

Neil Strava Analysis



Load Libraries

```
#install.packages("rgdal")
#install.packages("maptools")
#install.packages("httr")
#install.packages("httpuv")
#install.packages("jsonlite")

library(maptools)
library(rgdal)
library(httr)
library(httpuv)
library(tidyverse)
library(jsonlite)
```

source Credentials

```
source("C:/Users/Neil/Desktop/Git/creds.R") # <- Credentials
```

Access data and enter credential

```
my_app <- oauth_app("strava",
                    key = key, # <- From creds file
                    secret = secret # <- From Creds File
)

my_endpoint <- oauth_endpoint(
  request = NULL,
  authorize = "https://www.strava.com/oauth/authorize",
  access = "https://www.strava.com/oauth/token"
)
```

Load the data convert from Javascript

```
#sig <- oauth2.0_token(my_endpoint, my_app, scope = "view_private", type = NULL, use_oob = FALSE, as_h

jsonData <- fromJSON(access_token, flatten = TRUE) # <- From Creds file

rm(key); rm(secret); rm(access_token) #Remove credentials
```

View some of the data

```
nrow(jsonData) ##returns the number of records retrieved

## [1] 137

names(jsonData) ##returns the column names of list vector returned
```

```
## [1] "resource_state"      "name"
## [3] "distance"            "moving_time"
## [5] "elapsed_time"        "total_elevation_gain"
## [7] "type"                "workout_type"
## [9] "id"                  "external_id"
## [11] "upload_id"           "start_date"
## [13] "start_date_local"    "timezone"
## [15] "utc_offset"          "start_latlng"
## [17] "end_latlng"          "location_city"
## [19] "location_state"     "location_country"
## [21] "start_latitude"      "start_longitude"
## [23] "achievement_count"   "kudos_count"
## [25] "comment_count"       "athlete_count"
## [27] "photo_count"         "trainer"
## [29] "commute"             "manual"
## [31] "private"             "flagged"
## [33] "gear_id"             "from_accepted_tag"
## [35] "average_speed"       "max_speed"
## [37] "has_heartrate"       "elev_high"
## [39] "elev_low"            "pr_count"
## [41] "total_photo_count"   "has_kudoed"
## [43] "average_watts"       "kilojoules"
## [45] "device_watts"        "athlete.id"
## [47] "athlete.resource_state" "map.id"
## [49] "map.summary_polyline" "map.resource_state"
```

```
head(jsonData, n=3) ## returns the first three full records
```

```
## resource_state      name distance moving_time elapsed_time
## 1                2    Rain run   8909.2      2800         3158
## 2                2 Afternoon Run  6655.4      2238         2615
## 3                2 Evening Run   5765.0      1851         2090
## total_elevation_gain type workout_type      id
## 1                25.1 Run              0 1472295921
## 2                20.4 Run              0 1458274417
```

```

## 3          14.6 Run          0 1456670656
##          external_id upload_id          start_date
## 1 f292201314b94a9e6d807dbf5e3e9a95 1586688317 2018-03-26T00:09:57Z
## 2 635c3106f4c5920d81f67340ac556b9b 1572057032 2018-03-17T22:35:11Z
## 3 34e401315b0b7c1837c2307c5b2a054d 1570403296 2018-03-17T00:39:44Z
##          start_date_local          timezone utc_offset
## 1 2018-03-25T18:09:57Z (GMT-07:00) America/Denver -21600
## 2 2018-03-17T16:35:11Z (GMT-07:00) America/Denver -21600
## 3 2018-03-16T18:39:44Z (GMT-07:00) America/Denver -21600
##          start_latlng end_latlng location_city location_state
## 1 40.55, -105.03 40.55, -105.03 NA NA
## 2 40.55, -105.03 40.55, -105.03 NA NA
## 3 40.55, -105.03 40.55, -105.03 NA NA
##          location_country start_latitude start_longitude achievement_count
## 1 40.55 -105.03 0
## 2 40.55 -105.03 0
## 3 40.55 -105.03 1
##          kudos_count comment_count athlete_count photo_count trainer commute
## 1 0 0 1 0 FALSE FALSE
## 2 1 0 1 0 FALSE FALSE
## 3 0 0 1 0 FALSE FALSE
##          manual private flagged gear_id from_accepted_tag average_speed
## 1 FALSE FALSE FALSE g1496276 FALSE 3.182
## 2 FALSE FALSE FALSE g1496276 FALSE 2.974
## 3 FALSE FALSE FALSE g1496276 FALSE 3.115
##          max_speed has_heartrate elev_high elev_low pr_count total_photo_count
## 1 4.7 FALSE 1514.5 1497.7 0 0
## 2 4.5 FALSE 1497.9 1485.0 0 0
## 3 4.8 FALSE 1512.7 1495.0 0 0
##          has_kudoed average_watts kilojoules device_watts athlete.id
## 1 FALSE NA NA NA 15386069
## 2 FALSE NA NA NA 15386069
## 3 FALSE NA NA NA 15386069
##          athlete.resource_state map.id
## 1 1 a1472295921
## 2 1 a1458274417
## 3 1 a1456670656
##
## 1
## 2 innvFt_``SNiC}H{XeLxKkDaD[yKrAiEyf@sAyCrAqBhHc@|Lp@hDwD|B}Od@WxJaEzF@|DtCk@xE}H|OoDvIkLgDwHgEnBpB}
## 3 qnnvF~~_`S}L|GcAdIsK^GvtA`xAA@s
##          map.resource_state
## 1 2
## 2 2
## 3 2

```

Strava only loads 200 records at a time... if you have more than 200 records, use this

```

#jsonData[c(6,7,12,29,31)]
#
#

```

##	total_elevation_gain	type	start_date	commute	private
## 1	25.1	Run	2018-03-26T00:09:57Z	FALSE	FALSE
## 2	20.4	Run	2018-03-17T22:35:11Z	FALSE	FALSE
## 3	14.6	Run	2018-03-17T00:39:44Z	FALSE	FALSE
## 4	10.8	Run	2018-03-14T20:39:51Z	FALSE	FALSE
## 5	23.5	Run	2018-02-18T20:13:49Z	FALSE	FALSE
## 6	21.7	Run	2018-02-17T00:11:36Z	FALSE	FALSE
## 7	18.9	Run	2018-02-13T22:24:30Z	FALSE	FALSE
## 8	24.1	Run	2018-02-06T21:44:29Z	FALSE	FALSE
## 9	19.6	Run	2018-02-03T19:49:37Z	FALSE	FALSE
## 10	23.5	Run	2018-01-30T22:11:57Z	FALSE	FALSE
## 11	10.5	Run	2018-01-28T19:55:12Z	FALSE	FALSE
## 12	31.1	Run	2018-01-20T22:01:20Z	FALSE	FALSE
## 13	15.4	Run	2018-01-18T22:32:34Z	FALSE	FALSE
## 14	24.4	Run	2018-01-15T22:33:06Z	FALSE	FALSE
## 15	28.4	Run	2018-01-13T22:28:25Z	FALSE	FALSE
## 16	25.1	Run	2018-01-11T22:17:10Z	FALSE	FALSE
## 17	24.4	Run	2018-01-07T21:17:25Z	FALSE	FALSE
## 18	53.7	Run	2017-12-17T21:19:52Z	FALSE	FALSE
## 19	18.1	Run	2017-12-14T22:52:40Z	FALSE	FALSE
## 20	31.0	Run	2017-12-12T22:40:18Z	FALSE	FALSE
## 21	30.9	Run	2017-12-10T21:48:13Z	FALSE	FALSE
## 22	25.2	Run	2017-12-07T21:26:18Z	FALSE	FALSE
## 23	29.4	Run	2017-12-03T22:19:15Z	FALSE	FALSE
## 24	17.3	Run	2017-12-01T23:06:45Z	FALSE	FALSE
## 25	34.7	Run	2017-11-26T22:46:45Z	FALSE	FALSE
## 26	14.4	Run	2017-11-14T23:19:00Z	FALSE	FALSE
## 27	28.4	Run	2017-11-12T21:30:02Z	FALSE	FALSE
## 28	25.2	Run	2017-11-11T22:55:39Z	FALSE	FALSE
## 29	25.3	Run	2017-11-05T21:11:19Z	FALSE	FALSE
## 30	36.3	Run	2017-10-29T22:38:17Z	FALSE	FALSE
## 31	25.1	Run	2017-10-27T22:53:48Z	FALSE	FALSE
## 32	31.5	Run	2017-10-25T23:15:06Z	FALSE	FALSE
## 33	25.5	Run	2017-10-23T23:26:38Z	FALSE	FALSE
## 34	18.9	Run	2017-10-20T22:15:36Z	FALSE	FALSE
## 35	25.6	Run	2017-10-15T23:48:40Z	FALSE	FALSE
## 36	35.4	Run	2017-10-10T23:25:52Z	FALSE	FALSE
## 37	32.6	Run	2017-10-06T22:56:08Z	FALSE	FALSE
## 38	25.5	Run	2017-09-25T23:11:51Z	FALSE	FALSE

