

6 Minutes WalkTest

Normal Range of Scores

Age	Distance covered by Women in meters	Distance covered by Men In meters
60 - 64	498- 603	558 - 673
65 - 79	457 - 580	512 - 640
70 - 74	439 - 571	498 - 622
75 - 79	398- 535	430 - 585
80 - 84	352 - 454	407 - 553
85 - 90	311 - 466	347 - 521

Norms For 6 Minute Walk Test

KJ Lindholm-Leary



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