

GRADE 7 MATHEMATICS

Speed, Distance & Time

Complete Printable Worksheet Pack

Includes	6 Practice Worksheets + 6 Answer Keys
Skills	Speed • Distance • Time • Unit Conversions • Multi-Stage Journeys • Timetables • Fuel • Reasoning
Level	Grade 7 / International Curriculum Friendly
Format	A4 • Print Ready

Worksheet 1 — Speed, Distance & Time Basics

Name: _____ Date: _____

1. A car travels 360 km in 4.5 hours. Find its average speed.
2. A cyclist travels at 18 km/h for 2.5 hours. Find the distance travelled.
3. A train travels 525 km at 75 km/h. How long does the journey take?
4. A runner covers 8.4 km in 42 minutes. Find the average speed in km/h.
5. A bus travels 240 km at 60 km/h. It stops for 30 minutes. Find the total journey time.
6. A boat travels 96 km in 3 hours 12 minutes. Find its average speed.
7. A car travels at 72 km/h. How far does it travel in 35 minutes?
8. A journey of 315 km takes 4 hours 12 minutes. Find the average speed.
9. A cyclist rides 12 km at 20 km/h and then 18 km at 15 km/h. Find the total time.
10. A vehicle travels 150 km in 2 hours, then 90 km in 1.5 hours. Find its average speed.

Show your working clearly. Include units and convert time carefully.

Answer Key — Worksheet 1

Check your calculation, units and time conversions.

1. 80 km/h
2. 45 km
3. 7 hours
4. 12 km/h
5. 4.5 hours
6. 30 km/h
7. 42 km
8. 75 km/h
9. 1.8 hours = 1 h 48 min
10. 68.57 km/h (approximately)

Worksheet 2 — Conversions & Mixed Units

Name: _____ Date: _____

1. Convert 90 km/h to m/s.
2. Convert 12 m/s to km/h.
3. Convert 2.75 hours to hours and minutes.
4. Convert 3 hours 24 minutes to decimal hours.
5. A runner travels 1,500 m in 5 minutes. Find the speed in m/s.
6. A car travels at 25 m/s. Find its speed in km/h.
7. A train travels 180 km in 2 hours 24 minutes. Find its average speed.
8. A swimmer covers 400 m in 5 minutes 20 seconds. Find the average speed in m/s.
9. A journey takes 2.4 hours at 65 km/h. Find the distance.
10. A vehicle travels 48 km at 16 m/s. Find the journey time in minutes.

Show your working clearly. Include units and convert time carefully.

Answer Key — Worksheet 2

Check your calculation, units and time conversions.

1. 25 m/s
2. 43.2 km/h
3. 2 h 45 min
4. 3.4 h
5. 5 m/s
6. 90 km/h
7. 75 km/h
8. 1.25 m/s
9. 156 km
10. 50 minutes

Worksheet 3 — Multi-Stage Journeys

Name: _____ Date: _____

1. A car travels 180 km at 60 km/h and then 120 km at 80 km/h. Find the total driving time.
2. A train travels 240 km in 3 hours, stops for 20 minutes, then travels 160 km in 2 hours. Find the total journey time.
3. A family drives 150 km at 75 km/h, stops for 45 minutes, then drives 210 km at 70 km/h. Find the total elapsed time.
4. A cyclist rides 18 km at 12 km/h and returns by a different route at 15 km/h for 2 hours. How far is the return route?
5. A bus completes a 420 km journey in 6 hours including a 30-minute stop. Find its average speed while moving.
6. A car travels 90 km at 60 km/h and 150 km at 75 km/h. Find the average speed for the whole moving journey.
7. A train leaves at 08:35 and arrives at 13:20. It stops for 35 minutes in total. Find the average moving speed if the distance is 330 km.
8. A delivery van travels 72 km at 48 km/h, stops 15 minutes, then travels 108 km at 72 km/h. Find the total elapsed time.
9. A hiker walks 6 km at 4 km/h and then 9 km at 3 km/h. Find the average speed for the entire walking time.
10. A journey consists of 80 km at 40 km/h, 120 km at 60 km/h and 60 km at 30 km/h. Find the total journey time and average speed.

Show your working clearly. Include units and convert time carefully.

Answer Key — Worksheet 3

Check your calculation, units and time conversions.

