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	%	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	75
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
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	%	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
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
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	%	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
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