

# How can I convert a time duration to seconds using Excel?

Authored by  
**stats writer**

June 26, 2024

## RECOMMENDED CITATION

stats writer (2024). *How can I convert a time duration to seconds using Excel?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=153502>

"Converting a time duration to seconds can easily be done using Microsoft Excel. This can be achieved by using the built-in function 'TIMEVALUE' which converts a time string into a decimal number, representing the time in a 24-hour format. Once the time duration is converted into a decimal number, it can be multiplied by the number of seconds in a day (86400) to get the equivalent value in seconds. This simple yet efficient method allows for accurate and efficient conversion of time durations to seconds, making it useful for various data analysis and calculations."

## Excel: Convert Time Duration to Seconds

**You can use the following formula to convert a time duration to seconds in Excel:**

**=VALUE(B2\*24\*3600)**

**This particular formula converts the time duration in cell B2 to seconds.**

**For example, if the time is 10:14:22 then the formula will convert this to 36862 so that the time is represented as 36,862 seconds.**

**The following example shows how to use this formula in practice.**

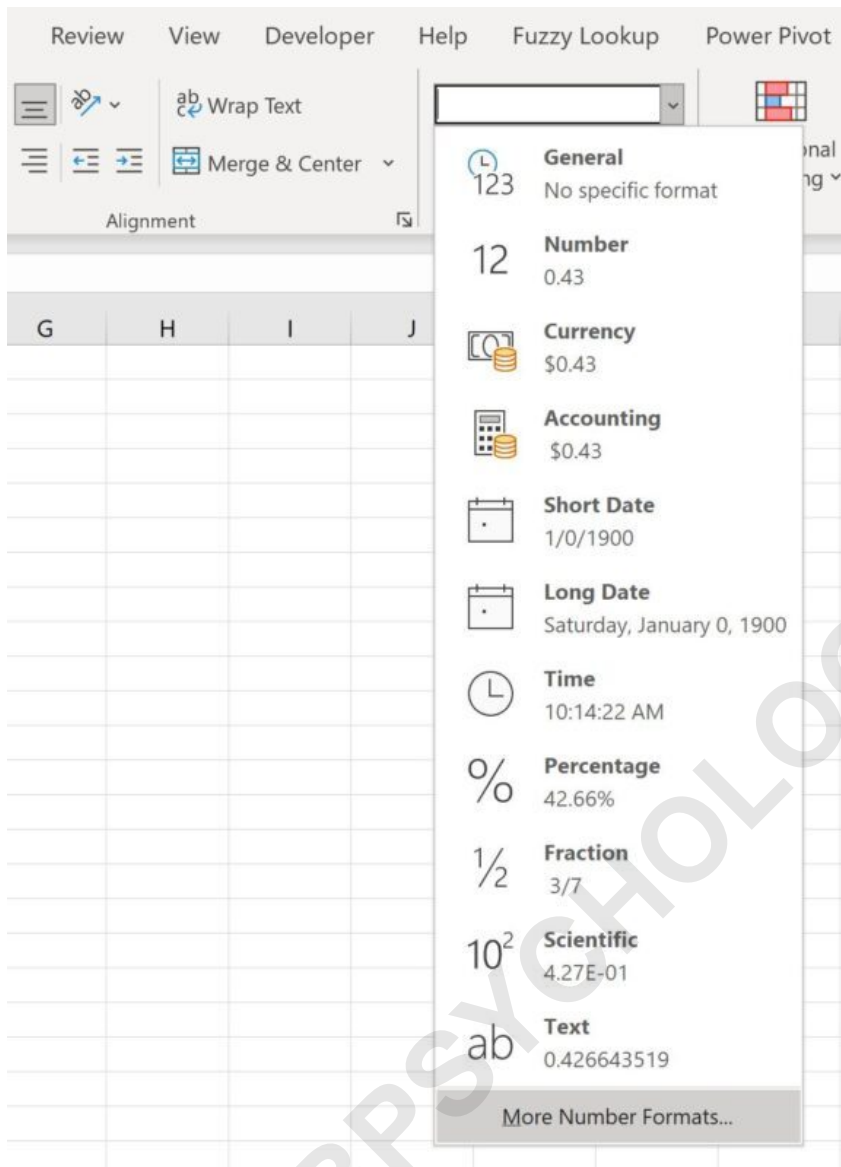
### **Example: Convert Time to Seconds in Excel**

