

# CHECK HOW TO ADD A SCORE

As part of the Poland Business Run on 5 September you have

4 KM

Run it on a self-chosen route between

## 00:00 AND 6:00 PM

Use any

# **GPS-ENABLED**

app, to document your run

### Next MAKE A SCREEN SHOT

or picture (of your watch or treadmill screen) documenting the result you obtained

HAVE YOU GOT IT? GREAT! TIME TO SHARE THE RESULT CHOOSE ONE OF THE OPTIONS:

Go to www.polandbusinessrun.pl

**Complete the short form:** 



**Click the** 

#### DODAJ WYNIK/ADD RESULT

button at the top of the page



- a. Add an image file, i.e. a screenshot from your running app or a picture of your watch/runner showing the 4km distance and the time achieved,
- b. Enter your email address (provided during registration for the run),
- c. Enter your time obtained over the 4km distance in the format HH:MM:SS
- (hours, minutes, seconds).

SAVE

**Click the** 

button

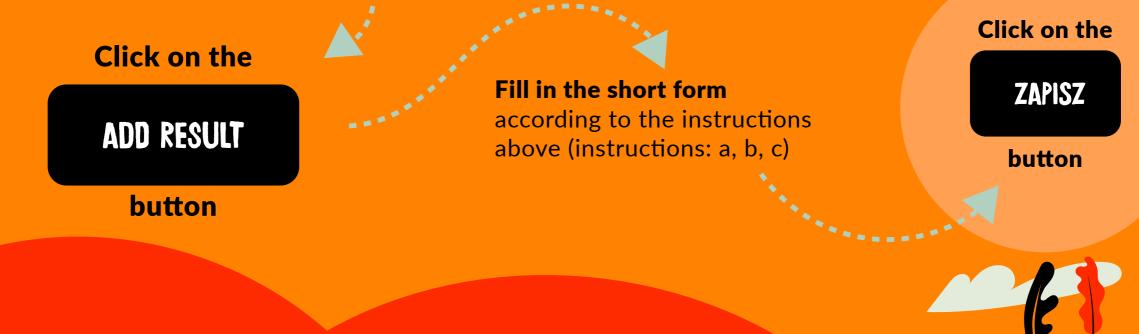
#### On the day of the run, launch the

Poland Business Run 2021

application on your phone (you can download it from the Google Play or Apple Store)

\*Note, you will need to download the new app, released in 2021.





WWW.POLANDBUSINESSRUN.PL