Moves: They are all defined differently from PvE. In PvP, a move is defined by its power (the amount of damage it deals), its energy (the amount of energy it generates or uses) and its duration (the number of turns the move lasts, each turn lasts for 0.5s).

Three measures can be defined:

- PT stands for Damage per turn. Equivalent to DPS in non-PvP scenarios. Higher is better. Only for fast moves.
- EPT stands for Energy per turn. Equivalent to EPS in non-PvP scenarios. Higher is better. Only for fast moves.

 DPE stands for Damage per energy. DPE describes how efficiently you deal damage in comparison to the energy spent. Higher is better. Only for charged moves.

Examples of PvP stats for fast moves are:

Move	Power	Energy	Duration (s)	DPT	EPT
Mud Shot	3	9	2	1.50	4.50
O Psycho Cut	3	9	2	1.50	4.50
O Thunder Shock	3	9	2	1.50	4.5

Examples of PvP stats for charged moves are:

Move	Power	Energy	DPE
Hydro Cannon	90	40	2.25
Frenzy Plant	100	45	2.22
O Blast Burn	110	50	2.20
Avalanche	90	45	2.00
Draco Meteor	150	75	2.00

For more details: https://pokemongohub.net/post/pvp/pvp-move-stats-in-pokemon-go/

The Effective Health (EH) measures the bulkiness of a Pokémon and is computed via the formula:

EH = (DEF at considered level) × (HP at considered level)

where DEF at considered level = (Base DEF + IV DEF) \times coeff_level Example of coefficients are

Level	Level 20	Level 25	Level 30	Level 35	Level 40
coeff_level	0.5974	0.667934	0.7317	0.76156384	0.7903

At level 40 (Master league),

EH \(\le 22,500\) very fragile fragile but viable 27,000 \(\le EH \le 31,500\) bulky EH \(\le 31,500\) very bulky

Best Pokémon for PvP

- ▶ Leagues: Great league (CP < 1500), Ultra league (CP < 2500), Master league (no CP limit).
- Optimal IV and level (only for Great and Ultra leagues) (read https://pokemongohub.net/post/pvp/getting-ready-for-pvp/)
 We would like to compare Moltres and Charizard

	Moltres	FIRE FLYING	Charizard	FIRE FLVING
				/
			7 1	
	· ·			
ATT	251		223	
DEF	181		173	
HP	207	THE REAL PROPERTY.	186	

For Moltres, the effective stats are

ATT IV	DEF IV	HP IV	LVL	CP	ATT	DEF	HP	SUM	EH
15	15	15	25	2475	177	130	148	455	19240
13	15	14	25.5	2500	178	132	149	459	19668
0	15	3	27.5	2499	175	137	147	459	20139
// 1	3	15	27.5	2499	176	128	155	459	19840

For Charizard, the effective stats are:

ATT IV	DEF IV	HP IV	LVL	CP	ATT	DEF	HP	SUM	EH
15	15	15	30.5	2497	174	138	147	459	20286
15	0	0	35.5	2495	181	132	142	455	18744
0	15	15	34.5	2494	169	142	152	463	21584
15	13	14	31	2498	175	137	147	459	20139

Moltres (13, 15, 14) has better statistics for Ultra league than Moltres (15, 15, 15). For each league, there is an optimal IV set and level that maximises attack, defence and HP statistics. For Master league, the optimal IV set is (15, 15, 15) and optimal level evia 40. Furthermore, Charizard (15, 13, 14) at level 31 and Moltres (0, 15, 3) at level 27.5 have exactly same statistics. To determine which one is most interesting in PvP, we must look at their moves.

Battle simulator: https://www.pokebattler.com, https://pvpoke.com

Great league (CP ≤ 1500)



Other alternatives:

- ► Skarmory: Air Slash, Sky Attack, Flash Cannon
- ▶ Venusaur: Vine Whip, Frenzy Plant, Sludge Bomb
- Umbreon: Snarl, Foul Play, Last Resort
- ► Cresselia: Psycho Cut, Future Sight, Moonblast



Other alternatives:

- ► Giratina (Origin): Shadow Claw, Shadow Ball, Ominous Wind
- ▶ Venusaur: Vine Whip, Frenzy Plant, Sludge Bomb
- ► Typhlosion: Shadow Claw, Blast Burn, Solar Beam
- ► Kingdra: Dragon Breath, Outrage, Hydro Pump



Other alternatives:

- Melmetal: Thunder Shock, Rock Slide, Flash Cannon
- ▶ Mewtwo: Psycho Cut, Shadow Ball, Focus Blast
- ► Tyranitar: Smack Down, Crunch, Stone Edge
- Dragonite: Dragon Breath, Dragon Claw, Outrage

Steal their look

Once you got your three medals, you can steal their look:





