



Strava 設定、成績及照片上載詳情

Strava set up, results, and photos upload details

(挑機組參加者 Challenge Category)



挑機組將以 **Strava** 連結收集參加者活動紀錄。挑機組參加者可使用以下其中一個方法紀錄活動紀錄。

1. 把GPS運動手錶 同步至Strava app
2. 使用Strava app 直接紀錄

Strava app will be used collect the activity record for the result upload. Participant of Challenge Category can use either of below to record the activity on Strava.

1. Synchronize from GPS watch app to Strava app
2. Use Strava app to record directly



1. 把GPS運動手錶 同步至Strava app Synchronize from GPS watch app to Strava app

- 市面大多品牌的GPS運動手錶都能同步及上傳數據至 Strava 帳戶，只要你完成活動，有關紀錄便會上傳至 Strava帳戶。Most of the GPS watch's app can sync data to Strava app account. After you finish your activity, record will be uploaded to Strava app account
- 請先安裝 Strava app, 並註冊及登入。 Install Strava app, create account and login



- 以下為較常見GPS運動手錶品牌的app與Strava同步的處理設定。詳情請參閱各app的使用說明。Below are most popular watch brands synchronization set up. Please refer to the app for details set up.

COROS App

Garmin Connect

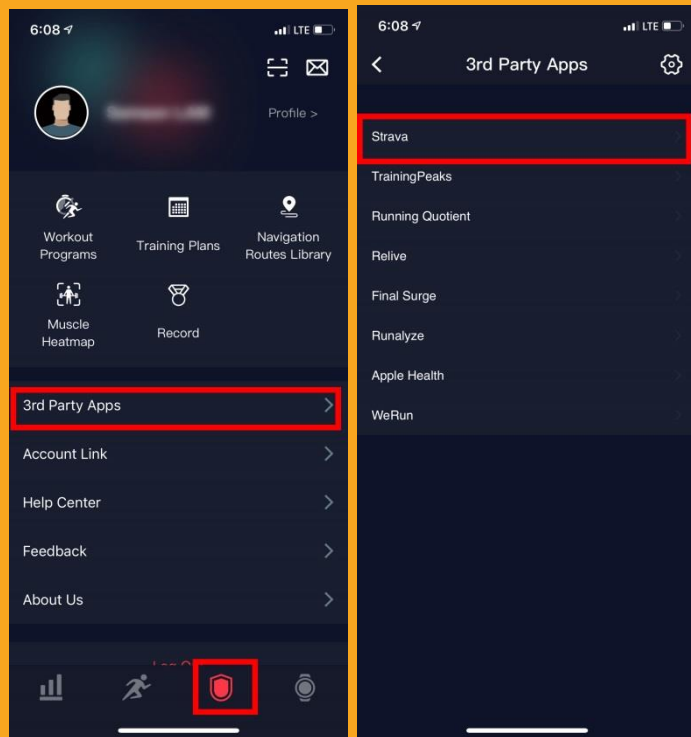
Polar Flow

Suunto

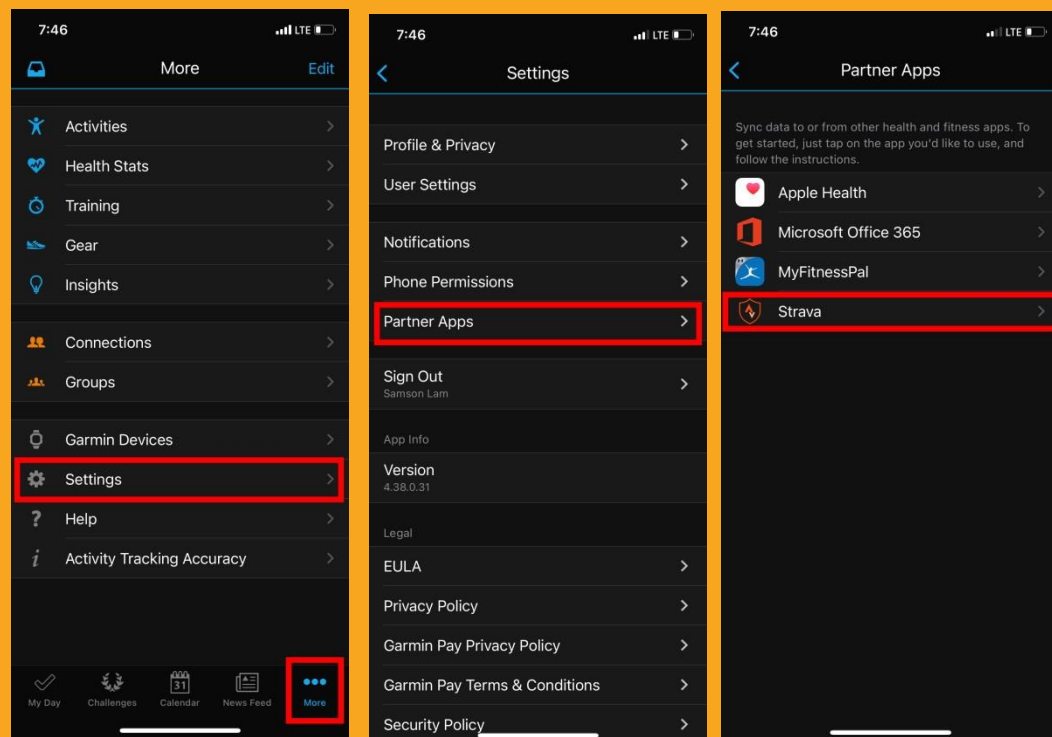


同步設定 Sync set up

COROS App



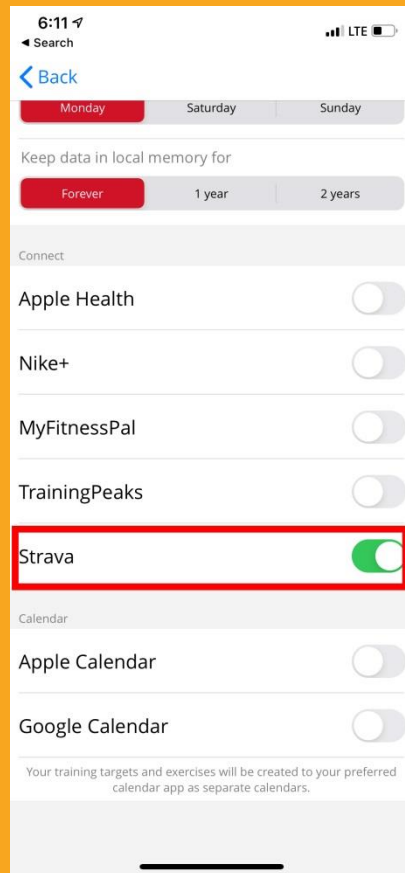
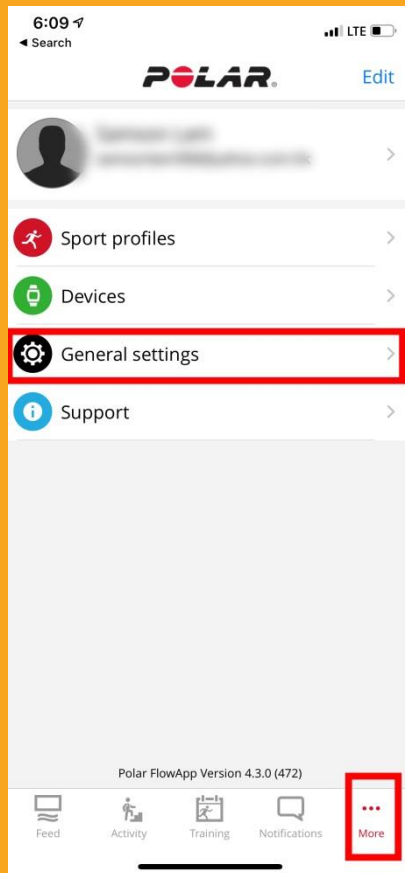
Garmin Connect



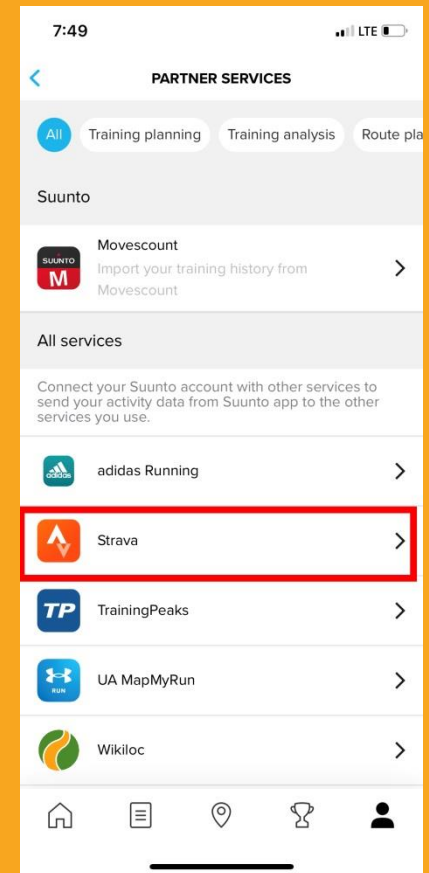
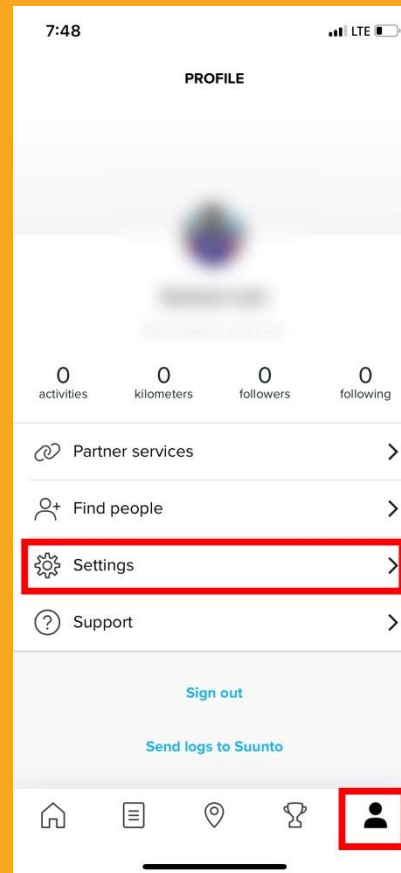


