

## HOW LONG DOES IT TAKE TO JOG A MILE

The Quick Answer. An average person can jog one mile on a flat, well-groomed surface in 17 to 20 minutes. An estimated average jogging speed for calculating how long a jog will take is around 3 miles per hour.

That's 60 (minutes) divided by 3(miles an hour) which = 20 Minutes to jog a mile.

This time will of course change depending on your estimated speed.