



Static Bike Fitting

Sheldon Nilson

Fitter name
Johan Pelssers

Name of Dealer
Shimano Experience Center
Valkenburg

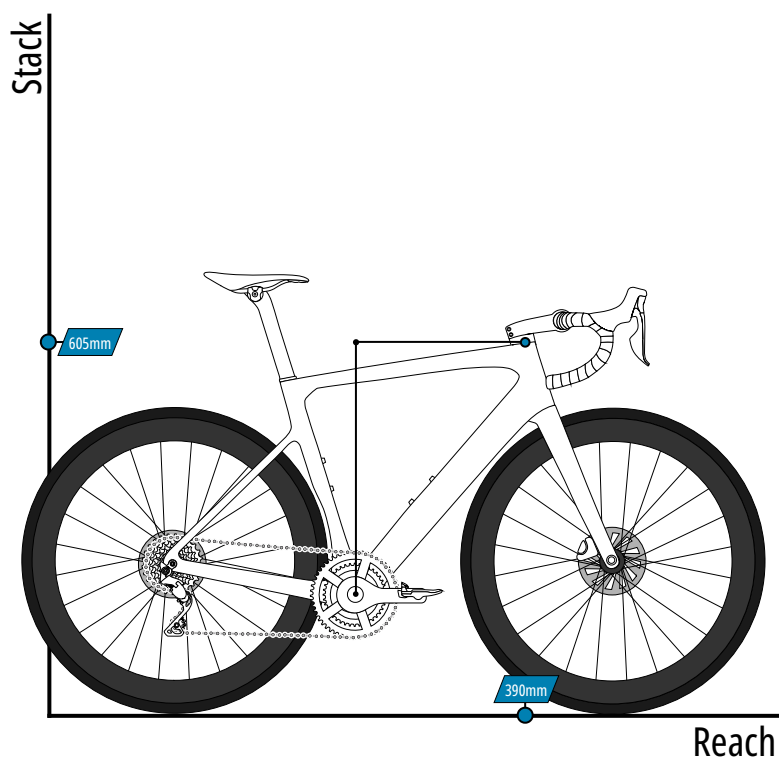
Date
Friday, September 20, 2024

Bike Type
Orbea AVANT

Riding Style
Sport

// Your Orbea AVANT (2021)

Bike Brand Orbea	Model AVANT	Year 2021
Model Size 55	Model Stack Model Reach 605 mm 390 mm	Model Style Sport
Seat Tube Angle 74 °	Head Tube Angle 73 °	Electric No



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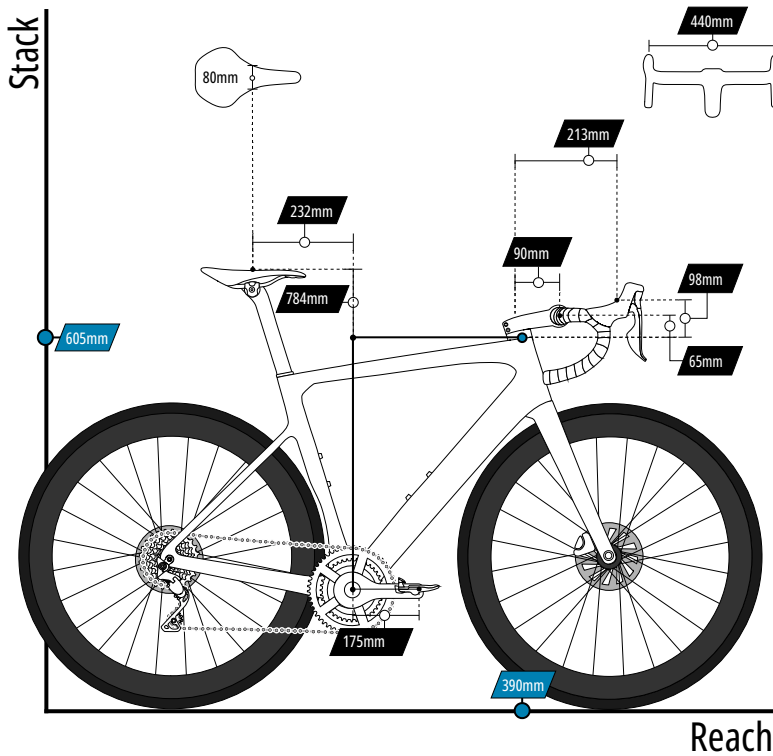
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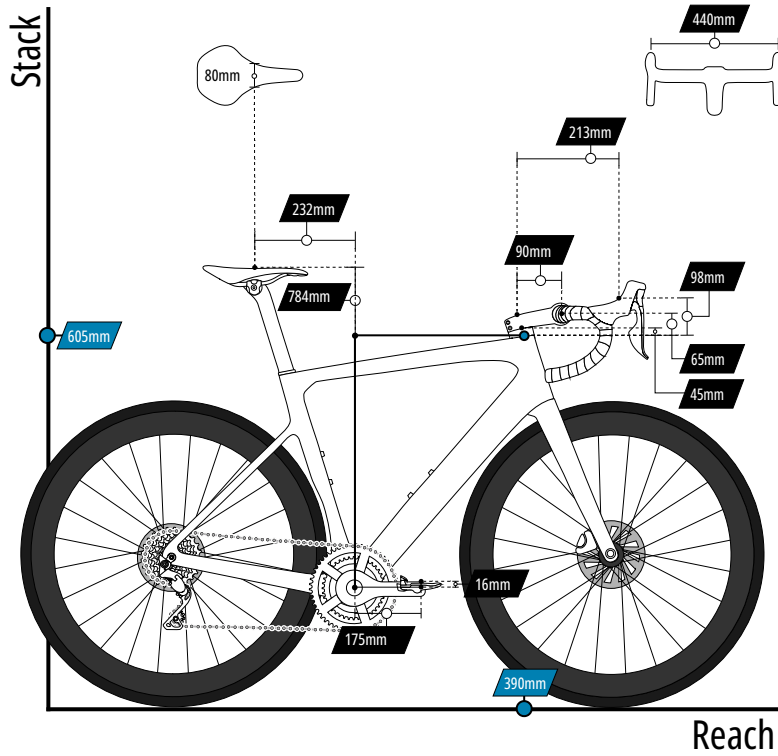
// Contact Points

