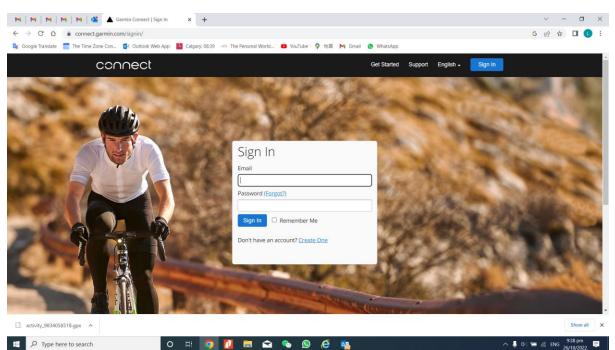
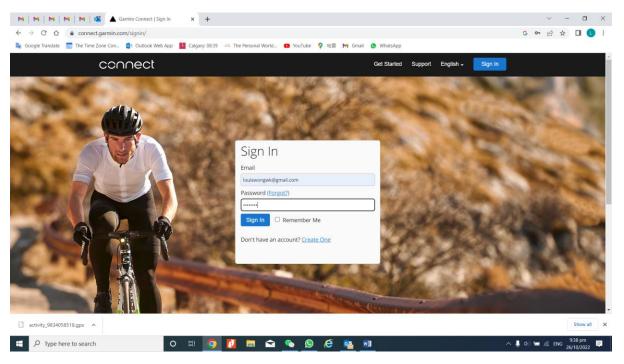
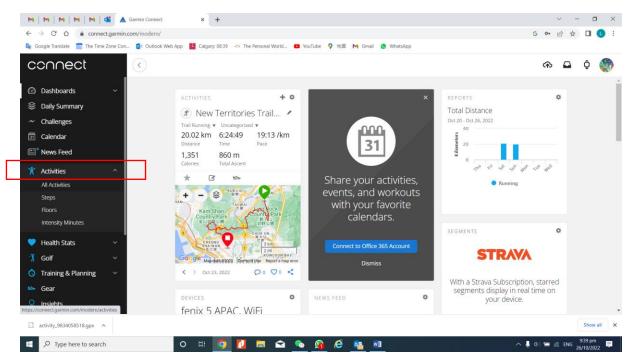
https://connect.garmin.com/



