

361° MOVEMENT REPORT



THE EXPERIMENT

Kairos



Kairos 2



Nemesis 3



Meraki 5



Centauri



Spire 6



50

STEPS



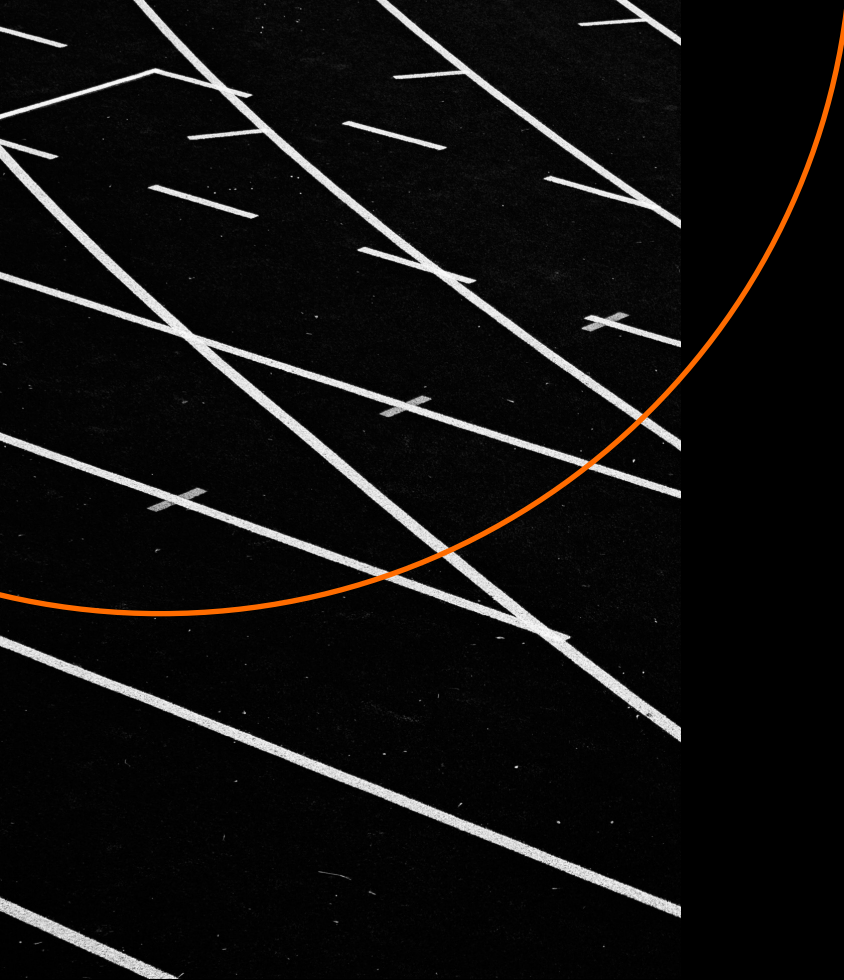
10

KM/H



5

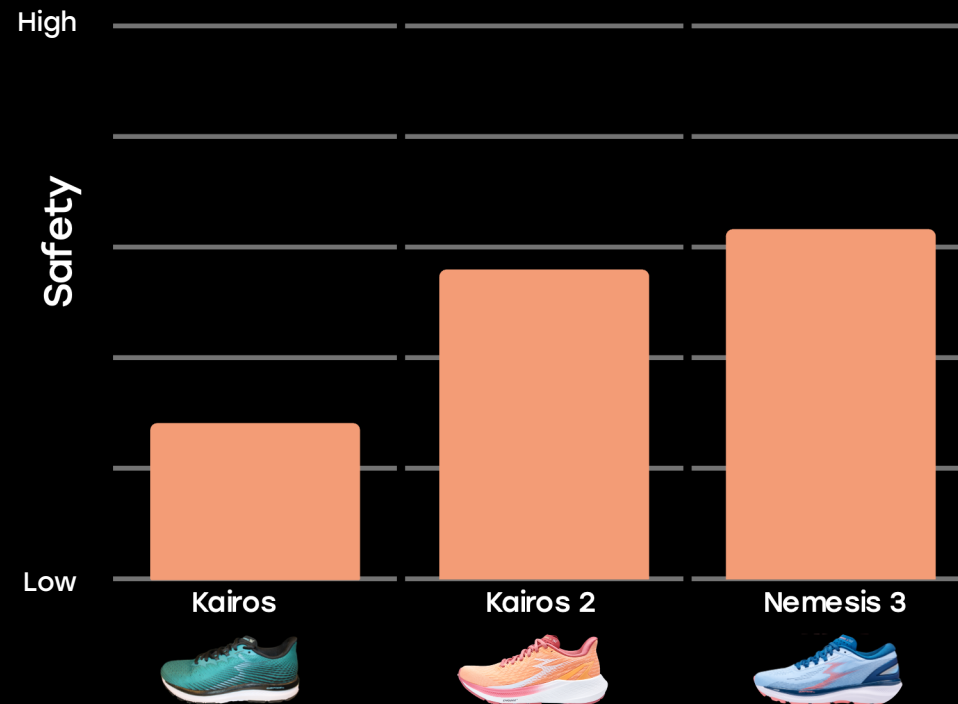
RUNNERS



Stability shoes

SAFETY INDEX

- ✓ Kairos lowest safety index