同步設定 Sync set up

Polar Flow



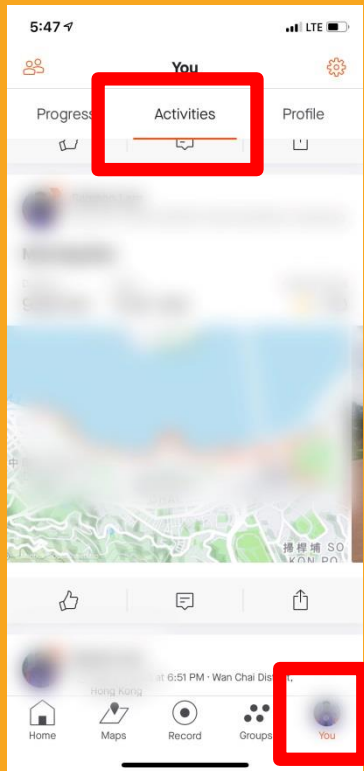
Sunnto





如設定正確，完成活動後，紀錄將自動同步至Strava app 內。請使用用作設定同步的Strava帳戶，登入至Strava app

If the set up is correct, record will syn to Strava app after the activity. Please use same login for setting up synchronization of Strava to login to Strava app.

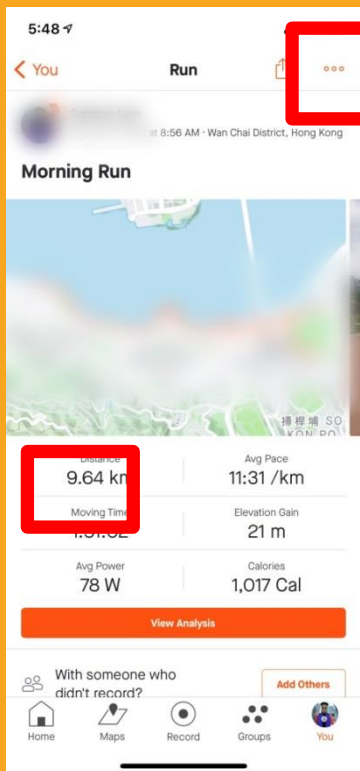


按右下方You，之後再按上方Activity，便可找到 活動紀錄。
Click “You” below, and “Activuty” on top to find your activity record.



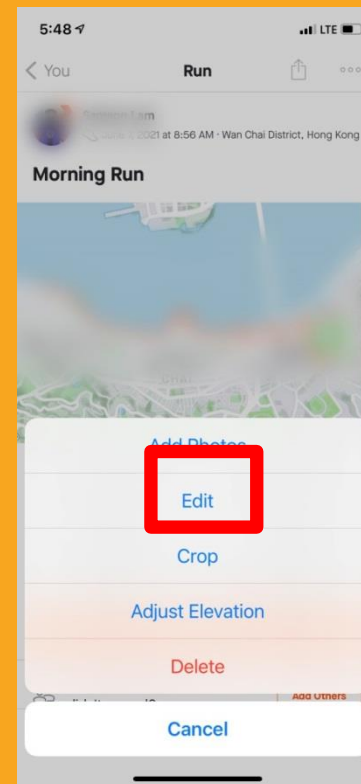
***** 由於完成時間是以 Elapsed Time (經過時間) 計算，參加者完成後必須把 Moving Time (移動時間) 更改為 Elapsed Time (經過時間) *****

***** “Elapsed Time” should be used for result submission. Participant must amend the “Moving Time” to “Elapsed Time” after the activity is completed *****



