

Cadence at speed

chainring	cog	Gear (27")	develop (m)	Cadence at Speed (rpm, km/h)														
				20	25	30	35	40	45	50	55	60	65	70	75	80		
50	16	84.4	6.55	51	64	76	89	102	115	127	140	153	165	178	191	204		
51	16	86.1	6.68	50	62	75	87	100	112	125	137	150	162	175	187	200		
52	16	87.8	6.81	49	61	73	86	98	110	122	135	147	159	171	183	196		
53	16	89.4	6.94	48	60	72	84	96	108	120	132	144	156	168	180	192		
50	15	90.0	6.99	48	60	72	83	95	107	119	131	143	155	167	179	191		
54	16	91.1	7.07	47	59	71	82	94	106	118	130	141	153	165	177	188		
51	15	91.8	7.13	47	58	70	82	94	105	117	129	140	152	164	175	187		
55	16	92.8	7.21	46	58	69	81	93	104	116	127	139	150	162	173	185		
52	15	93.6	7.27	46	57	69	80	92	103	115	126	138	149	161	172	183		
56	16	94.5	7.34	45	57	68	80	91	102	114	125	136	148	159	170	182		
53	15	95.4	7.41	45	56	68	79	90	101	113	124	135	146	158	169	180		
57	16	96.2	7.47	45	56	67	78	89	100	112	123	134	145	156	167	179		
50	14	96.4	7.49	45	56	67	78	89	100	111	122	134	145	156	167	178		
54	15	97.2	7.55	44	55	66	77	88	99	110	121	133	144	155	166	177		
58	16	97.9	7.60	44	55	66	77	88	99	110	121	132	143	154	165	175		
51	14	98.4	7.64	44	55	65	76	87	98	109	120	131	142	153	164	175		
55	15	99.0	7.69	43	54	65	76	87	98	108	119	130	141	152	163	173		
59	16	99.6	7.73	43	54	65	75	86	97	108	119	129	140	151	162	173		
52	14	100.3	7.79	43	54	64	75	86	96	107	118	128	139	150	161	171		
56	15	100.8	7.83	43	53	64	75	85	96	106	117	128	138	149	160	170		
60	16	101.3	7.86	42	53	64	74	85	95	106	117	127	138	148	159	170		
53	14	102.2	7.93	42	53	63	74	84	95	105	116	126	137	147	158	168		
57	15	102.6	7.96	42	52	63	73	84	94	105	115	126	136	146	157	167		
50	13	103.8	8.06	41	52	62	72	83	93	103	114	124	134	145	155	165		
54	14	104.1	8.08	41	52	62	72	82	93	103	113	124	134	144	155	165		
58	15	104.4	8.10	41	51	62	72	82	93	103	113	123	134	144	154	165		
51	13	105.9	8.22	41	51	61	71	81	91	101	111	122	132	142	152	162		
55	14	106.1	8.23	40	51	61	71	81	91	101	111	121	132	142	152	162		
59	15	106.2	8.24	40	51	61	71	81	91	101	111	121	131	142	152	162		
52	13	108.0	8.38	40	50	60	70	80	89	99	109	119	129	139	149	159		
56	14	108.0	8.38	40	50	60	70	80	89	99	109	119	129	139	149	159		
60	15	108.0	8.38	40	50	60	70	80	89	99	109	119	129	139	149	159		
57	14	109.9	8.53	39	49	59	68	78	88	98	107	117	127	137	146	156		
