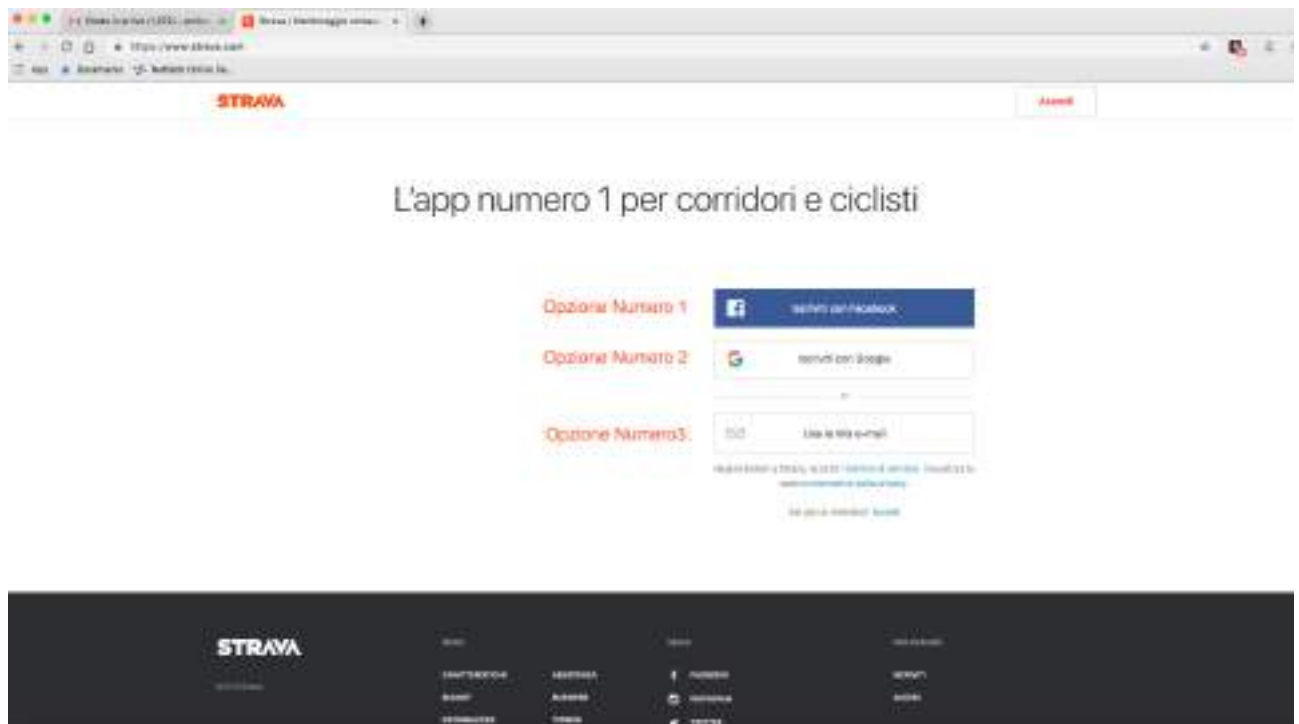


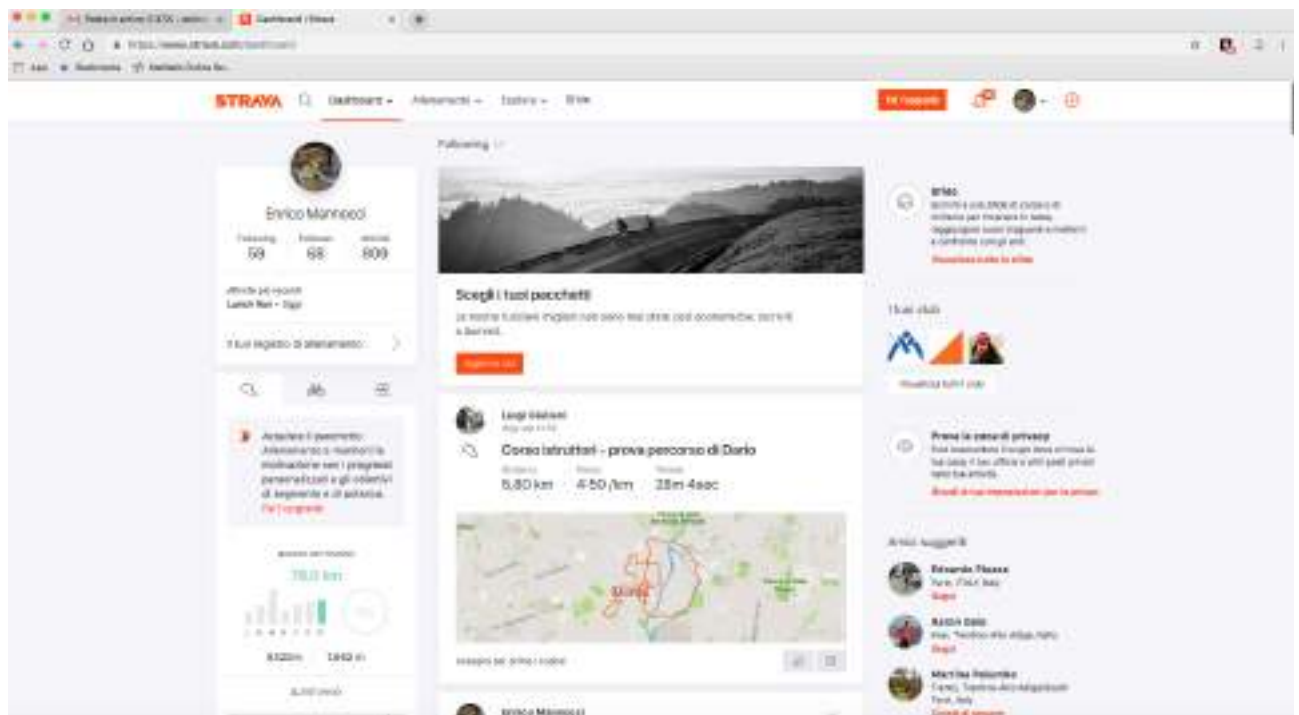
Tutorial: come creare un profilo su Strava e come collegarlo a Garmin connect/Polar