開啟有關活紀錄，再
按右上方。。。鍵

Open the activity record,
and click on top
right



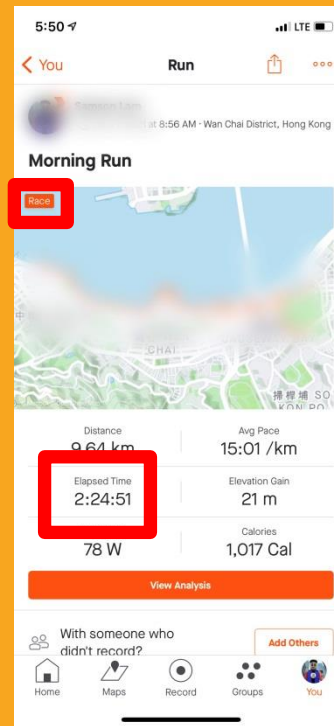
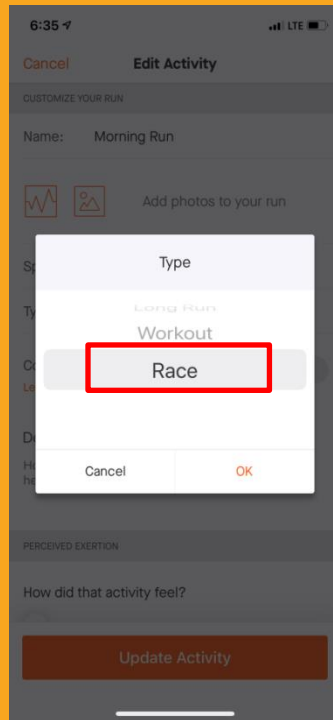
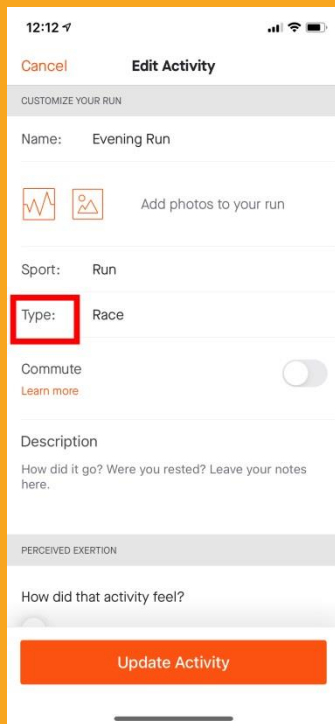
按 Edit (編輯) 鍵

Click “Edit”



*** 把Moving Time (移動時間) 更改為 Elapsed Time (經過時間) ***

*** Change “Moving Time” to “Elapsed Time” ***



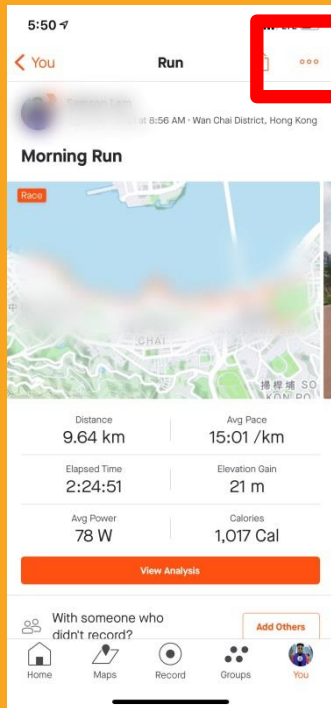
把 Type: 改為 Race
Change Type to “Race”

有關時間會改為Elapsed Time (經過時間)
The time will be changed to “Elapsed Time”

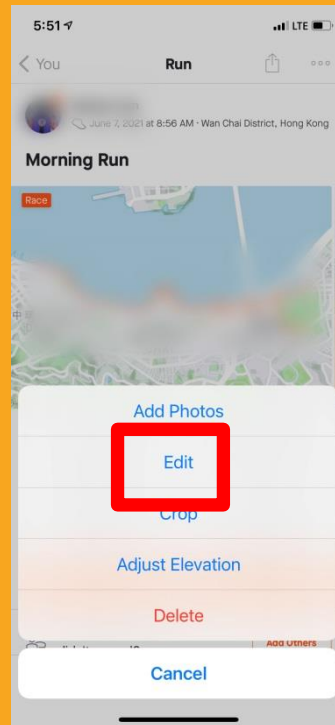


將活動紀錄轉為公開

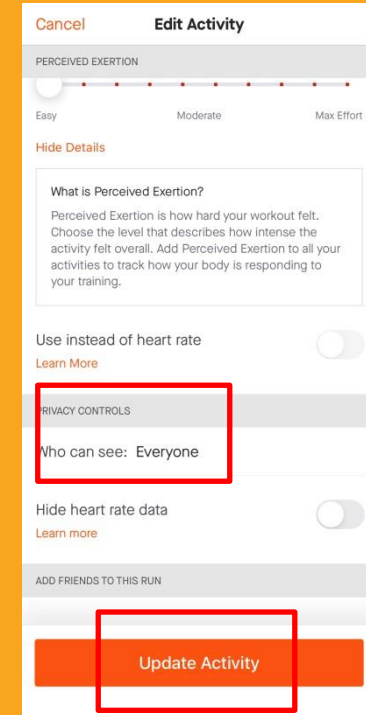
Change activity record to public



進入有關活動，
先按 上方。。。鍵，
Got activity, click
on top right



再按 “Edit”
Click “Edit”



向下至 “PRIVACY CONTROLS”
把 “Who can see:” 設定改為 “Everyone”
之後按 “Update Activity”
Scroll down to “PRIVACY CONTROLS”
Change “Who can see:” to “Everyone”
Then click “Update Activity”



2. 使用Strava app 直接紀錄 Use Strava app to record directly

請先安裝 Strava app, 並註冊及登入

Install Strava app, create account, and login



*使用GPS會消耗較正常為多電量，
請確保電話的電量充足。*

*Recording activity using GPS will
use up more power than usual.
Please make sure the mobile is
charged.*

