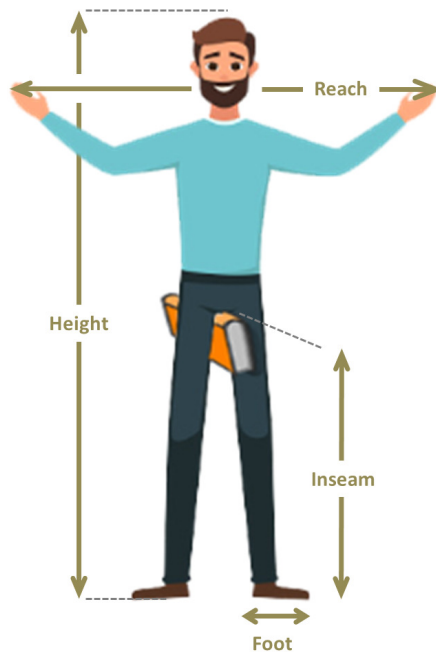


Your Report

Your measurements

Enter data here: <https://forms.gle/noqHR7MN2s3AY1cq9>



height = 172 cm

reach = 174 cm

inseam = 82 cm

foot size = uk8

Your setup

Your height percentile is

31% aka sm-me

Your inseam percentile is

26% aka sm-me

Your wingspan percentile is

38% aka medium

Your foot size percentile is

28% aka sm-me

Your cycling styles (used in our models)



Comfort style model (eg gravel, leisure)



Sportive style model (eg road)



Aero style model (eg competitive road)



