ST Monster Table v3.1

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 (alt.)	Damage Thrust	Damage Swing	Dmg (alt) Small	Dmg (alt) Medium	Dmg (alt) Large	ST	ST Roll	BL (lbs.)	Enc None	Enc Light	Enc Medium	Enc Heavy	Enc Extra-Heavy	ST	Lift 1-hnd 1 sec	Lift 1-hnd 2 sec	Lift 2-hnd 1 sec	Lift 2-hnd 2 sec	Lift 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-5	1d-5	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	5.0	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	39	78	130	8	13	26	26	52	104	195	156	312	650	195
9	-10	-10	1d-3	1d-1	1d-2	1d-1	2d-2	9	8	16	16	32	48	96	160	9	16	32	32	64	128	240	192	384	800	240
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	72	144	240	11	24	48	48	96	192	360	288	576	1,200	360
12	20	20	1d-1	1d+2	1d-1	1d+1	1d+3	12	12	29	29	58	87	174	290	12	29	58	58	116	232	435	348	696	1,450	435
13	30	30	1d	2d-1	1d-1	1d+1	2d	13	13	34	34	68	102	204	340	13	34	68	68	136	272	510	408	816	1,700	510
14	40	40	1d	2d	1d	2d-2	2d	14	14	39	39	78	117	234	390	14	39	78	78	156	312	585	468	936	1,950	585
15	50	50	1d+1	2d+1	1d	2d+1	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	153	306	510	16	51	102	102	204	408	765	612	1,224	2,550	765
17	70	70	1d+2	3d-1	1d+1	2d-1	2d+2	17	17	58	58	116	174	348	580	17	58	116	116	232	464	870	696	1,392	2,900	870
18	80	80	1d+2	3d	1d+1	2d+1	3d-1	18	18	65	65	130	195	390	650	18	65	130	130	260	520	975	780	1,560	3,250	975
19	90	90	2d-1	3d+1	1d+1	1d+3	2d+3	19	19	72	72	144	216	432	720	19	72	144	144	288	576	1,080	864	1,728	3,600	1,080
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	110	2d	4d-1	2d-2	2d	3d+1	21	21	88	88	176	264	528	880	21	88	176	176	352	704	1,320	1,056	2,112	4,400	1,320
22	120	110	2d	4d	2d-2	2d+1	3d+1	22	21	97	97	194	291	582	970	22	97	194	194	388	776	1,455	1,164	2,328	4,850	1,455
23	130	115	2d+1	4d+1	1d+2	2d+1	3d+2	23	22	106	106	212	318	636	1,060	23	106	212	212	424	848	1,590	1,272	2,544	5,300	1,590
24	140	120	2d+1	4d+2	1d+2	3d-2	3d+2	24	22	115	115	230	345	690	1,150	24	115	230	230	460	920	1,725	1,380	2,760	5,750	1,725
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	2d-1	2d+2	3d+3	26	23	135	135	270	405	810	1,350	26	135	270	270	540	1,080	2,025	1,620	3,240	6,750	2,025
27	170	135	3d-1	5d+1	1d+3	3d-1	4d	27	24	146	146	292	438	876	1,460	27	146	292	292	584	1,168	2,190	1,752	3,504	7,300	2,190
28	180	140	3d-1	5d+1	1d+3	2d+3	4d+1	28	24	157	157	314	471	942	1,570	28	157	314	314	628	1,256	2,355	1,884	3,768	7,850	2,355
