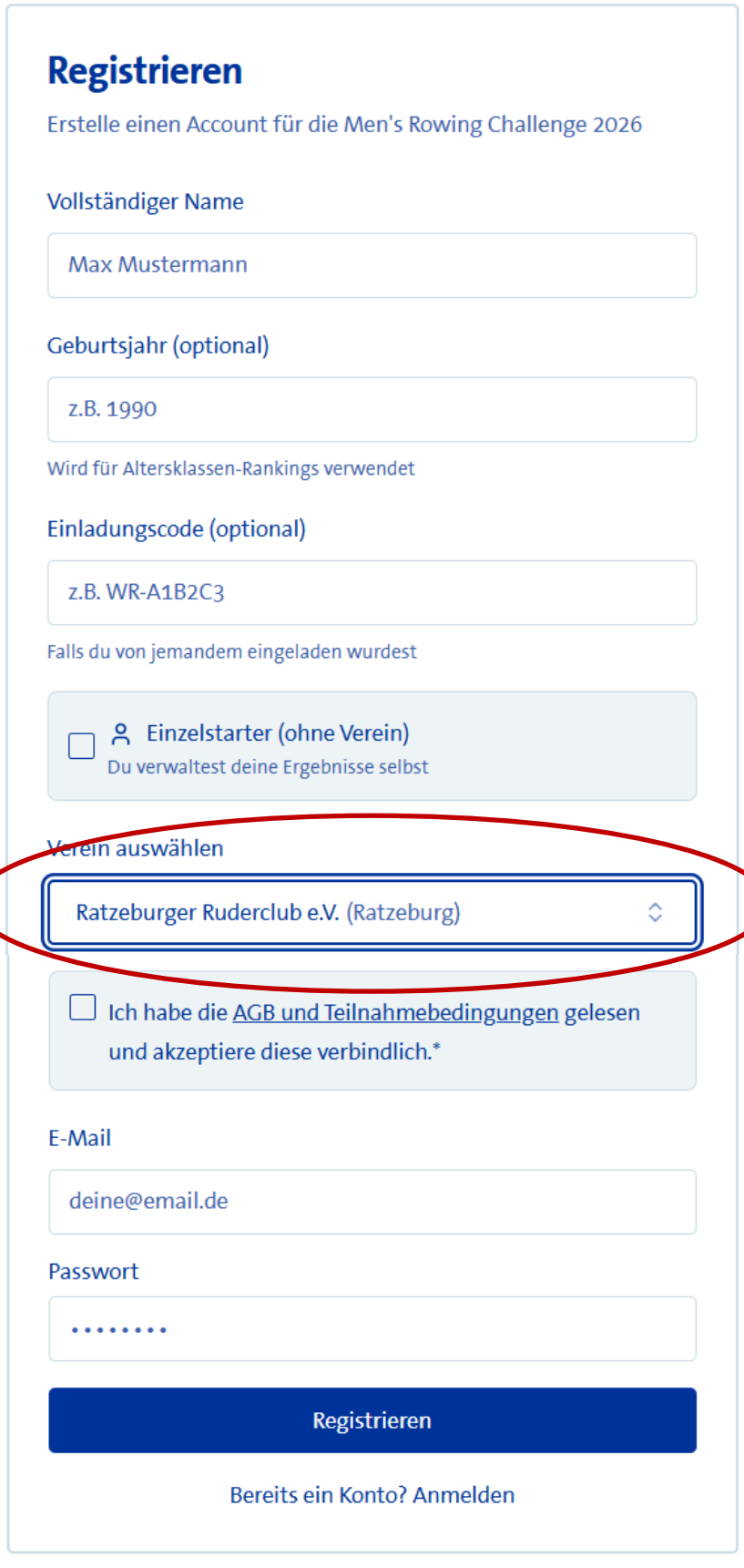
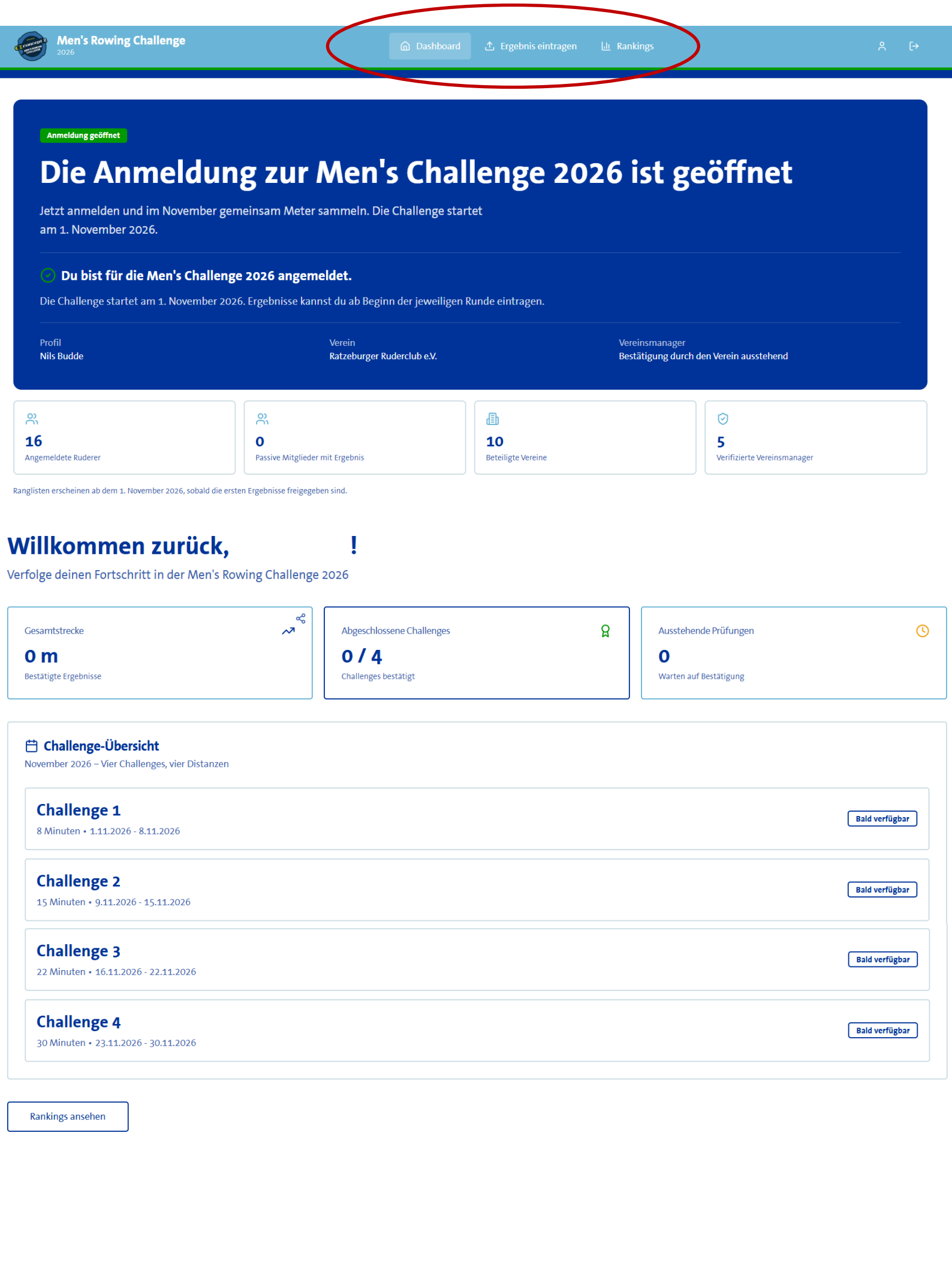
