



Sprint



Powersport Level	RPM / time				
	60	70	80	90	100
1	0:30:21	0:23:42	0:18:19	0:14:24	0:12:21
2	0:28:25	0:21:05	0:16:06	0:12:36	0:10:27
3	0:26:05	0:20:13	0:15:38	0:12:15	0:10:13
4	0:24:30	0:18:43	0:14:34	0:11:20	0:09:42
5	0:23:23	0:17:48	0:14:02	0:11:14	0:09:00
6	0:21:40	0:16:48	0:12:59	0:10:28	0:08:44
7	0:20:49	0:15:52	0:12:17	0:09:42	0:08:06
8	0:18:38	0:14:33	0:11:22	0:08:48	0:07:27
9	0:17:34	0:13:20	0:10:13	0:08:15	0:06:50
10	0:16:14	0:12:25	0:09:46	0:07:44	0:06:19
11	0:15:14	0:11:30	0:09:03	0:07:10	0:06:00
12	0:13:57	0:10:44	0:08:13	0:06:30	0:05:32
13	0:12:58	0:09:26	0:07:25	0:06:03	0:05:01
14	0:11:23	0:09:04	0:06:49	0:05:30	0:04:34
15	0:10:22	0:07:51	0:06:27	0:05:06	
16	0:09:58	0:07:29	0:05:38	0:04:39	
17	0:08:43	0:06:52	0:05:16		
18	0:08:43	0:06:14	0:04:46		
19	0:07:04	0:05:32	0:04:26		
20	0:06:08	0:04:55			

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

The competitor can not move to a higher level or RPM once the Bike leg is underway - only to a lower level.



Pro



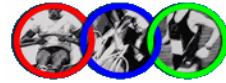
Powersport Level	RPM / time				
	60	70	80	90	100
1	1:15:53	0:59:16	0:45:48	0:35:59	0:30:52
2	1:11:03	0:52:42	0:40:15	0:31:30	0:26:07
3	1:05:12	0:50:32	0:39:04	0:30:37	0:25:34
4	1:01:14	0:46:47	0:36:25	0:28:19	0:24:15
5	0:58:27	0:44:29	0:35:04	0:28:04	0:22:29
6	0:54:10	0:42:00	0:32:28	0:26:09	0:21:49
7	0:52:03	0:39:41	0:30:42	0:24:16	0:20:16
8	0:46:36	0:36:24	0:28:26	0:21:59	0:18:39
9	0:43:56	0:33:21	0:25:32	0:20:38	0:17:05
10	0:40:35	0:31:02	0:24:24	0:19:19	0:15:49
11	0:38:04	0:28:46	0:22:38	0:17:55	0:15:00
12	0:34:52	0:26:50	0:20:33	0:16:16	0:13:49
13	0:32:25	0:23:36	0:18:33	0:15:08	0:12:31
14	0:28:29	0:22:40	0:17:04	0:13:46	0:11:25
15	0:25:55	0:19:37	0:16:07	0:12:44	
16	0:24:56	0:18:42	0:14:05	0:11:37	
17	0:21:47	0:17:10	0:13:10		
18	0:21:48	0:15:34	0:11:56		
19	0:17:41	0:13:50	0:11:05		
20	0:15:19	0:12:17			

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

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Extreme



Powersport Level	RPM / time				
	60	70	80	90	100
1	2:31:47	1:58:32	1:31:36	1:11:58	1:01:44
2	2:22:05	1:45:24	1:20:31	1:03:01	0:52:14
3	2:10:24	1:41:04	1:18:08	1:01:14	0:51:07
4	2:02:28	1:33:34	1:12:51	0:56:38	0:48:29
5	1:56:55	1:28:59	1:10:08	0:56:08	0:44:59
6	1:48:21	1:23:59	1:04:56	0:52:18	0:43:38
7	1:44:06	1:19:21	1:01:24	0:48:32	0:40:32
8	1:33:12	1:12:47	0:56:51	0:43:58	0:37:17
9	1:27:52	1:06:42	0:51:04	0:41:16	0:34:09
10	1:21:10	1:02:05	0:48:48	0:38:39	0:31:37
11	1:16:08	0:57:32	0:45:17	0:35:50	0:30:01
12	1:09:43	0:53:40	0:41:06	0:32:32	0:27:38
13	1:04:50	0:47:11	0:37:06	0:30:16	0:25:03
14	0:56:57	0:45:20	0:34:07	0:27:31	0:22:50
15	0:51:51	0:39:13	0:32:15	0:25:28	
16	0:49:52	0:37:25	0:28:10	0:23:13	
17	0:43:34	0:34:20	0:26:21		
18	0:43:37	0:31:08	0:23:52		
19	0:35:22	0:27:41	0:22:11		
20	0:30:38	0:24:33			

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

The competitor can not move to a higher level or RPM once the Bike leg is underway - only to a lower level.