

Ergometer Chart for 2 km, 6 km, and 10 km

500 pace	2000 m	6000 m	10,000 m	500 pace	2000 m	6000 m	10,000 m
02:25.0	09:40.0	29:00.0	48:20.0	01:55.0	07:40.0	23:00.0	38:20.0
02:24.0	09:36.0	28:48.0	48:00.0	01:54.0	07:36.0	22:48.0	38:00.0
02:23.0	09:32.0	28:36.0	47:40.0	01:53.0	07:32.0	22:36.0	37:40.0
02:22.0	09:28.0	28:24.0	47:20.0	01:52.0	07:28.0	22:24.0	37:20.0
02:21.0	09:24.0	28:12.0	47:00.0	01:51.0	07:24.0	22:12.0	37:00.0
02:20.0	09:20.0	28:00.0	46:40.0	01:50.0	07:20.0	22:00.0	36:40.0
02:19.0	09:16.0	27:48.0	46:20.0	01:49.0	07:16.0	21:48.0	36:20.0
02:18.0	09:12.0	27:36.0	46:00.0	01:48.0	07:12.0	21:36.0	36:00.0
02:17.0	09:08.0	27:24.0	45:40.0	01:47.0	07:08.0	21:24.0	35:40.0
02:16.0	09:04.0	27:12.0	45:20.0	01:46.0	07:04.0	21:12.0	35:20.0
02:15.0	09:00.0	27:00.0	45:00.0	01:45.0	07:00.0	21:00.0	35:00.0
02:14.0	08:56.0	26:48.0	44:40.0	01:44.0	06:56.0	20:48.0	34:40.0
02:13.0	08:52.0	26:36.0	44:20.0	01:43.0	06:52.0	20:36.0	34:20.0
02:12.0	08:48.0	26:24.0	44:00.0	01:42.0	06:48.0	20:24.0	34:00.0
02:11.0	08:44.0	26:12.0	43:40.0	01:41.0	06:44.0	20:12.0	33:40.0
02:10.0	08:40.0	26:00.0	43:20.0	01:40.0	06:40.0	20:00.0	33:20.0
02:09.0	08:36.0	25:48.0	43:00.0	01:39.0	06:36.0	19:48.0	33:00.0
02:08.0	08:32.0	25:36.0	42:40.0	01:38.0	06:32.0	19:36.0	32:40.0
02:07.0	08:28.0	25:24.0	42:20.0	01:37.0	06:28.0	19:24.0	32:20.0
02:06.0	08:24.0	25:12.0	42:00.0	01:36.0	06:24.0	19:12.0	32:00.0
02:05.0	08:20.0	25:00.0	41:40.0	01:35.0	06:20.0	19:00.0	31:40.0
02:04.0	08:16.0	24:48.0	41:20.0	01:34.0	06:16.0	18:48.0	31:20.0
02:03.0	08:12.0	24:36.0	41:00.0	01:33.0	06:12.0	18:36.0	31:00.0
02:02.0	08:08.0	24:24.0	40:40.0	01:32.0	06:08.0	18:24.0	30:40.0
02:01.0	08:04.0	24:12.0	40:20.0	01:31.0	06:04.0	18:12.0	30:20.0
02:00.0	08:00.0	24:00.0	40:00.0	01:30.0	06:00.0	18:00.0	
01:59.0	07:56.0	23:48.0	39:40.0	01:29.0	05:56.0		
01:58.0	07:52.0	23:36.0	39:20.0	01:28.0	05:52.0		
01:57.0	07:48.0	23:24.0	39:00.0	01:27.0	05:48.0		
01:56.0	07:44.0	23:12.0	38:40.0	01:26.0	05:44.0		
				01:25.0	05:40.0		
				01:24.0	05:36.0		

Drag Factor settings (Reset the machine, press the "OK" and "REST" buttons at the same time.)

Men, Heavyweight and Junior 130

Women, Heavyweight and Junior 120

Men, Lightweight 120

Women, Lightweight 110