53	13	110.1	8.55	39	49	59	68	78	88	98	107	117	127	137	146	156		
58	14	111.9	8.68	38	48	58	67	77	86	96	106	115	125	134	144	154		
54	13	112.2	8.71	38	48	57	67	77	86	96	105	115	124	134	144	153		
50	12	112.5	8.73	38	48	57	67	76	86	95	105	115	124	134	143	153		
59	14	113.8	8.83	38	47	57	66	75	85	94	104	113	123	132	142	151		
55	13	114.2	8.87	38	47	56	66	75	85	94	103	113	122	132	141	150		
51	12	114.8	8.91	37	47	56	65	75	84	94	103	112	122	131	140	150		
60	14	115.7	8.98	37	46	56	65	74	83	93	102	111	121	130	139	148		
56	13	116.3	9.03	37	46	55	65	74	83	92	102	111	120	129	138	148		
52	12	117.0	9.08	37	46	55	64	73	83	92	101	110	119	128	138	147		
57	13	118.4	9.19	36	45	54	63	73	82	91	100	109	118	127	136	145		
53	12	119.3	9.26	36	45	54	63	72	81	90	99	108	117	126	135	144		
58	13	120.5	9.35	36	45	53	62	71	80	89	98	107	116	125	134	143		
54	12	121.5	9.43	35	44	53	62	71	80	88	97	106	115	124	133	141		
59	13	122.5	9.51	35	44	53	61	70	79	88	96	105	114	123	131	140		
55	12	123.8	9.61	35	43	52	61	69	78	87	95	104	113	121	130	139		
60	13	124.6	9.67	34	43	52	60	69	78	86	95	103	112	121	129	138		
56	12	126.0	9.78	34	43	51	60	68	77	85	94	102	111	119	128	136		
57	12	128.3	9.96	33	42	50	59	67	75	84	92	100	109	117	126	134		
58	12	130.5	10.13	33	41	49	58	66	74	82	90	99	107	115	123	132		
59	12	132.8	10.31	32	40	49	57	65	73	81	89	97	105	113	121	129		
60	12	135.0	10.48	32	40	48	56	64	72	80	87	95	103	111	119	127		
F200 time				36	28.8	24	20.6	18	16	14.4	13.09	12	11.08	10.29	9.6	9		

F200 time	12.0	11.9	11.8	11.7	11.6	11.5	11.4	11.3	11.2	11.1	11.0
	60.0	60.5	61.0	61.5	62.1	62.6	63.2	63.7	64.3	64.9	65.5
	10.9	10.8	10.7	10.6	10.5	10.4	10.3	10.2	10.1	10.0	
	66.1	66.7	67.3	67.9	68.6	69.2	69.9	70.6	71.3	72.0	
	9.9	9.8	9.7	9.6	9.5	9.4	9.3	9.2	9.1	9.0	
	72.7	73.5	74.2	75.0	75.8	76.6	77.4	78.3	79.1	80.0	

Speed at Cadence

chainring	cog	Gear (27")	develop (m)	Speed at cadence (km/h)													
				80	85	90	95	100	105	110	115	120	125	130	135	140	145
		27	2.096														
50	16	84.4	6.55	31.4	33.4	35.4	37.3	39.3	41.3	43.2	45.2	47.2	49.1	51.1	53.1	55.0	57.0
51	16	86.1	6.68	32.1	34.1	36.1	38.1	40.1	42.1	44.1	46.1	48.1	50.1	52.1	54.1	56.1	58.1
52	16	87.8	6.81	32.7	34.7	36.8	38.8	40.9	42.9	45.0	47.0	49.0	51.1	53.1	55.2	57.2	59.3
