

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	
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.