

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