

# 01: Login bij Garmin Connect

## 02: Wijs met de cursor (pijl) jouw activiteiten aan (mens symbool)

The screenshot shows the Garmin Connect website interface. The browser address bar displays `connect.garmin.com/modern/`. The page features a dark sidebar on the left with a navigation menu. A red circle highlights a person icon in the menu. The main content area is divided into several sections:

- UITRUSTING:** A section for selecting equipment, with a dropdown menu labeled "Kies artikel" and a "Sla op" button.
- ACTIVITEITEN:** A section for activities, showing a map of a route in Oisterwijk, Haaren, and Moergestel. The activity details include: "Oisterwijk - 2inPiram...", "Hardlopen", "13,09 km", "1:09:17", "5:18 /km", "891 Calorieën", and "14 m Totale stijging".
- RAPPORTEN:** A section for reports, showing a bar chart titled "Totale afstand" for the period "14 feb - 20 feb 2023". The chart shows distances in kilometers for "Hardlopen" (blue) and "Zwemmen" (orange) across the days of the week.
- NIEUWSFEED:** A section for news, showing a post by "Helmuth" for the activity "Oisterwijk - 2inPiramidelo..." with details "13,09 km | 1:09:17 | 5:18 /km".
- KOERSEN:** A section for courses, listing various routes with their names and distances.
- SEGMENTEN:** A section for segments, listing favorite segments with their names and durations.

A large central banner celebrates a personal record: "Gefeliciteerd! Een nieuw persoonlijk record! 42,67 km Langste afstand - 8 Apr. 2018". Below the banner is an "Accepteer" button and a link to "Bekijk vorig persoonlijke record".

The Windows taskbar at the bottom shows the search bar, taskbar icons, and system tray information: "9°C Bewolkt", "22:10", and "20/02/2023".

3: Click nu op de “v” of op het woord “Activiteiten” om meer te zien.

The screenshot shows the Garmin Connect web application. The left sidebar contains a navigation menu with the following items: Dashboards, Dagelijks overzicht, Uitdagingen, Agenda, Nieuwsfeed, **Activiteiten** (circled in red), Gezondheidsstatistieken, Golfen, Training & planning, Uitrusting, Insights, Rapporten, Connecties, Groepen, Badges, Persoonlijke records, and Doelen. The main content area is divided into several sections: 'UITRUSTING' with a 'Kies artikel' dropdown and a 'Sla op' button; 'ACTIVITEITEN' with a list of activities including 'TTM\_Sportlanes' (16,49 km), '4eLoper' (8,73 km), '3eLoper' (19,06 km), 'NaarHenS' (205,81 km), 'MijnRVV' (112,01 km), and 'Rhododendronlaantje' (8,37 km); 'RAPPORTEN' with a bar chart titled 'Totale afstand' for the period 14 Feb - 20 Feb 2023, showing distances for 'Hardlopen' and 'Zwemmen'; and 'NIEUWSFEED' with recent activity posts such as 'Oosterwijk - 2inPiramide...' and 'Boxel Wandelen'. A large congratulatory banner is displayed in the foreground, stating 'Gefeliciteerd! Een nieuw persoonlijk record!' with a trophy icon and '42,67 km Langste afstand - 8 Apr. 2018'. A Microsoft OneDrive pop-up window is overlaid on the 'ACTIVITEITEN' section, with the text 'Get to your screenshots on all your devices' and a 'Save to OneDrive' button. The browser's address bar shows 'connect.garmin.com/modern/' and the Windows taskbar at the bottom displays the date '20/02/2023' and time '22:11'.

