

Keiser M3i Power-Speed

Keiser Data

Power (watts) Sq root	MPH
2.8	-
3.2	5.5
4.5	8.2
5.7	10.1
7.1	12.7
7.9	13.7
10.0	16.2
10.9	17.4
10.9	18.0
12.5	19.7
15.1	23.1
17.3	25.4
18.8	26.8
20.5	28.2

Is there a correlation between Keiser Power and Speed?

Using the Keiser M series bikes bluetooth connection to connect to my Garmin Fenix to provide spd/cad, I've noted the following speeds (mph) at certain Power (watts).

Overlaying this graph over the Peloton Graph* it appears to be a good match to the calculations used for Peloton bike!

* Peloton Graph extract - <https://ihaque.org/posts/2020/12/25/peloton-part-ib-computing-speed/>