- ✓ Kairos 2 safety index is greatly improved
- ✓ Nemesis 3 showed a high overall safety index



BIOLOAD

Kairos 2 compared to Kairos:

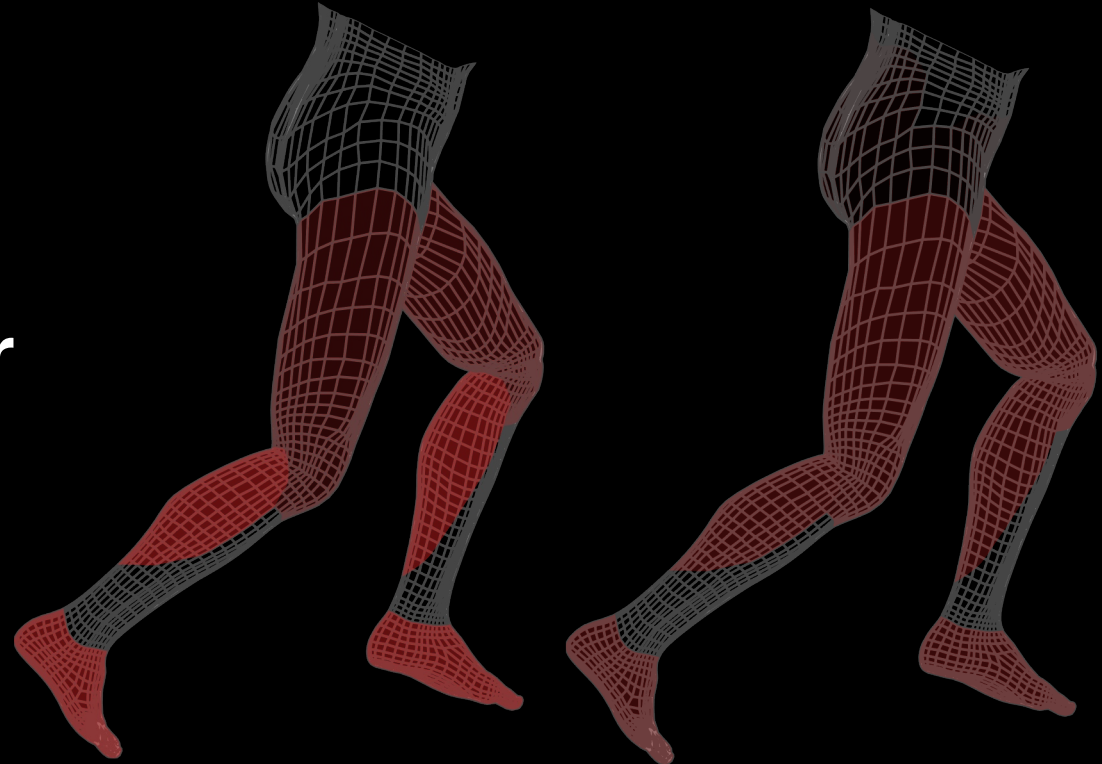
- ✓ More evenly distributed bioload
- ✓ Decrease in loading on the lower leg and foot.