## 39	34.9	Run	2017-09-18T22:28:18Z	FALSE	FALSE
## 40	18.1	Run	2017-09-14T00:18:53Z	FALSE	FALSE
## 41	30.3	Run	2017-09-12T00:02:55Z	FALSE	FALSE
## 42	25.9	Run	2017-09-08T00:10:25Z	FALSE	FALSE
## 43	10.9	Run	2017-09-06T01:05:01Z	FALSE	FALSE
## 44	43.3	Run	2017-08-30T23:36:34Z	FALSE	FALSE
## 45	10.8	Run	2017-08-29T01:37:30Z	FALSE	FALSE
## 46	32.4	Run	2017-08-25T22:39:28Z	FALSE	FALSE
## 47	43.0	Run	2017-08-23T22:57:40Z	FALSE	FALSE
## 48	34.1	Run	2017-08-22T00:03:23Z	FALSE	FALSE
## 49	27.5	Run	2017-08-21T00:35:33Z	FALSE	FALSE
## 50	38.9	Run	2017-08-17T21:45:17Z	FALSE	FALSE
## 51	34.1	Run	2017-08-15T23:26:39Z	FALSE	FALSE
## 52	2.0	Run	2017-08-09T01:21:04Z	FALSE	FALSE
## 53	45.6	Run	2017-08-08T23:33:27Z	FALSE	FALSE
## 54	21.0	Run	2017-08-07T22:47:30Z	FALSE	FALSE
## 55	48.5	Run	2017-08-04T00:46:22Z	FALSE	FALSE
## 56	29.6	Run	2017-08-03T01:26:21Z	FALSE	FALSE
## 57	178.7	Ride	2017-08-02T00:17:19Z	FALSE	FALSE
## 58	40.6	Run	2017-08-01T01:35:10Z	FALSE	FALSE
## 59	27.8	Run	2017-07-31T01:38:11Z	FALSE	FALSE
## 60	22.1	Ride	2017-07-28T21:27:20Z	FALSE	FALSE
## 61	14.2	Run	2017-07-28T00:44:44Z	FALSE	FALSE
## 62	19.1	Run	2017-07-27T01:54:03Z	FALSE	FALSE
## 63	149.9	Ride	2017-07-25T01:37:58Z	FALSE	FALSE
## 64	180.9	Run	2017-07-23T17:09:40Z	FALSE	FALSE
## 65	26.5	Run	2017-07-19T01:19:12Z	FALSE	FALSE
## 66	30.7	Run	2017-07-13T01:00:54Z	FALSE	FALSE
## 67	32.1	Run	2017-07-01T01:47:00Z	FALSE	FALSE
## 68	17.7	Run	2017-06-24T15:12:26Z	FALSE	FALSE
## 69	62.6	Run	2017-06-23T14:13:33Z	FALSE	FALSE
## 70	74.8	Run	2017-06-22T14:39:20Z	FALSE	FALSE
## 71	127.7	Run	2017-06-19T01:53:28Z	FALSE	FALSE
## 72	72.3	Run	2017-06-11T00:40:56Z	FALSE	FALSE
## 73	172.3	Ride	2017-06-10T00:24:57Z	FALSE	FALSE
## 74	29.0	Run	2017-06-08T22:17:04Z	FALSE	FALSE
## 75	34.9	Run	2017-06-05T22:06:07Z	FALSE	FALSE
## 76	26.5	Run	2017-06-05T01:54:19Z	FALSE	FALSE
## 77	19.7	Run	2017-06-04T23:00:13Z	FALSE	FALSE
## 78	14.4	Run	2017-06-03T19:09:18Z	FALSE	FALSE
## 79	35.4	Run	2017-06-02T19:27:07Z	FALSE	FALSE
## 80	18.8	Run	2017-05-31T01:16:02Z	FALSE	FALSE
## 81	27.7	Run	2017-05-27T22:03:33Z	FALSE	FALSE
## 82	10.0	Run	2017-05-26T00:11:50Z	FALSE	FALSE
## 83	52.4	Run	2017-05-24T00:28:07Z	FALSE	FALSE
## 84	25.3	Run	2017-05-20T00:11:19Z	FALSE	FALSE
## 85	32.4	Run	2017-05-14T22:06:30Z	FALSE	FALSE
## 86	0.0	Run	2017-05-09T23:01:00Z	FALSE	FALSE
## 87	46.9	Run	2017-05-08T00:58:23Z	FALSE	FALSE
## 88	19.3	Run	2017-04-26T22:35:27Z	FALSE	FALSE
## 89	25.3	Run	2017-04-23T23:51:24Z	FALSE	FALSE
## 90	0.0	Run	2017-04-23T01:13:14Z	FALSE	FALSE
## 91	34.9	Run	2017-04-19T00:24:14Z	FALSE	FALSE
## 92	25.3	Run	2017-04-17T23:26:04Z	FALSE	FALSE

```
