Pace to treadmill speed

For a treadmill that shows MILES. Find your pace per km, set the mph. **gym2x.com**

MIN / KM	MIN / MILE	MPH	KM/H
4:00	6:26	**9.3**	15.0
4:15	6:50	**8.8**	14.1
4:30	7:15	**8.3**	13.3
4:45	7:39	**7.8**	12.6
5:00	8:03	**7.5**	12.0
5:15	8:27	**7.1**	11.4
5:30	8:51	**6.8**	10.9
5:45	9:15	**6.5**	10.4
6:00	9:39	**6.2**	10.0
6:15	10:04	**6.0**	9.6
6:30	10:28	**5.7**	9.2
6:45	10:52	**5.5**	8.9
7:00	11:16	**5.3**	8.6
7:15	11:40	**5.1**	8.3
7:30	12:04	**5.0**	8.0

How far to run

distance on a miles display

5k	10k	Half	Marathon
3.11 mi	**6.21 mi**	**13.11 mi**	**26.22 mi**
5 km	10 km	21.0975 km	42.195 km

1 mile = 1.609344 km. Treadmill consoles usually step in 0.1 mph — round up to finish a touch early.
Full converter, pace charts and GPX treadmill programs: gym2x.com/km-to-miles