

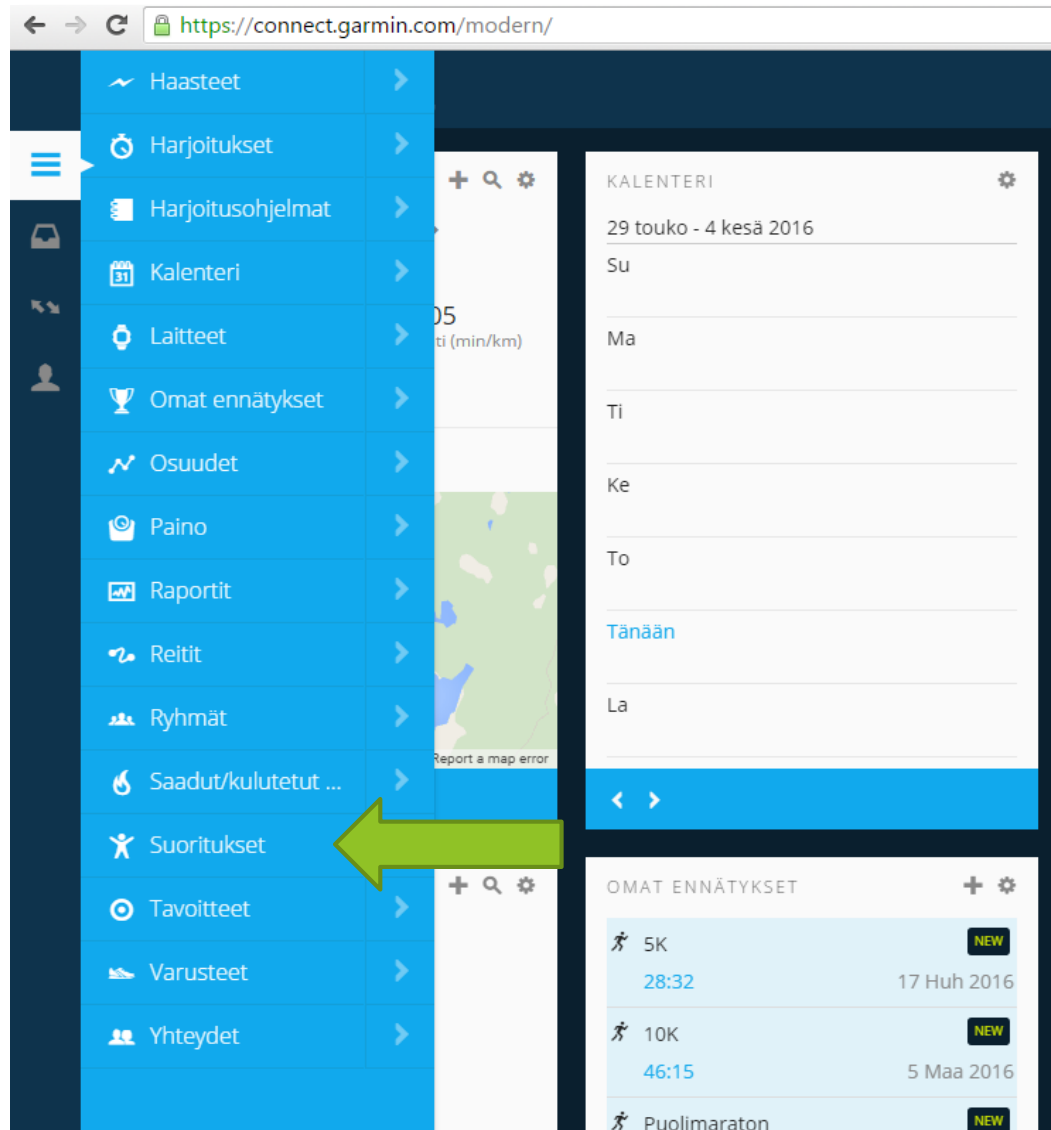
GPS-analysointityökalujen esittely



GPS-analysointityökalujen esittely

- ▶ GPX -tiedoston lataaminen
- ▶ Quickroute
- ▶ 3drerun

GPX-tiedoston lataaminen - Garmin Connect



1. Kirjaudu sisään
Garmin Connect -
palveluun ja valitse
sivun vasemman laidan
valikosta "Suoritukset"

GPX-tiedoston lataaminen - Garmin Connect

connect powered by Garmin

Toiminnot

Avainsana: Haku

Näytä suodattimet

Pikamuokkaus Poista Vertaa toimintoja Suosikit Määritä oma ennätys

<input type="checkbox"/>	Toiminnon nimi	Toiminnon tyyppi	Reitti	Aloita	Etäisyys	Aika	Keskinopeus(Keskitahti)	Maksiminopeus(Paras)	Korkeud
<input type="checkbox"/>	★ Tampere Juoksu	Juoksu	--	su, 29 touko 2016 10:52	7.84	1:03:23	8:05	4:32	
<input type="checkbox"/>	★ Kangasala Juoksu	Juoksu	--	la, 28 touko 2016 17:12	2.24	14:01	6:15	4:38	
<input type="checkbox"/>	★ Kangasala Juoksu	Juoksu	--	la, 28 touko 2016 16:17	6.23	54:37	8:46	3:20	
<input type="checkbox"/>	★ Kangasala Juoksu	Juoksu	--	la, 28 touko 2016 16:00	2.02	14:55	7:24	4:42	
<input type="checkbox"/>	★ Smartpost Juoksu	Juoksu	--	pe, 27 touko 2016 16:33	3.88	39:20	10:09	1:56	
<input type="checkbox"/>	★ Pirkkala Juoksu	Juoksu	--	to, 26 touko 2016 16:42	23.71	2:01:09	5:07	2:54	
<input type="checkbox"/>	★ Talviainen Juoksu	Juoksu	--	ke, 25 touko 2016 18:57	1.00	6:00	6:01	5:10	
<input type="checkbox"/>	★ Talviainen Juoksu	Juoksu	--	ke, 25 touko 2016 17:59	7.46	56:42	7:36	3:23	
<input type="checkbox"/>	★ Talviainen Juoksu	Juoksu	--	ke, 25 touko 2016 17:17	3.87	19:25	5:01	3:14	
<input type="checkbox"/>	★ Smartpost Juoksu	Juoksu	--	ti, 24 touko 2016 16:31	15.00	1:15:00	5:00	2:42	
<input type="checkbox"/>	★ Jokirinne Juoksu	Juoksu	--	su, 22 touko 2016 12:40	3.39	19:52	5:52	:35	
<input type="checkbox"/>	★ Jokirinne Juoksu	Juoksu	--	su, 22 touko 2016 11:35	10.46	57:16	5:29	3:05	
<input type="checkbox"/>	★ Jokirinne Juoksu	Juoksu	--	su, 22 touko 2016 10:45	3.92	22:43	5:48	2:32	
<input type="checkbox"/>	★ Jokirinne Juoksu	Juoksu	--	la, 21 touko 2016 13:09	3.27	20:02	6:08	1:00	
<input type="checkbox"/>	★ Jokirinne Juoksu	Juoksu	--	la, 21 touko 2016 12:20	6.45	35:31	5:30	3:10	
<input type="checkbox"/>	★ Jokirinne Juoksu	Juoksu	--	la, 21 touko 2016 12:16	0.00	:01	--	--	
<input type="checkbox"/>	★ Kempele Juoksu	Juoksu	--	pe, 20 touko 2016 11:15	13.20	59:38	4:31	3:05	

2. Valitse haluamasi suoritus klikkaamalla suorituksen nimeä

GPX-tiedoston lataaminen - Garmin Connect

The screenshot displays the Garmin Connect web interface for a running activity. The activity summary includes:

- Distance: 6.23 km (Matka)
- Time: 54:37 (Aika)
- Pace: 8:46 min/km (Keski tahti)
- Calories: 460 k (Kalorit)

A settings menu is open on the right side of the page, with a green arrow pointing to the gear icon. The menu options are:

- Vertaa
- Lähetä laitteeseen
- Tallenna harjoitukseksi
- Aseta omaksi ennätykseksi
- Vie alkuperäinen
- Vie TCX-tiedostoon
- Vie GPX-tiedostoon
- Vie Google Earthiin
- Vie osat CSV-tiedostoon
- Muokkaa
- Poista

Below the activity summary, there is a 'Huomautukset' (Notes) section and a 'Lisää kommentti.' (Add comment) button. At the bottom of the screenshot, a Garmin running watch is shown with the following display:

- Distance: 3.65
- Time: 30:28
- Pace: 8:24

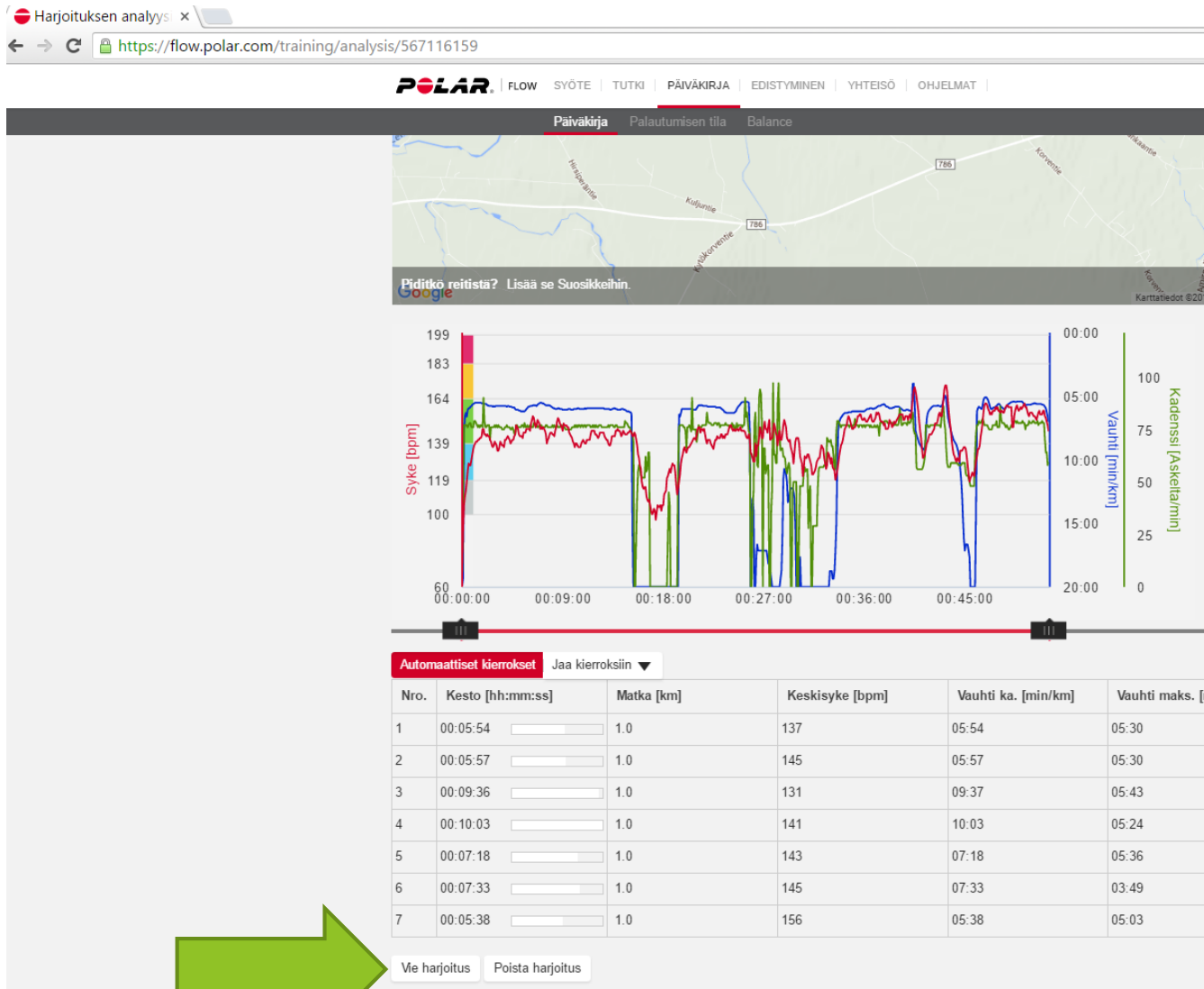
3. Klikkaa valikko auki sivun oikeasta yläkulmasta ja valitse "Vie GPX-tiedostoon"

GPX-tiedoston lataaminen - Polar Flow

The screenshot shows the Polar Flow web interface for a diary. The browser address bar displays <https://flow.polar.com/diary/2016/month/5>. The page header includes the Polar logo and navigation links: FLOW, SYÖTE, TUTKI, PÄIVÄKIRJA, EDISTYMINEN, YHTEISÖ, OHJELMAT. The main content area is titled 'Päiväkirja' and includes sub-links for 'Palautumisen tila' and 'Balance'. Below this, there are tabs for 'Tänään', 'Päivä', 'Viikko', and 'Kuukausi', with 'Kuukausi' selected. A '+ Lisää' button is also present. The calendar grid shows days from Monday to Friday, with dates 25 through 31. Each day's entry includes icons for different activities (running, cycling, swimming), time durations, and progress bars. A legend at the bottom, titled 'Harjoituskuormitus', defines activity intensity levels: 'I lievä 0-6 tuntia', 'Kohtalainen 7-12 tuntia', 'Rankka 13-24 tuntia', and 'Frittään ran...'. A large green arrow points from the left towards the calendar grid.

