Go to Menu

Three lines in the top left corner is the Menu

Results

View Perfomance Report

🏛 Admin Panel | Logou

		6:28 min/km	Rejected	Fast Split 8 (01:57/km)
m	6:45 min/km	02:25:25	6:51 min/km	Approved	Completed
m	9:32 min/km	00:49:24	9:48 min/km	Approved	Completed
m	7:27 min/km	00:37:58	7:30 min/km	Approved	Completed

To change the status from Reject to approved, First see which part of your walk/Run has the issue .

m	9:02 min/km	00:46:06	9:08 min/km	Approved	Completed
m	11:18 min/km	01:01:16	11:40 min/km	Approved	Completed
m	11:28				

**In this case its the Split 8
That is the 8th Km is the issue in this run**

m	6:12 min/km	01:39:07	6:20 min/km	Approved	Completed
m	11:29 min/km	00:58:52	11:39 min/km	Approved	Completed

← → ＋ 39 •••

Your Weekly Snapshot   See More

Activities	Time	Distance
1	**53m 2s**	**8.51 km**
▲ 0	▼ 4m 58s	▲ 3.45

• • •

Durai Palanisamy (0008)
👟 Today at 7:02 AM - Vellore, Tamil Nadu

Day 376/500 - 22/09/2025

Distance	Pace	Time	Achievements
8.51 km	**6:14 /km**	**53m 2s**	🏅🏆 4

🏅 PR Congrats! You just set your PR in the 2 mile!

Start and end hidden

Open Strava and chick YOU on the bottom

🏠 30   You

Run   Ride

Press Activities

8.51 km   53m 2s   56 m

67.0 km

33.5 km

0 km

AUG   SEP

See more of your progress

⬡ **Training Zones**

See how hard you worked vs. recovered in the last 12 weeks
with your heart rate, power and pace zones.

Most Time in HR Zones
45% in Zone 1

38h 12m

See more zone data

Durai Palanisamy (0008)
Today at 7:02 AM · Vellore, Tamil Nadu

Day 376/500 - 22/09/2025

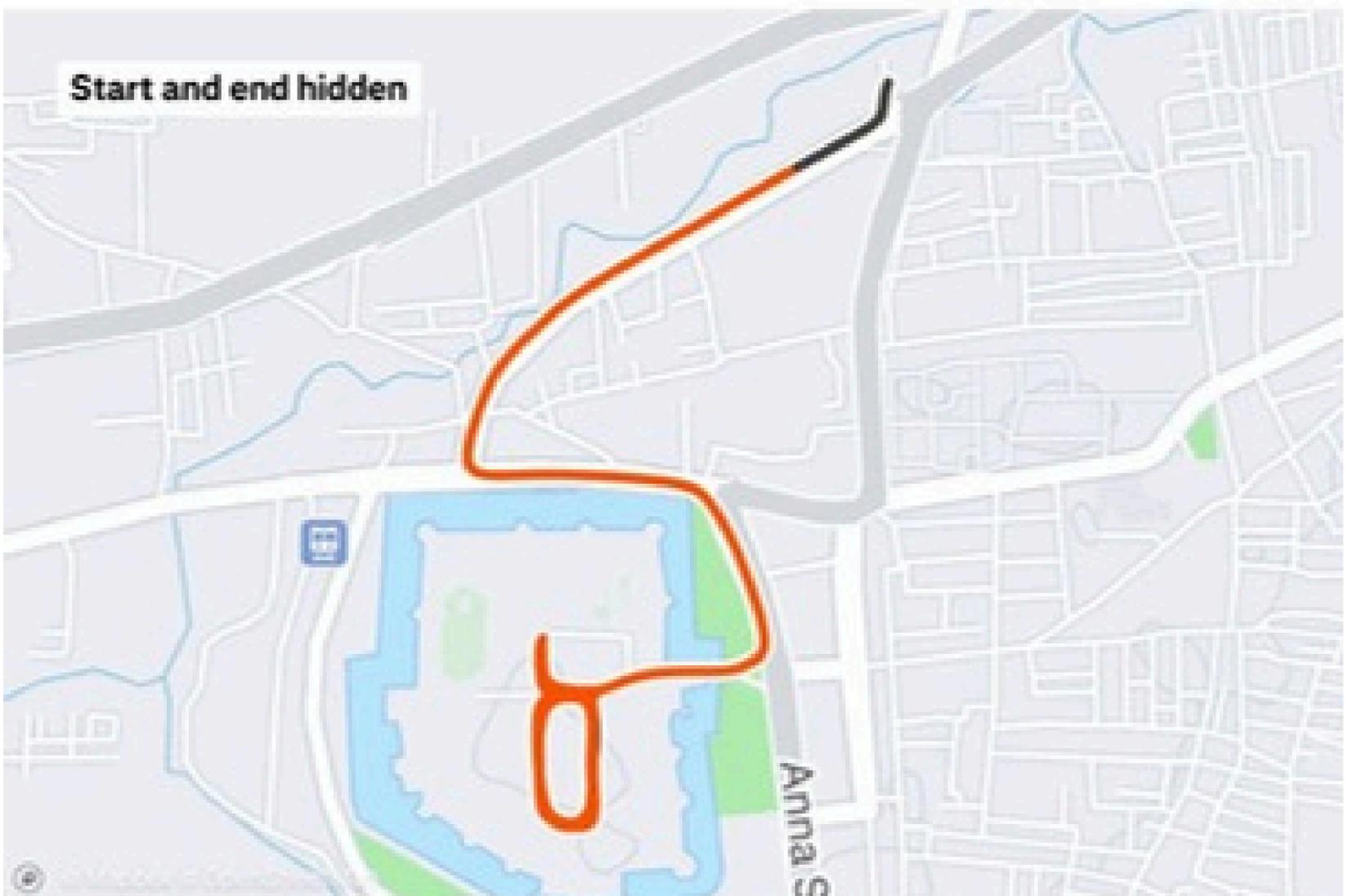| Distance	Pace	Time	Achievements
8.51 km	6:14 /km	53m 2s	🏅🏆 4

PR Congrats! You just set your PR in the 2 mile!

