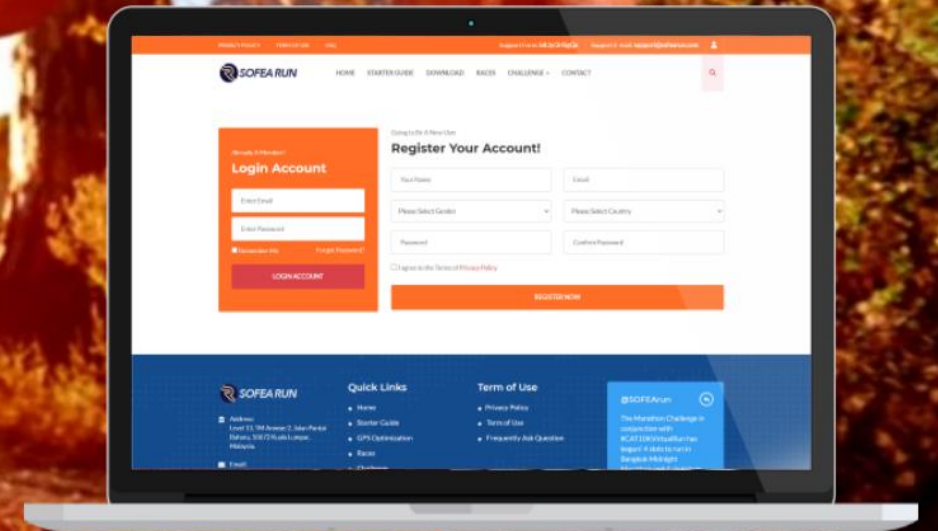


SOFEA Run Web: Run Submission



SOFEA Run is a mobile based application and it is more than just a distance tracker. It's an interactive app designed with features catered towards users who live an active and healthy lifestyle.

Register now at:
www.sofearun.com



Step by step guide

1

PRIVACY POLICY | TERM OF USE | FAQ | Support form: MYU215@Qe | Support E-mail: support@sofearun.com | Hazwan Bin Abd Halim

SOFEA RUN | HOME | STARTER GUIDE | DOWNLOAD | RACES | CHALLENGE - | CONTACT

My Races

Home / User / My Races

Success! Payment successful. Thank you for your registration.

Hi! Hazwan Bin Abd Halim, Your past races!

Web Registration | Mobile Registration

ACASIA National Month Web Trial
01 Aug. 2020 - 31 Aug. 2020
01 Aug. 2020 - 31 Aug. 2020
5.00 KM
0 KM Start | 0.00 KM Current | 5.00 KM Goal
SUBMIT RUN
Anytime, anywhere.

ACASIA MCO Fit Challenge 2020
04 Apr. 2020 - 06 Apr. 2020
04 Apr. 2020 - 06 Apr. 2020
1.00 KM
0 KM Start | 1.00 KM Current | 1.00 KM Goal
SUBMIT RUN
Anytime, anywhere.

Click at the Submit Run button at My Races page of desired race.

2

Home / User / My Races / ACASIA National Month Web Trial

ACASIA National Month Web Trial
5.00 KM
0 KM Start | 0.00 KM Current | 5.00 KM Goal

No	Distance (KM)	Duration	Pace	Calories	Type	Run Date	Submission	Status
1	1.00	00:30:00	00:00:00		Outdoor	24-08-2020 06:19:56 PM	Web Submission	Pending Approval
2	2.50	01:00:00	00:00:00		Indoor	24-08-2020 06:31:32 PM	Web Submission	Pending Approval
3	1.00	00:30:00	00:00:00		Outdoor	24-08-2020 06:38:51 PM	Web Submission	Pending Approval
4	1.00	00:30:00	00:00:00		Outdoor	24-08-2020 06:40:30 PM	Web Submission	Pending Approval
5	10.00	00:30:00	00:00:00		Outdoor	24-08-2020 06:41:36 PM	Web Submission	Pending Approval
6	1.25	00:30:00	00:00:00		Outdoor	24-08-2020 06:42:52 PM	Web Submission	Pending Approval

Showing 1 to 6 of 6 entries | Previous | 1 | Next

SUBMIT RUN

Your submitted run list will be listed. Click at the submit run button to submit a new record.



Step by step guide

3

The screenshot shows the 'Manual Run Submission' form. The form includes a 'MENU' on the left with options: Profile, My Runs, My Races, and Logout. The main form area has the following fields:

- Outdoor Run Indoor Run
- Upload result: 180817_RSR_a_t_V3-14.png
- Distance (Meters):
- Duration (Mins):
- Date:
- End Time:
- Description:
-

Below the form is a table showing existing entries:

No	Distance (Meters)	Duration (Mins)	Type	Date	Time	Submission	Status
5	1000	00:30:00	Outdoor	24-08-2020	06:41:36 PM	Web Submission	Pending Approval
6	1.25	00:30:00	Outdoor	24-08-2020	06:42:52 PM	Web Submission	Pending Approval

Showing 1 to 6 of 6 entries.

Manual run submission form is displayed. Enter all the necessary info and attach your screenshot of apps or picture.

4

The screenshot shows the 'ACASIA National Month Web Trial' interface. The top navigation bar includes: HOME, STARTER GUIDE, DOWNLOAD, RACES, CHALLENGE, CONTACT. The main content area features the ACASIA logo and a success message: "Success! Successfully submit run record." Below this is a progress bar for a 5.00 KM race, showing 0.00 KM current and 5.00 KM goal. A table displays the race records:

No	Distance (KM)	Duration	Pace	Calories	Type	Run Date	Submission	Status
1	1.00	00:30:00	00:00:00		Outdoor	24-08-2020 06:19:56 PM	Web Submission	Pending Approval
2	2.50	01:00:00	00:00:00		Indoor	24-08-2020 06:31:32 PM	Web Submission	Pending Approval
3	1.00	00:30:00	00:00:00		Outdoor	24-08-2020 06:38:51 PM	Web Submission	Pending Approval
4	1.00	00:30:00	00:00:00		Outdoor	24-08-2020 06:07:30 PM	Web Submission	Pending Approval

Success prompt is displayed and your race record are added to current list and currently pending for approval.