

Convert your wheelchair distance into steps

Use the following chart to convert your wheelchair odometer reading into steps.

Note: the chart is based on an average stride length of 2.5 feet.



| Distance (miles) | Steps | Distance (miles) | Steps | Distance (miles) | Steps | Distance (miles) | Steps |
|------------------|-------|------------------|-------|------------------|--------|------------------|---------|
| 0.1 mi | 211 | 2.1 mi | 4,435 | 4.1 mi | 8,659 | 11.0 mi | 23,232 |
| 0.2 mi | 422 | 2.2 mi | 4,646 | 4.2 mi | 8,870 | 12.0 mi | 25,344 |
| 0.3 mi | 634 | 2.3 mi | 4,858 | 4.3 mi | 9,082 | 13.0 mi | 27,456 |
| 0.4 mi | 845 | 2.4 mi | 5,069 | 4.4 mi | 9,293 | 14.0 mi | 29,568 |
| 0.5 mi | 1,056 | 2.5 mi | 5,280 | 4.5 mi | 9,504 | 15.0 mi | 31,680 |
| 0.6 mi | 1,267 | 2.6 mi | 5,491 | 4.6 mi | 9,715 | 16.0 mi | 33,792 |
| 0.7 mi | 1,478 | 2.7 mi | 5,702 | 4.7 mi | 9,926 | 17.0 mi | 35,904 |
| 0.8 mi | 1,690 | 2.8 mi | 5,914 | 4.8 mi | 10,138 | 18.0 mi | 38,016 |
| 0.9 mi | 1,901 | 2.9 mi | 6,125 | 4.9 mi | 10,349 | 19.0 mi | 40,128 |
| 1.0 mi | 2,112 | 3.0 mi | 6,336 | 5.0 mi | 10,560 | 20.0 mi | 42,240 |
| 1.1 mi | 2,323 | 3.1 mi | 6,547 | 5.5 mi | 11,616 | 25.0 mi | 52,800 |
| 1.2 mi | 2,534 | 3.2 mi | 6,758 | 6.0 mi | 12,672 | 30.0 mi | 63,360 |
| 1.3 mi | 2,746 | 3.3 mi | 6,970 | 6.5 mi | 13,728 | 35.0 mi | 73,920 |
| 1.4 mi | 2,957 | 3.4 mi | 7,181 | 7.0 mi | 14,784 | 40.0 mi | 84,480 |
| 1.5 mi | 3,168 | 3.5 mi | 7,392 | 7.5 mi | 15,840 | 45.0 mi | 95,040 |
| 1.6 mi | 3,379 | 3.6 mi | 7,603 | 8.0 mi | 16,896 | 50.0 mi | 105,600 |
| 1.7 mi | 3,590 | 3.7 mi | 7,814 | 8.5 mi | 17,952 | | |
| 1.8 mi | 3,802 | 3.8 mi | 8,026 | 9.0 mi | 19,008 | | |
| 1.9 mi | 4,013 | 3.9 mi | 8,237 | 9.5 mi | 20,064 | | |
| 2.0 mi | 4,224 | 4.0 mi | 8,448 | 10.0 mi | 21,120 | | |

Source: <http://www.kylesconverter.com/length/miles-to-steps>