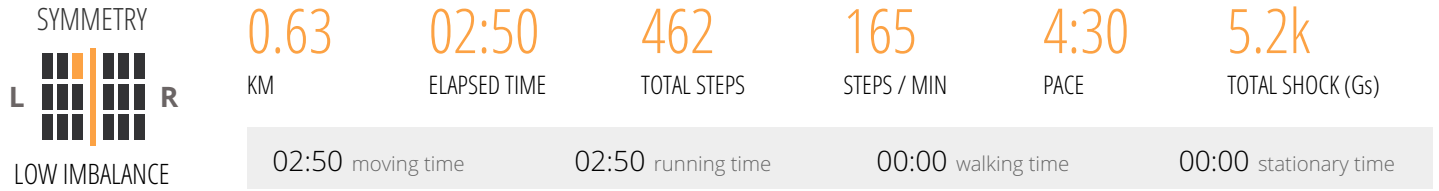


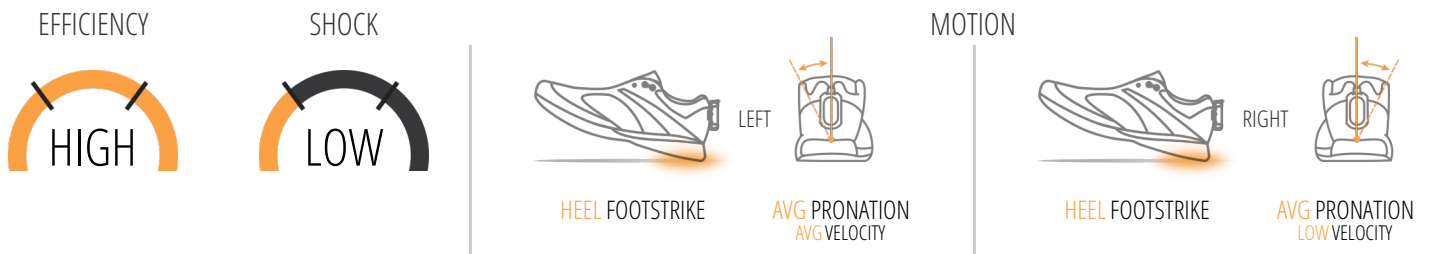
Run 19 May 2021

Runner: Daniel Van Schaik

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)	4:30 min/km		
EFFICIENCY METRICS			
STEP RATE (s/min)	165 s/min		
STRIDE LENGTH (m)	2.69 m		
CONTACT TIME (ms)	269 ms	263	L R 273
FLIGHT RATIO (%)	26 %	28	L R 25
POWER (W)	278 W		

SHOCK METRICS

SHOCK (G)	11.3 G	10.6	L R	12.0
IMPACT GS (G)	9.5 G	8.9	L R	10.3
BRAKING GS (G)	5.9 G	5.7	L R	6.1

MOTION METRICS

FOOTSTRIKE TYPE	5.6	5.6	L R	5.6
PRONATION EXCURSION (°)	-15.0 °	-15.2	L R	-15.0
MAX PRONATION VELOCITY (°/s)	464 °/s	517	L R	412





DERIVED METRICS

PEAK VERTICAL GRF (F(Bw))	3.4 F(Bw)	3.5	L R	3.4
CONTACT RATIO (%)	74 %	72	L R	75
FLIGHT TIME (ms)	94 ms	100	L R	91
STRIDE ANGLE (°)	2.0 °	2.1	L R	1.8
LEG SPRING STIFFNESS (kN/m)	9.8 kN/m	10.2	L R	9.3
VERTICAL SPRING STIFFNESS (kN/m)	21.8 kN/m	22.1	L R	21.6
VERTICAL GRF RATE (N/kg/s)	36.7 N/kg/s	37.4	L R	36.1
HORIZONTAL GRF RATE (N/kg/s)	7.0 N/kg/s	7.0	L R	7.1
SWING FORCE RATE (N/kg/s)	1.5 N/kg/s	1.4	L R	1.5
TOTAL FORCE RATE (N/kg/s)	108.7 N/kg/s	108.6	L R	109.9
VO ₂ (ml/kg/min)	38.7 ml/kg/min	38.6	L R	39.1














PLUS METRICS

TIME (MAX SWING→FS) (ms)	66 ms	63	L R 69
TIME (FS→MPV) (ms)	35 ms	35	L R 35
TIME (MPV→MP) (ms)	42 ms	36	L R 48
TIME (MP→TO) (ms)	192 ms	192	L R 190
TIME (TO→MIN SWING) (ms)	139 ms	141	L R 139
TIME (MIN SWING→MAX SWING) (ms)	295 ms	302	L R 289
MEDIO LATERAL GS (G)	1.2 G	1.5	L R 0.8
BRAKING GS (AMPLITUDE) (G)	4.7 G	4.6	L R 4.8
IMPACT GS (AMPLITUDE) (G)	6.2 G	6.1	L R 6.5
VERTICAL SPEED (m/s)	-1.65 m/s	-2.19	L R -1.31
ELEVATION GAIN (m)	-39.9 m	-37.5	L R -40.3
SWING EXCURSION (°)	87.4 °	88.9	L R 87.0
YAW EXCURSION (°)	-1.1 °	-9.8	L R 8.5
YAW EXCURSION (MP→TO) (°)	-2.0 °	-5.4	L R 1.5
YAW EXCURSION (SWING) (°)	-1.77 °	-13.99	L R 11.51
MAX STANCE VELOCITY (FS→MP) (°/s)	621 °/s	620	L R 626
MAX STANCE VELOCITY (MP→TO) (°/s)	742 °/s	752	L R 738
TEMPERATURE (°)	22.3 °	22.5	L R 22.3

RESEARCH METRICS

STEP LENGTH (m)	1.35 m	1.35	L  R	1.36
PRONATION EXCURSION (MP→TO) (°)	0.4 °	0.8	L  R	-0.0
STANCE EXCURSION (FS→MP) (°)	21.2 °	21.4	L  R	21.3
STANCE EXCURSION (MP→TO) (°)	60.4 °	58.7	L  R	62.9

SACRAL METRICS

MIN TILT (°)	-3.9 °	-4.1	L  R	-3.7
MAX TILT (°)	4.2 °	4.3	L  R	4.2
MIN OBLIQUITY (°)	-5.3 °	-4.1	L  R	-6.6
MAX OBLIQUITY (°)	5.2 °	6.5	L  R	4.0
MIN ROTATION (°)	-3.7 °	-2.9	L  R	-4.5
MAX ROTATION (°)	4.3 °	4.3	L  R	4.3
MAX TILT RATE (°/s)	419.3 °/s	409.4	L  R	429.5
MAX OBLIQUITY RATE (°/s)	153.7 °/s	153.7	L  R	152.6
MAX ROTATION RATE (°/s)	82.9 °/s	85.0	L  R	81.1
VERTICAL OSCILLATION (cm)	8.7 cm	9.3	L  R	8.0
BRAKING GS (G)	G		L  R	
IMPACT GS (G)	G		L  R	
MEDIO LATERAL GS (G)	G		L  R	