

Swimming Biomechanics Analysis

Report generated on 2025-12-17 22:33:29

Key Metrics

Metric	Value
Stroke Rate	14.8 SPM
Symmetry Index	0.37
Stroke Length	-0.13 m
Average Velocity	0.76
Max Velocity	21.52

Automated Feedback

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

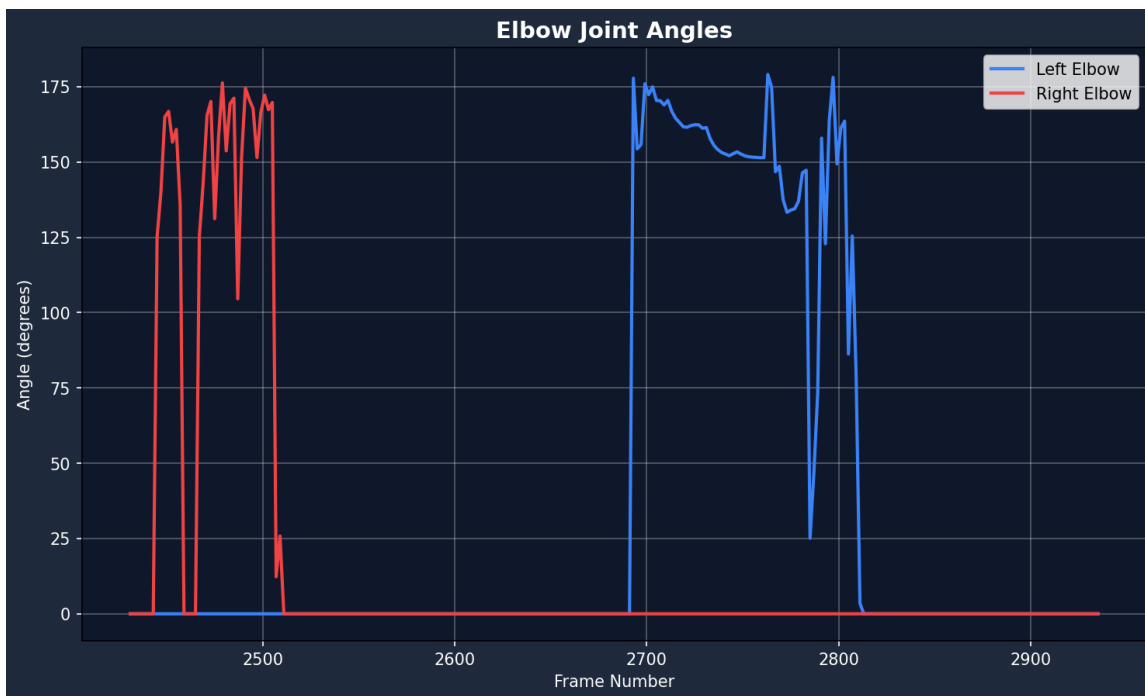
Recommendations:

- Focus on bilateral balance exercises and stroke symmetry drills.
- Consider increasing stroke frequency for race-pace efficiency.
- High velocity variation detected - work on consistent power application.
- Body roll is excessive - reduce rotation to maintain streamline.

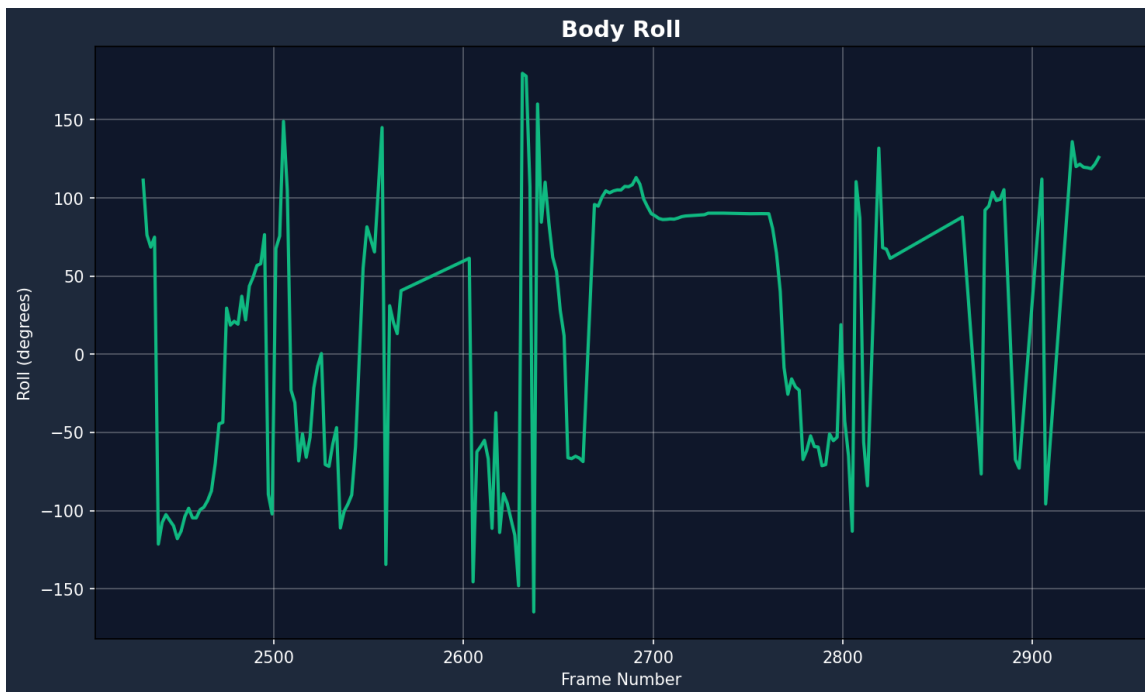
Stroke Phase Breakdown

Phase	Frames	Percentage
Catch	181	92.8%
Pull	13	6.7%
Push	1	0.5%

Elbow Joint Angles



Body Roll



Video ID: fe300c27e6aa4921a59b7051c22c60d4

Generated by Swimming Biomechanics Analysis Platform