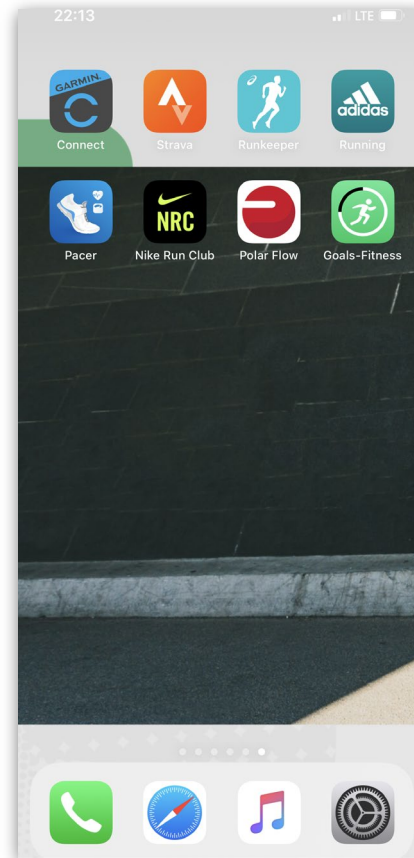


# HOW DO I TRACK MY RUN?



Open a **running app**\* of your choice on your smartphone.

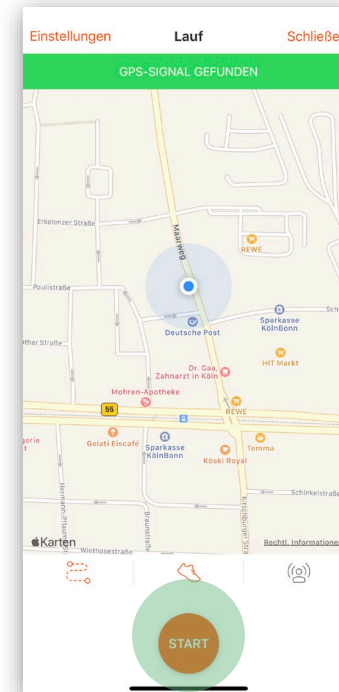
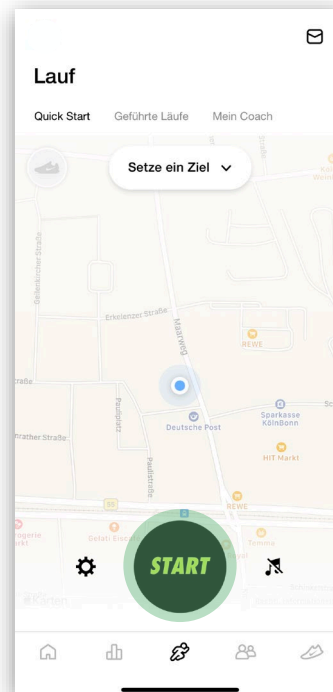
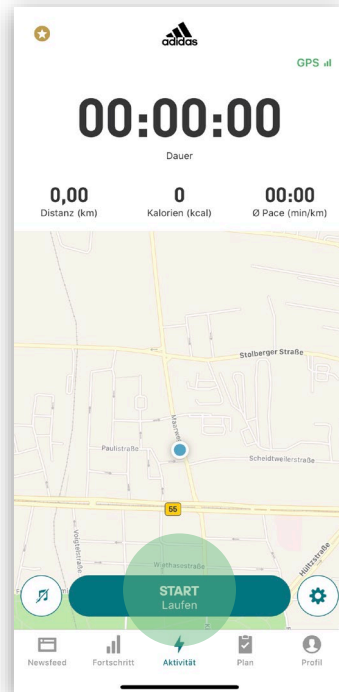


\*You can download a running app\*\* in the Apple App Store (iPhone) or in the Google Play Store (Android).

\*\*The running apps displayed in this presentation are for visualisation purposes; they in no way provide an individual recommendation.

# Your performance is being recorded!

Click on **START** and begin your run.

