

Average Speed needed per Kilometer to achieve targets.

Which are your best wheels to use??

Benefits of wheel designs are affected by wind, slope, weight and individual, so are indicative only, don't waste money on wheels that won't work for you

If you are unable to minimum of average speeds of 27.5 kmph for bladed spoke deep rim wheels they probably won't benefit you

If you are unable to average minimum speeds of 32.5 kmph for carbon Tri-spoke wheels they probably won't benefit you

If you are unable to average minimum speeds of 37 kmph for Disc wheels they probably won't benefit you

Benefit of deep rims ok'ish on hills, great on rolling and enduro rides, but get them up to speed

Bladed Spoke

Benefit of Tri Spokes >> worse on hills, can flex on hills

best on time trials, rolling terrain

Benefit of Disc Wheels >> will flex on hills

best on flat time trials

Average Speed in Kilometers per hour >

15 20 25 27.5 30 32.5 35 37.5 40 42.5 45

Distance	hours & Mins >	Hours and Minutes to cover the distance at above Average Speed, Common targets are highlighted										
25 km	hours & Mins >	1.40	1.15	1.00	55 mins	50 mins	46 mins	42 mins	40 mins	37 mins	35 mins	33 mins
32km	MCCVC club race	2.07	1.22	1.17	1.10	1.04	59 mins	54.6 mins	51 mins	48 mins	45 mins	43 mins
40 km	Olympic tri distance	2.40	2.00	1.36	1.28	1.20	1.14	1.09	1.04	60 mins	56.5 mins	53.3 mins
45km		3.00	2.15	1.48	1.39	1.30	1.23	1.17	1.12	1.07	1.04	1.00
50km		3.20	2.30	2.00	1.49	1.40	1.33	1.26	1.20	1.15	1.11	1.06 mins
60km		4.00	3.00	2.24	2.11	2.00	1.51	1.42	1.36	1.30	1.25	1hr 20 mins
76km		5.04	3.48	3.02	2.46	2.32	2.21	2.10	2.02	1.54	1.47	1.41
82.4km	round Rotorua	5.29	4.07	3.18	3.00	2.45	2.33	2.21	2.12	2.04	1.57	1.49
90 km	1/2 ironman	6.00	4.30	3.36	3.16	3.00	2.46	2.34	2.24	2.15	2.07	2
100km	Rotorua/taupo	5.62	5.00	4.00	3.38	3.20	3.05	2.52	2.40	2.30	2.21	2.13
110km		7.20	5.30	4.24	4.00	3.40	3.23	3.08	2.56	2.45	2.36	2.27
125km		8.20	6.15	5.00	4.33	4.10	3.51	3.34	3.20	3.07	2.56	2.47
140km		9.20	7.00	5.36	5.52	4.40	4.19	4.00	3.44	3.30	3.17	3.07
160km	Round Taupo	10.40	8.00	6.24	5.49	5.20	4.55	4.34	4.16	4.00	3.46	3.34
180km	Ironman	12.00	9.00	7.12	6.33	6.00	5.32	5.84	4.48	4.30	4.15	4.00
200km	K2	13.20	10.00	8.00	7.16	6.40	6.09	5.43	5.20	5.00	4.43	4.27