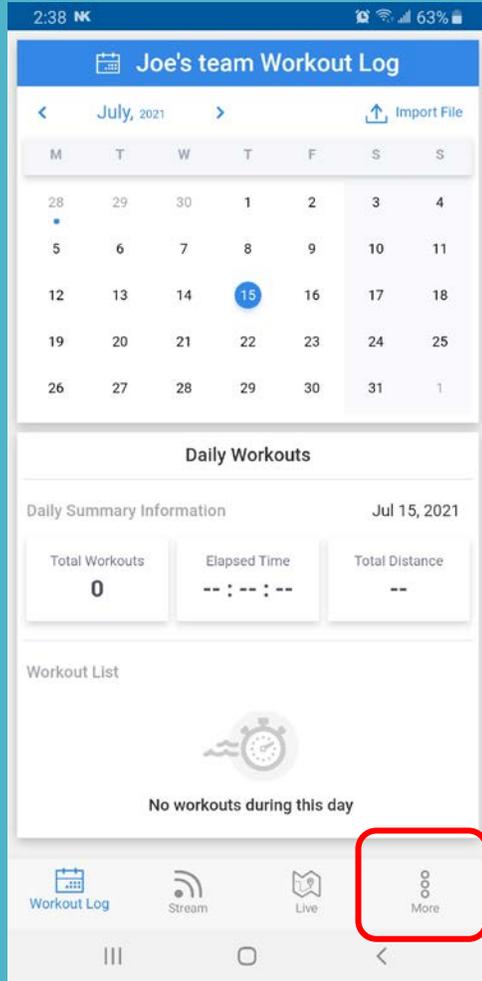
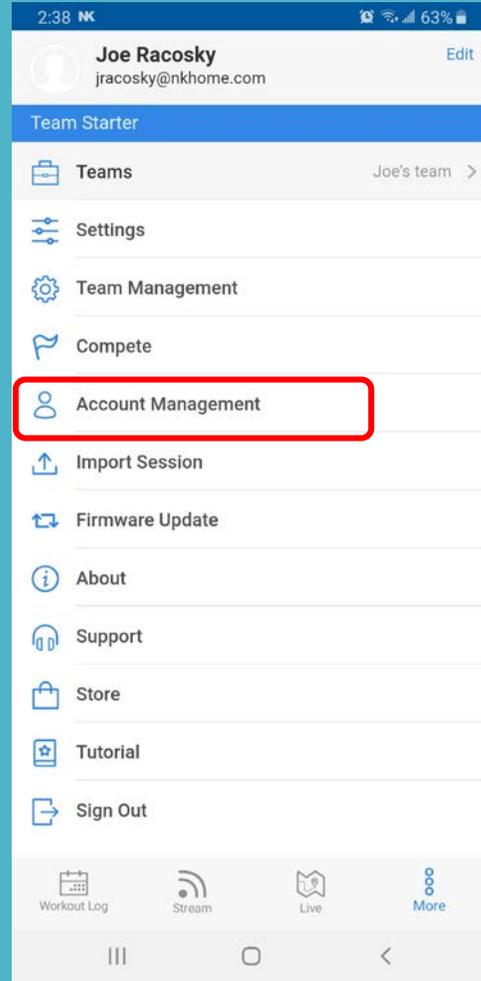


