

Treadmill MPH Pace per mile



Equivalent paces by incline

		0%	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%
5	12:00	12:31	11:44	11:05	10:32	10:03	9:38	9:16	8:56	8:38	8:22	8:07
5.2	11:32	12:02	11:18	10:42	10:11	9:44	9:20	8:59	8:40	8:23	8:08	7:54
5.4	11:07	11:35	10:55	10:20	9:51	9:26	9:03	8:43	8:25	8:09	7:55	7:41
5.6	10:43	11:10	10:32	10:00	9:33	9:09	8:48	8:29	8:12	7:56	7:42	7:29
5.8	10:21	10:47	10:12	9:42	9:16	8:53	8:33	8:15	7:58	7:44	7:30	7:18
6	10:00	10:26	9:52	9:24	9:00	8:38	8:19	8:02	7:46	7:32	7:19	7:07
6.1	9:50	10:15	9:43	9:16	8:52	8:31	8:12	7:55	7:40	7:26	7:14	7:02
6.2	9:41	10:05	9:34	9:08	8:44	8:24	8:06	7:49	7:34	7:21	7:08	6:57
6.3	9:31	9:56	9:26	9:00	8:37	8:17	7:59	7:43	7:29	7:15	7:03	6:52
6.4	9:23	9:46	9:17	8:52	8:30	8:10	7:53	7:37	7:23	7:10	6:58	6:47
6.5	9:14	9:37	9:09	8:45	8:23	8:04	7:47	7:32	7:18	7:05	6:53	6:43
6.6	9:05	9:29	9:01	8:37	8:16	7:58	7:41	7:26	7:13	7:00	6:49	6:38
6.7	8:57	9:20	8:53	8:30	8:10	7:52	7:35	7:21	7:07	6:55	6:44	6:34
6.8	8:49	9:12	8:45	8:23	8:03	7:46	7:30	7:15	7:02	6:50	6:40	6:29
6.9	8:42	9:04	8:39	8:17	7:57	7:40	7:24	7:10	6:58	6:46	6:35	6:25
7	8:34	8:56	8:32	8:10	7:51	7:34	7:19	7:05	6:53	6:41	6:31	6:21
7.1	8:27	8:49	8:25	8:04	7:45	7:29	7:14	7:00	6:48	6:37	6:27	6:17
7.2	8:20	8:41	8:18	7:58	7:40	7:23	7:09	6:56	6:44	6:33	6:22	6:13
7.3	8:13	8:34	8:12	7:52	7:34	7:18	7:04	6:51	6:39	6:28	6:18	6:09
7.4	8:06	8:27	8:05	7:46	7:28	7:13	6:59	6:46	6:35	6:24	6:14	6:05
7.5	8:00	8:20	7:59	7:40	7:23	7:08	6:54	6:42	6:31	6:20	6:11	6:02
7.6	7:54	8:14	7:53	7:34	7:18	7:03	6:50	6:38	6:26	6:16	6:07	5:58
7.7	7:48	8:07	7:47	7:29	7:13	6:58	6:45	6:33	6:22	6:12	6:03	5:55
7.8	7:42	8:01	7:41	7:24	7:08	6:54	6:41	6:29	6:18	6:09	5:59	5:51
7.9	7:36	7:55	7:36	7:18	7:03	6:49	6:37	6:25	6:15	6:05	5:56	5:48
8	7:30	7:49	7:30	7:13	6:58	6:45	6:32	6:21	6:11	6:01	5:52	5:44
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8.8	6:49	7:07	6:51	6:37	6:24	6:12	6:02	5:52	5:43	5:35	5:27	5:20
8.9	6:44	7:02	6:46	6:32	6:20	6:09	5:58	5:49	5:40	5:32	5:24	5:17
9	6:40	6:57	6:42	6:28	6:16	6:05	5:55	5:45	5:37	5:29	5:21	5:14
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9.2	6:31	6:48	6:34	6:20	6:09	5:58	5:48	5:39	5:31	5:23	5:16	5:09
9.3	6:27	6:44	6:29	6:17	6:05	5:55	5:45	5:36	5:28	5:20	5:13	5:06
9.4	6:23	6:39	6:25	6:13	6:02	5:51	5:42	5:33	5:25	5:17	5:10	5:04
9.5	6:19	6:35	6:22	6:09	5:58	5:48	5:39	5:30	5:22	5:14	5:08	5:01
9.6	6:15	6:31	6:18	6:06	5:55	5:45	5:35	5:27	5:19	5:12	5:05	4:59
9.7	6:11	6:27	6:14	6:02	5:51	5:42	5:32	5:24	5:16	5:09	5:02	4:56
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10	6:00	6:15	6:03	5:52	5:42	5:32	5:24	5:16	5:08	5:02	4:55	4:49

*keep in mind that treadmill accuracy varies by manufacturer

courtesy of hillrunner.com

re-printed by: Two Dogs Running, LLC - www.twodogsrunning.com