

Measure	Results	Run	Walk	Male	Female	
Total Miles	1,873	1795	78			
Total Km	3,016	2,890	126			
Total Calories	203,000					
Activated Pods	54					
Pods with Runs	42					
Registered Users	54			43	11	
Sessions	409	308	101			
Avg Cadence	156	170	113			
Avg Pace	7:13 min/km	5:33min/km	12:18min/km			
Avg Stride Length		11cm	76cm			
Avg Stance Time		316ms	679ms			
Avg Runficiency		77	67			
Measure	Name	Result				
Highest Cadence Male	Rob Langham	197				
Highest Cadence Femal	Helen	191				
Fastest Pace Male	Josh Griffiths	3:46 min/km	6:04 min/mile			Details: Distance - 21.1km, Stance - 230ms, Stride - 133cm, Cad - 180, Runficiency 84, Mid striker
Fastest Pace Female	Jennifer	4:57 min/km	7:58 min/mile			Details: Distance - 20.1km, Stance - 285ms, Stride - 108cm, Cad - 181, Runficiency 80, Mostly Mid and a little heel striker
Best Runficiency Male	Andrew Lennon	93				Details: Distance - 15.355km, Pace - 3:55, Cad - 191, Stance - 233ms, Stride - 134cm, Heel Striking
Best Runficiency Female	Jennifer	81				Details: Distance - 15.691km, Pace - 5:00, Cad - 180, Stance - 284ms, Stride - 112cm, Mid Striking

Measure	Results	Run	Walk	Male	Female	
Total Miles	3,676	3547	130			
Total Km	5,918	5,710	208			
Total Calories	203,000					
Activated Pods	68					
Pods with Runs	61					
Registered Users	70			55	15	
Sessions	1158	953	205			
Avg Cadence	160	170	115			
Avg Pace	6:55 min/km	5:54min/km	12:11min/km			
Avg Stride Length		111cm	78cm			
Avg Stance Time		320ms	651ms			
Avg Runficiency		76	69			
Measure	Name	Result				
Highest Cadence Male	Rob Langham	198				
Highest Cadence Femal	Renea	199				
Fastest Pace Male	Andrew Lennon	3:39 min/km	6:04 min/mile			Details: Distance - 5.169km, Stance - 222ms, Stride - 135cm, Cad - 192, Runficiency 94, Mid striker
Fastest Pace Female	Rena	4:04 min/km	7:58 min/mile			Details: Distance - 5.294km, Stance - 224ms, Stride - 127cm, Cad - 196, Runficiency 93, Mid foot striker
Best Runficiency Male	Andrew Lennon	94				Details: Distance - 5.197m, Pace - 3:876, Cad - 192, Stance - 222ms, Stride - 135cm, Heel Striking
Best Runficiency Female	Rena	81				Details: Distance - 15.691km, Pace - 5:00, Cad - 180, Stance - 284ms, Stride - 112cm, Mid Striking