

# Running Analysis Report

**Gaitup** 

Joe  
Runner ID

50 kg  
Weight

m  
Gender

25  
Age

175 cm  
Height

04/02/2018  
Date

03:46  
Time

5629.47 s  
Measure

8764  
Strides

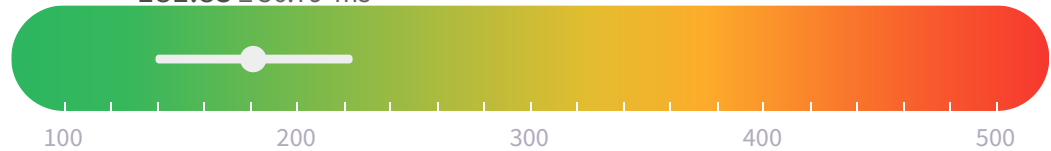
20.14 km  
Total Distance

Remarks



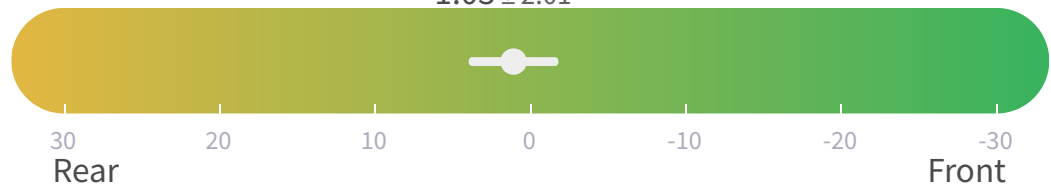
Contact

$181.83 \pm 36.79$  ms



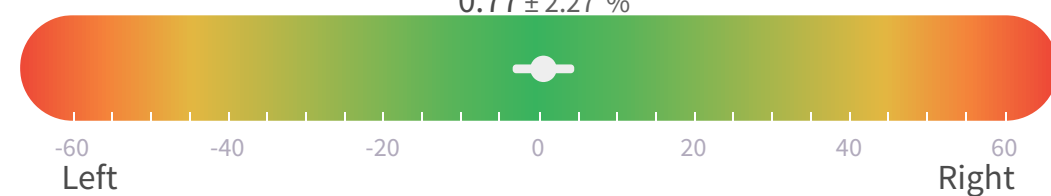
Strike

$1.03 \pm 2.01$  °



Asymmetry

$0.77 \pm 2.27$  %



Flight

$158 \pm 20$  ms

$187 \pm 4$  step/min



Cadence



Peak Swing

$620 \pm 31$  °/s

97 %



Regularity



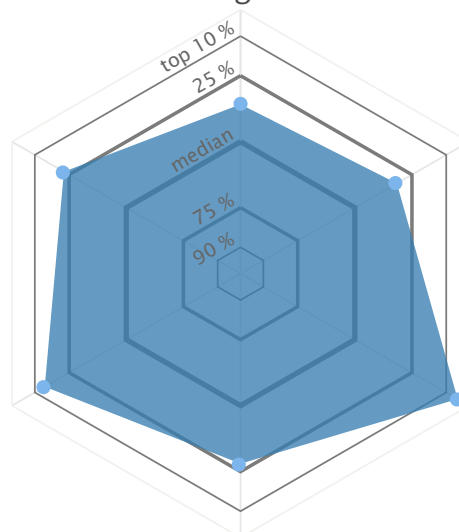
Leg Stiffness

$16 \pm 3$  kN/m



Impact

$6 \pm 1.4$  g



# Detailed Statistics

| Temporal  |  |  |  |  |
|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Parameter | Contact                                                                           | Flight Time                                                                       | Stride                                                                            | Cadence                                                                            |
| Units     | ms                                                                                | ms                                                                                | s                                                                                 | steps/min                                                                          |
| Side      | L R                                                                               | L R                                                                               | L R                                                                               | L R                                                                                |
| Mean      | 181.83 186.39                                                                     | 158.67 157.82                                                                     | 0.64 0.64                                                                         | 187.28 187.27                                                                      |
| Std       | 36.79 33.89                                                                       | 21.77 27.74                                                                       | 0.05 0.04                                                                         | 5.67 5.07                                                                          |
| Median    | 178.2 183.24                                                                      | 160 158                                                                           | 0.64 0.64                                                                         | 187.5 187.5                                                                        |
| Iqr       | 25.17 25.17                                                                       | 18 20                                                                             | 0.01 0.01                                                                         | 4.68 4.08                                                                          |
| Min       | 69.94 110.22                                                                      | -978 -712                                                                         | 0.54 0.53                                                                         | 22.97 31.33                                                                        |
| Max       | 1651.11 1532.78                                                                   | 770 1892                                                                          | 5.22 3.83                                                                         | 222.22 226.41                                                                      |
