# Example data from fit file repair tool (German test version):

| 🔢 Fit | File Repair Tool     |          |                  |           |                  |               |                        |            |              |                   |                        |                  |   |
|-------|----------------------|----------|------------------|-----------|------------------|---------------|------------------------|------------|--------------|-------------------|------------------------|------------------|---|
| F     | it File Repair Tool  |          |                  |           |                  |               |                        |            |              |                   |                        |                  |   |
|       | Import/<br>Reparatur |          | Datei-<br>Export | ę         | Datei-<br>Upload |               |                        | C:\Users\S | 6ven\Desktop | )\Gamin Sicherung | )\Totals.fit<br>Geschw | ı./Tempo: Tempo  |   |
| Gesa  | mtwerte Geräte,      | Datei Sp | oezielle Re      | eparaturf | unktionen        | Dateistruktur | Persönliche Date       | n          |              |                   |                        |                  |   |
| _     |                      |          |                  | _         |                  |               |                        |            |              |                   |                        |                  | Г |
|       | Datensatz            | Sportart |                  | Gesa      | amtzeit (s)      | (hh:mm:ss)    | Distanz (km)           | Kalorien   | Sessions     | Zeit vergangen    | (hh:mm:ss)             | Aktivitätsprofil |   |
| ►     | 1                    | Radfahre | en 🗸             | 50        | 018507           | (1394:01:47)  | 24483,17               | 807233     | 540          |                   |                        |                  | ĺ |
|       | 2                    | Radfahre | en 🗸             | 9         | 973424           | (270:23:44)   | 7458 <mark>,</mark> 02 | 190909     | 134          |                   |                        | RENNRAD          |   |
|       | 3                    | Radfahre | en 🗸             | 39        | 980698           | (1105:44:58)  | 16717,72               | 607272     | 399          |                   |                        | Radon            |   |
|       | 4                    | Radfahre | en 🗸             |           | 64385            | (17:53:05)    | 307,43                 | 9052       | 7            |                   |                        | Orbea            |   |
|       | -                    | 1        |                  | 1         | ~                | (00.00.00)    |                        | ~          | ~            |                   |                        |                  | Γ |

# Data record structure and single field types and length can be taken from there:

| 🌃 Fit File Repair T   | ool                     |            |                                    |          |            |                  |              |                 |          |                         |                            |                      |  |  |
|---|-------------------------|------------|------------------------------------|----------|------------|------------------|--------------|-----------------|----------|-------------------------|----------------------------|----------------------|--|--|
| Fit File Repair   | Tool 🔚 Satzarten-De     | tails      |                                    |          |            |                  |              |                 |          |                         |                            |                      |  |  |
| Import,<br>Repara   | tur Date Expo           | ei-<br>ort | Date<br>Uplo                       | i-<br>ad | ictruktur  | ersänliche Daten | C:\Users\Sve | n\Desktop\G     | amin Sio | cherung\Totals.<br>Gi   | fit<br>eschw./Tempo: Te    | mpo 🗸                |  |  |
| Gesantwerte G   | berate, Dater Spezi     | elle Re    | ерагаситинкио                      | ner Date |            | ersoniiche Daten |              |                 |          |                         |                            |                      |  |  |
| Dateistruktur:  |                         | X          | Struktur mit MS<br>Excel auswerten |          | Feh<br>pos | ler-<br>itionen  | Sa           | itzarten-Stat   | istik:   |                         |                            | Details<br>anzeigen  |  |  |
| Satzart-<br>Nr.   | Satzart-<br>bezeichnung |            | Definition/<br>Daten               | Fehler   | Anzahl     |                  |              | Satzart-<br>Nr. |          | Satzart-<br>bezeichnung | Definitions-<br>Datensätze | Daten-<br>Datensätze |  |  |
| 0   | File ID                 |            | Definition                         |          | 1          |                  |              | 0               | File II  | )                       | 1                          | 1                    |  |  |
| 0   | File ID                 |            | Data                               |          | 1          |                  |              | 33              | Totals   | ;                       | 1                          | 11                   |  |  |
| 49  | File Creator            |            | Definition                         |          | 1          |                  |              | 49              | File C   | reator                  | 1                          | 1                    |  |  |
| ID     Lokale Satzart     Globale Satzart     Name der Satzart     Definitions-Nr       1     0     0     File ID   |                         |            |                                    |          |            |                  |              |                 |          |                         |                            |                      |  |  |
| Satzart-Definitionen:         ID         Lokale Satzart         Globale Satzart         Name der Satzart         Definitions-Nr           1         0         0         File ID         File ID         File ID |                         |            |                                    |          |            |                  |              |                 |          |                         |                            |                      |  |  |
|   |                         | 1          |                                    | 1        |            | 0                |              | File ID         | tor      |                         |                            |                      |  |  |
|   |                         | 2          |                                    | 10       |            | 49               |              | Totale          | LOI      |                         |                            |                      |  |  |
| Detection   | l                       |            |                                    |          |            |                  |              |                 |          |                         |                            |                      |  |  |
| Datenfeld   | der:                    |            | Nr.                                | De       | veloper    | Feldcode         | Feldgröß     | Be Felo         | ltyp     | Bedeutun                | g                          |                      |  |  |
|   |                         |            | 1                                  |          |            | 0                |              | 4 uint3         | 2        | Timer Tim               | ne                         |                      |  |  |
|   |                         |            | 2                                  |          |            | 1                |              | 4 uint3         | 2        | Distance                |                            |                      |  |  |
|   |                         |            | 3                                  |          |            | 2                |              | 4 uint3         | 2        | Calories                |                            |                      |  |  |
|   |                         |            | 4                                  |          |            | 10               | 3            | 2 strin         | g        | ActivityPr              | ofileName                  |                      |  |  |
|   |                         |            | 5                                  |          |            | 11               |              | 4 uint3         | 2        |                         |                            |                      |  |  |
|   |                         |            | 6                                  |          |            | 254              |              | 2 uint1         | .6       | message_                | index                      |                      |  |  |
|   |                         |            | 7                                  |          |            | 5                |              | 2 uint1         | .6       | Sessions                |                            |                      |  |  |
|   |                         |            | 8                                  |          |            | 3                |              | 1 enun          | n        | Sport                   |                            |                      |  |  |
|   |                         |            | 9                                  |          |            | 9                |              | 1 uint8         | 6        | Field9                  |                            |                      |  |  |

