

StrideOptics Analysis Summary

Analysis #247 - local-test-gym.mp4

Run Overview

Uploaded: Jun 14, 2026 13:34

Status: Complete

Backend: Modal Sam3D

Quality: Needs Review

Frames analyzed: 111

Global Summary

Cadence proxy: 76 spm

Ground contact proxy: L 217 ms / R 167 ms

Pronation read: Both sides trend outward during stance in this heel-to-ankle proxy, with low side-to-side difference.

Segmentation posture: Mild posture drift

Mesh load proxy: The highest relative mesh load-proxy region is left knee (low), scaled by body context, speed, incline, surface, and tracked lower-body motion.

3D Body Mesh

Confidence: High confidence

Highest estimated load regions: Left Knee 29%, Right Knee 28%, Left Quad 27%

Personalization: Personalized Load Proxy

Context: mass=63.0, pace=7:30 min/km, surface=treadmill

Keypoint Overlay

Confidence: High confidence

Cadence: 76 spm

Ground contact asymmetry: 50 ms

Left foot class: Supinated proxy

Right foot class: Supinated proxy

Segmentation

Confidence: Medium confidence

Mask continuity: 100%

Posture proxy: Mild Drift

Silhouette stability: 52%

Posture note: The runner outline shows a moderate lean or sway pattern over time.

Quality Flags

too few segmentation frames

Report note: StrideOptics summarizes video-derived movement patterns and load proxies for training context.