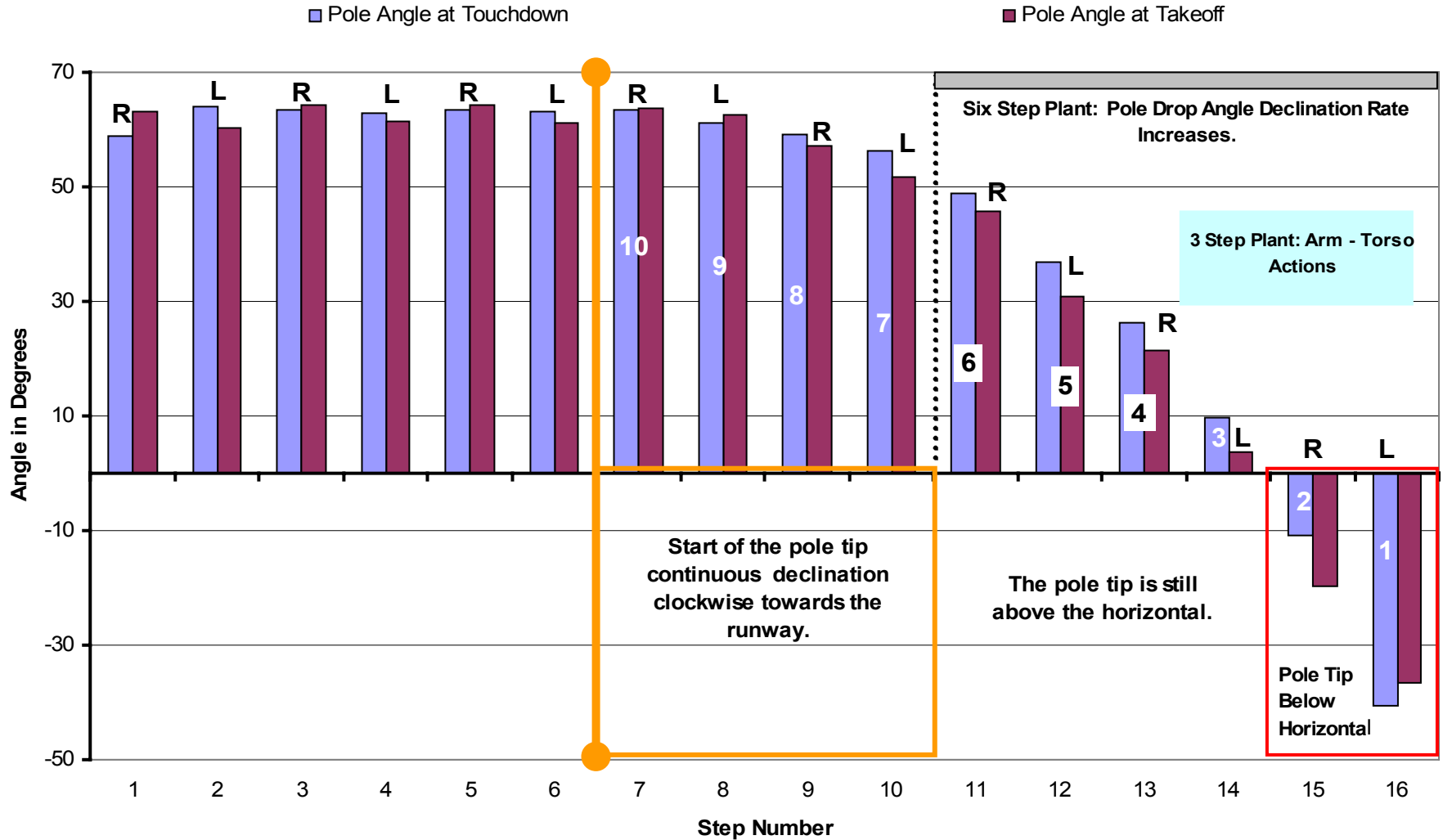