1 Collegarsi al sito www.strava.com

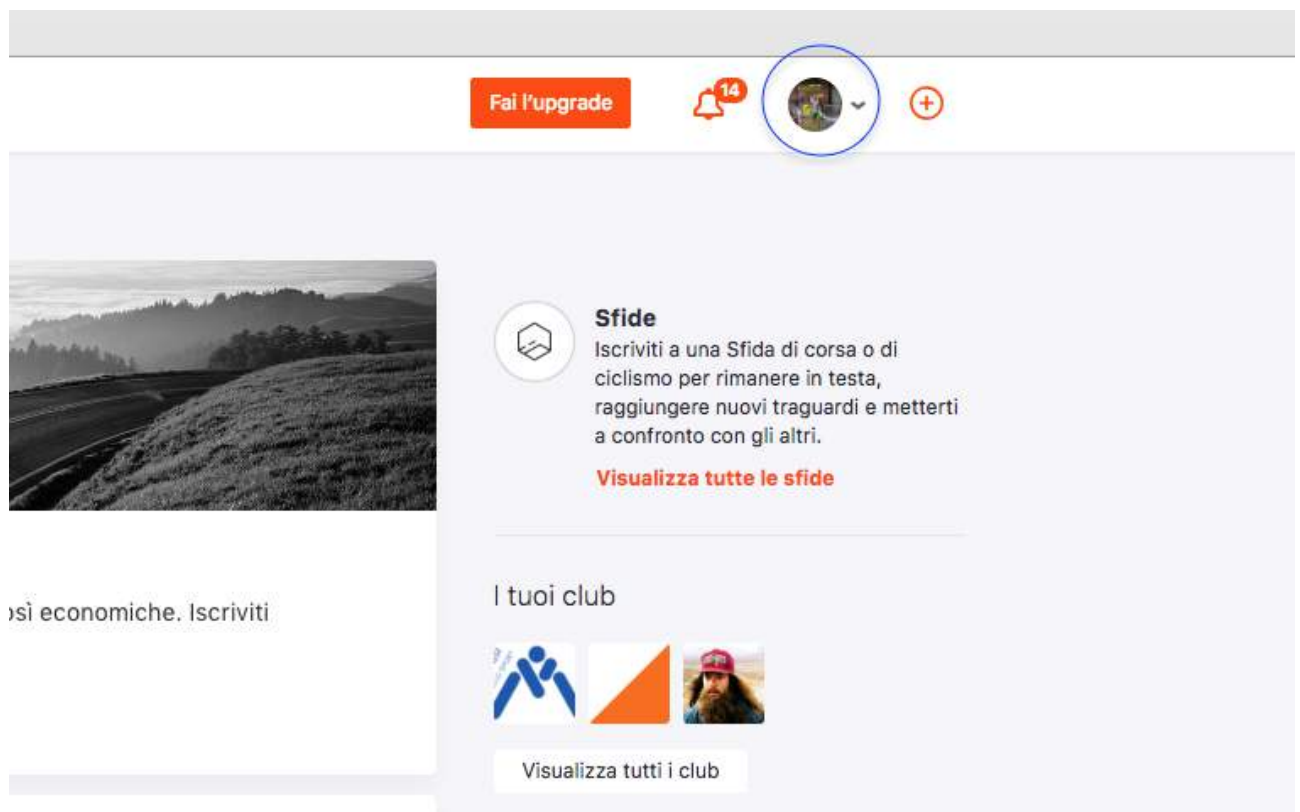


2 Selezionare un'opzione e iscriversi seguendo le informazioni a schermo

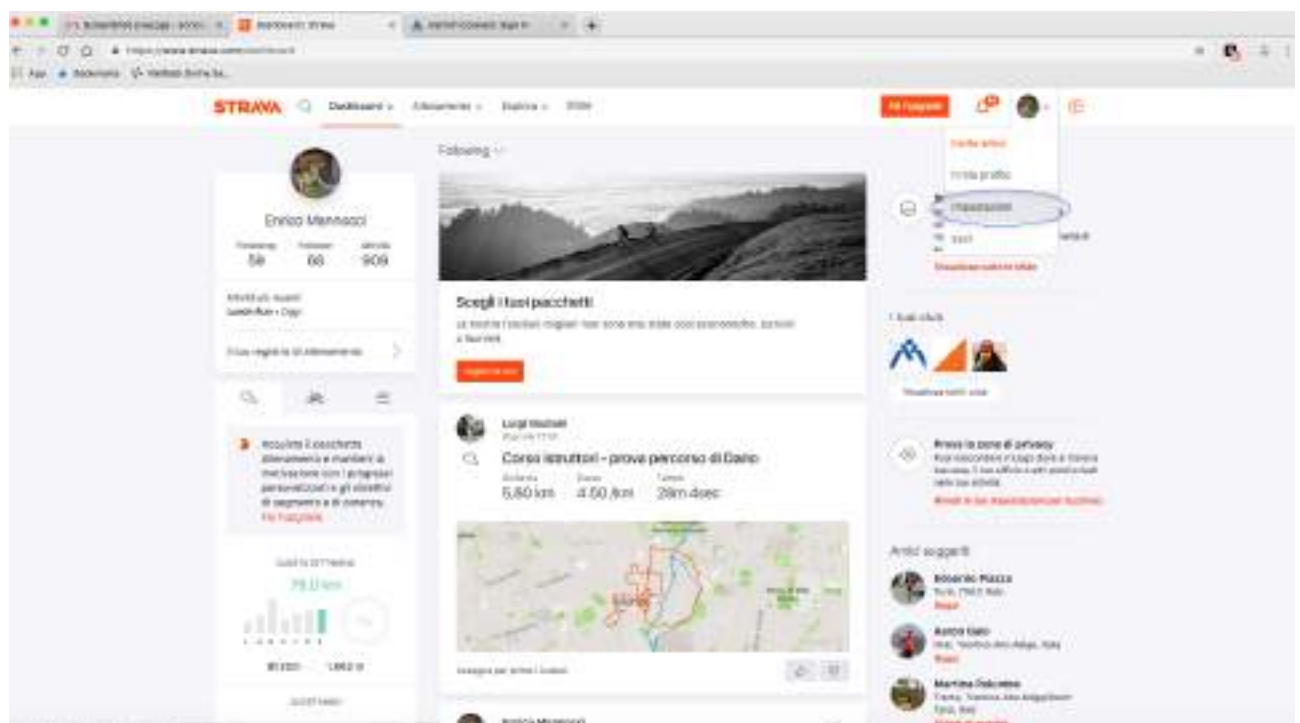
3 Accedere (dopo aver verificato l'indirizzo e-mail)



