

How to Calculate the Average of Every Nth Row in Excel with AVERAGEIFS

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Optimizing Data Analysis with Periodic Sampling in Microsoft Excel

In the realm of **Data analysis**, professionals often encounter vast **datasets** where analyzing every single entry is either unnecessary or mathematically redundant. One common requirement is the need to calculate the average of values occurring at specific intervals, such as every Nth row. This technique, often referred to as systematic sampling, is essential when dealing with high-frequency sensor data, daily financial transactions, or long-term inventory logs where a summary of periodic trends is more valuable than the granular noise of individual data points. **Microsoft Excel** provides a robust environment for such calculations, though it requires a sophisticated combination of functions to achieve precision without manual intervention.

The challenge of averaging every Nth row lies in the fact that standard **spreadsheet** functions are typically designed to handle contiguous ranges or specific criteria based on cell content rather than cell position. To bridge this gap, users must leverage the power of **array formulas** that can evaluate the properties of the rows themselves. By identifying the position of a row relative to the start of a range, one can programmatically filter for specific intervals. This approach ensures that your **data analysis** remains dynamic; as you add more information to your sheets, the calculations update automatically to reflect the new periodic averages.

Understanding how to manipulate row indices using **logic** is a fundamental skill for any advanced Excel user. While basic users might attempt to manually select cells, this is prone to human error and becomes impossible with thousands of rows. By mastering the **AVERAGE function** in conjunction with positional functions, you create a scalable solution that maintains data integrity. This guide will explore the specific **syntax** and methodology required to extract these periodic means efficiently, ensuring your reporting is both accurate and professional.

The Logic Behind Positional Filtering in Excel Formulas

To calculate the average of every Nth row, we must first understand the mathematical relationship between a row's index and the desired interval. The core of this operation relies on the **MOD function**, which returns the remainder after a number is divided by a divisor. In our context, the dividend is the relative row number, and the divisor is the interval "N." When the remainder is zero, it indicates that the row is exactly at the Nth position of the sequence, allowing the formula to include that specific value in the final calculation.

However, simply using the row number provided by the **ROW function** can be problematic if your data does not start on the very first row of the worksheet. To create a robust and portable formula, we use the **MIN function** to establish a baseline. By subtracting the minimum row number of the range from the current row number, we normalize the index so that the first row of our data range always evaluates to zero. This normalization is crucial for ensuring that the "every Nth" logic starts

exactly where your data starts, regardless of where the table is positioned on the sheet.

Finally, we wrap this logic within the **IF function**. The **IF function** acts as a gatekeeper: if the **MOD function** confirms the row is a multiple of N, the cell's value is passed to the **AVERAGE function**; otherwise, it is ignored. This sophisticated nesting allows Excel to process the entire range as an array, effectively "filtering" the values in memory before performing the arithmetic mean.

Breaking Down the Core Array Formula Syntax

The most effective way to average every nth row in **Microsoft Excel** involves a specific array formula structure. This formula is designed to be flexible, allowing you to change the target range and the interval with minimal adjustments. By using this method, you avoid the limitations of simpler functions that cannot handle complex row-based criteria. The following **syntax** represents the standard template for this operation:

```
=AVERAGE(IF(MOD(ROW(A2:A21)-MIN(ROW(A2:A21))),n)=0,A2:A21))
```

This formula is an **array formula** that calculates the average of every nth value within the specified range, in this case, **A2:A21**. The term **n** represents the interval you wish to target. For instance, if you set **n** to 2, the formula will average every 2nd row; if you set it to 10, it will average every 10th row. This flexibility makes it an invaluable tool for varied **data analysis** tasks.

To implement this for a specific interval, such as every 4th row, you would modify the **mathematical operator** within the **MOD function** as follows:

```
=AVERAGE(IF(MOD(ROW(A2:A21)-MIN(ROW(A2:A21))),4)=0,A2:A21))
```

By substituting the variable **n** with the integer 4, you instruct Excel to identify every row where the relative index is divisible by 4. This specific application is particularly useful in quarterly financial reporting or any scenario where data is collected in four-part cycles. The examples provided in the subsequent sections will demonstrate exactly how this formula behaves when applied to a real-world **spreadsheet** environment.

