

How can I convert seconds to hours in Excel?

Authored by
stats writer

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The process of converting seconds to hours in Excel involves using a formula that divides the number of seconds by 3,600, which is the number of seconds in an hour. This will provide the result in decimal format, with the number before the decimal point representing the number of hours and the number after the decimal point representing the remaining minutes and seconds. This can be done by using the "TIME" function or by manually entering the formula "=seconds/3600" into the desired cell. This will allow for quick and accurate conversion of seconds to hours for any given time period.

Excel: Convert Seconds to Hours

Often you may want to convert seconds to hours in Excel.

There are two common ways to do so:

Method 1: Convert Seconds to Decimal Hours

For example, 4,350 seconds will be shown as 1.208 hours.

Method 2: Convert Seconds to Hours, Minutes, Seconds

For example, 4,350 seconds will be shown as 1 Hour, 12 Minutes, 30 Seconds.

The following examples show how to use each method in practice with 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	2200				
3	Bob	4350				
4	Chad	140				
5	Derrick	190				
6	Eric	3443				
7	Frank	2000				
8	George	90040				
9	Henry	14900				
10	Isaiah	140				
11	John	7				
12						
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Example 1: Convert Seconds to Decimal Hours

If you'd like to convert seconds to decimal hours then you can simply divide the number of seconds by 3,600, which represents the number of seconds in one hour.

For example, we can type the following formula into cell C2:

=B2/3600

We can then drag and fill this formula down to each

remaining cell in column C:

	A	B	C	D	E	F
1	Athlete	Seconds	Hours			
2	Andy	2200	0.611111			
3	Bob	4350	1.208333			
4	Chad	140	0.038889			
5	Derrick	190	0.052778			
6	Eric	3443	0.956389			
7	Frank	2000	0.555556			
8	George	90040	25.01111			
9	Henry	14900	4.138889			
10	Isaiah	140	0.038889			
11	John	7	0.001944			
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Column C now displays the number of seconds in column B in terms of decimal hours.

For example:

2,220 seconds is equal to 0.611 hours. 4,350 seconds is equal to 1.208 hours. 140 seconds is equal to 0.039 hours.

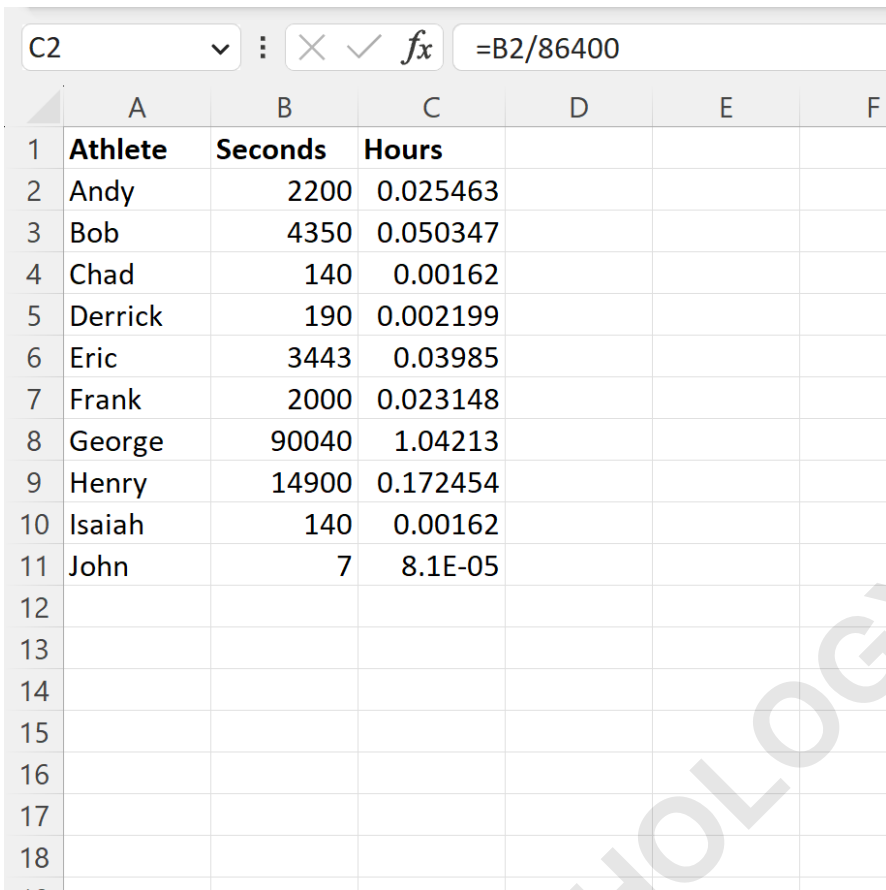
Example 2: Convert Seconds to Hours, Minutes, Seconds

If you'd like to convert seconds to hours, minutes and seconds then you must first divide the number of seconds by 86,400, which is the number of seconds in one day.

