

Average total distances (yards). Benchmarks for amateur golfers — your numbers depend on swing speed and strike.

Average distance by club

Club	Men (yds)	Women (yds)
Driver	230	175
3-wood	210	150
5-wood	195	135
Hybrid	190	130
3-iron	180	—
4-iron	170	120
5-iron	160	110
6-iron	150	100
7-iron	140	90
8-iron	130	80
9-iron	120	70
Pitching wedge	110	60
Gap wedge	95	50
Sand wedge	80	45
Lob wedge	65	35

Carry by driver swing speed

Swing speed	Driver	7-iron	PW
Under 85 mph	180–200	120–130	90–100
85–95 mph	200–225	130–145	100–110
95–105 mph	225–255	145–160	110–120
105+ mph	255–285	160–175	120–130

Read it right: these are **total** distances — your **carry** is 5–20 yds shorter. Plan approach shots off carry.

The gap rule: aim for even 10–15 yd gaps between clubs. A 30-yd hole in your scoring zone costs more strokes than being short everywhere.

150 yards out? For the average golfer, that's a 6-iron.

Are your gaps even? Grade every club in your bag — free.
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