

### Handgun Ammo for Personal Defense - Typical Ballistics

Round	Bullet Weight (gr)	Bullet Type	Muzzle Velocity (fps)	Muzzle Energy (lbm-ft/sec <sup>2</sup> )	Power Factor
.380 ACP	90	JHP	1000	200	90,000
9 mm Luger	115	JHP	1180	356	135,700
	124	JHP	1120	345	138,880
	147	JHP	1000	326	147,000
9mm Luger +P	124	JHP	1220	410	151,280
	135	JHP	1100	363	148,500
.38 Special	110	JHP	980	235	107,800
	125	JHP	830	191	103,750
	158	LRN	770	208	121,660
.38 Special +P	129	JHP	930	248	119,970
.357 Magnum	125	JHP	1440	576	180,000
	158	JHP	1250	548	197,500
.40 S&W	135	JHP	1200	432	162,000
	155	JHP	1140	447	176,700
	165	JHP	980	352	161,700
	180	JHP	1000	400	180,000
.45 ACP	165	JHP	1060	412	243,800
	185	JHP	1015	423	187,775
	200	JHP	900	360	180,000
	230	JHP	900	414	207,000
.45 ACP +P	200	JHP	1055	494	211,000
	230	JHP	950	461	218,500
.44 Special	165	JHP	900	297	148,500
	180	JHP	1000	400	180,000
	200	JHP	875	340	175,000
.44 Magnum	200	JHP	1075	513	215,000
	240	JHP	1350	971	324,000
.45 Colt	185	JHP	910	340	168,350
	225	JHP	850	361	191,250
	250	JHP	750	312	187,500