



Conversion Charts

Steps-to-Miles Conversion Chart

Below is an estimated step to miles conversion. While distance varies for each individual. Depending on stride length this uses an average 32" stride.

STEPS	MILES		STEPS	MILES
500	.25		5500	2.75
1000	.50		6000	3
1500	.75		6500	3.25
2000	1		7000	3.5
2500	1.25		7500	3.75
3000	1.5		8000	4
3500	1.75		8500	4.25
4000	2		9000	4.5
4500	2.25		9500	4.75
5000	2.5		10000	5

KM-to-Miles Conversion Chart

KM	MILES		KM	MILES		KM	MILES
1	0.62		11	6.83		21	13.04
2	1.24		12	7.45		22	13.67
3	1.86		13	8.07		23	14.29
4	2.48		14	8.69		24	14.91
5	3.10		15	9.32		25	15.53
6	3.72		16	9.94		30	18.64
7	4.34		17	10.56		35	21.74
8	4.97		18	11.18		40	24.85
9	5.59		19	11.80		45	27.96
10	6.21		20	12.42		50	31.06

Swimming

15m pool - 107 lengths = 1 mile / 25m pool - 64 lengths - 1 mile

METRES	MILES		METRES	MILES
200	0.125		1000	0.625
400	0.25		1200	0.75
800	0.5		1600	1