



如何上載成績及照片

How to upload result & photos



在上載前成績，請在**Strava**完成以下步驟。詳情請參閱第**3-5**頁

- 把**Moving Time** (移動時間) 更改為 **Elapsed Time** (經過時間)
- 將活動紀錄轉為公開

Please go through the following steps in Strava before uploading the results.

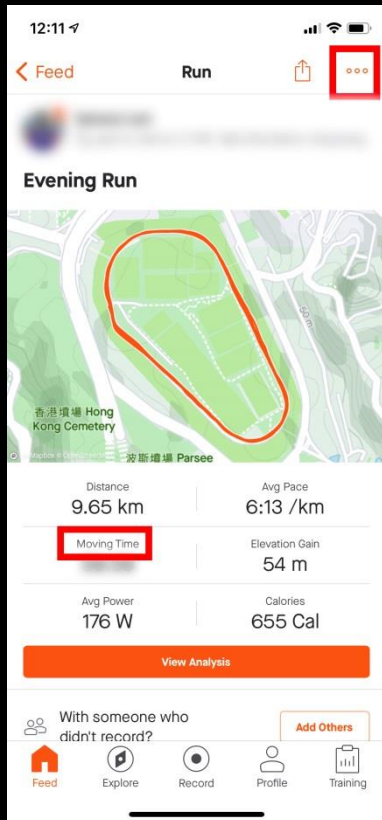
Details are found on page 3-5

- **Change activity record to public**
- **Change “Moving Time” to “Elapsed Time”**



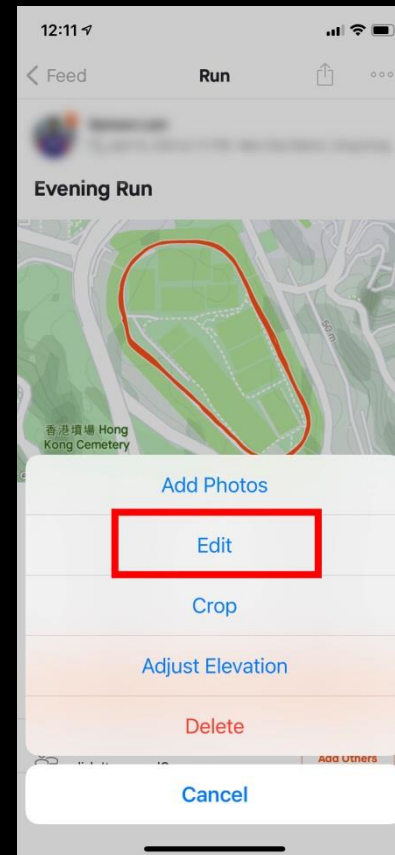
*** 把Moving Time (移動時間) 更改為 Elapsed Time (經過時間) ***

