

# Gear and Maximum Rollout Distance Tables

Please note that the Gear Table should be used as a guide only – rolling your bike out is the only way to get an exact result

The Gear Table below shows the distance travelled in metres per crank revolution when using 23mm tyres; whilst the colour coded Maximum Rollout Distance table (on the right) helps locate gear/sprocket combinations for each age group. The Gear Table should only be used as a reference point and guide. Tyres and tubs come in a range of different sizes and side wall widths and if your set up is close to max on the below table don't expect to be under the limit without first measuring. For e.g. 25mm tyres will roll 2-3 cm longer than 23mm tyres as a rule, tyre pressure will also affect rollout too. It is the athlete's responsibility to ensure their bike is within the restriction, no matter what combination of tyres, chainring and sprockets they have on the bike. We estimate +/- 2 cm error on any rollout done along side a tape measure. Please make sure you roll the bike out well in advance of racing so you have time to make any necessary adjustments. If it's close please check and re-check!

## Standard 700c rim with 23mm racing tyre

### SPROCKET SIZE

	11	12	13	14	15	16	17	18	19	20	21
34	6.49	5.95	5.49	5.10	4.76	4.46	4.20	3.96	3.76	3.57	3.40
35	6.68	6.12	5.65	5.25	4.90	4.59	4.32	4.08	3.87	3.67	3.50
36	6.87	6.30	5.81	5.40	5.04	4.72	4.44	4.20	3.98	3.78	3.60
37	7.06	6.47	5.97	5.55	5.18	4.85	4.57	4.31	4.09	3.88	3.70
38	7.25	6.65	6.13	5.70	5.32	4.98	4.69	4.43	4.20	3.99	3.80
39	7.44	6.82	6.30	5.85	5.46	5.12	4.81	4.55	4.31	4.09	3.90
40	7.63	7.00	6.46	6.00	5.60	5.25	4.94	4.66	4.42	4.20	4.00
41	7.82	7.17	6.62	6.15	5.74	5.38	5.06	4.78	4.53	4.30	4.10
42	8.01	7.35	6.78	6.30	5.88	5.51	5.18	4.90	4.64	4.41	4.20
43	8.20	7.52	6.94	6.45	6.02	5.64	5.31	5.01	4.75	4.51	4.30
44	8.39	7.69	7.10	6.60	6.16	5.77	5.43	5.13	4.86	4.62	4.40
45	8.59	7.87	7.26	6.75	6.30	5.90	5.56	5.25	4.97	4.72	4.50
46	8.78	8.04	7.43	6.90	6.44	6.03	5.68	5.36	5.08	4.83	4.60
47	8.97	8.22	7.59	7.05	6.58	6.16	5.80	5.48	5.19	4.93	4.70
48	9.16	8.39	7.75	7.20	6.72	6.30	5.93	5.60	5.30	5.04	4.80
49	9.35	8.57	7.91	7.35	6.86	6.43	6.05	5.71	5.41	5.14	4.90
50	9.54	8.74	8.07	7.49	7.00	6.56	6.17	5.83	5.52	5.25	5.00
51	9.73	8.92	8.23	7.64	7.14	6.69	6.30	5.95	5.63	5.35	5.10
52	9.92	9.09	8.39	7.79	7.28	6.82	6.42	6.06	5.74	5.46	5.20
53	10.11	9.27	8.56	7.94	7.41	6.95	6.54	6.18	5.85	5.56	5.30

Age Group	Roll Out
Tristar	5.10m
Tristar1	5.40m
Tristar 2	6.05m
Tristar 3	6.45m
Youth	6.93m
Junior	7.93m

CHAINRING SIZE