

Vertical Ascent in Meters per Hour (VAM) Depends on % Grade & Power to Weight

		Power to Weight (Watts per Kilogram)						
		2	3	4	5	5.5	6	6.5
% Grade	4.00%	568	809	1014	1184	1260	1332	1398
	4.25%	573	819	1030	1208	1288	1364	1434
	4.50%	577	827	1045	1231	1315	1395	1470
	4.75%	581	836	1060	1253	1341	1425	1504
	5.00%	585	844	1074	1275	1367	1454	1536
	5.25%	589	852	1088	1295	1391	1482	1568
	5.50%	592	859	1101	1315	1414	1509	1598
	5.75%	596	867	1113	1334	1436	1534	1628
	6.00%	599	873	1125	1352	1458	1559	1655
	6.25%	602	880	1136	1369	1478	1582	1682
	6.50%	605	886	1147	1385	1497	1604	1708
	6.75%	608	892	1157	1401	1516	1626	1732
	7.00%	611	898	1167	1416	1533	1646	1755
	7.25%	614	903	1176	1429	1550	1665	1777
	7.50%	616	908	1184	1442	1565	1683	1798
	7.75%	618	912	1192	1455	1579	1700	1817
	8.00%	620	917	1199	1466	1593	1715	1835
	8.25%	622	921	1206	1476	1605	1730	1852
	8.50%	624	924	1212	1486	1617	1744	1868
	8.75%	626	928	1218	1495	1627	1756	1883
	9.00%	627	931	1223	1503	1637	1768	1896
	9.25%	628	933	1227	1510	1646	1778	1908
	9.50%	630	936	1231	1516	1653	1787	1919
	9.75%	631	938	1234	1522	1660	1795	1929
10.00%	631.4	939	1237	1526	1666	1803	1938	
10.25%	632	941	1239	1530	1670	1809	1945	
10.50%	633	942	1240	1533	1674	1813	1951	
10.75%		942	1241	1535	1677	1817	1956	
11.00%		943	1242	1537	1678	1820	1959	
11.25%					1679	1822	1962	
11.50%							1963	
11.75%								
12.00%								

Power to weight range for average Tour de France rider when climbing for 30 to 60 minutes.