

Conversion Chart

Speed in m/s	Speed in mph
6.5	14.5
7.0	15.7
7.5	16.8
8.0	17.9
8.5	19.0
9.0	20.1
9.5	21.3
10.0	22.4
10.5	23.5
11.0	24.6
11.5	25.7
12.0	26.8
12.5	28.0
13.0	29.1
13.5	30.2
14.0	31.3
14.5	32.4
15.0	33.6
15.5	34.7
16.0	35.8
16.5	36.9
17.0	38.0
17.5	39.1
18.0	40.3
18.5	41.4
19.0	42.5
19.5	43.6
20.0	44.7
20.5	45.9
21.0	47.0
21.5	48.1
22.0	49.2
22.5	50.3
23.0	51.5
23.5	52.6
24.0	53.7
24.5	54.8
25.0	55.9
25.5	57.0
26.0	58.2
26.5	59.3
27.0	60.4
27.5	61.5
28.0	62.6
28.5	63.8
29.0	64.9

How fast can you hit the ball?

Height = 2.0 meters = 78 inches

Use your distance and time to find your speed in m/s. For mph, a conversion chart is on the back.

Distance (m)	Time (s)											
	0.25	0.5	0.75	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3
3	15.1	8.8	7.5	7.5	8.1	8.9	9.9	10.9	12.0	13.1	14.2	15.4
3.5	16.8	9.5	7.9	7.7	8.2	9.0	9.9	10.9	12.0	13.1	14.3	15.4
4	18.5	10.3	8.3	8.0	8.4	9.1	10.0	11.0	12.0	13.1	14.3	15.4
4.5	20.2	11.1	8.7	8.2	8.5	9.2	10.1	11.0	12.1	13.2	14.3	15.4
5	22.0	11.9	9.2	8.5	8.7	9.3	10.1	11.1	12.1	13.2	14.3	15.5
5.5	23.9	12.8	9.7	8.8	8.9	9.4	10.2	11.1	12.2	13.2	14.3	15.5
6	25.7	13.6	10.2	9.1	9.1	9.6	10.3	11.2	12.2	13.3	14.4	15.5
6.5	27.6	14.5	10.7	9.5	9.3	9.7	10.4	11.3	12.3	13.3	14.4	15.5
7	29.5	15.4	11.3	9.8	9.5	9.9	10.5	11.4	12.3	13.3	14.4	15.5
7.5	31.4	16.3	11.8	10.2	9.8	10.0	10.6	11.4	12.4	13.4	14.5	15.6
8	33.3	17.3	12.4	10.6	10.0	10.2	10.7	11.5	12.4	13.4	14.5	15.6
8.5	35.2	18.2	13.0	10.9	10.3	10.4	10.9	11.6	12.5	13.5	14.5	15.6
