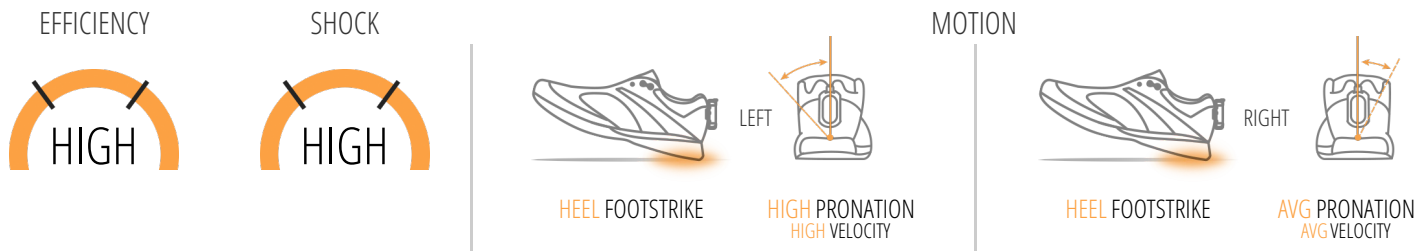
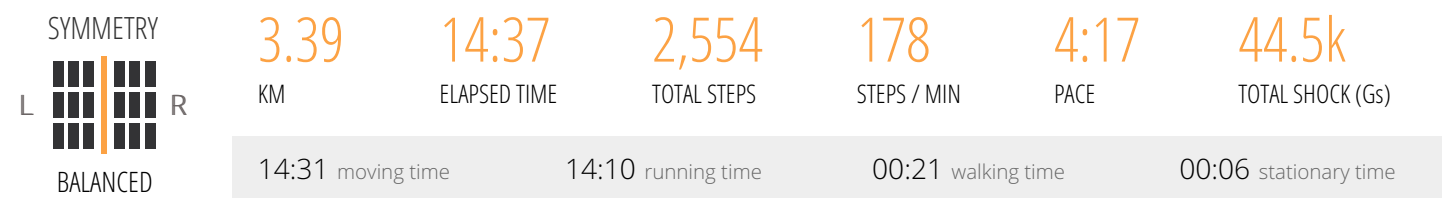


COMMUNITY COMPARISON



RUN SUMMARY



TERRAIN

TRACK

WORKOUT TYPES

INTERVALS

SHOE

ZOOM FLY

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/km)	4:17 min/km
STRIDE LENGTH (m)	2.61 m

EFFICIENCY METRICS

STEP RATE (s/min)	177 s/min			
CONTACT TIME (ms)	L	228 ms	R	234 ms
FLIGHT RATIO (%)	L	33 %	R	31 %

SHOCK METRICS

SHOCK (G)	L	17.44 G	R	17.4 G
IMPACT GS (G)	L	12.74 G	R	12.29 G

BRAKING GS (G)	L	11.84 G	R	12.15 G
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MOTION METRICS

FOOTSTRIKE TYPE	L	3.85	R	3.46
PRONATION EXCURSION (°)	L	-18.69 °	R	-16.92 °
MAX PRONATION VELOCITY (°/s)	L	765 °/s	R	677 °/s