

Live Weight											
BPM	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3	3.25	BPM
50	50.0	62.5	75.0	87.5	100.0	112.5	125.0	137.5	150.0	162.5	50
55	55.0	68.8	103.1	96.3	110.0	123.8	137.5	151.3	165.0	178.8	55
60	60.0	75.0	112.5	105.0	120.0	135.0	150.0	165.0	180.0	195.0	60
65	65.0	81.3	121.9	113.8	130.0	146.3	162.5	178.8	195.0	211.3	65
70	70.0	87.5	131.3	122.5	140.0	157.5	175.0	192.5	210.0	227.5	70
75	75.0	93.8	140.6	131.3	150.0	168.8	187.5	206.3	225.0	243.8	75
80	80.0	100.0	150.0	140.0	160.0	180.0	200.0	220.0	240.0	260.0	80
85	85.0	106.3	159.4	148.8	170.0	191.3	212.5	233.8	255.0	276.3	85
90	90.0	112.5	168.8	157.5	180.0	202.5	225.0	247.5	270.0	292.5	90
95	95.0	118.8	178.1	166.3	190.0	213.8	237.5	261.3	285.0	308.8	95
100	100.0	125.0	187.5	175.0	200.0	225.0	250.0	275.0	300.0	325.0	100
105	105.0	131.3	196.9	183.8	210.0	236.3	262.5	288.8	315.0	341.3	105
110	110.0	137.5	206.3	192.5	220.0	247.5	275.0	302.5	330.0	357.5	110
115	115.0	143.8	215.6	201.3	230.0	258.8	287.5	316.3	345.0	373.8	115
120	120.0	150.0	225.0	210.0	240.0	270.0	300.0	330.0	360.0	390.0	120
125	125.0	156.3	234.4	218.8	250.0	281.3	312.5	343.8	375.0	406.3	125
130	130.0	162.5	243.8	227.5	260.0	292.5	325.0	357.5	390.0	422.5	130
135	135.0	168.8	253.1	236.3	270.0	303.8	337.5	371.3	405.0	438.8	135
140	140.0	175.0	262.5	245.0	280.0	315.0	350.0	385.0	420.0	455.0	140
145	145.0	181.3	271.9	253.8	290.0	326.3	362.5	398.8	435.0	471.3	145
150	150.0	187.5	281.3	262.5	300.0	337.5	375.0	412.5	450.0	487.5	150
155	155.0	193.8	290.6	271.3	310.0	348.8	387.5	426.3	465.0	503.8	155
160	160.0	200.0	300.0	280.0	320.0	360.0	400.0	440.0	480.0	520.0	160
165	165.0	206.3	309.4	288.8	330.0	371.3	412.5	453.8	495.0	536.3	165
170	170.0	212.5	318.8	297.5	340.0	382.5	425.0	467.5	510.0	552.5	170
175	175.0	218.8	328.1	306.3	350.0	393.8	437.5	481.3	525.0	568.8	175
180	180.0	225.0	337.5	315.0	360.0	405.0	450.0	495.0	540.0	585.0	180
185	185.0	231.3	346.9	323.8	370.0	416.3	462.5	508.8	555.0	601.3	185
190	190.0	237.5	356.3	332.5	380.0	427.5	475.0	522.5	570.0	617.5	190
195	195.0	243.8	365.6	341.3	390.0	438.8	487.5	536.3	585.0	633.8	195
200	200.0	250.0	375.0	350.0	400.0	450.0	500.0	550.0	600.0	650.0	200
205	205.0	256.3	384.4	358.8	410.0	461.3	512.5	563.8	615.0	666.3	205
210	210.0	262.5	393.8	367.5	420.0	472.5	525.0	577.5	630.0	682.5	210
215	215.0	268.8	403.1	376.3	430.0	483.8	537.5	591.3	645.0	698.8	215
220	220.0	275.0	412.5	385.0	440.0	495.0	550.0	605.0	660.0	715.0	220
225	225.0	281.3	421.9	393.8	450.0	506.3	562.5	618.8	675.0	731.3	225
230	230.0	287.5	431.3	402.5	460.0	517.5	575.0	632.5	690.0	747.5	230
235	235.0	293.8	440.6	411.3	470.0	528.8	587.5	646.3	705.0	763.8	235
240	240.0	300.0	450.0	420.0	480.0	540.0	600.0	660.0	720.0	780.0	240