9	37.2	19.1	13.6	11.3	10.6	10.6	11.0	11.7	12.6	13.5	14.6	15.7
9.5	39.1	20.1	14.2	11.7	10.8	10.7	11.1	11.8	12.6	13.6	14.6	15.7
10	41.0	21.0	14.8	12.1	11.1	10.9	11.3	11.9	12.7	13.6	14.7	15.7
10.5	43.0	22.0	15.4	12.6	11.4	11.2	11.4	12.0	12.8	13.7	14.7	15.8
11	45.0	22.9	16.0	13.0	11.7	11.4	11.6	12.1	12.9	13.8	14.8	15.8
11.5	46.9	23.9	16.6	13.4	12.0	11.6	11.7	12.2	13.0	13.8	14.8	15.8
12	48.9	24.9	17.2	13.8	12.3	11.8	11.9	12.4	13.1	13.9	14.9	15.9
12.5	50.8	25.8	17.8	14.3	12.6	12.0	12.1	12.5	13.1	14.0	14.9	15.9
13	52.8	26.8	18.5	14.7	13.0	12.3	12.2	12.6	13.2	14.0	15.0	16.0
13.5	54.8	27.8	19.1	15.2	13.3	12.5	12.4	12.7	13.3	14.1	15.0	16.0
14	56.8	28.7	19.7	15.6	13.6	12.7	12.6	12.9	13.4	14.2	15.1	16.1
14.5	58.7	29.7	20.3	16.1	13.9	13.0	12.8	13.0	13.5	14.3	15.1	16.1
15	60.7	30.7	21.0	16.5	14.3	13.2	13.0	13.1	13.7	14.4	15.2	16.2
15.5	62.7	31.7	21.6	17.0	14.6	13.5	13.1	13.3	13.8	14.4	15.3	16.2
16	64.7	32.6	22.3	17.4	15.0	13.8	13.3	13.4	13.9	14.5	15.3	16.3
16.5	66.6	33.6	22.9	17.9	15.3	14.0	13.5	13.6	14.0	14.6	15.4	16.3
17	68.6	34.6	23.5	18.3	15.6	14.3	13.7	13.7	14.1	14.7	15.5	16.4
17.5	70.6	35.6	24.2	18.8	16.0	14.5	13.9	13.9	14.2	14.8	15.6	16.4
18	72.6	36.6	24.8	19.3	16.3	14.8	14.2	14.1	14.4	14.9	15.6	16.5
18.5	74.6	37.6	25.5	19.7	16.7	15.1	14.4	14.2	14.5	15.0	15.7	16.6
19	76.6	38.5	26.1	20.2	17.1	15.4	14.6	14.4	14.6	15.1	15.8	16.6
19.5	78.5	39.5	26.8	20.7	17.4	15.6	14.8	14.6	14.7	15.2	15.9	16.7
20	80.5	40.5	27.4	21.2	17.8	15.9	15.0	14.7	14.9	15.3	16.0	16.8

