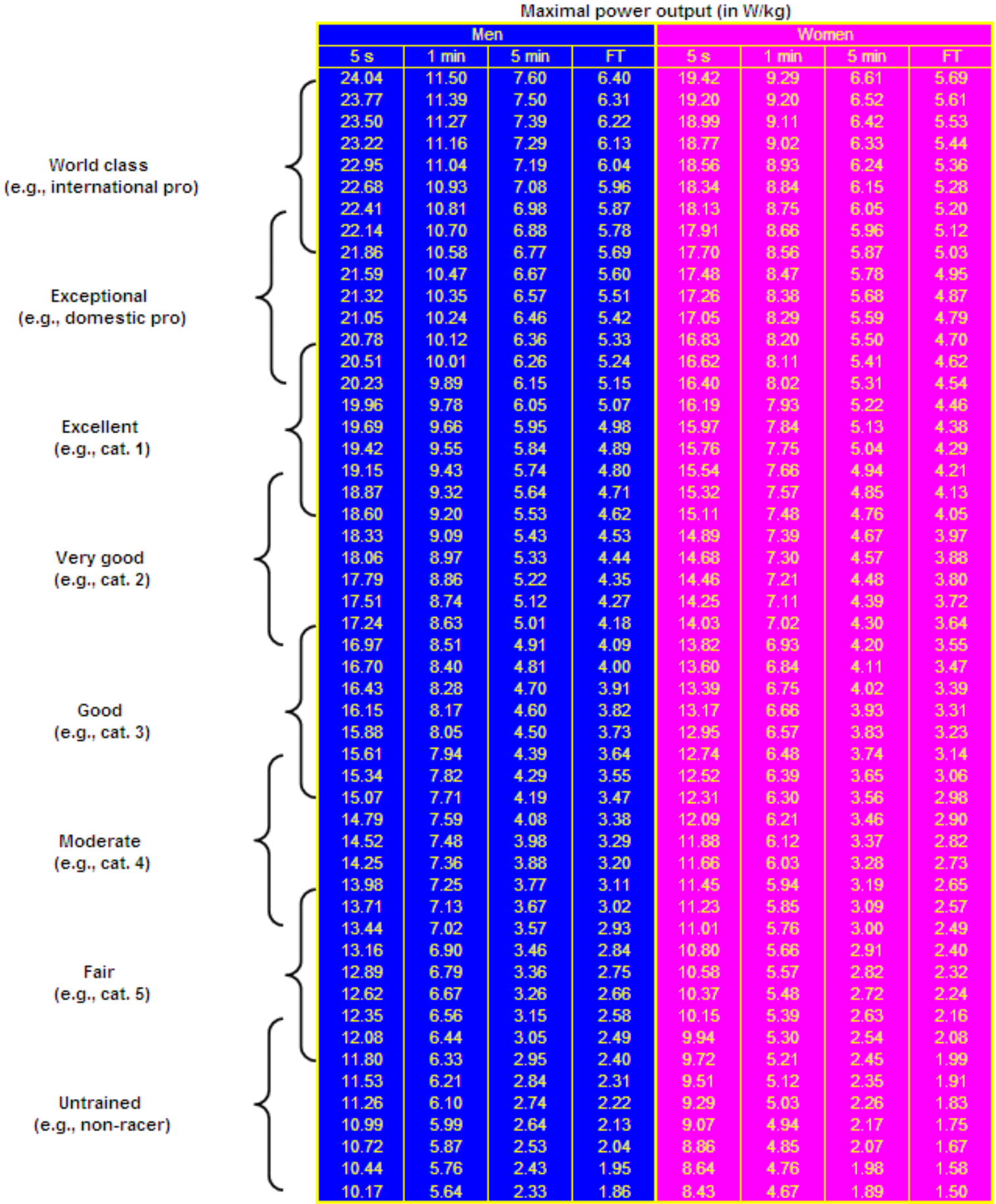

Maximal power output (in W/kg)