*** Change “Moving Time” to “Elapsed Time” ***



開啟有關活紀錄，再按右上方...鍵

Open the activity record, and click ... on top right



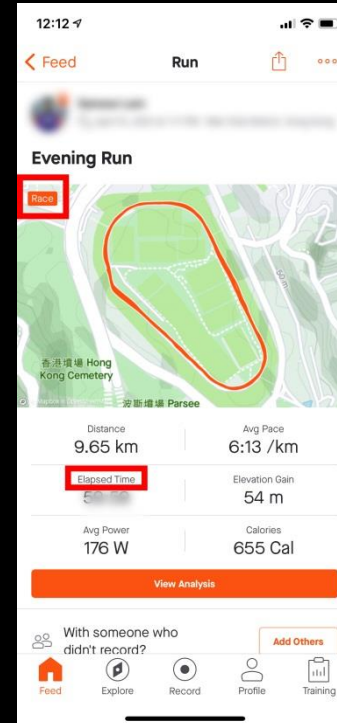
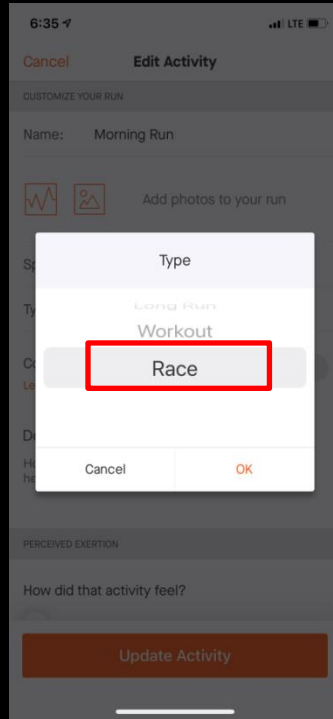
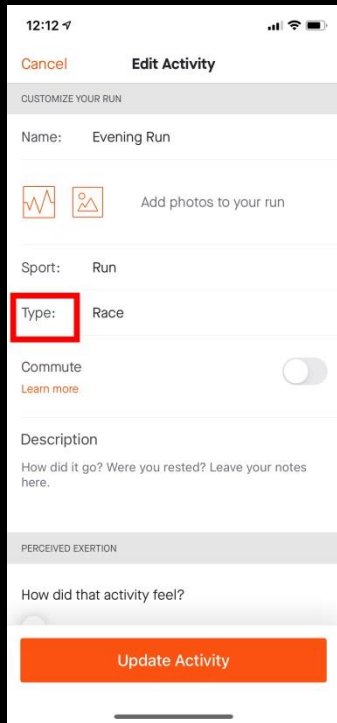
按 Edit (編輯) 鍵

Click “Edit”



***** 把Moving Time (移動時間) 更改為 Elapsed Time (經過時間) *****

***** Change “Moving Time” to “Elapsed Time” *****



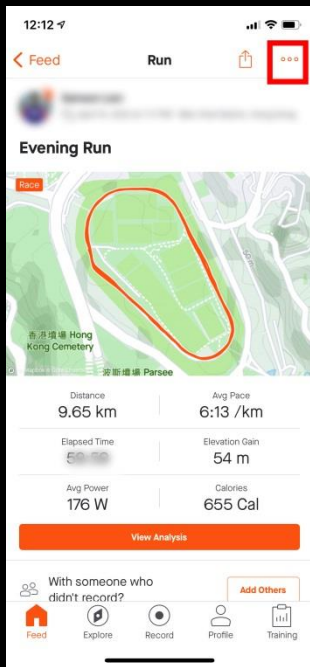
把 Type: 改為 Race
Change Type to “Race”

有關時間會改為Elapsed Time (經過時間)
The time will be changed to “Elapsed Time”

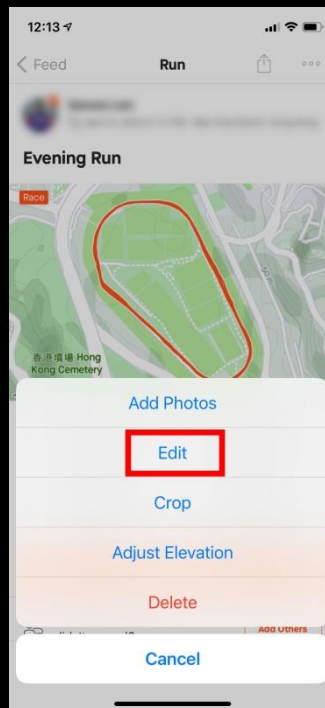


*****將活動紀錄轉為公開*****

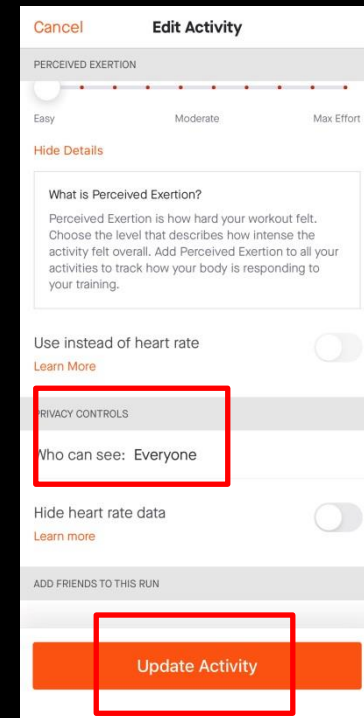
*****Change activity record to public*****