53	16	89.4	6.94	33.3	35.4	37.5	39.6	41.7	43.7	45.8	47.9	50.0	52.1	54.2	56.2	58.3	60.4
50	15	90.0	6.99	33.5	35.6	37.7	39.8	41.9	44.0	46.1	48.2	50.3	52.4	54.5	56.6	58.7	60.8
54	16	91.1	7.07	34.0	36.1	38.2	40.3	42.4	44.6	46.7	48.8	50.9	53.1	55.2	57.3	59.4	61.5
51	15	91.8	7.13	34.2	36.3	38.5	40.6	42.8	44.9	47.0	49.2	51.3	53.4	55.6	57.7	59.9	62.0
55	16	92.8	7.21	34.6	36.7	38.9	41.1	43.2	45.4	47.6	49.7	51.9	54.0	56.2	58.4	60.5	62.7
52	15	93.6	7.27	34.9	37.1	39.2	41.4	43.6	45.8	48.0	50.1	52.3	54.5	56.7	58.9	61.0	63.2
56	16	94.5	7.34	35.2	37.4	39.6	41.8	44.0	46.2	48.4	50.6	52.8	55.0	57.2	59.4	61.6	63.8
53	15	95.4	7.41	35.5	37.8	40.0	42.2	44.4	46.7	48.9	51.1	53.3	55.5	57.8	60.0	62.2	64.4
57	16	96.2	7.47	35.8	38.1	40.3	42.6	44.8	47.0	49.3	51.5	53.8	56.0	58.2	60.5	62.7	65.0
50	14	96.4	7.49	35.9	38.2	40.4	42.7	44.9	47.2	49.4	51.7	53.9	56.1	58.4	60.6	62.9	65.1
54	15	97.2	7.55	36.2	38.5	40.7	43.0	45.3	47.5	49.8	52.1	54.3	56.6	58.9	61.1	63.4	65.6
58	16	97.9	7.60	36.5	38.7	41.0	43.3	45.6	47.9	50.1	52.4	54.7	57.0	59.3	61.5	63.8	66.1
51	14	98.4	7.64	36.7	38.9	41.2	43.5	45.8	48.1	50.4	52.7	55.0	57.3	59.6	61.8	64.1	66.4
55	15	99.0	7.69	36.9	39.2	41.5	43.8	46.1	48.4	50.7	53.0	55.3	57.6	59.9	62.3	64.6	66.9
59	16	99.6	7.73	37.1	39.4	41.7	44.1	46.4	48.7	51.0	53.3	55.6	58.0	60.3	62.6	64.9	67.2
52	14	100.3	7.79	37.4	39.7	42.0	44.4	46.7	49.0	51.4	53.7	56.1	58.4	60.7	63.1	65.4	67.7
56	15	100.8	7.83	37.6	39.9	42.3	44.6	47.0	49.3	51.6	54.0	56.3	58.7	61.0	63.4	65.7	68.1
60	16	101.3	7.86	37.7	40.1	42.4	44.8	47.2	49.5	51.9	54.2	56.6	59.0	61.3	63.7	66.0	68.4
53	14	102.2	7.93	38.1	40.5	42.8	45.2	47.6	50.0	52.4	54.8	57.1	59.5	61.9	64.3	66.7	69.0
57	15	102.6	7.96	38.2	40.6	43.0	45.4	47.8	50.2	52.6	55.0	57.3	59.7	62.1	64.5	66.9	69.3
50	13	103.8	8.06	38.7	41.1	43.5	46.0	48.4	50.8	53.2	55.6	58.0	60.5	62.9	65.3	67.7	70.1
54	14	104.1	8.08	38.8	41.2	43.7	46.1	48.5	50.9	53.4	55.8	58.2	60.6	63.1	65.5	67.9	70.3
58	15	104.4	8.10	38.9	41.3	43.8	46.2	48.6	51.1	53.5	55.9	58.4	60.8	63.2	65.6	68.1	70.5
51	13	105.9	8.22	39.5	41.9	44.4	46.9	49.3	51.8	54.3	56.7	59.2	61.7	64.1	66.6	69.1	71.5
55	14	106.1	8.23	39.5	42.0	44.5	46.9	49.4	51.9	54.3	56.8	59.3	61.8	64.2	66.7	69.2	71.6
59	15	106.2	8.24	39.6	42.0	44.5	47.0	49.5	51.9	54.4	56.9	59.4	61.8	64.3	66.8	69.3	71.7
