



Strava 設定詳情

Strava set up details

COMPRESSPORT®
VIRTUAL TRAIL HONG KONG



是次活動將以 **Strava** 連結收集參加者活動紀錄。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 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

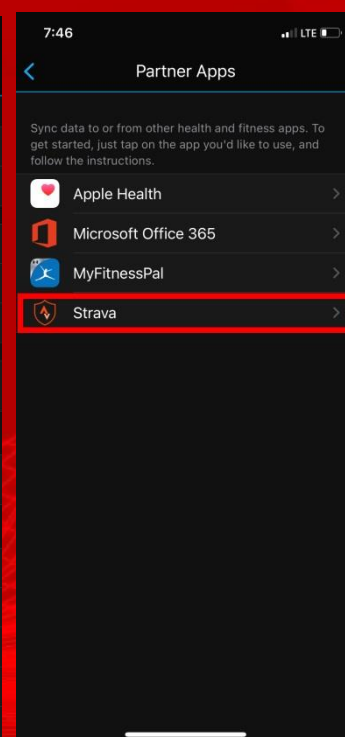
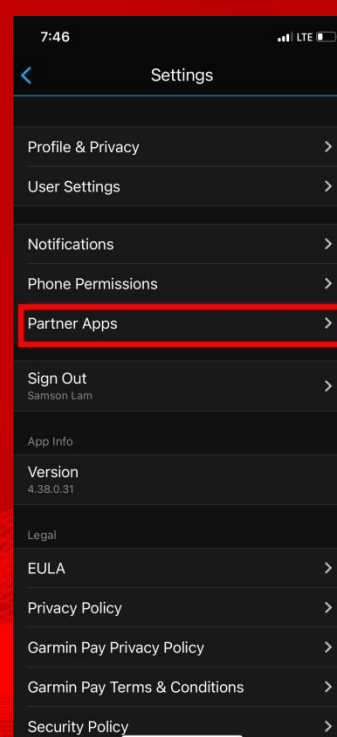
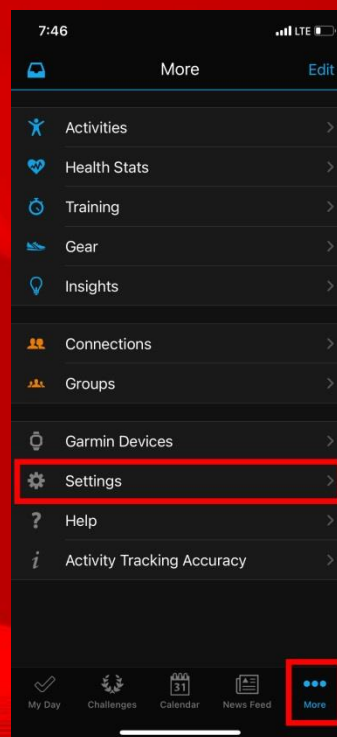
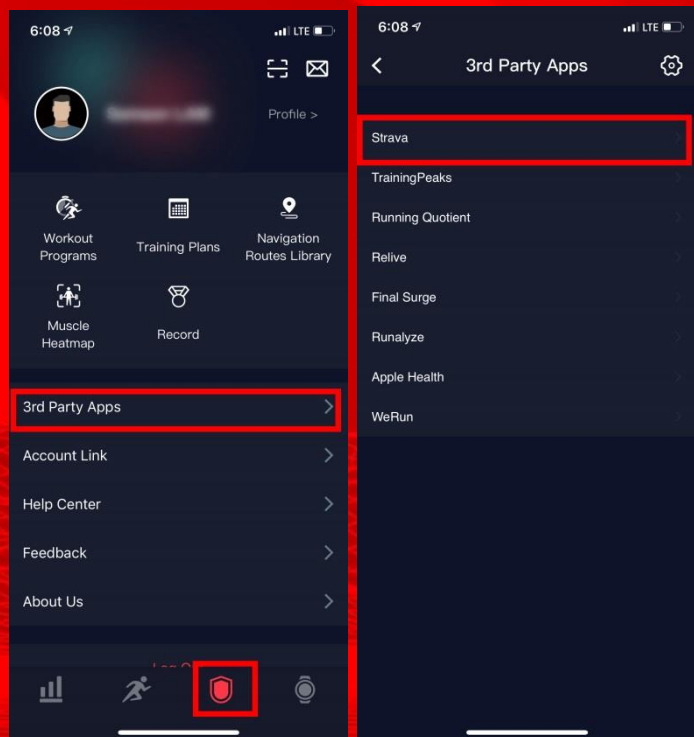
Polar Flow

