

#LeftShark's

# Watts / KJ Conversions for 60 Minute Workouts

Minutes	Kilo-Joules	Avg Watts
60	400	111
60	410	114
60	420	117
60	430	119
60	440	122
60	450	125
60	460	128
60	470	131
60	480	133
60	490	136
<b>Riding this many minutes...</b>	<b>for this total output...</b>	<b>average this many Watts</b>
60	500	139
60	510	142
60	520	144
60	530	147
60	540	150
60	550	153
60	560	156
60	570	158
60	575	160
60	580	161

Please support [www.TeamK9Buddy.org](http://www.TeamK9Buddy.org) and help feed and shelter homeless dogs and cats. Thank you!

Minutes	Kilo-Joules	Avg Watts
60	590	164
60	595	165
60	600	167
60	605	168
60	610	169
60	615	171
60	620	172
60	625	174
60	630	175
60	640	178
<b>Riding this many minutes...</b>	<b>for this total output...</b>	<b>average this many Watts</b>
60	650	181
60	660	183
60	670	186
60	680	189
60	690	192
60	700	194
60	710	197
60	720	200
60	730	203
60	740	206
60	750	208

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