

- ▶ Relevant types: FIGHT GHOST DARK DRAGON ICE ROCK GROUND ELECTR GRASS WATER FIRE STEEL FAIRY
- ▶ Not Relevant types: PSYCH FLYING POISON BUG NORMAL
- ▶ Pokémons with barred names mean that there are either not still not available in the game, or that it is worthwhile to wait a Community Day before evolving it.
- ▶ Moves with symbol † are legacy and unavailable.
- ▶ 🔮 means that the Pokémons can mega-evolve at generation 6.
- ▶ Neutral DPS, Effective Health, and TDO are computed for Pokémons at level 40, with perfect IVs.
- ▶ **Neutral DPS** (Damage per Second) represents how much damage a Pokémons can make in a second. It depends on the Pokémons's attack stat (base ATT + ATT IV) \times 0.7903, on the Pokémons's fast and charged moves and on the "Same Type Attack Bonus" (STAB, 25% damage boost of a move when it is the same type as one of the types of the Pokémons using the move). They define the damages and the necessary energy for realising the damages.

DPS \leq 12.5	not an attacker
12.5 < DPS \leq 16	a good attacker (but privilege ATT IV = 15, and level up to 35)
DPS $>$ 16	excellent attacker

- ▶ The **Effective Health (EH)** is computed via the formula:

$$EH = (base\ DEF + DEF\ IV) \times (base\ HP + HP\ IV) \times \frac{0.7903^2}{900}$$

EH \leq 25	very fragile
25 < EH \leq 30	fragile but viable
30 < EH \leq 35	bulky
EH $>$ 35	very bulky

- ▶ **TDO** (Total Damage Output) represents how much damage a Pokémons can make before it faints. It is computed via the formula: TDO = DPS \times EH.
- ▶ Useful resources

► Base Statistics

► Base Statistics for generations 5 to 7

► Comprehensive DPS/TDO spreadsheet

► Raid simulator

Fighting

Machamp

Hariyama



FIGHT

FIGHT

Ideal moveset	● Counter (12) ● Dynamic Punch (90)	● Counter (12) ● Dynamic Punch (90)
ATT	234	209
DEF	159	114
HP	207	302
DPS	16.21	15.19
Effective Health	26.81	28.38
TDO	434.6	431.1
Weaknesses	PSYCHIC FAIRY FLYING	PSYCHIC FAIRY FLYING
Comments	Best fighting Pokémon	Bulkier, less DPS

Other viable alternatives: **Breloom** (more DPS than Machamp, but very low EH), **Mewtwo** (with Focus Blast, DPS: 13.64, good EH, and not weak to PSYCHIC moves)

Generation 5 competitor: **Conkeldurr** (higher DPS&TDO than Machamp)

This type is useful versus NORMAL DARK ICE STEEL ROCK and versus the following raid bosses:



Ghost

Giratina (O)

GYHOST DRAGON

Gengar

GYHOST POISON

Mewtwo

PSYCHIC



Ideal moveset	Shadow Claw (9) Shadow Ball (100)	Lick† (5) / S.Claw† (9) Shadow Ball (100)	Psycho Cut (5) Shadow Ball† (100)
ATT	225	261	300
DEF	187	149	182
HP	284	155	214
DPS	15.81	18.11	15.23
Effective Health	41.91	19.35	31.31
TDO	662.8	350.4	476.9
Weaknesses	ICE FLYING DRAGON GHOST DARK	PSYCHIC GHOST DARK GROUND	GYHOST DARK BUG

Comments Its amazing bulk and moves make it the ghost King.
Very fragile. Do not use against counters with PSYCHIC moves.
Worse Giratina. DPS corrected for PSYCHIC opponents

Generation 5 competitor: Chandelure (more DPS&TDO than Gengar, but still fragile)

This type is useful versus PSYCHIC GHOST and versus the following raid bosses:



Dark

Darkrai

DARK



Tyranitar

ROCK

DARK

PSYCHO

POISON

ICE

FLAME

FIGHT

WATER

GRASS

STEEL

GROUND

BUG

FIRE

STEEL

ROCK

ICE

Weavile

DARK

ICE



Ideal moveset	<input checked="" type="radio"/> Snarl (12) <input checked="" type="radio"/> Shadow Ball (100)	<input checked="" type="radio"/> Bite (6) <input checked="" type="radio"/> Crunch (70)	<input checked="" type="radio"/> Feint Attack (10) <input checked="" type="radio"/> Foul Play (70)
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ATT	285	251	243
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DEF	198	207	171
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HP	172	225	172
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DPS	16.8	14.28	15.13
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Effective Health	27.64	36.97	24.14
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TDO	464.4	527.8	365.1
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Weaknesses	<input type="button" value="FIGHT"/> <input type="button" value="FIRE"/> <input type="button" value="WATER"/> <input type="button" value="GRASS"/> <input type="button" value="STEEL"/> <input type="button" value="GROUND"/>	<input type="button" value="FIGHT"/> <input type="button" value="FIRE"/> <input type="button" value="WATER"/> <input type="button" value="GRASS"/> <input type="button" value="STEEL"/> <input type="button" value="ROCK"/>	<input type="button" value="FIGHT"/> <input type="button" value="FIRE"/> <input type="button" value="WATER"/> <input type="button" value="GRASS"/> <input type="button" value="STEEL"/> <input type="button" value="ROCK"/>
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Comments	Best DARK Pokémon	Bulkier, less DPS	Its typing makes it useful versus ICE moves.
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Generation 5 competitors: Hydreigon (similar to Tyranitar), Zoroark (as fragile as Weavile)

This type is useful versus PSYCHO GHOST and versus the following raid bosses:



Dragon

	Rayquaza	Salamence	Palkia	Dragonite	Dialga
Ideal moveset	Dragon Tail (15) Outrage (110)	Dragon Tail (15) Outrage† (110)	Dragon Tail (15) Draco Meteor (150)	Dragon Tail (15) Outrage (110)	Dragon Breath (6) Draco Meteor (150)
ATT	284	277	280	263	275
DEF	170	168	215	198	211
HP	213	216	189	209	205
DPS	18.68	18.27	17.91	17.23	17.09
Effective Health	29.27	29.33	32.56	33.11	34.51
TDO	546.8	535.9	583.2	570.5	589.7
Weaknesses	ICE ROCK DRAGON Fairy	ICE ROCK DRAGON Fairy	DRAGON Fairy	ICE ROCK DRAGON Fairy	FIGHT GROUND
Comments	Rayquaza faces heavy competition	Similar to Rayquaza, less DPS	Double resistance to WATER and FIRE moves	Worse Rayquaza	No DRAGON weakness

Other viable alternatives: **Garchomp** (same DPS as Dragonite, more TDO, however, it is more interesting as GROUND type Pokémon), **Latios** (less DPS than Dialga)

Generation 5 competitors: **Haxorus** (more fragile than Rayquaza), **Zekrom**, **Reshiram** (same DPS as Salamence, but bulkier)

This type is useful versus DRAGON and versus the following raid bosses:



Mamoswine

ICE GROUND

Glaceon

ICE

Weawile

DARK

ICE

Mewtwo

PSYCHO



Ideal moveset
• Powder Snow (6)
• Avalanche (90)

• Frost Breath (10)
• Avalanche (90)

• Ice Shard (12)
• Avalanche (90)

• Psycho Cut (5)
• Ice Beam (90)

ATT 247

238

243

300

DEF 146

205

171

182

HP 242

163

172

214

DPS 16.02

15.08

15.13

13.41

Effective Health 28.72

27.18

24.14

31.31

TDO 459.9

409.7

370.1

419.9

Weaknesses

FIGHT FIRE STEEL
WATER GRASS

FIGHT FIRE STEEL ROCK
STEEL FIRE

FIGHT FAIRY BUG
STEEL ROCK FIRE

GHOST DARK BUG

Comments

The undisputed ice King.

Inferior to Mamoswine.

Similar to Glaceon

Bulky, less DPS. Interesting versus Groudon.
(DRAGON weakness)

Generation 5 competitor: Kyurem (same DPS as Mamoswine, but slightly bulkier with the DRAGON weakness)

This type is useful versus DRAGON FLYING GRASS GROUND and versus the following raid bosses:



Rock

Ramparos

ROCK



Tyranitar

ROCK

DARK



Rhyperior

GROUND

ROCK



Ideal moveset	Smack Down (16) Rock Slide (80)	Smack Down [†] (16) Stone Edge (100)	Smack Down (16) Stone Edge (100)
ATT	295	251	241
DEF	109	207	190
HP	219	225	251
DPS	18.41	14.41	13.98
Effective Health	20.14	36.97	37.84
TDO	370.8	532.6	529
Weaknesses	WATER GRASS GROUND FIGHT STEEL	FIGHT FAIRY BUG WATER GRASS STEEL GROUND	WATER GRASS GROUND FIRE STEEL ROCK

Comments Monstrous DPS, but fragile Great bulk and good DPS Less DPS than Tyranitar.
Potential Community Day

Generation 5 competitors: Archeops (as fragile as Ramparos), Terrakion (as bulky as Tyranitar, but more DPS)

