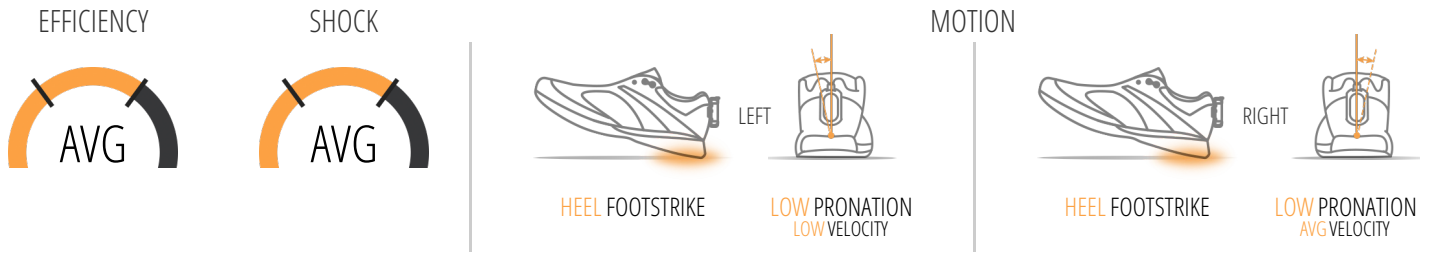
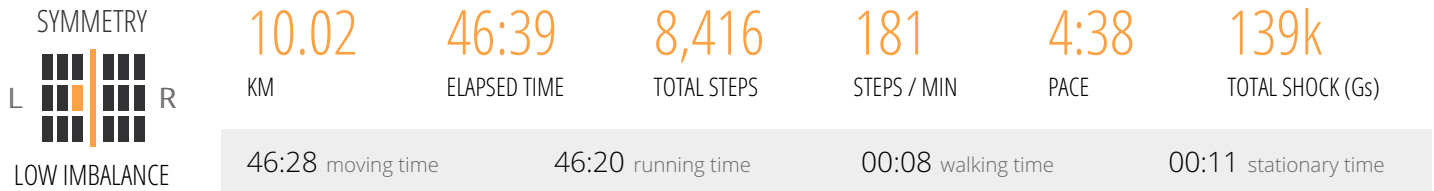


COMMUNITY COMPARISON



RUN SUMMARY



TERRAIN

ROAD

WORKOUT TYPES

RUN

SHOE

RIDE 10

PAIN POINTS

No pain points selected.

NET PAIN FACTOR

Not set.

PACE (min/km)	4:38 min/km
STRIDE LENGTH (m)	2.38 m

EFFICIENCY METRICS

STEP RATE (s/min)	181 s/min			
CONTACT TIME (ms)	L	267 ms	R	265 ms
FLIGHT RATIO (%)	L	19 %	R	19 %

SHOCK METRICS

SHOCK (G)	L	17.5 G	R	15.6 G
IMPACT GS (G)	L	13.03 G	R	12.26 G

BRAKING GS (G)	L	11.44 G	R	9.43 G
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MOTION METRICS

FOOTSTRIKE TYPE	L	1.73	R	2.05
PRONATION EXCURSION (°)	L	-8.92 °	R	-9.85 °
MAX PRONATION VELOCITY (°/s)	L	456 °/s	R	494 °/s