

ZIN REPORT: RETUL MUVE (TRIATHLON)

2017, No Size - Retul, Muve (Triathlon)

Notes:

COCKPIT COMPONENTS

STEM	SPACER STACK	BARS	ARMPAD SPACER
-6 ° x 90 mm	0 mm	Profile Design Prosvet and T4+	0 mm

ENGINE COMPONENTS

CRANK LENGTH	PEDALS	SADDLE	SHOES
165 mm	Look Keo	Cobb V-Flow Max	

MEASUREMENTS & ANGLES



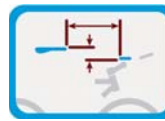
Saddle Height: 717 mm
BB to center of saddle profile



Handlebar Reach: 421 mm
tip of saddle horiz to bar top
Handlebar Drop: -124 mm
cen of saddle profile to bar top grip, - denotes bar below saddle



Saddle Setback: 30 mm
BB horiz to front tip of saddle grip, - denotes saddle behind BB



Arm Pad Reach: 374 mm
tip of saddle horiz to back of arm pad
Arm Pad Drop: -82 mm
cen of saddle to arm pad top, - denotes pad lower



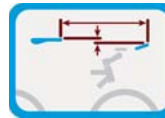
Arm Pad Stack BB: 628 mm
BB vertical to top of arm pad



Arm Pad Reach BB: 404 mm
BB horiz to back of pad



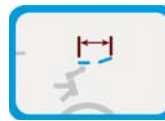
Saddle Angle: -4 °
angle of saddle to horizon grip, - denotes nose down



Grip Reach: 729 mm
tip of saddle horiz to front end of grip
Grip Drop: -25 mm
cen of saddle to front end of grip, - denotes grip lower



Eff. Seat Tube Angle: 82 °
BB to center of saddle profile



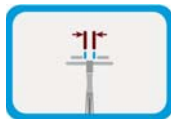
Arm Pad to Grip Reach: 356 mm
back of arm pad horiz to front end of grip



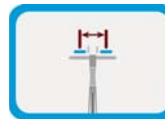
Grip Angle: 28 °
angle to horizon + denotes front end up



BB to Grip Reach: 760 mm
BB to front end of grip



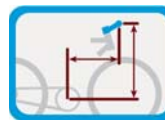
Grip Width: 126 mm
grip center to center



Arm Pad Width: 227 mm
arm pad center to center



Frame Stack: 526 mm
Frame Reach: 374 mm
BB to center of headtube top



Handlebar Stack: 570 mm
Handlebar Reach: 451 mm
BB to center of bar

FIT REPORT: FIT

Retul, Muve

Power: Error2 Watts

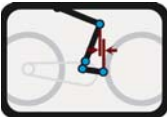
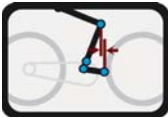
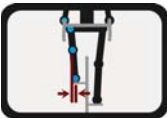


Left Notes: -

Right Notes:

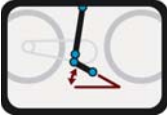



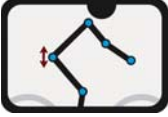
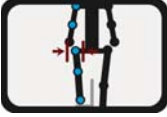
FIT ANGLES

L		R		L		R		
	- Ankle Angle Min	76°		- Ankle Angle Max	90°		- Ankle Angle Bottom	90°
	- Ankle Angle Range	14°					- Ankle Angle Top	77°
	- Ankle Angle Rear	84°					- Knee Angle Flexion	106°
							- Knee Angle Extension	39°
	- Ankle Angle Forward	78°					- Knee Angle Range	67°
	- Hip Angle Closed	48°		- Back From Level	21°			
	- Hip Angle Open	94°					- Hip-Shoulder-Elbow	79°
	- Hip Angle Range	46°						
	- Hip-Shoulder-Wrist	118°					- Forearm From Level	9°
	- Elbow Angle	92°						


FIT ALIGNMENT

L		R		L		R	
	- Knee to Foot Forward	74 mm		- Knee Forward of Spindle	61 mm		
	- Knee to Foot Lateral	-9 mm		- Hip to Foot Lateral	-32 mm		
	- Shoulder to Wrist Lateral	-114 mm					


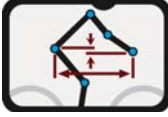

FIT MOVEMENT

L		R		L		R	
	-	Foot from Level Mean	-27°		-	Foot Float Angle Min	-9°
					-	Foot Float Angle Mean	-6°
					-	Foot Float Angle Max	-3°
	-	Knee Travel Tilt	1°		-	Knee Lateral Travel	16 mm
	-	Hip Vertical Travel	53 mm		-	Hip Lateral Travel	7 mm

WORKLOAD

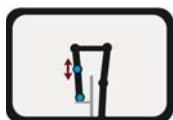
L		R	
	-	Cadence Mean	88
	-	Cadence Maximum	103

ANTHROPOMETRICS

L		R	
	-	Thigh Length	428 mm
	-	Shin Length	402 mm
	-	Hip–Wrist Vertical	-89 mm
	-	Hip–Wrist Forward	749 mm
	-	Hip–Elbow Vertical	-130 mm
	-	Hip–Elbow Forward	498 mm

MARKER PATH

Note: Marker paths viewed from the front will be on the opposite side of the report. The paths representing the right side of the body will be shown on the left and vice versa.