This type is useful versus FLYING FIRE ICE BUG and versus the following raid bosses:



Ground

Groudon

GROUND



Garchomp

DRAGON GROUND



Rhyperior

GROUND ROCK



Mamoswine

ICE GROUND



Ideal moveset	• Mud Shot (5) • Earthquake (120)	• Mud Shot (5) • Earthquake (120)	• Mud Slap (15) • Earthquake (120)	• Mud Slap (15) • Bulldoze (80)
ATT	270	261	241	247
DEF	228	193	190	146
HP	205	239	251	242
DPS	13.96	13.67	12.66	13.12
Effective Health	37.10	36.66	37.84	28.72
TDO	517.8	501.2	478.9	376.8
Weaknesses	WATER GRASS ICE	ICE FAIRY DRAGON	WATER GRASS GROUND FIRE STEEL ROCK	
Comments	The ground King, in competition with Garchomp	Potential Community Day	Worse Groudon	Good DPS

Generation 5 competitors: Landorus (as good as Garchomp), Excadrill

This type is useful versus STEEL ELECTRIC POISON ROCK and versus the following raid bosses:



Electric

Raikou

ELECTR



Magnezone

ELECTR STEEL



Electivire

ELECTR



Mewtwo

PSYCHO



Ideal moveset	Thunder Shock (5) Wild Charge (90)	Spark (6) Wild Charge (90)	Thunder Shock (5) Wild Charge (90)	Psycho Cut (5) Thunderbolt (80)
ATT	241	238	249	300
DEF	195	205	163	182
HP	207	172	181	214
DPS	16.13	15.68	16.74	14.82
Effective Health	32.36	28.55	24.21	31.31
TDO	522	447.6	405.2	464.1
Weaknesses	GROUND	GROUND FIGHT FIRE	GROUND	GHOST DARK BUG

Comments Balance stats: great DPS and TDO
Tons of resistance, giving a high TDO when exploited
Amazing DPS, but fragile
Inferior to Raikou

Other viable alternatives : Zapdos (its problem is its ICE weakness)

Generation 5 competitors: Zekrom (more DPS&TDO than Raikou, but has the ICE weakness), Thundurus (as fragile as Electivire, with the ICE weakness)

This type is useful versus **FLYING WATER** and versus the following raid bosses:



Grass

Roserade

GRASS POISON

**Venusaur**

GRASS POISON

**Sceptile**

GRASS

**Exeggutor (A)**

GRASS DRAGON



Ideal moveset	• Raser Leaf (13) • Grass Knot (90)	• Vine Whip (7) • Frenzy Plant† (100)	• Bullet Seed (8) • Frenzy Plant† (100)	• Bullet Seed (8) • Solar Beam (180)
ATT	243	198	223	230
DEF	185	189	169	153
HP	155	190	171	216
DPS	15.78	14.78	15.43	13.82
Effective Health	23.60	29.01	23.75	26.93
TDO	372.4	429	368.5	371.8
Weaknesses	FIRE ICE FLYING PSYCHIC	FIRE ICE FLYING PSYCHIC	FIRE ICE FLYING POISON BUG	ICE FLYING BUG DRAGON FABY POISON
Comments	Great DPS	Good DPS and excellent TDO	Similar to Roserade	Double resistance to WATER GRASS ELECTR moves

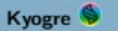
Generation 5 competitors: None

This type is useful versus WATER GROUND ROCK and versus the following raid bosses:



Water

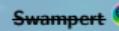
Kyogre



WATER



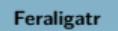
Swampert



WATER GROUND



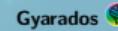
Feraligatr



WATER



Gyarados



WATER FLYING



Ideal moveset	Waterfall (16) Hydro Pump (130)	Water Gun (5) Hydro Cannon† (90)	Waterfall (16) Hydro Cannon† (90)	Waterfall (16) Hydro Pump (130)
ATT	270	208	205	237
DEF	228	175	188	186
HP	205	225	198	216
DPS	15.91	15.61	14.79	14.23
Effective Health	37.10	31.65	30.01	32.22
TDO	590.3	494	443.9	458.5
Weaknesses	ELECTR GRASS	GRASS	ELECTR GRASS	ELECTR ROCK
Comments	The king of the sea	Inferior to Kyogre. Potential Community Day	Worse Swampert	Useful versus Ground type Pokémon (such as Groudon)

Generation 5 competitors: None

This type is useful versus FIRE GROUND ROCK and versus the following raid bosses:



Fire

Moltres

FIRE FLYING



Entei

FIRE



Blaziken

FIRE FIGHT



Charizard

FIRE FLYING



Ideal moveset	• Fire Spin (14) • Overheat (160)	• Fire Spin (14) • Overheat (160)	• Fire Spin (14) • Blast Burn† (110)	• Fire Spin (14) • Blast Burn† (110)
ATT	251	235	240	223
DEF	181	171	141	173
HP	207	251	190	186
DPS	16.27	15.50	17.25	15.88
Effective Health	30.20	34.34	22.19	26.22
TDO	491.4	532.3	379.4	416.3
Weaknesses	ROCK ELECTR WATER	ROCK GROUND WATER	PSYCH FLYING GROUND WATER	ROCK ELECTR WATER
Comments	Good DPS & TDO	Bulkier than Moltres	Amazing DPS, but fragile	Worse Moltres

Generation 5 competitors: Reshiram (higher DPS&TDO than Moltres), Chandelure (high DPS, but fragile), Volcarona (high DPS), Darmanitan (high DPS, but fragile)

This type is useful versus ICE GRASS BUG STEEL and versus the following raid bosses:



Steel

Metagross STEEL PSYCHIC

Dialga STEEL DRAGON



Ideal moveset	<input checked="" type="radio"/> Bullet Punch (9) <input checked="" type="radio"/> Meteor Mash† (100)	<input checked="" type="radio"/> Metal Claw (8) <input checked="" type="radio"/> Iron Head (60)
ATT	257	275
DEF	228	211
HP	190	205
DPS	17.98	15.97
Effective Health	34.57	34.51
TDO	621.7	551
Weaknesses		
Comments	Best STEEL Pokémon for Worse Metagross generations	

Generation 5 competitor: Excadrill (worse Metagross)

This type is useful versus and versus the following raid bosses:



Fairy

Gardevoir

PSYCHIC FAIRY

Togekiss

FAIRY FLYING

Granbull

FAIRY



Ideal moveset	Confusion (20) Dazzling Gleam (100)	Air-Slash (14) Dazzling Gleam (100)	Snarl (12) Play Rough (90)
ATT	237	225	212
DEF	196	217	131
HP	169	198	207
DPS	15.09	13.86	13.48
Effective Health	26.81	34.30	22.49
TDO	404.5	475.5	303.2
Weaknesses	GHOST STEEL POISON	STEEL POISON ROCK ELECTR ICE	STEEL POISON
Comments	Best FAIRY Pokémon for generations. Could learn a FAIRY fast move in the future through a CD.	Bulkier, good DPS. Best fast attack is ⚡ H Power. Could learn a FAIRY fast move in the future.	A "low cost" FAIRY Poké-mon

Generation 5 competitors: None

This type is useful versus DRAGON DARK FIGHT and versus the following raid bosses (only in the case they have a DRAGON charged move):



Psychic (not relevant)

Mewtwo



PSWHD

Espeon



PSWHD

Alakazam



PSWHD

Ideal moveset	Confusion (20) Psychic (100)	Confusion (20) Future Sight (120)	Confusion (20) Future Sight (120)
ATT	300	261	271
DEF	182	175	167
HP	214	163	146
DPS	16.56	15.62	16.04
Effective Health	31.31	23.47	20.34
TDO	518.3	366.6	326.2
Weaknesses	GHOST DARK BUG	GHOST DARK BUG	GHOST DARK BUG
Comments	Best PSYCHIC Pokémon for generations	Good DPS, a bit fragile	Similar to Espeon, but more fragile

Generation 5 competitors: None

This type is useful versus POISON FIGHT and versus the following raid bosses: Terrakion (generation 5), Virizion (generation 5)

Flying (not relevant)

Moltres



FIRE FLYING

Rayquaza

DRAGON FLYING



Honchkrow

DARK FLYING



Ideal moveset	<input checked="" type="radio"/> Fire Spin (14) <input checked="" type="radio"/> Sky Attack (80)	<input checked="" type="radio"/> Air Slash (14) <input checked="" type="radio"/> Aerial Ace (55)	<input checked="" type="radio"/> Peck (10) <input checked="" type="radio"/> Sky Attack (80)
ATT	251	284	243
DEF	181	170	103
HP	207	213	225
DPS	17.36	15.47	16.77
Effective Health	30.19	29.27	19.65
TDO	524.2	452.9	329.5
Weaknesses	ROCK ELECTRIC WATER	ICE DRAGON ROCK FAIRY	ELECTRIC ROCK ICE FAIRY
Comments	Best FLYING Pokémon versus Virizion	Similar to Moltres	Excellent DPS, but fragile

Generation 5 competitors: Tornadus, Archeops (good DPS, but fragile)