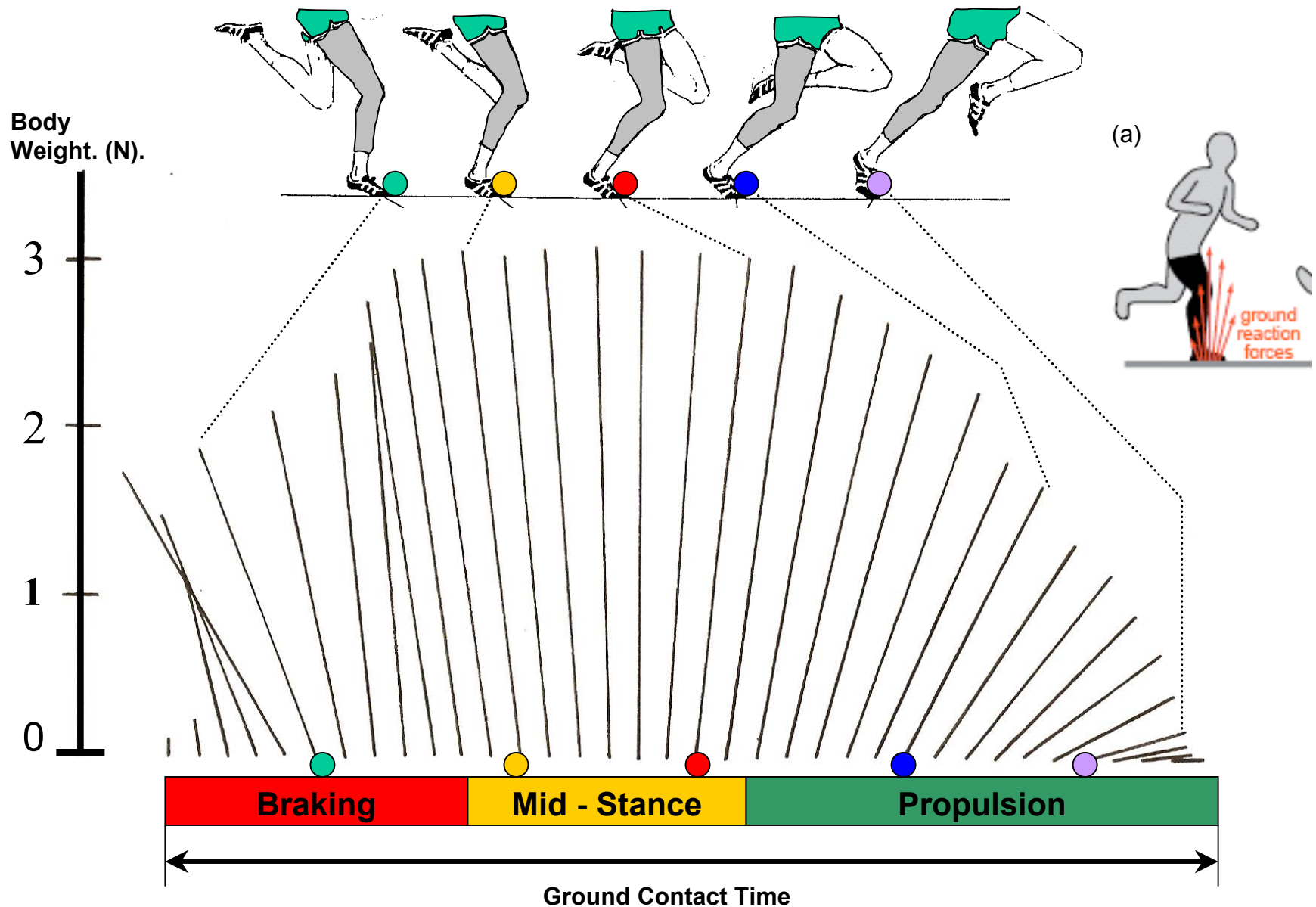


