

# Average Ball Speed Chart

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Here is an average ball speed chart, in both miles per hour as well as kilometers per hour, to help you calculate relative ball speed, as the ball travels from the foul line to the head pin. This chart is best used to measure a bowler's consistency. Included are both a downloadable version (in PDF) and web viewable version. I included 13 MPH (20+ KPH) to 25 MPH (40+ KPH) to help measure both first shot and spare shot consistency.

Average Ball Speed Chart(\* Click here to download the chart in PDF \*)1) Stand at on the side, near the foul line, so you can see when the ball crosses the foul line. Start the stop watch.2) As soon as it hits the head pin, stop the timer3) Find the appropriate average ball speed, travelled in the 60 feet4) It is most accurate when a bowler throws straighter near the center of the lane. 5) It is best used to measure speed consistency

Seconds (t), Foul Line to Head Pin	Miles Per Hour	Kilometers Per Hour
40.91	11.63	18.71
41.10	11.52	18.54
41.29	11.41	18.37
41.48	11.30	18.20
41.67	11.19	18.03
41.86	11.08	17.86
42.05	10.97	17.69
42.24	10.86	17.52
42.43	10.75	17.35
42.62	10.64	17.18
42.81	10.53	17.01
43.00	10.42	16.84
43.19	10.31	16.67
43.38	10.20	16.50
43.57	10.09	16.33
43.76	9.98	16.16
43.95	9.87	15.99
44.14	9.76	15.82
44.33	9.65	15.65
44.52	9.54	15.48
44.71	9.43	15.31
44.90	9.32	15.14
45.09	9.21	14.97
45.28	9.10	14.80
45.47	8.99	14.63
45.66	8.88	14.46
45.85	8.77	14.29
46.04	8.66	14.12
46.23	8.55	13.95
46.42	8.44	13.78
46.61	8.33	13.61
46.80	8.22	13.44
46.99	8.11	13.27
47.18	8.00	13.10
47.37	7.89	12.93
47.56	7.78	12.76
47.75	7.67	12.59
47.94	7.56	12.42
48.13	7.45	12.25
48.32	7.34	12.08
48.51	7.23	11.91
48.70	7.12	11.74
48.89	7.01	11.57
49.08	6.90	11.40
49.27	6.79	11.23
49.46	6.68	11.06
49.65	6.57	10.89
49.84	6.46	10.72
50.03	6.35	10.55
50.22	6.24	10.38
50.41	6.13	10.21
50.60	6.02	10.04
50.79	5.91	9.87
50.98	5.80	9.70
51.17	5.69	9.53
51.36	5.58	9.36
51.55	5.47	9.19
51.74	5.36	9.02
51.93	5.25	8.85
52.12	5.14	8.68
52.31	5.03	8.51
52.50	4.92	8.34
52.69	4.81	8.17
52.88	4.70	8.00
53.07	4.59	7.83
53.26	4.48	7.66
53.45	4.37	7.49
53.64	4.26	7.32
53.83	4.15	7.15
54.02	4.04	6.98
54.21	3.93	6.81
54.40	3.82	6.64
54.59	3.71	6.47
54.78	3.60	6.30
54.97	3.49	6.13
55.16	3.38	5.96
55.35	3.27	5.79
55.54	3.16	5.62
55.73	3.05	5.45
55.92	2.94	5.28
56.11	2.83	5.11
56.30	2.72	4.94
56.49	2.61	4.77
56.68	2.50	4.60
56.87	2.39	4.43
57.06	2.28	4.26
57.25	2.17	4.09
57.44	2.06	3.92
57.63	1.95	3.75
57.82	1.84	3.58
58.01	1.73	3.41
58.20	1.62	3.24
58.39	1.51	3.07
58.58	1.40	2.90
58.77	1.29	2.73
58.96	1.18	2.56
59.15	1.07	2.39
59.34	0.96	2.22
59.53	0.85	2.05
59.72	0.74	1.88
59.91	0.63	1.71
60.10	0.52	1.54
60.29	0.41	1.37
60.48	0.30	1.20
60.67	0.19	1.03
60.86	0.08	0.86
61.05	0.00	0.00