











Frame ( geometry, height ... )						
Saddle design ( shape, dimensions... )						
Saddle padding						
Seat position						
Handle bar ( shape, ergonomics... )						
Shifters						
Brake levers						
Pedals						
Forks						
Tires						
Wheels ( excluding the tires )						
<b>BEHAVIOUR AND DECISIONS</b>						
Your level of fitness						
Your level of energy ( before the ride )						
Your level of energy ( during the ride )						
The length of the ride						
The distance you planned						
Existing injuries or physical limitations ( if applicable )						
Your position on the bicycle						
Adjustments on the saddle ( height, angle... )						
Adjustments on the handle bar ( height,angle... )						
<b>ENVIRONMENT</b>						
Road surface ( concrete,smooth,cracked...)						
Road conditions						
Terrain ( hills,curves... )						
Time of the ride ( morning, evening... )						
Weather conditions (sunny, cloudy, winty, rainy...)						
Outdoor temperature						
Clothing you wear						