Kairos

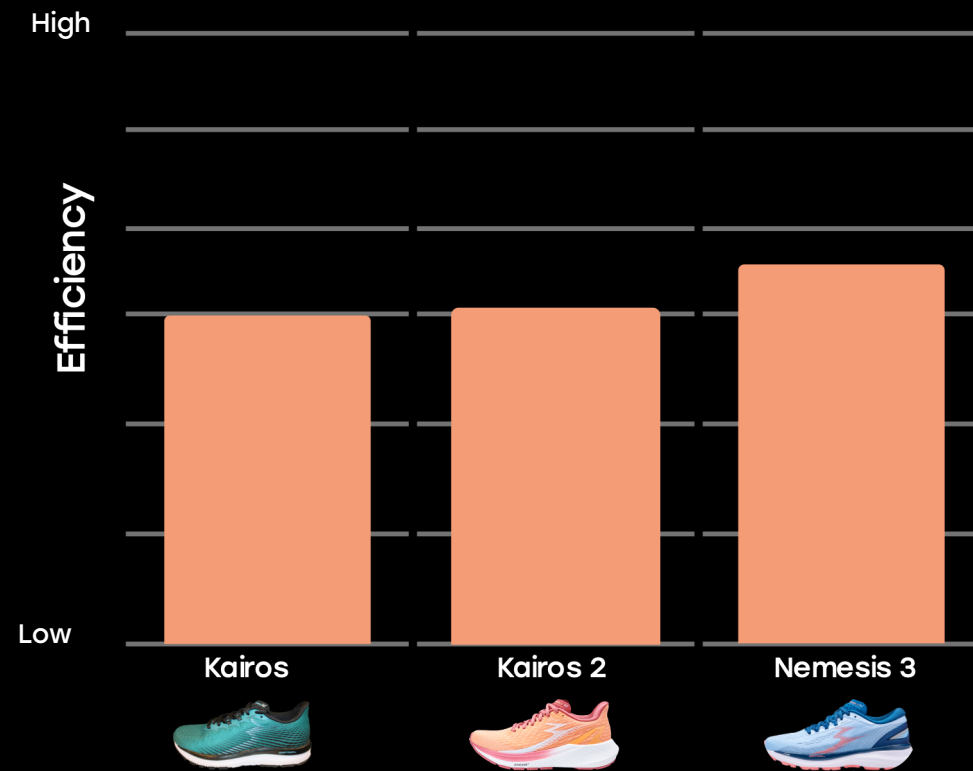


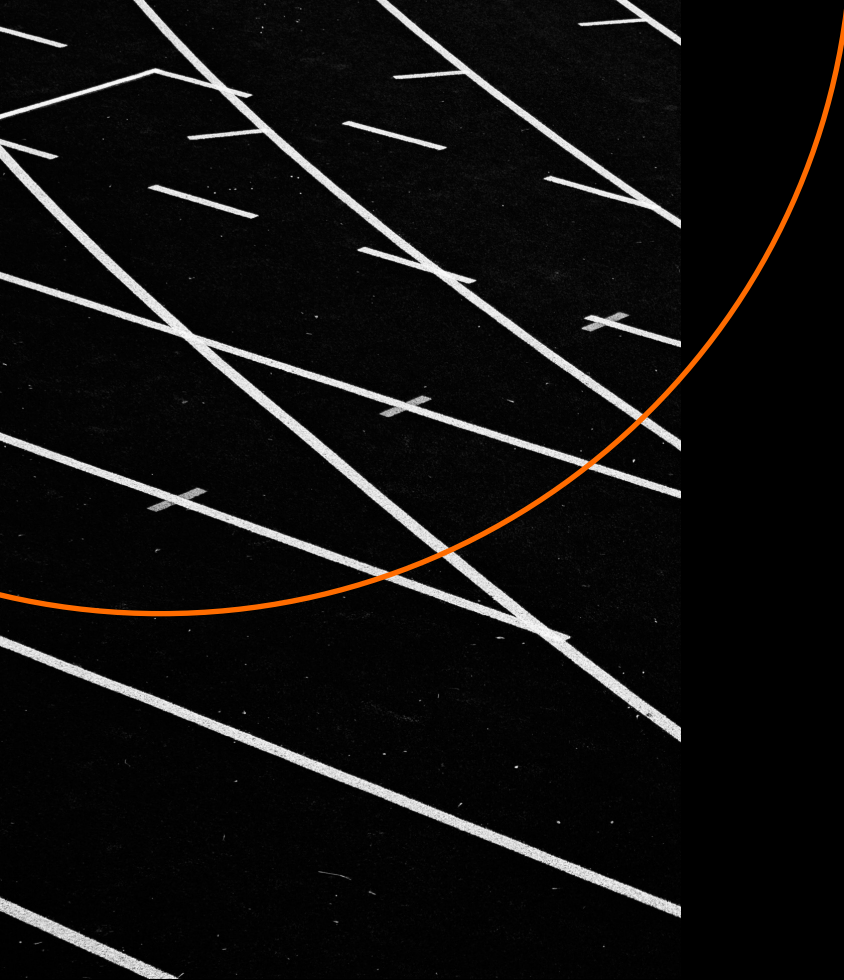
Kairos 2



EFFICIENCY INDEX

- ✓ Similar efficiency index for Kairos and Kairos 2
- ✓ Nemesis 3 has a higher efficiency index





Neutral shoes

EXAMPLE GAITLINES



Centauri



✓ Back towards heel



Meraki 5



✓ Pushed towards forefoot



Spire 6

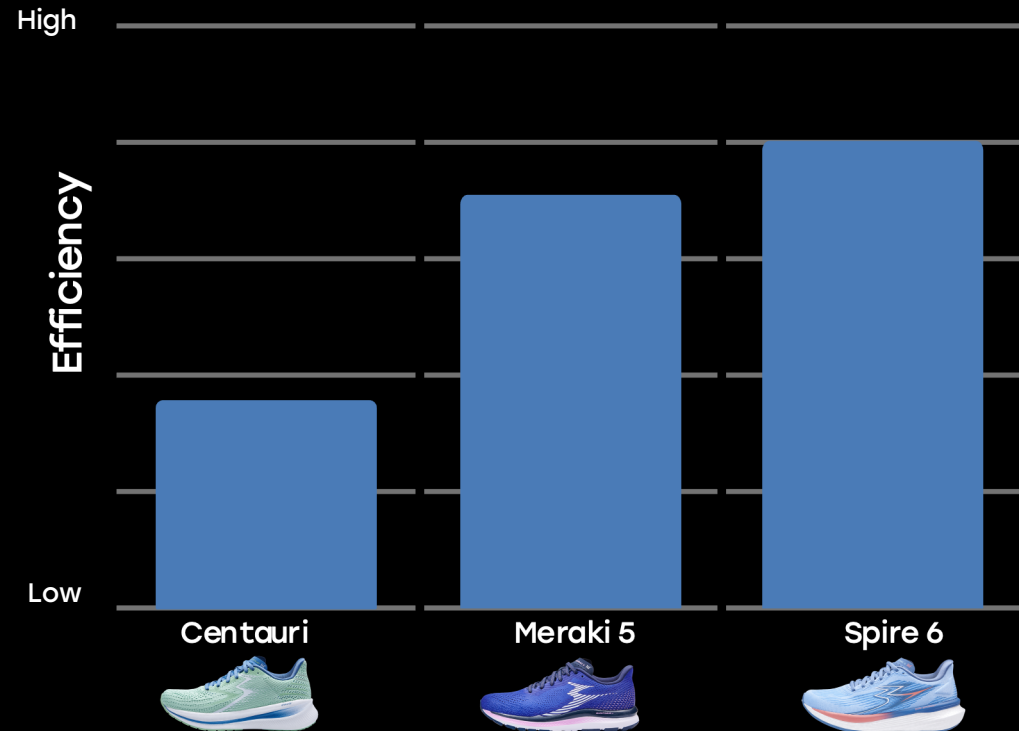


✓ More balanced mid/forefoot landing

*An example for one particular runner.

EFFICIENCY INDEX

- ✓ Speed technologies improve performance
- ✓ Spire 6 has the best overall performance



SAFETY INDEX

- ✓ Centauri has a reasonable safety index
- ✓ Meraki 5 has high efficiency index, but lower safety index
- ✓ Spire 6 brings both high efficiency & safety indexes

