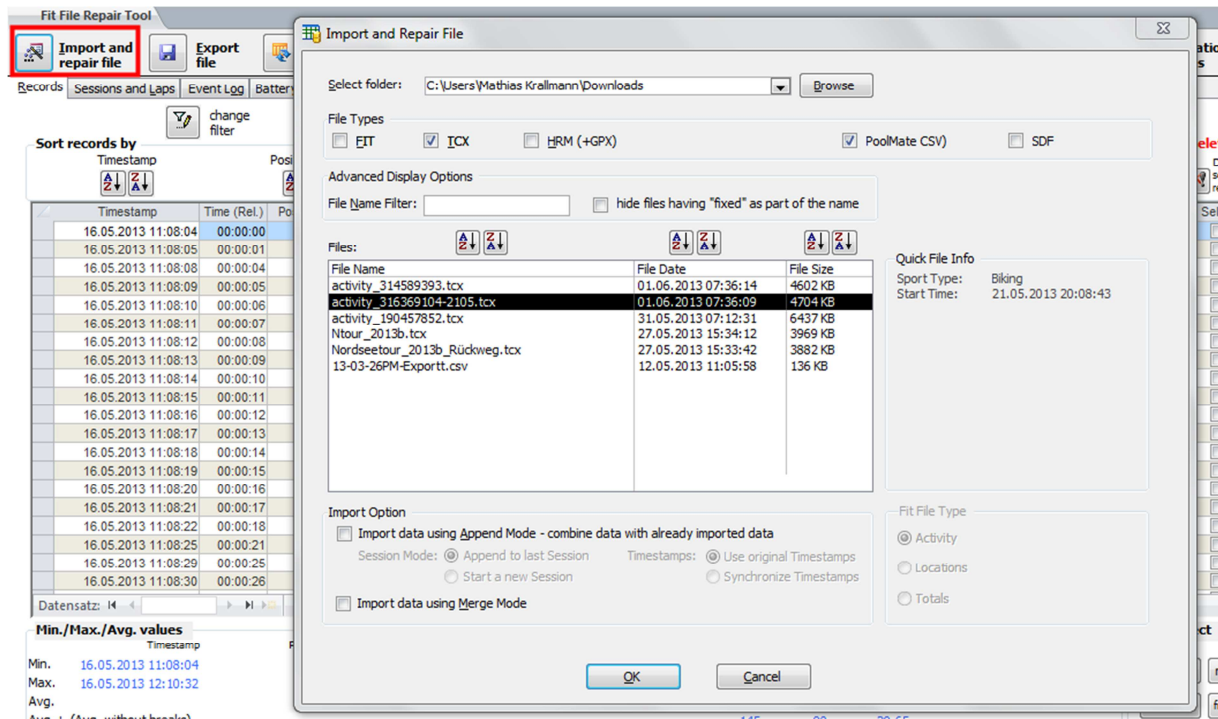


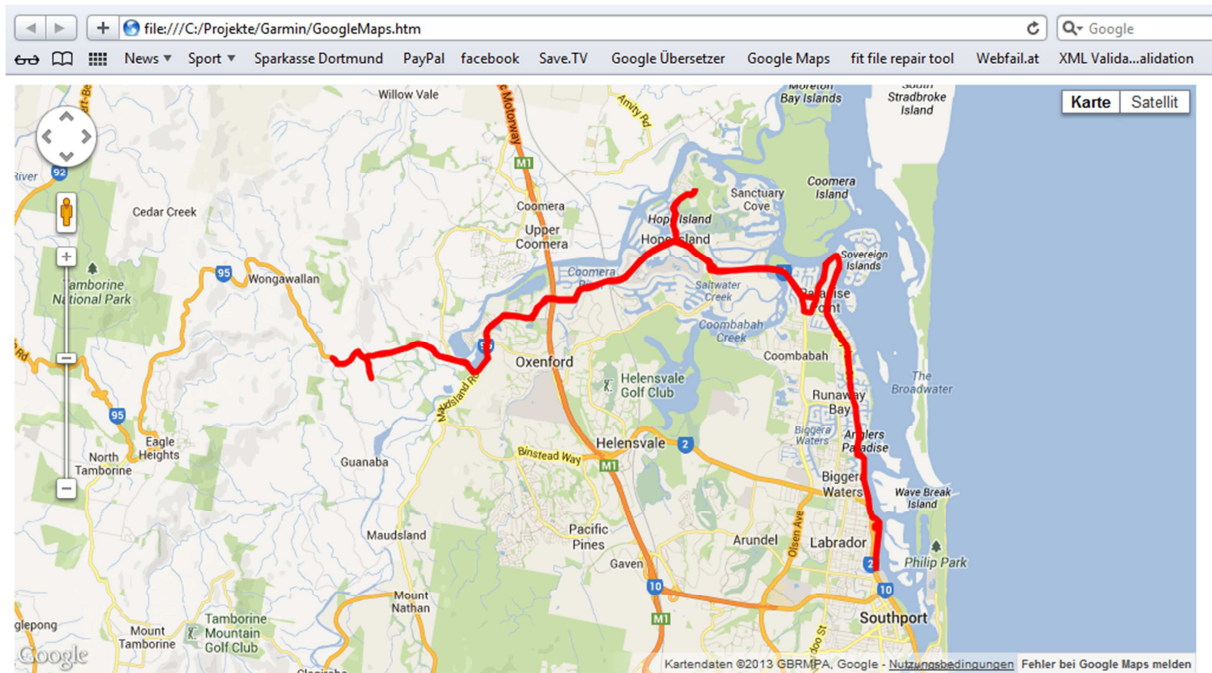