## 93          0.0 Run 2017-04-15T21:51:58Z FALSE FALSE
## 94         35.3 Run 2017-04-11T23:38:35Z FALSE FALSE
## 95         31.9 Run 2017-04-09T22:35:33Z FALSE FALSE
## 96         25.1 Run 2017-04-08T23:04:58Z FALSE FALSE
## 97          0.0 Run 2017-04-07T22:10:44Z FALSE FALSE
## 98         27.8 Run 2017-03-29T23:38:13Z FALSE FALSE
## 99        135.5 Ride 2017-02-19T22:54:58Z FALSE FALSE
## 100         0.0 Run 2017-02-12T22:36:08Z FALSE FALSE
## 101         0.0 Run 2017-02-04T22:43:31Z FALSE FALSE
## 102         25.3 Run 2017-01-29T21:02:13Z FALSE FALSE
## 103         0.0 Run 2017-01-28T22:43:40Z FALSE FALSE
## 104         0.0 Run 2017-01-22T20:22:20Z FALSE FALSE
## 105         24.0 Run 2017-01-14T22:26:12Z FALSE FALSE
## 106         0.0 Run 2017-01-08T21:38:31Z FALSE FALSE
## 107        188.7 Ride 2016-10-26T14:19:18Z FALSE FALSE
## 108         0.0 Run 2016-10-24T23:58:56Z FALSE FALSE
## 109        375.8 Ride 2016-10-23T23:09:38Z FALSE FALSE
## 110        536.8 Ride 2016-10-15T16:01:44Z FALSE FALSE
## 111         64.3 Run 2016-09-25T15:00:58Z FALSE FALSE
## 112         29.8 Run 2016-08-31T23:06:51Z FALSE FALSE
## 113         36.6 Run 2016-08-21T18:59:24Z FALSE FALSE
## 114         12.2 Run 2016-08-15T23:09:21Z FALSE FALSE
## 115        393.0 Ride 2016-08-10T14:54:54Z FALSE FALSE
## 116        270.4 Ride 2016-08-09T22:15:33Z FALSE FALSE
## 117         29.2 Run 2016-08-08T23:51:42Z FALSE FALSE
## 118          0.0 Run 2016-08-05T22:58:04Z FALSE FALSE
## 119         96.8 Run 2016-07-22T00:19:01Z FALSE FALSE
## 120        367.1 Ride 2016-07-14T00:15:11Z FALSE FALSE
## 121        115.8 Run 2016-07-06T00:39:24Z FALSE FALSE
## 122        399.2 Ride 2016-07-05T01:45:56Z FALSE FALSE
## 123        473.3 Ride 2016-06-30T00:41:31Z FALSE FALSE
## 124        781.8 Ride 2016-06-26T14:07:05Z FALSE FALSE
## 125        181.3 Run 2016-06-26T00:22:23Z FALSE FALSE
## 126        639.0 Ride 2016-06-23T14:28:37Z FALSE FALSE
## 127        167.9 Run 2016-06-18T16:03:03Z FALSE FALSE
## 128        148.4 Ride 2016-06-15T01:24:35Z FALSE FALSE
## 129         71.2 Ride 2016-06-15T00:31:53Z FALSE FALSE
## 130        163.3 Ride 2016-06-08T00:28:51Z FALSE FALSE
## 131        331.5 Ride 2016-06-06T15:39:41Z FALSE FALSE
## 132         24.4 Run 2016-06-05T00:49:20Z FALSE FALSE
## 133        511.9 Ride 2016-06-01T15:29:36Z FALSE FALSE
## 134        153.6 Run 2016-05-31T20:43:14Z FALSE FALSE
## 135        331.6 Ride 2016-05-29T14:37:54Z FALSE FALSE
## 136        183.8 Ride 2016-05-28T17:04:48Z FALSE FALSE
## 137         31.7 Run 2016-05-27T21:32:27Z FALSE FALSE
```

```
#alltimeData <- as.POSIXct(alltimeData$start_date_local, format = "%Y-%m-%dT%TZ") #convert from charact
```

