360s = 6 min 360:60=6

120s = 2 min 120:60= 2

4 min= 240 s 4.60= 240

3h = 180min 3.60=180

285min = 4 h 45mi 285:60= 4

305min= 5 h 5min 305:60=5

91min = 1 h 31min 91:60= 1

115s= 1 min 55s 115:60= 1

8h 20min= 500 min 8.60= 480+20=500

5h 37min= 337 min 5.60= 300+37=337

220s = 3 min 40s 220:60= 3

450s = 7 min 30s

 450:60= 7