



DI.DAY 08/2026

Fitness-Tracking -
digital souverän und
datensparsam

Niklas Deutschmann
@SonstHarmlos@franken.social

davor



während



danach



Tourenplanung



komoot

bikerouter.de
powered by BRouter-Web



Karten
Navigation



Aktivitäten auswerten,
analysieren und teilen

STRAVA

GARMIN



 **RUNALYZE**

DI.Day 05/2026

Das Fediverse

Federated + Universe: Social Media **verteilt** und gleichzeitig **gemeinsam**, datensparsam, werbefrei...



STRAVA → ?

Strava

- 2009 gegründet, 150 Millionen User
- Aktivitäten in vielen verschiedenen Sportarten teilen mit Fotos + Videos
- Segmente, Routen, Gruppen u.v.m.
- Viele Apps, die auf Strava-API aufbauen

The screenshot displays the Strava website interface. At the top, the navigation bar includes the Strava logo, a search icon, and links to Dashboard, Training, Karten, and Herausforderungen. Below this, a user profile for 'Niklas Deutschmann' is shown, with statistics: 129 Abonniert, 79 Abonnenten, and 2.261 Aktivitäten. The profile also lists the 'Letzte Aktivität' as 'Lauf am Morgen' on 27.07.2026 and a 'Deine Serie' for the week of 28th to 31st. Below the profile, there's a section for 'Dein Trainingstagebuch' and a 'RELATIVE LEISTUNG' (Relative Performance) section for the 'LETZTE WOCHE' (Last Week), which notes that the user's training intensity was similar to their usual level. The main content area shows two activity posts. The first post is titled 'Afternoon Ride' and shows a map of a route around Nuremberg, with details: Distanz 52,85 km, Höhenmeter 385 m, Zeit 2h 8min, and 3 Auszeichnungen. The second post is titled 'Fahrt am Nachmittag' and shows a map of a route around Erlangen, with details: Distanz 22,48 km, Höhenmeter 229 m, Zeit 1h 5min, and 3 Auszeichnungen.

Officer reportedly leaks location of French aircraft carrier with Strava run

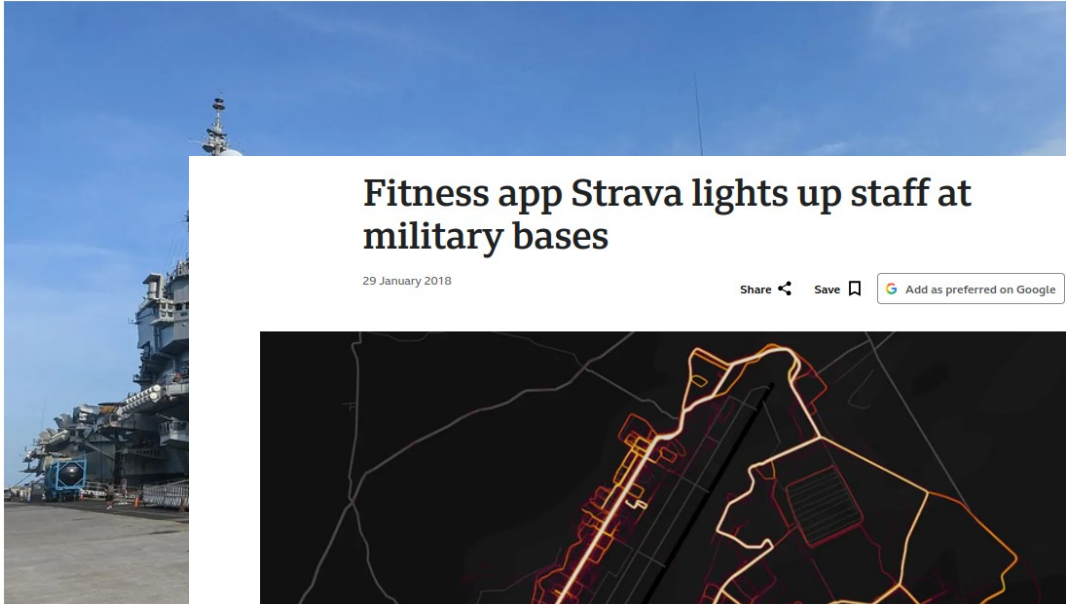
20 March 2026

Sofia Ferreira Santos

Share

Save

Add as preferred on Google



Fitness app Strava lights up staff at military bases

29 January 2018

Share

Save

Add as preferred on Google



The movements of soldiers within Bagram air base - the largest US military facility in Afghanistan



Strava user Murphy's proposal (Image via Strava) (Image Credit: Image via Strava)

Cyclist uses Strava to map marriage proposal

Betrug auf Fitnessapp Strava

Joggen oder joggen lassen?