Suunto

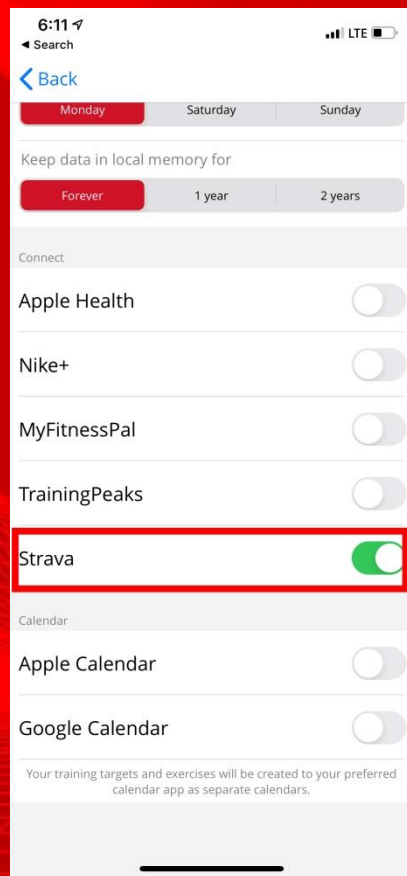
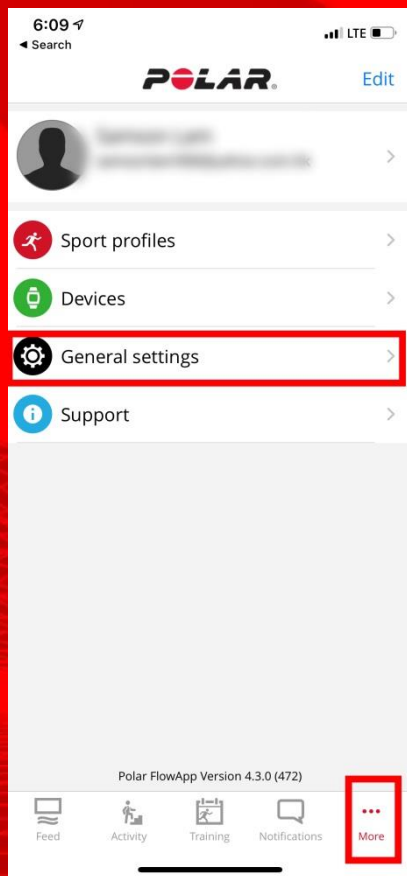
同步設定 Sync set up COROS App



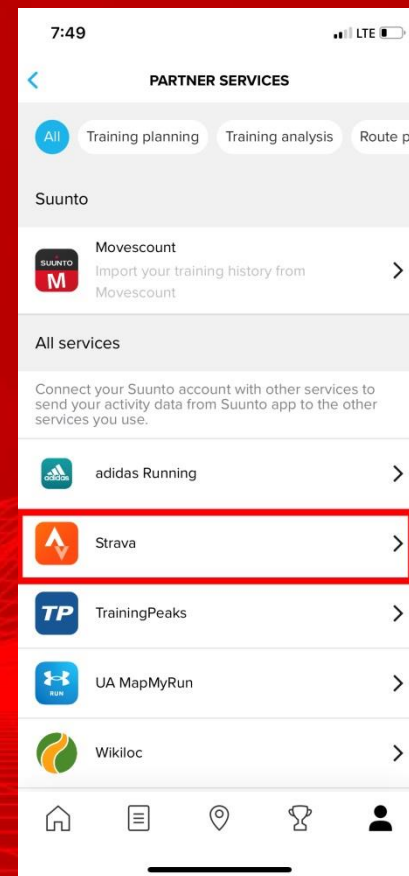
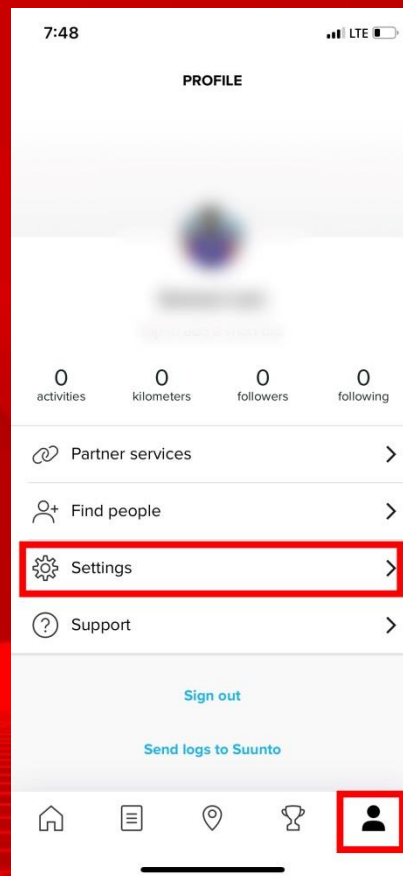
Garmin Connect



