Procedure to install the sporttrack software.
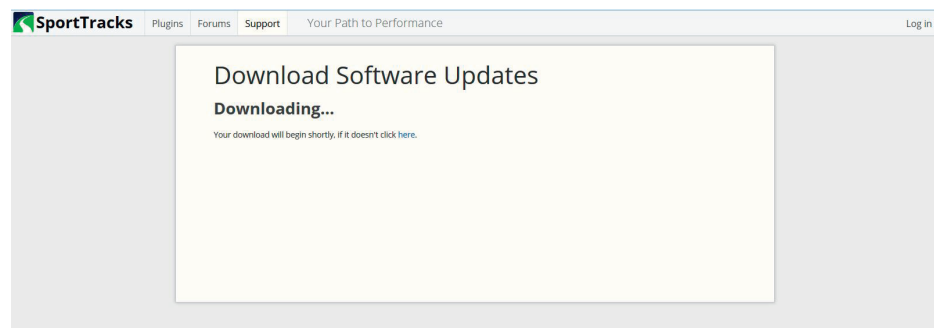
(1) Please download it from the website software:
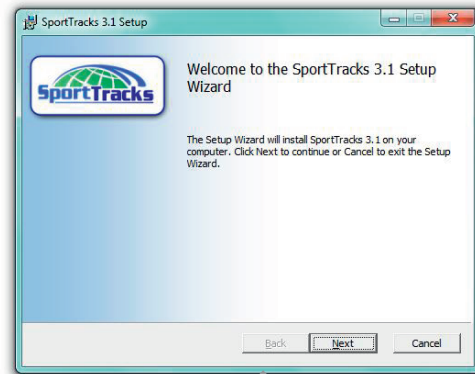https://www.zonefivesoftware.com/sporttracks/support/updates.php

SportTracks | Plugins Forums Support | Your Path to Performance | Log in

Download Software Updates

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SportTracks 3

The latest version of SportTracks 3 is 3.1.5770 released on 19 October, 2015.
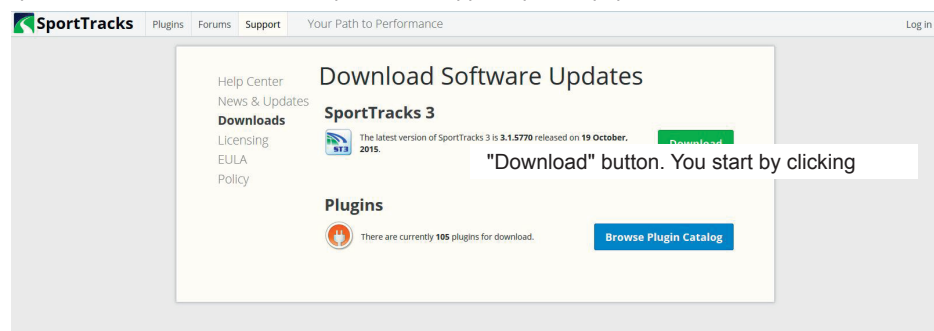
"Download" button. You start by clicking

Plugins

There are currently 105 plugins for download.

Browse Plugin Catalog

(2)

SportTracks | Plugins Forums Support | Your Path to Performance | Log in

Download Software Updates

Downloading...

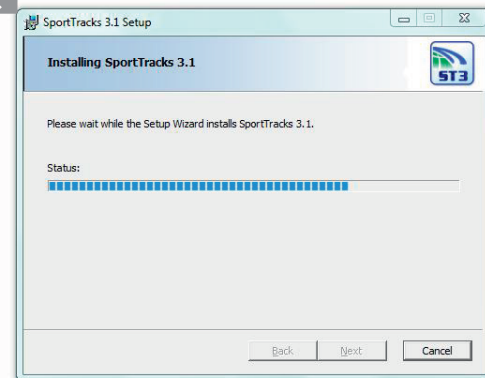Your download will begin shortly. If it doesn't click here.

- 1 -

(3) ● Install the software that you downloaded.

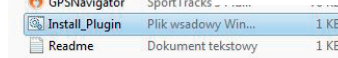Double-click the setup file, please start the installation according to the settings screen.

