



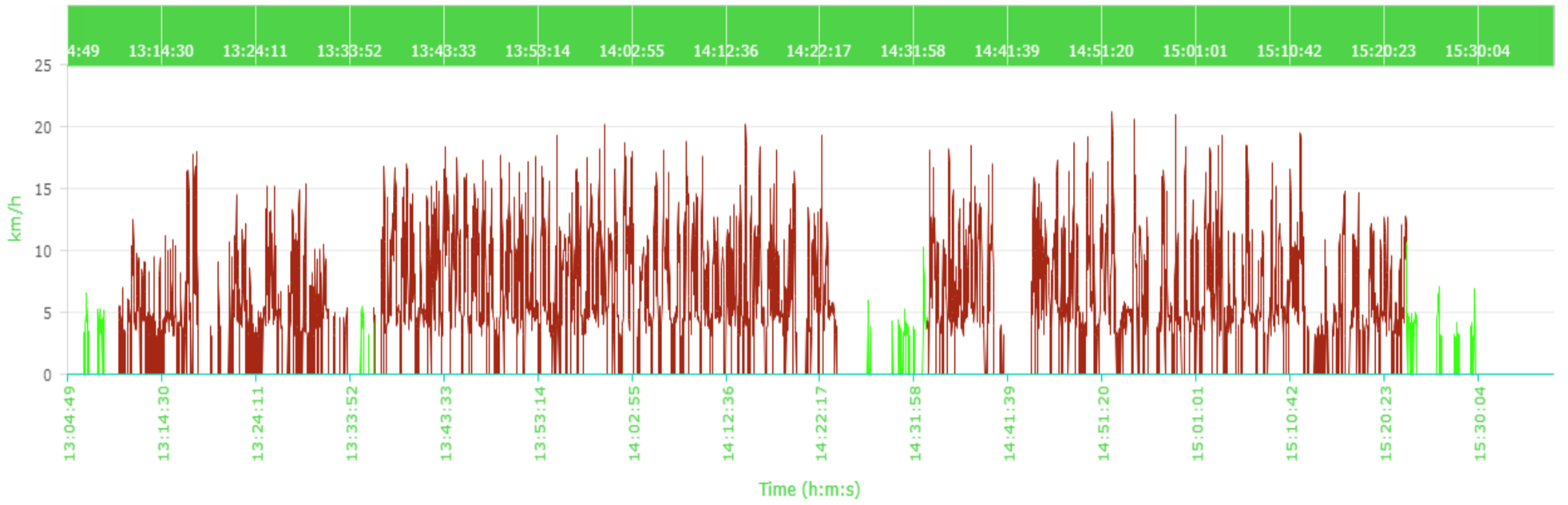
quantrax

Quantrax Report
Chelsea Foundation Vs Usb Crawley

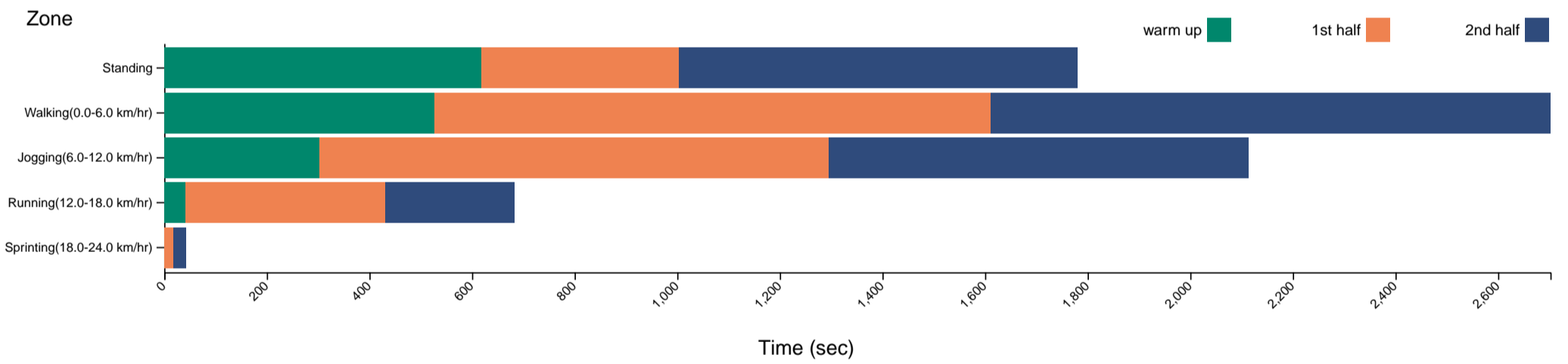
Session Report

Session	Location	Time	Total Distance	Max Speed (km/hr)	Body Load	Age	Gender
	crawley	2h 33m 1s	9938 m	21	38	Adult	Male