Step 1: Load the Garmin file (fit or tcx)



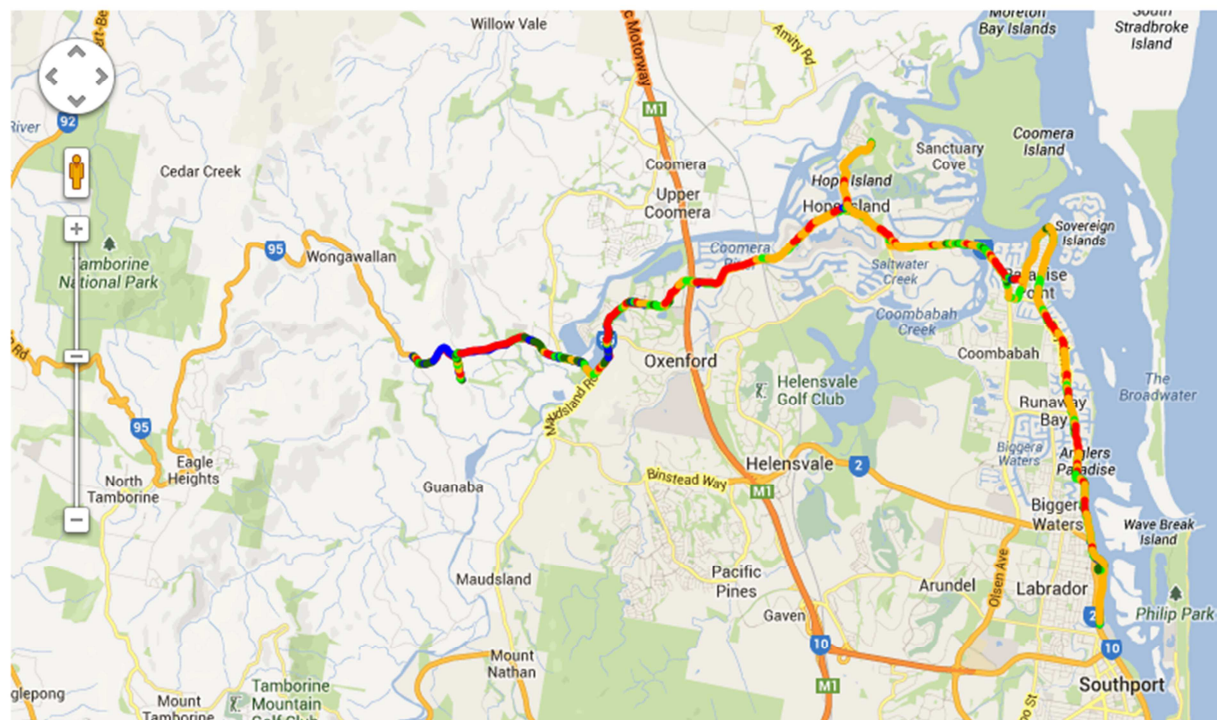
Result of Step 1:

Import and repair file	Export file	Upload file	C:\Users\Mathias Krallmann\Downloads\activity_316369104-2105.tcx	Units: metric	Time zone: UTC+11	Information/Settings	Quit Application
Records	Sessions and Laps	Devices, File Info & Specials	Data Analysis	Speed/Pace: Speed	Position: semicircles	Summer time: <input type="checkbox"/>	
Sort records by				display Sources display Warnings			
Timestamp	Time (Rel.)	Position Lat.	Position Long.	Altitude	Distance	Dist. GPS	Heart Rate
Timestamp	Time (Rel.)	Position Lat.	Position Long.	Alt. (m)	Dist. (km)	Dist. GPS (km)	Heart Rate
22.05.2013 07:08:43	00:00:00	-333377622	1830242917	0,0	0,00	0,00	Cadence
22.05.2013 07:08:50	00:00:07	-333381566	1830242442	0,0	0,04	0,04	Speed (km/h)
22.05.2013 07:08:51	00:00:08	-333382173	1830242385	-1,0	0,05	0,04	Power (Watt)
22.05.2013 07:08:52	00:00:09	-333382798	1830242311	-1,0	0,05	0,05	Temp. (C)
22.05.2013 07:08:53	00:00:10	-333383415	1830242256	-1,0	0,06	0,05	Lap
22.05.2013 07:08:54	00:00:11	-333384031	1830242189	-1,0	0,06	0,06	Error
22.05.2013 07:08:55	00:00:12	-333384659	1830242120	-1,4	0,07	0,07	Select
22.05.2013 07:08:56	00:00:13	-333385286	1830242064	-1,0	0,08	0,07	
22.05.2013 07:08:57	00:00:14	-333385918	1830241971	-1,0	0,08	0,08	
22.05.2013 07:08:58	00:00:15	-333386537	1830241879	-1,0	0,09	0,08	
22.05.2013 07:08:59	00:00:16	-333387150	1830241817	-1,0	0,09	0,09	
22.05.2013 07:09:00	00:00:17	-333387752	1830241792	-1,0	0,10	0,09	
22.05.2013 07:09:01	00:00:18	-333388339	1830241886	-1,0	0,10	0,10	
22.05.2013 07:09:02	00:00:19	-333388986	1830242154	-1,0	0,11	0,11	
22.05.2013 07:09:03	00:00:20	-333389240	1830242655	-1,4	0,12	0,11	
22.05.2013 07:09:05	00:00:22	-333389495	1830243483	-1,4	0,12	0,12	
22.05.2013 07:09:06	00:00:23	-333389695	1830244188	-1,4	0,13	0,12	
22.05.2013 07:09:07	00:00:24	-333389657	1830244896	-1,4	0,13	0,13	
22.05.2013 07:09:08	00:00:25	-333389747	1830245608	-1,4	0,14	0,14	
22.05.2013 07:09:09	00:00:26	-333389859	1830246314	-1,4	0,15	0,14	
Datensatz: 1 von 7974				Kein Filter Suchen			
Min./Max./Avg. values				quick select			
Timestamp	Position Lat.	Position Long.	Altitude	Distance	Distance (GPS)	Heart Rate	Cadence
Min. 22.05.2013 07:08:43	-3333518085	1828358314	-13,4	0,00	0,00		
Max. 22.05.2013 09:21:50	-332347583	1830257006	129,2	62,94	62,95		
Avg.							
Avg. + (Avg. without breaks)							

