	9x19mm[1]						.357 Mag[2] - 2"						.357 Mag[3] - 4"						.40 S&W[4]						.45 ACP[5]						.380ACP[6]						.38 Special[2] - 2"						.38 Special[3] - 4"						10mm Auto[7]						.357 Sig[8]					
LOAD	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol	Wt	MV	ME	Pen	Exp	Vol
Barnes TAC-XPD (+P/9mm)	115	1043	278	13.4	0.70	5.2	125	1251	434	14.2	0.75	6.3	125	1418	558	16.1	0.69	6.0	180	1037	430	12.4	0.76	5.6																																				
Barnes VorTX							140	1169	425	17.5	0.66	6.0	140	1352	568	20.5	0.62	6.2																															155	1090	409	12.5	0.81	6.4						
Buffalo Bore XPB SB							125	1144	363	13.9	0.64	4.5	125	1290	462	16.2	0.72	6.6																																										
Corbon JPH (+P/9mm)	115	1221	381	13.6	0.56	3.3	110	1309	418	13.8	0.58	3.6	110	1379	464	13.5	0.59	3.7																																										
Corbon DPX	115	1123	322	13.9	0.69	5.2																																																					
Federal Guard Dog	105	1180	325	12.6	0.50	2.5													135	1124	379	10.8	0.65	3.6	165	952	332	13.9	0.65	4.6																														
Federal Hydra Shok							130	1175	398	18.5	0.52	3.9	130	1407	571	13.0	0.67	4.6	155	1084	404	18.4	0.63	5.7	165	918	309	13.9	0.65	4.6																			180	1110	492	15.9	0.61	4.6						
Federal Hi-Shok (+P/.38)																																											125	926	238	13.0	0.49	2.5												
Federal Vital-Shok XPB							140	1106	380	16.7	0.67	5.9	140	1300	525	19.9	0.63	6.2																																										
Federal Tactical Bonded (+P/9mm)	135	1022	313	13.8	0.61	4.0												0.0	165	978	350	14.0	0.73	5.9	230	887	402	14.6	0.86	8.5																														
Federal HST	124	1135	355	18.3	0.61	5.3																																																		125	1387	534	18.0	0.61	5.3
Federal HST (+P/9mm)	124	1168	376	18.3	0.66	6.3																																																					
Federal HST	147	973	309	15.2	0.61	4.4												0.0	180	964	371	18.5	0.72	7.5	230	822	345	14.0	0.85	7.9																														
Federal HST (+P/9mm & .45)	147	1008	332	19.2	0.60	5.4																			230	844	364	14.9	0.79	7.3																														
Federal Micro HST	150	888	263	17.3	0.71	6.8																															130	824	196	13.0	0.73	5.4	130	854	210	14.1	0.71	5.6												
Federal Premium JHP																																																								125	1368	519	22.4	0.52	4.8
Hornady FTX Crit Def	115	1143	334	13.1	0.50	2.6	125	1208	405	15.3	0.52	3.2	125	1350	506	14.5	0.57	3.7	165	1075	423	16.6	0.60	4.7	185	941	364	17.6	0.59	4.8	90	910	165	13.2	0.52	2.8	110	858	180	14.1	0.44	2.1	110	953	222	14.3	0.46	2.4												
Hornady FTX Crit Def (+P/.38)																																					110	945	218	13.1	0.48	2.4	110	1058	273	11.4	0.54	2.6												
Hornady FTX Crit Def (Lite/.38)																																					90	896	160	11.8	0.43	1.7	90	976	190	10.8	0.44	1.6												
Hornady XTP	115	1079	297	19.0	0.46	3.2																																											155	1344	621	14.0	0.68	5.1	147	1222	487	23.9	0.48	4.3
Hornady XTP (+P/.45)	124	1097	331	19.7	0.45	3.1	125	1125	351	21.4	0.48	3.9	125	1379	528	16.7	0.54	3.8	155	1101	417	22.4	0.49	4.2	200	965	413	18.1	0.59	4.9																			180	1158	536	16.9	0.64	5.4						
Hornady XTP (+P/.45)	147	994	322	19.3	0.49	3.6	158	1082	411	21.6	0.50	4.2	158	1242	541	24.7	0.53	5.4	180	933	348	20.9	0.50	4.1	230	908	421	18.6	0.60	5.3																														
Hornady Crit Duty	135	1053	332	19.0	0.43	2.8	135	1126	380	18.6	0.44	2.8	135	1253	471	19.2	0.50	3.8																															175	1071	446	20.5	0.56	5.0	135	1222	447	18.9	0.47	3.3
Hornady Crit Duty (+P/9mm & .45)	135	1118	375	18.1	0.47	3.1																			220	934	426	21.3	0.58	5.6																														
Magtech Bonded																			180	925	342	16.3	0.65	5.4	230	815	339	15.3	0.73	6.4																														
Magtech Guardian Gold (+P/9mm)	115	1175	352	15.2	0.56	3.7																									85	1019	196	10.5	0.58	2.8																								
PNW Arms Tac Ops	115	1045	279	13.5	0.69	5.0																																																					
Rem Gold Saber (+P/.45 & .38)	124	1114	342	17.5	0.43	2.5	125	1096	333	18.7	0.62	5.6	125	1182	388	17.6	0.62	5.3	165	1113	454	19.6	0.66	6.7	185	1019	426	15.5	0.75	6.8							125	877	213	13.9	0.62	4.2	125	989	271	12.5	0.59	3.4												
Rem Gold Saber (+P/9mm, bonded .40)	124	1170	377	18.2	0.66	6.2													165	1025	385	19.2	0.82	10.1																																				