245	245.0	306.3	459.4	428.8	490.0	551.3	612.5	673.8	735.0	796.3	245
250	250.0	312.5	468.8	437.5	500.0	562.5	625.0	687.5	750.0	812.5	250
255	255.0	318.8	478.1	446.3	510.0	573.8	637.5	701.3	765.0	828.8	255
260	260.0	325.0	487.5	455.0	520.0	585.0	650.0	715.0	780.0	845.0	260
265	265.0	331.3	496.9	463.8	530.0	596.3	662.5	728.8	795.0	861.3	265
270	270.0	337.5	506.3	472.5	540.0	607.5	675.0	742.5	810.0	877.5	270
275	275.0	343.8	515.6	481.3	550.0	618.8	687.5	756.3	825.0	893.8	275
280	280.0	350.0	525.0	490.0	560.0	630.0	700.0	770.0	840.0	910.0	280
285	285.0	356.3	534.4	498.8	570.0	641.3	712.5	783.8	855.0	926.3	285
290	290.0	362.5	543.8	507.5	580.0	652.5	725.0	797.5	870.0	942.5	290
295	295.0	368.8	553.1	516.3	590.0	663.8	737.5	811.3	885.0	958.8	295
300	300.0	375.0	562.5	525.0	600.0	675.0	750.0	825.0	900.0	975.0	300
305	305.0	381.3	571.9	533.8	610.0	686.3	762.5	838.8	915.0	991.3	305
310	310.0	387.5	581.3	542.5	620.0	697.5	775.0	852.5	930.0	1007.5	310
315	315.0	393.8	590.6	551.3	630.0	708.8	787.5	866.3	945.0	1023.8	315
320	320.0	400.0	600.0	560.0	640.0	720.0	800.0	880.0	960.0	1040.0	320

Live Weight											
BPM	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3	3.25	BPM
325	325.0	406.3	609.4	568.8	650.0	731.3	812.5	893.8	975.0	1056.3	325
330	330.0	412.5	618.8	577.5	660.0	742.5	825.0	907.5	990.0	1072.5	330
335	335.0	418.8	628.1	586.3	670.0	753.8	837.5	921.3	1005.0	1088.8	335
340	340.0	425.0	637.5	595.0	680.0	765.0	850.0	935.0	1020.0	1105.0	340
345	345.0	431.3	646.9	603.8	690.0	776.3	862.5	948.8	1035.0	1121.3	345
350	350.0	437.5	656.3	612.5	700.0	787.5	875.0	962.5	1050.0	1137.5	350
355	355.0	443.8	665.6	621.3	710.0	798.8	887.5	976.3	1065.0	1153.8	355
360	360.0	450.0	675.0	630.0	720.0	810.0	900.0	990.0	1080.0	1170.0	360
365	365.0	456.3	684.4	638.8	730.0	821.3	912.5	1003.8	1095.0	1186.3	365
370	370.0	462.5	693.8	647.5	740.0	832.5	925.0	1017.5	1110.0	1202.5	370
375	375.0	468.8	703.1	656.3	750.0	843.8	937.5	1031.3	1125.0	1218.8	375
380	380.0	475.0	712.5	665.0	760.0	855.0	950.0	1045.0	1140.0	1235.0	380
385	385.0	481.3	721.9	673.8	770.0	866.3	962.5	1058.8	1155.0	1251.3	385
390	390.0	487.5	731.3	682.5	780.0	877.5	975.0	1072.5	1170.0	1267.5	390
395	395.0	493.8	740.6	691.3	790.0	888.8	987.5	1086.3	1185.0	1283.8	395
400	400.0	500.0	750.0	700.0	800.0	900.0	1000.0	1100.0	1200.0	1300.0	400
405	405.0	506.3	759.4	708.8	810.0	911.3	1012.5	1113.8	1215.0	1316.3	405
410	410.0	512.5	768.8	717.5	820.0	922.5	1025.0	1127.5	1230.0	1332.5	410
415	415.0	518.8	778.1	726.3	830.0	933.8	1037.5	1141.3	1245.0	1348.8	415
420	420.0	525.0	787.5	735.0	840.0	945.0	1050.0	1155.0	1260.0	1365.0	420
425	425.0	531.3	796.9	743.8	850.0	956.3	1062.5	1168.8	1275.0	1381.3	425
