

A decorative graphic on the left side of the slide, consisting of a dark grey bicycle crank arm with a red pedal spindle, angled from the top-left towards the bottom-left.

Crank Length & Aero Fitting

John Cobb

Owner/CEO Cobb Cycling

About John Cobb

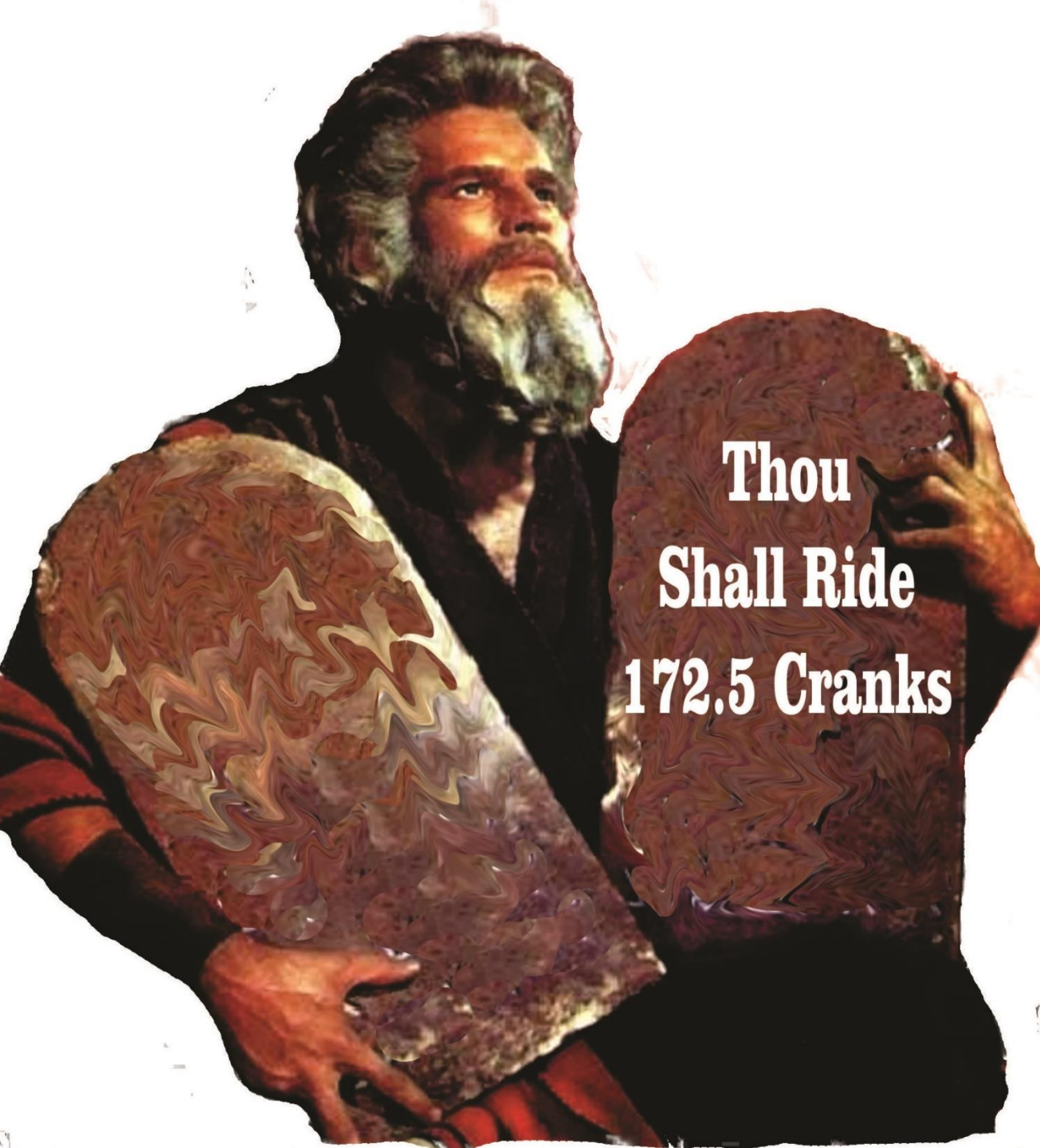
- Cycling since 1972
- Soon became interested in bike frames, geometry, wheels, and most importantly-Comfort.
- Started adjusting riders on their bikes to gain speed and comfort—a “Black Art” back then
- Began wind-tunnel testing bikes and cyclists in 1984
- Innovations and bike adjustment led to the addition of aerobars, modern fitting,



The Beginning

Established first “race expos” at many events, adjusting riders bike positions for free before the race to learn cause/effect of the changes