In Südostasien laufen „Strava-Jockeys“ für zahlende Kunden. Damit lassen sich die eigenen Fitness-Werte aufpolieren.

24.7.2024 11:18 Uhr

↑ teilen

Strava

FitPub

- Seit November 2025
- fitpub.social (seit 1.6.)
- Tim Zöller 🇩🇪 @javahippie@mainz.social
- Marcus Fihlon 🇨🇭 @McPringle@fosstodon.org
- **Source** codeberg.org/fitpub
- **Mastodon** [@fitpub@fosstodon.org](https://fosstodon.org/@fitpub)
- **Matrix** matrix.to/#/#fitpub:matrix.org



Features

- Import von FIT- und GPX-Dateien (auch Batch-Import) und von Komoot
- Sportarten: Laufen, Radfahren, Wandern, Spaziergang, Schwimmen...
- Private Zonen (Track wird ausgeblendet)
- Aktivität kann mit Fediverse geteilt werden
- Heatmap (wo ist man am meisten unterwegs)
- Statistiken
- Kommentare

Statistiken

ACTIVITY OVERVIEW

Time

Distance

ELEVATION

34 m

gain over activity

HEART RATE

135 bpm

avg · max 148

PACE

6:49 min/km

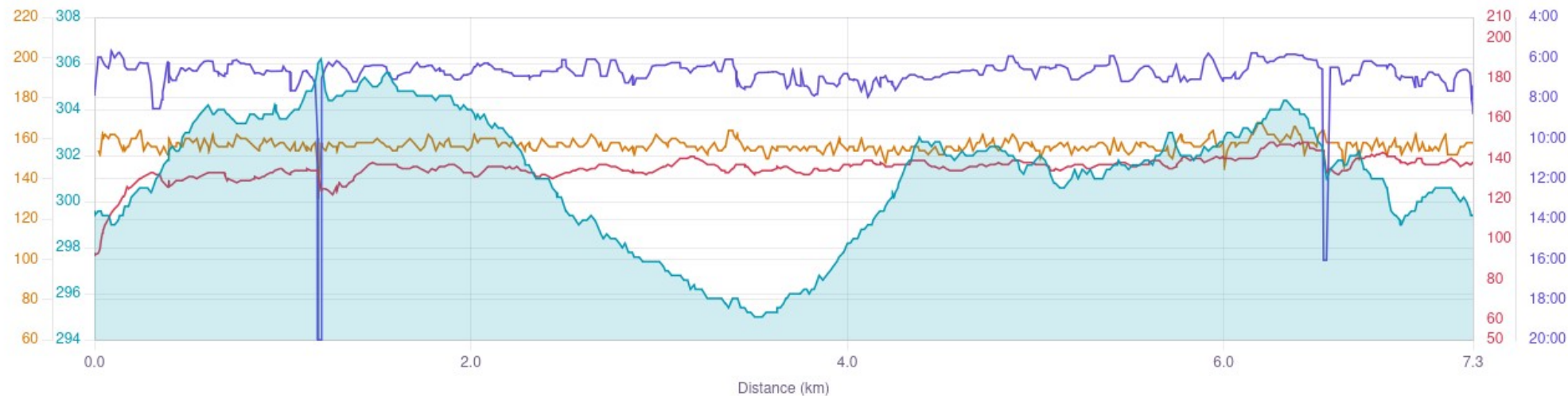
avg min/km

CADENCE

154 spm

avg spm

Elevation Heart Rate Pace Cadence



Achievements



RECENT ACHIEVEMENTS

[VIEW ALL](#)

SUMMIT MASTER

Climbed 10000m total elevation!