Start and end hidden

Anna S

Scroll Down and find the rejected activity and tap on it to open it
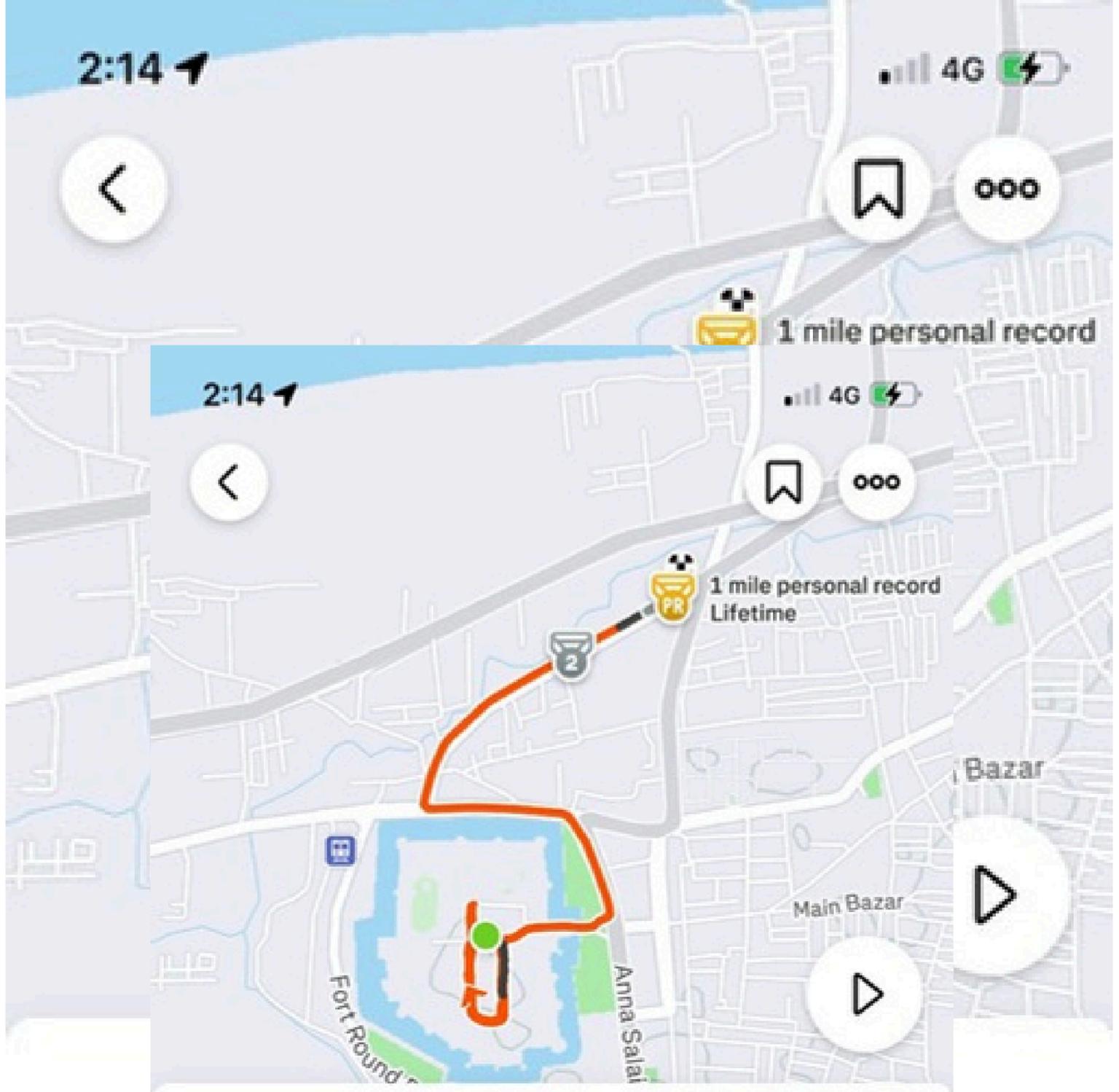
1 mile personal record
Lifetime

Main Bazar

Bazar

Durai Palanisamy (0008)
Today at 7:02 AM · Vellore, Tamil Nadu

Day 376/500 - 22/09/2025

PR Congrats! You just set your PR in the 2 mile!

