

ST Monster Table v3

This table shows ST, ST cost, alternate cost*, ST-based damage (extrapolated where not on the *Basic Set Damage Table*), alternate damage progressions**, ST Roll***, BL, encumbrance levels, and maximum weights for feats of strength.

* Cost (alt.) is an alternate cost for ST. See <https://www.gamesdiner.com/gurps-better-cost-for-st/>.

** Damage (alternate) provides three alternate progressions for ST-based damage. See <https://www.gamesdiner.com/new-st-damage/>.

*** When rolling against ST in a Contest, as a ST-based skill, in a feat of strength, etc., replace ST with ST Roll to properly reflect relative differences in strength. See www.gamesdiner.com/stroll.

ST	Cost	Cost	Damage		Damage (alternate)			ST	ST	BL	Encumbrance Levels (lbs.)					ST	Lift					Knock Over			Other	
	(alt.)	Thrust	Swing	Small	Medium	Large	Roll		(lbs.)	None	Light	Medium	Heavy	Extra-Heavy	1-hnd, 1 sec		1-hnd, 2 sec	2-hnd, 1 sec	2-hnd, 2 sec	2-hnd, 4 sec	Max Press	Shove	Running Start	Shift/Rock	Pull/ Drag	
1	-90	-90	1d-6	1d-5	1d-5	1d-5	1d-4	1	-24	0.2	0.2	0.4	0.6	1.2	2	1	0.2	0.4	0.4	0.8	1.6	3	2.4	4.8	10	3
2	-80	-80	1d-6	1d-5	1d-4	1d-4	1d-4	2	-14	0.8	0.8	1.6	2.4	4.8	8	2	0.8	1.6	1.6	3.2	6.4	12	9.6	19.2	40	12
3	-70	-70	1d-5	1d-4	1d-4	1d-4	1d-3	3	-8	1.8	1.8	3.6	5.4	10.8	18	3	1.8	3.6	3.6	7.2	14.4	27	21.6	43.2	90	27
4	-60	-60	1d-5	1d-4	1d-4	1d-3	1d-2	4	-4	3.2	3.2	6.4	9.6	19.2	32	4	3.2	6.4	6.4	12.8	25.6	48	38.4	76.8	160	48
5	-50	-50	1d-4	1d-3	1d-3	1d-3	1d-1	5	0	5	5	10	15	30	50	5	5	10	10	20	40	75	60	120	250	75
6	-40	-40	1d-4	1d-3	1d-3	1d-2	1d-1	6	2	7.2	7.2	14.4	21.6	43.2	72	6	7.2	14.4	14.4	28.8	57.6	108	86.4	172.8	360	108
7	-30	-30	1d-3	1d-2	1d-3	1d-2	1d	7	4	9.8	9.8	19.6	29.4	58.8	98	7	9.8	19.6	19.6	39.2	78.4	147	117.6	235.2	490	147
8	-20	-20	1d-3	1d-2	1d-2	1d-1	1d+1	8	6	13	13	26	38	77	128	8	13	26	26	51	102	192	154	307	640	192
9	-10	-10	1d-2	1d-1	1d-2	1d-1	2d-2	9	8	16	16	32	49	97	162	9	16	32	32	65	130	243	194	389	810	243
10	0	0	1d-2	1d	1d-2	1d	1d+2	10	10	20	20	40	60	120	200	10	20	40	40	80	160	300	240	480	1,000	300
11	10	10	1d-1	1d+1	1d-1	1d	2d-1	11	11	24	24	48	73	145	242	11	24	48	48	97	194	363	290	581	1,210	363
12	20	20	1d-1	1d+2	1d-1	1d+1	1d+3	12	12	29	29	58	86	173	288	12	29	58	58	115	230	432	346	691	1,440	432
13	30	30	1d	2d-1	1d-1	1d+1	2d	13	13	34	34	68	101	203	338	13	34	68	68	135	270	507	406	811	1,690	507
14	40	40	1d	2d	1d	2d-2	2d	14	14	39	39	78	118	235	392	14	39	78	78	157	314	588	470	941	1,960	588
15	50	50	1d+1	2d+1	1d	1d+2	2d+1	15	15	45	45	90	135	270	450	15	45	90	90	180	360	675	540	1,080	2,250	675
16	60	60	1d+1	2d+2	1d	1d+2	3d-2	16	16	51	51	102	154	307	512	16	51	102	102	205	410	768	614	1,229	2,560	768
17	70	70	1d+2	3d-1	1d+1	2d-1	2d+2	17	17	58	58	116	173	347	578	17	58	116	116	231	462	867	694	1,387	2,890	867
18	80	80	1d+2	3d	1d+1	1d+3	3d-1	18	18	65	65	130	194	389	648	18	65	130	130	259	518	972	778	1,555	3,240	972
19	90	90	2d-1	3d+1	1d+1	1d+3	2d+3	19	19	72	72	144	217	433	722	19	72	144	144	289	578	1,083	866	1,733	3,610	1,083
