



BIOCORE

2021 Traction & Flexion Scores: Adidas

SPEED	 Adizero	 Adizero 21 Plate: Adizero 2021 Traction: 98% Flexion: 25	 Adizero Scorch 21 Plate: Razorframe Wide Traction: 54% Flexion: 80	 Adizero 21 Sprintframe 2.0 Plate: Sprintframe 2.0 Traction: 78% Flexion: 54	 Adizero D Plate: Sprintframe Detach Flexion: 55	 Adizero 21 D Plate: Sprintframe Detach Flexion: 61
	 Adizero Primeknit	 Adizero Primeknit Plate: Adizero 2021 Traction: 98% Flexion: 24	 Adizero PK21 Sprintframe Plate: Sprintframe 2.0 Traction: 78% Flexion: 36	 Adizero Primeknit 21 RFS Plate: Razorframe Wide Traction: 54% Flexion: 77	 Adizero Primeknit D Plate: Sprintframe Detach Flexion: 86	 Adizero Primeknit 21 D Plate: Sprintframe Detach Flexion: 61
	 Freak	 Freak Mid Plate: Freak Flexion: 53	 Freak Mid RFS Plate: Razorframe Wide Traction: 54% Flexion: 82	 Freak Mid D Plate: Sprintframe Detach Flexion: 92	<p><i>How to Use These Scores</i></p> <p>...</p> <p><i>The traction score is based on the cleat pattern's release characteristics on laboratory tests with synthetic turf. The flexion score is based on the bending stiffness and peak force generated by the forefoot when flexed to a potentially injurious level. While these scores have not been correlated with on-field injury rates, a higher score is considered better laboratory performance in both tests. Traction scores are not given for detachable cleats because they are not recommended for use on synthetic turf.</i></p>	
	 Freak Ultra	 Freak Ultra Plate: Freak Flexion: 44	 Freak Ultra D Plate Sprintframe Detach Flexion: 65			
	 Freak Ultra Laceless	 Freak Ultra 21 Laceless Plate: Freak Flexion: 46				
HYBRID	 Nasty	 Nasty 20 Plate: Razorframe Wide Traction: 54% Flexion: 40	 Nasty Fly 2E 20 Plate: Fly Wide Flexion: 47	Nasty Fly 4E *Not Tested	Nasty Torsion 2E *Not Tested	




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2021 Traction & Flexion Scores: Nike

SPEED

 Vapor Edge Elite	 Plate: Vapor Edge Traction: 90% Flexion: 52	 Plate: Vapor Edge Wide Traction: 93% Flexion: 52	 Plate: Vapor Edge Detach Flexion: 56
 Vapor Edge Pro	 Plate: Vapor Edge Traction: 90% Flexion: 59	 Plate: Vapor Edge Wide Traction: 93% Flexion: 53	 Plate: Vapor Edge Detach Flexion: 61
 Vapor Edge Speed	 Plate: Vapor Edge Traction: 90% Flexion: 63	 Plate: Vapor Edge Wide Traction: 93% Flexion: 71	 Plate: Vapor Edge Detach Flexion: 55

HYBRID

 Alpha Menace Pro	 Plate: Menace Traction: 43% Flexion: 63	 Plate: Menace Wide Traction: 52% Flexion: 56	 Plate: Alpha Detach Flexion: 58
 Alpha Menace Elite	 Plate: Menace Traction: 43% Flexion: 58	 Plate: Menace Wide Traction: 52% Flexion: 63	 Plate: Alpha Detach Flexion: 56

POWER

 Force Savage Pro	 Plate: Savage 2 Traction: 56% Flexion: 42	 Plate: Shark Wide Traction: 66% Flexion: 75	 Plate: Shark Wide Traction: 66% Flexion: 78	 Plate: Strike Detach Flexion: 64
 Force Savage Elite	 Plate: Savage 2 Traction: 56% Flexion: 41	 Plate: Shark Wide Traction: 66% Flexion: 85	 Plate: Strike Detach Flexion: 89	

How to Use These Scores
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The traction score is based on the cleat pattern's release characteristics on laboratory tests with synthetic turf. The flexion score is based on the bending stiffness and peak force generated by the forefoot when flexed to a potentially injurious level. While these scores have not been correlated with on-field injury rates, a higher score is considered better laboratory performance in both tests. Traction scores are not given for detachable cleats because they are not recommended for use on synthetic turf.