

## Pace Count Factor Table Math

Pace count is an aid to distance measurement. Walked 325 paces & need to know the number of meters covered? Have to cover 1200 meters and want to know the number of paces you must walk to do it? Let's eliminate memorization, simplify the math & make it easier when you're hot & tired. 1) Determine your **pace factor** through either the computation guide below or the quick-n-easy table to the right. That eliminates the fraction; 2) Write your **factors** (you'll typically have several for terrain, darkness, etc.) and the distance-to-paces & paces-to-distance formulae on a small piece of white medical tape stuck to your compass baseplate or mirror cover or, if you have one, a grid reader; 3) use either of the two formulae to convert pace count to distance, or distance to pace count.

### Computing Factor

Factor = Distance Walked / # of paces in that distance  
 Example: Distance walked = 50 m  
               # Paces walked in that distance = 40 paces  
 Factor = Distance Walked / # of paces in that distance  
 Factor =     50 m       /       40 paces  
 Factor =                   1.25

### Computing Distances or # Paces to Walk

#### Determining Distance from Pace Count:

Distance = # Paces X Factor  
 Example:  
 #Paces =       220  
 Factor =       1.54  
  
 Distance = # Paces X Factor  
 Distance = 220 paces x 1.54 m/pace  
 Distance =     338.8 m.

#### Determining # Paces to Walk from Distance

# Paces to Walk = Distance / Factor  
 Example:                   Distance = 450 m  
  
 Factor =               1.54  
  
 # Paces to Walk = Distance / Factor  
 # Paces to Walk = 450m / 1.54  
 # Paces               292 paces.

Pace Factor for 100 meter distance	
Pace #	Factor*
80	1.25
79	1.27
78	1.28
77	1.30
76	1.32
75	1.33
74	1.35
73	1.37
72	1.39
71	1.41
70	1.43
69	1.45
68	1.47
67	1.49
66	1.52
65	1.54
64	1.56
63	1.59
62	1.61
61	1.64
60	1.67
59	1.69
58	1.72
57	1.75
56	1.79
55	1.82
54	1.85
53	1.89
52	1.92
51	1.96
50	2.00