freelap®
freedom of timing

MOUNTAIN BIKE

COMPLETE GUIDE

In this guide, you will find all the information needed to set up your Freelap timing system and get you started with training.

SUMMARY

01. CREATE YOUR MYFREELAP ACCOUNT

1/ Download MyFreelap app (free)

MyFreelap app is available for free on App Store and Google Play Store.

From your mobile device: go to the app store, search "MyFreelap" app and download it.

2/ Create your MyFreelap account

- Open MyFreelap app. At the bottom of the screen, click on "Register".
- Fill out the registration form, and click on "Register".
- Confirm your registration by clicking on the link in the activation Email we sent you.

3/ Sign in to your MyFreelap account

- Enter your username and password to sign in to your MyFreelap account.
- Then, turn on the Bluetooth and the Location on your mobile device.
You are ready to use the app!

02. ATTACH YOUR FXCHIP BLE
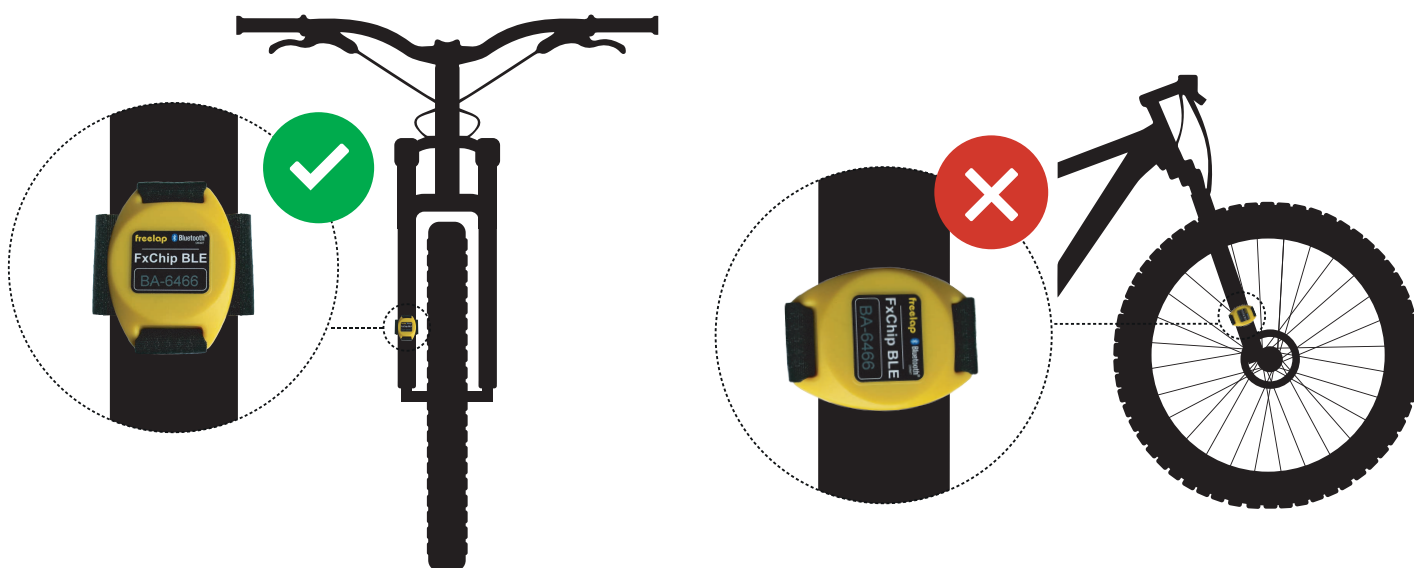
Attach the FxChip BLE to the bike using the FxMTB (velcro tape).

It must imperatively be attached to the fork of the bike, <u>positioned vertically and facing forward</u>. The height does not matter.

/!\ Attaching the transponder to any other location or position may result in inaccuracies or non-detection.

