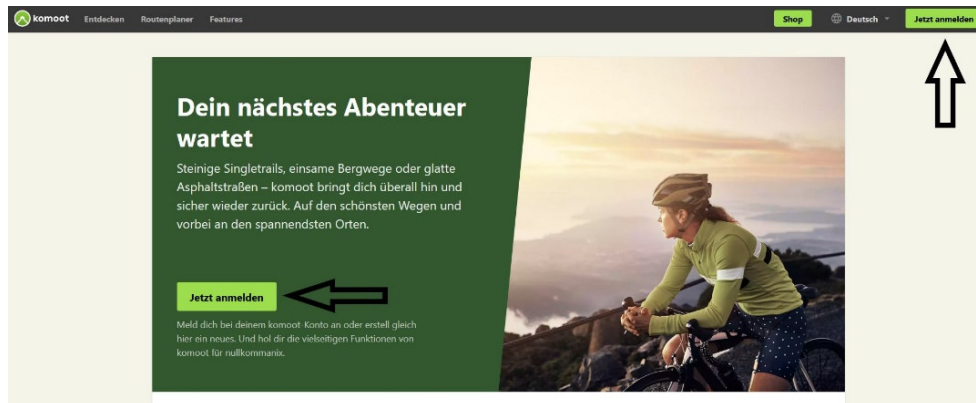


AB Hero Challenge instructions komoot

How do I set up a komoot profile?

Step 1

Got to <https://www.komoot.com/> and click on „Register now“



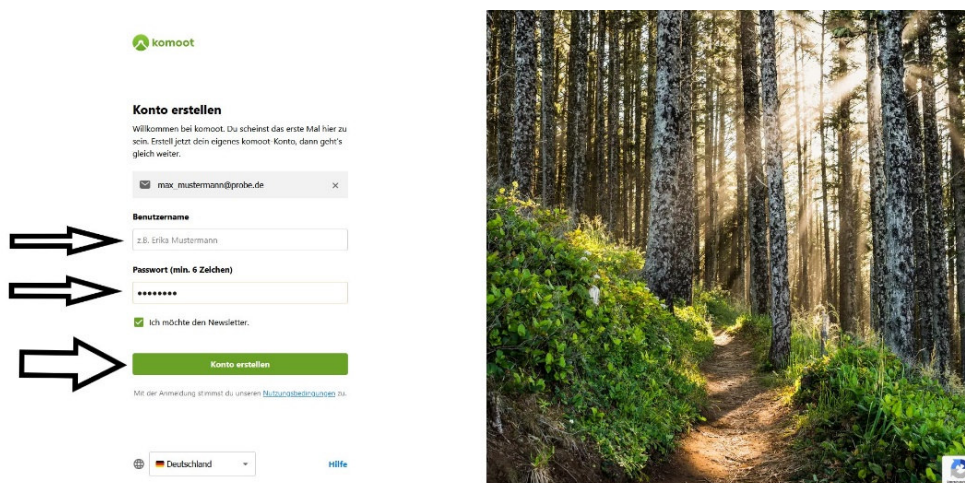
Step 2

Enter your email address



Step 3

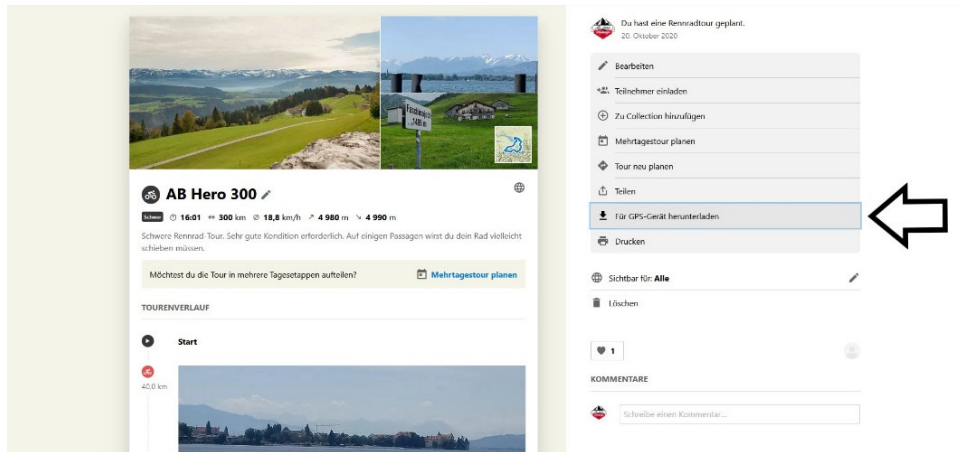
Enter a username, a password and click on "Create account"





Where can I find the GPS files of the AB Hero Challenge?