TT style model



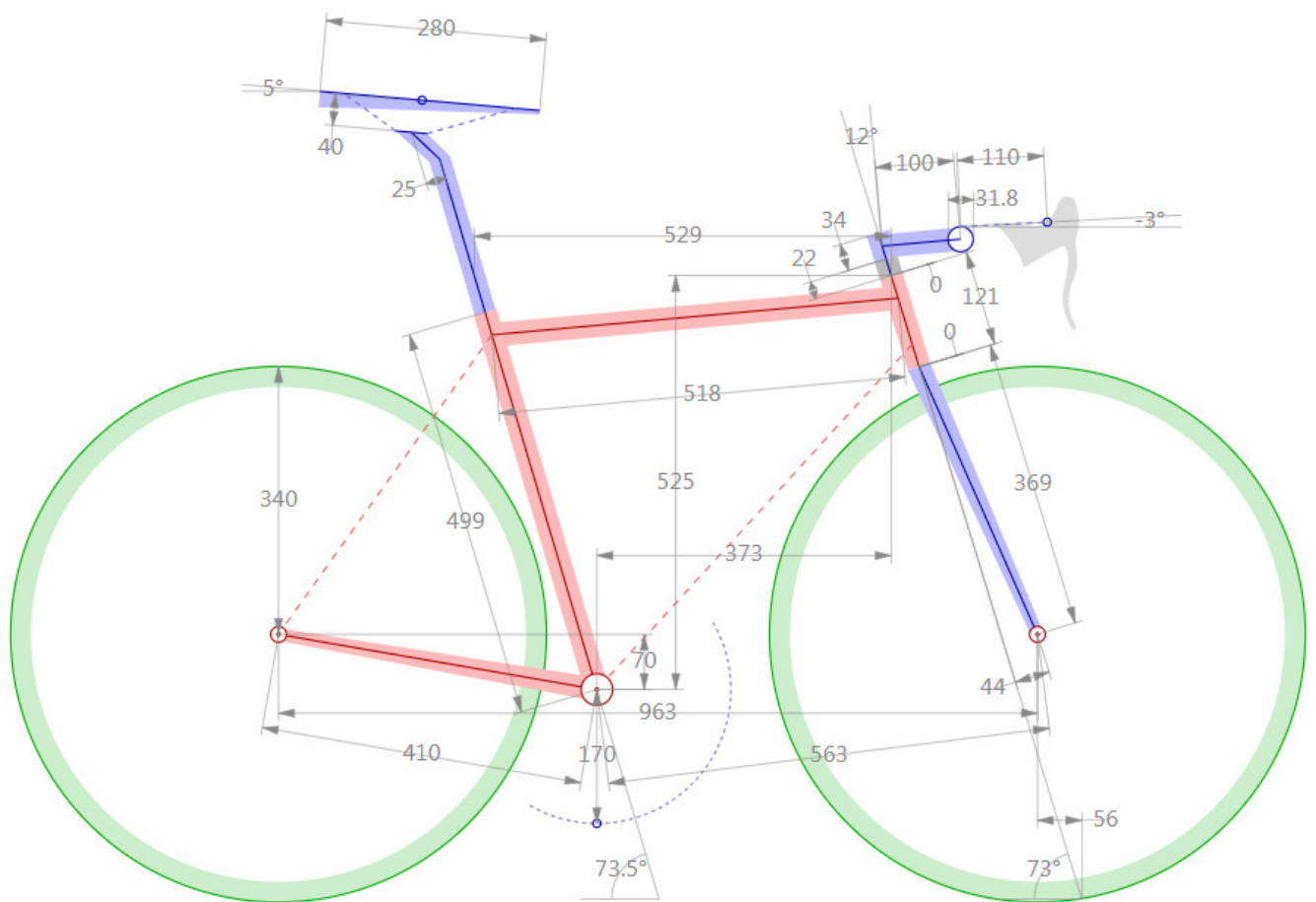


Your optimal **AERO** bike geometry

From your height, a typical frame size would be	54cm
From your height AND inseam, a better frame size would be	51cm
More accurately, the effective horizontal top tube is	52.5cm
The optimal "frame stack height"	52.4cm
The optimal "frame reach"	37cm
The optimal seat tube angle is	73.5deg

Your optimal **AERO** bike fit

Your optimal saddle height is	78cm
Your optimal exposed seat post height is	20.5cm
Your saddle setback is about	22cm
Your saddle to grip distance is	68cm
Distance Y (effective reach) from bottom bracket to bars tops	52cm
Distance X (effective stack) from bottom bracket to bars tops	67cm
Your grip reach (stem+bar) combined is	15cm
Your cranks should be (approx)	170cm



biometric AERO bike dimensions

<https://www.bikegeocalc.com/#23Biometric+Bike+Fit+AEROa0b4c743.9802d270e602.15423f748.79646g1017.87939h392.62639i340j340k1302.9526l795.29292m1117.35488n679.44537o1152.77303p856.51557q1179.65403r1305.40328s862.27253t31.8u34.29037v12w0x0y280z40A5B150C25D368.52148E44.37322F170G30H30Z12Uunnamed+%232a0b4c743.9802d270e600.64877f769.85608g971.72104h412.76493i340j340k1335l813.03517m1133.98576n679.88726o1177.24813p889.84772q1213.32131r1345.15065s893.89606t31.8u40v6w2x10y280z40A0B150C25D370E45.00003F172.5G30H30Z>

