

Distance Calculator (Paces)

DISTANCE TO TRAVEL (FEET)	NUMBER OF PACES PER 100 FEET															
	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
20	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4
25	3.0	3.3	3.5	3.8	4.0	4.3	4.5	4.8	5.0	5.3	5.5	5.8	6.0	6.3	6.5	6.8
30	3.6	3.9	4.2	4.5	4.8	5.1	5.4	5.7	6.0	6.3	6.6	6.9	7.2	7.5	7.8	8.1
35	4.2	4.6	4.9	5.3	5.6	6.0	6.3	6.7	7.0	7.4	7.7	8.1	8.4	8.8	9.1	9.5
40	4.8	5.2	5.6	6.0	6.4	6.8	7.2	7.6	8.0	8.4	8.8	9.2	9.6	10.0	10.4	10.8
45	5.4	5.9	6.3	6.8	7.2	7.7	8.1	8.6	9.0	9.5	9.9	10.4	10.8	11.3	11.7	12.2
50	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	14
55	6.6	7.2	7.7	8.3	8.8	9.4	9.9	10.5	11.0	11.6	12.1	12.7	13.2	14	14	15
60	7.2	7.8	8.4	9.0	9.6	10.2	10.8	11.4	12.0	12.6	13	14	14	15	16	16
65	7.8	8.5	9.1	9.8	10.4	11.1	11.7	12.4	13	14	14	15	16	16	17	18
70	8.4	9.1	9.8	10.5	11.2	11.9	12.6	13	14	15	15	16	17	18	18	19
75	9.0	9.8	10.5	11.3	12.0	13	14	14	15	16	17	17	18	19	20	20
80	9.6	10.4	11.2	12.0	13	14	14	15	16	17	18	18	19	20	21	22
85	10.2	11.1	11.9	13	14	14	15	16	17	18	19	20	20	21	22	23
90	10.8	11.7	13	14	14	15	16	17	18	19	20	21	22	23	23	24
95	11.4	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
100	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
200	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54
300	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81
400	48	52	56	60	64	68	72	76	80	84	88	92	96	100	104	108
500	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135
YOUR PACE = ____ FEET	8.3	7.7	7.1	6.7	6.3	5.9	5.6	5.3	5.0	4.8	4.5	4.3	4.2	4.0	3.8	3.7