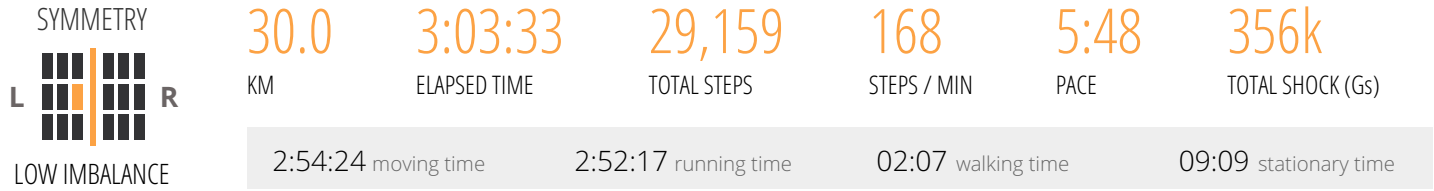
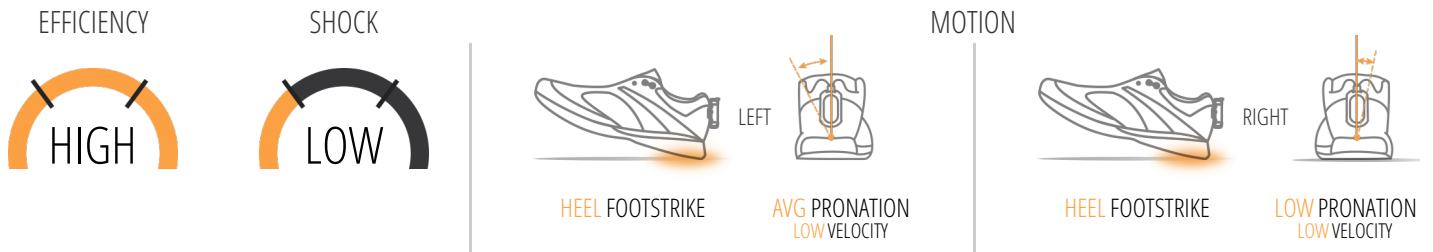


# Run 21 Nov 2021

## RUN SUMMARY



## COMMUNITY COMPARISON



### TERRAIN

No terrain selected.

### WORKOUT TYPES

No workout types selected.

### SHOE

No shoe selected.

### PAIN POINTS

No pain points selected.

### NET PAIN FACTOR

Not set.

PACE (min/km)	5:48 min/km
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### EFFICIENCY METRICS

STEP RATE (s/min)	168 s/min		
STRIDE LENGTH (m)	2.04 m		
CONTACT TIME (ms)	284 ms	280	286
FLIGHT RATIO (%)	21 %	22	21
POWER (W)	1 W		

### SHOCK METRICS

SHOCK (G)	12.2 G	13.0	L  R	11.4
IMPACT GS (G)	7.4 G	7.0	L  R	7.9
BRAKING GS (G)	9.6 G	10.9	L  R	8.2

### MOTION METRICS

FOOTSTRIKE TYPE	4.8	5.0	L  R	4.4
PRONATION EXCURSION (°)	10.9 °	12.9	L  R	8.8
MAX PRONATION VELOCITY (°/s)	60 °/s	82	L  R	36

### DERIVED METRICS

PEAK VERTICAL GRF (F(Bw))	3.5 F(Bw)	3.2	L  R	4.6
CONTACT RATIO (%)	79 %	78	L  R	80
FLIGHT TIME (ms)	73 ms	76	L  R	71
STRIDE ANGLE (°)	2.7 °	4.0	L  R	2.5
LEG SPRING STIFFNESS (kN/m)	90.4 kN/m	958.9	L  R	26.3
VERTICAL SPRING STIFFNESS (kN/m)	104.5 kN/m	969.5	L  R	37.2
VERTICAL GRF RATE (N/kg/s)	38.1 N/kg/s	35.7	L  R	46.0
HORIZONTAL GRF RATE (N/kg/s)	5.7 N/kg/s	6.0	L  R	5.7
SWING FORCE RATE (N/kg/s)	1.3 N/kg/s	1.3	L  R	1.3
TOTAL FORCE RATE (N/kg/s)	98.4 N/kg/s	131.9	L  R	97.1
VO <sub>2</sub> (ml/kg/min)	38.2 ml/kg/min	52.5	L  R	37.7

