

Body weight, in pounds and kilos	Carbs per hour of exercise, in grams  First value is the amount needed to replace 80% of total exercise expenditure, last is 100%
145 lbs 65.8 kg	62-80g
175 lbs 79.4 kg	70-88g
200 lbs 90.7 kg	75-94g
225 lbs 102 kg	81-102g