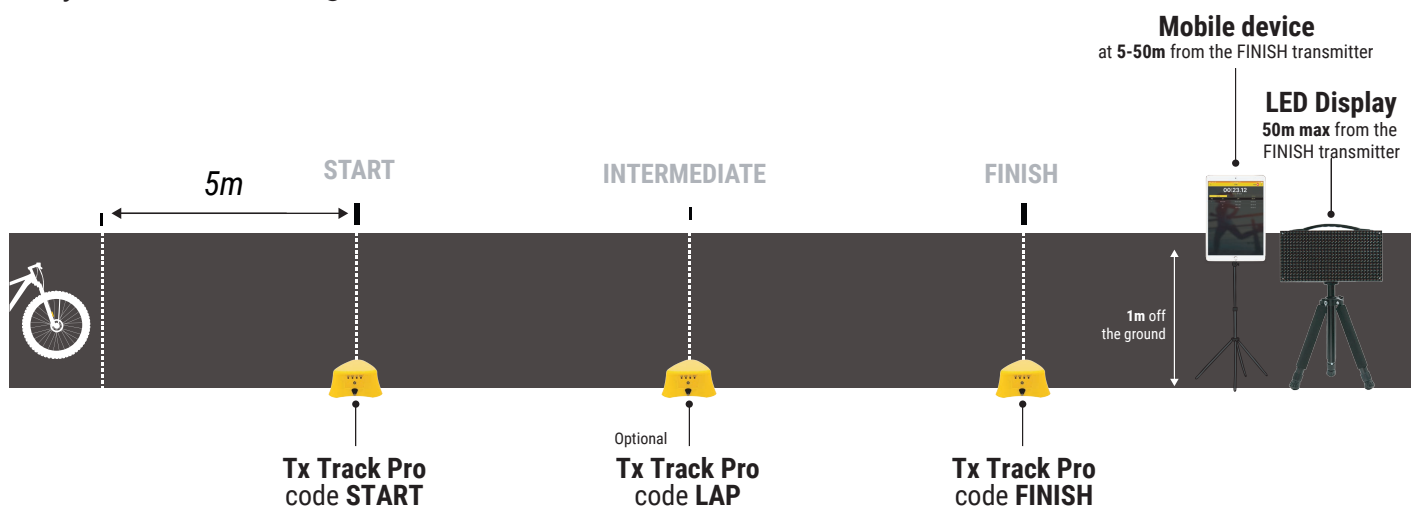# 03. TURN ON & PLACE YOUR TRANSMITTERS

We will guide you on 2 different configurations. You can read only the one you need :
- 1: Standard run with intermediate LAP times - page n°4
- 2: System in loop - page n°5

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N°1 : STANDARD RUN WITH INTERMEDIATE LAP TIMES

Freelap products needed :   - 1 FxChip BLE transponder
                            - 1 Tx Track Pro transmitter (code START)
                            - 1 Tx Track Pro transmitter (code FINISH)

Optional: Add additional Tx Track Pro transmitters (code LAP) to create multiple sectors on your course and get intermediate LAP times.