1. Valitse haluamasi harjoitus kalenterinäköymästä

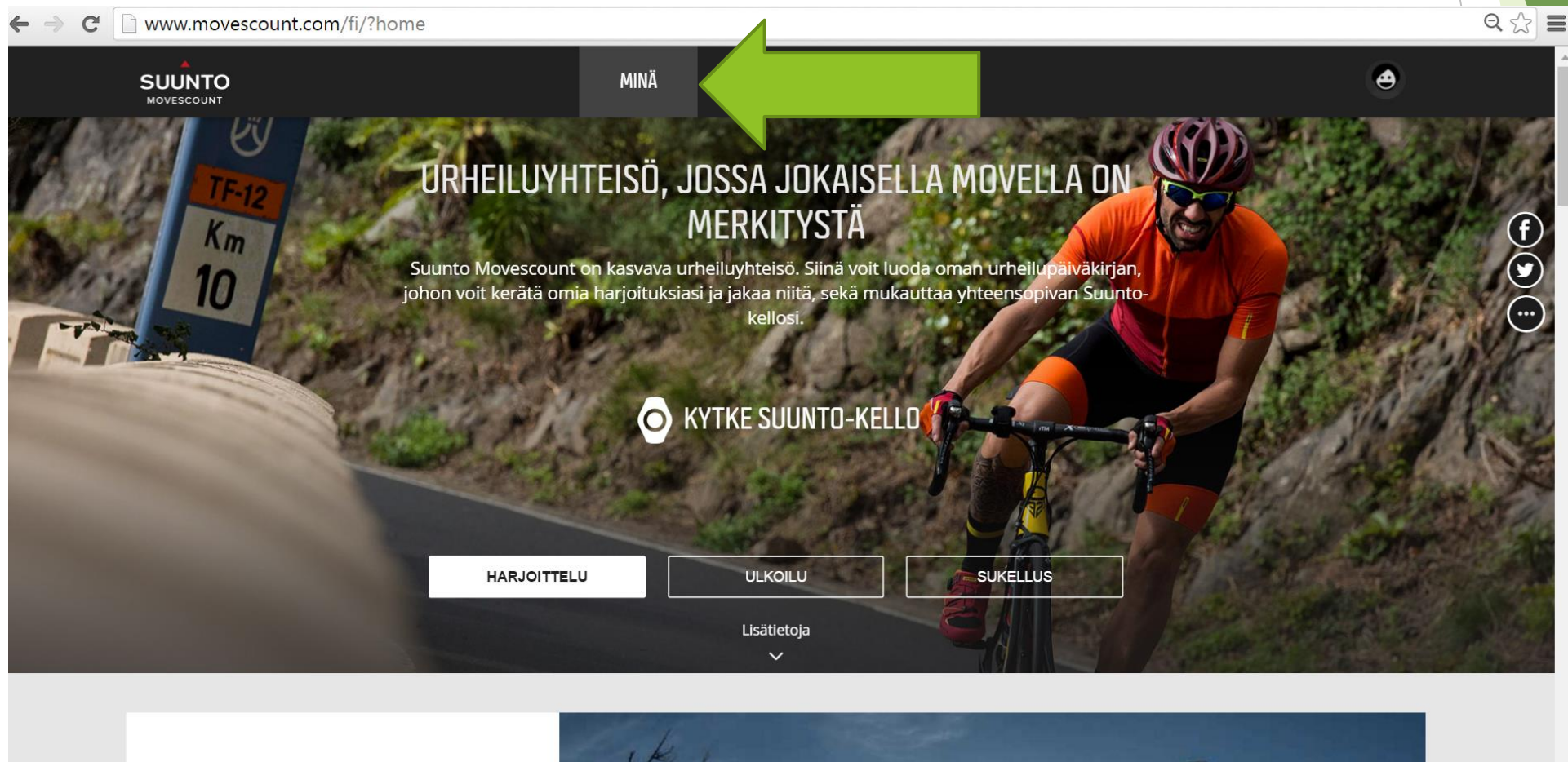
GPX-tiedoston lataaminen - Polar Flow



2. Klikkaa sivun alalaidassa olevaa ”Ve harjoitus” -nappia

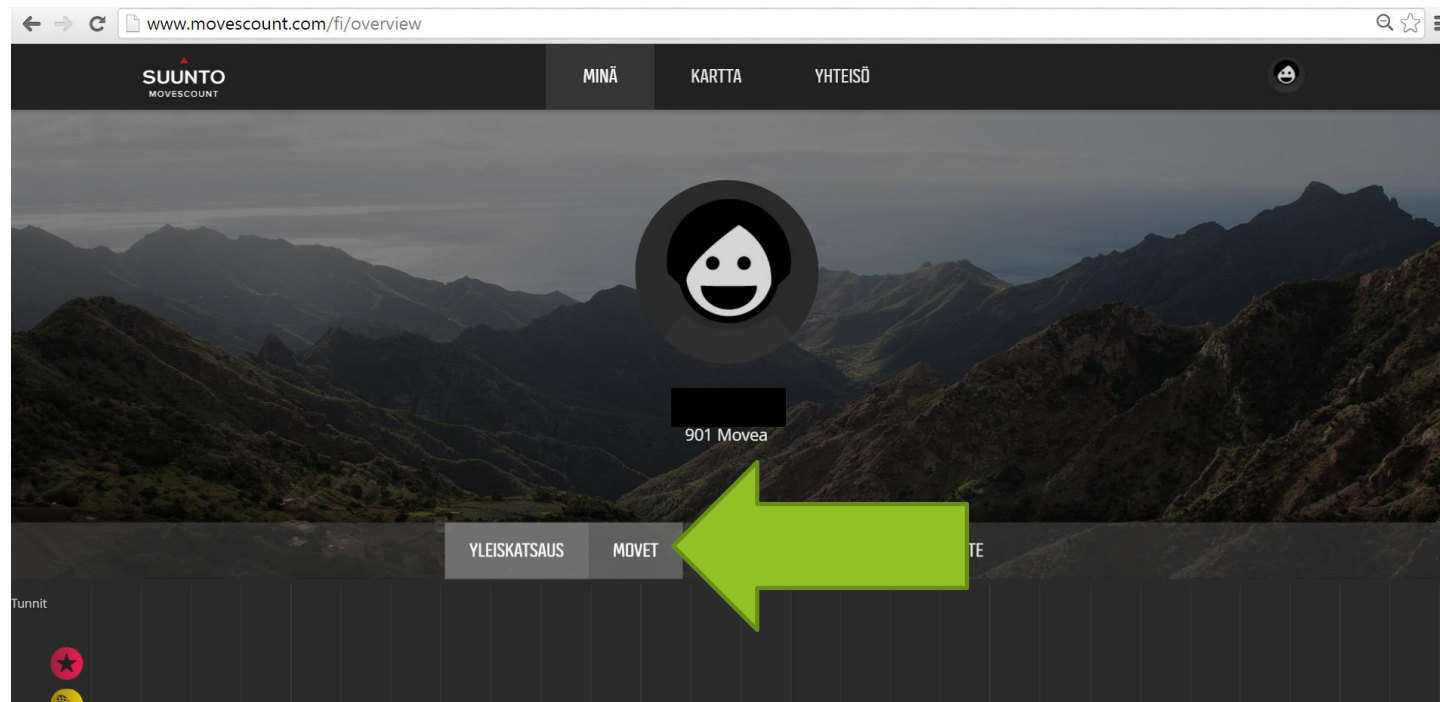
GPX-tiedoston lataaminen - Suunto

1. Klikkaa ”Minä” -linkkiä Movescount-palvelun etusivulla



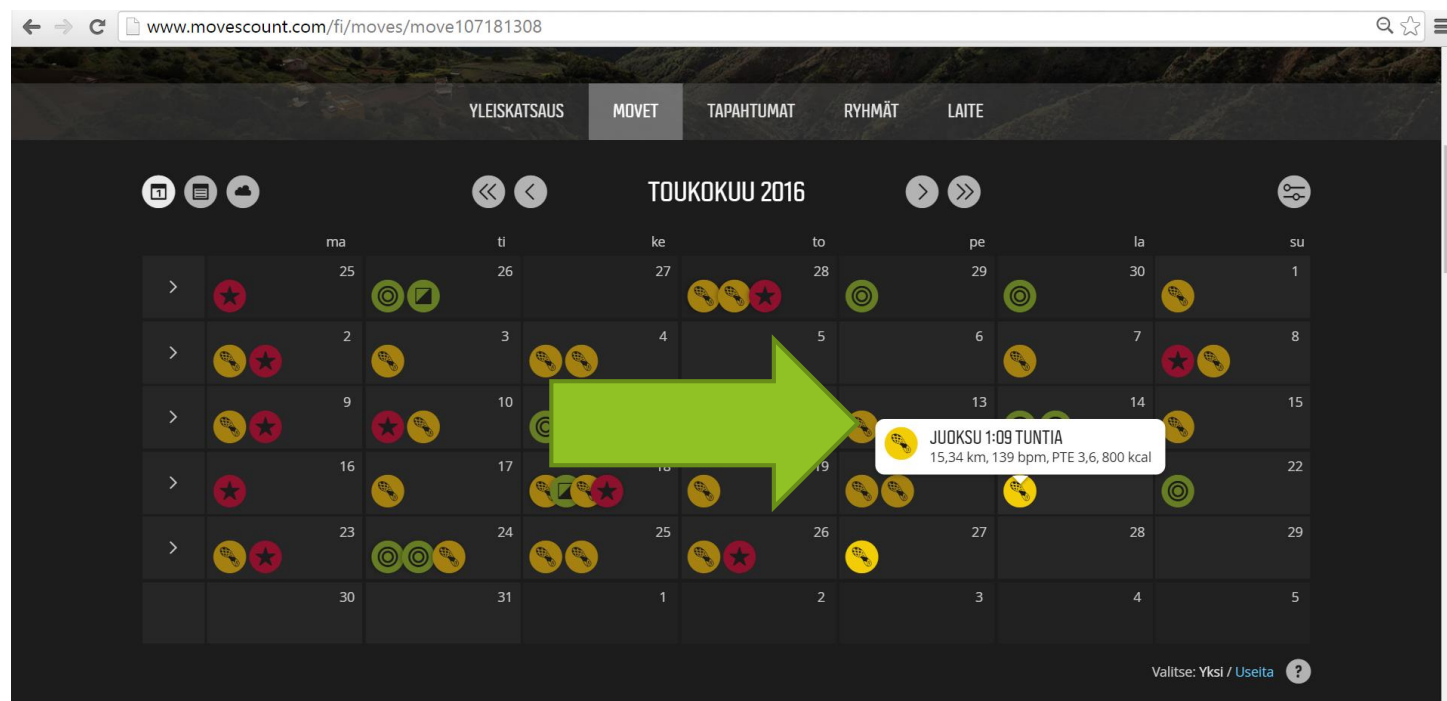
GPX-tiedoston lataaminen - Suunto

2. Klikkaa "Movet"



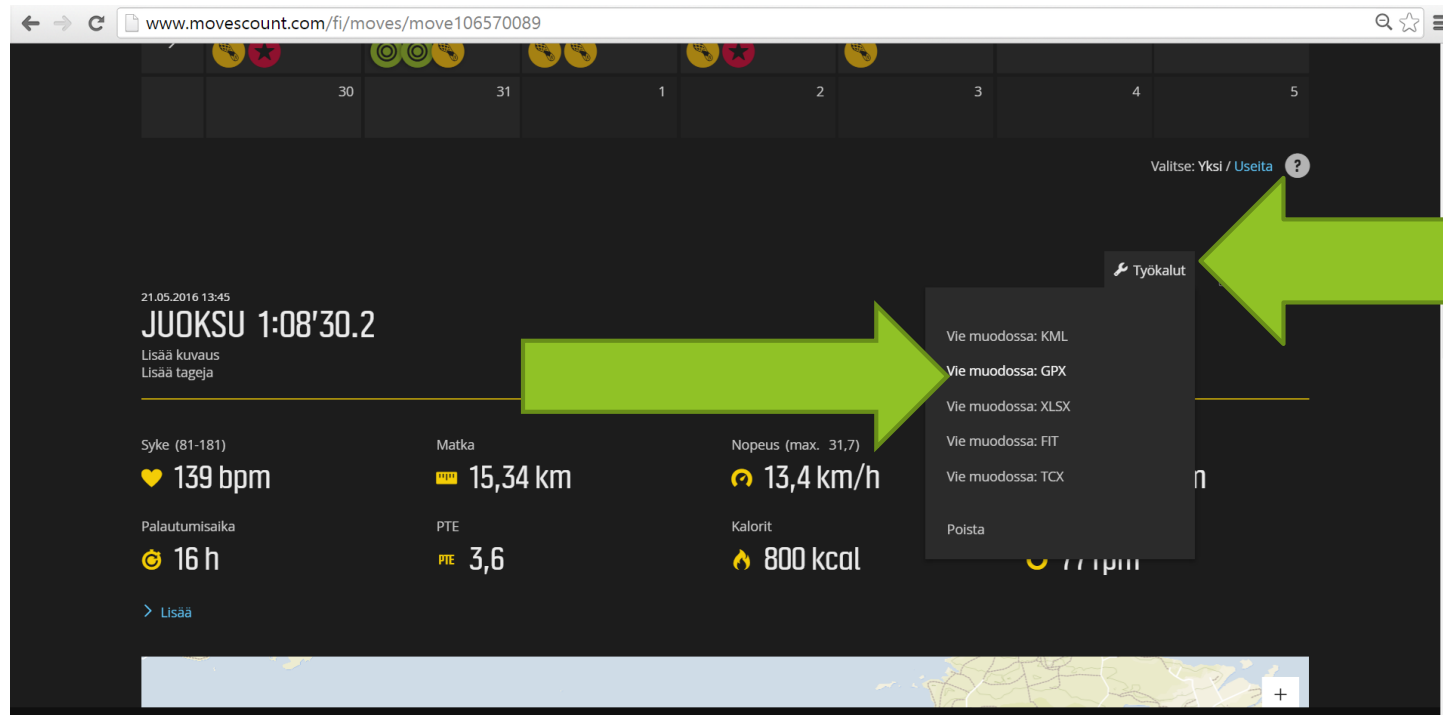
GPX-tiedoston lataaminen - Suunto

3. Valitse haluamasi harjoitus kalenterinäkömästä



The screenshot shows the Movescount website interface. At the top, there are navigation tabs: YLEISKATSAUS, MOVET, TAPAHTUMAT, RYHMÄT, and LAITE. Below the tabs is a calendar for January 2016 (TOUKOKUU 2016). The calendar displays various activity icons for each day. A large green arrow points to the activity entry for January 10th. A tooltip is displayed over this entry, providing details about the activity: JUOKSU 1:09 TUNTIA, 15,34 km, 139 bpm, PTE 3,6, 800 kcal. At the bottom right of the calendar, there is a small text: Valitse: Yksi / Useita ?

