



Sprint



Pulse Level	RPM / time			
	Any RPM above 60 RPM			
1			0:48:22	
2			0:23:11	
3			0:16:20	
4			0:12:55	
5			0:10:47	
6			0:09:16	
7			0:08:09	
8			0:07:18	
9			0:06:36	
10			0:06:02	
11			0:05:33	
12			0:05:08	
13			0:04:47	
14			0:04:29	

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



Pulse Level	RPM / time				
	Any RPM above 60 RPM				
1			2:00:54		
2			0:57:58		
3			0:40:49		
4			0:32:17		
5			0:26:56		
6			0:23:11		
7			0:20:23		
8			0:18:15		
9			0:16:30		
10			0:15:04		
11			0:13:53		
12			0:12:51		
13			0:11:58		
14			0:11:12		



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



Pulse Level	RPM / time			
	Any RPM above 60 RPM			
1			4:01:49	
2			1:55:56	
3			1:21:39	
4			1:04:34	
5			0:53:53	
6			0:46:22	
7			0:40:46	
8			0:36:30	
9			0:33:01	
10			0:30:08	
11			0:27:45	
12			0:25:42	
13			0:23:56	
14			0:22:24	



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.