## 04: Click nu op “Alle activiteiten” om alle activiteiten te zien.

The screenshot displays the Garmin Connect web application interface. The left sidebar contains a navigation menu with the following items: Dashboards, Dagelijks overzicht, Uitdagingen, Agenda, Nieuwsfeed, **Activiteiten** (circled in red), Stappen, Verdiepingen, Minuten intensieve training, Gezondheidsstatistieken, Golfen, Training & planning, Uitrusting, Insights, Rapporten, Connecties, Groepen, Badges, and Persoonlijke records. The main content area is divided into several sections: 'UITRUSTING' with a selection dropdown and 'Sla op' button; 'ACTIVITEITEN' showing a recent run activity with details (13,09 km, 1:09:17, 5:18 /km) and a map; a large dark overlay with a calendar icon and the text 'Deel uw activiteiten, gebeurtenissen en workouts met uw favoriete agenda's.' and a button 'Maak verbinding met Office 365 account'; 'RAPPORTEN' with a bar chart titled 'Totale afstand' for the period 14 feb - 20 feb 2023; 'NIEUWSFEED' with a list of recent activities; 'KOERSEN' with a list of routes; and 'SEGMENTEN' with a list of favorite segments. At the bottom, a Windows taskbar shows the system tray with weather (9°C Bewolkt), time (22:12), and date (20/02/2023).

05a: Click nu op de fietser om alleen jouw fietsactiviteiten te zien.  
05b: Of gebruik de zoekfunctie om jouw activiteit te vinden waar je het gpx bestand van wil. Voer de naam in en click op de loop.

The screenshot shows the Garmin Connect web interface. At the top, the browser address bar displays 'connect.garmin.com/modern/activities'. Below the navigation bar, the page title is 'Activiteiten'. A search bar on the left contains the text 'beuil'. To the right of the search bar, there are filter icons for different activity types: 'Alle', 'Hardlopen', 'Fietser' (circled in red), 'Zwemmen', 'Wandelen', 'Varen', 'Wielvoertuig', and 'Wielvoertuig'. Below the filters is a table of activities. The table has columns for date, activity name, distance, time, speed, and other metrics. The activities listed include 'Oisterwijk - 2inPiramideLoop2uit\_11\_5km', 'Oisterwijk Hardlopen', 'Zwemmen in zwembad', and 'Oisterwijk Fietsen'. At the bottom of the page, there is a footer with links for 'Help', 'Status', 'Facebook', 'Instagram', 'Twitter', 'Privacyverklaring', 'Gebruiksvoorwaarden', and 'Beveiliging'. A button labeled 'Nauwkeurig. van activiteiten' is also visible.

Activiteit	AFSTAND	TIJD	GEMIDDELD TEMPO	TOTALE STIJGING	GEM. HS
20 feb. 2023 ★ Oisterwijk - 2inPiramideLoop2uit_11_5km HARDLOPEN	13,09 km	1:09:17	5:18 /km	14 m	154 bpm
18 feb. 2023 ★ Oisterwijk Hardlopen HARDLOPEN	23,43 km	2:20:02	5:59 /km	83 m	147 bpm
17 feb. 2023 ★ Zwemmen in zwembad ZWEMMEN IN ZWEMBAD	2,500 m	1:00:59	2:25 min/100 m	507 CALORIEËN	0 bpm
16 feb. 2023 ★ Oisterwijk Hardlopen HARDLOPEN	11,62 km	1:02:20	5:22 /km	12 m	155 bpm
13 feb. 2023 ★ Oisterwijk - 10x400m HARDLOPEN	11,46 km	59:24	5:11 /km	5 m	155 bpm
12 feb. 2023 ★ Oisterwijk Fietsen FIETSEN	6,07 km	14:08	25,8 Km/u	10 m	0 Watt
11 feb. 2023 ★ Oisterwijk Hardlopen HARDLOPEN	18,97 km	1:42:42	5:25 /km	19 m	153 bpm
10 feb. 2023 ★ Zwemmen in zwembad ZWEMMEN IN ZWEMBAD	500 m	57:47	2:50 min/100 m	115 CALORIEËN	0 bpm
9 feb. 2023 ★ Oisterwijk Hardlopen HARDLOPEN	10,23 km	54:36	5:20 /km	4 m	155 bpm
7 feb. 2023 ★ Gilze en Rijen Fietsen FIETSEN	20,19 km	48:11	25,1 Km/u	20 m	0 Watt
7 feb. 2023 ★ Oisterwijk Fietsen FIETSEN	20,19 km	48:20	25,1 Km/u	25 m	0 Watt
6 feb. 2023 ★ Oisterwijk Hardlopen HARDLOPEN	13,37 km	1:11:23	5:20 /km	13 m	158 bpm

