

Treadmill MPH setting	Pace per mile	Equivalent paces by incline										
		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
5.2	11:32	12:02	11:18	10:42	10:11	9:44	9:20	8:59	8:40	8:23	8:08	7:54
5.4	11:07	11:35	10:55	10:20	9:51	9:26	9:03	8:43	8:25	8:09	7:55	7:41
5.6	10:43	11:10	10:32	10:00	9:33	9:09	8:48	8:29	8:12	7:56	7:42	7:29
5.8	10:21	10:47	10:12	9:42	9:16	8:53	8:33	8:15	7:58	7:44	7:30	7:18
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
6.1	9:50	10:15	9:43	9:16	8:52	8:31	8:12	7:55	7:40	7:26	7:14	7:02
6.2	9:41	10:05	9:34	9:08	8:44	8:24	8:06	7:49	7:34	7:21	7:08	6:57
6.3	9:31	9:56	9:26	9:00	8:37	8:17	7:59	7:43	7:29	7:15	7:03	6:52
6.4	9:23	9:46	9:17	8:52	8:30	8:10	7:53	7:37	7:23	7:10	6:58	6:47
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
6.6	9:05	9:29	9:01	8:37	8:16	7:58	7:41	7:26	7:13	7:00	6:49	6:38
6.7	8:57	9:20	8:53	8:30	8:10	7:52	7:35	7:21	7:07	6:55	6:44	6:34
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6.9	8:42	9:04	8:39	8:17	7:57	7:40	7:24	7:10	6:58	6:46	6:35	6:25
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
7.1	8:27	8:49	8:25	8:04	7:45	7:29	7:14	7:00	6:48	6:37	6:27	6:17
7.2	8:20	8:41	8:18	7:58	7:40	7:23	7:09	6:56	6:44	6:33	6:22	6:13
7.3	8:13	8:34	8:12	7:52	7:34	7:18	7:04	6:51	6:39	6:28	6:18	6:09
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7.9	7:36	7:55	7:36	7:18	7:03	6:49	6:37	6:25	6:15	6:05	5:56	5:48
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