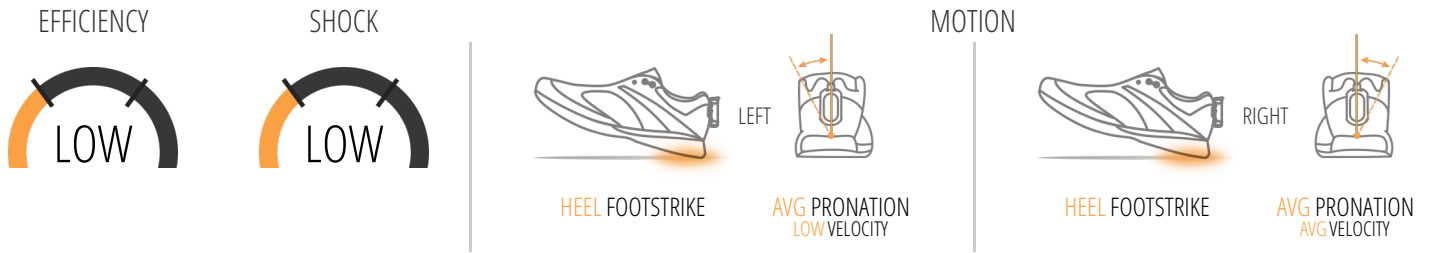
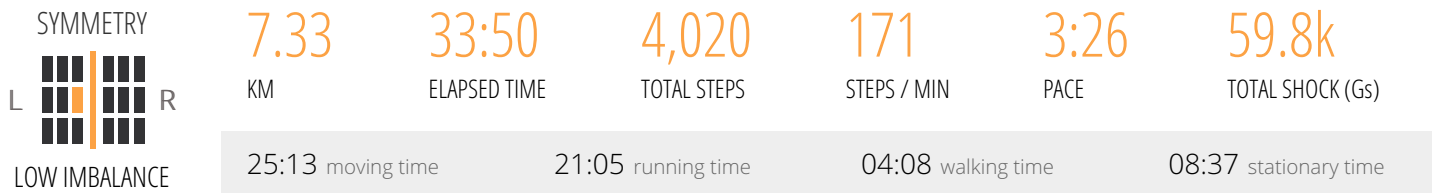


COMMUNITY COMPARISON



RUN SUMMARY



TERRAIN

TRACK

WORKOUT TYPES

No workout types selected.

SHOE

No shoe selected.

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/km)	3:26 min/km
STRIDE LENGTH (m)	3.36 m

EFFICIENCY METRICS

STEP RATE (s/min)	170 s/min			
CONTACT TIME (ms)	L	304 ms	R	302 ms
FLIGHT RATIO (%)	L	18 %	R	20 %

SHOCK METRICS

SHOCK (G)	L	15.59 G	R	14.17 G
IMPACT GS (G)	L	12.96 G	R	11.21 G

BRAKING GS (G)	L	8.52 G	R	8.45 G
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MOTION METRICS

FOOTSTRIKE TYPE	L	2.54	R	3.2
PRONATION EXCURSION (°)	L	-15.91 °	R	-14.55 °
MAX PRONATION VELOCITY (°/s)	L	427 °/s	R	571 °/s