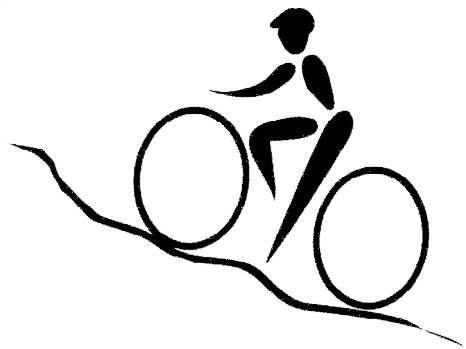


OHJEITA GPX-TIEDOSTOJEN LATAAMISEEN ERI URHEILUSOVELLUKSISTA

Ohjeessa kuvataan gpx-tiedostojen lataaminen Sports Tracker, Strava, Endomondo ja HeiaHeia! -sovelluksista.

Aloita kirjautumalla käyttäjätunnuksillasi käyttämäsi urheilusovelluksen nettisivulle tarkastelemaan tallentamiasi harjoituksia.



Sports Tracker (www.sports-tracker.com)

- u Tarkastele harjoitustasi > Edit > Export
- u Tallenna tiedosto valitsemaasi paikkaan

The screenshot displays the Sports Tracker interface. At the top, a navigation bar includes 'DASHBOARD', 'DIARY', 'FRIENDS', 'EXPLORE', 'SUPPORT', and 'SHOP'. The user's name 'Ainokaia' is visible in the top right. Below the navigation, a breadcrumb trail shows 'Jun 13 at 4:32 PM' and the user's profile picture. The main content area is divided into several sections:

- Map:** A map of the Vantaa area showing a red cycling route. The route starts at a 'START' point and ends at a 'FINISH' point. The map includes labels for various locations like Nemlähti, Petas, Tuupakka, Kaskela, Puroniitty, Haapaniemi, and Mäkkylänmetsä.
- Cycling Summary:**
 - CYCLING** (with a bicycle icon)
 - 00:48:31** Duration
 - 12.02 km** Distance
 - 14.9 km/h** Avg. speed
 - 363 kcal** Energy
 - 35.6 km/h** Max. speed
 - 251 / 250 m** Ascent / Descent
- LAPS:** A section with a 'Show' button and a dropdown menu set to '1 km'.
- ON THIS ROUTE:** A section with a 'Show' button and a 'Best time' label.
- PHOTOS:** A section with a '+ Add photos' button.
- Comments:** A text input field with the placeholder 'Write a comment'.

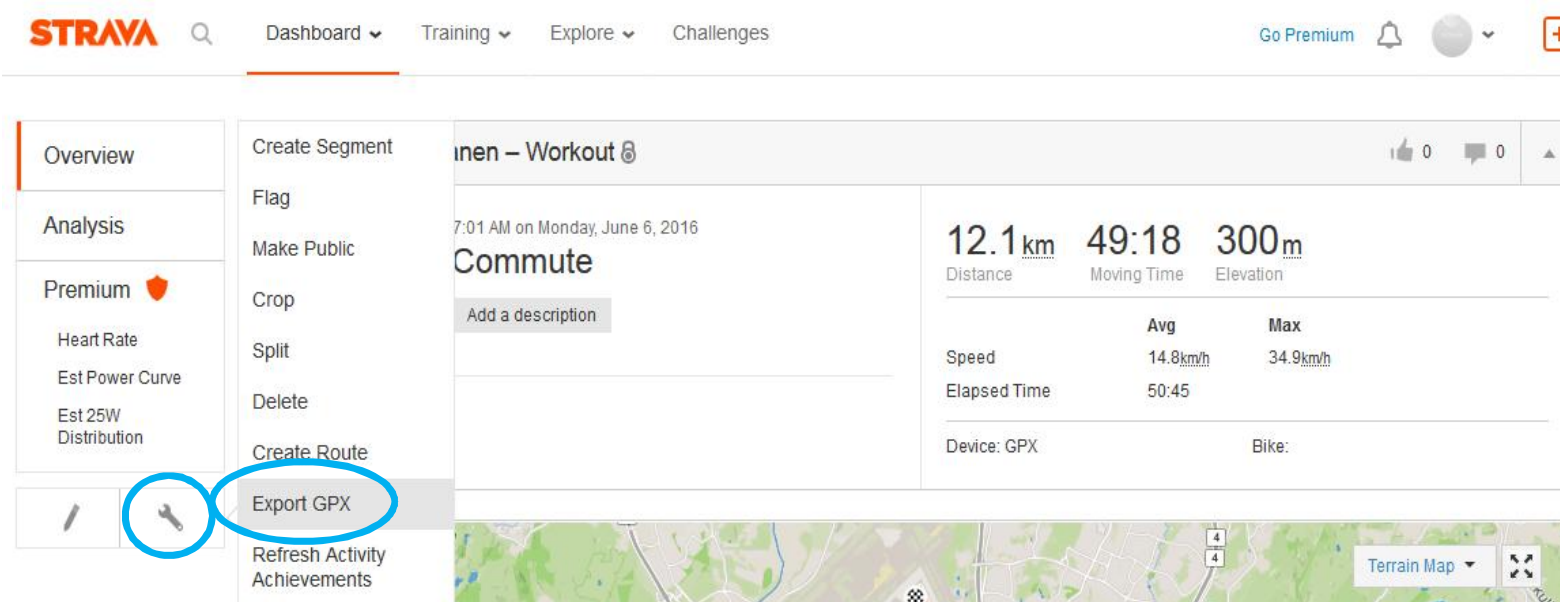
An 'Edit' button is circled in blue in the top right corner of the summary section. To the right, an 'Edit Workout' modal is open, featuring a calendar for June 2016 with the 13th selected. The modal includes the following fields:

