

# Dynamic Health Services



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## Power Ranges of Cyclists in Watts

<b>Ranking</b>	<b>Score</b>	<b>Senior Men</b>		<b>Senior Women</b>		<b>Master Men</b>	
		<b>Maximum</b>	<b>Average</b>	<b>Maximum</b>	<b>Average</b>	<b>Maximum</b>	<b>Average</b>
Excellent	5	950+	665+	760+	530+	800+	560+
Good	4	800-949	560-664	640-759	450-529	680-799	475-559
Average	3	650-799	455-559	520-639	360-449	550-679	385-474
Fair	2	500-649	350-454	400-519	280-359	425-549	300-384
Poor	1	<500	<350	<400	<280	<425	<300

## Power-Weight Index

Maximum power in watts divided by body weight in pounds

<b>Ranking</b>	<b>Score</b>	<b>Senior Men/Women</b>	<b>Masters Men</b>
Excellent	5	6.0+	5.0+
Good	4	5.0-5.9	4.0-4.9
Average	3	4.0-4.9	3.0-3.9
Fair	2	3.0-3.9	2.0-2.9
Poor	1	<3.0	<2.0