Based on your body measurements and preferred riding style, bikefitting.com calculates the optimal position for your contact points with the bike. These contact points are the pedals, the saddle, and the handles on the handlebar. These contact points are pinpointed in terms of exact coordinates that represent their horizontal (X-value) and vertical (Y-value) distances from the bottom bracket of the bike. With the exact coordinates, a bikefitting.com dealer with a Bike Adjuster can set up your bike accordingly with laser precision.



Laser	X-Axis	Y-Axis
Saddle	232 mm	784 mm
Handlebar	473 mm	703 mm
Hoods	603 mm	703 mm

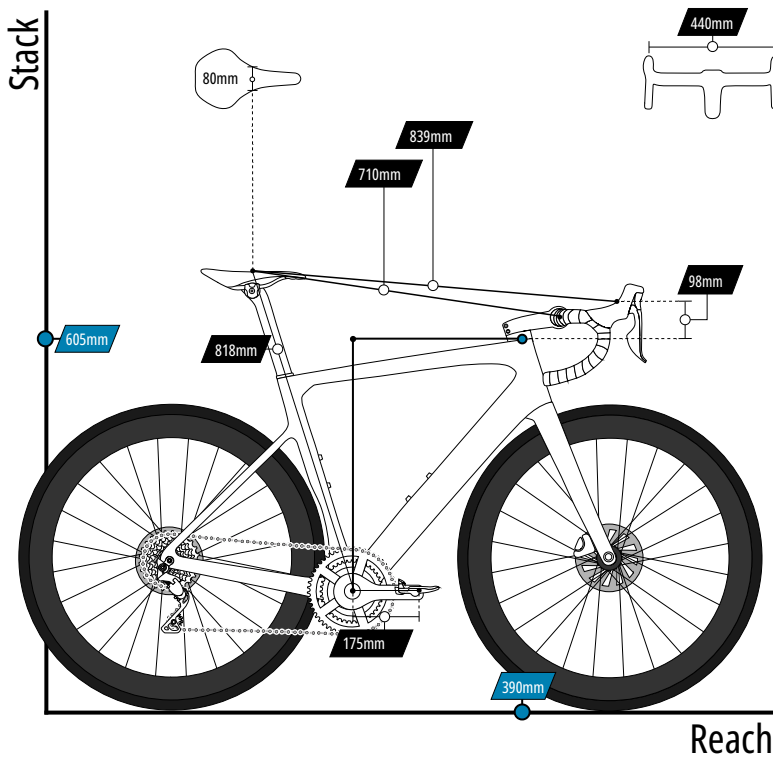
// Advised Components



Component	Height	Length	Width
Cockpit	98 mm	213 mm	440 mm
Spacer	45 mm		
Stem	20 mm	90 mm	
Handlebar	--	--	440 mm
Hoods	--	--	
Drivetrain		175 mm	
Crankarm		175 mm	