進入有關活動，
先按上方。 。 。 鍵，
Got activity, click 。 。 。
on top right



再按“Edit”
Click “Edit”

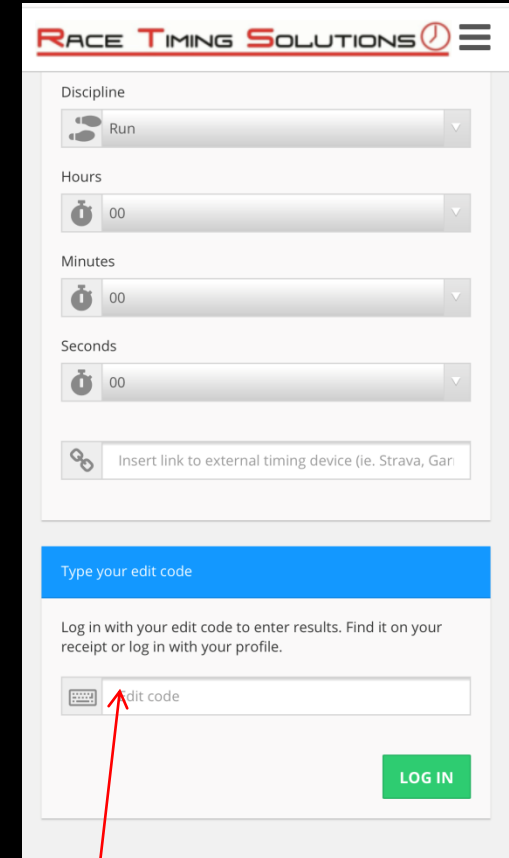
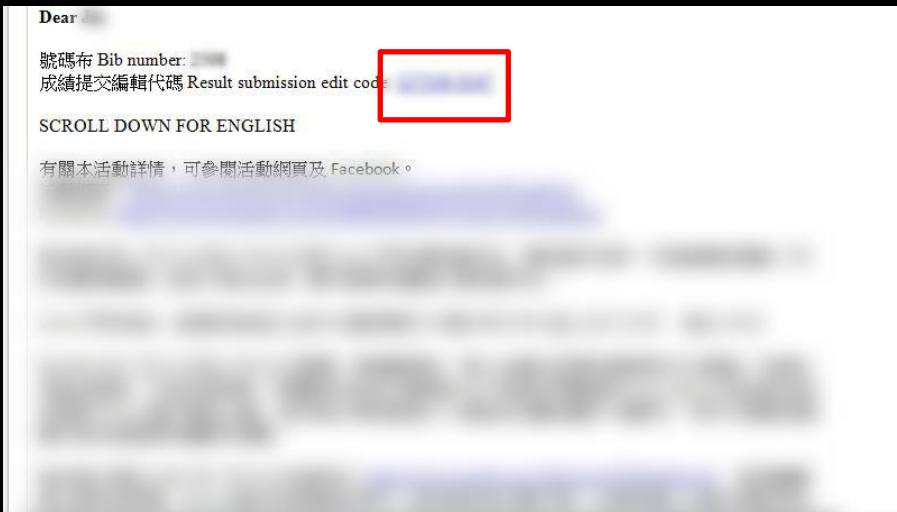


向下至“PRIVACY CONTROLS”
把“Who can see:”設定改為“Everyone”
之後按“Update Activity”
Scroll down to “PRIVACY CONTROLS”
Change “Who can see:” to “Everyone”
Then click “Update Activity”



Edit code 可在確認電郵/領取選手包電郵找到,
按連結登入, 或到
<https://raceresults.com.hk/event/197/addressult>
並輸入edit code