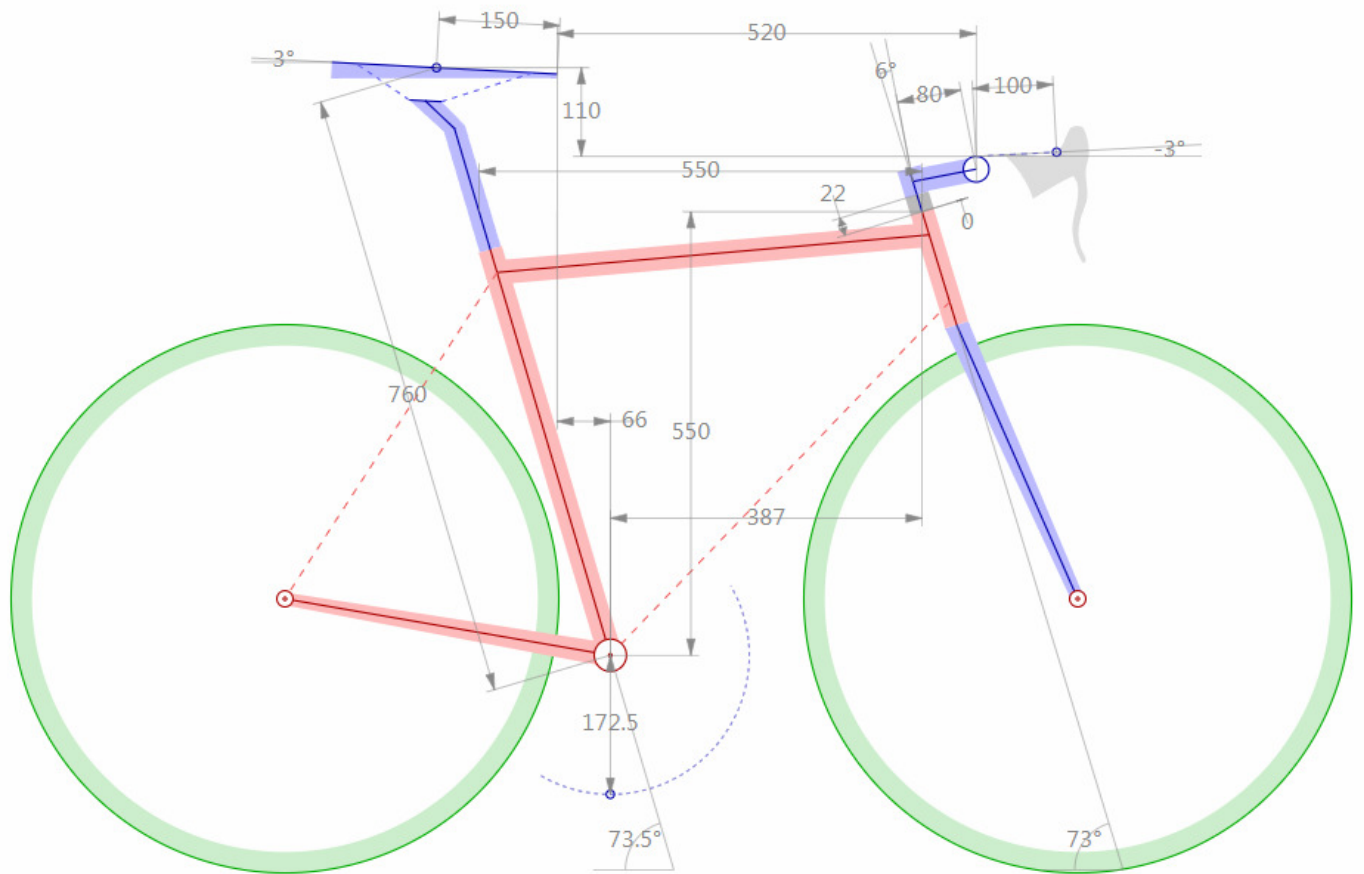


Your optimal **SPORTIVE** bike geometry

From your height, a typical frame size would be	54cm
From your height AND inseam, a better frame size would be	55cm
More accurately, the effective horizontal top tube is	55cm
The optimal "frame stack height"	56cm
The optimal "frame reach"	39cm
The optimal seat tube angle is	73.5deg

Your optimal **SPORTIVE** bike fit

Your optimal saddle height is	75.5cm
Your optimal exposed seat post height is	18cm
Your saddle setback is about	22.7cm
Your saddle to grip distance is	74cm
Distance (effective reach) from bottom bracket to bars tops	51cm
Distance (effective stack) from bottom bracket to bars tops	64cm
Your grip reach (stem+bar) combined is	12.5cm
Your cranks should be (approx)	172.5cm



biometric **SPORTIVE** bike dimensions

<https://www.bikegeocalc.com/#27Biometric+Bike+Fit+SPORTIVEa0b4c743.9802d270e594.83566f773.50354g998.61674h398.33225i340j340k1324.21421l820m1131.06278n679.44537o1174.03464p888.64335q1182.23459r1297.99754s893.87695t31.8u34.29037v6w0x0y280z40A3B150C25D368.52148E44.37322F172.5G30H30Z12Unnamed+%232a0b4c743.9802d270e600.64877f769.85608g971.72104h412.76493i340j340k1335l813.03517m1133.98576n679.88726o1177.24813p889.84772q1213.32131r1345.15065s893.89606t31.8u40v6w2x10y280z40A0B150C25D370E45.00003F172.5G30H30Z>



Your optimal **TT** bike geometry

From your height, a typical frame size would be

54cm

From your height AND inseam, a better TT frame size would be

50-51cm

More accurately, the effective horizontal top tube is

51cm

The optimal "frame stack height"

