

Track yourself

Before you wreck yourself



Passau, 17.10.2019

./whoami

Manuel Grabowski

mymuesli



@manu_faktur



mail@manuelgrabowski.de



<https://log.manuelgrabowski.de/>

Queries quota limit

Enter a number between 0 and . To increase this maximum, [apply for higher quota.](#)

↗

Quota limit

Enter a number units/day

[CANCEL](#) [SAVE](#)

Google, generally not known for their sensible design choices, with yet another rough corner in the Google Cloud Platform interface.

Philipp was annoyed on September 20, 2019 at 21:36

Annoyances vented by [Manuel Grabowski](#) and [Philipp Defner](#).
[Colophon](#). [Atom feed](#).

Retweets are endorsements.

Queries quota limit

Enter a number between 0 and . To increase this maximum, [apply for higher quota.](#)

↗

Quota limit

 units/day

CANCEL SAVE

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Colophon. Atom feed.

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Quota limit

units/day

CANCEL

SAVE

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Philipp was annoyed on September 20, 2019 at 21:36

Queries quota limit

Enter a number between 0 and . To increase this maximum, [apply for](#)



Quota limit

Enter a number

Queries quota limit

Enter a number between 0 and . To increase the



Quota limit

Enter a number

Queries quota limit

Enter a number between 0 and . To increase



Quota limit

Enter a number

<https://annoying.technology/>

- - └ Annoying
 - └ Technology

Agenda

- What I am tracking about myself in general
- What fitness/health data am I tracking
- Trends and risks in health and fitness tracking
- [REDACTED]
- Discussion

What I am tracking about myself

- Music
 - Concerts
 - Songs
- Light
- Movies
 - Ratings
- TV shows
 - Playtimes
- Running
- Calories
- Sex
- Where am I?
- Books
- Reading
 - Comics
- Money
- My face
- Games
 - PC
 - Mobile
 - Console
- Sleep
- Weight

Music



If it doesn't
scrobble
it doesn't
count.



SCROBBLES

2,320



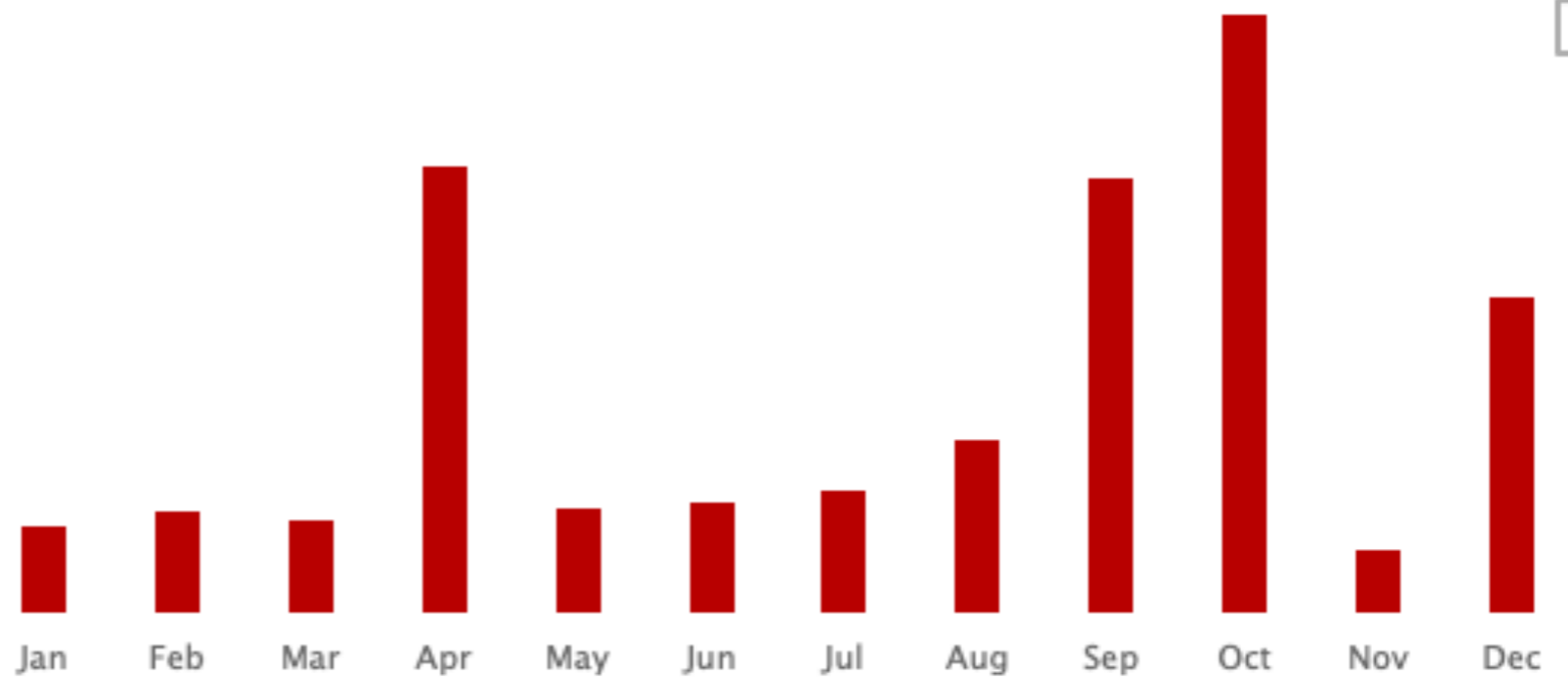
SCROBBLES PER DAY

6

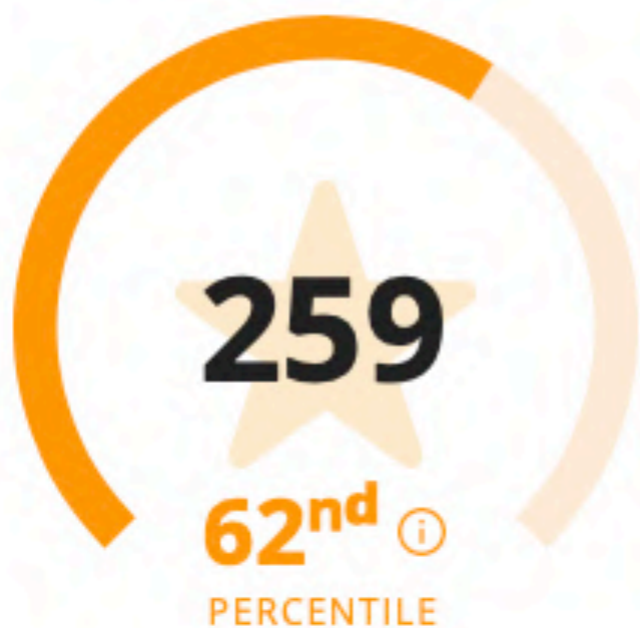


TOTAL LISTENING TIME

5 days, 15 hours



Artists



TOP ARTIST



Daft Punk

186 scrobbles

[View full chart](#)

Albums



TOP ALBUM

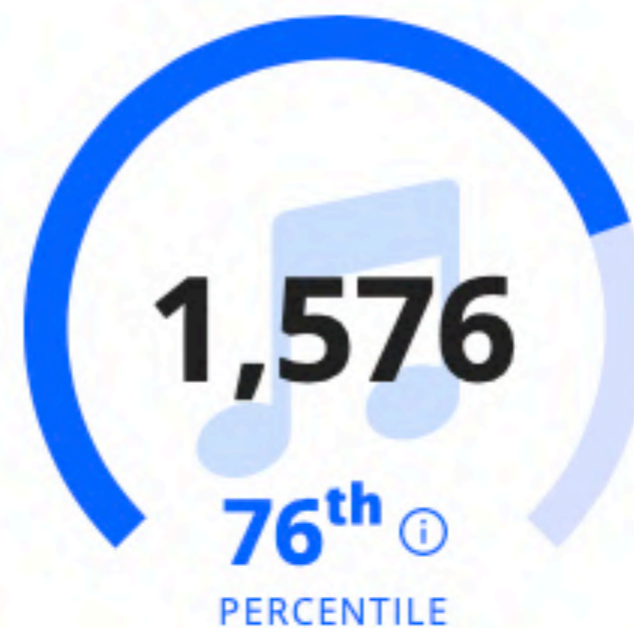


Alive 2007

Daft Punk
102 scrobbles

[View full chart](#)

Tracks



TOP TRACK

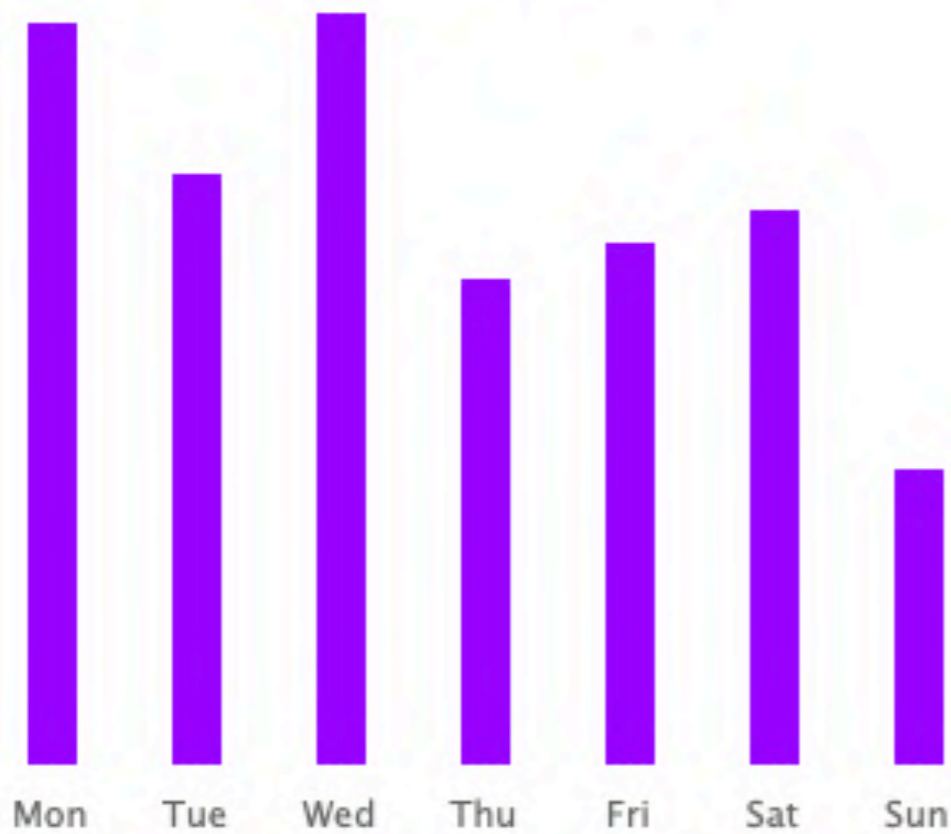


Television Rules the Nati...

Daft Punk
13 scrobbles

[View full chart](#)

Listening Week



You listened the most on Wednesdays.

Listening Clock



You listened the most from 5:00pm to 6:00pm.

