

<https://connect.garmin.com/>

The screenshot shows the Garmin Connect website's sign-in page. The background features a cyclist on a mountain trail. A white sign-in form is centered on the page. The form includes the following elements:

- Header:** "Sign In" in a large, bold font.
- Email:** A text input field that is currently empty.
- Password:** A text input field with a "Forgot?" link next to it, currently empty.
- Buttons:** A blue "Sign In" button and a "Remember Me" checkbox.
- Footer:** A link that says "Don't have an account? [Create One](#)".

The browser's address bar shows "connect.garmin.com/signin/". The Windows taskbar at the bottom indicates the time is 9:38 pm on 26/10/2022.

## Login

This screenshot shows the same Garmin Connect sign-in page, but with the input fields filled out. The form elements are:

- Header:** "Sign In" in a large, bold font.
- Email:** The text "louiswongwk@gmail.com" is entered into the email field.
- Password:** The password field contains masked characters (dots).
- Buttons:** A blue "Sign In" button and a "Remember Me" checkbox.
- Footer:** A link that says "Don't have an account? [Create One](#)".

The browser's address bar shows "connect.garmin.com/signin/". The Windows taskbar at the bottom indicates the time is 9:38 pm on 26/10/2022.

## Select Activities

connect

- Dashboards
- Daily Summary
- Challenges
- Calendar
- News Feed
- Activities**
- All Activities
- Steps
- Floors
- Intensity Minutes
- Health Stats
- Golf
- Training & Planning
- Gear
- Insights

ACTIVITIES

New Territories Trail...  
Trail Running | Uncategorized  
20.02 km | 6:24:49 | 19:13 /km  
1,351 Calories | 860 m Total Ascent

Share your activities, events, and workouts with your favorite calendars.  
Connect to Office 365 Account

REPORTS

Total Distance  
Oct 20 - Oct 26, 2022

SEGMENTS

With a Strava Subscription, starred segments display in real time on your device.

fenix 5 APAC .WiFi

activity\_9834058518.gpx

## All Activities

connect

- Dashboards
- Daily Summary
- Challenges
- Calendar
- News Feed
- Activities**
- All Activities
- Steps
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Activities

Search Activities

Date	Name	Distance	Time	Avg Pace	Total Ascent	Avg HR
Oct 23 2022	New Territories Trail Running	20.02 km	6:24:49	19:13 /km	860 m	97 bpm
Oct 22 2022	New Territories Running	20.81 km	2:29:10	7:10 /km	395 m	153 bpm
Oct 19 2022	New Territories Running	10.61 km	1:04:58	6:07 /km	35 m	163 bpm
Oct 16 2022	New Territories Running	10.34 km	1:04:15	6:13 /km	34 m	142 bpm
Oct 15 2022	New Territories Trail Running	37.32 km	9:24:41	15:07 /km	2,352 m	122 bpm
Oct 12 2022	New Territories Running	10.00 km	1:04:52	6:29 /km	28 m	144 bpm
Oct 11 2022	New Territories Trail Running	14.82 km	2:59:45	12:07 /km	345 m	131 bpm
Oct 9	New Territories Trail Running	9.18 km	1:48:13	11:47 /km	492 m	143 bpm

Activity Tracking Accuracy

activity\_9834058518.gpx

## Select your Activities want to export

The screenshot shows the 'Activities' page in the Garmin Connect web interface. A list of activities is displayed, with the first row highlighted in red. The table below summarizes the data for the activities shown.

Date	Activity Name	Distance	Time	Avg Pace	Total Ascent	Avg HR
Oct 23, 2022	New Territories Trail Running	20.02 km	6:24:49	19:13 /km	860 m	97 bpm
Oct 22, 2022	New Territories Running	20.81 km	2:29:10	7:10 /km	395 m	153 bpm
Oct 19, 2022	New Territories Running	10.61 km	1:04:58	6:07 /km	35 m	163 bpm
Oct 16, 2022	New Territories Running	10.34 km	1:04:15	6:13 /km	34 m	142 bpm
Oct 15, 2022	New Territories Trail Running	37.32 km	9:24:41	15:07 /km	2,352 m	122 bpm
Oct 12, 2022	New Territories Running	10.00 km	1:04:52	6:29 /km	28 m	144 bpm
Oct 11, 2022	New Territories Trail Running	14.82 km	2:59:45	12:07 /km	345 m	131 bpm
Oct 9, 2022	New Territories Trail Running	9.18 km	1:48:13	11:47 /km	492 m	143 bpm

## Double click your activities that you select

The screenshot shows the detailed view of a specific activity in the Garmin Connect web interface. The activity is 'New Territories Trail Running' by Louis Wong on Sunday at 08:42. The summary statistics are as follows:

- Distance: 20.02 km
- Time: 6:24:49
- Avg Pace: 19:13 /km
- Total Ascent: 860 m
- Calories: 1,351

The main content area features a map of the trail route in New Territories, Hong Kong, with various landmarks like Kam Shan Country Park and Tsze Wan Shan. On the right side, there are sections for 'Photos' (with a 'Click to add photos to your activity' prompt), 'Notes' (with a text input field containing 'How was your run?'), and a comment section.

## Click to right hand bottom

The screenshot shows the Garmin Connect web interface for a trail running activity. The activity is titled "New Territories Trail Running" and was recorded by Louis Wong on Sunday at 08:42. Key statistics displayed are: 20.02 km distance, 6:24:49 time, 19:13 /km average pace, 860 m total ascent, and 1,351 calories. A map shows the route in the New Territories area of Hong Kong. On the right side, there are sections for Photos, Notes, and a comment field. A red box highlights the settings gear icon in the top right corner of the activity view.

## Select file you want to export

This screenshot shows the same Garmin Connect activity page as above, but with the export menu open. The menu is located in the top right corner and contains the following options: Compare, Send To Device, Save as Course, Set as PR, Export Original, Export to TCX, Export to GPX (highlighted with a red box), Export to Google Earth, Export Splits to CSV, Edit, Trim Activity, and Delete. The rest of the page content remains the same.