29	190	145	3d	5d+2	2d	2d+3	5d-2	29	25	168	168	336	504	1,008	1,680	29	168	336	336	672	1,344	2,520	2,016	4,032	8,400	2,520
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	153	3d+1	6d-1	2d	3d	5d-1	31	26	192	192	384	576	1,152	1,920	31	192	384	384	768	1,536	2,880	2,304	4,608	9,600	2,880
32	220	155	3d+1	6d-1	2d+1	3d+1	5d	32	26	205	205	410	615	1,230	2,050	32	205	410	410	820	1,640	3,075	2,460	4,920	10,250	3,075
33	230	158	3d+2	6d	2d+1	3d+1	5d	33	27	218	218	436	654	1,308	2,180	33	218	436	436	872	1,744	3,270	2,616	5,232	10,900	3,270
34	240	160	3d+2	6d	2d+1	4d-2	5d	34	27	231	231	462	693	1,386	2,310	34	231	462	462	924	1,848	3,465	2,772	5,544	11,550	3,465
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	4d-2	6d-2	36	28	259	259	518	777	1,554	2,590	36	259	518	518	1,036	2,072	3,885	3,108	6,216	12,950	3,885
37	270	168	4d	6d+2	4d-1	5d-1	5d+2	37	28	274	274	548	822	1,644	2,740	37	274	548	548	1,096	2,192	4,110	3,288	6,576	13,700	4,110
38	280	170	4d	6d+2	2d+2	3d+3	6d-1	38	29	289	289	578	867	1,734	2,890	38	289	578	578	1,156	2,312	4,335	3,468	6,936	14,450	4,335
39	290	173	4d+1	7d-1	2d+2	3d+3	5d+3	39	29	304	304	608	912	1,824	3,040	39	304	608	608	1,216	2,432	4,560	3,648	7,296	15,200	4,560
40	300	175	4d+1	7d-1	3d-1	4d	6d	40	29	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	1,008	2,016	3,360	41	336	672	672	1,344	2,688	5,040	4,032	8,064	16,800	5,040
42	320	180	4d+2	7d	2d+3	4d+1	6d+1	42	30	353	353	706	1,059	2,118	3,530	42	353	706	706	1,412	2,824	5,295	4,236	8,472	17,650	5,295
43	330	183	5d-1	7d	2d+3	4d+1	6d+2	43	31	370	370	740	1,110	2,220	3,700	43	370	740	740	1,480	2,960	5,550	4,440	8,880	18,500	5,550
44	340	185	5d-1	7d+1	3d	4d+2	6d+3	44	31	387	387	774	1,161	2,322	3,870	44	387	774	774	1,548	3,096	5,805	4,644	9,288	19,350	5,805
45	350	188	5d	7d+1	3d	4d+2	6d+3	45	31	405	405	810	1,215	2,430	4,050	45	405	810	810	1,620	3,240	6,075	4,860	9,720	20,250	6,075
46	360	190	5d	7d+2	3d	4d+3	6d+3	46	32	423	423	846	1,269	2,538	4,230	46	423	846	846	1,692	3,384	6,345	5,076	10,152	21,150	6,345
47	370	193	5d+1	7d+2	3d+1	5d-1	7d	47	32	442	442	884	1,326	2,652	4,420	47	442	884	884	1,768	3,536	6,630	5,304	10,608	22,100	6,630
48	380	195	5d+1	7d+2	3d+1	4d+3	7d	48	32	461	461	922	1,383	2,766	4,610	48	461	922	922	1,844	3,688	6,915	5,532	11,064	23,050	6,915
49	390	198	5d+2	8d-1	3d+1	4d+3	8d-2	49	32	480	480	960	1,440	2,880	4,800	49	480	960	960	1,920	3,840	7,200	5,760	11,520	24,000	7,200
50	400	200	5d+2	8d-1	4d-2	5d	7d+2	50	33	500	500	1,000	1,500	3,000	5,000	50	500	1,000	1,000	2,000	4,000	7,500	6,000	12,000	25,000	7,500
51	410	203	6d-1	8d	4d-2	5d	8d-1	51	33	520	520	1,040	1,560	3,120	5,200	51	520	1,040	1,040	2,080	4,160	7,800	6,240	12,480	26,000	7,800
52	420	205	6d-1	8d	3d+2	5d+1	7d+3	52	33	541	541	1,082	1,623	3,246	5,410	52	541	1,082	1,082	2,164	4,328	8,115	6,492	12,984	27,050	8,115
53	430	208	6d	8d	3d+2	5d+1	8d	53	34	562	562	1,124	1,686	3,372	5,620	53	562	1,124	1,124	2,248	4,496	8,430	6,744	13,488	28,100	8,430
54	440	210	6d	8d+1	3d+2	6d-2	8d	54	34	583	583	1,166	1,749	3,498	5,830	54	583	1,166	1,166	2,332	4,664	8,745	6,996	13,992	29,150	8,745
55	450	213	6d	8d+1	4d-1	5d+2	8d+1	55	34	605	605	1,210	1,815	3,630	6,050	55	605	1,210	1,210	2,420	4,840	9,075	7,260	14,520	30,250	9,075
56	460	215	6d+1	8d+2	3d+3	5d+2	9d-2	56	35	627	627	1,254	1,881	3,762	6,270	56	627	1,254	1,254	2,508	5,016	9,405	7,524	15,048	31,350	9,405
57	470	218	6d+1	8d+2	3d+3	6d-1	8d+2	57	35	650	650	1,300	1,950	3,900	6,500	57	650	1,300	1,300	2,600	5,200	9,750	7,800	15,600	32,500	9,750
58	480	220	6d+2	9d-1	3d+3	5d+3	9d-1	58	35	673	673	1,346	2,019	4,038	6,730	58	673	1,346	1,346	2,692	5,384	10,095	8,076	16,152	33,650	10,095
59	490	223	6d+2	9d-1	4d	5d+3	8d+3	59	35	696	696	1,392	2,088	4,176	6,960	59	696	1,392	1,392	2,784	5,568	10,440	8,352	16,704	34,800	10,440
60	500	225	7d-1	9d	4d	6d	9d	60	35	720	720	1,440	2,160	4,320	7,200	60	720	1,440	1,440	2,880	5,760	10,800	8,640	17,280	36,000	10,800
61	510	228	7d-1	9d	4d	6d	9d+1	61	36	744	744	1,488	2,232	4,464	7,440	61	744	1,488	1,488	2,976	5,952	11,160	8,928	17,856	37,200	11,160
62	520	230	7d	9d	4d+1	6d+1	9d+1	62	36	769	769	1,538	2,307	4,614	7,690	62	769	1,538	1,538	3,076	6,152	11,535	9,228	18,456	38,450	11,535
63	530	233	7d	9d+1	4d+1	6d+1	9d+2	63	36	794	794	1,588	2,382	4,764	7,940	63	794	1,588	1,588	3,176	6,352	11,910	9,528	19,056	39,700	11,910
64	540	235	7d+1	9d+1	4d+1	7d-2	9d+2	64	36	819	819	1,638	2,457	4,914	8,190	64	819	1,638	1,638	3,276	6,552	12,285	9,828	19,656	40,950	12,285
65	550	238	7d+1	9d+2	5d-2	6d+3	9d+3	65	37	845	845	1,690	2,535	5,070	8,450	65	845	1,690	1,690	3,380	6,760	12,675	10,140	20,280	42,250	12,675
66	560	240	7d+2	9d+2	5d-2	6d+2	9d+3	66	37	871	871	1,742	2,613	5,226	8,710	66	871	1,742	1,742	3,484	6,968	13,065	10,452	20,904	43,550	13,065
67	570	243	7d+2	9d+2	4d+2	7d-1	10d	67	37	898	898	1,796	2,694	5,388	8,980	67	898	1,796	1,796	3,592	7,184	13,470	10,776	21,552	44,900	13,470