Movies & TV shows

TV SHOWS

1,276
HOURS WATCHED

106.3
PER MONTH



24.1
PER WEEK



3.5
PER DAY

2,061
EPISODE PLAYS

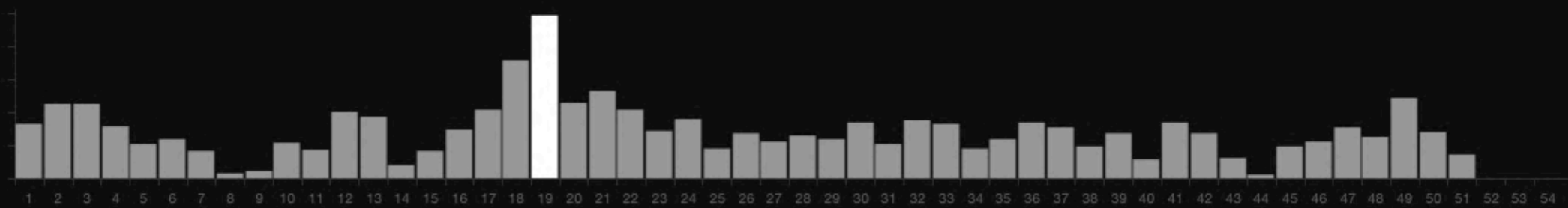
171.8
PER MONTH



38.9
PER WEEK



5.6
PER DAY



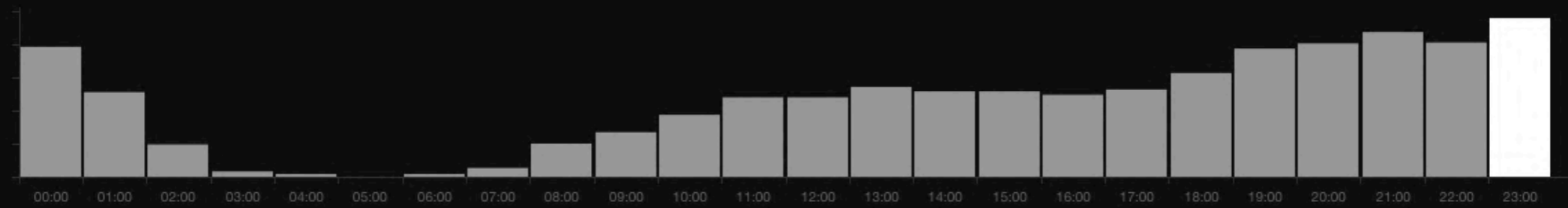
EPISODE PLAYS BY WEEK



EPISODE PLAYS BY MONTH



EPISODE PLAYS BY DAY OF THE WEEK



EPISODE PLAYS BY TIME OF DAY

MOVIES

361
HOURS WATCHED

30.1
PER MONTH



6.8
PER WEEK



1.0
PER DAY

206
MOVIE PLAYS

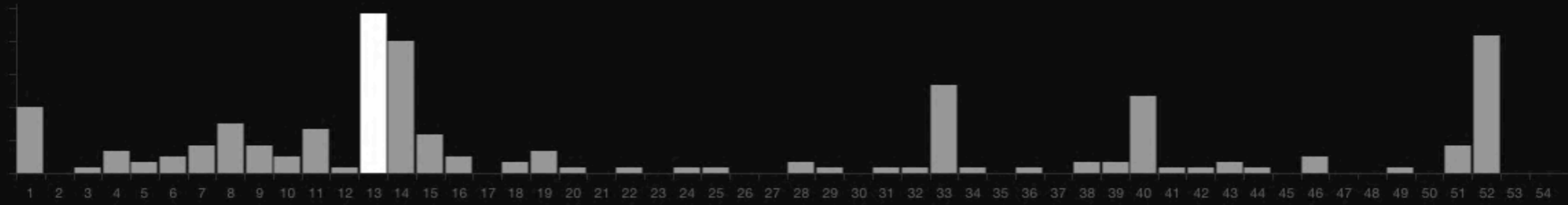
17.2
PER MONTH



3.9
PER WEEK



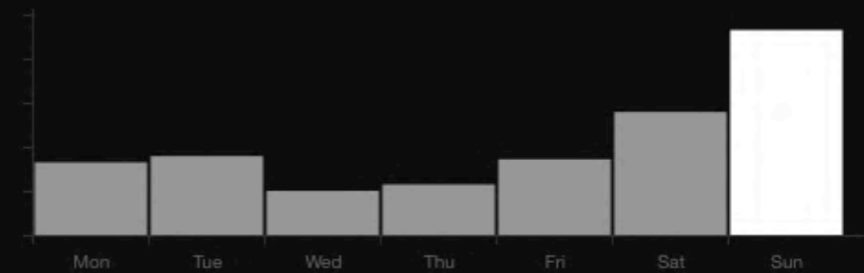
0.6
PER DAY



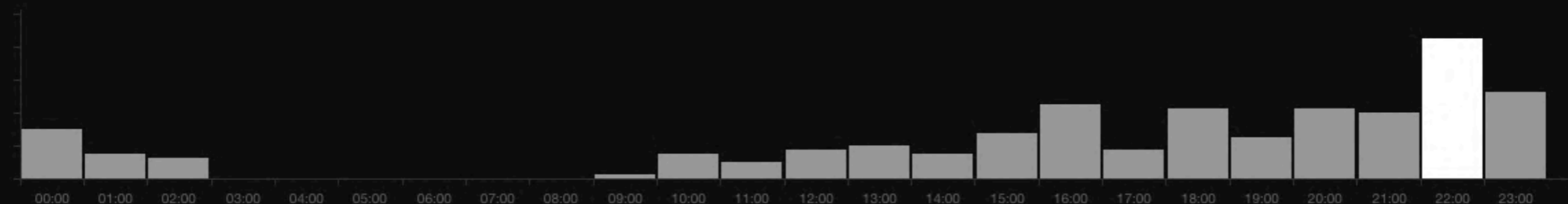
MOVIE PLAYS BY WEEK



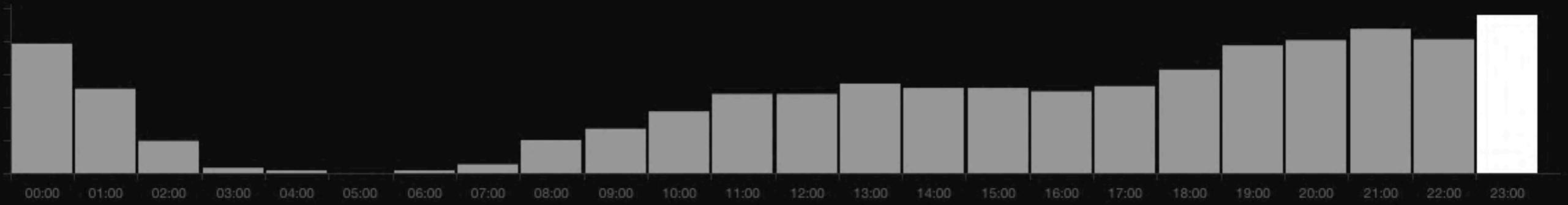
MOVIE PLAYS BY MONTH



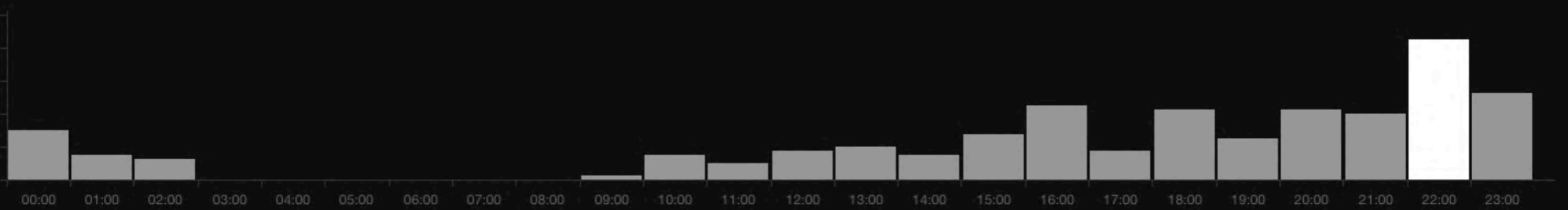
MOVIE PLAYS BY DAY OF THE WEEK



MOVIE PLAYS BY TIME OF DAY



EPISODE PLAYS BY TIME OF DAY



MOVIE PLAYS BY TIME OF DAY

TV SHOW NETWORKS





Hello, matrixagent

MEMBER SINCE SEP 4, 2011 00:33

VIP OG



2019

YEAR TO DATE

ALL TIME STATS >
YOUR PROFILE >



507 days, 21 hours, 13 mins watching
19,484 episodes (20,982 plays of 323 shows)

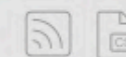


164 days, 19 hours, 57 mins watching
2,073 movies (2,177 plays)



10,733 episodes (170 shows) collected
1,103 movies collected

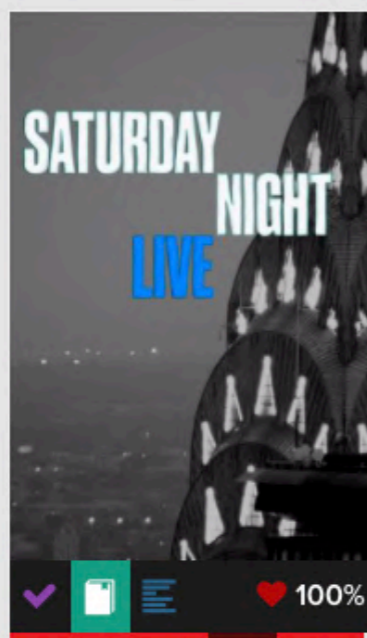
Up next to watch



SEE MORE >



2x01 Infamy: A Sparrow in ...
The Terror



26x03 Dana Carvey/The ...
Saturday Night Live



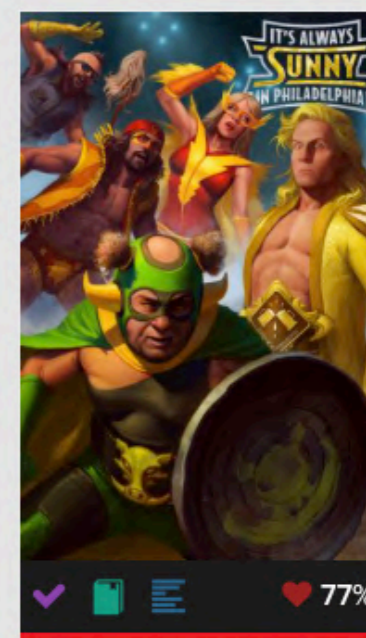
5x01 Episode 1
The Affair



4x01 A Girl from Arizona (1)
The Good Place



4x01 401 Unauthorized
Mr. Robot

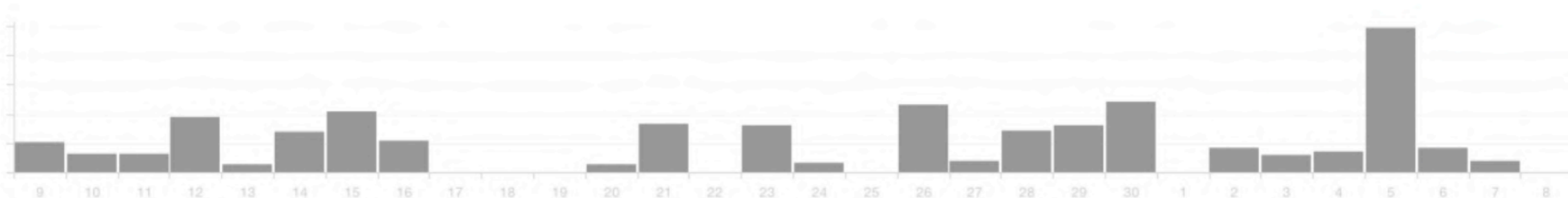


14x01 The Gang Gets Rom...
It's Always Sunny in Philade...

Last 30 days at a glance

1 DAY, 14 HOURS, 0 MINS WATCHED — 45 EPISODES — 4 MOVIES

YEARLY STATS > ALL TIME STATS >



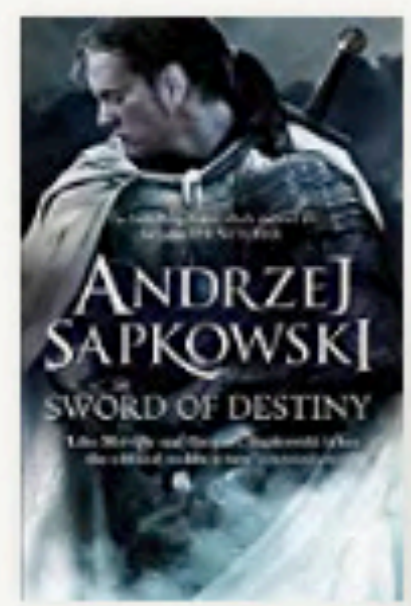
```

365     $top250inreviewyear_count++;
366     $top250inreviewyear_sumratings += $movieinfos[$value]['rating_advanced'];
367     $top250inreviewyear_duration += $movieinfos[$value]['runtime'] * $x;
368     $top250inreviewyear[] = $value;
369 }
370
371 $all_sumratings += $movieinfos[$value]['rating_advanced'];
372 $all_duration += $movieinfos[$value]['runtime'] * $x;
373
374 }
375 }
376
377
378 echo "=====";
379 echo "\n $yeartoreview movie stats for $username";
380 echo "\n=====";
381 echo "\nWatched " . count($imdblist) . " movies altogether; " . count($imdblist_unique) . " different ones.";
382 echo "\nComplete runtime of all " . count($imdblist) . " movies: " . le_minutes(60 * $all_duration) . ".";
383 echo "\nAverage rating was " . round($all_sumratings / count($imdblist_unique), 1) . ".";
384 echo "\n";
385 echo "\nOf these, $initialwatchinreviewyear_count movies watched for the first time.";
386 echo "\nTheir complete runtime: " . le_minutes(60 * $initialwatchinreviewyear_duration) . ", ";
387 echo "average rating " . round($initialwatchinreviewyear_sumratings / $initialwatchinreviewyear_count, 1) . ".";
388 echo "\n";
389 echo "\nOf these, $releasedinreviewyear_count movies were released in $yeartoreview.";
390 echo "\nTheir complete runtime: " . le_minutes(60 * $releasedinreviewyear_duration) . ", ";
391 echo "average rating " . round($releasedinreviewyear_sumratings / $releasedinreviewyear_count, 1) . ".";
392 echo "\n";
393 echo "\nSeen $top250inreviewyear_count ($ntop250inreviewyear_count) movies (newly) from the IMDb Top 250 in $yeartoreview.";
394 echo "\nTheir complete runtime: " . le_minutes(60 * $top250inreviewyear_duration) . " (" . le_minutes(60 * $ntop250inreviewyear_du
395 echo "average rating " . round($top250inreviewyear_sumratings / $top250inreviewyear_count, 1) . " (" . round($ntop250inreviewyear_
396
397 echo "\n\n=====";
398 echo "\n Best 15+ rated movies released in $yeartoreview";
399 echo "\n=====";
400 $a = 0;
401 $curr_rat = 10;
402 $ignorebestlist = @explode(',', $argv[4]);
403
404 if($releasedinreviewyear_count > 15) {
405     $cylimit = 15;
406 }
407 else {
408     $cylimit = $releasedinreviewyear_count;
409 }
410
411 while($a < $cylimit)
412 {
413     foreach ($allratings_withininfos as $key => $value) {
414         if($value['year'] == $yeartoreview && $value['rating_advanced'] == $curr_rat && !in_array($value['imdb_id'], $ignorebestlist))
415             {

```

Reading

CURRENTLY READING



Sword of Destiny (The Witcher, #0.75)

by Andrzej Sapkowski

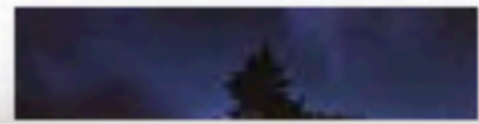
65%

[View all books](#)

2019 READING



UPDATES



Awareness: A de Mello
in His Own

Mello



ony de M
ness. Mixi
; Hindu b
.. Continu

Currently % done %

[I'm finished!](#)

420 characters left

[Cancel](#) [Update progress](#)





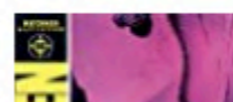
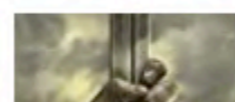
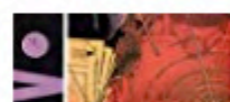
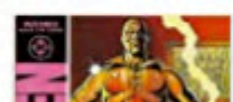
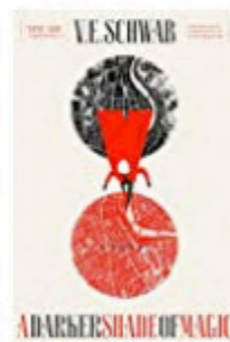
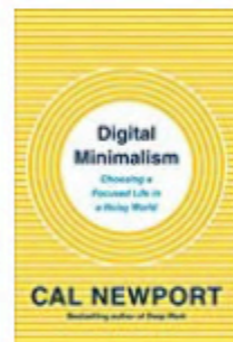
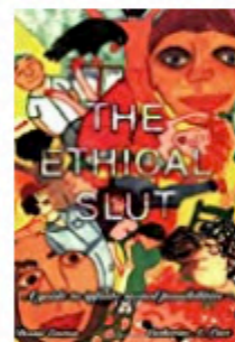
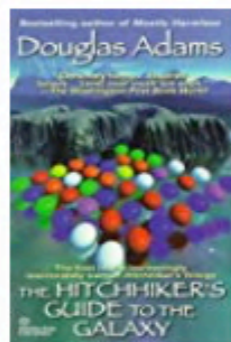
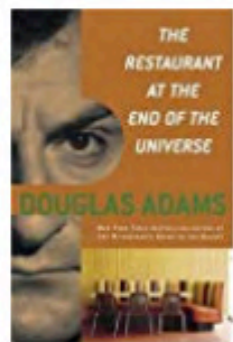
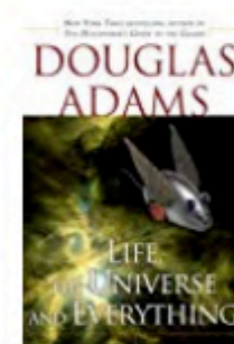
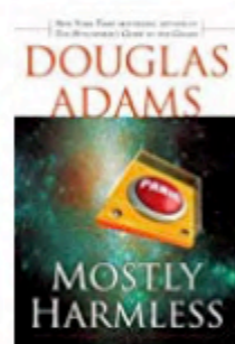
2019 READING CHALLENGE

Participants	3,985,193
Books Pledged	249,635,671
Avg. Books Pledged	62
Time Left	84 days, 12 hours



You have read 38 of 12 books in 2019.

