

Speed, distance & time

average speed = $\frac{\text{distance}}{\text{time}}$

1. Change 240 metres to kilometres

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2. Change 2.1 hours to hours and minutes

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3. Change 3 hours and 20 minutes to **hours only**.

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4. Find the average speed by completing the table below

Total distance	Time taken	Average speed
60km	3 hours	
200m	18 seconds	
80cm	2.5 seconds	
1500m	5 minutes	

5. Jane cycles to work at 18km/h. She takes 20 minutes. How far does she cycle to work?

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6. A train travels 36km at an average speed of 80km/h. How long does the journey take?

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This work is aimed at grades D and C.