



## Personal Bicycle Fitting Report Rider Information

Ryo20130705 Kawaguchi  
TREK Madone7

### Before



### After



### SITE & SESSION INFO

NAME:  
OPERATOR:  
PHONE:  
DATE/TIME: 2013/07/05, 23:59

ADDRESS:  
  
WEBSITE:

THIS BIKE FIT PERFORMED USING THE RETÜL SYSTEM





## Personal Bicycle Fitting Report Rider Information

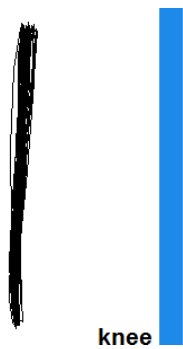
Ryo20130705 Kawaguchi  
Age 20  
Male  
09043065468

RIDING STYLE: Racing  
GOALS:  
INJURIES/PAIN:  
FLEXIBILITY: Medium  
TRAINING VOL:

### MEASUREMENTS & ANGLES

	Knee Angle Flexion	108 deg		Ankle Maximum	102 deg
	Knee Angle Extension	37 deg		Ankle Minimum	94 deg
	Knee Forward of Foot	-45 mm		Ankle Range	8 deg
	Knee Lateral Travel	18 mm		Knee Travel Tilt	-2 deg
	Hip Angle Closed	56 deg		Hip Vertical Travel	43 mm
	Hip Angle Open	103 deg		Back Angle	41 deg
	Hip to Wrist Vertical	-81 mm		Hip to Elbow Vertical	24 mm
	Hip to Wrist Horizontal	760 mm		Hip to Elbow Horizontal	531 mm
	Hip Foot Lateral Offset	-8 mm		Shoulder Angle to Elbow	76 deg
	Elbow Angle	140 deg		Shoulder Angle to Wrist	92 deg
	Thigh Length	436 mm		Forearm Angle	-25 deg
	Shin Length	417 mm		Power Output Ave (Max)	~~~ ( ~~~ )
				Speed Ave (Max)	~~~ ( ~~~ )
				Cadence Ave (Max)	95 RPM(109 RPM)

#### KNEE TRACING (FRONT VIEW)



#### BIKE & SESSION INFO

MAKE/MODEL: TREK Madone7  
TYPE: Road  
PEDALS: Clipless  
HANDLEBAR: Drop  
DATE/TIME: 2013/07/05 23:49  
SIDE: right #18  
DURATION: 0 sec  
NOTES:

#### SITE INFO

NAME:  
OPERATOR:  
ADDRESS:  
  
PHONE:  
WEBSITE:

THIS BIKE FIT PERFORMED USING THE RETUL SYSTEM



## Personal Bicycle Fitting Report Rider Information

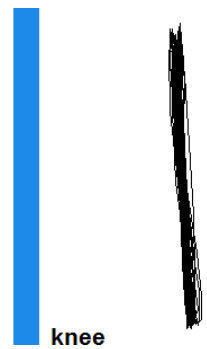
Ryo20130705 Kawaguchi  
Age 20  
Male  
09043065468

RIDING STYLE: Racing  
GOALS:  
INJURIES/PAIN:  
FLEXIBILITY: Medium  
TRAINING VOL:

### MEASUREMENTS & ANGLES

	Knee Angle Flexion	<b>112 deg</b>		Ankle Maximum	<b>93 deg</b>
	Knee Angle Extension	<b>39 deg</b>		Ankle Minimum	<b>76 deg</b>
				Ankle Range	<b>17 deg</b>
	Knee Forward of Foot	<b>8 mm</b>		Knee Travel Tilt	<b>-4 deg</b>
	Knee Lateral Travel	<b>20 mm</b>			
	Hip Angle Closed	<b>61 deg</b>		Hip Vertical Travel	<b>49 mm</b>
	Hip Angle Open	<b>107 deg</b>		Back Angle	<b>40 deg</b>
	Hip to Wrist Vertical	<b>-112 mm</b>		Hip to Elbow Vertical	<b>4 mm</b>
	Hip to Wrist Horizontal	<b>725 mm</b>		Hip to Elbow Horizontal	<b>508 mm</b>
	Hip Foot Lateral Offset	<b>-9 mm</b>		Shoulder Angle to Elbow	<b>70 deg</b>
				Shoulder Angle to Wrist	<b>87 deg</b>
	Elbow Angle	<b>138 deg</b>		Forearm Angle	<b>-28 deg</b>
	Thigh Length	<b>424 mm</b>		Power Output Ave (Max)	~~~ ( ~~~ )
	Shin Length	<b>429 mm</b>		Speed Ave (Max)	~~~ ( ~~~ )
				Cadence Ave (Max)	<b>93 RPM(109 RPM)</b>

#### KNEE TRACING (FRONT VIEW)



#### BIKE & SESSION INFO

MAKE/MODEL: TREK Madone7  
TYPE: Road  
PEDALS: Clipless  
HANDLEBAR: Drop  
DATE/TIME: 2013/07/05 23:24  
SIDE: left #13  
DURATION: 0 sec  
NOTES:

#### SITE INFO

NAME:  
OPERATOR:  
ADDRESS:  
  
PHONE:  
WEBSITE:

THIS BIKE FIT PERFORMED USING THE RETUL SYSTEM



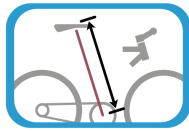
## Personal Bicycle Fitting Report

### Rider Information

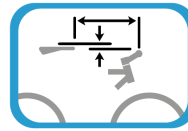
MAKE/MODEL: TREK Madone7  
 NAME: Ryo20130705  
 Kawaguchi  
 SIZE: 56  
 YEAR: 2013  
 STYLE: Road  
 NOTES:

STEM: 7 x 130  
 SPACER STACK: 15  
 CRANK LENGTH: 175  
 PEDALS: Shimano  
 SADDLE: Fizik  
 BARS: Bontrager

### MEASUREMENTS & ANGLES

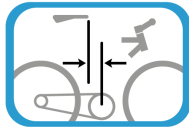


**Saddle Height**  
*BB to center of saddle profile* **767 mm**

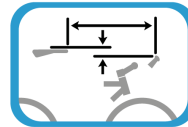


**Handlebar Reach**  
*tip of saddle horiz to bar top* **565 mm**

**Handlebar Drop**  
*cen of saddle profile to bar top*  
*neg denotes denotes bar below saddle* **-100 mm**

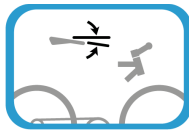


**Saddle Setback**  
*BB horiz to front tip of saddle*  
*neg denotes saddle behind BB* **-56 mm**

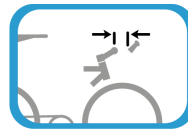


**Grip Reach**  
*tip of saddle horiz to front end of grip* **741 mm**

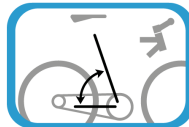
**Grip Drop**  
*cen of saddle to front end of grip, neg denotes grip lower* **-88 mm**



**Saddle Angle**  
*angle of saddle to horizon*  
*neg denotes nose down* **-2 deg**



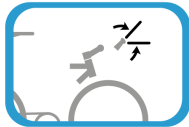
**Bar Reach**  
*center of bar to back end of grip* **63 mm**



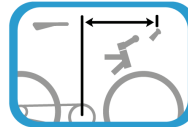
**Eff. Seat Tube Angle**  
*BB to center of saddle profile* **74 deg**



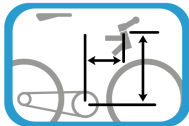
**Grip Width**  
*grip center to center* **414 mm**



