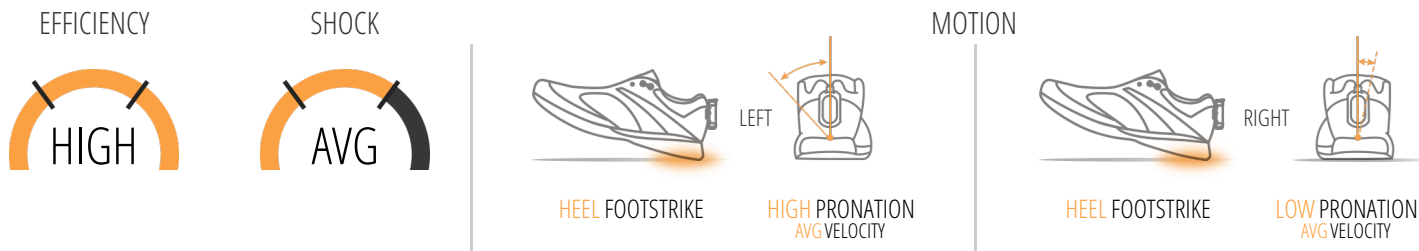
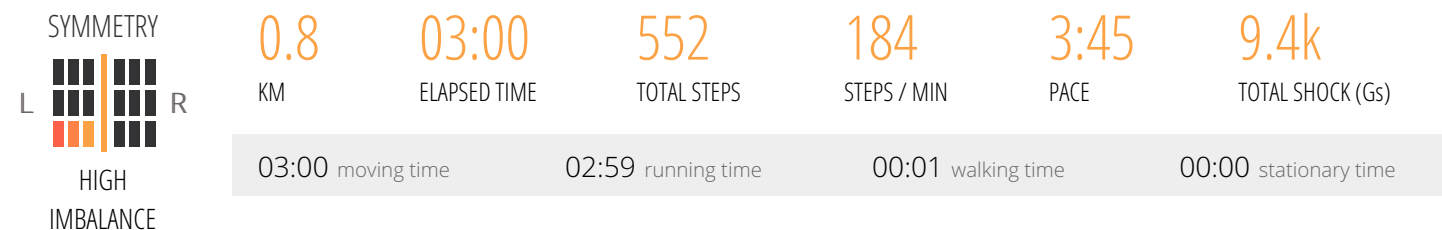


COMMUNITY COMPARISON



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)	3:45 min/km			
STRIDE LENGTH (m)	2.88 m			
EFFICIENCY METRICS				
STEP RATE (s/min)	184 s/min			
CONTACT TIME (ms)	L	213 ms	R	218 ms
FLIGHT RATIO (%)	L	34 %	R	32 %
SHOCK METRICS				
SHOCK (G)	L	17.54 G	R	16.49 G
IMPACT GS (G)	L	13.64 G	R	12.7 G

BRAKING GS (G)	L	10.94 G	R	10.39 G
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MOTION METRICS

FOOTSTRIKE TYPE	L	2.92	R	1.71
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PRONATION EXCURSION (°)	L	-21.39 °	R	-5.38 °
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MAX PRONATION VELOCITY (°/s)	L	706 °/s	R	736 °/s
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