

Miles	0	5	10		20	25	30			45	50
<u>Kilometres</u>	0	8	16	24	32			56			

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	≈		kilometres	80	<u>kilometres</u>	≈		miles
100	miles	≈		kilometres	160	<u>kilometres</u>	≈		miles
150	miles	≈		<u>kilometres</u>	240	<u>kilometres</u>	≈		miles