52	13	108.0	8.38	40.2	42.8	45.3	47.8	50.3	52.8	55.3	57.8	60.4	62.9	65.4	67.9	70.4	72.9
56	14	108.0	8.38	40.2	42.8	45.3	47.8	50.3	52.8	55.3	57.8	60.4	62.9	65.4	67.9	70.4	72.9
60	15	108.0	8.38	40.2	42.8	45.3	47.8	50.3	52.8	55.3	57.8	60.4	62.9	65.4	67.9	70.4	72.9
57	14	109.9	8.53	41.0	43.5	46.1	48.6	51.2	53.8	56.3	58.9	61.4	64.0	66.6	69.1	71.7	74.2
53	13	110.1	8.55	41.0	43.6	46.1	48.7	51.3	53.8	56.4	59.0	61.5	64.1	66.7	69.2	71.8	74.3
58	14	111.9	8.68	41.7	44.3	46.9	49.5	52.1	54.7	57.3	59.9	62.5	65.1	67.7	70.3	72.9	75.5
54	13	112.2	8.71	41.8	44.4	47.0	49.6	52.2	54.9	57.5	60.1	62.7	65.3	67.9	70.5	73.1	75.7
50	12	112.5	8.73	41.9	44.5	47.2	49.8	52.4	55.0	57.6	60.3	62.9	65.5	68.1	70.7	73.4	76.0
59	14	113.8	8.83	42.4	45.0	47.7	50.3	53.0	55.6	58.3	60.9	63.6	66.2	68.9	71.5	74.2	76.8
55	13	114.2	8.87	42.6	45.2	47.9	50.5	53.2	55.9	58.5	61.2	63.8	66.5	69.2	71.8	74.5	77.1
51	12	114.8	8.91	42.8	45.4	48.1	50.8	53.4	56.1	58.8	61.5	64.1	66.8	69.5	72.2	74.8	77.5
60	14	115.7	8.98	43.1	45.8	48.5	51.2	53.9	56.6	59.3	62.0	64.7	67.4	70.1	72.8	75.5	78.2
56	13	116.3	9.03	43.3	46.0	48.8	51.5	54.2	56.9	59.6	62.3	65.0	67.7	70.4	73.1	75.8	78.6
52	12	117.0	9.08	43.6	46.3	49.0	51.8	54.5	57.2	59.9	62.7	65.4	68.1	70.8	73.6	76.3	79.0
57	13	118.4	9.19	44.1	46.9	49.6	52.4	55.1	57.9	60.7	63.4	66.2	68.9	71.7	74.4	77.2	80.0
53	12	119.3	9.26	44.4	47.2	50.0	52.8	55.5	58.3	61.1	63.9	66.7	69.4	72.2	75.0	77.8	80.5
58	13	120.5	9.35	44.9	47.7	50.5	53.3	56.1	58.9	61.7	64.5	67.3	70.1	72.9	75.7	78.6	81.4
54	12	121.5	9.43	45.3	48.1	50.9	53.8	56.6	59.4	62.3	65.1	67.9	70.7	73.6	76.4	79.2	82.1
59	13	122.5	9.51	45.7	48.5	51.4	54.2	57.1	59.9	62.8	65.6	68.5	71.3	74.2	77.1	79.9	82.8
55	12	123.8	9.61	46.1	49.0	51.9	54.8	57.6	60.5	63.4	66.3	69.2	72.1	74.9	77.8	80.7	83.6
60	13	124.6	9.67	46.4	49.3	52.2	55.1	58.0	60.9	63.8	66.7	69.7	72.6	75.5	78.4	81.3	84.2
56	12	126.0	9.78	47.0	49.9	52.8	55.8	58.7	61.6	64.6	67.5	70.4	73.4	76.3	79.2	82.2	85.1
57	12	128.3	9.96	47.8	50.8	53.8	56.7	59.7	62.7	65.7	68.7	71.7	74.7	77.7	80.6	83.6	86.6
58	12	130.5	10.13	48.6	51.7	54.7	57.7	60.8	63.8	66.9	69.9	72.9	76.0	79.0	82.1	85.1	88.1
59	12	132.8	10.31	49.5	52.6	55.6	58.7	61.8	64.9	68.0	71.1	74.2	77.3	80.4	83.5	86.6	89.7
60	12	135.0	10.48	50.3	53.4	56.6	59.7	62.9	66.0	69.2	72.3	75.5	78.6	81.7	84.9	88.0	91.2