Setup for Wayne Girdlestone



Bike:	Raleigh Carbon TEAM			Date:	01/10/2009
				Foot Arch (L):	4 deg
Frame Size:	S			Foot Arch (R):	9 deg
Crank Length:	172.5			Wedges (L):	0
Saddle Model:	Concor Light			Wedges (R):	1
Shoe Model:	Specialized			Spaces (L):	0
Cleat Type:	Speedplay			Spaces (R):	0
	Before:	After:		Before:	After:
Saddle Height	74.5	74	Bar Height:		9.5
Setback:	8	5	Knee Lat (L):		3
Saddle to Bar:	58.5	56.5	Knee Lat (R):	3	3
Stem Lenght:	130	130	Knee Axle:	1	1
Knee TDC (L)	n/a	n/a	Hip to Wrist:	74	72.5
Knee TDC (R)	100	104	Torso Angle:	26	28
Knee BDC (L)	n/a	n/a	Armpit Angle:	98	100
Knee BDC (R)	30	35			
Just trying my old Sella San Marco Concor Light saddle once again					
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