

Screenshot z aplikácií napr. Strava, Relive, Garmin a Apple watch a pod.

V aplikácii musí byť uvedené meno študenta, dátum cvičenia, dĺžku trvania aktivity, vzdialenosť, mapa. Túto formu odporúčame používať na aktivity ako beh, cyklistika, turistika, korčuľovanie...

Prikladáme vzorový záznam:

The screenshot shows a Strava activity page for a ride. The activity is titled 'Marian Decky - Ride' and is an 'Afternoon Ride' recorded on Thursday, September 12, 2018, at 2:48 PM. The activity statistics are: Distance 15.67 km, Moving Time 59:23, and Elevation 216 m. The speed statistics are: Avg 13.3 km/h, Max 42.3 km/h, and Expended Time 1:00:12. The activity is categorized as a 'Ride' and is marked as 'Private'. The user has a profile picture and a name 'Marian Decky'. The page includes a sidebar with navigation options like 'Overview', 'Analysis', and 'Subscriptions'. The main content area features a 'TOP RESULTS' section with a 'View all' button and a list of achievements: 'PR on Boris Velky dokopca (4:44)', 'PR on Hrebef#2 (10:09)', '2nd fastest time on Trail Bielej Kriz (horná časť) (3:23)', and '2nd fastest time on Pražná cesta (3:23)'. Below the achievements is a map showing the ride route in a hilly area, with a 'Create Route' button and a 'Standard Map' dropdown. Under the map is an elevation profile graph showing the ride's vertical gain and descent. At the bottom, there is a 'Segments' table with columns for Name, Time, Speed, Power, VAM, and HR. The table lists two segments: 'Boris Velky dokopca' (0.21 km, 57m, 4:44, 11.8 km/h) and 'Hrebef#2' (2.37 km, 57m, 10:09, 14.0 km/h).

Name	Time	Speed	Power	VAM	HR
Boris Velky dokopca 0.21 km 57m 4.1%	4:44	11.8 km/h	—	—	—
Hrebef#2 2.37 km 57m 2.3%	10:09	14.0 km/h	—	—	—