



Personal Bicycle Fitting Report

Rider Information

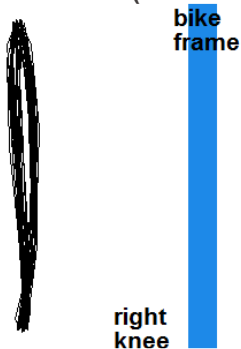
NAME: Craig Alexander
 AGE: 36
 GENDER: Male
 PHONE:
 EMAIL:

RIDING STYLE: Elite
 GOALS: Kona repeat
 INJURIES/PAIN: none
 FLEXIBILITY: -
 TRAINING VOL: full volume

MEASUREMENTS & ANGLES

KEY	DESCRIPTION	MEASUREMENT	KEY	DESCRIPTION	MEASUREMENT
	Knee Angle Flexion Knee Angle Extension	116 deg 45 deg		Ankle Maximum Ankle Minimum Ankle Range	83 deg 75 deg 9 deg
	Knee Forward of Foot Knee Lateral Travel	110 mm 20 mm		Knee Travel Tilt	1 deg
	Hip Angle Closed Hip Angle Open	43 deg 90 deg		Hip Vertical Travel Back Angle	42 mm 19 deg
	Hip to Wrist Vertical Hip to Wrist Horizontal	-172 mm 734 mm		Hip to Elbow Vertical Hip to Elbow Horizontal	-159 mm 479 mm
	Hip Foot Lateral Offset	3 mm		Armpit Angle to Elbow Armpit Angle to Wrist	72 deg 108 deg
	Elbow Angle	95 deg		Forearm Angle	-3 deg
	Thigh Length Shin Length	449 mm 417 mm		Power Output Ave (Max) Speed Ave (Max) Cadence Ave (Max)	~~~ (~~~) ~~~ (~~~) 100 RPM (118 RPM)

KNEE TRACING (FRONT VIEW)



BIKE & SESSION INFORMATION

MAKE/MODEL: Orbea
 TYPE: Time Trial
 PEDALS: Clipless
 HANDLEBAR: Aero
 DATE/TIME: 2009/08/28 16:40
 SIDE: right # 7
 DURATION: 15 sec
 NOTES: 250 W effort

SITE INFORMATION

NAME: Retul Multisport
 OPERATOR: Mat Steinmetz
 ADDRESS: 2040 30th St Suite C
 Boulder, CO 80301
 USA
 PHONE: 720-406-1171
 WEBSITE: www.retul.com