YOUR 2019 BOOKS



Games

Date range
From To

Day duration Top Applications Top Documents Top Computer Usage Top Tags Custom +

Show top Groups















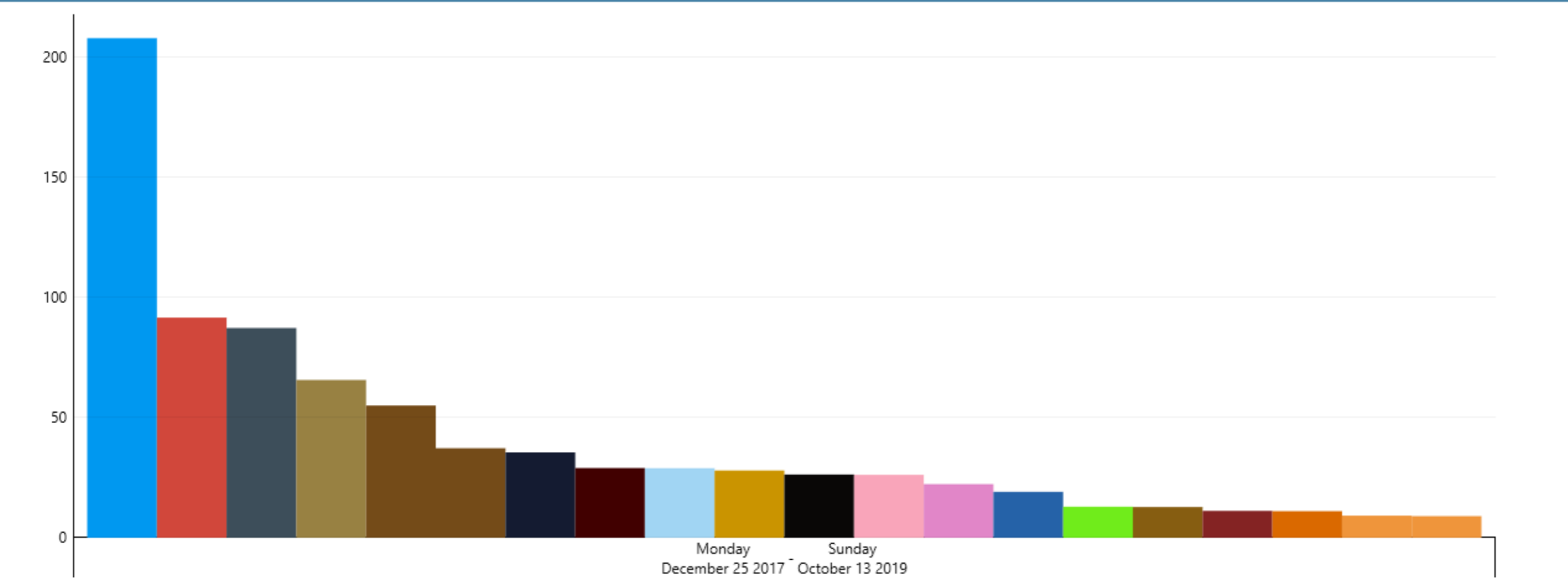
#	Color	Name	Total (range)	Total (all)
1		Rocket League	208.12 h	208.12 h
2		Google Chrome	91.56 h	91.56 h
3		Java(TM) Platform SE 8	87.27 h	87.27 h
4		ACOrigins	65.61 h	65.61 h
5		Plex	54.95 h	54.95 h
6		PlexMediaPlayer	37.14 h	37.14 h
7		Far Cry 5	35.39 h	35.39 h
8		The Witcher 3	28.86 h	27.02 h
9		Middle-earth™: Shadow of War™	28.79 h	28.79 h
10		Windows Explorer	27.85 h	27.84 h

Chart **Table**

Group by Chart type   Export  





mmns



2019
September



2019
September



5 Sa 1 hr 45 min



4 Fr 2 hr 35 min



3 Th 7 hr 30 min



2 We 4 hr 20 min



1 Tu 5 hr 00 min



30 Mo 4 hr 30 min



29 Su 1 hr 15 min



All

manu

Average Time Played

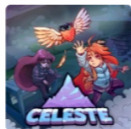
3 hr 15 minutes per day

Versus last month: + 2 hr 20 min



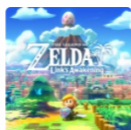
Most Played (Time)

1



Celeste

2



The Legend of Zelda: Link's Awakening

3



Captain Toad: Treasure Tracker

4

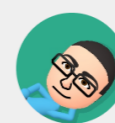


Super Nintendo Entertainment System - Nintendo Swi...

5



Untitled Goose Game



All

manu

18

Versus last month: - 3



Most Played (Days)

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Time Played



Monthly Summary



Console Settings



Time Played



Monthly Summary



Console Settings



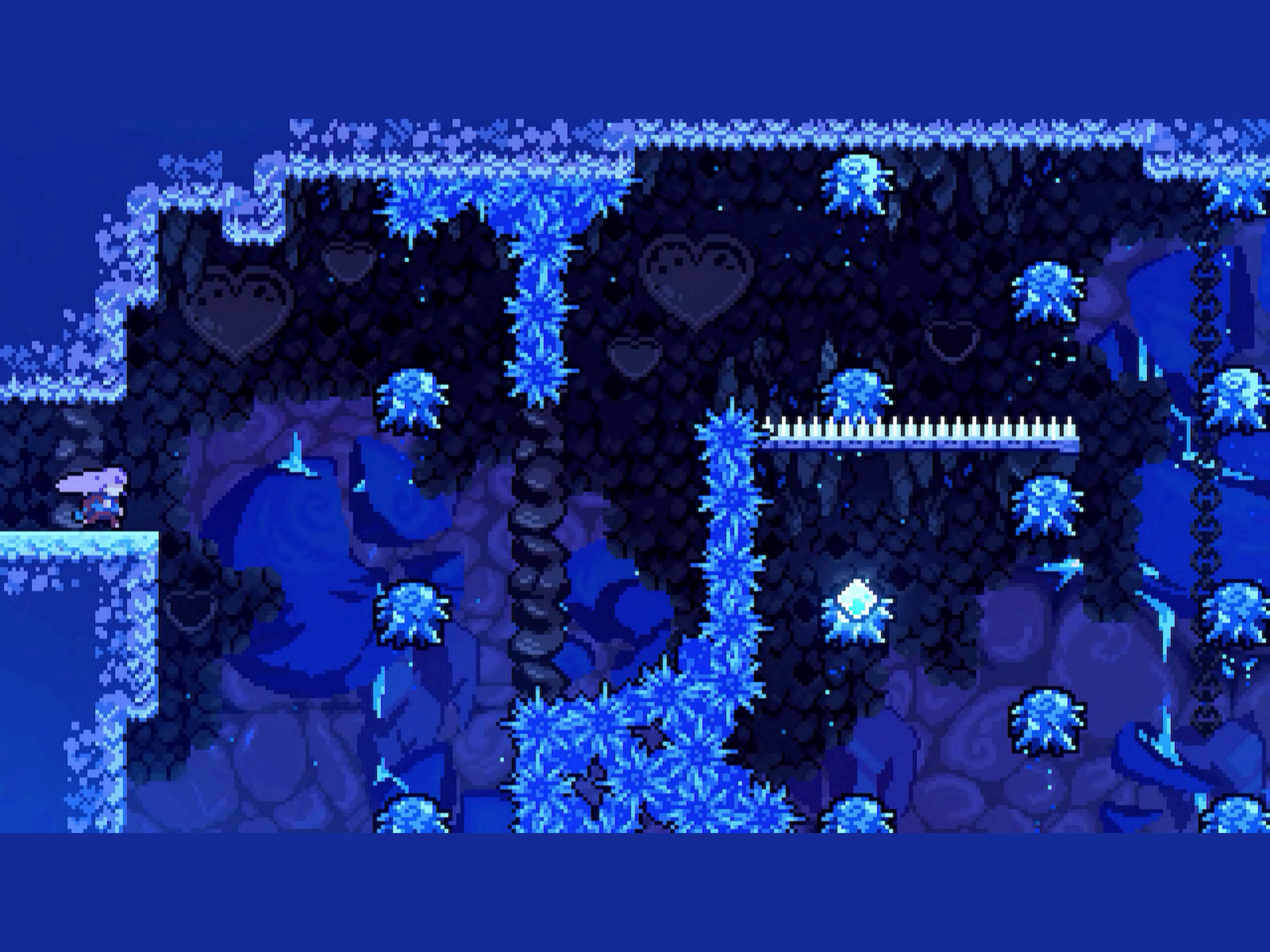
Time Played



Monthly Summary



Console Settings



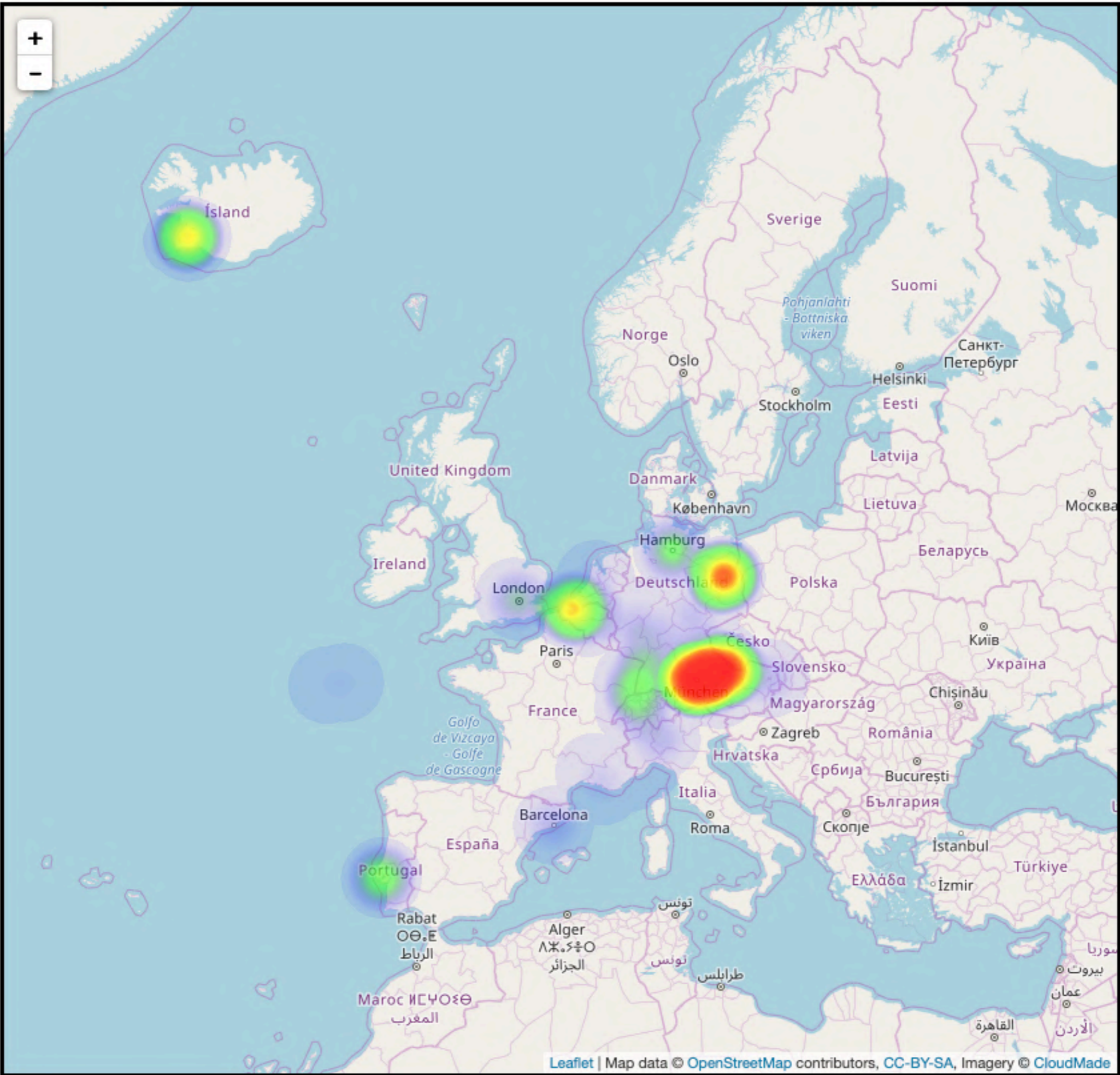
PROGRESS



Forsaken City				20/20	122	152	200	1:57:45.234
Old Site				18/18	102	220	4	2:40:47.194
Celestial Resort				25/25	395	583	0	3:28:44.223
Golden Ridge				29/29	425	450	0	6:34:58.204
Mirror Temple				31/31	309	368	0	3:03:45.367
Reflection				-	158	806	0	3:48:57.972
The Summit				47/47	1067	1577	0	9:31:53.684
Core				2/5	345	962	1	4:03:40.391
Farewell				-		6230		20:14:21.864
TOTALS				172		14.5k		55:26:20.646



Where am I?



Settings

Settings

Privacy

Privacy

Location Services

- General
- Control Center
- Display & Brightness
- Accessibility
- Wallpaper
- Siri & Search
- Face ID & Passcode
- Emergency SOS
- Battery
- Privacy
- iTunes & App Store
- Wallet & Apple Pay
- Passwords & Accounts
- Mail
- Contacts

- Location Services On >
- Contacts
- Calendars
- Reminders
- Photos
- Bluetooth
- Microphone
- Speech Recognition
- Camera
- Health
- HomeKit
- Media & Apple Music
- Files and Folders
- Motion & Fitness

- PayPal Ask >
- Safari Websites While Using >
- Shortcuts While Using >
- Siri & Dictation Ask >
- Strava While Using >
- Telegram Always >
- Tweetbot While Using >
- Twitter While Using >
- Voice Memos While Using >
- Wallet While Using >
- Weather While Using >
- System Services >

As applications request access to your data, they will be added in the categories above.

- A hollow arrow indicates that an item may receive your location under certain conditions.
- A purple arrow indicates that an item has recently used your location.
- A gray arrow indicates that an item has used your location in the last 24 hours.

- Privacy
- Location Services
- PayPal
- Safari Websites
- Shortcuts
- Siri & Dictation
- Strava
- Telegram
- Tweetbot
- Twitter
- Voice Memos
- Wallet
- Weather
- System Services**

A hollow arrow indicates that an item may receive your location under certain conditions.

A purple arrow indicates that an item has recently used your location.

A gray arrow indicates that an item has used your location in the last 24 hours.

