

KOPIERING AF RUTER TIL
DIN GARMIN EDGE.....

A decorative graphic consisting of several parallel white lines of varying thicknesses, slanted diagonally from the bottom-left towards the top-right, located in the lower right portion of the slide.

Åbn SCR Motion hjemmeside i f.eks. Chrome på din PC/MAC
Find dagens rute i kalenderen

The screenshot shows the homepage of the SCR Motion website. At the top left is the logo for Silkeborg Cykle Ring, featuring a cyclist in a circle. To the right of the logo is a navigation menu with links: FORSIDE, KLUBINFO, AKTIVITETER, MEDLEMSINFO, FORUM, and KONTAKT. Below the navigation menu is a red banner with the text "SILKEBORG CYKLE RING MOTION" and silhouettes of two cyclists. Underneath the banner is a login section with fields for "Brugernavn" and "Password", and links for "Har du glemt din adgangskode?" and "Har du glemt dit brugernavn?".

Below the login section, there are three main content areas:

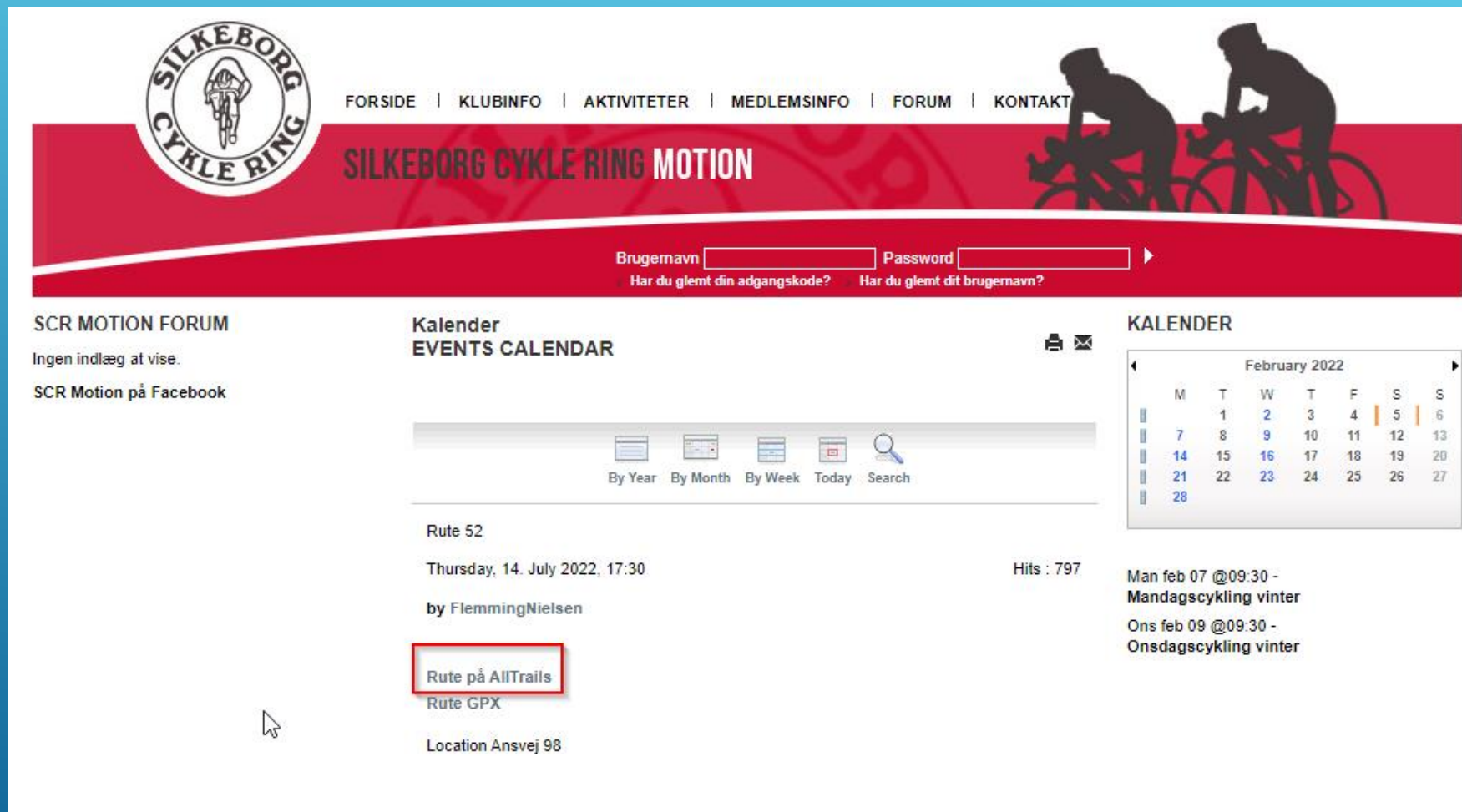
- SCR MOTION FORUM:** "Ingen indlæg at vise." and "SCR Motion på Facebook".
- Kalender EVENTS CALENDAR:** Includes a view selector (By Year, By Month, By Week, Today, Search) and a "DAILY VIEW" for "Thursday, 14. July 2022". A red box highlights the event "17:30 Rute 52 by FlemmingNielsen :: SCR-motion".
- KALENDER:** A calendar for July 2022 with the 14th highlighted in a red box.