Mobile device
at **5-50m** from the FINISH transmitter

LED Display
50m max from the FINISH transmitter

5m

START   INTERMEDIATE   FINISH

1m off the ground

Tx Track Pro
code **START**

Optional
Tx Track Pro
code **LAP**

Tx Track Pro
code **FINISH**

Turn on and set up your Tx Track Pro transmitters

- Turn on the transmitter: press the central "ON/OFF" button for 1 second.
- Once the transmitter is on, press the central button again (short press) to select the desired code (START = start transmitter/ LAP = intermediate transmitter/ FINISH = finish transmitter). Each short press of the central button switches you to the next code. The LED of the selected code flashes.
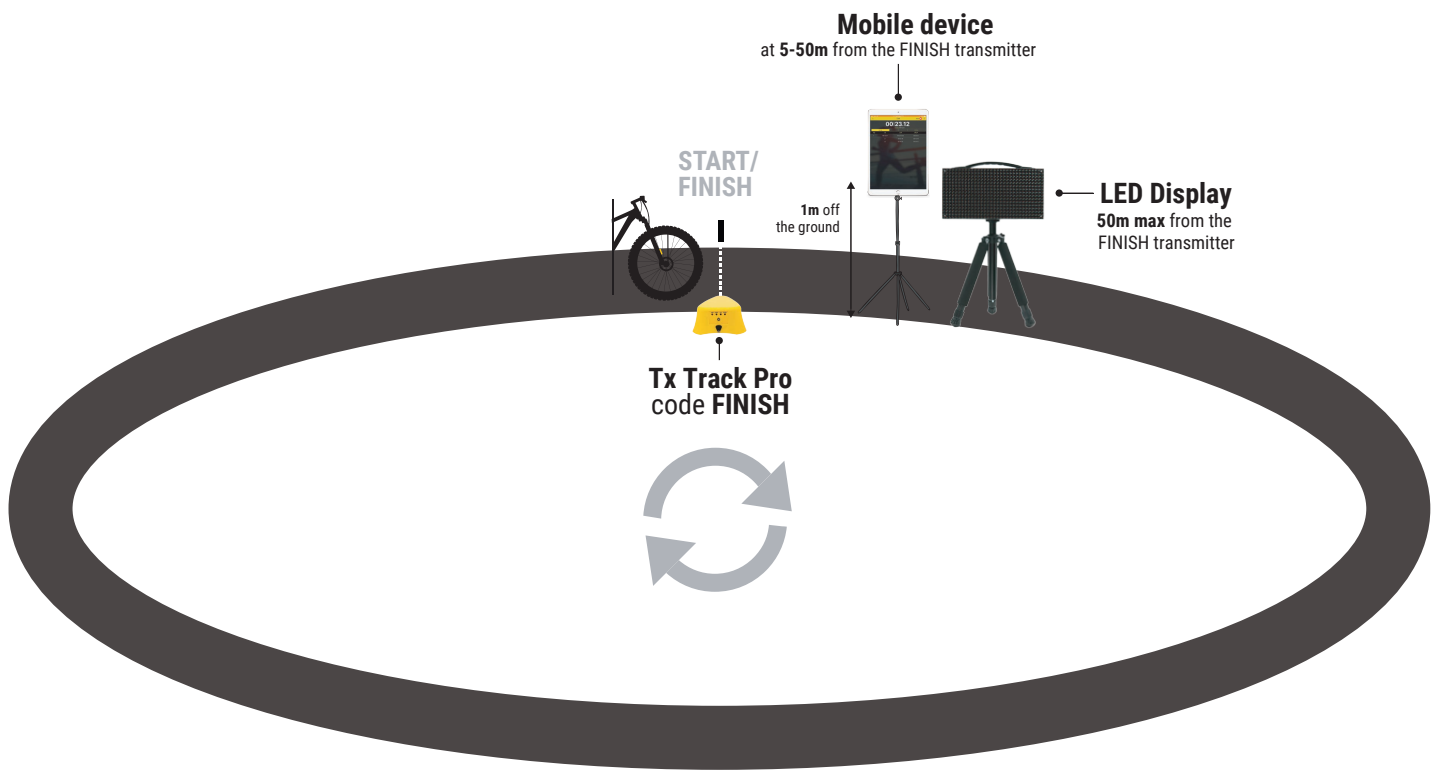
Place your Tx Track Pro transmitters

• Place your Tx Track Pro code START on the start line as follow:
- Place it on the ground (do not raise it)
- This transmitter has the shape of an arrow. **Place the transmitter at the edge of the track, pointing the arrow towards the track (perpendicularly) to draw your 3.5 meters imaginary line of passage**.
- For an optimal accuracy, **take the start at least <u>5 meters before the START transmitter</u>**.

• The same way, place your Tx Track Pro code LAP at the desired locations to get your intermediate times (optional).

• Finally, place your Tx Track Pro transmitter code FINISH on the finish line.

⚠ - **The rider must always <u>pass within 3.5m</u> of the Tx Track Pro transmitters.**
- **Transmitters must be <u>at least 10m apart</u> (between them, or with other transmitters)**
- **<u>Maximum 11 transmitters</u> on your course**

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N°2 : SYSTEM IN LOOP

Freelap products needed :   - 1 FxChip BLE transponder
                            - 1 Tx Track Pro transmitter (code FINISH)

Mobile device
at **5-50m** from the FINISH transmitter

**START/
FINISH**

1m off
the ground

LED Display
50m max from the
FINISH transmitter

Tx Track Pro
code **FINISH**

Turn on and set up your Tx Track Pro transmitter

- Turn on the transmitter: press the central "ON/OFF" button for 1 second.
- Once the transmitter is on, press the central button again (short press) to select the code FINISH. Each short press of the central button switches you to the next code. The LED of the code FINISH flashes.

Place your Tx Track Pro transmitter

• Place your Tx Track Pro code FINISH on the "start/finish" line as follow:
- Place it on the ground (do not raise it)
- This transmitter has the shape of an arrow. **Place the transmitter at the edge of the track, pointing the arrow towards the track (perpendicularly) to draw your 3.5 meters imaginary line of passage**.
- **To take the start: stay 5 seconds minimum in the transmitter detection field and then start the race.**

⚠ - **The rider must always pass within 3.5m of the Tx Track Pro transmitters.**
- **Transmitters must be at least 10m apart (between them, or with other transmitters)**
- **Maximum 11 transmitters on your course**

04. TURN ON & PLACE YOUR LED DISPLAY   *Optional*

- Turn on your LED Display: Press the "ON/OFF" button.
- Screw the screen onto its tripods.
- Place your LED Display **after the FINISH transmitter at a maximum distance of 50 meters.**

// Your LED Display uses broadcast communication. This means that your BLE device automatically transmits the data. No manipulation is required.

