

Treadmill Pace Chart



Treadmill Speed (km/h) Running pace (min/km)

Treadmill speed	Running pace	Treadmill speed	Running pace	Treadmill speed	Running pace	Treadmill speed	Running pace
1.0	60:00	4.5	13:20	8.0	7:30	11.5	5:13
1.5	40:00	5.0	12:00	8.5	7:04	12.0	5:00
2.0	30:00	5.5	10:55	9.0	6:40	12.5	4:48
2.5	24:00	6.0	10:00	9.5	6:19	13.0	4:37
3.0	20:00	6.5	9:14	10	6:00	13.5	4:26
3.5	17:09	7.0	8:34	10.5	5:43	14	4:17
4.0	15:00	7.5	8:00	11.0	5:27	14.5	4:08