Excel – Convert Seconds to Hours, Minutes and Seconds

If you want **Excel** to display the number of seconds in the form Hours:Minutes:Seconds, you will discover that the procedure has several steps that may not be obvious at first glance.

Example

Display 137 seconds in terms of minutes and seconds

Where M=Minutes, S=Seconds, the following formula

Try dividing 137 seconds by 60 to get minutes and seconds.

**In Excel**



The result is **2.2833** because Excel states duration as a decimal, not the (hours):minutes:seconds format desired

To achieve the desired format, you have to change the formula to Hours=Seconds divided by 24 hours times 60 minutes times 60 seconds. In Excel, that is written **=A1/(24\*60\*60)**



The result, 0.00158565, expresses duration in terms of 24 hours. To change the formatting to Hours, Minutes and Seconds, do the following
In the example above

Right click on **Cell C2**

Left Click on **Format Cells**

Left Click on **Number/Custom**

Select **h:mm:ss**

Left Click **OK**

Screen Capture follows



137 seconds now displays as 2 minutes 17 seconds