

MEASURED NAUTICAL MILE - SPEED TABLE

Sec.	Minutes												Sec.
	1	2	3	4	5	6	7	8	9	10	11	12	
	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	<i>Knots</i>	
0	60.000	30.000	20.000	15.000	12.000	10.000	8.571	7.500	6.667	6.000	5.455	5.000	0
1	59.016	29.752	19.890	14.938	11.960	9.972	8.551	7.484	6.654	5.990	5.446	4.993	1
2	58.065	29.508	19.780	14.876	11.921	9.945	8.531	7.469	6.642	5.980	5.438	4.986	2
3	57.143	29.268	19.672	14.815	11.881	9.917	8.511	7.453	6.630	5.970	5.430	4.979	3
4	56.250	29.032	19.565	14.754	11.842	9.890	8.491	7.438	6.618	5.960	5.422	4.972	4
5	55.385	28.800	19.459	14.694	11.803	9.863	8.471	7.423	6.606	5.950	5.414	4.966	5
6	54.545	28.571	19.355	14.634	11.765	9.836	8.451	7.407	6.593	5.941	5.405	4.959	6
7	53.731	28.346	19.251	14.575	11.726	9.809	8.431	7.392	6.581	5.931	5.397	4.952	7
8	52.941	28.125	19.149	14.516	11.688	9.783	8.411	7.377	6.569	5.921	5.389	4.945	8
9	52.174	27.907	19.048	14.458	11.650	9.756	8.392	7.362	6.557	5.911	5.381	4.938	9
10	51.429	27.692	18.947	14.400	11.613	9.730	8.372	7.347	6.545	5.902	5.373	4.932	10
11	50.704	27.481	18.848	14.343	11.576	9.704	8.353	7.332	6.534	5.892	5.365	4.925	11
12	50.000	27.273	18.750	14.286	11.538	9.677	8.333	7.317	6.522	5.882	5.357	4.918	12
13	49.315	27.068	18.653	14.229	11.502	9.651	8.314	7.302	6.510	5.873	5.349	4.911	13
14	48.649	26.866	18.557	14.173	11.465	9.626	8.295	7.287	6.498	5.863	5.341	4.905	14
15	48.000	26.667	18.462	14.118	11.429	9.600	8.276	7.273	6.486	5.854	5.333	4.898	15
16	47.368	26.471	18.367	14.063	11.392	9.574	8.257	7.258	6.475	5.844	5.325	4.891	16
17	46.753	26.277	18.274	14.008	11.356	9.549	8.238	7.243	6.463	5.835	5.318	4.885	17
18	46.154	26.087	18.182	13.953	11.321	9.524	8.219	7.229	6.452	5.825	5.310	4.878	18
19	45.570	25.899	18.090	13.900	11.285	9.499	8.200	7.214	6.440	5.816	5.302	4.871	19
20	45.000	25.714	18.000	13.846	11.250	9.474	8.182	7.200	6.429	5.806	5.294	4.865	20
21	44.444	25.532	17.910	13.793	11.215	9.449	8.163	7.186	6.417	5.797	5.286	4.858	21
22	43.902	25.352	17.822	13.740	11.180	9.424	8.145	7.171	6.406	5.788	5.279	4.852	22
23	43.373	25.175	17.734	13.688	11.146	9.399	8.126	7.157	6.394	5.778	5.271	4.845	23
24	42.857	25.000	17.647	13.636	11.111	9.375	8.108	7.143	6.383	5.769	5.263	4.839	24
25	42.353	24.828	17.561	13.585	11.077	9.351	8.090	7.129	6.372	5.760	5.255	4.832	25
26	41.860	24.658	17.476	13.534	11.043	9.326	8.072	7.115	6.360	5.751	5.248	4.826	26
27	41.379	24.490	17.391	13.483	11.009	9.302	8.054	7.101	6.349	5.742	5.240	4.819	27
28	40.909	24.324	17.308	13.433	10.976	9.278	8.036	7.087	6.338	5.732	5.233	4.813	28
29	40.449	24.161	17.225	13.383	10.942	9.254	8.018	7.073	6.327	5.723	5.225	4.806	29
30	40.000	24.000	17.143	13.333	10.909	9.231	8.000	7.059	6.316	5.714	5.217	4.800	30