#### How to edit data in HEX Editor (used editor named HxD):

You can simply enter the desired values in the corresponding data type field in the right editor window (here) named "Datensinspector" (German version of the program) and confirm be pressing "enter key":

Eg. profile "RENNRAD" shows a total of 134 sessions at the moment in the fit file repair tool:

|   | Datensatz | Sportart  |        | Gesamtzeit (s | 5) (hh:mm:ss) | Distanz (km) | Kalorien | Sessions | Zeit vergangen (hh:mm:ss) | Aktivitätsprofil |
|---|-----------|-----------|--------|---------------|---------------|--------------|----------|----------|---------------------------|------------------|
| • | 1         | Radfahren | $\sim$ | 5018507       | (1394:01:47)  | 24483,17     | 807233   | 540      |                           |                  |
|   | 2         | Radfahren | ~      | 973424        | (270:23:44)   | 7458,02      | 190909   | 134      |                           | RENNRAD          |
|   | 3         | Radfahren | $\sim$ | 3980698       | (1105:44:58)  | 16717,72     | 607272   | 399      |                           | Radon            |
|   | 4         | Radfahren | ~      | 64385         | (17:53:05)    | 307,43       | 9052     | 7        |                           | Orbea            |
|   |           |           |        |               |               |              |          |          |                           |                  |

Identify the relevant HEX fields in the totals.fit file (details following below) and directly edit in HEX editor:

| 16 | 17 | 18 | 19 | 1A | 1B | 1C | lD | 1E | 1F | Dekodierter Text     | Dateninspektor |          |          |
|----|----|----|----|----|----|----|----|----|----|----------------------|----------------|----------|----------|
| 8C | 04 | 04 | 86 | 07 | 04 | 86 | 01 | 02 | 84 | sRÜFITZ.@Œtt,        |                |          |          |
| 01 | 00 | DE | 0F | FF | FF | 0A | 41 | 00 | 00 | ""Î.LÍÿÿÿÿÿÿÿÿÞ.ÿÿ.A |                |          |          |
| 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 1                    | Binär (8 Bit)  |          | 10000110 |
| 04 | 86 | 02 | 04 | 86 | 0A | 20 | 07 | 0B | 04 | i.ÿÿÿB!ttt.          | Int8           | gehe zu: | -122     |
| 41 | 51 | 0C | 00 | 00 | 00 | 00 | 00 | 00 | 00 | †þ.""                | UInt8          | gehe zu: | 134      |
| 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 |                      | 1.46           |          | 124      |
| 41 | 44 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | ÿ.pÚäÌq.½éRENNRAD    | Int16          | gehe zu: | 134      |
| 00 | 86 | 00 | 02 | FF | 02 | 9A | BD | 3C | 00 | tÿ.š½<.              | Ulnt16         | gehe zu: | 134      |
| 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | ~.ÿ.(DRadon          | Int24          | gehe zu: | 131206   |

New value entered at the right site in field called "UInt16" and confirmed via enter key (not saved yet, therefore changed values indicated in red):

11001000

 gehe zu:
 -56

 gehe zu:
 200

 gehe zu:
 200

 gehe zu:
 200

gehe zu: 200 gehe zu: 131272

| 16 | 17 | 18 | 19 | 1A | 1B | 1C | 1D | 1E | lF | Dekodierter Text    | Dateninspektor |
|----|----|----|----|----|----|----|----|----|----|---------------------|----------------|
| 8C | 04 | 04 | 86 | 07 | 04 | 86 | 01 | 02 | 84 | sRÜFITZ.@Œtt"       |                |
| 01 | 00 | DE | 0F | FF | FF | 0A | 41 | 00 | 00 | ""Î.LΟŸŸŸŸŸŸŸÞ.ŸŸ.A |                |
| 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 1                   | Binär (8 Bit)  |
| 04 | 86 | 02 | 04 | 86 | 0A | 20 | 07 | 0B | 04 | i.ÿÿÿB!ttt.         | Int8           |
| 41 | 51 | 0C | 00 | 00 | 00 | 00 | 00 | 00 | 00 | †þ.""               | Liint8         |
| 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 |                     | Unito          |
| 41 | 44 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | ÿ.pÚäÌq.½éRENNRAD   | Int16          |
| 00 | C8 | 00 | 02 | FF | 02 | 9A | BD | 3C | 00 | Èÿ.šૠ<.             | Ulnt16         |
| 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | ~.ÿ.(DRadon         | Int24          |

Save file and re-open in fit file repair tool to see result:

|   | Datensatz | Sportart  |        | Gesamtzeit (s | 5) (hh:mm:ss) | Distanz (km) | Kalorien | Sessions | Zeit vergangen (hh:mm:ss) | Aktivitätsprofil |
|---|-----------|-----------|--------|---------------|---------------|--------------|----------|----------|---------------------------|------------------|
|   | 1         | Radfahren | $\sim$ | 5018507       | (1394:01:47)  | 24483,17     | 807233   | 540      |                           |                  |
| • | 2         | Radfahren | ~      | 973424        | (270:23:44)   | 7458,02      | 190909   | 200      |                           | RENNRAD          |
|   | 3         | Radfahren | $\sim$ | 3980698       | (1105:44:58)  | 16717,72     | 607272   | 399      |                           | Radon            |
|   | 4         | Radfahren | ~      | 64385         | (17:53:05)    | 307,43       | 9052     | 7        |                           | Orbea            |
| H |           |           |        |               |               |              |          |          |                           |                  |

After you've changed all relevant values simply copy the modified totals.fit file in the folder "NewFiles" on your Garmin device and restart it.

