



Fitactiveliving.com

Treadmill Pace Conversion Chart

Treadmill MPH	Running Pace (Min/Mile)	Treadmill MPH	Running Pace (Min/Mile)	Treadmill MPH	Running Pace (Min/Mile)
5.0	12:00	7.5	8:00	10	6:00
5.1	11:46	7.6	7:54	10.1	5:56
5.2	11:32	7.7	7:48	10.2	5:53
5.3	11:19	7.8	7:42	10.3	5:49
5.4	11:07	7.9	7:36	10.4	5:46
5.5	10:54	8	7:30	10.5	5:43
5.6	10:43	8.1	7:24	10.6	5:40
5.7	10:30	8.2	7:19	10.7	5:36
5.8	10:21	8.3	7:14	10.8	5:33
5.9	10:10	8.4	7:09	10.9	5:30
6	10:00	8.5	7:03	11	5:27
6.1	9:50	8.6	6:59	11.1	5:24
6.2	9:41	8.7	6:54	11.2	5:21
6.3	9:31	8.8	6:49	11.3	5:19
6.4	9:23	8.9	6:44	11.4	5:16
6.5	9:13	9	6:40	11.5	5:13
6.6	9:05	9.1	6:35	11.6	5:10
6.7	8:57	9.2	6:31	11.7	5:08
6.8	8:49	9.3	6:27	11.8	5:05
6.9	8:42	9.4	6:23	11.9	5:03
7	8:34	9.5	6:18	12	5:00
7.1	8:27	9.6	6:15	12.1	4:58
7.2	8:20	9.7	6:11	12.2	4:55
7.3	8:13	9.8	6:07	12.3	4:52
7.4	8:06	9.9	6:03	12.4	4:50