

321run the running coach app on the iPhone - now exports runs

Published on 07/27/09

eCOMPOSITE today announced 321run 1.1, an update for the running coach app on the iPhone.

321run builds on its success and adds exporting your runs to other applications, such as Trailrunner, or web applications, such as TrailMapping. Of course you still get the coach and trainings that makes 321run so special. Having a coach to track your progress allows you to plan when you want to run, and listening to the coach helps you start easily and get in better shape day after day.

Paris, France - eCOMPOSITE today announced an update for 321run, the running coach app on the iPhone. The most important new feature is that it now exports the runs to different services and applications including the outstanding Trailrunner.

"trailrunner is an outstanding free route planning and journaling application for Mac OS X. If you own a mac, trailrunner is the best solution to export your GPS recordings, analyze and compare your jogs." said Cyril Godefroy, the developer of 321run. "Of course, if you don't own a mac, I added other exports to email or to TrailMapping so you can review your tracks in another way".

321run is a focused app to track your runs and train yourself running, from beginner to intermediate and even expert levels. You can listen to your music and also know how long or how fast you're running easily. 321run also contains several trainings to begin running, lose weight run faster or prepare for a semi. The coach tells you when to run, walk, change rythm. Hours of fun and run. "I'm already running better than i used to, and I think everybody will perfect with this app", concludes Cyril.

Having a coach to track your progress, all on your iPhone, allows you to plan when you want to run, and listening to the coach helps you start easily and get in better shape day after day.

"Being able to export to eport your runs makes 321run part of the ecosystem, and you can leverage the software you already have as it exports to GPX files, a standard and common format for that kind of device and activity", continues Cyril, " and exporting to other web services is planned in next versions when possible".

Minimum Requirements:

* iPhone 2.2 or later

Pricing and Availability:

321Run 1.1 is available on the App Store at the price of \$9.99 (USD). Trailrunner is free but thankfully accepts donations.

321run 1.1:

<http://iphone.ecomposite.fr/321run/>

Download and Purchase:

<http://bit.ly/c7cKZ>

Trailrunner :

<http://trailrunnerx.com>

eCOMPOSITE is a one person company focusing on GPS, fitness and photo software for the

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

iPhone and the Mac. Copyright 2009 eCOMPOSITE. All Rights Reserved. Apple, the Apple logo, iPhone and iPod are registered trademarks of Apple Computer Inc. in the U.S. and/or other countries.

###

Cyril Godefroy

+33 663 16 45 41

cyril@ecomposite.fr

Link To Article: <https://prmac.com/release-id-6717.htm>
