

Rear Wheel Circumference	Cadence	Rear Cassette	Old Front Crank	Ideal Gear Position	Speed		New Front Crank	Ideal Gear Position	Speed
80.375	90	34	52	*			48	*	
80.375	90	30	52	*			48	*	
80.375	90	26	52	12	13.70		48	10	12.65
80.375	90	23	52	10	15.49		48	9	14.30
80.375	90	20	52	8	17.81		48	7	16.44
80.375	90	17	52	6	20.95		48	5	19.34
80.375	90	15	52	4	23.75		48	4	21.92
80.375	90	13	52	2	27.40		48	2	25.29
80.375	90	11	52	1	32.38		48	1	29.89
80.375	90	34	42	19	8.46		36	19	7.25
80.375	90	30	42	17	9.59		36	17	8.22
80.375	90	26	42	15	11.07		36	15	9.48
80.375	90	23	42	13	12.51		36	13	10.72
80.375	90	20	42	11	14.39		36	11	12.33
80.375	90	17	42	9	16.92		36	8	14.51
80.375	90	15	42	7	19.18		36	7	16.44
80.375	90	13	42	5	22.13		36	6	18.97
80.375	90	11	42	3	26.16		36	3	22.42
80.375	90	34	30	22	6.04		26	22	5.24
80.375	90	30	30	21	6.85		26	21	5.94
80.375	90	26	30	20	7.90		26	20	6.85
80.375	90	23	30	18	8.93		26	18	7.74
80.375	90	20	30	16	10.28		26	16	8.91
80.375	90	17	30	14	12.09		26	14	10.48
80.375	90	15	30	12	13.70		26	12	11.87
80.375	90	13	30	*	15.81		26	*	
80.375	90	11	30	*	18.68		26	*	
				*	don't use these gear combinations			*	don't use these gear combinations