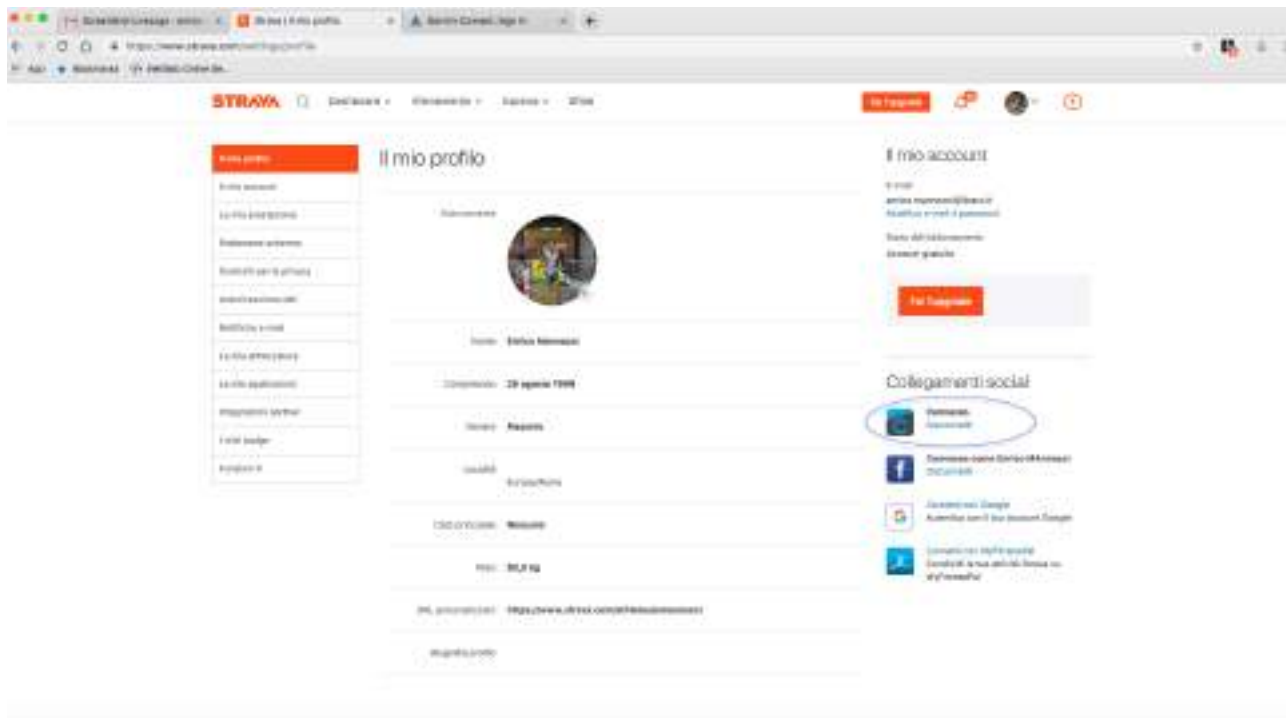
4 Comparirà una schermata come questa



5 Spostare la freccia del mouse sull'immagine del profilo

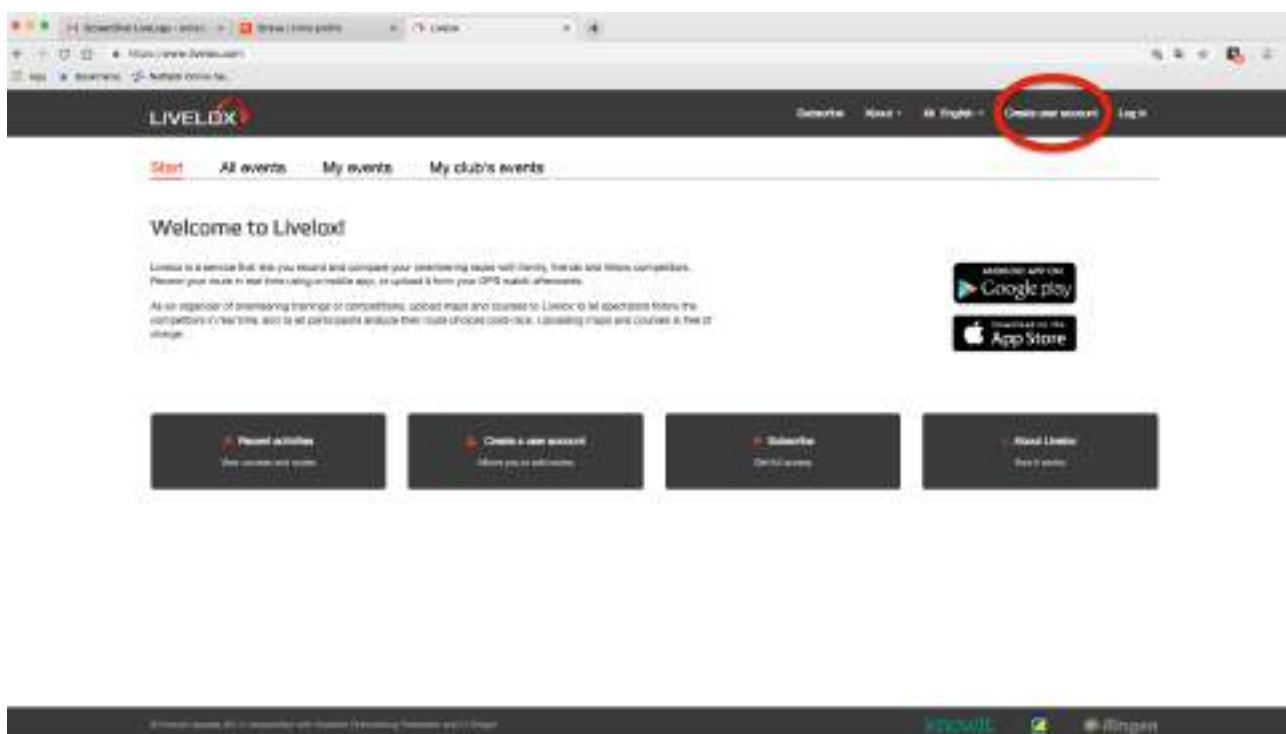


6 Selezionare *Impostazioni*



7 Selezionare Connetti (lo l'ho già fatto quindi mi compare disconnetti) e seguire le istruzioni, sarà necessario effettuare il log-in con le proprie credenziali di Garmin-connect e accettare alcune condizioni / dare autorizzazioni

8 Collegarsi a www.livelox.com/



9 Selezionare la voce Create user account

Create user account

Please note: If you are member of a Swedish, Norwegian or Hungarian orienteering club, please log in with your club account instead of creating a new user account. Logging in with your club account will prevent your routes to be connected correctly to maps from Livebox. Also, subscriptions associated to your Livebox account will not be activated. Contact your club administrator if you don't have your Livebox login details.