LiNK Logbook™

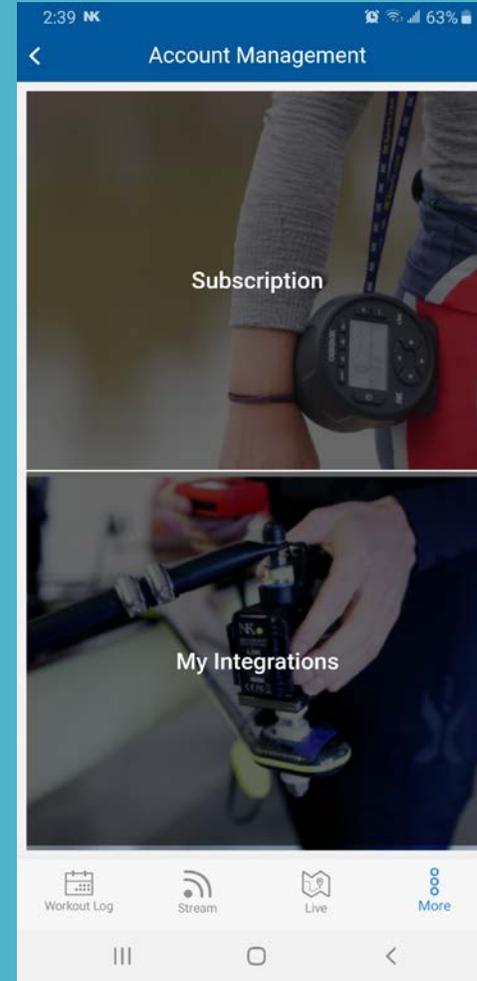
Automatic Strava™ Integration



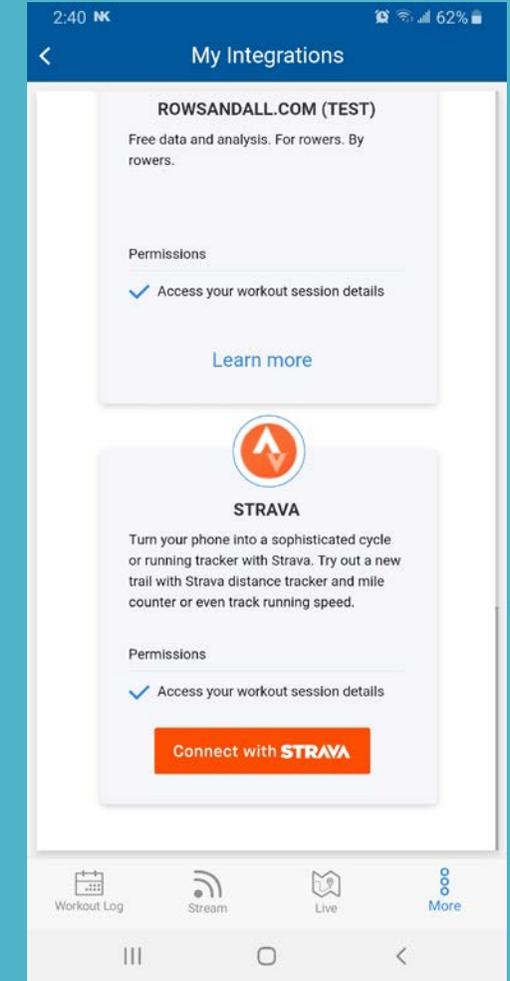
Login to your Logbook account. Select More.



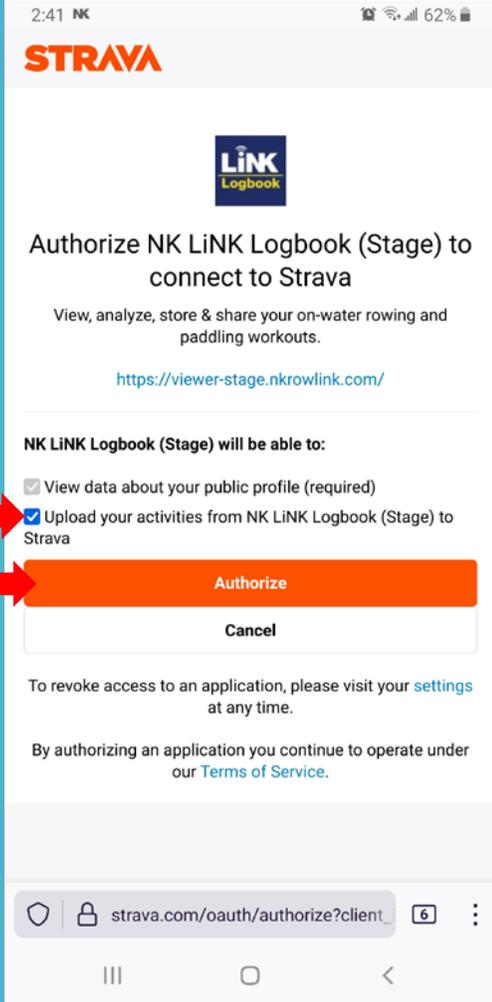
Select Account Management.