Front View of Right Knee Path:



Bike Frame



Front View of Left Knee Path:

No Knee Trace Image

VIEWS

AFTER - KNEE EXTENSION



SCOTT PLASMA



THIS BIKE FIT PERFORMED USING THE **RETUL** SYSTEM



BICYCLE MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
Common Bike Definitions (used on all reports)			
	<p>Frame Stack and Reach The horizontal and vertical distance from the center of the bottom bracket to the center of the top of the headtube.</p>		<p>Handlebar Stack & Reach The horizontal and vertical distance from the center of the bottom bracket to the center of the handlebar.</p>
	<p>Handlebar Reach The horizontal distance from the front tip of the saddle to the center of the handlebar.</p>		<p>Effective Seat Tube Angle The angle between horizontal and the saddle height axis defined in saddle height.</p>
	<p>Handlebar Drop The vertical distance from the center point of the saddle profile to the top of the handlebar. A negative value signifies the handlebar being lower than the saddle.</p>		<p>Saddle Height The distance from the center of the bottom bracket to the horizontal midpoint of the saddle profile.</p>
	<p>Saddle Setback The horizontal distance from the front tip of the saddle to the center of the bottom bracket. A negative value signifies the saddle being rearward of the bottom bracket.</p>		<p>Saddle Angle The angle between horizontal and the line tangent to the top of the saddle. A negative value signifies the nose of the saddle being lower than the rear of the saddle.</p>
Road Bike Definitions (used on road reports)			
	<p>BB to Grip Reach The horizontal distance from the center of the bottom bracket to the trough of the grip.</p>		<p>Grip Reach The horizontal distance from the front tip of the saddle to the trough of the grip.</p>
	<p>Grip Drop The vertical distance from the center point of the saddle profile to the trough of the grip. A negative value signifies the grip being lower than the saddle.</p>		<p>Bar Reach The horizontal distance from the top of the handlebar to the rearmost point of the grip.</p>
	<p>Grip Angle The angle between horizontal and the flat segment of the grip. A positive value signifies the front of the grip being higher than the rear.</p>		







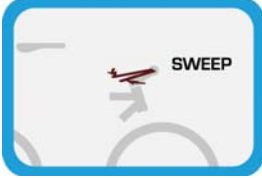
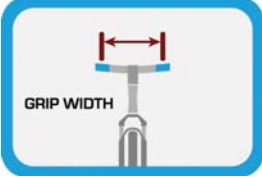

BICYCLE MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
<p>GRIP WIDTH</p>	<p>Grip Width The 3D distance between the midpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced grip contour.</p>		
Tri Bike Definitions (used on tri/tt reports)			
	<p>Arm Pad Stack BB The vertical distance from the center of the bottom bracket to the top of the arm pad.</p>		<p>Arm Pad Reach BB The horizontal distance from the center of the bottom bracket to the back of the arm pad.</p>
	<p>BB to Grip Reach The horizontal distance from the center of the bottom bracket to the frontmost point of the grip.</p>		<p>Arm Pad Reach The horizontal distance from the front tip of the saddle to the back of the arm pad.</p>
	<p>Grip Reach The horizontal distance from the front tip of the saddle to the frontmost point of the grip.</p>		<p>Arm Pad Drop The vertical distance from the center point of the saddle profile to the top of the arm pad. A negative value signifies the arm pad being lower than the saddle.</p>
	<p>Grip Drop The vertical distance from the center point of the saddle profile to the frontmost point of the grip. A negative value signifies the grip being lower than the saddle.</p>		<p>Grip Angle The angle between horizontal and the best fit line to the traced grip contour. A positive value signifies the front of the grip being higher than the rear.</p>
	<p>Arm Pad to Grip Reach The horizontal distance from the back of the arm pad to the frontmost point of the grip.</p>	<p>ARMPAD</p>	<p>Arm Pad Width The 3D distance between the midpoints of the arm pad contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced arm pad contour.</p>
<p>GRIP WIDTH</p>	<p>Grip Width The 3D distance between the midpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced grip contour.</p>		