Step-by-Step Implementation: Averaging Every 4th Row

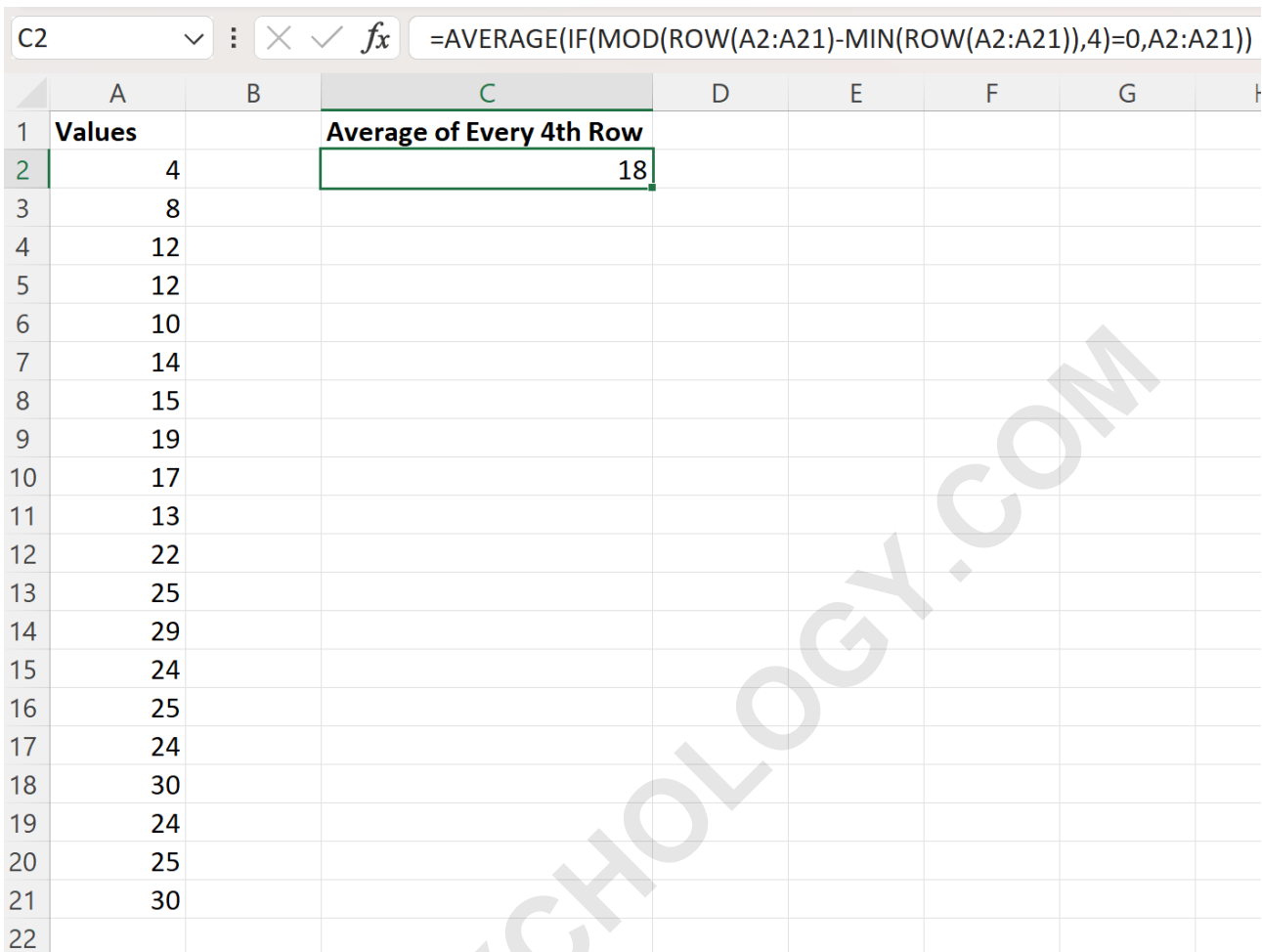
Let us examine a practical application of this logic. Suppose you have a **dataset** containing 20 sequential values located in cells A2 through A21. Your objective is to extract the average of every 4th row to identify periodic trends within the data. This requires the formula to pick the 1st, 5th, 9th, 13th, and 17th entries of the range (which correspond to relative indices 0, 4, 8, 12, and 16).

	A	B	C	D	E	F
1	Values					
2	4					
3	8					
4	12					
5	12					
6	10					
7	14					
8	15					
9	19					
10	17					
11	13					
12	22					
13	25					
14	29					
15	24					
16	25					
17	24					
18	30					
19	24					
20	25					
21	30					

To perform this calculation, you would enter the following formula into an empty cell in your **Excel** workbook. Note that in older versions of Excel, you may need to press **Ctrl+Shift+Enter** to activate the **array formula**, though modern versions (Office 365) handle this automatically via dynamic arrays.

=AVERAGE(IF(MOD(ROW(A2:A21)-MIN(ROW(A2:A21)),4)=0,A2:A21))

Once entered, the formula processes the range. The **ROW function** identifies the absolute row numbers, the **MIN function** subtracts the starting row to normalize them, and the **MOD function** checks for divisibility by 4. The resulting average provides a clear mathematical summary of the specified intervals.



