

# Polar GPX download

1. Log into your Flow.Polar profile from a computer.
2. Click on the Activity section.
3. Select and open the activity you wish to add to your DistantRace.com profile.
4. At the bottom left corner of the page, choose the Export session button and then press the Route (GPX) button.
5. The selected activity will be downloaded to your computer in GPX format.
6. Then, log into your DistantRace.com profile and go to the My Activities section.
7. Choose the "Upload GPX" icon and add your activity.
8. Once the activity is uploaded, it will automatically be added to your DistantRace.com profile activities.

[Polar GPX download](#) image not found or type unknown

[https://youtu.be/bZCo\\_CZFQQQ](https://youtu.be/bZCo_CZFQQQ)

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