51cm

The optimal "frame reach"

36cm

The optimal seat tube angle is

75deg

Your optimal **TT** bike fit

Your optimal saddle height is

78cm

Your optimal exposed seat post height is

20.5cm

Your saddle setback is about

22cm

Your saddle to grip distance (not incl aero bar extension)

60cm

Distance Y (effective reach) from bottom bracket to bars tops

72cm

Distance X (effective stack) from bottom bracket to bars tops

44cm

Your grip reach (stem+bar) combined (not incl aero bar extension)

8cm

Your cranks should be (approx)

170cm

Notes



Comfort style model

This means your favourite rides are at a relaxed fun pace where comfort is a top priority.

This fit model will favour comfort over performance and only requires minimal flexibility and adjustment time

It is best for most beginners, casual riders as well as ebike riders and gravel riders



Sportive style model

This means your favourite rides are medium to long duration at endurance pace where comfort is a priority but speed is also a consideration.

This fit model will balance comfort vs performance on the bike and only requires moderate flexibility in hip angle, reach and back/neck

It is best for most road club riders, cyclocross and distance athletes



Aero style model

This means your favourite rides are at a fast pace where speed is a priority, usually against the clock or in competition.

This fit model will be favour performance over comfort and requires high flexibility in hip angle, reach and back/neck

It is best for competitive and pro riders



TT style model

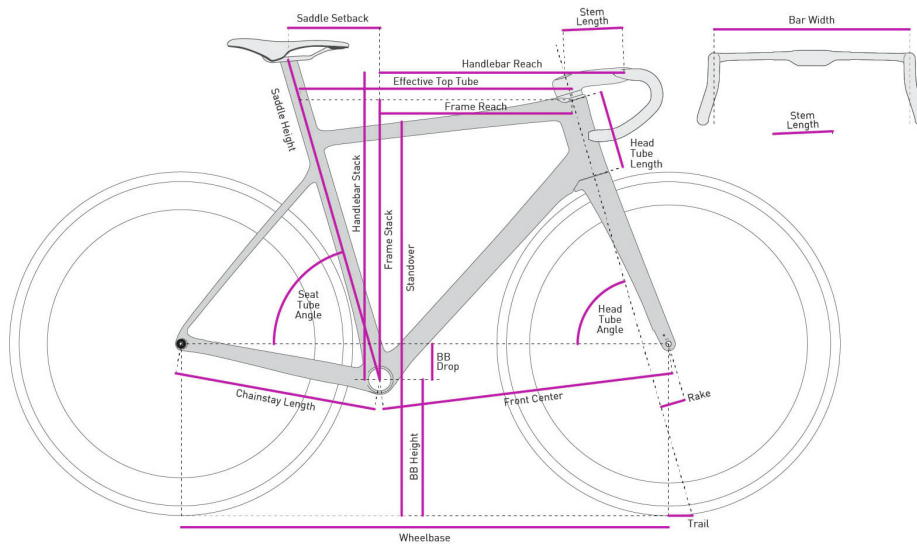
This means your favourite rides are on a timetrial bike at a fast pace where speed is a priority.

This fit model will be favour performance over comfort on the bike and requires high flexibility to maintain a low drag with aero bars or a TT bike

It is best for experienced riders who are racing a TT bike or track bike



reference terms



Stack

Stack is the vertical distance between the center of the bottom bracket and the top of the head tube.

Stack gives an indication of how tall or upright a frame's cockpit is. Bikes with a higher stack will allow you sit more upright, while bikes with a lower stack will keep you in a forward-leaning position, and a more aerodynamic position.

Reach

Reach is the horizontal distance between the center of the bottom bracket and the top of the head tube.

Reach gives an indication of the length of your bike's cockpit. Bikes with a higher reach will stretch you forward on the bike, while bikes with shorter reach will keep your weight farther back in a more upright position.

Standover Height

Standover height is a vertical line measured from the ground to the midpoint of the top tube.

When stopped it is usually comfortable to have a small clearance above the top tube

Top Tube Length (Effective Top Tube Length)

Top tube length measures an imaginary line from the center point of the top/head tube junction to the center of the intersection with the seat tube. A longer top tube means you'll be more stretched out.

