Table 1. Mean ± SD for peak GRFs (in BW) and loading rates (BW/s) during the impact phase of running.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Resultant GRF (BW) | Vertical GRF (BW) | Posterior GRF(BW) | Medial GRF (BW) | Resultant LR(BW/s) | Vertical LR (BW/s) | Posterior LR(BW/s) | Medial LR (BW/s) |
| hRF-RFS | 2.37 ± 0.39 | 2.35 ± 0.38 | -0.15 ± 0.07 | -0.03 ± 0.03 | 149 ± 36 | 148 ± 36 | -20 ± 6 | -6 ± 4 |
| hFF-RFS | 2.38 ± 0.38 | 2.35 ± 0.37 | -0.10 ± 0.09 | -0.02 ± 0.03 | 136 ± 28 | 135 ± 28 | -18 ± 5 | -6 ± 7 |
|  |  |  |  |  |  |  |  |  |
| hRF-FFS | 1.60 ± 0.32 | 1.59 ± 0.33 | -0.74 ± 0.18 | -0.18 ± 0.06 | 110 ± 34 | 98 ± 31 | -50 ± 15 | -18 ± 5 |
| hFF-FFS | 1.99 ± 0.27 | 1.96 ± 0.26 | -0.59 ± 0.17 | -0.24 ± 0.09 | 151 ± 36 | 136 ± 35 | -66 ± 14 | -24 ± 8 |

hRF: habitual rearfoot strikers; hFF: habitual mid/forefoot strikers; RFS: rearfoot strike; FFS: mid/forefoot strike