GPX-tiedoston lataaminen - Suunto



The screenshot shows a web browser window with the URL www.movescount.com/fi/moves/move106570089. The page displays a running activity summary for 'JUOKSU 1:08'30.2' on 21.05.2016 at 13:45. Key statistics include a heart rate of 139 bpm, a distance of 15.34 km, a maximum speed of 13.4 km/h, a recovery time of 16 h, and 800 kcal burned. A 'Työkalut' (Tools) dropdown menu is open, showing options to export the activity in various formats: KML, GPX, XLSX, FIT, and TCX. A green arrow points to the 'Työkalut' button, and another green arrow points to the 'Vie muodossa: GPX' option.

Statistiikka	Arvo
Syke (81-181)	139 bpm
Matka	15,34 km
Nopeus (max. 31,7)	13,4 km/h
Palautumisaika	16 h
PTE	3,6
Kalorit	800 kcal

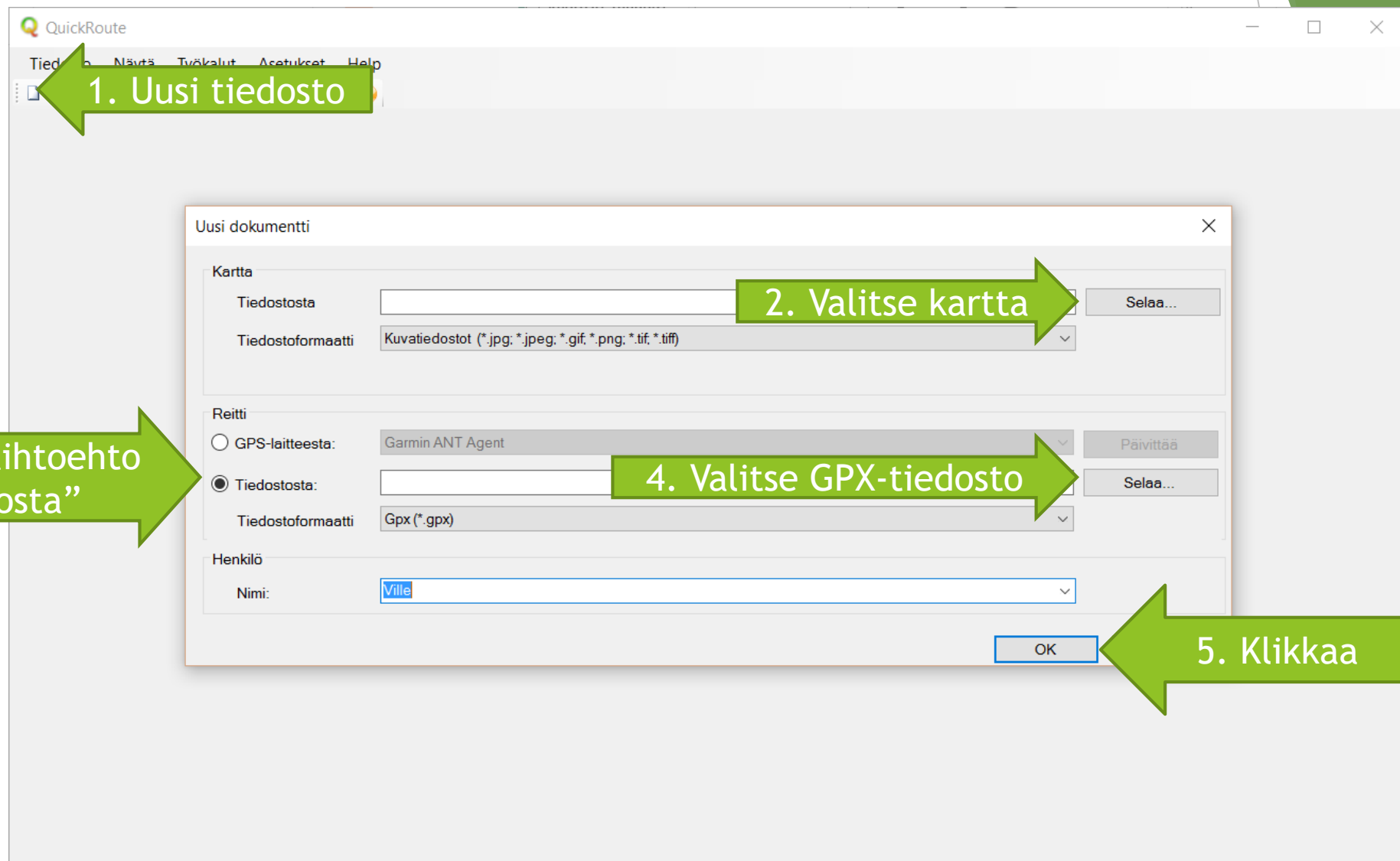
3. Vie hiiri ”Työkalut”
painikkeen päälle
(sivun alalaidassa)

