

CONVERSION CHART UNITS OF TIME

Second

1000 milliseconds =
1 second

Minute

60 seconds =
1 minute

Hour

60 minutes =
1 hour

Day

24 hours =
1 day

Week

7 days = 1 week

Year

365 days = 52 weeks =
12 months = 1 year

Decade

10 years =
1 decade

Century

100 years =
10 decades =
1 century