- Date:** June 2016
- Activity:** Cycling (dropdown menu)
- Start Time:** 16 : 32
- Distance:** 12.02 km
- Duration:** 0 : 48 : 31
- Description:** 256 characters left
- Sharing:** Private (dropdown menu)

An 'EXPORT' button is circled in blue in the top right corner of the 'Edit Workout' modal.

Strava (www.strava.com)

- u Tarkastele harjoitustasi > Työkalu-kuvake > Export GPX
- u Tallenna tiedosto valitsemaasi paikkaan



The screenshot shows the Strava website interface. At the top, there is a navigation bar with the Strava logo, a search icon, and menu items for Dashboard, Training, Explore, and Challenges. On the right side of the navigation bar, there are links for Go Premium, a notification bell, a profile icon, and a plus sign.

The main content area displays a workout activity titled "inen – Workout". The activity details include:

- Distance: 12.1 km
- Moving Time: 49:18
- Elevation: 300m

A table below these details shows performance metrics:

	Avg	Max
Speed	14.8 km/h	34.9 km/h
Elapsed Time	50:45	

At the bottom of the activity page, there is a map showing the route. The "Export GPX" option in the left-hand menu is highlighted with a blue circle.

Endomondo (www.endomondo.com)

- u Tarkastele harjoitustasi, oikean yläkulman nuolesta avautuu valikko > Export
- u Valitse tiedostomuodoksi GPX > Export > Tallenna tiedosto valitsemaasi paikkaan

The screenshot displays the Endomondo interface for a specific workout. The top navigation bar includes 'endomondo', 'Training', 'Challenges', 'Routes', 'Friends', 'Shop', and an 'Add Workout' button. The user's name 'Ainokaisa Tarna' and an 'UPGRADE' button are visible in the top right.

The main content area shows a workout titled '6 km Afternoon Bike Ride (Transport)' from August 27, 2016, at 1:35 PM. A social media sharing menu is open, with a dropdown arrow icon circled in blue. The menu options include 'Workout Visibility', 'Map Visibility', 'Edit', 'Add Photos', 'Tag Friends', 'Create Route', 'Link to an existing Route', 'Export', and 'Delete'. The 'Export' option is also circled in blue.

To the left of the map, a statistics panel lists various metrics: Distance (6.02 km), Duration (29m:16s), Calories (188 kcal), Avg Speed (12.34 km/h), Max Speed (24.30 km/h), Avg Pace (04:52 min/km), Max Pace (02:28 min/km), Min Altitude (-9 m), Max Altitude (37 m), Ascent (114 m), Descent (109 m), Temperature, Humidity, and Weather (Hazy sunshine).

A map shows the route in the Leppävaara area, with a blue line indicating the path. A 'Select Your File Format' dialog box is overlaid on the right, showing 'TCX Format' and 'GPX Format' options, with 'GPX Format' circled in blue. A green 'Export' button is at the bottom of the dialog.

HeiaHeia! (www.heiaheia.com)

27.08.2016
Pyöräily
Kesto: 29 min 58 s
Matka: 6,7 km
Keskinopeus: 13,5 km/t
Maksiminopeus: 25,2 km/t
Yksityinen
Fiilis:
Tagit: Kevyt
0 0
Kartta Satelliitti
Google Karttatiedot ©2016 Google Käyttöehdot Ilmoita Karttavirheestä
Poista kartta tästä treenimerkinnästä - Lataa GPX-tiedosto itsellesi

- u Tarkastele harjoitustasi klikkaamalla sitä
- u Aukeavan ruudun alalaidassa on kohta "Lataa GPX-tiedosto itsellesi"
- u Tallenna tiedosto valitsemaasi paikkaan