## Strava App

Strava is an application for recording physical and sporting activities and allows individual time tracking within a group or segment, followed by a corresponding ranking. It is free to download and easy to connect to Garmin and other accounts. Please follow the steps below if you want to be included in the Bengt Saltin Run ranking:

Before the run

1. Download the free Strava App
   a. Android
   b. IOS

2. Create an account with the Strava App
   a. If you like, you can **connect any GPS device** (Polar, Garmin, Nike, etc.) with the app to track the race.
   b. If you do not have a GPS device, you can use your **phone to track the race**.

3. Before the run, click **'record'** on the below bar of the Strava App.
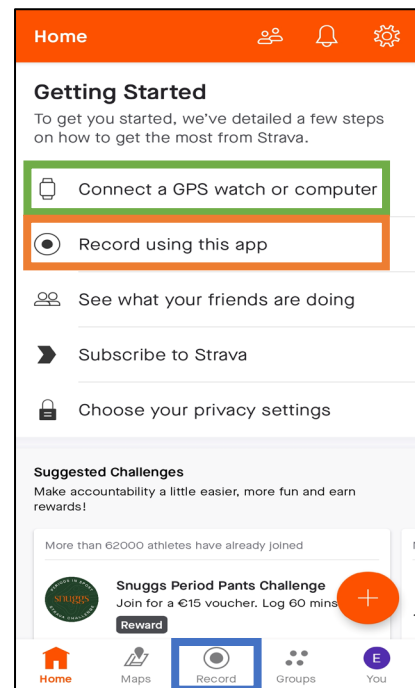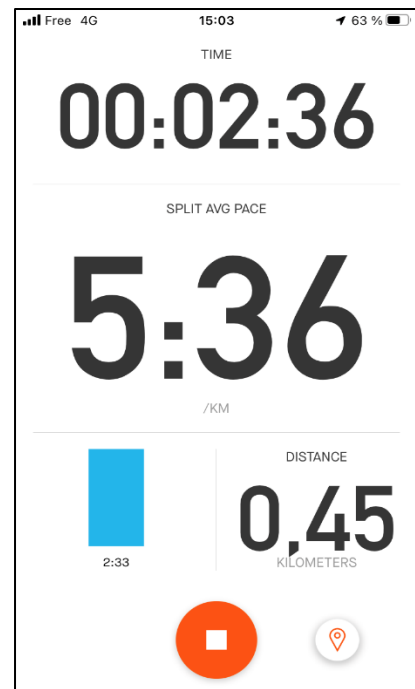

During the run

4. In case you're running with your phone and are using the app to record the run, make sure that you're on the 'running' setting marked by the **shoe**. Check that the blue dot is displayed on the map. If the blue dot is not displayed, you do not have a GPS connection. Please check your phone settings.

5. When passing the starting line of the race, start the activity on your GPS device or press the **'start'** button to activate the tracking of the race.
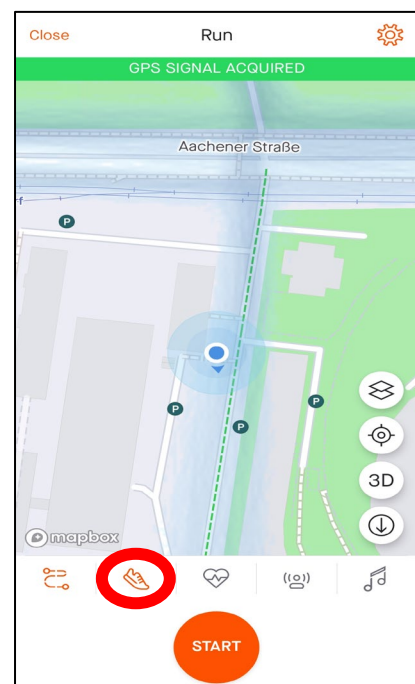
6. After passing the finish line of the race, end the recording on your GPS device or by pressing the orange stop button with the white square.

