

## Endurance Shuttle Walk Test Conversion Table

<i>Distance Walked (m)</i>	<i>Speed km/h</i>	<i>ESWT level</i>
10	1.78	1
20	1.78	1
30	1.78	1
40	1.78	1
50	1.78	1
60	1.78	1
70	2.09	2
80	2.09	2
90	2.44	3
100	2.44	3
110	2.44	3
120	2.72	4
130	2.72	4
140	3	5
150	3	5
160	3	5
170	3.27	6
180	3.27	6
190	3.27	6
200	3.6	7
210	3.6	7
220	3.6	7

<i>Distance Walked (m)</i>	<i>Speed km/h</i>	<i>ESWT level</i>
230	3.6	7
240	3.6	7
250	3.79	8
260	3.79	8
270	4.11	9
280	4.11	9
290	4.11	9
300	4.36	10
310	4.36	10
320	4.36	10
330	4.65	11
340	4.65	11
350	4.65	11
360	4.65	11
370	4.65	11
380	4.97	12
390	4.97	12
400	4.97	12
410	4.97	12
420	4.97	12
430	5.14	13
440	5.14	13

<i>Distance Walked (m)</i>	<i>Speed km/h</i>	<i>ESWT level</i>
450	5.14	13
460	5.54	14
470	5.54	14
480	5.54	14
490	5.54	14
500	5.54	14
510	5.54	14
520	5.54	14
530	5.76	15
540	5.76	15
550	5.76	15
560	5.76	15
570	6	16
580	6	16
590	6	16
600	6	16
610	6	16
620	6	16
630	6	16
640	6	16
650	6	16
660	6	16

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