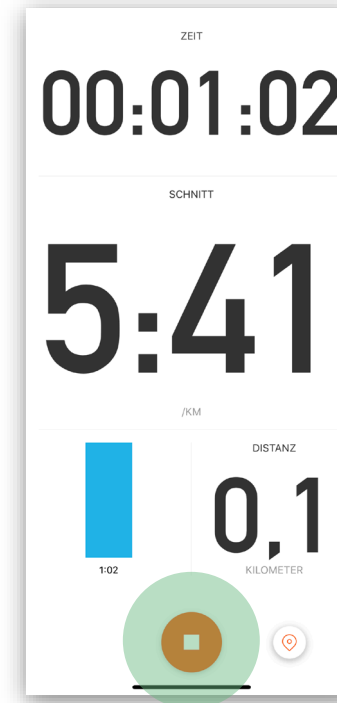
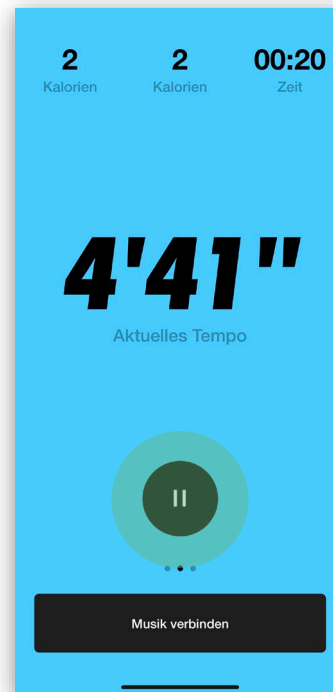
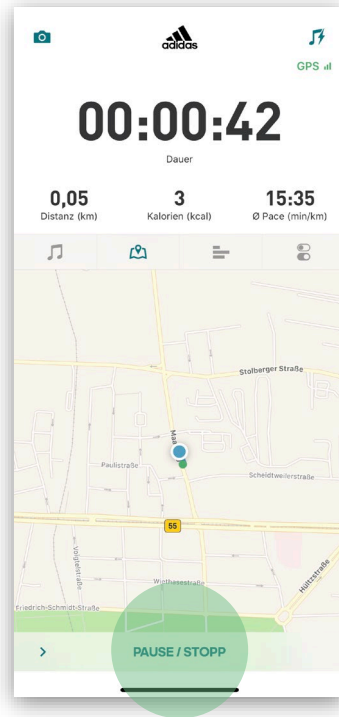


## **!** *RUNNING-TIP*

Some running apps let you set a fixed distance in advance. Doing this you ensure that you neither run too far nor that the measured time is inaccurate. Just look into your app's settings.

# You reached your destination!

Stop the tracking as soon as you reached your distance goal by pressing **STOPP/BREAK**.  
Now you can take a **screenshot** showing an overview of your running performance.\*



\*You don't know how to take a screenshot?  
No problem. Just google "**screenshot**" and the **model** of the **phone** you're using.

# Transmitting your **time** via the **upload link**

Open your **registration confirmation email** and click on the attached **upload link**.

MY RACE RESULT Select your language: English

**WE-KEEP-ON RUNNING**

REGISTRATION PARTICIPANTS RESULTS

Registration Data Done

\* Mandatory Fields

MIDSUMMER RUN EUROPE

REGISTRATION

The result upload is only possible on June 20, 2020 between 0.00 and 9.00 am (CEST).

Runtime (Format: H:MM:SS): \*  :  :

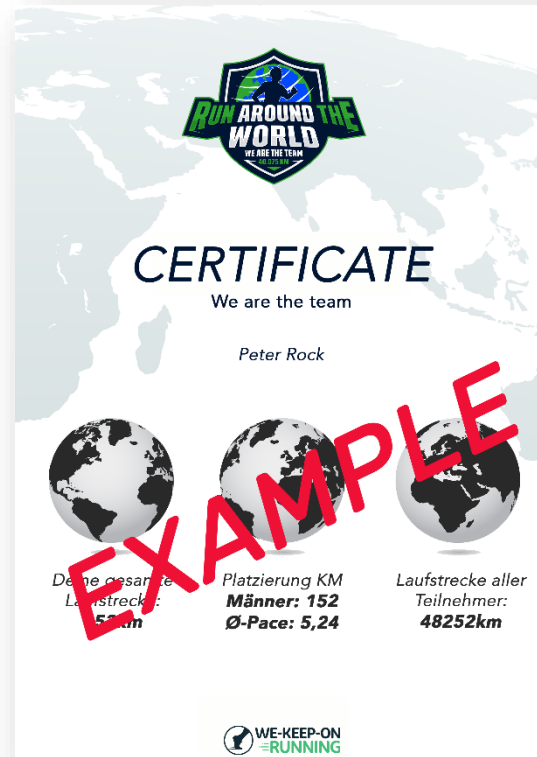
Screenshot of the run app/ your run clock: \*  Keine ausgewählt

PERSONAL DATA

Contest: \* SK

You are now in the window for **uploading** your **time**. Click on the corresponding sections in order to transfer your measured **time** and the **screenshot/picture**.

Your **finisher certificate** is on its way!



You can now lean back and be happy about your accomplishments as well as your personalised finisher certificate.

**Thank you** for participating!