



Sprint



Precor Level	RPM / time				
	60	70	80	90	100
1	0:17:56	0:14:34	0:12:03	0:11:42	0:11:16
2	0:15:05	0:11:36	0:10:14	0:09:55	0:09:27
3	0:14:01	0:11:14	0:09:23	0:09:04	0:08:21
4	0:13:19	0:10:53	0:09:09	0:08:13	0:07:56
5	0:12:38	0:09:54	0:08:51	0:08:03	0:07:32
6	0:11:57	0:09:43	0:08:39	0:07:15	0:07:07
7	0:11:54	0:08:47	0:08:26	0:07:08	0:06:46
8	0:11:37	0:08:31	0:07:50	0:06:44	0:06:24
9	0:11:04	0:08:16	0:07:38	0:06:21	0:06:17
10	0:10:33	0:08:02	0:07:08	0:06:14	0:05:46
11	0:09:30	0:07:29	0:06:41	0:05:54	0:05:11
12	0:08:57	0:07:14	0:06:18	0:05:26	0:04:57
13	0:08:45	0:06:46	0:06:09	0:05:01	0:04:38
14	0:07:42	0:06:21	0:05:38	0:04:34	0:04:29
15	0:07:26	0:06:11	0:05:30	0:04:29	
16	0:06:55	0:05:40	0:05:06		
17	0:06:15	0:05:32	0:04:37		
18	0:06:05	0:05:06	0:04:29		
19	0:05:24	0:05:08			
20	0:05:19	0:04:53			

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



Precor Level	RPM / time				
	60	70	80	90	100
1	0:44:51	0:36:25	0:30:06	0:29:14	0:28:10
2	0:37:43	0:28:59	0:25:35	0:24:46	0:23:37
3	0:35:03	0:28:04	0:23:26	0:22:41	0:20:52
4	0:33:17	0:27:12	0:22:54	0:20:34	0:19:51
5	0:31:34	0:24:45	0:22:06	0:20:07	0:18:49
6	0:29:52	0:24:18	0:21:39	0:18:07	0:17:49
7	0:29:45	0:21:58	0:21:05	0:17:50	0:16:54
8	0:29:01	0:21:18	0:19:35	0:16:49	0:15:59
9	0:27:39	0:20:39	0:19:06	0:15:52	0:15:43
10	0:26:22	0:20:04	0:17:50	0:15:34	0:14:24
11	0:23:45	0:18:42	0:16:44	0:14:44	0:12:57
12	0:22:23	0:18:06	0:15:45	0:13:35	0:12:23
13	0:21:53	0:16:55	0:15:22	0:12:34	0:11:34
14	0:19:14	0:15:53	0:14:05	0:11:26	0:11:12
15	0:18:35	0:15:28	0:13:46	0:11:12	
16	0:17:18	0:14:09	0:12:44		
17	0:15:37	0:13:49	0:11:33		
18	0:15:12	0:12:46	0:11:12		
19	0:13:29	0:12:50			
20	0:13:17	0:12:13			

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.



Extreme



Precor Level	RPM / time				
	60	70	80	90	100
1	1:29:41	1:12:50	1:00:13	0:58:28	0:56:20
2	1:15:25	0:57:58	0:51:10	0:49:33	0:47:13
3	1:10:07	0:56:09	0:46:53	0:45:21	0:41:43
4	1:06:33	0:54:23	0:45:47	0:41:07	0:39:41
5	1:03:08	0:49:30	0:44:13	0:40:14	0:37:39
6	0:59:45	0:48:36	0:43:17	0:36:14	0:35:37
7	0:59:29	0:43:55	0:42:11	0:35:40	0:33:48
8	0:58:03	0:42:37	0:39:09	0:33:38	0:31:58
9	0:55:18	0:41:19	0:38:12	0:31:44	0:31:25
10	0:52:44	0:40:09	0:35:40	0:31:08	0:28:48
11	0:47:29	0:37:24	0:33:27	0:29:28	0:25:54
12	0:44:46	0:36:12	0:31:30	0:27:09	0:24:45
13	0:43:46	0:33:49	0:30:44	0:25:07	0:23:08
14	0:38:28	0:31:45	0:28:10	0:22:51	0:22:25
15	0:37:10	0:30:56	0:27:32	0:22:25	
16	0:34:36	0:28:19	0:25:28		
17	0:31:14	0:27:38	0:23:06		
18	0:30:24	0:25:32	0:22:25		
19	0:26:58	0:25:39			
20	0:26:34	0:24:26			

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.