#### Single fields to be edited:

### Profile name (field of type string length 32 HEX values):

| Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editoren       Spezielle Editoren         Image: Barbeiten Suchen Ansicht Analyse Extras Fenster Hilfe       Spezielle Editor   | 🔊 HxD - [C:\Users\Sven\Desktop\Gamin Sicherung\Totals.fit] |       |          |          |      |             |      |      |        |        |               |       |      |               |        |    |      |             |    |    |      |             |      |      |    |      |             |                                       |    |                   |                 |            |
|--|--|-------|----------|----------|------|-------------|------|------|--------|--------|---------------|-------|------|---------------|--------|----|------|-------------|----|----|------|-------------|------|------|----|------|-------------|---------------------------------------|----|-------------------|-----------------|------------|
| Image: Interviewed with the service of the servic | 🔝 Datei Bea  | beite | en S     | uche     | n Ar | sicht       | Ana  | lyse | Extras | s Fen  | nster         | Hilfe |      |               |        |    |      |             |    |    |      |             |      |      |    |      |             |                                       |    |                   |                 |            |
| Image: Note:       Image: Note:       Speciale Editoren       Speciale Editoren       Speciale Editoren         00000000       00       01       02 <t< td=""><td>🗋 📄 🕶 🗐</td><td></td><td><b>U</b></td><td><u>.</u></td><td>•</td><td>• 32</td><td></td><td>~ \</td><td>Windo</td><td>ows (A</td><td>ANSI)</td><td></td><td>~ h</td><td>nex</td><td><math>\sim</math></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>  | 🗋 📄 🕶 🗐  |       | <b>U</b> | <u>.</u> | •    | • 32        |      | ~ \  | Windo  | ows (A | ANSI)         |       | ~ h  | nex           | $\sim$ |    |      |             |    |    |      |             |      |      |    |      |             |                                       |    |                   |                 |            |
| Offset (h)       00       01       02       03       04       05       06       07       08       09       0A       08       0C       0D       0       01       12       13       14       15       16       17       18       19       1A       16       10       11       12       13       14       15       16       17       18       19       1A       16       10       12       14       15       16       17       18       19       1A       16       10       12       14       15       16       17       18       19       1A       16       10       12       14       15       16       17       18       19       1A       16       10       10       10       10       00   | 📓 Totals.fit   |       |          |          |      |             |      |      |        |        |               |       |      |               |        |    |      |             |    |    |      |             |      |      |    |      |             |                                       | \$ | pezielle Editoren |                 |            |
| 00000000       0E       10       73       52       DC       02       00       02       02       04       94       94       86       01       02       84       01       02       84       01       02       84       01       02       02       02       02       02       02       04       01       00       02       01       00       02       01       02       03       01       02       03       01       02       03       01       02       03       01       02       03       01       01       02       03       01       01       01       02       03       01       01       02       03       01  | Offset(h)  | 00    | 01       | 02       | 03   | 04 0        | 5 06 | 5 07 | 08     | 09 0   | 0 <b>A</b> 01 | вос   | 0D   | 0E 01         | F 10   | 11 | 12 1 | 3 14        | 15 | 16 | 17 1 | 8 1         | 9 1A | 1В   | 1C | 1D 1 | E 1F        | Dekodierter Text                      |    | Dateninspektor    |                 |            |
| 00000020       02       02       28       00       01       00       0C       E1       4C       CD       FF  | 00000000   | 0E    | 10       | 73       | 52   | DC 0        | 2 00 | 00   | 2E     | 46 4   | 49 5          | 4 5A  | 0B - | 40 00         | 00     | 00 | 00 0 | 7 03        | 04 | 8C | 04 0 | 4 8         | 6 07 | 04   | 86 | 01 0 | <b>2</b> 84 | sRÜFITZ.@Œtt,                         |    |                   |                 |            |