**Suppose we have the following dataset in Excel that shows the number of hours, minutes, and seconds it**

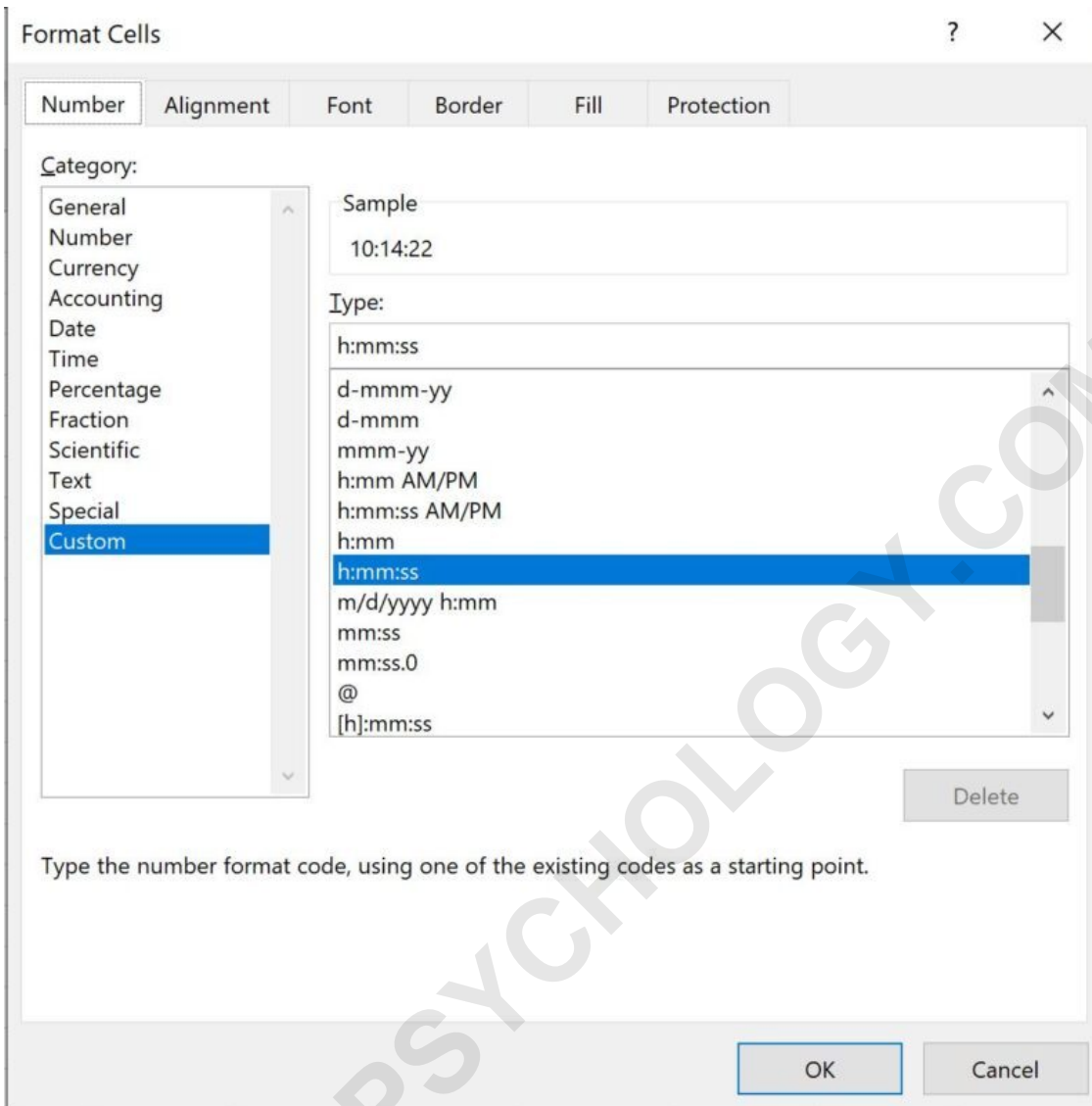
took various athletes to finish a competition:

	A	B	C	D	E	F
1	<b>Athlete</b>	<b>Duration</b>				
2	Andy	10:14:22				
3	Bob	26:14:22				
4	Chad	13:30:00				
5	Doug	12:00:00				
6	Eric	2:23:09				
7	Frank	1:14:15				
8	George	9:45:40				
9	Henry	10:15:00				
10	Isaiah	15:00:24				
11	John	34:15:19				
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						

We can ensure that the values in the Duration column are formatted as durations by highlighting the range B2:B11, then clicking the Number Format dropdown, then clicking More Number Formats:



**We can then click the Category on the left called Custom, then choose h:mm:ss, then click OK:**



Next, we can use the following formula to convert the durations into seconds:

**=VALUE(B2\*24\*3600)**

We will type this formula into cell C2 and then click and drag the formula down to each remaining cell in column C:

The screenshot shows an Excel spreadsheet with the following data:

	A	B	C	D	E	F
1	<b>Athlete</b>	<b>Duration</b>	<b>Seconds</b>			
2	Andy	10:14:22	36862			
3	Bob	26:14:22	94462			
4	Chad	13:30:00	48600			
5	Doug	12:00:00	43200			
6	Eric	2:23:09	8589			
7	Frank	1:14:15	4455			
8	George	9:45:40	35140			
9	Henry	10:15:00	36900			
10	Isaiah	15:00:24	54024			
11	John	34:15:19	123319			
12						
13						
14						
15						
16						
17						
18						
19						

The new **Seconds** column displays the time in the **Duration** column as seconds.

A duration of 10 hours, 14 minutes, and 22 seconds is converted to 36,862 seconds. A duration of 26 hours, 14 minutes, and 22 seconds is converted to 94,462 seconds. A duration of 13 hours, 30 minutes, and 0 seconds is converted to 48,600 seconds.

And so on.

**Note: In this formula we multiply the time durations by 24 hours in a day and then by 3,600 seconds in an hour allows us to convert time durations to seconds.**

**The following tutorials explain how to perform other common operations in Excel:**

ARABPSYCHOLOGY.COM