430	430.0	537.5	806.3	752.5	860.0	967.5	1075.0	1182.5	1290.0	1397.5	430
435	435.0	543.8	815.6	761.3	870.0	978.8	1087.5	1196.3	1305.0	1413.8	435
440	440.0	550.0	825.0	770.0	880.0	990.0	1100.0	1210.0	1320.0	1430.0	440
445	445.0	556.3	834.4	778.8	890.0	1001.3	1112.5	1223.8	1335.0	1446.3	445
450	450.0	562.5	843.8	787.5	900.0	1012.5	1125.0	1237.5	1350.0	1462.5	450
455	455.0	568.8	853.1	796.3	910.0	1023.8	1137.5	1251.3	1365.0	1478.8	455
460	460.0	575.0	862.5	805.0	920.0	1035.0	1150.0	1265.0	1380.0	1495.0	460
465	465.0	581.3	871.9	813.8	930.0	1046.3	1162.5	1278.8	1395.0	1511.3	465
470	470.0	587.5	881.3	822.5	940.0	1057.5	1175.0	1292.5	1410.0	1527.5	470
475	475.0	593.8	890.6	831.3	950.0	1068.8	1187.5	1306.3	1425.0	1543.8	475
480	480.0	600.0	900.0	840.0	960.0	1080.0	1200.0	1320.0	1440.0	1560.0	480
485	485.0	606.3	909.4	848.8	970.0	1091.3	1212.5	1333.8	1455.0	1576.3	485
490	490.0	612.5	918.8	857.5	980.0	1102.5	1225.0	1347.5	1470.0	1592.5	490
495	495.0	618.8	928.1	866.3	990.0	1113.8	1237.5	1361.3	1485.0	1608.8	495
500	500.0	625.0	937.5	875.0	1000.0	1125.0	1250.0	1375.0	1500.0	1625.0	500

3.5	3.75	4	4.25	4.5	4.75	5
175.0	187.5	200.0	212.5	225.0	237.5	250.0
192.5	206.3	220.0	233.8	247.5	261.3	275.0
210.0	225.0	240.0	255.0	270.0	285.0	300.0
227.5	243.8	260.0	276.3	292.5	308.8	325.0
245.0	262.5	280.0	297.5	315.0	332.5	350.0
262.5	281.3	300.0	318.8	337.5	356.3	375.0
280.0	300.0	320.0	340.0	360.0	380.0	400.0
297.5	318.8	340.0	361.3	382.5	403.8	425.0
315.0	337.5	360.0	382.5	405.0	427.5	450.0
332.5	356.3	380.0	403.8	427.5	451.3	475.0
350.0	375.0	400.0	425.0	450.0	475.0	500.0
367.5	393.8	420.0	446.3	472.5	498.8	525.0
385.0	412.5	440.0	467.5	495.0	522.5	550.0
402.5	431.3	460.0	488.8	517.5	546.3	575.0
420.0	450.0	480.0	510.0	540.0	570.0	600.0
437.5	468.8	500.0	531.3	562.5	593.8	625.0
455.0	487.5	520.0	552.5	585.0	617.5	650.0
472.5	506.3	540.0	573.8	607.5	641.3	675.0
490.0	525.0	560.0	595.0	630.0	665.0	700.0
507.5	543.8	580.0	616.3	652.5	688.8	725.0
525.0	562.5	600.0	637.5	675.0	712.5	750.0
542.5	581.3	620.0	658.8	697.5	736.3	775.0
560.0	600.0	640.0	680.0	720.0	760.0	800.0
577.5	618.8	660.0	701.3	742.5	783.8	825.0
595.0	637.5	680.0	722.5	765.0	807.5	850.0
612.5	656.3	700.0	743.8	787.5	831.3	875.0
630.0	675.0	720.0	765.0	810.0	855.0	900.0
647.5	693.8	740.0	786.3	832.5	878.8	925.0
665.0	712.5	760.0	807.5	855.0	902.5	950.0
682.5	731.3	780.0	828.8	877.5	926.3	975.0
700.0	750.0	800.0	850.0	900.0	950.0	1000.0
717.5	768.8	820.0	871.3	922.5	973.8	1025.0
735.0	787.5	840.0	892.5	945.0	997.5	1050.0
752.5	806.3	860.0	913.8	967.5	1021.3	1075.0
770.0	825.0	880.0	935.0	990.0	1045.0	1100.0
787.5	843.8	900.0	956.3	1012.5	1068.8	1125.0