如希望有路線指引，可點擊以下路線連結：

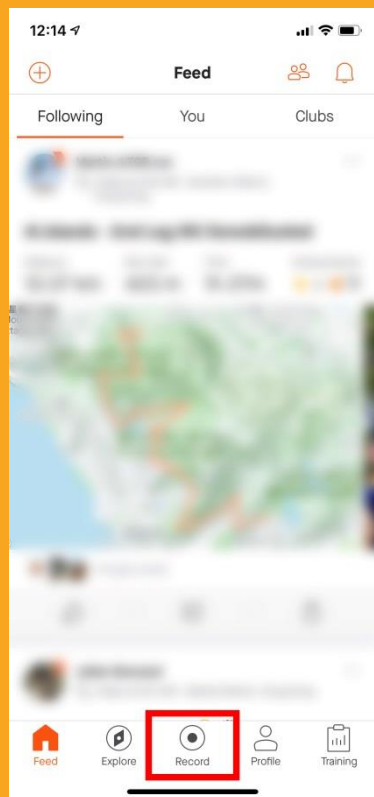
Click the link below if you need to follow route:

<https://www.strava.com/routes/2840149109922417270>

或到 or go to <https://www.powerasia.hk/run-for-taste-victoria-harbour> 按 click “Strava路線連結 Link” 鍵



點擊路線連結後，「Strava」app 將會自動開啟，然後再按 使用路線 / Use Route 鍵，你起步時，再按 Start / 開始 制，便會開始跑步紀錄。
Click the link, Strava will be opened automatically. Click “Use Route” button, and then click “Start” button to start record.



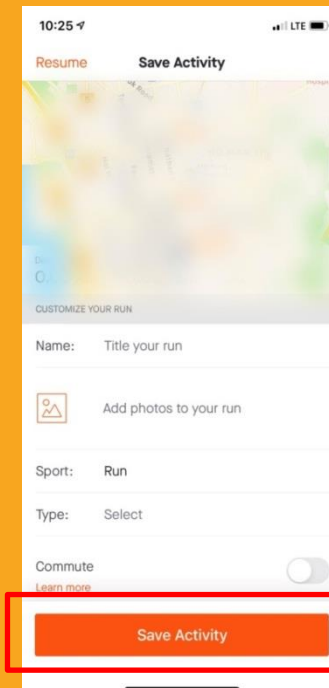
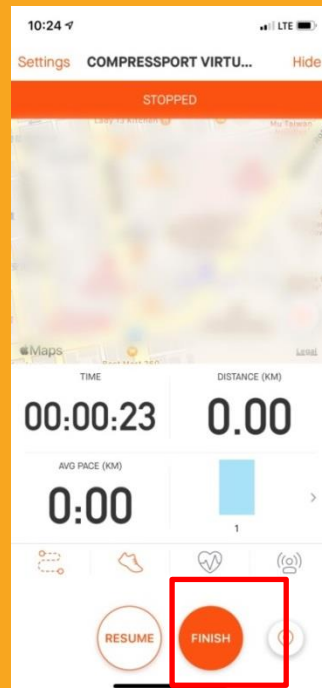
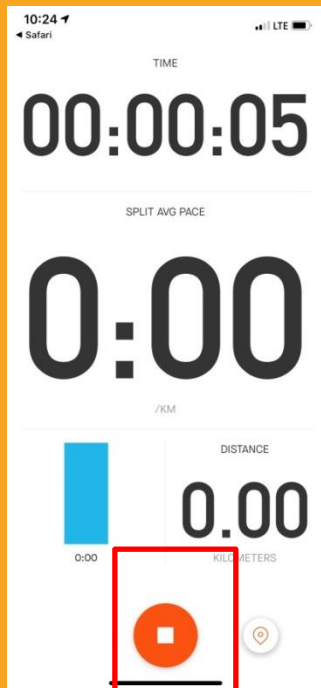
使用GPS會消耗較正常為多電量，請確保電話的電量充足。

Recording activity using GPS will use up more power than usual. Please make sure the mobile is charged.



完成活動後，按下方停止鍵，再按Finish / 完成 制，以完成活動及停止計時，再按 Save Activity / 儲存活動。

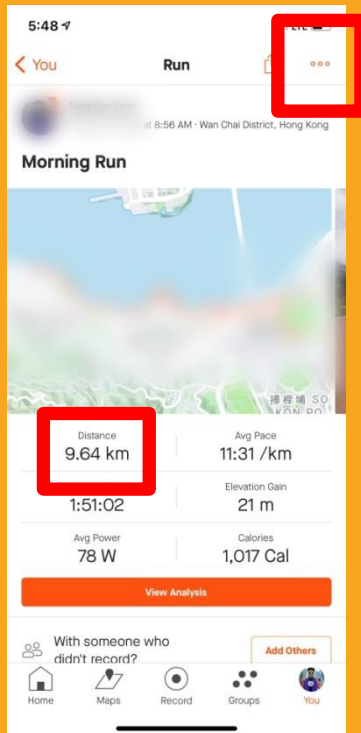
After you finish, click “Stop” button below to stop timing, and click “Finish” button, and “Save Activity” button to save your record.