同步設定 Sync set up Polar Flow

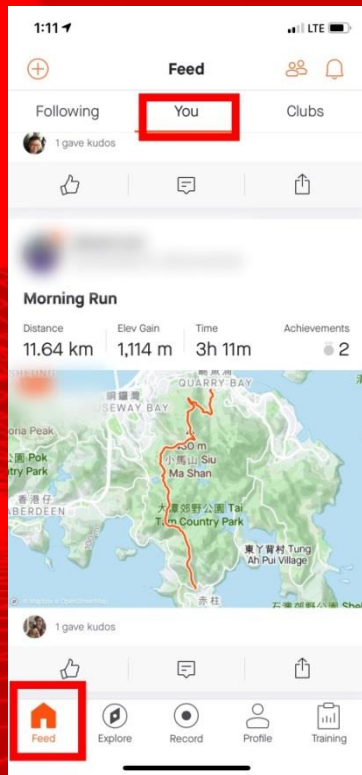


Suunto





如設定正確，完成活動後，紀錄將自動同步至Strava app 內。
If the set up is corect, record will syn to Strava app after the activity.



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

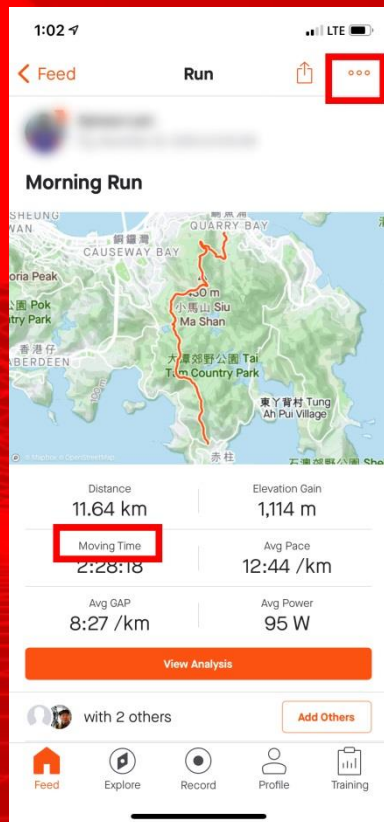
***** 由於完成時間是以Elapsed Time (經過時間)計算，
參加者必須把Moving Time (移動時間) 更改為
Elapsed Time (經過時間) *****

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



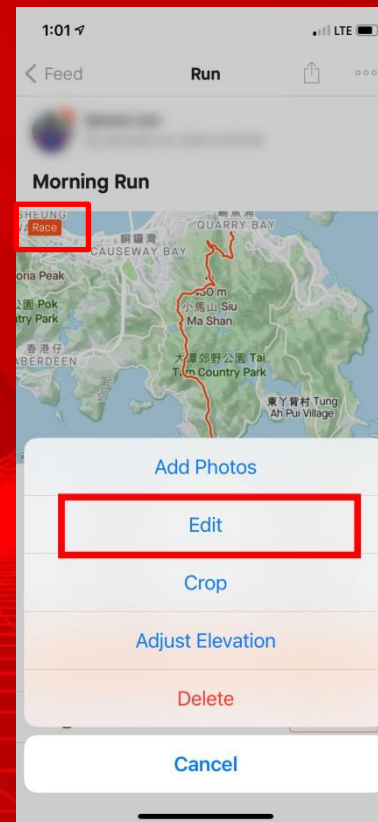
*** 把Moving Time (移動時間) 更改為 Elapsed Time (經過時間) ***