805.0	862.5	920.0	977.5	1035.0	1092.5	1150.0
822.5	881.3	940.0	998.8	1057.5	1116.3	1175.0
840.0	900.0	960.0	1020.0	1080.0	1140.0	1200.0
857.5	918.8	980.0	1041.3	1102.5	1163.8	1225.0
875.0	937.5	1000.0	1062.5	1125.0	1187.5	1250.0
892.5	956.3	1020.0	1083.8	1147.5	1211.3	1275.0
910.0	975.0	1040.0	1105.0	1170.0	1235.0	1300.0
927.5	993.8	1060.0	1126.3	1192.5	1258.8	1325.0
945.0	1012.5	1080.0	1147.5	1215.0	1282.5	1350.0
962.5	1031.3	1100.0	1168.8	1237.5	1306.3	1375.0
980.0	1050.0	1120.0	1190.0	1260.0	1330.0	1400.0
997.5	1068.8	1140.0	1211.3	1282.5	1353.8	1425.0
1015.0	1087.5	1160.0	1232.5	1305.0	1377.5	1450.0
1032.5	1106.3	1180.0	1253.8	1327.5	1401.3	1475.0
1050.0	1125.0	1200.0	1275.0	1350.0	1425.0	1500.0
1067.5	1143.8	1220.0	1296.3	1372.5	1448.8	1525.0
1085.0	1162.5	1240.0	1317.5	1395.0	1472.5	1550.0
1102.5	1181.3	1260.0	1338.8	1417.5	1496.3	1575.0
1120.0	1200.0	1280.0	1360.0	1440.0	1520.0	1600.0

3.5	3.75	4	4.25	4.5	4.75	5
1137.5	1218.8	1300.0	1381.3	1462.5	1543.8	1625.0
1155.0	1237.5	1320.0	1402.5	1485.0	1567.5	1650.0
1172.5	1256.3	1340.0	1423.8	1507.5	1591.3	1675.0
1190.0	1275.0	1360.0	1445.0	1530.0	1615.0	1700.0
1207.5	1293.8	1380.0	1466.3	1552.5	1638.8	1725.0
1225.0	1312.5	1400.0	1487.5	1575.0	1662.5	1750.0
1242.5	1331.3	1420.0	1508.8	1597.5	1686.3	1775.0
1260.0	1350.0	1440.0	1530.0	1620.0	1710.0	1800.0
1277.5	1368.8	1460.0	1551.3	1642.5	1733.8	1825.0
1295.0	1387.5	1480.0	1572.5	1665.0	1757.5	1850.0
1312.5	1406.3	1500.0	1593.8	1687.5	1781.3	1875.0
1330.0	1425.0	1520.0	1615.0	1710.0	1805.0	1900.0
1347.5	1443.8	1540.0	1636.3	1732.5	1828.8	1925.0
1365.0	1462.5	1560.0	1657.5	1755.0	1852.5	1950.0
1382.5	1481.3	1580.0	1678.8	1777.5	1876.3	1975.0
1400.0	1500.0	1600.0	1700.0	1800.0	1900.0	2000.0
1417.5	1518.8	1620.0	1721.3	1822.5	1923.8	2025.0
1435.0	1537.5	1640.0	1742.5	1845.0	1947.5	2050.0
1452.5	1556.3	1660.0	1763.8	1867.5	1971.3	2075.0
1470.0	1575.0	1680.0	1785.0	1890.0	1995.0	2100.0
1487.5	1593.8	1700.0	1806.3	1912.5	2018.8	2125.0
1505.0	1612.5	1720.0	1827.5	1935.0	2042.5	2150.0
1522.5	1631.3	1740.0	1848.8	1957.5	2066.3	2175.0
1540.0	1650.0	1760.0	1870.0	1980.0	2090.0	2200.0
1557.5	1668.8	1780.0	1891.3	2002.5	2113.8	2225.0
1575.0	1687.5	1800.0	1912.5	2025.0	2137.5	2250.0
1592.5	1706.3	1820.0	1933.8	2047.5	2161.3	2275.0
1610.0	1725.0	1840.0	1955.0	2070.0	2185.0	2300.0
1627.5	1743.8	1860.0	1976.3	2092.5	2208.8	2325.0
1645.0	1762.5	1880.0	1997.5	2115.0	2232.5	2350.0
1662.5	1781.3	1900.0	2018.8	2137.5	2256.3	2375.0
1680.0	1800.0	1920.0	2040.0	2160.0	2280.0	2400.0
1697.5	1818.8	1940.0	2061.3	2182.5	2303.8	2425.0
1715.0	1837.5	1960.0	2082.5	2205.0	2327.5	2450.0
1732.5	1856.3	1980.0	2103.8	2227.5	2351.3	2475.0
1750.0	1875.0	2000.0	2125.0	2250.0	2375.0	2500.0