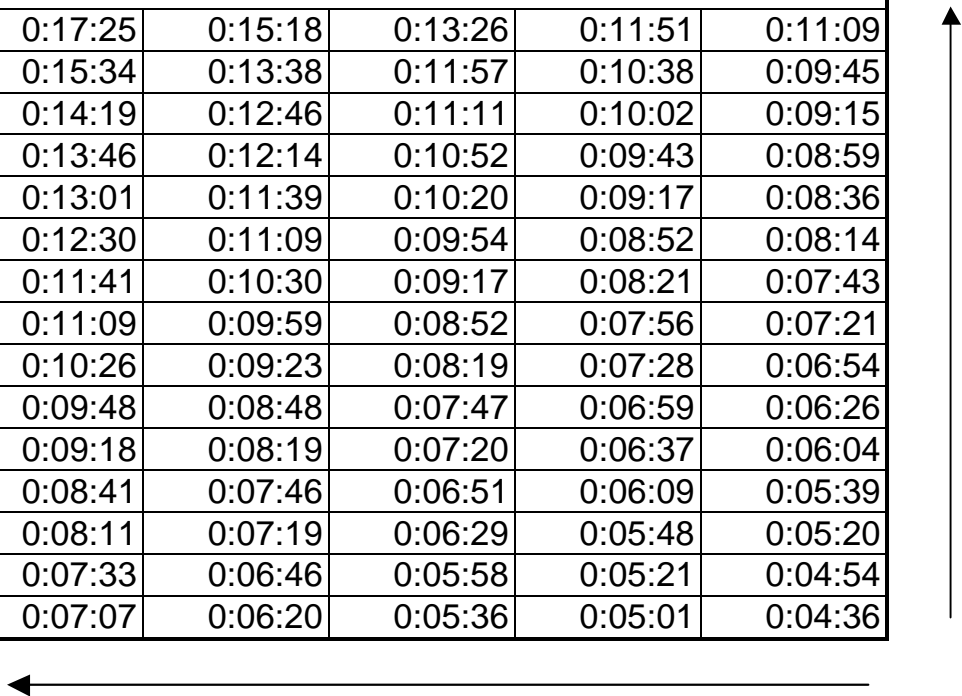




**Sprint**



StarTrac Level	RPM / time				
	60	70	80	90	100
1	0:17:25	0:15:18	0:13:26	0:11:51	0:11:09
2	0:15:34	0:13:38	0:11:57	0:10:38	0:09:45
3	0:14:19	0:12:46	0:11:11	0:10:02	0:09:15
4	0:13:46	0:12:14	0:10:52	0:09:43	0:08:59
5	0:13:01	0:11:39	0:10:20	0:09:17	0:08:36
6	0:12:30	0:11:09	0:09:54	0:08:52	0:08:14
7	0:11:41	0:10:30	0:09:17	0:08:21	0:07:43
8	0:11:09	0:09:59	0:08:52	0:07:56	0:07:21
9	0:10:26	0:09:23	0:08:19	0:07:28	0:06:54
10	0:09:48	0:08:48	0:07:47	0:06:59	0:06:26
11	0:09:18	0:08:19	0:07:20	0:06:37	0:06:04
12	0:08:41	0:07:46	0:06:51	0:06:09	0:05:39
13	0:08:11	0:07:19	0:06:29	0:05:48	0:05:20
14	0:07:33	0:06:46	0:05:58	0:05:21	0:04:54
15	0:07:07	0:06:20	0:05:36	0:05:01	0:04:36

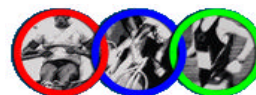


**If the competitor drops below his/her chosen RPM more than once he/she must drop down to either the next level or the next RPM and to the time associated with this new level.**

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



Pro



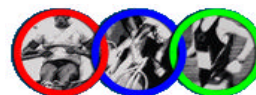
StarTrac Level	RPM / time				
	60	70	80	90	100
1	0:43:32	0:38:16	0:33:35	0:29:38	0:27:52
2	0:38:56	0:34:06	0:29:53	0:26:36	0:24:23
3	0:35:47	0:31:55	0:27:57	0:25:06	0:23:07
4	0:34:24	0:30:35	0:27:10	0:24:16	0:22:27
5	0:32:33	0:29:08	0:25:49	0:23:13	0:21:31
6	0:31:15	0:27:53	0:24:45	0:22:09	0:20:34
7	0:29:13	0:26:15	0:23:14	0:20:51	0:19:18
8	0:27:53	0:24:57	0:22:09	0:19:50	0:18:22
9	0:26:06	0:23:27	0:20:46	0:18:40	0:17:14
10	0:24:31	0:21:59	0:19:26	0:17:27	0:16:04
11	0:23:14	0:20:47	0:18:21	0:16:31	0:15:11
12	0:21:43	0:19:24	0:17:08	0:15:22	0:14:07
13	0:20:28	0:18:17	0:16:13	0:14:31	0:13:19
14	0:18:53	0:16:54	0:14:54	0:13:23	0:12:15
15	0:17:46	0:15:51	0:13:59	0:12:32	0:11:29

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



StarTrac Level	RPM / time				
	60	70	80	90	100
1	1:27:03	1:16:31	1:07:10	0:59:16	0:55:44
2	1:17:51	1:08:12	0:59:46	0:53:11	0:48:47
3	1:11:34	1:03:50	0:55:54	0:50:11	0:46:14
4	1:08:48	1:01:11	0:54:20	0:48:33	0:44:53
5	1:05:05	0:58:16	0:51:39	0:46:27	0:43:01
6	1:02:30	0:55:46	0:49:31	0:44:18	0:41:08
7	0:58:26	0:52:30	0:46:27	0:41:43	0:38:37
8	0:55:46	0:49:53	0:44:18	0:39:40	0:36:44
9	0:52:11	0:46:55	0:41:33	0:37:19	0:34:28
10	0:49:02	0:43:58	0:38:53	0:34:53	0:32:09
11	0:46:28	0:41:33	0:36:42	0:33:03	0:30:22
12	0:43:25	0:38:48	0:34:17	0:30:43	0:28:13
13	0:40:56	0:36:34	0:32:25	0:29:02	0:26:38
14	0:37:46	0:33:48	0:29:48	0:26:46	0:24:31
15	0:35:33	0:31:42	0:27:59	0:25:04	0:22:58

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.