



Power Analysis

If you intend to compete seriously, this service is for you.

TABLE 4.1 POWER PROFILE OUTPUT (IN W)

	Men				
	5 sec.	1 min.	5 min.	FT	
Good (e.g., cat. 3)	17.24	8.63	5.01	4.18	
	16.97	8.51	4.91	4.09	
	16.70	8.40	4.81	4.00	
	16.43	8.28	4.70	3.91	
	16.15	8.17	4.60	3.82	
Moderate (e.g., cat. 4)	15.88	8.05	4.50	3.73	
	15.61	7.94	4.39	3.64	12.74
	15.34	7.82	4.29	3.55	12.52
	15.07	7.71	4.17	3.47	12.31
	14.79	7.59	4.08	3.38	12.09
Fair (e.g., cat. 5)	14.52	7.48	3.98	3.29	11.88
	14.25	7.36	3.88	3.20	11.66
	13.98	7.25	3.77	3.11	11.45
	13.71	7.13	3.67	3.02	11.23
	13.44	7.02	3.57	2.93	11.01
Untrained (e.g., non-racer)	13.16	6.90	3.46	2.84	10.80
	12.89	6.79	3.36	2.75	10.58
	12.62	6.67	3.26	2.66	10.37
	12.35	6.56	3.15	2.58	10.15
	12.08	6.44	3.05	2.49	9.94
	11.80	6.33	2.95	2.40	9.72
	11.53	6.21	2.84	2.31	9.51
	11.26	6.10	2.74	2.22	9.29
	10.99	5.99	2.64	2.13	9.07
	10.72	5.87	2.53	2.04	8.86
	10.44	5.76	2.43	1.95	8.64
	10.17	5.64	2.33	1.86	8.43

The analysis will compare your strengths and weaknesses against those of other riders, giving you a benchmark from which to train.

BUT IT'S MORE
 – By determining a range of critical powers, we create a profile that illustrates your specific training needs