*** Change “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



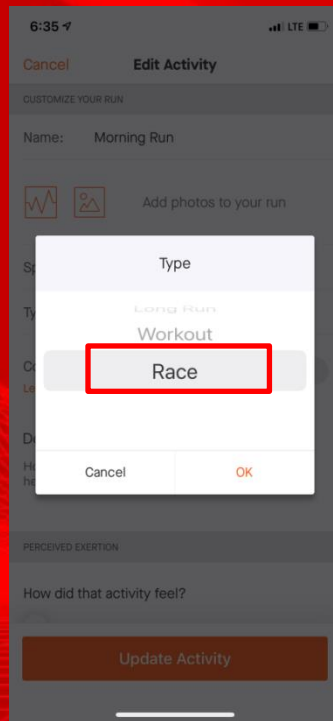
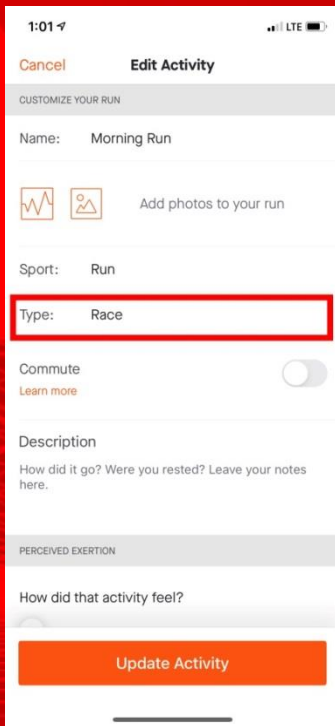
按 Edit (編輯) 鍵

Click “Edit”



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

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



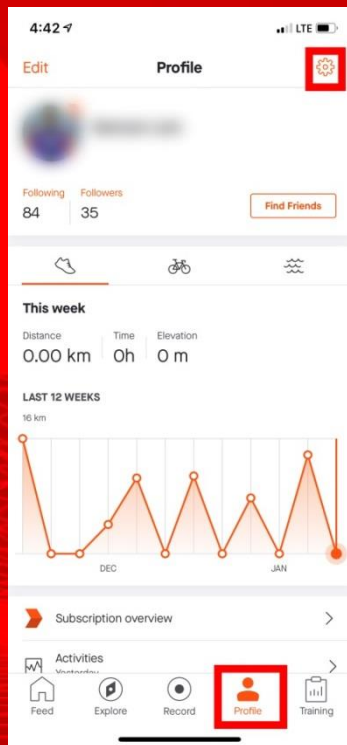
把 Type: 改為 Race
Change Type to “Race”

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

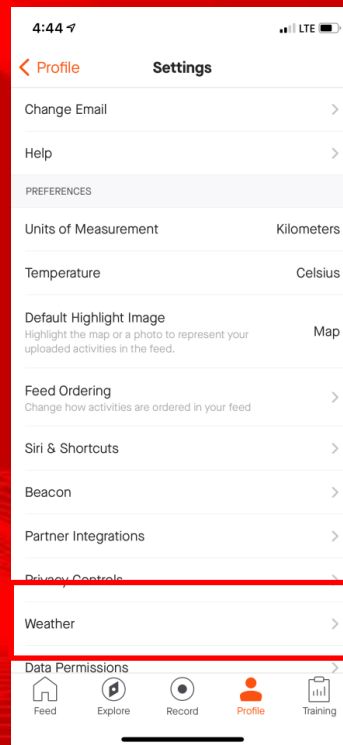


將活動紀錄轉為公開

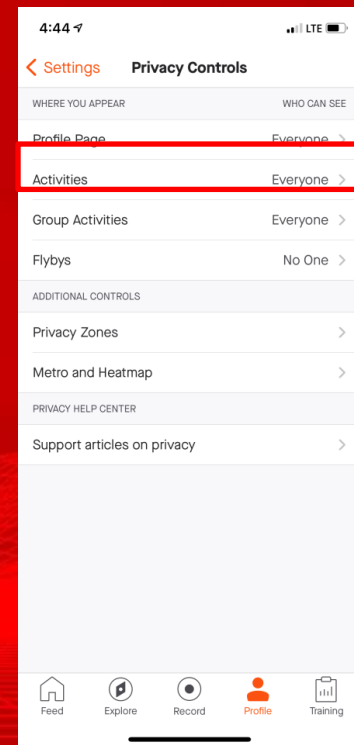
Change activity record to public



先按 下方Profile,
再按右上方鍵
Click Profile on right bottom



再按 Privacy Controls
Click "Privacy Controls"