First name

Last name

Email

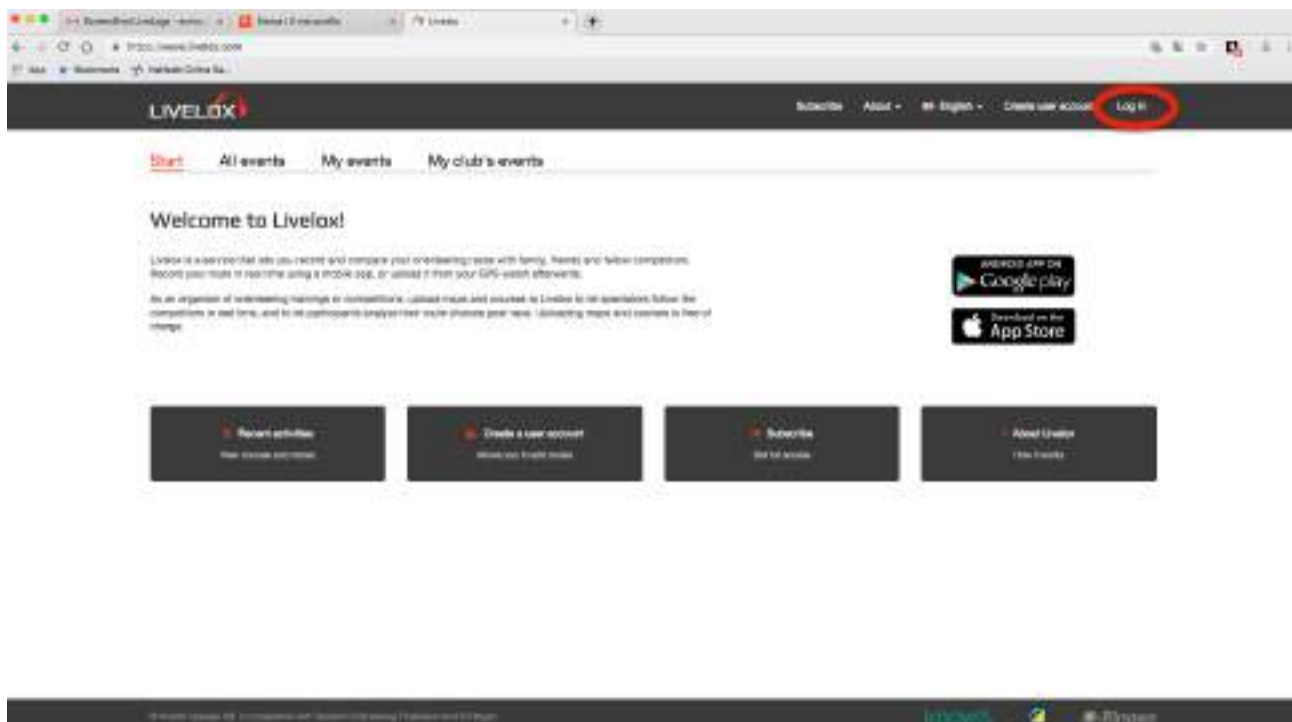
Username

Password

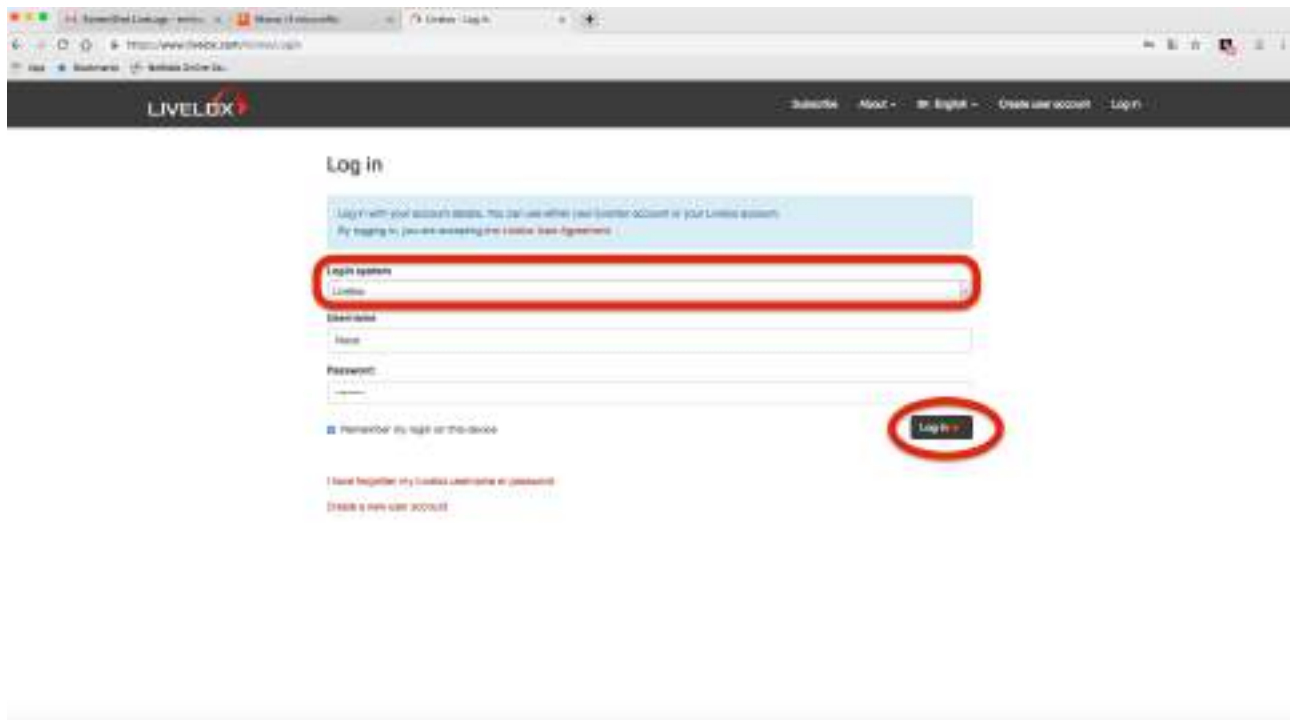
☐ Remember my login on this device

Save **Cancel**

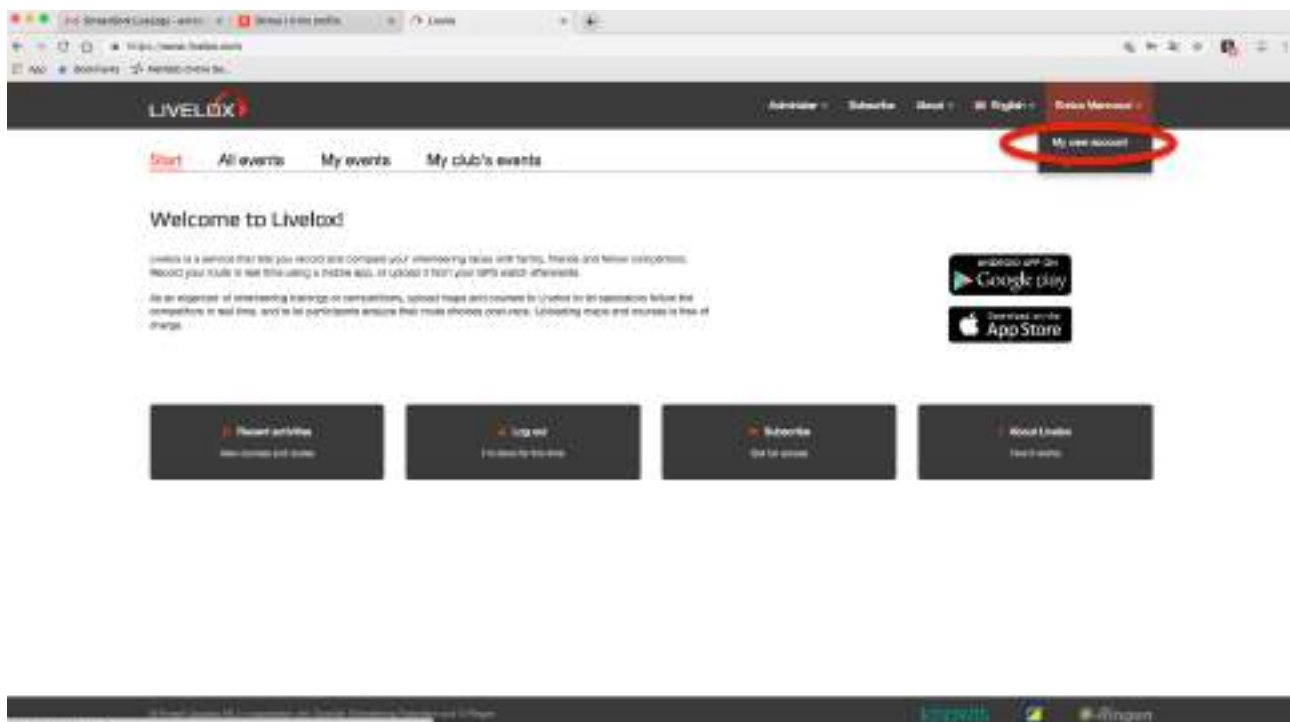
10 Compilare tutti i campi e selezionare Save



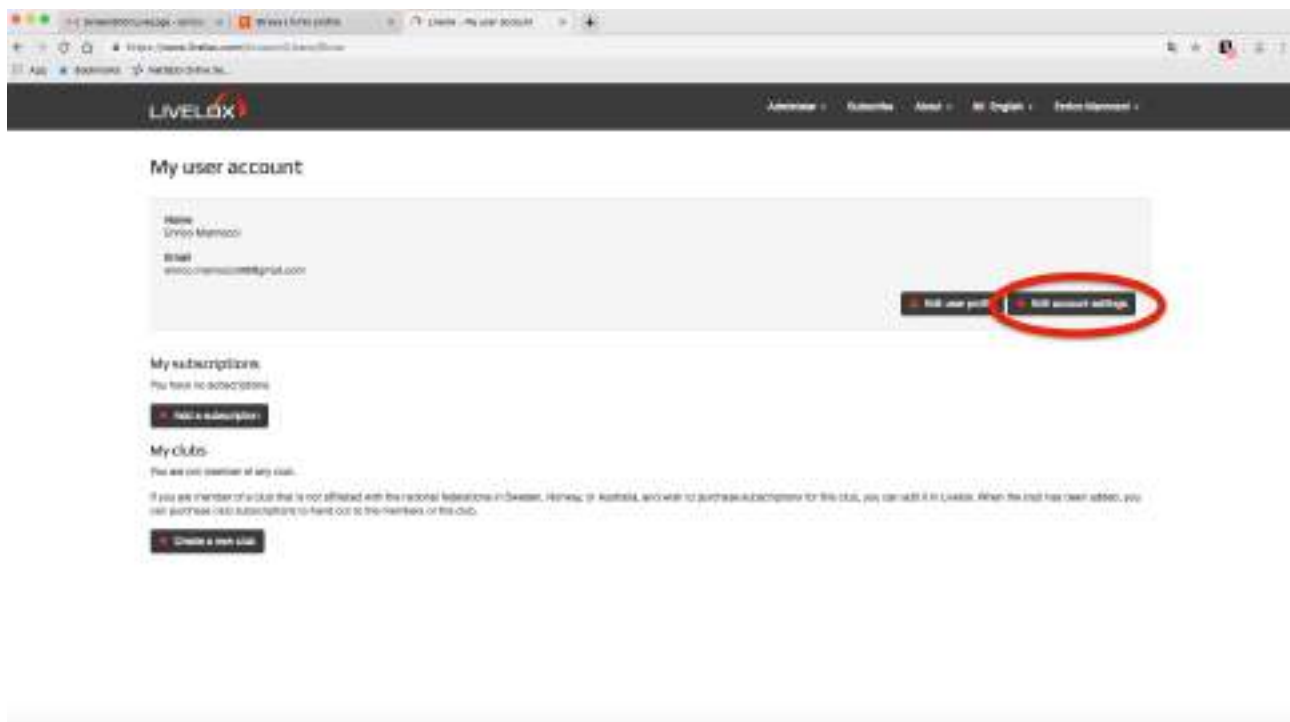
11 Selezionare Log-In (dopo aver confermato la e-mail)



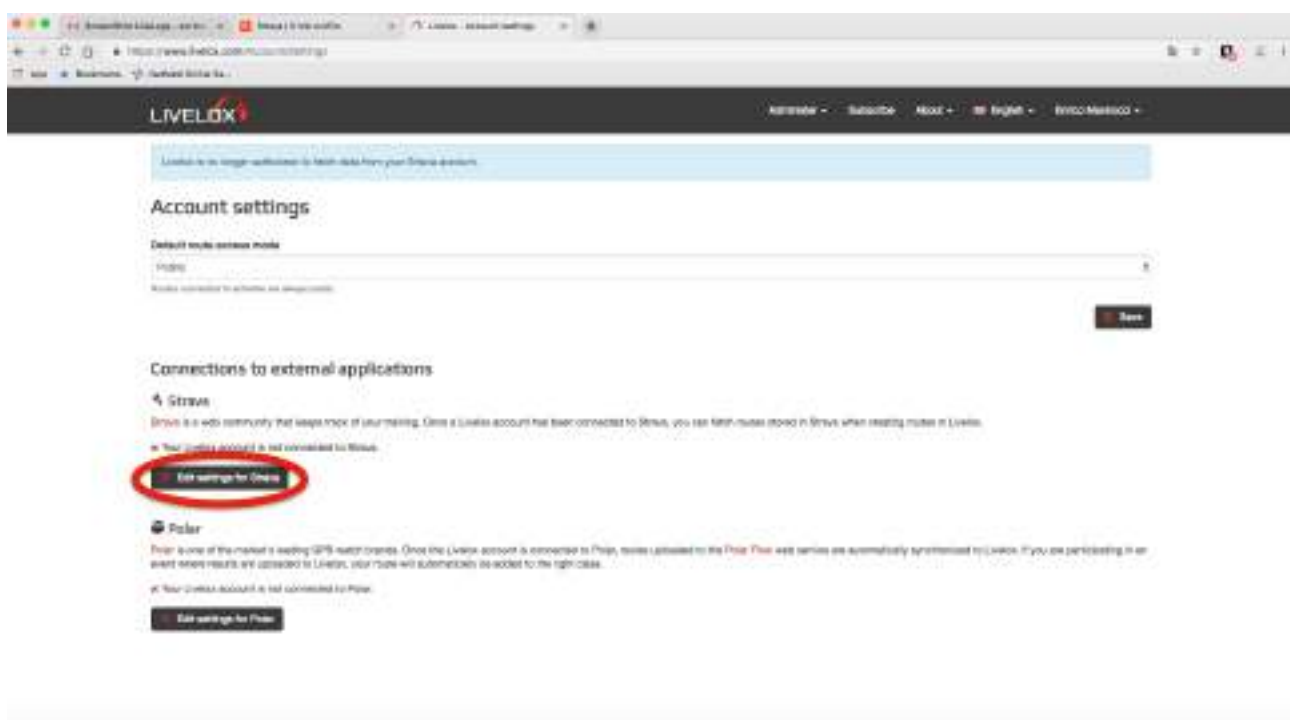
12 Assicurarsi che il campo sia selezionato su LIVELOX!
e premere log-in dopo aver inserito le proprie credenziali



