Running Analysis

Grace Abels

2022-11-02

Table 1: Stats by Instructor

instructor	Count	Average Distance	Average Speed	Average BPM	Average Strive Score	Average kCal	Average Run Time
Robin Arzon	19	2.31	5.37	162.42	43.68	285.37	27.11
Jess Sims	6	2.35	5.40	165.17	44.53	279.83	27.50
Matty Maggiacomo	6	2.52	5.72	163.33	46.23	283.67	26.67
Olivia Amato	6	2.42	5.20	156.33	41.33	282.50	28.33
Rebecca Kennedy	2	2.50	5.55	153.00	40.20	285.00	30.00
Kristen Ferguson	1	2.59	5.20	156.00	44.90	296.00	30.00
Matt Wilpers	1	2.72	5.30	165.00	53.90	329.00	30.00
Selena Samuela	1	2.79	5.80	167.00	56.90	336.00	30.00

Table 2: Stats by Run Type

run_type	Count	Average Distance	Average Speed	Average BPM	Average Strive Score	Average kCal	Average Run Time
Music	23	2.57	5.50	161.13	46.94	299.30	28.48
HIIT	8	1.93	5.32	164.25	38.90	254.62	23.75
Theme	5	2.65	5.46	163.20	50.70	321.00	30.00
Walk + Run	4	1.95	5.05	154.75	28.35	218.75	26.25
Endurance	1	2.72	5.30	165.00	53.90	329.00	30.00
Intervals	1	2.25	5.60	169.00	47.00	299.00	30.00

Table 3: Stats for Morning versus Afternoon Runs

morn_aft	Count	Average Distance	Average Speed	Average BPM	Average Strive Score	Average kCal	Average Run Time
Afternoon	21	2.61	5.41	162.81	49.12	311.86	29.29
Morning	21	2.19	5.41	160.48	39.39	260.95	25.95