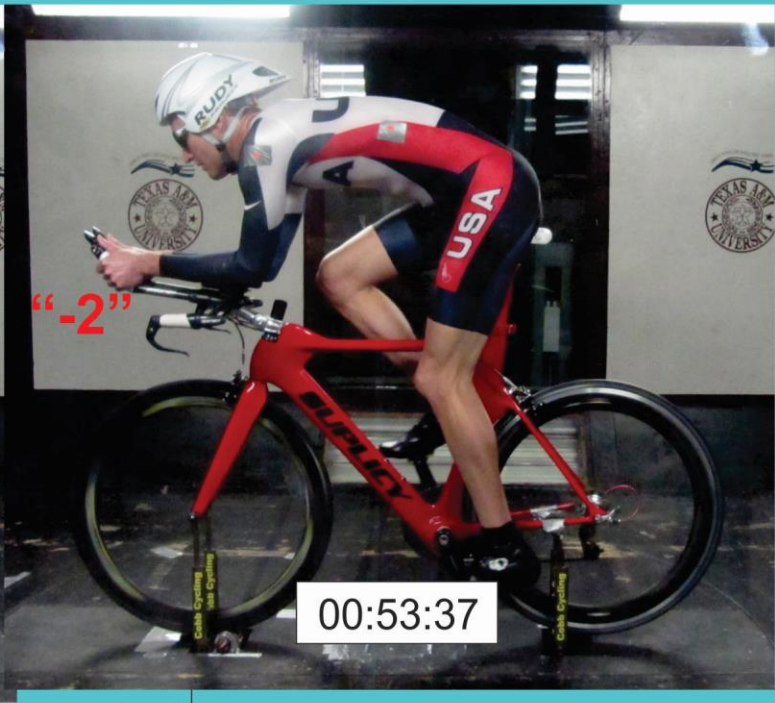
**Thou
Shall Ride
172.5 Cranks**

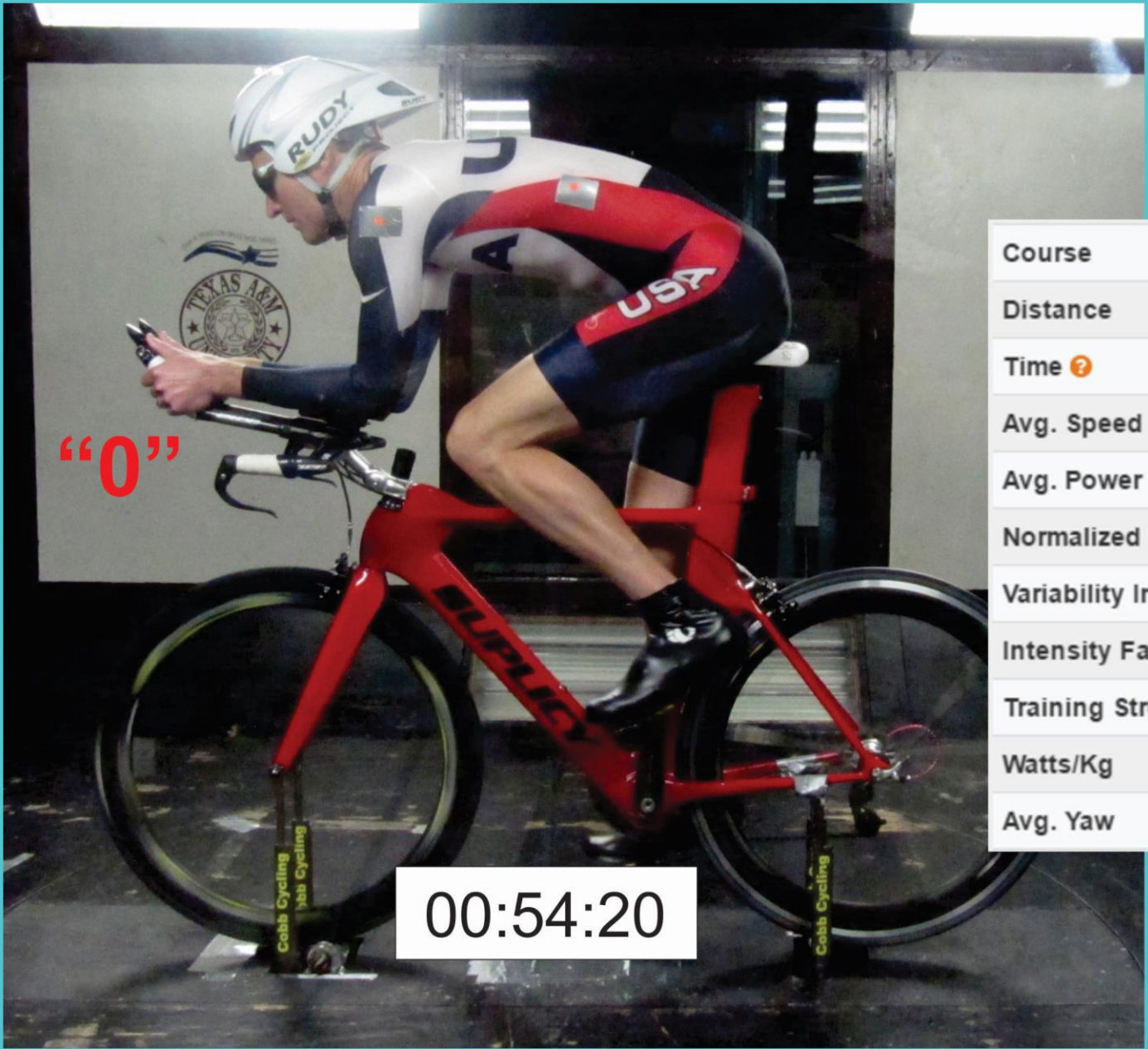
**Said
No
One
Ever**

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Go All In... Or Don't Go.



