

Junior Gearing & Cadence Comparisons to Senior Gearing & Cadence

| 1 rev. of the cranks (distance in feet) | Wheel w/ tire diameter in feet | chain-ring/rear cog ratio* | | Large chain-ring/smallest rear cog combination | 40 | 35 | 32 | 30 | 25 | 20 | 15 | MPH RPM |
|---|--------------------------------|----------------------------|--|--|-----|-----|-----|-----|----|----|----|------------|
| 33.40 | 2.2067 | 4.8182 | USA Cycling's specified 700/23 tire (senior Gearing) | 53/11 | 105 | 92 | 84 | 79 | 66 | 53 | 40 | |
| 25.75 | 2.2067 | 3.7143 | USA Cycling's specified 700/23 tire | 52/14 | 137 | 120 | 109 | 103 | 85 | 68 | 51 | |
| 24.76 | 2.2067 | 3.5714 | USA Cycling's specified 700/23 tire | 50/14 | 142 | 124 | 114 | 107 | 89 | 71 | 53 | |
| 26.66 | 2.2067 | 3.8462 | USA Cycling's specified 700/23 tire | 50/13 | 132 | 116 | 106 | 99 | 83 | 66 | 50 | |
| 25.60 | 2.2067 | 3.6923 | USA Cycling's specified 700/23 tire | 48/13 | 138 | 120 | 110 | 103 | 86 | 69 | 52 | |
| 25.83 | 2.2135 | 3.7143 | Vittoria Rubino Pro Slick 23-622, 700x23, 130 psi | 52/14 | 136 | 119 | 109 | 102 | 85 | 68 | 51 | |
| 24.84 | 2.2135 | 3.5714 | Vittoria Rubino Pro Slick 23-622, 700x23, 130 psi | 50/14 | 142 | 124 | 113 | 106 | 89 | 71 | 53 | |
| 26.01 | 2.2292 | 3.7143 | Vittoria Rubino 23-622, 700x23, 130 psi | 52/14 | 135 | 118 | 108 | 101 | 85 | 68 | 51 | |
| 25.01 | 2.2292 | 3.5714 | Vittoria Rubino 23-622, 700x23, 130 psi | 50/14 | 141 | 123 | 113 | 106 | 88 | 70 | 53 | |
| 25.89 | 2.2188 | 3.7143 | Michelin Speedium2, 700x23, 120 psi | 52/14 | 136 | 119 | 109 | 102 | 85 | 68 | 51 | |
| 24.89 | 2.2188 | 3.5714 | Michelin Speedium2, 700x23, 120 psi | 50/14 | 141 | 124 | 113 | 106 | 88 | 71 | 53 | |
| 26.25 | 2.2500 | 3.7143 | Hutchinson Equinox, 700x23, 110 psi | 52/14 | 134 | 117 | 107 | 101 | 84 | 67 | 50 | |
| 25.24 | 2.2500 | 3.5714 | Hutchinson Equinox, 700x23, 110 psi | 50/14 | 139 | 122 | 112 | 105 | 87 | 70 | 52 | |
| 25.77 | 2.2083 | 3.7143 | Maxxis Radiale-23c, 700x23, 145 psi | 52/14 | 137 | 120 | 109 | 102 | 85 | 68 | 51 | |
| 24.78 | 2.2083 | 3.5714 | Maxxis Radiale-23c, 700x23, 145 psi | 50/14 | 142 | 124 | 114 | 107 | 89 | 71 | 53 | |
| 25.65 | 2.1979 | 3.7143 | Maxxis Radiale-22c, 700x22, 145 psi | 52/14 | 137 | 120 | 110 | 103 | 86 | 69 | 51 | |
| 24.66 | 2.1979 | 3.5714 | Maxxis Radiale-22c, 700x22, 145 psi | 50/14 | 143 | 125 | 114 | 107 | 89 | 71 | 54 | |
| 25.89 | 2.2188 | 3.7143 | Maxxis Cormet, 700x23, 130 psi | 52/14 | 136 | 119 | 109 | 102 | 85 | 68 | 51 | |
| 24.89 | 2.2188 | 3.5714 | Maxxis Cormet, 700x23, 130 psi | 50/14 | 141 | 124 | 113 | 106 | 88 | 71 | 53 | |
| 25.89 | 2.2188 | 3.7143 | Maxxis Columbiere, 700x23, 130 psi | 52/14 | 136 | 119 | 109 | 102 | 85 | 68 | 51 | |
| 24.89 | 2.2188 | 3.5714 | Maxxis Columbiere, 700x23, 130 psi | 50/14 | 141 | 124 | 113 | 106 | 88 | 71 | 53 | |
| 26.13 | 2.2396 | 3.7143 | Michelin Dynamic, 700x23, 120 psi | 52/14 | 135 | 118 | 108 | 101 | 84 | 67 | 51 | |
| 25.13 | 2.2396 | 3.5714 | Michelin Dynamic, 700x23, 120 psi | 50/14 | 140 | 123 | 112 | 105 | 88 | 70 | 53 | |
| 26.13 | 2.2396 | 3.7143 | Forté Strada, 700x25, 120 psi | 52/14 | 135 | 118 | 108 | 101 | 84 | 67 | 51 | |
| 25.13 | 2.2396 | 3.5714 | Forté Strada, 700x25, 120 psi | 50/14 | 140 | 123 | 112 | 105 | 88 | 70 | 53 | |
| 26.01 | 2.2292 | 3.7143 | Continental Ultra Sport, 700x23, 130 psi | 52/14 | 135 | 118 | 108 | 101 | 85 | 68 | 51 | |
| 25.01 | 2.2292 | 3.5714 | Continental Ultra Sport, 700x23, 130 psi | 50/14 | 141 | 123 | 113 | 106 | 88 | 70 | 53 | |
| 26.10 | 2.2370 | 3.7143 | Continental Grand Prix 4000, 700x23, 130 psi | 52/14 | 135 | 118 | 108 | 101 | 84 | 67 | 51 | |
| 25.10 | 2.2370 | 3.5714 | Continental Grand Prix 4000, 700x23, 130 psi | 50/14 | 140 | 123 | 112 | 105 | 88 | 70 | 53 | |
| 25.53 | 2.1875 | 3.7143 | Maxxis Xenith, 700x20, 130 psi | 52/14 | 138 | 121 | 110 | 103 | 86 | 69 | 52 | |
| 24.54 | 2.1875 | 3.5714 | Maxxis Xenith, 700x20, 130 psi | 50/14 | 143 | 125 | 115 | 108 | 90 | 72 | 54 | |
| 25.89 | 2.2188 | 3.7143 | Kenda Kontenden, 700x23, 120 psi | 52/14 | 136 | 119 | 109 | 102 | 85 | 68 | 51 | |
| 24.89 | 2.2188 | 3.5714 | Kenda Kontenden, 700x23, 120 psi | 50/14 | 141 | 124 | 113 | 106 | 88 | 71 | 53 | |

*Number of times rear wheel rotates with one revolution of the pedals

The diameter is the outside of the (inflated) tire on the wheel rim. Varying inflation will change the diameter. Tire wear will change the diameter.