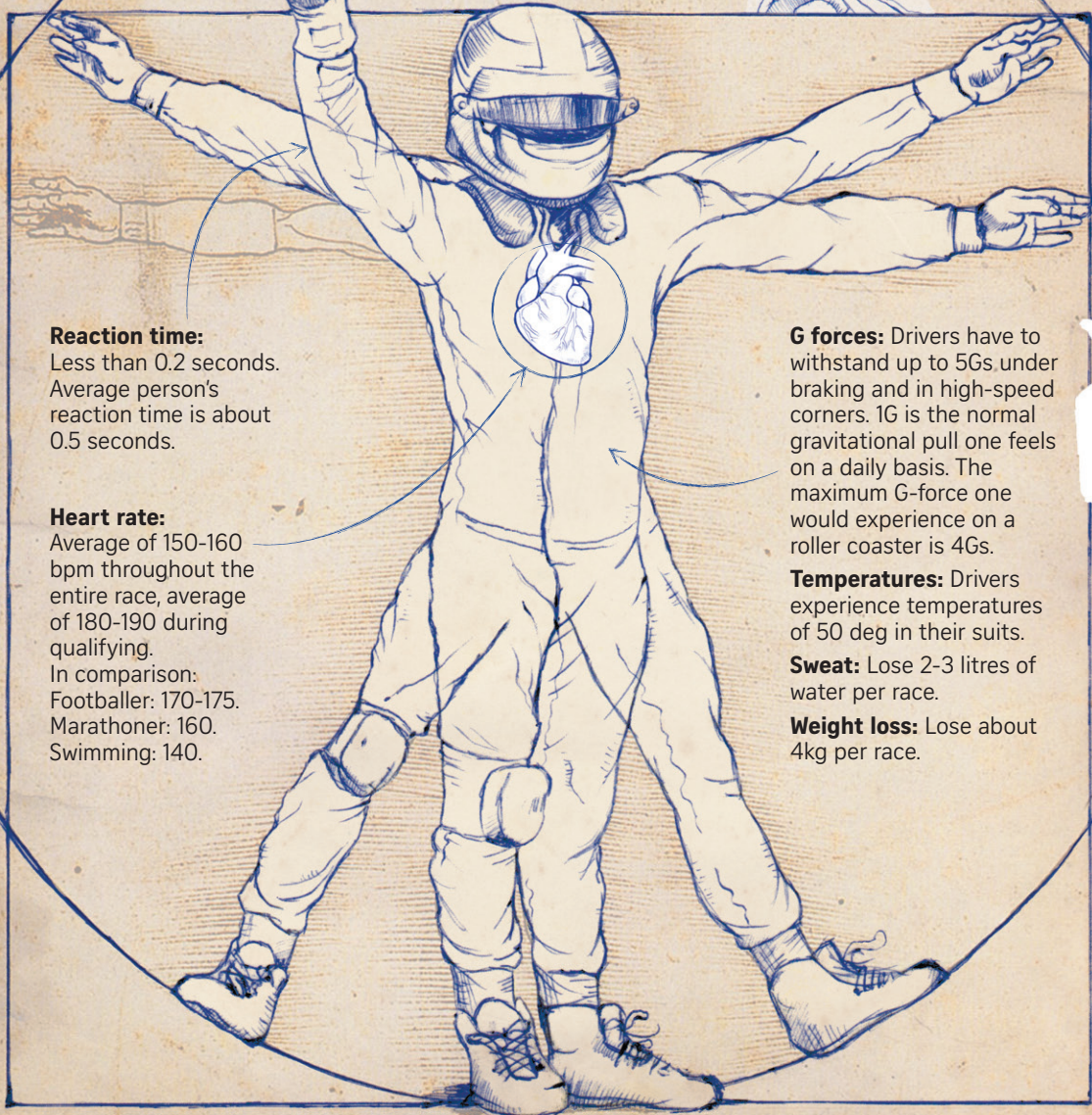


# The ideal F1 driver

**Perfect weight:** 60-65kg. 5kg over the ideal weight adds 0.2 seconds per lap to the driver's lap time. The lightest driver is Felipe Massa (59kg), heaviest is Nico Hulkenberg (74kg).

**Neck strength:** Needs to support 6kg (head), 1kg (helmet), and 20-25kg is added when going around a corner.



**Reaction time:**  
Less than 0.2 seconds.  
Average person's reaction time is about 0.5 seconds.

**Heart rate:**  
Average of 150-160 bpm throughout the entire race, average of 180-190 during qualifying.  
In comparison:  
Footballer: 170-175.  
Marathoner: 160.  
Swimming: 140.

**G forces:** Drivers have to withstand up to 5Gs under braking and in high-speed corners. 1G is the normal gravitational pull one feels on a daily basis. The maximum G-force one would experience on a roller coaster is 4Gs.

**Temperatures:** Drivers experience temperatures of 50 deg in their suits.

**Sweat:** Lose 2-3 litres of water per race.

**Weight loss:** Lose about 4kg per race.