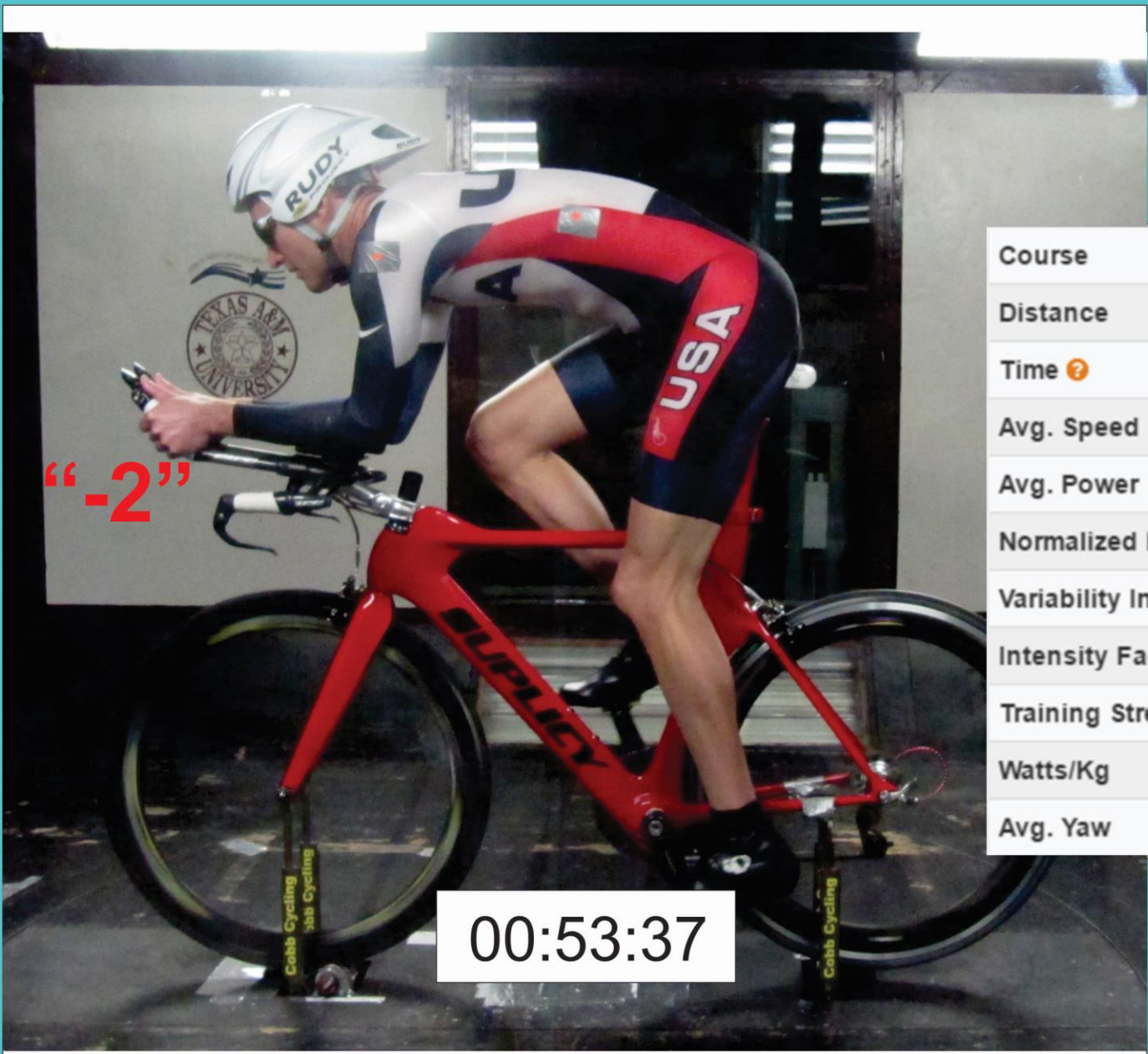




Course	Colorado State TT
Distance	24.91 mi
Time ?	00:54:20
Avg. Speed	27.5 mph
Avg. Power	298.27 watts
Normalized Power [®]	299.51 watts
Variability Index	1
Intensity Factor [®]	1.00
Training Stress Score [®]	90
Watts/Kg	4.16
Avg. Yaw	1.41 °

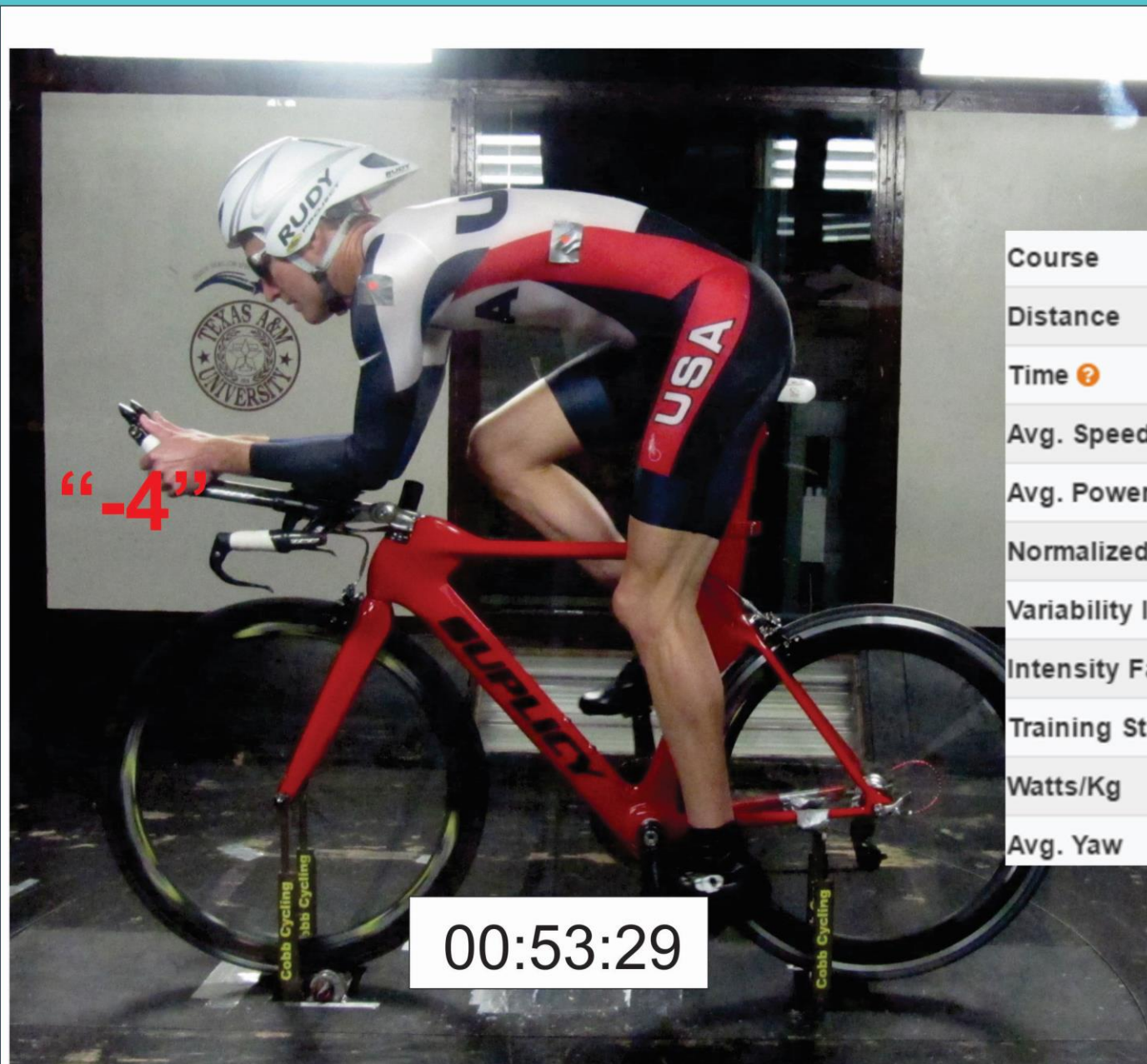
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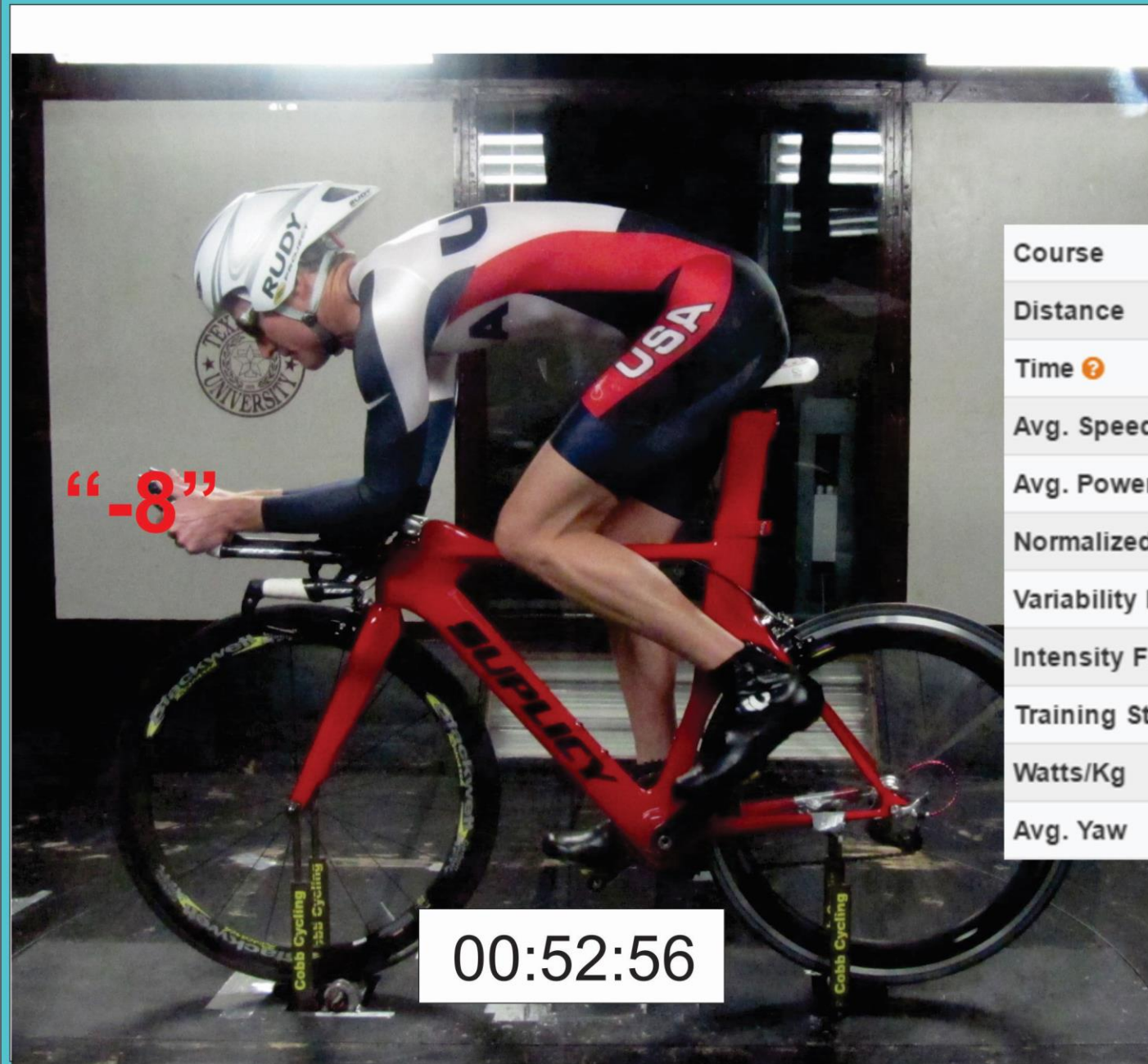


