

How do I export my recorded training sessions (FitFile)?

To export your recorded data (FitFile), for example to send it to friends or your coach, there are two options:

1. Export from **trainingLab**

You can export the opened training session via the export/import plugin of your **trainingLab** software.

The screenshot shows the TrainingLab software interface. The 'Export' menu is open, with 'FitFile Import/Export Plugin' highlighted. The main window displays a data table with columns for Altitude (Alt.), Time, and Power (P). The table shows data for a training session from 15:19:02 to 15:20:47. A map on the right shows the training route in the Eppstein area.

Alt.	Time	P
129	15:19:02	
127	15:19:07	
127	15:19:12	
126	15:19:17	
126	15:19:22	
125	15:19:27	
125	15:19:32	
125	15:19:37	
124	15:19:42	
124	15:19:47	
124	15:19:52	
123	15:19:57	
123	15:20:02	
123	15:20:07	
123	15:20:12	
123	15:20:17	
123	15:20:22	
123	15:20:27	
123	15:20:32	
123	15:20:37	
123	15:20:42	
122	15:20:47	

navi2coach

o-synce TrainingLab Vers. 3.51 (20120929.srp)

Training

↑ <<

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Exercise 29.09.2012 (29.09.2012)

30.26 km (01:26:25)

🗺️ Gesplittete Ansicht 📈 Höhenprofilansicht 📶 GPS view

📄 GPS coordinates

#	Lat.	Long.	Dist.	Spd	Alt.	Time	P
1	50,11223	8,55496	0,000	0,00	127	13:59:17	
2	50,11222	8,55492	0,000	0,00	127	13:59:22	
3	50,11212	8,55485	0,010	10,26	127	13:59:27	
4	50,11195	8,55478	0,031	17,27	126	13:59:32	
5	50,11174	8,55461	0,054	19,00	126	13:59:37	
6	50,11149	8,55438	0,088	22,77	126	13:59:42	
7	50,11133	8,55407	0,119	21,79	125	13:59:47	
8	50,11149	8,55370	0,149	25,94	126	13:59:52	
9	50,11165	8,55331	0,182	20,89	126	13:59:57	
10	50,11169	8,55308	0,201	8,37	127	14:00:02	
11	50,11165	8,55293	0,216	14,63	128	14:00:07	
12	50,11148	8,55267	0,245	23,15	128	14:00:12	
13	50,11121	8,55241	0,279	25,94	127	14:00:17	
14	50,11092	8,55213	0,316	27,37	127	14:00:22	
15	50,11064	8,55183	0,352	27,08	127	14:00:27	
16	50,11036	8,55161	0,388	26,24	127	14:00:32	
17	50,11024	8,55139	0,413	17,27	127	14:00:37	
18	50,11027	8,55110	0,438	20,59	127	14:00:42	
19	50,11002	8,55098	0,473	27,45	127	14:00:47	
20	50,10965	8,55083	0,511	28,13	126	14:00:52	
21	50,10960	8,55034	0,549	27,15	126	14:00:57	
22	50,10940	8,54999	0,585	28,96	126	14:01:02	

📄 Altitude Chart

m

560

520

480 km/h

440 90

400 80

Positionswerte

HF: 125 bpm
SPD: 27.08 km/h
Höhe: 127 m
Grad.: 0.00 %
Temp.: 22.0 °C
CAD: 69 U/min
Power: 0 Watt