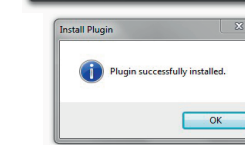● Please complete by checking the consent of the license.

- 2 -

- 3 -

Installation of software, driver and plugin.
Please follow the procedure to instal driver.

Install software, driver and plugin.

(1)

Double click Instal_Plugin file (Click setup)

(2)
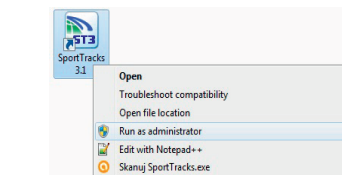
Click Next

(3)

*The required drivers are installed now

Every time you connect the USB cable to the computer, the operating system will automatically recognize your GPS device.
(4)

For Windows 7,8,10:
Before start up Sporttrack, right click on sporttrack icon, select "Run as administrator" to run the software.

- 4 -

- 5 -

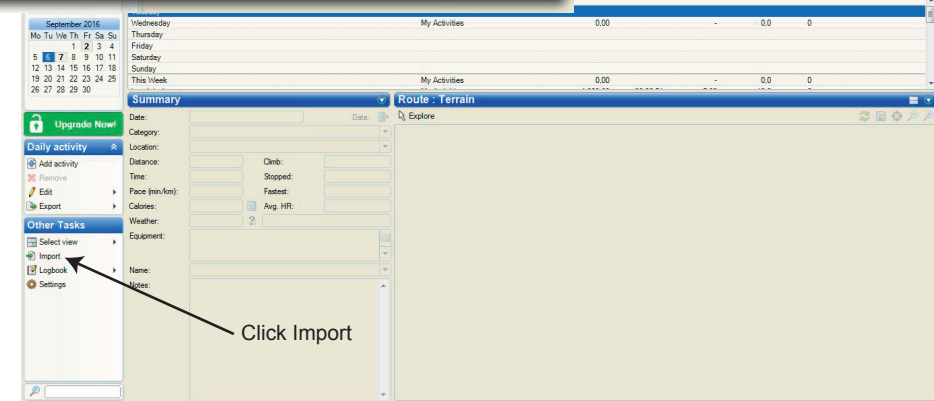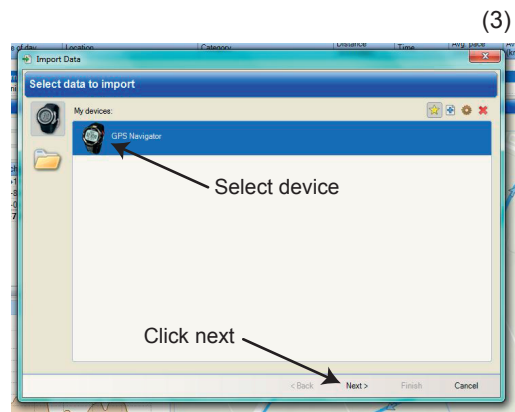**SPORTTRACK APPLICATION (Import GPS and Pulse date from GPS device)**

