



WalkWithMe Pace Chart

Slower paced walker – 2-3 miles per hour
Average paced walker – 3 miles per hour
Medium paced walker – 3-4 miles per hour
Fast paced walker – 4-5 miles per hour

Minutes to complete 1 mile	Miles per hour	Time to complete 26 miles
22	2.7	9h 36m
21	2.9	9h 10m
20	3	8h 44m
19	3.2	8h 18m
18	3.3	7h 51m
17	3.5	7h 25m
16	3.8	6h 59m
15	4	6h 33m
14	4.3	6h 06m