**Table 3**: Statistical results of peak forces (in body weight) in eight foot regions during sprint acceleration step.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Region** | | **Surface** | **Peak Force** | ***P*-value** | **Effect size (*r*)** |
| **hallux** | Hallux | Wood | 0.13 (0.07) | **0.048** | -0.39 |
| Asphalt | 0.12 (0.07) |
| **lesser toes** | Lesser toes | Wood | 0.34 (0.10) | 0.140 | -0.29 |
| Asphalt | 0.30 (0.06) |
| **medial forefoot** | Medial forefoot | Wood | 0.36 (0.12) | **0.010** | -0.50 |
| Asphalt | 0.34 (0.10) |
| **central forefoot** | Central forefoot | Wood | 0.57 (0.12) | 0.387 | -0.17 |
| Asphalt | 0.56 (0.13) |
| **lateral forefoot** | Lateral forefoot | Wood | 0.27 (0.10) | 0.350 | -0.18 |
| Asphalt | 0.25 (0.11) |
| **medial arch** | Medial arch | Wood | 0.04 (0.04) | 0.573 | -0.11 |
| Asphalt | 0.03 (0.04) |
| **lateral arch** | Lateral arch | Wood | 0.10 (0.08) | 0.289 | -0.21 |
| Asphalt | 0.08 (0.07) |
| **heel** | Heel | Wood | 0.18 (0.26) | 0.721 | -0.07 |
| Asphalt | 0.14 (0.28) |
| **whole foot** | Total | Wood | 1.62 (0.26) | **0.011** | -0.50 |
| Asphalt | 1.53 (0.28) |

**Note:** Data are expressed in mean (SD). Significant *P*-values from Wilcoxon signed-rank tests (*P* < 0.05) are shown in bold. Effect sizes were interpreted as: small 0.1 ≤ |*r*| ≤ 29, medium 0.3 ≤ |*r*| ≤ 0.49, large |*r*| ≥ 0.5.