# 16 Step Approach Run: Pole Angle Change to the Right Horizontal (Vaulters Running Left to Right).

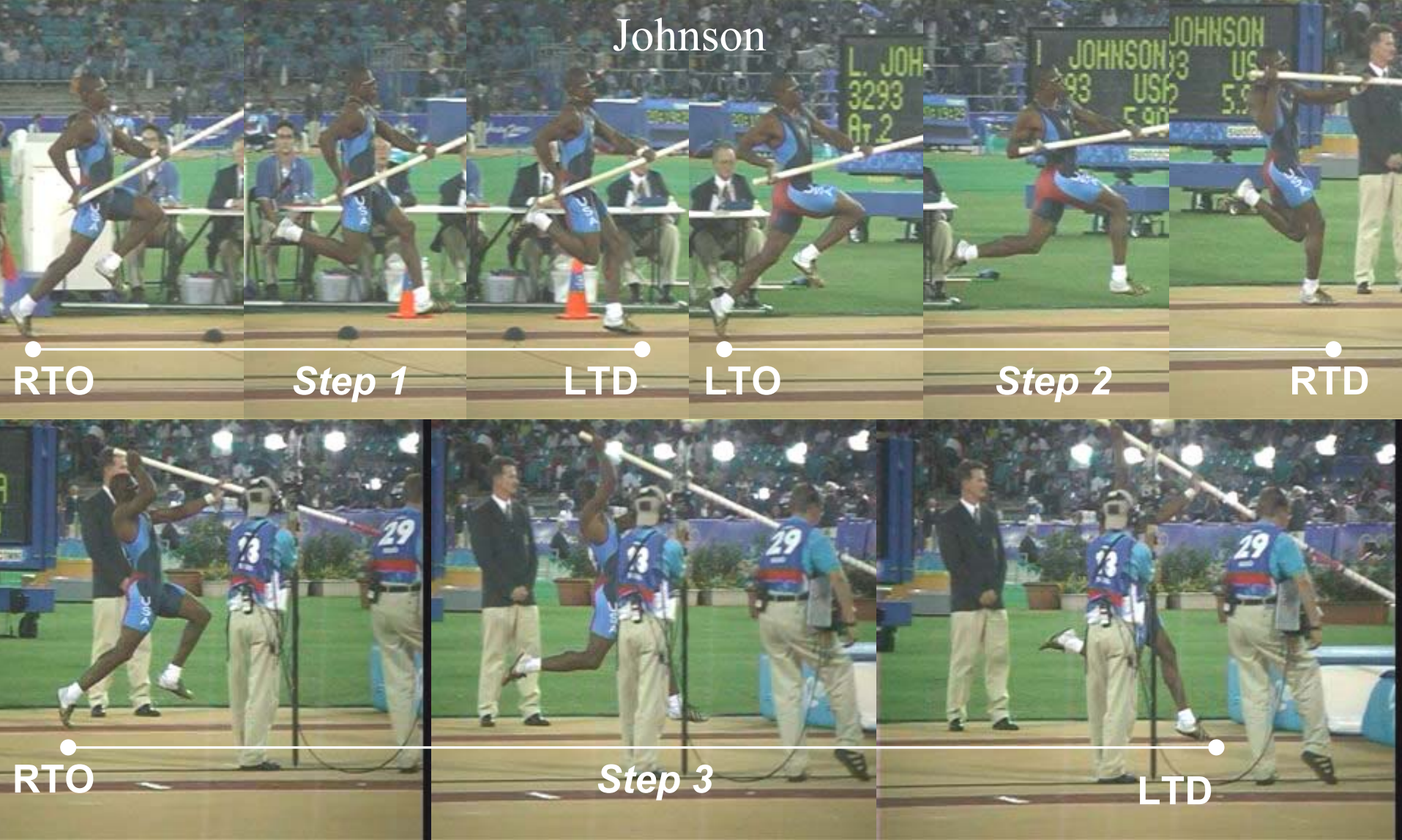


# Resultant Ground Reaction Force of a Runner of 80kg Body Mass @ 9.2 m/sec During a Single Right Foot Ground Contact Time.



