



TREADMILL PACE CONVERSION CHART

Miles Per Hour (MPH) Setting on Treadmill	Flat-Road Pace Per Mile	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
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
6.5	9:14	9:37	9:09	8:45	8:23	8:04	7:47	7:32	7:18	7:05	6:53	6:43
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
7.5	8:00	8:20	7:59	7:40	7:23	7:08	6:54	6:42	6:31	6:20	6:11	6:02
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
8.5	7:04	7:22	7:05	6:50	6:36	6:24	6:13	6:02	5:53	5:44	5:36	5:29
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
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
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
10.5	5:43	5:57	5:46	5:36	5:27	5:18	5:10	5:03	4:56	4:50	4:44	4:38
11	5:27	5:41	5:31	5:22	5:13	5:05	4:58	4:51	4:45	4:39	4:33	4:28
12	5:00	5:13	5:04	4:56	4:49	4:42	4:36	4:30	4:24	4:19	4:14	4:10

*Running speed on a treadmill with no incline (zero percent) is actually slower than running on a flat road or track surface, since you do not have to overcome air resistance on a treadmill.

Note: Since treadmills vary from model to model, this table gives you a close but approximate reading for pace at different settings.