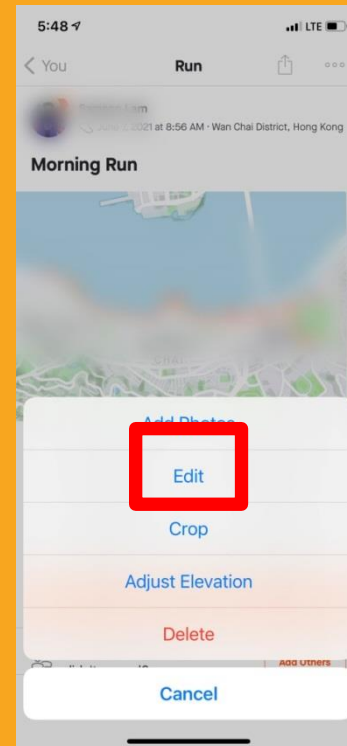
***** 由於完成時間是以Elapsed Time (經過時間)計算，參加者必須把Moving Time (移動時間) 更改為 Elapsed Time (經過時間) *****

***** “Elapsed Time” should be used for result submission. Participant must amend the “Moving Time” to “Elapsed Time” *****



開啟有關活紀錄，再按右上方 ⋮ 鍵

Open the activity record, and click ⋮ on top right



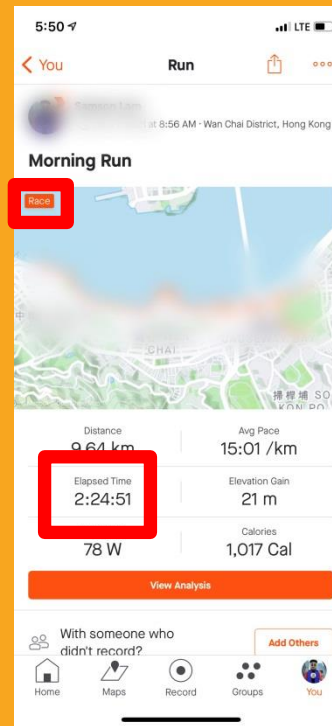
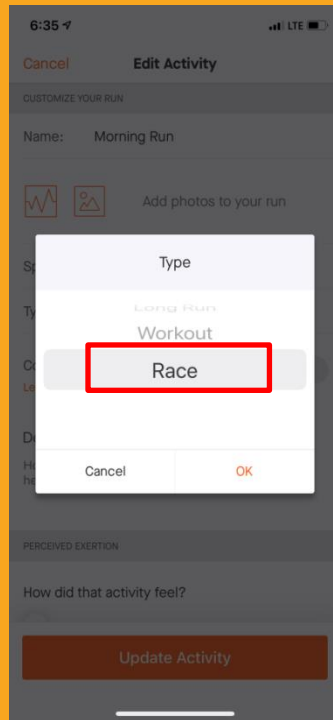
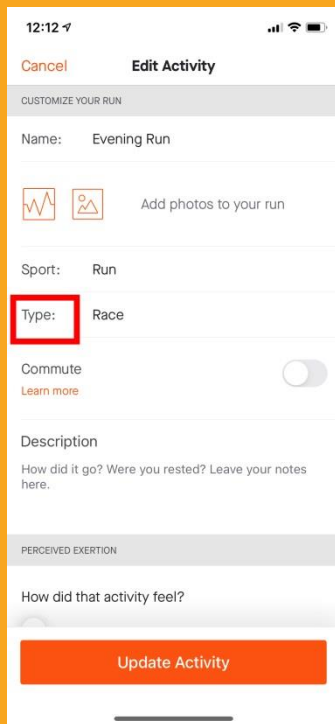
按 Edit (編輯)鍵

Click “Edit”



*** 把Moving Time (移動時間) 更改為 Elapsed Time (經過時間) ***

*** Change “Moving Time” to “Elapsed Time” ***



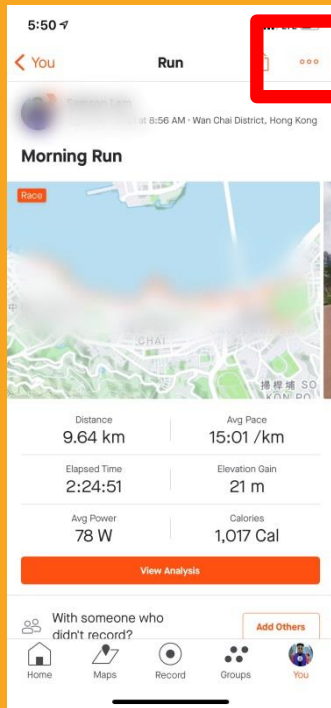
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Change Type to “Race”

有關時間會改為Elapsed Time (經過時間)
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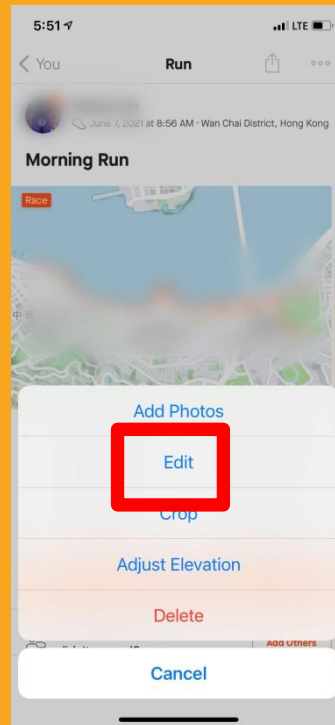