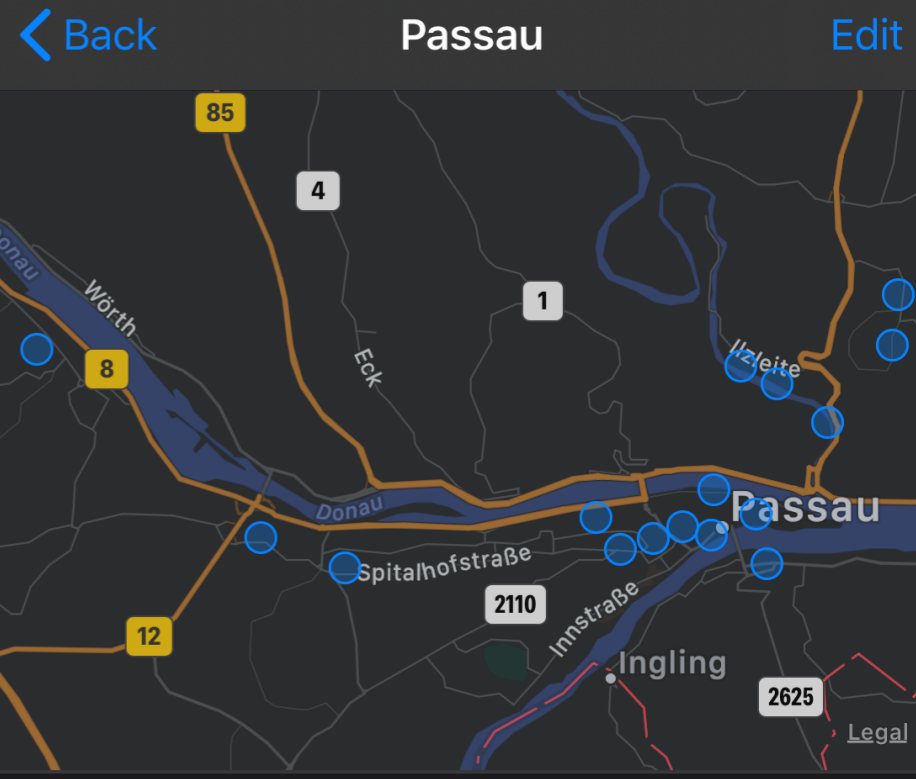
- Setting Time Zone
- Share My Location
- System Customization
- Wi-Fi Calling
- Wi-Fi Networking & Bluetooth
- Significant Locations**
- PRODUCT IMPROVEMENT

- iPhone Analytics
- Popular Near Me
- Routing & Traffic
- Improve Maps

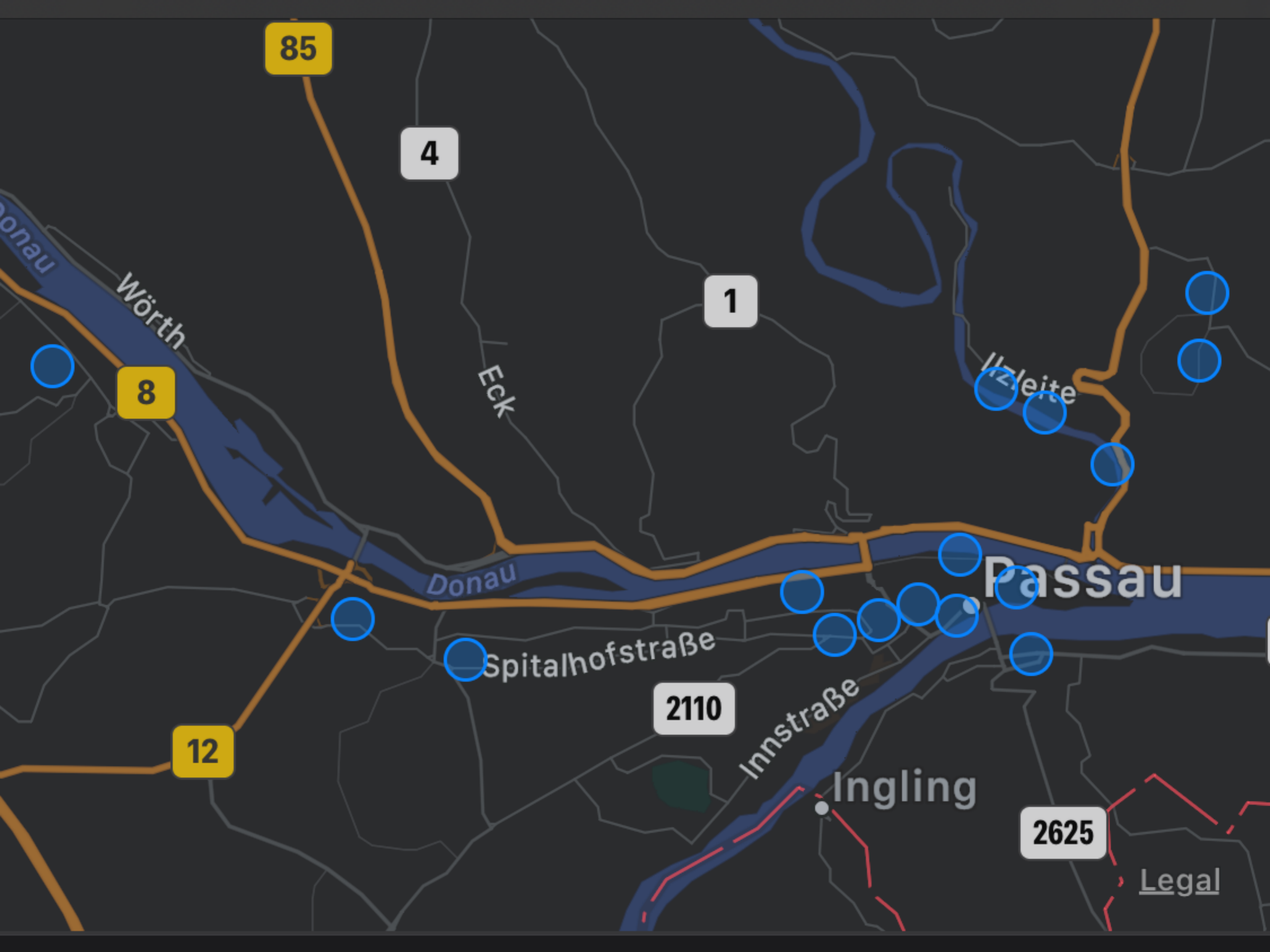
Allow Apple to use your frequent location information to improve Maps. [About Improve Maps & Privacy...](#)

Status Bar Icon

Show the Location Services icon in the status bar when the services above request your location.



- Äußere Spitalhofstraße
- Zahnarztpraxis Hans-Caspar Hüsken
- Alte Straße
- Cafe Kowalski
- Stromlänge
- Passau Hauptbahnhof
- Passau
- Stromlänge