7. After stopping the activity, you will be presented with a review of the activity and the GPS track.

8. Press the **'FINISH'** button to complete your activity.
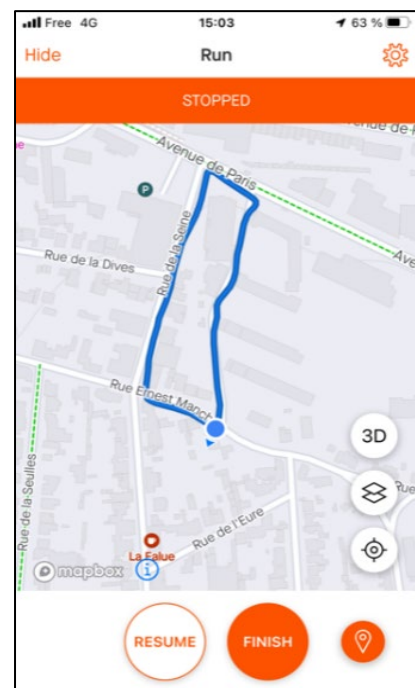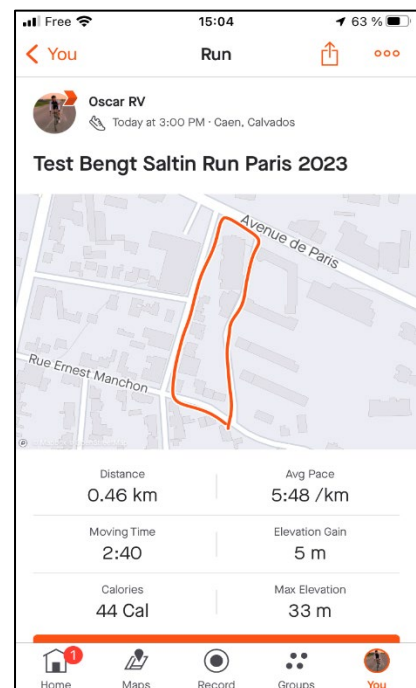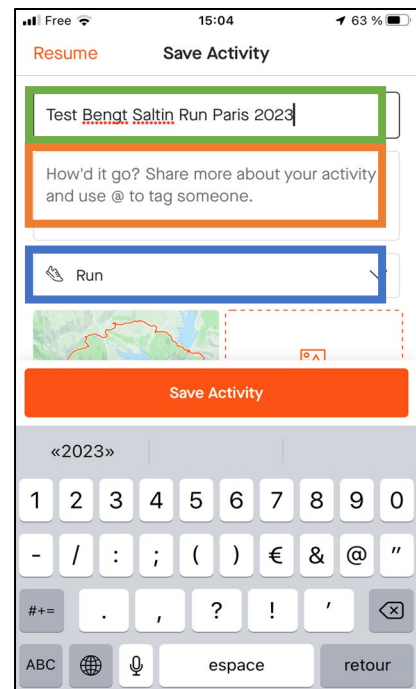
After the run

9. Title your activity **Bengt Saltin Run Paris 2023**.

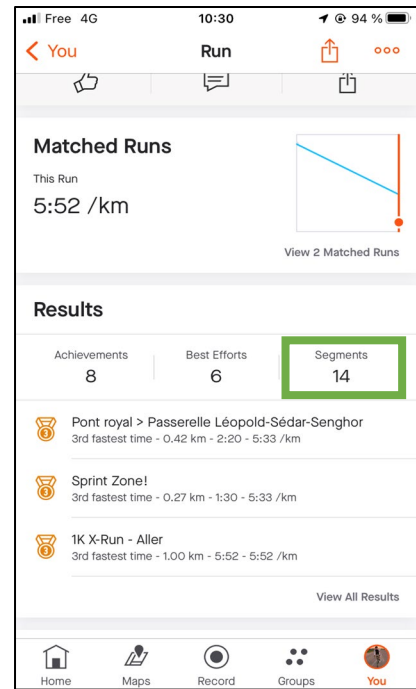10. **Add a comment** if you like.

11. Check that you're still in the **running setting**.

12. Press **'Save Activity'**.

13. Your activity is now published on Strava, like a social media post.

14. After you've published your activity, click on **'Segments'** to allocate your performance to the Bengt Saltin Run segment.


15. You will be presented with predefined **Segments** along the running route.

16. Choose the segment **'Official Bengt Saltin Run ECSS Paris 2023'**, which reflects the exact route of the Bengt Saltin Run, to allocate your activity to this segment.

