

Personal Bicycle Fitting Report

Rider Information

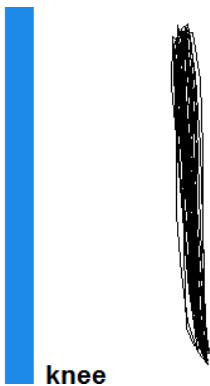


RIDING STYLE: Racing
GOALS: kwart triathlon
INJURIES/PAIN: linker knie, vastzitten m. vastus lateralis
FLEXIBILITY: -
TRAINING VOL: 300km

MEASUREMENTS & ANGLES

	Knee Angle Flexion	113 deg		Ankle Maximum	96 deg
	Knee Angle Extension	31 deg		Ankle Minimum	77 deg
				Ankle Range	18 deg
	Knee Forward of Foot	-34 mm		Knee Travel Tilt	-4 deg
	Knee Lateral Travel	26 mm			
	Hip Angle Closed	52 deg		Hip Vertical Travel	47 mm
	Hip Angle Open	102 deg		Back Angle	37 deg
	Hip to Wrist Vertical	-109 mm		Hip to Elbow Vertical	18 mm
	Hip to Wrist Horizontal	759 mm		Hip to Elbow Horizontal	551 mm
	Hip Foot Lateral Offset	-4 mm		Shoulder Angle to Elbow	77 deg
				Shoulder Angle to Wrist	92 deg
	Elbow Angle	144 deg		Forearm Angle	-32 deg
	Thigh Length	423 mm		Power Output Ave (Max)	~~~ (~~~)
	Shin Length	426 mm		Speed Ave (Max)	~~~ (~~~)
				Cadence Ave (Max)	82 RPM(96 RPM)

KNEE TRACING (FRONT VIEW)



BIKE & SESSION INFO

MAKE/MODEL: Stevens Aspin
TYPE: Road
PEDALS: Clipless
HANDLEBAR: Drop
DATE/TIME: 2013/06/03 19:37
SIDE: left #2
DURATION: 0 sec
NOTES:

SITE INFO

NAME: Bike Physics
OPERATOR: Bike Physics
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THIS BIKE FIT PERFORMED USING THE RETUL SYSTEM

