Keiser M3i Power-Speed

Keiser Speed   **vs.**   **Gymnasticon speed**

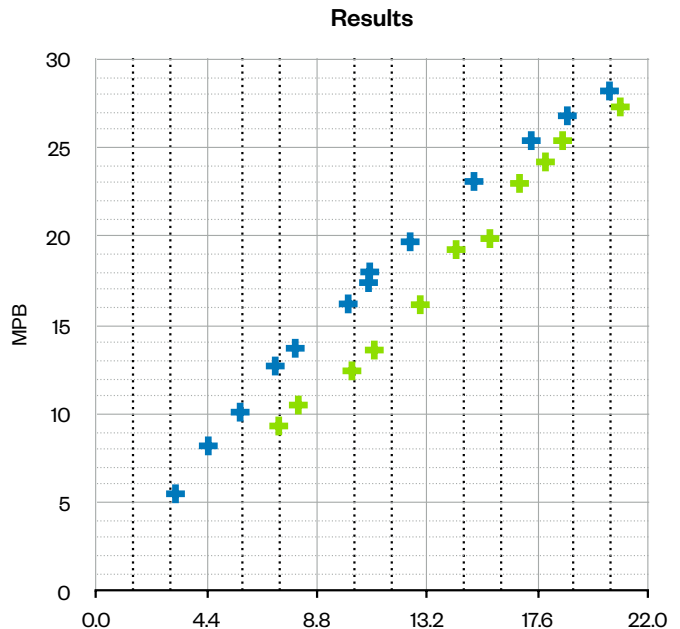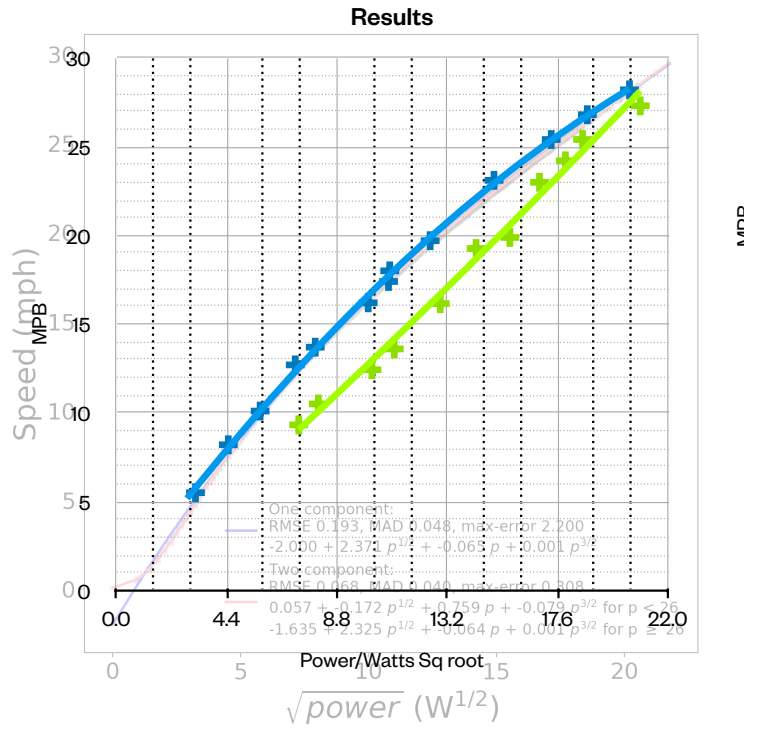| Power (watts) Sq root	MPH	Power (watts) Sq root	MPH
2.8	-		
3.2	5.5		
4.5	8.2		
5.7	10.1		
7.1	12.7	7.3	9.3
7.9	13.7	8.1	10.5
10.0	16.2	10.2	12.4
10.9	17.4	11.1	13.6
10.9	18.0	12.9	16.2
12.5	19.7	14.4	19.3
15.1	23.1	15.7	19.9
17.3	25.4	16.9	23.0
18.8	26.8	17.9	24.2
20.5	28.2	**18.6**	25.4
		20.9	27.3

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, Ive noted the following speeds (mph) at certain Power (watts).
Gymnasticon speeds are taken directly from Pi DEBUG

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/

Results

Results

Results

Keiser m3i speed

Gymnasticon DEBUG

Power/Watts Sq root