Quick Look-Up Sheet: Reference Values for 10-metre Walk Test and 6-Minute Walk Test

MDC_{90} 10mWT 0.17 m/s (comfortable pace)
0.20 m/s (fast pace)

6MWT 31 metres

NORMS

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

6MWT Norm Distance (in metres)
= 970.7 + (–5.5 × age in years)
+ (56.3 × sex)

(Enter "0" for women, "1" for men)

WALKING SPEED OF HOUSEHOLD vs COMMUNITY AMBULATORS

Classification	Walking Speed
Household Ambulator	<0.40 m/s
Limited Community Ambulator	0.40 to <0.80 m/s
Community Ambulator	≥0.80 m/s

COMMUNITY WALKING DISTANCES

Location	Distance (metres)	Location	Distance (metres)
1. Crosswalk-Residential	**10**	9. Shopping Mall	**160**
2. Crosswalk-Commercial	**30**	10. Drugstore	**330**
3. Gas Station	**40**	11. Department Store	**360**
4. Restaurant	**60**	12. Supermarket	**380**
5. Post Office	**80**	13. To Bus Stop	**400**
6. Physician's Office	**90**	14. Superstore	**610**
7. Bank	**100**	15. Club Warehouse	**680**
8. Religious Centre	**110**	16. To Commuter Train Station	**800**

Distances measured:

Crosswalk: curb to curb;
Bus stops and commuter train stations: nearest drop-off point to bus stop/ **commuter train** station;
Remaining locations: accessible parking spot through half the location and back to the parking spot.

CROSSWALK SPEED

1.20 m/s (May be locally reduced to as low as 0.90 m/s)

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