| 00000040       31       00       02       24       01       02       03       01       00       01       00  | 00000020   | 02    | 02       | 84       | 05   | 02 8        | 4 00 | 01   | 00     | 00 0   | CE 1          | 7 4C  | CD 1 | FF FI         | F FF   | FF | FF F | F FF        | FF | 01 | 00 E | <b>E</b> 01 | F FF | FF   | 0A | 41 0 | 00 00       | ""Î.LÍÿÿÿÿÿÿÿÞ.ÿÿ.A                   | Ш. |                   |                 |            |
| 00000060       00  | 00000040   | 31    | 00       | 05       | 02   | 14 0        | 7 00 | 02   | 84     | 01 0   | 01 03         | 2 03  | 01 0 | 00 04         | 4 01   | 00 | 01 0 | 0 00        | 00 | 00 | 00 0 | 0 0         | 0 00 | 00   | 00 | 00 0 | 00 00       | 1                                     |    | Binär (8 Bit)     |                 | 01010010   |
| 00000080       86       FE       02       84       03       01       00       01       02       02       88       93       4C       06       62       95       75       01       11       51       0C       00  | 00000060   | 00    | 00       | 00       | 00   | 00 0        | 0 00 | A1   | 03     | FF F   | FF F          | F 42  | 00   | 00 23         | 1 00   | 09 | 00 0 | 4 86        | 01 | 04 | 86 0 | 2 0         | 4 86 | 5 0A | 20 | 07 0 | <b>B</b> 04 | ;.ÿÿÿB!ttt                            |    | Int8              | aehe zu:        | 82         |
| 000000A0       00  | 00000080   | 86    | FE       | 02       | 84   | 05 0        | 2 84 | 03   | 01     | 00 0   | 09 0          | 1 02  | 02   | 8 <b>B</b> 93 | 3 4C   | 00 | 62 9 | 5 <b>75</b> | 01 | 41 | 51 0 | C 0         | 0 00 | 00   | 00 | 00 0 | 00 00       | †þ.""                                 |    | Lilot8            | gebe zur        | 82         |
| 000000C0       1C       02       02       FF       02       00  | 000000 <b>A</b> 0  | 00    | 00       | 00       | 00   | 00 0        | 0 00 | 00   | 00     | 00 0   | 00 00         | 0 00  | 00   | 00 00         | 00 0   | 00 | 00 0 | 0 00        | 00 | 00 | 00 0 | 0 0         | 0 00 | 00   | 00 | 00 0 | 00 00       | · · · · · · · · · · · · · · · · · · · |    | Unito             | gene zu.        | 17710      |
| 000000E0       00  | 00000000   | 10    | 02       | 02       | FF   | 02 7        | 0 DA | 0E   | 00     | E4 0   | CC 7          | 1 00  | BD 1 | E9 02         | 2 00   | 52 | 45 4 | E 4E        | 52 | 41 | 44 0 | 0 0         | 0 00 | 00   | 00 | 00 0 | 00 00       | ÿ.pÚäÌq.½é. <mark>.RENNRAD</mark>     |    | Intib             | <u>gehe zu:</u> | 17746      |
| 00000100       98       17       F6       00       28       44       09       00       26       64       6F       6E       00  | 000000E0   | 00    | 00       | 00       | 00   | 00 0        | 0 00 | 00   | 00     | 00 0   | 00 00         | 0 00  | 00   | 00 00         | 00 0   | 00 | 00 0 | 0 00        | 01 | 00 | 86 0 | 0 0:        | 2 FF | 02   | 9A | BD 3 | BC 00       |                                       |    | UInt16            | gehe zu:        | 17746      |
| 00000120       00  | 00000100   | 98    | 17       | FF       | 00   | 28 4        | 4 09 | 00   | 52     | 61 6   | 64 63         | F 6E  | 00   | 00 00         | 00 0   | 00 | 00 0 | 0 00        | 00 | 00 | 00 0 | 0 0         | 0 00 | 00   | 00 | 00 0 | 00 00       | ~.ÿ.(DRadon                           |    | Int24             | gehe zu:        | 5129554    |
| 00000140 72 62 65 61 00 44 00 00 00 00 00 00 00 00 00 00 00  | 00000120   | 00    | 00       | 00       | 00   | <b>00</b> 0 | 0 00 | 00   | 00     | 00 0   | 00 00         | 0 02  | 00   | 8F 03         | 1 02   | FF | 02 8 | 1 FB        | 00 | 00 | E3 E | <b>0</b> 0  | 4 00 | ) 5C | 23 | 00 0 | 00 4F       | ÿûã°\#0                               |    | UInt24            | gebe zu:        | 5129554    |
| 0000160 00 00 03 00 07 00 02 FF 02 00 00 00 00 00 00 00 00 00 00 00 00   | 00000140   | 72    | 62       | 65       | 61   | 00 4        | 4 00 | 00   | 00     | 00 0   | 00 00         | 0 00  | 00   | 00 00         | 00 0   | 00 | 00 0 | 0 00        | 00 | 00 | 00 0 | 0 0         | 0 00 | 00   | 00 | 00 0 | 00 00       | rbea.D                                |    | lat22             | gene zu         | 1212752402 |
| 00000180 00 00 00 00 00 00 00 00 00 00 00 00 0   | 00000160   | 00    | 00       | 00       | 03   | <b>00</b> 0 | 7 00 | 02   | FF     | 02 0   | 00 00         | 0 00  | 00   | 00 00         | 00 0   | 00 | 00 0 | 0 00        | 00 | 00 | 00 0 | 0 0         | 0 00 | 00   | 00 | 00 0 | 00 00       | ÿÿ                                    |    | Into2             | gene zu:        | 1515732402 |
|  | 00000180   | 00    | 00       | 00       | 00   | <b>00</b> 0 | 0 00 | 00   | 00     | 00 0   | 00 00         | 0 00  | 00   | 00 00         | 00 0   | 00 | 00 0 | 0 00        | 00 | 00 | 00 0 | 0 0         | 0 04 | 00   | 00 | 00 F | FF FF       | ÿÿ                                    |    | UInt32            | gehe zu:        | 1313752402 |