<u>Login</u>



Select Activities



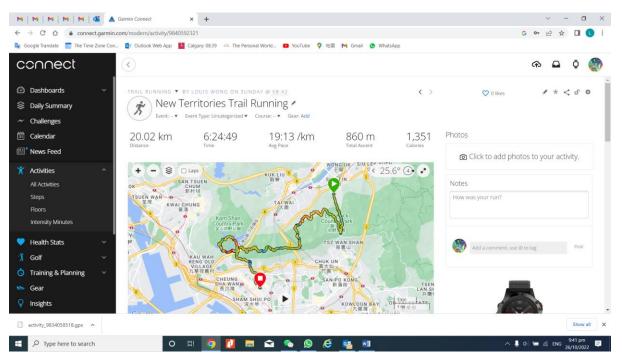
All Activities

Google Translate 📄 The Tim	e Zone Con	Outloo	ok Web App	Calgary: 08:39 33 The Personal Wo	rld 🖸 YouTube	💡 地園 附 Gmail 🕻	WhatsApp					
connect		<								ନ	o ô	
Dashboards	~	Acti	vition							facual Activity	Internet Fire	out CC
Daily Summary		Activities						+ Manual Acuv			ty Import Export CS\	
Challenges		Search	Activities	۹ Compare C	Compare 0 of 4	All	\$	Æ		*	*	
1 Calendar												
News Feed		Ň	Oct 23	New Territories Trail Runnir TRAIL RUNNING	lg	20.02 km distance	6:24:49 тіме	19:13 /km avg pace	860 m TOTAL ASCENT	97 bpm avg HR		
Activities	^	Ŕ	Oct 22 *	New Territories Running		20.81 km distance	2:29:10 TIME	7:10 /km avg pace	395 m total ascent	153 bpm avg hr		
All Activities		Ż	Oct 19 *	New Territories Running		10.61 km DISTANCE	1:04:58 TIME	6:07 /km avg pace	35 m TOTAL ASCENT	163 bpm avg hr		
Steps Floors		Ř	Oct 16 *	New Territories Running		10.34 km distance	1:04:15 TIME	6:13 /km avg pace	34 m TOTAL ASCENT	142 bpm avg hr		
Intensity Minutes		Ż	Oct 15 *	New Territories Trail Runnin TRAIL RUNNING	ng	37.32 km distance	9:24:41 TIME	15:07 /km avg pace	2,352 m total ascent	122 bpm avg hr		
Health Stats	~	Ż	Oct 12 *	New Territories Running		10.00 km distance	1:04:52 тіме	6:29 /km avg pace	28 m TOTAL ASCENT	144 bpm avg hr		
Golf Training & Planning	ž	Ř	Oct 11 *	New Territories Trail Runnir	lg	14.82 km distance	2:59:45 Time	12:07 /km avg pace	345 m TOTAL ASCENT	131 bpm avg hr		
Gear		ż	Oct 9 🛓	New Territories Trail Runnin	ng	9.18 km	1:48:13	11:47 /km	492 m	143 bpm		
Insights /connect.garmin.com/modern/a		Help Stati		Instagram Twitter Statement of Comminist © 1996-2022 Garmin Lto						Activity	Tracking Ac	cura
activity_9834058518.gpx											She	ow all

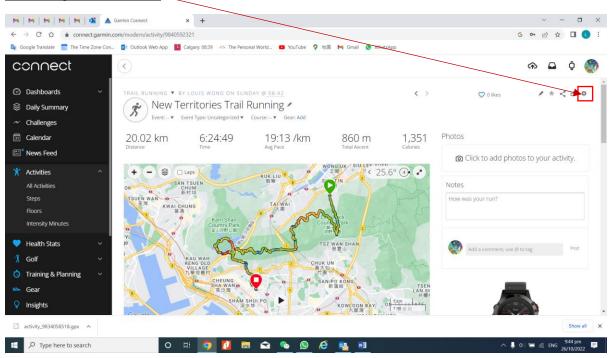
Select your Activities want to export

Google Translate The Time Zo	ne Con 📴 Outlo	ok Web App	Calgary: 08:39 🥸 The Personal World 🖸 YouTube	🦞 地園 M Gmail	WhatsApp				
connect	$\langle \cdot \rangle$							A	🗅 ộ 🍕
 Dashboards Daily Summary 	Act	ivities					+ 1	vlanual Activity Im	port Export CS
Challenges	Search	n Activities	Q Compare 1 of 4	All	*	æ		*	*
Calendar	*	Oct 23 🛧	New Territories Trail Running 🖋	20.02 km distance	6:24:49 тме	19:13 /km avg pace	860 m total ascent	97 bpm avg hr	Ø #1
Activities	~ *	Oct 22	New Territories Running RUNNING	20.81 km distance	2:29:10 Time	7:10 /km avg pace	395 m TOTAL ASCENT	153 bpm avg hr	
All Activities Steps	*	Oct 19	New Territories Running RUNNING	10.61 km distance	1:04:58 TIME	6:07 /km avg pace	35 m TOTAL ASCENT	163 bpm avg hr	
Floors	×	Oct 16 *	New Territories Running RUNNING	10.34 km distance	1:04:15 TIME	6:13 /km avg pace	34 m TOTAL ASCENT	142 bpm AVG HR	
Intensity Minutes	*	Oct 15 *	New Territories Trail Running	37.32 km	9:24:41 TIME	15:07 /km	2,352 m total ascent	122 bpm	
Health Stats	*	Oct 12	New Territories Running RUNNING	10.00 km distance	1:04:52 TIME	6:29 /km avg pace	28 m TOTAL ASCENT	144 bpm avg hr	
Training & Planning	* *	Oct 11 *	New Territories Trail Running TRAIL RUNNING	14.82 km distance	2:59:45 TIME	12:07 /km avg pace	345 m total ascent	131 bpm avg hr	
Gear	ż	Oct 9 🛓	New Territories Trail Running	9.18 km	1:48:13	11:47 /km	492 m	143 bpm	
Insights	Help Stat		Instagram Twitter Statement of Privacy Terms of * Copyright © 1996-2022 Garmin Ltd. or its subsidiaries * V		D			Activity Tra	acking Accurac

Double click your activities that you select



Click to right hand botton



Select file you want to export

