

# Running Analysis Report

John Doe

Runner ID

57 kg

Weight

m

Gender

26

Age

179 cm

Height

01/11/2018

Date

14:39

Time

234.85 s

Measure

347

Strides

1.15 km

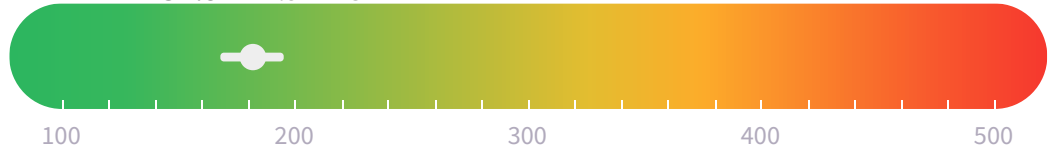
Total Distance

Remarks Comments can be added here



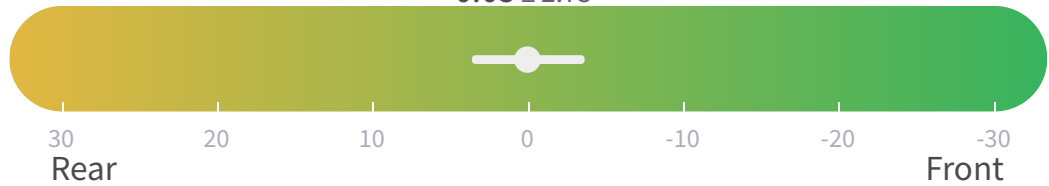
Contact

181.91 ± 7.94 ms



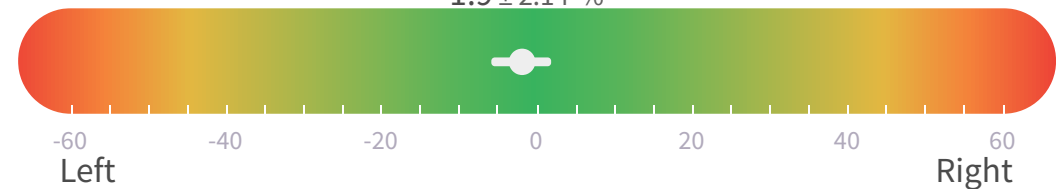
Strike

-0.05 ± 2.73 °



Asymmetry

-1.9 ± 2.14 %



Flight

257 ± 20 ms

178 ± 4 step/min



Cadence



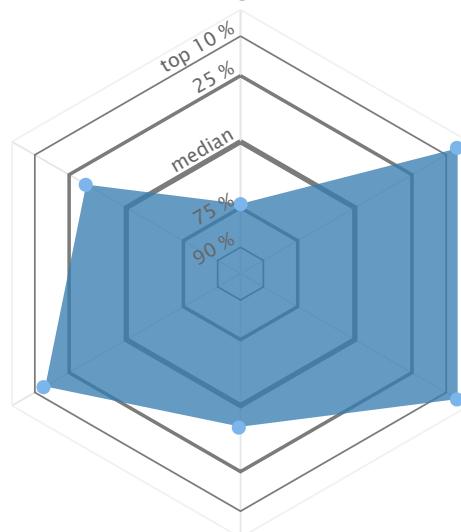
Peak Swing

1058 ± 31 °/s

97 %



Regularity



17 ± 3 kN/m





Leg Stiffness













Impact

8 ± 1.4 g

# Detailed Statistics

								
Temporal	Contact		Flight Time		Stride		Cadence	
Parameter	ms		ms		s		steps/min	
Units								
Side	L	R	L	R	L	R	L	R
Mean	181.91	169.61	107.56	256.82	0.67	0.67	177.53	177.53
Std	7.94	14.07	12.29	10.34	0.01	0.01	3.79	5.04
Median	183.24	173.17	106	256	0.67	0.67	177.51	176.99
Iqr	7.55	5.03	12	12	0.02	0.02	5.25	6.8
Min	137.92	120.29	80	232	0.63	0.62	160.42	156.65
Max	215.97	198.34	178	302	0.74	0.76	188.67	191.69
Cv	4.36	8.29			2.15	2.85	2.13	2.83

