



6-min Walk  
Speed App

# Create your account

Fill out the fields below

Email

Password



Confirm password

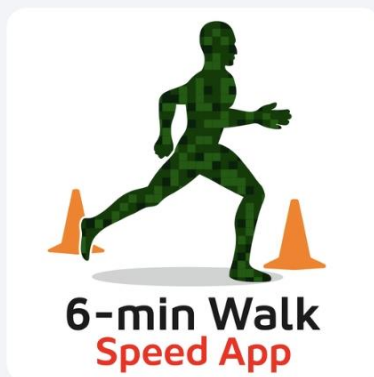


CREATE ACCOUNT

Already have an account? [LOG IN here](#)







## WELCOME TO THE "SIX-MINUTE WALK SPEED" APP


START

  
Home

  
Data

  
Test

  
Report

  
Archive





## PERSONAL DATA

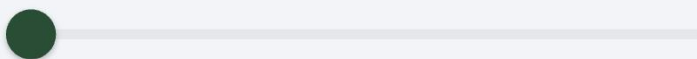
# Research ID

👤 Age (years)

Female  Male

↕ Height (cm)

Weight (kg) 30.0



CLEAR DATA

START TEST



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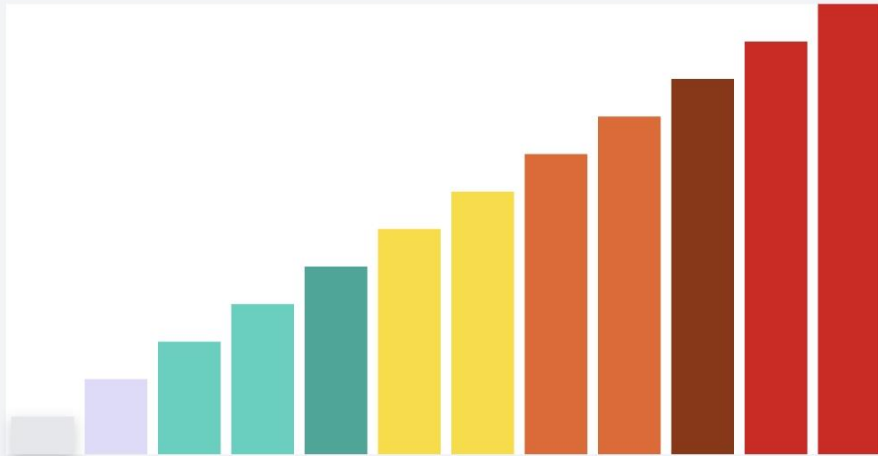
Archive





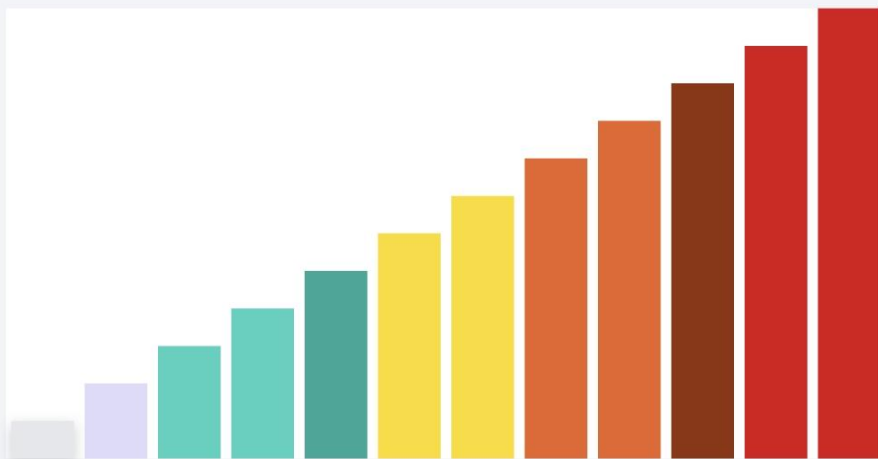
## ADD INITIAL MEASUREMENTS

Rate the dyspnea (BORG)



0.0

Rate the leg fatigue (BORG)



0.0

Heart rate (bpm):







👤 Lap length (m)

The lap length (m) is required.