BICYCLE MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
Mountain Bike Definitions (used on mountain reports)			
	<p>Grip Reach The horizontal distance from the front tip of the saddle to the midpoint of the grip contour.</p> <p>Grip Drop The vertical distance from the center point of the saddle profile to the midpoint of the grip contour. A negative value signifies the grip being lower than the saddle.</p>		<p>Bar Rise The vertical distance from the top of the handlebar to the midpoint of the grip contour.</p>
	<p>Bar Sweep Angle The top view angle between the handlebar clamp axis and the line from the center of the handlebar to the midpoint of the grip contour.</p>		<p>Grip Width The 3D distance between the midpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the midpoint of the single traced grip contour.</p>
	<p>Bar Width The 3D distance between the widest endpoints of the grip contours if both grips traced. Otherwise, two times the distance perpendicular from the plane of the bike to the widest endpoint of the single traced grip contour.</p>		





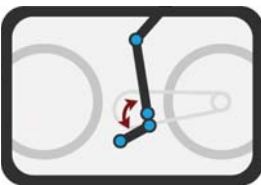
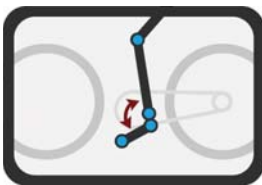
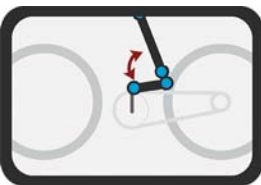
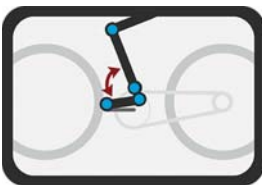
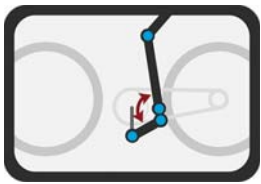
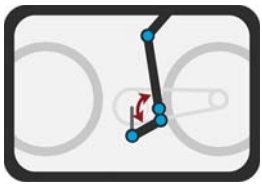
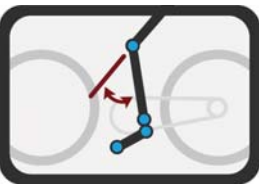
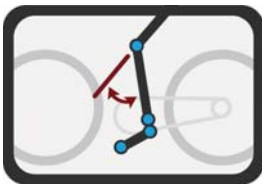
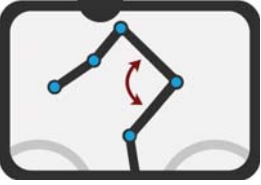
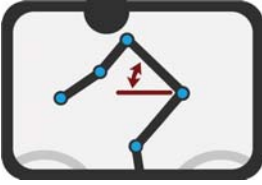
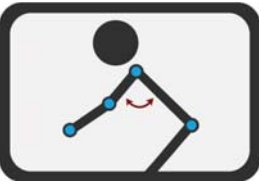
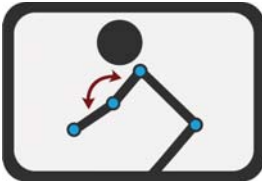



CYCLIST MEASUREMENT DEFINITIONS

Stroke Intelligence/Averaging

A process developed by Retül to isolate each pedal stroke within a capture period and average our measurements across those pedal strokes. All lower limb measurements have stroke intelligence while our upper limb and torso measurements represent averages of the entire capture period.

Vantage 3D Motion Capture

The Vantage system uses a technique called Motion Capture to record the dynamic movements of riders through digitization of anatomical markers. The Vantage 3D Motion Capture System is the world's only cycling-specific, 3D motion capture system featuring real-time data. The 3D generated body angles, alignments and movements patterns are considered the gold standard of accuracy in sports science as well as other fields such as video gaming, film, and clinical medicine.

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
	Ankle Minimum Maximum dorsiflexion at any point in the pedal stroke defined by the knee-ankle line and the heel-foot-line.		Ankle Range The difference between ankle maximum and ankle minimum.
	Ankle Maximum Maximum plantarflexion at any point in the pedal stroke defined by the knee-ankle line and the heel-foot-line.		Ankle Angle at Front The ankle angle at the front of the pedal stroke (90 degrees).
	Ankle Angle at Top The ankle angle at the top of the pedal stroke (0 degrees).		Ankle Angle at Rear The ankle angle at the rear of the pedal stroke (270 degrees).
	Ankle Angle at Bottom The ankle angle at the bottom of the pedal stroke (180 degrees).		Maximum Knee Flexion Maximum flexion of the knee joint at any point in the pedal stroke defined by the hip-knee line and the knee-ankle line
	Maximum Knee Extension Maximum extension of the knee joint at any point in the pedal stroke defined by the hip-knee line and the knee-ankle line		Knee Angle Range The difference between knee angle flexion and knee angle extension.
	Hip Angle Closed The most closed angle of the hip joint defined by the knee, hip and shoulder marker.		Back Angle The angle of the back relative to the horizon defined by the hip and shoulder marker
	Hip Angle Open The most open angle of the hip joint defined by the knee, hip and shoulder marker.		Elbow Angle The angle of the elbow joint defined by the shoulder, elbow, and wrist marker
	Hip Angle Range The difference between hip angle open and closed.		
	Shoulder Angle to Wrist The angle of the shoulder joint defined by the hip, shoulder, and wrist markers.		
	Shoulder Angle to Elbow The angle of the shoulder joint defined by the hip, shoulder, and elbow markers.		

