



# Pearl Harbor Remembrance Challenge

December 1 - December 7

## Racery Mileage Conversions

---



**Rowing** - hours (6.023) minutes (0.10038).

For example:  
*1 hour of rowing = 6.023 miles.*  
*1 minute of rowing = .10038 miles.*

---



**Biking** - hours (4.83) minutes (0.0805).

For example:  
*1 hour of biking at a moderate pace = 4.83 miles.*  
*1 minute of biking = .0805 miles.*

---



**Swimming** - hours (5.142) minutes (0.0857).

For example:  
*1 hour of freestyle swimming = 5.142miles.*  
*1 minute of swimming = .0857 miles*

---



**Walking / Running** - actual miles.

For example:  
*1 mile ran or walked = 1 mile.*

---