

# Running Analysis Report

John Doe  
Runner ID

75 kg  
Weight

m  
Gender

31  
Age

183 cm  
Height

01/11/2018  
Date

12:52  
Time

255.36 s  
Measure

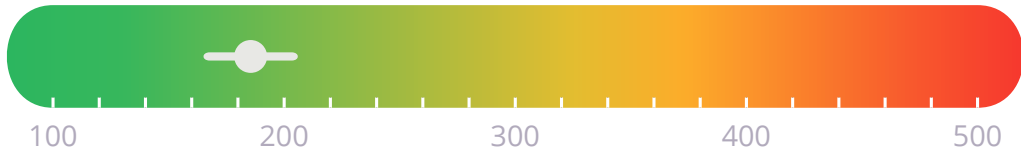
365  
Strides

Remarks Trial 1



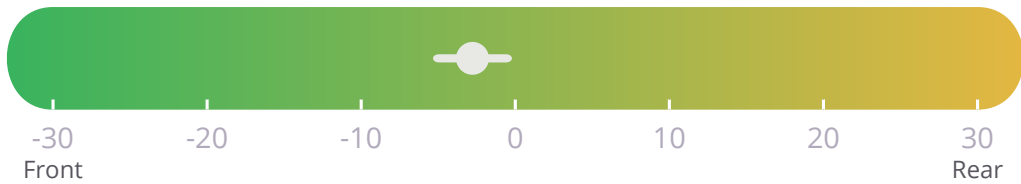
Contact

185.50 ±17.74 ms



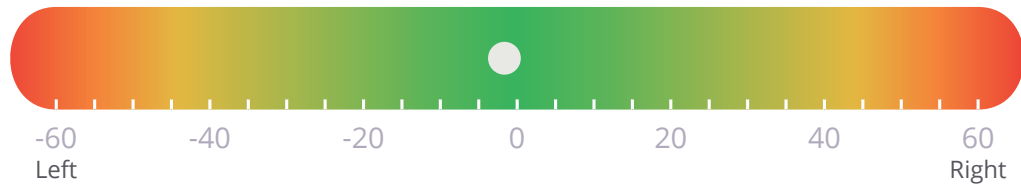
Strike

-2.78 ±2.16 °



Asymmetry

-1.66 ±0.94 %



Flight

188 ± 20 ms

172 ± 4 step/min



Cadence



Swing speed

789 ± 31 °/s

96 %



Regularity



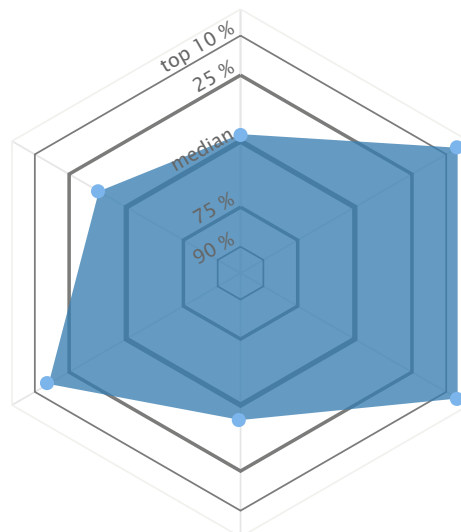
Stiffness

48 ± 3 kN/m










Impact





9 ± 1.4 g



# Detailed Statistics

Temporal								
	Parameter	Contact Time		Flight Time		Stride Time		Cadence
Units	ms		ms		sec		step/min	
Side	L	R	L	R	L	R	L	R
Mean	185.5	173.43	193.44	188.01	0.69	0.69	171.94	171.98
Std	17.74	6.9	13.29	12.09	0.02	0.02	6.5	6.44
Median	185.75	173.17	198	190	0.7	0.7	169.97	170.21
Iqr	7.55	7.55	22	20	0.04	0.04	10.38	10.84
Min	168.13	132.88	162	154	0.62	0.62	142.51	148.14
Max	508.03	203.38	246	232	0.84	0.81	192.3	191.69
CV	9.56	3.98			3.76	3.69	3.78	3.74

Spatial						
	Parameter	Strike Angle		Pronation At IC		Lift Off Angle
Units	deg		deg		deg	
Side	L	R	L	R	L	R
Mean	-2.78	-0.64	-24.9	-23.84	-40.38	-40.15
Std	2.16	2.06	3.51	3.79	1.24	1.4
Median	-2.82	-0.86	-25.34	-24.31	-40.46	-40.15
Iqr	2.9	2.97	4.3	4.12	1.54	1.85
Min	-12.65	-6.88	-32.86	-30.54	-43.79	-43.88
Max	4.56	5.82	-1.5	-1.21	-32.76	-35.06
CV						

Performance								
	Parameter	Vertical Impact		Horizontal Impact		Peak Swing		Vertical Stiffness
Units	g		g		deg/s		kN/m	
Side	L	R	L	R	L	R	L	R
Mean	6.59	8.57	9.22	9.25	781.85	789.09	43.55	48.42
Std	1.56	1.54	1.39	1.63	55.52	67.9	2.16	3.54
Median	6.49	8.71	9.25	9.42	775.78	786.01	43.36	47.69
Iqr	2.35	1.96	1.72	2.19	75.8	95.78	3.18	3.55
Min	1.64	3.84	0.59	3.06	669.48	639.93	36.24	41.85
Max	10.31	12.51	13.3	13.16	958.11	1011.34	50.17	71.77
CV	23.7	17.95	15.1	17.65				

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