(1)
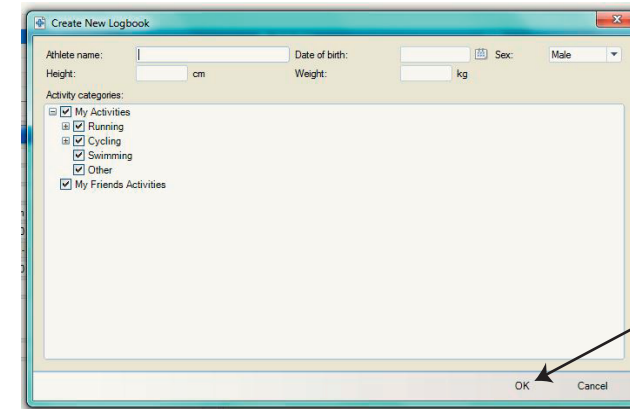
Import data from the watch If user want to have activity record into computer. Turn on sportwatch before the activity, all data will be stored into the watch. After a day of exercise, plug the watch into computer. Follow procedure here.
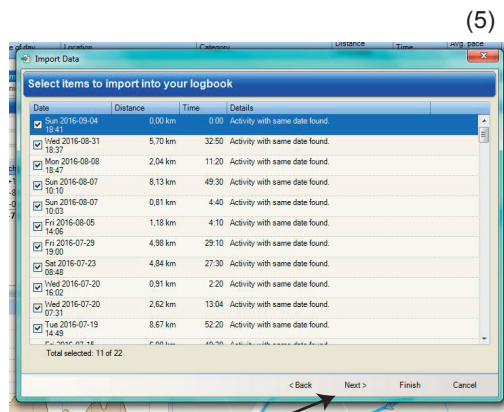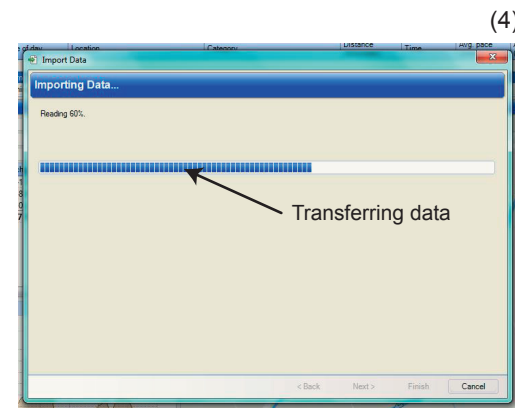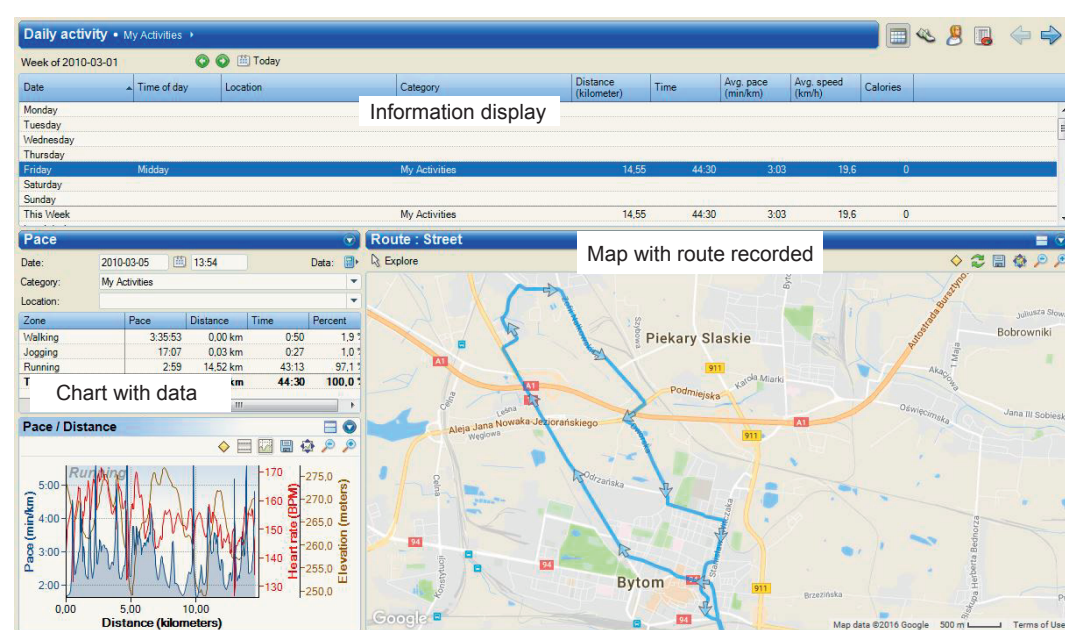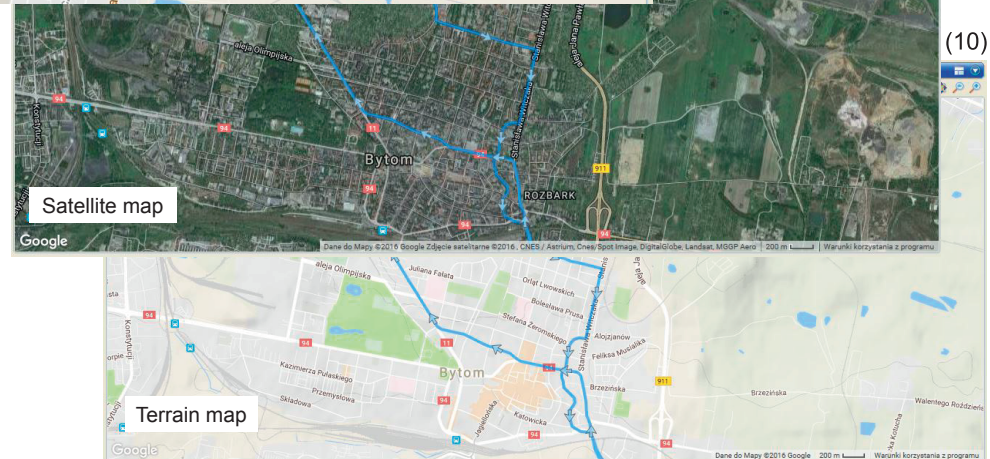
Click OK

