

## **An Average Person S Walking Speed Distance Echo Credits**

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### **Does Walking Raise or Lower Blood Pressure Immediately ...**

An average person, walking in a hurry, will walk between seven or eight minutes per kilometer, roughly 7/8.5 km/h. If that person starts to train, maybe will be able to walk a single kilometer in four minutes, 15 km/h.

### **Average Steps Per Day by Age, Gender, Occupation, and Country**

Whether you're walking for relaxation after a stressful day, warming up or cooling down after a brisk walk, or simply taking your time, the average walking speed when strolling is 2 mph.

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According to the Mayo Clinic, when walking at 2 mph, your body burns an average of 204 to 305 calories per hour, depending on your weight.

## **Preferred walking speed - Wikipedia**

Does Walking Raise or Lower Blood Pressure Immediately?. Walking is one of the most effective forms of exercise for improving cardiovascular health. Initially, walking — like all forms of aerobic exercise — causes slight increases in blood pressure. Over time, however, walking helps to lower blood pressure levels, ...

## **How fast does the average person walk/run? - Quora**

The length of an average walking stride is 62 inches. People frequently mistake stride for step length, or wrongly assume they are one in the same. Step length is defined as the distance between the heel strike of one foot and the heel strike of the opposite foot.

## **An average person's walking speed / distance**

While there are many variables involved, the average human walking speed is about 3.1 mph. Some people are capable of exceeding 5 mph while still maintaining a walking gait, but the natural tendency is to begin running at much beyond 4 mph.

## **Calories burned walking calculator | Captain Calculator**

A man's average step length is approximately 31 inches and his average stride length is 62 inches. For walking programs, women are encouraged to use an average step length of 26 inches and men are encouraged to use an average step length of 30 inches for calculation purposes.

## **Calories Burned Walking: 1 Mile, 1 Hour, Calculator**

Many people tend to walk at about 1.4 metres per second (5.0 km/h; 3.1 mph; 4.6 ft/s). Although many people are capable of walking at speeds upwards of 2.5 m/s (9.0 km/h; 5.6 mph; 8.2 ft/s), especially for short distances, they typically choose not to. Individuals find slower or faster speeds uncomfortable.

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## **An Average Person S Walking**

On average, a person will have walked about 75,000 miles by the time they turn 80. This is about the same distance as going around the entire earth at the Equator three times.

## **The Average Walking Stride Length | Livestrong.com**

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## **Walking - Wikipedia**

According to the University of Iowa, the average person's walking step length is 2.5 feet (30 inches), so the average stride length would be approximately 5 feet (60 inches).

## **What Is the Average Human Walking Speed? | Reference.com**

A person weighs 160 pounds and walks at 3 mph uphill on a 10% grade (a task that has a MET value of 8.0) for 1 hour and 20 minutes. How many calories have they burned in this time? 160 pounds = 72.73kg. 1 hour and 20 minutes = 80 minutes. Calories Burned from Calisthenics (per minute) =  $(8.0 \times 72.73 \times 3.5) / 200$ .

## **How Many Miles per Hour Does the Average Human Walk**

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An average person's walking speed per hour. 6 km per 1 hour ( 6 kilometers per one hour ) 6000 m per 1 hour ( 6 000 meters per one hour ) 19685.04 ft per 1 hour ( 19 685.04 feet per one hour ) 6561.66 yd per 1 hour ( 6 561.66 yards per one hour ) An average person's walking speed per day. 144 km per 1 day ( 144 kilometers per one day )

## **Average Human Walking Speed | HubPages**

A person's average heart rate will vary after 1 mile depending on their overall health. Some people may have a heart rate of 100, others may be as high as 130. Asked in Exercise , Cardiovascular

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## **What Is the Length of an Average Walking Stride ...**

An average person can walk one mile on a flat, well-groomed surface in 17 to 20 minutes. A fit person walking briskly can walk a mile in 13 minutes. An estimated average walking speed for calculating how long a hike or walk will take is around 3 miles per hour.

## **How to Calculate Stride Length and Step Length**

The average normal walking speed of a human is about 3 miles per hour overall. In situations where people are in a hurry, the average maximum walking speed for a human is 5.5 miles per hour.

## **Average Walking Speed: Pace, and Comparisons by Age and Sex**

There appears to be a significant difference in the average number of steps taken by females and males. From childhood through adulthood, males tend to walk more. As children and teens, they walk an average of 12,000 to 16,000 steps per day. Young females, on the other hand, get 10,000 to 12,000.

## **An Average Person's Walking Speed / Distance - Echo ...**

Although walking speeds can vary greatly depending on many factors such as height, weight, age, terrain, surface, load, culture, effort, and fitness, the average human walking speed at crosswalks is about 5.0 kilometres per hour (km/h), or about 1.4 meters per second (m/s), or about 3.1 miles per hour (mph).

## **What Is the Average Time to Walk One Mile? | Reference.com**

The Mayo Clinic recommends people using pedometers first set short-term goals, such as taking an extra 1,000 steps daily for one week, and then build up to a long-term goal such as 10,000 steps. 1. Although the 10,000 step goal is merely a suggestion and not a prescription, building up to walking that amount should help improve your health.

## **Average heart rate after walking mile - Answers**

Walking is an excellent, inexpensive exercise choice that can

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help you both lose weight and improve your cardiovascular health. If you're looking to trim down, you may be wondering how many ...