

# STEPS TO MINUTES CONVERSION CHART

<b>1000</b> STEPS	<b>2000</b> STEPS	<b>3000</b> STEPS	<b>4000</b> STEPS	<b>5000</b> STEPS
13 MIN	25 MIN	38 MIN	50 MIN	63 MIN (1 H 3 MIN)
<b>6000</b> STEPS	<b>7000</b> STEPS	<b>8000</b> STEPS	<b>9000</b> STEPS	<b>10000</b> STEPS
75 MIN (1 H 15 MIN)	88 MIN (1 H 28 MIN)	100 MIN (1 H 40 MIN)	113 MIN (1 H 53 MIN)	125 MIN (2 H 5 MIN)
<b>11000</b> STEPS	<b>12000</b> STEPS	<b>13000</b> STEPS	<b>14000</b> STEPS	<b>15000</b> STEPS
138 MIN (2 H 18 MIN)	150 MIN (2 H 30 MIN)	163 MIN (2 H 43 MIN)	175 MIN (2 H 55 MIN)	188 MIN (3 H 8 MIN)
<b>16000</b> STEPS	<b>17000</b> STEPS	<b>18000</b> STEPS	<b>19000</b> STEPS	<b>20000</b> STEPS
200 MIN (3 H 20 MIN)	213 MIN (3 H 33 MIN)	225 MIN (3 H 45 MIN)	238 MIN (3 H 58 MIN)	250 MIN (4 H 10 MIN)

The steps to minutes conversion was calculated based on an average 3mph or 4.8km/h moderate walking speed, at roughly 80 steps per minute. Actual minutes will vary for each person, based on age, sex, weight, and overall health.

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