

Body Weight	150	lb	For Walking: 4 MPH or less			$((\text{MPH} \times 26.8) \times .1) + (\% \text{ grade} \times (\text{MPH} \times 26.8) \times 1.8) + 3.5) \times (\text{lbs./2.2}) \times .005 = \text{Kcal/min}$				
Cumulative Time	15	min	For Running: 4.1 MPH or more			$((\text{MPH} \times 26.8) \times .2) + (\% \text{ grade} \times (\text{MPH} \times 26.8) \times .9) + 3.5) \times (\text{lbs./2.2}) \times .005 = \text{Kcal/min}$				

Speed/Incline	0	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
0.5	24.8	25.4	26.0	26.6	27.2	27.8	28.5	29.1	29.7	30.3	30.9	31.5	32.2	32.8	33.4	34.0	34.6	35.2	35.9	36.5	37.1	37.7	38.3	38.9	39.6
1.0	31.6	32.8	34.1	35.3	36.5	37.8	39.0	40.2	41.5	42.7	43.9	45.2	46.4	47.6	48.9	50.1	51.3	52.6	53.8	55.0	56.3	57.5	58.7	60.0	61.2
1.5	38.5	40.3	42.2	44.0	45.9	47.7	49.6	51.4	53.3	55.1	57.0	58.8	60.7	62.5	64.4	66.2	68.1	69.9	71.8	73.6	75.5	77.3	79.2	81.0	82.9
2.0	45.3	47.8	50.2	52.7	55.2	57.6	60.1	62.6	65.0	67.5	70.0	72.4	74.9	77.4	79.8	82.3	84.8	87.2	89.7	92.2	94.6	97.1	99.6	102.0	104.5
2.5	52.2	55.2	58.3	61.4	64.5	67.6	70.7	73.7	76.8	79.9	83.0	86.1	89.2	92.2	95.3	98.4	101.5	104.6	107.7	110.7	113.8	116.9	120.0	123.1	126.2
3.0	59.0	62.7	66.4	70.1	73.8	77.5	81.2	84.9	88.6	92.3	96.0	99.7	103.4	107.1	110.8	114.5	118.2	121.9	125.6	129.3	133.0	136.7	140.4	144.1	147.8
3.5	65.9	70.2	74.5	78.8	83.1	87.4	91.8	96.1	100.4	104.7	109.0	113.3	117.7	122.0	126.3	130.6	134.9	139.3	143.6	147.9	152.2	156.5	160.8	165.2	169.5
4.0	72.7	77.6	82.6	87.5	92.5	97.4	102.3	107.3	112.2	117.1	122.1	127.0	131.9	136.9	141.8	146.7	151.7	156.6	161.5	166.5	171.4	176.3	181.3	186.2	191.1
4.5	141.2	144.0	146.8	149.6	152.3	155.1	157.9	160.7	163.4	166.2	169.0	171.8	174.5	177.3	180.1	182.9	185.6	188.4	191.2	194.0	196.7	199.5	202.3	205.1	207.8
5.0	154.9	158.0	161.1	164.2	167.3	170.4	173.4	176.5	179.6	182.7	185.8	188.9	191.9	195.0	198.1	201.2	204.3	207.4	210.4	213.5	216.6	219.7	222.8	225.9	228.9
5.5	168.6	172.0	175.4	178.8	182.2	185.6	189.0	192.4	195.8	199.2	202.6	206.0	209.4	212.7	216.1	219.5	222.9	226.3	229.7	233.1	236.5	239.9	243.3	246.7	250.1
6.0	182.4	186.1	189.8	193.5	197.2	200.9	204.6	208.3	212.0	215.7	219.4	223.1	226.8	230.5	234.2	237.9	241.6	245.3	249.0	252.7	256.4	260.1	263.8	267.5	271.2
6.5	196.1	200.1	204.1	208.1	212.1	216.1	220.1	224.1	228.1	232.1	236.1	240.2	244.2	248.2	252.2	256.2	260.2	264.2	268.2	272.2	276.2	280.2	284.2	288.3	292.3
7.0	209.8	214.1	218.4	222.7	227.0	231.3	235.7	240.0	244.3	248.6	252.9	257.2	261.6	265.9	270.2	274.5	278.8	283.1	287.5	291.8	296.1	300.4	304.7	309.1	313.4
7.5	223.5	228.1	232.7	237.3	242.0	246.6	251.2	255.8	260.5	265.1	269.7	274.3	279.0	283.6	288.2	292.8	297.5	302.1	306.7	311.3	316.0	320.6	325.2	329.8	334.5
8.0	237.2	242.1	247.0	252.0	256.9	261.8	266.8	271.7	276.6	281.6	286.5	291.4	296.4	301.3	306.2	311.2	316.1	321.0	326.0	330.9	335.8	340.8	345.7	350.6	355.6
8.5	250.9	256.1	261.4	266.6	271.8	277.1	282.3	287.6	292.8	298.1	303.3	308.5	313.8	319.0	324.3	329.5	334.7	340.0	345.2	350.5	355.7	361.0	366.2	371.4	376.7
9.0	264.6	270.1	275.7	281.2	286.8	292.3	297.9	303.4	309.0	314.5	320.1	325.6	331.2	336.7	342.3	347.8	353.4	358.9	364.5	370.0	375.6	381.1	386.7	392.2	397.8
9.5	278.3	284.1	290.0	295.9	301.7	307.6	313.4	319.3	325.2	331.0	336.9	342.7	348.6	354.4	360.3	366.2	372.0	377.9	383.7	389.6	395.5	401.3	407.2	413.0	418.9
10.0	292.0	298.2	304.3	310.5	316.7	322.8	329.0	335.2	341.3	347.5	353.7	359.8	366.0	372.2	378.3	384.5	390.7	396.8	403.0	409.2	415.3	421.5	427.7	433.8	440.0
10.5	305.7	312.2	318.6	325.1	331.6	338.1	344.5	351.0	357.5	364.0	370.4	376.9	383.4	389.9	396.3	402.8	409.3	415.8	422.3	428.7	435.2	441.7	448.2	454.6	461.1
11.0	319.4	326.2	333.0	339.7	346.5	353.3	360.1	366.9	373.7	380.5	387.2	394.0	400.8	407.6	414.4	421.2	427.9	434.7	441.5	448.3	455.1	461.9	468.6	475.4	482.2
11.5	333.1	340.2	347.3	354.4	361.5	368.6	375.7	382.7	389.8	396.9	404.0	411.1	418.2	425.3	432.4	439.5	446.6	453.7	460.8	467.9	474.9	482.0	489.1	496.2	503.3
12.0	346.8	354.2	361.6	369.0	376.4	383.8	391.2	398.6	406.0	413.4	420.8	428.2	435.6	443.0	450.4	457.8	465.2	472.6	480.0	487.4	494.8	502.2	509.6	517.0	524.4