將活動紀錄轉為公開

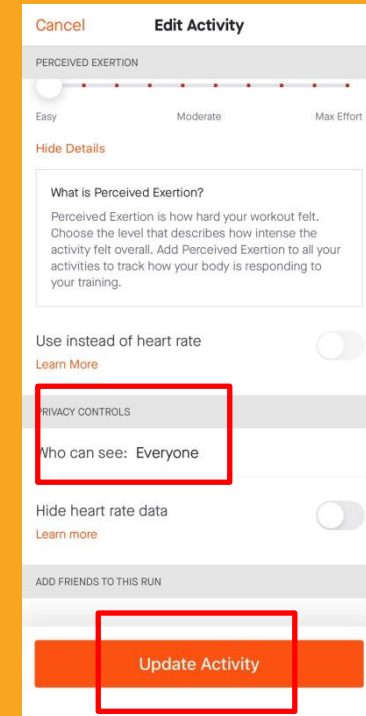
Change activity record to public



進入有關活動，
先按 上方。。。鍵，
Got activity, click
on top right



再按 “Edit”
Click “Edit”



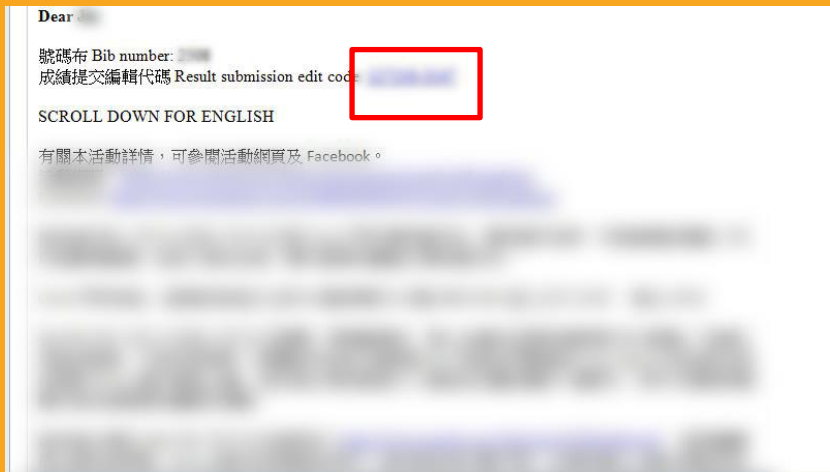
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之後按 “Update Activity”
Scroll down to “PRIVACY CONTROLS”
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Then click “Update Activity”



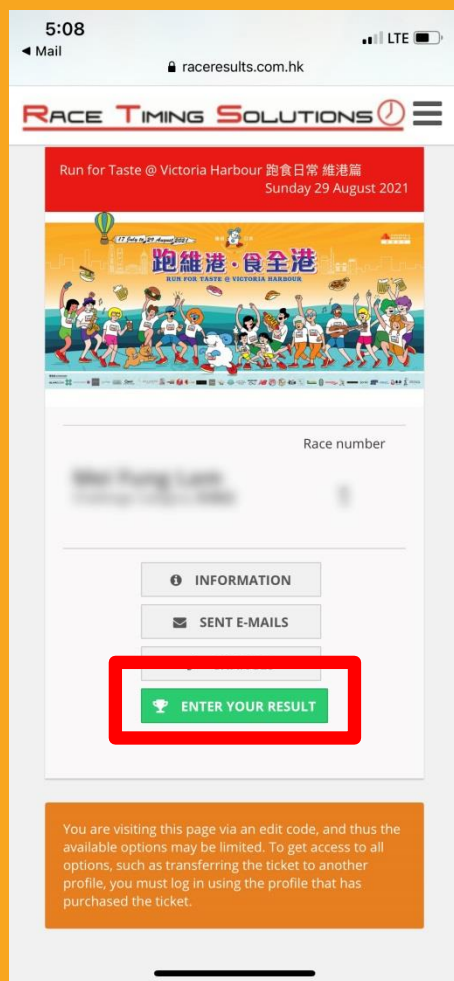
成績上載 Result Upload

Edit code 可在確認電郵/領取選手包電郵找到, 按連結登入, 或到
<https://raceresults.com.hk/event/202/addressult>
並輸入edit code

