#### MANUAL TIME RECORDING

If you complete the Gommer Challenge with manual time recording, the credibility of your time cannot be verified. In this case we reserve the right to ask for proof in case of peak times. You start your timing at the sign "Start of Challenge" and stop it at the sign "End of Challenge". After the run you record your time manually in your Gommer Challenge account. How this works you can read here:

### 1. REGISTER

- You are new to the Gommer Challenge? Register hier.
- You have already mastered the Gommer Challenge? Get in touch hier.

## 2. TIME & DATA CAPTURE



- Click on "Record new time".
- Under "Enter new time manually", select location and click "Save".



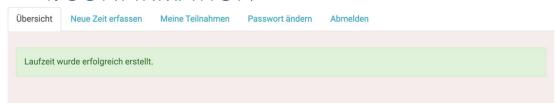
- Enter data
- Click on "Save

# 3. CHECK DATA



- Check data
- Click on "Save

## 4. CONFIRMATION



- A confirmation will be displayed.
- If "I would like to be informed about my latest running times" is stored in the profile, you will receive a mail.