

Average Walking Speed by Age & Sex

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