85

4

1

8

12

2110

2625

Donau

Wörth

Eck

Ilzleite

Passau

Donau

Spitalhofstraße

Innstraße

Ingling

Legal

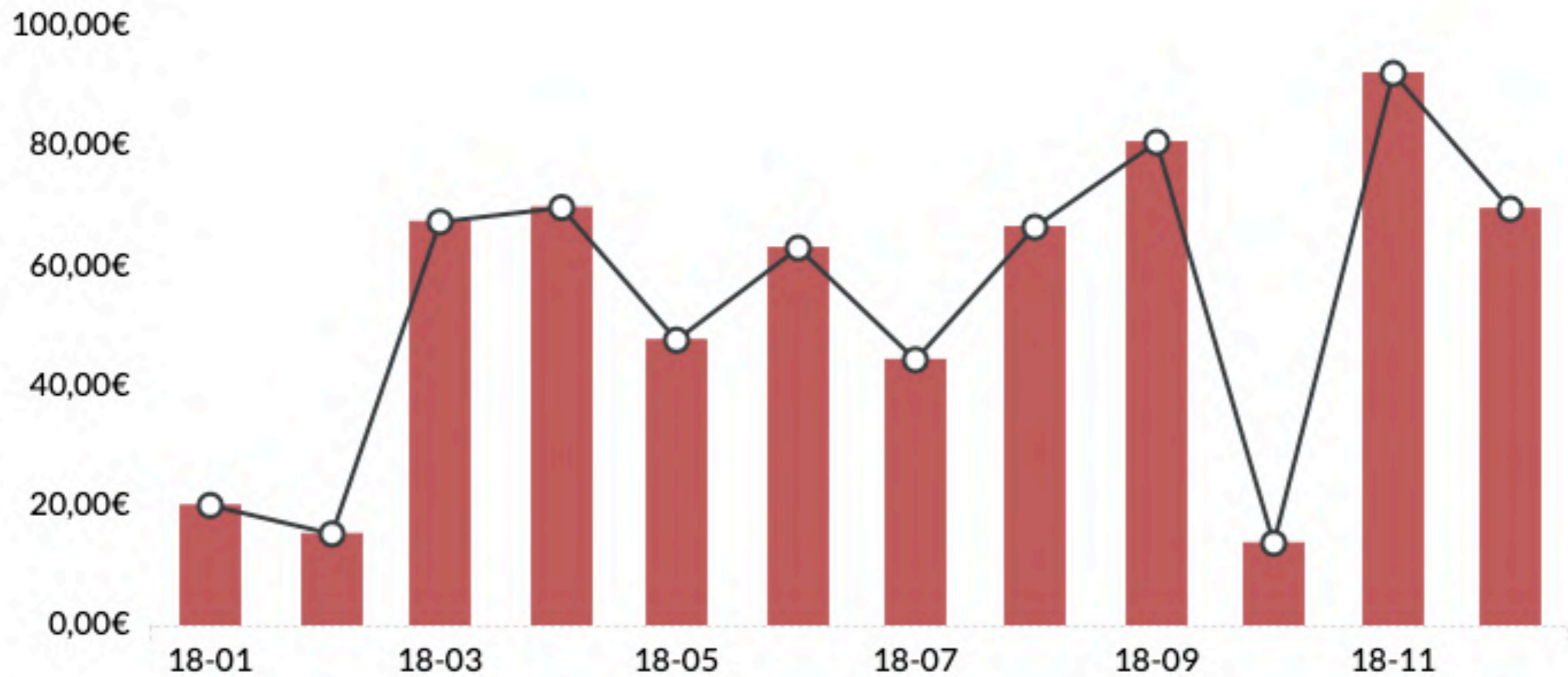
Money

Some Categories ▾ Jan 2018–Dec 2018 ▾ All Accounts ▾

Totals Trends

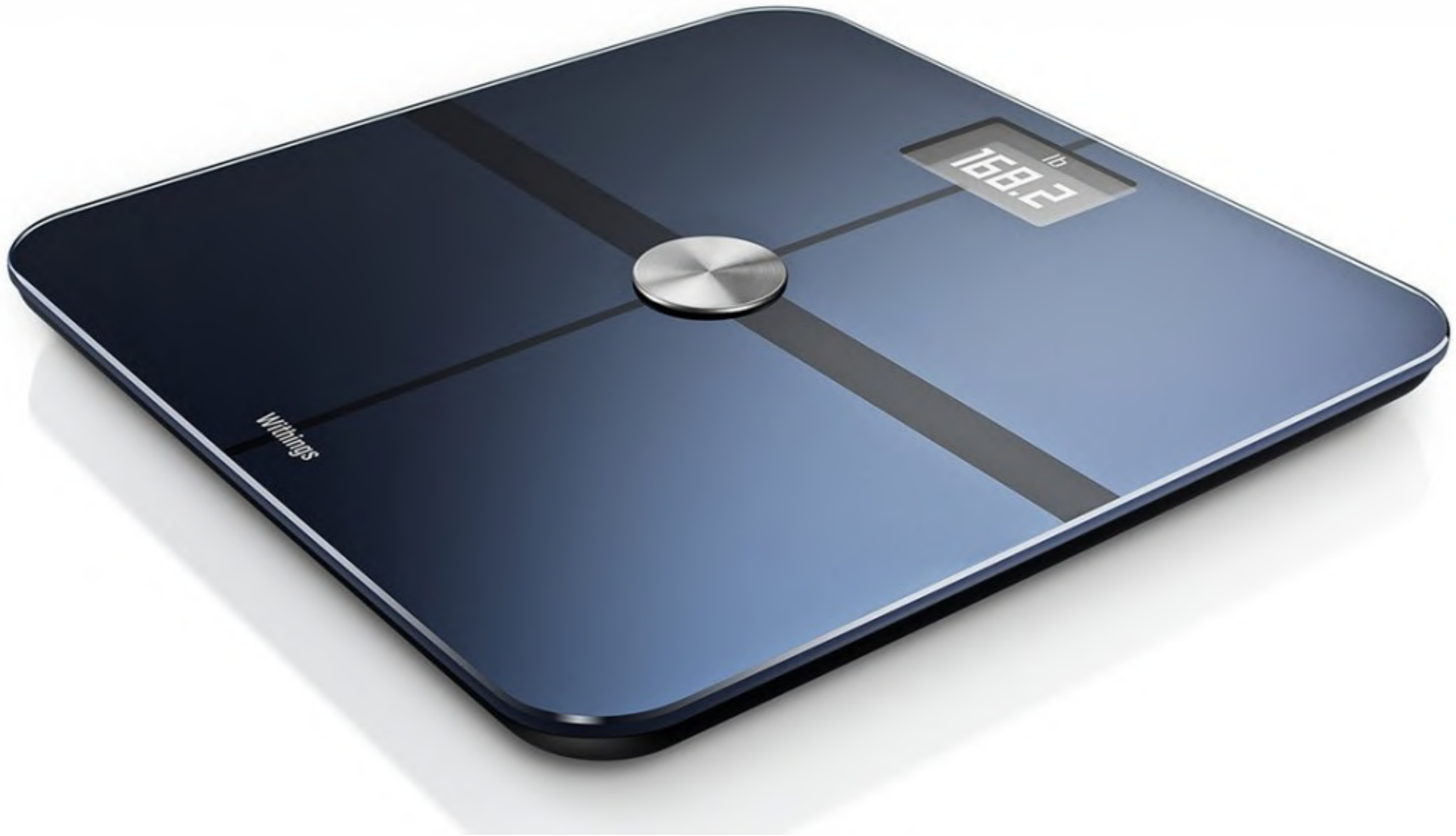
Spending Trends

Some Categories ▶ Laufende Kosten



Calories

Weight

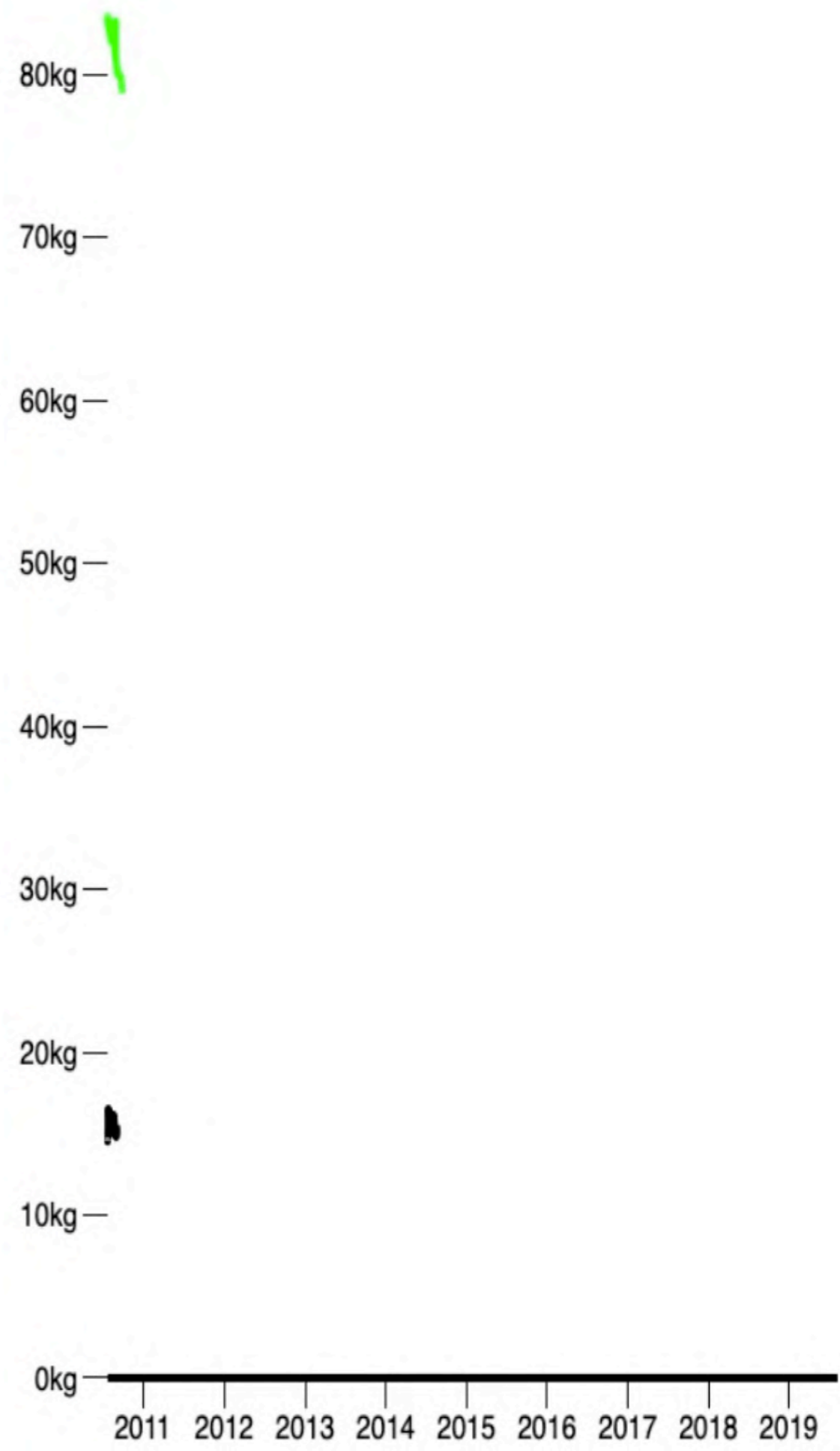


Withings

168.2 lb

My face

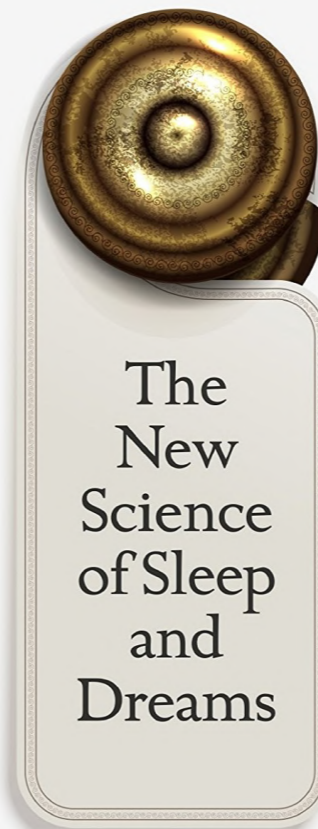
2011-05-12



Sleep

MATTHEW
WALKER

Why We
Sleep

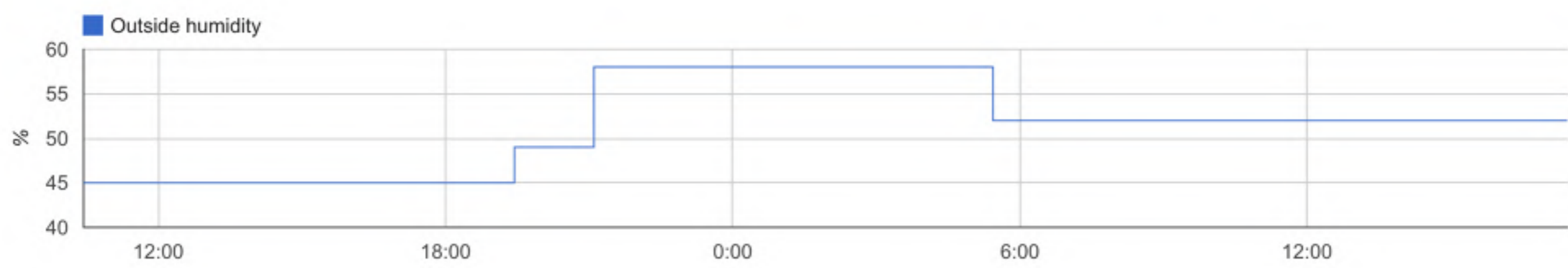
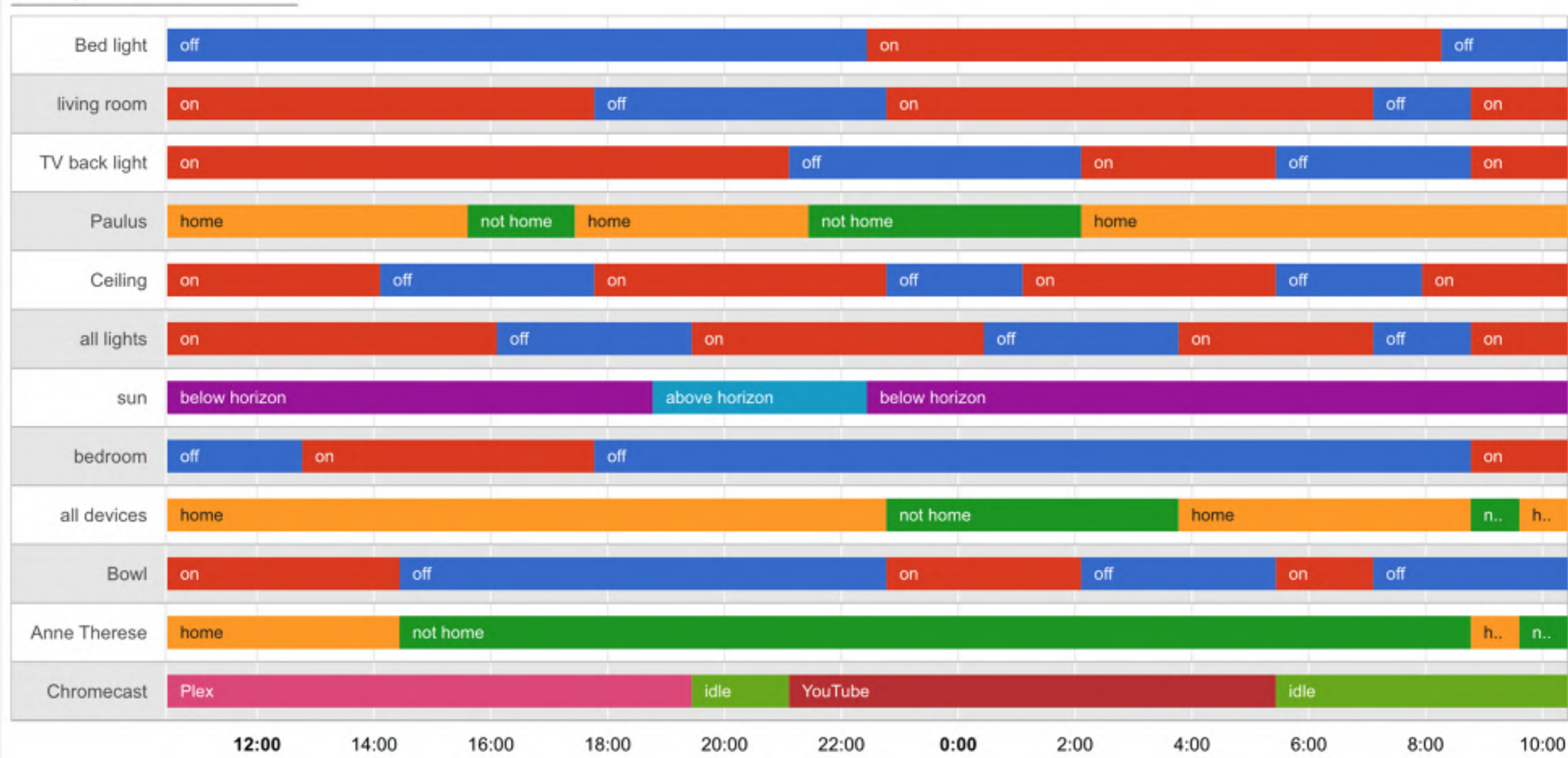


The
New
Science
of Sleep
and
Dreams

allen lane

Sleep / Light

Showing entries for
Fri Aug 07 2015





Fitness / Health

Running



Edit profile

Manu

@manu_faktur

Dev/WebOps @mymusi. I run a lot. Linksgrünversifft.