17. The Official Bengt Saltin Run ECSS Paris 2023 segment can already be viewed here.
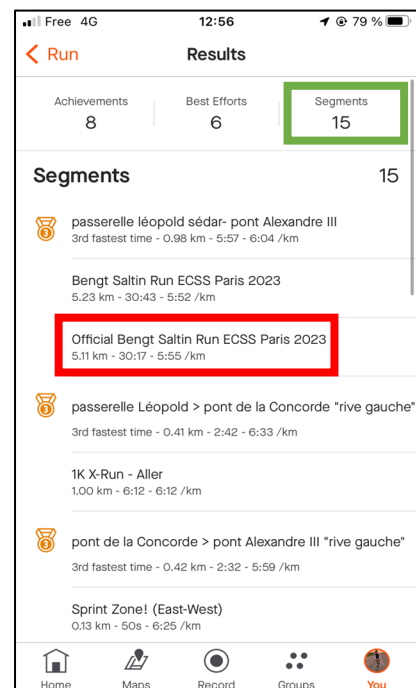
18. You'll be presented with the respective segment including the race route, your own performance, and the performance of all other people who have attended the race and allocated their performance to the Official Bengt Salting Run ECSS Paris 2023 segment.
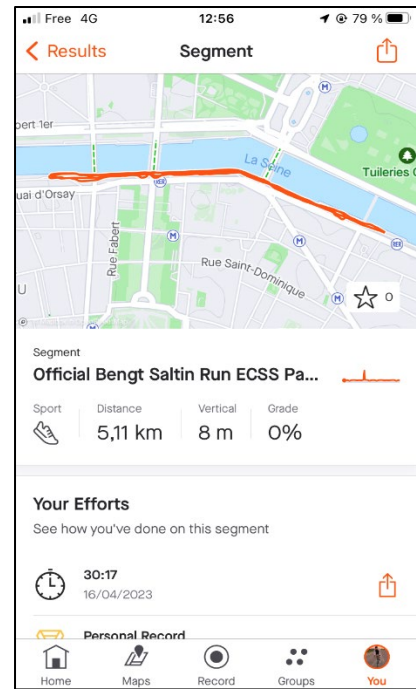
19. Scroll down to **Leaderboards** and click on **All-Time** to see the general ranking.
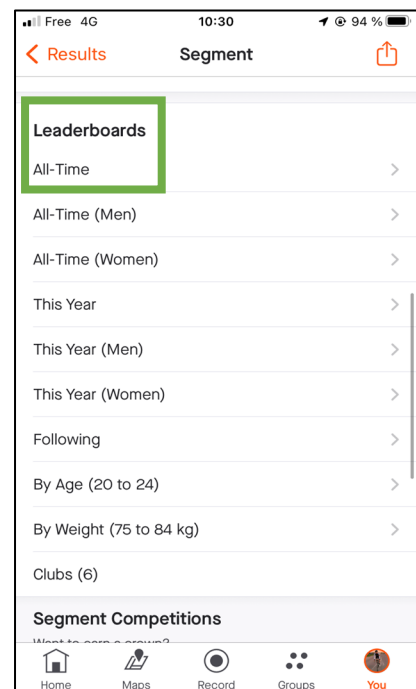
20. The Leaderboards will display a virtual ranking of all uploaded activities of the Bengt Saltin Run. Please note that irrespective of the virtual ranking the first three men and women passing the finish line after covering the total distance will be considered as the winners.
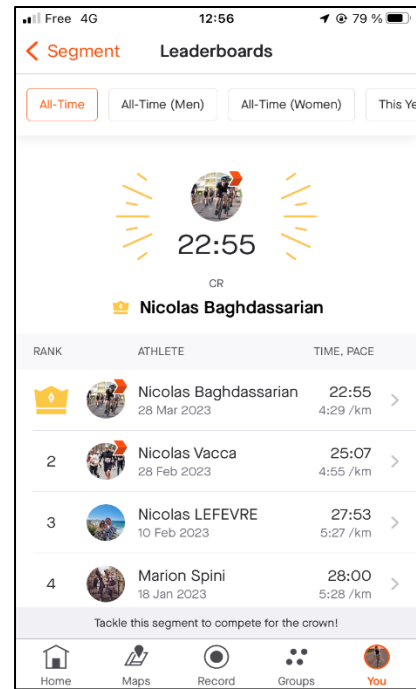
NOTE: *To upload your activity and to allocate it to the Official Bengt Saltin Run ECSS Paris 2023 segment an internet connection is required. In case you have no internet connection on your phone, you can upload your activity later via the WIFI in the congress centre and review the ranking of the race (recording the race is possible without an internet connection). In case the first runners crossing the finish line do not have an internet connection, our volunteers will be able to assist with recording the winners' running times.*