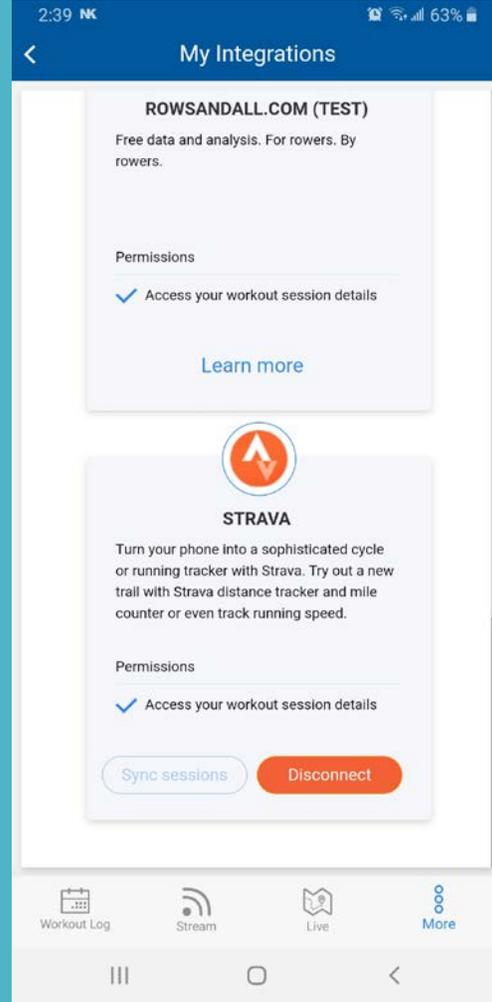
Select My Integrations.



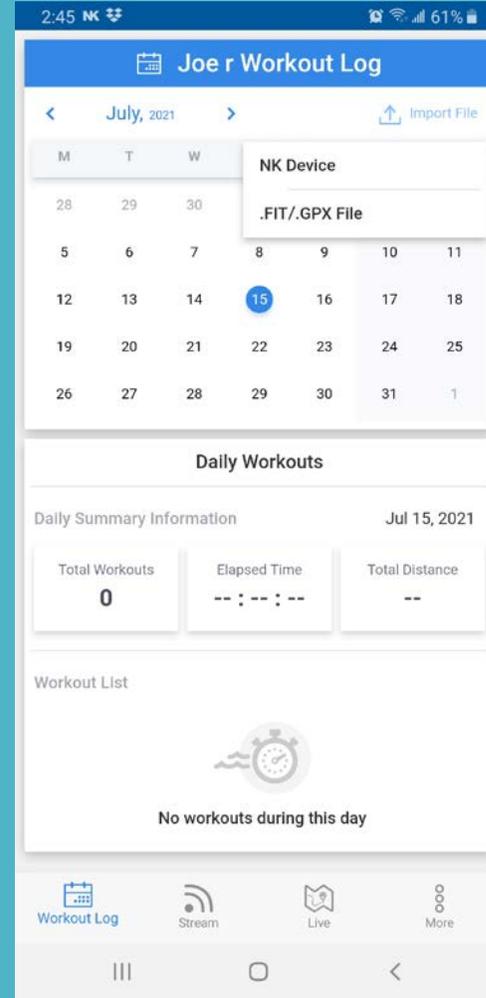
Locate Strava and select Connect with Strava®.



