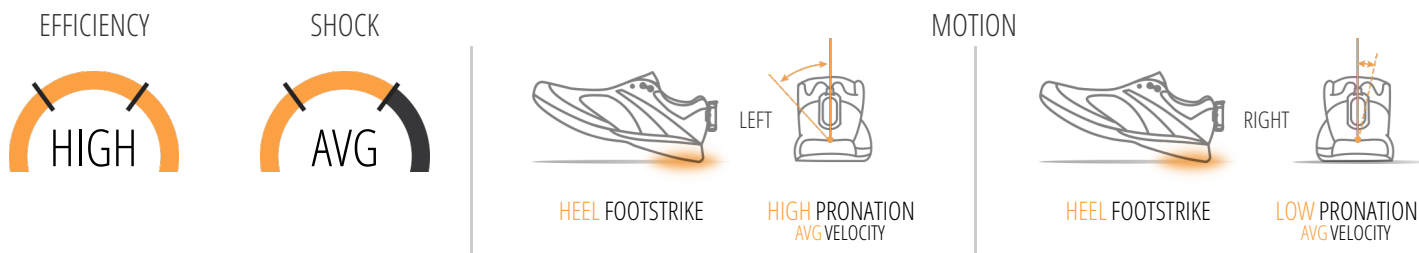
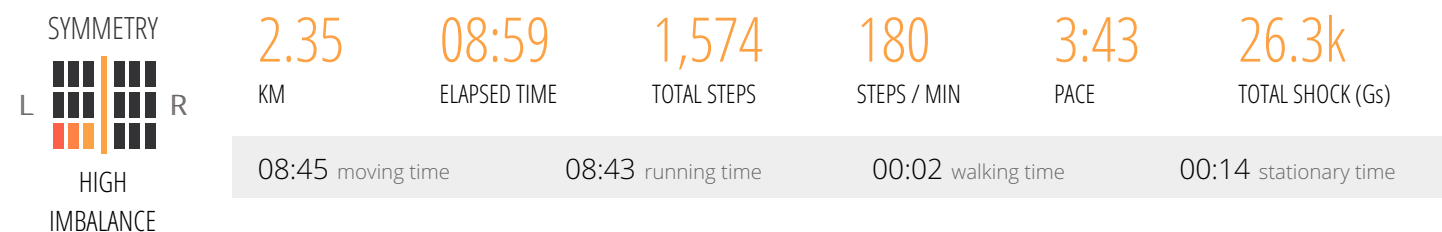


COMMUNITY COMPARISON



RUN SUMMARY



TERRAIN

TRACK

WORKOUT TYPES

No workout types selected.

SHOE

ADIZERO ADIOS BOOST

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/km)	3:43 min/km			
STRIDE LENGTH (m)	2.97 m			
EFFICIENCY METRICS				
STEP RATE (s/min)	180 s/min			
CONTACT TIME (ms)	L	228 ms	R	232 ms
FLIGHT RATIO (%)	L	31 %	R	30 %
SHOCK METRICS				
SHOCK (G)	L	17.27 G	R	16.13 G
IMPACT GS (G)	L	13.63 G	R	12.56 G

BRAKING GS (G)	L	10.51 G	R	9.97 G
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MOTION METRICS

FOOTSTRIKE TYPE	L	3.83	R	2.39
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PRONATION EXCURSION (°)	L	-19.95 °	R	-7.46 °
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MAX PRONATION VELOCITY (°/s)	L	649 °/s	R	691 °/s
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