

Keiser M3i Power-Speed

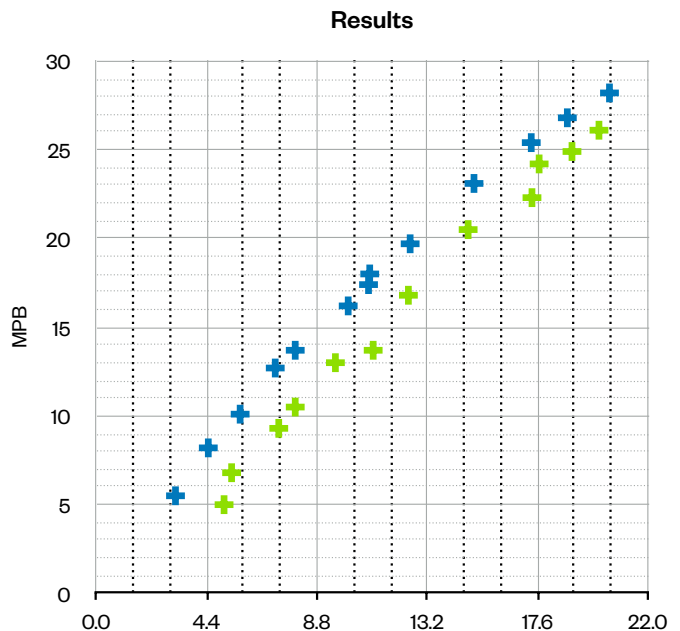
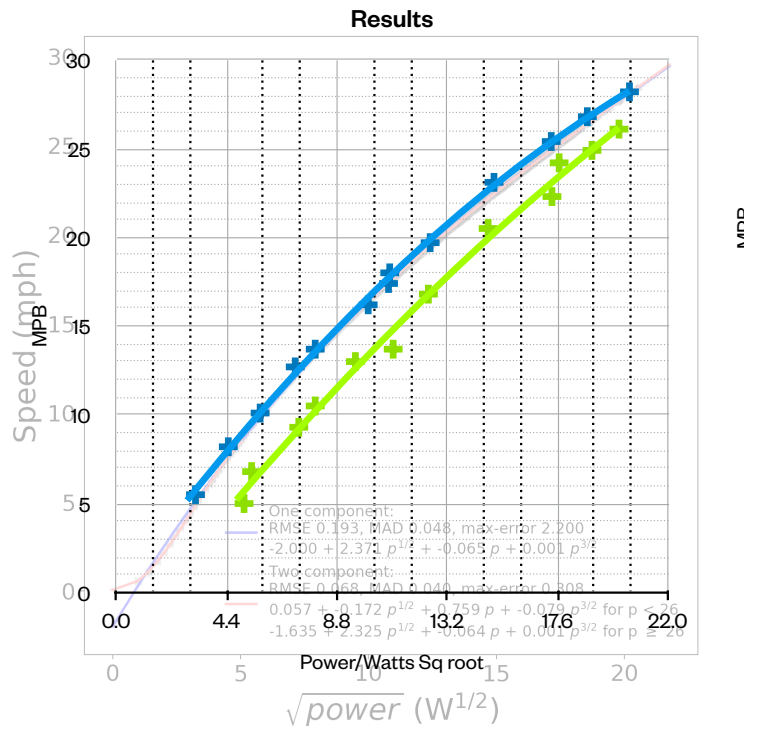
Keiser Speed	vs.	Gymnasticon speed	
Power (watts) Sq root	MPH	Power (watts) Sq root	MPH
2.8	-		
3.2	5.5	4.8	-
4.5	8.2	5.1	5.0
5.7	10.1	5.4	6.8
7.1	12.7	7.3	9.3
7.9	13.7	7.9	10.5
10.0	16.2	9.5	13.0
10.9	17.4	11.0	13.7
10.9	18.0		
12.5	19.7	12.4	16.8
15.1	23.1	14.8	20.5
17.3	25.4	17.4	22.3
18.8	26.8	17.7	24.2
20.5	28.2	19.0	24.9
		20.0	26.1

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, I've 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/peloton-part-ib-computing-speed/>



Results

