Smash Factor & Launch/Spin Benchmark Table by Club

> **Companion Reference Sheet for:** Ball Speed vs Club Speed: Read the Transfer Clearly
> Save this PDF to your phone or print a copy for field reference. Verify room measurements and manufacturer specs before buying or mounting equipment.

Key Takeaways

- **Club speed** describes the clubhead's movement at impact; **ball speed** describes the ball's speed just after impact.
- **Smash factor = ball speed ÷ club speed.** It helps assess how efficiently speed transfers, but it is not a direct measure of distance.
- Lower ball speed compared with club speed can point to off-center contact, delivery changes, equipment factors, or a measurement issue.
- Compare the same club, ball, monitor, and settings across representative shots. A single strike does not establish a pattern.
- Read ball speed with launch angle and spin rate. Those numbers help explain carry distance and shot shape.
- For a broader starting point, browse our Launch Monitor Pro guides.

What Club Speed and Ball Speed Measure

Illustrative shot	Club speed	Ball speed	Smash factor
Driver example A	100 mph	150 mph	1.50
Driver example B	100 mph	145 mph	1.45
7 iron example	80 mph	112 mph	1.40

Why Strike Location Changes Ball Speed

Launch monitor	Technology noted	Behind the ball	Ball to net
Garmin Approach R10	Radar	6 to 8 feet	At least 8 feet
Rapsodo MLM2PRO	Radar and two optical cameras	6.5 to 8.5 feet	At least 8 feet

Launch Monitor Testing Checklist

- ☐ ☐ Use the same club and ball for each comparison.
- ☐ ☐ Keep monitor position and session settings consistent.
- ☐ ☐ Check strike location before interpreting a low smash factor.
- ☐ ☐ Compare representative shots rather than relying on one outlier.
- ☐ ☐ Establish which readings are measured and which are calculated or estimated.
- ☐ ☐ Review ball speed alongside launch angle, spin rate, and carry distance.

☐ ☐ Repeat a session before deciding that a transfer issue is consistent.

See also: launch monitor buying guides, carry vs total distance.

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