



**Sprint XT**



Level	RPM / time				
	60	70	80	90	100
1	00:20:18	00:17:50	00:15:40	00:13:58	00:12:58
2	00:18:20	00:15:45	00:13:51	00:12:15	00:11:26
3	00:16:11	00:14:28	00:12:49	00:11:31	00:10:39
4	00:14:48	00:13:03	00:11:46	00:10:34	00:09:47
5	00:13:36	00:11:59	00:10:37	00:09:33	00:08:49
6	00:12:17	00:10:52	00:09:49	00:08:46	00:08:00
7	00:11:50	00:10:06	00:08:57	00:08:02	00:07:32
8	00:09:46	00:08:44	00:07:27	00:07:00	00:06:21
9	00:08:02	00:07:06	00:06:19	00:05:40	00:05:06
10	00:06:39	00:05:56	00:05:26	00:04:48	00:04:19
11	00:05:46	00:05:08	00:04:36		
12	00:05:46	00:04:36			

**If the competitor drops below his/her chosen RPM 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 XT**



Level	RPM / time				
	60	70	80	90	100
1	00:50:45	00:44:36	00:39:10	00:34:55	00:32:26
2	00:45:51	00:39:23	00:34:37	00:30:37	00:28:35
3	00:40:28	00:36:11	00:32:02	00:28:47	00:26:38
4	00:37:01	00:32:38	00:29:25	00:26:25	00:24:27
5	00:34:01	00:29:58	00:26:33	00:23:51	00:22:03
6	00:30:42	00:27:10	00:24:33	00:21:54	00:19:59
7	00:29:34	00:25:16	00:22:22	00:20:05	00:18:51
8	00:24:25	00:21:50	00:18:38	00:17:31	00:15:53
9	00:20:04	00:17:44	00:15:48	00:14:09	00:12:46
10	00:16:37	00:14:50	00:13:35	00:11:59	
11	00:14:24	00:12:50	00:11:29		
12	00:14:24	00:11:30			

**If the competitor drops below his/her chosen RPM 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 XT



Level	RPM / time				
	60	70	80	90	100
1	01:41:29	01:29:11	01:18:20	01:09:51	01:04:52
2	01:31:42	01:18:45	01:09:15	01:01:14	00:57:10
3	01:20:56	01:12:21	01:04:04	00:57:34	00:53:17
4	01:14:02	01:05:16	00:58:51	00:52:50	00:48:54
5	01:08:02	00:59:57	00:53:06	00:47:43	00:44:05
6	01:01:24	00:54:19	00:49:07	00:43:49	00:39:59
7	00:59:09	00:50:32	00:44:44	00:40:10	00:37:42
8	00:48:51	00:43:41	00:37:16	00:35:02	00:31:45
9	00:40:08	00:35:28	00:31:36	00:28:18	00:25:31
10	00:33:15	00:29:41	00:27:09	00:23:59	
11	00:28:48	00:25:40	00:22:58		
12	00:28:49	00:23:00			

**If the competitor drops below his/her chosen RPM 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.**



**Sprint BR**



Level	RPM / time				
	60	70	80	90	100
1	00:20:18	00:17:50	00:15:40	00:13:58	00:13:07
2	00:17:47	00:15:45	00:13:51	00:12:22	00:11:52
3	00:16:11	00:14:28	00:12:49	00:11:31	00:10:39
4	00:14:48	00:13:18	00:11:46	00:10:34	00:10:03
5	00:13:20	00:11:59	00:10:37	00:09:33	00:09:15
6	00:12:17	00:10:52	00:09:49	00:08:46	00:08:00
7	00:11:38	00:10:06	00:09:00	00:08:12	00:07:37
8	00:09:46	00:08:53	00:07:43	00:06:55	00:06:30
9	00:08:02	00:07:09	00:06:19	00:05:40	00:05:18
10	00:06:29	00:05:36	00:05:02	00:04:33	
11	00:04:46	00:04:26			
12					

**If the competitor drops below his/her chosen RPM 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 BR**



Level	RPM / time				
	60	70	80	90	100
1	00:50:45	00:44:36	00:39:10	00:34:55	00:32:48
2	00:44:27	00:39:23	00:34:37	00:30:56	00:29:40
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4	00:37:01	00:33:15	00:29:25	00:26:25	00:25:07
5	00:33:21	00:29:58	00:26:33	00:23:51	00:23:08
6	00:30:42	00:27:10	00:24:33	00:21:54	00:19:59
7	00:29:05	00:25:16	00:22:30	00:20:31	00:19:02
8	00:24:25	00:22:13	00:19:17	00:17:17	00:16:16
9	00:20:04	00:17:54	00:15:48	00:14:09	00:13:16
10	00:16:12	00:14:00	00:12:35	00:11:23	
11	00:11:56	00:11:05			
12					

**If the competitor drops below his/her chosen RPM 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 BR



Level	RPM / time				
	60	70	80	90	100
1	01:41:29	01:29:11	01:18:20	01:09:51	01:05:35
2	01:28:55	01:18:45	01:09:15	01:01:51	00:59:19
3	01:20:56	01:12:21	01:04:04	00:57:34	00:53:17
4	01:14:02	01:06:30	00:58:51	00:52:50	00:50:15
5	01:06:42	00:59:57	00:53:06	00:47:43	00:46:16
6	01:01:24	00:54:19	00:49:07	00:43:49	00:39:59
7	00:58:11	00:50:32	00:45:00	00:41:02	00:38:04
8	00:48:51	00:44:26	00:38:35	00:34:34	00:32:32
9	00:40:08	00:35:47	00:31:36	00:28:18	00:26:32
10	00:32:24	00:27:59	00:25:10	00:22:45	
11	00:23:51	00:22:09			
12					

**If the competitor drops below his/her chosen RPM 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.**