### <u>Calories</u> (field of type uint32 length 4 HEX values):

| HxD - [C:\Users\Sven\Desktop\Gamin Sicherung\Totals.fit]  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 📓 Datei Bearbeiten Suchen Ansicht Analyse Extras Fenster Hilfe  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 🗋 🚵 🖛 💭 🔳 🕮 🖬 🔹 32 🕞 Windows (ANSI) 🕞 hex 🕞   |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Totals.fit profile  | Spezielle Editoren   |  |  |  |  |  |  |  |  |  |  |  |  |
| Offset (h) 00 01 02 03 04 05 06 07 08 09 0A 0B 0C 0D 0E 0F 10 11 7 18 19 1A 1B 1C 1D 1E 1F Dekodierter Text                   | Dateninspektor   |  |  |  |  |  |  |  |  |  |  |  |  |
| 00000000 0E 10 73 52 DC 02 00 00 2E 46 49 54 5A 0B 40 00 00 00 Calories for 04 04 86 07 04 86 01 02 84sRÜFITZ.@               |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 00000020 02 02 84 05 02 84 00 01 00 00 CE 17 4C CD FF FF FF FF FF FF DO DE 0F FF FF 0A 41 00 00                               | Br. (8 Bit) 10111101   |  |  |  |  |  |  |  |  |  |  |  |  |
| 00000060 00 00 00 00 00 00 A1 03 FF FF FF 42 00 00 21 00 09 66 02 04 86 0A 20 07 0B 04; ÿÿÿB!t.tt                             | Int8 gehe zu: -67  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Ulnt8 gehe zu: 189   |  |  |  |  |  |  |  |  |  |  |  |  |
| 000000C0 1C 02 02 FF 02 70 DA 0E 00 E4 CC 71 00 BD E9 02 00 52 45 4E 4E 52 41 44 00 00 00 00 00 00 00 00 00ÿ.pÛäİq. kéRENNRAD | Ulnt16 gehe zu: 59837  |  |  |  |  |  |  |  |  |  |  |  |  |
| 00000100 98 17 FF 00 28 44 09 00 52 61 64 6F 6E 00 00 00 00 00 00 00 00 00 00 00 00 00  | Int24 <u>get v zu:</u> 190909  |  |  |  |  |  |  |  |  |  |  |  |  |
| 00000120 00 00 00 00 00 00 00 00 00 00 00 00 0  | Uint24 gehe zu 190909  |  |  |  |  |  |  |  |  |  |  |  |  |
| 00000160 00 00 00 00 00 00 00 02 FF 02 00 00 00 00 00 00 00 00 00 00 00 00  | Ulnt32 <u>gehe zu:</u> 190909  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Int64 gehe zu: 5642523601631635901   |  |  |  |  |  |  |  |  |  |  |  |  |
| 000001C0 00 00 00 00 00 00 00 00 00 00 00 00 0  | UInt64 <u>gehe zu:</u> 5642523601631635901<br>LEB128 <u>gehe zu:</u> 46269 |  |  |  |  |  |  |  |  |  |  |  |  |

# Distance (in meters, field of type uint32 length 4 HEX values):

| 🕺 HxD - [C:\Users\Sven\Desktop\Gamin Sicherung\Totals.fit]  | -                                     |
|---|---------------------------------------|
| 📓 Datei Bearbeiten Suchen Ansicht Analyse Extras Fenster Hilfe  |                                       |
| 📄 🚵 🔻 🔄 🔳 💷 🔽 😒 Windows (ANSI) 💿 hex 😒  |                                       |
| Totals.fit  | Spezielle Editoren                    |
| Offset (h) 00 01 02 03 04 05 06 07 08 09 0A 0B 0C <u>0D 0E 0F 10 11 1</u> 2 13 14 15 16 17 18 19 1A 1B 1C 1D 1E 1F Dekodierter Tex Distance in meters | Dateninspektor                        |
| 00000000 0E 10 73 52 DC 02 00 00 2E 46 49 54 5 Distance in meters 07 03 04 8C 04 04 86 07 04 86 01 02 84sRÜFITZ.6 for profile                         |                                       |
| 00000020 02 02 84 05 02 84 00 01 00 00 CE 17 4 TO PTOTILE FF FF 01 00 DE 0F FF FF 0A 41 00 00   | Bipär (8 Bit) 11100100                |
| 00000060 00 00 00 00 00 00 00 01 03 FF FF FF 42 00 01 04 86 01 04 86 02 04 86 02 07 0B 04; ÿÿÿB!tttt  | Int8 gehe zu: -28                     |
| 00000080 86 FE 02 84 05 02 84 03 01 00 09 01 02 9/88 93 4C 00 62 95 75 01 41 51 0C 00 00 00 00 00 00 00 01 tp.,, *L.b•u.AQ                            | t8 gehe zu: 228                       |
| 000000C0 1C 02 02 FF 02 70 DA 0E 00 E4 CC 71 00 BD E9 02 00 52 45 4E 4E 52 41 44 00 00 00 00 00 00 00 00 00 00ÿ.pÚälg.№éRENNRAD                       | Intib gehe zu: -13084                 |
| 000000E0 00 00 00 00 00 00 00 00 00 00 0  | Ulnt16 gehe zu: 52452                 |
| 00000100 98 17 FF 00 28 44 09 00 52 61 64 6F 6E 00 00 00 00 00 00 00 00 00 00 00 00 00  | Int24 <u>gehe zu:</u> 7458020         |
| 00000140 72 62 65 61 00 44 00 00 00 00 00 00 00 00 00 00 00   | Unt24 <u>gene zu:</u> 7458020         |
| 00000160 00 00 03 00 07 00 02 FF 02 00 00 00 00 00 00 00 00 00 00 00 00   | UInt32 gehe zu: 7458020               |
|   | Int64 <u>gehe zu:</u> 819947918970084 |
|   | Ulint64                               |