// Setting up your bike

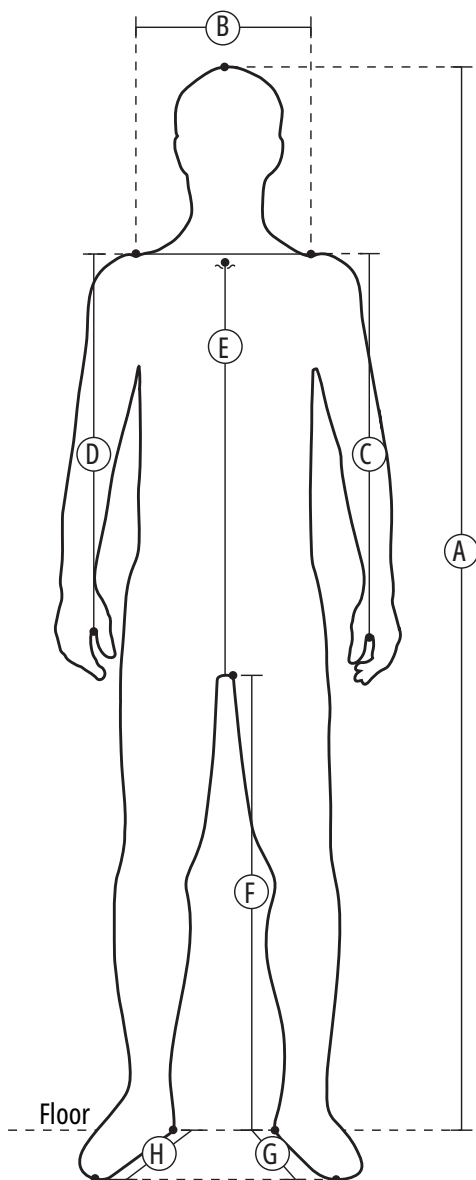
Knowing the location of your optimal contact points compared to the bottom bracket of the bike, you can set up your bike using a tape measure. Starting by setting the saddle to your optimal saddle height, you can determine the location of the handles by setting them at the handlebar at the advised height and distance.



Attribute	Measurement
Saddle Height	818 mm
Saddle-Handlebar Drop	81 mm
Saddle-Handlebar Distance	710 mm
Saddle-Handles	839 mm

// Your Measurements

These are the key body dimensions which will determine your position on the bike. Your bike fitter has measured them to the nearest millimeter. We use the measurements to calculate your optimal cycling position.



Height (A) 1905 mm	Shoulder Width (B) 440 mm
Left Arm Length (C) 723 mm	Right Arm Length (D) 723 mm
Torso (E) 525 mm	Inseam (F) 925 mm
Left Foot Length (G) 276 mm	Right Foot Length (H) 273 mm

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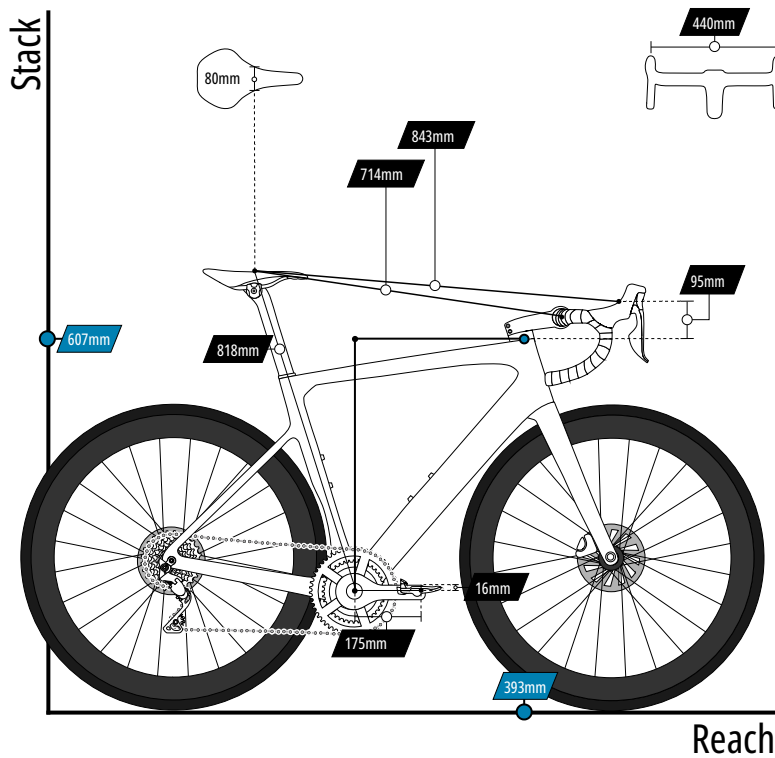
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// Your Optimal Cycling Position