4. Klikkaa ”Vie muodossa: GPX”

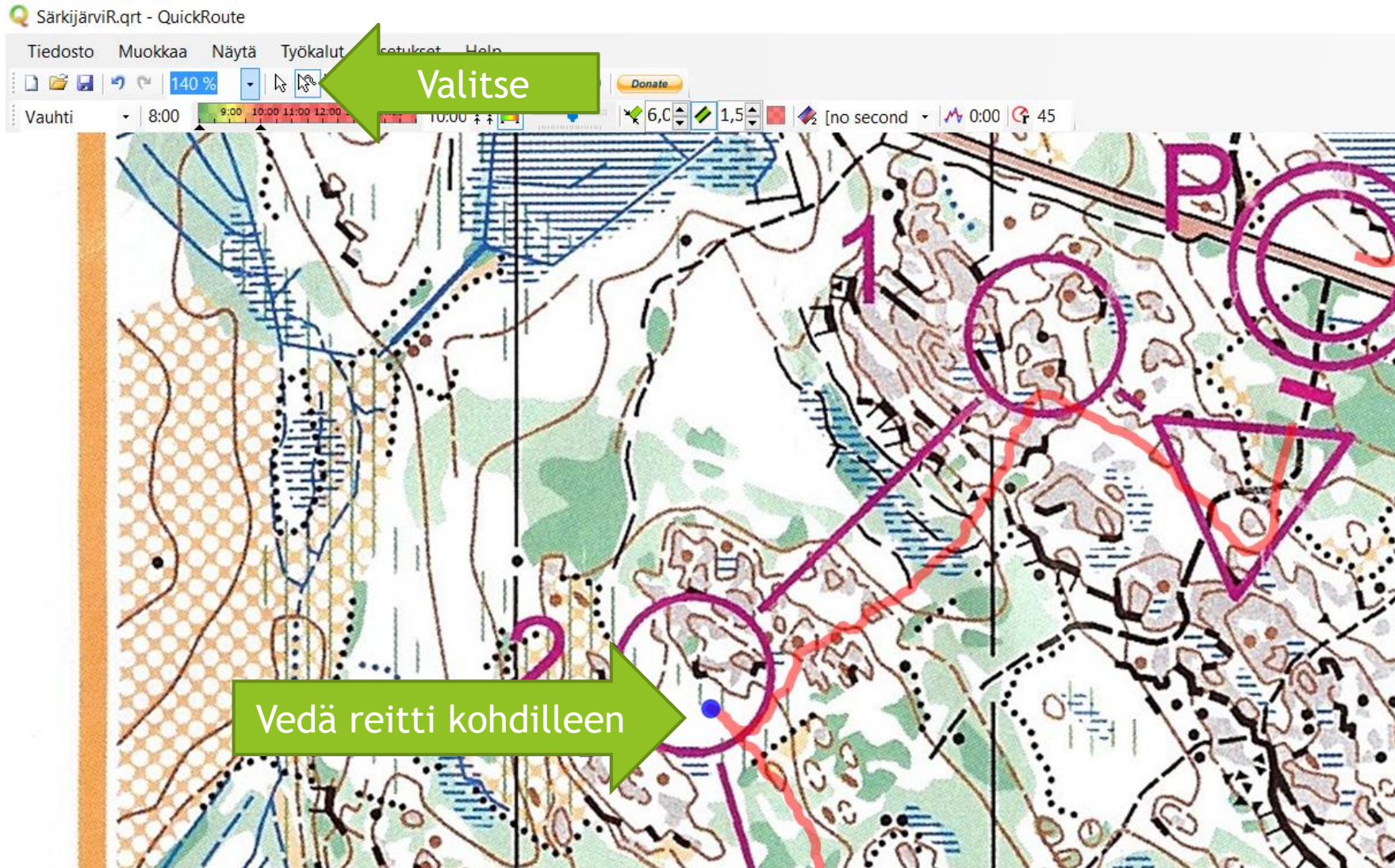
Quickroute

- ▶ Quickrouten voit ladata osoitteesta:
<http://www.matstroeng.se/quickroute/en/download.php>
- ▶ Tarvitset:
 - ▶ Harjoituksen GPX-tiedoston
 - ▶ Kuvan kartasta (skannaus, valokuva...)