Distance	Avg Pace
8.51 km	**6:14 /km**

Moving Time   Elevation Gain

Once the activity is opened, Scroll down

Solid 8.5k run with multiple personal
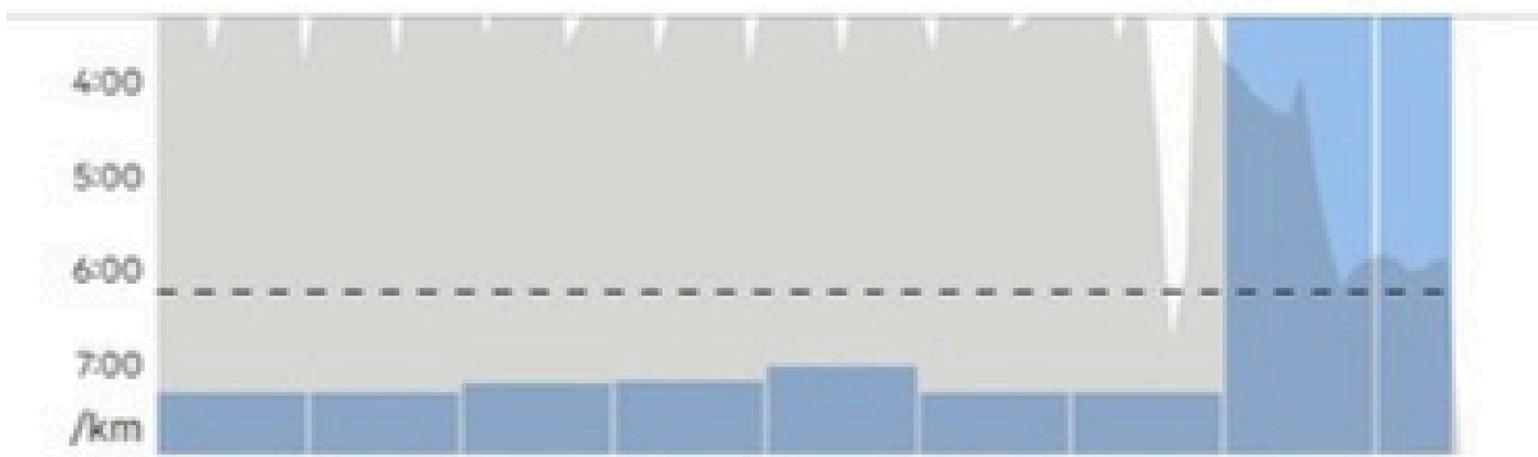bests, showing improved speed with a

🛡 **Athlete Intelligence**

Solid 8.5k run with multiple personal
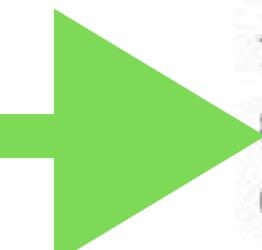bests, showing improved speed with a

4:00
5:00
6:00
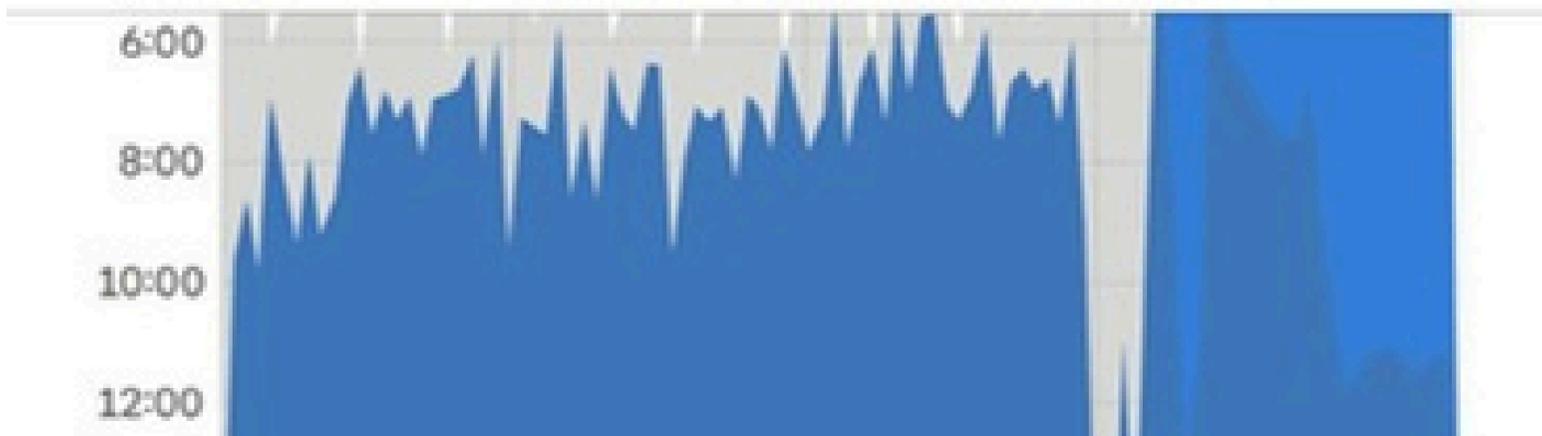7:00
/km

View Workout

Splits

Km	Pace		Elev	HR
1	8:05		-1	107
2	7:22		2	118
3	7:11		1	125
4	7:11		-2	130
5	7:02		-2	131
6	7:13		1	131
7	5:39		-2	101
8	1:57		-4	117
0.5	2:30		-4	111

Check in the split, Note down which are the Splits below PACE 3.30 and it has to be cropped

10:00

12:00

⌄   **Run**   🔖   ∘∘∘

6:00

8:00

10:00

12:00

Scroll down further, You will find the Fastest Split mentioned .This has to be above 3.30 after cropping.

Avg Pace	6:14 /km
Moving Time	53:02
Avg Elapsed Pace	6:28 /km
Elapsed Time	55:06
Fastest Split	1:57 /km

⚡ **Grade Adjusted Pace**

1 mile personal record

Tap the three dots

Main Bazar

Fort Round

Anna Salai

Durai Palanisamy (0008)
Today at 7:02 AM · Vellore, Tamil Nadu

Day 376/500 - 22/09/2025

PR Congrats! You just set your PR in the 2 mile!

