

Kinetic Energy of an Arrow Expressed in ft.lbs (ft²*lb/s²)

weight of arrow in grains

speed of arrow in fps

	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370
200	27.8	28.9	30.0	31.2	32.4	33.6	34.8	36.1	37.3	38.6	40.0	41.3	42.7	44.1	45.5	46.9	48.4	49.8	51.3	52.8	54.4	56.0	57.5	59.2	60.8
210	29.1	30.3	31.5	32.7	34.0	35.3	36.6	37.9	39.2	40.6	42.0	43.4	44.8	46.3	47.7	49.2	50.8	52.3	53.9	55.5	57.1	58.8	60.4	62.1	63.8
220	30.5	31.8	33.0	34.3	35.6	36.9	38.3	39.7	41.1	42.5	44.0	45.4	46.9	48.5	50.0	51.6	53.2	54.8	56.5	58.1	59.8	61.6	63.3	65.1	66.9
230	31.9	33.2	34.5	35.9	37.2	38.6	40.0	41.5	42.9	44.4	46.0	47.5	49.1	50.7	52.3	53.9	55.6	57.3	59.0	60.8	62.5	64.3	66.2	68.0	69.9
240	33.3	34.6	36.0	37.4	38.8	40.3	41.8	43.3	44.8	46.4	48.0	49.6	51.2	52.9	54.6	56.3	58.0	59.8	61.6	63.4	65.3	67.1	69.1	71.0	72.9
250	34.7	36.1	37.5	39.0	40.5	42.0	43.5	45.1	46.7	48.3	50.0	51.6	53.3	55.1	56.8	58.6	60.4	62.3	64.2	66.1	68.0	69.9	71.9	73.9	76.0
260	36.1	37.5	39.0	40.5	42.1	43.7	45.3	46.9	48.5	50.2	51.9	53.7	55.5	57.3	59.1	61.0	62.9	64.8	66.7	68.7	70.7	72.7	74.8	76.9	79.0
270	37.5	39.0	40.5	42.1	43.7	45.3	47.0	48.7	50.4	52.2	53.9	55.8	57.6	59.5	61.4	63.3	65.3	67.3	69.3	71.3	73.4	75.5	77.7	79.9	82.1
280	38.9	40.4	42.0	43.7	45.3	47.0	48.7	50.5	52.3	54.1	55.9	57.8	59.7	61.7	63.7	65.7	67.7	69.8	71.9	74.0	76.1	78.3	80.6	82.8	85.1
290	40.2	41.9	43.5	45.2	46.9	48.7	50.5	52.3	54.1	56.0	57.9	59.9	61.9	63.9	65.9	68.0	70.1	72.3	74.4	76.6	78.9	81.1	83.4	85.8	88.1
300	41.6	43.3	45.0	46.8	48.6	50.4	52.2	54.1	56.0	58.0	59.9	62.0	64.0	66.1	68.2	70.3	72.5	74.7	77.0	79.3	81.6	83.9	86.3	88.7	91.2
310	43.0	44.8	46.5	48.3	50.2	52.0	54.0	55.9	57.9	59.9	61.9	64.0	66.1	68.3	70.5	72.7	74.9	77.2	79.6	81.9	84.3	86.7	89.2	91.7	94.2
320	44.4	46.2	48.0	49.9	51.8	53.7	55.7	57.7	59.7	61.8	63.9	66.1	68.3	70.5	72.7	75.0	77.4	79.7	82.1	84.6	87.0	89.5	92.1	94.6	97.3
330	45.8	47.6	49.5	51.4	53.4	55.4	57.4	59.5	61.6	63.8	65.9	68.2	70.4	72.7	75.0	77.4	79.8	82.2	84.7	87.2	89.7	92.3	94.9	97.6	100.3
340	47.2	49.1	51.0	53.0	55.0	57.1	59.2	61.3	63.5	65.7	67.9	70.2	72.5	74.9	77.3	79.7	82.2	84.7	87.3	89.8	92.5	95.1	97.8	100.6	103.3
350	48.6	50.5	52.5	54.6	56.6	58.8	60.9	63.1	65.3	67.6	69.9	72.3	74.7	77.1	79.6	82.1	84.6	87.2	89.8	92.5	95.2	97.9	100.7	103.5	106.4