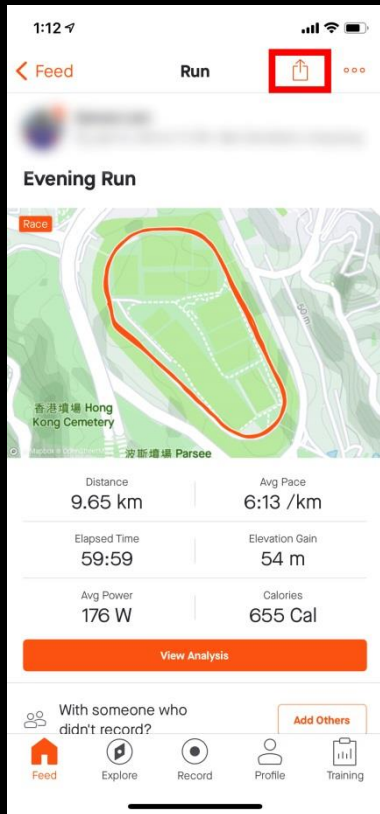
Edit code can be found in Confirmation
email/Race Pack pick up email. Click the link to
login, or go to
<https://raceresults.com.hk/event/197/addressult>
and enter the edit code



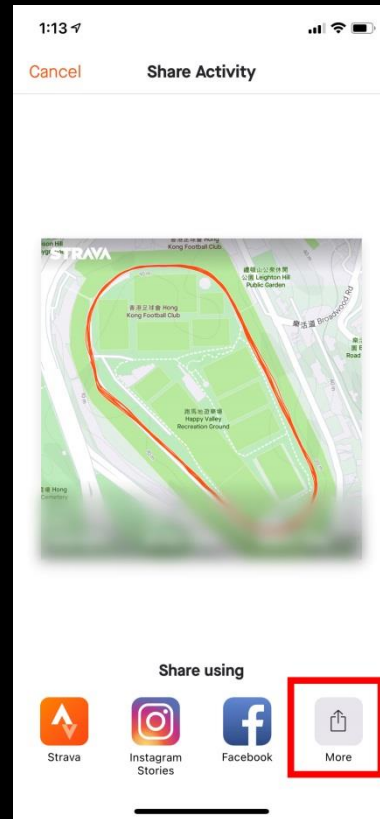
使用編輯碼edit code登入
Login by using edit code



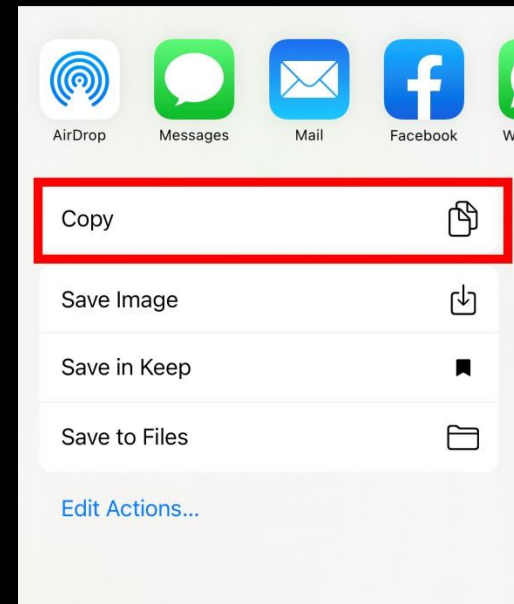
如何分享Strava 連結 How to share link



按有關活動的分享鍵
Click share button of the activity



按“More”
Click “More”



按“Copy”
Click “Copy”



加入 時間、距離、照片及Strava 連結(把Strava分享的link貼上)
Add time, distance, photo, and Strava link(paste Strava link)

Upload image

Choose File no file selected

Participant

In Hong Kong
0.0 km total

Enter your result

Distance (km)
0.00

Date
11-05-2021

Discipline
Run

Hours
00

Minutes
00

Seconds
00

Insert link to external timing device (ie. Strava, Gar

SAVE