

Bird Olympics: 20-yard dash conversion chart

Use this chart to check calculations for human running speeds for 20 yards.

<u>Finish time (secs)</u>	<u>Miles/hour</u>	<u>Finish time (secs)</u>	<u>Miles/hour</u>
3.0	13.6	7.1	5.8
3.1	13.2	7.2	5.7
3.2	12.8	7.3	5.6
3.3	12.4	7.4	5.5
3.4	12.0	7.5	5.5
3.5	11.7	7.6	5.4
3.6	11.4	7.7	5.3
3.7	11.1	7.8	5.2
3.8	10.8	7.9	5.2
3.9	10.5	8.0	5.1
4.0	10.2	8.1	5.1
4.1	10.0	8.2	5.0
4.2	9.7	8.3	4.9
4.3	9.5	8.4	4.8
4.4	9.3	8.5	4.8
4.5	9.1	8.6	4.8
4.6	8.9	8.7	4.7
4.7	8.7	8.8	4.6
4.8	8.5	8.9	4.6
4.9	8.3		
5.0	8.2		
5.1	8.0		
5.2	7.9		
5.3	7.7		
5.4	7.6		
5.5	7.4		
5.6	7.3		
5.7	7.2		
5.8	7.1		
5.9	6.9		
6.0	6.8		
6.1	6.7		
6.2	6.6		
6.3	6.5		
6.4	6.4		
6.5	6.3		
6.6	6.2		
6.7	6.1		
6.8	6.0		
6.9	5.9		
7.0	5.8		