This type is useful versus GRASS BUG FIGHT and versus the following raid boss: Virizion (generation 5)

Poison (not relevant)

Roserade		Gengar	Toxicraak	
		GHOST POISON	POISON FIGHT	
GRASS POISON		GHOST POISON	POISON FIGHT	
Ideal moveset		• Poison Jab (10) • Sludge Bomb (80)	• Lick† (5) / • S.Claw† (9) • Sludge Bomb (80)	• Poison Jab (10) • Sludge Bomb (80)
ATT	243	261	211	
DEF	185	149	133	
HP	155	155	195	
DPS	15.85	17.33	14.37	
Effective Health	23.60	19.35	21.57	
TDO	374	335.2	309.9	
Weaknesses	PSYCHO FLYING FIRE ICE	PSYCHO GROUND GHOST DARK	PSYCHO GROUND FLYING	
Comments	Best POISON Pokémon for Glass cannon generations Worse Roserade			
Generation 5 competitors: None				

This type is useful versus GRASS FIGHT and versus the following raid boss: Virizion (generation 5)

Bug (not relevant)

Scizor

BUG STEEL



Pinsir

BUG



Yanmega

BUG FLYING



Ideal moveset	• Fury Cutter (3) • X-Scissor (45)	• Bug Bite (5) • X-Scissor (45)	• Bug Bite (5) • Bug Buzz (90)
ATT	236	238	231
DEF	181	182	156
HP	172	163	200
DPS	13.76	14.07	13.63
Effective Health	25.44	24.34	25.52
TDO	350	342.4	347.8
Weaknesses	FIRE	FIRE FLYING ROCK	ROCK FIRE FLYING ELECTRIC ICE
Comments	Best BUG Pokémon until generation 5	Similar to Scizor	Great versus Grass

Generation 5 competitors: Volcarona (high DPS), Genesect (high DPS)

This type is useful versus GRASS PSYCHIC DARK. However,

- versus PSYCHIC raid boss, it is more relevant to use GHOST or DARK counters.
- versus GRASS raid boss, it is more relevant to use FIRE or FLYING counters.
- versus DARK raid boss, it is more relevant to use FIGHT counters.

10 best investments for PvE

Machamp

FIGHT



Raikou

ELECTRIC



Mamoswine

ICE

GROUND



Giratina (O)

GHOST

DRAGON



Metagross

STEEL

PSYCHIC



Ideal moveset

- Counter (12)
- Dynamic Punch (90)

- Thunder Shock (5)
- Wild Charge (90)

- Mamoswine (6)
- Avalanche (90)

- Shadow Claw (9)
- Shadow Ball (100)

- Bullet Punch (9)
- Meteor Mash[†] (100)

Alternatives

Conkeldurr

Magnezone, Zekrom

Weavile (Avalanche)

Mewtwo (Shadow Ball)

None

Rayquaza

DRAGON FLYING



Tyranitar

ROCK DARK



Tyranitar

ROCK DARK



Roserade

GRASS POISON



Kyogre

WATER



Ideal moveset

- Dragon Tail (15)
- Outrage (110)

- Smack Down (16)
- Stone Edge (100)

- Bite (6)
- Crunch (70)

- Raser Leaf (13)
- Grass Knot (90)

- Waterfall (15)
- Hydro Pump (130)

Alternatives

Salamence (Outrage),
Dragonite, Garchomp

Ramparos, Terrakion

Weavile (Foul Play),
Darkrai

Venusaur (Frenzy Plant)

Swampert (Hydro
Cannon)

Best legendary investment

Raikou

ELECTRIC



Giratina (O)

GYHOST DRAGON



Darkrai

DARK



Mewtwo

PSYCHE



Ideal moveset

- Thunder Shock (5)
- Wild Charge (90)

- Shadow Claw (9)
- Shadow Ball (100)

- Snarl (12)
- Shadow Ball (100)

- Psycho Cut (5)
- Shadow Ball† (100)
- Psychic / F.Blast

Alternatives

Magnezone, Zekrom

Mewtwo (Shadow Ball)

Tyranitar, Weavile

Giratina (O)

Rayquaza

DRAGON FLYING



Kyogre

WATER



Groudon

GROUND



Moltres

FIRE FLYING



Ideal moveset

- Dragon Tail (15)
- Outrage (110)

- Waterfall (15)
- Hydro Pump (130)

- Mud Shot (5)
- Earthquake (120)

- Fire Spin (12)
- Sky Attack (80)
- Overheat (160)

Alternatives

Salamence (Outrage), Dragonite, Garchomp

Swampert (Hydro Cannon)

Garchomp

Entei, Reshiram