



Sprint



Cybex Level	RPM / time				
	Any RPM above 60 RPM				
1			0:48:22		
2			0:23:11		
3			0:16:15		
4			0:12:49		
5			0:10:40		
6			0:09:11		
7			0:08:04		
8			0:07:13		
9			0:06:32		
10			0:05:58		
11			0:05:30		
12			0:05:06		
13			0:04:45		
14			0:04:27		
15					
16					



If the competitor drops below 60 RPM more than once he/she must drop down to either the next level and to the time associated with this new level.

The competitor can not move to a higher level (and lower time) once the Bike leg is underway - only to a lower level.



Pro



Cybex Level	RPM / time			
	Any RPM			
1			2:00:54	
2			0:57:58	
3			0:40:38	
4			0:32:03	
5			0:26:39	
6			0:22:56	
7			0:20:11	
8			0:18:03	
9			0:16:20	
10			0:14:56	
11			0:13:45	
12			0:12:44	
13			0:11:52	
14			0:11:07	
15				
16				



If the competitor drops below 60 RPM more than once he/she must drop down to either the next level and to the time associated with this new level.

The competitor can not move to a higher level (and lower time) once the Bike leg is underway - only to a lower level.



Extreme



Cybex Level	RPM / time			
	Any RPM			
1			4:01:49	
2			1:55:56	
3			1:21:15	
4			1:04:06	
5			0:53:18	
6			0:45:53	
7			0:40:21	
8			0:36:06	
9			0:32:41	
10			0:29:52	
11			0:27:30	
12			0:25:29	
13			0:23:44	
14			0:22:14	
15				
16				



If the competitor drops below 60 RPM more than once he/she must drop down to either the next level and to the time associated with this new level.

The competitor can not move to a higher level (and lower time) once the Bike leg is underway - only to a lower level.