#### Duration (in seconds, field of type uint32 length 4 HEX values):

| ₩ HxD - [C:\Us | HxD - [C:\Users\Sven\Desktop\Gamin Sicherung\Totals.fit] |       |      |       |      |        |             |      |          |                |        |      |     |        |      |    |       |      |      |    |      |      |      |    |       |                         |   |       |                   |                 |                   |
|----------------|--|-------|------|-------|------|--------|-------------|------|----------|----------------|--------|------|-----|--------|------|----|-------|------|------|----|------|------|------|----|-------|-------------------------|---|-------|-------------------|-----------------|-------------------|
| 📓 Datei Bea    | rbeiter  | n Suc | hen  | Ansi  | ht A | nalys  | e Ext       | tras | Fenste   | er Hil         | fe     |      |     |        |      |    |       |      |      |    |      |      |      |    |       |                         |   |       |                   |                 |                   |
| 🗋 👌 🕶 🗐        |  | 3     | •    | + +   | 32   | $\sim$ | Wi          | ndow | s (ANS   | 5I)            | $\sim$ | hex  |     | $\sim$ |      |    |       |      |      |    |      |      |      |    |       |                         |   |       |                   |                 |                   |
| 🔝 Totals.fit   |  |       |      |       |      |        |             |      |          |                |        |      |     |        |      |    |       |      |      |    |      |      |      |    |       |                         |   | S     | pezielle Editoren |                 |                   |
| Offset(h)      | 00   | 01 0  | 2 03 | 3 04  | 05   | 06     | 07 0        | 8_0  | 40 P     | 0B             | oc or  | ) OE | OF  | 10 1   | 1 12 | 13 | 14 1  | 5 1( | 5 17 | 18 | 19 3 | 1A 1 | в 1С | 1D | 1E 1F | Dekodierter T           | ext                                     | . (   | Dateninspektor    |                 |                   |
| 00000000       | 0E   | 10 7  | 3 52 | 2 DC  | 02   | 00     | 00 2        | €Dι  | uratio   | on in          | i sec  | ond  | s 👌 | 00 0   | 0 00 | 07 | 03 0  | 4 80 | : 04 | 04 | 86 ( | 07 0 | 4 86 | 01 | 02 84 | sRÜFITZ                 | .@                                      |       |                   |                 |                   |
| 00000020       | 02   | 02 8  | 4 03 | 5 02  | 84   | 00     | 01 0        | 0    | TC<br>DI | or pr<br>⊏⊾i⊾i |        |      | F   | FF F   | F FF | FF | FF F  | F 01 | 00   | DE | OF 1 | FF F | F OA | 41 | 00 00 | Î.L                     | Duration in seconds                     | l I r | Di- #- (0 Dit)    |                 | 01110000          |
| 00000040       | 00   | 00 0  | 0 00 | 0 0 0 | 00   | 00 1   | A1 0        | 3    |          |                | INAD   |      |     | 00 0   | 9 00 | 04 | 86 0  | 1 04 | 1 86 | 02 | 04 8 | 36 0 | A 20 | 07 | 0B 04 |                         | for profile                             |       | Binar (ö Bit)     | and a second    | 112               |
| 00000080       | 86   | FE 0  | 2 8  | 4 05  | 02   | 84     | 03 0        | 1 9  | 09       | 01             | 02 02  | 2 8B | 93  | 4C 0   | 0 62 | 95 | 75 0  | 1 41 | 51   | 0C | 00 ( | 0 00 | 0 00 | 00 | 00 00 | tþ.""                   | ( "RENNRAD"                             |       | Into              | gene zu:        | 112               |
| 000000A0       | 00   | 00 0  | 0 0  | 0 00  | 00   | 00     | 00 0        | 0 0  | 0 00     | 00             | 00 00  | 00   | 00  | 00 0   | 0 00 | 00 | 00 00 | 0 00 | 00   | 00 | 00 ( | 0 00 | 0 00 | 00 | 00 00 |                         |   |       | UINTS             | gene zu:        | 112               |
| 00000000       | 1C   | 02 0  | 2 F1 | F 02  | 70   | DA     | 0E 0        | 0 E  | 4 CC     | 71             | 00 BI  | ) E9 | 02  | 00 5   | 2 45 | 4E | 4E 53 | 2 41 | 44   | 00 | 00 ( | 0 00 | 0 00 | 00 | 00 00 | ÿ. <mark>pÚ</mark> äÌq. | séRENNRAD                               |       | ut16              | gehe zu:        | -9616             |
| 000000E0       | 00   | 00 0  | 0 0( | 0 00  | 00   | 00     | 00 <b>0</b> | 0 0  | 0 00     | 00             | 00 00  | 00 ( | 00  | 00 0   | 0 00 | 00 | 00 0  | 1 00 | 86   | 00 | 02 1 | FF O | 2 9A | BD | 3C 00 |                         | tÿ.š½<.                                 |       | Um                | <u>gehe zu:</u> | 55920             |
| 00000100       | 98   | 17 F  | F 0( | 0 28  | 44   | 09     | 00 5        | 2 63 | 1 64     | 6F             | 6E 00  | 00   | 00  | 00 0   | 0 00 | 00 | 00 0  | 0 00 | 00   | 00 | 00 ( | 0 00 | 0 00 | 00 | 00 00 | ~.ÿ.(DRadon             |   |       | Int24             | gehe zu:        | 973424            |
| 00000120       | 00   | 00 0  | 0 0( | 0 00  | 00   | 00     | 00 0        | 0 0  | 0 00     | 00             | 02 00  | ) 8F | 01  | 02 F   | F 02 | 81 | FB 0  | 0 00 | ) E3 | B0 | 04 ( | 00 5 | C 23 | 00 | 00 4F |                         | ÿûã°\#0                                 |       | UInt24            | gehe zu:        | 973424            |
| 00000140       | 72   | 62 6  | 5 6. | 1 00  | 44   | 00     | 00 0        | 0 0  | 0 00     | 00             | 00 00  | 00   | 00  | 00 0   | 0 00 | 00 | 00 0  | 0 00 | 00   | 00 | 00 ( | 0 00 | 0 00 | 00 | 00 00 | rbea.D                  | • |       | Int32             | gehe zu:        | 973424            |
| 00000160       | 00   | 00 0  | 0 0: | 3 00  | 07   | 00     | 02 F        | F 0: | 2 00     | 00             | 00 00  | 00 ( | 00  | 00 0   | 0 00 | 00 | 00 0  | 0 00 | 00   | 00 | 00 ( | 00 0 | 0 00 | 00 | 00 00 | ·····ÿ····              |   |       | UInt32            | gehe zu:        | 973424            |
| 00000180       | 00   | 00 0  | 0 00 | 0 00  | 00   | 00     | 00 0        | 0 0  | 0 00     | 00             | 00 00  | 00 0 | 00  | 00 0   | 0 00 | 00 | 00 0  | 000  | 00   | 00 | 00 0 | J4 0 | 0 00 | 00 | FF FF |                         |   |       | Int64             | gehe zu:        | 32031951993887344 |
| 000001C0       | 00   | 00 0  | 0 00 | 0 00  | 00   | 00     | 00 0        | 0 0  | 0 00     | 00             | 00 00  | 00   | 00  | 00 0   | 5 00 | 00 | 00 F  | F FI | 02   | 00 | 00 ( | 0 00 | 0 00 | 00 | 00 00 |                         | ÿÿ                                      |       | UInt64            | gehe zu:        | 32031951993887344 |

