



Lengths	Miles	KM	date/time	date/time	date/time	date/time	date/time	date/time	date/time
1	0.015	0.025							
4	0.062	0.1							
5	0.078	0.125							
10	0.155	0.25							
15	0.233	0.375							
16	0.25	0.4							
20	0.311	0.5							
25	0.388	0.625							
30	0.466	0.75							
32	0.5	0.8							
35	0.544	0.875							
40	0.621	1k							
48	0.75	1.2							
50	0.778	1.25							
60 Ol Tri	0.932	1.5k							
64	1 mile	1.6							
70	1.087	1.75							
77 half	1.2 mile	1.925							
80	1.243	2K							
90	1.398	2.25							
96.5	1.5	2.41							
100	1.553	2.5k							
120	1.864	3k							
129	2 miles	3.22							
130	2.02	3.25							
140	2.17	3.5							
154 full	2.4 mile	3.86							
160	2.48	4k							
193	3 miles	4.825							
200	3.107	5k							
257	4 miles	6.425							
1416	22 mile Channel	35.4k							

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Injury Management, Screening, Training

Biomechanical Assessment

Running Video Analysis and Video Coaching

“Athlete support... rehab, performance, prevention”

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