5.6.2026



MOUNTAIN CONQUEROR

Climbed 5000m total elevation!

5.6.2026



50 ACTIVITIES

Completed 50 activities!

5.6.2026



100 ACTIVITIES

Completed 100 activities!

5.6.2026



500 KM TOTAL

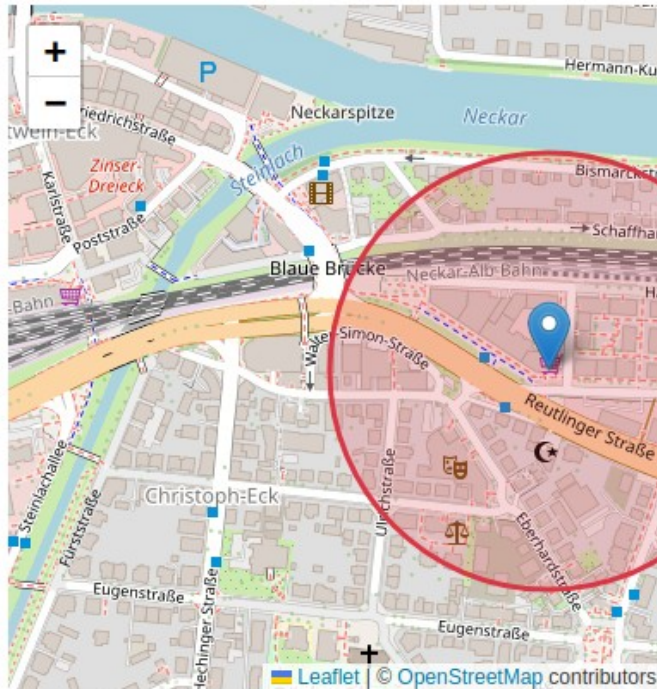
Reached 500 kilometers total distance!