Ausschnitt
0.00 - 30.26 km

Distanz
30.26 km

Auf / Ab
400 / 403 m

Ø-/Max-SPD
24.45 / 57.40 km/h

Ø-/Max-HF
139 / 177 bpm

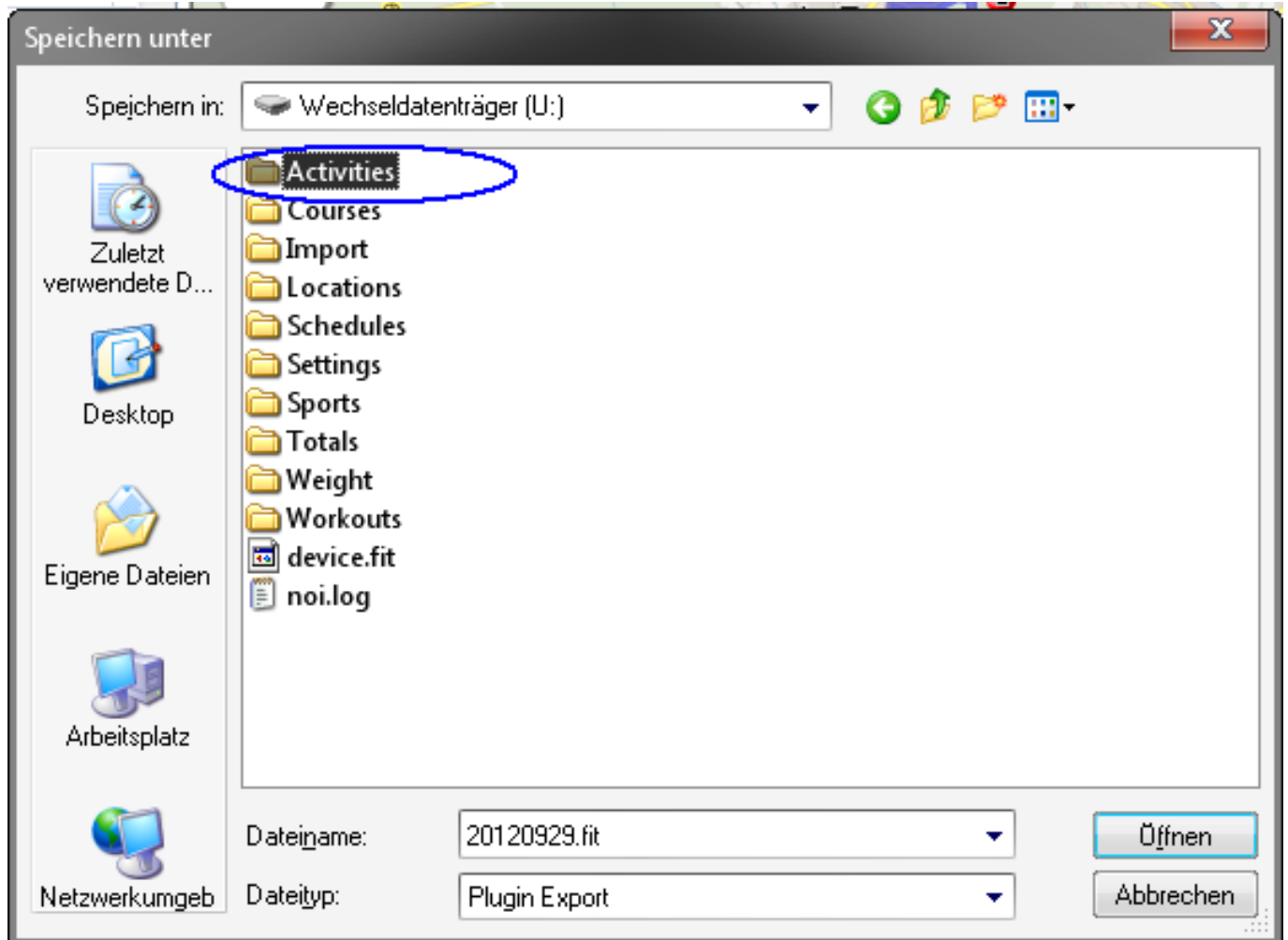
Export

- Training nach Excel...
- Training (Textexport)
- FitFile Import/Export Plugin...
- Google Earth Export Plugin...
- GPX Import/Export Plugin...

2. Export directly from the navi2coach

If your training session is still stored at your device, you can copy the FitFile data directly from the folder "Activities".

navi2coach



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Author: o-synce support team

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