

MILE TO KILOMETER TIME COMPARISONS

Mins per Mile	Mins per kilometer	Mins per Mile	Mins per kilometer
05:00.0	03:06.4	09:05.0	05:38.6
05:05.0	03:09.5	09:10.0	05:41.8
05:10.0	03:12.6	09:15.0	05:44.9
05:15.0	03:15.7	09:20.0	05:48.0
05:20.0	03:18.8	09:25.0	05:51.1
05:25.0	03:21.9	09:30.0	05:54.2
05:30.0	03:25.1	09:35.0	05:57.3
05:35.0	03:28.2	09:40.0	06:00.4
05:40.0	03:31.3	09:45.0	06:03.5
05:45.0	03:34.4	09:50.0	06:06.6
05:50.0	03:37.5	09:55.0	06:09.7
05:55.0	03:40.6	10:00.0	06:12.8
06:00.0	03:43.7	10:05.0	06:15.9
06:05.0	03:46.8	10:10.0	06:19.0
06:10.0	03:49.9	10:15.0	06:22.1
06:15.0	03:53.0	10:20.0	06:25.3
06:20.0	03:56.1	10:25.0	06:28.4
06:25.0	03:59.2	10:30.0	06:31.5
06:30.0	04:02.3	10:35.0	06:34.6
06:35.0	04:05.4	10:40.0	06:37.7
06:40.0	04:08.6	10:45.0	06:40.8
06:45.0	04:11.7	10:50.0	06:43.9
06:50.0	04:14.8	10:55.0	06:47.0
06:55.0	04:17.9	11:00.0	06:50.1
07:00.0	04:21.0	11:05.0	06:53.2
07:05.0	04:24.1	11:10.0	06:56.3
07:10.0	04:27.2	11:15.0	06:59.4
07:15.0	04:30.3	11:20.0	07:02.5
07:20.0	04:33.4	11:25.0	07:05.6
07:25.0	04:36.5	11:30.0	07:08.7
07:30.0	04:39.6	11:35.0	07:11.9
07:35.0	04:42.7	11:40.0	07:15.0
07:40.0	04:45.8	11:45.0	07:18.1
07:45.0	04:48.9	11:50.0	07:21.2
07:50.0	04:52.0	11:55.0	07:24.3
07:55.0	04:55.2	12:00.0	07:27.4
08:00.0	04:58.3	12:05.0	07:30.5
08:05.0	05:01.4	12:10.0	07:33.6
08:10.0	05:04.5	12:15.0	07:36.7
08:15.0	05:07.6	12:20.0	07:39.8
08:20.0	05:10.7	12:25.0	07:42.9
08:25.0	05:13.8	12:30.0	07:49.0
08:30.0	05:16.9	12:35.0	07:49.1
08:35.0	05:20.0	12:40.0	07:52.2
08:40.0	05:23.1	12:45.0	07:55.4
08:45.0	05:26.2	12:50.0	07:58.5
08:50.0	05:29.3	12:55.0	08:01.6
08:55.0	05:32.4	13:00.0	08:04.7
09:00.0	05:35.5		