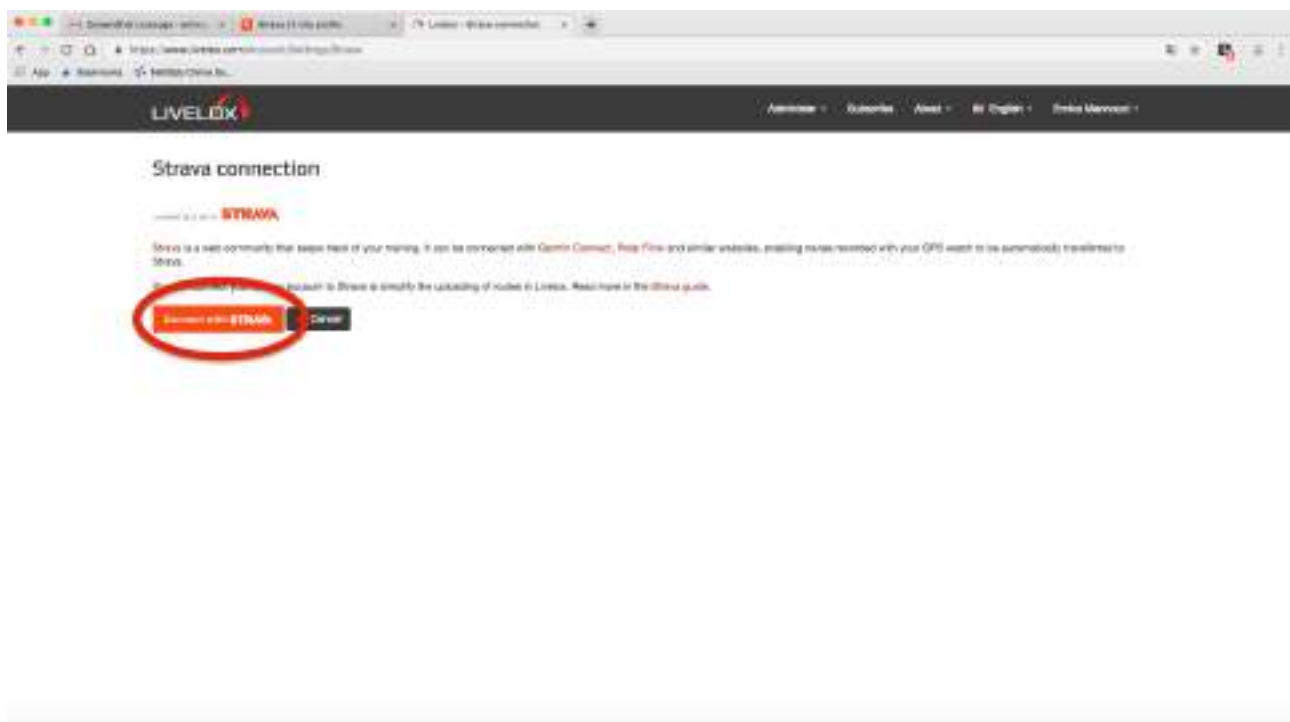
13 Spostare il mouse sopra il proprio nome e selezionare la voce indicata