Passau, Germany manu@grabowski.de Born October 13, 1985

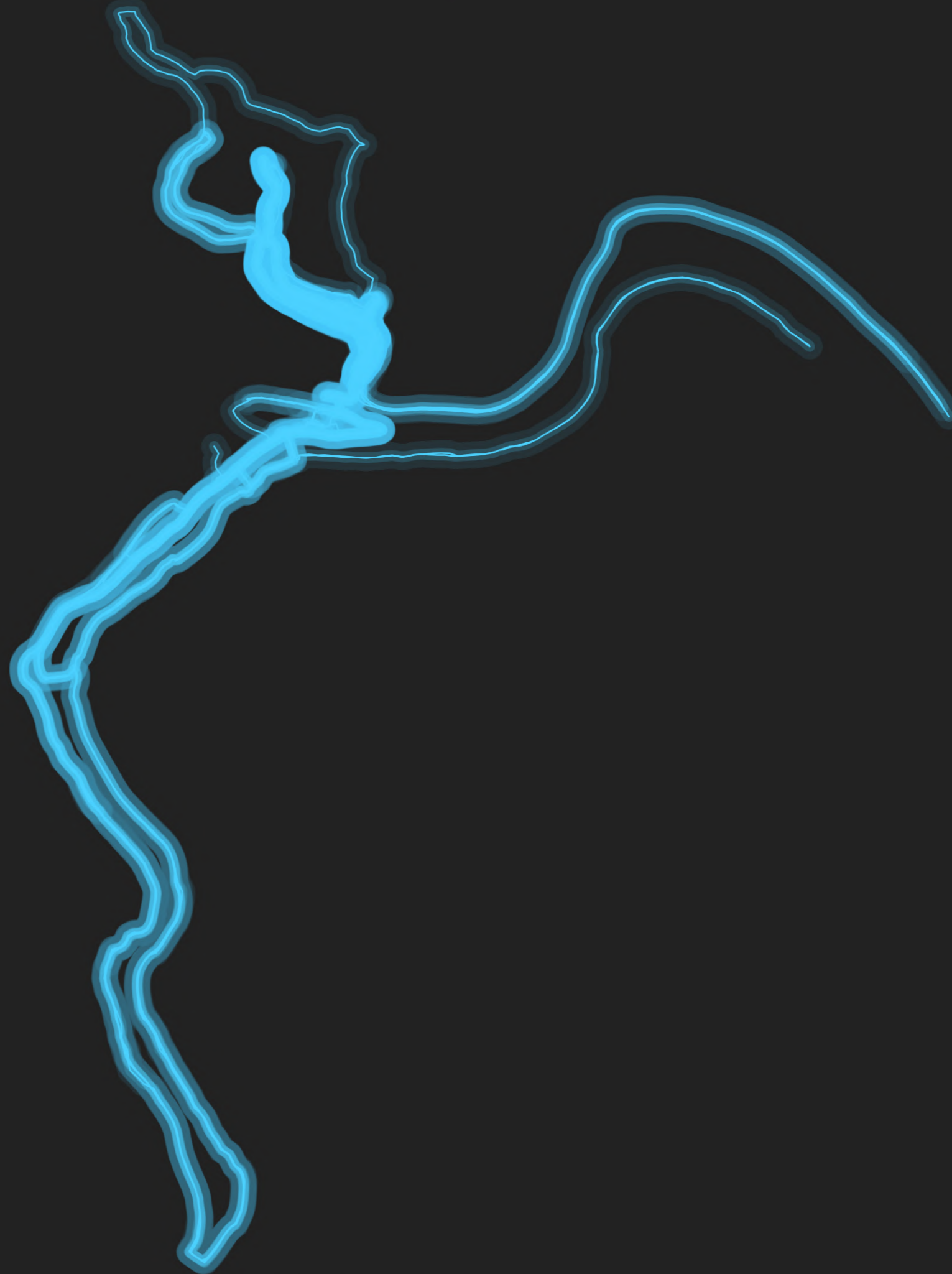
Joined July 2008

72 Following 1,948 Followers

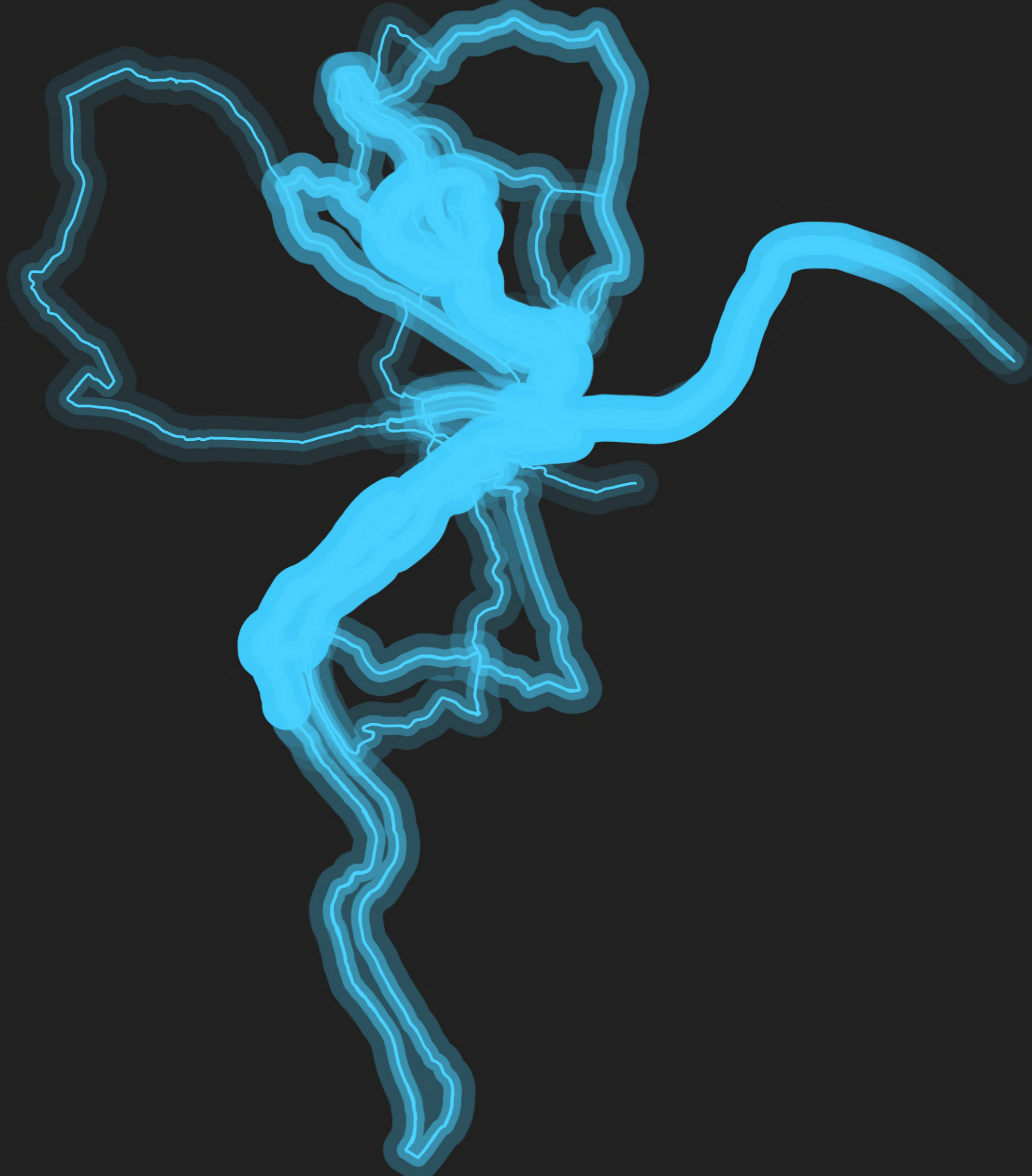
Running

- Started in 2014
- 1515 runs since then
- Almost 15.000 km
- About 650MB of data

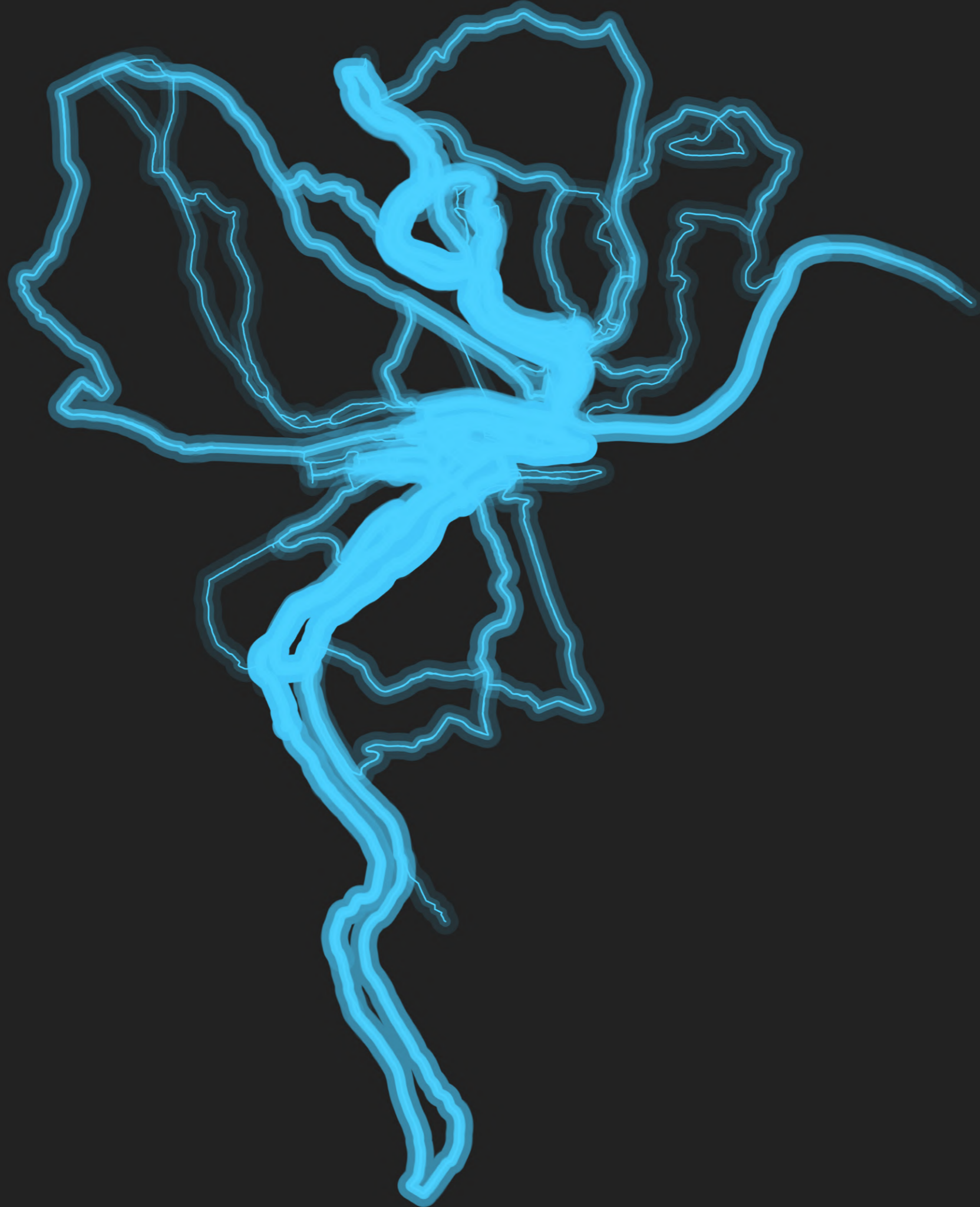
2019



2018



2016

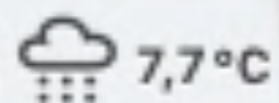


Demo

DEU > Bayern > Salzweg

Passau

📅 3. Oct 2019
🕒 48:01min
↔ 8,00km
⌚ 6:00min/km
▲ 25m/-42m
❤️ 146bpm
💖 667kcal



🔄 3

📁 3

alone

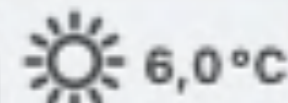
podcast



DEU > Bayern > Salzweg

Passau

📅 15. Sep 2019
🕒 48:02min
↔ 7,90km
⌚ 6:05min/km
▲ 27m/-42m
❤️ 163bpm
💖 793kcal



🔄 2

📁 3

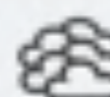
alone

music



DEU > Bayern > Salzweg

Passau

 16,1°C



 12. Aug 2019
 59:02min
 10,19km
 5:48min/km
 23m/-39m
 153bpm
 885kcal



 2

 3


alone

podcast








★★★★★

DEU > Bayern > Salzweg


Passau

 14,3°C



 4. Aug 2019
 1:00:34h
 10,45km
 5:48min/km
 28m/-44m
 160bpm
 973kcal



 2

 3

alone

podcast

★★★★★

Fun Facts

- Last run with Sebastian was exactly 375 days ago
- Furthest runs are beginning between 5am and 6am
- Each degree Celsius costs about 3 seconds per km
- 60% of runs listening to podcasts, 30% listening to music, ca. 5% audiobooks, and 5% without anything

- Library
- Recently Added
 - Artists
 - Albums
 - Songs
 - Genres
- Devices
- mmxs
- Music Playlists
- Events
 - Birthday #32
 - Chillvester 2017
 - Functional
 - #0 – Normal albums
 - #99 – All except
 - #99 – Except
 - Races
 - Airport Night Run 2019**
 - Stadtlauf 2017
 - Genius Mixes
 - Forgotten?
 - Hot Singles in my area
 - Most played
 - Most played (long)
 - No Artwork
 - Often played
 - Recently added
 - Recently played
 - Unplayed



Airport Night Run 2019

13 songs • 55 minutes

Shuffle All

	Heart-Shaped Box (Orchestra Version)	Ramin Djawadi	Westworld: Season 2	2018	Soundtrack	3:25
	Wo ist die Party	Grosstadtgeflüster	Fickt-Euch-Allee (Episode 1)	2015	Electro	3:29
	Television Rules The Nation / Crescendolls	Daft Punk	Alive 2007	2007	Electro	4:51
	A Circus of Heartbreakin' Divas (Pat Benatar vs....)	Titus Jones	Best of Bootie 2009	2009	Mash-Up	2:56
	Quotentürke	Eko Fresh	1 Wonder	2013	Hip-Hop/Rap	3:11
	Alarm	Boys Noize	1 Wonder	2007	Electro	3:14
	Definition von Fett (feat. Fatoni)	Fettes Brot	Gebäck in the Days - Live in Hamburg	2017	Hip-Hop/Rap	5:21
	Andrew Fights For His Right (Tim G)	Beastie Boys vs. Andrew...	MashMeUp	2004	Mash-Up	2:37
	30-11-80	Sido	1 Wonder	2013	Hip-Hop/Rap	10:19
	Cosby Sweater	Hilltop Hoods	Walking Under Stars	2014	Hip-Hop/Rap	3:38
	Medley: Hunger / Helping Hand / Erzähl mir was...	Blumentopf	Die letzte Show	2017	Hip-Hop/Rap	4:31
	Teenager Vom Mars	Fettes Brot	Teenager vom Mars	2015	Hip-Hop/Rap	2:57
	Shake It Off (The Perfect Drug) (Nine Inch Nails...)	Isosine	MashMeUp	2015	Mash-Up	3:47