Course	Colorado State TT
Distance	24.91 mi
Time ?	00:53:37
Avg. Speed	27.87 mph
Avg. Power	298.18 watts
Normalized Power®	299.09 watts
Variability Index	1
Intensity Factor®	1.00
Training Stress Score®	89
Watts/Kg	4.16
Avg. Yaw	1.40 °

00:53:37

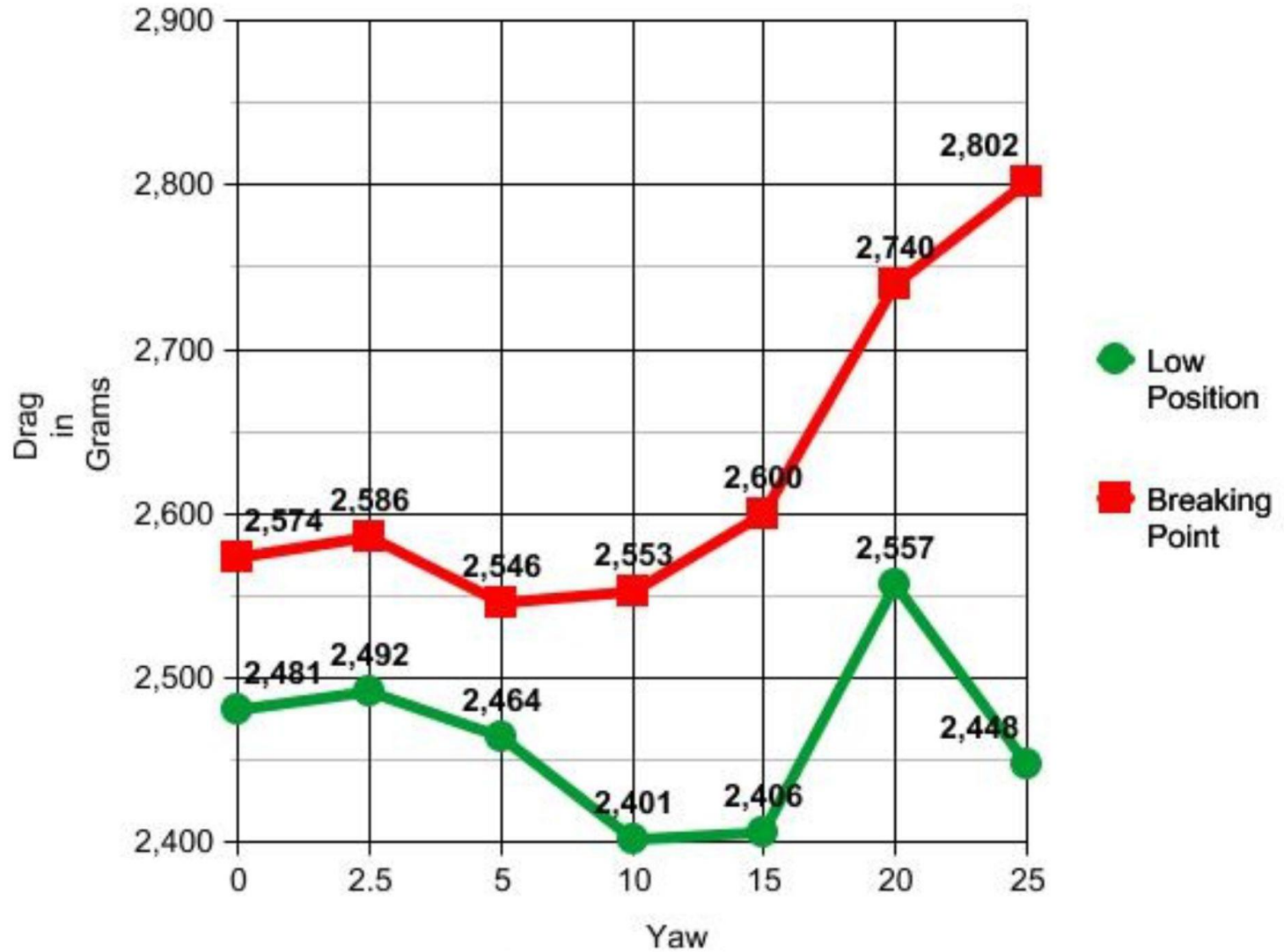


Course	Colorado State TT
Distance	24.91 mi
Time ?	00:53:29
Avg. Speed	27.94 mph
Avg. Power	298.11 watts
Normalized Power®	298.72 watts
Variability Index	1
Intensity Factor®	1.00
Training Stress Score®	89
Watts/Kg	4.16
Avg. Yaw	1.39 °



