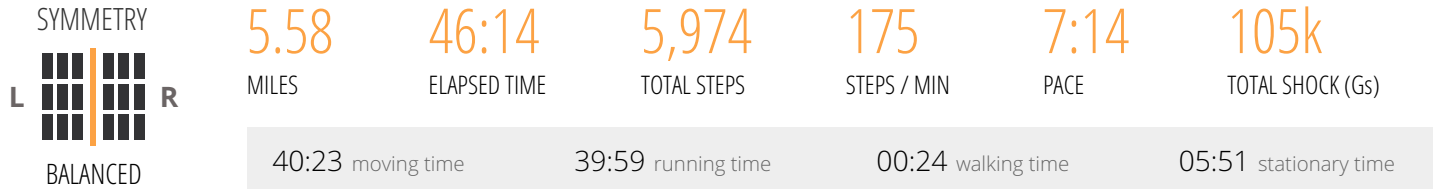


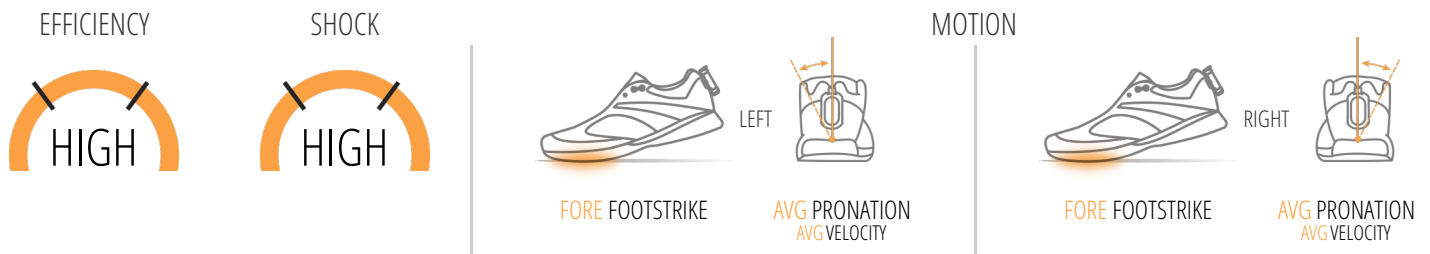
Run 24 Nov 2017

Runner: Crispin Ellisdon

RUN SUMMARY



COMMUNITY COMPARISON



TERRAIN

SMOOTH TRAIL ROAD

WORKOUT TYPES

RUN

SHOE

GRAVITY VI

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/mi)	7:09 min/mi		
EFFICIENCY METRICS			
STEP RATE (s/min)	175 s/min		
STRIDE LENGTH (ft)	8.4 ft		
CONTACT TIME (ms)	248 ms	246	L R 242
FLIGHT RATIO (%)	29 %	28	L R 30
POWER (W)	388 W		

SHOCK METRICS

SHOCK (G)	17.4 G	17.5	L			R	17.5
IMPACT GS (G)	10.8 G	10.8	L			R	10.9
BRAKING GS (G)	13.4 G	13.6	L			R	13.4

MOTION METRICS

FOOTSTRIKE TYPE	15.0	15.4	L			R	14.7
PRONATION EXCURSION (°)	-12.3 °	-14.0	L			R	-10.7
MAX PRONATION VELOCITY (°/s)	516 °/s	551	L			R	488