\*\* Resultant Force Magnitude and Direction in the XY Plane During Right Foot Ground Contact. Each force sample point is separated by 3.365 milliseconds.

Johnson



RTO = Right Foot Toe - Off

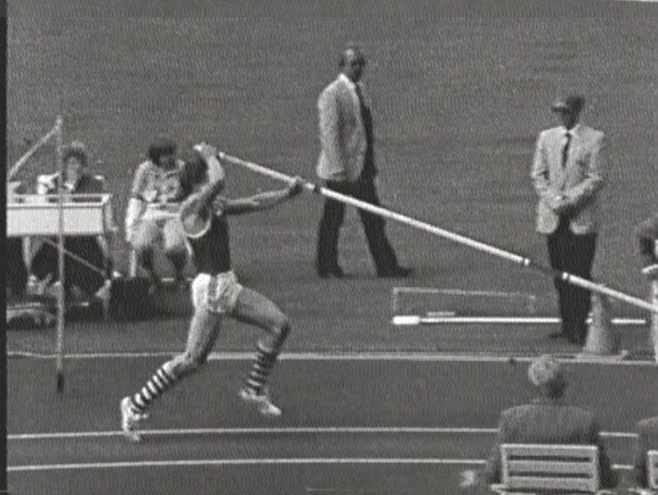
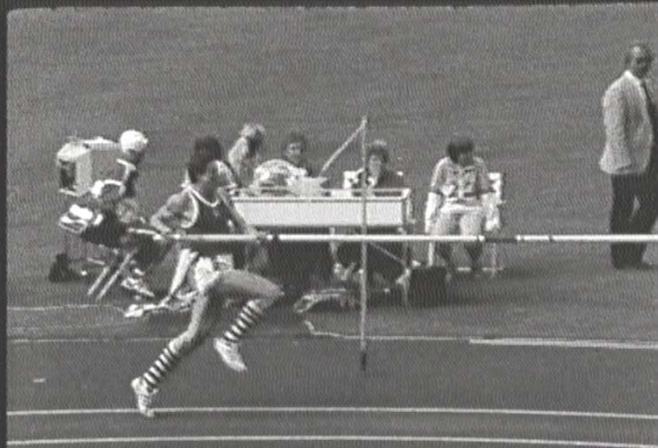
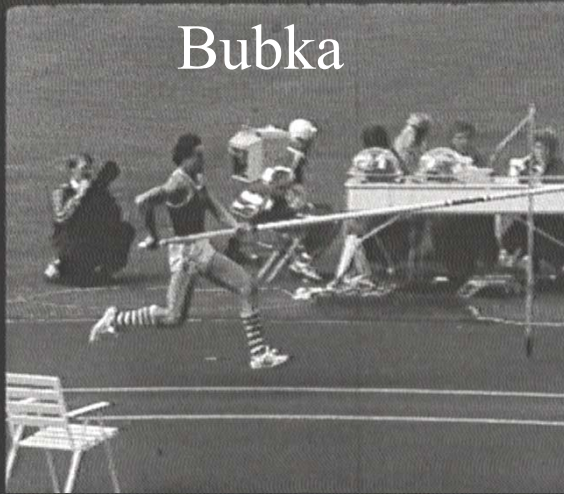
LTO = Left Foot Toe - Off