	Men				Women			
	5 s	1 min	5 min	FT	5 s	1 min	5 min	FT
World class (e.g., international pro)	24.04	11.50	7.60	6.40	19.42	9.29	6.61	5.69
	23.77	11.39	7.50	6.31	19.20	9.20	6.52	5.61
	23.50	11.27	7.39	6.22	18.99	9.11	6.42	5.53
	23.22	11.16	7.29	6.13	18.77	9.02	6.33	5.44
	22.95	11.04	7.19	6.04	18.56	8.93	6.24	5.36
	22.68	10.93	7.08	5.96	18.34	8.84	6.15	5.28
Exceptional (e.g., domestic pro)	22.41	10.81	6.98	5.87	18.13	8.75	6.05	5.20
	22.14	10.70	6.88	5.78	17.91	8.66	5.96	5.12
	21.86	10.58	6.77	5.69	17.70	8.56	5.87	5.03
	21.59	10.47	6.67	5.60	17.48	8.47	5.78	4.95
	21.32	10.35	6.57	5.51	17.26	8.38	5.68	4.87
	21.05	10.24	6.46	5.42	17.05	8.29	5.59	4.79
Excellent (e.g., cat. 1)	20.78	10.12	6.36	5.33	16.83	8.20	5.50	4.70
	20.51	10.01	6.26	5.24	16.62	8.11	5.41	4.62
	20.23	9.89	6.15	5.15	16.40	8.02	5.31	4.54
	19.96	9.78	6.05	5.07	16.19	7.93	5.22	4.46
	19.69	9.66	5.95	4.98	15.97	7.84	5.13	4.38
	19.42	9.55	5.84	4.89	15.76	7.75	5.04	4.29
Very good (e.g., cat. 2)	19.15	9.43	5.74	4.80	15.54	7.66	4.94	4.21
	18.87	9.32	5.64	4.71	15.32	7.57	4.85	4.13
	18.60	9.20	5.53	4.62	15.11	7.48	4.76	4.05
	18.33	9.09	5.43	4.53	14.89	7.39	4.67	3.97
	18.06	8.97	5.33	4.44	14.68	7.30	4.57	3.88
	17.79	8.86	5.22	4.35	14.46	7.21	4.48	3.80
	17.51	8.74	5.12	4.27	14.25	7.11	4.39	3.72
Good (e.g., cat. 3)	17.24	8.63	5.01	4.18	14.03	7.02	4.30	3.64
	16.97	8.51	4.91	4.09	13.82	6.93	4.20	3.55
	16.70	8.40	4.81	4.00	13.60	6.84	4.11	3.47
	16.43	8.28	4.70	3.91	13.39	6.75	4.02	3.39
	16.15	8.17	4.60	3.82	13.17	6.66	3.93	3.31
	15.88	8.05	4.50	3.73	12.95	6.57	3.83	3.23
Moderate (e.g., cat. 4)	15.61	7.94	4.39	3.64	12.74	6.48	3.74	3.14
	15.34	7.82	4.29	3.55	12.52	6.39	3.65	3.06
	15.07	7.71	4.19	3.47	12.31	6.30	3.56	2.98
	14.79	7.59	4.08	3.38	12.09	6.21	3.46	2.90
	14.52	7.48	3.98	3.29	11.88	6.12	3.37	2.82
	14.25	7.36	3.88	3.20	11.66	6.03	3.28	2.73
Fair (e.g., cat. 5)	13.98	7.25	3.77	3.11	11.45	5.94	3.19	2.65
	13.71	7.13	3.67	3.02	11.23	5.85	3.09	2.57
	13.44	7.02	3.57	2.93	11.01	5.76	3.00	2.49
	13.16	6.90	3.46	2.84	10.80	5.66	2.91	2.40
	12.89	6.79	3.36	2.75	10.58	5.57	2.82	2.32
	12.62	6.67	3.26	2.66	10.37	5.48	2.72	2.24
Untrained (e.g., non-racer)	12.35	6.56	3.15	2.58	10.15	5.39	2.63	2.16
	12.08	6.44	3.05	2.49	9.94	5.30	2.54	2.08
	11.80	6.33	2.95	2.40	9.72	5.21	2.45	1.99
	11.53	6.21	2.84	2.31	9.51	5.12	2.35	1.91
	11.26	6.10	2.74	2.22	9.29	5.03	2.26	1.83
	10.99	5.99	2.64	2.13	9.07	4.94	2.17	1.75
	10.72	5.87	2.53	2.04	8.86	4.85	2.07	1.67
	10.44	5.76	2.43	1.95	8.64	4.76	1.98	1.58
	10.17	5.64	2.33	1.86	8.43	4.67	1.89	1.50

Compiled by Andrew R. Coggan, Ph.D.

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