

## Conversion of kilopond to watts

The table below presents the conversion of kiloponds to watts to be used when performing the Ekblom-Bak test on electronically braked ergometers. The conversion depends on whether the work rate is measured by the flywheel or the pedals.

Resistance (kp)	Work rate at 60 rpm (W)	
	Work rate measured by the flywheel*	Work rate measured by the pedals <sup>#</sup>
0.5	29	32
1.0	59	64
1.5	88	95
2.0	118	127
2.5	147	159
3.0	177	191
3.5	206	222
4.0	235	254

\* 1 W = 6.116 kpm/min.

<sup>#</sup> 1 W = 6.116 kpm/min, plus 8% to correct for frictional losses at the chain and drive train.