## 06: Click nu op de naam van de activiteit om in de activiteit te komen.

The screenshot shows the Garmin Connect web interface. The search bar contains 'beuil' and shows 'Vergelijk 0 van 4'. Below the search bar, there are two activity entries for cycling:

Activity Name	Date	Distance (AFSTAND)	Time (TIJD)	Average Speed (GEMIDDELTE SNELHEID)	Total Elevation (TOTALE STIJGING)	Average Power (GEM. VERMOGEN)
Beuil Fietsen	13 sep. 2021	149,24 km	8:49:41	16,9 Km/u	3.257 m	0 Watt
Beuil Fietsen	12 sep. 2021	83,11 km	4:52:23	17,1 Km/u	1.425 m	0 Watt

The first activity, 'Beuil Fietsen' from 13 sep. 2021, is circled in red. The page also includes a sidebar with navigation icons, a top navigation bar with various links, and a footer with copyright information and a 'Nauwkeurig. van activiteiten' button.

## 07: Click nu op de naam van de activiteit om in die activiteit te komen.

The screenshot shows the Garmin Connect web interface. The search bar contains 'beuil' and shows 'Vergelijk 0 van 4'. The activity list shows two results for 'Beuil Fietsen'. The first result, dated 13 sep. 2021, is circled in red. The table below provides detailed statistics for each activity.

Activity Name	Date	Distance (AFSTAND)	Time (TIJD)	Average Speed (GEMIDDELTE SNELHEID)	Total Elevation (TOTALE STIJGING)	Average Power (GEM. VERMOGEN)
Beuil Fietsen	13 sep. 2021	149,24 km	8:49:41	16,9 Km/u	3.257 m	0 Watt
Beuil Fietsen	12 sep. 2021	83,11 km	4:52:23	17,1 Km/u	1.425 m	0 Watt

Additional interface elements include a sidebar with navigation icons, a top navigation bar with links like 'Handmatige activiteit', 'Importeer', and 'Exporteer CSV', and a footer with 'Nauwkeurig. van activiteiten' and 'Alles bekijken'.

## 08: Click nu op het tandwiel-tje om het gpx bestand te downloaden..

Garmin Connect

connect.garmin.com/modern/activity/7475424699

Safe Search Google Login Hotmail Bescherming tijden... Strava | Hardloop-... Gmail YouTube Maps Vaccinatie Rancher Home Assistant

09:12

Beuil Fietsen

Gebeurtenis: -- Evenementtype: Ongecategoriseerd Koers: -- Uitrusting: Toevoegen

83,11 km Afstand 4:52:23 Tijd 17,1 Km/u Gemiddelde snelheid 1.425 m Totale stijging

22,8°

Langzamer Sneller

Grafieken aanpassen

Tijd Afstand

Hoogte

2.000,0

1.000,0

4:50:06

1.535 m

activity\_10493521....gpx

Alles bekijken

Foto's

Klik om foto's aan uw activiteit toe te voegen.

Opmerkingen

Hoe was uw rit?

Voeg een opmerking toe, gebruik @ om te taggen Plaatsen

- 09: Click nu op ""Exporteer naar GPX"".
- 10: Het bestand komt in de download folder te staan.

The screenshot shows the Garmin Connect web interface for a cycling activity named "Beuil Fietsen". The activity details are as follows:

- Activity Name:** Beuil Fietsen
- Date:** 12 SEPTEMBER 2021 @ 09:12
- Distance:** 83,11 km
- Time:** 4:52:23
- Average Speed:** 17,1 Km/u
- Total Elevation:** 1.425 m

The map shows a route in a hilly region with various towns like Thorame-Haute, Guillestre, and Roubion. A speed profile graph at the bottom indicates a peak speed of 2:22:33. A context menu is open on the right side of the page, with the option "Exporteer naar GPX" highlighted in blue. Below the menu, there is a photo of a Garmin Fenix 10 smartwatch. The browser's taskbar at the bottom shows the system clock at 22:44 on 20/02/2023.