The screenshot shows an Excel spreadsheet with the following data:

	A	B	C	D	E	F	G	H
1	Values		Average of Every 4th Row					
2	4		18					
3	8							
4	12							
5	12							
6	10							
7	14							
8	15							
9	19							
10	17							
11	13							
12	22							
13	25							
14	29							
15	24							
16	25							
17	24							
18	30							
19	24							
20	25							
21	30							
22								

The formula bar shows the formula: `=AVERAGE(IF(MOD(ROW(A2:A21)-MIN(ROW(A2:A21)),4)=0,A2:A21))`

The resulting output in this specific example shows that the average of every 4th row in the range **A2:A21** is **18**. This demonstrates how a complex **dataset** can be distilled into a single, meaningful metric using the correct formulaic approach.

Verifying Results Through Manual Calculation

In any **data analysis** task, verification is a critical step to ensure that your formulas are functioning as intended. To confirm that our **Excel** formula is accurate, we can manually identify the values located at every 4th interval within the sample range. By isolating these specific numbers, we can perform a simple **arithmetic mean** to see if it matches the output of our array formula.

	A	B	C	D
1	Values		Average of Every 4th Row	
2	4		18	
3	8			
4	12			
5	12			
6	10			
7	14			
8	15			
9	19			
10	17			
11	13			
12	22			
13	25			
14	29			
15	24			
16	25			
17	24			
18	30			
19	24			
20	25			
21	30			
22				

As illustrated in the provided image, the 4th-interval values identified within the range are 4, 10, 17, 29, and 30. To find their average, we sum these five values and divide by the count of the items:

Summation: $4 + 10 + 17 + 29 + 30 = 90$

Count: 5

Calculation: $90 / 5 = 18$

The manual calculation results in **18**, which perfectly aligns with the value generated by our **array formula**. This verification confirms that the **logic** used to normalize the row indices and filter via the **MOD function** is functioning correctly. Such consistency is vital for maintaining trust in automated reporting systems.

Adapting the Formula for Larger Intervals: Averaging Every 6th Row

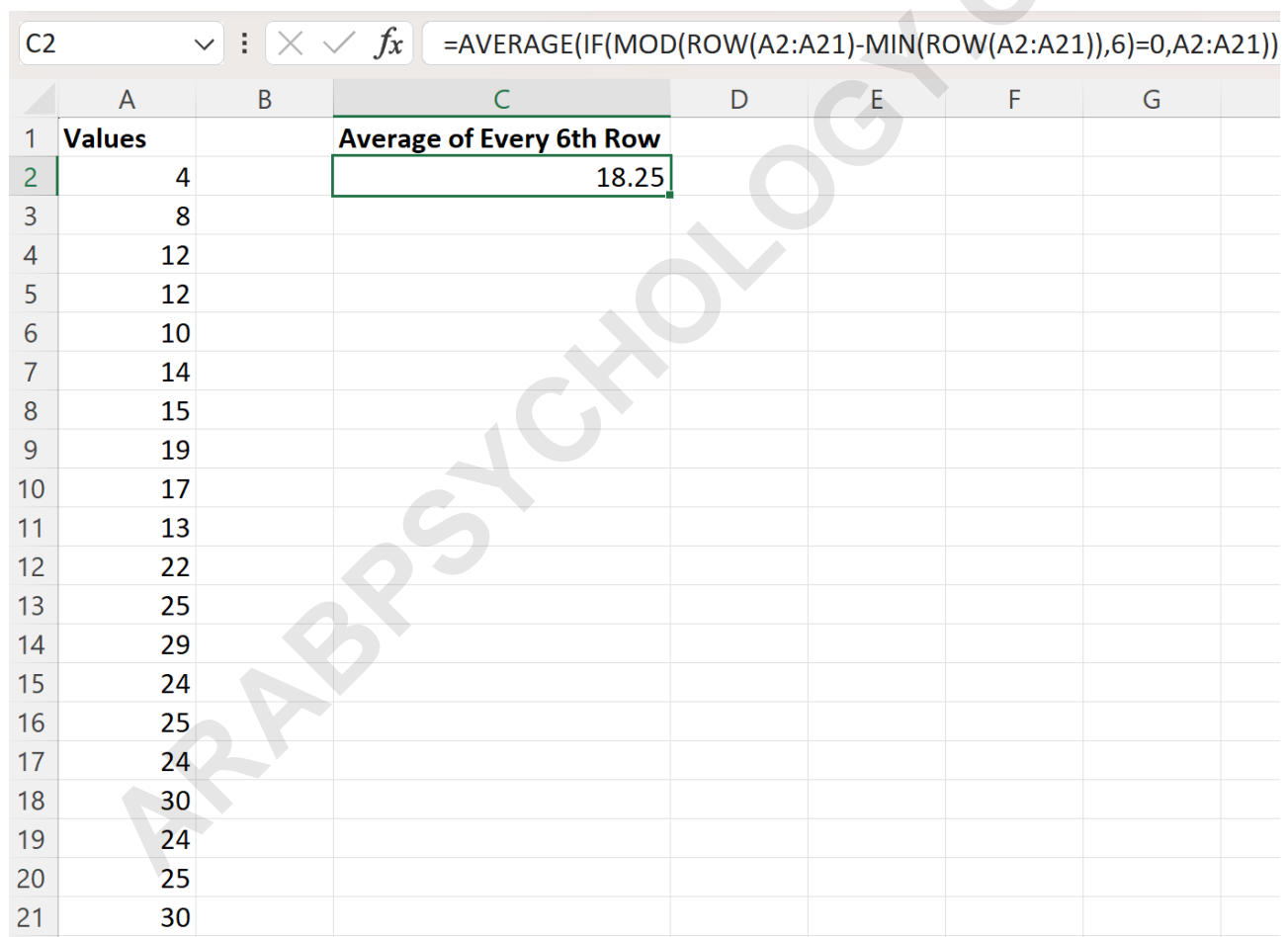
One of the primary advantages of using this formulaic approach in **Microsoft Excel** is its inherent scalability. If your analysis requirements change--for instance, if you need to look at every 6th row instead of every 4th--you do not need to rewrite the entire formula. You simply update the divisor

