

Analysed	13 July 2026	Clip duration	8 s
Ride style	road	Pedal strokes analysed	4
Camera-facing side	left	Pose coverage	100% of frames
Rider height	183 cm		
Rider inseam	86 cm		

154.9° KNEE EXTENSION AT BDC (MEDIAN)	42 rpm CADENCE	-156 mm KNEE vs PEDAL AT 3 O'CLOCK	+6.9° L/R ASYMMETRY
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Findings at a glance

CHECK	MEASURED	TARGET	STATUS
Saddle height	knee 154.9° at BDC	140–148°	ACTION - LOWER SADDLE
Saddle fore/aft (KOPS)	knee -156 mm vs ball of foot	-20 to +20 mm	REVIEW - SLIDE FORWARD
Left/right symmetry	+6.9° far vs near leg	±5°	REVIEW - FILM OTHER SIDE
Torso angle	46°	35–50°	WITHIN TARGET
Elbow angle	167°	140–165°	OUTSIDE TYPICAL BAND
Ankle angle (ankling)	101° median, 93–128° through stroke	—	INFORMATIONAL

THE FIX

Knee extension at BDC is 154.9 deg - above the 140-148 deg target. Saddle is too HIGH: start by lowering it 10-12 mm, re-film to confirm, and repeat - the total needed is likely around 17 mm.

Saddle height - knee extension at bottom dead centre

Median	154.9° ext / 25.1° flex
Range across strokes	152.9° – 156.3°
Stroke-to-stroke SD	1.3°
Target (road fit)	140–148° extension (32–40° flexion)

A stroke-to-stroke SD above ~3° suggests moving on the saddle or measurement noise - treat the median with more caution.

Saddle fore/aft - KOPS

Knee ahead of ball of foot at 3 o'clock	-156 mm (median)
Across strokes	-222 to -140 mm
Target band	-20 to +20 mm

Approximates the classic knee-over-pedal-spindle plumb line; confirm with a physical plumb line before large saddle moves.

Left/right symmetry (far side estimated through occlusion)

Near-leg knee at BDC 154.9° ext / 25.1° flex

Far-leg knee at BDC 161.7° ext / 18.3° flex

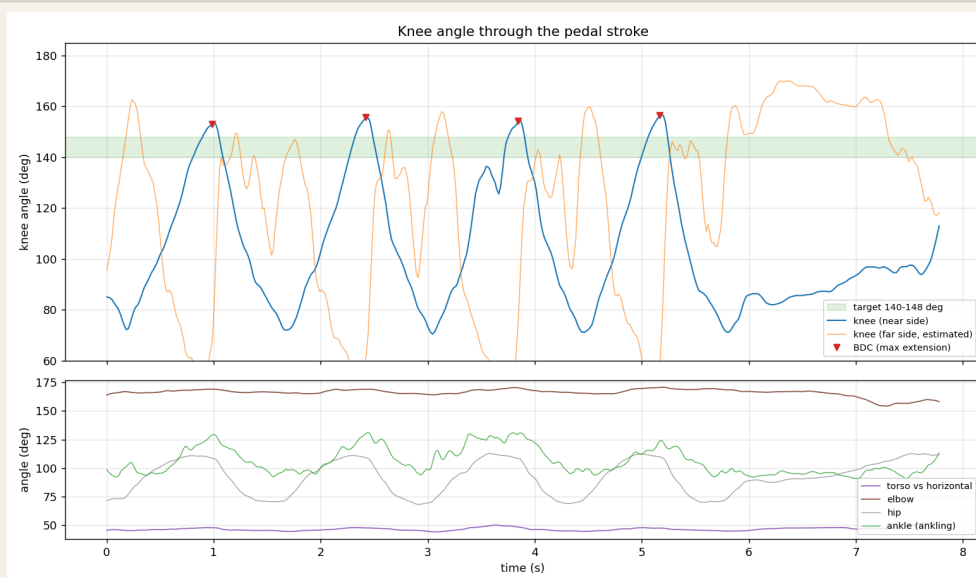
Asymmetry +6.9°

Far-side keypoint coverage 100% of frames

Asymmetry exceeds 5° - re-film from the other side to confirm before acting on it.

CAMERA ALIGNMENT WARNING - the hip shows significant horizontal travel, which usually means the camera was not square-on to the bike (or the rider was rocking). All angles in this report may be biased; re-film with the camera perpendicular at hip height.

Joint-angle traces



Red markers = BDC per stroke; shaded band = target range; far side estimated through occlusion.

WHAT NEXT

Make the adjustment above, ride for a few minutes to settle in, then film another side-on clip and use your next analysis at getbikefit.com to confirm the change worked. Comfort and injury history always take precedence over any numeric target.