## PLUS METRICS

TIME (MAX SWING→FS) (ms)	83 ms	86	L     R	81
TIME (FS→MPV) (ms)	125 ms	136	L     R	113
TIME (MPV→MP) (ms)	112 ms	121	L     R	102
TIME (MP→TO) (ms)	7944 ms	13931	L     R	1477
TIME (TO→MIN SWING) (ms)	140 ms	143	L     R	136
TIME (MIN SWING→MAX SWING) (ms)	264 ms	261	L     R	267
MEDIO LATERAL GS (G)	0.6 G	0.7	L     R	0.5
BRAKING GS (AMPLITUDE) (G)	3.5 G	3.9	L     R	3.1
IMPACT GS (AMPLITUDE) (G)	2.7 G	2.9	L     R	2.5
VERTICAL SPEED (m/s)	-3.26 m/s	-0.4	L     R	-6.28
ELEVATION GAIN (m)	-66.9 m	-67.1	L     R	-66.8
SWING EXCURSION (°)	73.3 °	77.6	L     R	68.9
YAW EXCURSION (°)	4.5 °	19.8	L     R	-11.8
YAW EXCURSION (MP→TO) (°)	-2.0 °	8.7	L     R	-13.2
YAW EXCURSION (SWING) (°)	-6.04 °	11.53	L     R	-24.7
MAX STANCE VELOCITY (FS→MP) (°/s)	700 °/s	781	L     R	616
MAX STANCE VELOCITY (MP→TO) (°/s)	678 °/s	768	L     R	584
TEMPERATURE (°)	20.3 °	20.6	L     R	20.1

**RESEARCH METRICS**

STEP LENGTH (m)	1.02 m	1.11	L █ █ █ █   █ █ █ █ R	1.01
PRONATION EXCURSION (MP→TO) (°)	2.3 °	1.8	L █ █ █ █   █ █ █ █ R	2.7
STANCE EXCURSION (FS→MP) (°)	34.5 °	31.4	L █ █ █ █   █ █ █ █ R	37.9
STANCE EXCURSION (MP→TO) (°)	50.1 °	53.1	L █ █ █ █   █ █ █ █ R	47.2

**SACRAL METRICS**

MIN TILT (°)	-3.6 °	-3.7	L █ █ █ █   █ █ █ █ R	-3.6
MAX TILT (°)	3.4 °	3.5	L █ █ █ █   █ █ █ █ R	3.3
MIN OBLIQUITY (°)	-5.3 °	-5.6	L █ █ █ █   █ █ █ █ R	-5.1
MAX OBLIQUITY (°)	4.9 °	4.6	L █ █ █ █   █ █ █ █ R	5.1
MIN ROTATION (°)	-3.4 °	-3.4	L █ █ █ █   █ █ █ █ R	-3.3
MAX ROTATION (°)	2.9 °	3.2	L █ █ █ █   █ █ █ █ R	2.5
MAX TILT RATE (°/s)	153.8 °/s	153.5	L █ █ █ █   █ █ █ █ R	154.2
MAX OBLIQUITY RATE (°/s)	178.5 °/s	179.1	L █ █ █ █   █ █ █ █ R	179.0
MAX ROTATION RATE (°/s)	139.0 °/s	139.2	L █ █ █ █   █ █ █ █ R	138.9
VERTICAL OSCILLATION (cm)	8.2 cm	7.9	L █ █ █ █   █ █ █ █ R	8.5
BRAKING GS (G)	1.7 G	1.7	L █ █ █ █   █ █ █ █ R	1.7
IMPACT GS (G)	2.3 G	2.1	L █ █ █ █   █ █ █ █ R	2.6
MEDIO LATERAL GS (G)	2.8 G	3.1	L █ █ █ █   █ █ █ █ R	2.6