Distance	Avg Pace
8.51 km	**6:14 /km**

Moving Time	Elevation Gain
53:02	**56 m**

Calories	Avg Heart Rate
505 Cal	**120 bpm**

Athlete Intelligence

Solid 8.5k run with multiple personal
bests, showing improved speed with a

2:16

1 mile personal record
Lifetime

Main Bazar

Add Media

Edit Activity

Crop Activity

Edit Map Visibility
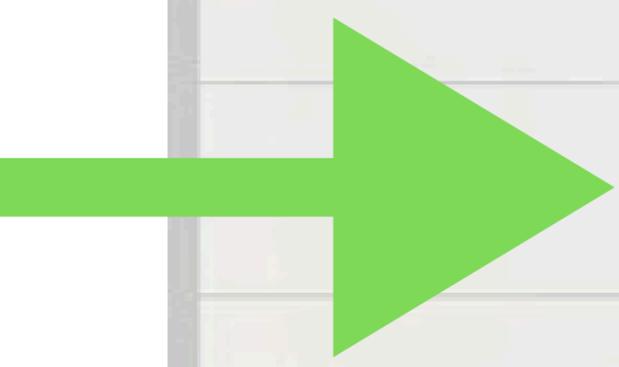
Save Route

Refresh

Delete Activity

Cancel

Solid 8.5k run with multiple personal
bests, showing improved speed with a

In this screen there are two bards bar. If you want to crop the activity from the beginning move the green dot in the first line from left to right,

If you want to crop the activity from the end, Move the dot in the second line from right to left slowly.

Once you move you can see the adjustment in the Map as well as the Total distance