| Cv        | 20.23 18.18                                                                       |                                                                                   | 8.84 6.81                                                                         | 3.02 2.7                                                                           |

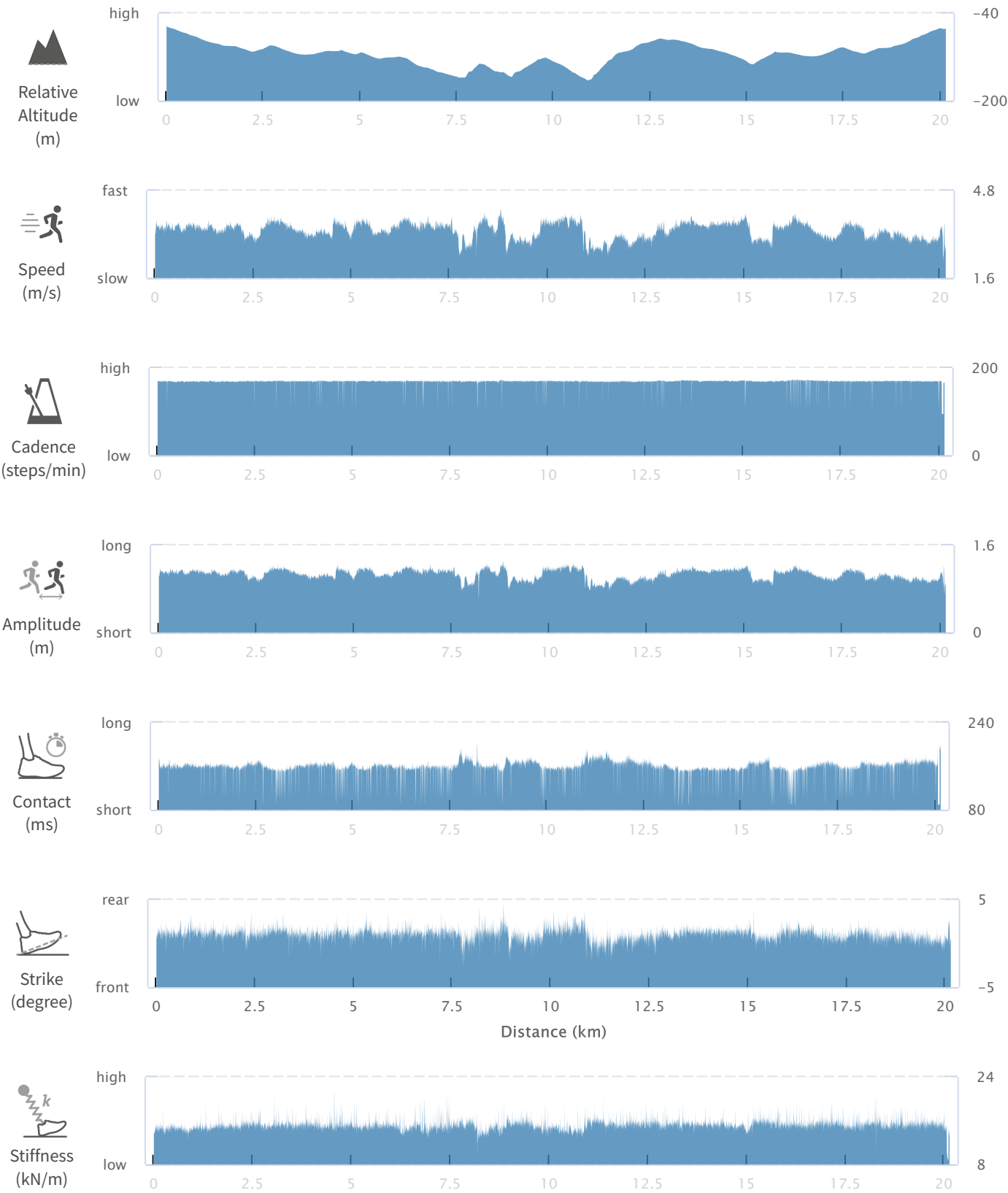
| Spatial   |  |  |  |  |
|-----------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Parameter | Strike Angle                                                                      | Pronation At IC                                                                   | Lift Off Angle                                                                    | Amplitude                                                                          |
| Units     | degree                                                                            | degree                                                                            | degree                                                                            | m                                                                                  |
| Side      | L R                                                                               | L R                                                                               | L R                                                                               | L R                                                                                |
| Mean      | 1.03 0.37                                                                         | -14.36 -14.97                                                                     | -36.63 -34.93                                                                     | 1.15 1.12                                                                          |
| Std       | 2.01 1.75                                                                         | 4.37 4.58                                                                         | 3.74 3.84                                                                         | 0.28 0.24                                                                          |
| Median    | 1.15 0.26                                                                         | -14.92 -15.37                                                                     | -36.71 -34.71                                                                     | 1.17 1.12                                                                          |
| Iqr       | 2.33 1.94                                                                         | 4.7 6.32                                                                          | 4.88 4.88                                                                         | 0.38 0.38                                                                          |
| Min       | -39.34 -30.25                                                                     | -28.3 -31.8                                                                       | -57.92 -85.53                                                                     | 0.26 -0.06                                                                         |
| Max       | 10.49 10.94                                                                       | 4.07 8.83                                                                         | -12.64 -10.54                                                                     | 13.09 3.44                                                                         |
| Cv        |                                                                                   |                                                                                   |                                                                                   | 24.28 22.09                                                                        |

