

What Gear Should You Run?

Most riders regardless of class seem to prefer a rotation of approximately 53"

The formula to calculate your rotation is: ** Sprocket divided by Freewheel times Tire diameter **

20 x 1.75	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	14	47.4	48.8	50.1	51.5	52.9	54.3	55.7	57.1	58.5	59.9	61.3	62.7	64.1	65.5	66.9
		15	44.2	45.5	46.8	48.1	49.4	50.7	52.0	53.3	54.6	55.9	57.2	58.5	59.8	61.1	62.4
		16	41.4	42.7	43.9	45.1	46.3	47.5	48.8	50.0	51.2	52.4	53.6	54.8	56.1	57.3	58.5
		17	39.0	40.1	41.3	42.4	43.6	44.7	45.9	47.0	48.2	49.3	50.5	51.6	52.8	53.9	55.1
18	36.8	37.9	39.0	40.1	41.2	42.3	43.3	44.4	45.5	46.6	47.7	48.8	49.8	50.9	52.0		

20 x 1.50	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	14	46.8	48.1	49.5	50.9	52.3	53.6	55.0	56.4	57.8	59.1	60.5	61.9	63.3	64.6	66.0
		15	43.6	44.9	46.2	47.5	48.8	50.1	51.3	52.6	53.9	55.2	56.5	57.8	59.0	60.3	61.6
		16	40.9	42.1	43.3	44.5	45.7	46.9	48.1	49.3	50.5	51.7	52.9	54.1	55.3	56.5	57.8
		17	38.5	39.6	40.8	41.9	43.0	44.2	45.3	46.4	47.6	48.7	49.8	51.0	52.1	53.2	54.4
18	36.4	37.4	38.5	39.6	40.6	41.7	42.8	43.8	44.9	46.0	47.1	48.1	49.2	50.3	51.3		

20 x 1.3/8	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	14	51.0	52.5	54.0	55.5	57.0	58.5	60.0	61.5	63.0	64.5	66.0	67.5	69.0	70.5	72.0
		15	47.6	49.0	50.4	51.8	53.2	54.6	56.0	57.4	58.8	60.2	61.6	63.0	64.4	65.8	67.2
		16	44.6	45.9	47.3	48.6	49.9	51.2	52.5	53.8	55.1	56.4	57.8	59.1	60.4	61.7	63.0
		17	42.0	43.2	44.5	45.7	46.9	48.2	49.4	50.6	51.9	53.1	54.4	55.6	56.8	58.1	59.3
18	39.7	40.8	42.0	43.2	44.3	45.5	46.7	47.8	49.0	50.2	51.3	52.5	53.7	54.8	56.0		

20 x 1.1/8	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	13	52.3	53.8	55.4	56.9	58.5	60.0	61.5	63.1	64.6	66.2	67.7	69.2	70.8	72.3	73.8
		14	48.6	50.0	51.4	52.9	54.3	55.7	57.1	58.6	60.0	61.4	62.9	64.3	65.7	67.1	68.6
		15	45.3	46.7	48.0	49.3	50.7	52.0	53.3	54.7	56.0	57.3	58.7	60.0	61.3	62.7	64.0
		16	42.5	43.8	45.0	46.3	47.5	48.8	50.0	51.3	52.5	53.8	55.0	56.3	57.5	58.8	60.0
		17	40.0	41.2	42.4	43.5	44.7	45.9	47.1	48.2	49.4	50.6	51.8	52.9	54.1	55.3	56.5
18	37.8	38.9	40.0	41.1	42.2	43.3	44.4	45.6	46.7	47.8	48.9	50.0	51.1	52.2	53.3		

24 x 1.75	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	14	58.3	60.0	61.7	63.4	65.1	66.9	68.6	70.3	72.0	73.7	75.4	77.1	78.9	80.6	82.3
		15	54.4	56.0	57.6	59.2	60.8	62.4	64.0	65.6	67.2	68.8	70.4	72.0	73.6	75.2	76.8
		16	51.0	52.5	54.0	55.5	57.0	58.5	60.0	61.5	63.0	64.5	66.0	67.5	69.0	70.5	72.0
		17	48.0	49.4	50.8	52.2	53.6	55.1	56.5	57.9	59.3	60.7	62.1	63.5	64.9	66.4	67.8
18	45.3	46.7	48.0	49.3	50.7	52.0	53.3	54.7	56.0	57.3	58.7	60.0	61.3	62.7	64.0		

24 x 1.50	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	14	55.9	57.5	59.1	60.8	62.4	64.1	65.7	67.4	69.0	70.6	72.3	73.9	75.6	77.2	78.9
		15	52.1	53.7	55.2	56.7	58.3	59.8	61.3	62.9	64.4	65.9	67.5	69.0	70.5	72.1	73.6
		16	48.9	50.3	51.8	53.2	54.6	56.1	57.5	58.9	60.4	61.8	63.3	64.7	66.1	67.6	69.0
		17	46.0	47.4	48.7	50.1	51.4	52.8	54.1	55.5	56.8	58.2	59.5	60.9	62.2	63.6	64.9
18	43.4	44.7	46.0	47.3	48.6	49.8	51.1	52.4	53.7	54.9	56.2	57.5	58.8	60.1	61.3		

24 x 1.3/8	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	14	57.1	58.8	60.4	62.1	63.8	65.5	67.1	68.8	70.5	72.2	73.9	75.5	77.2	78.9	80.6
		15	53.3	54.8	56.4	58.0	59.5	61.1	62.7	64.2	65.8	67.4	68.9	70.5	72.1	73.6	75.2
		16	49.9	51.4	52.9	54.3	55.8	57.3	58.8	60.2	61.7	63.2	64.6	66.1	67.6	69.0	70.5
		17	47.0	48.4	49.8	51.1	52.5	53.9	55.3	56.7	58.1	59.4	60.8	62.2	63.6	65.0	66.4
18	44.4	45.7	47.0	48.3	49.6	50.9	52.2	53.5	54.8	56.1	57.4	58.8	60.1	61.4	62.7		

24 x 1.1/8	Sprocket		34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
	Freewheel	14	54.9	56.6	58.2	59.8	61.4	63.0	64.6	66.3	67.9	69.5	71.1	72.7	74.3	76.0	77.6
		15	51.3	52.8	54.3	55.8	57.3	58.8	60.3	61.8	63.4	64.9	66.4	67.9	69.4	70.9	72.4
		16	48.1	49.5	50.9	52.3	53.7	55.1	56.6	58.0	59.4	60.8	62.2	63.6	65.0	66.5	67.9
		17	45.3	46.6	47.9	49.2	50.6	51.9	53.2	54.6	55.9	57.2	58.6	59.9	61.2	62.6	63.9
18	42.7	44.0	45.3	46.5	47.8	49.0	50.3	51.5	52.8	54.0	55.3	56.6	57.8	59.1	60.3		