At the bottom of the page, there are four promotional banners:

- BLIV MEDLEM:** "Meld dig ind i SCR Motion Du kan lave din tilmelding her..."
- VINTER TRÆNING:** "Vintertræningen er primært på mountainbike Find træningstider her..."
- SOMMER TRÆNING:** "Sommertræningen er primært på landevejsracer Find træningstider her..."
- SOMMERTRÆNING INFO:** "Info om holdopdeling mv. Læs mere her..."

At the very bottom, the text reads: "Silkeborg Cykle Ring Motion CVR-nr. 34 63 49 04".

Vis dagens rute på Alltrails



SILKEBORG CYKLE RING

FORSIDE | KLUBINFO | AKTIVITETER | MEDLEMSINFO | FORUM | KONTAKT

SILKEBORG CYKLE RING MOTION

Brugernavn Password ▶
Har du glemt din adgangskode? Har du glemt dit brugernavn?

SCR MOTION FORUM
Ingen indlæg at vise.
SCR Motion på Facebook

**Kalender
EVENTS CALENDAR**

By Year By Month By Week Today Search

Rute 52
Thursday, 14. July 2022, 17:30 Hits : 797
by FlemmingNielsen

Rute på AllTrails
Rute GPX

Location Ansvej 98

KALENDER

February 2022

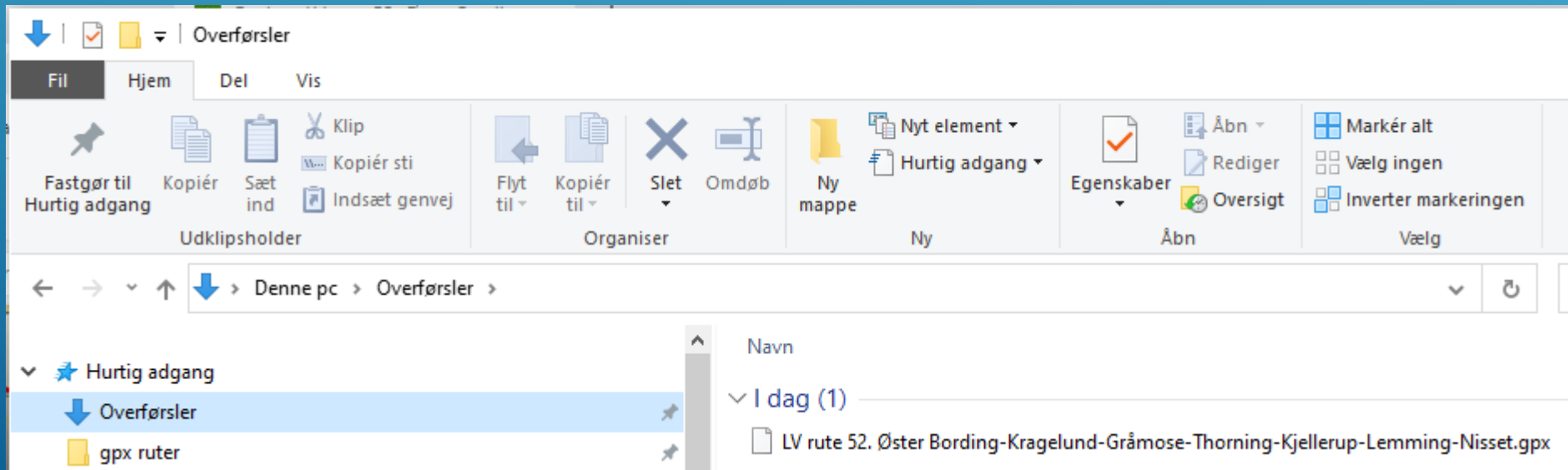
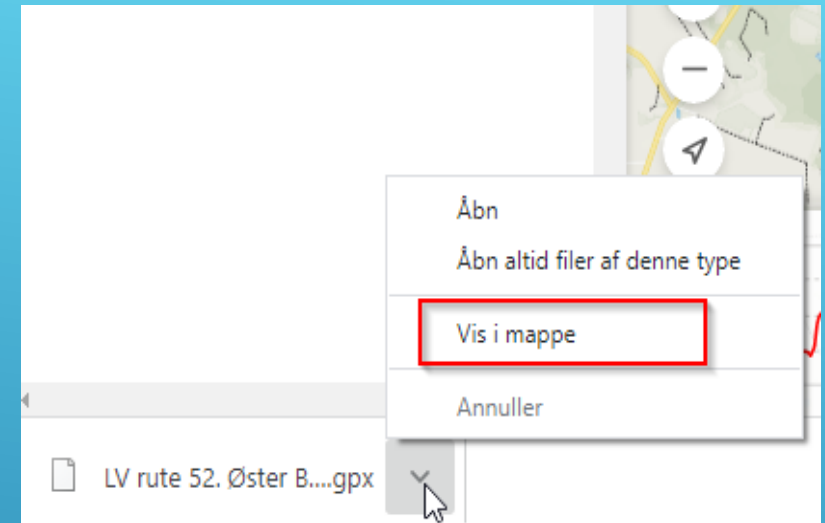
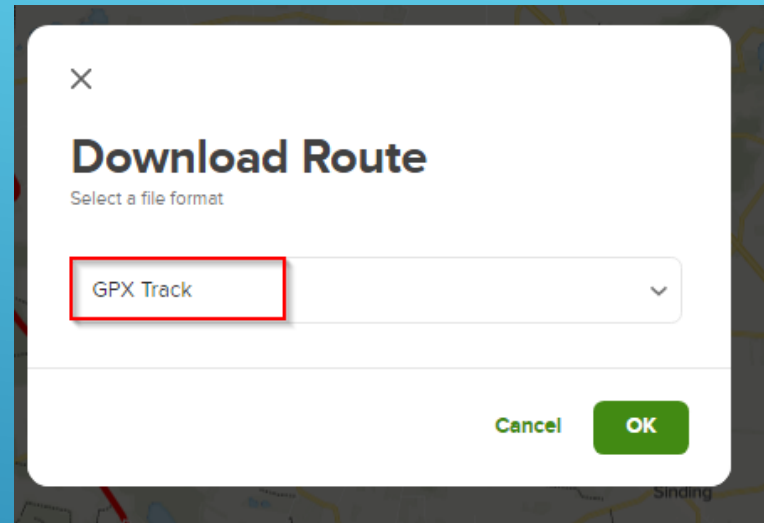
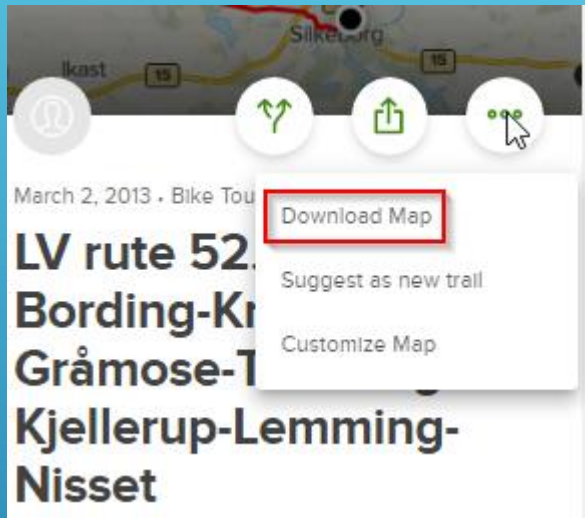
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Man feb 07 @09:30 - Mandagscykling vinter
Ons feb 09 @09:30 - Onsdagscykling vinter

Du skal have en (gratis) konto og logge ind på Alltrails
Hent dagens rute ned på din PC/MAC (tryk på ...)