360	50.0	52.0	54.0	56.1	58.3	60.4	62.7	64.9	67.2	69.6	71.9	74.3	76.8	79.3	81.8	84.4	87.0	89.7	92.4	95.1	97.9	100.7	103.6	106.5	109.4
370	51.3	53.4	55.5	57.7	59.9	62.1	64.4	66.7	69.1	71.5	73.9	76.4	78.9	81.5	84.1	86.8	89.5	92.2	95.0	97.8	100.6	103.5	106.5	109.4	112.4
380	52.7	54.9	57.0	59.2	61.5	63.8	66.1	68.5	70.9	73.4	75.9	78.5	81.1	83.7	86.4	89.1	91.9	94.7	97.5	100.4	103.3	106.3	109.3	112.4	115.5
390	54.1	56.3	58.5	60.8	63.1	65.5	67.9	70.3	72.8	75.3	77.9	80.5	83.2	85.9	88.7	91.5	94.3	97.2	100.1	103.1	106.1	109.1	112.2	115.3	118.5
400	55.5	57.7	60.0	62.4	64.7	67.2	69.6	72.1	74.7	77.3	79.9	82.6	85.3	88.1	90.9	93.8	96.7	99.7	102.7	105.7	108.8	111.9	115.1	118.3	121.6
410	56.9	59.2	61.5	63.9	66.4	68.8	71.4	73.9	76.5	79.2	81.9	84.7	87.5	90.3	93.2	96.1	99.1	102.1	105.2	108.3	111.5	114.7	118.0	121.3	124.6
420	58.3	60.6	63.0	65.5	68.0	70.5	73.1	75.7	78.4	81.1	83.9	86.7	89.6	92.5	95.5	98.5	101.5	104.6	107.8	111.0	114.2	117.5	120.8	124.2	127.6
430	59.7	62.1	64.5	67.0	69.6	72.2	74.8	77.5	80.3	83.1	85.9	88.8	91.7	94.7	97.8	100.8	104.0	107.1	110.4	113.6	116.9	120.3	123.7	127.2	130.7
440	61.1	63.5	66.0	68.6	71.2	73.9	76.6	79.3	82.1	85.0	87.9	90.9	93.9	96.9	100.0	103.2	106.4	109.6	112.9	116.3	119.7	123.1	126.6	130.1	133.7
450	62.4	65.0	67.5	70.2	72.8	75.5	78.3	81.1	84.0	86.9	89.9	92.9	96.0	99.1	102.3	105.5	108.8	112.1	115.5	118.9	122.4	125.9	129.5	133.1	136.8
460	63.8	66.4	69.0	71.7	74.4	77.2	80.1	82.9	85.9	88.9	91.9	95.0	98.1	101.3	104.6	107.9	111.2	114.6	118.1	121.5	125.1	128.7	132.3	136.0	139.8
470	65.2	67.8	70.5	73.3	76.1	78.9	81.8	84.8	87.8	90.8	93.9	97.1	100.3	103.5	106.8	110.2	113.6	117.1	120.6	124.2	127.8	131.5	135.2	139.0	142.8
480	66.6	69.3	72.0	74.8	77.7	80.6	83.5	86.6	89.6	92.7	95.9	99.1	102.4	105.7	109.1	112.6	116.0	119.6	123.2	126.8	130.5	134.3	138.1	142.0	145.9
490	68.0	70.7	73.5	76.4	79.3	82.3	85.3	88.4	91.5	94.7	97.9	101.2	104.5	107.9	111.4	114.9	118.5	122.1	125.7	129.5	133.3	137.1	141.0	144.9	148.9
500	69.4	72.2	75.0	77.9	80.9	83.9	87.0	90.2	93.4	96.6	99.9	103.3	106.7	110.1	113.7	117.2	120.9	124.6	128.3	132.1	136.0	139.9	143.9	147.9	152.0
510	70.8	73.6	76.5	79.5	82.5	85.6	88.8	92.0	95.2	98.5	101.9	105.3	108.8	112.3	115.9	119.6	123.3	127.1	130.9	134.8	138.7	142.7	146.7	150.8	155.0
