## **Keiser M3i Power-Speed**

## **Keiser Data**

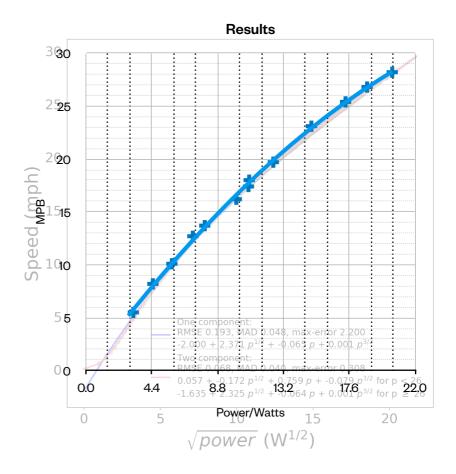
| Power<br>(watts) Sq<br>root | МРН  |
|-----------------------------|------|
| 2.8                         | -    |
| 3.2                         | 5.5  |
| 4.5                         | 8.2  |
| 5.7                         | 10.1 |
| 7.1                         | 12.7 |
| 7.9                         | 13.7 |
| 10.0                        | 16.2 |
| 10.9                        | 17.4 |
| 10.9                        | 18.0 |
| 12.5                        | 19.7 |
| 15.1                        | 23.1 |
| 17.3                        | 25.4 |
| 18.8                        | 26.8 |
| 20.5                        | 28.2 |
|                             |      |

## Is there a correlation between Keiser Power and Speed?

Using the Keiser M series bikes bluetooth connection to connect to my Garmin Fenix to provide spd/cad, lve noted the following speeds (mph) at certain Power (watts).

Overlaying this graph over the Peloton Graph\* it appears to be a good match to the calculations used for Peloton bike!

\* Peloton Graph extract - https://ihaque.org/posts/ 2020/12/25/pelomon-part-ib-computing-speed/



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