# Sessions (field of type uint16 length 2 HEX values)

| 1 HxD - [C | \Use     | rs\Sv    | en∖D     | eskto    | op\Ga        | min S      | icher        | ung\T    | otals.   | .fit]        |               |              |          |                |              |          |              |              |           |                |              |       |            |               |                |       |          |                  |                   |     |                   |                      | - 0  |
|------------|----------|----------|----------|----------|--------------|------------|--------------|----------|----------|--------------|---------------|--------------|----------|----------------|--------------|----------|--------------|--------------|-----------|----------------|--------------|-------|------------|---------------|----------------|-------|----------|------------------|-------------------|-----|-------------------|----------------------|--|
| 🔝 Datei    | Bearl    | eiter    | n Su     | cher     | n An         | sicht      | Anal         | yse      | Extras   | s Fer        | nster         | Hilfe        |          |                |              |          |              |              |           |                |              |       |            |               |                |       |          |                  |                   |     |                   |                      |  |
| 📄 🚵 🗸      |          | H        | OH.      | <u>.</u> | +            | 32         |              | ~ \      | Windo    | ows (A       | ANSI)         |              | $\sim$   | hex            | $\sim$       |          |              |              |           |                |              |       |            |               |                |       |          |                  |                   |     |                   |                      |  |
| 📓 Totals.f | it       |          |          |          |              |            |              |          |          |              |               |              |          |                |              |          |              |              |           |                |              |       |            |               |                |       |          |                  |                   | s   | pezielle Editoren |                      |  |
| Offset     | (h)      | 00       | 01       | 02       | 03 (         | 94 0       | 5 06         | 07       | 08       | 09           | 0 <b>A</b> 01 | вос          | 0D       | 0E 0           | F 10         | 11       | 12 1         | 3 14         | 15        | 16 17          | 7 18         | 19    | 1A         | 1B 1          | .c 11          | ) 1E  | 1F       | Dekodierter Text |                   | , 1 | Dateninspektor    |                      |  |
| 000000     | 00       | 0E       | 10       | 73       | 52 I         | C 0        | 2 00         | 00       | 2E       | 46           | 49 5          | 4 5A         | 0B       | 40 0           | 00           | 00       | 00 0         | 7 03         | 04        | 8C 04          | 4 04         | 86    | 07         | 04 8          | 6 01           | 02    | 84       | sRÜFITZ.@.       | Œtt,              |     | 4 4               |                      |  |
| 000000     | 20<br>40 | 31       | 00       | 05       | 02 1         | .4 0       | 7 00         | 02       | 84       | 01           | 01 0:         | 2 03         | 01       | 00 0           | 4 01         | 00       | 01 0         | 0 00         | 00        | 00 00          | 00           | ;     | iess<br>"E |               | for            | profi | ile      | 1                | Sessions for prof | ile | Binär (8 Bit)     |                      | 10000110                                   |
| 000000     | 60<br>80 | 00<br>86 | 00<br>FE | 00<br>02 | 00 (<br>84 ( | 0 0<br>5 0 | 0 00<br>2 84 | A1<br>03 | 03<br>01 | FF 1         | FF F<br>09 0: | F 42<br>1 02 | 00<br>02 | 00 2.<br>8B 9: | 1 00<br>3 4C | 09<br>00 | 00 0<br>62 9 | 486<br>575   | 01 01     | 04 80<br>41 51 | 6 02<br>1 0C |       |            | \∟I\I<br>∕~~⊽ |                |       | ٦        | tþ."«            | "RENNRAD"         |     | Int8              | gehe zu:             | -122                                       |
| 000000     | A0       | 00       | 00       | 00       | 00 (         | 0 0        |              | 00       | 00       | 00 (         | 00 0          | 0 00         | 00<br>BD | 00 0           | 00           | 00<br>52 | 00 0         | 0 00         | 00        | 00 00          | 00           |       | 00         | 00 0          | 0 00           | 00    | 00       | ũ nữ sĩa ká      | PENNDAD           | Π   | Int16             | gene zu:<br>gehe zu: | 134  |
| 000000     | 20       | 00       | 00       | 00       | 00 0         | 0 0        | 0 00         | 00       | 00       | 00           | 00 0          | 0 00         | 00       | 00 0           | 0 00         | 00       | 00 0         | 0 00         | 01        | 00 80          | 6 00         | 02    | FF         | 02 9          | A BI           | 3C    | 00       |                  | tÿ.šૠ<.           |     | Ulnt16            | gehe zu:             | 134  |
| 000001     | 20<br>20 | 98<br>00 | 17<br>00 | FF<br>00 | 00 2         | 8 4<br>0 0 | 4 09<br>0 00 | 00       | 52<br>00 | 61 0<br>00 0 | 64 61<br>00 0 | F 6E<br>0 02 | 00       | 00 00<br>8F 03 | 0 00<br>1 02 | 00<br>FF | 00 0<br>02 8 | 0 00<br>1 FB | 00        | 00 00<br>00 E3 | 0 00<br>3 B0 | 00 00 | 00         | 00 0<br>5C 2  | 00 00<br>23 00 | 00 00 | 00<br>4F | ".ÿ.(DRadon      | .ÿûã°\ <b>#</b> 0 |     | Int24<br>UInt24   | gehe zu:<br>gehe zu: | 131206                                     |
| 000001     | 40<br>50 | 72       | 62       | 65<br>00 | 61 0         | 0 4        | 4 00         | 00       | 00<br>77 | 00           | 00 00         | 0 00         | 00       | 00 0           | 00 0         | 00       | 00 0         | 0 00         | 00        | 00 00          |              |       | 00         | 00 0          | 0 00           | 00    | 00       | rbea.D           |                   |     | Int32             | gehe zu:             | -16646010                                  |
| 000001     | 30       | 00       | 00       | 00       | 00 0         | 0 0        | 0 00         | 00       | 00       | 00           | 00 00         | 0 00         | 00       | 00 0           | 0 00         | 00       | 00 0         | 0 00         | 00        | 00 00          | 00           | 00    | 04         | 00 0          | 0 00           | FF    | FF       |                  | ÿÿ                |     | UInt32            | gehe zu:             | 4278321286                                 |
| 000001     | A0<br>~0 | 02       | 00       | 00       | 00 0         | 0 0        | 0 00         | 00       | 00       | 00           | 00 00         | 0 00         | 00       | 00 0           | 00 0         | 00       | 00 0         | 0 0 0        | 00<br>777 | 00 00          | 00 0         | 00 00 | 00         | 00 0          | 00 00          | 00 0  | 00       | •••••            | 00                |     | Into4             | gene zu:             | 4376823750532923526<br>4376823750532023526 |

