

# Strava and DistantRace connection

"Strava" has developed solutions that allow activity synchronization with DistantRace, and we are also ready to process "Strava" activities. But unfortunately, due to the limitations imposed by "Strava", it is currently impossible to synchronize activities from this service.

Below are a few recommendations on how you can still add activities if you use "Strava".

**Activity data export:** you can [download your recorded activities from Strava in GPX or FIT formats](#) and then upload them to us. In this way, each recorded activity needs to be manually processed. You can download an activity from Strava by logging into your Strava account through a computer. On the other hand, you can upload activities to DistantRace in your [profile under "Activities"](#).

**Use Suunto as an intermediary:** to automatically synchronize your activities with both DistantRace and Strava, you can use the Suunto app to record activities. Record activities with Suunto, which will synchronize them with both Strava and DistantRace. [Learn more.](#)

**Use Wahoo as an intermediary:** record activities with the Wahoo app and activities will be synchronized with both Strava and DistantRace. [Learn more.](#)

**If you use Apple Health:** download the DistantRace mobile app and you will be able to synchronize your activities from AppleHealth. If Strava activities are available in Apple Health, you can also send them to DistantRace. It should be noted, however, that no GPS data will be available for these activities (unless they are recorded with an Apple watch), which may be required to participate in virtual races and challenges.

On our side, we recommend using the Suunto or Wahoo application for activity recording, to automatically synchronize activities with both Strava and DistantRace. This way you can participate in virtual races and challenges organized using DistantRace, and continue to use Strava functionality.

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