把Activities設定改為Everyone
Change Activities set up
to "Everyone"



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.*

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:

*Please make sure the mobile is
charged.*

11公里單挑組 11Km One Way Category

<https://www.strava.com/routes/2775213013639436990>

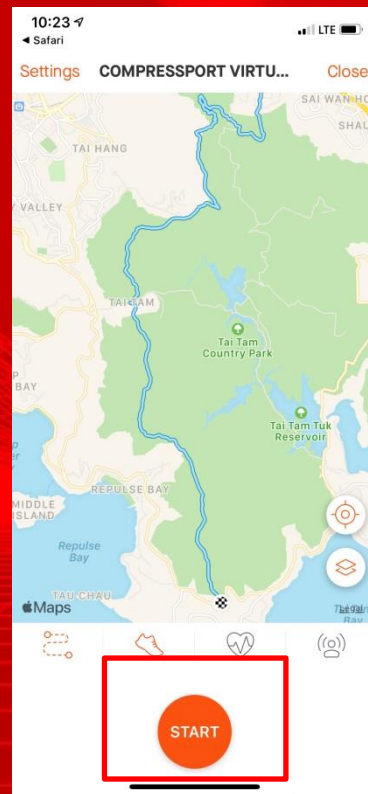
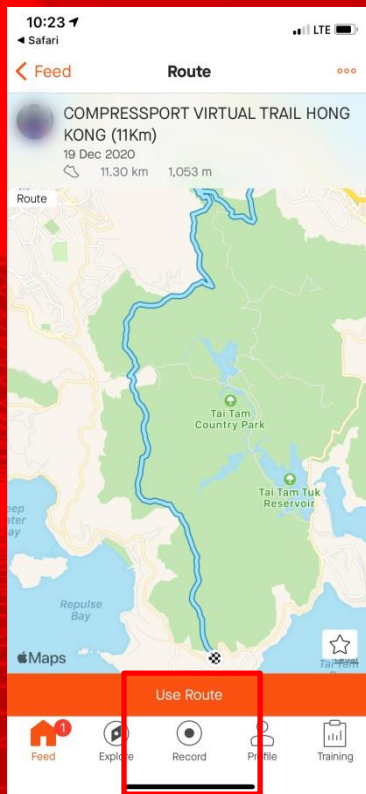
或 or

22公里環迴,組 22Km Round Trip Category

<https://www.strava.com/routes/2774941337716814148>



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.

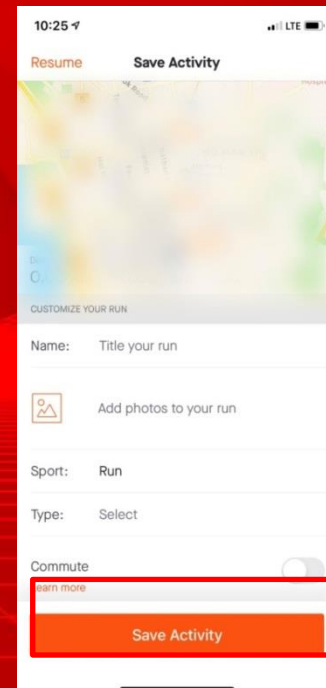
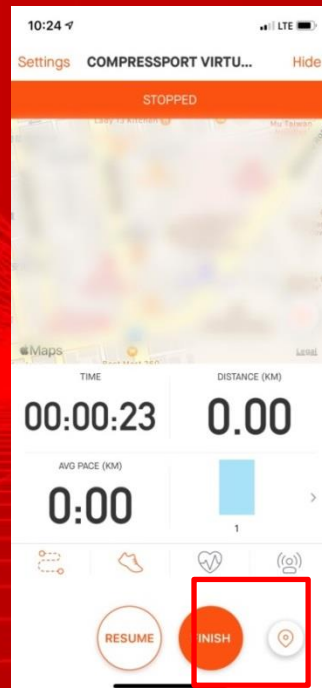
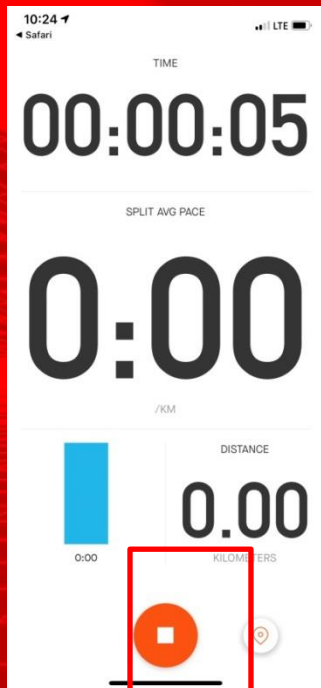