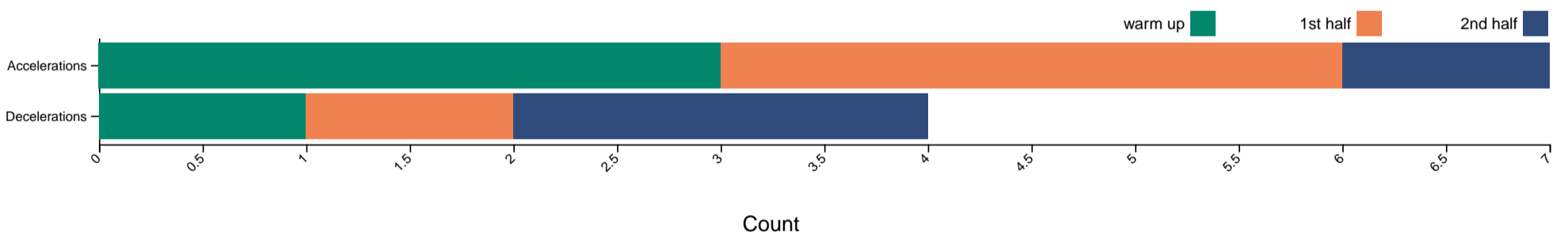
Splits Chart



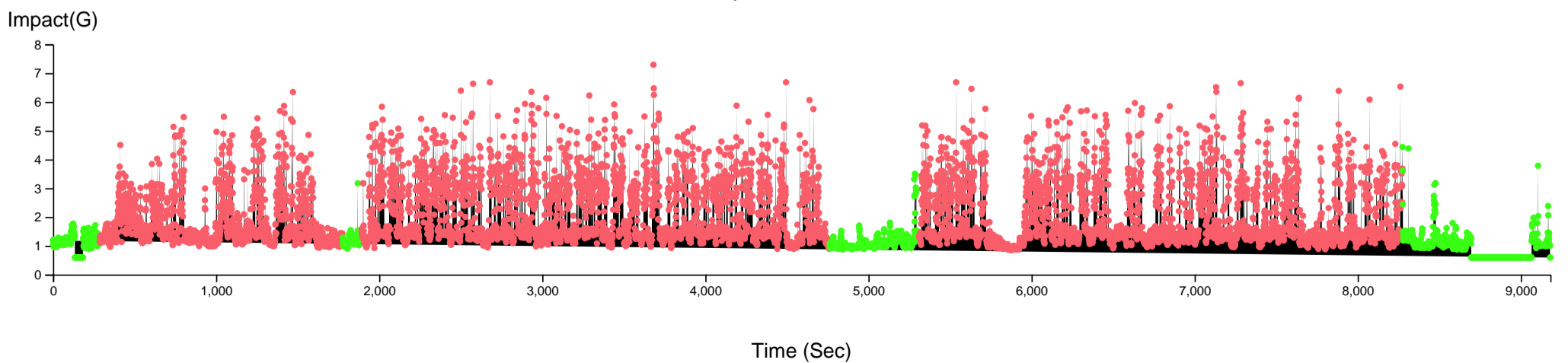
Total Distance and Time Chart



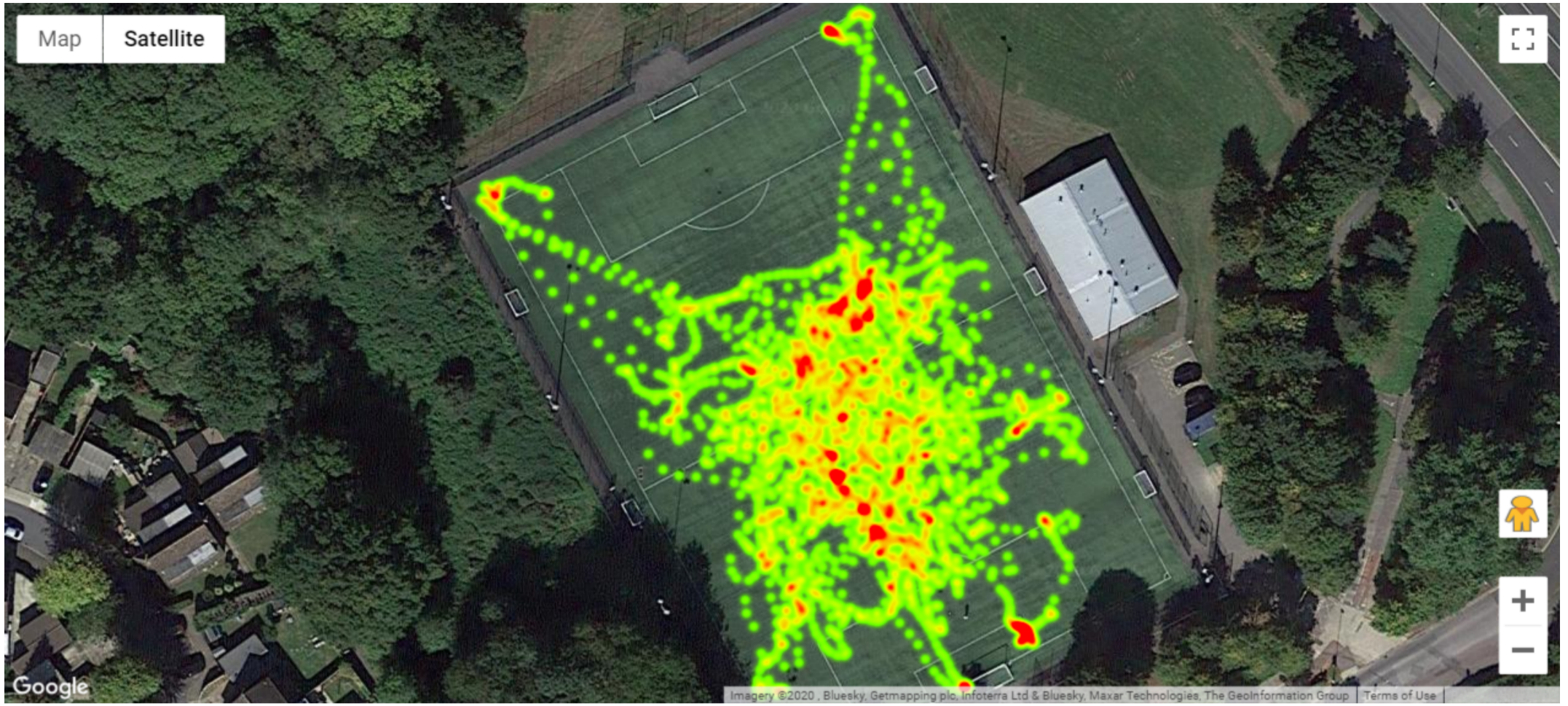
Acceleration/Deceleration Chart



Impact Chart



Heatmap Chart



Splits

Split Name	Distance Speed Zones	Distance in Zone	Time	% of Time	Max Speed (km/hr)	Acc/Dec > (2.5/2.5 m/s-2)	Impacts(>8g)	Body Load
warm up	standing	0 m	10m 18s	41.5 %	0	0 / 0	0	5
	Walking (0.0-6.0 km/hr)	475 m	8m 48s	35.4 %	6.1	0 / 1	0	5
	Jogging (6.0-12.0 km/hr)	562 m	5m 2s	20.3 %	11.9	2 / 0	0	5
	Running (12.0-18.0 km/hr)	139 m	42s	2.8 %	18	1 / 0	0	4
	Sprinting (18.0-24.0 km/hr)	0 m	0s	0 %	0	0 / 0	0	0
Total		1176 m	24m 50s			3 / 1	0	5
Split Name	Distance Speed Zones	Distance in Zone	Time	% of Time	Max Speed (km/hr)	Acc/Dec > (2.5/2.5 m/s-2)	Impacts(>8g)	Body Load