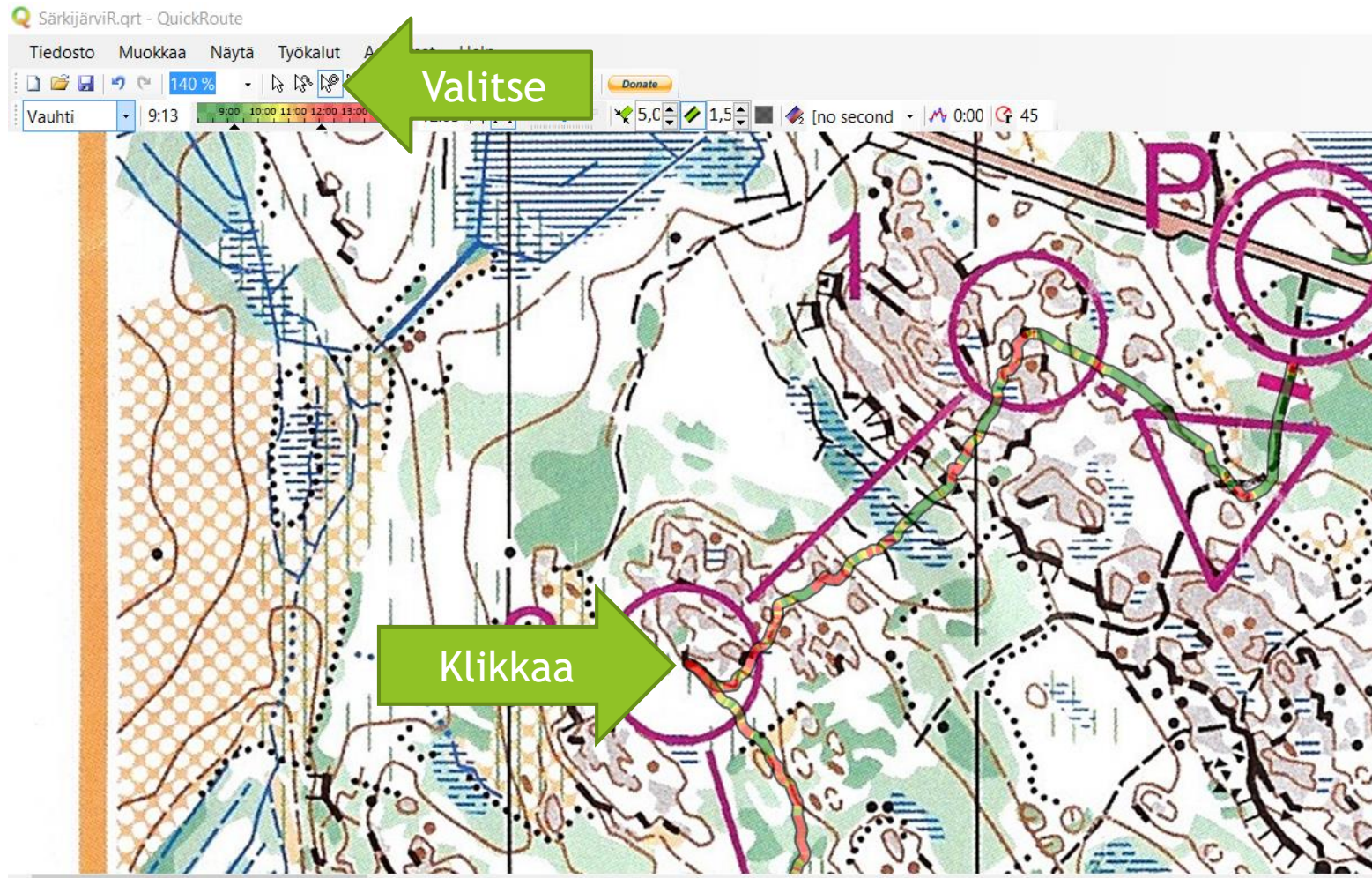
QuickRoute - uuden tiedoston luominen



QuickRoute - reitin kohdistaminen

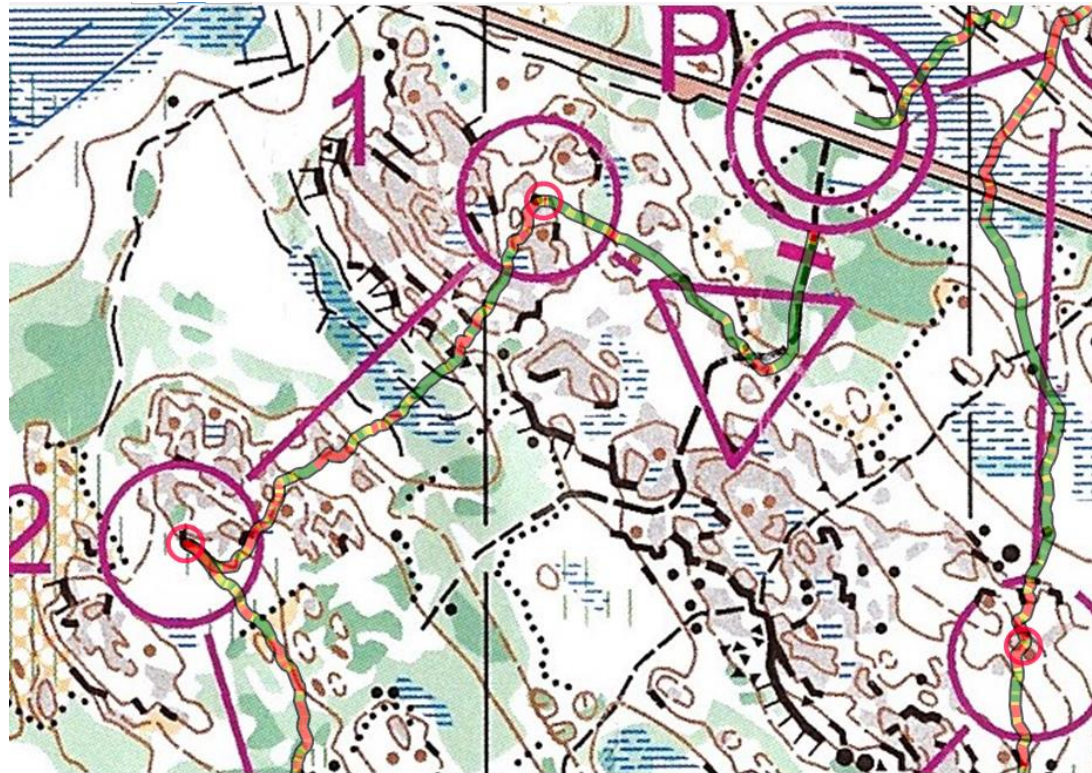


QuickRoute - väliaikapisteiden lisääminen



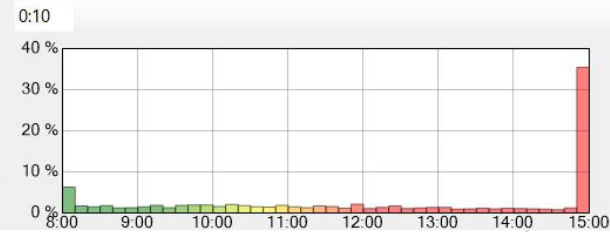
Voit poistaa väliaikapisteen pitämällä ctrl-näppäintä pohjassa ja klikkaamalla pistettä

QuickRoute - rastivälialanalyysi



Välilajit

Väli	Aika	Suora	Reitin	Keskiv	Keskiv	Reitin	Ki	Nou	Lask
1	2:05	139	231	14:57	9:02	65,5 %	-	10	0
2	3:59	254	304	15:40	13:05	19,8 %	-	5	10
3	4:47	327	377	14:38	12:41	15,3 %	-	6	8
4	3:47	216	244	17:30	15:28	13,1 %	-	11	6
5	1:57	117	133	16:41	14:41	13,7 %	-	2	9
6	4:42	281	332	16:44	14:08	18,3 %	-	10	8
7	3:48	244	289	15:35	13:07	18,7 %	-	6	5
8	7:12	467	528	15:25	13:38	13,1 %	-	19	8
9	8:33	552	687	15:29	12:26	24,4 %	-	17	22
10	4:54	359	404	13:37	12:07	12,5 %	-	11	6
11	1:06	79	83	13:50	13:13	4,6 %	-	0	4
12	11:24	441	786	25:52	14:30	78,3 %	-	17	15
13	3:37	199	268	18:08	13:30	34,3 %	-	6	8
14	2:09	191	206	11:15	10:27	7,6 %	-	2	1
15	2:04	165	220	12:32	9:24	33,3 %	-	1	12
Yhteensä	1:06:04	4 031	5 092	16:23	12:58	26,3 %	-	122	123



3Drerun

- Osoite: <http://3drerun.worldofo.com/>

← → 3drerun.worldofo.com

3D Rerun

Orienteering Analysis the Fun way

New functionality January 2012: [Click here for on-demand upload of maps from your Doma-archive to 3Drerun](#)
Test functionality: [Upload GPS-routes directly from Garmin watches \(please give feedback on how it works!\)](#)

- Browse maps
- Search maps
- Location view
- Headcam analysis
- Instructions
- Add GPS routes
- Add map with route
- Calibrate map with GPS-route (New!)
- Add map without route
- Add OCAD10 map
- GPSSeuranta events
- Upload from Garmin watch (New!)

3Drerun - tunnusten luominen



Browsing all competitions, trainings and map collections

[Sort by competition](#) [Sort by competition date](#) [Sort by added date](#)
[Show as map list](#) [Show as table](#)

Date	Competition	Runner/webpage	Thumb	Added
May 31st 2052	bike orient Przysucha (GPX i.. *	mwesoly		2015-08-17 12:57:31
October 20th 2025	peña rubia (GPX import) Course: 1 *	Forsell		2016-02-17 21:08:45
November 24th 2017	T2 Course: DAL *	Map without route		2016-04-11 10:43:41
October 27th 2017	T3 Course: Dal *	Map without route		2016-04-12 21:29:12
October 26th 2017	TT Course: HAK *	Map without route		2016-05-23 14:07:15
May 1st 2017	TT Course: DAL *	Map without route		2016-02-08 20:27:11
October 16th 2016	Mental Course: HE *	Map without route		2015-12-27 11:35:56
August 6th	Rongankallio Course: testi A *	Map without route		2016-05-

Log in to member area

Search



[Upload map](#)



[Instructions](#)

1. Paina linkkiä sivun oikeassa yläkulmassa

3Drerun - tunnusten luominen

3D Rerun

Orienteering Analysis the Fun way



Log in to 3DRerun

Only registered users can upload content to 3DRerun. You can register as a new user here.

You are not logged in! Log in to use the service!

Username

Password

[Recover password/username](#) - [Register as a new user](#) - [Go to 3DRerun frontpage](#)

3DRerun.WorldofO.com - (C) 2009 WorldofO.com - Contact jan@kocbach.net for info about World of O

2. Klikkaa

3. Täytä omat tietosi ja paina
"Register new user"

3D Rerun

Orienteering Analysis the Fun way



Register new user

Fill out the form below in order to register for a new user account. Upon filling out the form, you will receive an e-mail with instructions about how to finish the registration process. Please give your real name when registering - accounts with fake names may be deleted/blocked.

Full name

Username

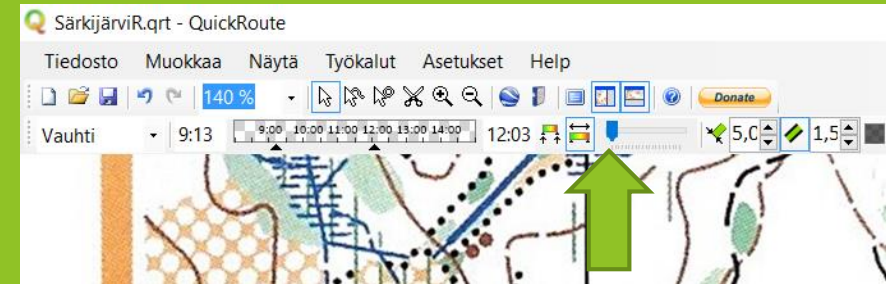
Email-address

What is four plus five?
(type the result as a number)

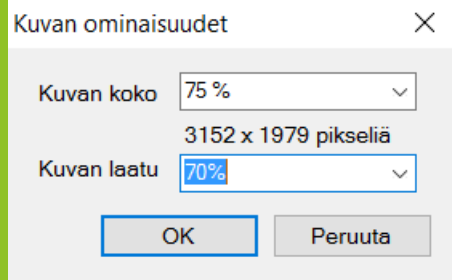
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3Drerun - uuden kartan ja reitin lisääminen