### Activity (field of type enum length 1 HEX value):

| HxD - [C:\Users\Sven\Desktop\Gamin Sicherung\Totals.fit] |  |                                 |  |  |  |  |  |  |  |  |  |  |  |
|--|--|---------------------------------|--|--|--|--|--|--|--|--|--|--|--|
| 📓 Datei Bear   | 1 Suchen Ansicht Analyse Extras Fenster Hilfe  |                                 |  |  |  |  |  |  |  |  |  |  |  |
| 📄 🚵 🕶 🐻  | 😃 📄 👻 😔 32 🔍   Windows (ANSI) 😒   hex 😒  |                                 |  |  |  |  |  |  |  |  |  |  |  |
| 📓 Totals.fit   | Spezielle  | e Editoren                      |  |  |  |  |  |  |  |  |  |  |  |
| Offset(h)  | 01 02 03 04 05 06 07 08 09 0A 0B 0C 0D 0E 0F 10 11 12 13 14 15 16 17 18 19 1A 1B 1C 1D 1E 1F Dekodierter   | nspektor                        |  |  |  |  |  |  |  |  |  |  |  |
| 00000000   | 10 73 52 DC 02 00 00 2E 46 49 54 5A 0B 40 00 00 00 07 03 04 8C 04 04 8 Activity type forsRÜFIT Drofile "BENNRAD"   |                                 |  |  |  |  |  |  |  |  |  |  |  |
| 00000020   | 02 84 05 02 84 00 01 00 00 CE 17 4C CD FF FF FF FF FF FF FF 01 00 DE 0 profile "RENNRAD";  | (8 Bit) 00000010                |  |  |  |  |  |  |  |  |  |  |  |
| 00000060   | 00 00 00 00 00 A1 03 FF FF FF 42 00 00 21 00 09 00 04 86 01 04 86 02 0 "02" meaning; . yyy cycling   | gehe zu: 2                      |  |  |  |  |  |  |  |  |  |  |  |
| 00000080<br>0A000000                                     | 12 02 84 05 02 84 03 01 00 09 01 02 02 88 93 4C 00 62 95 75 01 41 51 0C 0 Cycling Tp   | gehe zu: 2                      |  |  |  |  |  |  |  |  |  |  |  |
| 00000000   | 02 02 FF 02 70 DA 0E 00 E4 CC 71 00 BD E9 02 00 52 45 4E 4E 52 41 44 00 00 00 00 00 00 00  | <u>gehe zu:</u> -254            |  |  |  |  |  |  |  |  |  |  |  |
| 000000100  | 17 FF 00 28 44 09 00 52 61 64 6F 6E 00 00 00 00 00 00 00 00 00 00 00 00 00   | gehe zu: 196354                 |  |  |  |  |  |  |  |  |  |  |  |
| 00000120   | 00 00 00 00 00 00 00 00 00 00 00 00 00   | 4 gehe zu: 196354               |  |  |  |  |  |  |  |  |  |  |  |
| 00000140   | 62       65       61       00       44       00 <td< td=""><td>gehe zu: -1711079678</td></td<> | gehe zu: -1711079678            |  |  |  |  |  |  |  |  |  |  |  |
| 00000180   | 00 00 00 00 00 00 00 00 00 00 00 00 00   | 2583887618                      |  |  |  |  |  |  |  |  |  |  |  |
| 000001A0<br>000001C0                                     | 00 00 00 00 00 00 00 00 00 00 00 00 00   | 4 gehe zu: 10952821078795419394 |  |  |  |  |  |  |  |  |  |  |  |
| 00000180   |  |                                 |  |  |  |  |  |  |  |  |  |  |  |