Total Distance   **8.51 km**

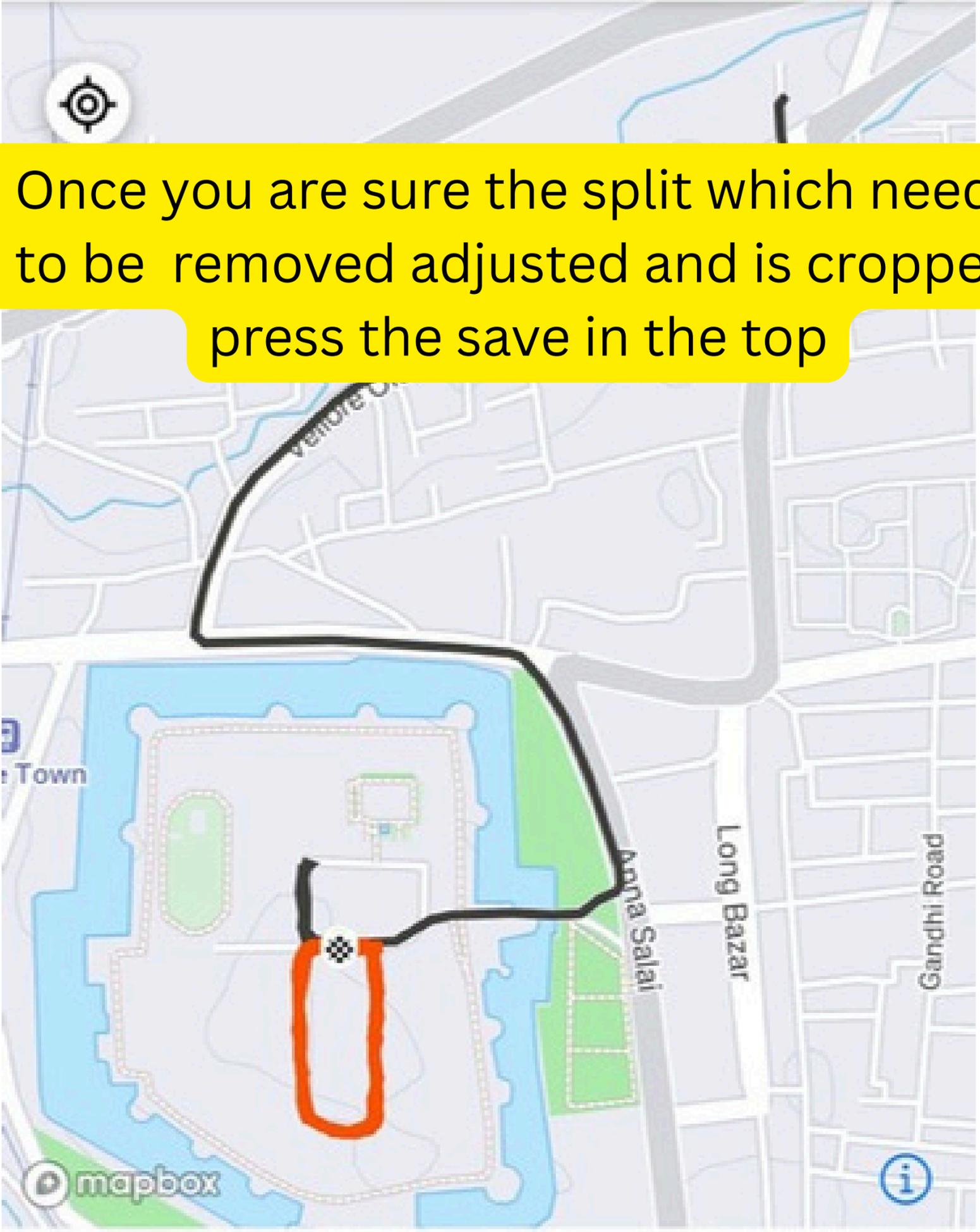Start Point
<   **0h 0m 0s**   >

End Point
<   **0h 55m 6s**   >

Once you are sure the split which needs to be removed adjusted and is cropped, press the save in the top
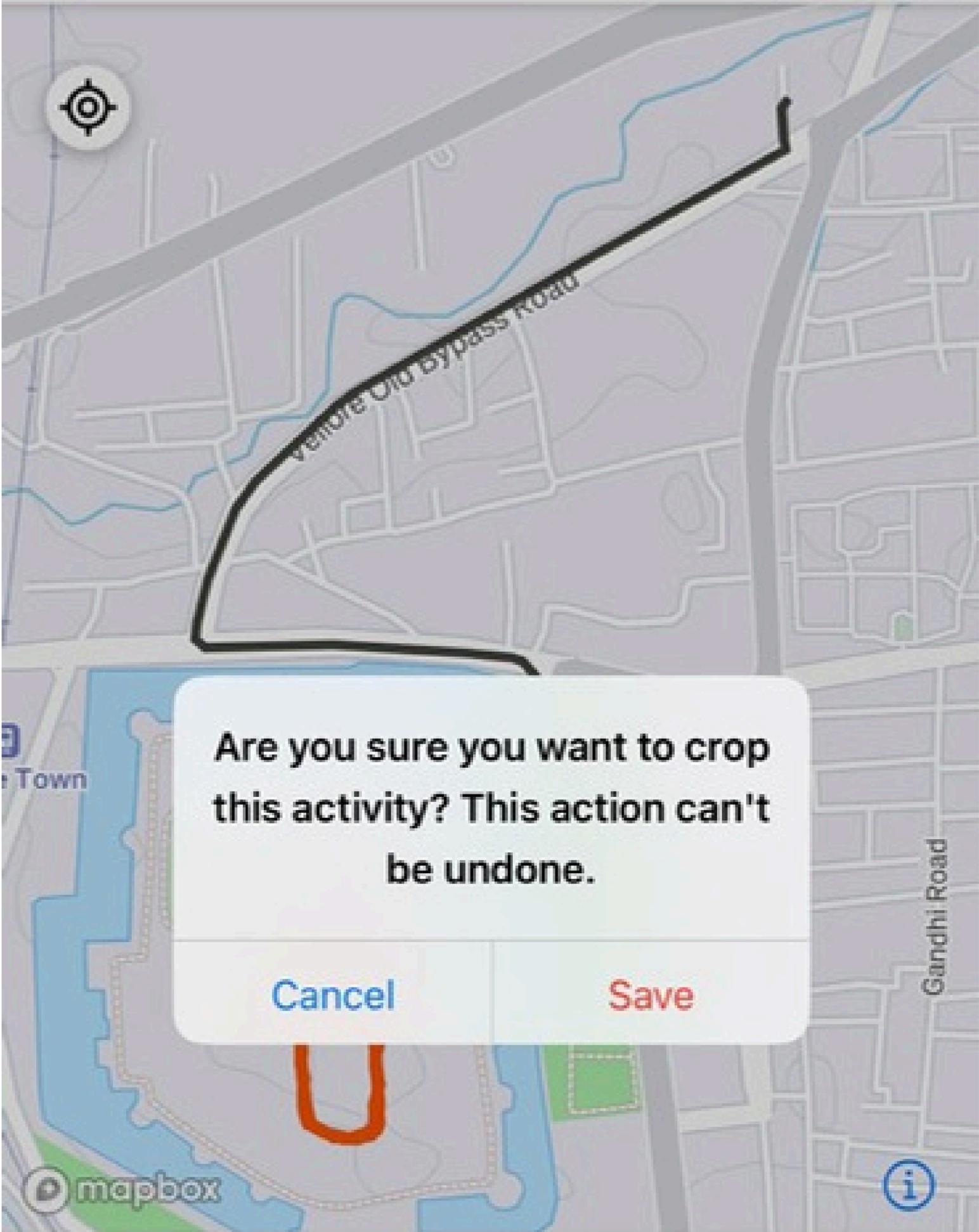
Vellore

Town

mapbox

Anna Salai   Long Bazar   Gandhi Road

Total Distance   6.15 km

Start Point
‹   **0h 0m 0s**   ›

End Point
‹   **0h 47m 7s**   ›

Cancel **Crop** Save

Vellore Old Bypass Road

Town

Gandhi Road

mapbox

Are you sure you want to crop this activity? This action can't be undone.

Cancel | Save

Total Distance **6.15 km**

Start Point
< **0h 0m 0s** >

End Point
< **0h 47m 7s** >

Crop submitted!

We are processing your activity in the background, and we will let you know when your activity has been updated.

