

STR	Weapon Encumbrance (g)																			
	150	200	250	300	400	500	600	700	800	900	1000	1200	1400	1600	1800	2000	2500	3000	3500	4000
-5	0	0	0	0	1	4	6	9	12	14	17	22	28	33	39	44	58	71	85	98
-4	0	0	0	0	0	2	5	7	10	12	14	19	24	29	34	39	51	63	75	88
-3	0	0	0	0	0	1	3	6	8	10	12	17	21	26	30	34	46	57	68	79
-2	0	0	0	0	0	0	2	4	6	8	10	14	18	22	26	30	40	50	60	70
-1	0	0	0	0	0	0	1	3	5	6	8	12	15	19	23	26	35	45	54	63
0	0	0	0	0	0	0	0	2	3	5	7	10	13	17	20	23	32	40	48	57
1	0	0	0	0	0	0	0	1	2	4	5	8	11	14	17	20	28	35	43	51
2	0	0	0	0	0	0	0	0	1	2	4	6	9	12	15	17	24	31	38	45
3	0	0	0	0	0	0	0	0	0	1	2	5	8	10	12	15	21	28	34	40
4	0	0	0	0	0	0	0	0	0	0	1	4	6	8	10	13	18	24	30	35
5	0	0	0	0	0	0	0	0	0	0	0	2	4	6	9	11	16	21	26	31
6	0	0	0	0	0	0	0	0	0	0	0	1	3	5	7	9	14	18	23	28
7	0	0	0	0	0	0	0	0	0	0	0	0	2	4	5	7	11	16	20	24
8	0	0	0	0	0	0	0	0	0	0	0	0	1	2	4	6	9	13	17	21
9	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	4	8	11	15	18
10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	3	6	9	12	16
11	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	5	8	10	13
12	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	6	9	11
13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	4	7	9
14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	5	8
15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	4	6
16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	3	4
17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	3
18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Table: Weapon Burdening as a Function of Strength and Weapon Encumbrance

STR	Armor Encumbrance (kg)																			
	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60
-5	0	1	6	12	17	22	28	33	39	44	49	55	60	66	71	76	82	87	93	98
-4	0	0	5	10	14	19	24	29	34	39	44	49	53	58	63	68	73	78	83	88
-3	0	0	3	8	12	17	21	26	30	34	39	43	48	52	57	61	66	70	74	79
-2	0	0	2	6	10	14	18	22	26	30	34	38	42	46	50	54	58	62	66	70
-1	0	0	1	5	8	12	15	19	23	26	30	34	37	41	45	48	52	55	59	63
0	0	0	0	3	7	10	13	17	20	23	27	30	33	37	40	43	47	50	53	57
1	0	0	0	2	5	8	11	14	17	20	23	26	29	32	35	38	42	45	48	51
2	0	0	0	1	4	6	9	12	15	17	20	23	26	28	31	34	37	39	42	45
3	0	0	0	0	3	5	8	10	13	15	18	20	23	25	28	30	33	35	38	40
4	0	0	0	0	1	4	6	8	10	13	15	17	20	22	24	26	29	31	33	35
5	0	0	0	0	0	2	4	6	9	11	13	15	17	19	21	23	25	27	29	31
6	0	0	0	0	0	1	3	5	7	9	11	13	15	16	18	20	22	24	26	28
7	0	0	0	0	0	0	2	4	5	7	9	11	12	14	16	17	19	21	22	24
8	0	0	0	0	0	0	1	2	4	6	7	9	10	12	13	15	16	18	19	21
9	0	0	0	0	0	0	0	1	3	4	6	7	8	10	11	13	14	16	17	18
10	0	0	0	0	0	0	0	0	2	3	4	5	7	8	9	11	12	13	14	16
11	0	0	0	0	0	0	0	0	1	2	3	4	5	6	8	9	10	11	12	13
12	0	0	0	0	0	0	0	0	0	1	2	3	4	5	6	7	8	9	10	11
13	0	0	0	0	0	0	0	0	0	0	1	2	3	4	4	5	6	7	8	9
14	0	0	0	0	0	0	0	0	0	0	0	1	1	2	3	4	5	6	7	8
15	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	3	4	4	5	6
16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	2	3	4	4
17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	2	3	3
18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	2
19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Table: Armor Burdening as a Function of Armor Encumbrance. To obtain shield burdening, double the shield encumbrance and use this table.