

#LeftShark's

## Watts / KJ Conversions for 45 Minute Workouts

Minutes	Kilo-Joules	Avg Watts		Minutes	Kilo-Joules	Avg Watts	
45	100	37	Please support <a href="http://www.TeamK9Buddy.org">www.TeamK9Buddy.org</a> and help feed and shelter homeless dogs and cats. Thank you!	45	300	111	
45	110	41		45	310	115	
45	120	44		45	320	119	
45	130	48		45	330	122	
45	140	52		45	340	126	
45	150	56		45	350	130	
45	160	59		45	360	133	
45	170	63		45	370	137	
45	180	67		45	380	141	
45	190	70		45	390	144	
<b>Riding this many minutes...</b>	<b>for this total output...</b>	<b>average this many Watts</b>			<b>Riding this many minutes...</b>	<b>for this total output...</b>	<b>average this many Watts</b>
45	200	74			45	400	148
45	210	78			45	410	152
45	220	81			45	420	156
45	230	85			45	430	159
45	240	89			45	440	163
45	250	93			45	450	167
45	260	96			45	460	170
45	270	100			45	470	174
45	280	104			45	480	178
45	290	107		45	490	181	
				45	500	185	

More information at:  
[www.brygs.com/peloton-watts-kjs](http://www.brygs.com/peloton-watts-kjs)