

Walking Speed: Age- and Sex-Specific Normative Values

Sex	Age in years*	Average Walking Speed (metres/second)
Men	20-29	1.36
	30-39	1.43
	40-49	1.43
	50-59	1.43
	60-69	1.34
	70-79	1.26
	80-99	0.97
	Women	20-29
30-39		1.34
40-49		1.39
50-59		1.31
60-69		1.24
70-79		1.13
80-99		0.94

*Number of participants in each age decade ranges from 83 to 8591.

Reference: Bohannon RW, Andrews AW. Normal walking speed: a descriptive meta-analysis. *Physiotherapy* 2011;97:182-189.