5.6.2026

Private Zone anlegen

ADD PRIVACY ZONE

+ ADD ZONE



Click on the map to place a privacy zone

Name *

e.g., Home, Office

Description

Optional description

Latitude *

48.515695

Longitude *

9.064579

Radius (meters) *



50m

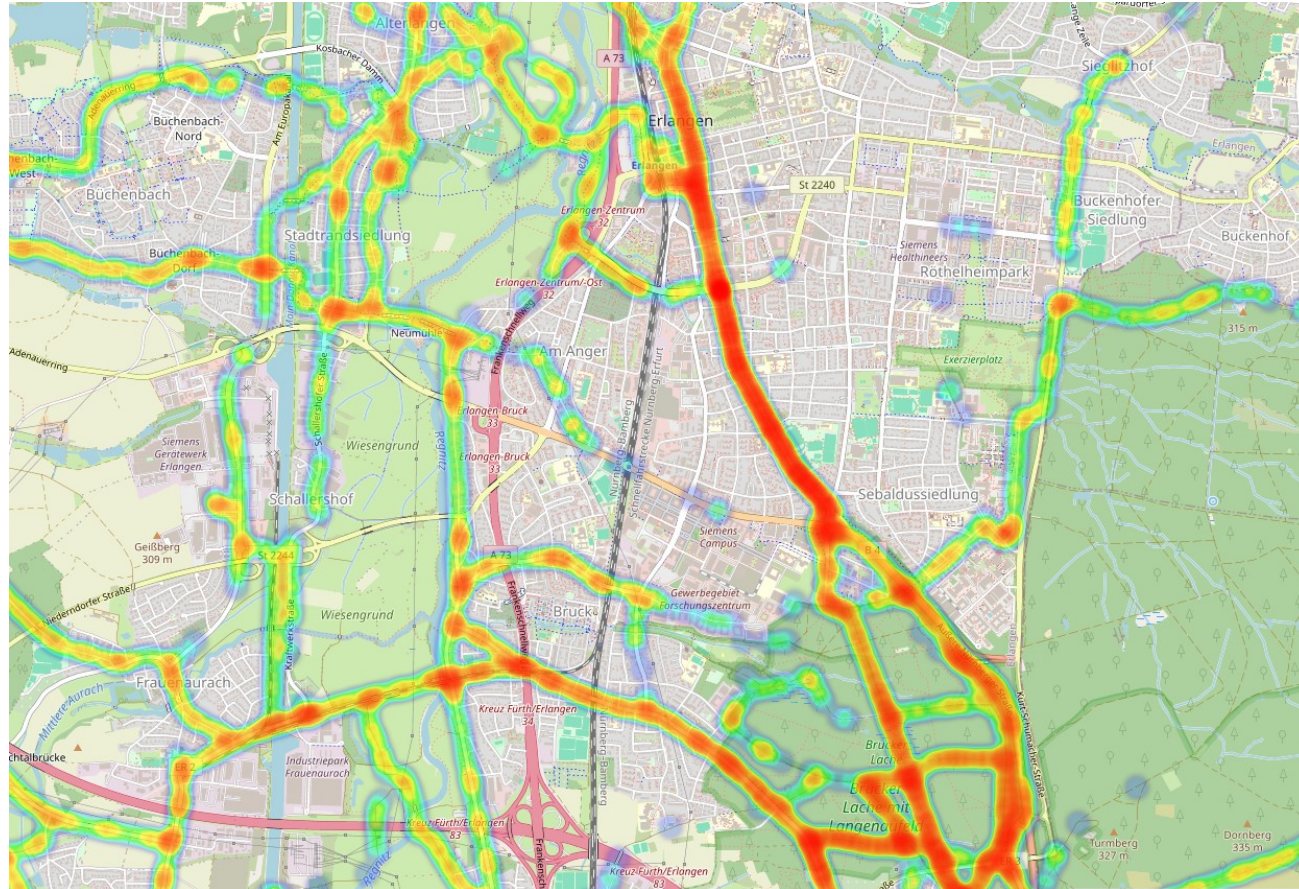
200 meters

10km

✓ SAVE ZONE

✗ CANCEL

Heatmap



Komoot-Import

KOMOOT IMPORT

Important

Your Komoot credentials are only used for this request and are not stored in FitPub.

The import currently runs in this browser tab. If you leave or reload the page, remaining activities will not continue importing automatically.

- Import starts with the oldest new activities, so progress begins at the bottom of the list.
- FitPub adds short delays between Komoot requests during loading and import to reduce rate limiting.
- This integration depends on Komoot web endpoints and may stop working if Komoot changes them.

Imported 3 Komoot activities.

Komoot Email

Komoot Password

Komoot ID

Start Date



End Date



You can find the Komoot ID in your Komoot account settings.

Both dates must be set together. Inclusive, day-based filter.

LOAD KOMOOT ACTIVITIES

IMPORT LISTED ACTIVITIES

KOMOOT ACTIVITIES

3

Name	Date	Type	Distance	Duration	Elevation	Status
Rund um den Bodensee – Tag 3	21.05.2018, 09:34	RIDE	80.9 km	5:15:00	406 m	✓
Rund um den Bodensee – Tag 2	20.05.2018, 09:15	RIDE	83.5 km	4:04:32	503 m	✓
Rund um den Bodensee – Tag 1	19.05.2018, 09:02	RIDE	109.8 km	7:48:37	390 m	✓

FitPub CLI

- Aktivitäten automatisch zu FitPub hochladen, wenn das Gerät (Uhr, Radcomputer...) angeschlossen wird
- codeberg.org/SonstHarmlos/fitpub-cli

```
Aug 02 09:34:18 aurach systemd[1981]: Created slice app-fitpub\x2dsync.slice - Slice /app/fitpub-sync.
Aug 02 09:34:18 aurach systemd[1981]: Starting fitpub-sync@091e_4e05_0000c726ae9f.service - Sync activity files (091e_4e05_0000c726ae9f)...
Aug 02 09:34:28 aurach fitpub-cli[3445]: Script invoked with device ID 091e_4e05_0000c726ae9f
Aug 02 09:34:28 aurach fitpub-cli[3445]: Synchronizing files from mtp://091e_4e05_0000c726ae9f/Internal Storage/GARMIN/Activity
Aug 02 09:34:28 aurach fitpub-cli[3445]: 195 file(s) found on device
Aug 02 09:34:28 aurach fitpub-cli[3445]: 187 file(s) already uploaded, 8 new file(s)
Aug 02 09:34:28 aurach fitpub-cli[3445]: Successfully authenticated against FitPub instance https://fitpub.social as user SonstHarmlos
Aug 02 09:34:28 aurach fitpub-cli[3445]: Uploading file 2026-07-24-07-45-55.fit
Aug 02 09:34:28 aurach fitpub-cli[3445]: Successfully uploaded 2026-07-24-07-45-55.fit
Aug 02 09:34:28 aurach fitpub-cli[3445]: Updated visibility to: followers
Aug 02 09:34:28 aurach fitpub-cli[3445]: Updated description to: Synced with fitpub-cli: https://codeberg.org/SonstHarmlos/fitpub-cli
Aug 02 09:34:28 aurach fitpub-cli[3445]: Uploading file 2026-07-25-10-30-48.fit
Aug 02 09:34:28 aurach fitpub-cli[3445]: Successfully uploaded 2026-07-25-10-30-48.fit
```

