

Energy Comparisons

Many people fear the .45 because they believe it generates much more energy than smaller cartridges. That's not true.

Consider the common belief that the 9mm cartridge is more comfortable to control than the .40 S&W and .45 ACP. However, the .45, firing a 230-grain bullet at 825 fps, generates about 350 foot-pounds of energy. The 9mm Luger, pushing a 125-grain bullet at 1,100 fps, generates about 330 foot-pounds of energy. The 9mm generates about 94 percent of the .45's energy. When you factor in that many full-size .45 guns weigh slightly more than full-size 9mms of similar construction, it's easy to see that the two cartridges generate nearly identical amounts of recoil in the hand.