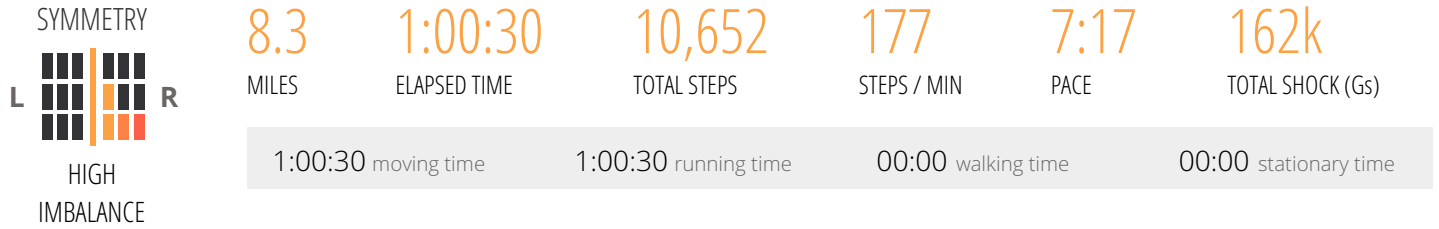


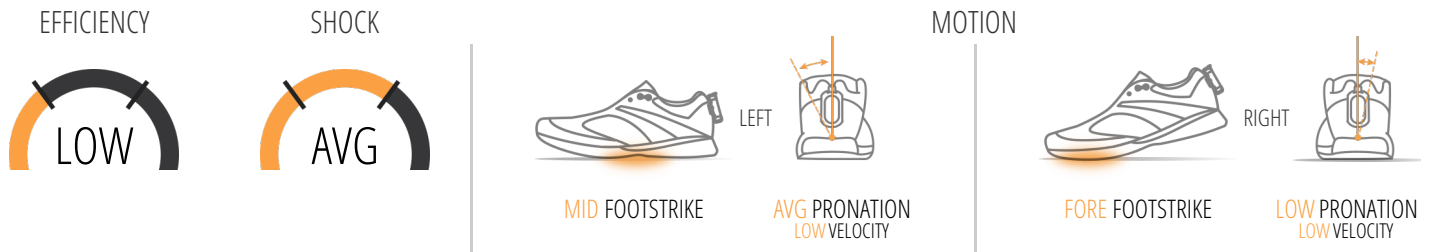
Run 18 Feb 2017

Runner: Ray Maker

RUN SUMMARY



COMMUNITY COMPARISON



TERRAIN

No terrain selected.

WORKOUT TYPES

No workout types selected.

SHOE

No shoe selected.

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/mi)	7:17 min/mi		
EFFICIENCY METRICS			
STEP RATE (s/min)	177 s/min		
STRIDE LENGTH (ft)	8.2 ft		
CONTACT TIME (ms)	297 ms	295	L R 298
FLIGHT RATIO (%)	13 %	13	L R 12