**Grip Angle**  
*angle to horizon*  
*pos denotes front end up* **17 deg**

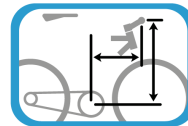


**BB to Grip Reach**  
*BB to front end of grip* **685 mm**



**Frame Stack**  
**547 mm**

**Frame Reach**  
*BB to center of headtube top* **399 mm**



**Handlebar Stack**  
**622 mm**

**Handlebar Reach**  
*BB to center of bar* **510 mm**

### SITE & SESSION INFO

NAME:  
 OPERATOR:  
 PHONE:  
 DATE/TIME: 2013/07/05, 21:52

ADDRESS:  
 WEBSITE:

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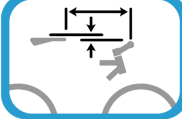
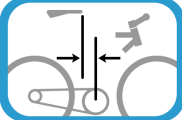
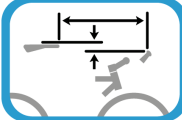

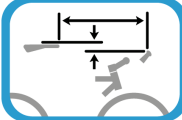

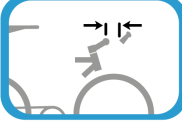

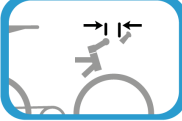
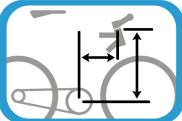

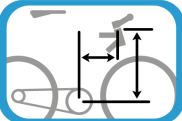
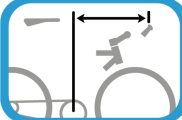
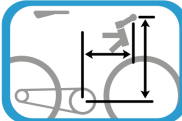
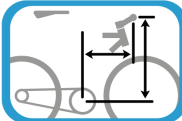
## Personal Bicycle Fitting Report

### Rider Information

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 NAME: Ryo20130705 Kawaguchi  
 SIZE: 56  
 YEAR: 2013  
 STYLE: Road  
 NOTES:

STEM: 7 x 130  
 SPACER STACK: 15  
 CRANK LENGTH: 175  
 PEDALS: Shimano  
 SADDLE: Fizik  
 BARS: Bontrager

### MEASUREMENTS & ANGLES

	<b>Saddle Height</b> <i>BB to center of saddle profile</i>	<b>776 mm</b>		<b>Handlebar Reach</b> <i>tip of saddle horiz to bar top</i>	<b>577 mm</b>
	<b>Saddle Setback</b> <i>BB horiz to front tip of saddle neg denotes saddle behind BB</i>	<b>-76 mm</b>		<b>Handlebar Drop</b> <i>cen of saddle profile to bar top neg denotes bar below saddle</i>	<b>-82 mm</b>
	<b>Saddle Angle</b> <i>angle of saddle to horizon neg denotes nose down</i>	<b>1 deg</b>		<b>Grip Reach</b> <i>tip of saddle horiz to front end of grip</i>	<b>750 mm</b>
	<b>Eff. Seat Tube Angle</b> <i>BB to center of saddle profile</i>	<b>73 deg</b>		<b>Grip Drop</b> <i>cen of saddle to front end of grip, neg denotes grip lower</i>	<b>-66 mm</b>
	<b>Grip Angle</b> <i>angle to horizon pos denotes front end up</i>	<b>18 deg</b>		<b>Bar Reach</b> <i>center of bar to back end of grip</i>	<b>61 mm</b>
	<b>Frame Stack</b>	<b>552 mm</b>		<b>Grip Width</b> <i>grip center to center</i>	<b>411 mm</b>
	<b>Frame Reach</b> <i>BB to center of headtube top</i>	<b>394 mm</b>		<b>BB to Grip Reach</b> <i>BB to front end of grip</i>	<b>674 mm</b>
				<b>Handlebar Stack</b>	<b>644 mm</b>
				<b>Handlebar Reach</b> <i>BB to center of bar</i>	<b>500 mm</b>

### SITE & SESSION INFO

NAME:  
 OPERATOR:  
 PHONE:  
 DATE/TIME: 2013/07/06, 0:06

ADDRESS:  
 WEBSITE:

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