

Treadmill Pace Conversion Table

KPH	MPH	Pace (min/km)	Pace (min/mile)
4	2.49	15:00	24:09:00
4.5	2.8	13:20	21:26
5	3.11	12:00	19:21
5.5	3.42	10:55	17:37
6	3.73	10:00	16:06
6.5	4.04	9:14	14:52
7	4.35	8:34	13:48
7.5	4.66	8:00	12:54
8	4.97	7:30	12:04
8.5	5.28	7:03	11:22
9	5.59	6:40	10:44
9.5	5.9	6:19	10:10
10	6.21	6:00	9:39
10.5	6.52	5:43	9:12
11	6.84	5:27	8:49
11.5	7.15	5:13	8:28
12	7.46	5:00	8:03
12.5	7.77	4:48	7:42
13	8.08	4:37	7:23
13.5	8.39	4:27	7:05
14	8.7	4:17	6:49
14.5	9.01	4:09	6:35
15	9.32	4:00	6:26