

Cat 1-5 Rating System

| | Male Watts/Kg | Female Watts/Kg | Average Watts for 20 min. Time Trial, 170 lb Male | Average Watts for 20 min. Time Trial, 140 lb Female |
|--------------------------|--------------------------|----------------------------|--|--|
| World Champion | => 6.4 | => 5.69 | => 494 | => 362 |
| International Pro | 6.04 - 6.39 | 5.36 - 5.68 | 466 - 493 | 341 - 361 |
| US Pro | 5.51 - 6.03 | 4.87 - 5.35 | 425 - 465 | 310 - 340 |
| Cat 1 | 4.98 - 5.50 | 4.38 - 4.86 | 384 - 424 | 278 - 309 |
| Cat 2 | 4.44 - 4.97 | 3.88 - 4.37 | 343 - 383 | 247 - 277 |
| Cat 3 | 3.82 - 4.43 | 3.31 - 3.87 | 295 - 342 | 210 - 246 |
| Cat 4 | 3.29 - 3.81 | 2.82 - 3.30 | 254 - 294 | 179 - 209 |
| Cat 5 | 2.75 - 3.28 | 2.32 - 2.81 | 212 - 253 | 147 - 178 |