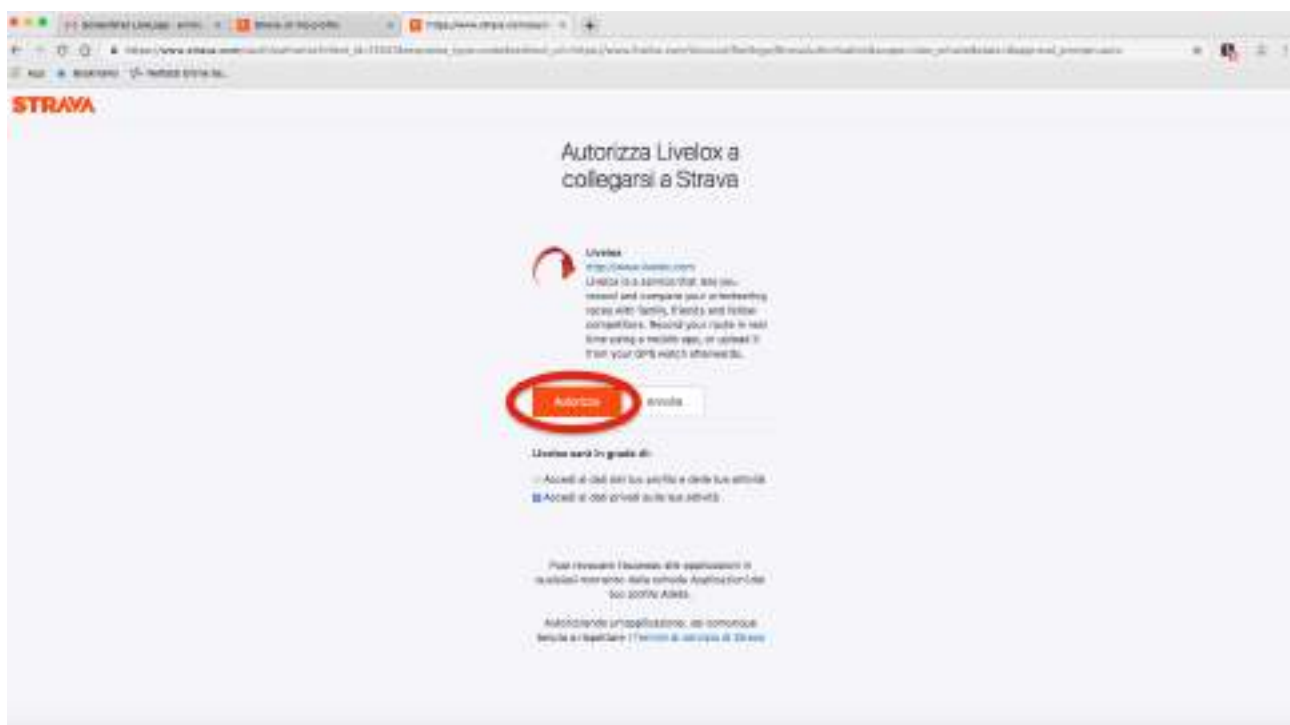
14 Selezionare Edit Account Setting



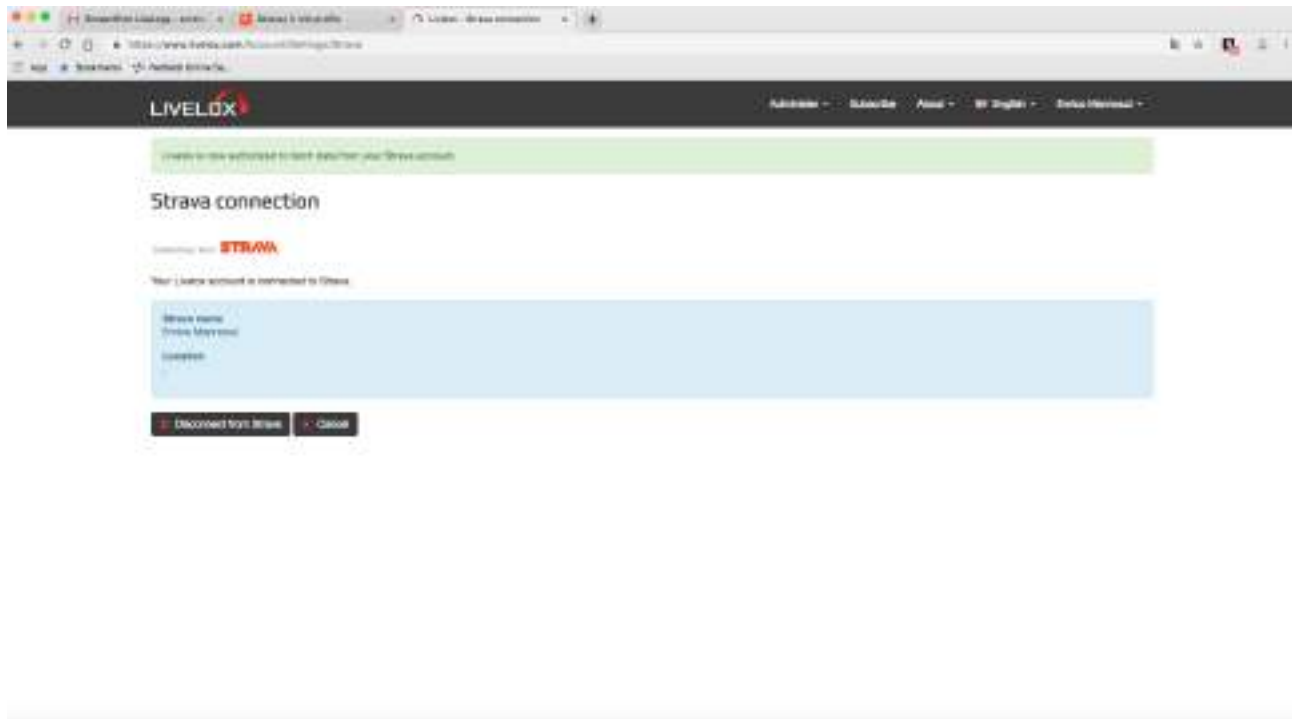
15 Selezionare Edit Settings for Strava



16 Selezionare Connect with Strava



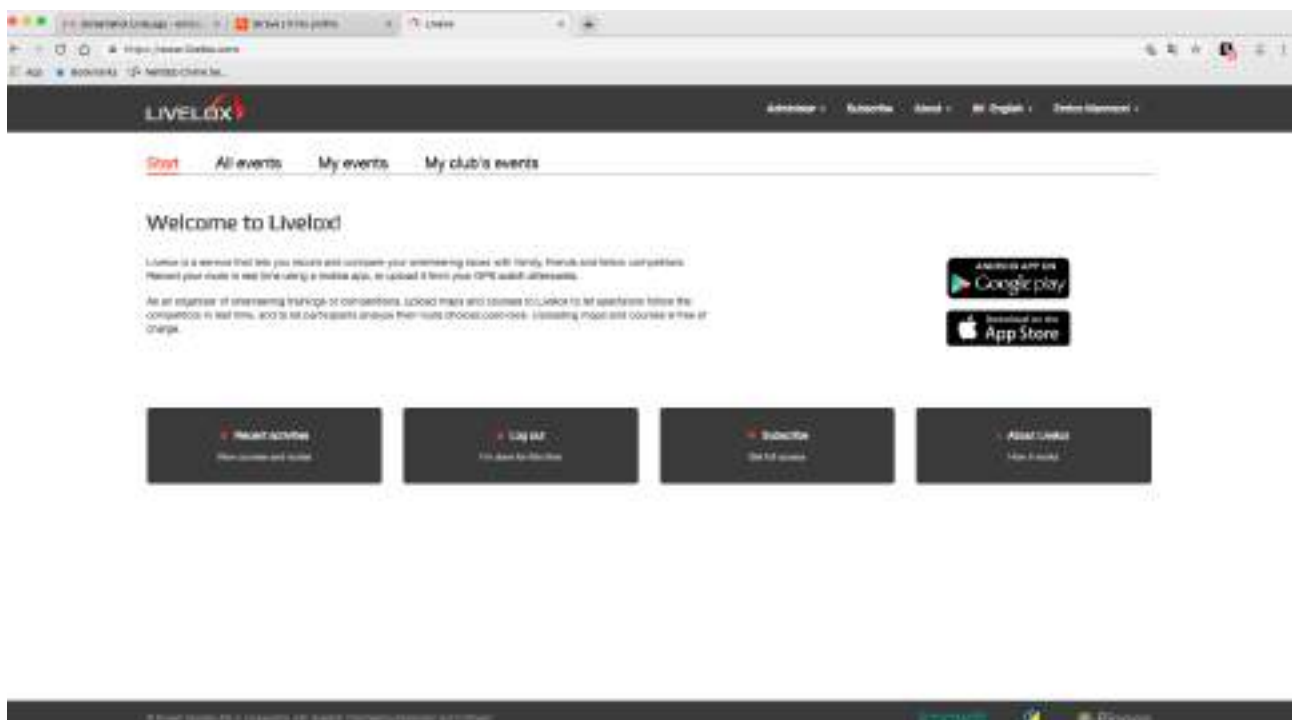
17 Selezionare Autorizza



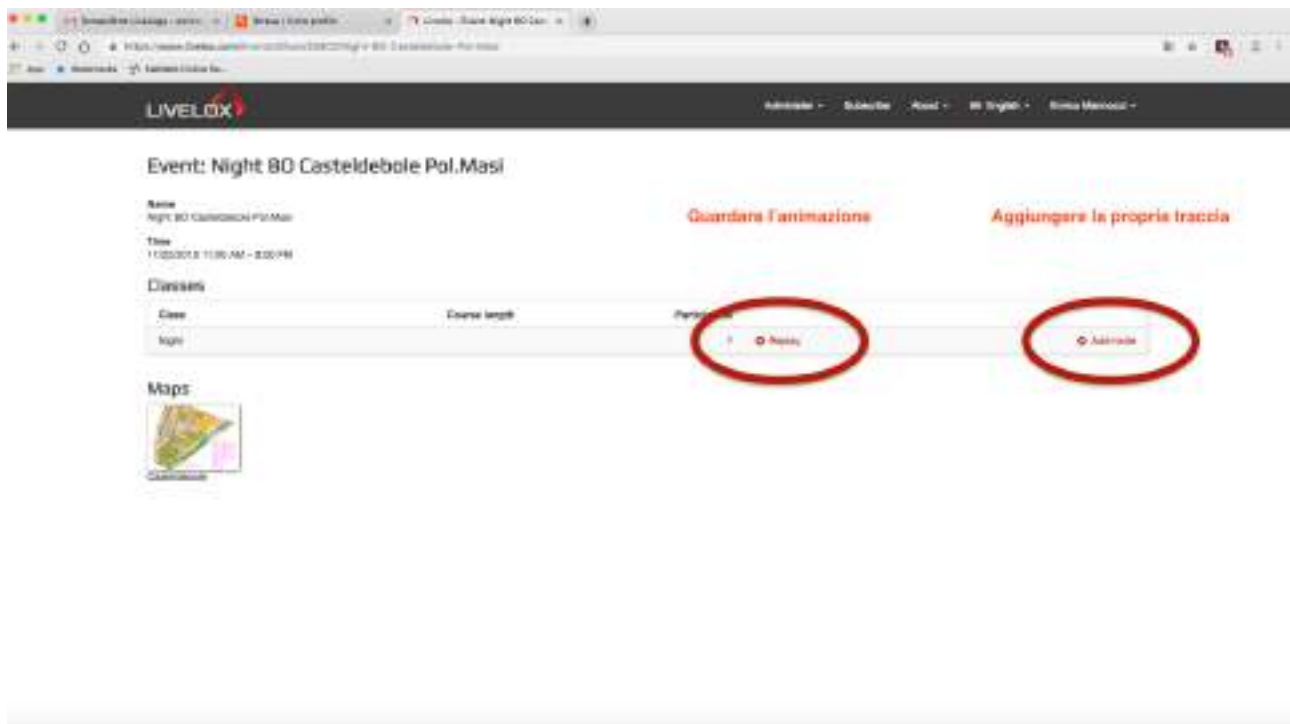
18 Operazione Completata

Tutorial: Aggiungere la propria Traccia GPS

1 Collegarsi ed effettuare il login al sito web: www.livelox.com/

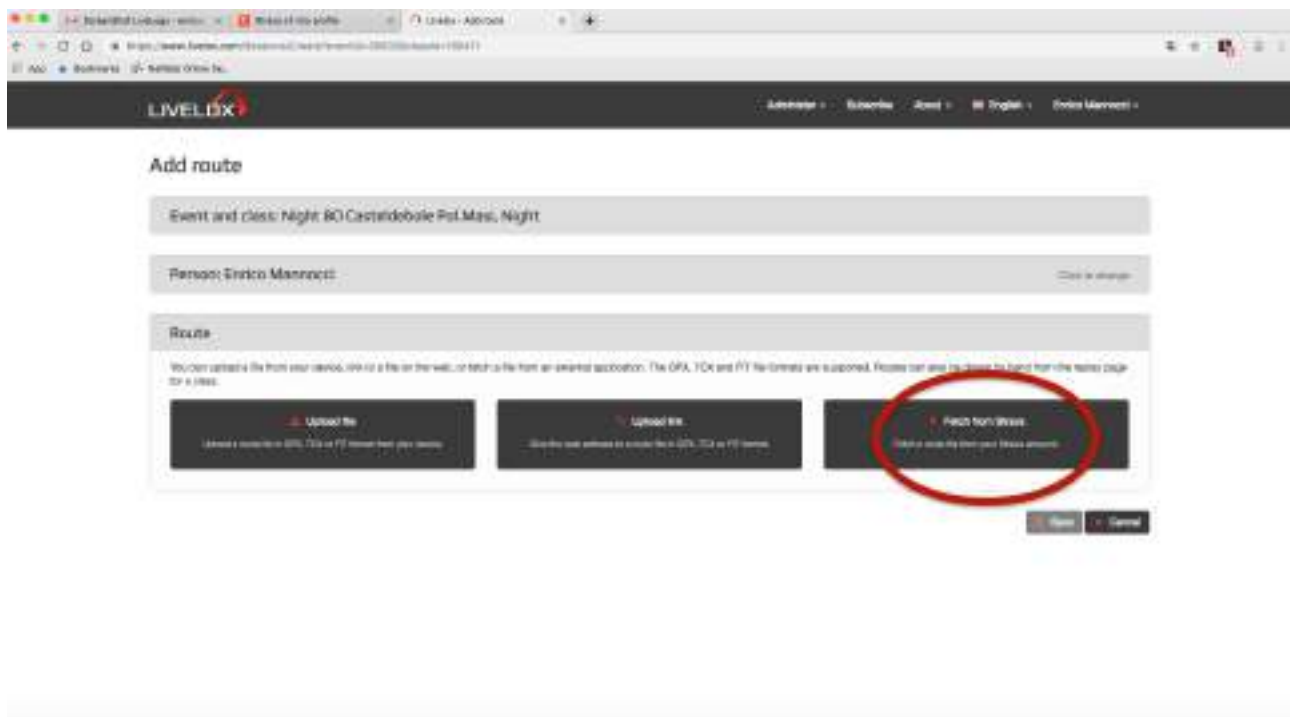


2 Vi troverete una schermata simile a questa

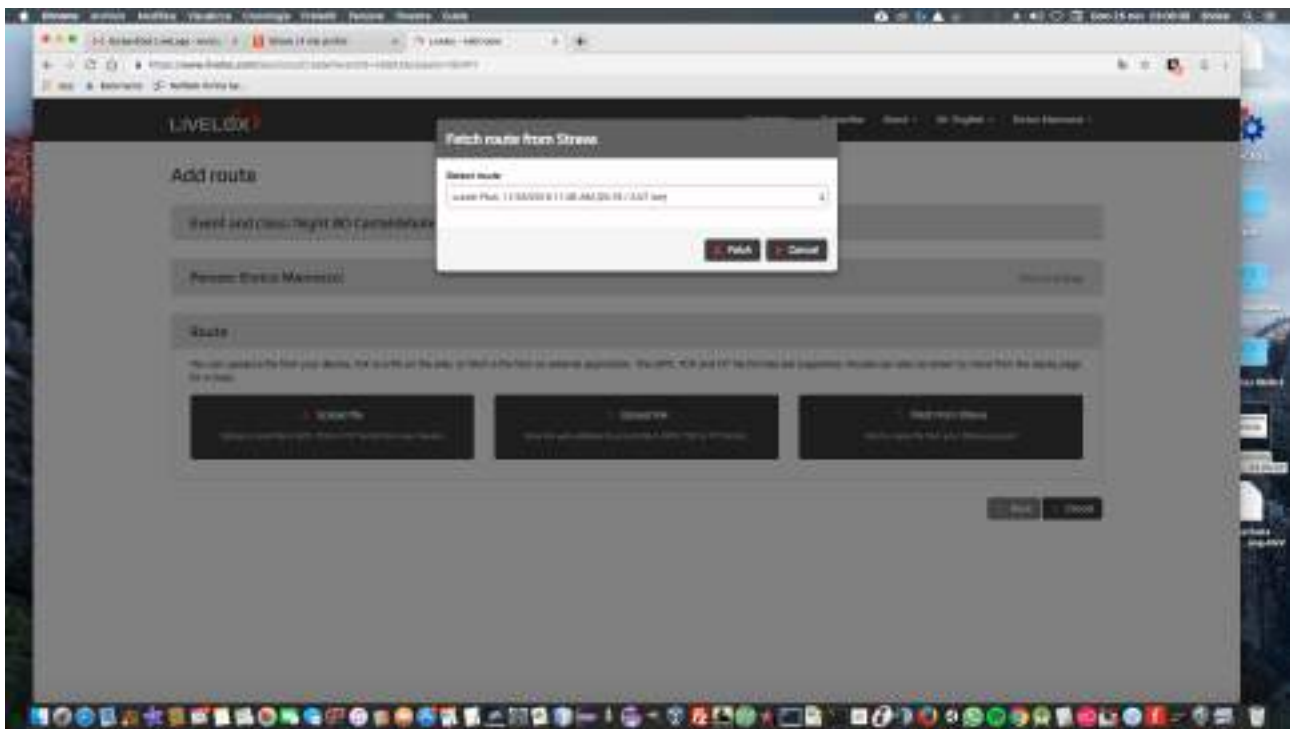


5 In sequenza prima aggiungere la propria traccia e poi guardare l'animazione

A - Aggiungere una traccia



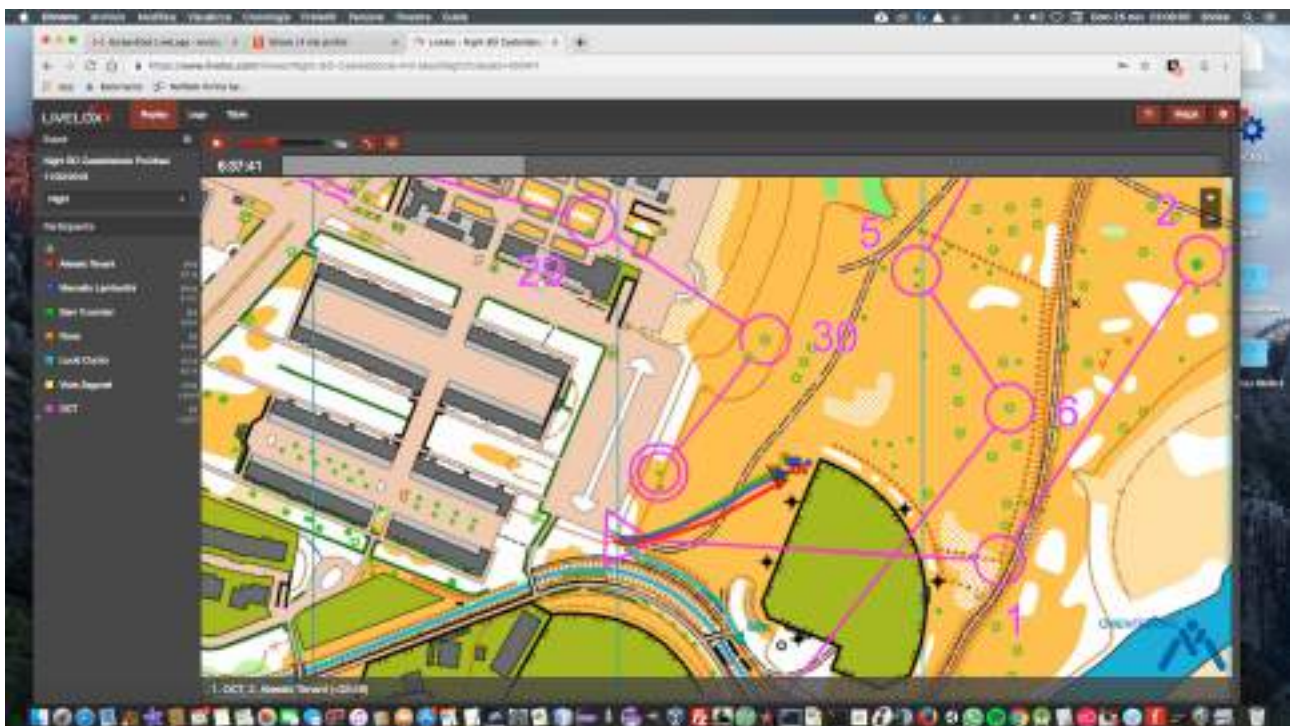
A.1 Selezionare la voce indicata



A.2 Selezionare l'attività corretta e selezionare *Fetch*

B Guardare l'animazione

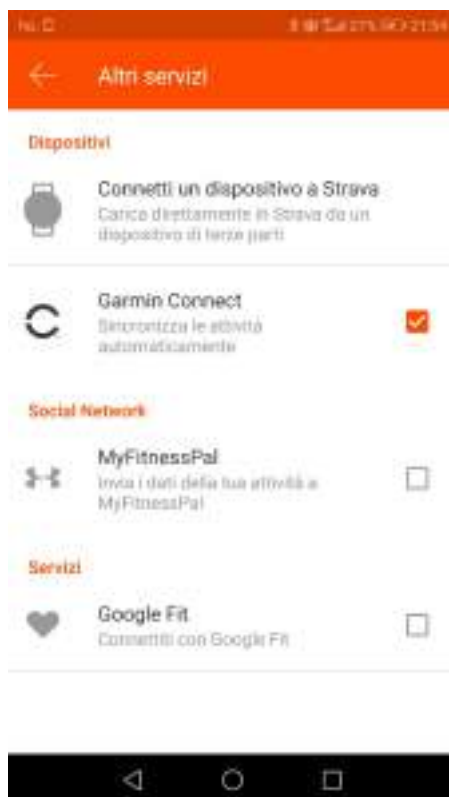
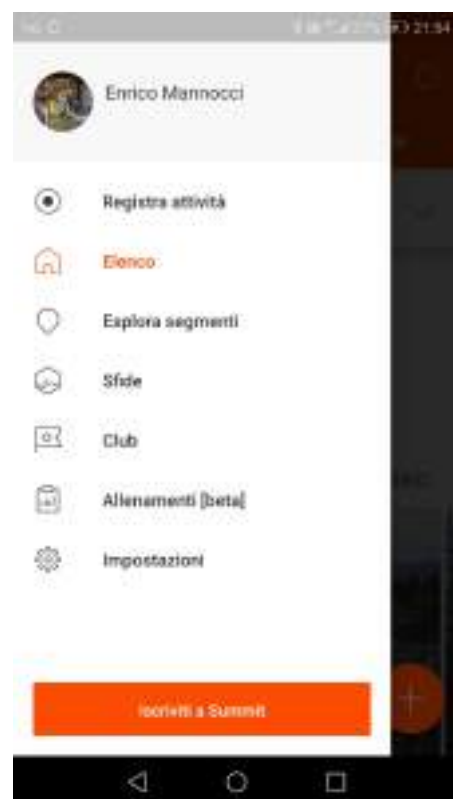
B.1 Attendere Pazientemente il caricamento



B.2 Godersi lo Spettacolo!

By Noce

Alcuni screen-shot per eseguire le medesime operazioni con il cellulare (android)





Create user account

Please note: If you are member of a Swedish, Norwegian or Australian orienteering club, please **log in with your Eventor account** rather than creating a new user account. Creating a new user account will prevent your routes to be connected correctly to results from Eventor. Also, subscriptions connected to your Eventor account will not be available. Contact your club administrator if you don't know your Eventor login details.

First name

Last name

Email

Username

Noce

Password

☐ Remember my login on this device

Save

Cancel



My user account

Name

Enrico Mannocci

Email

enrico.mannocci99@gmail.com

Edit user profile

Edit account settings

My subscriptions

You have no subscriptions.

Add a subscription

My clubs

You are not member of any club.