Filter by year and convert to American Units

```
##STATISTICS FOR 2016
```

```

#filter just 2017 runs

alltimeData <- alltimeData %>%
  mutate(year = ifelse((grepl("2016-", start_date) == TRUE), 2016, NA),
         year = ifelse((grepl("2017-", start_date) == TRUE), 2017, year),
         year = ifelse((grepl("2018-", start_date) == TRUE), 2018, year)) %>%
  filter(type == "Run")

alltimeData <- alltimeData %>%
  mutate(distance_miles = distance/1609.34,
         moving_minutes = moving_time/60,
         elev_gain_feet = total_elevation_gain*3.28,
         avg_sp_minmi   = average_speed/0.3926239,
         elv_gain_ft = total_elevation_gain*3.28084)

```

2017

```

###STATISTICS FOR 2017

#filter just 2017 runs
data2017 <- alltimeData %>%
  filter(grepl("2017-", start_date)) %>%
  filter(type == "Run")

nrow(data2017) ##count the number of records from 2017

## [1] 84

data2017 <- data2017 %>%
  mutate(distance_miles = distance/1609.34)

data2017[c(51,11,27,29)] ## display the summary data of these 2017 rides

##   year  upload_id photo_count commute
## 1  2017 1425339521          0  FALSE
## 2  2017 1421580571          0  FALSE
## 3  2017 1419356193          0  FALSE
## 4  2017 1417097929          0  FALSE
## 5  2017 1413229866          0  FALSE
## 6  2017 1408247645          0  FALSE
## 7  2017 1405198053          0  FALSE
## 8  2017 1398986519          0  FALSE
## 9  2017 1382349691          0  FALSE
## 10 2017 1379634761          0  FALSE
## 11 2017 1377921459          0  FALSE
## 12 2017 1369818909          0  FALSE
## 13 2017 1359440205          0  FALSE
## 14 2017 1356119995          0  FALSE
## 15 2017 1353486875          0  FALSE

