

**Estimation of Distance Cycled on a Commuter Route in 10 Minutes**

12.00 mph (Source: Local Transport Note 2/08, DfT, Oct 2008 (Pages 41 and 42 refer - lower 12mph speed applied))  
1.609344 mph to kph conversion factor  
19.31 kph  
0.32 km per Minute  
322 m per minute  
5.36 m per second  
3,219 metres travelled in 10 minutes

**Estimation of Distance Walked in 10 Minutes**

3.00 mph (Assumed average walking speed)  
1.609344 mph to kph conversion factor  
4.83 kph  
0.08 km per Minute  
80 m per minute  
1.34 m per second  
805 metres travelled in 10 minutes

**Quotes:**

Building Sustainable Transport into New Developments (DfT, April 2008) - 'Walking neighbourhoods are typically characterised as having a range of facilities within 10 minutes walking distance (around 800 metres)'

A Sustainable Future for Cycling (DfT & Cycling England, Jan 2008) - '23% of car trips are less than 2 miles, a distance that is easily cycled in less than 15 minutes'

Walking and cycling : Action Plan (DfT, 2004) - '42% of all trips are within 2 miles - less than the average length of a cycle trip'