

Keiser M3i Power-Speed

Keiser Speed	vs.	Gymnasticon speed	
Power (watts) Sq root	MPH	Power (watts) Sq root	
		MPH	
2.8	-	2.8	3.9
3.2	5.5	3.9	6.2
4.5	8.2		
5.7	10.1	6.1	10.4
7.1	12.7		
7.9	13.7	8.8	14.5
10.0	16.2	9.9	16.2
10.9	17.4		
10.9	18.0	11.4	18.1
12.5	19.7		
15.1	23.1	15.2	22.4
17.3	25.4		
18.8	26.8	18.0	25.3
20.5	28.2		
		22.2	29.4

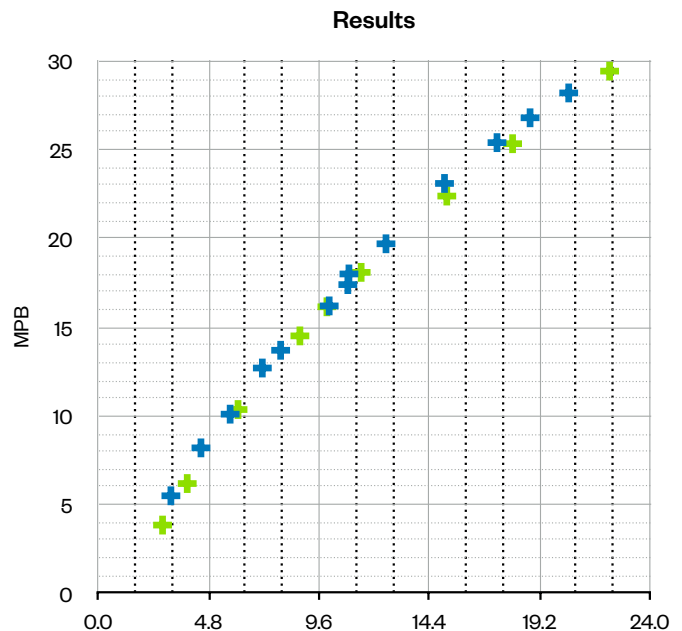
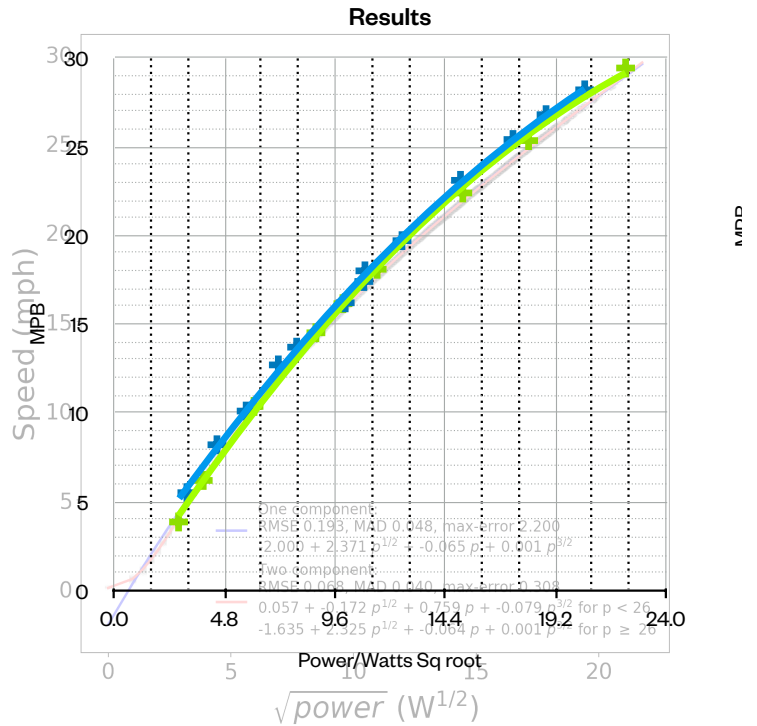
Is there a correlation between Keiser Power and Speed?

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).

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