```

## 16	2017	1350509879	0	FALSE
## 17	2017	1345831583	0	FALSE
## 18	2017	1338760814	0	FALSE
## 19	2017	1330898442	0	FALSE
## 20	2017	1324403652	0	FALSE
## 21	2017	1307701678	0	FALSE
## 22	2017	1296389239	0	FALSE
## 23	2017	1288549280	0	FALSE
## 24	2017	1285380774	0	FALSE
## 25	2017	1278986435	0	FALSE
## 26	2017	1275841601	0	FALSE
## 27	2017	1265997633	0	FALSE
## 28	2017	1262679847	0	FALSE
## 29	2017	1257262138	0	FALSE
## 30	2017	1254108069	0	FALSE
## 31	2017	1250670941	0	FALSE
## 32	2017	1249165993	0	FALSE
## 33	2017	1243982263	0	FALSE
## 34	2017	1240754133	0	FALSE
## 35	2017	1229087396	0	FALSE
## 36	2017	1229056557	0	FALSE
## 37	2017	1227292339	0	FALSE
## 38	2017	1220881629	0	FALSE
## 39	2017	1219327560	0	FALSE
## 40	2017	1215917998	0	FALSE
## 41	2017	1214358791	0	FALSE
## 42	2017	1209330280	0	FALSE
## 43	2017	1207805289	0	FALSE
## 44	2017	1202640087	0	FALSE
## 45	2017	1194814065	0	FALSE
## 46	2017	1184856959	0	FALSE
## 47	2017	1165413900	0	FALSE
## 48	2017	1155424215	0	FALSE
## 49	2017	1153884426	0	FALSE
## 50	2017	1152502240	0	FALSE
## 51	2017	1146984268	0	FALSE
## 52	2017	1133629156	0	FALSE
## 53	2017	1130453577	0	FALSE
## 54	2017	1125993685	0	FALSE
## 55	2017	1124650773	0	FALSE
## 56	2017	1124554176	0	FALSE
## 57	2017	1122424233	0	FALSE
## 58	2017	1120770939	0	FALSE
## 59	2017	1116362096	0	FALSE
## 60	2017	1111242370	0	FALSE
## 61	2017	1108243088	0	FALSE
## 62	2017	1105103152	0	FALSE
## 63	2017	1098261543	0	FALSE
## 64	2017	1089694742	0	FALSE
## 65	2017	1080431720	0	FALSE
## 66	2017	1077514209	0	FALSE
## 67	2017	1060412285	0	FALSE
## 68	2017	1056390815	0	FALSE
## 69	2017	1054520240	0	FALSE


```
## 70 2017 1048930656      0 FALSE
## 71 2017 1047453193      0 FALSE
## 72 2017 1044386196      0 FALSE
## 73 2017 1038733455      0 FALSE
## 74 2017 1035858908      0 FALSE
## 75 2017 1033945131      0 FALSE
## 76 2017 1032323172      0 FALSE
## 77 2017 1019866366      0 FALSE
## 78 2017  956793210      0 FALSE
## 79 2017  946959563      0 FALSE
## 80 2017  939892443      0 FALSE
## 81 2017  938459242      0 FALSE
## 82 2017  931462290      0 FALSE
## 83 2017  921483653      0 FALSE
## 84 2017  914710643      0 FALSE
```

```
sum(data2017$distance)/1609.34 ##total 2016 distance, converted from meters to miles
```

```
## [1] 453.2064
```

```
sum(data2017[which(data2017[,27]==TRUE),6])/1609.34 ##total distance where Commute = True, also converted
```

```
## [1] 0
```

```
sum(data2017[which(data2017[,27]==FALSE),6])/1609.34 ##total distance where Commute = False, again converted
```

```
## [1] 1.550636
```

2018

```
###STATISTICS FOR 2018
```

```
#filter just 2018 runs
```

```
data2018 <- alltimeData %>%
  filter(grepl("2018-", start_date)) %>%
  filter(type == "Run")
```

```
nrow(data2018) ##count the number of records from 2017
```

```
## [1] 17
```

```
data2018 <- data2018 %>%
  mutate(distance_miles = distance/1609.34)
```

```
data2018[c(51,11,27,29)] ## display the summary data of these 2017 rides
```

```
##   year  upload_id photo_count commute
## 1  2018 1586688317          0  FALSE
## 2  2018 1572057032          0  FALSE
## 3  2018 1570403296          0  FALSE
## 4  2018 1567039026          0  FALSE
## 5  2018 1526968691          0  FALSE
## 6  2018 1522960865          0  FALSE
```

```
## 7 2018 1517973203      0 FALSE
## 8 2018 1505317424      0 FALSE
## 9 2018 1500093831      0 FALSE
## 10 2018 1493594041     0 FALSE
## 11 2018 1490113439     0 FALSE
## 12 2018 1476297437     0 FALSE
## 13 2018 1472939117     0 FALSE
## 14 2018 1468172826     0 FALSE
## 15 2018 1464564543     0 FALSE
## 16 2018 1461216871     0 FALSE
## 17 2018 1454578661     0 FALSE
```

```
sum(data2018$distance)/1609.34 ##total 2016 distance, converted from meters to miles
```

```
## [1] 78.13178
```

```
sum(data2018[which(data2018[,27]==TRUE),6])/1609.34 ##total distance where Commute = True, also converted
```

```
## [1] 0
```

```
sum(data2018[which(data2018[,27]==FALSE),6])/1609.34 ##total distance where Commute = False, again converted
```

```
## [1] 0.2246262
```