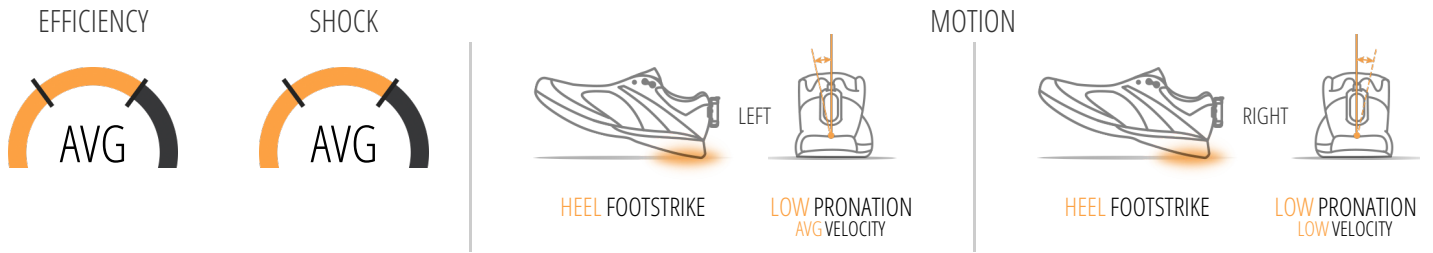
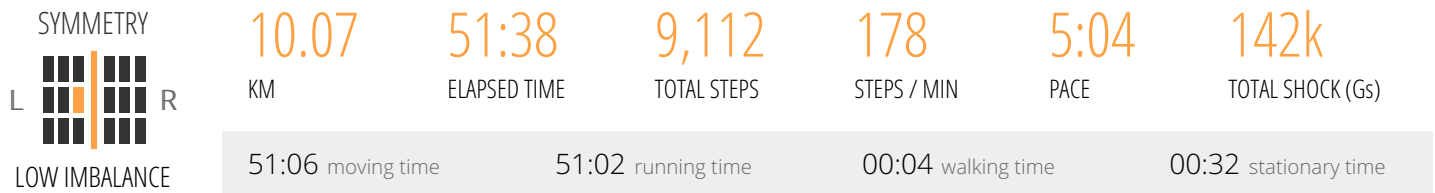


COMMUNITY COMPARISON



RUN SUMMARY



TERRAIN

ROAD

WORKOUT TYPES

RUN

SHOE

RIDE 9

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/km)	5:04 min/km
STRIDE LENGTH (m)	2.21 m

EFFICIENCY METRICS

STEP RATE (s/min)	178 s/min			
CONTACT TIME (ms)	L	274 ms	R	271 ms
FLIGHT RATIO (%)	L	18 %	R	19 %

SHOCK METRICS

SHOCK (G)	L	16.13 G	R	14.94 G
IMPACT GS (G)	L	11.9 G	R	11.88 G

BRAKING GS (G)	L	10.68 G	R	8.83 G
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MOTION METRICS

FOOTSTRIKE TYPE	L	4.44	R	5.16
PRONATION EXCURSION (°)	L	-5.81 °	R	-8.82 °
MAX PRONATION VELOCITY (°/s)	L	554 °/s	R	376 °/s