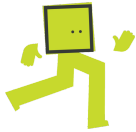


Quick Guide to Walk/Bike Distances



Average walking speed @ 2 mph

7 minutes = $\frac{1}{4}$ mile
15 minutes = $\frac{1}{2}$ mile
30 minutes = 1 mile
45 minutes = 1 $\frac{1}{2}$ miles



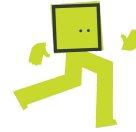
Average Biking Speed @ 10 mph

6 minutes = 1 mile
15 minutes = 2 $\frac{1}{2}$ miles
30 minutes = 5 miles
45 minutes = 7 $\frac{1}{2}$ miles

Distance by Blocks

2 blocks = $\frac{1}{4}$ mile
4 blocks = $\frac{1}{2}$ mile
8 blocks = 1 mile

Quick Guide to Walk/Bike Distances



Average walking speed @ 2 mph

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Guía Para Calcular Distancias en Bicicleta/Caminando



Caminando a la velocidad de 2 mph

7 minutos = $\frac{1}{4}$ milla
15 minutos = $\frac{1}{2}$ milla
30 minutos = 1 milla
45 minutos = $1 \frac{1}{2}$ millas



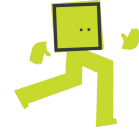
Llegando en Bicicleta a la velocidad de 10 mph

6 minutos = 1 milla
15 minutos = $2 \frac{1}{2}$ millas
30 minutos = 5 millas
45 minutos = $7 \frac{1}{2}$ millas

Distancia por Cuadra

2 cuadras = $\frac{1}{4}$ milla
4 cuadras = $\frac{1}{2}$ milla
8 cuadras = 1 milla

Guía Para Calcular Distancias en Bicicleta/Caminando



Caminando a la velocidad de 2 mph

7 minutos = $\frac{1}{4}$ milla
15 minutos = $\frac{1}{2}$ milla
30 minutos = 1 milla
45 minutos = $1 \frac{1}{2}$ millas



Llegando en Bicicleta a la velocidad de 10 mph

6 minutos = 1 milla
15 minutos = $2 \frac{1}{2}$ millas
30 minutos = 5 millas
45 minutos = $7 \frac{1}{2}$ millas

Distancia por Cuadra

2 cuadras = $\frac{1}{4}$ milla
4 cuadras = $\frac{1}{2}$ milla
8 cuadras = 1 milla