

Strava Import

With all the hard work done, it's now up to you to upload your time.

1. You do this by accessing the [Dashboard application](#) (the same app you use to view and modify your registrations).
2. In Dashboard, choose "My Results" from the menu.
3. The virtual run should appear on the list.
4. When you click the view icon, you will get to the results detail page for the virtual run.
5. When you are on the detail page, the "Strava Import" button will appear at the top during the available upload period.
6. Click on the "Strava Import" button and follow the prompts.

Job done!