Chainstay Length (Rear Center)

Chainstay Length is the distance from the center of the bottom bracket to the center of the rear axle influencing rider's center of mass and the rear axle. Short chainstays allow the rider to be more dynamic with their weight but with reduced wheelbase length lowering stability at speed over rough terrain.

Seat Tube Angle

The seat tube angle is the angle of the seat tube in relation to the ground. A steeper angle moves the saddle forward, typical in road race or triathlon bikes, when a rider wants to stay powerful while riding in a more crouched over and aerodynamic position. Effective seat tube angle is changed by by sliding your saddle forward or back.

Seat Tube Length (effective seat tube length)

Seat tube length is measured from the center of the bottom bracket to the top of the seat tube or an imaginary horizontal top tube extending from the top of the head tube = effective seat tube length.

reference terms _cont

Head Tube Angle

The head tube angle is the angle of the head tube in relation to the ground. A steeper head tube will project the fork downward under the front of the bike, keeping the front wheel closer to the rider. Steep head tube angles provide quick and responsive steering but are less stable at high speeds.

Head Tube Length

Head tube length is measured from the bottom to the top of the head tube. The length of the head tube will raise and lower a rider's position on the bike, but Stack is a better measure for this.

Wheelbase

Wheelbase measures the horizontal distance between the center of the front and rear axles. Bikes with short wheelbases are quicker handling, while bikes with longer are more stable and slower handling. Leisure and touring bikes have slack head angle, long fork rake, and long chainstay which gives them long wheelbase.

Fork Rake (Fork Offset)

Fork rake is the horizontal distance from the projected steering axis (determined by the head tube angle) to the front axle. Less fork rake increases trail for slower handling but greater stability. More fork rake decreases trail for faster handling.

Trail

Trail is the horizontal measurement of how far behind the steering axis the front tire makes contact with the ground. Trail is derived from the head tube angle, fork offset, and wheel size. High trail provides more stability at speed and a tendency for steering to self-correct, which is great for rough terrain. High-trail bikes tend to respond well to steering with your weight, rather than by turning the handle bars. Low trail provides faster, more agile steering, and improved ability to hold a line through tight corners.

BB Drop / BB Height

Bottom bracket drop is measured from the center of the bottom bracket to a horizontal line drawn between the axles. BB drop is a compromise between performance and agility. A larger BB drop lowers center-of-gravity which improves cornering and stability but can lead to pedal strike. BB height will also vary based on wheel and tire selection.

Wheel diameter

A small wheel will spin up more quickly but handles terrain less well. Imagine your bike has wheels 10meters in diameter like a monster truck. These enormous wheels will steamroll over obstructions but will take more power to initiate momentum and get rolling, so they can feel more sluggish than smaller wheels and will be heavy to build.

areas you should tweak yourself

These areas influence handling, so whilst we make a suggestion, please feel free to tweak them for yourself!

Stem length

Stem length is linked to reach to the bars and steering arc.

Shorter stems move the rider's weight further behind the front contact patch, favouring centre of gravity

Longer stems move the rider's weight further behind the front contact patch, favouring aero

Handlebar Width

Narrower bars have the benefit of improving aerodynamics by reducing a rider's frontal profile but can be uncomfortable and create twitchy handling. Wider bars create more stability and greater leverage.

Crank Length

Crank length is one lever influencing gearing which is most important at the ends of the gear range. On a fixed gear or track bike, a longer crank increases torque but at the expense of higher foot speed. Smaller cranks will generally save energy at the cost of slight mechanical efficiency.

Saddle height

Whilst we give our best estimate on saddle height, some adjustment for comfort and even shoe and cleat type is recommended. Experiment up or down by about 1cm from our recommendation.

Cleat position

As a rule of thumb, position the shoe cleat so that its centre point is just inboard of the ball of your big toe. The further forward the cleat position, the more the calf muscle will be used which can be tiring unless you are used to it.

Tyre size

Fat tyres (eg 32inch 35inch) improve grip and confidence and roll better on rough roads but they are relatively heavy and less aero. Thin tyres require a higher tyre pressure and work best on smooth surfaces; hence big tyres on gravel bikes.

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BikeFit

2022