RTD = Right Foot Touchdown

LTD = Left Foot Touchdown



Bubka

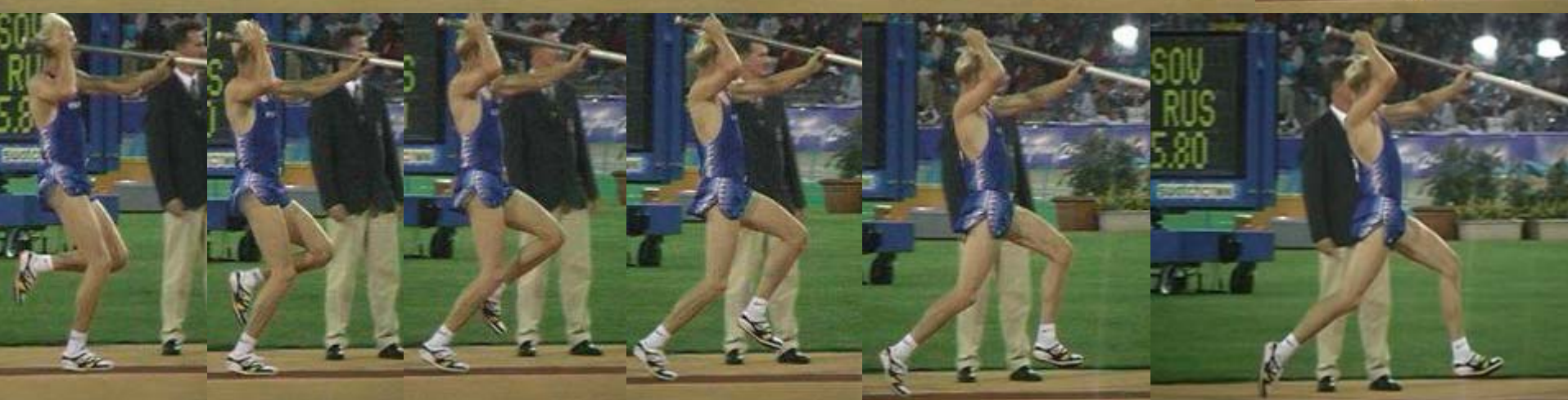




Tarassov













Markov



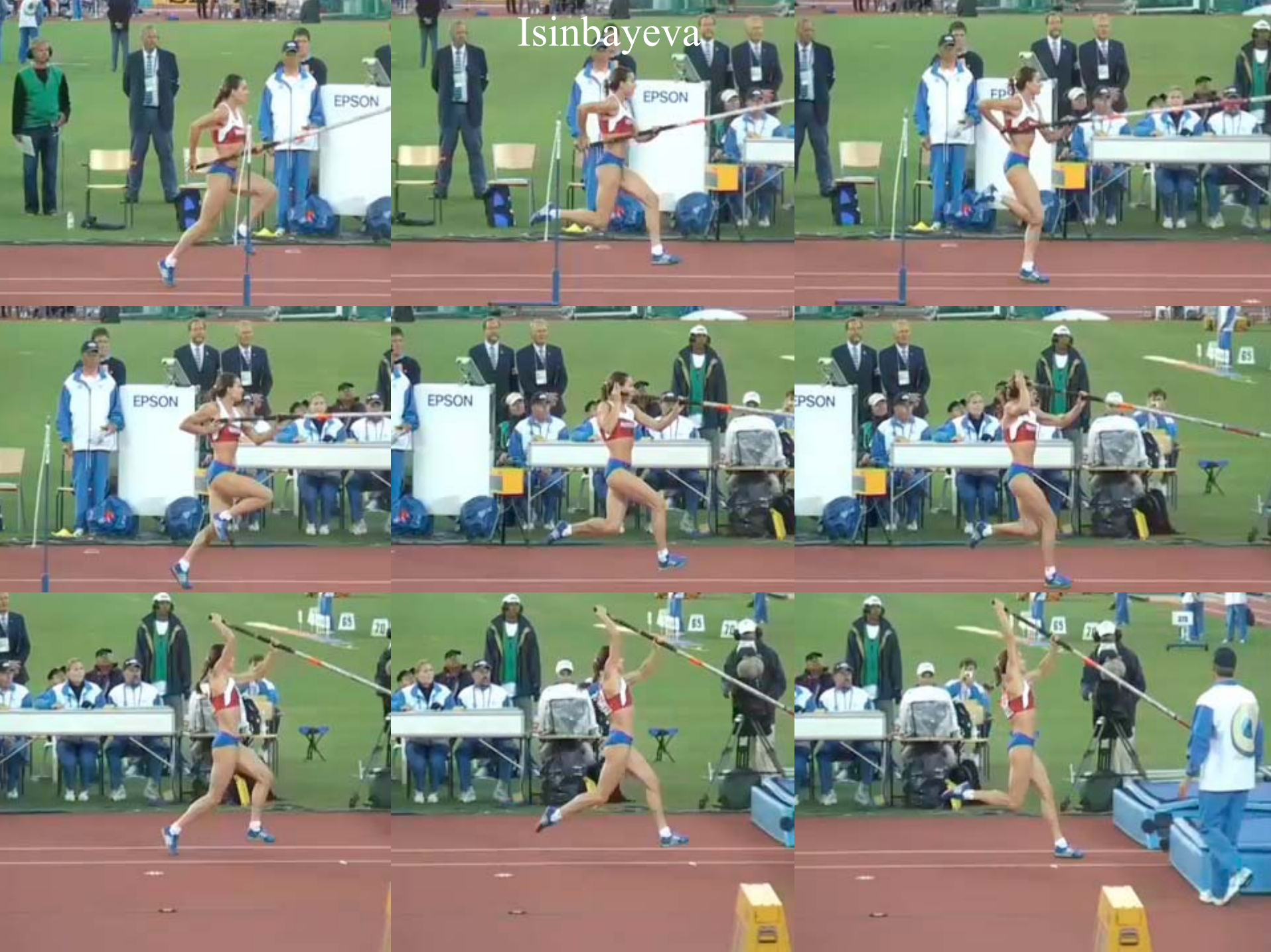