05. PLACE YOUR MOBILE DEVICE

To ensure the perfect reception of the data, make sure the mobile device running the MyFreelap App is **at least 1m off the ground**. Depending on your mobile device, you will be able to stand **between 5 and 50 meters** (for the most recent devices) **away from the finish line**.

// If the rider is using a smartwatch or is keeping his smartphone in his pocket: it's ok. (The mobile device will be next to the FINISH transmitter at an average height of 1 meter when he will cross the FINISH transmitter).

06. SET UP YOUR MYFREELAP ACCOUNT

When you are using MyFreelap app for the first time, we recommend you to :
- Set up your preferences in "Settings"
- Create a Start list
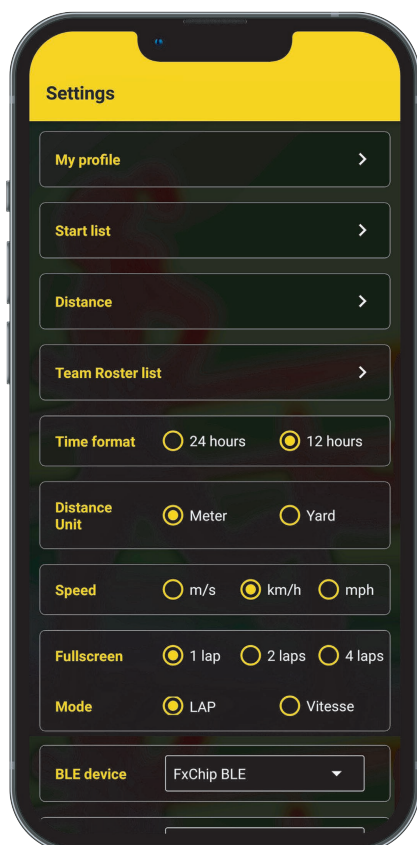
1/ Set up your Settings preferences

On the main bottom menu, click on "**Settings**".
We recommend you to :
- Complete your profile > Click on "My profile"
- **Create a Start list** (cf: 2/ Create a Start list)
- Select your Time format
- **Set up your Full screen preferences** :
        - Choose the number of LAP times to display
        - Choose between displaying LAP times or Speed
- **In BLE device : Select "FxChip BLE"**
- Choose your language

// Team Roster List, Distance, Distance Unit, and Speed Unit are usually not used in MTB sessions.

2/ Create a Start list *(optional)*

Create the list of the riders who are taking part in your training to detect automatically and only, chips of the riders from the list. Rename the rider's chip with initials to know at a glance which riders the collected data matches.

- On the main bottom menu, click on "**Settings**" > Then click on "**Start list**".

- Create a Start list: click on ⊕ at the top right.
- Enter the name of your Start list, and click on "**ADD**".

Start list banner with arrow and + icon

Two phone screenshots showing Start list with Team A

• To add a rider: click on ⊕ at the bottom

• Then enter:
- The ID of the FxChip BLE of the rider: 2 letters and 4 digits written on the chip's face.
- The initials of the rider (max 4 characters).

• Validate it: click on ✓ in front of the rider you want to add.

To enter your FxChip BLE using Bluetooth :
Put your FxChip BLE at least 5s in the detection field of a transmitter. The chip's LED flashes. Click on ⧆, and in the list of Bluetooth devices, click on the chip ID corresponding to the rider you want to add.

07. CREATE YOUR MYFREELAP SESSION

freelap mf logo

Two phone screenshots showing Workout list and Create new session
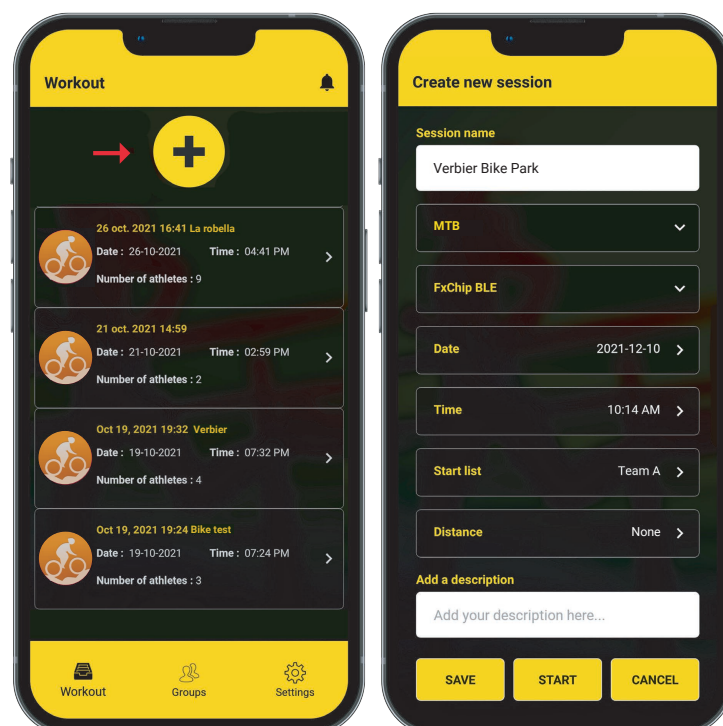
• From "**Workout**": click on ⊕ at the top.