How fast can you hit the ball?

Height = 1 meter = 39 inches

Use your distance and time to find your speed in m/s. For mph, a conversion chart is on the back.

Distance (m)	Time (s)											
	0.25	0.5	0.75	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3
3	13.1	7.5	6.4	6.6	7.3	8.3	9.3	10.4	11.5	12.7	13.9	15.1
3.5	14.9	8.3	6.8	6.9	7.5	8.3	9.4	10.4	11.6	12.7	13.9	15.1
4	16.8	9.2	7.3	7.1	7.6	8.4	9.4	10.5	11.6	12.8	13.9	15.1
4.5	18.7	10.0	7.8	7.4	7.8	8.6	9.5	10.5	11.6	12.8	13.9	15.1
5	20.7	10.9	8.3	7.7	8.0	8.7	9.6	10.6	11.7	12.8	14.0	15.1
5.5	22.6	11.9	8.9	8.1	8.2	8.8	9.7	10.7	11.7	12.8	14.0	15.1
6	24.6	12.8	9.4	8.4	8.4	9.0	9.8	10.7	11.8	12.9	14.0	15.2
6.5	26.5	13.7	10.0	8.8	8.7	9.1	9.9	10.8	11.8	12.9	14.0	15.2
7	28.5	14.7	10.6	9.2	8.9	9.3	10.0	10.9	11.9	13.0	14.1	15.2
7.5	30.5	15.6	11.2	9.5	9.2	9.4	10.1	11.0	11.9	13.0	14.1	15.2
8	32.4	16.6	11.8	9.9	9.4	9.6	10.2	11.0	12.0	13.0	14.1	15.3
8.5	34.4	17.6	12.4	10.3	9.7	9.8	10.4	11.1	12.1	13.1	14.2	15.3
9	36.4	18.5	13.0	10.8	10.0	10.0	10.5	11.2	12.1	13.2	14.2	15.3
9.5	38.4	19.5	13.6	11.2	10.3	10.2	10.6	11.3	12.2	13.2	14.3	15.4
10	40.3	20.5	14.2	11.6	10.6	10.4	10.8	11.4	12.3	13.3	14.3	15.4
10.5	42.3	21.5	14.9	12.0	10.9	10.6	10.9	11.6	12.4	13.3	14.4	15.4
11	44.3	22.4	15.5	12.5	11.2	10.9	11.1	11.7	12.5	13.4	14.4	15.5
11.5	46.3	23.4	16.1	12.9	11.5	11.1	11.3	11.8	12.6	13.5	14.5	15.5
12	48.3	24.4	16.8	13.4	11.8	11.3	11.4	11.9	12.6	13.5	14.5	15.6
12.5	50.3	25.4	17.4	13.8	12.2	11.6	11.6	12.0	12.7	13.6	14.6	15.6
13	52.3	26.4	18.0	14.3	12.5	11.8	11.8	12.2	12.8	13.7	14.6	15.6
13.5	54.3	27.4	18.7	14.7	12.8	12.1	12.0	12.3	12.9	13.8	14.7	15.7
14	56.2	28.4	19.3	15.2	13.2	12.3	12.2	12.5	13.0	13.8	14.7	15.7
14.5	58.2	29.3	20.0	15.7	13.5	12.6	12.3	12.6	13.2	13.9	14.8	15.8
15	60.2	30.3	20.6	16.1	13.9	12.8	12.5	12.7	13.3	14.0	14.9	15.8
15.5	62.2	31.3	21.3	16.6	14.2	13.1	12.7	12.9	13.4	14.1	14.9	15.9
16	64.2	32.3	21.9	17.1	14.6	13.3	12.9	13.0	13.5	14.2	15.0	16.0
16.5	66.2	33.3	22.6	17.5	14.9	13.6	13.1	13.2	13.6	14.3	15.1	16.0
17	68.2	34.3	23.2	18.0	15.3	13.9	13.3	13.4	13.7	14.4	15.2	16.1
17.5	70.2	35.3	23.9	18.5	15.6	14.2	13.6	13.5	13.9	14.5	15.2	16.1
18	72.2	36.3	24.5	18.9	16.0	14.4	13.8	13.7	14.0	14.6	15.3	16.2
18.5	74.2	37.3	25.2	19.4	16.3	14.7	14.0	13.8	14.1	14.7	15.4	16.2
19	76.2	38.3	25.8	19.9	16.7	15.0	14.2	14.0	14.2	14.8	15.5	16.3
19.5	78.2	39.3	26.5	20.4	17.1	15.3	14.4	14.2	14.4	14.9	15.5	16.4
20	80.2	40.2	27.1	20.9	17.4	15.6	14.6	14.4	14.5	15.0	15.6	16.4

