

Treadmill Pace Conversion Table

Speed (kph)	Pace (min/km)
4	15:00
4.5	13:20
5	12:00
5.5	10:55
6	10:00
6.5	9:14
7	8:34
7.5	8:00
8	7:30
8.5	7:03
9	6:40
9.5	6:19
10	6:00
10.5	5:43
11	5:27
11.5	5:13
12	5:00
12.5	4:48
13	4:37
13.5	4:27
14	4:17
14.5	4:09
15	4:00