20	100	100	2d-1	3d+2	2d-2	2d	3d	20	20	80	80	160	240	480	800	20	80	160	160	320	640	1,200	960	1,920	4,000	1,200
21	110	105	2d	4d-1	2d-2	2d	3d+1	21	21	88	88	176	265	529	882	21	88	176	176	353	706	1,323	1,058	2,117	4,410	1,323
22	120	110	2d	4d	1d+2	2d+1	3d+1	22	21	97	97	194	290	581	968	22	97	194	194	387	774	1,452	1,162	2,323	4,840	1,452
23	130	115	2d+1	4d+1	1d+2	2d+1	3d+2	23	22	106	106	212	317	635	1,058	23	106	212	212	423	846	1,587	1,270	2,539	5,290	1,587
24	140	120	2d+1	4d+2	1d+2	2d-2	3d+2	24	22	115	115	230	346	691	1,152	24	115	230	230	461	922	1,728	1,382	2,765	5,760	1,728
25	150	125	2d+2	5d-1	2d-1	2d+2	3d+3	25	23	125	125	250	375	750	1,250	25	125	250	250	500	1,000	1,875	1,500	3,000	6,250	1,875
26	160	130	2d+2	5d	1d+3	2d+2	3d+3	26	23	135	135	270	406	811	1,352	26	135	270	270	541	1,082	2,028	1,622	3,245	6,760	2,028
27	170	135	3d-1	5d+1	1d+3	3d-1	4d	27	24	146	146	292	437	875	1,458	27	146	292	292	583	1,166	2,187	1,750	3,499	7,290	2,187
28	180	140	3d-1	5d+1	1d+3	2d+3	4d+1	28	24	157	157	314	470	941	1,568	28	157	314	314	627	1,254	2,352	1,882	3,763	7,840	2,352
29	190	145	3d	5d+2	2d	2d+3	5d-2	29	25	168	168	336	505	1,009	1,682	29	168	336	336	673	1,346	2,523	2,018	4,037	8,410	2,523
30	200	150	3d	5d+2	2d	3d	4d+2	30	25	180	180	360	540	1,080	1,800	30	180	360	360	720	1,440	2,700	2,160	4,320	9,000	2,700
31	210	155	3d+1	6d-1	2d	3d	5d-1	31	26	192	192	384	577	1,153	1,922	31	192	384	384	769	1,538	2,883	2,306	4,613	9,610	2,883
32	220	155	3d+1	6d-1	2d+1	3d+1	4d+3	32	26	205	205	410	614	1,229	2,048	32	205	410	410	819	1,638	3,072	2,458	4,915	10,240	3,072
33	230	158	3d+2	6d	2d+1	3d+1	5d	33	27	218	218	436	653	1,307	2,178	33	218	436	436	871	1,742	3,267	2,614	5,227	10,890	3,267
34	240	160	3d+2	6d	2d+1	4d-2	5d	34	27	231	231	462	694	1,387	2,312	34	231	462	462	925	1,850	3,468	2,774	5,549	11,560	3,468
35	250	163	4d-1	6d+1	3d-2	3d+2	5d+1	35	28	245	245	490	735	1,470	2,450	35	245	490	490	980	1,960	3,675	2,940	5,880	12,250	3,675
36	260	165	4d-1	6d+1	3d-2	3d+2	6d-2	36	28	259	259	518	778	1,555	2,592	36	259	518	518	1,037	2,074	3,888	3,110	6,221	12,960	3,888
37	270	168	4d	6d+2	2d+2	4d-1	5d+2	37	28	274	274	548	821	1,643	2,738	37	274	548	548	1,095	2,190	4,107	3,286	6,571	13,690	4,107
38	280	170	4d	6d+2	2d+2	3d+3	6d-1	38	29	289	289	578	866	1,733	2,888	38	289	578	578	1,155	2,310	4,332	3,466	6,931	14,440	4,332
39	290	173	4d+1	7d-1	2d+2	3d+3	5d+3	39	29	304	304	608	913	1,825	3,042	39	304	608	608	1,217	2,434	4,563	3,650	7,301	15,210	4,563
40	300	175	4d+1	7d-1	3d-1	4d	6d	40	30	320	320	640	960	1,920	3,200	40	320	640	640	1,280	2,560	4,800	3,840	7,680	16,000	4,800
41	310	178	4d+2	7d	2d+3	4d	6d+1	41	30	336	336	672	1,009	2,017	3,362	41	336	672	672	1,345	2,690	5,043	4,034	8,069	16,810	5,043
42	320	180	4d+2	7d	2d+3	4d+1	6d+1	42	30	353	353	706	1,058	2,117	3,528	42	353	706	706	1,411	2,822	5,292	4,234	8,467	17,640	5,292
43	330	183	5d-1	7d	2d+3	4d+1	6d+2	43	31	370	370	747														