Calculate Horsepower

WHAT HORSEPOWER DO YOU RUN ON?

Measure and record:

1. The vertical height (in feet) of a flight of stairs in your home or outside.
2. The weight (in pounds) of the runner.
3. The amount of time (in seconds) it takes to run up the stairs.

Horsepower = (height x weight) / time.

Convert horsepower to Watts

1 horsepower = 746 Watts

Bonus: How long would you need to run on the stairs to keep a 750-watt microwave going?