

Swimming Biomechanics Analysis

Report generated on 2025-12-17 17:56:58

Key Metrics

Metric	Value
Stroke Rate	24.2 SPM
Symmetry Index	0.18
Stroke Length	-0.02 m
Average Velocity	2.26
Max Velocity	39.02

Automated Feedback

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

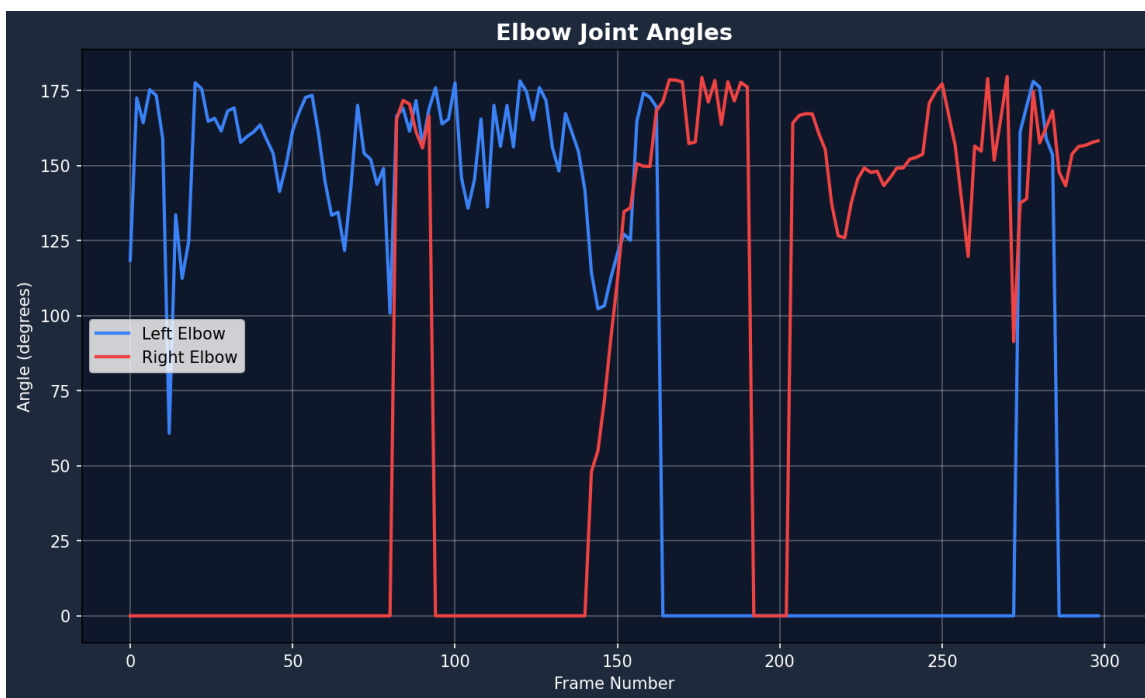
Recommendations:

- 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.

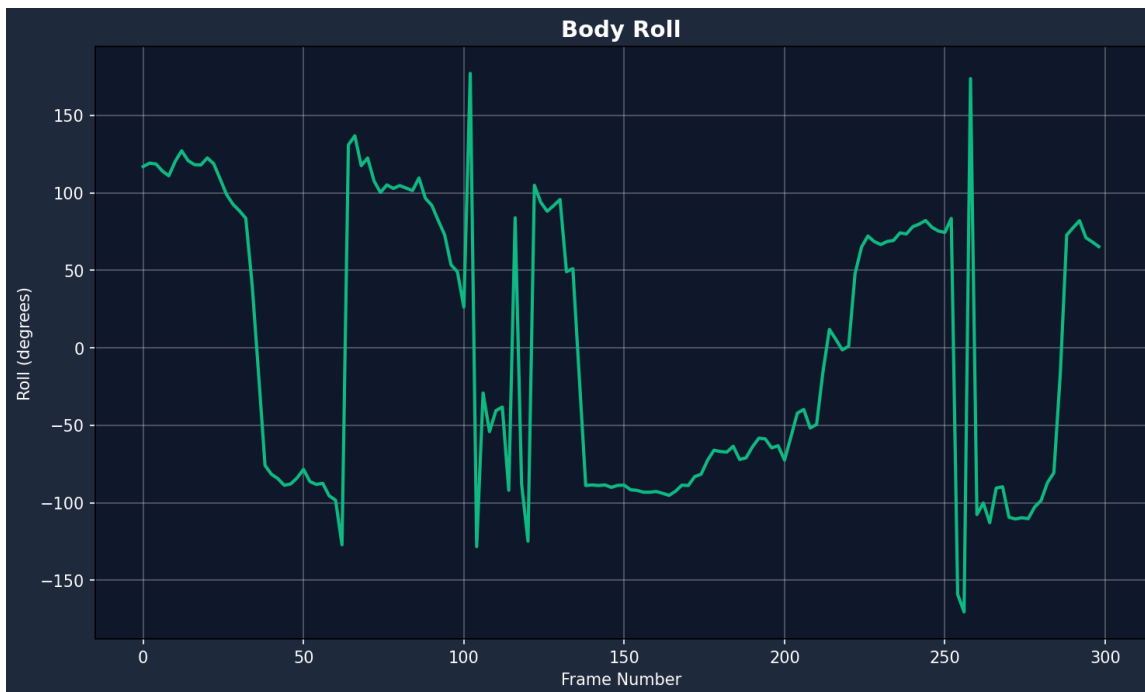
Stroke Phase Breakdown

Phase	Frames	Percentage
Catch	127	85.2%
Pull	16	10.7%
Push	6	4.0%

Elbow Joint Angles



Body Roll



Video ID: c939fbad786b46fb809b3a9b90941dc4

Generated by Swimming Biomechanics Analysis Platform