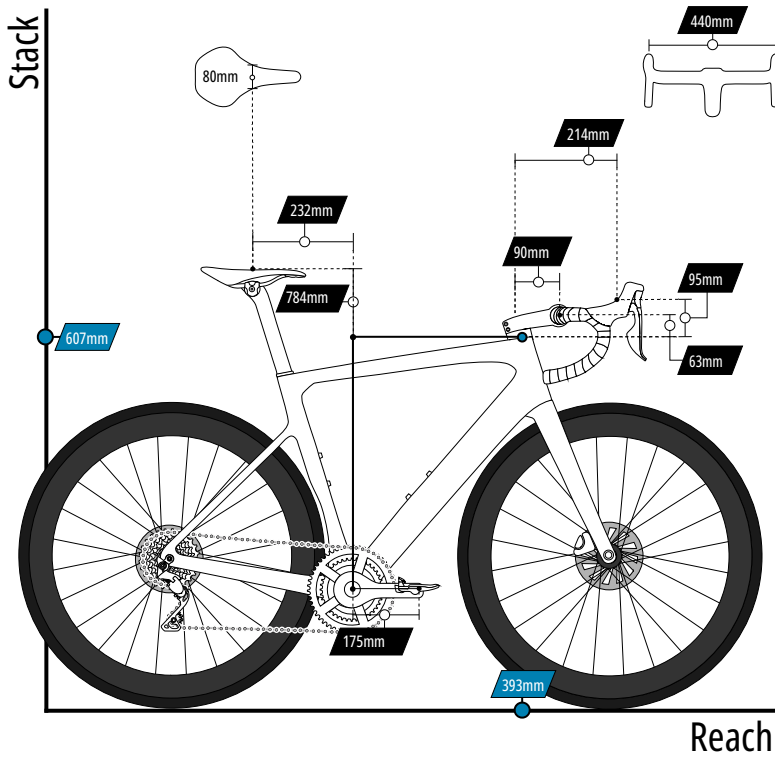
Based on your body measurements, we calculate the optimal bike setup for the ideal position for your preferred way of riding, on a specific bike type. The outcome of this calculation is a bike frame with dimensions that theoretically are optimal for setting up the bike in line with your body dimensions for your desired way of riding or cycling position.



Attribute	Measurement
Saddle Height	818 mm
Saddle-Handlebar Drop	81 mm
Saddle-Handlebar Distance	714 mm
Saddle-Handles	843 mm

Bike Adjustment by a Bikefitting.com Dealer

The optimal distances between your contact points with the bike can be translated into exact position coordinates. Each contact point can be exactly located in terms of a horizontal (X-value) and vertical (Y-value) distance from the bottom bracket of a bike. A bikefitting.com dealer can use our bike adjuster - equipped with a laser - to position the saddle and hoods of your bike with millimeter perfection to match your optimal bike setup.

