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Strava is a complete package for running and cycling, with everything from activity monitoring to challenges, leaderboarding and route planning, all from one app and all for free. Paid premium app features are very value-added, but with or without them, the underlying app is already good enough for the vast majority of users. More images from Strava Training: Track Running, Cycling and Swimming, you can track your running and cycling sessions right on your smartphone. Strava Training: Track Running, Cycling and Swimming provides a complete running and cycling tracker that uses your smartphone's GPS to monitor your progress with great accuracy as well as various features to help you compare your fitness work. With Strava Training: Track Running, Cycling and Swimming, you can check out the app for new places to run and ride, or create your own routes that you map with the app and follow them as well. During development, you'll be able to view the activity map as you record, as well as get key statistics like distance, speed, pace, and calories burned. You can also use watches, activity trackers, bicycle computers and even heart monitors to get more data to track. Set personal records to see how your performance compares to the work of friends, other people in your area, and professionals, and participate in trials each month to reach the top of the leaderboard and push yourself further. You can share your progress and works or rides via Facebook and Twitter, motivate your friends in the Strava community with fame and commentary, and post photos on Instagram directly through the app. Strava Training: Track Running, Cycling and Swimming is free to use, but a premium subscription opens up more features such as seeing which of your friends are also using the app right now, data visualization training, discounts and promotions exclusively for Strava Premium users, and more. Visit Tom's Guide for more information on the best free Android apps, as well as for more news and updates on Android.And you can visit Tom's Guide Forums for any concerns about your Android. Download Photo: Lukmanazis (Shutterstock) Did your Garmin clock suddenly stop working on Thursday? You're not alone. The company was hit by a suspected ransomware attack that shut down all of its online services. Although Garmin has not officially confirmed any details, many employees have made statements on social media that the outages were caused by a ransomware attack. An internal Garmin memo obtained by Taiwanese tech news site iThome blames the problem on the virus. If you have more information about Attack thin on the ground at the moment, it is clear that it was bad enough to force Garmin to block all its services, including all internet features on Garmin devices, the Garmin website, and even call centers, chat support and email communications. It is currently unclear, it is unclear any user data was affected or even stolen, or if it was simply encrypted and held for ransom, suggesting that it was, in fact, a ransomware attack. As stated in its report, data theft is a common part of modern ransomware, so even if encryption is somehow circumvented, hackers still walk away with a mountain of potentially profitable data. If you're worried about data loss on Garmin devices, all is not lost. The ever-changing tides of technology have brought massive waves of innovation to everyone's lives, and it's usually all thanks to brilliant minds that thrive beyond the normal thinking field. Bloomberg, with the help of market researcher quid, has assembled the top 50 most promising startups in the world. Of these 50 startups, a lot of venture capitalist dollars have accumulated to move their work forward. The next 15 startups focus on everything from preventing accidents involving self-driving cars to keeping your online information safe, and their products could be the next big thing in technology. 1. The Kuanerga Kuanerga Sensors are designed for self-driving cars. | Through Facebook Capital, Kvanergia has raised $134.5 million in the product: Autonomous Driving, Image Recognition and Mapping Technology Wave of the Future are laid using LiDAR sensors (light detection and light range). It would seem that endless possibilities await the introduction of these sensors. On the one hand, Kuanerga sensors allow autonomous driving. Sunnyvale, Calif., startup estimates that 80% of traffic accidents will be prevented by LiDAR technology. In addition to street vehicles, the technology can be used on drones to deliver parcels, survey land and create mapping solutions. Next: Unusual glasses and holograms will have the jaw dropping. 2. Meta You are basically in a sci-fi movie. | Meta via Facebook Capital raised: $99 million Product: Augmented Reality It's funny to see how far the technology has come since, say, Steve Jobs came to the fore. The meta started in the dorm room of CEO and co-founder Meron Grivets at Columbia University. The computer science and neuroscience student had an idea that could change the way design is for the future. Venture capitalists and companies such as Nike and Lenovo have won for Meta. Imagine donning a pair of trendy sunglasses that allow you to use holograms to design the next top-performing Nike shoe. This is what Meta created - no computer screen needed. Next: Data leaks may be a thing of the past. 3. A form of security security form here to protect your information online. | Images Capital: $91 million Product: Cybersecurity Everyone feels that their personal information is at risk of hacking. Because of this, investors are happy to put their money on technology technology can prevent this kind of disruption. Shape Security, from Mountain View, California, has developed a security system that can protect against large-scale cyberattacks. Security software can evolve by collecting data from intruders. This not only protects massive databases, but can also be applied to mobile applications. Next: This innovative health community can save your life. 4. Omada Health This will give you personalized tips to get your health back on track. | Omada Health through Facebook Capital raised: $77 million Product: Omada Chronic Disease Prevention Program slogan is a healthy habit for life. Here's what's going on: If you're suffering from a chronic illness or moving in that direction, you can sign up for Omada. The startup will send you a wireless smart scale associated with your online account. Once you get on this scale, you will start your way to health. By becoming accountable, supportive, and learning to live a healthy lifestyle, you will be part of a community of people like you who are working to achieve your goal of a healthy, happy lifestyle. Next: These drones won't hit you in the head in the park. 5. Airware These drones are not for amateurs. | Airware via Facebook Capital has raised: $75.3 million Product: Commercial drones Seem like you can't walk through the park without feeling like you're going to be hit in the head by amateur drone flyers. The air is not for amateurs. Data collection has never been more thorough and intuitive until now. Airware allows customers to fly drones for this purpose. The startup turns air data into business analytics by allowing the customer to collect useful data that they can use to improve productivity, safety, and efficiency. Next: Is your teacher's text message strange? 