

## Distance Conversion

Mile	KM	Mile	KM
1	1.61	13.1	21.08
2	3.22	14	22.53
3	4.83	15	24.14
3.11	5	16	25.75
4	6.44	17	27.36
5	8.05	18	28.97
6	9.66	19	30.58
7	11.27	20	32.19
8	12.87	21	33.8
9	14.48	22	35.4
10	16.09	23	37.01
11	17.7	24	38.62
12	19.31	25	40.23
13	20.92	26.2	42.16

## Pace Conversion Chart

Min Mile Pace	Min KM Pace
12	7.45
11.5	7.14
11	6.83
10.5	6.52
10	6.21
9.5	5.9
9	5.59
8.5	5.28
8	4.97
7.5	4.66
7	4.35
6.5	4.04
6	3.73
5.5	3.42
5	3.11
4.5	2.8
4	2.48