

# GAIT ANALYSIS REPORT

Date: 12.12.2025

Acquisition: Treadmill running

## FOOT-LEVEL METRICS

Total foot strikes (L+R): 4066

### Right FOOT

Heel strikes: 2125

Mean step time: 0.697 s

Step time STD: 0.105 s

Cadence: 86.1 steps/min

### Left FOOT

Heel strikes: 1941

Mean step time: 0.718 s

Step time STD: 0.072 s

Cadence: 83.6 steps/min

## STEP SYMMETRY

Step-time difference: 0.021 s

Step-time ratio (L/R): 1.030

## STEP FREQUENCY (COMBINED FEET)

Steps analysed: 3847

Mean frequency: 2.71 Hz

Trend slope: -0.030 Hz / min

## STEP FREQUENCY TREND (TIME)