Rem HTP LSWCHP																																											158	921	297	13.4	0.56	3.3												
Rem Gold Saber (bonded/.357 Sig)	147	991	321	16.4	0.63	5.1													180	924	341	13.8	0.82	7.3	230	724	268	16.3	0.74	7.0																											125	1388	535	19.7	0.58	5.2
Rem Ultimate Defense																			180	977	381	15.5	0.79	7.6																																				
Rem SJHP							125	1209	406	10.5	0.64	3.4	125	1473	602	13.6	0.54	3.1																																										
Rem SJHP							158	1115	436	14.2	0.62	4.3	158	1287	581	19.9	0.56	4.9																																										
Rem UMC JHP																																																								125	1369	520	18.2	0.59	5.0
Sig VC	124	1072	316	17.3	0.52	3.7													165	1014	377	20.2	0.57	5.2							90	861	148	12.8	0.51	2.6													180	1138	517	19.4	0.76	8.8	125	1395	540	15.4	0.62	4.6
Speer GD	115	1143	334	16.4	0.55	3.9													155	1117	429	16.3	0.67	5.7	185	954	374	14.1	0.72	5.7	90	937	175	11.0	0.49	2.1													200	1029	470	19.7	0.68	7.2	125	1375	525	13.2	0.67	4.7
Speer GD (+P/.45)	124	1067	313	18.1	0.54	4.1							125	1427	565	19.3	0.54	4.4	180	955	364	14.5	0.65	4.8	200	982	428	13.8	0.70	5.3																														
Speer GD (+P/9mm)	124	1141	358	16.8	0.52	3.6																			230	752	289	12.9	0.71	5.1																														
Speer GD +P (SB/9mm & .40 & .45)	124	1160	370	18.2	0.51	3.7	135	1069	342	13.0	0.55	3.1	135	1184	420	15.6	0.55	3.7	180	979	383	12.3	0.64	4.0	230	806	332	14.4	0.70	5.5																														
Win Defender																			180	995	396	16.5	0.71	6.5																																				
Win Silver Tip Super X																															85	879	146	11.0	0.49	2.1													175	1143	507	16.2	0.68	5.9						
Win PDX1	147	945	291	20.6	0.54	4.7													165	1066	416	14.6	0.74	6.3							95	870	160	9.5	0.63	3.0																			125	1423	562	15.4	0.69	5.8
Win PDX1 (+P/9mm)	124	1142	359	19.6	0.52	4.2	125	1100	336	13.9	0.63	4.3	125	1215	410	15.5	0.65	5.1																			130	823	195	12.3	0.63	3.8	130	885	226	14.0	0.63	4.4												
Win Ranger (+P/.45 & .38)																			180	920	338	14.7	0.70	5.7	230	904	417	14.5	0.99	11.2														110	1110	301	10.1	0.58	2.7												
Win Ranger Bonded (+P/.38)	147	966	305	21.5	0.51	4.4													180	930	346	16.9	0.72	6.9													130	860	213	13.8	0.60	3.9	130	921	245	15.1	0.58	4.0												
Win Ranger T-Series (+P/.45)	147	941	289	16.5	0.74	7.1													180	949	360	16.2	0.70	6.2	230	900	414	14.5	1.00	11.4																														
Win T&D	147	960	301	18.7	0.52	4.0													180	890	317	14.7	0.75	6.5							95	895	169	8.7	0.63	2.7	130	803	186	13.0	0.59	3.6	130	869	218	14.1	0.59	3.9												
Win Super-X LSWCHP																																											158	839	247	15.3	0.51	3.1												
AVERAGE	**129**	**1073**	**327**	**17.0**	**0.56**	**4.3**	**132**	**1152**	**388**	**16.1**	**0.59**	**4.3**	**132**	**1321**	**510**	**17.2**	**0.60**	**4.3**	**171**	**1003**	**381**	**16.3**	**0.68**	**5.9**	**211**	**890**	**370**	**15.5**	**0.73**	**6.6**	**90**	**910**	**166**	**11.0**	**0.55**	**2.6**	**119**	**861**	**195**	**13.1**	**0.57**	**3.4**	**123**	**951**	**245**	**13.0**	**0.56**	**3.3**	**175**	**1135**	**500**	**16.9**	**0.68**	**6.1**	**129**	**1350**	**519**	**18.3**	**0.58**	**4.8**
# LOADS MET CRITERIA/LG TESTED	**31 / 52**						**15 / 20**						**16 / 20**						**23 / 40**						**18 / 35**						**7 / 20**						**8 / 18**						**12 / 18**						**8 / 11**						**9 / 9**					

Units: Weight (Wt) in grains, muzzle velocity (MV) in ft/sec, muzzle energy (ME) in ft-lbs, Penetration in inches of Clear Ballistics Gel after 4LD (4-layer denim), Expansion in inches, Volume in square inches as a product of the 'cylinder' of penetration and expansion.
All numbers are averages of a total of five (5) rounds fired into the same gel block.

"+P" designations only applies to the calibers specifically noted (9mm, .45 ACP, .38 Special); other calibers in that row are standard pressure.
Loads offered in original designs and bonded designs are designated as such.

1: S&W M&P Compact, 3.5" barrel
2: Kimber K6s, 2" barrel
3: Ruger GP100, 4" barrel
4: Glock 27, 3.42" barrel
5: Kahr CW45, 3.64" barrel
6: Glock 42, 3.25" barrel
7: Glock 20, 4.6" barrel
8: Glock 31, 4.49" barrel

SB = Short Barrel, T&D = Train and Defend, SJHP = Semi Jacketed Hollow Point, GD = Gold Dot, VC = V-Crown, LSW = Lead Semi Wadcutter
Rem = Remington, Win = Winchester