

Question:

What sports will be accepted into the competition?

Answer:

Any relevant physical activity counts from the list of available sports in Endomondo application including walking, hiking, cycling, aerobics, tennis, badminton, swimming, football, etc. Each measurement is automatically stored in the section "Challenge" and will be shared with other group members. Values start to count on the kick off date for the competition.

Question:

Do I need to perform any setup settings before starting the measurement of the sports activity?

Answer:

Before each measurement make sure to set the sports category correctly to ensure the correct calories calculation

Question:

Do I need to have mobile phone always with me during the sports activity?

Answer:

No need to have the mobile phone with you in case you want to measure activities with the potential physical contact with other competitors (football, hockey...) or other activities where it is not necessary to keep the mobile phone with you all the time during the physical activity (tennis, badminton...)

Question:

Do I need to pause the measurement during break?

Answer:

No need to pause the measurement in case of short breaks during sports activity (substitutions in the football match, breaks up till ~10 minutes in cycling, hiking, running...)



Question:

Do I need to have GPS turned on?

Answer:

Not the must have requirement to turn on GPS (e.g. for indoor sports this function is useless), but it is recommended to turn it on for relevant outdoor sports (running, walking, cycling, etc.) due to statistical analysis.

Question:

Calories are not calculated correctly

Answer:

Check the application settings and make sure body measures are correctly set (age, height, weight, gender)