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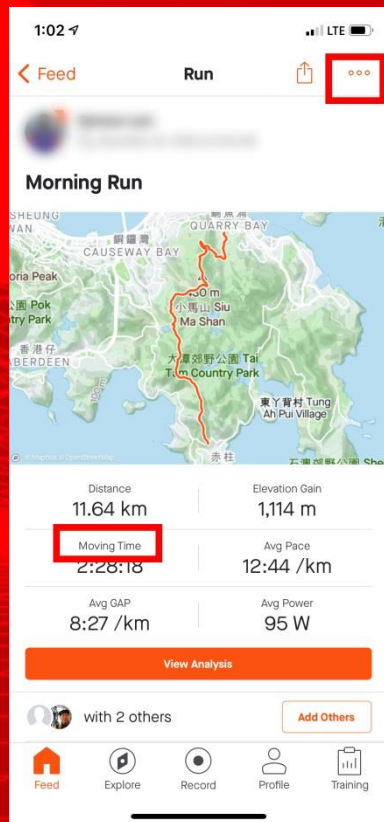
依照指示路線完成活動後，在下方鍵停止鍵，再按Finish / 完成制，以完成活動及停止計時，再按 Save Activity / 儲存活動。After you finish, click “Stop” button below to stop timing, and click “Finish” button, and “Save Activity” button to save your record.





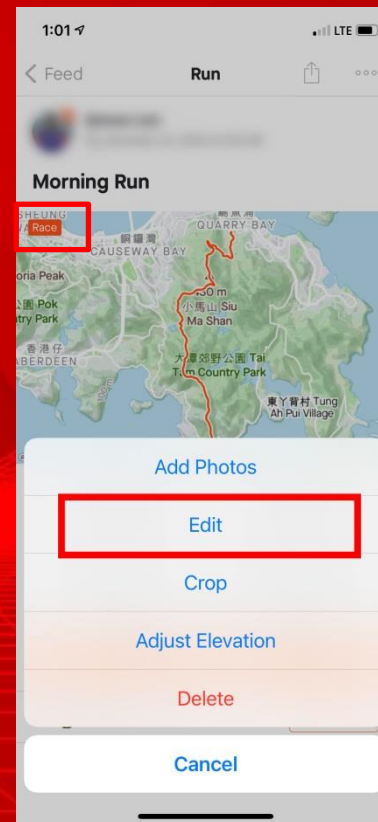
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*** Change “Moving Time” to “Elapsed Time” ***



開啟有關活紀錄，再
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Open the activity record,
and click on top
right