Then enter:
• The name of the workout (or keep the date of the day entered by default)
• The sport : **Select "MTB"**
• In BLE device : **Select "FxChip BLE"**
• The date
• The time
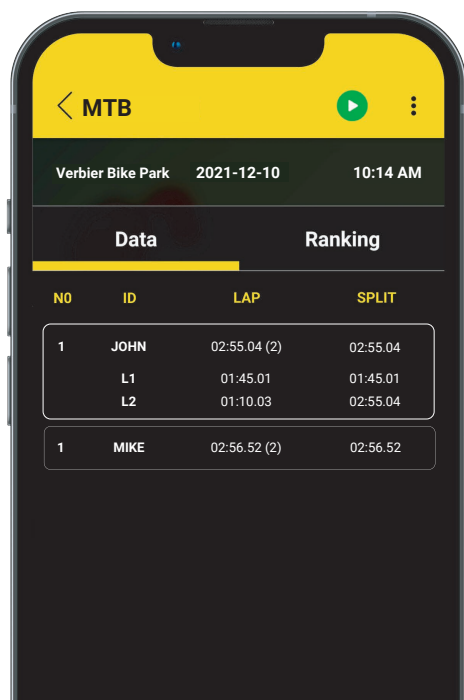• **Select your Start list** *(optional)*
• Add a description *(optional)*

• Then click on "**START**"
You can save your Workout to start it later by clicking on "SAVE".

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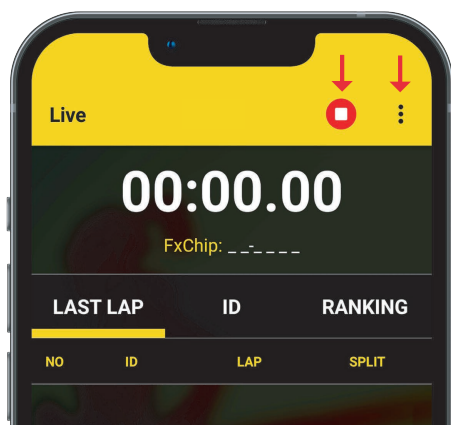
• **You are ready to start the training !**
Data will be instantly collected, stored and displayed.

• You can click on 🔘 to display the full screen mode.

• Once the training session is finished, click on 🔴 to end it.

08. ABOUT YOUR TIMING DATA

The table displays the following data in chronological order (from the beginning of the Workout to the end):

• **N °**: Number of the LAP (1,2,3 ..)

• **ID**: Rider ID or Initials

• **LAP**: LAP time (total of all intermediate times of the LAP, the number of intermediate times is indicated in parenthesis)
+ DETAIL OF THE INTERMEDIATE TIMES OF THE LAP:
Click on the LAP line to see the details of the intermediate times. You will see: the number of the intermediate time, the intermediate time, and the cumulative time)

• **SPLIT:** Total cumulative time of the LAPs

09. ABOUT SYNCHRONIZATION

Data is automatically saved locally on your MyFreelap app.
• If you have Internet during the workout (online workout): the data is automatically synchronized to your MyFreelap Web account.

• **If you do not have Internet during the workout (offline workout)**:

 This icon appears in the list of your workouts. As soon as you have an Internet connection, click on the icon to synchronize your workout data to your MyFreelap Web account.

10. CHECKLIST

Verify that :

– You have the last version available of MyFreelap app

– MyFreelap app is opened on your mobile device and run in first plan

– Bluetooth & Location are activated on your mobile device

– Your chip is correctly attached

– Transmitters are turned on, correctly placed, and set up on the correct code

– Your course does not contain more than 11 transmitters

– Transmitters are at least 10 meters apart

– You cross the detection zone of each transmitter during the session

– You correctly place your mobile device

– Your FxChip BLE / your LED Display have the last update available. To update it, use FDM (Freelap Device Manager) app (cf: corresponding manual on our website www.freelap.com).