How fast can you hit the ball?

Height = 1.75 meters = 68 inches

Use your distance and time to find your speed in m/s. For mph, a conversion chart is on the back.

Distance (m)	Time (s)											
	0.25	0.5	0.75	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3
3	14.5	8.5	7.2	7.3	7.9	8.7	9.7	10.8	11.9	13.0	14.2	15.3
3.5	16.2	9.2	7.6	7.5	8.0	8.8	9.8	10.8	11.9	13.0	14.2	15.3
4	18.0	10.0	8.0	7.8	8.2	8.9	9.8	10.9	11.9	13.0	14.2	15.3
4.5	19.8	10.8	8.5	8.0	8.3	9.0	9.9	10.9	12.0	13.1	14.2	15.4
5	21.6	11.6	9.0	8.3	8.5	9.1	10.0	11.0	12.0	13.1	14.2	15.4
5.5	23.5	12.5	9.5	8.6	8.7	9.3	10.1	11.0	12.1	13.1	14.3	15.4
6	25.4	13.4	10.0	9.0	8.9	9.4	10.2	11.1	12.1	13.2	14.3	15.4
6.5	27.3	14.3	10.5	9.3	9.1	9.6	10.3	11.2	12.2	13.2	14.3	15.4
7	29.2	15.2	11.1	9.7	9.4	9.7	10.4	11.2	12.2	13.2	14.3	15.5
7.5	31.1	16.1	11.7	10.0	9.6	9.9	10.5	11.3	12.3	13.3	14.4	15.5
8	33.0	17.1	12.2	10.4	9.9	10.0	10.6	11.4	12.3	13.3	14.4	15.5
8.5	35.0	18.0	12.8	10.8	10.1	10.2	10.7	11.5	12.4	13.4	14.4	15.5
9	36.9	19.0	13.4	11.2	10.4	10.4	10.9	11.6	12.5	13.4	14.5	15.6
9.5	38.9	19.9	14.0	11.6	10.7	10.6	11.0	11.7	12.5	13.5	14.5	15.6
10	40.8	20.9	14.6	12.0	11.0	10.8	11.2	11.8	12.6	13.6	14.6	15.6
10.5	42.8	21.8	15.2	12.4	11.3	11.0	11.3	11.9	12.7	13.6	14.6	15.7
11	44.8	22.8	15.8	12.9	11.6	11.2	11.5	12.0	12.8	13.7	14.7	15.7
11.5	46.7	23.8	16.5	13.3	11.9	11.5	11.6	12.1	12.9	13.7	14.7	15.8
12	48.7	24.7	17.1	13.7	12.2	11.7	11.8	12.2	13.0	13.8	14.8	15.8
12.5	50.7	25.7	17.7	14.2	12.5	11.9	11.9	12.4	13.0	13.9	14.8	15.8
13	52.6	26.7	18.3	14.6	12.8	12.2	12.1	12.5	13.1	14.0	14.9	15.9
13.5	54.6	27.6	19.0	15.0	13.2	12.4	12.3	12.6	13.2	14.0	14.9	15.9
14	56.6	28.6	19.6	15.5	13.5	12.6	12.5	12.8	13.3	14.1	15.0	16.0
14.5	58.6	29.6	20.2	16.0	13.8	12.9	12.7	12.9	13.4	14.2	15.1	16.0
15	60.6	30.6	20.9	16.4	14.2	13.1	12.9	13.0	13.6	14.3	15.1	16.1
15.5	62.5	31.6	21.5	16.9	14.5	13.4	13.0	13.2	13.7	14.4	15.2	16.1
16	64.5	32.5	22.2	17.3	14.8	13.6	13.2	13.3	13.8	14.4	15.3	16.2
16.5	66.5	33.5	22.8	17.8	15.2	13.9	13.4	13.5	13.9	14.5	15.3	16.2
17	68.5	34.5	23.4	18.3	15.5	14.2	13.6	13.6	14.0	14.6	15.4	16.3
17.5	70.5	35.5	24.1	18.7	15.9	14.4	13.8	13.8	14.1	14.7	15.5	16.4
18	72.5	36.5	24.7	19.2	16.2	14.7	14.1	14.0	14.3	14.8	15.6	16.4
18.5	74.5	37.5	25.4	19.7	16.6	15.0	14.3	14.1	14.4	14.9	15.6	16.5
19	76.4	38.5	26.0	20.1	17.0	15.3	14.5	14.3	14.5	15.0	15.7	16.5
19.5	78.4	39.5	26.7	20.6	17.3	15.5	14.7	14.5	14.6	15.1	15.8	16.6
20	80.4	40.4	27.3	21.1	17.7	15.8	14.9	14.6	14.8	15.2	15.9	16.7

How fast can you hit the ball?

Height = 1.5 meters = 58 inches

Use your distance and time to find your speed in m/s. For mph, a conversion chart is on the back.

