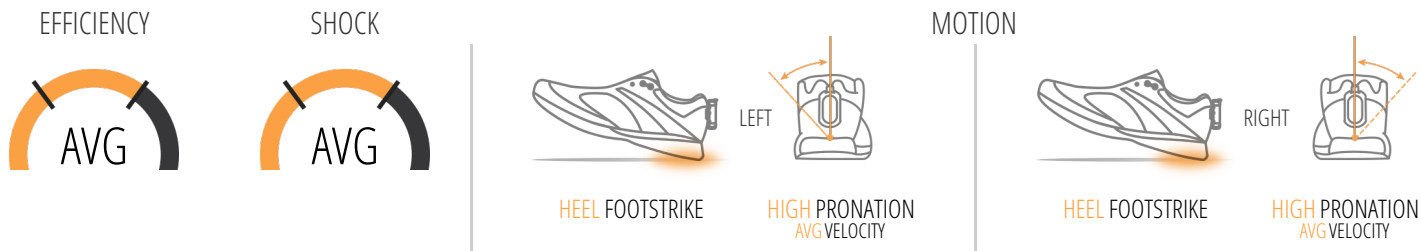
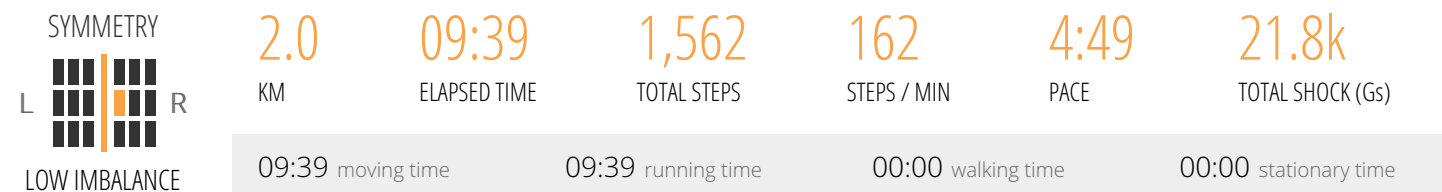


COMMUNITY COMPARISON



RUN SUMMARY



TERRAIN

TRACK

WORKOUT TYPES

INTERVALS

SHOE

ADRENALINE GTS

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/km)	4:49 min/km
STRIDE LENGTH (m)	2.56 m

EFFICIENCY METRICS

STEP RATE (s/min)	161 s/min			
CONTACT TIME (ms)	L	294 ms	R	286 ms
FLIGHT RATIO (%)	L	20 %	R	22 %

SHOCK METRICS

SHOCK (G)	L	13.28 G	R	14.6 G
IMPACT GS (G)	L	10.84 G	R	12.36 G

BRAKING GS (G)	L	7.54 G	R	7.67 G
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MOTION METRICS

FOOTSTRIKE TYPE	L	1.32	R	2.32
PRONATION EXCURSION (°)	L	-18.48 °	R	-23.32 °
MAX PRONATION VELOCITY (°/s)	L	561 °/s	R	587 °/s