Gibilisco





Isinbayeva





1



Isinbayeva WR 5.03m

2



3



4



5



6



7



8



9





10



11



12



13



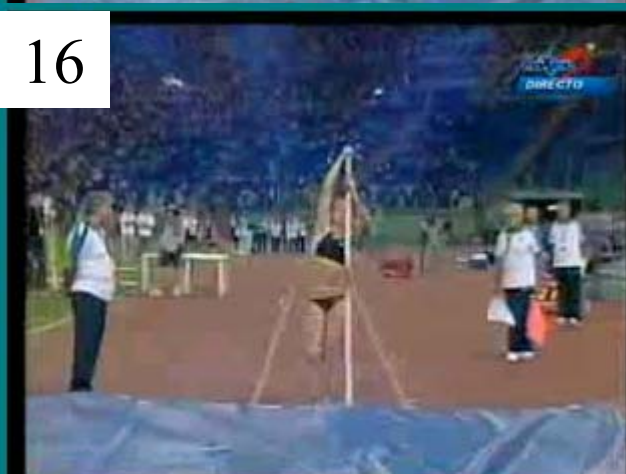
14



15



16



17



18





Feofanova





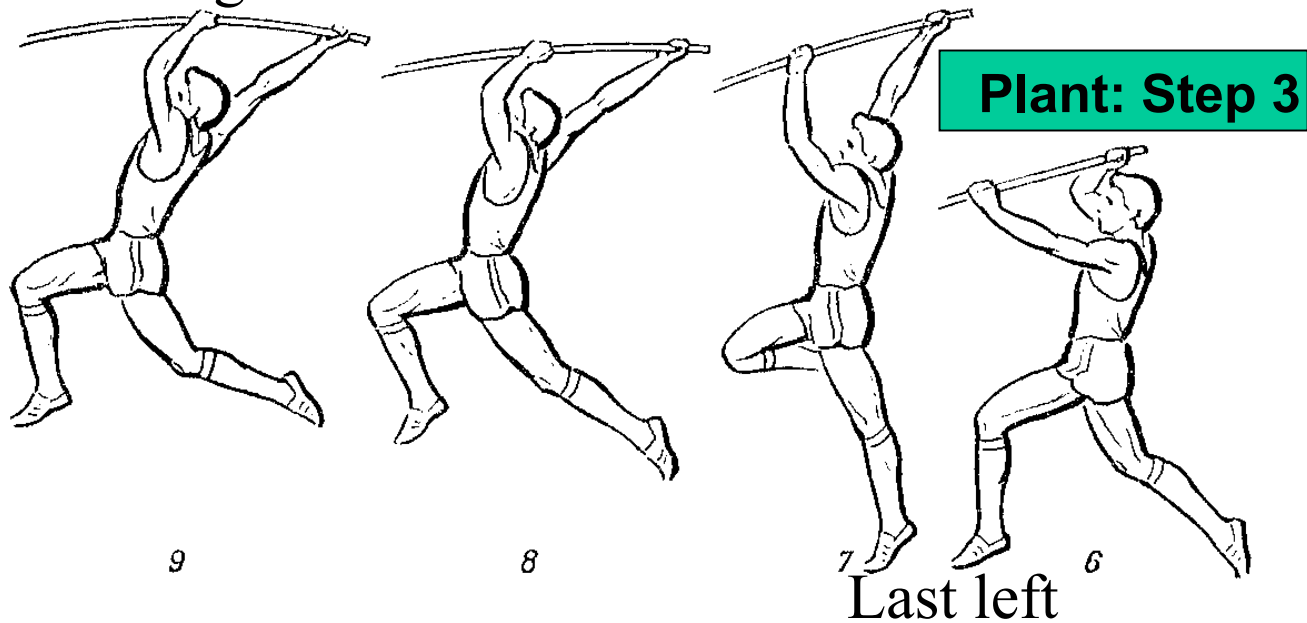
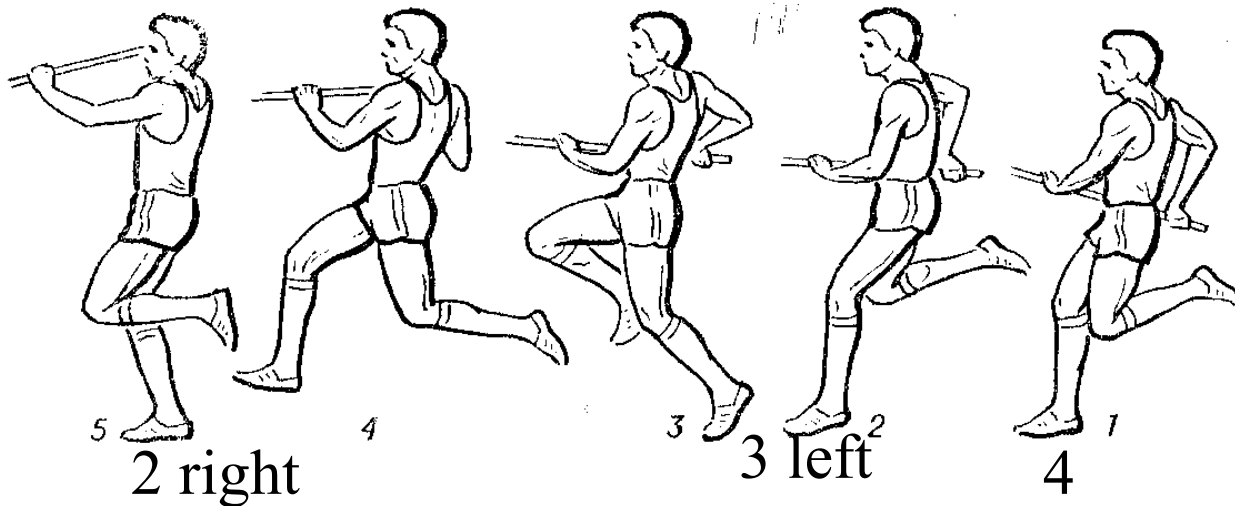


Becker



## Plant: Step 2

## Plant: Step 1



Bubka's Technique - Petrov, page 53.