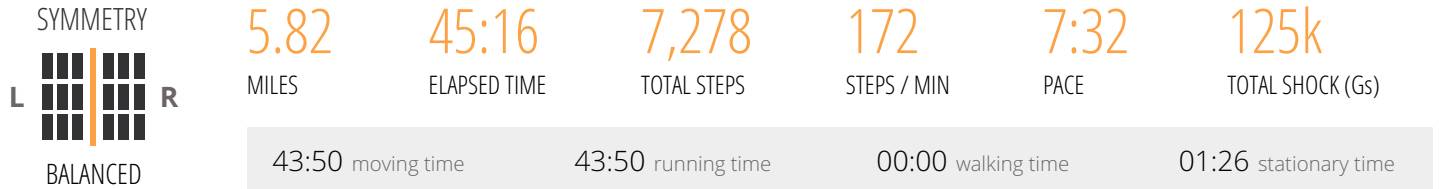


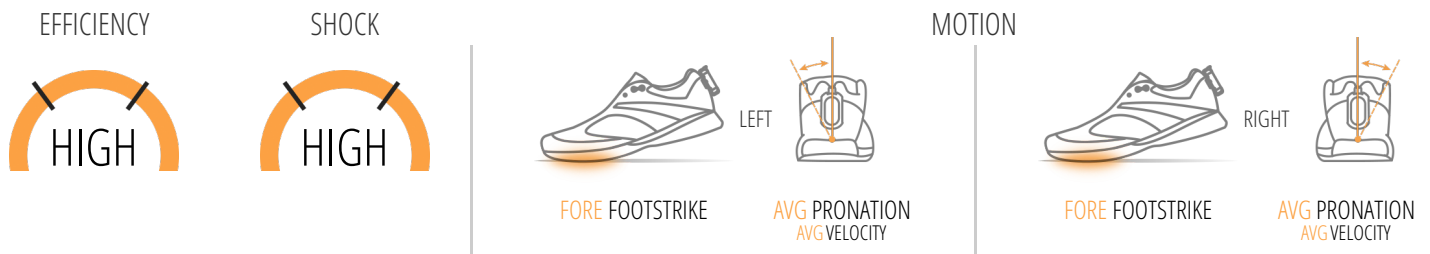
Run 02 Dec 2017

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) | 7:28 min/mi | | |
| EFFICIENCY METRICS | | | |
| STEP RATE (s/min) | 172 s/min | | |
| STRIDE LENGTH (ft) | 8.22 ft | | |
| CONTACT TIME (ms) | 258 ms | 259 | L R 249 |
| FLIGHT RATIO (%) | 28 % | 27 | L R 29 |
| POWER (W) | 344 W | | |

SHOCK METRICS

| | | | | | | | |
|----------------|--------|------|---|--|--|---|------|
| SHOCK (G) | 17.0 G | 17.2 | L | | | R | 17.1 |
| IMPACT GS (G) | 10.9 G | 10.8 | L | | | R | 11.1 |
| BRAKING GS (G) | 12.9 G | 13.2 | L | | | R | 12.8 |

MOTION METRICS

| | | | | | | | |
|------------------------------|---------|-------|---|--|--|---|-------|
| FOOTSTRIKE TYPE | 15.0 | 15.8 | L | | | R | 14.1 |
| PRONATION EXCURSION (°) | -12.1 ° | -14.1 | L | | | R | -10.4 |
| MAX PRONATION VELOCITY (°/s) | 501 °/s | 550 | L | | | R | 461 |