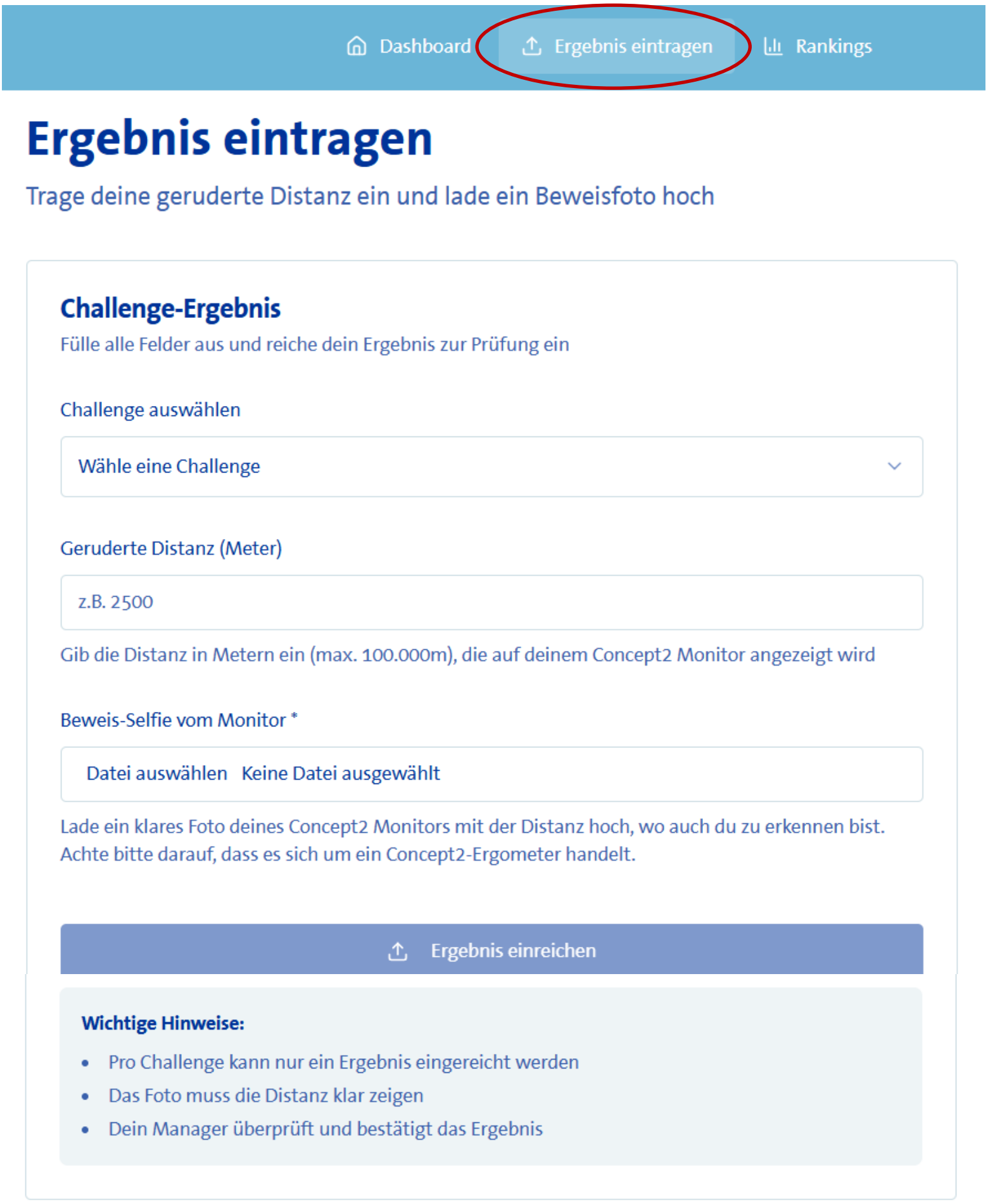
1. Persönlichen Account anlegen: **challenge.rudern.de**



Verein auswählen

2. Übersicht Deiner Ergebnisse



3. Ergebnisse der Challenges hochladen