Cadence vs. Speed Chart

ELLIPTIGO

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

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

Gear

11 speed (52T-18T), 409%

Gear		Cadence values (by increasing vehicle speed)
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 70 71 73 74 75 77 78 80 81 82 84 85 87 88 90
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 75 76 78 79 81 83 84 86 88 89
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 79 81 83 84 86 88
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 88
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		Cadence values (by increasing vehicle speed)
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 74 76 78 79 81 83 84 86 88 89
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 83 85 87 88
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		Cadence values (by increasing vehicle speed)
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 75 76 78 80 81 83 85 86 88 90
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

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
kph	0.0	1.6	3.2	4.8	6.4	8.0	9.7	11.3	12.9	14.5	16.1	17.7	19.3	20.9	22.5	24.1	25.7	27.4	29.0	30.6	32.2	33.8	35.4	37.0	38.6	40.2	41.8	43.4	45.1	46.7	48.3	49.9	51.5	53.1

Vehicle Speed