68	580	245	8d-1	10d-1	4d+2	7d-1	10d+1	68	37	925	925	1,850	2,775	5,550	9,250	68	925	1,850	1,850	3,700	7,400	13,875	11,100	22,200	46,250	13,875
69	590	248	8d-1	10d-1	4d+2	6d+3	11d-2	69	37	952	952	1,904	2,856	5,712	9,520	69	952	1,904	1,904	3,808	7,616	14,280	11,424	22,848	47,600	14,280
70	600	250	8d	10d	5d-1	7d	10d+2	70	38	980	980	1,960	2,940	5,880	9,800	70	980	1,960	1,960	3,920	7,840	14,700	11,760	23,520	49,000	14,700
71	610	252	8d	10d	4d+3	7d	11d-1	71	38	1008	1,008	2,016	3,024	6,048	10,080	71	1,008	2,016	2,016	4,032	8,064	15,120	12,096	24,192	50,400	15,120
72	620	253	8d	10d	4d+3	7d+1	10d+3	72	38	1037	1,037	2,074	3,111	6,222	10,370	72	1,037	2,074	2,074	4,148	8,296	15,555	12,444	24,888	51,850	15,555
73	630	255	8d+1	10d+1	4d+3	7d+1	11d	73	38	1066	1,066	2,132	3,198	6,396	10,660	73	1,066	2,132	2,132	4,264	8,528	15,990	12,792	25,584	53,300	15,990
74	640	257	8d+1	10d+1	5d	8d-2	11d	74	38	1095	1,095	2,190	3,285	6,570	10,950	74	1,095	2,190	2,190	4,380	8,760	16,425	13,140	26,280	54,750	16,425
75	650	258	8d+2	10d+2	5d	7d+2	11d-1	75	39	1125	1,125	2,250	3,375	6,750	11,250	75	1,125	2,250	2,250	4,500	9,000	16,875	13,500	27,000	56,250	16,875
76	660	260	8d+2	10d+2	5d	7d+2	12d-2	76	39	1155	1,155	2,310	3,465	6,930	11,550	76	1,155	2,310	2,310	4,620	9,240	17,325	13,860	27,720	57,750	17,325
77	670	262	8d+2	10d+2	5d+1	8d-1	11d+2	77	39	1186	1,186	2,372	3,558	7,116	11,860	77	1,186	2,372	2,372	4,744	9,488	17,790	14,232	28,464	59,300	17,790
78	680	263	9d-1	11d-1	5d+1	7d+3	12d-1	78	39	1217	1,217	2,434	3,651	7,302	12,170	78	1,217	2,434	2,434	4,868	9,736	18,255	14,604	29,208	60,850	18,255
79	690	265	9d-1	11d-1	5d+1	7d+3	11d+3	79	40	1248	1,248	2,496	3,744	7,488	12,480	79	1,248	2,496	2,496	4,992	9,984	18,720	14,976	29,952	62,400	18,720
80	700	267	9d	11d	6d-2	8d	12d	80	40	1280	1,280	2,560	3,840	7,680	12,800	80	1,280	2,560	2,560	5,120	10,240	19,200	15,360	30,720	64,000	19,200
81	710	268	9d+1	11d+1	6d-2	8d	12d+1	81	40	1312	1,312	2,624	3,936	7,872	13,120	81	1,312	2,624	2,624	5,248	10,496	19,680	15,744	31,488	65,600	19,680
82	720	270	9d+1	11d+1	5d+2	8d+1	12d+1	82	40	1345	1,345	2,690	4,035	8,070	13,450	82	1,345	2,690	2,690	5,380	10,760	20,175	16,140	32,280	67,250	20,175
83	730	272	9d+2	11d+2	5d+2	8d+1	12d+2	83	40	1378	1,378	2,756	4,134	8,268	13,780	83	1,378	2,756	2,756	5,512	11,024	20,670	16,536	33,072	68,900	20,670
84	740	273	9d+2	11d+2	5d+2	9d-2	12d+2	84	40	1411	1,411	2,822	4,233	8,466	14,110	84	1,411	2,822	2,822	5,644	11,288	21,165	16,932	33,864	70,550	21,165
