



Skating Analysis report

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(nowytarg)

Date: 2021-04-17

Speed: 16.0 km/h

Slope: 0.0°

Cycles: 18

Player details

Birth date: ?

Gender: **None**

Height: ?

Weight: ?

Country: ?

Stick: **None**

Position: **None**

Shareable link

<https://hdts.cognexa.com/report/649ea7ff-2971-4e1f-bc9b-3feb14bdd4a7/>

1 Front view analyses

1.1 Right skate position



Count of incorrect skate positions:

9 ± 3

Auto-generated comment: *The skate of the supporting leg should not be turned. Your skate is turned too soon to the side during skating.*

1.2 Left skate position



Count of incorrect skate positions:

14 ± 3

Auto-generated comment: *The skate of the supporting leg should not be turned. Your skate is turned too soon to the side during skating.*

1.3 Right skate dynamic balance



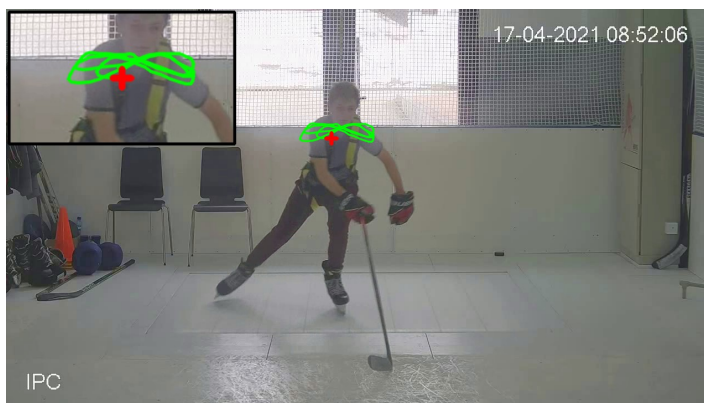
Auto-generated comment: *The center of body (sternum) should be above the sliding skate.*

1.4 Left skate dynamic balance



Auto-generated comment: *The center of body (sternum) should be above the sliding skate.*

1.5 Body center movement



Count of visualized cycles:

3

Auto-generated comment: *The center of the body should move naturally without an excessive vertical or horizontal movement.*

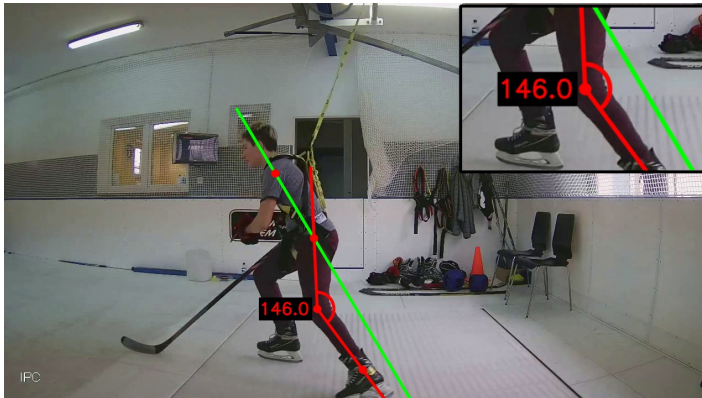
1.6 Arms movement



Auto-generated comment: *The arms should always move in the front-rear direction in conjunction with skating.*

2 Side view analyses

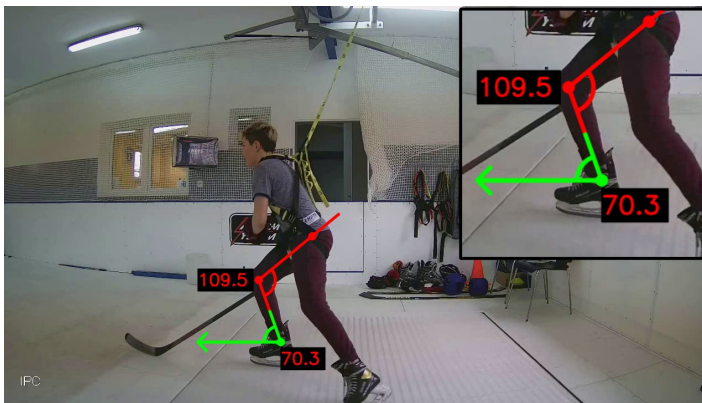
2.1 Leg extension and torso position



Average measured angle in the extended knee:
 $146.0^{\circ} \pm 3.0^{\circ}$

Auto-generated comment: *The angle of extended leg should be greater than 155° at the end of the stride phase.*

2.2 Inner knee angle and ankle flexion



Average measured angle in the flexed knee:
 $109.5^{\circ} \pm 4.1^{\circ}$

Auto-generated comment: *The inner knee angle of the skid leg during skating should be less than 95° . There is insufficient flexion in your knee and ankle.*

2.3 Ankle extension



Average measured angle increase in the extended ankle:
 $16.8^{\circ} \pm 4.8^{\circ}$

Auto-generated comment: *The angle between the shin and the skate shows the ankle extension at the end of the push-off state. This angle should be higher by 20° different from the beginning of the push-off state.*

2.4 Skating efficiency



Measured time over 10 skating cycles (in seconds):

16.0 ± 0.2

Auto-generated comment: *To demonstrate sufficient skating efficiency over 10 cycles, it takes at least 16 seconds or more. Your skating efficiency is excellent.*