

25 lb	284"	100/37s	90/30s	87/30s	84/30s	85/30s
25 lb	288"	79/30s	82/30s	78/30s		
50 lb	287"	109/30s	105, 110	101, 110	103, 105	
25 lb	288 + 160 = 448	53, 49	55, 56	57, 55	55, 55	
50 lb	446	73, 72	71, 70	77, 72	73, 70	

weight (lb)	length (m)	time (s)	cycles
25	284	37	100
25	284	30	90, 87, 84, 85
25	288	30	79, 82, 78
50	287	30	109, 105, 110, 101, 110, 103, 105
25	448	30	53, 49, 55, 56, 57, 55, 55, 55
50	446	30	73, 72, 71, 70, 77, 72, 73, 70

7.25 lbs      155.5 ft =>

3.3 kg      47.4 meters

0.07 kg/meter = linear density of the rope