

Swimming Biomechanics Analysis

Report generated on 2025-12-17 18:54:22

Key Metrics

Metric	Value
Stroke Rate	23.6 SPM
Symmetry Index	0.46
Stroke Length	-0.01 m
Average Velocity	1.71
Max Velocity	31.33

Automated Feedback

■■ Significant asymmetry detected between left and right strokes. Stroke rate is moderate.

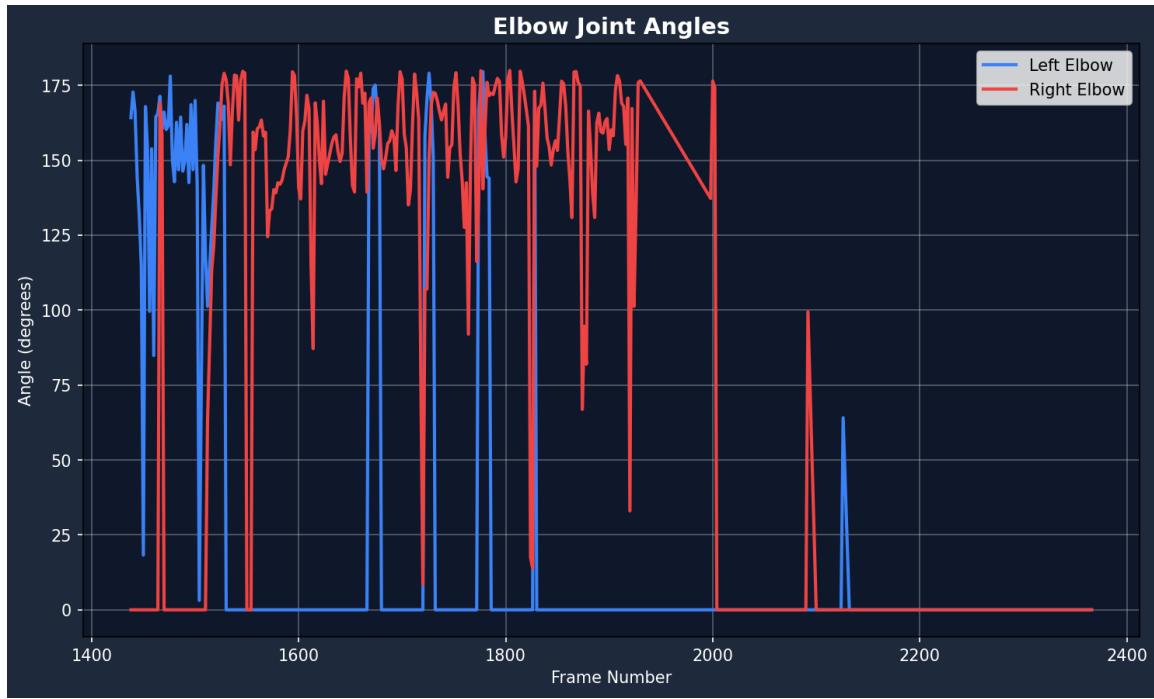
Recommendations:

- Focus on bilateral balance exercises and stroke symmetry drills.
- Aim for 28-32 SPM for competitive freestyle swimming.
- High velocity variation detected - work on consistent power application.
- Body roll is excessive - reduce rotation to maintain streamline.

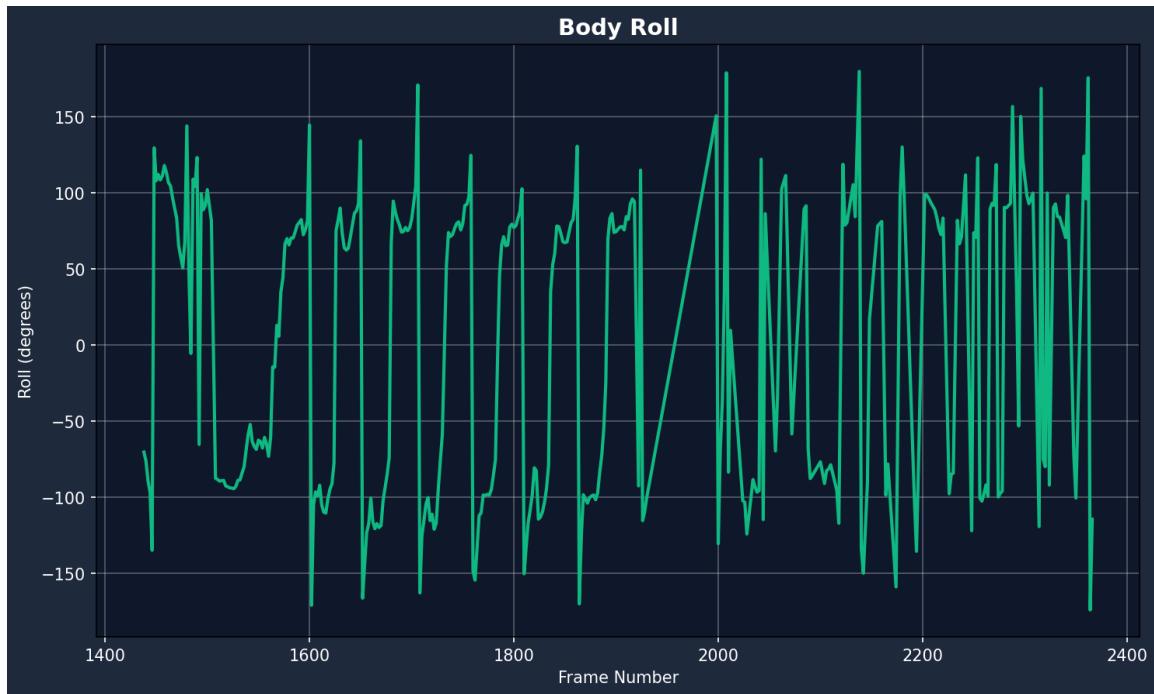
Stroke Phase Breakdown

Phase	Frames	Percentage
Catch	307	83.9%
Pull	46	12.6%
Push	13	3.6%

Elbow Joint Angles



Body Roll



Video ID: aa2854e01d7246c6bd727bbb4900c547

Generated by Swimming Biomechanics Analysis Platform