(2)

Click Import

- 6 -

- 7 -

(3)

Select data to import

My devices:

GPS Navigator

Select device

Click next

Choose GPS Navigator. Make sure the watch is connected to the computer.

(4)

Importing Data...

Reading 60%.

Transferring data

(5)

Select items to import into your logbook

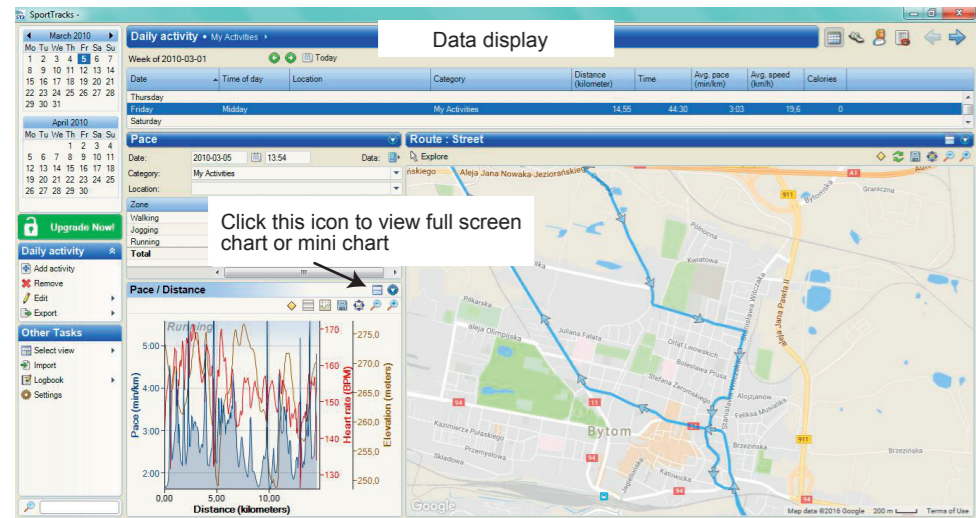| Date	Distance	Time	Details
Sun 2016-09-04 18:41	0,00 km	0:00	Activity with same date found.
Wed 2016-08-31 19:37	5,70 km	32:50	Activity with same date found.
Wed 2016-08-08 18:47	2,04 km	11:20	Activity with same date found.
Sun 2016-08-07 10:15	8,13 km	49:30	Activity with same date found.
Sun 2016-08-07 07:11	0,81 km	4:40	Activity with same date found.
Fri 2016-08-05 14:06	1,18 km	4:10	Activity with same date found.
Fri 2016-07-29 19:00	4,98 km	29:10	Activity with same date found.
Sat 2016-07-23 08:46	4,84 km	27:30	Activity with same date found.
Wed 2016-07-20 16:02	0,91 km	2:20	Activity with same date found.
Wed 2016-07-20 07:31	2,62 km	13:04	Activity with same date found.
Tue 2016-07-19 14:49	8,67 km	52:00	Activity with same date found.

