

PREDICTED MEAN VALUES FOR HEALTHY ADULTS*
Peak Expiratory Flow Rates (PEFR)

MALE PEFR (litres/minute)

Age	Height								
	1.50m	1.55m	1.60m	1.65m	1.70m	1.75m	1.80m	1.85m	1.90m
	4'11"	5'1"	5'3"	5'5"	5'7"	5'9"	5'11"	6'1"	6'3"
16	438	456	474	492	509	527	545	563	581
18	493	511	529	547	564	582	600	618	636
20/25	536	554	572	590	607	625	643	661	679
30	525	542	560	577	595	612	630	647	665
35	513	531	548	565	582	599	616	633	650
40	502	519	536	553	569	586	603	619	636
45	491	507	524	540	556	573	589	606	622
50	480	496	512	528	544	560	576	592	608
55	468	484	500	515	531	547	582	587	593
60	457	472	488	503	518	533	549	564	579
65	443	468	483	498	513	528	543	558	573
70	435	449	464	478	493	507	522	536	551
75	423	438	452	466	480	494	508	522	536
80	412	426	440	453	467	481	495	508	522
85	410	414	428	441	454	468	481	495	508

FEMALE PEFR (litres/minute)

Age	Height								
	1.40m	1.45m	1.50m	1.55m	1.60m	1.65m	1.70m	1.75m	1.80m
	4'7"	4'9"	4'11"	5'1"	5'3"	5'5"	5'7"	5'9"	5'11"
16/25	358	377	395	414	433	451	470	489	508
30	348	366	385	404	422	441	460	478	497
35	337	356	374	393	412	430	449	468	487
40	327	345	364	383	401	420	439	457	476
45	316	335	353	372	391	409	428	447	466
50	306	324	343	362	380	399	418	436	455
55	295	314	332	351	377	388	407	426	445
60	285	303	322	341	359	378	397	415	434
65	274	293	311	330	349	367	386	405	424
70	264	282	301	320	338	357	376	394	413
75	253	272	290	309	328	346	365	384	403
80	243	261	280	299	317	336	355	373	392
85	232	251	269	288	307	325	344	363	382

* Gibson J. et.al. Med. J. Aust. 1979; 1:292-296

PREDICTED MEAN VALUES FOR HEALTHY CHILDREN*
MALE/FEMALE PEFR (litres/minute)

L/min	Height						
	120cm	125cm	130cm	135cm	140cm	145cm	150cm
	250/221	264/244	279/266	296/290	315/314	336/338	358/361
	155cm	160cm	165cm	170cm	175cm	180cm	185cm
	389/385	409/411	438/428	471/443	515/456	549/-	579/-

* Hibbert M. F., et.al. Pediatric Pulmonology 1989; 7:101-109