Ok

Total Distance 6.15 km

Start Point

‹ **0h 0m 0s** ›

End Point

‹ **0h 47m 7s** ›

Childr Park

Fort Par

Perivar Park

Durai Palanisamy (0008)
Today at 7:02 AM · Vellore, Tamil Nadu

Day 376/500 - 22/09/2025 - Vellore

Distance	Avg Pace
6.15 km	**7:26 /km**

Moving Time	Elevation Gain
45:43	**49 m**

Calories	Avg Heart Rate
505 Cal	**122 bpm**

Now the cropped portion of your activity will not be in the map and distance
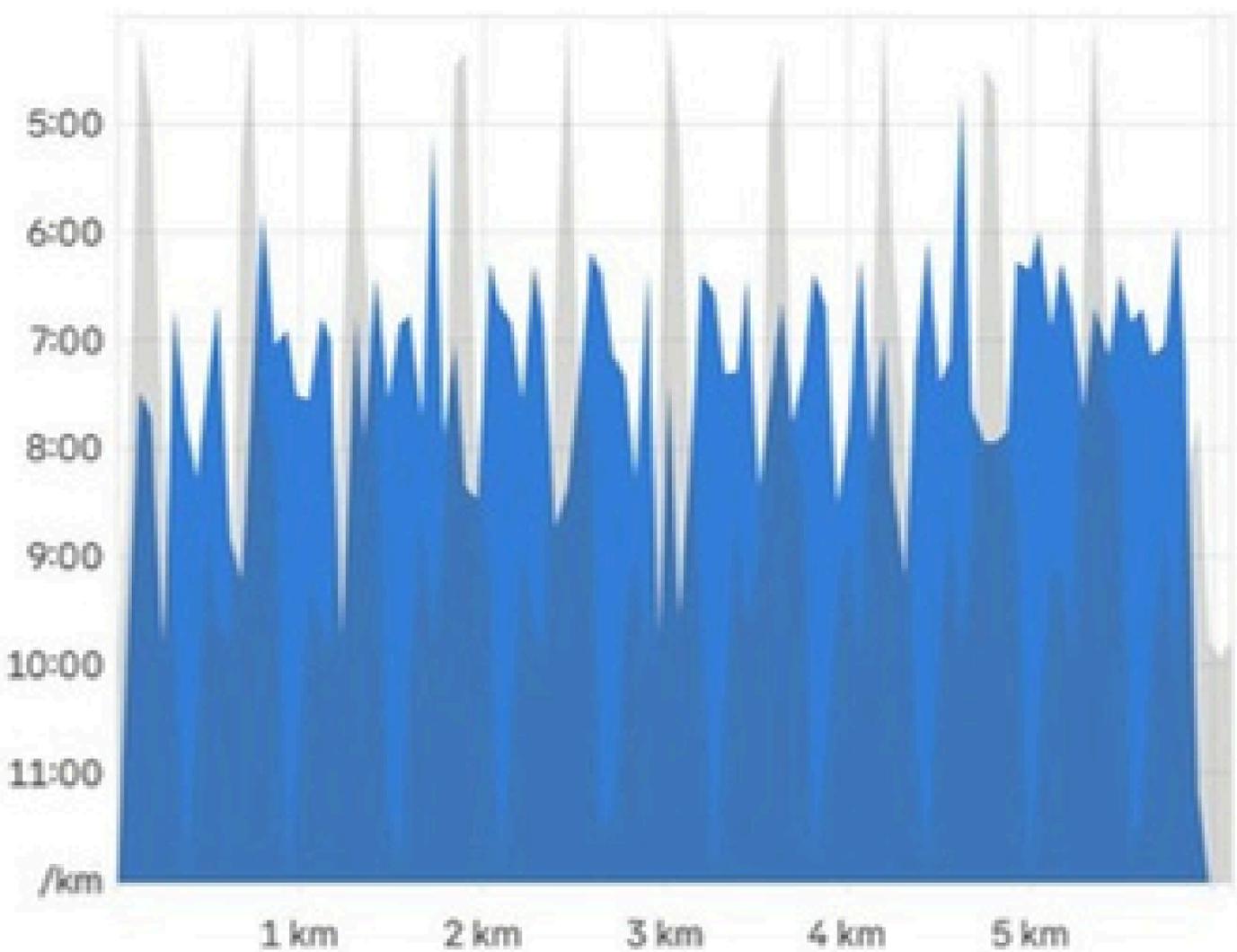
mostly spent in endurance heart rate zones.

Scroll down and confirm the split which was below the PACE of 3.30 is not listed

Splits

Km	Pace		Elev	HR
1	8:05		-1	107
2	7:22		2	118
3	7:11		1	125
4	7:11		-2	130
5	7:02		-2	131
6	7:13		1	131
0.1	10:29		-0	97

Pace

5:00
6:00
7:00
8:00
9:00
10:00
11:00
/km

1 km   2 km   3 km   4 km   5 km

Athlete Intelligence

Scroll down further and confirm the Fastest Split is not above 3.30

Steady progression from 8:05 to 7:02 /km, showing increasing comfort and strength throughout the run.

Avg Pace	7:26 /km
Moving Time	45:43
Avg Elapsed Pace	7:40 /km
Elapsed Time	47:07
Fastest Split	7:02 /km

Now your activity is cropped and to ensure it reflects in USFC portal, You have to do one more step You have to Edit and sale the activity
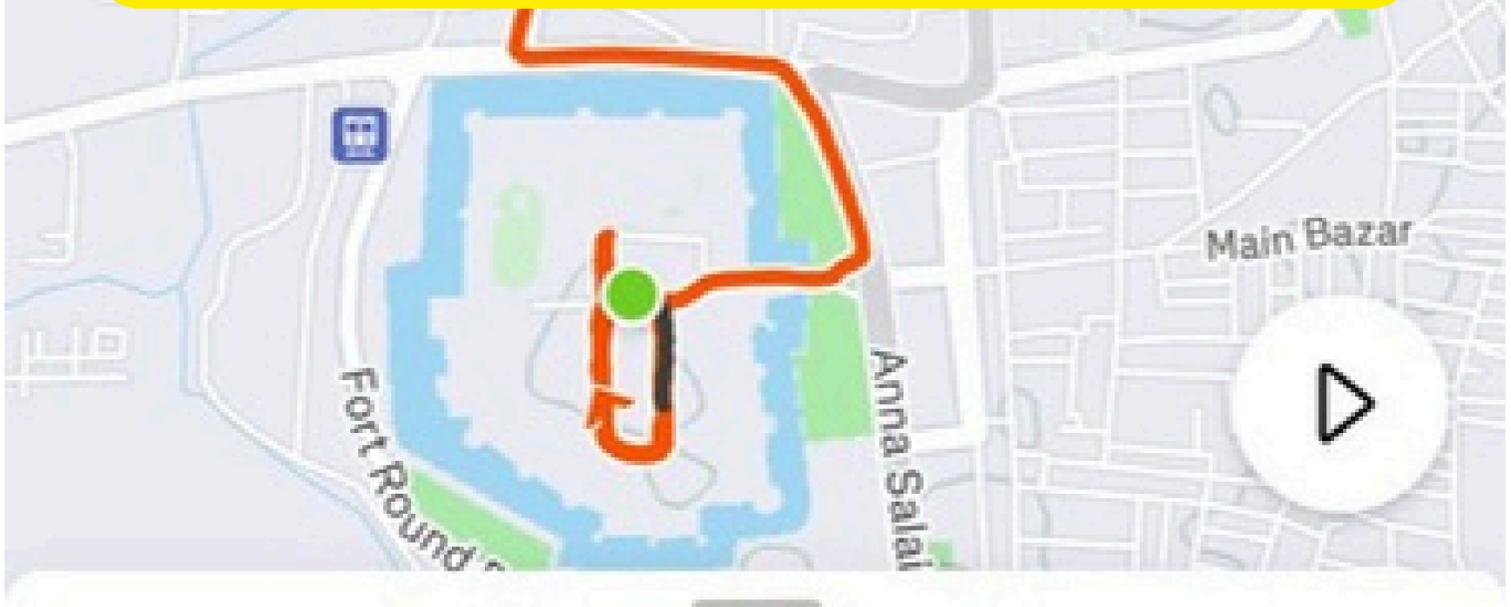
6:00

