

HOW MUCH SHOULD I WALK TO LOSE 45 LBS ACCORDING TO MY AGE?

| | |
|---------------|---------------|
| Height | Weight |
| 5'1" | 190 lbs |
| 5'2" | 200 lbs |
| 5'3" | 210 lbs |

| |
|------------|
| Age |
| 45 |
| 55 |
| 65 |

| |
|--------------|
| Level |
| Beginner |
| Intermediate |
| Advanced |

| |
|--------------------|
| Goal Weight |
| 130 Lbs |
| 140 Lbs |
| 150 Lbs |

CALCULATE

Russia Natural Gas

Summary Table

| | Million Cubic ft (MMcf) | Global Rank |
|------------------------|-------------------------|------------------------|
| Gas Reserves | 1,688,228,000 | #2 in the world |
| Gas Production | 22,728,734 | #2 in the world |
| Gas Consumption | 15,538,247 | #5 in the world |
| Daily Surplus | +7,190,487 | |
| Gas Imports | 557,977 | |
| Gas Exports | 6,550,933 | |
| Net Exports | 5,992,956 | |

(Data shown in the table is for 2015, the latest year with complete data in all categories)

Gas Reserves in Russia

See also: [List of countries by Gas Reserves](#)

Russia holds **1,688 trillion cubic feet (Tcf)** of proven gas reserves as of 2017, ranking **#2** in the world and accounting for about 24.39% of the world's total gas reserves of 6,923 Tcf.

Russia has proven reserves equivalent to **102.3 times its annual consumption levels**. This means it has about **102 years of gas left** (at current consumption levels and excluding unproven reserves).

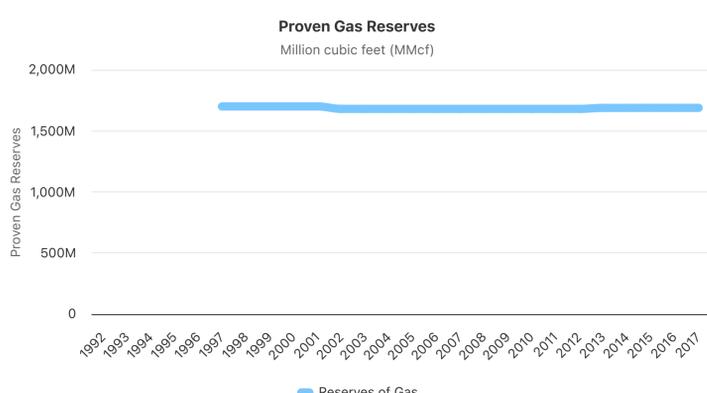
GAS RESERVES

1,688,228,000 MMcf

Global Rank: **#2** | Share of World: **24.39%**

102 years of natural gas left
(at current consumption levels)

History of Gas Reserves in Russia



Gas Consumption in Russia

See also: [List of countries by Gas Consumption](#)

- Russia consumes **16,510,143 million cubic feet (MMcf)** of natural gas per year as of the year 2017.
- Russia ranks **#5** in the world for gas consumption, accounting for about **12.48%** of the [world's total consumption](#) of 132,290,211 MMcf.
- Russia consumes **112,939 cubic feet of natural gas per capita** every year (based on the 2017 population of 146,186,799 people), or **309 cubic feet per capita per day**.

Gas Production in Russia

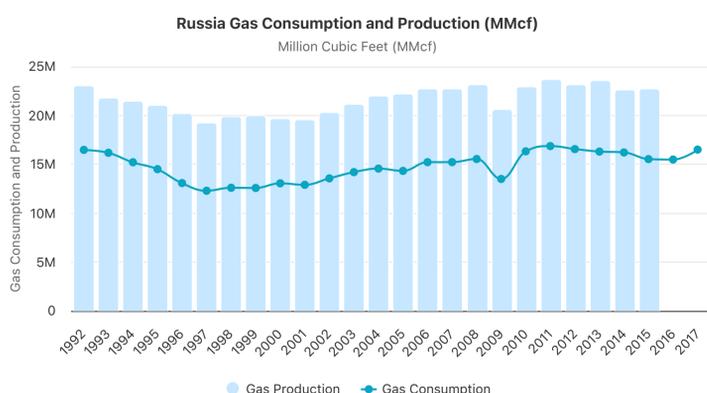
See also: [List of countries by Gas Production](#)

- Russia produces **22,728,734 million cubic feet (MMcf)** of natural gas per year (as of 2015) ranking **#2** in the world.

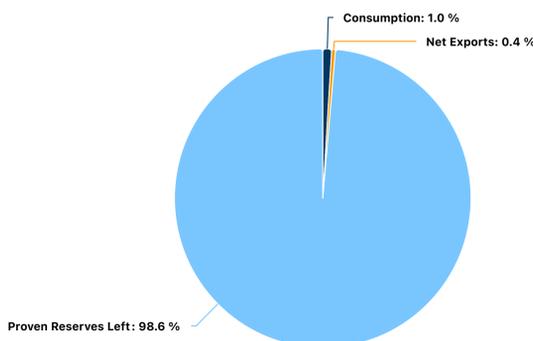
Gas Exports

- Russia exports **26% of its natural gas production** (5,992,956 MMcf in 2015).

History of Gas Consumption and Production



Yearly Gas Production (Consumption + Net Exports) as share of Total Proven Reserves



See also

- [Population of Russia](#)

Sources

- [Statistical Review of World Energy](#) - British Petroleum
- [U.S. Energy Information Administration \(EIA\)](#)

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