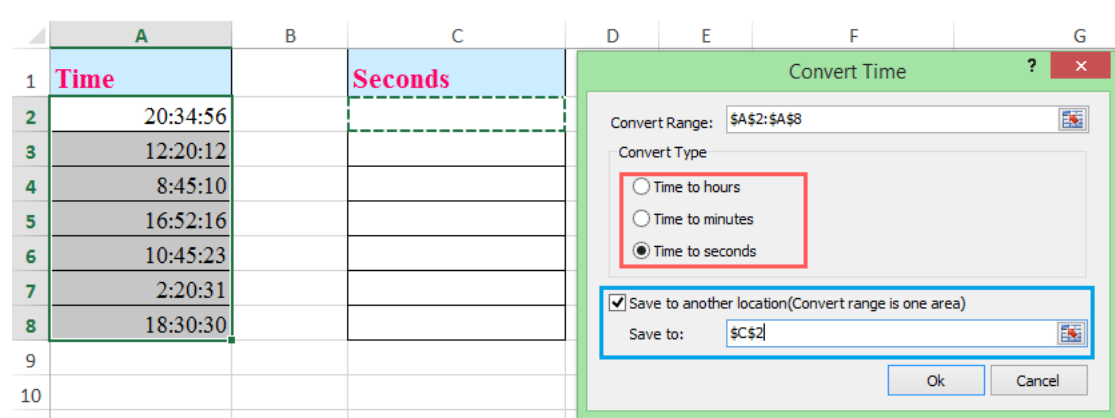
Recommended Productivity Tools

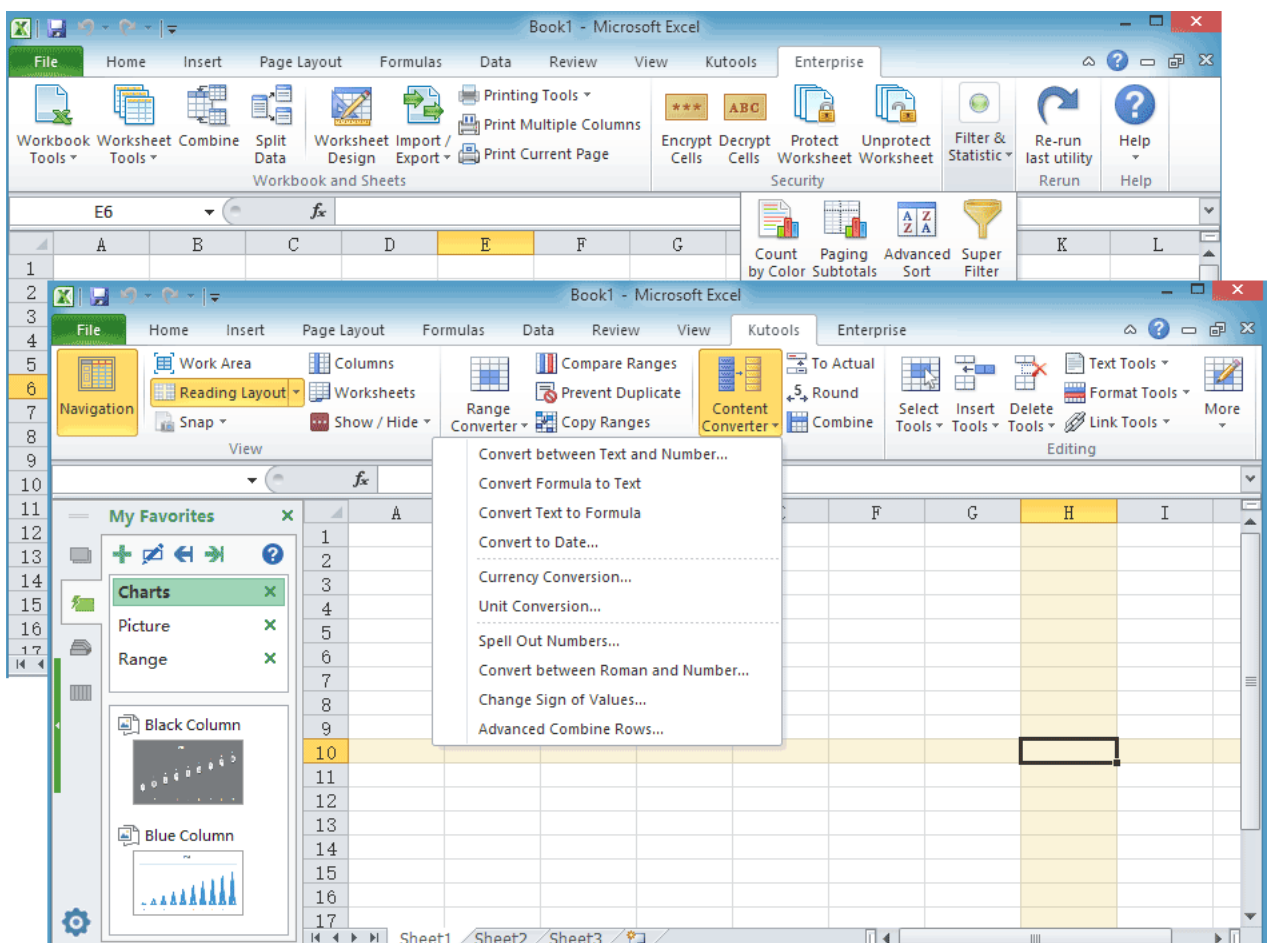### Office Tab (/Product/Office-Tab.Html)

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