

Average Walking Speed by Age

Age	Meters per Second	Miles per Hour
20 to 29	1.34 to 1.36	3.0 to 3.04
30 to 39	1.34 to 1.43	3.0 to 3.2
40 to 49	1.39 to 1.43	3.11 to 3.2
50 to 59	1.31 to 1.43	2.93 to 3.2
60 to 69	1.24 to 1.34	2.77 to 3.0
70 to 79	1.13 to 1.26	2.53 to 2.82
80 to 89	0.94 to 0.97	2.10 to 2.17