31	39.560	23.841	17.062	13.284	10.876	9.207	7.982	7.045	6.305	5.705	5.210	4.794	31
32	39.130	23.684	16.981	13.235	10.843	9.184	7.965	7.031	6.294	5.696	5.202	4.787	32
33	38.710	23.529	16.901	13.187	10.811	9.160	7.947	7.018	6.283	5.687	5.195	4.781	33
34	38.298	23.377	16.822	13.139	10.778	9.137	7.930	7.004	6.272	5.678	5.187	4.775	34
35	37.895	23.226	16.744	13.091	10.746	9.114	7.912	6.990	6.261	5.669	5.180	4.768	35
36	37.500	23.077	16.667	13.043	10.714	9.091	7.895	6.977	6.250	5.660	5.172	4.762	36
37	37.113	22.930	16.590	12.996	10.682	9.068	7.877	6.963	6.239	5.651	5.165	4.756	37
38	36.735	22.785	16.514	12.950	10.651	9.045	7.860	6.950	6.228	5.643	5.158	4.749	38
39	36.364	22.642	16.438	12.903	10.619	9.023	7.843	6.936	6.218	5.634	5.150	4.743	39
40	36.000	22.500	16.364	12.857	10.588	9.000	7.826	6.923	6.207	5.625	5.143	4.737	40
41	35.644	22.360	16.290	12.811	10.557	8.978	7.809	6.910	6.196	5.616	5.136	4.731	41
42	35.294	22.222	16.216	12.766	10.526	8.955	7.792	6.897	6.186	5.607	5.128	4.724	42
43	34.951	22.086	16.143	12.721	10.496	8.933	7.775	6.883	6.175	5.599	5.121	4.718	43
44	34.615	21.951	16.071	12.676	10.465	8.911	7.759	6.870	6.164	5.590	5.114	4.712	44
45	34.286	21.818	16.000	12.632	10.435	8.889	7.742	6.857	6.154	5.581	5.106	4.706	45
46	33.962	21.687	15.929	12.587	10.405	8.867	7.725	6.844	6.143	5.573	5.099	4.700	46
47	33.645	21.557	15.859	12.544	10.375	8.845	7.709	6.831	6.133	5.564	5.092	4.694	47
48	33.333	21.429	15.789	12.500	10.345	8.824	7.692	6.818	6.122	5.556	5.085	4.688	48
49	33.028	21.302	15.721	12.457	10.315	8.802	7.676	6.805	6.112	5.547	5.078	4.681	49
50	32.727	21.176	15.652	12.414	10.286	8.780	7.660	6.792	6.102	5.538	5.070	4.675	50
51	32.432	21.053	15.584	12.371	10.256	8.759	7.643	6.780	6.091	5.530	5.063	4.669	51
52	32.143	20.930	15.517	12.329	10.227	8.738	7.627	6.767	6.081	5.521	5.056	4.663	52
53	31.858	20.809	15.451	12.287	10.198	8.717	7.611	6.754	6.071	5.513	5.049	4.657	53
54	31.579	20.690	15.385	12.245	10.169	8.696	7.595	6.742	6.061	5.505	5.042	4.651	54
55	31.304	20.571	15.319	12.203	10.141	8.675	7.579	6.729	6.050	5.496	5.035	4.645	55
56	31.034	20.455	15.254	12.162	10.112	8.654	7.563	6.716	6.040	5.488	5.028	4.639	56
57	30.769	20.339	15.190	12.121	10.084	8.633	7.547	6.704	6.030	5.479	5.021	4.633	57
58	30.508	20.225	15.126	12.081	10.056	8.612	7.531	6.691	6.020	5.471	5.014	4.627	58
59	30.252	20.112	15.063	12.040	10.028	8.592	7.516	6.679	6.010	5.463	5.007	4.621	59
60	30.000	20.000	15.000	12.000	10.000	8.571	7.500	6.667	6.000	5.455	5.000	4.615	60
Sec.	Minutes												Sec.
	1	2	3	4	5	6	7	8	9	10	11	12	

Run Measured Mile in one direction and calculate speed. Run Measured Mile in reverse direction and calculate speed.
 To get actual speed, add the two speeds and divided by two (2). DO NOT add the two times (minutes/seconds) and divide.