ELLIPTIGO

Crank RPM (Cadence) as a Function of Vehicle Speed for the ElliptiGO

< 65 RPM, too low | 65-80 RPM, optimal | > 80 RPM, too high

Gear

11 speed (52T-18T) 409%

Gear	%	mph 0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
11th	14%												36	37	38	40	41	43	44	46	47	48	50	51	53	54	55	57	58	60	61	63	64	65	67	68
10th	13%												36	37	39	41	42	44	45	47	49	50	52	54	55	57	58	60	62	63	65	66	68	70	71	73
9th	14%											35	37	39	40	42	44	46	48	50	51	53	55	57	59	61	62	64	66	68	70	72	73	75	77
8th	13%										36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69	71	73	75	77	80	82	84	86
7th	14%									36	38	40	43	45	47	50	52	55	57	59	62	64	66	69	71	73	76	78	81	83	85	88			
6th	14%								35	38	41	43	46	49	51	54	57	59	62	65	68	70	73	76	78	81	84	86	89						
5th	13%							37	40	43	46	49	52	55	58	62	65	68	71	74	77	80	83	86	89										
4th	14%						35	38	42	45	49	52	56	59	63	66	70	73	77	80	84	87													
3rd	13%					36	40	44	48	52	56	60	64	68	72	76	80	84	87																
2nd	29%				36	40	45	49	54	58	63	67	72	76	81	85	90																		
1st				35	41	46	52	58	64	70	76	81	87																						

8 speed (53T-16T) 306%

Gear	%	mph 0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
8th	14%											35	36	38	40	41	43	45	46	48	50	51	53	55	56	58	60	61	63	64	66	68	69	71	73
7th	16%										36	38	40	41	43	45	47	49	51	53	55	56	58	60	62	64	66	68	70	72	73	75	77	79	81
6th	22%									35	37	39	41	44	46	48	50	52	55	57	59	61	63	66	68	70	72	74	76	79	81	83	85	87	90
5th	18%								35	37	40	43	45	48	51	53	56	59	61	64	67	69	72	75	77	80	83	85	88						
4th	14%						35	38	41	44	47	50	53	56	60	63	66	69	72	75	78	82	85	88											
3rd	16%						36	39	43	46	50	54	57	61	64	68	71	75	79	82	86	89													
2nd	22%					37	41	46	50	54	58	62	66	70	75	79	83	87																	
1st					35	41	46	51	56	61	66	71	76	81	86																				

3 speed (52T-13T) 177%

Gear	%	mph 0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
3rd	33%											35	37	38	40	42	43	45	47	48	50	52	53	55	57	58	60	62	63	65	67	68	70	71	73
2nd	33%									35	38	40	42	44	46	49	51	53	55	57	60	62	64	66	69	71	73	75	77	80	82	84	86	88	
1st								35	38	41	44	47	50	53	56	59	62	65	68	71	74	77	80	83	86	88									

Vehicle Speed