# 06:00



## 0.0 m

— 0 +

### LAPS



## PARTIAL DISTANCES (m)

Partial 1-min

Partial 2-min

Partial 3-min

Partial 4-min

Partial 5-min

TOTAL 6-min

**FINISH TEST**



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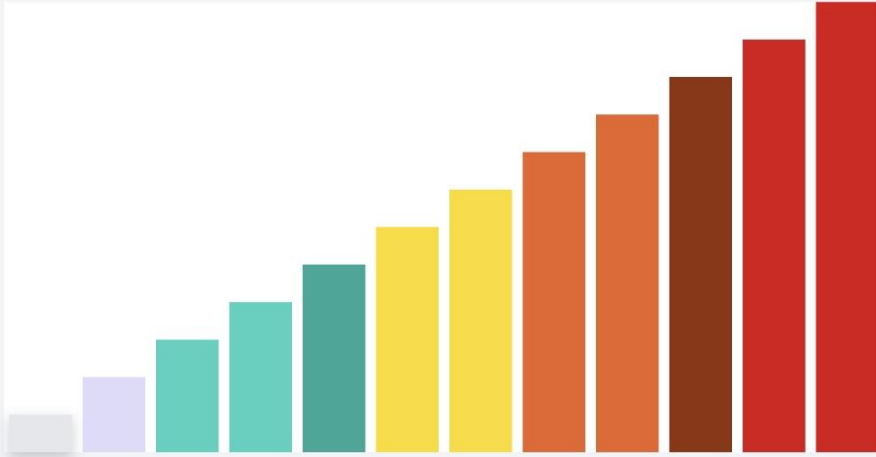
Archive





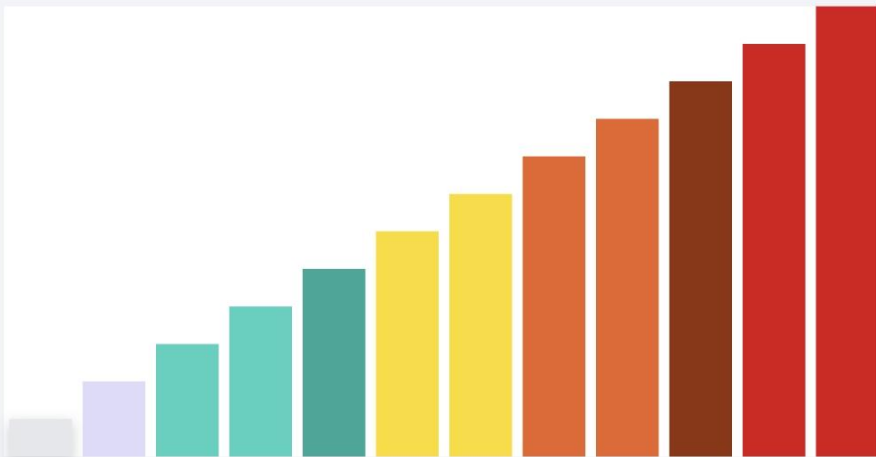
## ADD FINAL MEASUREMENTS

Rate the dyspnea (BORG)



0.0

Rate the leg fatigue (BORG)



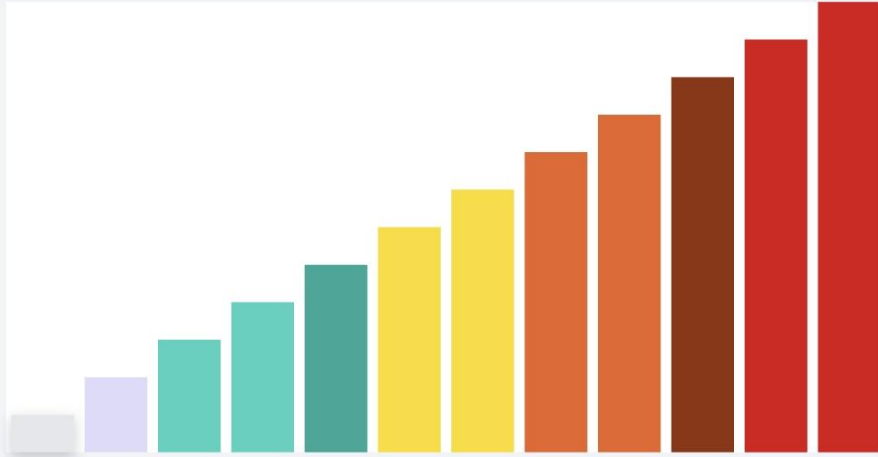
0.0

Heart rate (bpm):





