
Travel Speed Chart

Travel Speed in kilometres per hour (km/h) and miles per hour (mph) based on the time spent to cover three different distances:

Distance	50 metres (164 ft)			75 metres (246 ft)			100 metres (328 ft)		
	Time (sec)	Speed (km/h)	Speed (mph)	Time (sec)	Speed (km/h)	Speed (mph)	Time (sec)	Speed (km/h)	Speed (mph)
	15	12.0	7.5	20	13.5	8.4	30	12.0	7.5
	16	11.3	7.0	21	12.9	8.0	31	11.6	7.2
	17	10.6	6.5	22	12.3	7.6	32	11.3	7.0
	18	10.0	6.2	23	11.7	7.3	33	10.9	6.8
	19	9.5	5.9	24	11.3	7.0	34	10.6	6.6
	20	9.0	5.6	25	10.8	6.7	35	10.3	6.4
	21	8.6	5.3	26	10.4	6.5	36	10.0	6.2
	22	8.2	5.1	27	10.0	6.2	37	9.7	6.0
	23	7.8	4.8	28	9.6	6.0	38	9.5	5.9
	24	7.5	4.7	29	9.3	5.8	39	9.2	5.7
	25	7.2	4.5	30	9.0	5.6	40	9.0	5.6
	26	6.9	4.3	31	8.7	5.4	41	8.8	5.5
	27	6.7	4.2	32	8.4	5.2	42	8.6	5.3
	28	6.4	4.0	33	8.2	5.1	43	8.4	5.2
	29	6.2	3.9	34	7.9	4.9	44	8.2	5.1
	30	6.0	3.7	35	7.7	4.8	45	8.0	5.0
	31	5.8	3.6	36	7.5	4.7	46	7.8	4.8
	32	5.6	3.5	37	7.3	4.5	47	7.7	4.8
	33	5.5	3.4	38	7.1	4.4	48	7.5	4.7
	34	5.3	3.3	39	6.9	4.3	49	7.3	4.5
	35	5.1	3.2	40	6.8	4.2	50	7.2	4.5
	36	5.0	3.1	41	6.6	4.1	51	7.1	4.4
	37	4.9	3.0	42	6.4	4.0	52	6.9	4.3
	38	4.7	2.9	43	6.3	3.9	53	6.8	4.2
	39	4.6	2.9	44	6.1	3.8	54	6.7	4.2
	40	4.5	2.8	45	6.0	3.7	55	6.5	4.0

Distance	50 metres (164 ft)			75 metres (246 ft)			100 metres (328 ft)		
	Time (sec)	Speed (km/h)	Speed (mph)	Time (sec)	Speed (km/h)	Speed (mph)	Time (sec)	Speed (km/h)	Speed (mph)
41	4.4	2.7		46	5.9	3.7	56	6.4	4.0
42	4.3	2.7		47	5.7	3.5	57	6.3	3.9
43	4.2	2.6		48	5.6	3.5	58	6.2	3.9
44	4.1	2.5		49	5.5	3.4	59	6.1	3.8
45	4.0	2.5		50	5.4	3.4	60	6.0	3.7
46	3.9	2.4		51	5.3	3.3	61	5.9	3.7
47	3.8	2.4		52	5.2	3.2	62	5.8	3.6
48	3.8	2.4		53	5.1	3.2	63	5.7	3.5
49	3.7	2.3		54	5.0	3.1	64	5.6	3.5
50	3.6	2.2		55	4.9	3.0	65	5.5	3.4
51	3.5	2.2		56	4.8	3.0	66	5.5	3.4
52	3.5	2.2		57	4.7	2.9	67	5.4	3.4
53	3.4	2.1		58	4.7	2.9	68	5.3	3.3
54	3.3	2.1		59	4.6	2.9	69	5.2	3.2
55	3.3	2.1		60	4.5	2.8	70	5.1	3.2
56	3.2	2.0		61	4.4	2.7	71	5.1	3.2
57	3.2	2.0		62	4.4	2.7	72	5.0	3.1
58	3.1	1.9		63	4.3	2.7	73	4.9	3.0
59	3.1	1.9		64	4.2	2.6	74	4.9	3.0
60	3.0	1.9		65	4.2	2.6	75	4.8	3.0
61	3.0	1.9		66	4.1	2.5	76	4.7	2.9
62	2.9	1.8		67	4.0	2.5	77	4.7	2.9
63	2.9	1.8		68	4.0	2.5	78	4.6	2.9