

CHECK HOW TO ADD A SCORE!

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

4 KM to run...

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:

1

WWW

Click the

DODAJ WYNIK/ADD RESULT

button at the top of the page

Go to www.polandbusinessrun.pl

Complete the short form:

- 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,
- Enter your email address** (provided during registration for the run),
- Enter your time obtained** over the 4km distance in the format HH:MM:SS (hours, minutes, seconds).

Click the **SAVE** button

On the day of the run, launch the



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.

2

PBR APPLICATION

Click on the

ADD RESULT

button

Fill in the short form
according to the instructions
above (instructions: a, b, c)

Click on the

ZAPISZ

button