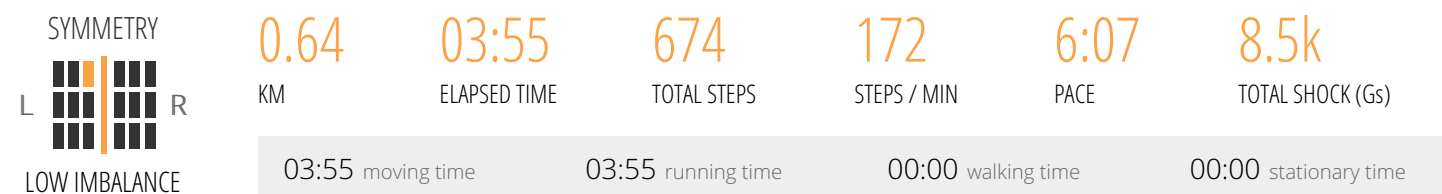


COMMUNITY COMPARISON



RUN SUMMARY



TERRAIN

No terrain selected.

WORKOUT TYPES

No workout types selected.

SHOE

No shoe selected.

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/km)	6:08 min/km		
EFFICIENCY METRICS			
STEP RATE (s/min)	172 s/min		
STRIDE LENGTH (m)	1.89 m		
CONTACT TIME (ms)	296 ms	289	L R 301
FLIGHT RATIO (%)	15 %	17	L R 14
POWER (W)	220 W		

SHOCK METRICS

SHOCK (G)	12.5 G	12.2	L	████ ████	R	13.0
IMPACT GS (G)	7.3 G	6.7	L	████ ████	R	7.9
BRAKING GS (G)	10.0 G	10.0	L	████ ████	R	10.1



















MOTION METRICS

FOOTSTRIKE TYPE	15.2	15.2	L	████ ████	R	15.3
PRONATION EXCURSION (°)	-10.9 °	-11.1	L	████ ████	R	-10.8
MAX PRONATION VELOCITY (°/s)	486 °/s	479	L	████ ████	R	497

DERIVED METRICS

CONTACT RATIO (%)	74 %	71	L	████ ████	R	76
FLIGHT TIME (ms)	53 ms	59	L	███ ████	R	47
STRIDE ANGLE (°)	0.9 °	1.1	L	████ ████	R	0.7
LEG SPRING STIFFNESS (kN/m)	10.3 kN/m	10.7	L	████ ████	R	9.9
VERTICAL SPRING STIFFNESS (kN/m)	21.6 kN/m	21.6	L	████ ████	R	21.7
VERTICAL GRF RATE (N/kg/s)	33.3 N/kg/s	34.0	L	████ ████	R	32.7
HORIZONTAL GRF RATE (N/kg/s)	5.1 N/kg/s	5.1	L	████ ████	R	5.2
SWING FORCE RATE (N/kg/s)	1.3 N/kg/s	1.2	L	████ ████	R	1.3
TOTAL FORCE RATE (N/kg/s)	91.6 N/kg/s	91.7	L	████ ████	R	92.1
VO ₂ (ml/kg/min)	34.5 ml/kg/min	34.5	L	████ ████	R	34.6

PLUS METRICS

TIME (MAX SWING→FS) (ms)	108 ms	108	L  R 108
TIME (FS→MPV) (ms)	14 ms	15	L  R 13
TIME (MPV→MP) (ms)	37 ms	33	L  R 41
TIME (MP→TO) (ms)	245 ms	242	L  R 246
TIME (TO→MIN SWING) (ms)	118 ms	123	L  R 114
TIME (MIN SWING→MAX SWING) (ms)	248 ms	249	L  R 246
MEDIO LATERAL GS (G)	2.8 G	2.6	L  R 3.1
BRAKING GS (AMPLITUDE) (G)	10.1 G	10.3	L  R 10.0
IMPACT GS (AMPLITUDE) (G)	7.3 G	6.7	L  R 8.1
VERTICAL SPEED (m/s)	-1.72 m/s	-1.68	L  R -1.77
ELEVATION GAIN (m)	109.3 m	103.5	L  R 117.1
SWING EXCURSION (°)	84.6 °	83.1	L  R 86.4
YAW EXCURSION (°)	0.5 °	-6.0	L  R 7.2
YAW EXCURSION (MP→TO) (°)	0.2 °	1.0	L  R -0.6
YAW EXCURSION (SWING) (°)	1.66 °	-8.17	L  R 11.82
MAX STANCE VELOCITY (FS→MP) (°/s)	0 °/s	0	L  R 0
MAX STANCE VELOCITY (MP→TO) (°/s)	0 °/s	0	L  R 0
TEMPERATURE (°)	0.0 °	0.0	L  R 0.0

RESEARCH METRICS

STEP LENGTH (m)	0.95 m	0.95	L		R	0.95
PRONATION EXCURSION (MP→TO) (°)	2.1 °	2.8	L		R	1.4
STANCE EXCURSION (FS→MP) (°)	-0.3 °	-0.5	L		R	-0.4
STANCE EXCURSION (MP→TO) (°)	65.3 °	62.6	L		R	68.0