

Table of Blows Per Minute to Ram Stroke

2010

Blows Per Minute BPM	Stroke ft	Stroke m
35	11.5	3.51
36	10.9	3.32
37	10.3	3.13
38	9.7	2.97
39	9.2	2.81
40	8.8	2.67
41	8.3	2.54
42	7.9	2.41
43	7.5	2.30
44	7.2	2.19
45	6.9	2.09
46	6.5	2.00
47	6.3	1.91
48	6.0	1.83
49	5.7	1.75
50	5.5	1.68
51	5.3	1.61
52	5.1	1.54
53	4.9	1.48
54	4.7	1.42
55	4.5	1.37
56	4.3	1.32
57	4.2	1.27
58	4.0	1.22
59	3.9	1.18
60	3.7	1.14

Note: The formula for calculating stroke from BPM is defined as the following:

$$H = \frac{14490}{BPM^2} - 0.3$$

Where: H = Stroke in feet,
BPM = Blows per Minute