FitTrackee

- codeberg.org/FitTrackee
- docs.fittrackee.org
- Instanz z.B. bei fit.adminforge.de
- Existiert schon etwas länger (2017) und hat einige Features, die bei FitPub noch fehlen, z.B. Fotos von Aktivitäten, Ausrüstung eintragen usw.
- Fediverse-Unterstützung geplant

FitTrackee Dashboard Workouts Statistics Map Users Add a workout

**8**
workouts

**71.5**
km

**375.14**
m

 **This month**
No workout.

 **Records**
 **Cycling (Sport)**

Ave. speed	23.79 km/h	05/25/2026
Farthest distance	33.876 km	05/25/2026
Highest ascent	174.88 m	05/25/2026
Longest duration	1:25:27	05/25/2026
Max. speed	31.52 km/h	05/25/2026

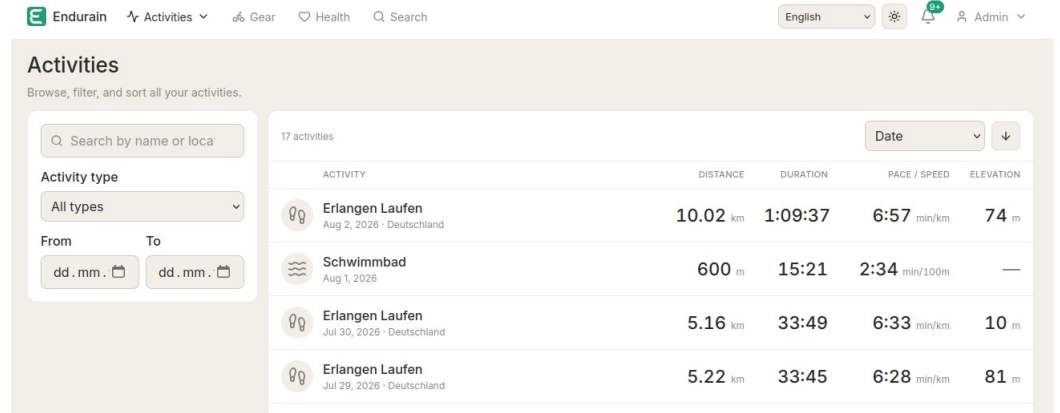
 **Running**

My workouts

< MAY 2026				
MON	TUE	WED	THU	FRI
27	28	29	30	
4	5	6	7	
11	12	13	14	
18	19	20	21	
 25	 26	 27	28	

Endurain

- endurain.com
- Demo-Instanz
- Synchronisation mit Garmin Connect + Strava!
- Zur Zeit „Feature Freeze“ zur Stabilisierung



The screenshot shows the Endurain web application interface. At the top, there is a navigation bar with the Endurain logo, links for Activities, Gear, Health, and Search, and a language dropdown set to English. Below the navigation bar, the 'Activities' section is displayed. It includes a search bar labeled 'Search by name or loca' and a filter for 'Activity type' set to 'All types'. There are also date range selectors for 'From' and 'To'. The main content area shows a table of 17 activities. The table has columns for Activity, Distance, Duration, Pace / Speed, and Elevation. The activities listed are:

ACTIVITY	DISTANCE	DURATION	PACE / SPEED	ELEVATION
Erlangen Laufen Aug 2, 2026 · Deutschland	10.02 km	1:09:37	6:57 min/km	74 m
Schwimmbad Aug 1, 2026	600 m	15:21	2:34 min/100m	—
Erlangen Laufen Jul 30, 2026 · Deutschland	5.16 km	33:49	6:33 min/km	10 m
Erlangen Laufen Jul 29, 2026 · Deutschland	5.22 km	33:45	6:28 min/km	81 m

Retrieve Garmin Connect activities

Choose how far back to import. Large windows take longer.