If you are member of a club that is not affiliated with the national federations in Sweden, Norway, or Australia, and wish to purchase subscriptions for this club, you can add it in Livelox. When the club has been added, you can purchase club subscriptions to hand out to the members or the club.

Create a new club



Log in

Log in with your account details. You can use either your Eventor account or your Livelox account.

By logging in, you are accepting the [Livelox User Agreement](#).

Login system

Livelox

Username

Noce

Password

☐ Remember my login on this device

Log in

[I have forgotten my Livelox username or password](#)

[Create a new user account](#)



Livelox is no longer authorized to fetch data from your Strava account.

Account settings

Default route access mode:

Public

Routes connected to activities are always public.

Save

Connections to external applications

Strava

Strava is a web community that keeps track of your training. Once a Livelox account has been connected to Strava, you can fetch routes stored in Strava when creating routes in Livelox.

✗ Your Livelox account is not connected to Strava.

Edit settings for Strava

Polar

Polar is one of the market's leading GPS watch brands. Once the Livelox account is connected to Polar, routes uploaded to the Polar Flow web service are automatically synchronized to Livelox. If you are participating in an event where results are uploaded to Livelox, your route will automatically be added to the right class.

✗ Your Livelox account is not connected to Polar.

Edit settings for Polar



All events

Date	Event	Routes/classes
11/25/2018 9:00 AM - 1:00 PM	AdventOrient etapp 1 OK Silva, Sweden	47 16
11/24/2018 10:00 AM - 3:00 PM	Fakiren Arboga OK, Sweden	59 10
11/25/2018 10:00 AM - 2:00 PM	Herkules Stuglopp FK Herkules, Sweden	29 11
11/25/2018 9:00 AM - 1:00 PM	Sunes bana 181125 Linköpings OK, Sweden	23 3
11/25/2018 8:30 AM - 1:00 PM	Löpex Vinterserie 2018 -19, deltävling 1 Örebro Läns OF, OK Milan	23 5

knowit



Ringen



Autorizza Livelox a collegarsi a Strava



Livelox

<http://www.livelox.com>

