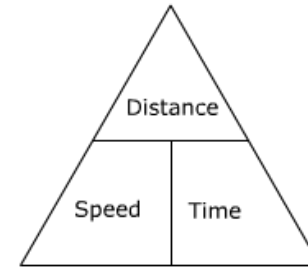# TOPIC 4: RATE & SPEED

Average speed = Distance / Time
Distance = Speed x Time
Time = Distance / Speed

Speed Conversion

Km/hr to m/sec
Example: Convert 72km/hr to m/sec
- Step 1: Convert the numerator and denominator to the same units
    - 72km = 72 000m; 1hr = 3600sec
- Step 2: Express the original speed in the new units
    - 72km/hr = 72 000m/3600sec = 20m/sec (answer)

M/sec to km/hr
Example: Convert 45m/sec to km/hr
Steps are exactly the same as above:
- Step 1: 45m = 45/1000km; 1sec = 1/3600hr
- Step 2: 45m/sec = $\frac{45/1000 km}{1/3600 hr}$ = 162km/hr (answer)

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