Total selected: 11 of 22

Transfer complete, click Next

(6)

Daily activity › My Activities ›

Week of 2010-03-01   Today

Information display

Date	Time of day	Location	Category	Distance (kilometer)	Time	Avg. pace (min/km)	Avg. speed (km/h)	Calories
Monday								
Tuesday								
Wednesday								
Thursday								
Friday	Midday		My Activities	14,55	44:30	3:03	19.6	0
Saturday								
Sunday								
This Week			My Activities	14,55	44:30	3:03	19.6	0

Pace

Date: 2010-03-05   13:54   Data:

Category: My Activities

Location:

Zone	Pace	Distance	Time	Percent
Walking	3:35:53	0.00 km	0:50	1.9
Jogging	17:07	0,03 km	0:27	1.0
Running	2:59	14,52 km	43:13	97,1
T		km	44:30	100.0

Chart with data

Pace / Distance

Running

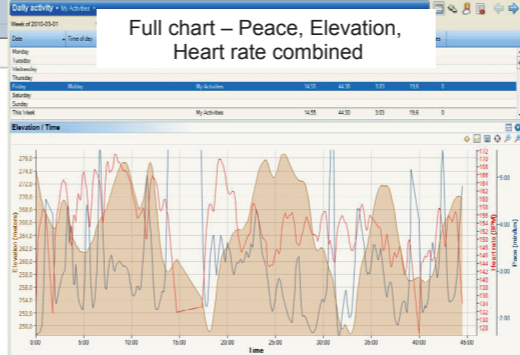Pace (min/km) / Heart rate (BPM) / Elevation (meters)

Distance (kilometers)

Route : Street

Explore

Map with route recorded

Piekary Slaskie

Podmiejska

Bytom

Map data ©2016 Google   500 m   Terms of Use

(7)

Map data ©2016 Google   500 m   Terms of Use

Bytom

(12)

Click here to view full screen or half screen map

Distance (kilometer)	Time	Avg. pace (min/km)	Avg. speed (km/h)	Calories
14,55	44:3			

Bobrowniki

(8)

Distance (kilometer)	Time	Avg. pace (min/km)	Avg. speed (km/h)	Calories
14,55	44.30	3.03	19.6	0

Click down arrow to view type of map

None
Satellite
✓ Street
Terrain
Hide Map Tools
Settings

Street map

None
Satellite
✓ Street
Terrain
Hide Map Tools
Settings

(9)

Satellite map

(10)

Terrain map

Data display (11)

Click this icon to view full screen chart or mini chart

Full screen chart (12)

The GPS watch can record pace, elevation, heart rate. (13)

To add information to chart, chick this icon, chart detail will pop out

Double click the function need to add then click and chart Click OK to finish

The individual chart – Elevation

Full chart – Peace, Elevation, Heart rate combined

Individual chart - Pace (16)

(14)

(15)