Last N days

Date range

Number of days

7

Cancel

Retrieve

Ohne Garmin usw. auskommen



→ Hersteller-Cloud 1



→ Hersteller-Cloud 2

STRAVA

Ohne Garmin usw. auskommen

- Manche Daten brauchen noch mehr Schutz...

Women's Health API Features

The **Garmin Connect Women's Health API** provides information captured in Menstrual Cycle Tracking and Pregnancy Tracking, schedules and pregnancy details. Similar to the Health API, these metrics are also applicable to the wellness population but add be utilized alongside training plans and workout schedules.



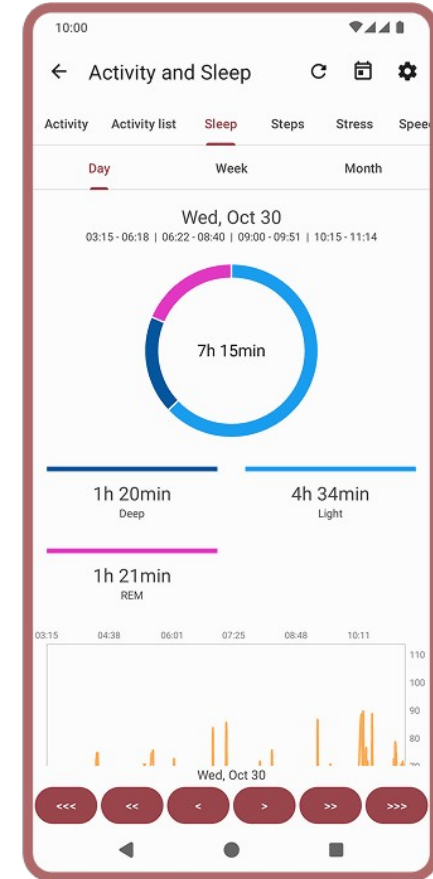
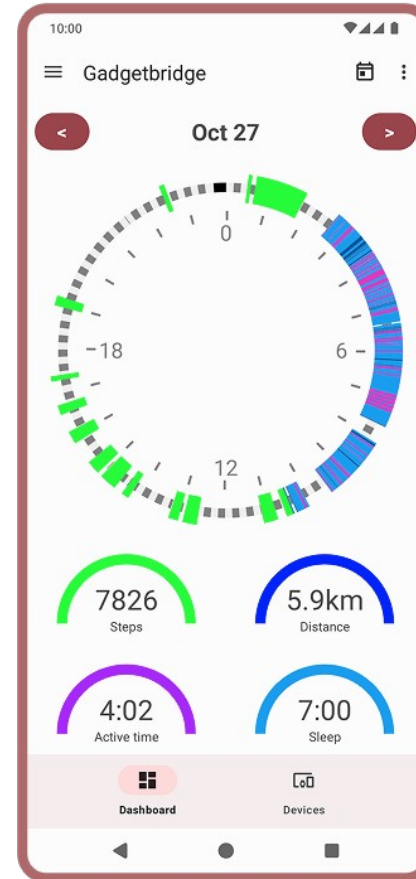
Menstrual
Cycle Tracking



Phase Details

Gadgetbridge

- gadgetbridge.org
- Daten von Smartwatches, Fitness-Trackern, Armbändern, Uhren usw. herunterladen und anzeigen
- Nicht nur Sport/Gesundheit, auch Steuerung von Musik, Benachrichtigungen usw.
- nur Android, F-Droid Store
- kein Netzwerkzugriff



Danke für eure Aufmerksamkeit !

niklas-deutschmann.de

