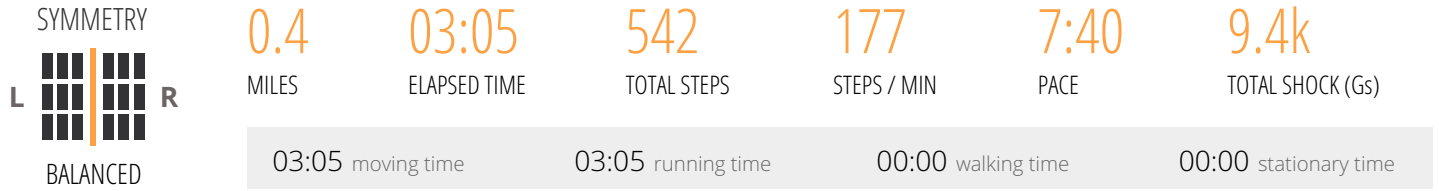


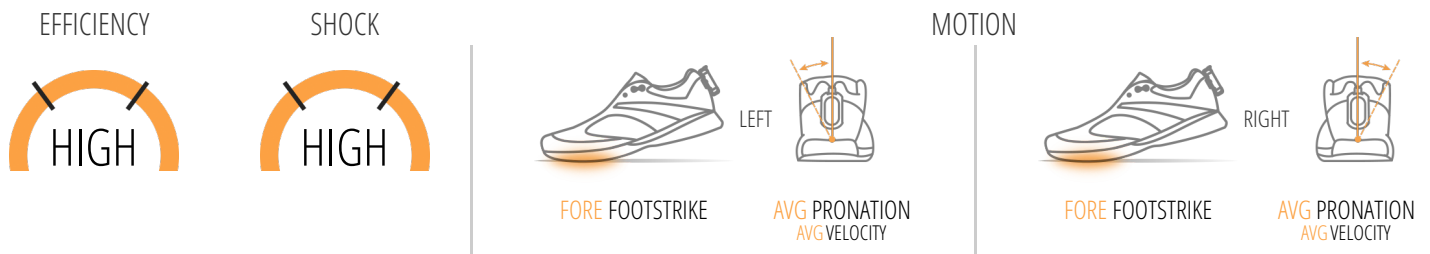
Run 26 Nov 2017

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)	7:40 min/mi		
EFFICIENCY METRICS			
STEP RATE (s/min)	177 s/min		
STRIDE LENGTH (ft)	7.76 ft		
CONTACT TIME (ms)	243 ms	244	L R 242
FLIGHT RATIO (%)	28 %	28	L R 28
POWER (W)	407 W		

SHOCK METRICS

SHOCK (G)	17.3 G	17.2	L			R	17.5
IMPACT GS (G)	10.8 G	10.6	L			R	11.0
BRAKING GS (G)	13.4 G	13.4	L			R	13.4

MOTION METRICS

FOOTSTRIKE TYPE	15.5	15.6	L			R	15.3
PRONATION EXCURSION (°)	-12.8 °	-12.7	L			R	-13.0
MAX PRONATION VELOCITY (°/s)	498 °/s	467	L			R	535