Course	Colorado State TT
Distance	24.91 mi
Time ?	00:52:56
Avg. Speed	28.23 mph
Avg. Power	298.11 watts
Normalized Power [®]	300.09 watts
Variability Index	1.01
Intensity Factor [®]	1.00
Training Stress Score [®]	88
Watts/Kg	4.16
Avg. Yaw	1.38 °

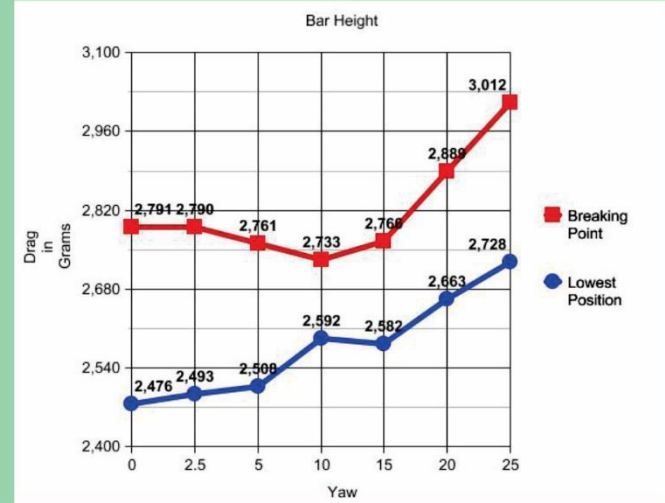
Bar Height





Up 6

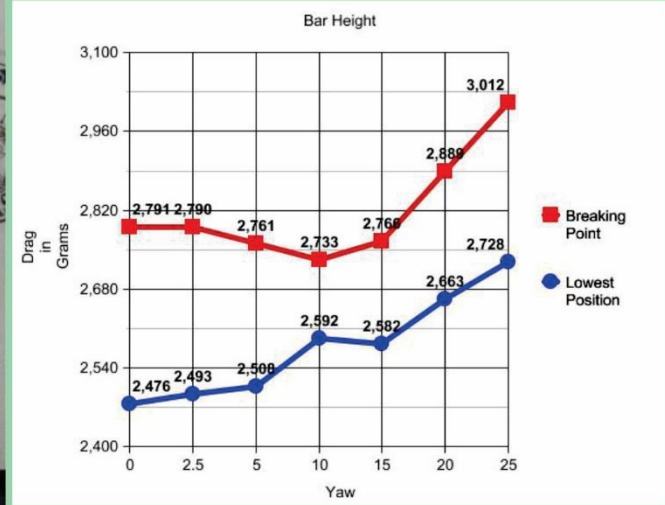
01:00:37



Course	Colorado State TT
Distance	24.91 mi
Time ?	01:00:37
Avg. Speed	24.65 mph
Avg. Power	228.39 watts
Normalized Power [®]	229.52 watts

Lowest

00:59:59



Course	Colorado State TT
Distance	24.91 mi
Time ?	00:59:59
Avg. Speed	24.91 mph
Avg. Power	228.43 watts
Normalized Power®	229.72 watts

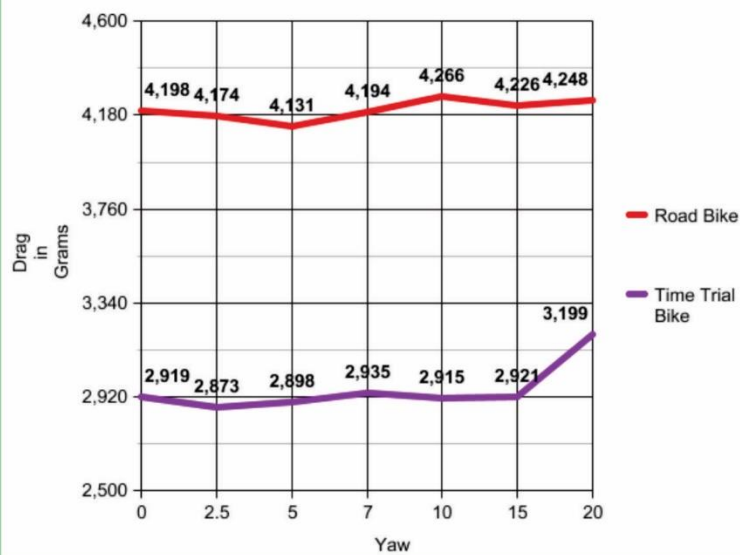


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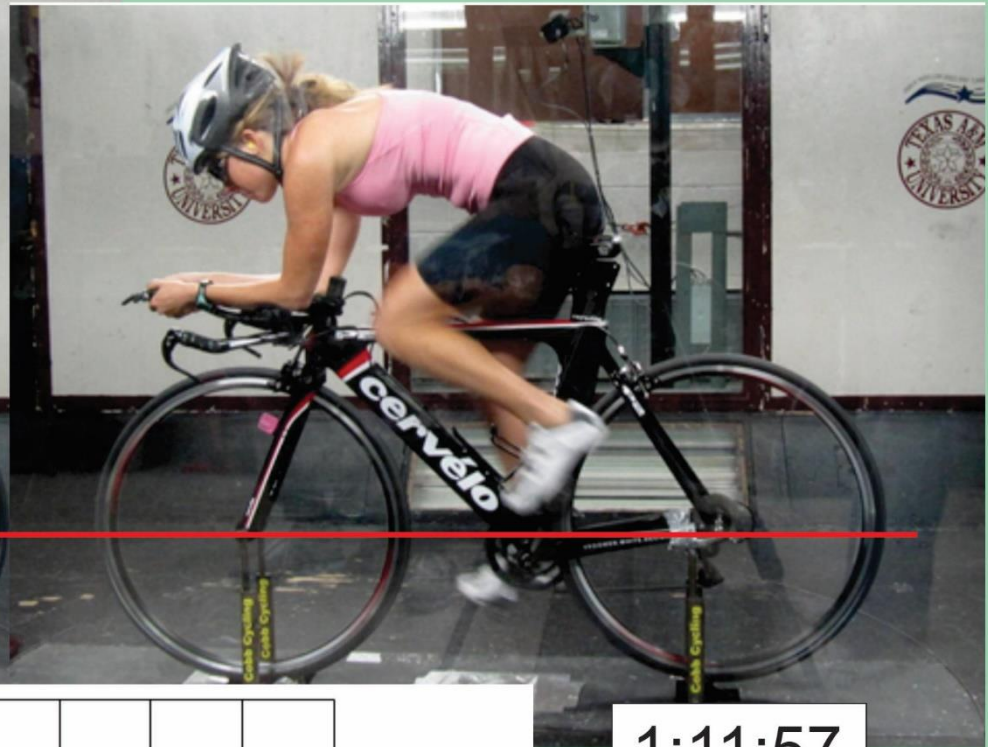
1:13:11