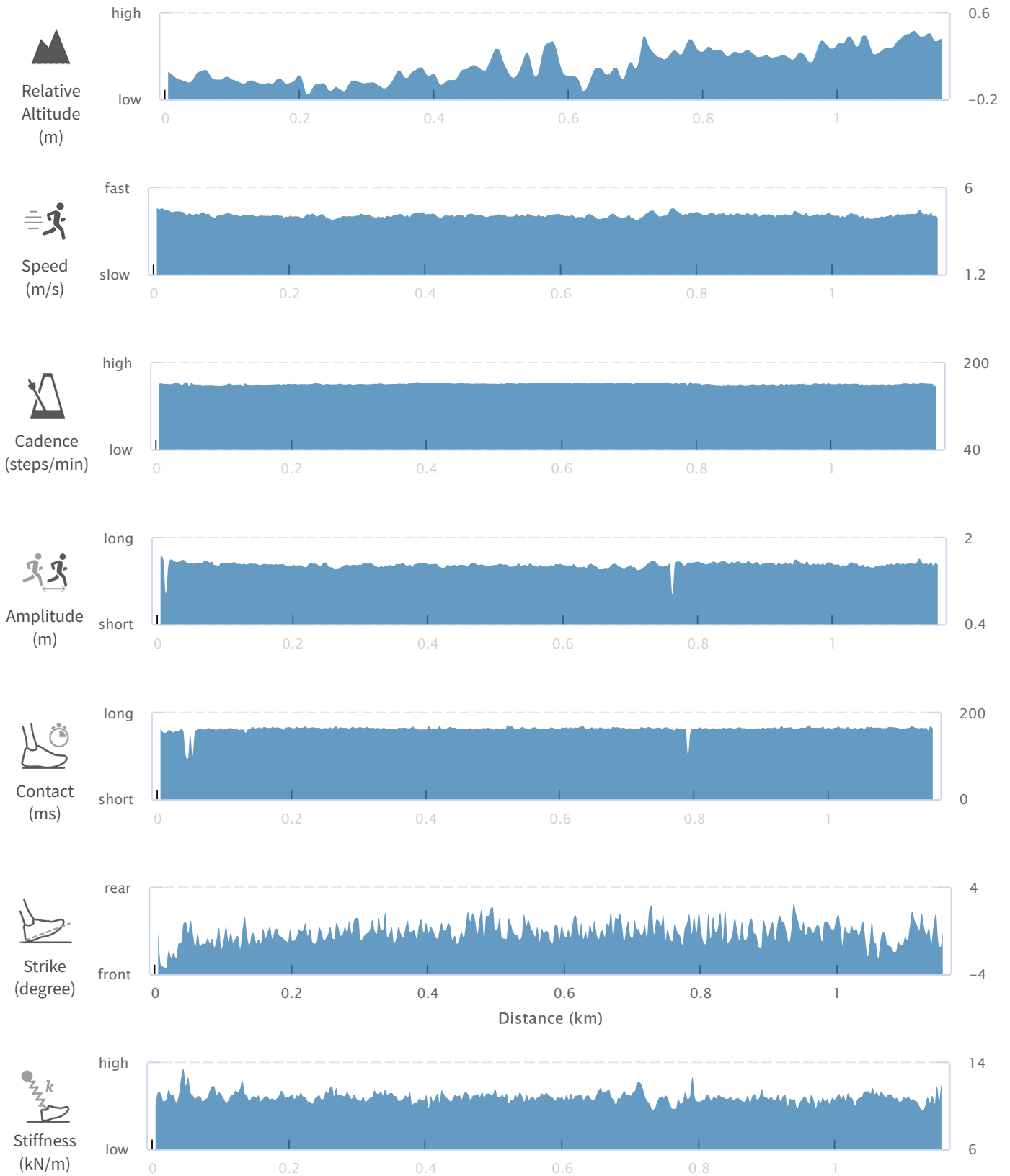
								
Spatial	Strike Angle		Pronation At IC		Lift Off Angle		Amplitude	
Parameter	degree		degree		degree		m	
Units								
Side	L	R	L	R	L	R	L	R
Mean	-0.05	2.68	-28.8	-27.35	-43.63	-41.26	1.67	1.66
Std	2.73	3	4.05	10.44	4.02	4.52	0.09	0.11
Median	-0.26	2.85	-29.3	-30.28	-43.41	-40.88	1.67	1.65
Iqr	3.79	3.84	3	6.55	4.79	5.39	0.12	0.15
Min	-9.1	-11.5	-35.89	-41.52	-62.57	-54.47	1.39	1.31
Max	7.76	10.27	-0.53	1.28	-32.32	-31.8	2.01	2.08
Cv							5.92	7.07

												
Performance	Speed		Vertical Impact		Horizontal Impact		Peak Swing		Vertical Stiffness		Leg Stiffness	
Parameter	m/s		g		g		degree/s		kN/m		kN/m	
Units												
Side	L	R	L	R	L	R	L	R	L	R	L	R
Mean	4.95	4.91	6.94	8.19	10.06	8.93	1021.51	1057.63	41.31	35.3	11.97	16.83
Std	0.28	0.35	1.15	2.12	1.1	1.28	89.81	66.35	3.18	5.44	1.31	3.3
Median	4.93	4.89	7.07	8.2	10.15	9.08	1005.98	1053.59	41.27	33.57	11.94	16.07
Iqr	0.34	0.49	1.24	1.78	1.19	1.64	130.51	73.88	2.55	2.14	1.34	2.42
Min	4.21	3.74	2.58	2.23	2.81	5.07	847.28	671.01	28	27.6	8.63	11.03
Max	5.95	5.95	10.6	14.14	12.89	11.86	1344.74	1276.26	62.75	58.63	18.91	28.72
Cv	5.71	7.24	16.68	25.87	10.99	14.4					10.95	19.62

# Full Race Analysis

01/11/2018 - John Doe - L Comments can be added here

— Reference



Cycle-by-cycle results can be found in the excel file also generated by the software