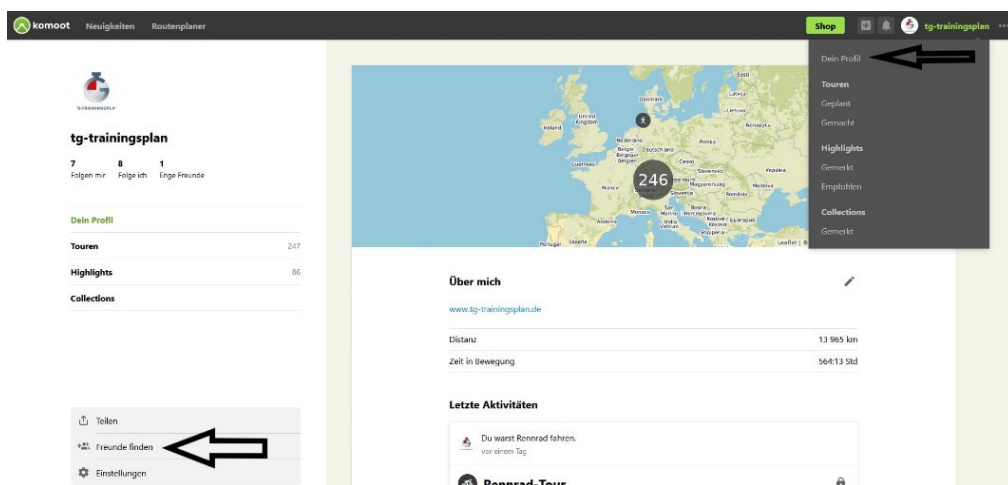
Under <https://www.komoot.com/user/abhero> you go on the planned AB Hero 300, 200 or 100 route. Click on the button "Download for GPS devices" on the right and follow the next steps in the process.



Invite the AB Hero Challenge as a friend?

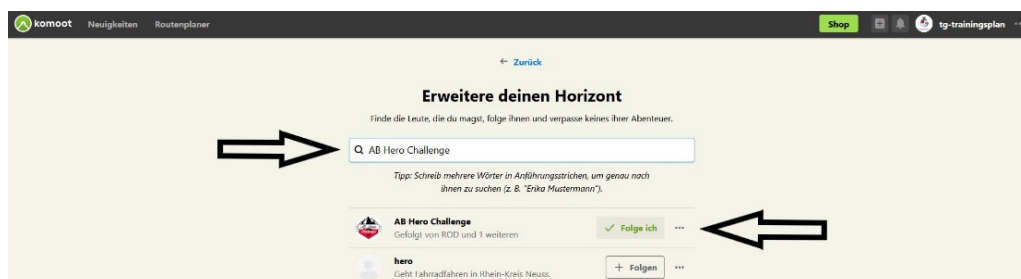
Step 1

On your profile you will see the function "Find friends" in the bottom left corner



Step 2

Enter „AB-Hero Challenge“ in the search field and get connected by hitting the "Follow" button

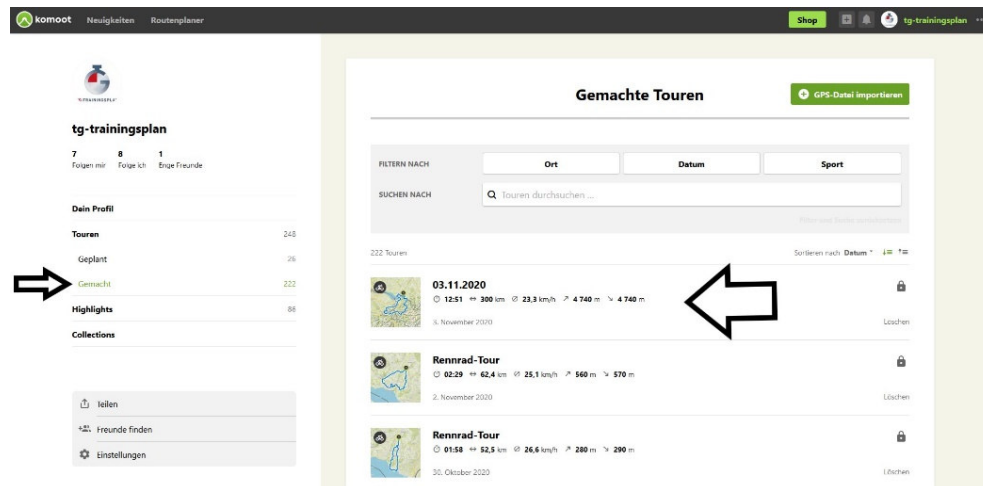


How do I upload my completed route?