Road Bike vs Time Trial Bike



Course	Colorado State TT
Distance	24.91 mi
Time ?	01:21:05
Avg. Speed	18.43 mph
Avg. Power	153.74 watts
Normalized Power®	154.61 watts
Variability Index	1.01
Intensity Factor®	0.52
Training Stress Score®	36
Watts/Kg	2.15
Avg. Yaw	2.12 °
Bike	Caitlin Road Bike

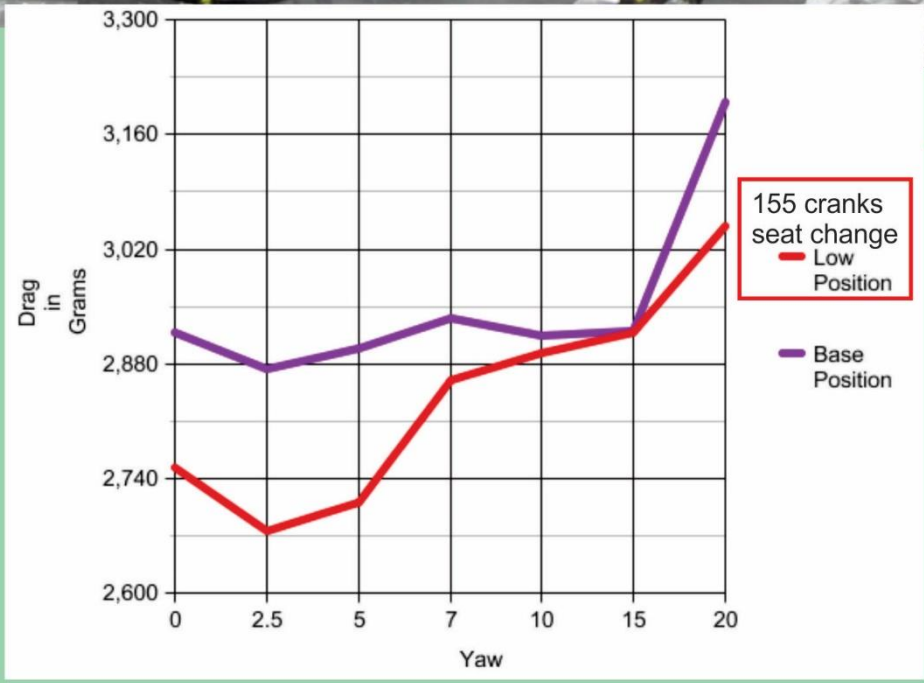
Course	Colorado State TT
Distance	24.91 mi
Time ?	01:13:11
Avg. Speed	20.42 mph
Avg. Power	153.33 watts
Normalized Power®	155.03 watts
Variability Index	1.01
Intensity Factor®	0.52
Training Stress Score®	33
Watts/Kg	2.14
Avg. Yaw	1.92 °
Bike	Caitlin P2 Stock



