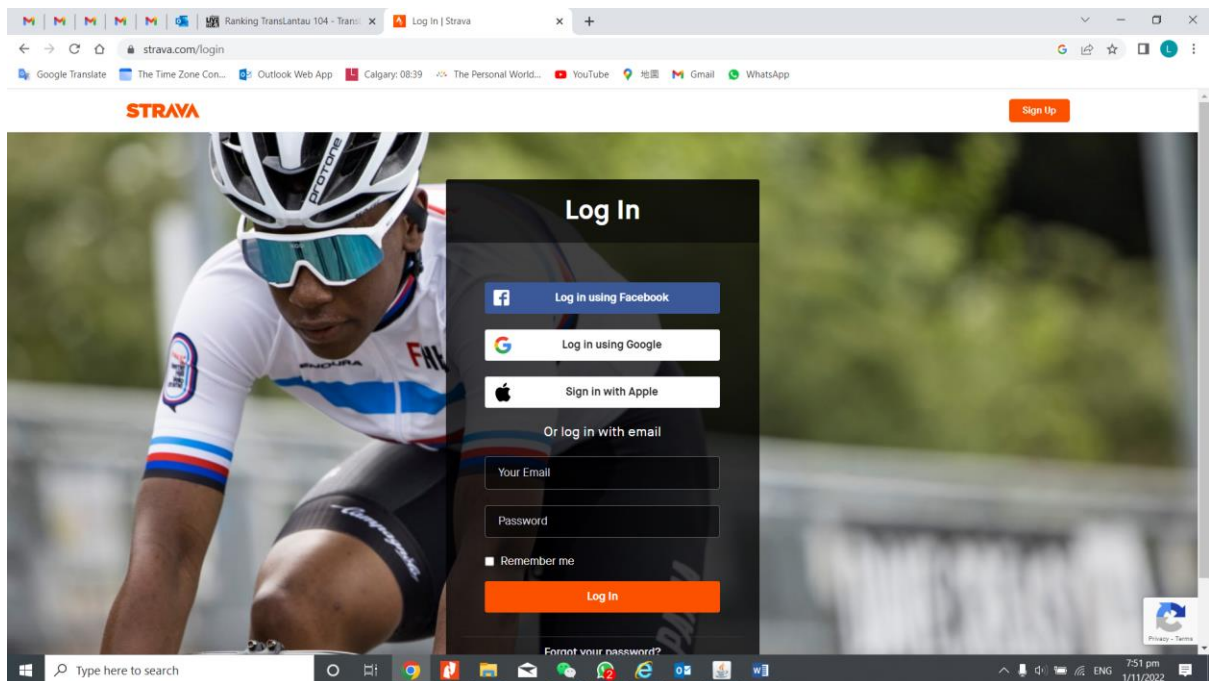
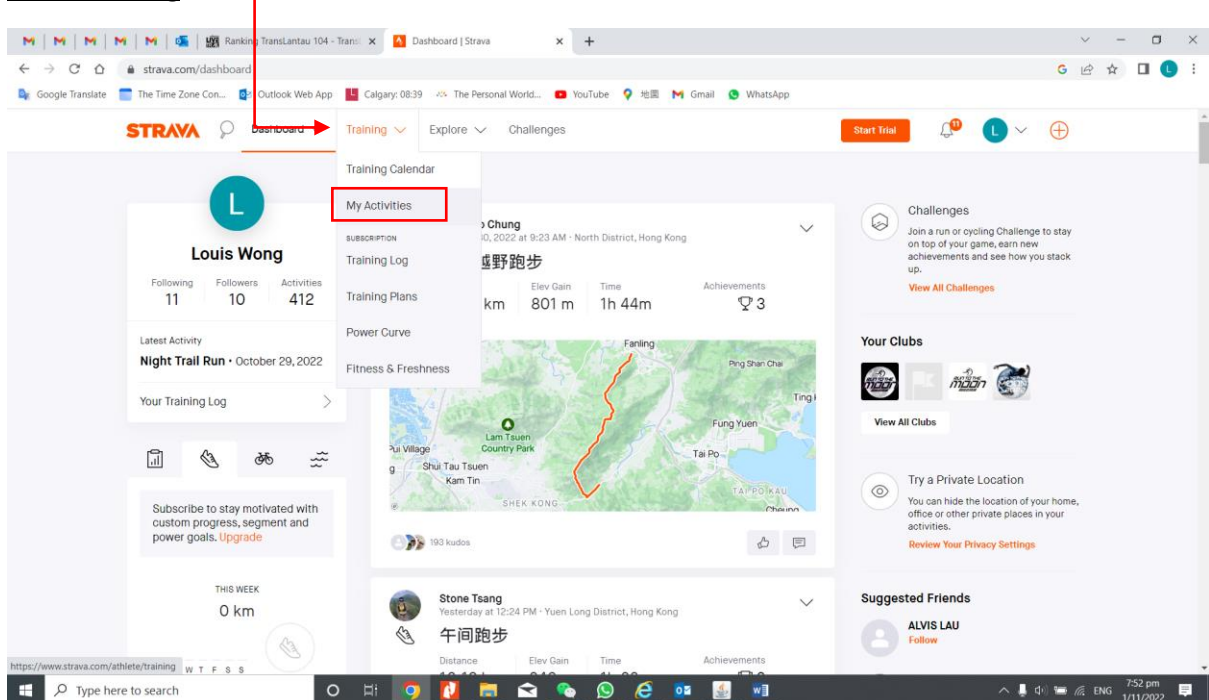


<https://www.strava.com/login>



Go to Training



Select your activities

The screenshot shows the Strava 'My Activities' page. At the top, there's a navigation bar with 'Dashboard', 'Training', 'Explore', and 'Challenges'. Below this, the 'My Activities' section has filters for 'Keywords' (My Morning Workout) and 'Sport' (All Sport Types). A list of 412 activities is shown. The first activity, 'Night Trail Run', is highlighted with a red box and a red arrow pointing to it from the header above.

Sport	Date	Title	Time	Distance	Elevation	Actions
Run	Sat, 10/29/2022	Night Trail Run	22:48:16	109.77 km	5,226 m	Edit Delete Share
Run	Sun, 10/23/2022	Morning Trail Run	4:08:45	20.01 km	860 m	Edit Delete Share
Run	Sat, 10/22/2022	Morning Run	2:29:10	20.81 km	395 m	Edit Delete Share
Run	Wed, 10/19/2022	Evening Run	1:04:58	10.61 km	35 m	Edit Delete Share
Run	Sun, 10/16/2022	Afternoon Run	1:04:15	10.34 km	34 m	Edit Delete Share
Run	Sat, 10/15/2022	Morning Trail Run	9:24:40	37.32 km	2,352 m	Edit Delete Share

Download GPX

The screenshot shows the Strava activity page for 'Night Trail Run'. The page displays a map of the activity route and a table of splits. A red arrow points from the 'Download GPX' button in the top left to the 'Download GPX' link in the map controls.

KM	Pace	Elev
1	10:21 /km	7 m
2	13:15 /km	83 m
3	15:05 /km	119 m
4	10:28 /km	-107 m
5	12:52 /km	1 m
6	11:49 /km	-84 m
7	9:58 /km	-17 m
8	9:42 /km	-1 m
9	10:25 /km	2 m
10	17:03 /km	155 m
11	14:01 /km	94 m
12	11:48 /km	-131 m