

# Running Distance Comparison Chart (Km to Miles)








## RUNNING DISTANCE COMPARISON CHART

### KM TO MILES FOR COMMON RACES & TRAINING RUNS



**1 KILOMETER (km) = 0.621371 MILES (mi)**

Use this chart to quickly compare popular running distances in kilometers and miles.

DISTANCE	KILOMETERS (km)	MILES (mi)	EQUIVALENT	BEST FOR	QUICK INSIGHTS
 <b>400 m</b>	0.4 km	0.25 mi	<b>¼ Mile</b>	Track training, speed work 	 <b>5K = 3.11 miles</b> Great for all fitness levels.
 <b>800 m</b>	0.8 km	0.50 mi	<b>½ Mile</b>	Middle-distance training 	
 <b>1,000 m</b>	1.0 km	0.62 mi	—	Track workouts, endurance 	 <b>10K = 6.21 miles</b> A popular step up from the 5K.
 <b>1 Mile</b>	1.61 km	1.00 mi	—	Time trials, fitness tests 	
 <b>5K</b>	5 km	3.11 mi	—	Fun runs, beginners 	 <b>Half Marathon = 13.10 miles</b> A major milestone!
 <b>10K</b>	10 km	6.21 mi	—	Build endurance 	
 <b>15K</b>	15 km	9.32 mi	—	Step up endurance 	 <b>Marathon = 26.22 miles</b> The ultimate test of endurance.
 <b>10 Mile</b>	16.09 km	10.00 mi	—	Long training runs 	
 <b>Half Marathon</b>	21.0975 km	13.10 mi	<b>13.1 Miles</b>	Endurance, race goal 	 <b>Ultra Distances</b> Anything beyond marathon distance.
 <b>Marathon</b>	42.195 km	26.22 mi	<b>26.2 Miles</b>	Ultimate endurance 	
 <b>50K</b>	50 km	31.07 mi	—	Ultra training 	
 <b>50 Mile</b>	80.467 km	50.00 mi	—	Ultra marathon 	
 <b>100K</b>	100 km	62.14 mi	—	Experienced ultra runners 	
 <b>100 Mile</b>	160.934 km	100.00 mi	—	Elite ultra challenge 	



**KNOW THE DISTANCE. PLAN BETTER. RUN STRONGER.**

Every kilometer brings you closer to your goal.