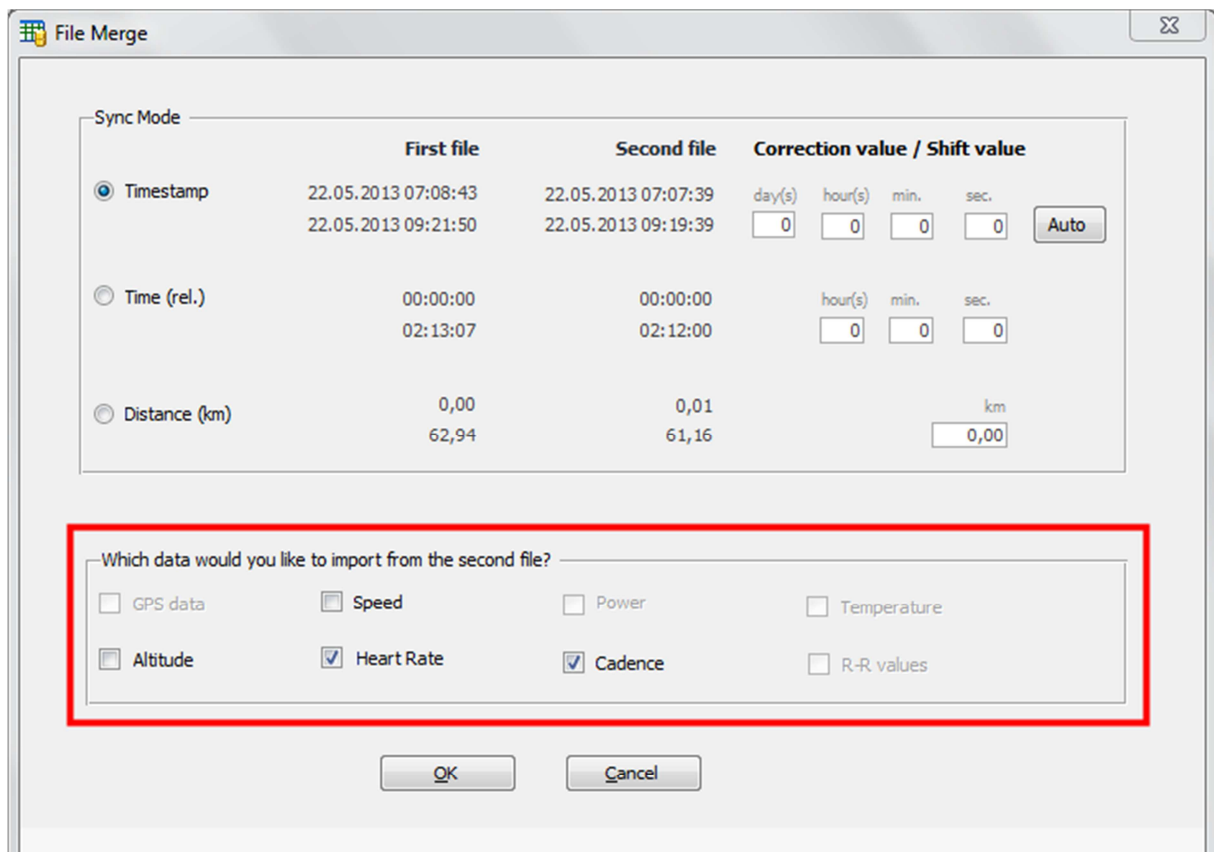