520	72.2	75.1	78.0	81.1	84.2	87.3	90.5	93.8	97.1	100.5	103.9	107.4	110.9	114.5	118.2	121.9	125.7	129.6	133.4	137.4	141.4	145.5	149.6	153.8	158.0
530	73.5	76.5	79.5	82.6	85.8	89.0	92.2	95.6	99.0	102.4	105.9	109.5	113.1	116.7	120.5	124.3	128.1	132.0	136.0	140.0	144.1	148.3	152.5	156.8	161.1
540	74.9	78.0	81.0	84.2	87.4	90.7	94.0	97.4	100.8	104.3	107.9	111.5	115.2	119.0	122.8	126.6	130.5	134.5	138.6	142.7	146.9	151.1	155.4	159.7	164.1
550	76.3	79.4	82.5	85.7	89.0	92.3	95.7	99.2	102.7	106.3	109.9	113.6	117.3	121.2	125.0	129.0	133.0	137.0	141.1	145.3	149.6	153.9	158.2	162.7	167.2
560	77.7	80.8	84.0	87.3	90.6	94.0	97.5	101.0	104.6	108.2	111.9	115.6	119.5	123.4	127.3	131.3	135.4	139.5	143.7	148.0	152.3	156.7	161.1	165.6	170.2
570	79.1	82.3	85.5	88.9	92.2	95.7	99.2	102.8	106.4	110.1	113.9	117.7	121.6	125.6	129.6	133.7	137.8	142.0	146.3	150.6	155.0	159.5	164.0	168.6	173.2
580	80.5	83.7	87.0	90.4	93.9	97.4	100.9	104.6	108.3	112.1	115.9	119.8	123.7	127.8	131.9	136.0	140.2	144.5	148.8	153.3	157.7	162.3	166.9	171.5	176.3
590	81.9	85.2	88.5	92.0	95.5	99.1	102.7	106.4	110.2	114.0	117.9	121.8	125.9	130.0	134.1	138.3	142.6	147.0	151.4	155.9	160.5	165.1	169.8	174.5	179.3
600	83.3	86.6	90.0	93.5	97.1	100.7	104.4	108.2	112.0	115.9	119.9	123.9	128.0	132.2	136.4	140.7	145.1	149.5	154.0	158.5	163.2	167.9	172.6	177.5	182.4
610	84.6	88.1	91.5	95.1	98.7	102.4	106.2	110.0	113.9	117.8	121.9	126.0	130.1	134.4	138.7	143.0	147.5	152.0	156.5	161.2	165.9	170.7	175.5	180.4	185.4
620	86.0	89.5	93.0	96.7	100.3	104.1	107.9	111.8	115.8	119.8	123.9	128.0	132.3	136.6	140.9	145.4	149.9	154.5	159.1	163.8	168.6	173.5	178.4	183.4	188.4
630	87.4	90.9	94.5	98.2	102.0	105.8	109.7	113.6	117.6	121.7	125.9	130.1	134.4	138.8	143.2	147.7	152.3	157.0	161.7	166.5	171.3	176.3	181.3	186.3	191.5
640	88.8	92.4	96.0	99.8	103.6	107.4	111.4	115.4	119.5	123.6	127.9	132.2	136.5	141.0	145.5	150.1	154.7	159.4	164.2	169.1	174.0	179.1	184.1	189.3	194.5
650	90.2	93.8	97.5	101.3	105.2	109.1	113.1	117.2	121.4	125.6	129.9	134.2	138.7	143.2	147.8	152.4	157.1	161.9	166.8	171.8	176.8	181.9	187.0	192.2	197.5
660	91.6	95.3	99.0	102.9	106.8	110.8	114.9	119.0	123.2	127.5	131.9	136.3	140.8	145.4	150.0	154.8	159.6	164.4	169.4	174.4	179.5	184.7	189.9	195.2	200.6
670	93.0	96.7	100.5	104.5	108.4	112.5	116.6	120.8	125.1	129.4	133.9	138.4	142.9	14											