Livelox is a service that lets you record and compare your orienteering races with family, friends and fellow competitors. Record your route in real time using a mobile app, or upload it from your GPS watch afterwards.

Autorizza

Annulla

Livelox sarà in grado di:

- Accedi ai dati del tuo profilo e delle tue attività
- Accedi ai dati privati sulle tue attività

Puoi revocare l'accesso alle applicazioni in qualsiasi momento dalla scheda Applicazioni del tuo profilo Atleta.

Autorizzando un'applicazione, sei comunque tenuto a rispettare i [Termini di servizio di Strava](#)



All events

- All events
- My events
- My club's events
- Filter events
- Show events on map

11/25/2018 10:00 AM - 2:00 PM	Herkules Stuglopp FK Herkules, Sweden	29 11
11/25/2018 9:00 AM - 1:00 PM	Sunes bana 181125 Linköpings OK, Sweden	23 3
11/25/2018 8:30 AM - 1:00 PM	Löpex Vinterserie 2018 -19, deltävling 1 Örebro Läns OF, OK Milan	23 5

knowit



Ringen



All events



All events



Casteldebole Pol.Masi

B0 Casteldebole Pol.Masi

2/2018 11:00 AM – 8:00 PM

Classes

Class	Course length	Participants		
Light		7	Replay	Add route

Maps



Casteldebole





Add route

Event and class: Night B0
Casteldebole Pol.Masi,
Night

Person: Enrico
Mannocci

Click to
change

Route

You can upload a file from your device, link to a file on the web, or fetch a file from an external application. The GPX, TCX and FIT file formats are supported. Routes can also be drawn by hand from the replay page for a class.

Upload file

Upload a route file in GPX, TCX or FIT format from your device.

Upload link

Give the web address to a route file in GPX, TCX or FIT format.

Fetch from Strava

Fetch a route file from your Strava account.

Save

Cancel

Fetch route from Strava

Select route

Lunch Run, 11/25/2018 11:56 AM (25:16 / ▾

Fetch

Cancel

Upload link

Give the web address to a route file in GPX, TCX or FIT format.

Fetch from Strava

Fetch a route file from your Strava account.

Save

Cancel