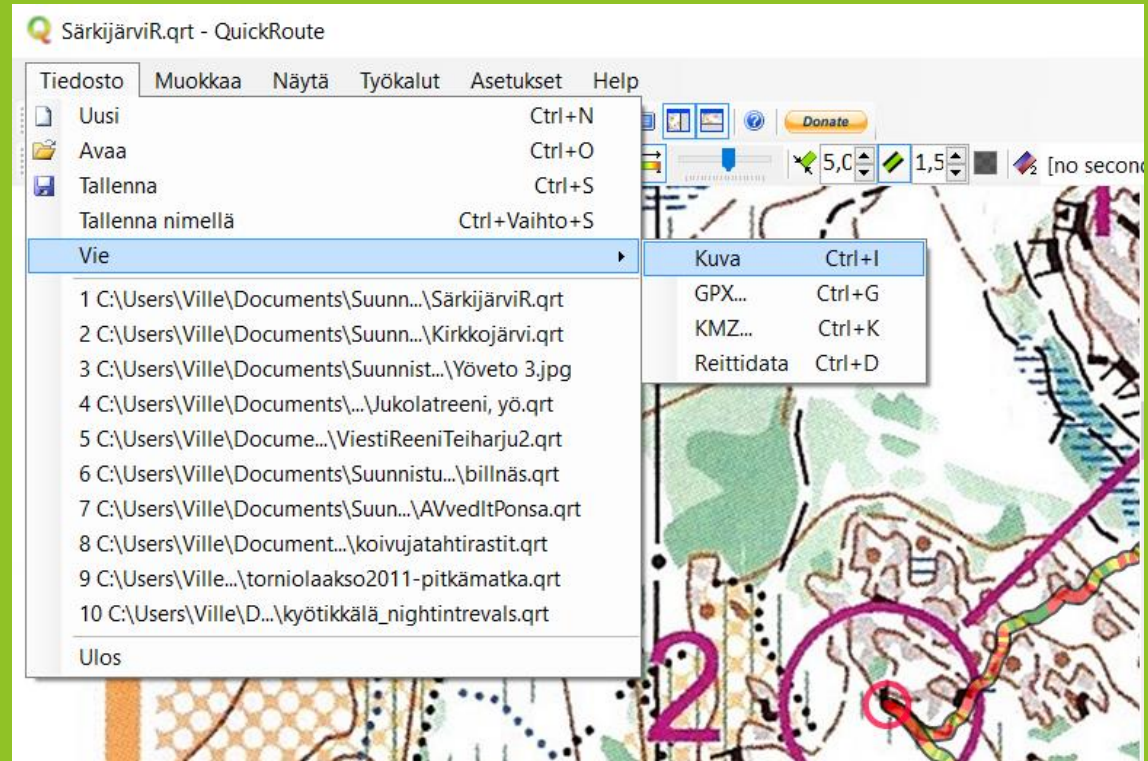


1. Muuta reitti läpinäkyväksi



3. Valitse kuvan laatu ja koko (tiedoston maksimikoko on 2Mt!)

2. Vie tiedosto kuvaksi



3Drerun - uuden kartan ja reitin lisääminen

2. Valitse "Add map with route" 3Drerun - aloitussivulta

The screenshot shows the 3Drerun website interface. At the top, there is a browser address bar with the URL "3drerun.worldofo.com". Below the address bar is the 3D Rerun logo, which includes the text "3D Rerun" and "Orienteering Analysis the Fun way" with a small graphic of a map and a route. Below the logo, there are two lines of text: "New functionality January 2012: Click here for on-demand upload of maps from your Doma-archive to 3DRerun" and "Test functionality: Upload GPS-routes directly from Garmin watches (please give feedback on how it works!)".

The main content area features a grid of 12 icons, each with a label below it. A large green arrow points from the left towards the "Add map with route" icon. The icons and their labels are:

- Browse maps
- Search maps
- Location view
- Headcam analysis
- Instructions
- Add GPS routes
- Add map with route
- Calibrate map with GPS-route (New!)
- Add map without route
- Add OCAD10 map
- GPSSeuranta events
- Upload from Garmin watch (New!)

3Drerun - uuden kartan ja reitin lisääminen



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Kirjaudu sisään

3Drerun - uuden kartan ja reitin lisääminen



Logged in as Vulle

Add map to 3DRerun

1. Choose your map calibration method: Map with route

2. Upload map

Map with route

Map with route **exported from QuickRoute as JPG-file**. Note! The map must be exported as a jpg-file from QuickRoute version 2.3 or newer in order to contain the GPS route and location information!

Add orienteering map to 3DRerun

Note! You are responsible for having the appropriate rights to upload maps to 3DRerun. Maps which are uploaded will be included in omaps.worldofdo.com if found appropriate. Maps which are uploaded from a web location will not be stored locally at the 3DRerun server, but will be accessed from the web location. Note that uploaded maps may be deleted in the future if they are not found appropriate. Maximum filesize is 2 MB.

Valitse kuvatiedosto

3Drerun - uuden kartan ja reitin lisääminen



Logged in as Vulle

Add map to 3DRerun

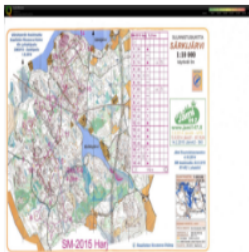
1. Choose your map calibration method: Map with route

2. Upload map

Map with route

Map with route **exported from QuickRoute as JPG-file**. Note! The map must be exported as a jpg-file from QuickRoute version 2.3 or newer in order to contain the GPS route and location information!

Add orienteering map to 3DRerun



Map upload OK. Now provide additional data about the map.

Competition name:

Course: (e.g. H21, D21, Long etc.)

Runner name:

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2. Klikkaa

1. Täytä tiedot

3Drerun - reitin lisääminen olemassa olevaan tapahtumaan



Browsing all competitions, trainings and map collections

Sort by competition | Sort by competition date | Sort by added date
Show as map list | Show as table

Date	Competition	Runner/webpage	Thumb	Added
May 31st 2052	bike orient Przysucha (GPX i.. *	mwesoly		2015-08-17 12:57:31
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November 24th 2017	T2 Course: DAL *	Map without route		2016-04-11 10:43:41
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October 26th 2017	TT Course: HAK *	Map without route		2016-05-23 14:07:15
May 1st 2017	TT Course: DAL *	Map without route		2016-02-08 20:27:11
October 16th 2016	Mental Course: HE *	Map without route		2015-12-27 11:35:56
August 6th	Rongankallio Course: testi A *	Map without route		2016-05-

Log in to member area

Search

Upload map



Instructions

Hae tapahtumaa

Valitse listasta

3Drerun - reitin lisääminen olemassa olevaan tapahtumaan

3D Rerun

Orienteering Analysis the Fun way



3DRerun: Ville Parkkinen @ Yöveto 3



Athlete/Page Ville Parkkinen
Competition Yöveto 3
Date 2016-04-30
Omaps source Map in Omaps
Add route Add route
Local area Latest added

Klikkaa

Perform GPS-analysis

Choose which maps/routes you want to open in a GPS-analysis by ticking the boxes below. You can perform the analysis either in 2DRerun or 3DRerun. 2DRerun gives you the most advanced analysis possibilities and is recommended in most cases - but you need a map to perform the analysis. 3DRerun gives you a 'cooler' 3D view but with less possibilities - it does also work without map though.

Open selected maps/routes in 2DRerun

» Open selected maps/routes in 3DRerun instead

Ville Parkkinen, Yöveto 3 . Course ?? *

Other routes/maps from the same day within 10 km:

Mikko Knuuttila, Yövedot, 3 . Course ?? *



3Drerun - reitin lisääminen olemassa olevaan tapahtumaan



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Kirjaudu sisään

3Drerun - reitin lisääminen olemassa olevaan tapahtumaan



Logged in as Vulle

Add GPS-routes to 3DRerun

Use the form below to add one or more GPX/TCX-files. Note! This does NOT seem to work in Internet Explorer. Please use Google Chrome or Firefox if you have problems!

New! Now also supports TCX-files - but note file size below 2 MB!

Tip! You can export a route as GPX/TCX-file from QuickRoute under the File menu or from Garmin Connect/Garmin Trainingcenter.

Ei valittua tiedostoa

Runner name:

Competition name:

Course:
(e.g. H21, D21E, Long etc.)

Note! Import may be problematic for large files (more than 1 Mb) and some types of GPX-files. You should upload the map before you upload GPX-files if you want to add the map using this form.

Valitse GPX-
tiedosto

Klikkaa

Täytä tiedot

3Drerun - suorituksen analysointi

3D Rerun

Orienteering Analysis the Fun way



3DRerun: Ville Parkkinen @ Yöveto 3



Athlete/Page Ville Parkkinen
Competition Yöveto 3
Date 2016-04-30
Omaps source Map in Omaps.worldofo.com
Add route Add route or map with route
Local area Latest added maps/routes in this area

Perform GPS-analysis

Choose which maps/routes you want to open in a GPS-analysis by ticking the boxes below. You can perform the analysis either in 2DRerun or 3DRerun. 2DRerun gives you the most advanced analysis possibilities and is recommended in most cases - but you need a map to perform the analysis. 3DRerun gives you a 'cooler' 3D view but with less possibilities - it does also work without map though.