1st half	standing	0 m	6m 26s	13.4 %	0	0 / 0	0	21
	Walking (0.0-6.0 km/hr)	1147 m	18m 3s	37.7 %	6.1	0 / 1	0	21
	Jogging (6.0-12.0 km/hr)	2126 m	16m 34s	34.6 %	11.9	3 / 0	0	21
	Running (12.0-18.0 km/hr)	1317 m	6m 29s	13.6 %	18	0 / 0	0	21
	Sprinting (18.0-24.0 km/hr)	82 m	18s	0.6 %	20.2	0 / 0	0	21
Total		4672 m	47m 50s			3 / 1	0	21
Split Name	Distance Speed Zones	Distance in Zone	Time	% of Time	Max Speed (km/hr)	Acc/Dec > (2.5/2.5 m/s-2)	Impacts(>8g)	Body Load
2nd half	standing	0 m	12m 57s	26.2 %	0	0 / 0	0	34
	Walking (0.0-6.0 km/hr)	1121 m	18m 11s	36.8 %	6.1	0 / 1	0	34
	Jogging (6.0-12.0 km/hr)	1723 m	13m 38s	27.6 %	11.9	1 / 1	0	34
	Running (12.0-18.0 km/hr)	858 m	4m 12s	8.5 %	18	0 / 0	0	34
	Sprinting (18.0-24.0 km/hr)	119 m	25s	0.8 %	21.2	0 / 0	0	33
Total		3821 m	49m 23s			1 / 2	0	34
	Absolute Totals	9669 m	2h 2m 3s		21.2 km/h	7 / 4	0	34