

# Estimate Stride Length by Height

When you use your height to determine your stride length, you get a rough estimate that isn't personalized. It can be useful, however, to set your wrist fitness tracker if you don't want to measure your stride length.

Use this Stride Length Caclulation:

- **Females:** Your height in inches multiplied by 0.41 equals your stride length.
- **Males:** Your height in inches multiplied by 0.415 equals your stride length.
- **Conversion Formula:** 1" = 2.54 centimeters

Height	Female Stride (cm)	Male Stride (cm)
4 ft. 0 in	50	51
4 ft. 1 in.	51	52
4 ft. 2 in.	52	53
4 ft. 3 in.	53	54
4 ft. 4 in.	54	55
4 ft. 5 in.	55	56
4 ft. 6 in.	56	57
4 ft. 7 in.	57	58
4 ft. 8 in.	58	59
4 ft. 9 in.	59	60
4 ft. 10 in.	60	60
4 ft. 11 in.	60	60
4 ft. 12 in.	60	60
5 ft. 0 in.	60	60
Over 5 ft.	60	60

