

**Advanced Topics**

# **WEB SCIENCES**

# Introduction

# Introduction

STRAVA<sup>TM</sup>



*"If you're crazy  
about Strava"*  
- Dr. Koumpis,  
14.05.2019

# Introduction

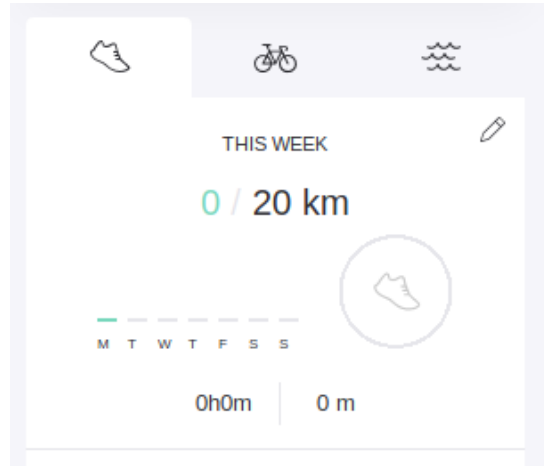


Samsung Galaxy Fit  
<http://www.samsung.com>



MyFitnessPal  
<http://twitter.com/myfitnesspal>

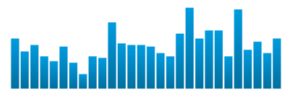
# Introduction



# Introduction

## Training Calendar

< 2019 >



52 WEEKS

259

Hours

3,137.9

kilometers

133

Personal Records

217

Activities

JAN

43

HOURS



FEB

22

HOURS



MAR

37

HOURS



APR

34

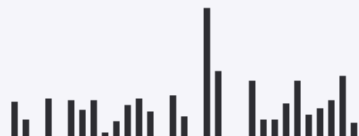
HOURS



MAY

51

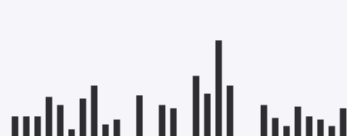
HOURS



JUN

44

HOURS



JUL

27

HOURS



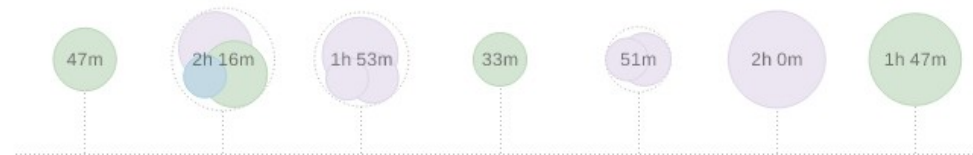
AUG

# Introduction

JUL 15-21

10h 9m

Swimming 16m  
Cycling 5h 51m  
Running 4h 1m



JUL 8-14

6h 43m

Swimming -  
Cycling 3h 57m  
Running 2h 46m



JUL 1-7

9h 28m

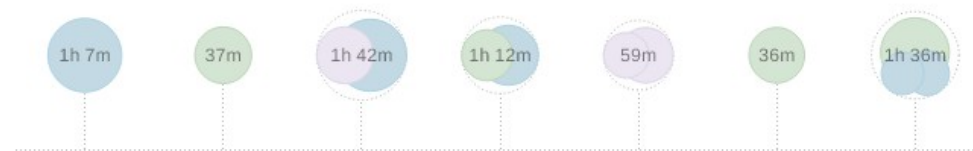
Swimming 1h 14m  
Cycling 5h 34m  
Running 2h 38m