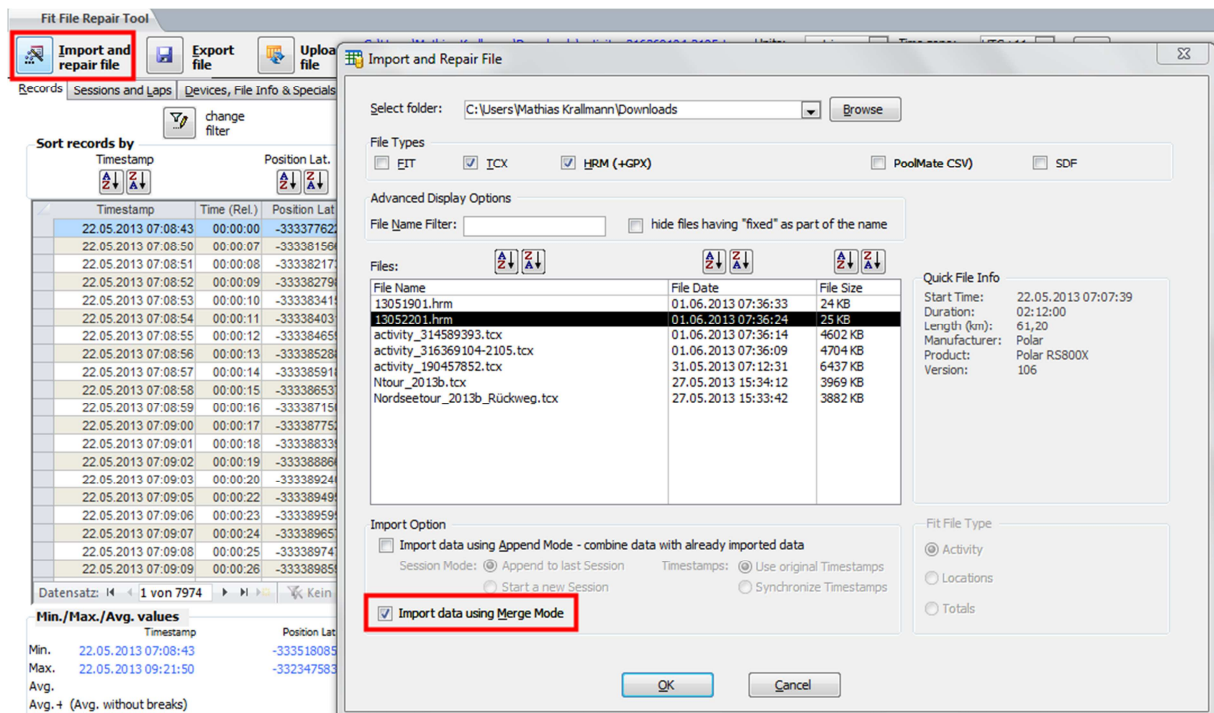
Google Maps:



Google Maps with color illustrating the speed zones:



Step 2: merging the hrm file:



The screenshot shows the Garmin BaseCamp interface. At the top, there's a table of activities with columns: Distance (GPS), Heart Rate, Cadence, Speed, Power, Temp., and Lap. The first activity is '0,00' with a lap of 1. The second activity is '62,95' with a lap of 1. To the right of the table is a 'quick select' panel with buttons: 'all', 'nothing', 'up to here', and 'from here'. Below the table, the 'Installation Folder' is set to 'C:\Projekte\Garmin'. At the bottom, a red box highlights the 'Merging data ...' button in the toolbar.

Fit File Repair Tool

Import and repair file

Export file

Upload file

Speed/Pace: Speed

Position: semicircles

Units: metric

Time zone: UTC+11

Records

Sessions and Laps

Devices, File Info & Specials

Data Analysis

change filter

display

Sort records by

Timestamp

Position Lat.

Position Long

Altitude

Distance

Dist. GPS

Heart Rate

Cadence

Speed

Power

Temp.

Laps

Timestamp	Time (Rel.)	Position Lat	Position Long	Alt. (m)	Dist. (km)	Dist. GPS (km)	Heart Rate	Cadence	Speed (km/h)	Power (Watt)	Temp. (C)	Lap
22.05.2013 07:08:43	00:00:00	-333377622	1830242917	0,0	0,00	0,00	113	95	16,14			1
22.05.2013 07:08:50	00:00:07	-333381566	1830242442	0,0	0,04	0,04	115	95	19,97			1
22.05.2013 07:08:51	00:00:08	-333382173	1830242385	-1,0	0,05	0,04	115	95	20,35			1
22.05.2013 07:08:52	00:00:09	-333382798	1830242311	-1,0	0,05	0,05	115	95	20,69			1
22.05.2013 07:08:53	00:00:10	-333383415	1830242256	-1,0	0,06	0,05	115	95	20,65			1
22.05.2013 07:08:54	00:00:11	-333384031	1830242189	-1,0	0,06	0,06	120	99	20,84			1
22.05.2013 07:08:55	00:00:12	-333384659	1830242120	-1,4	0,07	0,07	120	99	21,20			1
22.05.2013 07:08:56	00:00:13	-333385288	1830242064	-1,0	0,08	0,07	120	99	21,15			1
22.05.2013 07:08:57	00:00:14	-333385918	1830241971	-1,0	0,08	0,08	120	99	21,00			1
22.05.2013 07:08:58	00:00:15	-333386537	1830241879	-1,0	0,09	0,08	120	99	20,74			1
22.05.2013 07:08:59	00:00:16	-333387150	1830241817	-1,0	0,09	0,09	120	101	20,29			1
22.05.2013 07:09:00	00:00:17	-333387752	1830241792	-1,0	0,10	0,09	120	101	19,88			1
22.05.2013 07:09:01	00:00:18	-333388339	1830241886	-1,0	0,10	0,10	120	101	19,47			1
22.05.2013 07:09:02	00:00:19	-333388866	1830242154	-1,0	0,11	0,11	120	101	19,31			1
22.05.2013 07:09:03	00:00:20	-333389240	1830242655	-1,4	0,12	0,11	122	104	19,96			1
22.05.2013 07:09:05	00:00:22	-333389495	1830243483	-1,4	0,12	0,12	122	104	21,05			1
22.05.2013 07:09:06	00:00:23	-333389595	1830244188	-1,4	0,13	0,12	122	104	21,21			1
22.05.2013 07:09:07	00:00:24	-333389657	1830244896	-1,4	0,13	0,13	122	104	21,12			1
22.05.2013 07:09:08	00:00:25	-333389747	1830245608	-1,4	0,14	0,14	122	104	21,16			1
22.05.2013 07:09:09	00:00:26	-333389859	1830246314	-1,4	0,15	0,14	123	104	21,19			1

Datensatz: 1 von 7974

Kein Filter

Suchen

Min./Max./Avg. values

	Timestamp	Position Lat	Position Long	Altitude	Distance	Distance (GPS)	Heart Rate	Cadence	Speed	Power	Temp.	Lap
Min.	22.05.2013 07:08:43	-3333518085	1828358314	-13,4	0,00	0,00	99	27	0,00			1
Max.	22.05.2013 09:21:50	-332347583	1830257006	129,2	62,94	62,95	175	124	77,79			1
Avg.							160	82	28,27			
Avg.+ (Avg. without breaks)							161	82	28,73			

License Holder: Mathias Krallmann

Update Period: until 05/2014

Version:

Installation Folder: C:\Projekte\Garmin

Step 3: export (as fit, tcx or hrm file):

The screenshot shows the 'Fit File Repair Tool' interface. The 'Export file' button is highlighted with a red box. The 'Export file' dialog box is open, showing the 'export file format' section with 'fit', 'tcx', and 'hrm' buttons. The 'fit' button is highlighted with a red box. The 'filename' field shows 'C:\Users\Mathias Krallmann\Downloads\activity_316369104-2105-fixed.fit'. The 'distance values' section shows 'original values (as recorded by device)' selected, with a total length of 62,94 km. The 'Sessions/Laps' tab is selected, and the 'rename the imported fit file before starting the export' checkbox is checked. The 'Min./Max./Avg. values' table is visible at the bottom.

Min./Max./Avg. values	Timestamp
Min.	22.05.2013 07:08:43
Max.	22.05.2013 09:21:50
Avg.	
Avg. + (Avg. without breaks)	

	160	82	28,27
	161	82	28,73