Running a Measurements Experiment

Aim: To Determine Accuracy of a Treadmill under varied running conditions

Procedure:
- Used 2 Treadmills to collect data in loaded/unloaded conditions
- Analysis at 2, 5, 8 MPH and zero degree incline
- Digital Laser Tachometer used with reflective tape on tread

Results and Conclusions:
- Actual speed was higher than set speed
- Unloaded speed was higher than loaded speed
- Difference between actual and set increased with speed
- Actual Distance covered is greater than recorded