

Males - Peak Expiratory Flow Rate in L/min. (Predicted PEFR) (50% of Predicted) (33% of Predicted)																
Height / Age	20 - 25		30			35			40			45				
	1.60 (5'3")	572	286	189	560	280	185	548	274	181	536	268	177	524	262	173
1.67 (5'6")	597	299	197	584	292	193	572	286	189	559	280	184	547	274	181	
1.75 (5'9")	625	313	206	612	306	202	599	300	198	586	293	193	573	287	189	
1.83 (6'0")	654	327	216	640	320	211	626	313	207	613	307	202	599	300	198	
1.90 (6'3")	679	340	224	665	333	219	650	325	215	636	318	210	622	311	205	
Height / Age	50			55			60			65			70			
	1.60 (5'3")	512	256	169	500	250	165	488	244	161	476	238	157	464	232	153
	1.67 (5'6")	534	267	176	522	261	172	509	255	168	496	248	164	484	242	160
	1.75 (5'9")	560	280	185	547	274	181	533	267	176	520	260	172	507	254	167
	1.83 (6'0")	585	293	193	572	286	189	558	279	184	544	272	180	530	265	175
	1.90 (6'3")	608	304	201	593	297	196	579	290	191	565	283	186	551	276	182

Females - Peak Expiratory Flow Rate in L/min. (Predicted PEFR) (50% of Predicted) (33% of Predicted)															
Height / Age	20 - 25			30			35			40			45		
	1.44 (4' 9")	377	189	124	366	183	121	356	178	117	345	173	114	335	168
1.52 (5' 0")	403	202	133	392	196	129	382	191	126	371	186	122	361	181	119
1.6 (5' 3")	433	217	143	422	211	139	412	206	136	401	201	132	391	196	129
1.67 (5' 5")	459	230	151	488	244	161	438	219	145	427	214	141	417	209	138
1.75 (5' 9")	489	245	161	478	239	158	468	234	154	457	229	151	447	224	148
Males - Peak Expiratory Flow Rate in L/min. (Predicted PEFR) (50% of Predicted) (33% of Predicted)															
Height / Age	50			55			60			65			70		
	1.44 (4' 9")	324	162	107	314	157	104	303	152	100	293	147	97	282	141
1.52 (5' 0")	350	175	116	340	170	112	329	165	109	319	160	105	308	154	102
1.6 (5' 3")	380	190	125	370	185	122	359	180	118	349	175	115	338	169	112
1.67 (5' 5")	406	203	134	396	198	131	385	193	127	375	188	124	364	182	120
1.75 (5' 9")	436	218	144	426	213	141	415	208	137	405	203	134	394	197	130

PAEDIATRIC NORMAL VALUES

PEAK EXPIRATORY FLOW RATE

For use with EU / EN13826 scale PEF meters only

Height (m)	Height (ft)	Predicted EU PEFR (L/min)	Height (m)	Height (ft)	Predicted EU PEFR (L/min)
0.85	2'9"	87	1.30	4'3"	212
0.90	2'11"	95	1.35	4'5"	233
0.95	3'1"	104	1.40	4'7"	254
1.00	3'3"	115	1.45	4'9"	276
1.05	3'5"	127	1.50	4'11	299
1.10	3'7"	141	1.55	5'1	323
1.15	3'9"	157	1.60	5'3"	346
1.20	3'11"	174	1.65	5'5"	370
1.25	4'1"	192	1.70	5'7"	393

Normal PEF values in children correlate best with height; with increasing age, larger differences occur between the sexes. These predicted values are based on the formulae given in Lung Function by J.E. Cotes (Fourth Edition), adapted for EU scale Mini-Wright peak flow meters by Clement Clarke.

Date of preparation – 7th October 2004