



# A.C.: AFTER COLLAPSE ® MOVEMENT AND LOAD LIMIT CHARTS

<b>BASE MOVEMENT RATES PER COMBAT INTERVAL</b>				
<b><u>LBS + AGL</u></b>	<b><u>Walk</u> (3.3 ft/1.0 m)</b>	<b><u>Run</u> (9.8 ft/3.0 m)</b>	<b><u>Leap</u> (3.0 in/7.62 cm)</b>	<b><u>Swim</u> (4.9 ft/1.5 m)</b>
6	19.8ft/6.0 m	58.8 ft/18.0 m	1.5 ft/0.46 m	29.4 ft/9.0 m
10	33.0 ft/10.0 m	98.0 ft/30.0 m	2.5 ft/0.76 m	49.0 ft/15.0 m
14	46.2 ft/14.0 m	45.7 yd/42.0 m	3.5 ft/1.07 m	68.6 ft/21.0 m
18	59.4 ft/18.0 m	58.8 yd/54.0 m	4.5 ft/1.37 m	88.2 ft/27.0 m
22	72.6 ft/22.0 m	71.9 yd/66.0 m	5.5 ft/1.68 m	35.9 yd/33.0 m
26	85.8 ft/26.0 m	84.9 yd/78.0 m	6.5 ft/1.98 m	42.5 yd/39.0 m
30	99.0 ft/30.0 m	98.0 yd/90.0 m	7.5 ft/2.28 m	49.0 yd/45.0 m
36	39.6 yd/36.0 m	117.6 yd/108.0 m	9.0 ft/2.74 m	58.8 yd/54.0 m

<b>AVERAGE LOAD LIMITS</b>				
<b><u>(LBS + UBS)</u> <u>x 10 lb/4.5 kg</u></b>	<b><u>Percentage of Load</u></b>			
	<b><u>10%</u></b>	<b><u>25%</u></b>	<b><u>50%</u></b>	<b><u>75%</u></b>
60 lb/27 kg	6 lb/2.7 kg	15 lb/6.75 kg	30 lb/13.5 kg	45 lb/20.25 kg
100 lb/45 kg	10 lb/4.5 kg	25 lb/11.25 kg	50 lb/22.5 kg	75 lb/33.75 kg
140 lb/63 kg	14 lb/6.3 kg	35 lb/15.75 kg	70 lb/31.5 kg	105 lb/47.25 kg
180 lb/81 kg	18 lb/8.1 kg	45 lb/20.25 kg	90 lb/40.5 kg	135 lb/60.75 kg
220 lb/100 kg	22 lb/10.0 kg	55 lb/25.0 kg	110 lb/50.0 kg	165 lb/75.0 kg
260 lb/117 kg	26 lb/11.7 kg	65 lb/29.25 kg	130 lb/58.5 kg	195 lb/87.75 kg
300 lb/135 kg	30 lb/13.5 kg	75 lb/60.75 kg	150 lb/67.5 kg	225 lb/101.25 kg
360 lb/162 kg	36 lb/16.2 kg	90 lb/40.5 kg	180 lb/81.0 kg	270 lb/121.5 kg

<b>AVERAGE MOVEMENT RATE REDUCTION</b>	
<b><u>% Load Limit</u></b>	<b><u>% of Normal Speed</u></b>
0%	100%
10%	90%
20%	80%
30%	70%
40%	60%
50%	50%
60%	40%
70%	30%
80%	20%
90%	10%
100%	0%