SPORTTRACK APPLICATION (Eksport Route to GPS device)
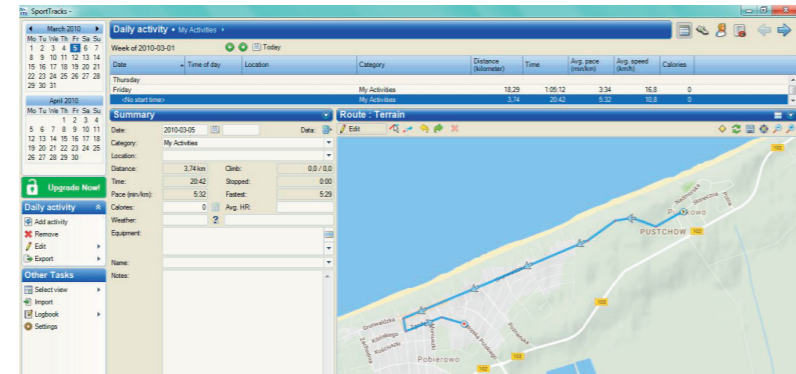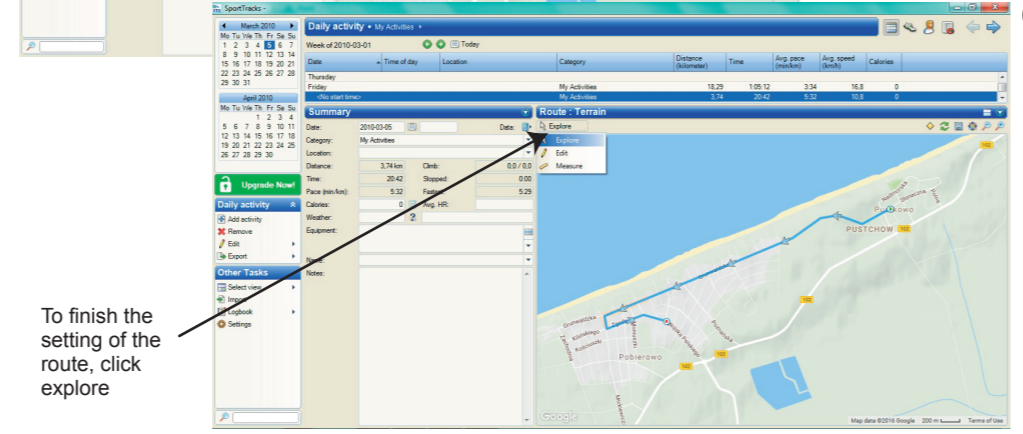
(1)
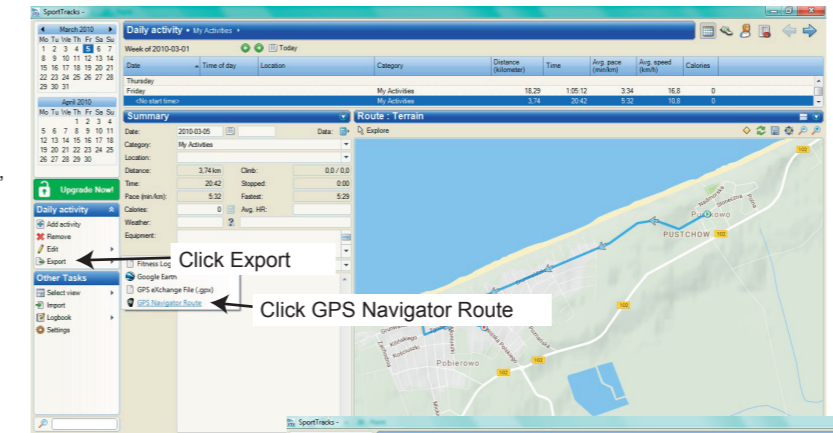

Click Add Activity

Click Add Route (2)

(3)

Move the mouse pointer to the starting position, click the left button, the starting point is marked. Move the pointer to the next turn, a straight line will be created, click the left button on the turning point, then follow the same procedure to reach your destination.
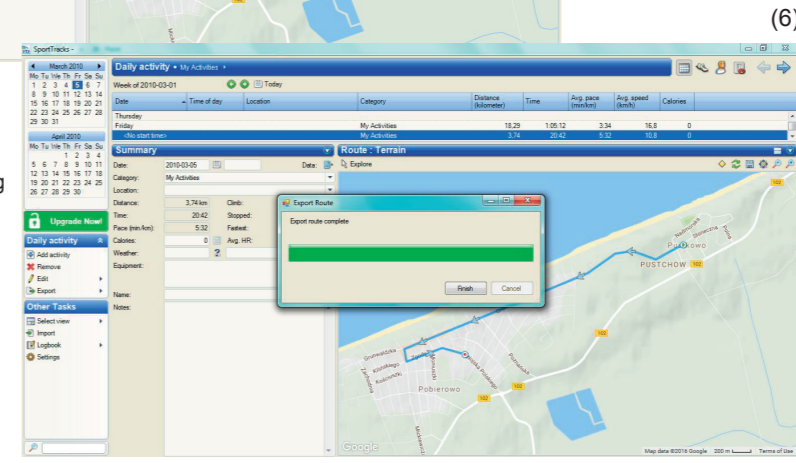
(4)

To finish the setting of the route, click explore

(5)

Then Click GPS Navigator Export. Make sure your GPS watch is connected to the Computer through the USB cable Clip.

Click Export

Click GPS Navigator Route

(6)

When Arriving at starting point turn GPS on to Acquire GPS signal. Then watch will guide you to the destination that was preset.

- TRoute created on sporttrack and export to watch can only be as navigator from starting point to destination.
- Route recorded in the watch can only be use as return home, navigation current location back to starting point.
- To use route record by the watch for navigator, first import route to the computer then export the route back to the watch. This route will be the same as route created on sporttrack.