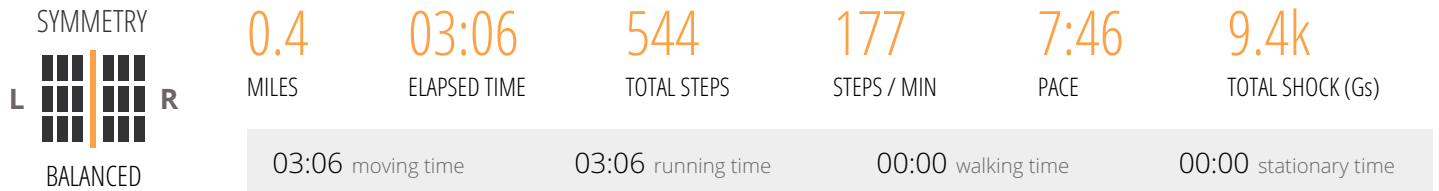


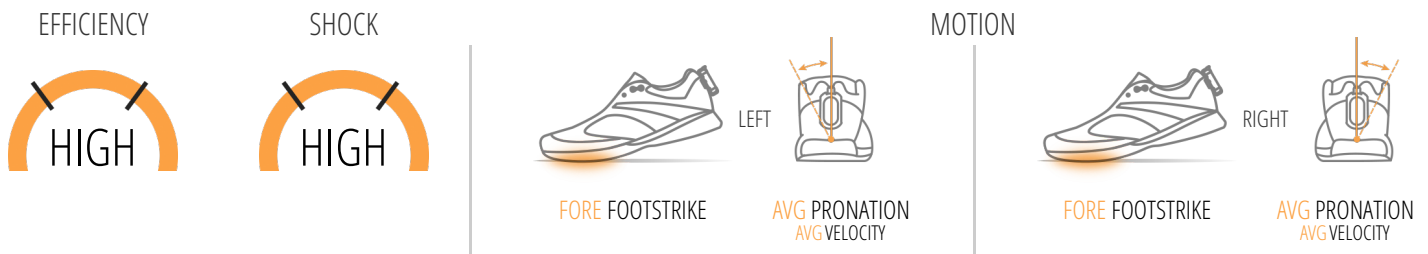
Run 26 Nov 2017

Runner: Crispin Ellisdon

RUN SUMMARY



COMMUNITY COMPARISON



TERRAIN

ROAD

WORKOUT TYPES

RUN

SHOE

GRAVITY VI

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/mi)	7:46 min/mi		
EFFICIENCY METRICS			
STEP RATE (s/min)	177 s/min		
STRIDE LENGTH (ft)	7.69 ft		
CONTACT TIME (ms)	246 ms	247	L R 247
FLIGHT RATIO (%)	27 %	27	L R 27
POWER (W)	401 W		

SHOCK METRICS

SHOCK (G)	17.1 G	17.0	L ■■■ ■■■ R	17.5
IMPACT GS (G)	10.6 G	10.1	L ■■■ ■■■ R	11.3
BRAKING GS (G)	13.3 G	13.5	L ■■■ ■■■ R	13.2

MOTION METRICS

FOOTSTRIKE TYPE	15.4	15.4	L ■■■ ■■■ R	15.5
PRONATION EXCURSION (°)	-12.7 °	-12.9	L ■■■ ■■■ R	-12.6
MAX PRONATION VELOCITY (°/s)	493 °/s	485	L ■■■ ■■■ R	508