

**Screenshot- appl. Strava, Relive, Garmin, and Apple watch et cetera.** The application must give the name of the student, date of the activity, length of the activity, a map, a distance / this form is recommended for such activities as running, cycling, hiking, skating .....

See the sample sheet below:

**STRAVA** Dashboard Training Explore Challenges

**Marian Decky – Ride**

2:46 PM on Thursday, September 10, 2015

### Afternoon Ride

Distance: 15.67 km Moving Time: 59:23 Elevation: 216 m

Speed: Avg 15.5 km/h Max 42.5 km/h

Elapsed Time: 1:22:12

With someone who didn't record? [Add friends](#)

**TOP RESULTS**

- PR on Boris Velky dokopca (4:44)
- PR on Hrebeň#2 (10:02)
- 2nd fastest time on Trati Bielej Kríž (horná časť) (4:22)
- 2nd fastest time on Prašná cesta (4:22)

**Segments**

Name	Time	Speed	Power	VAM	HR
Boris Velky dokopca 0.91 km 57m 4.1%	4:44	11.6 km/h	—	—	—
Hrebeň#2 2.37 km 57m 2.3%	10:02	14.0 km/h	—	—	—