JUN 24-30

7h 52m

Swimming 3h 32m  
Cycling 1h 37m  
Running 2h 42m



JUN 17-23

15h 51m

Swimming -  
Cycling 5h 18m  
Running 10h 33m



# Introduction

Current

44

FITNESS  
+2

70

FATIGUE  
ON

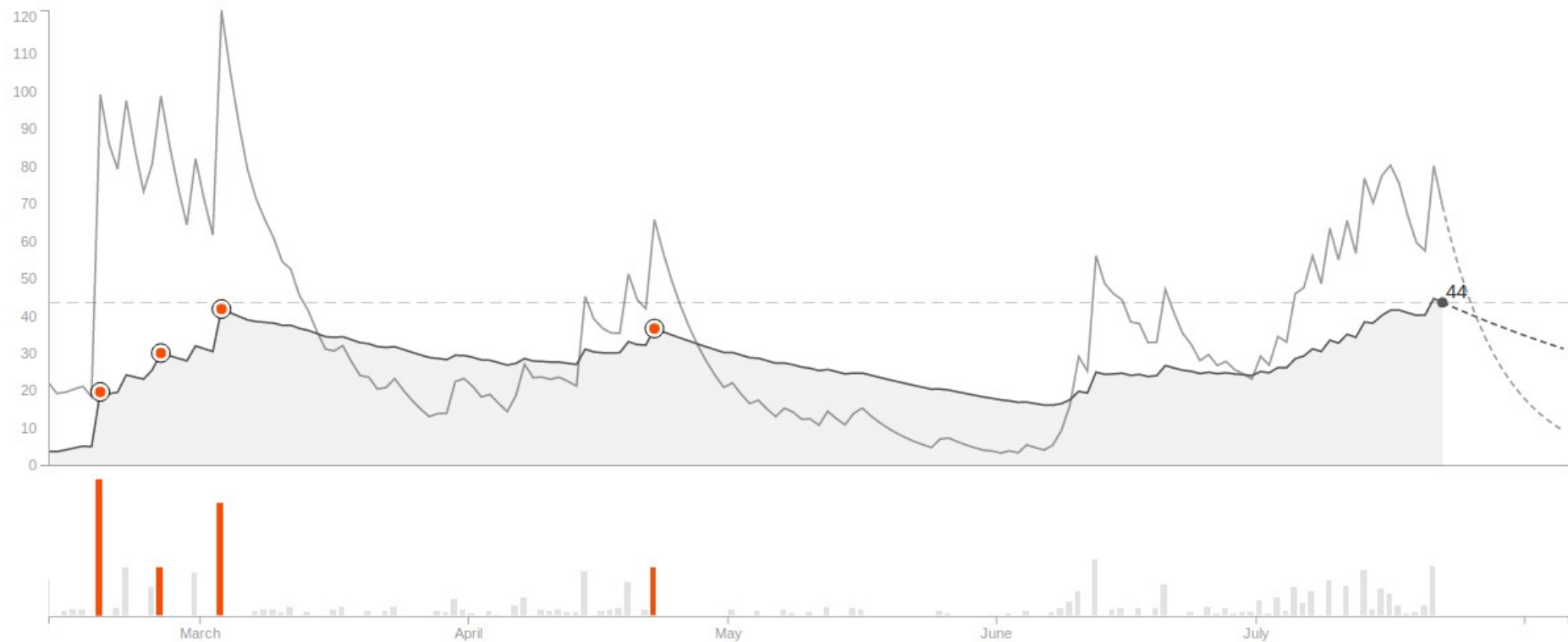
-26

FORM

All Activities ▾

Power & Heart Rate ▾

De tout temps ▾





# Introduction

Overview

Analysis

Pace Analysis

Pace Distribution

Relative Effort

Heart Rate

Segments

...

Ma Pache – Workout

7:45 AM on Sunday, July 21, 2019

Joggin' in the Rain

"Senti" quelque chose à partir du km9

With someone who didn't record?

Add Friends

STRAVA LABS

View Flybys

Runs on this Route

This Run 7:10/km

This Run

Nice Work! Run this route again to see how you're progressing.

Learn More

14.98km

Distance

1:47:22

Moving Time

7:10/km

Pace

176

Massive Relative Effort

Elevation

364m

Elapsed Time

2:00:49

TomTom

Shoes: La Sportiva AKASHA Aka (319.6 km)

TOP RESULTS

10th overall on [Waldesruh bergab](#) (3:40)

The screenshot shows the Strava app interface. On the left, a table titled 'Splits' displays the following data:

KM	Pace	GAP	Elev
1	10:38 /km	9:07 /km	22 m
2	7:11 /km	7:03 /km	-46 m
3	6:40 /km	4:52 /km	70 m
4	6:07 /km	5:32 /km	28 m
5	7:19 /km	6:40 /km	20 m

On the right, a map shows the route (red line) passing through a hilly area near 'NEUSTIFT' and 'Ingling'. The map includes elevation contours (e.g., 300m, 400m) and road labels (A3, B12, B8, L506). A 'GPX' download button and a 'Terrain Map' toggle are visible at the top right of the map area.