For example, we can type the following formula into cell C2:

=B2/86400

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

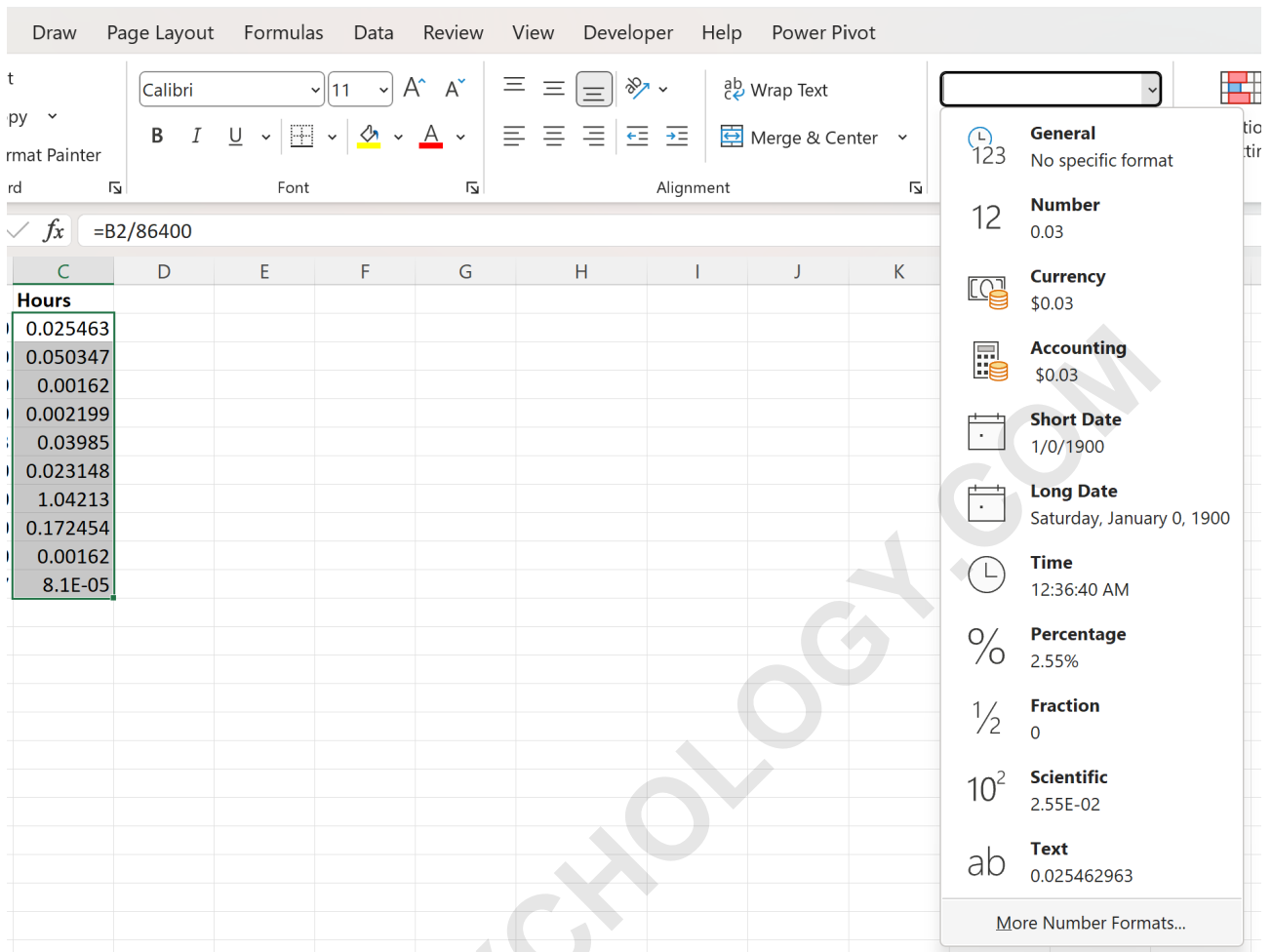


The screenshot shows an Excel spreadsheet with the following data:

