

Table 2: Real-world execution efficiency. PanoVLN achieves the best overall navigation efficiency among the compared methods.

Method	Navigation		Continuity		Planning	
	Time (s) ↓	Speed (cm/s) ↑	Wait (%) ↓	Pauses ↓	Calls ↓	Latency (s) ↓
NaVid	135.2	12.9	23.2	15.7	29.4	0.90
NaVILA	194.0	8.2	24.7	29.6	41.3	1.05
StreamVLN	117.8	13.3	27.1	8.3	34.3	0.58
JanusVLN	412.9	5.3	39.2	95.3	101.7	1.32
PanoVLN (Ours)	86.4	25.7	13.6	5.4	7.4	1.08