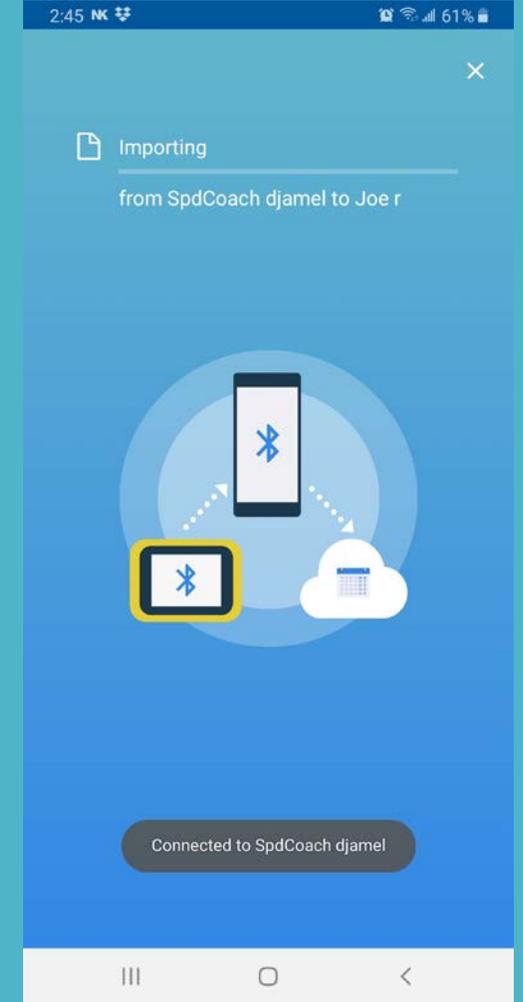
Check box to start integration with Strava.



After you select authorize, it will take you back to Logbook.



Now simply go to Workout Log and select Import File.



Newly uploaded Sessions will now automatically go to your synced Strava account.

The screenshot shows a web browser window displaying a Strava activity page. The browser's address bar shows the URL <https://www.strava.com/activities/5637767880>. The page title is "Nk Athlete - Rowing". The activity details are as follows:

- Activity Name:** Nk Athlete - Rowing
- Date and Location:** 5:39 PM on Friday, March 12, 2021 · Ashburton District, New Zealand
- File Name:** Strokeside 20210312 0539pm.fit
- Distance:** 13,450m
- Moving Time:** 1:12:01
- Elevation:** 7m
- Speed:** Avg 2:40/500m, Max 1:53/500m
- Elapsed Time:** 1:21:11

The page includes a sidebar with "Overview" and "Analysis" tabs, a "Add a description" button, and an "Add Friends" button. A map at the bottom shows the activity route in red along the shore of Lake Hood, with labels for "Huntingdon", "Perimeter Rd", and "Lake Hood".

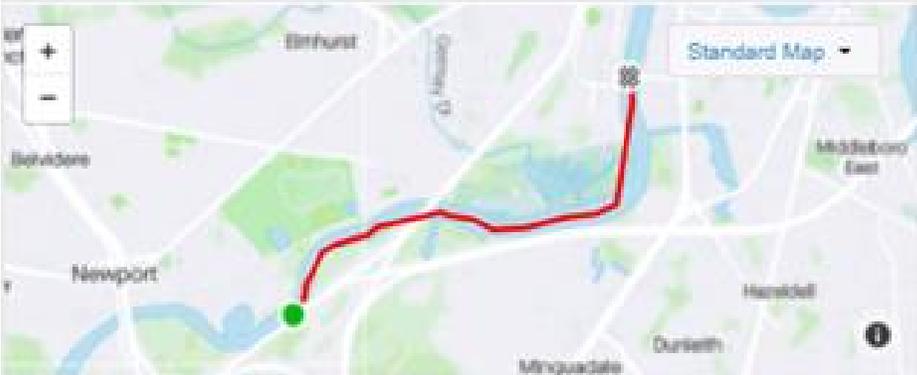
Voila! Log into your Strava account to view the synced sessions.

Please note: Sessions that were currently in Logbook will NOT be synced to Strava, only ones uploaded after the integration was made. You can still export older sessions and manually add to Strava directly.

STRAYA Dashboard Training Explore Challenges Give a Subscription 🔔 👤 ⊕

Overview
Analysis
Laps ←
✎ ○○○

Standard Map



Lap	Distance	Elev	Time	Speed
1	0.25 km	0 m	1:00	15.0 km/h
2	0.50 km	-2 m	2:06	14.3 km/h
3	0.75 km	-2 m	3:22	13.4 km/h
4	0.50 km	9 m	2:22	12.7 km/h
5	0.25 km	3 m	1:16	11.9 km/h

Note: If you upload a Workout instead of a Just Go session, you can select the Laps button to view the different workout intervals.