7:00

8:00

9:00

10:00

2:15 ⬩ .ıll 4G 🔋

🔖 ooo
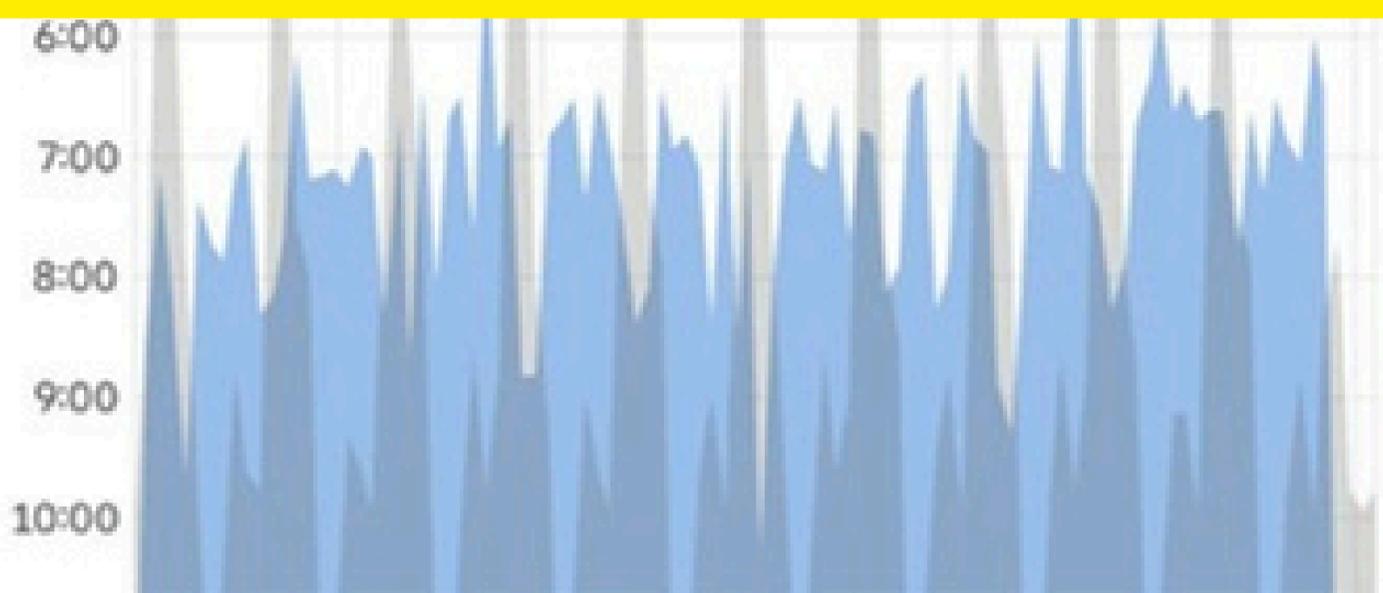
🏅 1 mile personal record

Tap the three dots on the top right of the screen again

▷

Main Bazar

Anna Salai

Fort Round

Durai Palanisamy (0008)
👟 Today at 7:02 AM · Vellore, Tamil Nadu

Day 376/500 - 22/09/2025

🏅 Congrats! You just set your PR in the 2 mile!
PR

Distance
8.51 km

Avg Pace
6:14 /km

Moving Time
53:02

Elevation Gain
56 m

Calories
505 Cal

Avg Heart Rate
120 bpm

🔰 Athlete Intelligence

Solid 8.5k run with multiple personal
bests, showing improved speed with a

2:17 📶 4G ⚡

1 mile personal record
Lifetime

Press Edit Activity

Main Bazar

Anna Salai

Fort Round

▷

Add Media

Edit Activity

Crop Activity

Edit Map Visibility

Save Route

Refresh

Delete Activity

Cancel

Solid 8.5k run with multiple personal
bests, showing improved speed with a

Cancel   **Edit Activity**

Morning Run

How'd it go? Share more about your activity and use @ to tag someone.