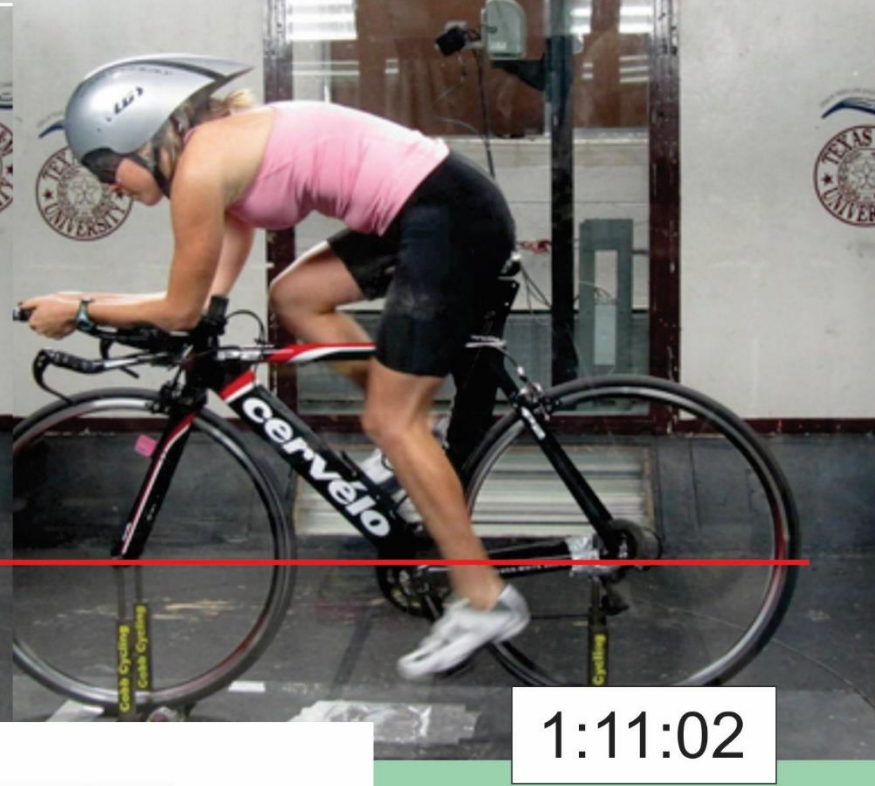
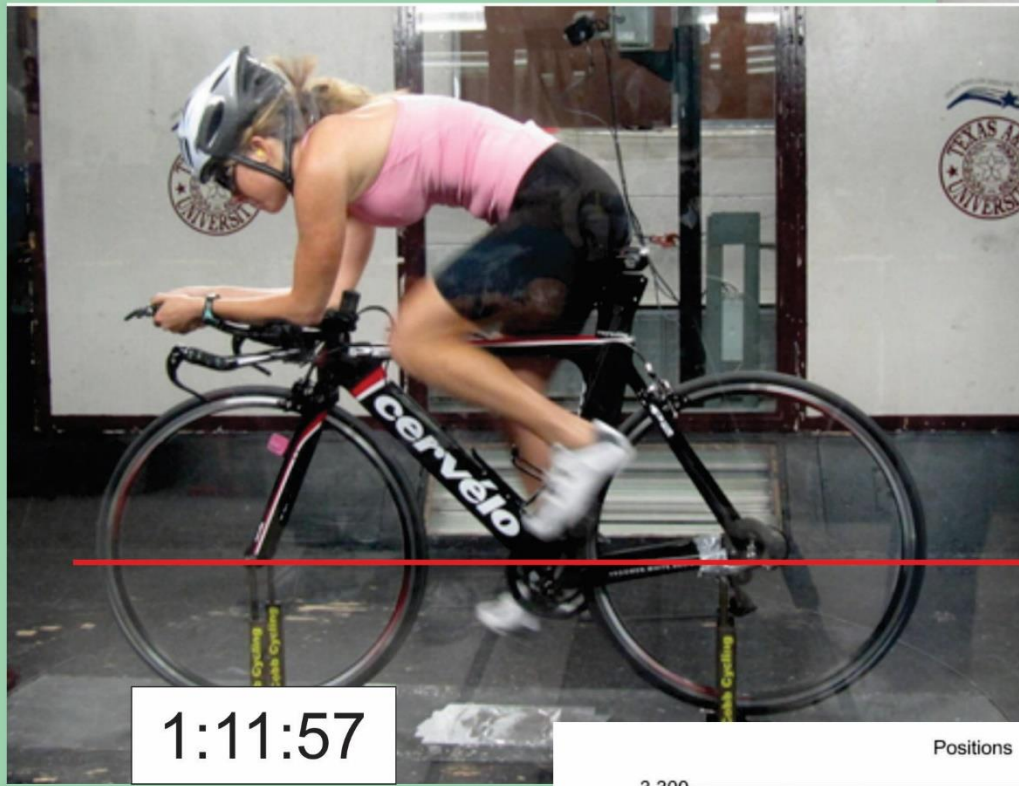
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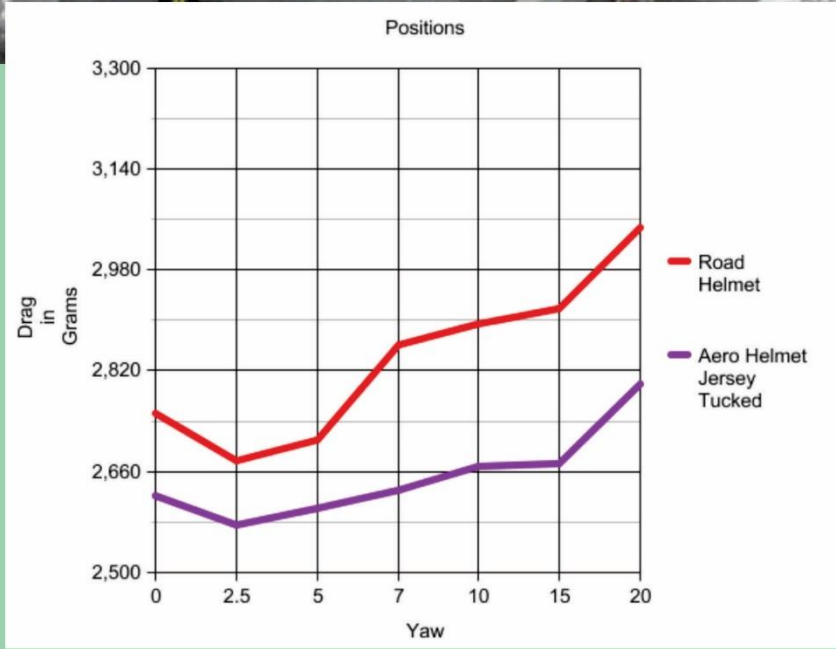
Course	Colorado State TT
Distance	24.91 mi
Time ?	01:13:11
Avg. Speed	20.42 mph
Avg. Power	153.33 watts
Normalized Power®	155.03 watts
Variability Index	1.01
Intensity Factor®	0.52
Training Stress Score®	33
Watts/Kg	2.14
Avg. Yaw	1.92 °
Bike	Caitlin P2 Stock



Course	Colorado State TT
Distance	24.91 mi
Time ?	01:11:57
Avg. Speed	20.77 mph
Avg. Power	153.28 watts
Normalized Power®	154.42 watts
Variability Index	1.01
Intensity Factor®	0.51
Training Stress Score®	31
Watts/Kg	2.14
Avg. Yaw	1.89 °
Bike	Caitlin P2 10 cm lower



Course	Colorado State TT
Distance	24.91 mi
Time 🕒	01:11:57
Avg. Speed	20.77 mph
Avg. Power	153.28 watts
Normalized Power®	154.42 watts
Variability Index	1.01
Intensity Factor®	0.51
Training Stress Score®	31
Watts/Kg	2.14
Avg. Yaw	1.89 °
Bike	Caitlin P2 10 cm lower



Course	Colorado State TT
Distance	24.91 mi
Time 🕒	01:11:02
Avg. Speed	21.04 mph
Avg. Power	153.23 watts
Normalized Power®	154.70 watts
Variability Index	1.01
Intensity Factor®	0.52
Training Stress Score®	32
Watts/Kg	2.14
Avg. Yaw	1.87 °
Bike	Caitlin P2 10 cm lower Aero Helmet

