

How can I convert seconds into the hh:mm:ss format in Excel?

Authored by
stats writer

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Converting seconds into the hh:mm:ss format in Excel can be achieved by using the TIME function. This function allows you to input the number of seconds and convert it into a time value, which can then be formatted into the desired format. Simply divide the number of seconds by 86400 (the number of seconds in a day) and format the cell as "hh:mm:ss" to display the converted time in the desired format. This method is useful for accurately tracking and recording time data in a standardized format.

Excel: Convert Seconds to hh:mm:ss Format

You can use the following formula in Excel to convert seconds to a hh:mm:ss format:

```
=TEXT(B2/86400,"hh:mm:ss")
```

This particular example converts the number of seconds in cell B2 into a hh:mm:ss format.

For example, if the value in cell B2 is 19340 then this formula will display 05:22:20 since 19,340 seconds is equivalent to 5 hours, 22 minutes and 20 seconds.

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

Example: Convert Seconds to hh:mm:ss Format

Suppose we have the following dataset in Excel that shows the number of seconds that it took for various

athletes to finish some task:

	A	B	C	D	E	F
1	Athlete	Seconds				
2	Andy	19340				
3	Bob	14500				
4	Chad	21834				
5	Doug	17558				
6	Eric	18334				
7	Frank	18994				
8	Greg	25409				
9	Henry	68457				
10	Isaac	34885				
11	John	19343				
12	Kendall	44384				
13	Luke	54920				
14						
15						
16						
17						
18						
19						

Suppose we would like to display each of the seconds in column B in an hours, minutes and seconds format.

We can type the following formula into cell C2 to do so:

=TEXT(B2/86400,"hh:mm:ss")

We can then drag and fill this formula down to each remaining cell in column C:

C2 *fx* =TEXT(B2/86400,"hh:mm:ss")

	A	B	C	D	E	F
1	Athlete	Seconds	hh:mm:ss			
2	Andy	19340	05:22:20			
3	Bob	14500	04:01:40			
4	Chad	21834	06:03:54			
5	Doug	17558	04:52:38			
6	Eric	18334	05:05:34			
7	Frank	18994	05:16:34			
8	Greg	25409	07:03:29			
9	Henry	68457	19:00:57			
10	Isaac	34885	09:41:25			
11	John	19343	05:22:23			
12	Kendall	44384	12:19:44			
13	Luke	54920	15:15:20			
14						
15						
16						
17						

Column C now displays the number of seconds in column B in terms of hours, minutes and seconds.

For example:

19,430 seconds is equal to 5 hours, 22 minutes and 20 seconds. 14,500 seconds is equal to 4 hours, 1 minute and 40 seconds. 21,834 seconds is equal to 6 hours, 3 minutes and 54 seconds.

And so on.

How This Formula Works

Recall the formula that we used to convert second to a hh:mm:ss format:

```
=TEXT(B2/86400,"hh:mm:ss")
```

Here is how this formula works:

There are 86,400 seconds in one day. Thus, B2/86400 first calculates the number of days in cell B2.

For example, $19340/86400 = 0.223843$ days.

Next, the TEXT function displays this number of days in a format that uses hh to represent hours, mm to represent minutes, and ss to represent seconds.

The end result is that 19340 is shown as 05:22:20.

Note that if you wanted to also display the number of days, you could use dd in the TEXT function as follows:

```
=TEXT(B2/86400,"dd:hh:mm:ss")
```

For example, this would display 19340 as 00:05:22:20.

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

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