Distance (m)	Time (s)											
	0.25	0.5	0.75	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3
3	14.0	8.1	6.9	7.1	7.7	8.6	9.6	10.7	11.8	12.9	14.1	15.2
3.5	15.8	8.9	7.3	7.3	7.8	8.7	9.6	10.7	11.8	12.9	14.1	15.2
4	17.6	9.7	7.8	7.5	8.0	8.8	9.7	10.7	11.8	12.9	14.1	15.3
4.5	19.4	10.5	8.3	7.8	8.2	8.9	9.8	10.8	11.9	13.0	14.1	15.3
5	21.3	11.4	8.8	8.1	8.3	9.0	9.9	10.8	11.9	13.0	14.1	15.3
5.5	23.2	12.3	9.3	8.4	8.5	9.1	9.9	10.9	11.9	13.0	14.2	15.3
6	25.1	13.2	9.8	8.8	8.8	9.3	10.0	11.0	12.0	13.1	14.2	15.3
6.5	27.0	14.1	10.4	9.1	9.0	9.4	10.1	11.0	12.0	13.1	14.2	15.4
7	28.9	15.0	10.9	9.5	9.2	9.6	10.2	11.1	12.1	13.2	14.2	15.4
7.5	30.9	16.0	11.5	9.9	9.5	9.7	10.4	11.2	12.2	13.2	14.3	15.4
8	32.8	16.9	12.1	10.2	9.7	9.9	10.5	11.3	12.2	13.2	14.3	15.4
8.5	34.8	17.9	12.7	10.6	10.0	10.1	10.6	11.4	12.3	13.3	14.4	15.5
9	36.7	18.8	13.3	11.0	10.3	10.3	10.7	11.5	12.4	13.3	14.4	15.5
9.5	38.7	19.8	13.9	11.5	10.6	10.5	10.9	11.6	12.4	13.4	14.4	15.5
10	40.6	20.7	14.5	11.9	10.8	10.7	11.0	11.7	12.5	13.5	14.5	15.6
10.5	42.6	21.7	15.1	12.3	11.1	10.9	11.2	11.8	12.6	13.5	14.5	15.6
11	44.6	22.7	15.7	12.7	11.4	11.1	11.3	11.9	12.7	13.6	14.6	15.6
11.5	46.6	23.6	16.3	13.2	11.8	11.3	11.5	12.0	12.8	13.6	14.6	15.7
12	48.5	24.6	17.0	13.6	12.1	11.6	11.7	12.1	12.9	13.7	14.7	15.7
12.5	50.5	25.6	17.6	14.0	12.4	11.8	11.8	12.3	12.9	13.8	14.7	15.8
13	52.5	26.6	18.2	14.5	12.7	12.0	12.0	12.4	13.0	13.9	14.8	15.8
13.5	54.5	27.5	18.9	14.9	13.0	12.3	12.2	12.5	13.1	13.9	14.9	15.9
14	56.5	28.5	19.5	15.4	13.4	12.5	12.4	12.7	13.2	14.0	14.9	15.9
14.5	58.4	29.5	20.1	15.8	13.7	12.8	12.6	12.8	13.4	14.1	15.0	15.9
15	60.4	30.5	20.8	16.3	14.1	13.0	12.7	12.9	13.5	14.2	15.0	16.0
15.5	62.4	31.5	21.4	16.8	14.4	13.3	12.9	13.1	13.6	14.3	15.1	16.1
16	64.4	32.5	22.1	17.2	14.7	13.5	13.1	13.2	13.7	14.4	15.2	16.1
16.5	66.4	33.4	22.7	17.7	15.1	13.8	13.3	13.4	13.8	14.4	15.3	16.2
17	68.4	34.4	23.4	18.2	15.4	14.1	13.5	13.5	13.9	14.5	15.3	16.2
17.5	70.4	35.4	24.0	18.6	15.8	14.3	13.7	13.7	14.0	14.6	15.4	16.3
18	72.4	36.4	24.7	19.1	16.2	14.6	14.0	13.9	14.2	14.7	15.5	16.3
18.5	74.4	37.4	25.3	19.6	16.5	14.9	14.2	14.0	14.3	14.8	15.6	16.4
19	76.3	38.4	26.0	20.0	16.9	15.2	14.4	14.2	14.4	14.9	15.6	16.5
19.5	78.3	39.4	26.6	20.5	17.2	15.5	14.6	14.4	14.6	15.0	15.7	16.5
20	80.3	40.4	27.3	21.0	17.6	15.7	14.8	14.5	14.7	15.1	15.8	16.6

How fast can you hit the ball?

Height = 1.25 meter = 48 inches

Use your distance and time to find your speed in m/s. For mph, a conversion chart is on the back.