1. 5 hours
2. 5 h 20 min
3. 5 h 45 min
4. 30 km
5. Moving time 5.5 h; speed 76.36 km/h
6. 68.42 km/h approximately
7. Total 4 h 45 min; moving 4 h 10 min; 79.2 km/h approximately
8. 3 h 45 min
9. 3.33 km/h approximately
10. Time 6 h; average speed 43.33 km/h

Worksheet 4 — Timetables, Arrival Times & Planning

Name: _____ Date: _____

1. A train leaves at 09:25 and the journey takes 3 h 45 min. Find the arrival time.
2. A flight leaves at 18:40 and arrives at 21:15 local time. What is the elapsed time?
3. A bus must arrive by 16:30. The journey takes 2 h 20 min and there is a 15-minute check-in before departure. What is the latest check-in time?
4. A train timetable shows departures at 07:10, 08:25, 09:40 and 10:55. The journey takes 1 h 35 min. What time does the 09:40 train arrive?
5. A family needs 25 minutes to reach a station and must arrive 20 minutes before a 14:15 train. What time should they leave home?
6. A coach journey is scheduled from 11:50 to 16:05 with a 35-minute break. Find the driving time.
7. A runner starts at 06:45 and runs for 1 h 35 min, rests 20 min, then runs for 55 min. What time does the runner finish?
8. A ferry leaves every 90 minutes starting at 08:00. List the departures up to and including 14:00.
9. A bus travels 280 km at an average of 70 km/h and stops twice for 15 minutes each. If it leaves at 07:30, what time does it arrive?
10. A student has two possible trains: Train A leaves 08:20 and takes 2 h 10 min; Train B leaves 08:45 and takes 1 h 35 min. Which arrives earlier, and by how many minutes?

Show your working clearly. Include units and convert time carefully.

Answer Key — Worksheet 4

Check your calculation, units and time conversions.

1. 13:10
2. 2 h 35 min
3. 13:55
4. 11:15
5. 13:30
6. 3 h 40 min
7. 09:35
8. 08:00, 09:30, 11:00, 12:30, 14:00
9. 12:00
10. Train B; 10 minutes earlier

Worksheet 5 — Rates, Fuel & Real-Life Applications

Name: _____ Date: _____

1. A car uses 8 L of fuel per 100 km. How much fuel is needed for 375 km?
2. A car has 42 L of fuel and uses 7 L per 100 km. Approximately how far can it travel?
3. A vehicle travels 480 km using 32 L of fuel. Find its fuel efficiency in km/L.
4. A cyclist travels 54 km in 2 h 15 min. Find the average speed.
5. A train travels 720 km in 8 hours including a 40-minute stop. Find its average moving speed.
6. A delivery van travels 240 km. For the first 100 km it averages 50 km/h; for the remaining distance it averages 70 km/h. Find the total driving time.
7. A car journey is 360 km. The driver wants an average moving speed of 80 km/h. If a 30-minute break is taken, how long will the complete journey take?
8. A runner's pace is 5 min per km. How long will a 13.5 km run take?
9. A boat travels 45 km downstream in 3 hours and the same distance upstream in 5 hours. Find the average speed for the complete round trip.
10. A vehicle's speed increases from 60 km/h to 72 km/h. For a 180 km journey, how much time is saved?

Show your working clearly. Include units and convert time carefully.

Answer Key — Worksheet 5

Check your calculation, units and time conversions.

1. 30 L
2. 600 km
3. 15 km/L
4. 24 km/h
5. Moving time 7 h 20 min; 98.18 km/h approximately
6. $2\text{ h} + 2\text{ h} = 4\text{ hours}$
7. Driving time 4.5 h; complete time 5 h
8. $67.5\text{ min} = 1\text{ h } 7\text{ min } 30\text{ sec}$
9. 11.25 km/h
10. 30 minutes

Worksheet 6 — Speed, Distance & Time Challenge

Name: _____ Date: _____

1. A car travels 210 km at 70 km/h and returns at 60 km/h. Find the average speed for the whole round trip.
2. A train travels 300 km. For the first 120 km it averages 80 km/h; for the remaining 180 km it averages 90 km/h. Find the average speed for the entire journey.
3. A cyclist increases speed from 18 km/h to 24 km/h. Over a 72 km journey, how much time is saved?
4. A journey begins at 07:40. The vehicle travels 160 km at 80 km/h, stops for 25 minutes, then travels 105 km at 70 km/h. Find the arrival time.
5. A runner completes 10 km in 48 minutes. At the same average speed, how long would 17.5 km take?
6. A boat's speed in still water is 18 km/h and the river current is 3 km/h. Find its downstream and upstream speeds.
7. Using Question 6, how long does the boat take to travel 63 km downstream and return 63 km upstream?
8. A bus travels 420 km. Its first 2 hours are at 65 km/h and the remaining distance at 80 km/h. Find the total travel time.
9. Two towns are 450 km apart. A car leaves Town A at 08:00 at 75 km/h. Another leaves Town B at 08:30 at 90 km/h toward A. At what time do they meet?
10. A driver completes a 240 km journey in 3 h 20 min including a 20-minute stop. Find the average speed while driving and the average speed for the whole elapsed journey.

Show your working clearly. Include units and convert time carefully.

Answer Key — Worksheet 6

Check your calculation, units and time conversions.

1. 64.62 km/h approximately
2. 85.71 km/h approximately
3. 1 hour saved
4. 11:35
5. 84 minutes = 1 h 24 min
6. Downstream 21 km/h; upstream 15 km/h
7. 7.2 hours = 7 h 12 min
8. 5.75 hours = 5 h 45 min
9. 11:00
10. Driving time 3 h; moving speed 80 km/h; elapsed-journey speed 72 km/h