The screenshot displays the Alltrails website interface. At the top, there are navigation links for 'Explore', 'Saved', and 'Give Pro', along with the Alltrails logo and a 'PRO' badge. A search bar is present with the text 'Enter a city, park or trail name'. Below the search bar, a map shows a red cycling route in the region of Silkeborg, Denmark. The route is labeled 'LV rute 52. Øster Bording-Kragelund-Gråmose-Thorning-Kjellerup-Lemming-Nisset'. On the left side, there is a sidebar with a thumbnail of the route, a date 'March 2, 2013', and the activity type 'Bike Touring'. Below this, the route name is repeated. Further down, the 'Route' section shows a red dot icon, a distance of '61.49 km', and an elevation gain of '692 m'. Below the route information, there are sections for 'Waypoints' and 'Photos', both with dropdown arrows. At the bottom of the page, an elevation profile is shown as a red line graph, with a vertical scale on the right indicating '97 m'. The map itself shows various geographical features, roads, and place names like Thorning, Kjellerup, and Silkeborg.

Den hentede rute (GPX track) bliver typisk gemt i folderen overførsler

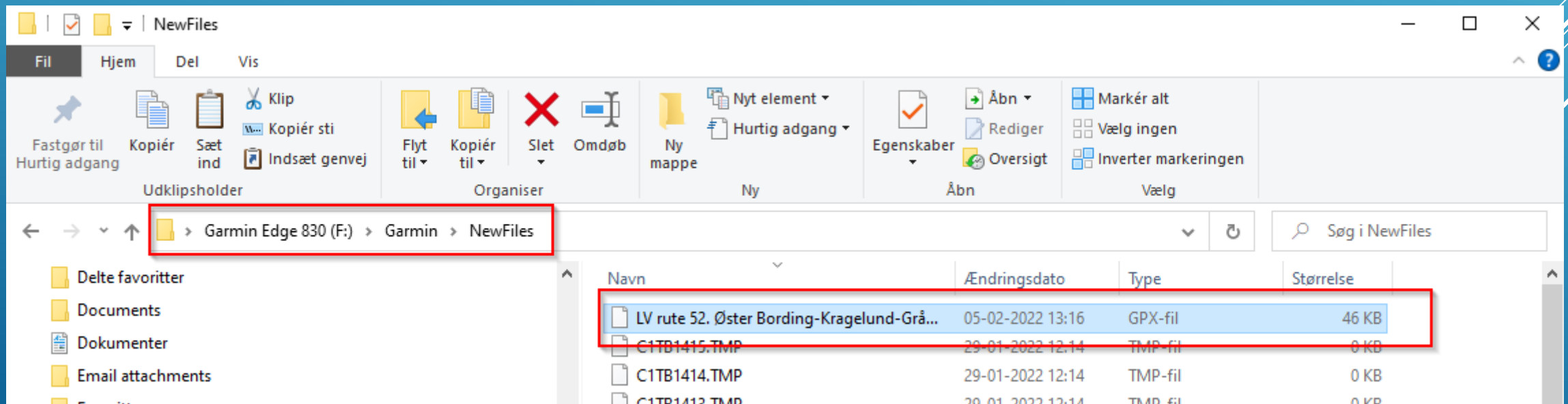


Tilslut Garmin til din PC/MAC via USB

Kopier den hentede .gpx fra folderen "overførsler" til folderen "Garmin → NewFiles" på din Garmin

