

# Swimming Biomechanics Analysis

Report generated on 2025-12-17 22:18:20

## Key Metrics

Metric	Value
Stroke Rate	7.4 SPM
Symmetry Index	0.45
Stroke Length	-0.33 m
Average Velocity	0.49
Max Velocity	19.97

## Automated Feedback

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

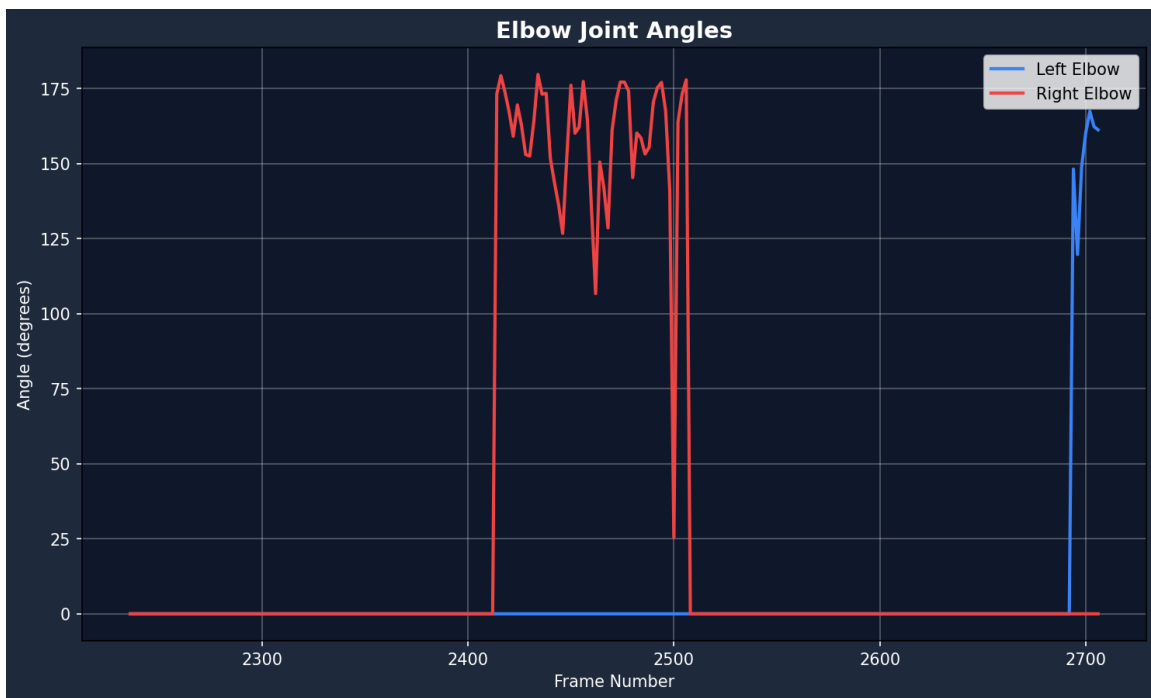
Recommendations:

- 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.

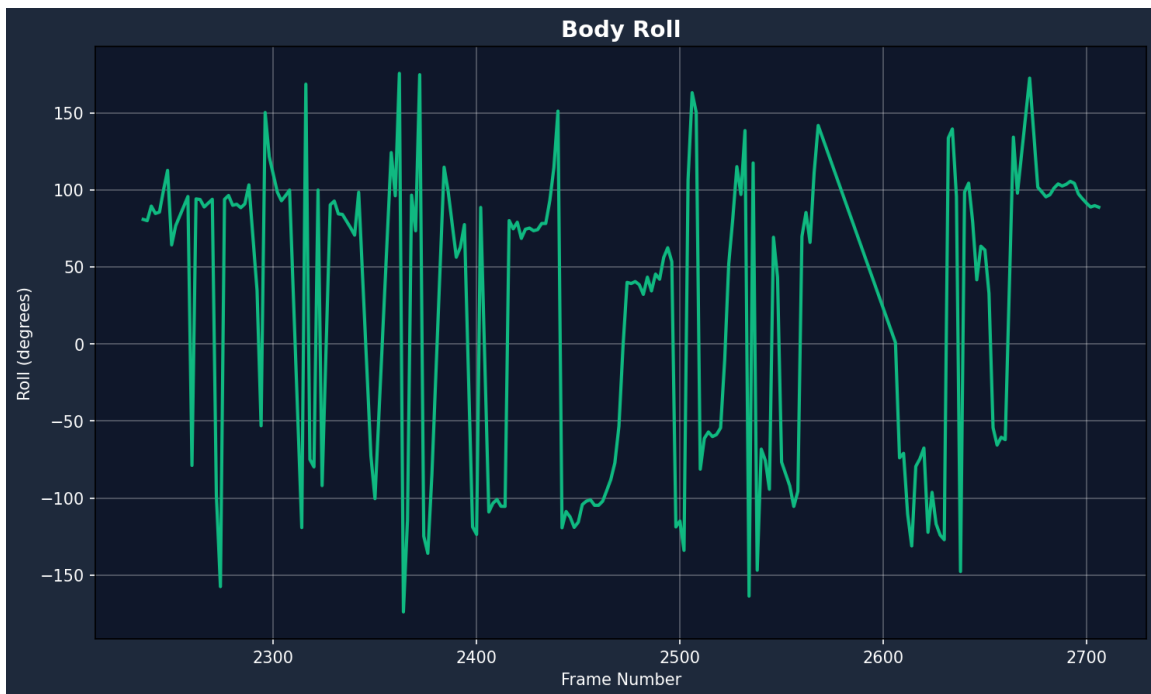
## Stroke Phase Breakdown

Phase	Frames	Percentage
Catch	185	94.9%
Pull	6	3.1%
Push	4	2.1%

## Elbow Joint Angles



## Body Roll



Video ID: 366ccdc62ea445d9947bd0b17c52716f

Generated by Swimming Biomechanics Analysis Platform