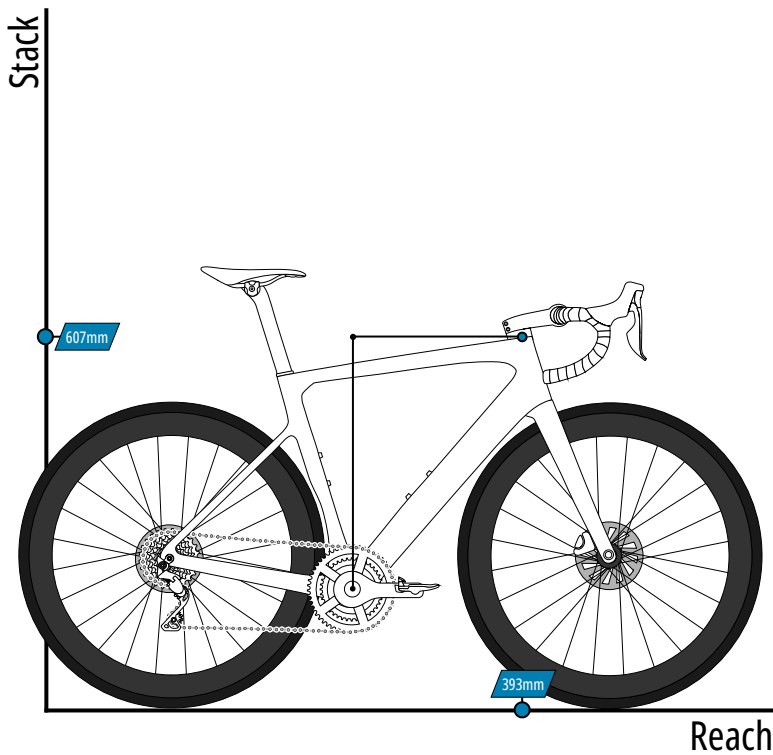


Laser	X-Axis	Y-Axis
Saddle	232 mm	784 mm
Handlebar	477 mm	702 mm
Hoods	607 mm	702 mm

Matching Bike Dimensions

Your optimal bike position cannot be achieved on any bike. Each frame has a unique geometry with specified dimensions. There can be significant differences in the height (Stack) and length (Reach), as well as in the seat and head tube angles between models and frame sizes. Considering the dimensions and limitations of available parts - such as spacers, stems and handlebars - only frames with a specific geography and dimensions can be adapted safely to match your optimal position. Based on your optimal riding position, we calculate matching frame dimensions for your bike.

Type Road	Fitting Sport	Electric No
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Stack 607 mm	Reach 393 mm
Seat Tube Angle 74 °	Head Tube Angle 73 °

When selecting a bike frame that is fitting for riding in your optimal position, the aim is not to find a frame that exactly matches this theoretically optimal combination of stack and reach for this position. The aim is to select a bike model and determine which size would allow you to set it up to match your optimal cycling position within safety limits. Your bikefitting.com dealer is able to advise you the matching size for any model of this bike type.



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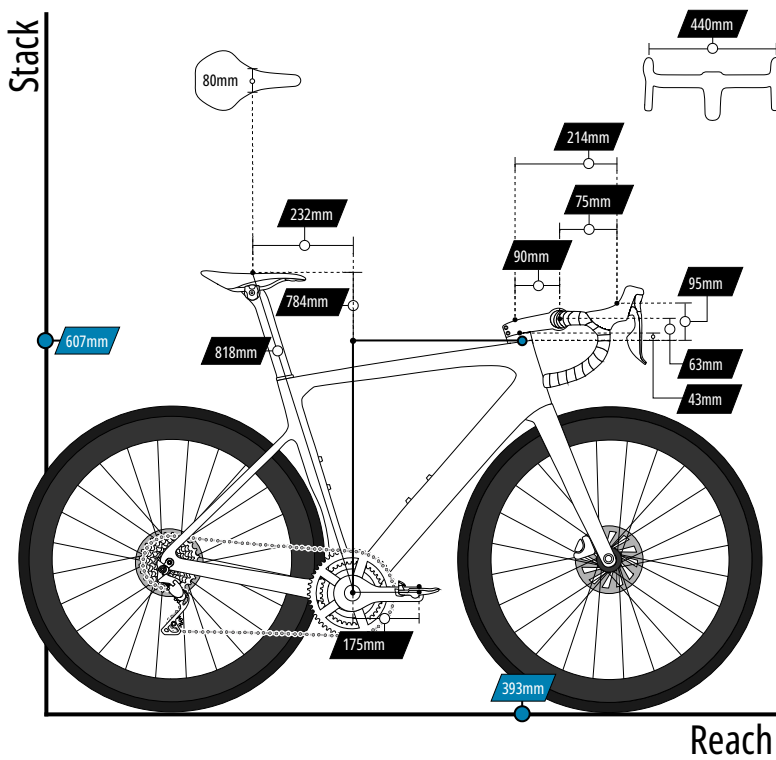
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Matching Components

Depending on the frame dimensions of your selected bike, you will require specific bike components to set up your bike to your optimal cycling position for that particular bike. Your bike dealer can help you select the parts that help you achieve your optimal bike setup. When starting from the theoretical optimal bike frame dimensions, the parts below generally can be useful for setting up your bike.



Component	Height	Length	Width
Cockpit	95 mm	214 mm	440 mm
Spacer	43 mm		
Stem	20 mm	90 mm	
Handlebar	--	--	440 mm
Hoods	--	--	
Drivetrain		175 mm	
Crankarm		175 mm	