Option 1: The route was automatically uploaded to komoot through the interface (e.g. Garmin Connect) from my bike computer or mobile device.

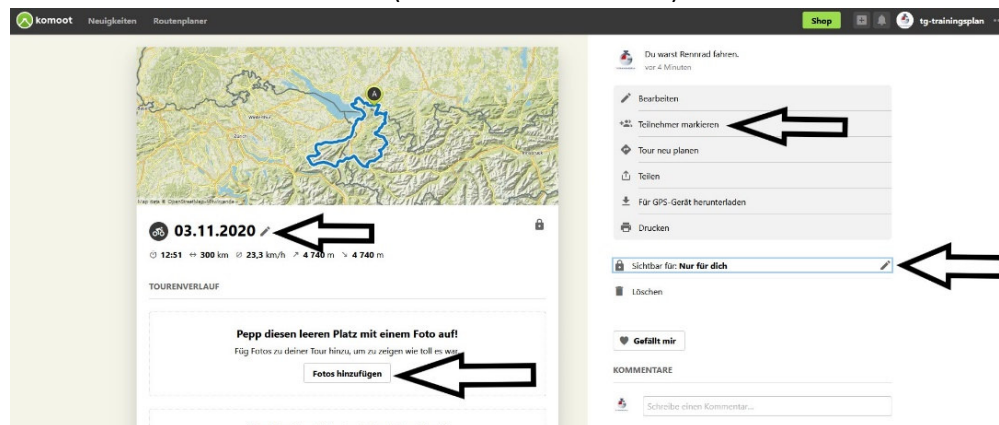
Step 1

In your profile, go to the "completed" routes. Select your completed AB Hero route.



Step 2

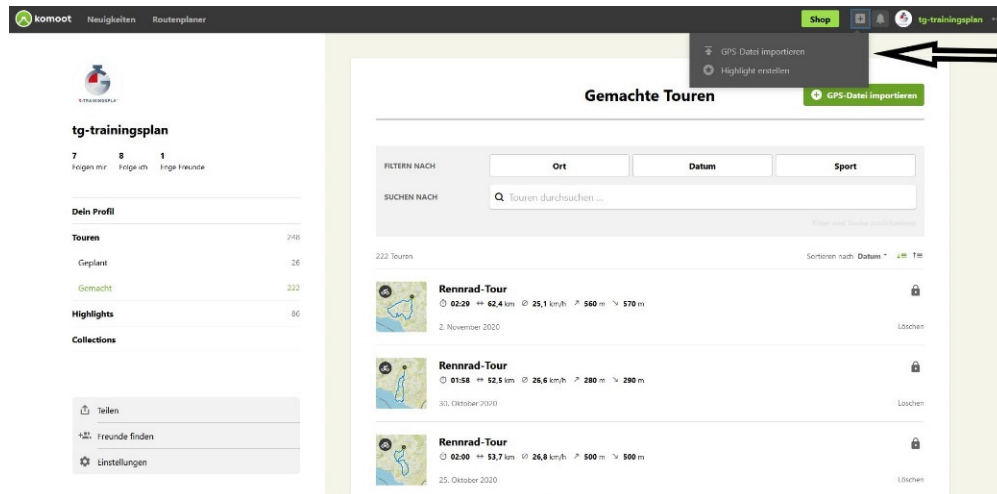
When it comes to the date or the name of the tour, move your cursor to the pencil. In the newly opened window, enter the name of the route as follows: **First and last name_AB Hero 300, 200 or 100** (depending on which route you have cycled) and confirm with "save". Go to "Mark participant" on the right and mark the AB Hero Challenge, put "Visible for" on everyone at the bottom right corner. Then you add at least three pictures. We will now receive a confirmation email and add your route to the AB Hero Collection (it can take a few hours).



Option 2: You upload the route manually from your bike computer or mobile device by connecting your bike computer or mobile device to a computer.

Step 1

In your profile, click on the "Import GPS file" button or on the + box next to your name. Here you upload the GPS file of the route (from your bike computer or mobile device) and follow the komoot input steps.



Step 2

Now follow the same steps as for option 1.

When it comes to the date or the name of the route, move your cursor to the pencil. In the newly opened window, enter the name of the route as follows: **First and last name_AB Hero 300, 200 or 100** (depending on which route you have cycled) and confirm with "save". Go to "Mark participant" on the right and mark the AB Hero Challenge, put "Visible for" on everyone at the bottom right corner. Then you add at least three pictures. We will now receive a confirmation email and add your route to the AB Hero Collection (it can take a few hours).

