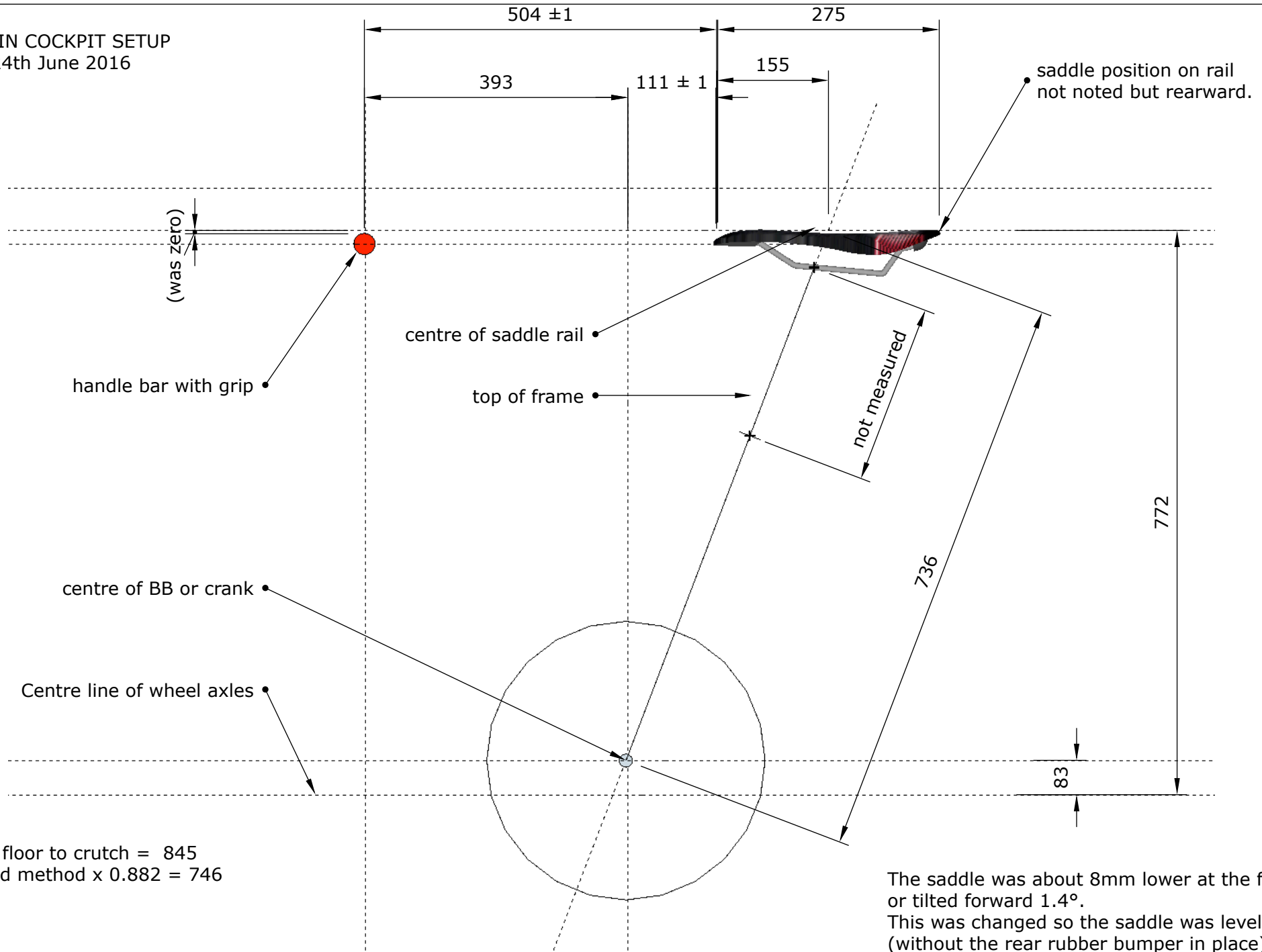


CAPTAIN COCKPIT SETUP
as at 24th June 2016



Gary's floor to crutch = 845
Lemond method x 0.882 = 746

The saddle was about 8mm lower at the front or tilted forward 1.4°. This was changed so the saddle was level (without the rear rubber bumper in place).