

Treadmill Pace Conversion Chart

Speed (mph)	Pace (min/mile)
2	30:00:00
2.5	24:00:00
3	20:00
3.5	17:09
4	15:00
4.5	13:20
5	12:00
5.5	10:54
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