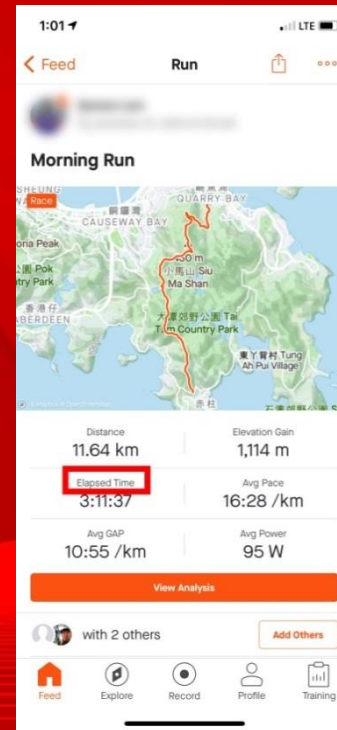
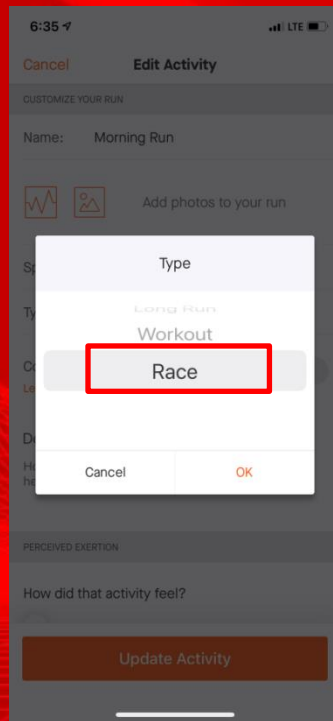
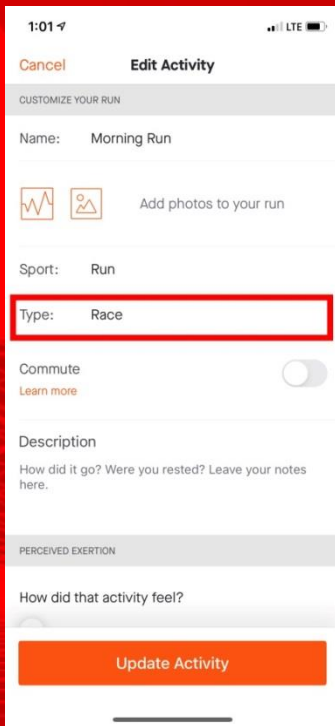
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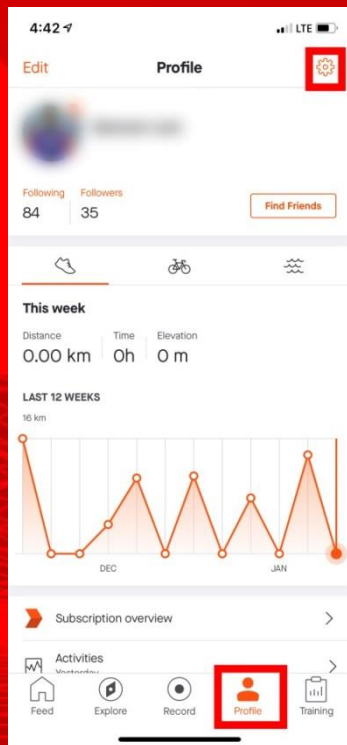
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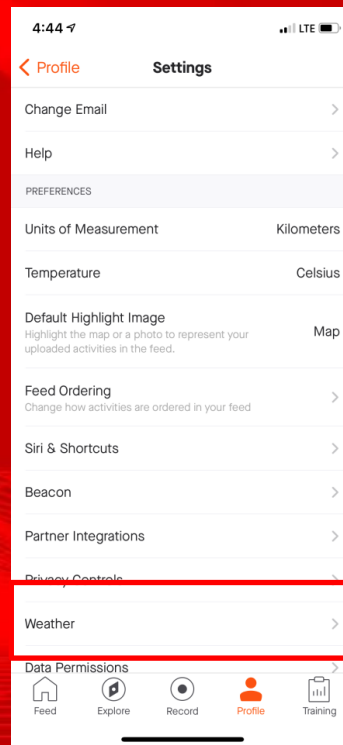


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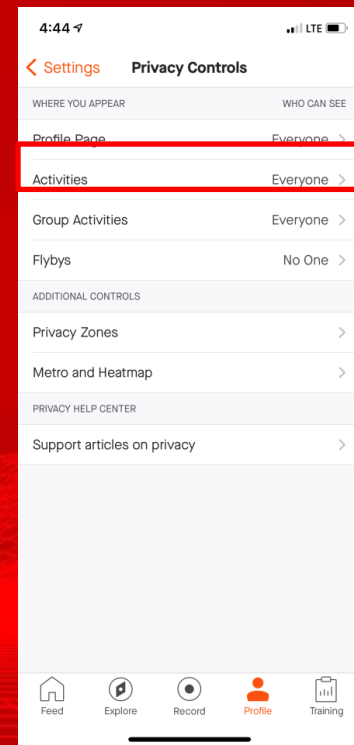
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把Activities設定改為Everyone
Change Activities set up
to "Everyone"