🥾 Run   ⌄

You have to rename the activity. Just add or remove any letters in the activity title

Details

🏷 Activity Tag   ⌄

⏱ How did that activity feel?   ⌄

🔒 Jot down private notes here. Only you can see these.
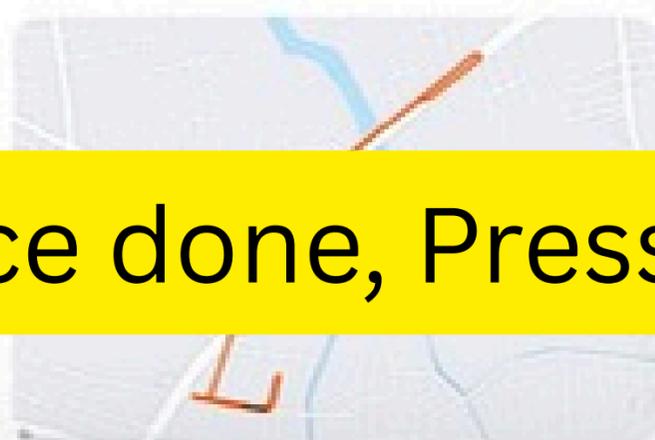
Update Activity

Cancel   **Edit Activity**

Morning Run - 24/10/2024

How'd it go? Share more about your activity and use @ to tag someone.

Run

Once done, Press Update activity

Update Activity

"2024"

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 |

| - | / | : | ; | (|) | ₹ | & | @ | " |

#+=   .   ,   ?   !   '
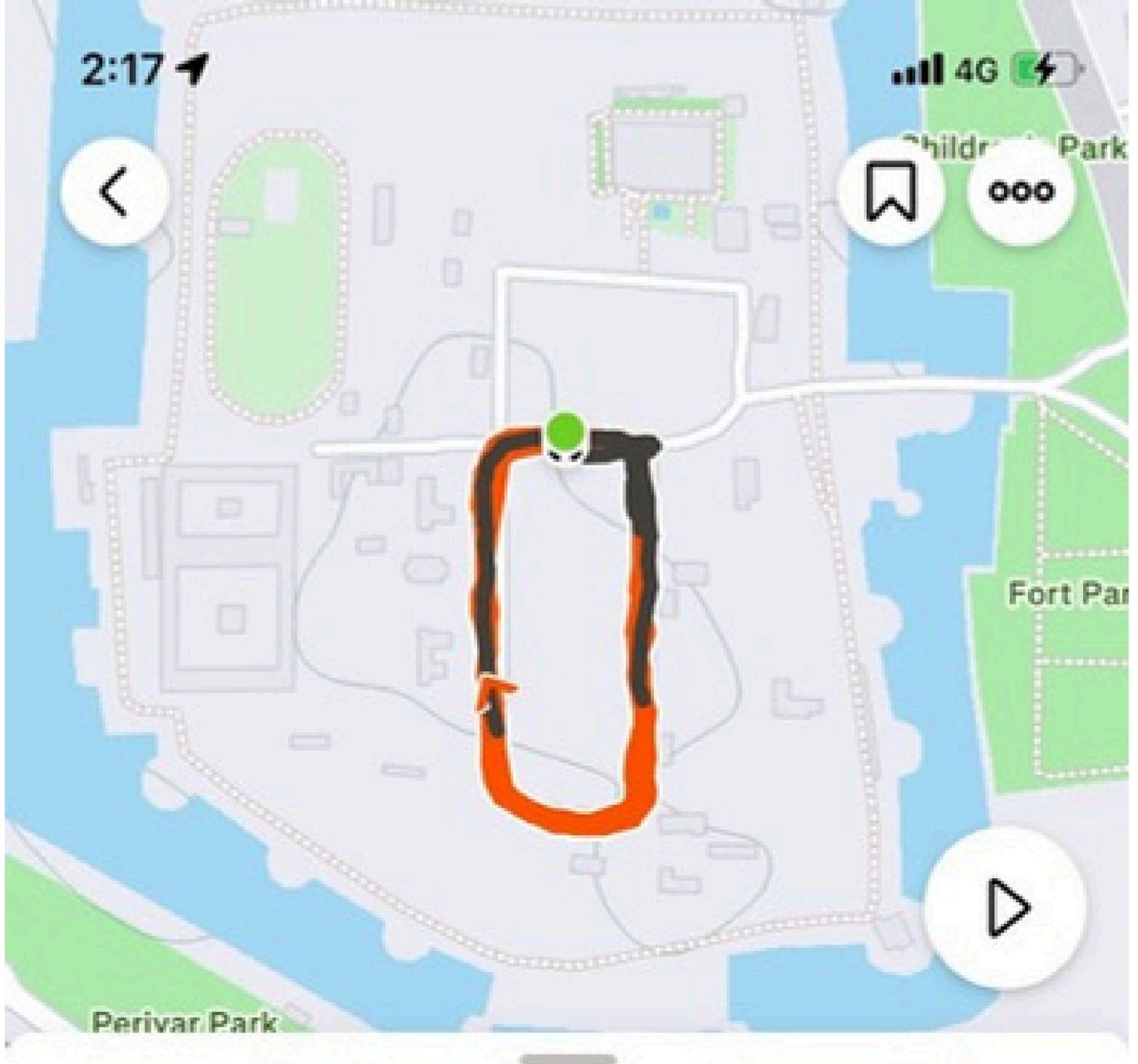
ABC   😀   space   return

Durai Palanisamy (0008)
Today at 7:02 AM · Vellore, Tamil Nadu

Day 376/500 - 22/09/2025 - Vellore

Distance	Avg Pace
6.15 km	**7:26 /km**

Moving Time	Elevation Gain
45:43	**49 m**

Calories	Avg Heart Rate
505 Cal	**122 bpm**

Now your activity will reflect in USFC portal. Kindly check

faster pace than your 30-day average, mostly spent in endurance heart rate zones.