Fitness and health data tracking in general



GARMIN
Forerunner 301

TIME
ACQUIRING...
12HRS BATTERY LEFT
11 3:30

mode reset enter
lap





runkeeper



Works with
Apple Health



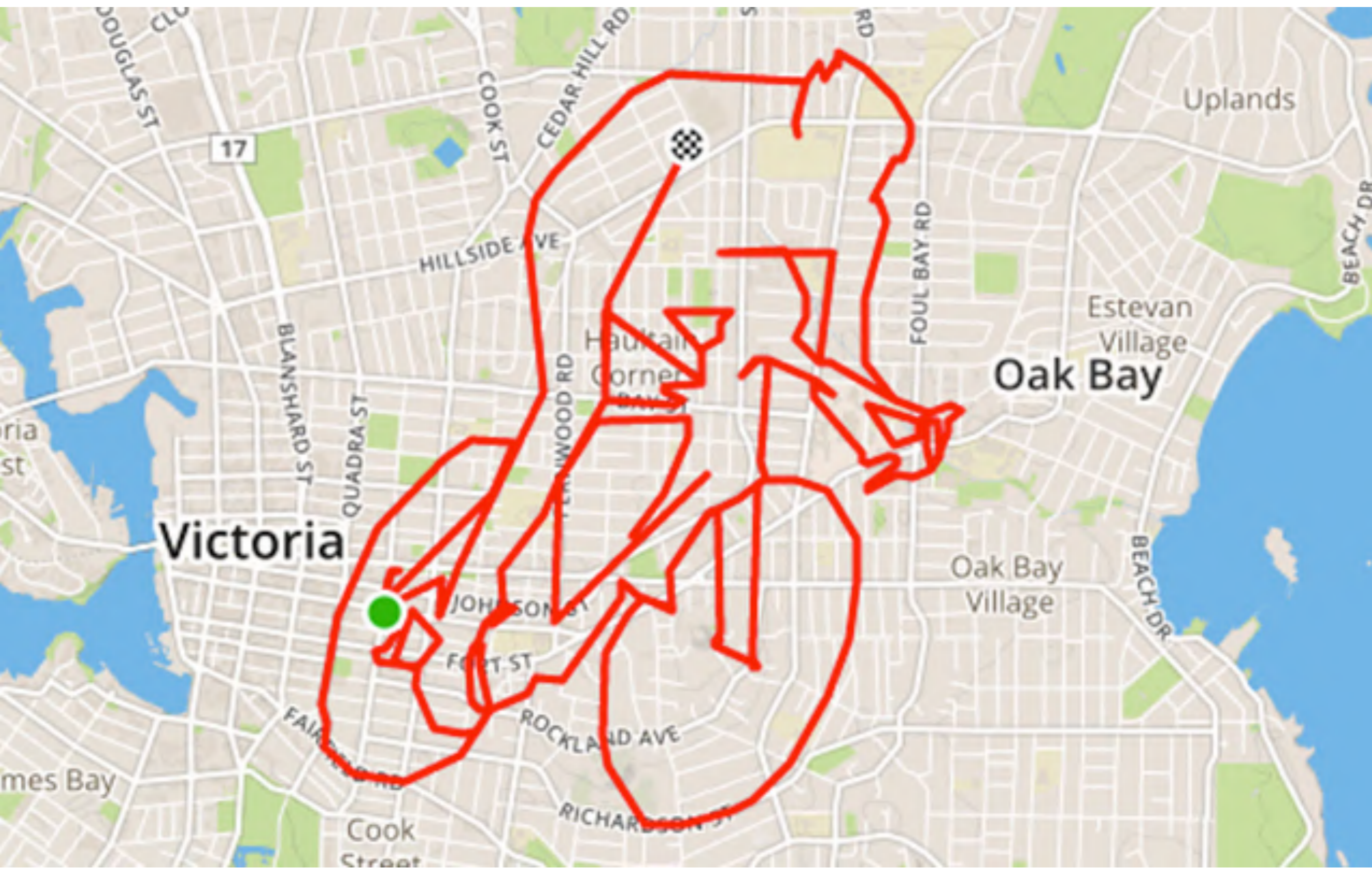
SAMSUNG
Health



Google Fit



mapmyrun



Victoria

Oak Bay

Uplands

Estevan Village

Oak Bay Village

Cook Street

17

RICHARDSON ST

ROCKLAND AVE

FOUNT ST

JOHNSON ST

QUADRA ST

BLANSHARD ST

HILLSIDE AVE

COOK ST

CEDAR HILL RD

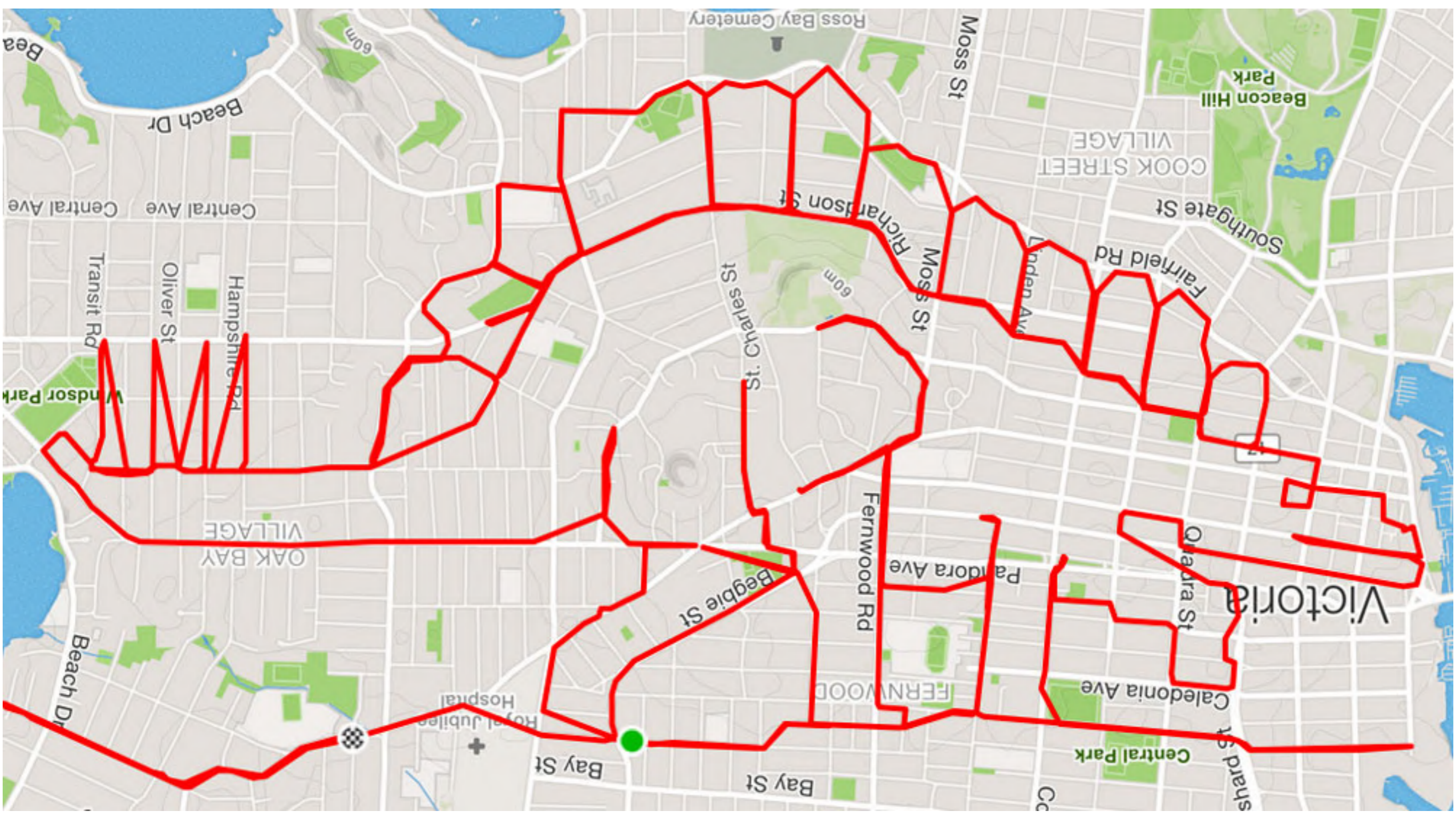
FOUL BAY RD

BEACHY DR

BEACHY DR

Victoria st

James Bay





Golden Gate Park
45th Avenue
Playground

Lincoln Way

Lincoln Way

INNER
SUNSET

Sunset Blvd

OUTER
SUNSET

19th Ave

Great Hwy

Noriega St

Noriega St

AP Giannini
Middle School

Abraham Lincoln
High School

SUNSET
DISTRICT

Herbert Hoover
Middle School

Great Hwy

46th Ave
48th Ave

19th Ave

Taraval St

Ulloa
Elementary
School

Sunset

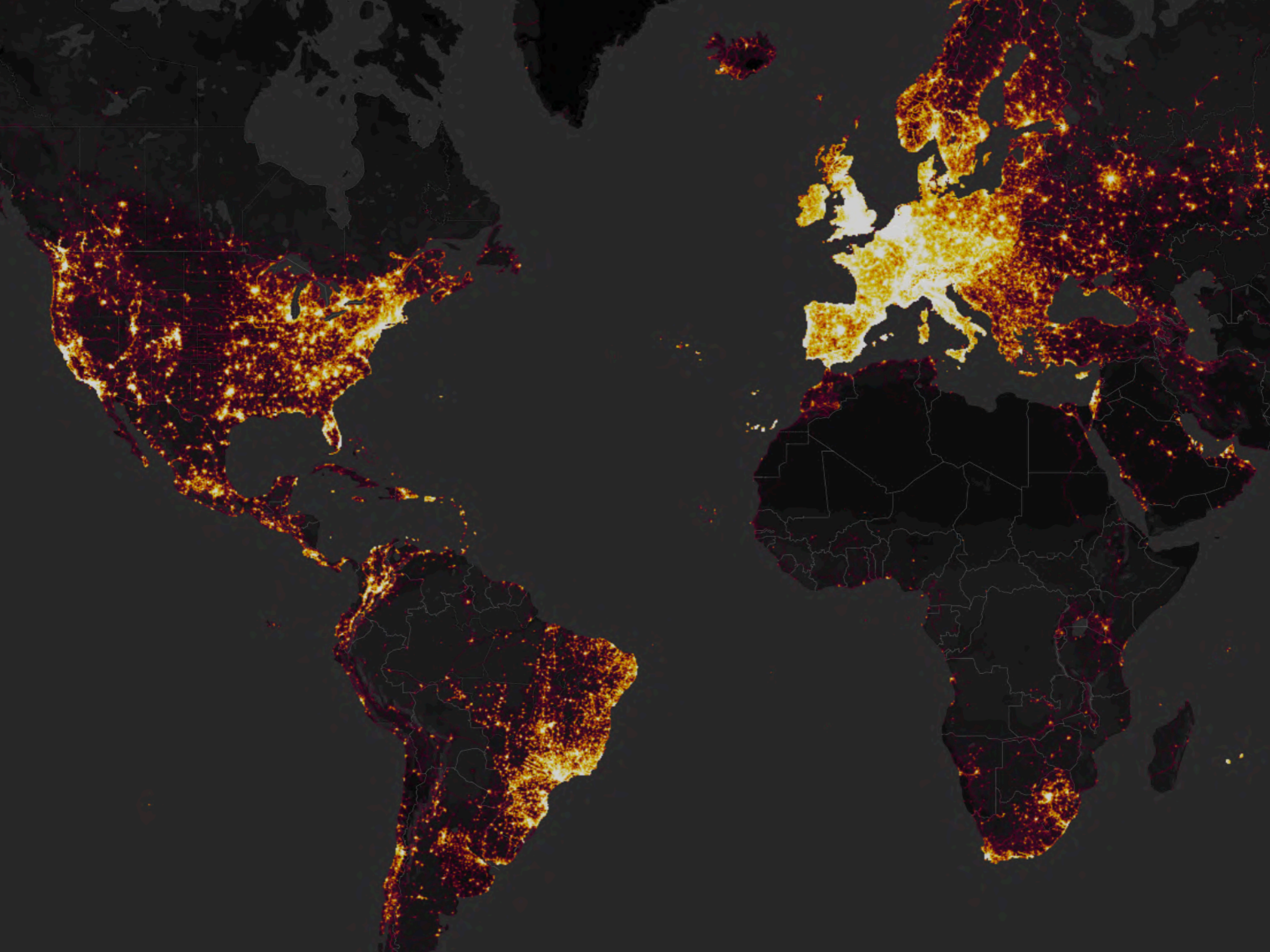
Tar
WEST
PORTAL



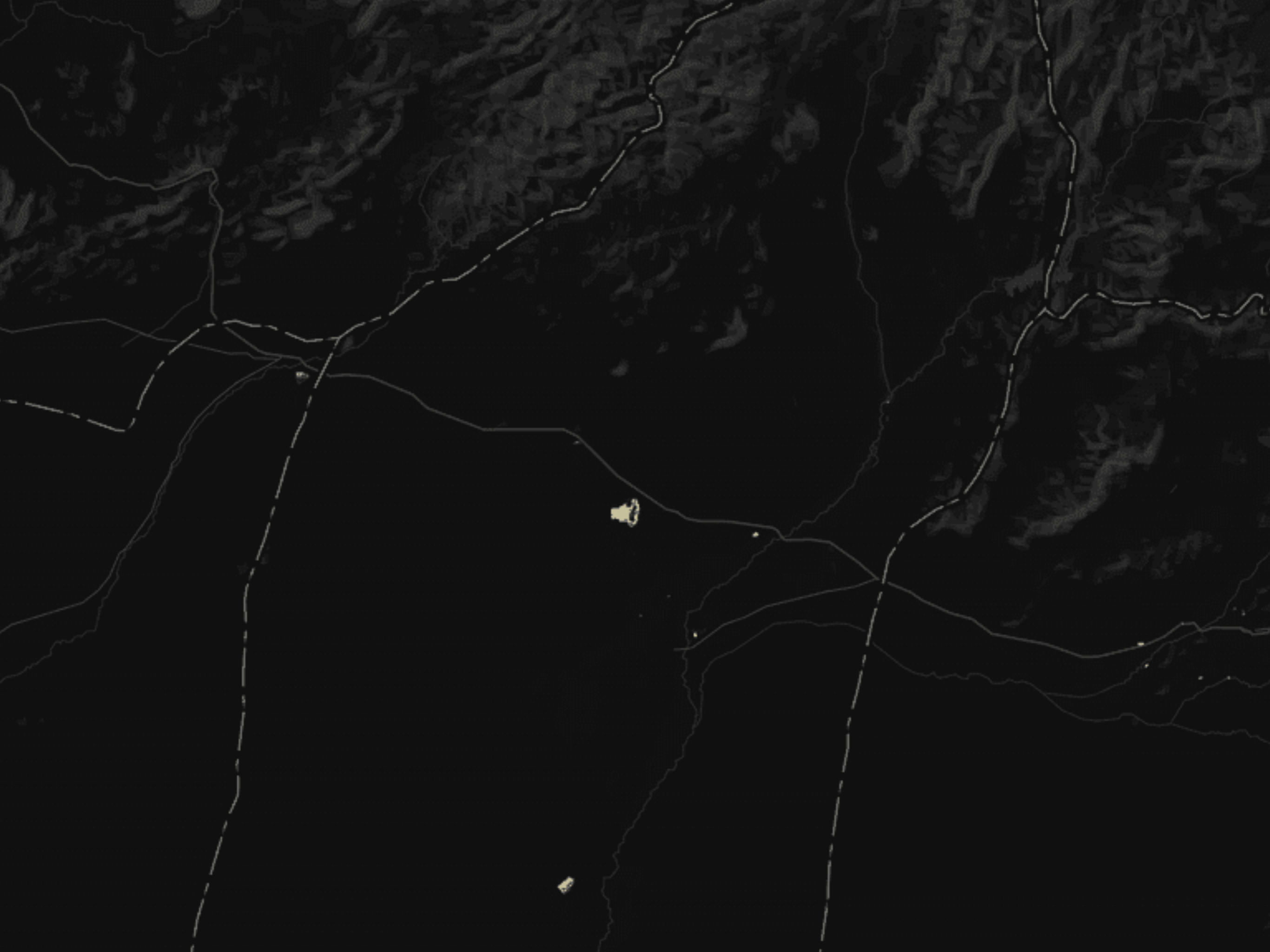
STRAMA™



Demo







GPS

Strava suggests military users 'opt out' of heatmap as row deepens

Fitness-tracking company suggests secret army base locations were made public by users, while militaries around world weigh up ban

Alex Hern

🐦 @alexhern

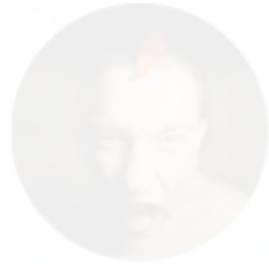
Mon 29 Jan 2018
10.46 GMT



▲ A Strava heatmap displaying the centre of Pyongyang, North Korea. Photograph: Strava heatmap







3:52 PM on Wednesday, October 2, 2019

20' Tempo

26.62 km

Distance

1:15:34

Moving Time

452 m

Elevation

25

Relative Effort

169 w

Weighted Avg Power

650 kJ

Total Work

53

Training Load

64%

Intensity

STRAVA LABS
View Flybys

Speed

Avg
21.1km/h

Max
42.5km/h

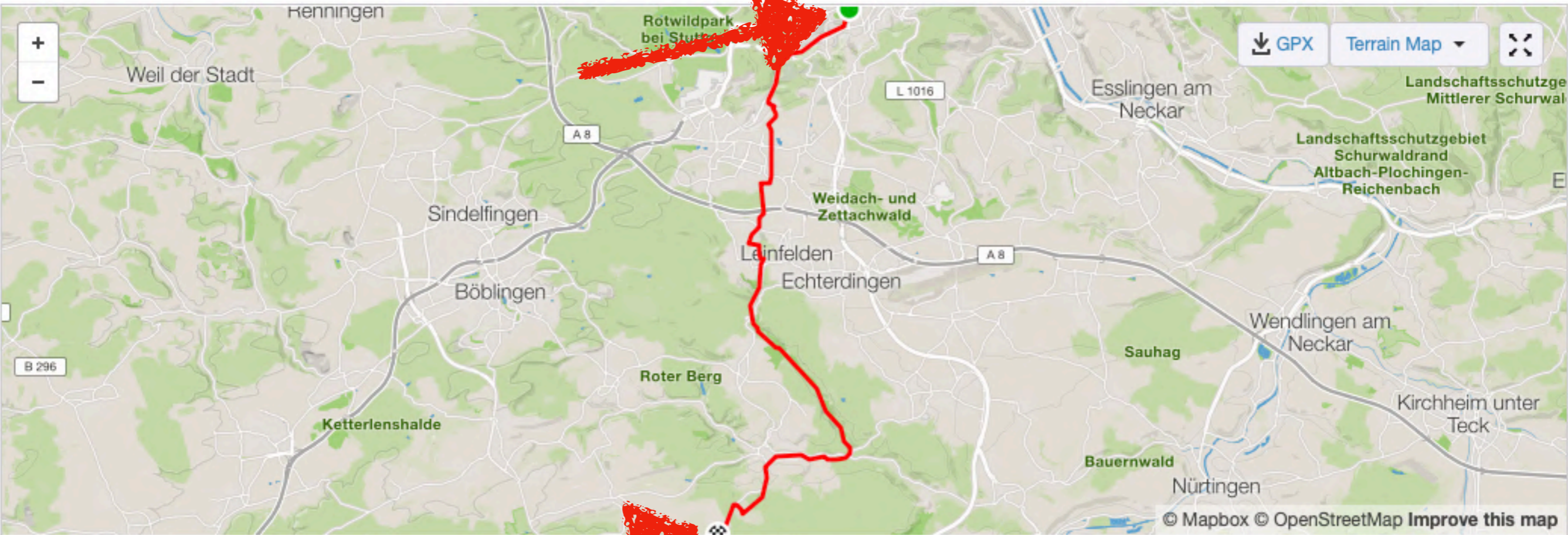
Show More

Elapsed Time

1:18:31

Wahoo ELEMNT

Bike: Canyon Roadlite CF 2018



500 m
450 m
400 m





Thieves using apps Strava and MapMyRide to spy on cyclists and steal their expensive bikes after finding out where they live

- Apps are used to record detailed map routes, average speed and elevation
- Users often start app recording from their home - revealing their address
- They also sometimes add make and model, which gives burglars options
- Humberside Police is warning cyclists to check privacy settings first

By [GEMMA MULLIN FOR MAILONLINE](#)

PUBLISHED: 12:47 BST, 27 January 2015 | **UPDATED:** 09:40 BST, 28 January 2015

Big data for better cities.

