



5.56x45mm NATO

.224"	22 GD
Weight (grains)	55
Ballistic Coefficient	0.250
Sectional Density	0.148
COAL Tested	2.260"
Speer Part No.	22455GDB

Propellant	Case	Primer	START CHARGE		MAXIMUM CHARGE	
			Weight (grains)	Muzzle Velocity (feet/sec)	Weight (grains)	Muzzle Velocity (feet/sec)
Alliant Power Pro 2000-MR	Federal	CCI 41	27.5	2942	30.5 C	3227
Alliant Power Pro Varmint	Federal	CCI 41	24.7	2916	27.3	3193
IMR 8208 XBR	Federal	CCI 41	24.8	2992	26.2	3130
Ramshot X-Terminator	Federal	CCI 41	23.9	2893	25.9	3129
Hodgdon H335	Federal	CCI 41	24.0	2932	26.0	3117
Alliant Reloder 15	Federal	CCI 41	24.7	2787	27.4 C	3111
Alliant AR-Comp	Federal	CCI 41	23.0	2908	25.1 C	3096
Alliant Power Pro 1200-R	Federal	CCI 41	22.3	2956	23.7	3084
Vihtavuori N135	Federal	CCI 41	22.6	2804	25.0	3064
Hodgdon Varget	Federal	CCI 41	25.0	2880	27.0 C	3062
Alliant Reloder 10X	Federal	CCI 41	21.7	2859	23.7	3041
IMR 4895	Federal	CCI 41	24.1	2763	26.5 C	3026
Accurate LT-32	Federal	CCI 41	20.6	2749	22.6	2997

WARNING: Improper handloading practices can result in serious personal injury and/or property damage. Refer to the current SPEER® Reloading Manual for handloading instructions. Be thoroughly familiar with those instructions before using these loads. As Vista Outdoor Operations LLC has no control over individual handloading practices or the condition of firearms in which the resulting ammo may be used, we disclaim all liability for any damages that may result from the use of this information.

Maximum loads should be used with CAUTION • C = Compressed Load