

Miles	0	5	10	15	20	25	30	35	40	45	50
<u>Kilometres</u>	0	8	16	24	32	40	48	56	64	72	80

1	mile	≈	1.6	<u>kilometres</u>	1.6	<u>kilometres</u>	≈	1	mile
5	miles	≈	8	kilometres	8	<u>kilometres</u>	≈	5	miles
50	miles	≈	80	kilometres	80	<u>kilometres</u>	≈	50	miles
100	miles	≈	160	kilometres	160	<u>kilometres</u>	≈	100	miles
150	miles	≈	240	<u>kilometres</u>	240	<u>kilometres</u>	≈	150	miles