6. Remind Get reminded of important things. | Remind us through Facebook Capital raised: $59.5 million Product: Digitalization Education As convenient as email can be, it's starting gradually because of platforms such as Recall. Instead of endless emails among students, teachers and parents, Remind is a messaging platform that allows everyone involved in the educational process to quickly connect. Regardless of whether the professor should inform students about the change of class or the parent should contact the teacher because the child is sick, Remind makes this communication easier than ever. Next: Marketing just got a lot easier. 7. Kahuna Kahuna helps businesses make sales. | Kahuna Capital Raised: $58.3 Million Product: Artificial Intelligence's Marketing In the world of marketing, sifting through endless engagement data can become tedious and overwhelming. Kahuna takes away guesses for marketers. How does it work? Kahuna understands consumers by tracking their behavior through their mobile devices and the Internet. In addition, a startup startup artificial intelligence and inter-channel messages to improve target consumers with personalized messaging, increase engagement. Because businesses can see what works and what doesn't, marketing efforts become more effective. Next: Go ahead and tell Santa you want these. 8. Doppler Labs These headphones are bigger than they appear. | Here's one capital raised: $58 million Product: Smart Sensors, Smart Headphones Doppler Labs released the first three in one wireless headphones known as Here One. So what's the idea? The headphones are smart and wireless. You can receive phone calls and listen to music completely wirelessly. And you can control the volume of sounds around you, making these puppies the ultimate noise-canceller. The third feature is speech improvement, which allows the user to amplify speech through headphones. Ear buds sell for $299. Next: Using data with this startup will make your business easier. 9. Treasure data will help companies analyze data. | Treasures of Data through Facebook Capital has raised: $56.4 million Product: Cloud Data Management Incessant sifting of raw data for your business has always been in the past with the Treasure Data platform. The startup's mission is to simplify this process by helping to use and analyze the information needed to create a data-driven enterprise. By allowing more than 20 countries to do business seamlessly, this global enterprise allows businesses around the world to use technology to provide better value to their customers. Next: The best of your trading world is 10. NewStore is a bridges the gap between online and physical shopping. | NewStore through Facebook Capital has raised: $51.5 million. NewStore has created cloud orders. In this hybrid between online and physical shopping, customers can purchase with a

single touch, turning a storefront into a virtual warehouse. If a customer chooses a pickup truck in the store, he warns the employee that the product is ready. Increased customer-partner relationships allow the employee to better care for the needs of customers. What's even more convenient is that employees can use the simplicity of Amazon's delivery service to deliver products to customers, even if you're dining. Next: Keep what you want and ditch what you don't. 11. Wickr Wickr ensures that your sensitive data is not available. | Wickr Capital has raised: $51.4 million Product: Internet Security and Fraud Protection noise and vanity of the business world requires a huge amount of private, confidential and important information to be moved through phone calls, emails and database platforms. While storing information on the cloud seems reasonable, it's also risky. With Wickr, companies can manage what they need by encrypting confidential confidential and discarding everything else. The all-in-one platform allows a business to choose when it wants certain information to expire. Everything else is protected in such a way that even Wickr can't access it. Next: Equifax wants it to have it. 12. Signifyd This ensures that your business is free of scammers. | Signifyd Capital has raised: $50.4 million Product: Internet Security and Fraud Protection to Protect E-Commerce Fraud is crucial for your business, and that's where signifyd comes in with Signifyd, you have options for how you would like to follow up on scammers. As a business, you can manage your e-commerce, or you can let Signifyd just do it all for you. Startup software can be integrated into the api or stored separately. You choose. Next: Google Maps has some competition. 13. Mapillary This could pave the way for autonomous cars. | Mapillary through Facebook Capital has raised: $9.5 million Product: Image Recognition and Mapping Technology Google Maps may have some stiff competition from Mapillary. What's it? It is a street, photo-mapping service that allows its users to integrate their photos into the system. Mapillary uses photos and videos provided by users to create 3D images. So far, users from all over the world have submitted more than 170 million images, making the vision of futuristic mapping a reality. Next: Are you impacting Snapchat? 14. Naritiv Is perfect for social media influencers. | Naritiv Capital has raised: $7.1 million Mobile Retail: Snapchat Marketing Its goal is pretty simple: connecting Snapchat influencers with brands that are looking for a good fit for a marketing campaign. Aside from being a matchmaker, Naritiv also allows these companies to see the metrics behind their campaigns. It helps to determine whether the dollars spent are really worth it. Hootsuite recently struck a deal for Analytics Snapchat tool Naritiv. Now the company has moved on to Instagram and is partnering with DJ Khaled to launch WeBuyGold, a music-oriented lifestyle brand that creates content for Instagram. Next: Forget fingerprint identification. 15. EyeVerify Is a James Bond worthy of protection. | EyeVerify through Facebook Capital raised: $6 million Product: Eye Authentication Instead of using a fingerprint to identify itself, EyeVerify has created an eye print ID. It's pretty simple. Using a smartphone selfie camera, the user allows the camera to authenticate with eye scanning. Primary identification is done through blood vessels visible in a person's white eyeball. What's the beauty of it? No more passwords and total It will be interesting to see whether this catches on. Check out the Cheat sheet on Facebook! Facebook! Facebook! garmin connect manual upload to strava. manual upload garmin activity to strava. manual upload to strava from garmin watch. manual upload from garmin device to strava