| Performance |  |  |  |  |  |  |
|-------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Parameter   | Speed                                                                               | Vertical Impact                                                                     | Horizontal Impact                                                                   | Peak Swing                                                                           | Vertical Stiffness                                                                    | Leg Stiffness                                                                         |
| Units       | m/s                                                                                 | g                                                                                   | g                                                                                   | degree/s                                                                             | kN/m                                                                                  | kN/m                                                                                  |
| Side        | L R                                                                                 | L R                                                                                 | L R                                                                                 | L R                                                                                  | L R                                                                                   | L R                                                                                   |
| Mean        | 3.6 3.5                                                                             | 5.31 5.92                                                                           | 7.24 8.05                                                                           | 645.57 620.11                                                                        | 32.51 31.25                                                                           | 16.81 16.4                                                                            |
| Std         | 0.78 0.78                                                                           | 1.73 1.96                                                                           | 2.17 2.58                                                                           | 45.17 37.93                                                                          | 5.22 4.26                                                                             | 2.64 2.16                                                                             |
| Median      | 3.66 3.52                                                                           | 5.45 6.2                                                                            | 7.02 7.89                                                                           | 648.64 621.27                                                                        | 32.03 31.08                                                                           | 16.59 16.52                                                                           |
| Iqr         | 1.21 1.21                                                                           | 2.29 2.49                                                                           | 2.67 3.62                                                                           | 56.91 45.48                                                                          | 5.86 5.36                                                                             | 2.52 2.63                                                                             |
| Min         | 0.38 -0.13                                                                          | 0.05 0.15                                                                           | 0.21 0.32                                                                           | 214.51 225.35                                                                        | -0.06 -0.14                                                                           | 1.45 1.02                                                                             |
| Max         | 5.9 5.78                                                                            | 12.83 12.22                                                                         | 16.45 17.36                                                                         | 840.8 775.09                                                                         | 123.9 65                                                                              | 85.68 41.11                                                                           |
| Cv          | 21.93 22.37                                                                         | 32.71 33.11                                                                         | 29.96 32.13                                                                         |                                                                                      |                                                                                       | 15.71 13.18                                                                           |

# Full Race Analysis

04/02/2018 - Joe - L

Reference



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