

GCSE Revision Buddy

Distance from speed & time Worksheet

$$s = vt$$

distance (m) speed (m/s) time (s)



Note: Either use meters & seconds or kilometres and hours

1. A cyclist cycles at an average speed of 8km/hr. How far have they travelled if they cycle for 4 hours?
2. A boy runs from 10.05am until 10.35am at an average speed of 7km/hr. How far did the boy run?
3. A car travels for 400km at an average speed of 80km/hr. How long was the journey?
4. A sprinter runs a new personal best in the 100 metre sprint. Their average speed over the course of the race is 8.5 metres per second. How long to 2dp, did it take them to run the race?
5. A man is driving a bus along a motorway with a speed limit of 70 miles per hour. In 30 minutes he travels 36 miles. Is this average speed during this period exceeding the speed limit?