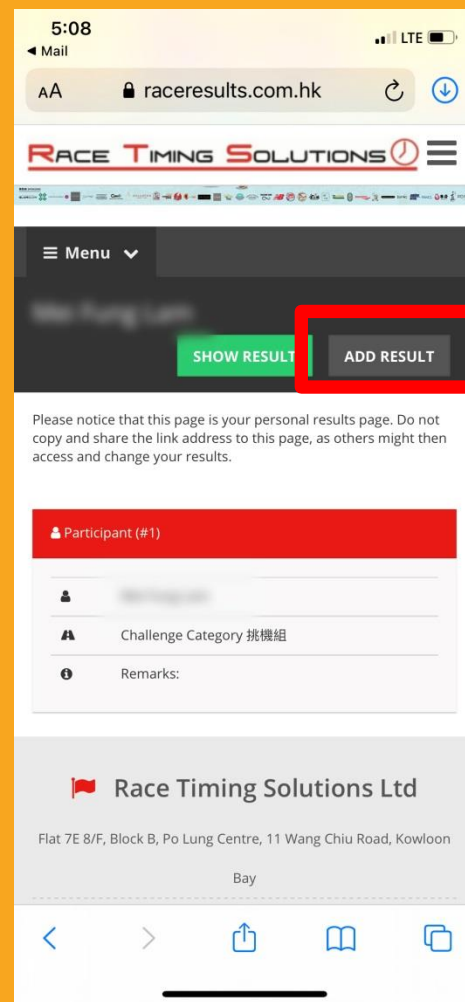
Edit code can be found in Confirmation email/Race Pack pick up email. Click the link to login, or go to
<https://raceresults.com.hk/event/202/addressult> and enter the edit code



使用編輯碼edit code登入
Login by using edit code



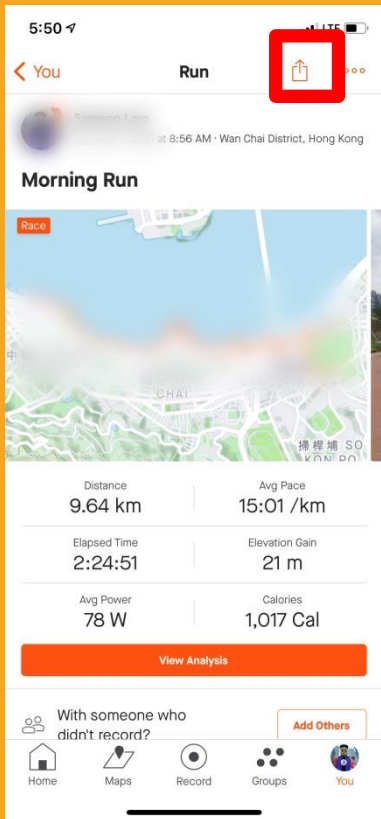
按“ENTER YOUR RESULT”
Click “ENTER YOUR RESULT”



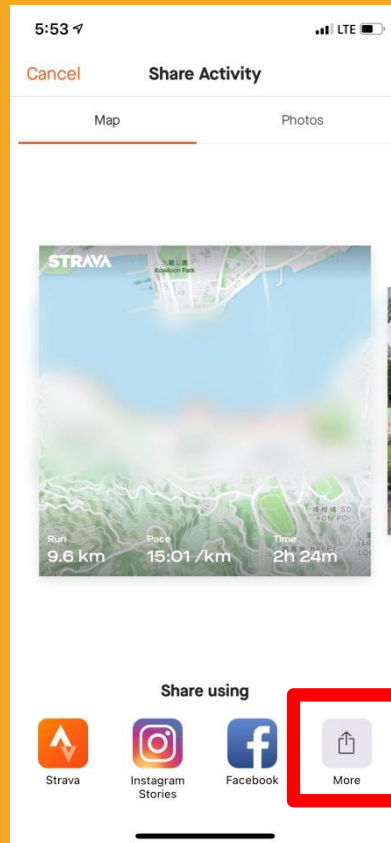
再按“ADD RESULT”
Click “ADD RESULT”



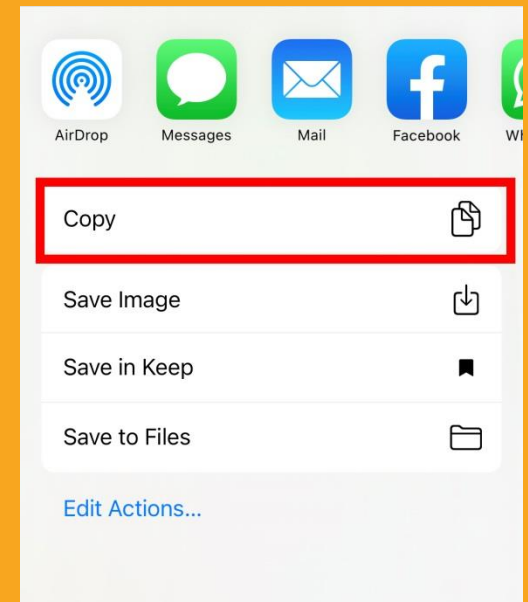
如何分享Strava 連結 How to share link



按有關活動的分享鍵
Click share button of the activity



按“More”
Click “More”



按“Copy”
Click “Copy”



加入 時間、照片及Strava 連結(把Strava分享的link貼上)
Add time, photo, and Strava link(paste Strava link)

參加者需在14個指定打卡位中其中4個拍照（見號碼布）及上載照片。
Participant need to takes picture on any 4 out of 14 photo check points