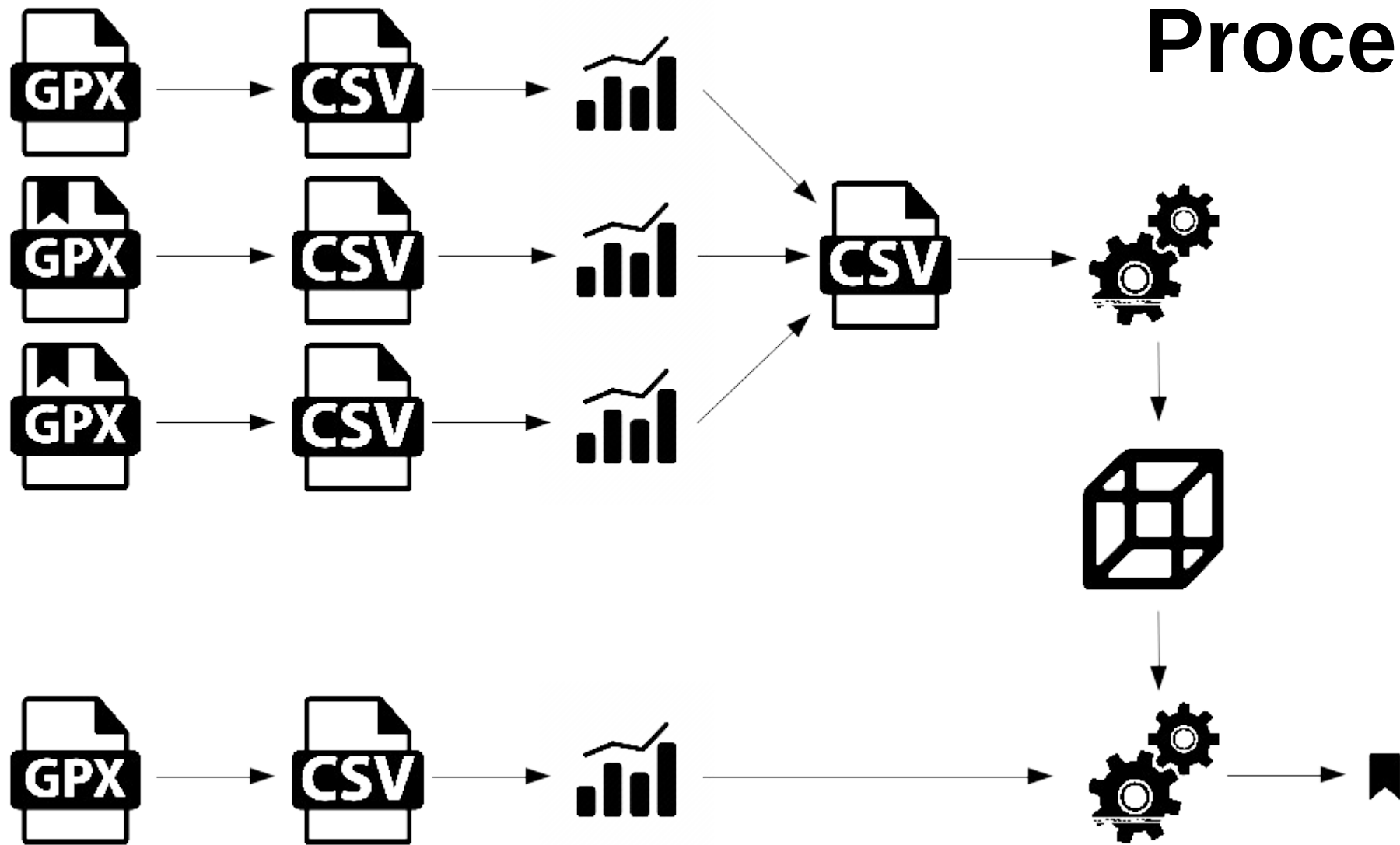
# Objective

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Detect Overtraining from an Activity GPX File

# Process

# Process



# Conclusion

Thank you for your attention