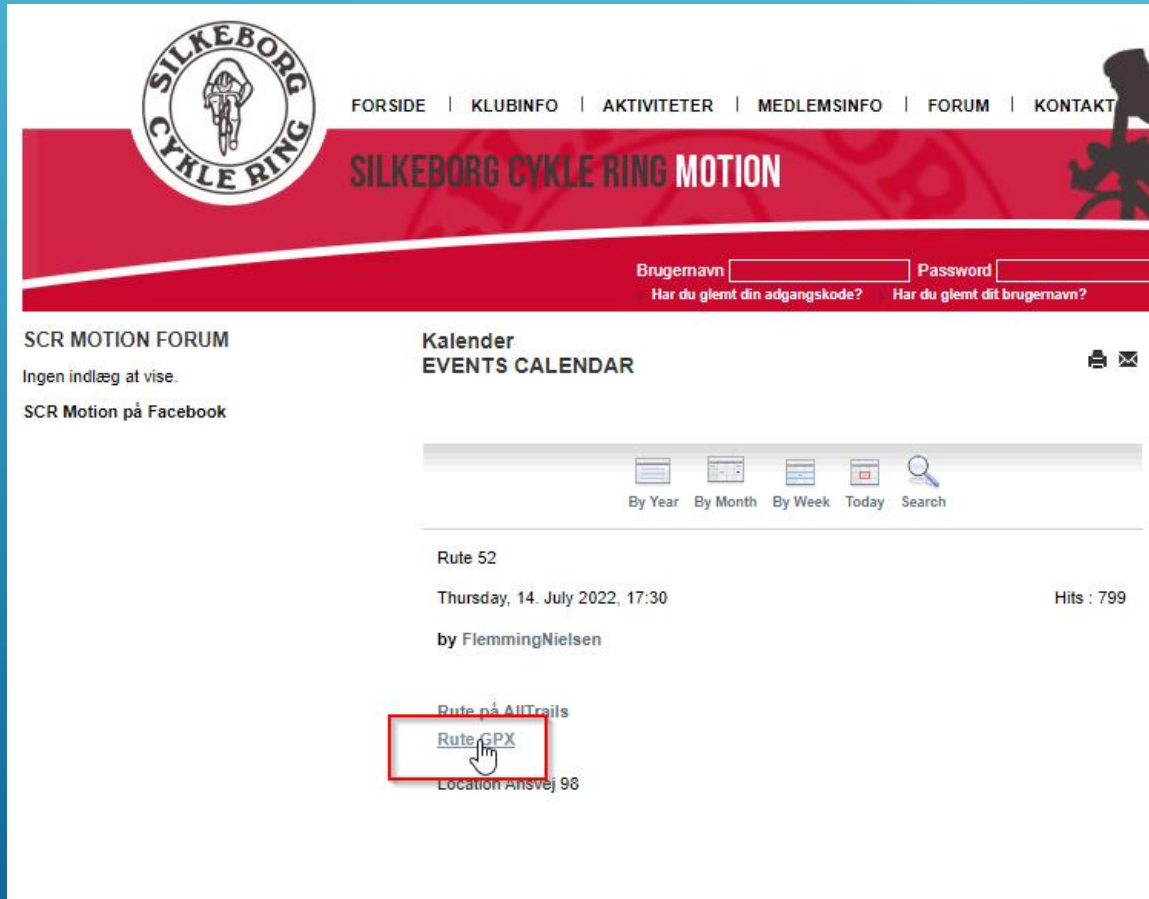
Når Garmin startes, vil du nu kunne finde ruten under Garmin menuen:

Navigation → Baner → Gemte baner

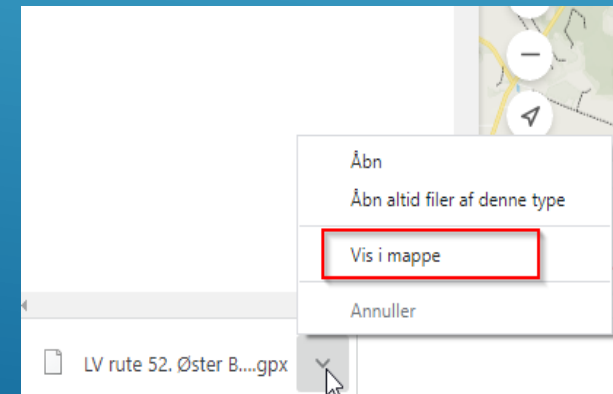


Ruterne er også gemt som .GPX filer direkte på hjemmesiden

Du kan springe helt over Alltrails og hente .GPX filen direkte ned på din PC/MAC og herefter kopiere den til din Garmin som beskrevet ovenfor



The screenshot shows the website for Silkeborg Cykle Ring Motion. At the top left is the club's logo, a circular emblem with a cyclist and the text 'SILKEBORG CYKLE RING'. To the right of the logo are navigation links: FORSIDE | KLUBINFO | AKTIVITETER | MEDLEMSINFO | FORUM | KONTAKT. Below the logo is a red banner with the text 'SILKEBORG CYKLE RING MOTION'. Underneath the banner is a login section with fields for 'Brugernavn' and 'Password', and links for 'Har du glemt din adgangskode?' and 'Har du glemt dit brugernavn?'. The main content area is titled 'SCR MOTION FORUM' and 'Kalender EVENTS CALENDAR'. It features a navigation bar with options: 'By Year', 'By Month', 'By Week', 'Today', and 'Search'. A calendar entry for 'Rute 52' is displayed, dated 'Thursday, 14. July 2022, 17:30' with 'Hits : 799' and 'by FlemmingNielsen'. Below the entry, there is a link 'Rute på AllTrails' and a red-bordered box around the 'Rute GPX' link. Below the link, the text 'Location Ansvej 98' is visible.



The screenshot shows a file explorer window with a context menu open over a file named 'LV rute 52. Øster B....gpx'. The context menu has the following options: 'Åbn', 'Åbn altid filer af denne type', 'Vis i mappe' (highlighted with a red box), and 'Annuller'. The file explorer interface includes a search bar, a list of files, and a map view icon.