Open selected maps/routes in 2DRerun

» Open selected maps/routes in 3DRerun instead

Ville Parkkinen, Yöveto 3 . Course ?? *

Other routes/maps from the same day within 10 km:

Mikko Knuutila, Yövedot, 3 . Course ?? *



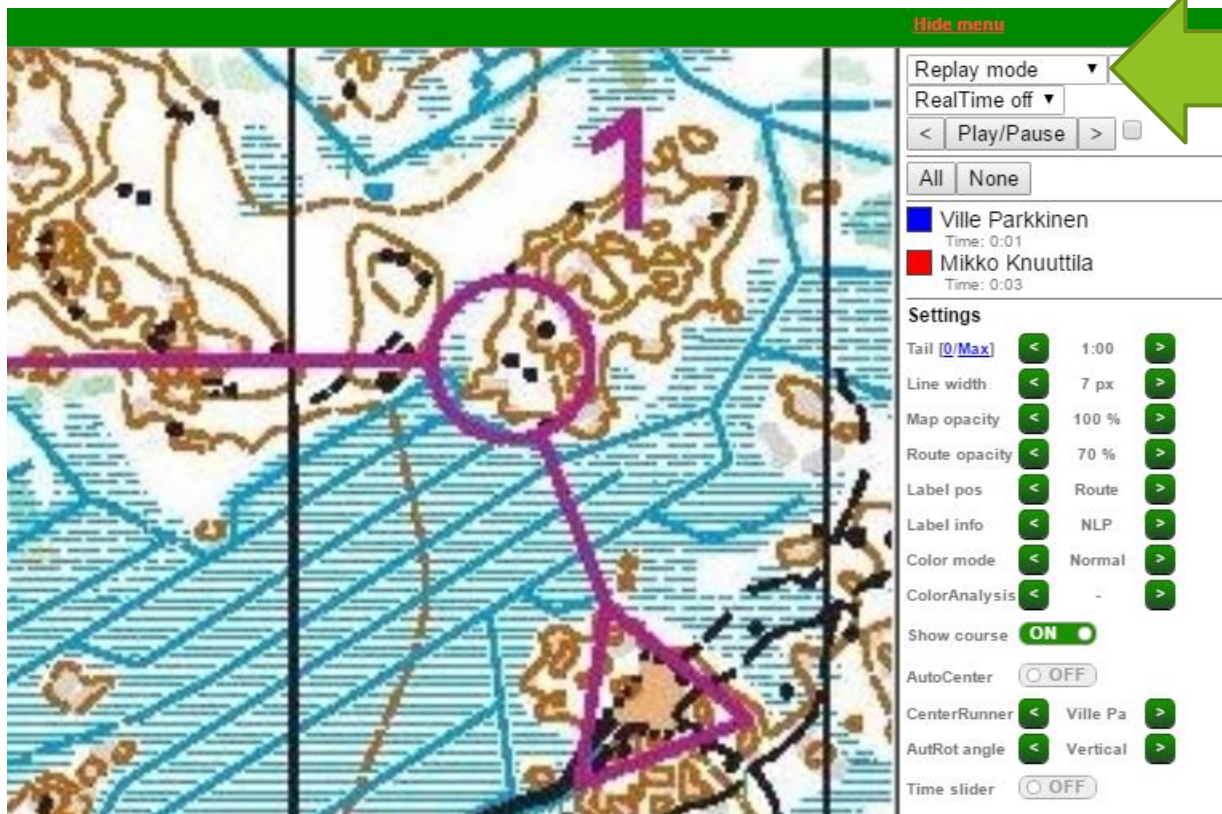
1. Valitse reitit joita haluat vertailla



2. Klikkaa



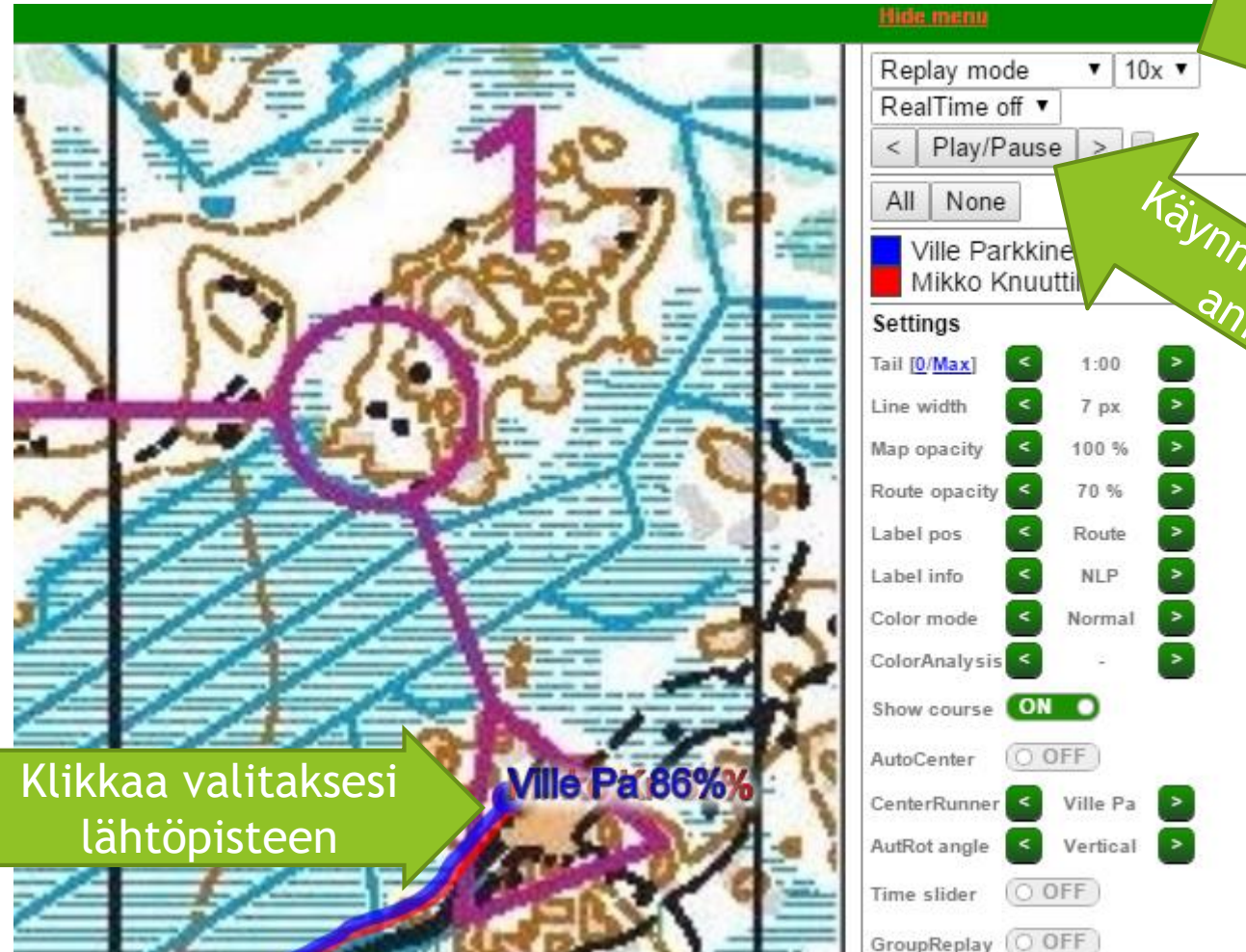
3Drerun - suorituksen analysointi



Valitse
analyysitila

3Drerun - Replay mode

- ▶ Näyttää kuljetun reitin animaationa



Klikkaa valitaksesi lähtöpisteen

Valitse animaationopeus

Käynnistä / pysäytä animaatio

3Drerun - Split analysis

- ▶ Valitse kartalta alku- ja loppupiste ja vertaile aikaa, reittiä ja juoksuvauhtia pisteiden välillä

The screenshot displays the 3Drerun software interface for split analysis. The main map shows two running routes: a blue route for Ville Parkkinen and a red route for Mikko Knuutila. The settings panel on the right includes options for split analysis, color by time, autoselect, and various display settings. Three green callout boxes with arrows point to specific map features: '1. Valitse tila' points to the 'Split analysis' dropdown, '2. Klikkaa' points to a purple circle on the map, and '3. Klikkaa' points to a red dot on the map.

1. Valitse tila

2. Klikkaa

3. Klikkaa

Split analysis

All None Variants

Color by time

AutoSelect OFF

■ Ville Parkkinen 2:17
442 m, 5:10 min/km, 2:17

■ Mikko Knuutila +1:16
646 m, 5:30 min/km, 3:33

Settings

Tail Max 1:00

Line width 7 px

Map opacity 100 %

Route opacity 70 %

Label pos Route

Label info NLP

Color mode Normal

ColorAnalysis -

Show course ON

AutoCenter OFF

CenterRunner Ville Pa

AutRot angle Vertical

Time slider OFF

GroupReplay OFF

SketchMode OFF

Map rot [0deg] OFF

Font size 20

Advanced options

Use S to save analysis state
Use Q to show splitsbrowser for autoO
Use 0 to show all complete routes
Use 1 to show pace graph
Use 4 / 5 to show tag overview
Use 6 to show/hide tags
Use 7 to toggle annotation mode
Use W to show splits table (exp)
Use H for HeadCam analysis (exp)
Use SHIFT+R to recalibrate map (exp)

S

Store & view situations

Store situations to view later. Will be erased when reloading page.