# Six-Minute Walk Speed App



0.0

Heart rate (bpm):

Systolic blood pressure (mmHg): 30.0



Diastolic blood pressure (mmHg): 30.0



O2 saturation

UPDATE DATA

CANCEL





## REPORT

Total distance traveled (m):	640
Total distance traveled (%pred.):	107.499
VO2max (mL/min/kg):	33.968
Walking speed 1-min (km/h):	4.8
Walking speed 2-min (km/h):	7.2
Walking speed 3-min (km/h):	6
Walking speed 4-min (km/h):	6.6
Walking speed 5-min (km/h):	7.2
Walking speed 6-min (km/h):	6.6

### CRITICAL WALKING VELOCITY (km/h):

6.8

### SUMMARY OF MEASURES

Heart rate initial (bpm):	60
Heart rate final (bpm):	139
Blood pressure initial (mmHg):	120.0 / 80.0
Blood pressure final (mmHg):	140.0 / 85.0



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## Six-Minute Walk Speed App



## LIST OF RESULTS

RESTART

ID: 0001 Critical Walking Velocity (km/h): **6.8**

## Partial speeds (km/h)

1-min:	4.8	2-min:	7.2	3-min:	6
4-min:	6.6	5-min:	7.2	6-min:	6.6

## Partial Distances (m)

1-min:	80	2-min:	200	3-min:	300
4-min:	410	5-min:	530	6-min:	640

## Measurements

HR initial (bpm)	60
HR final (bpm)	139
BP initial (mmHg)	120.0/80.0
BP final (mmHg)	140.0/85.0
Dyspnea initial (BORG)	0.5
Dyspnea final (BORG)	7.0
Leg fatigue initial (BORG)	0.0
Leg fatigue final (BORG)	6.0
SpO2 initial (%)	99
SpO2 final (%)	95

Total Distance (m) 640



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## Six-Minute Walk Speed App



## Partial speeds (km/h)

1-min:	4.8	2-min:	7.2	3-min:	6
4-min:	6.6	5-min:	7.2	6-min:	6.6

## Partial Distances (m)

1-min:	80	2-min:	200	3-min:	300
4-min:	410	5-min:	530	6-min:	640

## Measurements

HR initial (bpm)	60
HR final (bpm)	139
BP initial (mmHg)	120.0/80.0
BP final (mmHg)	140.0/85.0
Dyspnea initial (BORG)	0.5
Dyspnea final (BORG)	7.0
Leg fatigue initial (BORG)	0.0
Leg fatigue final (BORG)	6.0
SpO2 initial (%)	99
SpO2 final (%)	95

**Total Distance (m) 640**

**Total Distance (%) 107.499**

**VO2max (mL/min/kg): 33.968**



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## EDIT DATA

Research ID

 0001 

Age (years)


 48 

Male 

Weight (gk)

 86 

Height (cm)

 182 

Partial distance 1 (m)

 80 


Partial distance 2 (m)

 200 

Partial distance 3 (m)

 300 

Partial distance (m)

 410 

Partial distance 5 (m)

 530 

Total distance (m)

 640 

HR initial (bpm)





## Six-Minute Walk Speed App



SBP initial (mmHg)



120.0



SBP final (mmHg)



140.0



DBP initial (mmHg)



80.0



DBP final (mmHg)



85.0



Dyspnea initial (BORG)



0.5



Dyspnea final (BORG)



7.0



Leg fatigue initial (BORG)



0.0



Leg fatigue final (BORG)



6.0



SpO2 initial (%)



99



SpO2 final (%)



95



UPDATE DATA

DELETE DATA

