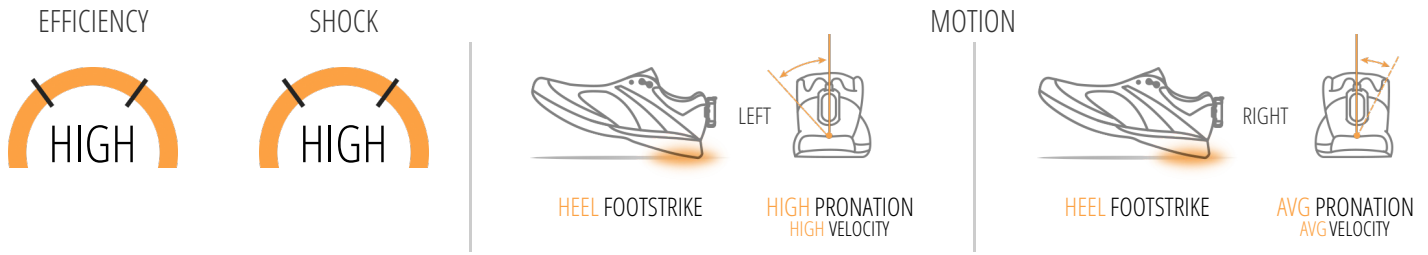
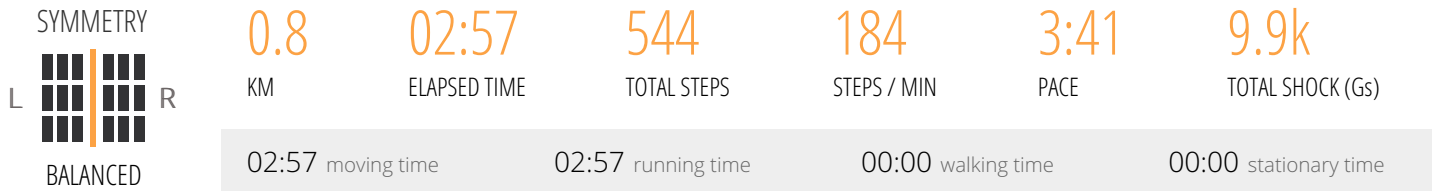


## COMMUNITY COMPARISON



## RUN SUMMARY



### TERRAIN

TRACK

### WORKOUT TYPES

INTERVALS

### SHOE

ZOOM FLY

### PAIN POINTS

No pain points selected.

### NET PAIN FACTOR

Not set.

PACE (min/km)	3:41 min/km
STRIDE LENGTH (m)	2.94 m

### EFFICIENCY METRICS

STEP RATE (s/min)	184 s/min			
CONTACT TIME (ms)	L	205 ms	R	211 ms
FLIGHT RATIO (%)	L	36 %	R	35 %

### SHOCK METRICS

SHOCK (G)	L	18.08 G	R	18.29 G
IMPACT GS (G)	L	13.45 G	R	12.72 G

BRAKING GS (G)	L	12.02 G	R	13.0 G
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### MOTION METRICS

FOOTSTRIKE TYPE	L	2.64	R	2.15
PRONATION EXCURSION (°)	L	-19.25 °	R	-17.33 °
MAX PRONATION VELOCITY (°/s)	L	835 °/s	R	706 °/s