	A	B	C	D	E	F
1	Athlete	Seconds	Hours			
2	Andy	2200	0.025463			
3	Bob	4350	0.050347			
4	Chad	140	0.00162			
5	Derrick	190	0.002199			
6	Eric	3443	0.03985			
7	Frank	2000	0.023148			
8	George	90040	1.04213			
9	Henry	14900	0.172454			
10	Isaiah	140	0.00162			
11	John	7	8.1E-05			
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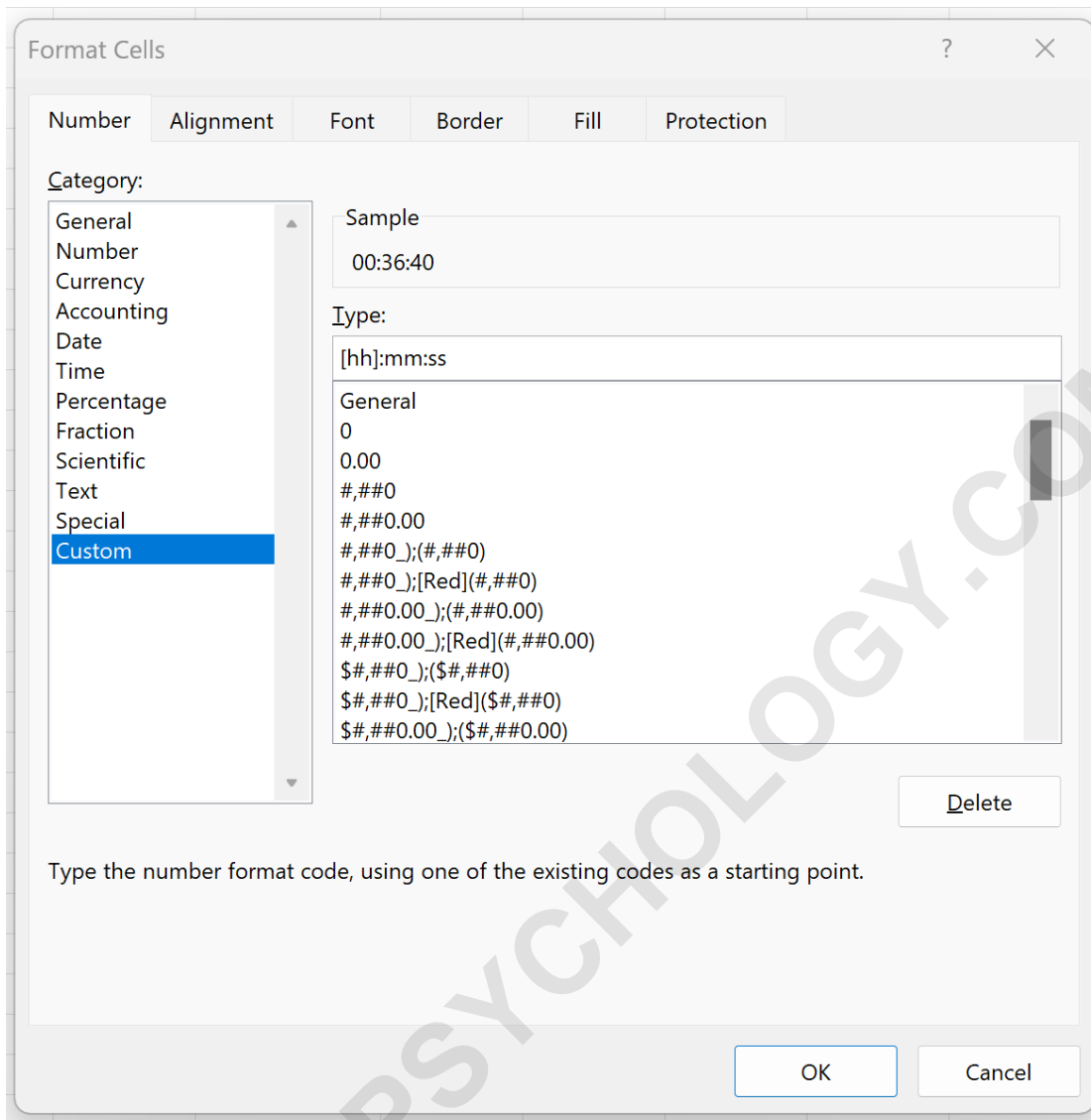
The formula bar at the top shows the formula $=B2/86400$.

Next, highlight the cells in the range C2:C11, then click the Number Format dropdown menu from the Home tab, then click More Number Formats:



The screenshot shows the Microsoft Excel interface. The ribbon at the top includes Draw, Page Layout, Formulas, Data, Review, View, Developer, Help, and Power Pivot. The Font group shows Calibri, size 11, and the Alignment group shows Wrap Text and Merge & Center. The formula bar shows the formula $=B2/86400$. The spreadsheet has a column header 'Hours' in cell C1, and cells C2 through C10 contain the following values: 0.025463, 0.050347, 0.00162, 0.002199, 0.03985, 0.023148, 1.04213, 0.172454, 0.00162, and 8.1E-05. The 'Format Cells' dialog box is open on the right, showing a list of categories: General (No specific format), Number (0.03), Currency (\$0.03), Accounting (\$0.03), Short Date (1/0/1900), Long Date (Saturday, January 0, 1900), Time (12:36:40 AM), Percentage (2.55%), Fraction (0), Scientific (2.55E-02), and Text (0.025462963). A 'More Number Formats...' button is at the bottom of the dialog.

In the new window that appears, click Custom in the Category list, then type :mm:ss in the Type window, then click OK:



Once you click OK, the cells will automatically be formatted as hours, minutes and seconds:

	A	B	C	D	E	F
1	Athlete	Seconds	Hours			
2	Andy	2200	00:36:40			
3	Bob	4350	01:12:30			
4	Chad	140	00:02:20			
5	Derrick	190	00:03:10			
6	Eric	3443	00:57:23			
7	Frank	2000	00:33:20			
8	George	90040	25:00:40			
9	Henry	14900	04:08:20			
10	Isaiah	140	00:02:20			
11	John	7	00:00:07			
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For example:

2,220 seconds is equal to 36 minutes and 40 seconds. 4,350 seconds is equal to 1 hour, 12 minutes and 30 seconds. 140 seconds is equal to 2 minutes and 20 seconds.

And so on.

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