

**Instructions**

- 1) Measure wheel diameter
- 2) Enter the diameter in the Wheel Diameter Cell
- 3) Enter the allowable 'rollout' in the Allowed Rollout Cell
- 4) For Junior Under 15, allowable rollout = 6.0 metres
- 5) For Junior Under 17, allowable rollout = 7.0 metres
- 6) For Junior Under 19, allowable rollout = 7.93 metres
- 7) After entering data, click OK and all allowable cog and chainwheel combinations are displayed in the Green cells

**Please Note!**  
 All bikes are subject to checks by Commissaires.  
 Rollout can vary due to tyre pressure and temperature

WHEEL DIAMETER  mm has 1.95 metre circumference. ROLLOUT DISTANCE  metres

COG	CHAINRING																	
	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53
11	6.37	6.55	6.73	6.91	7.08	7.26	7.44	7.61	7.79	7.97	8.15	8.32	8.50	8.68	8.85	9.03	9.21	9.38
12	5.84	6.01	6.17	6.33	6.49	6.65	6.82	6.98	7.14	7.30	7.47	7.63	7.79	7.95	8.12	8.28	8.44	8.60
13	5.39	5.54	5.69	5.84	5.99	6.14	6.29	6.44	6.59	6.74	6.89	7.04	7.19	7.34	7.49	7.64	7.79	7.94
14	5.01	5.15	5.29	5.43	5.57	5.70	5.84	5.98	6.12	6.26	6.40	6.54	6.68	6.82	6.96	7.10	7.23	7.37
15	4.67	4.80	4.93	5.06	5.19	5.32	5.45	5.58	5.71	5.84	5.97	6.10	6.23	6.36	6.49	6.62	6.75	6.88
16	4.38	4.50	4.63	4.75	4.87	4.99	5.11	5.23	5.36	5.48	5.60	5.72	5.84	5.97	6.09	6.21	6.33	6.45
17	4.12	4.24	4.35	4.47	4.58	4.70	4.81	4.93	5.04	5.16	5.27	5.39	5.50	5.61	5.73	5.84	5.96	6.07
18	3.90	4.00	4.11	4.22	4.33	4.44	4.54	4.65	4.76	4.87	4.98	5.09	5.19	5.30	5.41	5.52	5.63	5.74

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Tracksize	250 m
Chainring	46 tooth
Cog	16 tooth
Wheel	690 mm
Required Time per lap	20 sec
1 rev =	6.23 m
RPM required	120.3 rpm

Used for ITT and working out splits on track

Time in mins 0.333  
 Revs per lap = tracksize/rollout 40.11