within the **MOD function** to reflect the new interval. This makes the solution highly adaptable to different business or research needs.

To calculate the average of every 6th row within the same range (A2:A21), you would modify the formula as follows:

=AVERAGE(IF(MOD(ROW(A2:A21)-MIN(ROW(A2:A21))),6)=0,A2:A21))

In this scenario, Excel will target the 1st, 7th, 13th, and 19th rows of the range (indices 0, 6, 12, and 18). The screenshot below illustrates the practical application of this modified **syntax** and the resulting calculation provided by the **AVERAGE function**.



The screenshot shows an Excel spreadsheet with the following data:

	A	B	C	D	E	F	G
1	Values		Average of Every 6th Row				
2	4		18.25				
3	8						
4	12						
5	12						
6	10						
7	14						
8	15						
9	19						
10	17						
11	13						
12	22						
13	25						
14	29						
15	24						
16	25						
17	24						
18	30						
19	24						
20	25						
21	30						

The formula bar shows the formula: **=AVERAGE(IF(MOD(ROW(A2:A21)-MIN(ROW(A2:A21))),6)=0,A2:A21))**

The updated formula indicates that the average of every 6th row in the range **A2:A21** is **18.25**. This demonstrates how even a slight change in the sampling interval can shift the resulting mean, highlighting the importance of precise interval selection in **data analysis**.

Final Verification and Comparative Analysis

To ensure complete accuracy for our second example, we perform a final manual check. By looking at the **spreadsheet** again, we can pinpoint the specific values that fall on the 6th-row intervals. This manual audit serves as a final quality control measure for our **array formula** implementation.

	A	B	C	D
1	Values		Average of Every 6th Row	
2	4		18.25	
3	8			
4	12			
5	12			
6	10			
7	14			
8	15			
9	19			
10	17			
11	13			
12	22			
13	25			
14	29			
15	24			
16	25			
17	24			
18	30			
19	24			
20	25			
21	30			
22				

The values identified at every 6th row starting from the first entry are 4, 15, 29, and 25. We can calculate their average using the following **mathematical steps**:

Summation: $4 + 15 + 29 + 25 = 73$

Count: 4

Calculation: $73 / 4 = 18.25$

The manual average of **18.25** matches the formula's output exactly. This consistency across different intervals ($n=4$ and $n=6$) proves the reliability of the method. By utilizing these **Excel** techniques, you can confidently process large volumes of data and extract periodic insights with

high precision and minimal effort.

Advanced Tips for Excel Data Management

While the formula provided is highly effective, there are additional considerations for those working with extremely complex **datasets**. For instance, if your data contains empty cells or text within the range, the **AVERAGE function** generally ignores them, but the **IF function** logic might require adjustments if you want to exclude zero values specifically. Understanding these nuances is key to becoming a power user.

Furthermore, you can combine this technique with other **Excel** features such as Named Ranges or Table References to make your formulas even more readable. Instead of referencing "A2:A21," you could name that range "SalesData," making your formula: `=AVERAGE(IF(MOD(ROW(SalesData)-MIN(ROW(SalesData)),4)=0,SalesData))`. This enhances the clarity of your **spreadsheet** and makes it easier for colleagues to review your work.

If you found this guide helpful, consider exploring other advanced tutorials to further refine your skills. Mastering these functions is just the beginning of what is possible within the robust ecosystem of modern **data analysis** tools. The following tutorials explain how to perform other common operations in Excel:

How to calculate a weighted average in Excel.

Using the SUBTOTAL function for filtered data.

Creating dynamic charts from periodic data samples.

Advanced array formulas for multi-criteria filtering.