Conversion of Units of Time

We know that,

1 hour = 60 minutes 1 minute = 1/60 hours

1 minute = 60 seconds 1 second = 1/60 minutes

Conversion of Hours into Minutes

To convert hours into minutes multiply minutes by 60.

Let us understand with some examples:

Example 1: Convert into minutes.

(a) 6 hrs

1 hr = 60 mins

6 hrs = (6 × 60) mins

   = 360 mins

(b) 2 hrs 35 minutes

1 hr   = 60 mins

2hrs 35 mins = 2 × 60 + 35

           = 120 + 35

           = 155 mins

To convert minutes into hours divide minutes by 60.

Example 2: Convert into hours and minutes.

(a) 240 minutes

1 min   = 1/60 hours

240 mins   = 240/60 hrs

             = 4 hrs

Conversion of Units of Time

➡ **Conversion of minutes into seconds**

To convert minutes into seconds multiply minutes by 60.

Let us understand with some examples:

Example 1: Convert into seconds.

(a) 35 minutes

1 min   = 60 secs

35 min = 35 × 60

= **2100 sec**

(b) 4 minutes 25 seconds

1 min   = 60 secs

4 min 25 sec = 4 × 60 + 25

= 240 + 25

= **265 sec**

➡ To convert seconds into minutes we divide seconds by 60.

Example 2: Convert into minutes and seconds.

(a) 420 secs

1 sec   = 1/60 min

420 sec = 420/60 mins

= **70 mins**

(b) 195 secs

1 sec   = 1/60 min

195 sec = 195/60 min

= **3 mins 15 secs**