Get mobility insights
for your area today



City planners tap into wealth of cycling data from Strava tracking app

Seventy-six cities and regions are using Strava Metro data to help assess and shape transport policy



▲ Cyclists on the Tilikum Crossing in Portland, Oregon. Photograph: Timothy J. Gonzalez/AP





Fall



Trip



Slip





Perfect Month
October 2017



Perfect Month
November 2017



Perfect Month
December 2017



Perfect Month
January 2018



Perfect Month
February 2018



Perfect Month
March 2018



Perfect Month
April 2018



Perfect Month
May 2018



Perfect Month
June 2018



Perfect Month
July 2018



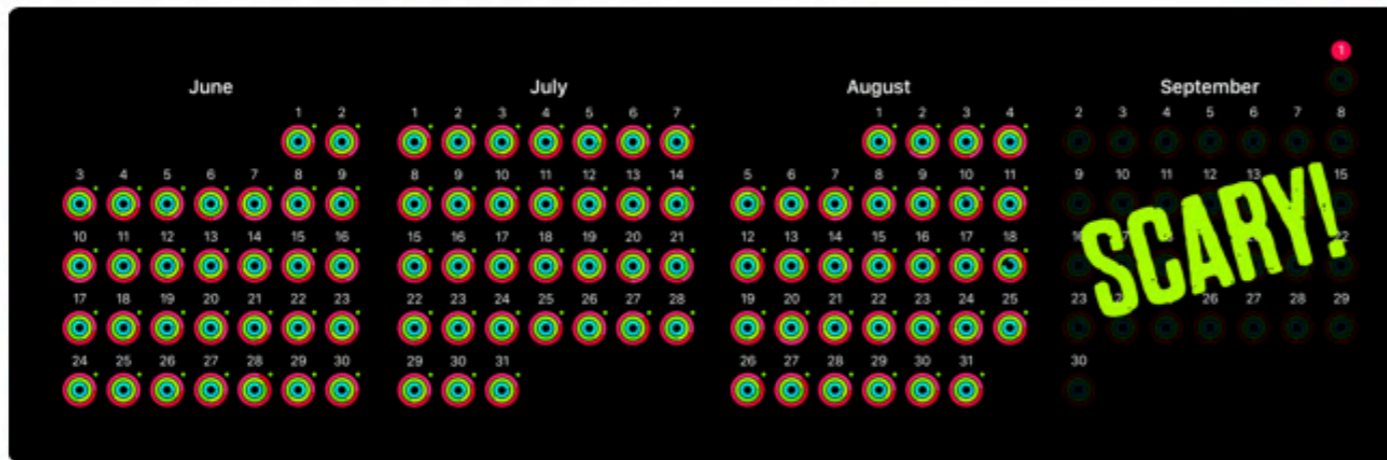
Perfect Month
August 2018



Perfect Month
September 2018

September 1, 2019

Hey, Apple – The Activity App Needs Rest Days Like Right Now



It's that time again. I woke up this morning and realized I'm once again starting a whole new month to try and keep my current move and exercise streaks alive in Apple's Activity app. I've been really proud of myself for keeping the streak going for 3 whole months (I know people who have gone years!) but honestly, looking ahead at an empty September is daunting.

The problem only gets worse over time. The longer my streak continues, the more pressure there is not to break it. It can be so stressful in fact, some people have come up with **clever hacks** to work around breaking streaks. Contrary to what the folks on Apple's Activity team may tell you, this **isn't actually healthy**. It's important to give your body (and mind) a break to recover and rebuild every now and then. Which is why iOS desperately needs to build in the concept of rest days into its Activity app.

I'm **Ged Maheux**, co-founder of the Iconfactory, artist, geek, and all-around everyman. Designing icons, apps and interfaces is my passion.

RECENT POSTS

[Hey, Apple – The Activity App Needs Rest Days Like Right Now](#)

[Hey, Travis Crabtree, The Legend of Boggy Creek Is Getting Remastered!](#)

[My New Favorite Thing: Birds Eye Cauliflower Tots](#)

[One Perfect Shot: Star Trek's 'The Galileo Seven'](#)

[Testing the T-Shirt Waters](#)

[My 2018 Nissan Leaf: Three Days In](#)



☆ Pandurenweg Climb

Run Segment Passau, BY, Germany

Distance Avg Grade Lowest Elev Highest Elev Elev Difference 449 Attempts By 57 People

0.45km 11% 308m 357m 49m



Fastest Times



All-Time PR 2:00 Sep 9, 2016



Marco Bscheidl
CR 1:39 Nov 20, 2017



Margaux Boiteau
CR 2:18 Jul 9, 2016

- All Time
- This Year
- My Results
- People I'm Following
- My Clubs
- Runners Passau
- mymuesli Sports
- STRAVA SUMMIT
- By Age Group
- 25 to 34
- See All
- By Weight Class
- 65 to 74 kg

MY CURRENT PLACE		MY BEST TIME		All-Time ▾		All ▾	
5 / 57		2:00					
Rank	Name	Date	Pace	HR	VAM	Time	
	Marco Bscheidl	Nov 20, 2017	3:37/km	165bpm	-	1:39	
2	Martin Grill	May 3, 2018	3:53/km	138bpm	-	1:46	
3	Christoph K.	Oct 6, 2017	3:57/km	141bpm	-	1:48	
4	Günter Krenn	Jan 25, 2019	3:59/km	162bpm	-	1:49	
5	Manuel Grabowski	Sep 9, 2016	4:23/km	184bpm	-	2:00	
6	Florian Zechmeister	Jul 2, 2016	4:36/km	-	-	2:06	



BIKES & TECH

Family sues Strava over descending death



Caley Fretz

June 19, 2012

Family of Berkeley man killed while chasing a downhill KOM sues social training site; Strava says suit is meritless



Two years ago, William “Kim” Flint lost his life descending a hill in Berkeley’s Tilden Park, braking suddenly to avoid a car and losing control of his bike. According to his family, Flint was chasing a new fastest time on the popular cycling website Strava, which allows users to compare times over a section of road or trail using GPS units.

[San Francisco’s local ABC News affiliate](#) has reported that Flint’s family is now suing San Francisco-based Strava for the death, claiming negligence and that the website encouraged him to speed.

“His family basically wants justice for him ” said Susan Kang the Flint



SEPT. 25, 2014

Did a Cycling App That Turns Casual Rides Into Time Trials Play a Role in the Central Park Bike Death?

By Clint Rainey



Jason Marshall, the cyclist who struck and killed Jill Tarlov in Central Park, was an avid Strava user
Photo: David McGlynn/Splash News/Corbis

The details of [last week’s bike accident](#) that resulted in the death of 59-year-old pedestrian Jill Tarlov aren’t clear yet — why did cyclist Jason

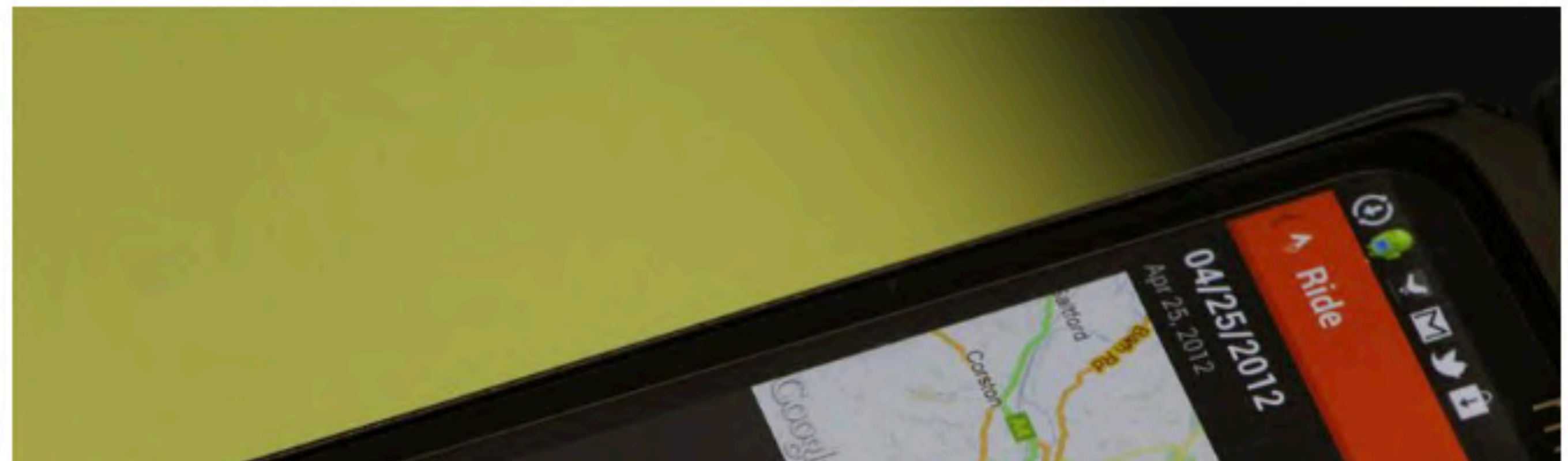
Strava countersues family of cyclist killed trying to get KOM title back

by [Simon MacMichael](#) October 19 2012

27 Comments



GPS tracker app company says cyclist's death was due to his own recklessness...



- Data silos
- Privacy violations
- User-hostile growth hacking
- Anti-competitive behavior



Cron <manu@tars> /usr/bin/php -f /home/manu/traktcheckup/trakt_checkup.php



=====
TRAKT CHECKUP FOR 2019-09-30
=====

| Collection

🔥 Movies

🔥 Shows

| History

| Movies

| + Toy Story 4

| <https://trakt.tv/movies/toy-story-4-2019>

@ 2019-09-29T15:17:55.000Z

| Episodes

| + South Park, S23E01: Mexican Joker

| <https://trakt.tv/shows/south-park/seasons/23/episodes/1>

@ 2019-09-28T22:00:18.000Z

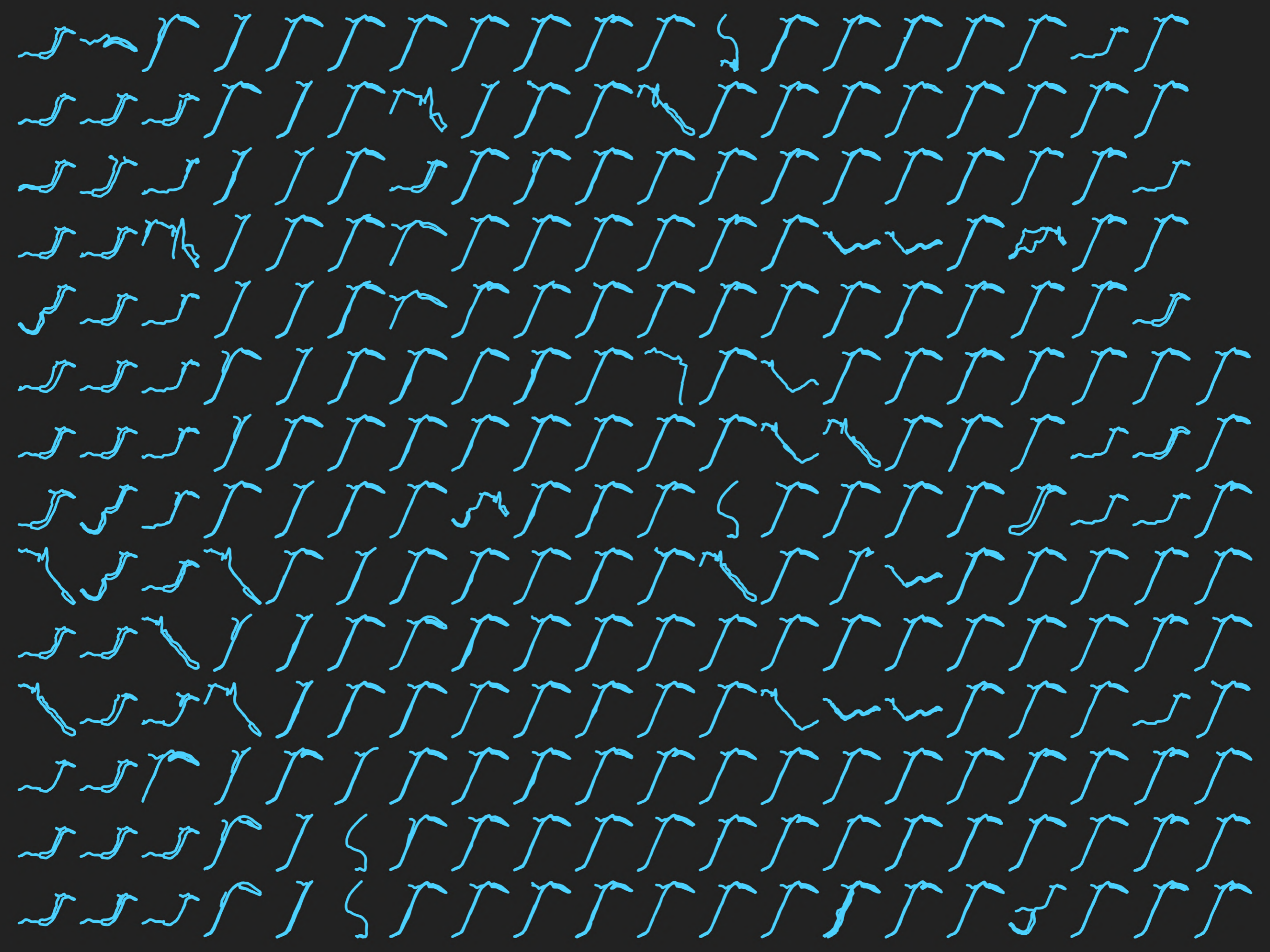
| Ratings

🔥 Movies

🔥 Shows

🔥 Seasons

🔥 Episodes



Are you creating
the data **or is** the data
creating you?

[REDACTED]

EVERYONE



Thanks!