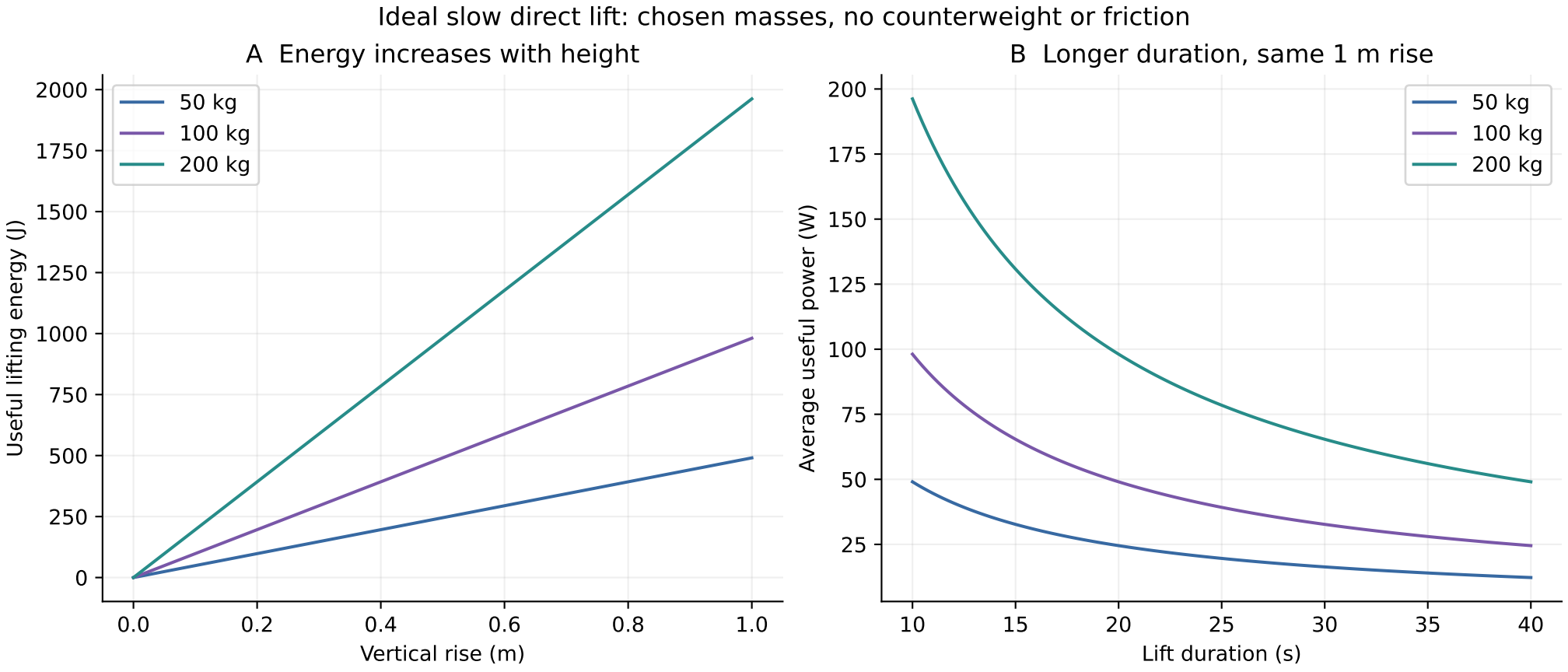

Ideal slow direct lift: chosen masses, no counterweight or friction
A Energy increases with height
Useful lifting energy (J)
Vertical rise (m)
50 kg
100 kg
200 kg
0
250
500
750
1000
1250
1500
1750
2000
0.0
0.2
0.4
0.6
0.8
1.0
B Longer duration, same 1 m rise
Average useful power (W)
Lift duration (s)
25
50
75
100
125
150
175
200
10
15
20
25
30
35
40