

## MEASUREMENTS &amp; ANGLES

# Personal Bicycle Fitting Report

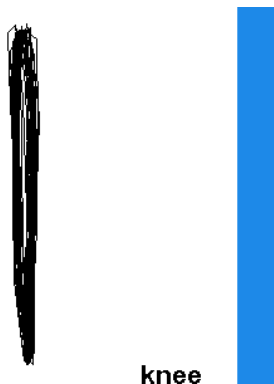
## Rider Information

**Martin Ganglberger**  
 Age 39  
 Male  
 martin@nyx.at

**RIDING STYLE:** Racing  
**GOALS:**  
**INJURIES/PAIN:**  
**FLEXIBILITY:** High  
**TRAINING VOL:** infinity

	Knee Angle Flexion Knee Angle Extension	<b>110 deg</b> <b>36 deg</b>		Ankle Maximum Ankle Minimum Ankle Range	<b>94 deg</b> <b>69 deg</b> <b>25 deg</b>
	Knee Forward of Foot Knee Lateral Travel	<b>78 mm</b> <b>14 mm</b>		Knee Travel Tilt	<b>1 deg</b>
	Hip Angle Closed Hip Angle Open	<b>47 deg</b> <b>91 deg</b>		Hip Vertical Travel Back Angle	<b>36 mm</b> <b>18 deg</b>
	Hip to Wrist Vertical Hip to Wrist Horizontal	<b>-187 mm</b> <b>733 mm</b>		Hip to Elbow Vertical Hip to Elbow Horizontal	<b>-178 mm</b> <b>468 mm</b>
	Hip Foot Lateral Offset	<b>4 mm</b>		Shoulder Angle to Elbow Shoulder Angle to Wrist	<b>72 deg</b> <b>109 deg</b>
	Elbow Angle	<b>94 deg</b>		Forearm Angle	<b>-2 deg</b>
	Thigh Length Shin Length	<b>420 mm</b> <b>416 mm</b>		Power Output Ave (Max) Speed Ave (Max) Cadence Ave (Max)	<b>251 W(252 W)</b> <b>45 KPH(45 KPH)</b> <b>98 RPM(111 RPM)</b>

## KNEE TRACING (FRONT VIEW)



## BIKE &amp; SESSION INFO

**MAKE/MODEL:** Canyon Speedmax CF  
**TYPE:** Time Trial  
**PEDALS:** Toe-clip  
**HANDLEBAR:** Aero  
**DATE/TIME:** 2013/07/03 21:38  
**SIDE:** right #12  
**DURATION:** 0 sec  
**NOTES:** SH -5mm UEBH -5mm Technik

## SITE INFO

**NAME:** sport-support.at | Analysis  
**OPERATOR:** Christian Bernhard  
**ADDRESS:** Pfalzauerstrasse 106/13  
 Pressbaum, 3021  
 Austria  
**PHONE:** +43 664 4510 257  
**WEBSITE:** http://www.sport-suport.at

THIS BIKE FIT PERFORMED USING THE RETÜL SYSTEM