85	750	275	9d+2	11d+2	6d-1	8d+2	12d+3	85	40	1445	1,445	2,890	4,335	8,670	14,450	85	1,445	2,890	2,890	5,780	11,560	21,675	17,340	34,680	72,250	21,675
86	760	277	10d-1	12d-1	5d+3	8d+2	12d+3	86	41	1479	1,479	2,958	4,437	8,874	14,790	86	1,479	2,958	2,958	5,916	11,832	22,185	17,748	35,496	73,950	22,185
87	770	278	10d-1	12d-1	5d+3	9d-1	13d	87	41	1514	1,514	3,028	4,542	9,084	15,140	87	1,514	3,028	3,028	6,056	12,112	22,710	18,168	36,336	75,700	22,710
88	780	280	10d	12d	5d+3	9d-1	13d+1	88	41	1549	1,549	3,098	4,647	9,294	15,490	88	1,549	3,098	3,098	6,196	12,392	23,235	18,588	37,176	77,450	23,235
89	790	282	10d+1	12d+1	6d	8d+3	14d-2	89	41	1584	1,584	3,168	4,752	9,504	15,840	89	1,584	3,168	3,168	6,336	12,672	23,760	19,008	38,016	79,200	23,760
90	800	283	10d+1	12d+1	6d	9d	13d+2	90	41	1620	1,620	3,240	4,860	9,720	16,200	90	1,620	3,240	3,240	6,480	12,960	24,300	19,440	38,880	81,000	24,300
91	810	285	10d+2	12d+2	6d	9d+1	14d-1	91	41	1656	1,656	3,312	4,968	9,936	16,560	91	1,656	3,312	3,312	6,624	13,248	24,840	19,872	39,744	82,800	24,840
92	820	287	10d+2	12d+2	6d+1	9d+1	13d+3	92	42	1693	1,693	3,386	5,079	10,158	16,930	92	1,693	3,386	3,386	6,772	13,544	25,395	20,316	40,632	84,650	25,395
93	830	288	10d+2	12d+2	6d+1	9d+1	14d	93	42	1730	1,730	3,460	5,190	10,380	17,300	93	1,730	3,460	3,460	6,920	13,840	25,950	20,760	41,520	86,500	25,950
94	840	290	11d-1	13d-1	6d+1	10d-2	14d	94	42	1767	1,767	3,534	5,301	10,602	17,670	94	1,767	3,534	3,534	7,068	14,136	26,505	21,204	42,408	88,350	26,505
95	850	292	11d-1	13d-1	7d-2	9d+2	14d+1	95	42	1805	1,805	3,610	5,415	10,830	18,050	95	1,805	3,610	3,610	7,220	14,440	27,075	21,660	43,320	90,250	27,075
96	860	293	11d	13d	7d-2	9d+2	15d-2	96	42	1843	1,843	3,686	5,529	11,058	18,430	96	1,843	3,686	3,686	7,372	14,744	27,645	22,116	44,232	92,150	27,645
97	870	295	11d	13d	6d+2	10d-1	14d+2	97	42	1882	1,882	3,764	5,646	11,292	18,820	97	1,882	3,764	3,764	7,528	15,056	28,230	22,584	45,168	94,100	28,230
98	880	297	11d	13d	6d+2	10d-1	15d-1	98	43	1921	1,921	3,842	5,763	11,526	19,210	98	1,921	3,842	3,842	7,684	15,368	28,815	23,052	46,104	96,050	28,815
99	890	298	11d+1	13d+1	6d+2	9d+3	14d+3	99	43	1960	1,960	3,920	5,880	11,760	19,600	99	1,960	3,920	3,920	7,840	15,680	29,400	23,520	47,040	98,000	29,400
100	900	300	11d+1	13d+1	7d-1	10d	15d	100	43	2000	2,000	4,000	6,000	12,000	20,000	100	2,000	4,000	4,000	8,000	16,000	30,000	24,000	48,000	100,000	30,000