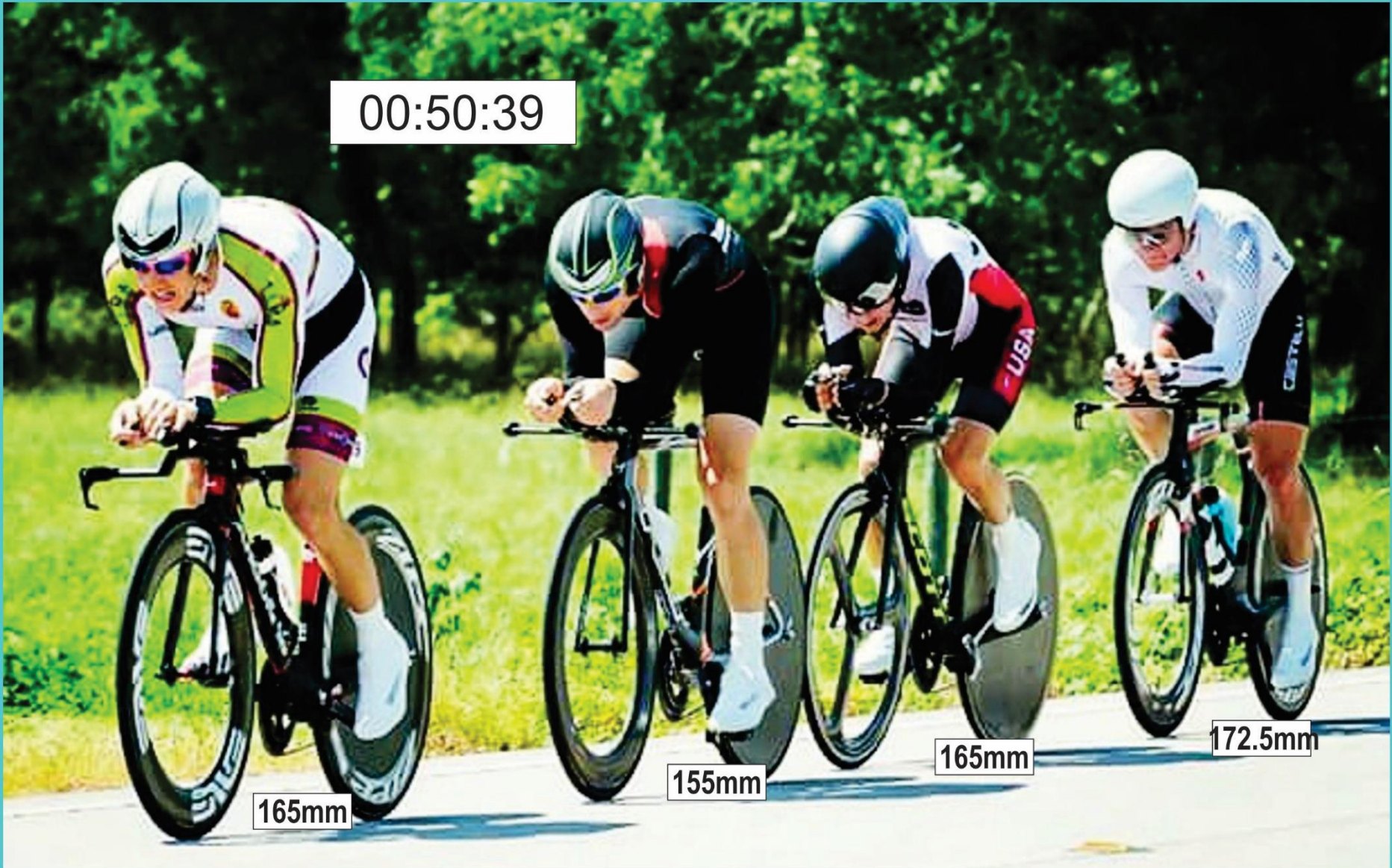
00:50:39

165mm

155mm

165mm

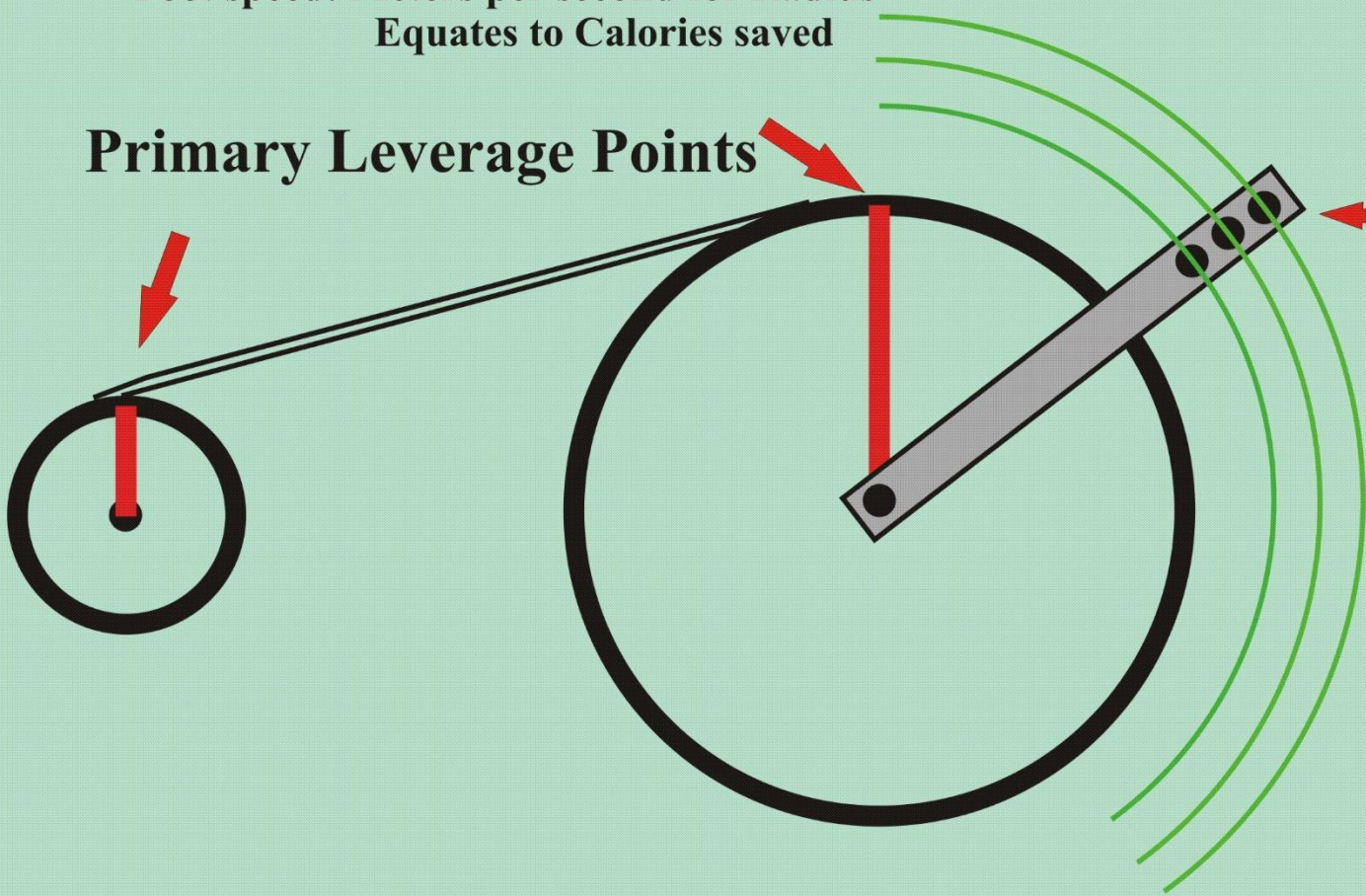
172.5mm



Foot speed: Meters per second for Radius
Equates to Calories saved

Primary Leverage Points

Secondary Leverage Points



Go All In... Or Don't Go.