Distance (m)	Time (s)											
	0.25	0.5	0.75	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3
3	13.5	7.8	6.7	6.8	7.5	8.4	9.4	10.5	11.7	12.8	14.0	15.1
3.5	15.3	8.6	7.1	7.1	7.7	8.5	9.5	10.6	11.7	12.8	14.0	15.2
4	17.2	9.4	7.5	7.3	7.8	8.6	9.6	10.6	11.7	12.9	14.0	15.2
4.5	19.0	10.3	8.0	7.6	8.0	8.7	9.6	10.7	11.8	12.9	14.0	15.2
5	20.9	11.2	8.5	7.9	8.2	8.8	9.7	10.7	11.8	12.9	14.0	15.2
5.5	22.9	12.1	9.1	8.3	8.4	9.0	9.8	10.8	11.8	12.9	14.1	15.2
6	24.8	13.0	9.6	8.6	8.6	9.1	9.9	10.8	11.9	13.0	14.1	15.2
6.5	26.7	13.9	10.2	8.9	8.8	9.3	10.0	10.9	11.9	13.0	14.1	15.3
7	28.7	14.8	10.8	9.3	9.1	9.4	10.1	11.0	12.0	13.1	14.2	15.3
7.5	30.6	15.8	11.3	9.7	9.3	9.6	10.2	11.1	12.1	13.1	14.2	15.3
8	32.6	16.7	11.9	10.1	9.6	9.8	10.4	11.2	12.1	13.1	14.2	15.4
8.5	34.6	17.7	12.5	10.5	9.8	10.0	10.5	11.3	12.2	13.2	14.3	15.4
9	36.5	18.7	13.1	10.9	10.1	10.1	10.6	11.4	12.3	13.2	14.3	15.4
9.5	38.5	19.6	13.7	11.3	10.4	10.3	10.8	11.5	12.3	13.3	14.4	15.4
10	40.5	20.6	14.4	11.7	10.7	10.6	10.9	11.6	12.4	13.4	14.4	15.5
10.5	42.5	21.6	15.0	12.2	11.0	10.8	11.1	11.7	12.5	13.4	14.4	15.5
11	44.4	22.6	15.6	12.6	11.3	11.0	11.2	11.8	12.6	13.5	14.5	15.6
11.5	46.4	23.5	16.2	13.0	11.6	11.2	11.4	11.9	12.7	13.6	14.5	15.6
12	48.4	24.5	16.9	13.5	12.0	11.4	11.5	12.0	12.7	13.6	14.6	15.6
12.5	50.4	25.5	17.5	13.9	12.3	11.7	11.7	12.2	12.8	13.7	14.7	15.7
13	52.4	26.5	18.1	14.4	12.6	11.9	11.9	12.3	12.9	13.8	14.7	15.7
13.5	54.4	27.5	18.8	14.8	12.9	12.2	12.1	12.4	13.0	13.8	14.8	15.8
14	56.3	28.4	19.4	15.3	13.3	12.4	12.3	12.6	13.1	13.9	14.8	15.8
14.5	58.3	29.4	20.1	15.8	13.6	12.7	12.4	12.7	13.3	14.0	14.9	15.9
15	60.3	30.4	20.7	16.2	14.0	12.9	12.6	12.8	13.4	14.1	15.0	15.9
15.5	62.3	31.4	21.3	16.7	14.3	13.2	12.8	13.0	13.5	14.2	15.0	16.0
16	64.3	32.4	22.0	17.1	14.6	13.4	13.0	13.1	13.6	14.3	15.1	16.0
16.5	66.3	33.4	22.6	17.6	15.0	13.7	13.2	13.3	13.7	14.4	15.2	16.1
17	68.3	34.4	23.3	18.1	15.4	14.0	13.4	13.5	13.8	14.5	15.2	16.1
17.5	70.3	35.3	23.9	18.5	15.7	14.3	13.6	13.6	14.0	14.5	15.3	16.2
18	72.3	36.3	24.6	19.0	16.1	14.5	13.9	13.8	14.1	14.6	15.4	16.3
18.5	74.3	37.3	25.2	19.5	16.4	14.8	14.1	13.9	14.2	14.7	15.5	16.3
19	76.3	38.3	25.9	20.0	16.8	15.1	14.3	14.1	14.3	14.8	15.5	16.4
19.5	78.2	39.3	26.5	20.4	17.2	15.4	14.5	14.3	14.5	14.9	15.6	16.5
20	80.2	40.3	27.2	20.9	17.5	15.6	14.7	14.4	14.6	15.1	15.7	16.5