

## Re: electricity from a gym: quick calcs

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*Source:* <http://sci.tech-archive.net/Archive/sci.electronics.design/2007-09/msg03452.html>

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  - *Date:* Tue, 18 Sep 2007 09:16:26 -0700
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"ehsjr" <[ehsjr@xxxxxxxxxxxxxxxxxx](mailto:ehsjr@xxxxxxxxxxxxxxxxxx)> wrote in message  
[news:MZRHi.4282\\$Ij2.460@xxxxxxxxxx](news:MZRHi.4282$Ij2.460@xxxxxxxxxx)

Thanks. That seems reasonable for well conditioned cyclists.

There are some interesting numbers at:

[http://en.wikipedia.org/wiki/Human-powered\\_transport](http://en.wikipedia.org/wiki/Human-powered_transport) — perhaps the salient one here being that well-conditioned cyclists can produce ~200W for over an hour, with short bursts burst 1500–2000W.

Human-powered aircraft require a continuous ~200–250W input — that guy who crossed the English Channel wasn't just a weekend rider. :-)

Interestingly, an ultra-lightweight single-man aircraft covered with solar panels can generate a couple kilowatts when the sun is shining brightly.