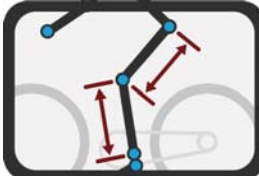
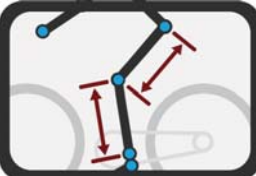





CYCLIST MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
	<p>Forearm Angle The angle of the forearm relative to the horizon defined by the elbow and wrist markers. A positive number indicates the wrist is higher than the elbow</p>		<p>Knee Forward of Foot The fore/aft offset of the knee marker relative to the foot marker captured at the forward part of the pedal stroke (3 o'clock or 90 degrees down). A negative number indicates a knee that is aft of neutral.</p>
	<p>Knee Forward of Spindle The fore/aft offset of the knee marker relative to the pedal spindle at 3 o'clock in the pedal stroke (90 degrees in the downstroke).</p>		<p>Knee Varus/Valgus (prior KFLO) The lateral offset between the knee and foot markers. A negative number indicates the knee is in valgus. A positive number indicates the knee is in varus.</p>
	<p>Hip to Foot Lateral Offset The lateral offset between the hip and foot marker. A negative number indicates the hip is outside the foot. A positive number indicates that the hip is inside the foot.</p>		<p>Shoulder to Wrist Lateral Offset The lateral offset between the shoulder and wrist markers. A negative number indicates the wrist is inside the shoulder (TT bike). A positive number indicates the wrist is outside the shoulder (MTB).</p>
	<p>Foot from Level Mean The angle of the foot relative to the horizon defined by the heel and forefoot marker</p>		<p>Foot Rotation Minimum The minimum rotational angle of the foot relative to the bike plane defined by the heel and forefoot marker. A negative number indicates that the foot is externally rotated (heel closer to the bike than the forefoot). A positive number indicates the foot is internally rotated (forefoot closer to the bike than the heel).</p>
	<p>Foot Rotation Maximum The maximum rotational angle of the foot relative to the bike plane defined by the heel and forefoot marker. A negative number indicates that the foot is externally rotated (heel closer to the bike than the forefoot). A positive number indicates the foot is internally rotated (forefoot closer to the bike than the heel)</p>		<p>Foot Rotation Mean The average rotational angle of the foot relative to the bike plane defined by the heel and foot marker. A negative number indicates that the foot is externally rotated (heel closer to the bike than the forefoot). A positive number indicates that the foot is internally rotated (forefoot closer to the bike than the heel)</p>
	<p>Knee Travel Tilt The frontal plane angle of the tracing created by the moving knee marker with respect to vertical. A positive number indicates a knee that tracks away from the bike in the upstroke. A negative number represents a knee that tracks towards the bike in the upstroke. See the front view of the knee path for visual representation of this measurement.</p>		<p>Knee Lateral Travel The magnitude of the lateral movement of the knee</p>
	<p>Hip Vertical Travel The magnitude of the vertical movement of the hip</p>		<p>Hip Lateral Travel The magnitude of the lateral movement of the hip</p>



CYCLIST MEASUREMENT DEFINITIONS

KEY	DESCRIPTION/DEFINITION	KEY	DESCRIPTION/DEFINITION
	<p>Thigh Length The length of the hip/knee segment</p> <p>Shin Length The length of the knee/ankle segment</p>		<p>Hip to Wrist Vertical The vertical offset of the wrist relative to the hip marker</p> <p>Hip to Wrist Horizontal The horizontal offset of the wrist relative to the hip marker</p>
	<p>Hip to Elbow Vertical The vertical offset of the elbow relative to the hip marker.</p> <p>Hip to Elbow Horizontal The horizontal offset of the elbow relative to the hip marker</p>		<p>Front View of Knee Path Knee tracking measurement; green is downstroke; red is upstroke. The blue cone represents +/- 3 degrees on the knee travel tilt angle.</p>
	<p>Power Output The average and maximum calculated power or user input power during the recording time.</p> <p>Speed The average and maximum calculated rear wheel speed during the recording time.</p> <p>Cadence The average and maximum calculated number of strokes per minute defined by the foot of every body measurement index.</p>		