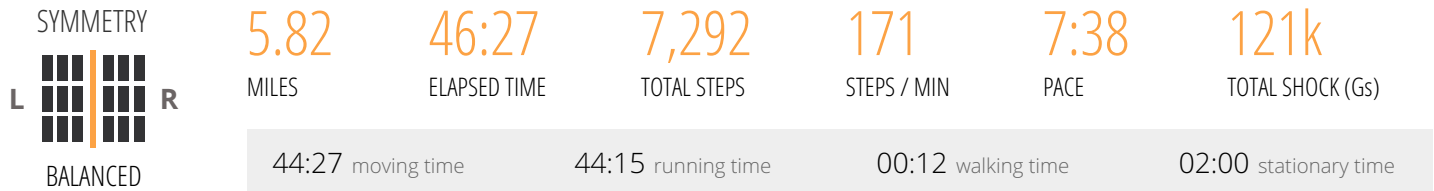


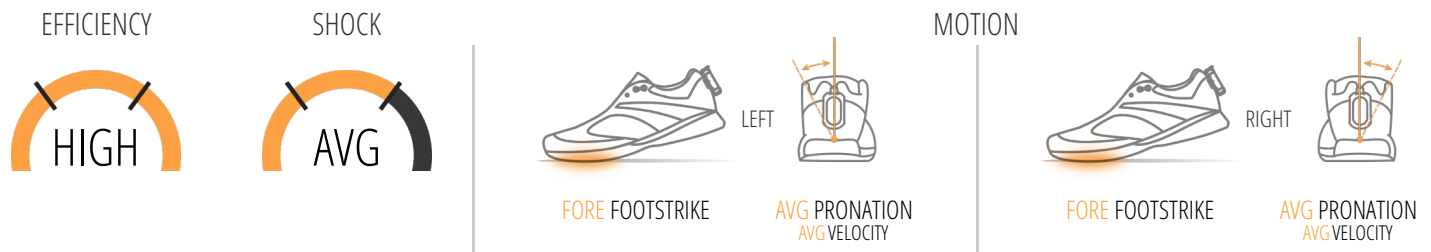
Run 04 Dec 2017

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)	7:36 min/mi		
EFFICIENCY METRICS			
STEP RATE (s/min)	171 s/min		
STRIDE LENGTH (ft)	8.08 ft		
CONTACT TIME (ms)	259 ms	257	L  R 252
FLIGHT RATIO (%)	28 %	27	L  R 29
POWER (W)	375 W		

SHOCK METRICS

SHOCK (G)	16.5 G	16.6	L ■■■   ■■■ R	16.5
IMPACT GS (G)	9.0 G	8.8	L ■■■   ■■■ R	9.3
BRAKING GS (G)	13.6 G	13.9	L ■■■   ■■■ R	13.4

MOTION METRICS

FOOTSTRIKE TYPE	14.7	14.8	L ■■■   ■■■ R	14.7
PRONATION EXCURSION (°)	-14.4 °	-15.4	L ■■■   ■■■ R	-13.7
MAX PRONATION VELOCITY (°/s)	537 °/s	514	L ■■■   ■■■ R	568